

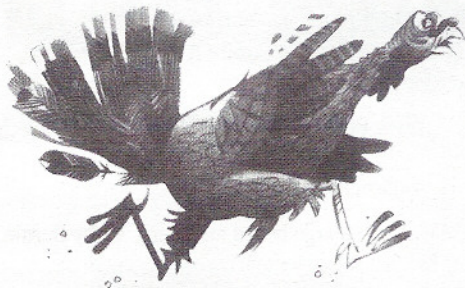
Maine Track Club

Run with a friend...

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

December 2001

## 33rd Annual Turkey Trot 5K



Sponsored By Hannaford



Tom Noonan  
MTC  
of Steep Falls



Sandy Utterstrom  
MTC  
of West Falmouth



Stu Kelly  
MTC  
of Westbrook



Julius Marzul  
with several  
race goodies



Jan Conley  
MTC  
of Portland

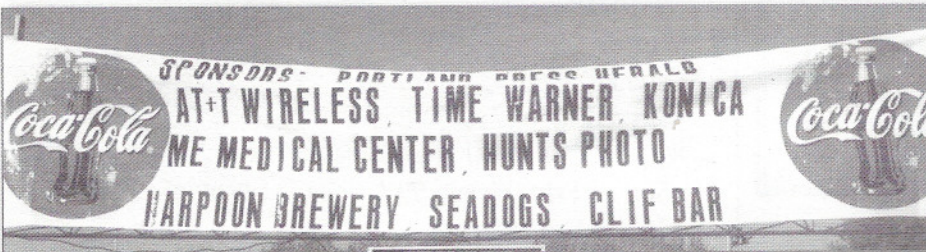


Jack Nichols  
MTC  
of Falmouth



## 1st Annual 12K

Race Proceeds Benefit  
Juvenile Diabetes  
Research Foundation  
International



## First Ever 12K Race in Maine



# Presidential Message

December 2001

Dear Fellow Members,

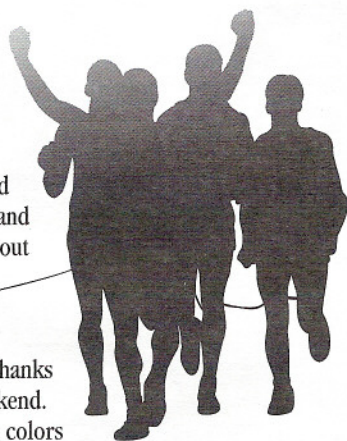
Our club was treated to two outstanding events on Friday, November 16th and Saturday, November 17th. almost one hundred members attended the pasta dinner and election on Friday and a record turnout took part in the Hannaford Turkey Trot race on Saturday morning. Maggie Soule is to be congratulated on a job well done. Thanks to everyone that made it a great weekend. Ned Vadakin came across with flying colors in his rookie season as the race director of the MTC 50 miler and 50K. He had big shoes to fill with the likes of Al and Sandy Utterstrom.

Your club has some excellent events coming up in December and January. Read about them in this issue and decide to take part. Congratulations to the people who ran the Thanksgiving Day Race and the Burn Off the Turkey Race in Gorham.

I wish everyone a Happy Hanukkah and a Merry Christmas.

Enjoy the day.

*Mel Fineberg*

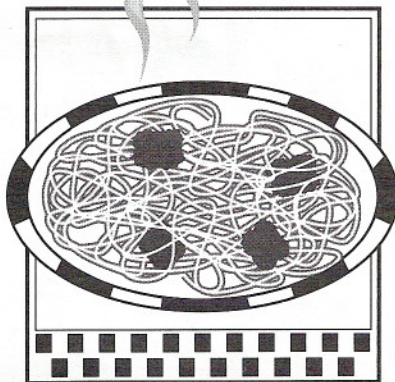


## Fun and Feasting

MTC held its annual pasta dinner on Friday, November 16th, at the Columbia Club in Portland. Close to a hundred members and guests attended, including many new members. MTC's famous chef, Mike Reali, and crew once again prepared and served a delicious Italian feast.

Dinner was followed by the election of officers for 2002. President, Mel Fineberg, then addressed the group.

Many thanks go to the kitchen crew for providing another great meal (and excellent fuel for those running the Turkey Trot the next morning.) The MTC pasta dinner.... a fun tradition!



## MEMBERSHIP RENEWALS

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



## Pasta Dinner and Elections Recap

For those of you that missed the pasta dinner and elections on November 16 at the Columbia Club, here is a recap. After a delicious pasta dinner on November 16, voting took place. The following offices ran unopposed:

President - Mel Fineberg, Vice President - Phil Meech, Treasurer - Carlton Mendell, Co Secretaries - Gayle DesJardins & Lorraine Paradis, Webmaster - Bob Aube, Membership Chairperson - Sue Davenney,

Equipment Manager - Chuck Burnie, Clothing Manager - Phil Meech, Newsletter - Vacant, Race Committee Chairperson - Everett Moulton, Historian - Maggie Soule, Statistician - Don Penta,

Voting took place for the three at-large board members. Cathy Burnie, Janice Drinan, and Cathy Kilburn were elected.



**New Officers:** Rear L-R: Don Penta, Phil Meech & Chuck Burnie  
Front L-R: Cathy Burnie, Susan Davenney, Cathy Kilburn, Janice Drinan & Mel Fineberg



**December 16th - 4th Annual Bob Marley Toys for Tots 5K Run/Walk or Crawl; 10:00 AM, Starts and finishes at the Comedy Connection, Portland.**

**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

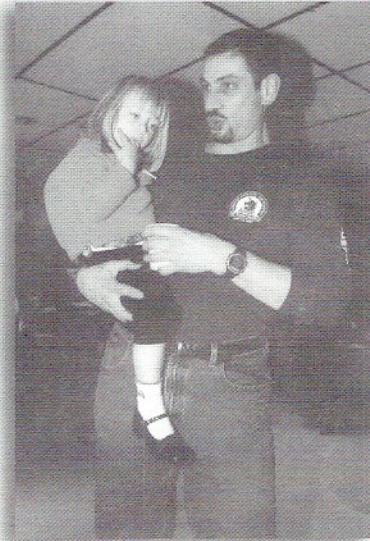




# Pasta Dinner



*Herb Strom  
and Patti Medina*



*Ron Cedrone  
and his daughter*



*L-R  
Gayle Desjardins  
Donna Moulton  
Maryanne Champeon*



*Mrs. & Mr. Ron Welch*



*Chuck & Cathy Burnie*

## THANKS, VOLUNTEERS! *Hannaford Turkey Trot Exceeds Expectations*

With 497 registrants and 445 finishers, this year's Hannaford Turkey Trot was bigger than expected, with possibly the largest field in the history of the race. Nearly 60 volunteers gave up their Saturday morning to help with the event and the accompanying children's Fun Run. We want to thank all of them:

