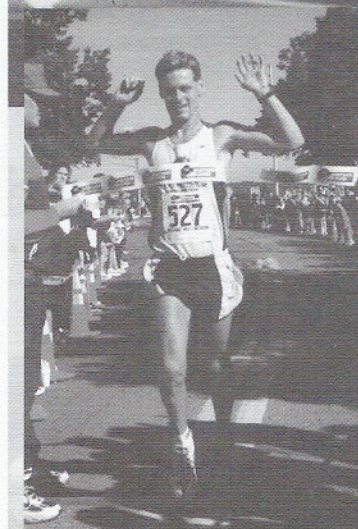


**Run with a friend...**

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

**November 2000**



**Byrne Decker**  
**Men's Overall Winner**  
**from Yarmouth**

Thanks so much for all your effort in making the Maine Marathon such a success! I was so impressed and happy that I flew to Maine to run. Very well organized, excellent course, spectacular scenery, great volunteers. You did a great job. *-Denver, CO*

Thank you very much for organizing a great marathon on such a lovely day! What a beautiful course. I was very happy to be a part of it.. *-Arlington, MA*

Just want to compliment you all on a wonderful marathon. Very much enjoyed the volunteer support, the course and the weather was made to order. I will definitely put the Maine Marathon on my list of repeats. *-Dallas, Tx*



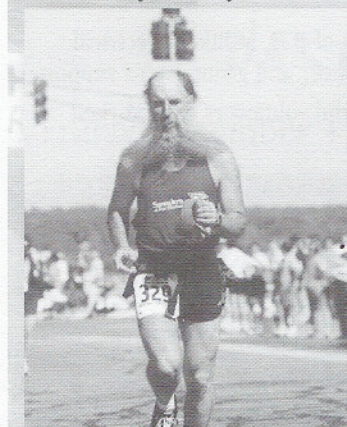
**Mya Mangawang**  
**Women's Overall Winner**  
**from Brunswick**

**Craig Wilson**  
**MTC of Kittery Point**

**Bob Poirer**  
**MTC of Minot**

**Kim White**  
**MTC of Falmouth**

**Maryanne Dunfey**  
**MTC of South Portland**





# Presidential Message

November 2000

## Dear MTC Members

WOW what a busy time October was. Thank you again, to all the Sportshoe Center Maine Marathon/Half Marathon/Relay Volunteers. You really turned out when we needed you most. A special thank you to the Maine Track Club 50 Miler/50K Volunteers. It's really tough to be out there from 5am to 6pm. A lot of new faces this year, I hope you had fun. THANK YOU.

Congratulations to Phil Pierce (one of our very own) on winning the Maine Track Club 50 Miler.

**PASTA DINNER FRI, NOV. 17th, 2000, 6PM & ELECTION OF OFFICERS** at The Columbia Club, 17 Wordsworth St, Portland. Soda will be provided (if you want beer or wine you must bring your own). Adults \$6.00/Children FREE. Please RSVP to Sandy by Nov. 16th at 797-4710. After dinner we will have our election of officers. This is your chance to pasta load for the Turkey Trot which is the next day, Saturday the 18th.

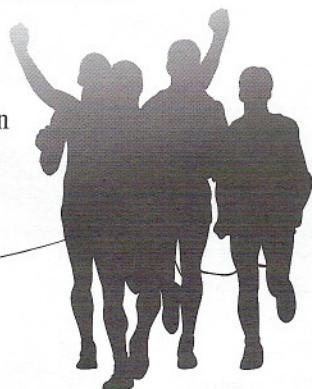
It's that time of the year again when we must plan our Club Banquet and Awards (Jan 20, 2001), if we are going to do them. In the Sept. Newsletter I asked for volunteers for these Committees. I did not get one phone call! Is it because you don't want a banquet and awards? In the last newsletter we had a flyer on election of officers, again my phone isn't ringing and the club mail box isn't overflowing. Hello, is there anyone out there? Am I talking to myself? I am not a one man band here and my wonder woman suit doesn't fit anymore! The MTC Board members are volunteers (there are no paid positions in the Maine Track Club) and can't do everything for you, you need to get involved too.

Because of the special half day session on Dec 2, 2000, there will be no board meeting in Dec. The next Board Meeting is on Jan 9 (2nd Tue.) at 6PM at the Utterstrom house.

Enjoy your fall running.

Beam me up Scotty!

*Sandy Utterstrom*



# Maine Track Club 50 miler/50K

October 14, 2000

Congratulations to Phil Pierce (a long time MTC member, one of our very own) for winning the 50 miler. Phil went out fast from the start. We were all saying he went out too fast. But as the laps went by and he was still running way ahead of everyone else, we started to wonder, could he be the winner this year? The laps continued with Phil still out front, then we started saying, maybe he will win, maybe he knew what he was doing right from the start. Phil kept his pace and did win the race. Great run Phil. Craig Wilson, another fellow MTC member came in fourth place. This was Craig's third race in as many weekends. He ran the Maine Marathon, The Chancellor Challenge 100K Road Race in Boston the next weekend and then the 50 miler on the 14th. Great race Craig.

## Maine Track Club 50 Miler

1. Philip Pierce	7:24
2. Dr. Michel Quellett	7:43
3. Linwood White	7:53
4. Craig Wilson	8:27
5. Michael Bolio	8:41
6. Vicki Gayton*	8:44
7. Albert Meyer	8:58
8. Ron Paquette	9:18
9. Ted Harlan	9:19
10. Rick Piermarini	9:22
11. Rick Hogan	9:35
12. Bob Samsonetti	10:31
13. Egor Egan	11:03

\*Female



*Sandy and Al Utterstrom  
with the happy winner*

## Maine Track Club 50K

1. Will Pittenger	3:31
(Record for his age group 45-49 was 3:34.)	
2. Ryan Savitz	3:32
3. Kempton Pierce	3:52
4. Lisa Hart*	4:44
5. Steve Assante	5:33
6. William Rice	5:41
7. Yen Neuyen*	6:15
8. Curtis Cormier	6:15

\*Female

Thank you to Brian Milliken of B.H. Milliken Electrical Contractors for being our sponsor and giving us his support.

Thank you to all the wonderful volunteers who worked on the 50 Miler/50K this year.

It was a long day and you were great! Thank you for giving us your time and support.

Al Utterstrom	Alyce Schultz
Ned Vadikin	Jean Thomas
Maggie Soule	Jeannie Johnson
Bill Davenny	Pat Buckley
Nate Parsons	Marge Aube
Brendan Crowe	Howard Spear
Mike Brooks	Dennis Morrill
Don Penta	Bob Dewitt
Mel Fineburg	Richard Scribner
Karen Connolly	Donna Moulton
Sandy Utterstrom	Tom Wilson
Ron Chase	

## IMPORTANT HALF DAY MEETING:

On Saturday, Dec 2nd, 2000 there will be a half day meeting. If you were a President or an Officer of the club in 1995 to 2000, we would like you to attend this meeting. We want all Board Members and Race Directors and any interested club members to attend. This meeting is to discuss what we can do to get members to be more active in their club. The agenda will be: Volunteers, Computer Results people & training, Traffic people at races & the MTC Race schedule for 2001. We need input from all of you, we need your help! We will meet at the Portland Boys and Girls Club on Cumberland Ave at 9:30am to 1:30pm. Lunch will be served. Call Sandy at 797-4710 to RSVP.



m. Contact: George

1 - 20th annual Mid-Miler, Cape Elizabeth, Don Penta 892-4526 799-4556



### ERS NEEDED

any of the phone  
above to volunteer  
of these races"

nt:

Club 5 Miler is looking for  
ctor for 2001. The Boys  
er is in April on Patriots'

ggest consecutive running  
(only Boston beats it.) I think  
unning without missing a  
this race does not have a  
-2084 if you are interested.

