

Run with a friend...

www.mainetrackclub.com

November 2001



Byrne Decker
1st Overall
Marathon Finisher

**MARATHON/RELAY/
HALF MARATHON**

MAINE

10th Annual

PORTLAND
Oct. 7, 2001

The Sport in You!

**SPORTSHOE
CENTER**



Denise Jewell
1st Female
Marathon Finisher

A Record Setting Turnout!

David Chamberlain
(2:59:50) MTC
of Falmouth



Vicki Gayton
MTC of
Portland



Hans Brandes
(2:59:44) MTC
of Falmouth



Nelly Hall
MTC of
Scarborough

Presidential Message

November 2001

Dear Fellow Members,

October 7th will go down in our MTC history as the day that the Sportshoe Maine Marathon and Half Marathon established the benchmark for marathons in Maine. Our archivist, Maggie Soule will be showing articles and pictures about this race to future generations of members.

Well, maybe. Pardon me if I get carried away in my review. It was a great race and it set a record for runners and walkers for a marathon in Maine. Howard Spear, the race committee, and all the volunteers are to be congratulated for a job well done. It brings credit to the club, the city, and our state. Howard, when does the planning start for 2002?

Our Special Events Committee is hard at work as usual planning events for November and December. Look for the information on page 7. Try to attend some of these events. Ruth Hefflinger reports that the November hike up Mt. Caribou was a winner. Everyone had a good time. Sue Davenny says she will definitely go on the next hike only this time she does not plan to fall on the way down. With the help of her friends she made a quick recovery and led the group down to the finish. The day ended with a stop at a restaurant for much needed food and conversation.

While on the topic of upcoming events please give your support to race director Maggie Soule. Maggie is doing an outstanding job directing the Hannaford Turkey Trot Race. The event is Saturday, November 17th in Cape Elizabeth. Please plan to run the race or, if not, please volunteer.

Turning 65 shortly? Are you 65 or older? Have I got a deal for you. You can now join over four hundred youthful people that are members of the New England 65 Plus Running Club. We have about a dozen or more members from our club. Contact Russ Bradley, Carlton Mendell or myself for more information.

Interested in serving on the race committee for the coming year? Chairperson Everett Moulton is looking for a few good people. This is the heart of our organization. Please call him.

I hope to see everyone at a meeting, a race, or an event.

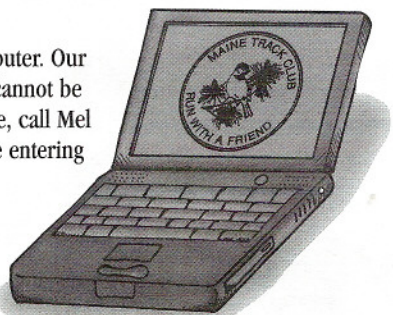
Enjoy the day.

Mel Fineberg



Wish List

We are in need of a laptop computer. Our one and only laptop crashed and cannot be repaired. If you have one to donate, call Mel Fineberg at 774-8868. The people entering race registrations would be most grateful.



Pasta Dinner

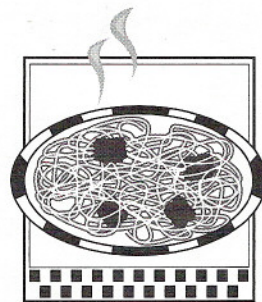
Friday, November 16th

6:00 PM at the
Columbia Club

17 Wordsworth St., Portland

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

For additional information see page 7 or call Sue Davenny at 799-5781



WOW! What more can we ask for?

An absolute "great day for the marathon sandwiched between two lousy days". Yes, we do have connections with the weather Gods, and no we cannot share them....well maybe! Another win by Bryne Decker, Master of the Maine Marathon, and how about Denise winning her first marathon!!

A huge record setting turnout, a new course, tons of comments from runners, great volunteers, great sponsors.....The Maine Track Club & The Maine Marathon Race Committee and all the volunteers should be very proud of how this event has turned out and grown.

Entries included 840 for the marathon (719 finishers); 980 for the half marathon (834 finishers) & 31 relay teams (28 finishers). These numbers include 88 Team in Training members from The Leukemia & Lymphoma Society, (another record), 52 runners from Canada (another record) and 42 states plus DC & Puerto Rico represented (another record). Half of our combined entries are from out of state. Hey, more records to fall in 2002! Just watch how the half marathon will grow with this new flatter and more scenic course!

Speaking of records, how about \$18,000 in proceeds being donated to The Maine Children's Cancer Program and how about almost \$200,000 raised by The Leukemia & Lymphoma Society.

The Maine Marathon Race Committee extends a special THANKS to all the volunteers who worked on this event, for without you, races would cease to exist. How can a race be run unless you have volunteers?? We hope all those who called to volunteer were contacted, and we apologize if we missed you. We now have in place a Overall Volunteer Coordinator who will organize a master listing to help make things easier in the future.

The Maine Marathon is growing and so must our Race Committee. We are in need of more committee members. So if you are interested, please email us at marathon@maine.rr.com (it is not too early...our first meeting for 2002 is at the end of January).

Finally, how fortunate we are to have Sportshoe Center as our major sponsor. Just wait until next year! Enough said!

Howard Spear
Co Race Director



Membership Renewals

Look for the membership renewal form in this issue. Check the mailing label of your newsletter to verify your renewal date.

PEOPLE ARE TALKING....AGAIN!

On behalf of all of us here, you guys are the best!! We were so proud to be part of your 10th year and the tremendous growth you had!! Lets keep this going!! Congratulations to you all for a great job. The Leukemia & Lymphoma Society, Team in Training, Framingham, MA

Thanks for a great race this year. It was a beautiful course, volunteers were fantastic. I will definitely recommend this race to friends. Topsham, ME

Thanks for making my first marathon victory such a memorable event! I really like the new race course, and the support along the way. It was just terrific! Cumberland, ME

Thanks for a splendid race. The course is great and managed to perfection. Every corner had at least one cheerful, capable volunteer; everything went off on time, etc. You put on a great race! Brunswick, ME

My first Maine Marathon was in 1984 and it only gets better every year. Portland, ME

Tell me your secret for wedging a picture perfect day between two lousy ones. Outstanding! BTW, bumped into two Californians wearing Maine Marathon shirts. They raved about the race, the course and the scenery. You have a winner. Falmouth, ME