Carlene Anderson  
Bob Aube  
Scott Badger  
Bonnie Beach  
Linda Benn  
Don Bessey  
Pat Buckley  
MaryAnne Champeon  
Karen Connolly  
Bill Davenney  
Sue Davenney  
Martha DePrez  
Mike Detscher  
Beverly Doughty  
Janice Drinan  
Peter Drivas  
Pat Eltman  
Kelly Fernald  
Mel Fineberg  
Ward Grossman  
Barbara Grunden  
Charlie Grunden  
Maggie Guthrie  
Judy Hairfine  
Sharon Hansen  
Ruth Hefflefinger  
Ray Hefflefinger  
Barb Hintze

Robert Hintze  
Dan Hogan  
Dick Jewell  
Kitty Kelly  
Cathy Kilburn  
Dick LaJoie  
Loren Lathrop  
Terry McGovern  
Diane Meech  
Phil Meech  
Jan Nelligan  
Jennifer Parker  
Don Penta  
Bob Perkins  
Rae Pierce  
Gretchen Read  
Ron Read  
Stephanie Ross  
Charlie Scribner  
Rodger Smith  
Howard Spear  
John Stevens  
Jim Toulouse  
Mike Tracy  
Sandy Utterstrom  
Ben Warner  
Brenda Webster  
Sandra Wyman



Please let us know if we forgot anyone! And it's not too early to volunteer for next year's race, the 34th Annual. Just contact Maggie Soule, your race director, at 846-3631.

***Saturday, January 19th.***

**Maine Track Club Annual Awards Banquet**

South Portland Eagle's Club, 729 Broadway, So. Portland

Special Italian Buffet

See enclosed Flyer



# The 33rd Annual Turkey Trot 5K

*Presented by Hannaford and the M.T.C.*



**Linda Metzger**  
MTC of Cape Elizabeth



**Jason Hill**  
MTC of South Portland



**Tom Hathaway**  
MTC of Scarborough



**Mandy Ivey**  
of Oxford



**1st Female**  
**Denise Jewell**  
of Cumberland



**Steve Reed**  
MTC of  
Wiscasset



**1st Overall**  
**Ethan Hemphill**  
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 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 call the MTC phone number 741-2084 to let us know where, when and a contact person.**



# How They Train: New England Style

## — Joan Lavin

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

During the summer, I asked several local runners "Who should we profile in the newsletter?" Over the past few months you've seen bio's of some of Maine's top age-group runners and Joan Lavin certainly belongs in that group. Maureen Sproul strongly suggested that we profile Joan Lavin. Catching up with Joan's busy lifestyle is a challenging feat in itself. Here's her bio...

**Name:** Joan Lavin

**College:** Thomas College

**Club Affiliation:** Maine Track Club, UnumProvident Corporate Track

**Age:** 53 (54 in December)

**Best Marks:**

10K.....	40:02
5K.....	20:02
880.....	2:44
Half marathon .....	1:29:00
5 mile.....	32:44
Marathon .....	3:27

**Personal Statistics:**

**DOB:** 12-29-1947

**Born:** Augusta, ME

**Height/Weight:** 5'2", 100 – 107 depending on the time of the year and training

**Started running and racing:** In the early 70's

Married to John Lavin

**Pre-Training Warm-up:**

I'm not very good about this. I run early in the morning, so usually have a large cup of coffee and peanut butter and toast and then about 30-45 minutes later, stretch very lightly for 5-10 minutes. If I'm at the gym prior to running, I cycle very lightly for 12 minutes and then stretch for 5-10.

**Stretching:**

Try to stretch 5-10 minutes before I run and stretch lightly after, if I have time, which I usually don't. I hate stretching, so find any excuse for not doing it.

**Injuries:**

I think I have had just about every injury in the book.

I've had stress fractures in both feet and the tibia. Those happened early in my running years.

When I turned 40, everything started happening—from hip injuries to plantar fasciitis to sciatica to hamstring. The sciatica and hamstring are chronic, and I have to watch my speed and distance in order to keep them under control.

**Log Book:** Sometimes.



**Daily workouts:** April through July is corporate track season, and I try my best to run between 30-35 miles a week with one track session a week of one and half to two miles of total speedwork of 800s or 400s, etc.

The rest of the year I just try to stay fit and run without getting injured

**Favorite/best race(s):**

Don't have a favorite

**Favorite race course:**

Kiawah Half Marathon and The Covered Bridges Half Marathon. They are both extremely beautiful and peaceful. I'm very disappointed the Covered Bridges Half has been discontinued though.

**Favorite workout:**

My favorite workout is 5:30 a.m. 400s and 800s at the Scarborough track with Gayla, Sarah, Linnea, Kim, and Coreen and long slow runs on the weekend

**Favorite running route:**

I have three favorites and in no special order.

For a good, challenging, long hilly run, I like to run from my house across Riverside Industrial Park past Verizon and up Blackstrap Road into Falmouth and down Mountain Road to cross Brook and home.

I love running from Camp Ketcha and along the beach with my UnumProvident teammates.

For strength training and lots of hills, my favorite is any run from Maureen and Willie Sproul's in New Gloucester

**Who inspired you to run?**

My husband, John, inspired me. I was overweight and a smoker. He was the runner and in great physical condition from military training. He took me to a running store in Kansas City where I bought my first pair of running shoes. They were men's Tigers. They didn't have a female running shoe in the store. I wore those shoes until they had holes in the bottoms. I started running from one telephone pole to the next, huffing and puffing all the way. Within a month I was running 3 miles around the military post passing men and loving every minute of it. I wasn't running very fast either.

**Why do I run?**

I run to stay in shape and to for the many wonderful friendships I've developed over the years.

