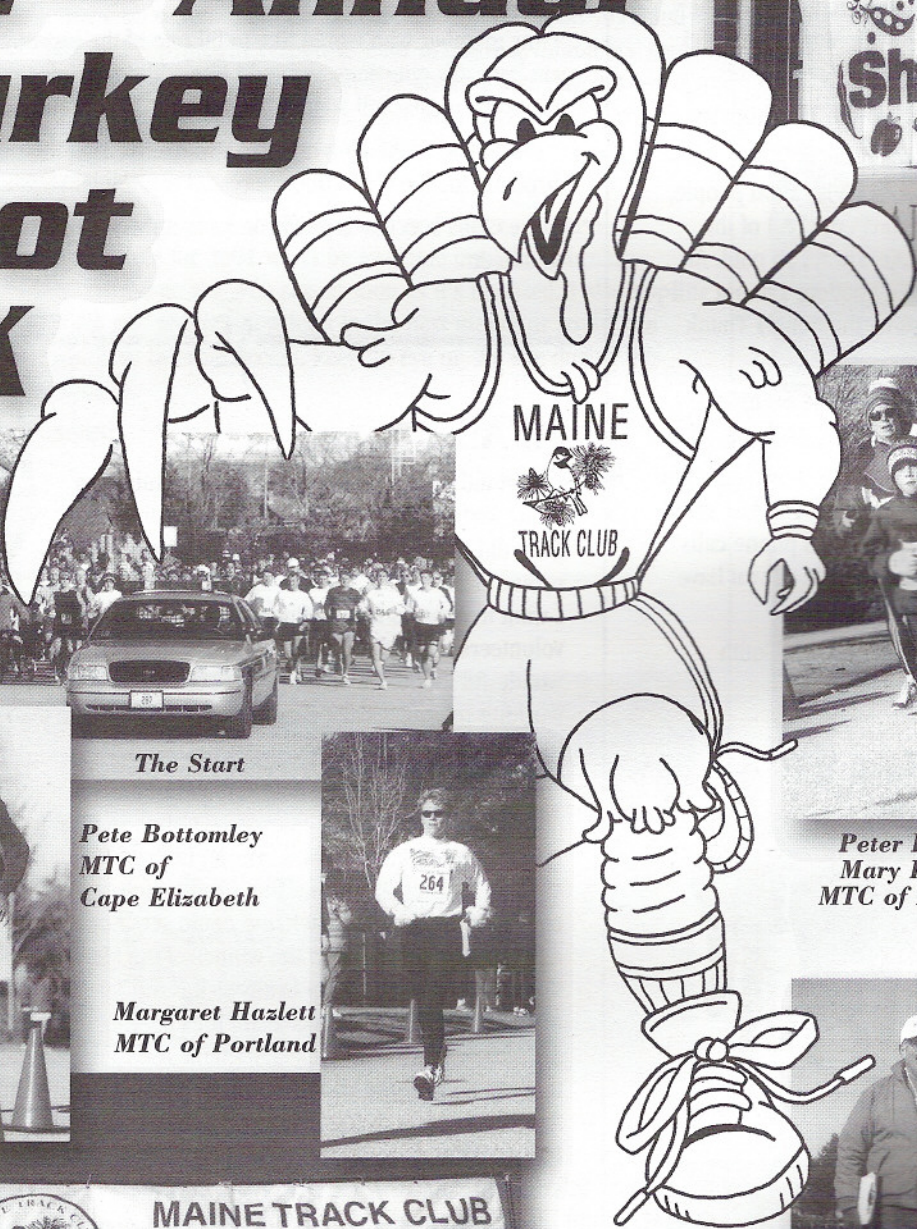


Run with a friend...

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

December 2000

# 32<sup>nd</sup> Annual Turkey Trot 5K



*The Start*

**Pete Bottomley**  
MTC of  
Cape Elizabeth

**Margaret Hazlett**  
MTC of Portland



**Peter Brandes**  
**Mary Brandes**  
MTC of Falmouth



**Dan Dearing**  
MTC of  
Lisbon Falls



**Co-Race Director**  
**Mel Fineberg**  
after the  
completion of  
another successful  
Turkey Trot 5K



**The 2001  
Board of  
Directors  
has three  
vacant  
positions**

**See page 2**



## Presidential Message

### December 2000

#### Dear MTC Members

We had a great turn out for the pasta dinner (about 60 people) on Nov. 17th. Thank you to Mike Reali and his kitchen crew for cooking. It was wonderful.

Our elections were interesting. The only position with a run off was Member at Large. We had seven people running for three positions. See results in this newsletter.

Thank you to all the MTC Volunteers who turned out to work on the Turkey Trot. The turn out on Saturday, Nov. 18th was bigger than last year. This Saturday race is growing! Welcome to the new Co-Director this year, Maggie Soule. Thank you, Maggie and Mel for a well managed race.

Thank you to all the Volunteers who worked the Thanksgiving Day Race in the freezing cold.

What a team you all were from the flaggers, registration people, timers, chute people and that awesome results crew! All of the volunteers were totally awesome! That race is always so cold. At 4:00 PM I was walking around saying "I can't believe I'm not still working on results." (George was doing same the thing!) Thank you all for a great Thanksgiving.

My apologies to Ken Norton for leaving him off the 50 miler volunteer list. Sorry Ken.

A big thank you to MaryAnne Champion who has worked eleven races this year. She has done results for nine races. The last seven races this year she did results! She also checked the phone calls for the Marathon this year. Thank you MaryAnne for all you have done for the club. We do appreciate it.

Our Banquet will be January 20th at the VFW Hall in South Portland. Enclosed is a flyer to RSVP and select meal choices.

Well this is my last message! My new position on the Board will be Immediate Past President. Thank you for your patience with me this year.

Enjoy your winter running.

Have a Happy Holiday Season.

*Sandy Utterstrom*

## Thanks

The MTC Members would like to Thank Sandy for all her hard work, it is greatly appreciated.

## The 2001 Club Officers and Committee Chairs

President .....	Vacant
Vice President .....	Vacant
Treasurer .....	Carlton Mendell
Secretary .....	Gayle Desjardins
Race Committee .....	Vacant
Newsletter .....	Mike Doyle & Colleen Redmond
Equipment Manager .....	Chuck Burnie
Membership .....	Everett Moulton
Statistician & Photography .....	Don Penta
Clothing Manager .....	Phil Meech
At Large .....	Lorraine Paradis
At Large .....	Cathy Kilburn
At Large .....	Cathy Burnie

Any member who would like to fill one of the vacant positions or if you have any questions or would like additional information on the positions, please call Sandy Utterstrom at 797-4710.

Thank you to the club members who served on the board of directors for the year 2000.

The clubs success depends on its membership participation. Please volunteer.



## Hi All,

I would like to start by saying Congratulations to the Maine Marathon and Half Marathon folks. They did such a great job, making me extremely proud to say it was an RRCA State Championship. I want to express my gratitude to all the volunteers that helped make this such a wonderful event. We all know that we can plan an event but it is the working volunteers that carry the load making the plans come together spelling SUCCESS.