To all those wonderful people involved in the making/planning this event. Thanks to all those volunteers and Maine neighbors. The people were the best thing about the marathon. The massage people were awesome! Thanks for making my first marathon a fun and memorable one, I really had a fabulous time. Nashua, NH

This being my first half marathon, I found great comfort that it was so well organized. The people involved with the race were so kind and encouraging. I had an excellent time and went away with good memories. See you next year. Winterport, ME

I just want to congratulate you on a wonderful race. Everything was run beautifully, the course was spectacular & all the volunteers wonderful. Keep up the good work. I plan to return. Bar Harbor, ME

It was a beautiful day for The Maine Marathon. I felt so special to be part of this wonderfully organized event. You made everyone feel extra special in the extra thoughtful things you did for us. Thank you. I plan to run again and to encourage others. Lewiston, ME

I was part of Team in Training. Just want to say that this was by far one of the best experiences I have ever had. Woburn, MA

Thanks for a great event. The hospitality of all the volunteers and neighbors made for one of the, nicest times I've had anywhere. Keep up the good work and I'll mark my calendar for next year. Worcester MA

Thanks for hosting such an awesome race! Sunday was my first attempt at running a half marathon and I have to say it was the perfect course. Sunday River, ME

Thank you so much for organizing such an exemplary race. The helpful volunteers, beautiful scenery and cheering spectators made my first marathon a wonderful experience. Bridgewater, MA

Just wanted to say thank you to the organizing committee, volunteers and people of Portland for a wonderful time and extremely well organized race. It was my first marathon and quite an experience. Keep up the great work and see you next year. Prince Edward Island, Canada

My friend & I traveled from Indianapolis for our first marathon. It was a great experience all around. The race was well organized, water stations well placed and plenty of volunteers. The support of people along the course was greatly appreciated. The scenery along the way was beautiful. Thanks for a great first marathon experience. We hope to be back next year. Indianapolis, IN

Just wanted to let you know that this was the best race I ever participated in. The volunteers were all top notch! The new race course was scenic and challenging. The quality of the shirt to the contents of the runner's bag was great. I cannot say enough wonderful things about the race and my experience. I am looking forward to next year. Scarborough, ME

2001 MTC RACE SCHEDULE

November 17 - Hannaford Turkey Trot
5K; Middle School Cafetorium, Cape Elizabeth, 9:00 AM (Kid's Run at 8:30 AM),
Contact: Maine Track Club - 741-2084 or
Maggie Soule 846-3631

November 22 - Thanksgiving Day
4-Miler; One City Center, Portland, 9:00 AM,
Contact: George Towle - 780-5595



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

February 3, 2002 - Mid Winter Classic
10 Miler; Cape Elizabeth High School, 9:45 AM, Contact: Don Penta 892-4526,
Ray Shevenell 799-4566 or Eric Ortman 727-3762



The MTC members extend condolences to Ed Doughty on the loss of his brother.

10th Annual Sportshoe Center Half Marathon



*Denise
Robertson
MTC of
Scarborough*



*Richard
Flagg
MTC of
Portland*



*Cathleen
Kilburn
MTC of
Westbrook*

*Kenneth
Norton
MTC of
Bath*



*Sean Keough
MTC of Cumberland*



*Mark Steeg
of Standish*



*Ronald Deprez
MTC of Portland*

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 call 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 Colleen Redmond or Mike Doyle (871-0051) to let us know where, when and a contact person for inclusion in the monthly newsletter.

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

November 17, 2001 - Hanaford Turkey Trot 5K; Middle School, Cape Elizabeth, 9:00 AM (Kid's Run at 8:30 AM), Contact: MTC 741-2084 or Maggie Soule 846-3631

November 22, 2001 - Thanksgiving Day 4-Miler; One City Center, Portland, 9:00 AM, Contact: George Towle 780-5595

November 24, 2001 - Great Confluence 5K and 10K; Mid-coast Hospital, Brunswick, 8:30 AM, Contact: Donna Clukey 721-1355

- Burn off the Turkey 5K; Gorham High School, 8:30AM, Contact: Gorham Rec Dept. 839-5034

December 16, 2001 - 4th Annual Bob Marley Toys for Tots Run/Walk or Crawl; Comedy Connection, Portland, 10:00 AM

WE WANT YOU

Nominees Sought For The Year 2002 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 Mel Fineberg at 774-8868.

Nominations will be accepted right up until the election, and at the election on November 16th after the Pasta Dinner. See pg. 2 for additional information.



Maine Marathon Finishers



*Austin Smith
MTC of
Portland*



*Mark Foley
MTC of
Portland*



*Cathy Burnie
MTC of Cumberland*



*Colleen Redmond
MTC of Portland*



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 mdoyle@synergentcorp.com, 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. 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.

NUTRITION BEFORE EXERCISE... TO EAT OR NOT TO EAT?

What you eat before exercise can “make or break” your workout. That’s not news right? If only it were that easy to have one “recipe” of ingredients for the best pretraining or precompetition meal. However, the choices of what to eat vary from person to person as well as sport to sport and unfortunately, each of us will probably learn through trial and error which “magic food(s)” is best.

Research shows that up to 50% of endurance athletes have experienced some of the following gastrointestinal (GI tract) reactions:

- Gas, cramping, loose stools diarrhea
- Heartburn, vomiting, bloating and stomach pain

Here are some of the many factors, which can contribute to GI problems:

Type of Sport – Runners and running type of sports can “jiggle” the intestines thereby leading to more digestive problems. Thus, stomach distress. Foods eaten too close to exercise can “talk back”. Cyclists and swimmers exercise in a fairly stable position and report fewer GI problems.

Gender – women report more GI problems particularly at time of menstrual period due to hormone shifts.

Exercise intensity – Because your muscles require more blood during intense exercise (sprinting, racing), the stomach may only get about 20% of normal blood flow. This slows the digestive process so the food in the stomach “hangs around” for the ride leaving you feeling uncomfortable. During an easy run or a longer run (at less than a “race pace”), blood flow to the stomach is about 60-70% and you can digest the food.

Precompetition food intake – limit high fat, high protein foods. Fat delays gastric emptying. Eating too much of these (greasy burgers, fries, bacon and fried eggs, peanut butter) before exercise can cause GI problems. Small servings of low fat protein foods can settle well and will keep you from feeling hungry.