**Running heroes:**

My good and long-time friends, Jane Dolley, Barbara Hintz (formally Coughlin), Jean Thomas, and Sandy Wyman. I met these ladies approximately 20 years ago. They had the reputation in the running community of being very accomplished and hard-core runners, easily winning their divisions, if not placing first or so in the ladies overall division. They openly welcomed me as a newcomer and gave me lots of good training advice. I'll always remember the sleepless night I spent the night before running with them for the first time. I almost didn't show up because I was sure I would never be able to stay with them longer than a half mile. I know they encouraged and welcomed many other women runners before and after me; thus, growing the number of women runners in Maine and other states.

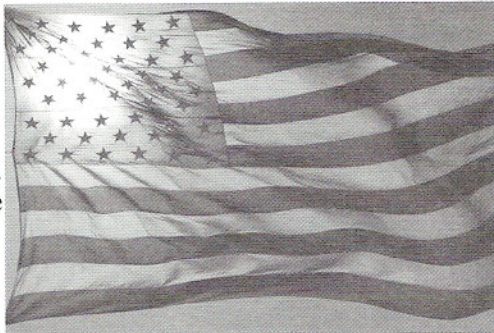


# Race Report

## Marine Corps Marathon 28 October 2001 Washington DC

By: Mark Grandonico

The "Peoples Marathon" saw 15,011 runners begin their 26.2-mile journey at the thundering boom of the 105mm howitzer. 14,606 would complete their challenge on this 26th running of the Marine Corps Marathon. It couldn't have been a better race day. Low 40's at the start, mid 50's by midday, perfect for a Mainer. My brother and race partner from Kensington (just outside DC), equated the weather to more of a winter like day and appropriately complained up to the start. Our goal this year, a sub 4 hour finish. My best marathon time was a 4:34. A pretty serious stress fracture in April which plagued me throughout the summer, would make this goal a challenge, but hopefully attainable.



The Marines know how to do a race. The organization and course support couldn't have been any better. Based on your predicted finish time, runners were started from various corrals in waves. This allowed runners to get to their race pace a lot faster. My brother and I found ourselves in the "D" corral as we had predicted a 3:30 - 4:00 finish on entry forms. It was successful, we found ourselves at our targeted 9-min mile pace in mile one with a fair amount of elbow room. Last year we saw several runners tripped and sent to the pavement in the first few frantic miles, this year we saw none. The replenishment stops were equally as efficient as well as "Cliff Shot" stations at mile 10 and 20. They even had specific Marines calling out various flavors, talk about detail!

United We Run was the theme this year. Nearly all the runners displayed some type of patriotic symbol. Many runners wore Red, White and Blue singlets, T-Shirts and shorts. American Flags were everywhere. The intensity and patriotism of the runners and crowds was immeasurable.

The course began and ended at the Marine Corps Memorial in Arlington. Miles 1-4 took us down and around the Pentagon. At mile 4.5 we rounded the side of the Pentagon, which was damaged in the September 11th attack. Television can't do justice to the amount of damage, it was staggering. I saw runners stop and stare, some bowed their heads, some prayed, some took photos and some had tears in their eyes. Somewhere behind me, a roaring chant of "USA-USA-USA" began. A fitting tribute by the runners passing the site of the attack. From the Pentagon, we headed back towards Arlington Cemetery and crossed the Key Bridge to Georgetown proceeding into Rock Creek Parkway, this year's course change due to construction on Hayes Point. After the turnaround in Rock Creek Park, we headed down to the mall and ran up the north side past the Washington Monument towards Union Station. We circled behind the Capitol and back down the south side of the mall around the Tidal Basin to the dreaded 14th Street bridge. Mile 23 lies just about in the middle of the bridge that spans about 1.5 miles. I took some pleasure in watching many runners meet "The Wall" on the bridge. Runs deteriorated into walks and crawls for some. Last year I met the wall on the bridge and vowed not to let that happen again. I had prepared by doing a 23-mile training run at 4 and 3 weeks before the race, and then tapered. This worked for me, I lost track of the runners I passed in the last 3 miles and felt good right up to the finish. My favorite part of the

Marine Corps is the finish. After a long stretch down route 110 for mile 24 and 25, you take a sharp left into Arlington National Cemetery and climb a very steep short hill for the last half-mile. When you do, you see the Marine Memorial of the flag rising on Iwo Jima. I personally can't think of a more inspiring sight, from somewhere you find the juice for a little extra kick to the finish line.

Retired Marine Gunnery Sergeant Farley Simon won in 2:28:28, his second win in the Marine Corps Marathon, his first in 1983. In 1989 he placed second. At age 46 he becomes the oldest winner in the event's 26-year history. His winning time of 2:28:28 was also the slowest men's time. Lori Stich Zimmerman was the ladies winner in 2:48:13, the fastest ladies time since 1994. Lori's husband Paul held the lead for the first 21 miles. Hamstring problems at mile 21 thwarted their plans of a husband/wife win and slowed him to a 15th place finish. I finished at 4:18:11, I didn't get my sub 4 finish, but I PR'd by 16 minutes and a PR is a PR. My younger brother (did I mention younger?), finished at 3:46:10 just to show me up, the show off.

The Marines get a lot of credit for this one. The Army 10-Miler, a Marine Corps tune up race was cancelled 2 weeks prior because of security concerns. The Marines opted to press on in true Marine fashion. The Washington race fans also make this race what it is. According to the Washington Post, an estimated 250,000 spectators braved this chilly morning to cheer runners on. People ask me, what's it like? I ask them to think of the last half mile of the Beach to Beacon. Now picture that fan support for most of the 26.2, it's awesome, and one of the reasons I will do this race every year until my legs say uncle.



# Have A Safe & Happy New Year





# REFUELING AFTER EXERCISE...

Is just as important as fueling before exercise. What you eat and when you eat after a hard workout does affect your recovery. Many runners indicate lack of appetite and no hunger after exercise. Eating the wrong food or no food at all after a hard workout may leave you "dragging" through the day. Your leg muscles may be achy and tired – you may even have a lingering dull headache. Here are a few reminders:

**Recovery Fluids** – you lose large amounts of water during exercise through sweat. Replacing this loss is critical to continued performance. Drink plenty of fluids for a quicker recovery, these fluids also help remove the waste products from your muscles. Depending on the intensity and duration of the exercise, your body may need 24-48 hours to replace sweat loss. You'll know you are re-hydrated when your urine is clear, pale yellow and you are urinating frequently. Any of the following are good fluid replacers:

- Juices and "watery" foods – watermelon, grapes, oranges and soups (these not only provide the fluid and carbs but also important vitamins and minerals)
- Commercial fluid replacers, high carb sports drinks and regular soft drinks (these usually have minimal vitamins/minerals unless fortified – but do give you the fluids and carbs)
- Water – its' readily available, inexpensive and usually well tolerated!

