

*Run with a friend...*

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

*December 1999*



*Start of the  
Great  
Osprey  
Ocean Run  
10K*



**THEY'RE OFF & RUNNING!**



*Start of the  
31st Annual  
Shop 'n Save  
Turkey Trot  
5K*



**There Will  
Not Be A  
January  
Issue**



# Presidential Message

December 1999

*Dear Fellow Runners,*

As we enter the new millennium, it is time to consider how the Maine Track Club can best meet our running needs. A committee is being formed to create a vision statement. Also, we are still looking for an Equipment Manager and volunteers for all future races. The Awards Banquet Committee is still welcoming new members. What better way to become involved than to serve on a committee or volunteer at an event?

The end of my term is in sight. Serving as your President has been a unique but rewarding experience. I am pleased that Sandy Utterstrom will assume this office in January. Everett Moulton will become the new Membership Chairperson, succeeding Maggie Soule who did an excellent job for the past three years. Eric Ortman will continue as Vice President, Carlton Mendell as Treasurer, Howard Spear and Maureen Sproul as At Large Board members, Don Penta as Statistician and Photographer, Dale Rines as Course Certifier, Bob Aube as Race Committee Chairperson and Colleen Redmond and Mike Doyle in charge of the Newsletter and Clothing. Thank you to Rodger Smith for the time he devoted to his At-Large position. This position will be filled by Charlie Scribner. An interested person is considering the position of Secretary. Congratulations and thank you all for your enthusiasm and positive attitudes. It has been a pleasure to work with each of you!

Our last meeting of the year will be a fun run along the Holiday Lights on the Eastern Prom in Portland. Meet us at 6 P.M. in the parking lot of the automobile club on Marginal Way. The flat route is a fabulous place to run in conjunction with the seasonal atmosphere. Depending upon the decision of the group, dinner at a local restaurant afterward is a possible option to conclude the evening. I hope to see you there!

The Banquet will take place at Val Halla in Cumberland on Saturday evening, January 22nd. This is an event not to be missed by anyone. Make sure that your nominations for awards reach us by January 7th to be included in the tabulations. Enjoy the holidays!

Happy Running!

Marge



## 20th Annual Maine Track Club Awards Banquet

January 22nd, 6:00 p.m.

Val Halla Golf & Recreation Center in Cumberland

\$5.00 per person (children 12 & under free)

**MODIFIED POT LUCK, MAIN COURSE PROVIDED**

- Lasagna (Veggie & Beef)
- Meatballs, Sauages, Bread
- Snacks & Coffee also provided

Members to bring items below, according to the first letter of their last name:



**A-I Salads and side dishes**

**J-R Dessert**

**S-Z Non-alcoholic beverages**  
(cash bar available)

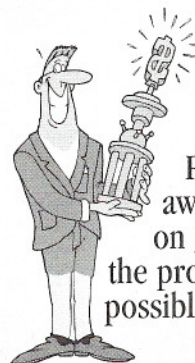


6:00pm-7:00pm Social Hour

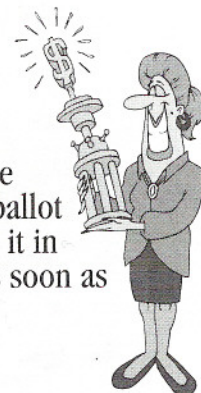
7:00pm-8:00pm Dinner

8:00pm On - Guest Speaker/Awards Presentation

- **MTC Runners Of The Year**  
– Male/Female
- **MTC Open Runners Of The Year**  
– Male/Female (under 40)
- **MTC Master Runners Of The Year**  
– Male/Female (40-49)
- **MTC Senior Runners Of The Year**  
– Male/Female(50 and over)
- **Maine Runners Of The Year**  
– Male/Female
- **Outstanding Contribution To Maine Running**
- **MTC Volunteer Of The Year**
- **John Fyalka Award For Service to The MTC**
- **First Time Marathoners**



Please complete the awards nomination ballot on page 9 and return it in the provided envelope as soon as possible.