Here are a few suggestions:

- Couple of slices of low fat cheese melted on pita bread
- Couple of thin slices turkey/chicken in bread
- Hard boiled egg (doesn't have to be hard boiled – but not fried in fat) and piece of toast
- Glass of low fat milk and heapin' handful of animal crackers

Fiber – high fiber diets can intensify GI problems. If you are eating large amounts of bran cereals or high fiber sports bars (bars with 5 or more grams of total fiber), cut back for a week to see if this helps.

Caffeine and concentrated sugar solutions – Although some caffeine has been proven to enhance performance – drinking the “extra large” mug of coffee may leave you with stomach upset and even diarrhea. Be careful to confuse high carbohydrate recovery drinks (these have about 200 calories per 8 ounces and are known to cause GI upset during exercise) with low carbohydrate fluid replacers (these have about 50-70 calories per 8 ounces). The high carb drinks are good for 2 hours before or directly after exercise to fuel or replete your body.

Hydration – can't forget this one! Dehydration can increase risk of GI problems. During training, be sure to practice drinking fluids on a regular schedule (about 8 ounces every 15-20 minutes of strenuous exercise). Also, during training, trying different types of fluids will help you learn how your body reacts – it's not wise to try new things during a competition.

Why is it so important to eat before exercise?

- You burn more calories by eating before exercise! When there isn't enough carb to burn for fuel, your body turns to muscle protein for fuel as its' replacement. So, if you are well fueled, your body will burn a “combo” of the carb stored in your muscles and the fat stored in your cells.
- You'll have the endurance to lengthen your workout and you'll perform better!

• To help prevent low blood sugar (symptoms being light-headedness, fatigue and blurred vision).

- Can help absorb the “gastric juices” and help settle the stomach.

SUGGESTED GUIDELINES FOR EATING BEFORE EXERCISE

Every day eat high carbohydrate meals so your muscles will always be fuel and refueled! Remember your carb groups – starch/grain/cereal/pasta, fruits and vegetables and low fat dairy groups.

When working out for under an hour in duration – a snack such as crackers (I like animal crackers!), bread, English muffins, mini-bagels should be easily digested and settle comfortably.

When working out for more than an hour duration – choose carbs from the moderate-low glycemic index effect (remember, these provide sustained energy) such as yogurt, bananas, beans/lentils, apples or a Power Bar. Be sure to eat at least an hour before exercise so the foods will be digested enough for fuel use and yet should still provide that “sustained energy” for a longer workout.

Fueling for a morning workout – this seems to be the challenging one – speaking from being a 5am runner during the workweek. It's hard to get out of bed, slam down a breakfast, then run out the door without a bellyache! Usually, I encourage people to eat a large breakfast, lighter lunch and a very light dinner. But morning exercisers need to “reverse the pattern”. **Dinner** – (the evening before) need to eat a high carb meal i.e. pasta with tomato sauce, bread and salad or maybe a veggie stir-fry with rice. This is to fully stock the fuel tanks in your muscles for the next mornings exercise. **Breakfast** – will need to be light – try to eat at least 100 calories i.e. 1/2 small bagel, 1-2 toast or a liquid meal such as Carnation Instant Breakfast, glass of orange juice or a packet of energy gel. Remember to try and eat at least 1-2 hours before the event for less “jostling” in the stomach.

Fueling for an evening workout - Breakfast – never skip it! How about a dish of cereal with some milk and a piece of fruit. Or maybe a blender smoothie with yogurt, fruit or fruit juice and ice. This is an easy one to take on the way to work! **Lunch** – should be your “main meal”. Try for high quality lean protein sources such as fish, chicken, lean beef or tofu. Have it with a good carb source i.e. whole grain rice, or bread or even a sweet potato (I bake extra sweet potato and eat them cold for lunch – peelings and all! These are very moist and wont even need added fat!) How about leftover beans and rice wrapped in a flour tortilla? Add a good handful of raw veggies i.e. baby carrots, cherry tomatoes or cut up colored peppers. Top off with a piece of fruit or low fat frozen yogurt for dessert. **Mid-afternoon snack** – have fruit, pretzels or an energy bar. **Water** – lots of it through out the day!

If you find you just can't eat the morning of the event – make extra efforts to eat well the day before and have a large bedtime snack. And remember you should take a rest day to allow your muscles the opportunity to replete and saturate with glycogen. Be sure to “graze” on carbs every 2 hours during the “rest” day and drink plenty of fluids.

Here are a few more examples of high carb snacks for “grazing purposes”:

- Whole grain cereals (cheerios, mini-shredded wheats – you can use the frosted ones!)
- Mini-bagels
- Dried fruits or apples, bananas
- Low fat yogurt
- Pretzels (Synder makes honey wheat and oatbran – these are great!)
- Animal crackers, Fig Newtons, vanilla wafers
- Whole grain crackers

The important thing to remember is this...once you find what foods/fluids work for you to achieve your best performance without stomach discomfort – stick with it! Why change a good thing?

Stay energized!

Denise Robertson RD

BACK OF THE PACK(Where's Andy?)

Michael A. Musca

Running in the back of the pack is a dirty job, but somebody's got to do it.

"Where's Andy? Find the lead guy with the red hat. Where's Andy?", my Dad shouts to me at the water cup strewn 4 mile aid station.

How do I explain to my father that 'Andy' - the tall bearded guy in the red baseball cap - is so much, much more than a hastily chosen pace setter for our 4:00 hour goal. Do I expend precious running energy expounding on the life story of Ambrose Burfoot? How do I explain the honor I feel running in the shadow of 1968 Boston Marathon winner and Runner's World editor Amby Burfoot? I tell Amby that this is my 70 year old dad's first marathon. Amby graciously engages me in conversation and asks that I e-mail him the results.

This is too good to be true. As a 40 year old back of the pack runner, my brief chat with Amby Burfoot during a race is par with tossing a football with Joe Namath. More appropriately, strumming a few chords with Paul McCartney. This was the Rock & Roll Marathon, after all.....

The decision to run this race together with my dad was not an easy one. My dad and I have never been close. Don't get me wrong, we love each other very much. It's just that I belong to the generation of "Get Off My Cloud" and "Dazed & Confused". Dad would prefer to relax with a glass of wine and Frank Sinatra's "Nice & Easy" lp.

In the 1970s, I was running 80 miles a week, competing in the strange sports of road races & marathons, and reading underground papers like Rolling Stone and Circus magazine. Dad's idea of recreation was deer hunting. He was too busy earning the mortgage to ever see one of my track meets or road races.