### ks Again

the 2000  
lf Marathon/Relay  
unteers  
ent Job!



### Female Winner - Vicki Gayton



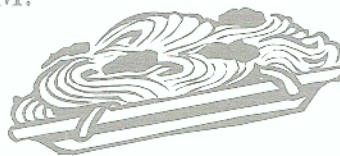
## PASTA DINNER

Friday, November 17th, 6:00 P.M.  
at the Columbia Club,  
17 Wordsworth St., Portland  
(Call Sandy for directions)

Adults \$6.00/Children FREE

Soda provided, bring your own beer or wine.

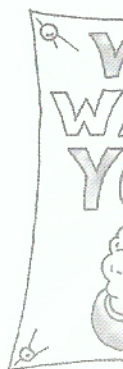
After Dinner, there will be the election of club officers and  
committee chairs.



Please RSVP by November 16th. • Call Sandy at 797-4710

Miler, Portland, 9 a.m.  
Towle 780-5595.

February 4, 2001  
Winter Classic 10  
9:45 a.m. Contact  
or Ray Shevenell



### VOLUNTEER

"Please call  
numbers listed  
for any

### Announcements

The Boys and Girls  
a new MTC Race Director  
and Girls Club 5 Miler  
Day.

This is one of the longest  
races in New England  
this year was its 71st  
single year. Right now  
MTC Director. Call 741-

### Thank

to all  
Marathon/Half  
Volunteers  
Excellent



# How They Train – New England Style

## Bob Winn

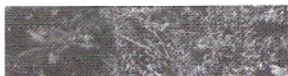
by Michael A. Musca mmusca@maine.rr.com

The toughest part about catching Bob Winn is, well... 'catching' him. I felt like a private detective as I tracked him through a myriad of changed telephone numbers, PO boxes and fax numbers. No, Bob's not enrolled in the FBI witness protection program, he's just involved in so many activities that it's a challenge to pin him down. He carries that trait over to his racing. Even at the age of 41, Bob Winn remains one of the finest runners on the New England's scene.

*(Note to older, experienced runners: read Bob's responses to Who Inspired You To Run? It's our responsibility to inspire the next generation of young runners.)*

**Name:** Bob Winn

**College:** Central Connecticut State



### Favorite workout:

- 1) Running with the young athletes I coach.
- 2) Day off – mountain biking through the trails – hammering.
- 3) Wednesday speedwork (toughest is 10 x 300m hills in the AM and 8 x 800m in the PM) (favorite is 5AM Run along Golf course and Marginal Way along ocean in Ogunquit and 3 minute intervals around Ogunquit/York/Wells area.)

### Favorite/best race:

Peaks Island 5 mile; LL Bean 10K; Nubble Light 10K.

All of them are tough courses.

### Favorite running route:

Running the trails behind my house to Cape Neddick Country Club – down Shore Road to Perking Cove to Marginal Way to Ogunquit Beach and home again.

Who inspired you to run?

People.

Coach Ziggy Gillispie – he keeps me honest

with teacher as a freshman – Joe Murphy got me started.

Frankel – PE teacher in high school kept me going.

75, Ralph Thomas was my first real inspiration – at a Gorham. I was a high school junior. With two miles to go he ran by me and slowed. He told me, "Someday you'll be a great runner – keep it up."

Why do you run?

Love and freedom of it. I seem to be more at peace when I run. It's such a natural thing to do.



Mile	4:05
5K	14:20
10K	29:22
marathon	2:21

### Personal Statistics:

**Birth Date:** November 14, 1958

**Birth place:** Sanford, Maine

**Height:** 5'9"

**Weight:** 140 lbs.

**Marital Status:** single.

**Pre-Training Warm-up:** A few miles. Stretching: 10 minutes to very little.

### Log Book:

No log book – I used to keep one and wrote distance, how I felt, type of workout, weather, AM or PM workout.

### Daily workouts:

Monday	.....Easy Day; AM & PM run
Tuesday	.....Easy Day; AM & PM run
Wednesday	.....Speedwork (AM sometimes) Double speed day
Thursday	.....Day off / Mountain Bike
Friday	.....Moderate Distance Run
Saturday	.....Easy Day
Sunday	.....Long Run / Race

Speedwork .....8 x 800m; 4 x 1 mile; 10 x 300m hills.  
(Fast Pace) Long Run.....10 to 15 miles; 1 hour to 1hr 45min.



Many people

1) My coach

2) My mother

3) Ron F.

About 19 years ago I ran a race at USMA. I went in the race and you'll be a

Why do you run?

For the love of it. I am running



Please Renew For  
Year 2001  
Applications enclosed

Our condolences go out  
to Ray Shevenell on the  
passing of his sister,  
Elizabeth McLeod.



## 2000/2001 RACE SCHEDULE

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

This schedule is published for your convenience. The Maine Track Club endorses and certifies only those races that are in bold below.

**November 18 - Turkey Trot 5K, Cape Elizabeth, 9 a.m.** Contact: Mel Fineberg 774-8868.

**November 19 - Brewer Turkey Trot 5K, 1 p.m.** Contact: Dave Jeffrey 825-3403.

**November 23 - Thanksgiving Day 4-Miler, Portland, 9 a.m.** Contact: George Towle 780-5595.

- Gasping Gobbler 10K and Turkey Two-Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.

**November 25 - Turkey Trot 5K, York, 11:00 a.m.,** Contact: Robin Cogger 363-1040.

- Burn off the Turkey 5K Race/Walk, 8:30 a.m., G.H.S., Gorham, Contact: Don Cross 839-5034.

**December 2 - Season's Greetings 5.5-Miler, Madison, 11 a.m.** Contact: Ron Paquette 437-9237.

**December 3 - Jingle Bell Run For Arthritis 5K, Freeport, 10:00 a.m.** Contact Carol Lee 603-224-9322.

**December 31, 2000 - New Year's Portland 5K, Portland, 6:30 P.M.** Contact: Mike Towle, U.S.M. 780-5776

**February 4, 2001 - 20th Annual Mid-Winter 10 Mile Classic, Cape Elizabeth, 9:45 a.m.** Contact: Don Penta 892-4526 or Ray Shevenell 799-4556.

**May 20, 2001 - Sugarloaf/USA Marathon, Eustis, 7:00 a.m.** Contact Sue Foster 237-6830.

## M.T.C. CLOTHING WILL MAKE GREAT CHRISTMAS GIFTS!



- Jerzee Heavyweight Cotton Forest Green Sweatshirts with the M.T.C. logo embroidered on the left chest. M/L/XL/XXL \$20.00

- Caps, 6 Panel unconstructed, pigment dyed, khaki/Dark Green adjustable leather strap with brass-look buckle snap fastener, embroidered M.T.C. logo \$8.00

- Lighthouse short sleeve T-shirts - Hanes Beefy-T, 100% Pre-shrunk cotton M/L \$8.00

Contact: Colleen Redmond or Mike Doyle 871-0051



## M.T.C. Singlets Available To Members Only

### Aasics 100% Coolmax

**M.T.C. logo silkscreened front and back**

- Mens Victory Singlet - Med./Lrg.

- Womens Diamond Mesh Singlet

Small/Lrg./X-Lrg.