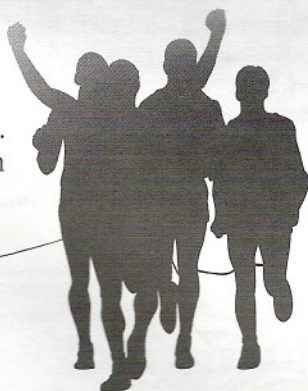
Congratulations also go out to the MTC folks that ran the 25th Anniversary of the Marine Corps Marathon in Washington, D.C. It was nice seeing friends like Mike Doyle, Colleen Redmond, Loren Lathrop, Carlton Mendell, Mike Grandonico, and Julius Marzul on the course as we doubled back and could see those ahead of us. Of course my hat goes off to the winner of the Marathon, Richard Cochrane as he was from Brunswick Naval Air Station bringing notoriety to Maine. Thanks again for cheering us on at mile 25 Mike & Colleen. I must say a special Thank You to the wonderful person that ran all over the course spurring me along and then ran the last five plus miles with me. You were one welcome sight as I came off Haines Point, Everett, and I love you for it. I finished with tears in my eyes, but they were tears of joy.

The Maine Track Club has put in a hard working year with many accomplished races and I look forward to seeing them all again next year.

Happy Holidays!!!!!!

*Donna Moulton*

RRCA State Rep. For Maine





## Final Race Committee Update:

As I write this message, there's still one more race remaining on our schedule -- the always-hectic Thanksgiving Day race. I have my fingers crossed that the race goes a little more smoothly than last year, especially in regards to results.

Speaking of results, kudos to Sandy Utterstrom, MaryAnne Champeon and Rita Moulen, who produced results for the Turkey Trot 5K in record time. We had good weather and another good turnout, with about 350 finishers. Thanks to all the other volunteers, and while I'm at it, thanks to everyone who has volunteered at MTC events this year.

We're in the process of setting the race schedule for next year and hope to have that finalized soon. We still have some issues to settle, though, such as finding a race director for the Patriots Day 5-Miler. It should be noted that the MTC race director isn't the sole organizer for this event, because the Boys & Girls Club does much of the work. Our club representative acts as a liaison between the MTC and the Boys & Girls Club, and is primarily responsible for organizing volunteers. One club member has offered to coordinate the finish line area on race day, but we still need someone to work with the Boys & Girls Club and organize the volunteers. If you think you might be willing to help, please contact me at 829-5079 or bobaube@mainetrackclub.com.

Because there won't be a January newsletter (Mike and Colleen deserve a break), the full race schedule for 2001 won't be available until the February newsletter, but it'll be posted on the Web site as soon as it's finalized. I also hope to overhaul the Web site and give it a new look in the next month or so if I can find the time, so if you have Internet access, keep an eye on the site during this break in the racing season.

See you at the banquet!

**Bob Aube**



## 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 [madoyle@mainecul.org](mailto:madoyle@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. 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.

2001

## MTC RACE SCHEDULE

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



## VOLUNTEERS NEEDED

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

## 21st Annual Maine Track Club Awards Banquet

January 20th, 2001

6:00 PM at VFW Post 832 in So. Portland  
(Call Sandy for directions 797-4710)

\$8.00 per person

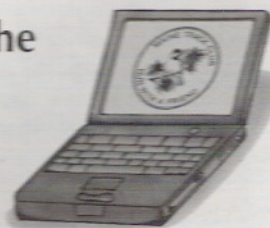
Complete sit-down meal provided.

*Please see enclosed flyer for meal choices, RSVP, and additional information.*

Please complete the awards nomination ballot on page 11 and return it in the provided envelope as soon as possible.

## Newsletter on the web

On a trial basis, the newsletter will be available on the MTC web site. We want your input and opinions. Please e-mail Bob Aube at [bobaube@mainetrackclub.com](mailto:bobaube@mainetrackclub.com).



**NEWS RUN 3**



## THANK YOU, TURKEY TROT VOLUNTEERS!

The following people pitched in with enthusiasm to make this year's Shop 'n Save Turkey Trot one of the best ever:

Bob Aube  
Marge Aube  
Don Bessey  
Russ Bradley  
Pat Buckley  
Al Caserio  
MaryAnne Champeon  
Karen Connolly  
Russ Connors  
Barbara Coughlin  
Bill Davenny  
Sue Davenny  
Mike Doyle  
Peter Drivas



Harry Fullerton  
Sindee Gozansky  
Rebecca Hawks  
Ray Hefflefinger  
Ruth Hefflefinger  
Dan Hogan  
Kitty Kelley  
Nancy Kneeland  
Rachel Landry  
Bob Littlefield  
Terry McGovern  
Rita Moulen  
Everett Moulton  
Donna Moulton  
Joe O'Donald  
Don Penta  
Rae Pierce  
Colleen Redmond  
Charlie Scribner  
Howard Spear  
Stacy Stowron  
Al Utterstrom  
Sandy Utterstrom  
Sandy Wyman



Our heartfelt thanks to this terrific crew!

---Mel Fineberg & Maggie Soule, Co-Directors, Turkey Trot 2000

## Message from George Towle:

I want to thank all the volunteers who worked The Thanksgiving Day Race. This was the best one yet! You braved the cold and all of you worked as a team to make this a great race. Usually Sandy and I spend the afternoon trying to figure out the results. This year I had time to enjoy Thanksgiving. Thank you.



## 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 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 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.

**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.

An updated 2001 Race Schedule will be available in the next issue in February.

Please check the web site for additional upcoming races.



## 32nd Annual Shop 'N Save Turkey Trot 5K



*The Fun Run*



*Brendan Flynn Age 12  
MTC of Cape Elizabeth*



*Mel Uchenick  
MTC of Kennebunk*



*L-R  
Lisa Kelley  
MTC of Falmouth*

*Michael Kelley  
MTC of Falmouth*

*Ellen Meagher  
of Cape Elizabeth*



*Linda & John Desarro  
MTC of Cape Elizabeth*



*The Fun Run*



## HAPPY BIRTHDAY MTC MEMBERS!!

### DECEMBER

- 15: Eric R. Ellis
- 16: Kenneth Jones, Renee Lathrop
- 17: Richard Sellinger
- 18: Vicki Bryant
- 19: Kristen Millar, Donna Moulton, Nathaniel Snow
- 21: Bill Davenny, Meredith Greenlaw
- 22: Elizabeth Shorr
- 23: Rosalyn Randall
- 24: Joseph Kirner, Patrice Roy
- 25: Joe Guimond
- 27: Sherry Grandonico, Patty Medina, Harry Mellor, Mike O'Brien, Lennie Poulin, George Welch
- 28: Ned Vadakin
- 29: Joan Lavin
- 30: Mark Woodbury



### JANUARY

- 1: Ken Dolley
- 3: Jill Pierce, Jamie Harmon
- 4: Aaron Norton
- 5: Kitty Kelley, Joseph Shinnick
- 6: Loren Lathrop
- 7: Robert Bluhm, Carol Grant, Clare Greenlaw, Jr.
- 9: Britt Sinclair
- 10: John Linscott, Walter Penta
- 11: Paul LaVangie
- 12: Beth Quinlan, Christine Reaser
- 14: Julie Bernier, Whitney DeSena
- 15: Russell Boisvert
- 16: Gerard Conley, Jr.