These differences seem silly and picayune now. But to those who lived in the 1960s and 70s, they were very real and important. You were a hawk or a dove, long hair or establishment, runner or footballer, parent or kid. There were very few "soccer dads" or two earner families in my town. Dad worked, Mom stayed home, kids went to school and played sports.

So, last September when I saw the poster in Gary Tuttle's Inside Track Running store announcing, "You Missed the First Boston Marathon, Don't Miss the First Rock & Roll Marathon", I knew I was hooked. But wait, doesn't the June 21st race day fall on Father's Day? Hasn't Dad been running 5K's back in Buffalo, NY and my parent's winter home in Florida? Doesn't he turn 70 years in 1998? The wheels began to turn.

At first, I had a hard time justifying this crazy idea. He'd never run more than a 10K, and only once. He's always lead an active lifestyle and ladies always tell him how young he looks. In my usual Marine Corps fashion I eased him into the idea. I called and said, "Dad, start running. I just sent in a check for you and me to run a marathon in June 1998 in San Diego."

I must come from strong stock because Dad continued his training through the winter and wrote me with details of his blistered feet from 2 hour runs. For my final strategy, I sent him the "Flanagan's Run" novel to read two weeks prior to race day.

On race day, I felt like I was living the phrase, "Child is father to the man." Dad was like a kid in a candy shop - everything was *new* in his eyes. The hundreds of port-a-potties, free drinks, corrals of thousands of runners, helicopters circling, national anthems, pace teams, discarded clothing, nervous runners. His eyes said, "Is this all for me?"

Finally the race began. We passed the start line 4 minutes later. Dad wanted to bust outa the chute and race the Kenyans to Mission Bay. I told him we'd follow alongside Amby and the other 4:00 hour pacers for a while until we could establish our own pace.

Miles 1 through 6 were passed easily with Amby and his group stopping at most water stations. We didn't feel the heat until we passed through a few tunnels where the cold shade drove home the point - It's Hot Out There In the Sun.

At 10 miles Dad said to me: "I feel really good, let's try for 3:50." My reply: "Tell ya what. If you still feel really good at 19 miles we'll race the last 7 miles. Deal?"

We hit the halfway mark at 2:00, right on target. Miles 14 through were 18 were at 9:10 pace. We hit some rough mental spots in miles 19 to 21 at 10:00 pace and mile 22 was 11:50.

To Dad's credit, he recovered very nicely and took it home at 10:00 to 10:30 pace.

In the final 880, my 9 year old son jumped out of the crowd and paced us into the chute. There we were - three generations of Musca men striding home on Father's Day in the San Diego sunshine. We finished strong in 4:15:48.

When we returned to our hotel we discovered - via my nephew's phone call - that Dad was 2nd in his 70-79 age group. In his first marathon attempt.

Now where's Andy? I gotta tell him this one.



MTC Special Upcoming Events

Friday, November 16 – 6:00 p.m.

Mike Reali's Famous Pasta Dinner and Election of Officers for 2002

Columbia Club, 16 Wordsworth Street, Portland
(Take Washington Ave. exit off 295 north. Turn right on Veranda St. Turn left after Quattrucci's Variety. Columbia Club is 3rd. building on right.)

\$7.00 Adults / \$2.00 Children under 12

RSVP Susan Davenny 799-5781

You may bring beer and wine if you wish.

Thursday, December 6 – 6:00 p.m.

"Santamental" Mel's Holiday Lights Fun Run

Meet at the corner of Commercial St. and India St., Portland
Portland Trail Run

Bring jingle bells for the run and money for food after the run
Contact: Ruth Hefflefinger 797-4625 or Cathy Burnie 829-5208

Saturday, January 19th.

Maine Track Club Annual Awards Banquet

South Portland Eagle's Club, 729 Broadway, So. Portland
Special Italian Buffet
Contact: Janice Drinan 883-7039

RACE RESULTS

The Sportshoe Center And The Maine Track Club

Present

The Tenth Annual Sportshoe Center Maine

Marathon

718 Record Finishers (285 Female & 433 Male)

New Less Daunting More Scenic USAT&F Certified Out & Back Course From Portland To

Princess Point, Yarmouth & Back To Portland

8:00 a.m., Sunday, October 7th, 2001

Weather: 50's Fahrenheit, Partly Cloudy & Wind Gusts

"*" Following "STime" Indicates Boston Qualifying Time!!

Top Overall Finishers

Place/Name	Sx/AGrp	STime	GTime	GPace
1 Byrne Decker 1,overall	M30-34	2:30:51*	2:30:53	5:46
2 Michael McGrane 2,overall	M30-34	2:36:21*	2:36:22	5:58
3 Alan Moore 3,overall	M40-44	2:44:08*	2:44:09	6:16
4 Bob Sholl 4,overall	M50-54	2:47:18*	2:47:20	6:23
5 Camilien Boudreau 5,overall	M35-39	2:47:50*	2:47:51	6:25
27 Denise Jewell 1,overall	F35-39	3:03:33*	3:03:36	7:01
29 Ellen McCurtin 2,overall	F30-34	3:04:15*	3:04:24	7:02
41 Janet Labuc 3,overall	F50-54	3:08:28*	3:08:34	7:12
54 Caroline Kondoleon 4,over.	F20-29	3:11:56*	3:12:14	7:20
59 Megan Lane 5,overall	F20-29	3:13:22*	3:13:37	7:24

Top Divisional Finishers

6 Barry Fifield (MTC) 40-44	M40-44	2:50:20*	2:50:21	6:30
7 Dan Dominie 35-39	M35-39	2:51:56*	2:51:59	6:34
9 John Mollica (MTC) 45-49	M45-49	2:54:51*	2:54:53	6:41
10 Scott Deslongchamps 30-34	M30-34	2:55:29*	2:55:31	6:42
11 Patrick Flaherty 20-29	M20-29	2:55:52*	2:55:55	6:43
19 Jim Toulouse (MTC) 50-54	M50-54	3:01:18*	3:01:21	6:55
37 Graham Ford Veysey 19&under	M01-19	3:06:55*	3:06:58	7:08
43 R.J. Harper 55-59	M55-59	3:09:14*	3:09:17	7:14
62 Robyn Squire 20-29	F20-29	3:13:51*	3:13:56	7:24
67 Sandy Colvin 30-34	F30-34	3:35:15*	3:35:22	7:28
74 Cressida Buonaguro 35-39	F35-39	3:17:27*	3:17:33	7:33
97 Pamela Hall 45-49	F45-49	3:22:00*	3:22:35	7:44
117 Joy Hampton 50-54	F50-54	3:26:12*	3:26:25	7:53
135 Michelle Lange 40-44	F40-44	3:29:32*	3:29:43	8:00
250 Phil Pierce (MTC) 60-64	M60-64	3:48:04	3:48:06	8:42
334 Nina Bovio 55-59	F55-59	4:00:27*	4:00:35	9:11
343 Louisa Dunlap 60-64	F60-64	4:00:38*	4:01:46	9:14
621 Billy Thornton 65-69	M65-69	4:56:35	4:57:15	11:21
633 Paul Gionfriddo 70&over	M70-99	5:00:37	5:01:58	11:32