# RUN, SKI AND BRUNCH AT THE SPROULS

SUNDAY, JANUARY 2nd  
194 TOWN FARM ROAD  
NEW GLOUCESTER

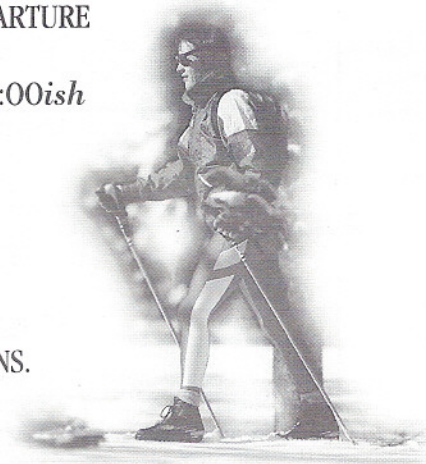
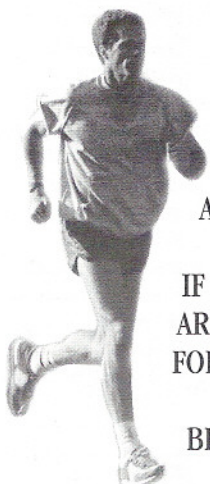
IF INTERESTED IN RUNNING 10-12 MILES  
ARRIVE AT 7:45am FOR 8:00am DEPARTURE

IF INTERESTED IN RUNNING 4-6 MILES  
ARRIVE AT 8:45am  
FOR 9:00am DEPARTURE

BRUNCH 9:30-10:00ish

IF WEATHER PERMITS  
BRING YOUR CROSS  
COUNTRY SKIS FOR  
A SKI AFTER THE BRUNCH

CALL 926-4681 FOR DIRECTIONS.  
EVERYONE WELCOME  
PLEASE COME  
BABYSITTING PROVIDED



## Congratulations

Howard and Eleanor Spear  
On the birth of your grandson

Andre Desvergnés

Born on

November 1st

6:42 pm

8 lbs, 9 ounces

21.5" long

**\* FOUND \***

at the Marathon Expo

A Childs blue, hooded fleece jacket

Contact Howard at 856-6496

## 1999/2000 MTC RACE SCHEDULE

February 6, 2000

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

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

## Letter From The Editor

It is hard to believe eleven issues and one full year have elapsed since Colleen and I assumed responsibility for the Maine Track Club Newsletter. We had been long time members, volunteering for a race or two per year, unconcerned about race logistics, wanting only to run for health, personal satisfaction, possible pr's and T-shirts, not necessarily in that order.

Looking back, we were unaware and mostly unappreciative of the time, effort, commitment, and genuine love of the sport many of the M.T.C. members and volunteers regularly provide to racers, runners, and joggers. As new board members and now active volunteers we've experienced first hand what it takes to maintain this club's success. We don't know much of the club's twenty-year history, and can hardly imagine the time and effort members committed to achieve where we are today. We do know first hand much of what made 1999 the success it has been and what will make 2000 even better, YOU! We appreciate each and every member, for just that, being a member. Without you, we would not have new equipment, a new computer, scanner, printer, cannon (for Howard), or the money to produce and mail this newsletter. We hope you have enjoyed your Track Club Newsletter this year and look forward to carrying on the tradition in 2000. Please come to the Banquet on January 22nd and have a safe, healthy and happy New Year.

We would like to thank everyone that has contributed to this publication during 1999, especially Don Penta for all his effort producing photos, race results, etc. and Rich Benoski for his graphic design abilities. We have a very talented membership, not only in the sport, but evidenced by everyone that have contributed to this newsletter. Next year consider sending something, we want your letters, stories, pictures, drawings, corrections, additions, deletions, WHATEVER, just send it along.