- 19: Rob Boudowijn, Eliot Conrad, William Jarvey, Terence Musca
- 20: John Brady, Sarah Cotton, Don Foshay, III
- 21: Douglas Couper, Nathaniel Rines, Ray Shevenell
- 22: Gina Harmon
- 23: Nancy Hebert
- 24: Tom Mundhenk
- 25: Alice Mellor
- 26: Barbara Coughlin, Neil Martin, Gerard Salvo
- 27: Edward Miller, William Rice, Gayla Underkoffler, Jennifer Warriner
- 28: John Watson
- 30: Bob Boothe
- 31: Martha Deprez

### FEBRUARY

- 1: Ulrich Daniels, Jim Harmon, Betty Rines
- 2: Robert Giroux, Maryette Stuart
- 3: Nancy Lovetere
- 5: William T. Shaw
- 6: Ned Ayers, Scott Moulton, John Woods
- 7: Mark Cole, Joan Daly
- 8: Diane Daley
- 9: John Tragert
- 11: Sean Heath
- 12: Kenneth Spirer
- 13: Robert Perkins
- 14: Galina Conrad

## The Run To Win

Women's cross country team from Maine won the women's masters national 10-kilometer championships Saturday, November 25th at Franklin Park in Boston.

Jeanne Hackett of Portland led the team with a fourth-place finish time of 39 minutes, 46 seconds. Other team members were Bonny Hoag and Carol Hogan of Portland, Ellie Tucker of Yarmouth, Mari White of Scarborough and Cindy Andrews of Falmouth.



## THANK YOU!

### Maine Marathon Race Committee

For Your Outstanding Commitment to helping Children  
Win the Fight Against Childhood Cancer  
9<sup>th</sup> Annual Maine Marathon

**Maine  
Children  
Cancer  
Program**



*Susan Whitehouse*

Susan Whitehouse  
Maine Children's Cancer Program, Board President



# How They Train – New England Style

## Mike Grant

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

How can I ignore Mike Grant? Since we share the same birth date and served military time on the same isolated Pacific Island in the same time period, we joke with that we were separated at birth. True to some degree. Just as we ran this year's marathon together until mile eighteen, there comes a point where our paths diverge. Mike went on to become one of two "old fart" MTC marathoners to run under three-hours for the first time this year. Mike is a relative newcomer to this sport. He's made some amazing strides since his debut in 1996. I'll let him tell his remarkable story...

*"I was not a jock in school, and besides having a fairly active job, I got very little exercise. When my daughter became a freshman in 1996, she wanted to run on the roads. I was concerned about her doing this alone, so I started jogging with her. I looked in the mirror and figured I looked pretty fit, as long as I ignored the beer gut. My first time I ran a tad over 2 miles in 22 minutes. What I remember most from that day was lying on the living room carpet with tunnel vision, gasping for air. Soon I was running 2 or 3 miles every day, but I took the whole winter off, as I figured that no smart adult would run in the snow.*

*One of my accounts I serviced was Shaw's in Windham, where Don Hebert was the produce manager. He was probably the one person next to my daughter who got me interested in racing. He was always more than ready to talk about running or racing. He told me there was a race in Windham on Oct 10(1997). I went in my work truck straight from the job. There were only 54 people there but to me it looked like the Olympic Trials. I finished 9th with a time of 21:23, and even got an age division award. (I had turned forty only 8 days earlier) The New Years Day 5k 1998 was my first time under 20 with a time of 19:48. What I remember the most was that at the start it was 5 degrees below zero. At the Literacy Volunteers 5k on June 28 1998 I ran a 18:36. I had run my first Marathon in Vermont a month earlier and learned the benefit of a good endurance base. The same race in 1999 was my first 5k under 18 with a 17:48. The same race in 2000 I ran a 17:16. The Literacy Volunteers race has been my measuring stick for improvement. Up to this point the improvement curve has been good, but it's starting to flatten out. 2000 was the first year that I really bit the track hard during the week, and I would like to think that it was of fair benefit to me.*

*Before I started running, I weighed 20 lbs. More (with all of it around the waist), and drank quite liberally. I gradually drank less as I ran more, and I'm happy to say that I haven't had a beer in almost 2 years."*

**Name:** Mike Grant  
**Age:** 43;  
**Affiliation:** Maine Track Club

**Best Marks:**  
5k: 16:58;  
10k: 36:42;  
Marathon: 2:57:52



Mike Grant

**Personal Statistics:**  
**Birth Date:** October 2, 1957  
**Birthplace:** Portland, ME  
**Height:** 5'7"  
**Weight:** 140 lbs.;  
**Marital Status:** Married with one daughter  
**Years Running:** 4  
**Pre-Training Warm-up:** 2 easy miles  
**Stretching:** light before run, 2 or 3 times throughout day after run.  
**Log Book:** I use Runner's World training log. I write in all the particulars of the run or workout, including the weather, how the workout felt, who I trained with. It more resembles a diary. I also use the back of my race bibs as a race summary for future reference.  
**Daily Workouts:**  
Monday: off  
Tuesday: 5 or 6 easy  
Wednesday: Speedwork  
Thursday: 5 or 6 easy  
Friday: Tempo run or hill repeats  
Saturday: off or easy run, depending on how I feel  
Sunday: long run (length depending on training program)  
**Mileage:** 35 regularly, 55-60 for marathon training  
**Favorite Workouts:** 8x400 w/40sec. recovery; Mile repeats for marathon training. I like to start with 6@ 20 sec. faster than race pace w/ 80 sec. recovery, and work up to 12@ 25 sec. faster w/60 sec. recovery.  
**Favorite Races:** Great Pumpkin 10K, Vermont City Marathon, Cape Mid-Winter 10 mile Classic  
**Favorite training course:** People's Beach to Beacon 10K. It has a little of everything, and the miles are marked.  
**Favorite running route:** The woods trails by my house. Trail runs are a great way to mentally "clean the clock".  
**Running Heroes:** Steve Prefontaine, Regina Jacobs  
**Who inspired you to run?** My daughter. I took it up to find out why she enjoyed running and competing so much. I found out.  
**Why do I run?** - For both the relaxation and the satisfaction of being fit. I also greatly enjoy the camaraderie runners show each other. It's great to see how people compete with, and at the same time support each other at the races.



# How They Train – New England Style

## Willie Sproul

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

Willie Sproul is the second of two "old fart" MTC marathoners to run under three-hours for the first time in 2000. He achieved his feat at the Baystate Marathon in October. Willie attributes his original inspiration to his running wife, Maureen, but gives credit to (who else?) Mike Grant for 'toughest training workouts'. At present, Willie claims to be off somewhere chasing the elusive Big Buck while resting up for next spring's marathon season in (where else?) Boston. Happy Hunting, Willie.



Willie Sproul and Sadie

**Name:** William Sproul

**Affiliation:** Maine Track Club

**Age:** 42

**Best Marks:**

Marathon	2:59:10
10k	37:57
5k	18:26
10 mile	65:28
1/2 marathon	1:28:49
11 point buck	187 lbs. dressed

**Personal Statistics:**

**Birthdate** 12/10/57

**Birthplace:** Kodiak, Alaska; I was running from polar bears at an early age. I figured all I needed to do was stay ahead of my sisters.

**Height** 5'6"

**Weight** summer 145 lbs. winter 155 lbs.

**Marital Status:** Married to Maureen Sproul; Rebecca (daughter) age 15

**Started racing:** In the early 80's. Ran the Maine National Bank 5 miler a couple of years in a row. Ran 1st marathon in 1985-Casco Bay Marathon, then took a 5 year break.