**Recovery Carbohydrates** – studies indicate that muscles can replace glycogen at the rate of 5% per hour. So it can take almost 24 hours to fully replenish depleted muscles. Studies also show that eating carbs within one hour after exercise replaces depleted muscle glycogen 50% faster than those who delayed carb consumption for two hours. Now is the time to choose carbs from the moderate-to-high glycemic index group as these enter the bloodstream quickly to refuel the glycogen stores i.e. bagels, raisins, rice cakes etc.

How much to replete those stores? – a good rule of thumb is to try and consume 250-300 calories of carbohydrate food sources every two hours to replete those glycogen stores back to an optimal level. Here are a couple of

good choices – a bagel (most bagels today count as 4 slices of bread!), 4 ounces of juice and a fruited yogurt or a bowl of cereal with milk and a banana.

**"The Grazing Approach"** – you can maximize glycogen storage by eating smaller more frequent portions after exercise. Smaller amounts of food may be better tolerated and also provide a steady supply of glucose to those recovering muscles.

**Recovery Protein** – Although the focus has been on carbs, protein is also important, especially in the "recovery" process. Some protein actually accelerates glycogen replacement in the immediate hours past a hard workout, as it stimulates the action of insulin (the hormone which transports glucose (energy) from the bloodstream into the muscles). So, eating some protein along with the carb is the optimal combination i.e. the milk with the cereal, the mozzarella cheese sticks or the yogurt with a handful of low fat crackers.

**Electrolytes** – Potassium and sodium are two essential electrolytes that are also lost through sweat. As an example, during a 2-3 hour workout – you could lose 300-800 mg potassium. This may sound like a lot but eating a medium size banana will replace 450 mg, a potato can replace about 55 mg and a good handful of raisins will replace 300 mg! Gatorade only has about 30 mg per 8 ounces. It really takes extreme circumstances (i.e. a 4 hour workout in the heat) to deplete sodium – and again, the foods you would eat as part of the recovery process such as yogurt, pasta with sauce, pizza, pretzels and crackers will easily replace the lost amount.

**Rest** – is an important part of the recovery process. Battered muscles need time to heal and to refuel those depleted glycogen stores. After a long and hard workout – your body may need two days without exercise and a high carbohydrate diet to fully replenish those stores. Proper nutrition combined with rest days will lead you to quality performance!

Stay energized!

**Denise Robertson RD**



## TORTELLINI, WHITE BEAN, AND SPINACH SOUP

### Ingredients

- 1 teaspoon olive oil
- 2 cups chopped onion
- 1/2 cup chopped red pepper
- 1 teaspoon dried Italian seasoning
- 3 garlic cloves, minced
- 2 cups coarsely chopped spinach
- 1 (16-oz) can navy peas (or chick-peas), drained
- 14 oz. can of vegetable broth
- 2/3 cup of water
- 1 (14.5 oz) can no-salt-added diced tomatoes, undrained, chopped
- 1 (14 oz) can quartered artichoke hearts, drained
- 1 (9 oz) package uncooked fresh cheese tortellini
- 1/4 cup (1 oz) grated fresh Parmesan cheese (optional)

### Directions

1. Heat oil in a large Dutch oven over medium-high heat. Add chopped onion, bell pepper, seasoning, and garlic; saute' 5 minutes or until tender. Add spinach and next 5 ingredients (spinach through artichokes); bring to a boil. Reduce heat; simmer 2 minutes. Add tortellini; cook until thoroughly heated. Sprinkle with cheese.

**YIELD:** 6 servings (serving size 1 1/2 cups soup and 2 teaspoons cheese).

Calories:	.....281
Fat:	.....5.7 grams
Protein:	.....15 grams
Carbohydrates:	....44 grams
Fiber:	.....4.2 grams
Sodium:	.....562 mgs
Calcium:	.....158 mgs



## The Maine Track Club And Hannaford Brothers Supermarkets Present The Thirty-Third Annual Turkey Trot Road Race 5K

445 Finishers (181 Female & 264 Male)  
Fairly Challenging Modified Out & Back Course In Scenic Cape Elizabeth-  
Involving The Pond Cove Middle School, Route 77, Scott Dyer Road (With Detours),  
To Wentworth Circle And Back To The Middle School  
9:00 a.m., Saturday, November 17th, 2001; Weather: Sunny, Seasonal  
Complete Results Courtesy Of The Maine Track Club

### Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Ethan Hemphill overall	29	Portland	15:49	5:05
2 Jeff Caron 1,19&under	18		16:15	5:14
3 Kyle Rhoads 1,30-34	32	Windham	16:21	5:16
4 Dan Dearing (MTC) 1,40-44	40	Lisbon	16:23	5:16
5 Pete Bottomley (MTC) 2,40-44	40	Cape Elizabeth	17:07	5:31
35 Denise Jewell overall	36	Cumberland	18:43*	6:01
39 Libby Christensen 1,35-39	39	Cumberland	18:55*	6:05
44 April Wernig 1,20-29	26		19:13*	6:11
57 Carrie McCusker (MTC) 1,30-34	32	Cape Elizabeth	19:48*	6:22
60 Jill Storey 2,30-34	33	Cumberland	19:54*	6:24

### Other Top Divisional Finishers

8 Ron Newbury 50-54	51	Auburn	16:56	5:27
15 Scott Gorneau 20-29	29	South Portland	17:39	5:41
30 Christopher Hall 35-39	35	Cumberland	18:32	5:58
48 Lloyd Slocum (MTC) 65-69	68	South Portland	19:26	6:15
59 Ronald Deprez (MTC) 55-59	57	Portland	19:53	6:24
73 Bob Coughlin (MTC) 60-64	62	Cape Elizabeth	20:21	6:33
76 Beth Rand (MTC) 40-44	41	Cape Elizabeth	20:27*	6:35
92 Mandy Ivey 19&under	13	Oxford	20:54*	6:44
151 Gail Saldanha (MTC) 45-49	45	Scarborough	23:06*	7:26
232 Cathy Burnie (MTC) 50-54	53	Cumberland	24:59*	8:02
255 Polly Kenniston (MTC) 60-64	64	Scarborough	25:37*	8:15
259 Janice Drinan (MTC) 55-59	57	Scarborough	25:46*	8:18
359 Mel Uchenick (MTC) 70&over	70	Kennebunk	29:29	9:29
429 Ruth Hefflinger (MTC) 70&over	72	Portland	38:42*	12:27