Other Maine Track Club Finishers

15 Hans Brandes	M40-44	2:59:44*	2:59:44	6:52
16 David Chamberlain 3,35-39	M35-39	2:59:47*	2:59:50	6:52
50 Gordon Scannell	M45-49	3:11:26*	3:11:32	7:19
52 Matthew Foss	M30-34	3:11:39	3:12:03	7:20
65 Tom Shorty	M35-39	3:14:57*	3:15:05	7:27
70 Craig Wilson	M50-54	3:16:48*	3:16:53	7:31
125 Ron Paquette	M50-54	3:27:11*	3:27:15	7:55
134 Harry White	M55-59	3:28:27*	3:28:30	7:58
144 Floyd Lavery	M40-44	3:30:45	3:31:39	8:05
167 Matt Flynn	M35-39	3:36:24	3:36:31	8:16
179 Colleen Redmond	F35-39	3:37:40*	3:37:58	8:19
211 Austin Smith	M40-44	3:41:52	3:42:03	8:29
212 Mark Foley	M35-39	3:41:32	3:42:13	8:29
215 Mary Brandes	F40-44	3:42:24*	3:42:43	8:30
233 Gregory Welch	M50-54	3:44:42	3:44:45	8:35
242 John Keeley	M50-54	3:45:57	3:46:02	8:38
276 Loren Lathrop	M50-54	3:51:21	3:52:10	8:52
281 Michael Doyle	M35-39	3:52:07	3:52:24	8:52
308 Jeff Stone	M45-49	3:56:17	3:56:22	9:01
310 Rex Holtan	M45-49	3:56:33	3:56:47	9:02
344 Nelly Hall	F30-34	4:01:33	4:01:51	9:14
360 Vicki Gayton	F35-39	4:02:46	4:03:41	9:18
435 John Littlefield	M45-49	4:17:02	4:17:50	9:51

450 Polly Kenniston 3,60-64	F60-64	4:21:30	4:21:40	9:59
451 Diane Daley	F45-49	4:21:37	4:22:16	10:01
452 Marla Keefe	F45-49	4:21:38	4:22:16	10:01
501 Cathy Burnie	F50-54	4:28:59	4:29:20	10:17
529 Marnie Flynn	F35-39	4:33:42	4:35:08	10:30
531 Rodger Smith	M55-59	4:34:31	4:35:49	10:32
532 Mike Brooks	M55-59	4:35:22	4:35:50	10:32
533 William Rice	M45-49	4:34:51	4:35:50	10:32
546 Douglas Couper	M40-44	4:39:09	4:39:49	10:41
664 Carlton Mendell 2,70&over	M70-99	5:24:09	5:24:25	12:23
698 Roger Borduas	M50-54	5:56:27	5:57:35	13:39
706 Denise Locke	F45-49	6:21:16	6:22:25	14:36

The Sportshoe Center And The Maine Track Club

Present

The 2001 Sportshoe Center Maine Half-

Marathon

834 Record Finishers (397 Female & 437 Male)

More Scenic And Forgiving New USAT&F Certified Course

From Portland To Falmouth And Back To Portland

8:00 a.m., Sunday, October 7th, 2001

Sportshoe Center Maine Marathon & Half-Marathon Results Here Are
Compiled From Complete Results Courtesy Of The Maine Track Club

Top Overall Finishers

Place/Name	Sx/AGrp	STime	GTime	GPace
1 Craig Fram 1,overall	M40-44	1:09:56	1:09:57	5:21
2 Michael Payson (MTC) 2,over	M35-39	1:10:02	1:10:02	5:21
3 Ethan Hemphill 3,overall	M20-29	1:12:02	1:12:03	5:30
4 Barry Logan 4,overall	M30-34	1:12:43	1:12:44	5:33
5 Derek Veilleux 5,overall	M20-29	1:13:55	1:13:56	5:39
20 Julia Kirtland 1,overall	F35-39	1:22:28	1:22:31	6:18
35 Marjorie Graff 2,overall	F30-34	1:26:12	1:26:19	6:36
47 Lorna Humphries (MTC) 3,ov.	F35-39	1:28:28	1:28:35	6:46
66 Carrie McCusker (MTC) 4,ov.	F30-34	1:31:05	1:31:13	6:58
70 Rosalea Kimball 5,overall	F30-34	1:31:35	1:31:48	7:01

Top Divisional Finishers

6 Steve Sarkozy 30-34	M30-34	1:15:13	1:15:14	5:45
7 Danny Paul 45-49	M45-49	1:16:26	1:16:27	5:50
8 Jeffrey Banger 40-44	M40-44	1:17:31	1:17:34	5:55
16 Svein Piene 19&under	M01-19	1:20:16	1:20:19	6:08
21 Gilberto Rosado 35-39	M35-39	1:22:31	1:22:31	6:18
45 Yvon Lamarche 50-54	M50-54	1:28:22	1:28:28	6:45
68 Ronald Deprez (MTC) 55-59	M55-59	1:31:29	1:31:37	7:00
73 Bob Coughlin (MTC) 60-64	M60-64	1:32:06	1:32:09	7:02
99 Rachael Borchers 20-29	F20-29	1:35:07	1:35:27	7:17
105 Maryellen Borge 40-44	F40-44	1:35:28	1:35:55	7:19
133 Mimi Mattson 45-49	F45-49	1:37:50	1:38:36	7:32
297 Rosalyn Randall 50-54	F50-54	1:47:33	1:48:01	8:15
343 Carol Schreck 55-59	F55-59	1:49:32	1:50:32	8:26
383 John Howe (MTC) 65-69	M65-69	1:52:48	1:52:55	8:37
419 Moira Yoe 19&under	F01-19	1:54:23	1:54:29	8:44
700 Robert Smith (MTC) 70&over	M70-99	2:12:31	2:14:01	10:14
752 Betty Ann Hamlin 60-64	F60-64	2:21:41	2:22:31	10:53
795 Janet Aldous 65-69	F65-69	2:43:52	2:44:52	12:35