**Pre-Training Warm-up:** A little bit of whining coupled with procrastination and a visit to the bathroom.

Stretch some but not enough. I do keep a daily log when training for a marathon, helps keep me focused. It includes mileage, pace, course, who was training with me, any cross training I do.

**Daily workouts:**

Summer workouts-30 to 40 miles per week in the early summer.

50 to 60 mile weeks in the late Summer.

Sunday: 10 to 12 miles early summer, build up to 22 miles to gear up for fall marathon.

Monday: off no running-Nautilus

Tuesday: 6 miles easy

Wednesday: Track work usually 1/4 and 1/2 miles-gradually build up to 1200's and mile repeats in August, Sept. total 8 to 10 miles.

Thursday: off-Nautilus

Friday: easy 6

Saturday: Hill repeats

I usually take November off after my marathon to give my body a proper rest.

Also, it is hunting season.

Winter-just try to maintain 25 to 30 miles per week so I don't lose too much conditioning. I have run Boston the last 4 or 5 years, which helps keep me motivated through the winter.

**Favorite race:** Maine Marathon and Half-Marathon. Well managed, great volunteers.

Boston Marathon-it's the big show-takes a lot of work to qualify.

**Favorite course:** Beach to Beacon-very fast, great scenery, lots of local runners to rehash the race with.

**Favorite workout:**

12 mile somewhat hilly loop in New Gloucester.

Sunday runs from Payson Park with Rat Pack.

Toughest workout-mile repeats on Beach to Beacon course with Mike Grant

Hill repeats New Gloucester

**Favorite running route(s):** My own route in New Gloucester Clark's Cove loop in Bristol from Ken Cotton's house

**Running Hero(es):** Everyone out there pounding the pavement especially if I'm sitting inside watching TV.

**Who inspired you to run?** My wife, Maureen. She was running before I was, really dedicated to the sport. I figured if I ever wanted to see her, I'd better lace 'em up.

**Why do I run?**

I think it is a great way to stay healthy and makes life a little easier. I enjoy running with people. On any given day, I might be up in Bristol running with Ken Cotton or meeting Mike Grant for a speed workout on the Beach to Beacon course or hooking up with Tom Shorty in Gorham or the Rat Pack at Payson Park or with Scott Brown's PR racing team up in Lewiston. Seems like we are always looking to learn something to shave off a few minutes or seconds. I said I'd never run another marathon after I broke 3 hours. Did I mention I broke 3 hours at Bay State, yup 2:59:10. But I'll never run another one. What's the date on Boston?



## The Maine Track Club Presents The Thirty-Second Annual Shop' N Save Turkey Trot 5K Road Race

349 Finishers (137 Female & 212 Male)

Fairly Challenging Modified Out & Back Course In Scenic Cape Elizabeth-  
Involving The Pond Cove Cape Elizabeth Campus, Scott Dyer Road  
(With Detours), Turning Around At Wentworth Circle & Back  
9:00 a.m., Saturday, November 18th, 2000; Weather: Picture Perfect

### Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Todd Coffin overall	39	Freeport	15:26	4:58
2 Kyle Rhoads 1,30-34	31	Windham	15:51	5:06
3 T.J. Hesler 2,30-34	32	Steep Falls	16:03	5:10
4 Dan Dearing (MTC) 1,35-39	39	Lisbon Falls	16:05	5:11
5 Andrew Van Hoogenstein 1,15-19	16	Scarborough	16:20	5:15
20 Christine Snow-Reaser (Hon.MTC)	34	Dayton	17:49*	5:44
42 Judy Mileson 1,30-34	33	Cape Elizabeth	19:31*	6:17
49 Amy Crowley 1,15-19	17	South Portland	19:43*	6:21
53 Denise Jewell 1,35-39	35	Cumberland	19:49*	6:23
58 Lorna Humphries 2,35-39	35	North Yarmouth	20:10*	6:29

### Other Top Divisional Finishers

6 Jesse Randall 20-29	24	Portland	16:35	5:20
9 Tom Wolff 40-44	44	Cape Elizabeth	16:52	5:26
10 Allan Muir 45-49	45	Portland	16:54	5:26
13 Eric Giddings 14&under	13	South Portland	17:07	5:31
15 Ron Newbury 50-54	50	Auburn	17:14	5:33
40 Ronald Deprez (MTC) 55-59	56	Portland	19:17	6:12
54 Lloyd Slocum (MTC) 65-69	67	South Portland	19:58	6:26
61 Bob Coughlin (MTC) 60-64	61	Cape Elizabeth	20:17	6:32
63 Jill Storey 30-34	32	Cumberland	20:25*	6:34
72 Beth Rand 40-44	40	Cape Elizabeth	21:00*	6:46
96 Elise Moody-Roberts (MTC) 14&	11	Cape Elizabeth	21:36*	6:57
117 Cindy Andrews 45-49	48	Cumberland Fsd	22:21*	7:12
131 Heather Zimmerman 15-19	15	Bethel	22:52*	7:22
139 Jeanne Weber 50-54	51	Lewiston	23:18*	7:30
148 Sarah Palmer 20-29	23	Cape Elizabeth	23:35*	7:35
263 Carlton Mendell (MTC) 75&over	79	Portland	28:29	9:10
285 Sally Paterson (MTC) 55-59	59	Portland	29:49*	9:36
325 Pat Buckley (MTC) 60-64	63	Portland	33:18*	10:43
330 Jack Nyhan 70-74	70	Peaks Island	33:28	10:46
334 Joanne Smith 65-69	67	Freeport	35:16*	11:21
338 Ruth Heffelfinger (MTC) 70-74	71	Portland	36:09*	11:38

### Other Maine Track Club Finishers

7 Pete Bottomley 2,35-39	39	Cape Elizabeth	16:41	5:22
12 Dave Howard	34	Portland	17:01	5:29
19 David Roberts 2,45-49	45	Cape Elizabeth	17:35	5:40
21 Steve Reed 2,50-54	52	Wiscasset	17:54	5:46
29 Russell Boisvert	49	Portland	18:27	5:56
36 Mark Woodbury	35	Falmouth	18:58	6:06
39 Ogden Williams	45	Cape Elizabeth	19:14	6:11
43 Richard Bryant	42	Cape Elizabeth	19:32	6:17
48 Brian Cliffe	40	Cape Elizabeth	19:41	6:20
59 Mike O'Brien	33	Topsham	20:12	6:30
69 Phil Pierce 2,55-59	59	Falmouth Fsd.	20:43	6:40
83 Harry White	58	Scarborough	21:15	6:50
95 Matt Flynn	38	Cape Elizabeth	21:33	6:56
97 Ned Ayers	50	Falmouth	21:36	6:57
102 Mike Lecompte	39	Lewiston	21:42	6:59
107 Loren Lathrop	51	South Portland	21:48	7:01
112 Brendan Flynn	12	Cape Elizabeth	21:58	7:04
116 Matthew Govan	31	Portland	22:14	7:09
134 Michael Morrison	42	Falmouth	22:58	7:24
141 Matt Thayer	36	Portland	23:24	7:32