**Being sold at cost \$15.00**

Contact Colleen Redmond or Mike Doyle 871-0051



## 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

act Ron Deprez (772-4312) or Mike Reali (829-2014).  
-9620) or Mike Pratico (874-1111).

from Back Cove across from Shop & Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-

high school. Contact Russ Bradley (799-3864) or Donna Moulton (799-2894).

uns, contact Guy Roy (284-8036). If you know of a group run that isn't listed above, please

or 985-3244 Days.

### Portland

The Rat Pack runs Sunday mornings at 7 a.m. from Payson Park. Con  
YMCA Noon Runs from the YMCA on Forest Ave. Contact Marla Keefe (77  
The Maine Front Runners, a gay and lesbian running club, runs 1  
2059).

### South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the  
Biddeford, Saco

Anyone interested in weekly morning runs and weekend early afternoon



# Race Report: Maine Marathon 2000

## "Tire Recall" 10/01/2000

by Michael A. Musca mmusca@maine.rr.com

**Executive Summary:** 3:03:15 PR. Overall place \* 18 of 476. 3d place 40-44 AG. Wide open field & flowing pace for first 16 miles; tied up a bit at 18 miles; tire recall at 23; crawl to finish line.

**Race Day.** Another perfect day for a marathon in Maine \* clear skies, light breeze and temps ranging from high 40s at the start to mid 60s at the finish line. Most racers stripped down to a singlet and shorts by the start and we proceeded along the Back Cove along with the half-marathoners and marathon relay runners. It was a particularly proud day as my Dad was competing in the half-marathon. He won his age group in that event.

### Miles 1-16 (1:48; 6:46 overall pace)

Thanks to the wise pacing of Mike Grant, with whom I share the birth date of October 2, 1957, I held back on the urge to blast through the first half-marathon. Our first few miles were in the mid 6:30 range so we forcibly slowed the pace and drank liberally \* I grabbed Dixie cups and stopped to drink while Mike carried a Gatorade bottle and drank consistently. We gabbed a bit until our conversations changed to spurts of "six-forty last mile, too quick", "one twenty eight half-marathon, right on target" and finally at the fourteen mile mark I theorized "two more ten Ks and we're home". Occasionally, I'd do a quick scan ahead for Hans Brandes but could only see his accompanying daughter Eileen's bicycle a few hundred meters ahead. Other age group studs Dick Graves and Barry Fifield were out of my eyesight. An age group award seemed out of the question but a PR was certainly in the realm of possibilities. At mile fifteen we came up alongside Dick Graves and it appeared this

stretch in 27:48; 6:57 pace.

### Miles 21-24 (2:46; 6:55 overall pace)

WASHINGTON, DC, Aug. 9, 2000 -- Saying the safety of consumers is the company's first concern, today Bridgestone/Firestone, Inc., announced a voluntary recall of all Firestone Radial ATX and Wilderness AT tires produced at the Decatur, Illinois plant. Hey! Since when did Firestone begin manufacturing running shoes? And why didn't they warn unsuspecting marathon consumers about poor performance at speeds exceeding three hour pace?

The mental bear jumped on my back before his physical brother hopped aboard. I was hurting at mile 21 but not enough to slow the pace below seven minutes. The thought of "five more freakin' miles" festered as the hill at mile 23 beckoned to me. To his credit, Hans hung tough and passed me going up the hill at mile 23. He looked strong. I'd given up hope of a sub 3 at this point and when Ken Cotton asked how I felt (he was observing the marathon after having run the half-marathon) I answered dejectedly, "Like crap." So much for positive thinking, sorry Ken.

### Miles 24-26.2 (7:34, 8:00, 1:33)

Death march. Run for three minutes, walk twenty seconds. They say that once you begin to walk, stick a fork in you because you're cooked. Not so. I knew I'd finish the race but this walk/run was the only way I could maintain forward movement. Hans was now a fading figure and three or four other runners passed. To their credit, they looked very strong. I waved a feeble howdy to John Rolfe near the finish and ran towards a sub 3:05 clocking. I was elated. Lots of backslapping from local buddies and a trip to the massage tent with my Dad and Hans made for a great day. Sub three? Ah, please pass the ibuprofen.

the Dublin marathon crew.



## WE WANT YOU

### Nominees Sought For The

### Year 2001 MTC Board of Directors

We encourage everyone to consider taking a more active role in your club. It can be both fun and rewarding.

Anyone in the club is eligible to run for a position, even those of you who have just joined. If you're interested in serving on the Board or if you would like to nominate a fellow club member, you can contact Sandy Utterstrom at 797-4710 or complete the enclosed nomination flyer

Nominations will be accepted right up until the election at the pasta dinner.

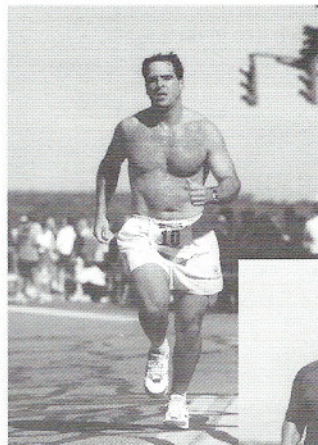


as familiar to me as my loopy unintelligible signature. I hills with most every local Sunday runner at one time or Butler, Mike Payson, Ron Cedrone, Bob Coughlin, Jorma Gordon, Hans Brandes, Britt Wolfe, Rob Fast, Jim Toulon Graves, Jerry Conley, and Barry Fifield to name but a few topography never changes but each runner's personal c any given race day is a crap shoot. My family staked out seventeen mile mark armed with drinks, fresh socks and required only the latter supply. (I sheepishly apologize t who beheld me judiciously applying the salve to my groin Approaching the first of the torturous hills, I came upon Barry Fifield in obvious pain. I yelled back, "You okay?". "Hammie!" told the story. Barry is a fierce trainer and co must've been a bad pull to take him out of the race. Mik held the reins; he pulled ahead through the hills while H bike-riding daughter climbed hills relentlessly. At mile 1 figure resembling Hans and wondered why he would let ride so far ahead. Later, I found out he wisely decided to leaving the possibility of a flat tire or road collision out conscience. I passed Hans at mile 20 and stopped to sea bushes for my hidden Gatorade supply. Finding none (ag apologies to the nice lady and her young son who heard streak of cussing) I jumped back on the road for the fin Hans in close pursuit. We were two gunslingers with a r dwindling supply of ammo. Who would survive? I ran thi



# MAINE MARATHON/RELAY/HALF MARATHON

SPORTSHOE CENTER  
PORTLAND  
Oct. 1, 2000



**James Corbett**  
MTC  
of Cape Elizabeth



**John Tragert**  
MTC of Naples



Thanks for a well run and enjoyable event.  
-Cumberland, ME



**Denise Robertson**  
MTC  
of Scarborough



**Tom Shorty**  
MTC of Gorham



**Jeffrey Stone**  
New MTC Member  
of South Portland



**Robert Giroux**  
MTC of Wales



**Kathleen H**  
MTC of Por



**FESTIVITIES**

Kudos to all those volunteers doing the water, helping guide people at intersections, etc. What a great group of people. I hope when people are recruited for such things, they are told how much the runners really appreciate them...even if all we do is barely grunt at them while we pound away. They make a world of difference for us - especially when they are so cheerful. thank you. -Boston, MA