Other Maine Track Club Finishers

18 Richard Flagg 3,30-34	M30-34	1:21:33	1:21:36	6:14
23 Mike Grant	M40-44	1:23:29	1:23:36	6:23
27 Tom Menendez 3,45-49	M45-49	1:23:58	1:24:04	6:25
29 Michael Gordon	M35-39	1:24:11	1:24:13	6:26
43 Kenneth Norton	M45-49	1:27:35	1:28:09	6:44
51 Sean Keough	M45-49	1:29:11	1:29:14	6:49
57 Paul Toohey	M40-44	1:30:10	1:30:14	6:54
63 Gerard Conley, Jr.	M45-49	1:31:00	1:31:07	6:57
82 Mike Lecompte	M40-44	1:33:03	1:33:28	7:08
106 George Welch	M35-39	1:35:52	1:36:01	7:20
127 Michael Musca	M40-44	1:38:15	1:38:19	7:30
150 Robert Boudewijn	M50-54	1:39:37	1:39:48	7:37

RACE RESULTS (CONTINUED)

165 Kimberly Bonsey	F35-39	1:40:57	1:41:09	7:43
177 Beth Rand	F40-44	1:41:26	1:41:41	7:46
180 Tom Kirner	M50-54	1:40:53	1:41:48	7:46
184 Linnea Olsen	F45-49	1:41:24	1:42:03	7:48
185 John Arsenaault, Jr.	M35-39	1:41:23	1:42:03	7:48
196 John Morse	M55-59	1:42:06	1:42:39	7:50
204 Julia Drinker	F40-44	1:42:15	1:43:01	7:52
219 Rachel Landry	F30-34	1:43:17	1:43:55	7:56
236 Denise Robertson	F40-44	1:43:37	1:44:53	8:00
268 Terry Clark	M55-59	1:45:49	1:46:31	8:08
281 Leslie Couper	F35-39	1:46:29	1:47:09	8:11
303 Cathleen Kilburn	F35-39	1:48:19	1:48:28	8:17
310 Jack Nichols	M35-39	1:48:03	1:48:46	8:18
328 Helen Cheney	F45-49	1:49:09	1:49:24	8:21
354 Lauri Dugas	F35-39	1:50:19	1:51:07	8:29
360 Scott Hilton	M35-39	1:50:43	1:51:22	8:30
395 Kelly Fernald	F35-39	1:52:47	1:53:24	8:39
451 Mark Grandonico	M40-44	1:55:47	1:57:02	8:56
452 Dana Kelly	M45-49	1:56:24	1:57:10	8:57
473 Shelley Lathrop	F20-29	1:57:17	1:58:07	9:01
483 Tom Mundhenk	M50-54	1:58:07	1:58:56	9:05
508 Ron Chase 3,60-64	M60-64	1:59:30	2:00:04	9:10
539 Betsy Barrett	F50-54	2:01:08	2:01:44	9:18
541 Mark O'Malley	M40-44	2:00:42	2:02:08	9:19
575 Alan Pfeiffer	M45-49	2:02:54	2:04:15	9:29
578 Chuck Burnie	M45-49	2:02:40	2:04:42	9:31
590 Jason Hill	M30-34	2:04:22	2:05:36	9:35
603 John Stevens	M55-59	2:04:26	2:05:54	9:37
612 Katy Littlefield	F35-39	2:05:45	2:06:35	9:40
660 Jim Parkinson	M40-44	2:08:42	2:10:13	9:56
670 Shannon Banks	F35-39	2:10:46	2:11:44	10:03
695 Tom O'Connor	M50-54	2:12:24	2:13:29	10:11
719 Matthew Govan	M30-34	2:15:18	2:16:07	10:23
807 Julius Marzul 2,70&over	M70-99	2:56:13	2:56:32	13:28

28 Marlin Conrad	49	19:37	6:19
30 Dennis A. Smith 2,50-59	51	9:42	6:20
38 Kevin Callahan	37	20:01	6:27
39 Curt Moulton	38	20:02	6:27
47 Mark Foley	36	20:37	6:38
63 Loren Lathrop	52	21:28	6:55
68 Don Bessey	55	21:41	6:59
70 John Keeley	50	21:51	7:02
72 Henry Bindbeutel	53	21:58	7:04
80 Dan Hogan	50	22:17	7:10
87 Phil Pierce 2,60-69	60	22:32	7:15
89 Jim Harmon	41	22:34	7:16
94 Lauri Dugas	35	22:52*	7:22
95 Terrence Hartford	28	23:01	7:24
101 Jim Thornton	53	23:11	7:28
105 Scott Hilton	39	23:14	7:29
109 Laurie Bowring	38	23:37*	7:36
117 Mike Brooks	55	24:09	7:46
121 Robert Jolicoeur 3,60-69	64	24:20	7:50
153 Cindy Hilton	38	26:55*	8:40
166 Janice Drinan	57	27:53*	8:58
169 Joe Stockmeyer	12	28:12	9:05
170 Matthew Govan	32	28:17	9:06
198 John P. Woods 3,70&over	83	34:08	10:59
200 Janice Bilodeau 2,60-69	68	38:33*	12:24
201 Julius Marzul	75	38:47	12:29
202 Lennie Stack	65	40:24	13:00

Verizon And The Maine Track Club Present The 2001 Maine Running Hall Of Fame 5K

204 Finishers (49 Female & 155 Male)

Scenic Course In Reverse Over The USAT&F Certified Back Cove Loop In Portland

6:30 p.m., Friday, August 31st, 2001

Compiled From Complete Results Courtesy Of The Maine Track Club

*** Following "Time" Indicates A Female Finisher

Top Overall Finishers

Place/Name	Age	Time	Pace
1 Michael Payson (MTC) 1,overall	38	15:37	5:02
2 Kevin Way 2,overall	32	16:25	5:17
3 Bob Irvin 3,overall	28	16:47	5:24
4 Brian Turner 1,30-39	30	17:42	5:42
5 Gilberto Rosado 2,30-39	34	17:54	5:46
11 Marjorie Graff 1,overall	33	18:41*	6:01
32 Lorna Humphries (MTC) 2,overall	36	19:43*	6:21
33 Carol Hogan (MTC) 3,overall	50	19:45*	6:21
62 Kathy Donnelly 1,30-39	39	21:26*	6:54
85 Kitty Kelley (MTC) 1,50-59	54	22:30*	7:15