158 Marla Keefe 2,45-49	47	Casco	23:50*	7:40
160 Diane Daley	44	Casco	23:52*	7:41
184 Getty Payson	39	Falmouth	24:48*	7:59
188 Denny Morrill	61	Portland	25:00	8:03
192 Russ Connors	68	Cape Elizabeth	25:12	8:07
199 Michele Flynn 2,50-54	52	Cape Elizabeth	25:42*	8:16
205 Michael Kelley	34	Falmouth	26:03	8:23
206 Lisa Kelley	36	Falmouth	26:04*	8:23
214 Robert DeWitt	57	Lisbon	26:16	8:27
220 Jim Tyrrell	53	Cape Elizabeth	26:33	8:33
227 Margaret Hazlett	34	Portland	26:43*	8:36
239 Linda Desarro	29	Cape Elizabeth	27:25*	8:49
240 John Desarro	31	Cape Elizabeth	27:25	8:49
252 Sue Snow	36	Scarborough	28:05*	9:02
257 Gayle Desjardins	36	Portland	28:15*	9:06
300 Donna DeWitt 2,55-59	57	Lisbon	30:54*	9:57
305 Janice Drinan	56	Scarborough	31:13*	10:03
309 Kenneth Spirer	57	Portland	31:35	10:10
310 Peter Brandes	8	Falmouth	31:37	10:11
311 Mary Brandes	42	Falmouth	31:37*	10:11
312 Hans Brandes	42	Falmouth	31:37	10:11
318 Mel Uchenick	69	Kennebunk	32:15	10:23
327 Scott Harris	37	Portland	33:22	10:44
328 Kathleen Harris	38	Portland	33:23*	10:45
329 Robert Giroux	41	Wales	33:23	10:45
331 Stephanie Drinan	39	Cape Elizabeth	34:20*	11:03

Many thanks to the MTC computer team of Sandy Utterstrom,  
Maryanne Champeon and Donna Moulton for complete results!

## Bob LaNigra And Wormwood's Restaurant Present 'The Maine Event Since 1978:' The 2000 Great Pumpkin 10K Road Race

147 Finishers (49 Female & 98 Male)

Extremely Flat, Fast & Scenic Modified Loop Course From  
Saco's Summer Colony Camp Ellis To Ocean Park and Back  
9:30 a.m., Sunday, October 29th, 2000

Weather: Snow Squalls, 38-40 Degrees Fahrenheit  
Complete Results Courtesy Of Split-Time Race Management

### Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Paul Johnson, Jr. overall	23	Gorham	32:28	5:15
2 Dan Dearing (MTC) 1,35-39	39	Lisbon Falls	32:56	5:19
3 Scott Brown 1,40-44	42	Lewiston	33:25	5:24
4 Don Legere 2,35-39	38	Portland	33:40	5:26
5 Christian Muentener 1,20-29	26	South Portland	34:17	5:32
18 Christine Snow-Reaser (Hon.MTC) 1,over.	34	Dayton	37:54*	6:07
34 Julianna Lagin-Nasse 1,20-29	21	Starks	40:03*	6:28
41 Ellie Tucker (MTC) 1,45-49	46	North Yarmouth	40:37*	6:34
45 Kate Meyers (MTC) 1,40-44	40	New Gloucester	41:37*	6:43
46 Lorna D. Humphries 1,35-39	35	North Yarmouth	42:03*	6:47

### Other Top Divisional Finishers

6 Wu Keelyn 30-34	33	Yarmouth	34:30	5:34
14 John Mollica (MTC) 45-49	48	Freeport	36:29	5:53
22 Joe Ray Mayhew 14&under	14	Falmouth	38:44	6:15
28 Lawson Noyes 55-59	58	Kennebunk	39:33	6:23
39 Gary Weber 50-54	54	Lewiston	40:27	6:32
55 Lloyd Slocum (MTC) 60-69	67	South Portland	43:20	7:00
56 Krista Poissant 20-29	27	Arundel	43:21*	7:00
84 Nancy Lagin 50-54	50	Starks	48:02*	7:45
91 Jacki Jensenius 15-19	16	Cumberland	48:42*	7:52
119 Polly Kenniston (MTC) 60-69	63	Scarborough	53:50*	8:41



# RACE RESULTS (CONTINUED)

131 Karyn Smithwood 14&under	12	Wolfeboro, NH	56:19*	9:05
143 Sally Paterson (MTC) 55-59	59	Portland	62:20*	10:04

## Other Maine Track Club Finishers

10 Britt Wolfe 2,35-39	35	Portland	35:57	5:48
15 Tom Menendez	48	Lewiston	37:12	6:00
20 Russell Boisvert	49	Portland	38:14	6:10
24 Paul Toohey	43	Scarborough	39:04	6:19
31 Ronald Deprez 2,55-59	56	Portland	39:55	6:27
32 Dick Graves	45	Portland	40:01	6:28
35 Don Foshay	41	South Portland	40:08	6:29
50 Kimberly Moody 2,45-49	45	Cape Elizabeth	42:20*	6:50
51 Sindee Gozansky	35	Gorham	42:28*	6:51
54 Jennifer DeSena	46	Cape Elizabeth	43:12*	6:59
62 Harry White	58	Scarborough	44:06	7:07
66 John Morse	55	Phippsburg	45:17	7:19
68 Kim White	38	Falmouth	45:28*	7:20
73 Scott Hinckley	42	Saco	45:57	7:25
78 Kimberly Bonsey	38	Falmouth	46:23*	7:29
80 Dick Lajoie 2,60-69	60	Durham	47:26	7:39
82 Linnea Olsen	45	Saco	47:48*	7:43
97 Matthew Govan	31	Portland	49:27	7:59
98 Larry Thomas	51	Old Orchard	49:43	8:02
101 Larry Barker	51	South Portland	50:36	8:10
102 Mark Grandonico	41	Portland	50:41	8:11
103 Malcolm Washburn	47	Bar Mills	50:46	8:12
104 Terry Clark	56	Windham	50:51	8:13
105 Patti Hinckley	42	Saco	51:02*	8:14
109 Denny Morrill	61	Portland	52:42	8:30
116 Robert DeWitt	56	Lisbon	53:39	8:40
130 Sarah Mahoney	40	Kennebunk	56:11*	9:04
138 Keith J. Sheehan	43	Arundel	59:22	9:35
141 Beth Quinlan	41	Portland	61:09*	9:52
144 Alice Mellor 2,55-59	55	Yarmouth	64:18*	10:23
145 Maggie Soule	59	Yarmouth	67:01*	10:49
147 Don Penta	54	Windham	86:34	13:58

Special thanks to Race Director Bob LaNigra for complete results!

## Freeport Community Education Presents The Nineteenth Annual Great Osprey Ocean Run 10K Road Race

249 Finishers (88 Female & 161 Male)  
Fairly Challenging Certified Loop Course Connecting Wolf Neck  
State Park & Flying Point Road In Freeport  
10:00 a.m., Saturday, November 11th, 2000  
Complete Results Courtesy Of Granite State Race Services

### Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Kyle Rhoads 1,overall	31	Windham	33:44	5:26
2 Jesse Randall 2,overall	24	Portland	35:27	5:43
3 Jeffrey Banger 3,overall	39	Woolwich	35:43	5:45
4 Joan Samuelson (Hon.MTC) 1,over. USATF	43	Freeport	36:02*	5:48
5 Robert Fast 1,30-39	37	Cumberland	36:49	5:56
6 John Gleason 1,40-49	43	Freeport	37:00	5:58
43 Catie Dean 2,overall	30	Oxford	43:16*	6:58
55 Beth Rand 3,overall	40	Cape Elizabeth	44:39*	7:12
60 Krista Poissant 1,20-29	27	Arundel	44:59*	7:15
61 Kit Dowling 1,30-39	38	Freeport	45:06*	7:16