It has been a very busy and enlightening 1999 and I am sure 2000 will continue right where 99 left off. My dog, Maggie a.k.a.: the fastest dog on the boulevard, and my wife Colleen, the woman that never slows down, will keep me running and constantly on the go. It is nice to know that when I can no longer keep up, Oreo, our cat is there, setting a new pace, one that everyone can maintain, enjoy, and only hope to match.

— Mike Doyle



## New Maine Marathon Sponsor

I would like to announce that our new sponsor for the 2000 Maine Marathon is going to be Sportshoe Center.

Sportshoe Center is a privately owned retailer of athletic footwear and apparel based in Kennebunk, Maine

The Sportshoe Center has supported the Maine Marathon for the last few years in addition to supporting both running and family athletic events in our area.

I would like to thank Aetna U.S. Healthcare and Nylcare for their past support.

We are looking for race committee members for the following positions next year.



Overall Volunteer Coordinator



Traffic Control Volunteer Coordinator



Relay & Traffic Cone Coordinator



Awards Coordinator



Sponsor Coordinator (someone to enlist local merchants to donate goods and/or services)

Again, without volunteers and sponsors, The Maine Marathon could not continue. Please sign up!

*-Howard Spear, Race Director*

## UPCOMING MTC BIRTHDAYS

### DECEMBER

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

### JANUARY

1: Ken Dolley	12: Edwin Quich	Ray Shevenell
3: Jill Pierce	Beth Quinlan	22: Gina Harmon
4: Kenneth Hatch	Verne Weisberg	23: Nancy Hebert
5: Milt Dudley	14: Julie Bernier	Michelle Ouillette
Kitty Kelley	James M. Carroll	24: Tom Mundhenk
Joseph Shinnick	Whitney DeSena	25: Alice Mellor
6: Loren Lathrop	15: Russell Boisvert	26: Barabara Coughlin
7: Gary Giffard	19: Rob Boudewijn	Neil Martin
Clare Greenlaw	Eliot Conrad	Gerard Salvo
8: Thomas Hennessey	William Jarvey	27: Edward Miller
Michael Ianno	Terence Musca	William Rice
Joann Thomas	20: John Brady	Gayla Underkoffler
9: Paul Nicolaides	Sarah Cotton	Jennifer Warriner
Brit Sinclair	Don Foshay III	28: John Watson
10: Walter Penta	21: Douglas Couper	31: Martha Deprez
11: Paul LaVangie	Eric J. Ellis	

### FEBRUARY

1: Ulrich Daniels	5: William T. Shaw	Mary T. Young
Jim Harmon	6: Ned Ayers	9: John Tragert
Betty Rines	Scott Moulton	10: John LeRoy
2: Robert Giroux	John Woods	12: Kenneth Spirer
Maryette Stuart	7: Joan Daly	14: Galina Conrad
3: Nancy Lovetere	8: Diane Daley	
4: Kenneth Hatch	Anantazy Moran	

## GROUP RUNS

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

### Kennebunk

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

### Portland

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



**leukemia**  
society of america  
**TEAM**  
**IN TRAINING**

Presented By  
**SAUCONY** **RUNNER'S** **PowerBar**

## RUN FOR A LIFE!!

Raise funds to help the Leukemia Society's fight to find a cure while training for a marathon or century ride.

Team in Training is currently recruiting for the following marathons:

**San Diego Marathon**  
**Anchorage Marathon**  
**Lake Tahoe Century Ride**  
**call: 800-688-6572**



## And He Just Keeps Going & Going & ....

With no fanfare, Living Legend Carlton Mendell spent 1999 over 77 years old while completing over 77 races, including over 77 miles in one day.