Other Top Divisional Finishers

6 Stephen Turner 19-29	23	17:56	5:46
8 Smith Collins 14-18	16	18:09	5:51
10 Bob Strout 40-49	45	18:13	5:52
25 Stephen Monsulick 50-59	51	19:28	6:16
29 Chris Roy 13&under	13	19:40	6:20
76 Robert Randall 60-69	64	22:10	7:08
86 Maddie Shellgren 13&under	13	22:31*	7:15
111 Karla Stockmeyer (MTC) 14-18	14	23:44*	7:38
119 Virginia Howe 40-49	46	24:19*	7:50
159 Jennifer Turgeon 20-29	28	27:32*	8:52
177 Jack Nyhan (MTC) 70&over	70	29:43	9:34
186 Carmella Pellerin 60-69	64	30:21*	9:46

Other Maine Track Club Finishers

16 Tom Peterson 2,40-49	42	19:00	6:07
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The Second Annual Portland Trails "Tukey Trot" 10K Race/Walk

Sponsored By: Shop'N Save, Portland Press

Herald/Maine Sunday Telegram, Coastal Bank, SMRT,

The Patagonia Outlet, LT's Inc., kinkos, Bay Club,

City of Portland, Maine, The Shipyard,

& Portland Water District

261 Finishers (115 Female & 146 Male)

Course Conducted From Corner Of Commercial And India 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 Adjacent To East End Beach

8:30 a.m., Sunday, September 23rd, 2001

These Results Compiled From Complete Results Courtesy Of Split-Time Race Management

Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Derek Veilleux 1,overall	23	Saco	33:46	5:26
2 Don Legere 2,overall	39	Portland	34:05	5:29
3 Keelyn Wu 3,overall	34	Yarmouth	34:43	5:35
4 Dan Hoffman 1,30-39	32	Portland	35:28	5:42
5 Charlie Humphries (MTC) 1,40-49	40	North Yarmouth	35:52	5:46
15 Amy Kretz 1,overall	31	Westbrook	39:36*	6:22
17 Judy Barresi 2,overall	34	Cape Elizabeth	39:58*	6:26
24 Carrie McCusker (MTC) 3,overall	32	Cape Elizabeth	41:05*	6:37
33 Jill Storey 1,30-39	33	Cumberland	42:36*	6:51
38 Kimberly Mills 1,40-49	41	Brunswick	43:27*	7:00

Other Top Divisional Finishers

7 Paul Greene 20-29	29	Portland	37:05	5:58
8 Bill Reilly (MTC) 50-59	54	Brownfield	37:08	5:59
10 Steve Cloutier 15-19	16	Greene	37:55	6:06
55 Heather Zimmerman 15-19	16	Bethel	44:57*	7:14
56 Mandy Ivey 14&under	13	Oxford	45:06*	7:15
57 Gary McGill 14&under	14	Gray	45:12	7:16
66 Dr. Philip Pierce (MTC) 60-69	60	Falmouth	45:57	7:24
94 Dr. Rosalyn Randall 50-59	51	Portland	48:07*	7:45
111 Stephanie McLarty 20-29	26	Portland	49:19*	7:56
200 Mel Uchenick (MTC) 70&over	70	Kennebunk	61:43	9:56
259 Vivian Turcott 70&over	80	Portland	106:19*	17:07

RACE RESULTS (CONTINUED)

260 Jeanne Rielly 60-69

62 Westbrook 108:43* 17:30

Other Maine Track Club Finishers

16 Gerard Conley	47	Portland	39:54	6:25
22 Floyd Lavery	44	Gorham	40:40	6:33
23 Ken Cotton 2,50-59	52	Bristol	40:57	6:35
25 Ogden Williams	46	Cape Elizabeth	41:23	6:40
26 Matthew Foss	31	Portland	41:38	6:42
32 Jay Wilson	43	Portland	42:28	6:50
43 Chris Salamone	41	South Portland	43:52	7:04
44 Michael Musca	43	Falmouth	44:02	7:05
59 Loren Lathrop	52	South Portland	45:27	7:19
64 John Keeley	50	Portland	45:51	7:23
65 Matt Flynn	39	Cape Elizabeth	45:51	7:23
67 Harry Nelson	47	North Yarmouth	46:03	7:25
72 Mike O'Brien	34	York	46:43	7:31
93 Tony Salamone	52	South Portland	48:07	7:45
97 Lauri Dugas	35	Scarborough	48:18*	7:46
98 Scott Hilton	39	Dayton	48:23	7:47
110 Mike Brooks	55	Danville	49:09	7:55
116 Stephen DiPalma	45	Portland	49:45	8:00
121 Kelly Fernald	39	Cape Elizabeth	50:19*	8:06
129 Jim Estes	52	Portland	51:33	8:18

134 Lisa Despres	39	South Portland	52:06*	8:23
135 Tom Mundhenk	51	Portland	52:13	8:24
141 Larry Barker	52	South Portland	53:04	8:32
155 Bob Boothe	38	Portland	54:46	8:49
157 Robert DeWitt	57	Lisbon	54:57	8:51
160 Brian Dudley	47	Portland	55:11	8:53
161 Laura Tyrrell 2,50-59	54	Cape Elizabeth	55:15*	8:53
164 Jim Tyrrell	54	Cape Elizabeth	55:22	8:55
165 Cindy Hilton	38	Dayton	55:23*	8:55
166 Cathy Burnie 3,50-59	52	Cumberland	55:49*	8:59
167 Jason Hill	31	Portland	55:51	8:59
188 Rebecca Bryant	26	Portland	59:26*	9:34
196 Donna Bisbee	45	Portland	60:50*	9:47
201 Judy Cotton	52	Gray	61:48*	9:57
203 Carlton Mendell 2,70&over	79	Portland	63:05	10:09
211 Karen Connolly	42	Hollis	65:58*	10:37
213 Lois Martin	51	South Portland	66:53*	10:46
215 Matthew Govan	32	Portland	67:51	10:55
216 Jack Nyhan 3,70&over	70	Portland	68:05	10:57
238 Julius Marzul	75	Gorham	83:05	13:22
246 Robert Connolly	46	Hollis	87:53	14:09
247 Lennie Stack	66	Westbrook	91:32	14:44

Maine Running Hall of Fame 5K



Kitty Kelley
MTC of Portland



Jim Harmon
MTC of Portland



Tom Peterson
MTC of Hawaii
Helping out



John Keeley
MTC of Portland



Don Bessey
MTC of
Kennebunkport

Half Marathon First & Second Place Finishers



Craig Fram
1st Overall
from Plaistow, NH



Michael Payson
2nd Overall
MTC of Falmouth



Julia Kirtland
1st Female
of Brunswick



Marjorie Graff
2nd Female
of South Portland

I Hate My New Shoes.

by Mike Doyle

What do you get when you cross a pair of bowling shoes, bedroom slippers and a jar of grape jelly? Answer, my new running shoes. Don't get me wrong, I have gotten used to ugly running shoes. Most of my previous pairs look like accessories to a clown costume. The old ones and the new pair are all silly looking, however the new "silly uglies" cause me distress while running.