### Other Maine Track Club Finishers

13 Tom Hathaway	42	Scarborough	17:21	5:35
19 Hans Brandes	43	Falmouth	17:46	5:43
25 Steve Reed	53	Wiscasset	17:59	5:47
28 Tom Noonan	29	Steep Falls	18:27	5:56
29 Stu Kelly	17	Westbrook	18:31	5:58
31 Tom Peterson	42	Honolulu, HI	18:35	5:59
33 Jeff Rand	41	Cape Elizabeth	18:39	6:00
34 Floyd Lavery	44	Gorham	18:40	6:00
46 Tom Shorty 3,35-39	39	Gorham	19:21	6:14
47 Paul Toohey	44	Scarborough	19:23	6:14
52 David Chamberlain	40	Falmouth	19:39	6:19
56 Ogden Williams	46	Cape Elizabeth	19:47	6:22
45 Joe Lembo	37	Portland	20:04	6:28
72 John Arsenaunt	36	Scarborough	20:18	6:32
91 Mark Foley	36	Portland	20:52	6:43
99 Chief Neil Williams	48	Cape Elizabeth	21:13	6:50
121 Matt Flynn	39	Cape Elizabeth	22:00	7:05
124 Les Berry	53	Gorham	22:08	7:07
125 Phil Pierce 2,60-64	60	Falmouth	22:09	7:08
131 Scott Hilton	39	Dayton	22:23	7:12
140 Loren Lathrop	52	South Portland	22:45	7:19
142 Howard Spear	51	Westbrook	22:49	7:21
146 Ronald Owens	58	Scarborough	22:58	7:24
155 Thomas Carl	57	Gray	23:09	7:27
161 Matt Rand	10	Cape Elizabeth	23:26	7:33
187 Bob LaNigra	59	Scarborough	23:57	7:43
189 Ed Doughty	52	Gray	24:00	7:43
192 Ben Shorr	16	Portland	24:04	7:45

194 Dan Hogan	51	Portland	24:08	7:46
209 Lindsay Rand	8	Cape Elizabeth	24:30*	7:53
223 Kaitlyn Saldanha	12	Scarborough	24:51*	8:00
229 Lisa Despres	39	South Portland	24:55*	8:01
238 Beth Shorr 3,45-49	48	Portland	25:08*	8:05
254 Robert DeWitt	58	Lisbon	25:34	8:14
256 Cindy Hilton	38	Dayton	25:39*	8:15
268 Michele Flynn 3,50-54	53	Cape Elizabeth	26:08*	8:25
269 Sherry Carl	54	Gray	26:09*	8:25
270 Jim Tyrrell	54	Cape Elizabeth	26:14	8:27
275 Linda O'Malley	50	South Portland	26:22*	8:29
286 Larry Perkins	57	Portland	26:45	8:37
287 Margaret Hazlett	35	Portland	26:47*	8:37
296 James Pederson	31	Portland	27:11	8:45
307 Michael Chadbourne	47	South Portland	27:40	8:54
311 Byron Little	18	Gorham	27:45	8:56
317 Laura Tyrrell	54	Cape Elizabeth	27:55*	8:59
322 Matt Thayer	37	Portland	28:03	9:02
326 Pam Dutremble	40	Portland	28:09*	9:04
331 Dennis Morrill	62	Portland	28:14	9:05
332 Constance Barrett	44	South Portland	28:15*	9:06
342 Eric Wold	9	Freeport	28:31	9:11
362 Jason Hill	31	South Portland	29:40	9:33
366 Brian Wold	11	Freeport	29:47	9:35
367 Larry Wold	42	Freeport	29:48	9:35
377 Carlton Mendell 2,70&over	80	Portland	30:26	9:48
385 Kenneth Spier	58	Portland	31:03	10:00
390 Kathleen Reid	32	South Portland	31:31*	10:09
405 Linda Metzger	58	Cape Elizabeth	33:31*	10:47
413 Sandy Utterstrom	57	Falmouth	34:22*	11:04
414 Donna Moulton	52	South Portland	34:29*	11:06
418 Pat Buckley 2,60-64	64	Portland	34:49*	11:12
421 Lana Holtan	9	Portland	35:53*	11:33
426 Tom Wilson	58	Brunswick	37:34	12:05
427 Melvin Fineberg	66	Portland	30:00	12:14
431 Celine Frueh	29	Portland	39:53*	12:50
435 Herb Strom 3,70&over	72	Cape Elizabeth	41:21	13:19
436 Julius Marzul	75	Gorham	41:27	13:20

## The Great Hunt Photo Camera Chase 12K Road Race

Sponsored In Part By Hunt's Photo & Video, Konica,  
And Blethen Maine Newspapers

139 Finishers (60 Female & 79 Male)

Certified Out And Back Course From Konica Photo, Route I, Scarborough, Over  
Pleasant Hill Road To Route 77 In Cape Elizabeth And Back To Konica Photo

10:00 a.m., Sunday, October 21st, 2001

Complete Results Courtesy Of Granite State Race Services

### Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Michael Payson (MTC) overall	38	Falmouth	39:46	5:20
2 Patrick Sullivan 1,40-49	40	Kennebunk	43:32	5:51
3 Patrick Flaherty 1,20-29	27	Westbrook	45:33	6:07
4 Gilberto Rosado 1,30-39	35	Puerto Rico	45:43	6:08
5 Christine Snow-Reaser overall	35	Dayton	45:44*	6:08
6 Hans Brandes (MTC) 2,40-49	42	Falmouth	46:09	6:12
10 Rose Prest-Morrison 1,30-39	38	Limerick	48:17*	6:29
23 Deanne Langmaid 2,30-39	37	Yarmouth	52:39*	7:04
26 Beth Rand (MTC) 1,40-49	41	Cape Elizabeth	53:36*	7:12
27 Veerle Pottie 3,30-39	38	Scarborough	53:39*	7:12