*Caricature by  
Tom Shorty MTC*



*We Wish You  
A Healthy &  
Happy New Year!*

## NEW MEMBERS

- Julie Bernier (33)** .....Portland  
**Michael Bernier (37)** .....Portland  
Social Worker, Windham School Department  
Title Abstractor, Guaranty Title
- Terrence Connelly** .....Eliot
- Robert Daly (45) Joan Daly (40)**  
**Nick Daly (10) Nora Daly (8) Will Daly (6)** .....Cape Elizabeth  
Physician  
Mother  
Students in Cape School
- Jennifer DeSena (45) Danforth DeSena (45)** .....Cape Elizabeth  
**Whitney DeSena (13)** .....Cape Elizabeth  
Podiatrist  
Mother  
Student, CEMS
- Sarah Drury (36)** .....Portland  
Banker, Key Bank
- Leah Edwards (30)** .....Portland  
Investment Administrator, R.M. Davis, Inc.
- Kevin Gordan (45) Thomas Gordan (14) Peter Gordan (10)** .....Portland  
Attorney, Pierce Atwood  
King Middle School  
Nathan Clifford School
- Sindee Gozansky** .....Gorham
- Kathryn Harris (54)** .....Falmouth  
Hospital Administrator, MMC
- Jack Heath (40) Maryanne Heath (41)** .....Bellmawr, New Jersey  
Computer Security Analyst, Campbell Soup Co.
- Nancy Hebert (37)** .....South China
- Kenneth Jones (53)** .....South Portland  
Personal Financial Analyst, Primerica  
Meet Director, HSTMS x-country
- Judith Kane (41) Joseph Kane (9) Jacob Kane (6)** .....Cumberland
- Gregory Kesich** .....Portland  
Reporter, Portland Press Herald
- Tom O'Connor (48)**  
**Liz O'Connor (38)** .....Westbrook  
Chemist, IDEXX
- Connie Poulin (50) Lenny Poulin (52)** .....Auburn  
H.R. Manager, Skelton, Taintor & Abbott
- William A. Shaw (39) William T. Shaw (10)** .....Oakland  
Computer Programmer, Self Employed, Student Tapley School
- Michael Sinclair (26) Brit Sinclair (26)** .....Auburn  
Chemical Engineer  
Nurse
- John Stevens (57) Ann Stevens (55)** .....Wells  
Regional Sales Manager, Envirovac Inc.
- Bob Stuart (45) Emily Stuart (40)**  
**Maryette, Ben, & Pete** .....Cumberland  
Consultant (Bob)
- Edmund Zuis (33) Cathy Squires Zuis (33)** .....Leeds  
Group Manager, Dept. of labor  
Teacher, Oak Hill, H.S.
- Marjorie Batten (48)** .....Waterville
- Harry Fullerton (51)** .....Portland  
Sales Rep., Brackett Machine Inc.
- Paul Toohey (42)** .....Scarborough  
Shoe Maker, Sebago Inc.
- Sean O'Hare (32)** .....Portland  
CPA, Fairchild Semiconductor



**December 19**

*Bob Marley's Toys For Tots 5K, Portland, 10 a.m. Contact: 741-2988.*

**December 31**

*New Year's Portland Millenium 5K, Portland, 6:30 p.m. Contact: Mike Towle 780-5776.*

**February 6, 2000**

*MTC 19th Annual Mid-Winter 10 Mile Classic, Cape Elizabeth, Noon. Contact: MTC 741-2084.*

**March 12, 2000**

*Irish Road Rover, Portland, 11 am. Contact: Dan McKeown 885-1234.*

**April 3, 2000**

*Presidential 5-Miler, Kennebunk, 11:00 am (Kid's 1K at 10:15 am), Contact: Bill Smyth 985-3561 or 967-1203.*