Just want  
wonderf  
one of n

arris  
land



It was a great race and I would very much like to do it again. -  
New York, NY

## Half Marathon Finishers



**Mark Grandonico**  
MTC of Portland



**Carol Hogan**  
MTC of Portland



**Mike O'Brien**  
MTC of Topsham



**Joe Lembo**  
New MTC Member  
of Portland



**Mick McCall**  
MTC  
of Cumberland



**Mark Steege**  
MTC of Standish



**Linnea Olsen**  
MTC of Saco



**Mary Brandes**  
MTC of Falmouth



**John Cullinane**  
MTC of Auburn



**Andrew Pfeiffer**  
MTC of China



**Vicki Bryant**  
MTC of Greene



**Karen Curtis**  
MTC of Bethel

**MTC of Naples**

experience. I would recommend  
ton, TX

Thanks for a great marathon  
this race to my friends -Den



## The Sportshoe Center And The Maine Track Club Present The Ninth Annual Sportshoe Center Maine Marathon

473 Record Finishers ( 173 Female & 300 Male)

Challenging, Scenic USATF Certified Loop Course

From Baxter Boulevard, Portland To North Street, Yarmouth And Back

8:00 A.M., Sunday, October 1st, 2000

Weather: 50's To 60's Fahrenheit; Sunny

### Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Byrne Decker 1,overall	33	Yarmouth	2:31:24	5:46
2 Hamcha Moatacim 2,overall	25	Dover, NH	2:37:36	6:01
3 David Chamberlain (MTC) 3,over.	38	Falmouth	2:53:45	6:38
4 John Mollica (MTC) 4,overall	48	Freeport	2:55:19	6:41
5 Mya Mangawang 1,over. 1st Marathon!	27	Brunswick	2:57:48*	6:47
6 Mike Grant 5,overall	42	Scarborough	2:57:52	6:47
7 Loren Simpson 1,40-44	41	Topsham	2:58:01	6:47
8 Erich Reitenbach (MTC) 1,50-54	50	Buxton	2:59:04	6:50
9 William Romito 1,45-49	46	Springfield,MA	2:59:12	6:50
10 Tom Emery 1,35-39	39	Cumberland	3:00:12	6:52
11 William Evans 2,40-44	42	East Boston	3:01:01	6:54
20 Mary Meehan-Bates 2,overall	34	Intervale,NH	3:05:50*	7:05
48 Pamela Hall 3,over. USATF:45-49	47	Litchfield	3:18:20*	7:34
63 Cheryl Pikora 4,overall	39	Framingham,MA	3:23:14*	7:45
71 Susan Mulligan 5,overall	36	Brighton,MA	3:25:32*	7:50
73 Sandra Riggott 1,20-29	28	Sanford	3:25:41*	7:51
76 Julie Skillings 2,20-29	25	Portland	3:26:45*	7:53
82 Karingaggi Destefanis 1,30-34	32	Arlington,MA	3:28:00*	7:56
90 Eileen Dunfey 1,40-44	44	Cape Elizabeth	3:29:03*	7:58
92 Jill Storey 2,30-34	32	Cumberland	3:29:37*	8:00

### Other Top Divisional Finishers

14 Bernd Heinrich 60-64 USATF	60	Hinesburg,VT	3:01:40	6:56
38 Philip Pierce (MTC) 55-59	59	Falmouth Fsde.	3:15:34	7:28
171 Rosalyn Randall (MTC) 50-54	50	Portland	3:50:37*	8:48
301 Carol Getsinger 55-59	55	Middlebury,CT	4:17:16*	9:49
329 Thomas Parsons 19&under	17	Bethel	4:24:20	10:05
384 Roger Hauge 65-69	69	Excelsior,MN	4:46:47	10:56
392 Margaret Curtis 60-64	60	Mill Valley,CA	4:52:30*	11:09
407 Carlton Mendell (MTC) 75-79	78	Portland	5:00:58	11:29

### Other Maine Track Club Finishers

12 Hans Brandes	41	Falmouth	3:01:25	6:55
18 Michael Musca	42	Falmouth	3:03:15	6:59
22 Bob Poirer	45	Minot	3:06:47	7:07
45 Dan Tracy	43	Portland	3:17:27	7:32
62 Craig Wilson	51	Kittery Point	3:22:58	7:44
85 Tom Shorty	38	Gorham	3:28:19	7:57
97 James Corbett	36	Cape Elizabeth	3:31:34	8:04
108 Richard Bryant	42	Cape Elizabeth	3:34:28	8:11
115 Kim White 3,35-39	38	Falmouth	3:35:10*	8:12
149 Terrence Connelly	48	Eliot	3:44:32	8:34
172 Leslie Couper	37	Falmouth	3:50:40*	8:48
176 Bob Stuart	46	Cumberland	3:50:54	8:49
189 Denise Robertson	39	Scarborough	3:52:43*	8:53
191 Betty Rines	43	Gorham	3:53:25*	8:54

208 Rex Holtan	48	Portland	3:57:12	9:03
212 Maryanne Dunfey	34	South Portland	3:58:05*	9:05
218 Bob Jolicoeur 2,60-64	63	Cape Elizabeth	3:59:25	9:08
223 Jeffrey Stone	44	South Portland	4:00:03	9:09
259 Robert Giroux	41	Wales	4:09:59	9:32
262 Ellen Labbe	30	Westbrook	4:10:09*	9:32
298 John Tragert	43	Naples	4:16:28	9:47
320 John Littlefield	44	Scarborough	4:21:50	9:59
322 Karen Connolly	41	Hollis	4:22:21*	10:00
341 Greg Kesich	38	Portland	4:37:29	10:12
350 William Rice	46	New Gloucester	4:30:47	10:20
362 Kathleen Harris	38	Portland	4:35:21*	10:30
373 Michael Brooks	54	Danville	4:38:25	10:37

*Many thanks to Co-Director Howard Spear And MTC  
President Sandy Utterstrom for complete results to the Ninth  
Annual Sportshoe Center Maine Marathon, Marathon Relay  
And Half Marathon!*

## The Sportshoe Center Marathon Relay

27 Finishing Teams (6 Female, 8 Male & 13 Mixed)

	Time:	Pace:
1 Coastal Athletic Association, Male Team, Portsmouth,NH {Brad Lebo, Eric McKenna, Dan Beauley, Todd Hanson}	2:33:15	5:51
2 Team Rocket, Mixed Team, Waterville {Erik Seastead, Jon Chapin, Juliet Shagoury, Lisa Sullivan}	2:50:53	6:31
3 Wolfpack, Male Team, Poland {Billy Widdecomb, Ryan Blaire, Sean Garbleman, Charlie Foster}	2:55:27	6:42
4 The Dragons, Mixed Team, Poland {Kraig J. Weaver, Melissa Manzone, Mike Hannen, Ryan Kivit}	2:55:49	6:42
5 Rough Riders, Mixed Team, Poland {Ian Pfeil, Corey Mickey, Jon Schacter, Mank De Victoria}	2:57:15	6:46
6 Front Runners, Male Team, Portland {Kajetan Bauer, Gary Powels, Wayne Moore, Jerry Phair}	3:01:18	6:55
7 Maine Road Hags, Female Team, Orono (Stephanie Peavey, Beret Skorpen, Patrice Lastufka, Sue Foster)	3:11:33	7:18
8 Maine Army Guard Team II, Male Team, Portland {Mike McLaughlin, Other Team Members' Names Unavailable}	3:13:08	7:22
9 Main Army Guard Team I, Male Team, Portland {Larry Perkins (MTC), Ron Cyr, Jason Cyr, Chuck Townsend}	3:21:41	7:42
10 Quarter Pounders, Mixed Team, Portland {Jennifer Humphreys, Matt Tarasevich, Austin Smith, Charles Young}	3:27:11	7:54
11 The Corporation, Female Team, Poland {Jordan Diaz, Kristen Jakilitch, Sarah Enderess, Jessica Freeman}	3:31:24	8:04
12 Bucs, Female Team, Poland {Lisa Winters, Rachael Feldman, Emily Back, Shelley Smith}	3:32:21	8:06
13 Maine Army Guard Team III, Mixed Team, Portland {Scott Rodrigue, Peter Fournier, Melissa Raymond, Max McLaughlin}	3:35:59	8:14
14 Hampden Electric, Mixed Team, Newburgh {Philip Badger III, Amy Clark, John Kenney, Ray Bolduc}	3:37:17	8:17
15 Bet Ha'am Congregation, Mixed Team, Saco {Patti Hinckley (MTC), Elizabeth Simpson, Brett Applebaum, Mark Sontz}	3:40:33	8:25
16 Maine Army National Guard Team IV, Mixed Team, Portland {Richard Darveau, Lance Gilman, Jim Hanley, Beth Hanley}	3:45:34	8:36
17 Go Gate, Female Team, Portland {Sarah Needeman, Sarah Corbett, Melissa McStay, Jen Roelofs}	3:45:34	8:36