## Other Top Divisional Finishers

10 Doug Thorp 19&under	17	Yarmouth	38:43	6:14
11 Josh Madeira 1,20-29	23	Freeport	38:44	6:14
16 Ken Cotton (MTC) 50-59	51	Bristol	39:47	6:25
33 Lloyd Slocum (MTC) 60-69 USAT&F	67	South Portland	42:30	6:51
67 Vanessa Pawlowski 19&under	17	West Paris	45:32*	7:20
69 Kathy Hepner (MTC) 40-49	40	Gorham	45:36*	7:21
143 Marjorie Adams 50-59	50	Cumberland	51:32*	8:18
248 Julius Marzul (MTC) 70&over	74	Gorham	80:14	12:55

## Other Maine Track Club Finishers

15 Andrew Pfeiffer 2,19&under	17	China	39:19	6:20
20 Tom Shorty	38	Gorham	40:29	6:31
27 Erich Reitenbach	50	Buxton	41:17	6:39
39 Stewart Jordan	44	North Yarmouth	42:50	6:54
66 John Morse	55	Phippsburg	45:25	7:19
78 Chris Salamone	41	South Portland	46:14	7:27
81 Kevin Callahan	47	Eaton Center,NH	46:27	7:29
84 Dale Rines	48	Gorham	46:30	7:29
88 Neil Martin	57	Freeport	46:47	7:32
96 John Tragert	43	Naples	47:21	7:38
104 Ed Doughty	51	Gray	48:17	7:47
110 Jeanie Campbell	40	Portland	48:39*	7:50
113 Bob LaNigra	58	Scarborough	48:56	7:53
121 Mick McCall	46	Cumberland	49:51	8:02
127 Howard Spear	50	Westbrook	50:16	8:06
139 Mike Brooks	54	Danville	51:04	8:14
148 Suzanne Umland 2,50-59	52	Freeport	52:01*	8:23
168 Mark Grandonico	41	Portland	53:43	8:40
169 Jeanne Johnson	44	Brunswick	53:57*	8:41
171 John Stevens	58	Wells	54:07	8:43
175 Kathleen Tragert	41	Naples	54:18*	8:45
178 Jan Conley	37	Portland	54:50*	8:50
184 Alan Pfeiffer	47	China	55:07	8:53
187 Terry Clark	56	Windham	55:11	8:53
212 Burt Kettle	66	Brunswick	58:52	9:29
232 Cheryl McCall	44	Cumberland	62:39*	10:05
237 Deb Stewart	40	Brunswick	64:01	10:19
240 Judy Cotton	51	Bristol	65:52*	10:36
246 Tom Wilson	57	Brunswick	75:45	12:12
249 Don Penta	54	Windham	84:50	13:40

Many thanks to Granite State Race Services for complete results!

## The Ninth Annual Eliot Festival Day 5K Road Race

879 Finishers (401 Female, 477 Male & 1 Bandit)  
Flat Fast Certified Loop Course in Scenic Eliot  
8:30 a.m., Saturday, September 30th, 2000  
Results Courtesy Of Granite State Race Services

### Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Mike O'Brien 1,40-44 USAT&F	40	Durham,NH	14:50	4:47
2 Alan Bernier 1,19-29	26	Exeter,NH	14:55	4:48
3 Byrne Decker 1,30-39	33	Yarmouth	14:58	4:49
4 Dan Verrington 2,30-39 USAT&F	38	Bradford,MA	14:58	4:49
5 Paul Johnson, Jr. 2,19-29	23	Gorham	15:03	4:51
6 Eric Beauchesne 3,30-39	30	Chelmsford,MA	15:04	4:51
7 Rodney Hemingway 3,19-29	24	Somerville,MA	15:11	4:54
8 Bob Winn 1,40-44 USAT&F	41	Ogunquit	15:11	4:54
9 Todd Coffin USAT&F	39	Freeport	15:12	4:54
10 Kevin Way	31	Hollis	15:33	5:01
29 Cathy O'Brien 1,30-3	33	Durham,NH	16:53*	5:26
37 Julie Peterson 1,40-44 USAT&F	40	Beverly,MA	17:20*	5:35



44 Julia Kirtland 2,30-39 USAT&F	35 Harpswell	17:39*	5:41
46 Nicole Way 1,19-29	23 Dover,NH	17:41*	5:42
48 Susannah Landreth 3,30-39	32 Newburyport,MA	17:42*	5:42
55 Kara Malloy 2,19-29	29 Westford,MA	17:53*	5:46
59 Gayla Underkoffler (MTC) USAT&F	38 Scarborough	17:58*	5:47
61 Samantha Pelletier 1,15-18 USAT&F	18 Wells	18:05*	5:50
66 Christine Snow-Reaser (Hon.MTC)	34 Dayton	18:11*	5:52
74 Carol Hogan (MTC) 1,45-49 USAT&F	49 Portland	18:26*	5:56

#### Other Top Divisional Finishers

11 Jeff Gaudette 15-18 USAT&F	17 Biddeford	15:35	5:01
18 Kraigg Jones-Weaver 2,15-18 USAT&F	17 Poland	16:07	5:11
39 Steve Reed (MTC) 50-54 USAT&F	52 Wiscasset	17:21	5:35
60 Donald Jepson 11-14	14 South Berwick	18:04	5:49
63 Michael Kimball 45-49	47 Rye,NH	18:07	5:50
89 Jennifer Goransson 2,15-18 USAT&F	17 Eliot	19:02*	6:08
91 Mark Stern 55-59	55 Ogunquit	19:04	6:09
130 Heather Jade Fogg 11-14 USAT&F	13 Union	19:59*	6:26
163 Fred Zuleger 60-64	62 Coventry,RI	20:51	6:43
173 Laura Tabor 2,11-14 USAT&F	12 Portsmouth,NH	21:01*	6:46
201 Jane Rau 50-54	50 Augusta	21:23*	6:53
241 Danny Mack 10&under	9 Rochester,NH	22:14	7:10
272 Donna Lemay 55-59 USAT&F	58 Hudson,NH	22:47*	7:20
276 Walt Gale 65-69	69 Windsor,NH	22:50	7:21
340 Patrick Richardson USAT&F	8 Eliot	23:47	7:40
361 Austin Layne USAT&F	7 Rochester,NH	24:10	7:47
461 Bill Tribou 75-79 USAT&F	79 Granby,CT	25:27	8:12
485 Kenneth Folsom 70-74	74 Salem,NH	25:45	8:18
505 Herbert Taylor 2,75-79 USAT&F	75 Rochester,NH	26:02	8:23
516 Martin Losier 3,75-79 USAT&F	77 York	26:10	8:26
531 Garrett Layne USAT&F	6 Rochester,NH	26:23	8:30
592 Anne Knight 60-64	63 Durham,NH	27:21*	8:49
615 Amanda Eldridge 10&under	8 Rochester,NH	27:39*	8:54
667 Louis Peters USAT&F	75 Methuen,MA	28:35	9:12
696 Carlton Mendell (MTC) USAT&F	78 Portland	29:04	9:22
784 Phil Campell 80&over USAT&F	82 Lynnfield,MA	31:34	10:10
811 Elizabeth Irwin 70-74 USAT&F	73 Brunswick	33:26*	10:46
844 Nick West USAT&F	5 Rochester,NH	35:41	11:29
849 Shirley Dam 65-69	66 Merrimac,MA	36:41*	11:49
858 Louise Rossetti 75-79 USAT&F	79 Saugus,MA	37:33*	12:05
878 Mary Helen Wilson 80&over	80 Madbury,NH	50:08*	16:08