# 31st Annual Turkey Trot 5K



**1st  
Female  
Overall**



**1st  
Overall**



**Tom  
Shorty  
MTC**

**1st  
35-39**



**Kim  
Moody  
MTC**

**1st  
40-44**



**Carlton  
Mendell  
MTC**

**1st  
70 &  
Over**



**Ellie  
Tucker  
MTC**

**1st  
45-49**



**Andrew  
Sweeney  
#266**

**Steve Reed  
MTC #77  
1st 50-54**

**Dan  
Fitzpatrick  
#248**



**Sandy  
Utterstrom  
MTC**

**1st  
55-59**



**Ruth  
Hefflefinger  
MTC**

**1st  
70 &  
Over**



# RACE RESULTS

**SHOP N° SAVE & THE MAINE TRACK CLUB  
PRESENT THE THIRTY-FIRST ANNUAL**

## TURKEY TROT 5K ROAD RACE

**321 FINISHERS (125 FEMALE, 195 MALE & 1  
BANDIT) 368 ENTRANTS**

**LOOP COURSE IN SCENIC CAPE ELIZABETH:  
CERTIFICATION PENDING**

**9:00 A.M., SATURDAY, NOVEMBER 20TH, 1999**

### Top Overall Finishers

Place/Name	Age	Time	Pace
1 Scott Brown overall USAT&F	41	15:42	5:03
2 Kyle Rhoads 1,30-34	30	15:51	5:06
3 Robert Ashby 2,30-34	31	16:03	5:10
4 Ryan Johnson 1,20-29	22	16:07	5:11
5 Jorma Kurry 2,20-29	28	16:22	5:16
36 Kelly Rodrigue overall	35	18:56*	6:06
39 Marjorie Graff 1,30-34	32	19:03*	6:08
43 Ellie Tucker (MTC) 1,45-49 USAT&F	45	19:37*	6:19
48 Denise Jewell 2,30-34	34	19:55*	6:25
51 Kim Moody (MTC) 1,40-44	44	20:01*	6:27

### Other Top Divisional Finishers

176 Loren Lathrop	50	24:33	7:54
195 Meredith Greenlaw	26	25:19*	8:09
200 Laura Tyrrell	52	25:50*	8:19
207 Larry Perkins	55	26:11	8:26
214 Hayden Williams	14	26:25	8:30
236 Sherry Grandonico	45	27:20	8:48
239 Robert DeWitt	56	27:22	8:49
244 Denny Morrill	60	27:45	8:56
250 Burt Kettle	65	28:07	9:03
253 Terry Keough	43	28:14*	9:05
263 Katherine Williams	12	29:09*	9:23
264 Margaret Williams	45	29:10*	9:23
265 Ogden Williams	44	29:20	9:26
276 Kenneth Spiner	56	29:58	9:39
286 Beth Quinlan	40	31:05*	10:00
290 Donna DeWitt	56	31:28*	10:08
298 Katy MacColl	8	32:51*	10:34
299 Sarah MacColl	43	32:51*	10:34
300 Debbie Howe race walker	53	32:58*	10:37
303 Pat Buckley 2,60-64	62	33:22*	10:44
305 Kate Harris	54	34:42*	11:10
306 Lana Holtan	7	34:53*	11:14
307 Rex Holtan	47	34:53	11:14
312 Julius Marzul 2,70&over	73	38:05	12:15

*Many thanks to Sue Davenney and the MTC computer team for complete results!*

20:34*	6:37
21:20*	6:52
22:50*	7:21
23:59	7:43
27:33	8:52
28:34*	9:12
30:27*	9:48
35:27*	11:25
35:46*	11:31

17:12	5:32
18:08	5:50
18:27	5:56
18:58	6:06
19:38	6:19
19:52	6:24
20:45*	6:41
21:01	6:46
21:02	6:46
21:29	6:55
21:30	6:55
21:48	7:01
22:13*	7:09
22:28	7:14
23:12	7:28
23:16	7:29
23:41*	7:37
23:57	7:43
24:01*	7:44
24:01	7:44
24:06	7:45
24:07	7:46
24:17*	7:49