I am very particular when it comes to my running shoes. My last six pairs have been two styles only. When I find a pair that work well for me, my wife and I go on scavenger hunts and purchase whatever's available. Another problem with my shoe buying habits, I refuse to pay full price for shoes, so I am always purchasing outdated models. Anyway, back to my recent purchase and the insuing dilemma.

I wore out my last pair of stockpiled shoes training for and running the Maine Marathon. I could no longer locate my previous model, discontinued at least two years ago so I made the bold decision to move on to a newer, not newest, updated and certainly improved model, yea right! I journeyed up to the "shoe warehouse" and came upon a very large table piled high with the "purple albatrosses" shoe model. The price was right and they seemed to fit so I picked up two pairs for me, located a pair of the model Colleen is currently running in, and stockpiling, purchased all three, and went merrily on my way.

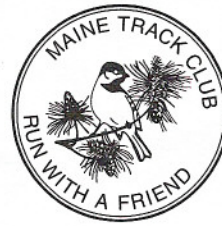
Day one: I woke up bright and early prepared to go on my morning run. Put on usual morning attire, laced up the "plum uglies" and headed on down the road. My initial thought was the shoes were too loose, my heel was sliding around, and as I ran I was making an unsettling fwapping noise every time my foot hit the ground. I could have stopped and made some adjustments but I rationalized three more miles could be tolerated. It was kind of like running with a stone in your shoe, I kept on moving my feet around, changing my stride, even running in the grass, anything to gain a little comfort and stop that friggin fwapping noise! Periodically my dog, and faithful running companion, would look up at me and then over at the "grape god-awful" shoes, communicating her displeasure during the uncomfortable run.

Day Two: Woke up, had breakfast, put on usual running attire with the exception of thicker socks, hesitantly laced up the pair of "plum pulverizers" and set out for a Sunday eight miler. Mile one, thought of turning back. Mile two, my left foot went numb. Mile three, stopped to loosen left shoe and make other futile adjustments. Mile four through eight, more misery, one happy thought: getting the "violet violators" off my poor feet. Result, slight bruise on top of both feet, one final attempt.

Third and final day: Wanted to sleep in, instead put on unusual running attire [mental note: need to do laundry]. Selected puffy padded socks that did not cover the gap between socks and non standard running "tights". Laced and re-laced the "purple albatrosses" and headed on down the road. Angrily stumbled along in stupid shoes, stupid socks, stupid "tights" all the while making that stupid fwapping sound. Ducks started quacking, dogs started barking, even the ladies walking three abreast usually blocking the entire trail, moved over half a step when they heard us coming. Thankfully we made it home and I vowed never to run on those "miserable merlots" ever again. One pair is going back and one pair will be banished to the back of the closet, a reminder of one poor choice and sixteen maddening miles.

Afterthought: Perhaps I should switch to running in Converse All Star Chuck Taylor Canvas Basketball Shoes. Converse has been making the same shoe for over 71 years and produced over 575 million pairs. The only changes they have made are the color choices available. "Chucks" now come in Dark Purple, coincidence? I think not!

MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



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Colleen RedmondNEWSLETTER871-0051
Phil MeechCLOTHING839-4946
M.T.C. Phone Number	741-2084

See web site for Board Members' E-Mail Addresses

UPCOMING MTC BIRTHDAYS

HAPPY BIRTHDAY MTC MEMBERS!!

NOVEMBER:

- 15: Matt Steege
- 17: Mike Brooks
- 18: Linda DeSarro, John Pierce
- 20: Audrey Flynn
- 21: Austin Smith, Sandy Utterstrom, Will White
- 22: Donna DeWitt, Mickey Lackey
- 23: Carol Hogan
- 24: Jeanne Johnson
- 25: Sean T. O'Hare
- 28: Chris Bowring
- 29: Deborah Howe
- 30: Rikki Harris, James Robbins, David Roberts

DECEMBER:

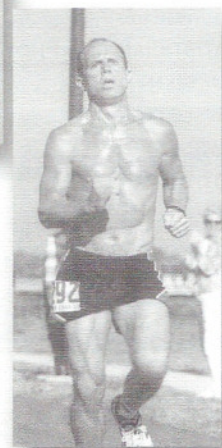
- 1: Les Berry, Elizabeth Shorr
- 3: Cecile Fontaine, Seth Nielsen
- 5: Joe O'Donnell
- 6: Chris Harmon, John Littlefield, Andrew Skelton
- 7: David Fontaine
- 9: Clyde Coolidge, Iain Eldredge
- 10: Ed Doughty, Andrew Ingalls, Kendra Skelton, William Sproul
- 12: Steve Reed
- 14: Michelle Durgin, Alison Kisch



Portland Trails 2nd Annual "Tukey Trot" 10K



Rebecca Bryant
MTC of Portland



Charlie Humphries
MTC of
North Yarmouth



Lois Martin
MTC of
South Portland



Larry Barker
MTC of
South Portland

M.T.C. Clothing Available

- 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

M.T.C. Singlets

Aasics 100% Coolmax

M.T.C. logo silkscreened front and back

- Mens Victory Singlet - Med./Lrg/XL.
- Women's Diamond Mesh Singlet - Small/Med./Lrg./XL.

sold below cost \$15.00

Contact Phil Meech 839-4946



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 2001 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**

Famous Footware

330 Clarks Pond Pkwy., South Portland • Also Auburn & Kittery

10% ON RUNNING SHOES

2002 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=\$25.00 • Student=\$17.00

REMINDER

- Friday, November 16th, 6:00 PM
- Columbia Club
- Pasta Dinner and MTC Elections (See pg.7)