Portland	1:45:39*	8:04
Rochester,NH	1:45:39*	8:04
Nashua,NH	1:48:51*	8:18
Chestnut Hill,MA	1:52:50*	8:36
Scarborough	1:56:24*	8:53
Camden	1:57:05	8:56
Gorham	3:35:45*	16:27

#### Club Finishers

Portland	1:18:15	5:58
Standish	1:19:38	6:04
Portland	1:26:48	6:37
Portland	1:27:57	6:43
New Gloucester	1:28:53	6:47
Lincoln,NB	1:29:29	6:50
Portland	1:31:09	6:57
Portland	1:31:39	6:59
Freeport	1:33:28	7:08
New Gloucester	1:35:32*	7:17
Peaks Island	1:35:32*	7:17
New Gloucester	1:35:52*	7:19
Gorham	1:36:15*	7:21
Cape Elizabeth	1:36:18*	7:21
Shapleigh	1:36:24	7:21
Sinclair	1:36:44*	7:23
Cape Elizabeth	1:36:46	7:23
Portland	1:38:00*	7:29
Falmouth	1:38:24*	7:30
Portland	1:38:28	7:31
Greene	1:38:46*	7:32
Scarborough	1:38:48	7:32
Phippsburg	1:39:43	7:36
South Portland	1:40:00	7:38
Portland	1:40:17	7:39
Portland	1:42:13	7:48
Bristo	1:42:37	7:50
Biddeford	1:44:10	7:52
Portland	1:44:55	8:00
Arlington,MA	1:45:14*	8:02
Falmouth	1:47:28*	8:12
Topsham	1:47:30	8:12
Cumberland	1:47:48	8:13
Bethel	1:48:03*	8:15
Topsham	1:48:54	8:18
Falmouth	1:49:04	8:19
Westbrook	1:49:04*	8:19
Yarmouth	1:49:07*	8:19
Portland	1:49:20	8:20
Saco	1:50:12*	8:24
Cumberland	1:51:11*	8:29
Portland	1:51:32*	8:30
Freeport	1:51:54*	8:32
Cumberland	1:52:54	8:37
Auburn	1:56:06	8:51
Portland	1:56:40	8:54
Scarborough	1:56:47	8:55
Portland	1:57:15	8:57
Portland	1:57:46	8:59

19 BCCRC, Mixed Team, Borderton,MA,	3:46:46	8:39
{John Rodenbush, Elaina Rodenbush, Teresa Kenney, Mary Waldron}		
20 Bonneville Raiders, Mixed Team, Falmouth	3:46:55	8:39
{Keith Hamilton, Sue Haversat, Chuck Townsend, John Morey}		
21 Sugar Shorts, Female Team, Portland	3:52:13	8:51
{Rachael Farley, Stephanie Congdan, Mollie Mahanna, Maeheb Mahanrx}		
22 Kingdom Bog Dogs, Mixed Team, Freedom	3:52:48	8:53
{Donna Broderick, Paul Tuttle, Elise Brown, ??}		
23 The Sherriff's Millenium Team, Male Team, Portland	3:52:52	8:53
{Paul Halversen, Jamie Graham, William Lawson, Rodney Sparkowich}		
24 E.L. Putnam, Mixed Team, South Portland	3:53:29	8:54
{Ellen Cohen, Kara Wilson, Ben Lovell, Richard Elvidge}		
25 Team Chloe, Mixed Team, Yarmouth	3:57:58	9:05
{Cliff Olson, Suzanne Olson, Erin OPlson, John Olson}		
26 Never Turning Back, Mixed Tean, Arlington,MA	4:05:37	9:22
{Helen Newburg, Shoshana Hoose, Phil Hoose, ??}		
27 WWLTJ, Female Team, Clifton	4:06:20	9:24
{Mary Evans, Joann Kimball, Laurie Gott, Laurie Eaton}		

### The Sportshoe Center And The Maine Track Club Present

#### The Sportshoe Center Half Marathon

729 Finishers (325 Female & 404 Male)  
Fairly Challenging Loop Course From Baxter Boulevard,  
Portland To Depot Road, Falmouth And Back  
8:00 a.m., Sunday, October 1st, 2000

#### Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Danny Gough 1,overall	31	Portsmouth,RI	1:08:56	5:15
2 Todd Coffin 2,overall USATF:35-39	39	Freeport	1:09:43	5:19
3 Michael Payson (MTC) 3,over. USATF	37	Falmouth	1:10:12	5:21
4 Morgan Laidlaw 4,overall	28		1:12:43	5:33
5 Don Legere 5,overall	38	South Portland	1:14:24	5:41
6 Stephen Sarkozy 1,30-34	32	Scarborough	1:14:24	5:41
7 Jesse Randall 1,20-29	24	Portland	1:15:53	5:47
8 Danny Paul 1,45-49 USATF	46	Yarmouth	1:16:01	5:48
9 Guy Segars 1,40-44	40	Brunswick	1:16:10	5:49
10 Allan Muir 2,45-49 USATF	45	Portland	1:17:51	5:56
32 Connie Davis 1,overall	32	Groton-On-Huds.	1:23:47	6:23
37 Erin Kelly 2,overall	22	Somerville,MA	1:24:23*	6:26
41 Carol Hogan (MTC) 3,overall USATF	49	Portland	1:25:59*	6:34
51 Ellie Tucker (MTC) 4,overall USATF	45	N. Yarmouth	1:28:53*	6:47
59 Christine Braceras 5,overall	38	Portland	1:29:33*	6:50
64 Gretchen Read 1,55-59 USATF	57	Portland	1:30:11*	6:53
66 Laurie Gaudreau 1,30-34	31	Stratham,NH	1:30:37*	6:55
80 Lorna Humphries 1,35-39	35	North Yarmouth	1:33:12*	7:07
86 Amy Tchao (MTC) 2,35-39	36	Falmouth	1:33:30*	7:08
91 Megan Wertheim 1,20-29	25	Somerville,MA	1:33:59*	7:10

#### Other Top Divisional Finishers

47 Andrew Pfeiffer (MTC) 19&under	17	China	1:27:27	6:40
60 Ronald Deprez 55-59	56	Portland	1:29:33	6:50
62 Paul Baillargeon 50-54	51	Augusta	1:29:38	6:50
79 Bob Coughlin (MTC) 60-64	61	Cape Elizabeth	1:33:01	7:06
95 Sarah MacColl (MTC) 40-44	44	Cape Elizabeth	1:34:21*	7:12