### Other Top Divisional Finishers

11 Ken Cotton (MTC) 50-59	52	Bristol	48:36	6:31
31 Lance Stuart 19&under	17	Machias	55:05	7:24
43 Michelle Reali 20-29	25	Portland	58:43*	7:53
57 John Howe (MTC) 60-69	66	Waterford	1:00:33	8:08
80 Polly Kenniston (MTC) 60-69	64	Scarborough	1:04:45*	8:41
113 Kelsey Barrett (MTC) 19&under	18	Scarborough	1:15:30*	10:08



# RACE RESULTS (CONTINUED)

133 Julius Marzul (MTC) 70&over 75 Gorham 1:40:32 13:29

## Other Maine Track Club Finishers

8 Floyd Lavery 3,40-49	44	Gorham	48:13	6:28
9 Jeff Rand	41	Cape Elizabeth	48:14	6:28
20 Charles Iselborn	44	Portland	51:34	6:55
30 John Rolfe	47	Portland	54:40	7:20
34 Linnea Olsen 2,40-49	46	Saco	55:49*	7:30
37 Jeff Stone	45	South Portland	57:41	7:45
42 Tony Salamone	52	South Portland	58:23	7:50
46 Jack Nichols	38	Falmouth	59:07	7:56
56 Mark O'Malley	43	Scarborough	1:00:13	8:05
64 Cathy Kilburn	35	Westbrook	1:02:12*	8:21
66 Jan Conley	38	Portland	1:02:27*	8:23
68 John Keeley	50	Portland	1:02:41	8:25
69 Larry Barker	52	South Portland	1:02:43	8:25
78 Neil Chivington	54	Hollis Center	1:04:06	8:36
87 Michele Flynn 2,50-59	53	Cape Elizabeth	1:07:24*	9:03
89 Jason Hill	31	South Portland	1:07:52	9:07
92 Laura Tyrrell 3,50-59	54	Cape Elizabeth	1:08:58*	9:15
95 Sarah Cotton	22	Bristol	1:09:39*	9:21
104 Donna Bisbee	45	Portland	1:11:22*	9:35
108 Katy Littlefield	37	Scarborough	1:12:47*	9:46
109 John Littlefield	45	Scarborough	1:12:48	9:46
110 Judy Cotton	52	Bristol	1:13:42*	9:53
114 Betsy Barrett	50	Scarborough	1:15:32*	10:08
124 Lois Martin	51	South Portland	1:20:56*	10:52
125 Karen Connolly	42	Hollis	1:22:30*	11:04
133 Julius Marzul 1,70&over	75	Gorham	1:40:32	13:29
134 Robert Connolly	46	Hollis	1:53:43	15:15

Bob LaNigra And Wormwood's Restaurant Present

## "The Maine Event Since 1978:" The 2001 Great Pumpkin 10K Road Race

179 Finishers (64 Female & 115 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 28, 2001

Timing And Results Courtesy Of Split-Time Race Management

### Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Michael Payson overall	38	Falmouth	31:48	5:08
2 Paul Johnson 1,20-29	24	Gorham	33:05	5:20
3 Kyle Rhoads 1,30-34	31	Windham	33:11	5:21
4 David Weatherbie 2,30-34	33	Cape Elizabeth	33:14	5:22
5 Josh Dyer 2,20-29	24	Gorham	33:44	5:26
20 Marjorie Graff overall	34	South Portland	37:42*	6:05
25 Denise Jewell 1,35-39	36	Cumberland	38:31*	6:13
32 Krystal Douglas 1,14&under	14	Harpwell	38:59*	6:17
37 Ellie Tucker (MTC) 1,45-49	47	North Yarmouth	39:22*	6:21
45 Lorna Humphries (MTC) 2,35-39	36	Yarmouth	39:53*	6:26

### Other Top Divisional Finishers

6 Ron Newbury 50-54	51	Auburn	34:45	5:36
8 Tom Hathaway 40-44	42	Scarborough	35:25	5:43
10 Donald Hebert 35-39	37	Lewiston	36:00	5:48
16 Brandon Ryder 15-19	17	Veazie	37:20	6:01
17 Tom Menendez (MTC) 45-49	48	Lewiston	37:28	6:03
28 R.J. Harper 55-59	55	Hallowell	38:48	6:15
48 Lloyd Slocum (MTC) 60-69	68	South Portland	40:26	6:31
49 Carol Hogan (MTC) 50-54	50	Portland	40:29*	6:32
52 Jill Storey 30-34	33	Cumberland	40:42*	6:34
62 Beth Rand (MTC) 40-44	41	Cape Elizabeth	42:22*	6:50
63 Krista Poissant 20-29	28	Kennebunkport	42:34*	6:52
121 Nate Hathaway 14&under	9	Scarborough	48:49	7:52
125 Jacki Jensenius 15-19	17	Cumberland	49:31*	7:59
137 Joan Tremberth (MTC) 55-59	56	Scarborough	50:47*	8:11
153 Polly Kenniston (MTC) 60-69	64	Scarborough	53:15*	8:35

## Other Maine Track Club Finishers

9 Charlie Humphries 2,40-44	40	North Yarmouth	35:30	5:44
19 Marc Dugas	37	Scarborough	37:36	6:04
30 Thomas Noonan	29	Steep Falls	38:55	6:17
34 Jeff Rand	41	Cape Elizabeth	39:04	6:18
35 Carl Moulton	43	Wells	39:06	6:18
54 Bob Coughlin 2,60-69	62	Cape Elizabeth	41:01	6:37
57 Kim White	39	Falmouth	41:42*	6:44
66 Ronald Paquette	50	Biddeford	42:41	6:53
67 Michael Doyle	37	Portland	42:52	6:55
69 Chris Salamone	41	South Portland	43:09	6:58
70 Nancy Kneeland 2,45-49	47	Bar Mills	43:20*	6:59
75 D. Scott Hamilton	50	North Waterboro	43:48	7:04
76 Harry J. White	59	Parsonsfield	43:52	7:05
82 Betty Rines 2,40-44	44	Gorham	44:55*	7:15
86 Dr. Philip Pierce	60	Falmouth	45:17	7:18
87 Linnea Olsen	46	Saco	45:22*	7:19
88 Colleen Redmond	36	Portland	45:27*	7:20
90 Carol Weeks 2,50-54	52	Kennebunk	45:43*	7:22
91 John Morse	56	Phippsburg	45:46	7:23
95 Joan Lavin	53	Portland	45:58*	7:25
100 Tony Salamone	52	South Portland	46:30	7:30
101 John Keeley	50	Portland	46:31	7:30
102 Scott Hilton	39	Dayton	46:31	7:30
110 Gail Saldanha	45	Scarborough	47:35*	7:40
113 Malcolm Washburn	48	Bar Mills	47:49	7:43
116 Terry Clark	57	Windham	48:10	7:46
123 Howard Spear	51	Westbrook	49:16	7:57
130 Larry Barker	53	South Portland	50:22	8:07
149 Roger Borduas	50	Biddeford	52:37	8:29
165 Donna Bisbee	45	Portland	56:55*	9:11
171 Kathleen Reid	32	South Portland	60:43*	9:48
179 Don Penta	55	Windham	89:16	14:24