**FAST ACCURATE MODIFIED LOOP COURSE FROM  
CAMP ELLIS TO OCEAN PARK & BACK  
180 FINISHERS (60 FEMALE & 120 MALE)  
9:30 A.M., SUNDAY, OCTOBER 24TH, 1999**

### Top Overall Finishers

Place/Name	Age	Time
1 Robert Ashby overall	31	33:14
2 Ron Newbury 1,45-49	49	34:29
3 T.J. Hesler 1,30-34	30	34:38
4 Donald Hebert 1,35-39	35	34:47
5 Brendan Gavin 1,20-29	20	35:39
18 Marjorie Graff overall	32	38:58*
20 Julianna Nasse 1,20-29	20	39:13*
22 Laurel Valley 1,35-39	37	39:43*
23 Carol Hogan (MTC) 1,45-49	48	39:48*
25 Laura Shejen 1,30-34	34	40:26*

### Other Top Divisional Finishers

6 Tom Hathaway 40-44	40	35:57
8 Steve Reed (MTC) 50-54	51	36:11
24 Ron Deprez (MTC) 55-59	55	40:02
93 Bob Jolicoeur (MTC) 60-64	62	47:33
113 Jeannie Weber 50-54	50	50:03*
121 Ormond Irish 65-69	66	51:15
124 Stephanie Hadianis 19&under	14	51:24*
129 Nick Bell 19&under	15	51:54
131 Polly Kenniston (MTC) 60-64	62	52:32*
171 Sally Paterson (MTC) 55-59	58	61:53*

65 Laurie Harvey 20-29	28
87 Rachel Blanchard (MTC) 2,19&- USATF	14
128 Joan Lavin (MTC) 50-54	51
158 Russ Connors (MTC) 65-69	67
241 Carlton Mendell (MTC) 70&+ USAT&F	78
257 Sandy Uterstrom (MTC) 55-59	55
280 Marby Payson (MTC) 60-64	61
309 Ruth Hefflefinger (MTC) USAT&F	70
310 Beatrice Dorbacker 2,70&+ USAT&F	73

### Other Maine Track Club Finishers

10 Aaron Norton 2,19 & under	15
25 Hans Brandes	41
28 Russell Boisvert 2,45-49	48
37 Don Foshay	40
44 Jim Harmon	39
47 Phil Pierce 2,55-59	58
75 Jennifer DeSena 2,45-49	45
80 Ulrich Daniels	13
81 Dan DeSena	45
89 Les Berry	51
90 Bob McCormack	48
99 Ed Doughty	50
109 Deborah Cassidy 2,40-44	42
119 Rob Boudewijn	52
137 Tike McCall	10
139 Harry White	57
150 Whitney DeSena	13
156 Ned Ayers	49
160 Joan Tremberth	54
161 John Littlefield	43
165 Joseph Shinnick	36
166 Mark Grandonico	40
169 Kelly Fernald	37



# RACE RESULTS (continue)

## Other Maine Track Club Finishers

9 Britt Wolfe 2,30-34	34	36:22
11 Tom Menendez 2,45-49	46	37:08
<b>Place/Name</b>	<b>Age</b>	<b>Time</b>
12 David Chamberlain	38	37:29
17 Russell Boisvert	48	38:56
19 Tom Shorty	37	39:04
27 Kate Meyers 2,35-39	39	40:36*
32 Scott Hamilton	48	41:45
44 Carlos Philbrick	47	42:56
45 Craig Nelson	29	43:02
47 Steve Jacobsen	50	43:16
51 Guy Roy	48	43:51
62 Scott Hinckley	41	44:29
65 Terry Clark	55	44:40
70 John Morse	54	45:13
86 Jeanie Campbell	39	46:40
89 Larry Barker	50	47:13
104 Harry White	57	48:20

17 Althea Schmid 2,overall	28	38:40*
19 Jeanne Hackett (MTC) 3,overall	41	39:12*
28 Ellie Tucker (MTC) 1,40-49	45	41:14*
36 Kate Meyers (MTC) 1,30-39	39	42:00*