256 Faye Lowery 2,55-59 USATF	5
312 Jane Levesque 3,55-59 USATF	5
380 Siobhan Sheils 19&under	1
443 Polly Kenniston (MTC) 60-64 USATF	6
457 Art Warren 65-69	6
725 Rowena Farrington 70&over	

#### Other Maine Tra

11 Dave Howard 3,30-34	3
16 Mark Steege 3,45-49	4
43 Joe Lembo	3
49 Robert Brooks	3
50 William Sproul	4
58 Jim Heinlen	3
70 Gerard Conley	4
73 Michael Gordon	3
84 Larry Wold	4
112 Kate Meyers 2,40-44	4
113 Jeanne Hackett 3,40-44	4
124 Maureen Sproul	4
127 Sindee Gozansky	3
128 Jennifer DeSena 3,45-49	4
130 Curtis Moulton	3
137 Connie McLellan	4
138 Brian Cliffe	3
152 Colleen Redmond	3
155 Kimberly Bonsey	3
157 Gil Moreno	3
161 Vicki Bryant	4
163 Harry White	5
170 John Morse	5
176 Loren Lathrop	5
180 Michael Doyle	3
206 Jim Harmon	4
213 Ken Cotton	5
236 Guy Roy	4
245 George Campbell	5
249 Julia Drinker	3
287 Mary Brandes	4
288 Carlos Ramirez	5
295 Mick McCall	4
298 Karen Curtis	3
313 Mike O'Brien	3
318 Douglas Couper	3
319 Cathleen Kilburn	3
321 Sheryl Watson	3
325 Gerard Salvo	4
342 Linnea Olsen	4
352 Emily Stuart	4
362 Robin Schulte	4
370 Suzanne Umland 2,50-54	5
383 Chuck Burnie	4
439 John Cullinane	5
447 Joe King	2
450 Bob LaNigra	5
461 Denny Morrill	6
468 Tom Mundhenk	5



# RACE RESULTS (CONTINUED)

480 David Everest	34	Portland	1:58:24	9:02
483 Mark Grandonico	41	Portland	1:58:35	9:03
493 Mathew Govan	31	Portland	1:59:18	9:06
495 Kevin Doran	44	Topsham	1:59:37	9:07
496 Cathy Burnie	51	Cumberland	1:59:38*	9:08
500 Lynn Shorty	37	Gorham	1:59:42*	9:08
517 Ron Chase	59	Durham	2:01:22	9:15
522 Kathleen Tragert	41	Naples	2:01:56*	9:18
532 Alan Pfeiffer	46	China	2:02:49	9:22
533 Stephen DiPalma	45	Portland	2:02:49	9:22
571 Katy Littlefield	36	Scarborough	2:05:07*	9:33
590 Sally Paterson	59	Portland	2:06:57*	9:41
593 Mike Pugh	62	York Beach	2:08:00	9:46

149 Lynne Zimmerman 60-69	61	65:57*	10:39
157 Julius Marzul (MTC) 70&over	74	78:42	12:42
<b>Other Maine Track Club Finishers</b>			
16 Ogden Williams 3,40-49	45	42:12	6:49
20 Philip S. Pierce 3,50-59	59	42:39	6:53
30 Mike Doyle	36	44:11	7:08
40 John Rolfe	46	46:05	7:26
47 Jeff Stone	44	46:40	7:32
54 John Tragert	42	47:58	7:45
62 Tony Salamone	51	49:03	7:55
65 Merle Hartford	53	49:19	7:58
71 Michael C. Morrison	42	50:11	8:06
72 Jack Nichols	36	50:12	8:06

MIKE BROOKS	74	74:04	8:44
James Tyrrell	53	55:54	9:01
Karen Connolly	41	56:20*	9:06
Laura Tyrrell	53	55:54*	9:01
Martha Drury	39	57:38*	9:18
Harry Fullerton	52	57:54	9:21
Nancy Hewett 3,50-59	53	59:44*	9:39
Deb Stewart	40	60:02*	9:41
Shelby Browning	30	64:05*	10:21
Martha Payson 2,60-69	61	68:24*	11:02
John Martis	47	69:01	11:08
James Higgins	46	69:45	11:15
Debbie Howe race walker	54	70:46*	11:25
Kate Harris	55	78:22*	12:39
Robert Connolly race walker	45	90:52	14:40

684 Kevin Gordon	48	Wellesley,MA	2:26:51	11:12
693 Maggie Soule	59	Yarmouth	2:36:07*	11:55
694 Donna Moulton	51	South Portland	2:37:31*	12:01
705 Julius Marzul	74	Gorham	2:47:52	12:48
709 James Higgins	46	Palm Beach,FL	2:50:13	12:59

## The Inaugural Portland Trails "Tukey Trot" 10K Run/Walk

Incorporating The New Eastern Promenade Trail And Back Cove Path  
175 Finishers ( 80 Female & 95 Male)

Course Conducted From Corner Of India & Commercial Streets And  
Along The New Scenic Eastern Promenade Trail To The New Connector Under  
Tukey's Bridge, Around Back Cove And Back To The Eastern Promenade  
Trail Starting Point

8:30 A.M. Sunday, September 24th, 2000

Results Courtesy Of Split Time Race Management

### Top Overall Finishers

Place/Name	Age	Time	Pace
1 Byrne Decker 1,overall	33	32:02	5:10
2 Dan Sacco 2,overall	26	37:06	6:00
3 Mark Woodbury (MTC) 3,overall	35	37:23	6:02
4 Charlie Humphries 1,30-39	39	37:46	6:06
5 Mya Mangawang 1,overall	27	38:06*	6:09
6 Peter Cooley 2,30-39	36	38:32	6:13
14 Catie Dean 2,overall	30	41:39*	6:44
19 Carrie McCusker 3,overall	31	42:29*	6:52
21 Jeanne Hackett (MTC) 1,40-49	41	43:01*	6:57
22 Amy Crowley 1,15-19	17	43:04*	6:57

### Other Top Divisional Finishers

7 Scott Gorneau 20-29	27	39:04	6:28
9 Richard Bryant 40-49	42	40:20	6:31
11 Ronald Deprez (MTC) 1,50-59	56	40:48	6:35
15 Steve Cloutier 1,15-19	15	42:10	6:49
23 Keri Hanlon 30-39	35	43:09*	6:58
39 Julie Holmes 20-29	29	46:04*	7:26
58 John Howe (MTC) 60-69	65	48:24	7:49
100 Cathy Burnie (MTC) 50-59	51	54:04*	8:44

Special thanks to Charles Scribner of Split-Time Race Management  
for complete results!

## 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-  
555-1234 or by sending e-mail to [mndoyle@mainecul.org](mailto:mndoyle@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 provide 500 fliers and a payment of \$40. Fliers will  
not be included in any mailing if not accompanied by the \$40 service fee.  
This fee applies only to races not run by the MTC, so if the race fee is  
being paid to the club, there is no charge for race fliers. Please call  
Mike Doyle to arrange for flier inclusion.

We  
NEW  
If you  
club, p  
0051,

Not  
Anyone  
Club ne  
not be  
The fee  
already  
or e-m



# The Inside Track on Holiday Books

By Michael A. Musca [mmusca@maine.rr.com](mailto:mmusca@maine.rr.com)

As the holidays roll around it's time to think about gifts for your running mates. Or, if you're really smart you'll suggest these books as gifts for yourself. Sneaky, but it works. Here are some gift suggestions of books I've read the past few months. I've listed the authors and related publisher websites, although your local bookstore would sure like to see your smiling face (and wallet) this holiday season.