Freeport Community Education Presents

## The Twentieth Annual Great Osprey Ocean

### Run 10K Road Race

243 Finishers (91 Female & 152 Male)

Fairly Challenging Certified Loop Course Connecting Wolf  
Neck State Park & Flying Point Road In Scenic Freeport  
10:00 a.m., Saturday, November 10th, 2001

Results Courtesy Of Granite State Race Services

### Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Kyle Rhoads 1,overall	32	Windham	33:33	5:24
2 Dan Dearing (MTC) 2,overall	40	Lisbon Falls	34:16	5:31
3 Vinu Malik 3,overall	34	Cambridge,MA	36:51	5:56
4 Hans Brandes (MTC) 1,40-49	43	Falmouth	36:54	5:57
5 John Gleason 2,40-49	44	Freeport	36:55	5:57
15 Joan Samuelson (Hon.MTC) 1,over.	44	Freeport	38:39*	6:14
21 Libby Christensen 2,overall	39	Cumberland	39:42*	6:24
38 Alison Kisch (MTC) 3,overall	35	Portland	42:43*	6:53
40 Kristina Poissant 1,20-29	28	Arundel	43:02*	6:56
48 Anna Yi 1,30-39	32	Brighton,MA	44:07*	7:06

### Other Top Divisional Finishers

7 Patrick Flaherty 20-29	27	Westbrook	37:25	6:02
8 Robert Fast 30-39	38	Cumberland	37:43	6:05
16 R.J. Harper 50-59	55	Hallowell	39:09	6:18
32 Michael Bailey 19&under	16	Freeport	41:53	6:45
68 Mary Martin 40-49	44	Freeport	45:57*	7:24
69 Philip Pierce (MTC) 60&over	60	Falmouth	46:00	7:25
71 Lydia Lobozzo 19&under	18	New Gloucester	46:13*	7:27
184 Michele Flynn (MTC) 50-59	53	Cape Elizabeth	54:47*	8:49
237 Janice Boquist 60&over	64	Freeport	68:33*	11:02



## RACE RESULTS (CONTINUED)

### Other Maine Track Club Finishers

12 Gordon Scannell	48	North Yarmouth	38:22	6:11
18 Carl Moulton	43	Saco	39:24	6:21
26 Tom Shorty	39	Gorham	40:20	6:30
44 David Cookson	44	Brunswick	43:46	7:03
54 Dina Potter 2,30-39	38	Yarmouth	45:00*	7:15
72 Chris Bowring	38	Gorham	46:14	7:27
75 John Morse	56	Phippsburg	46:29	7:29
86 Daniela Daggy	30	Portland	47:29*	7:39
97 John Howe 2,60&over	66	Waterford	48:13	7:46
98 Howard Spear	51	Westbrook	48:15	7:46
99 Michael Musca	44	Falmouth	48:16	7:46
106 John Tragert	44	Naples	48:40	7:50
107 Gregory Welch	50	South Portland	48:44	7:51
110 Scott Samuelson	43	Freeport	48:49	7:52
112 Terry Clark	57	Windham	48:55	7:53
113 Jan Conley	38	Portland	48:55*	7:53
122 Ben Potter	39	Yarmouth	49:27	7:58
129 Bob LaNigra	59	Scarborough	49:45	8:01
133 Mike Brooks	55	Danville	50:32	8:08
147 Mark Grandonico	42	Portland	51:49	8:21
158 Donna Cormier	47	Fryeburg	52:48*	8:30
172 Kathleen Tragert	42	Naples	54:08*	8:43
188 Jeanne Johnson	46	Brunswick	54:56*	8:51
194 Joe O'Donnell	50	Falmouth	56:17	9:04
201 John Stevens	59	Wells	57:26	9:15
223 Philips Sargent	55	Yarmouth	63:07	10:06
238 Hazel Wightman	34	Auburn	74:53*	12:04
242 Julius Marzul	75	Gorham	81:07	13:04
243 Don Penta	55	Windham	87:31	14:06

## Maine Track Club 50-Miler & 50K

Brunswick, Maine

October 20, 2001 6:30am

Weather: Sunny, 60 degrees

### 50 Miler

PLACE NAME	AGE	SEX	STATE	TIME	PACE
1 Bernd Heinrich	61	M	VT	6:39:55	8:00
2 Linwood White	39	M	ME	6:44:00	8:05
3 Dylan Andrews	28	M		6:57:14	8:21
4 Frank Dudas	41	M	MA	7:09:04	8:35
5 Craig Wilson	52	M	ME	7:20:04	8:49
6 Bryant Bourgoin	51	M	ME	7:24:46	8:54
7 Kempton Pierce	33	M	NY	7:40:14	9:13
8 Richard Piermarini	43	M	MA	9:16:43	11:09
9 Joe Hayes	53	M	ME	9:34:13	11:30
10 Ron Paquette	60	M	ME	9:35:59	11:32
11 Goeffrey Clark	42	M	ME	10:09:42	12:12
12 Dan Bratches	33	M	ME	10:51:27	13:02
13 Susan Gordon	40	F	RI	11:04:35	13:18