## Other Top Divisional Finishers

9 Mike Rice 19-29	24	37:12
10 Dan Hoffman 30-39	30	37:22
15 Jeff Sprague 14-18	17	38:30
22 Ken Cotton (MTC) 50-59	50	40:13
40 Julianna Nasse 19-29	20	42:19*
59 Margaret Bailey 14-18	17	43:39*
132 John Howe (MTC) 60-69	64	49:46
256 Marsha Greenberg 50-59	50	61:40*

## Other Maine Track Club Finishers

11 Michael Boucher	42	37:33
13 Tim Clement 3,30-39	38	38:05
18 Hans Brandes	41	38:44
20 Andrew Pfeiffer 2,14-19	16	39:49
23 Tom Shorty	37	40:19
24 Dan Bailey	46	40:20

McCall	45	45:45
Clark	55	45:51
Rines	47	46:12
s Corbett	35	46:26
LaNigra	57	46:54
r Fenn	53	46:59
oughty	50	47:12
ge Spatoulas	48	47:32
e Couper	36	48:59*
le Bowring	36	49:51*
Gardiner	59	51:17
een Bryant	25	51:26*
Brooks	53	51:52
Shorty	36	53:50*
k Grandonico	40	54:28
Sobel	52	56:44
ips Sargent	53	57:14
y Ryder	26	57:51*
brah Dameron	32	58:00*
nie Campbell	39	58:16*
yl McCall	43	59:37*
Kettle	65	60:01
ry Grandonico	45	61:06*
ard Stewart	40	65:27
Moulen	41	65:27*
Quinlan	40	67:22*
Cotton 3,50-59	50	68:57*
ie Howe race walker	53	69:31*

139 Deborah Dameron	32	54:00*
140 Larry Perkins	55	54:12
142 Kathleen Tragert	40	54:41*
146 Karen Connelly	40	54:55*
147 Kathleen Harris	37	54:56*
167 Alice Mellor	54	59:47*
170 Marge Aube	48	61:42*
173 Loren Lathrop	50	63:29
174 Bill Davenny	54	63:30

*Many thanks to SPLIT-TIME RACE MANAGEMENT  
and the Central Maine Striders' INTERVAL for  
complete results!*

**SPLIT-TIME RACE MANAGEMENT PRESENTS  
THE 18TH ANNUAL  
GREAT OSPREY OCEAN RUN 10K  
275 FINISHERS (115 FEMALE, 158 MALE,  
& 2 BANDITS)  
ROLLING CERTIFIED LOOP COURSE THROUGH  
WOLFE'S NECK STATE PARK AND FLYING POINT,  
FREEPORT  
10:00 A.M., SATURDAY, NOVEMBER 13TH, 1999**

*Thanks to SPLIT-TIME RACE MANAGEMENT  
WWW.COOLRUNNING.COM for complete results.*

## Top Overall Finishers

Place/Name	Age	Time
1 Robert Ashby 1,overall	31	33:09
2 Kyle Rhoads 2,overall	30	33:13
3 Jeff Banger 3,overall	39	35:28
4 Joan Samuelson (Hon.MTC) 1,overall	42	35:48*
5 Lance Guliani 1,40-49	40	35:49
6 Tom Hathaway 2,40-49	40	36:08

83 Mike
84 Terry
91 Dale
93 Jame
99 Bob
100 Roge
105 Ed D
110 Geor
124 Lesli
135 Laur
147 Bob
150 Kath
161 Mike
191 Lynn
196 Marl
219 Dan
221 Phill
227 Kelle
231 Debo
232 Jean
240 Cher
244 Burt
254 Sher
263 Edwa
264 Rita
268 Beth
270 Judy
271 Debl

*Many  
and W*



## Race Director needed For The Boys & Girls Club 5 Mile Race

The club is currently looking for someone to serve as race director for next year's Boys & Girls Club Patriots Day 5-Miler. As race director positions go, this is one of the easier ones, as the Boys & Girls Club takes care of most of the pre-race organization. The MTC's primary duties for this race are to handle registration, the finish line and results. If you've never directed a race before, this isn't a bad one to start out with, and we'd provide you with plenty of guidance.