#### Other Maine Track Club Finishers

16 Dan Dearing	38 Lisbon Falls	15:58	5:09
70 Marlin Conrad 3,45-49	48 Yarmouth	18:19	5:54
71 Russell Boisvert	49 Portland	18:22	5:55
129 Chuck Massie	46 Saco	19:58	6:26
137 Jennifer DeSena 2,45-49	46 Cape Elizabeth	20:08*	6:29
172 Kathy Hepner	40 Gorham	21:01*	6:46
175 Harry White	58 Scarborough	21:03	6:47
258 Thomas Carll	56 Gray	22:25	7:13
285 Marla Keefe	47 Casco	23:02*	7:25
302 Neil Chivington	53 Hollis	23:13	7:29
326 Diane Daley	44 Casco	23:32*	7:35
354 Patty Medina	42 Cape Elizabeth	4:00*	7:44
356 Chuck Burnie	46 Cumberland	24:05	7:45
478 Cathy Burnie	51 Cumberland	25:39*	8:16
479 Mike Pugh	62 York Beach	25:39	8:16
510 Sherry Carll	53 Gray	26:04*	8:24
536 John Stevens	57 Wells	26:27	8:31
621 Marge Aube	49 Cumberland	27:44*	8:56
728 Mel Uchenick	69 Kennebunk	29:42	9:34
769 Alice Mellor	55 Yarmouth	30:53*	9:57
864 Don Penta	54 Windham	39:16	12:39

Many thanks to Granite State Race Services for complete results!

## MTC BANQUET AWARD NOMINATION BALLOT

Please indicate your suggestions for the 2000 Maine Track Club Annual Awards. Using the following categories, please list your nominees next to the appropriate award.

### MTC Runners of the Year

Male: \_\_\_\_\_

Female: \_\_\_\_\_

### Outstanding MTC Runners (Male & Female)

Youth (19 and under): M \_\_\_\_\_

F \_\_\_\_\_

Open (20-39): M \_\_\_\_\_

F \_\_\_\_\_

Master (40-49): M \_\_\_\_\_

F \_\_\_\_\_

Senior (50 and older): M \_\_\_\_\_

F \_\_\_\_\_

### Outstanding Contributions to MTC Running:

### Outstanding Contributions to Children's Running:

### Outstanding Race Director:

### Helping Hand Award:

### Comeback Runner of the Year:

### President's Award:

### Outstanding Sponsor(s) Award:

### First Time Race Directors:

### John Fyalka Award for Service to The MTC:

### First Time Marathoners:

Please cut out your ballot and return it in the enclosed self-addressed envelope. The deadline for nominations is January 7th, 2001.



## Bounding Over British Bogs

*or "No, I don't have any Grey Poupon, but do you know where the finish line is?"*

Knowing that people from away will combine a Maine vacation with one of our local road races, I looked for my own vacation race before traveling around England in October. On the Internet were listings ranging from the Sittingbourne 10-miler to the Exmoor Stagger, "15 miles of multi-terrain, 2,400 foot climbing, with excellent prizes and facilities" (I would hope so!). I decided I would try the 5K/10K River Run in Biddenham, Bedford, about 60 miles north of London, on October 8.

After a week of travel around the countryside, I arrived in Bedford on the day before the race and found a bed and breakfast right out of an English comedy. Exploring the small city, the mood was glum as England had earlier in the day suffered a narrow loss to Germany in the World Cup semi-finals. Back at the B&B, early race morning I went downstairs and had a sensible breakfast of cereal rather than of my indulgence over the week in "English Fried," a breakfast of sausages, fried ham, fried eggs, baked beans, grilled tomato and toast. The two-mile walk to the race in the nearby village of Biddenham, pronounced "Biddenum," was entering another world. If my B&B resembled TV's "Fawlty Towers," then the little village was "To the Manor Born," with exquisite gardens and cottages, some with thatched roofs. As a road racer in a new place, I feared I wouldn't find the race or that it had somehow been changed. But I finally saw people setting up orange cones. Would Charlie and Walter be popping out from behind a hedge?

At registration, things were pretty much like here at home, with scrambles for the table with the applications, people asking about course maps, pins, and the "loo," as the facility is called there. Very striking to me was the difference in running attire. Rather than shirts from previous races, nearly all the runners wore singlets or shirts with a club name, as in the Bedford Harriers A.C., the host club, or else they wore plain tee-shirts with the logos of Nike, Adidas or Fila. My own club identification was my MTC cap with the chickadee and pine bough.

About 200 runners, 5K and 10K together, started on a regular paved road but right away it turned and became off-road, and it was apparent this would be a cross-country experience! Well, this was England, home of the steeplechase. We started running on the lumpy terrain of an open field dotted with hay stacks, guided by a row of cones rather than a defined path. I was moving along easily, though, and was delighted to soon see the first marker with the large "1." Wow, I thought, that was a great first mile for me! But wait, this is marked in kilometers, silly. Well, onward. The pack eventually turned onto a pebbly path along a beautiful winding river. Lined with willow and poplar trees, it was a scene from a picture book.



It turned out that all the kilometer signs were marked "1" and at the third one the 5K and 10K packs split and I was able to see the competition in my own 5K pack. Uh-oh, the nearest racer I could see was a quarter of a mile or so ahead and turning. As usual, even thousands of miles from home it seemed, my place in any small to medium race is by myself, back away from the main pack yet ahead of the back of the pack. The disadvantage to this position is that I must always try to see the back of the runner ahead of me or risk "the road not taken" -- by anyone else in the race, that is -- as in a certain Gorham race a couple of years ago.

I stayed on course, though, and grinding on there seemed no break from the rough terrain. Finally we got to run on the far end of a golf course (rather than the "fore" end, I hoped), and the flat turf felt good underfoot. The final K was alongside a pasture, with cows standing at a nearby fence to watch the bipeds flying by. I did frequent ground checks to avoid the small potholes and to keep my Sauconys from having a cow-related mishap.

Eventually there was the sound of applause and the voice of the race announcer across the final stretch, a soccer field. As I sprinted through the grass to the clock, it said just 32:00, about "par for the course" for me this year. I heard the announcer say, "...and here comes Pat Boocklay." After finishing, I stood by the chute to watch the 10K finishers and talked some with a woman who was volunteering in the chute as a "people mover," a job I'm quite familiar with. She admonished some of the runners to "stay in the funnel," the word there for the chute! As the 10K people came over the line, some of them with a lot of momentum, she had to frequently place the runners in proper finish order as they went to the end of the chute --I mean funnel. She would say, "Oh, I'm sorry, sir, I believe you need to be in back of this gentleman here....all right, then, that's lovely."

Post-race the refreshments were just water. All in all this was a no-frills event, with the emphasis on the race benefitting a local hospital/hospice. The race fee for the 5K was 5.50 pounds, or a little over 8 dollars, and the 10K fee was a bit more. A limited number of race tee-shirts were for sale but not given to runners or volunteers. Awards were to the two top male and female finishers in the 5K and the 10K, and there were no age group categories (gee, I could hide my age). The race was about 70 percent men and the other 30 the you-know-whos. Interestingly, I had seen a very fit, athletic appearing woman before the race and again afterward, still wearing her bib number, looking aglow --and smoking a cigarette!