**Running With The Buffaloes** - by Christopher Lear (available through [www.amazon.com](http://www.amazon.com))

While writing this book, the author lived with the 1998 NCAA cross-country champion University of Colorado Buffaloes. His real life tale of the work ethic, team spirit, and coaching philosophies of this diverse team will keep you turning page after page. I read this book during the Olympic Trials as I watched CU's Adam Goucher qualify for the US team in the 5,000. Entertaining and exciting. Highly recommended for the young runners in the crowd. Warning: high testosterone level.

**Running Tough** - by Michael Sandrock (publisher: Human Kinetics [www.humankinetics.com](http://www.humankinetics.com))

The title tells you all you need to know. Imagine owning a cookbook of running workout recipes written by Bill Rodgers, Libbie Hickman, Frank Shorter, Emil Zatopek, and Adam Goucher. I devoured author Michael Sandrock's previous book "Running with the Legends" and looked forward to his latest work. This book organizes workouts by training goals and helps the reader spin imaginative ideas into their weekly plans. Definitely not for the faint of heart. Don't buy this book for your rivals or you may regret it.

It was my third time running the MCM and I

Marathon also known as "The People's Marathon of Monuments", begins and ends at the War Memorial (Iwo Jima Monument) in Washington, DC. It passes many of the nation's most prominent sites, including the Kennedy Center, Washington Monument, Lincoln Memorial, and the Smithsonian Museums, and the Lincoln and Jefferson Memorials. Spectators everywhere and the Marine Corps Marathon stops and along the course are outstanding.

Some of the runners traditionally scream, yell, grunt, or run under an overpass. At first I found this tradition weird. This year the tradition was where I was, or what pace I was running, at the end of the race like thousands of overpasses, some of them like the Lincoln Memorial. Well, Who Let the Dogs Out and everyone but me was barking. Woof...woof.woof. As I approached mile 18, I had the song had additional lyrics. Somehow I had the song between the Chariots of Fire and Rocky theme (Marathon music), someone had snuck in the dam, now. Needless to say, mile 18 was my fastest

"We are family", or "let's get ready to rumble", but the Baha Boys! By the way, while we were running let the dog out

of...woof

marathon highlights leading up to the next Olympic marathon. Recommended for the marathon fan on your holiday list.

**Beth Shaw's Yogafit** by Beth Shaw (publisher: Human Kinetics [www.humankinetics.com](http://www.humankinetics.com))

Yoga has been declared as the 'next big thing'. Funny, it's been around for thousands of years. I became interested in yoga several years ago as an alternative method of stretching — something I don't do nearly enough. The only books I found were ninety percent philosophy with very few photos. Featuring more than 50 YogaFit poses in large photos, Yogafit combines tough aerobic exercise with strength and flexibility-building yoga to create a total body workout. Sweat—not meditation—is the key. And that's exactly what makes this fitness program different from all the rest. Recommended for the injury prone runner in your crowd.



## Who Let the Dogs Out....Ah Shudup!

The Baha Men ruined my Marine Corps Marathon — and now they're trying to ruin my life! Everywhere I go I hear their "Who Let the Dogs Out...woof...woof...woof...woof". In our home, televised sporting events are now watched without sound, all radios have been silenced, even magazines are approached with caution after finding an article on the song and group in Time Magazine!

Colleen and I, along with 17,184 others completed the Marine Corps Marathon on Sunday, October 22nd. Along the way I saw



Publishers — available through [www.amazon.com](http://www.amazon.com))

A great page burner. Fictional tale of a Houston based unknown 800 meter runner who seems to find trouble at every turn. This ranks in the pantheon of fictional running books, alongside John L. Parker's "Once a Runner". You'll devour this one. Another recommendation for the young runner, and those who at least remember being young.

**The Olympic Marathon** by David Martin & Roger Gynn (publisher: Human Kinetics [www.humankinetics.com](http://www.humankinetics.com))

It doesn't take a fool to understand why the marathon is the first (women's) and final (men's) event on the Olympic Games schedule. No other Olympic event can rival the rich history and grand spectacle of the marathon. Track pundits consistently come up short on their marathon medallist predictions because no one can possibly gauge an athlete's internal motivation on any given day, let alone an event that lasts over two hours. Read about Emil Zatopek's dramatic triple-gold performance in 1952, Ethiopian Abebe Bikila winning a gold medal while running barefoot, Maine's Joan Benoit Samuelson earning her place in history as winner of the first Olympic women's marathon in 1984, and, my personal favorite — Frank Shorter's 1972 victory following the terror filled days of hostage killing. For each race, The Olympic Marathon provides: a summary of the geographical setting and political climate surrounding the Olympic Movement; a course map and detailed street description; a step-by-step narrative of how the race was run; biographical sketches of the top three finishers; and "Looking Ahead" section, which summarizes

marathon in the U.S. highly recommend it

The Marine Corps Marathon" and "The People's Marathon" near the Marine Corps Marathon in Arlington. Runners including the Pentagon, U.S. Capitol, Smithsonian Memorials. There are personnel at the water

In years past, many runners hoot or holler while running, but over the years it's become un-nerving, but over the years it's become destroyed. No matter what each of the what see a knucklehead would reply woof... learned the dreadful song timed it perfectly, in songs (standard marathon Who Let the...you know mile.

I say bring back "Who Let the Dogs Out" even YMCA, anything gone, Kim, the pet sit

Woof...woof...woof



# Mya's Race Report

Here's how the Maine Marathon looked through the eyes of Mya Mangawang who was 5th overall and first female finisher. Even more amazing, this 2:57 run was her first attempt at the marathon distance.

I will say that I was happy to have my first official marathon be here in Maine this year. This is where I began to train as a runner, so it was fitting to have my first real marathon just down the street. As a runner and as a dean at Bowdoin, I have made some wonderful friends who have been so supportive of me and my training, and last weekend only reaffirmed that.

Saturday morning, I got a final pep talk from my enthusiastic mentor and former 2:16 Boston Marathoner, Steve Podgajny. Sunday, at the start line a high five from Todd Coffin, this year's Maine b2b winner and a super energetic Sunday morning training partner. Mile 1, a sparsely populated mile I might add, I heard a welcomed yell from Rick Broene, a good friend, runner and chemistry professor at Bowdoin. At mile 6 or so as Lance Guliani, another Sunday morning training partner, flew by en route to finishing the half, he gave me an encouraging yell. Mile 8 or so, Robert Ashby, last years 2nd place Maine Marathoner and Barry Logan, a biology professor at Bowdoin, ex-Cornell runner and great 5 and 10k racer, ran by and cheered. (Very kindly, they moved our regular Brunswick Sunday morning training run to Portland so that they could help cheer me on in my first.) Then Rita Logan, lawyer at Verrill and Dana and wife of Barry, rode by on her bike and cheered

birthday and I didn't ever imagine that on his day they  
e their way down to Portland for my race.