Also, please keep in mind that we're still in need of someone to serve as equipment manager. If you'd like more details about either of these positions, please contact Bob Aube at 829-5079, or via [e-mail](mailto:email).



## ATTENTION!

**PLEASE RENEW YOUR  
MEMBERSHIP FOR YEAR 2000  
COMPLETE THE ENCLOSED  
FORM AND RETURN IT IN THE  
PROVIDED SELF-ADDRESSED  
ENVELOPE.**

### 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@mainecul.org](mailto:mdoyle@mainecul.org), or by mail to:

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

### Notice About Race Fliers

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

## Moments From The '99 Race Season

Jeanne Hackett→  
Saint Peter's 4 Mile  
Road Race (July)

←Gerard  
Conley, Jr.  
Beach To Beacon 10K  
(August)

↓ Robb Cotiaux  
Maine Running Hall  
of Fame 5K  
(September)

↓ The Start  
Tufts Health Plan 5K For Women  
(May)

←Susan  
Guerin  
RRCA  
Harvard  
Pilgrim 5K  
(Sept)

Jim Harmon→  
YMCA 5K (MAY)

←Anastazy  
Moran  
Killarney's 10K  
(March)

Kate Meyers #76↑  
Rick Meyers  
Killarney's 10K (March)

Marjorie Graff, Bill Reilly  
Rose Prest-Morrison  
Rotary Bridge 4Miler (August)



# Moments From The '99 Race Season (continued)

Mark McDermott ↓

↓ Gayla Underkoffler  
Beach To Beacon 10K  
(August)

John  
LeRoy →  
Killarney  
10K (March)

← Polly  
Kenniston  
Mid-Winter  
Classic (February)

Steve Reed →  
Memorial Mile  
(June)

Bob  
Aube →  
Killarney's  
10K  
(March)

Robert  
Ashby →  
Presidential  
5 Mile Road  
Race  
(March)

↑ Joan  
Benoit Samuelson  
Great Osprey  
Ocean Run (November)

↓ Start of The Mid-Winter Classic  
(February)

## MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



<b>Marge Aube</b>	PRESIDENT	829-5079
<b>Eric Ortman</b>	VICE PRESIDENT	727-3762
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<b>Maggie Soule</b>	MEMBERSHIP	846-3631
<b>Bob Aube</b>	RACE COMMITTEE	829-5079
<b>Rodger Smith</b>	AT-LARGE	883-3041
<b>Howard Spear</b>	AT-LARGE	856-6496
<b>Maureen Sproul</b>	AT-LARGE	926-4681
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<b>Dale Rines</b>	COURSE CERTIFICATION	854-2481
<b>Mike Doyle</b>	NEWSLETTER & CLOTHING	871-0051
<b>Colleen Redmond</b>	NEWSLETTER & CLOTHING	871-0051

## 1999 UPCOMING EVENTS

### DECEMBER 14

Board Meeting • 6 P.M. Cumberland Library

### DECEMBER 21

Jingle Bell Fun Run

6 P.M. Eastern Prom, Portland, by the Holiday Lights

### JANUARY 22

MTC 20th Anniversary Awards Banquet

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



## 2000 Membership Information

Send check or money order to:

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

or call Maggie Soule (846-3631) for more information  
Individual or Family=\$20.00 • Student=\$12.00





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

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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 1999 club ID card when requesting discounts.

**Peak Performance Sports**  
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**15% ON ALL PURCHASES**

**Olympia Sporting Goods**  
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