I chatted with a few folks and all had heard of Maine. In fact, throughout my time in England, the nearly inevitable response would be, "Oh, that's where Stephen King is from, isn't it?" One fellow at the race told me he had once visited Bangor and I put in a plug for the Bangor Labor Day five-miler, still fresh in my memory. Leaving the dispersing race crowd to head back to the town, I thought about a few of my friends, still probably snug in their beds back in the New World, who in five or so hours would be heading for Portsmouth and the Great Island race. It would be the same there as here (but no smoking!), with the nervous wait at the starting line and then all smiles at the finish. As I walked back to the B&B I made mental pictures along the way to remember the beautiful village and the memorable course. And I began to wonder if my host was still serving "English Fried"....

*Pat Buckley*



## One Year and 11 Issues Later

It's hard to believe that another year and running season has almost ended. This time last year I was hoarding toilet paper, firewood, canned food and bottle water in preparation for the upcoming Y2K disasters. Today my concerns are the presidential election, Christmas and what to do with all that toilet paper.

Presidential election: No, I'm not referring to the guy that gets to live in the White House. At this point in time I say elect the Baha Men, see last issue for clarification. I'm talking about the Maine Track Club President and Vice Presidential vacancies. I find it hard to believe that for a club our size, we have no one interested in being President, Vice President or Race Director. Colleen and I have discussed the vacancies, but rationalized our time and efforts will be dedicated to one more year as "Newsletter Editors". Hopefully by the time you get this issue, at least our clubs presidential dilemma will be solved. Please call Sandy Utterstrom if you are interested in any of our vacant positions.

I will not belabor you with a plea to help the club, volunteer for races, or even contribute to this newsletter. I will however remind and encourage everyone to participate in anyway you can.

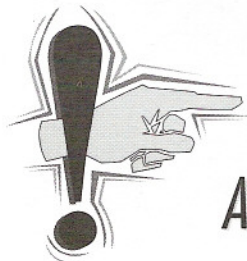
This year I would like to especially thank Don Penta for supplying the photos and race results. Mike Musca for his writings and "How They Train - New England Style" interviews, Mike Rosmus for his graphic design talents and Colleen Redmond for her dedication to this monthly project.

Christmas and toilet paper: Christmas shopping was easy last year. Friends and family received MTC clothing. Our embroidered hats and sweatshirts are awesome and make excellent gifts. This year I have no quick fix to my holiday shopping dilemma, but I may be able to solve yours, just give us a call.

Regarding my year old toilet paper stockpile, who knows? This year, family and friends may receive pretty practical parcels packaged for their posteriors.

*Mike Doyle*

**There will not be a January issue. Next issue will be February 2001**



*Please Renew For  
Year 2001  
Applications enclosed*

## MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS

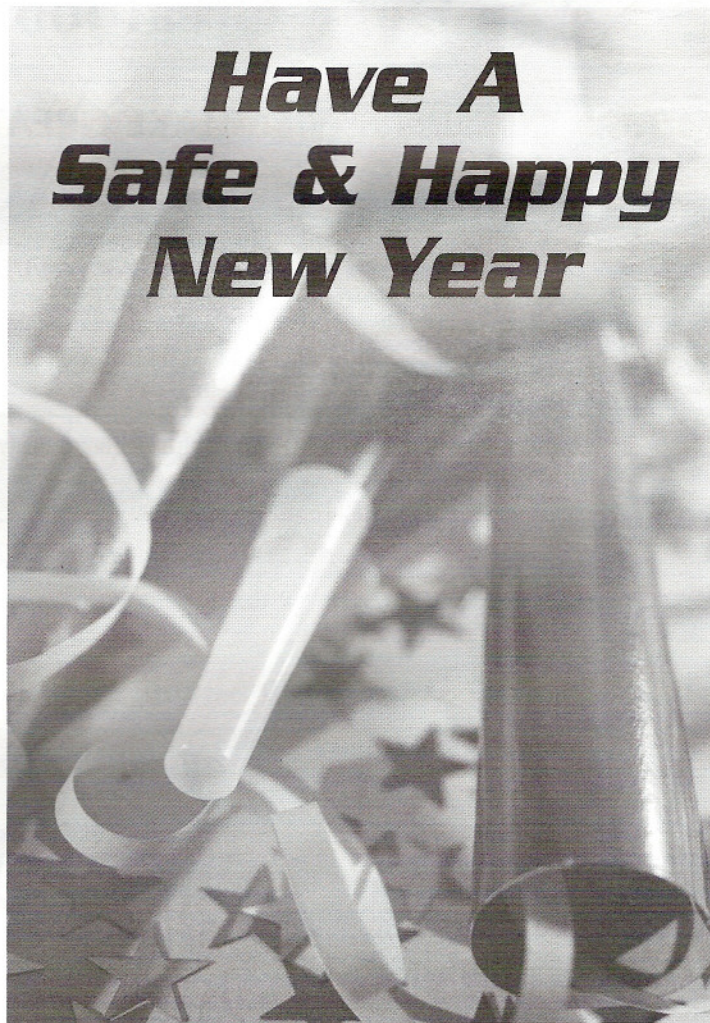


USA Track & Field



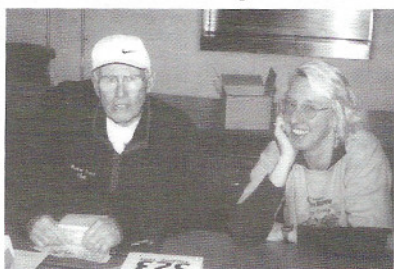
<b>Sandy Utterstrom</b>	..PRESIDENT	.....797-4710
<b>Eric Ortman</b>	.....VICE PRESIDENT	.....727-3762
<b>Marge Aube</b>	.....PAST PRESIDENT	.....829-5079
<b>Carlton Mendell</b>	...TREASURER	.....797-7806
<b>Lorraine Paradis</b>	...SECRETARY	.....878-4465
<b>Everett Moulton</b>	...MEMBERSHIP	.....799-2894
<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
<b>Colleen Redmond</b>	...NEWSLETTER & CLOTHING	.....871-0051

**Have A  
Safe & Happy  
New Year**





# Turkey Trot 5K Volunteers



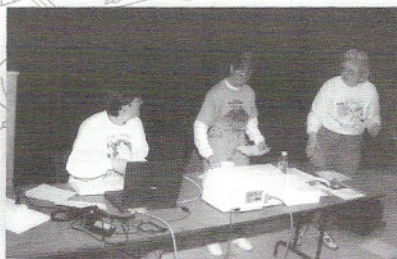
**Russ Bradley & Karen Connolly**  
working registration



**The Finish Line Crew**



**Ruth Hefflefinger & Don Bessy**  
at the registration area



**Shop 'N Save Turkey Trot Computer Team:** MaryAnne Champeon, Rita Moulen, & Sanday Utterstrom

## You Did a Great Job!

### 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



### 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**

#### Famous Footware

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

**10% ON RUNNING SHOES**

### 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

- Renew your membership. See enclosed application

- MTC Awards Banquet

January 20th, 2001, 6:00 PM

VFW in South Portland (see pg. 3 and enclosed flyer)

- Complete and mail in your awards ballot on pg. 11