Yarmouth I went. Just over the mid point I saw a fellow  
an, Tim Foster, his wife, Stephanie and their kids yelling  
as a volunteer missed the water cup hand off and I was  
rated, Amanda Lynch, a good friend who works at North  
cademy was quick to hand me some water half a mile  
magically, Julia and Paul kept reappearing all over the  
ul says being married to Julia he has become an expert  
gator and therefore they seemingly were at more spots on  
han there were water stops. Soon after that, I heard  
yell at me, as I figured he had just finished his half  
nd was heading home, but stopped for a final yell of  
ent. At some point then, Barry and Rick zipped by now  
es determined to help me through a tough finish. They  
got to the base of the hill at mile 23 to try to help me up  
atch me be attacked by the hill rather than attack it.  
here on in, I don't remember much. I heard yells from  
orters, including Margaret Hazlett, friend and first year  
ydoin, some Bowdoin students, and others around the  
out at that point nothing much was registering.

race, however, I have had some time to reflect upon just  
I have been with both great runners and great friends  
ed here in Maine. Thanks goes to my Brunswick  
luding my trustworthy running chums and my supportive  
a Bowdoin.

ay have taken the brunt of your course, my friends made  
ul start to a hopefully long and successful marathoning

## MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



<b>Sandy Utterstrom</b>	..PRESIDENT .....	797-4710
<b>Eric Ortman</b>	.....VICE PRESIDENT .....	727-3762
<b>Marge Aube</b>	.....PAST PRESIDENT .....	829-5079
<b>Carlton Mendell</b>	...TREASURER .....	797-7806
<b>Lorraine Paradis</b>	..SECRETARY .....	878-4465
<b>Everett Moulton</b>	..MEMBERSHIP .....	799-2894
<b>Bob Aube</b>	.....RACE COMMITTEE .....	829-5079
<b>Charlie Scribner</b>	..AT-LARGE .....	781-5585
<b>Howard Spear</b>	....AT-LARGE .....	856-6496
<b>Maureen Sproul</b>	....AT-LARGE .....	926-4681
<b>Don Penta</b>	.....STATISTICIAN AND PHOTOGRAPHY	892-4526
<b>Dale Rines</b>	.....COURSE CERTIFICATION .....	854-2481
<b>Mike Doyle</b>	.....NEWSLETTER & CLOTHING .....	871-0051



## HAPPY BIRTHDAY MIC MEMBERS!!

### NOVEMBER

- 17: Mike Brooks
- 18: Linda DeSarro
- 20: Audrey Flynn, Jackson White
- 21: Austin Smith, Sandy Utterstrom, Will White
- 22: Donna DeWitt, Mickey Lackey
- 23: Carol Hogan
- 24: Jeanne Johnson
- 25: Sean T. O'Hare
- 29: Deborah Howe, Bridget Ramsdell
- 30: Rikki Harris, James Robbins, David Roberts, Donna Trout

### DECEMBER

- 1: Les Berry, Emily Needham, Kevin Parker, Elizabeth Shorr
- 3: Claire Fontaine, Yvette Knight, Seth Nielsen
- 6: Chris Harmon, John Littlefield, Andrew Skelton
- 7: Daniel Fontaine
- 9: Clyde Coolidge
- 10: Ed Doughty, Andrew Ingalls, Kendra Skelton, William Sproul
- 12: Steve Reed
- 14: Michelle Durgin, Jim Hogerty, Alison Kisch



was Paul's b  
would make

Then into  
Bowdoin de  
at me. Then  
clearly frust  
Yarmouth A  
later. Then  
course -- Pa  
course navig  
the course t  
Lance again  
marathon a  
encouragem  
on their bik  
strategically  
it, only to w  
Then from t  
lots of supp  
dean at Bow  
back cove, l

Since the  
how blessed  
since I arriv  
cohorts, inc  
friends from

While I m  
it a wonderf  
life.



# Looking ahead to 2001 Marathon

The ninth annual Sportshoe Center Maine Marathon/Half Marathon/Relay exceeded our wildest expectations. Including relay runners, we had a total of 1,500 registrants, and more than 1,200 runners finished either the marathon or half marathon. All three races easily set records for number of participants.

Thanks to all of you club members who either ran the race or volunteered (many did both), we were able to celebrate our final year on the old course by raising \$10,000 for this year's charity -- the Maine Children's Cancer Program. About \$2,000 of that total came in the form of direct contributions from runners. In addition, the Leukemia and Lymphoma Society raised about \$60,000 through its "Team in Training" program.

Now we're hoping to build on that momentum to make the race even bigger and better next year. As most of you know, we're changing the course to an out-and-back route along Route 88. The new course should be easier to manage (less traffic, fewer intersections), and it's not quite as hilly as the old course.

Plans are already under way to prepare for next year's race, which will be our 10th anniversary. We need your help, though, because some key positions on the race committee need to be filled. Here are the open positions, along with descriptions of what the jobs entail (they're not as bad as the titles might indicate):

## Overall volunteer coordinator

The volunteer coordinator is the main contact person for people who want to volunteer for the marathon. The volunteer coordinator fields e-mail messages and phone calls from prospective volunteers and maintains a master list of volunteers. This person will work with other members of the race committee to make sure there are enough volunteers for registration, traffic, water stops, the finish line and other assorted tasks.

## Traffic coordinator

This person is responsible for assigning volunteers to direct runners and traffic at all intersections along the course. The traffic coordinator works with the overall volunteer coordinator to put together a list of traffic volunteers. On race day, the traffic coordinator roams the course, handing out flags and vests to volunteers, making sure all intersections are covered, and checking to see that all traffic volunteers know what they're supposed to be doing.

## Relay coordinator

## MAINE TRACK CLUB DISCOUNTS

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 2000 club ID card when requesting discounts.

### Peak Performance Sports

59 Middle St., Portland

**15%**

**ON ALL PURCHASES**

### Olympia Sporting Goods

Maine Mall, S. Portland

**10% ON SHOES ONLY**

### Coastal Athletics

84 Cove St, Portland

**AASICS SHOES EXCLUSIVELY  
DISCOUNTS ACCORDING TO MODEL CALL  
AHEAD FOR RON KELLEY 772-4530**

### George & Phillips, Inc.,

Route 1, Kittery • 295 Water St., Exeter, N.H.

These are Nike Outlet Stores featuring slightly defective or blemished shoes at reduced prices. All top quality regularly.

**SHOES 20% OFF**

### Lamey Wellehan

Maine Mall ~ Falmouth Shopping Center~Cook's Corner~  
Auburn Mall

**10% ON RUNNING SHOES**

### MVP Sports

333 Clarks Pond Pkwy., South Portland

**10% ON NON-SALE RUNNING  
SHOES AND CLOTHING**

## 2001 Membership Information

Send check or money order to:

**Maine Track Club • P.O. Box 8008  
Portland, Maine 04104**

or call Everett Moulton (799-2894) for more information

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

## REMINDER

- Pasta Dinner and Officers Election  
November 17th, 6:00 P.M., The Columbia Club,  
Portland

- Important Half Day Meeting  
December 2nd, 9:00 A.M. - 1:30 P.M.  
at the Portland Boys and Girls Club, Cumberland Ave.

- Club Banquet and Awards, January 20th, 2001,

businesses and organizations about forming relay teams and will look for ways to promote the relay.

## Sponsor coordinator

This person will work with our current sponsors while also soliciting additional sponsors who are willing to donate money, products or services. We already have a major sponsor -- Sportshoe Center -- and about 20 minor sponsors, but we're always on the lookout for more support.

If you have questions about any of these positions, please contact either Howard Spear (856-6496, [marathon@maine.rr.com](mailto:marathon@maine.rr.com)) or Bob Aube (829-5079, [bobaube@mainetrackclub.com](mailto:bobaube@mainetrackclub.com)).

# CONGRATULATIONS

## Too All MTC Fall Marathon Finishers.

## Way To Go!