### 50K

PLACE NAME	AGE	SEX	STATE	TIME	PACE
1 Bob Dion	46	M	VT	3:37:11	7:00
2 Brian Greene	55	M	NH	3:59:01	7:42
3 Clifford Rogers	43	M	ME	4:39:02	8:59
4 Sean Keough	46	M	ME	4:43:25	9:08
5 Walter Prescott	47	M	NH	4:59:29	9:39
6 Bill Rice	47	M	ME	5:44:49	11:06
7 Damon Lease	39	M	VT	5:51:00	11:18
8 Ray Scharenbrock	68	M	WI	6:50:20	13:13
9 Henry Rueden	51	M	WI	6:52:04	13:16
10 Donald Lang	67	M	CA	6:52:06	13:16
11 Layne Reibel	45	F	FL	6:52:29	13:17
12 Carlton Mendell	80	M	ME	6:59:26	13:30
13 Randall Hansen	54	M	IA	7:11:33	13:54



## An Impromptu Marathon

By Cathy Kilburn

After finishing my triathlon season at the Maine Sport Outfitter's Triathlon in Camden on Labor Day weekend, I was unsure whether I should run in the Maine Half or Full Marathon. Due to the lack of mileage in my workouts, I opted for the half. When I got to the turning point of the half, I felt so good I contemplated going the full distance. This thought only lasted a few seconds, and after the race, I decided that next year would be the year of the marathon for me. Little did I know that I would realize this goal sooner than I thought. A week after the Maine Marathon, I got a call from my nephew, stationed with the Marines in Quantico, Virginia. He had two entries for the Marine Corps Marathon, and he wanted me to come down and run it with him. I knew I wasn't as prepared as I should be for the race, but I'd heard so much about it, I knew I just had to run it myself. Since I entered into the race so late, there wasn't any time for me to adjust my training schedule. Not training for a marathon does have its advantages. I didn't have time to panic over the fact that I had nowhere near the amount of training miles in to run this race. I figured I wouldn't look at the race as a marathon, but as a triathlon with only one sport instead of three, and no transition area. I'd just think of it as two 10-mile races, followed by a 10K. When you put it in that perspective, it doesn't seem that long at all.

After making some quick travel plans, I arrived in Virginia the day before the race. Race day came with temperatures in the forties. I arrived at the race in my standard racing uniform - Maine Track Club singlet with shorts and lined up with the other 15,000 people in the race. There were 1800 Marines out there on the course manning the water stops and other areas, and they were definitely a pleasure to have. As miles 4 through 6 brought us up close and personal with the Pentagon, it brought to reality the damage that's been done to our country. It's customary during this marathon to

hoot, holler, and grunt while going under the numerous overpasses along this route. This year, the yell of choice was U-S-A, and the energy inside the overpasses was incredible. I was amazed to see some of the marines that were running were carrying full size flags. The American spirit was so strong, any terrorists observing this race certainly would have immediately conceded defeat. It made me proud to be an American and part of this event. As the race took me through Washington D.C., I got to see many of the monuments that this city has to offer. Lots of runners had disposable cameras with them during the race, and they stopped to take pictures during the run. This was a little too ambitious for me; I had enough to carry with my gel packs. I was running at a comfortable 9:20 pace for the first 15 miles. My nephew ran with me up until about mile 15, where he broke away in pursuit of a sub-4 hour finish. At that point, I was starting to feel some tightness and cramping in my hip flexors and quads.

As I headed through Georgetown, a fellow runner told me that the worst miles were 15-20, then it got easier. I was looking forward to some relief from some of the pain I was feeling. However, when I got to mile 20, I started getting some cramping in my calves that made me forget all about the pain in my quads. If this was "easier" I didn't want to know what was in store for me in the next 6.2 miles. Somewhere around mile 23 or 24 (I lost track of what mile I was at... and who cares anyway) it was official; my legs were on strike. They weren't doing any more work until they got some time off. At this point I stopped and walked for a while, and tried to stretch out my legs a bit. I finished with a time of 4:14, and I was never so happy to see a finish line. Any way you slice it, 26.2 miles is still 26.2 miles, and it's a long way to run. I found my nephew, who finished just 6 minutes ahead of me. He had the same trouble I did around mile 23. Everything I heard about this race was true. The course was beautiful; the marines out there handing out water and encouragement were just fantastic. When you think about it, it's more than a marathon, it's a guided tour of the monuments, complete with a T-shirt, refreshments, and massage. How can you go wrong with that? This is a marathon I would definitely run again. Next time, I might even train.



# Directors Cut

by Mike Doyle

*(Final Scene: houselights dim, spotlight follows the director as he walks to the podium at center stage and begins speaking.)*

Greetings to all of you, and thanks for coming tonight. It has been a fabulous run of off Broadway productions for Colleen and I. It is with a mixture of both sadness and sheer glee that I stand before you tonight to officially confirm the rumors that we are stepping aside as newsletter directors. Newsletter directors you may be asking yourself? It is true, we signed on as co-editors but, we were much more than that, we were creators man! Newsletter producers, directors baby!

Throw that square editor label aside, anyone can edit! Aside from editing, we also held monthly casting calls, arranged the production, selected the stars, collected and sometimes directed the race playbills. On a much less glamorous note, we also performed the more mundane tasks such as collating, inserting, sealing and labeling. We have completed this production 11 times each year for the past three years and are now too burnt out to continue. We are certain the new director will "edit" their own quality production and keep you, the fans, entertained and inspired.

Without our strong supporting cast, we would have been unable to deliver your quality monthly production. Our award winning performance has spotlighted far too many stars to mention, and we gracefully and enthusiastically wish to thank each and every one of you. All of that being said, we want to single out our two brightest stars for special recognition. It is with great honor and privilege that I bring out to you, Don Penta and Michael Musca.

*(stage crew note: spotlight, but not as bright as directors, follow Don and Mike to center stage and remain on them, director babble continues.)*

Don Penta receives top billing in our show for his leading man qualities. Don regularly demonstrated his star studded abilities by providing a monthly myriad of photographs, a copious amount of MTC race results and a powerful delivery of birthday wishes. Mike Musca consistently complimented Dons lead with stellar performances of his own. His award winning writings and insightful interviews earned him number two billing.

*(stage crew note: director individually thanks Don and Mike, spotlight follows them off the stage, sole spotlight remains on the egomaniac at the podium.)*

Lastly, (audience sighs with relief) I would like to again thank each and every one of you that contributed to our production and to those of you whose kinds words, comments and credulous support gave us the encouragement to continue. Our critics said it couldn't be done. They were there every step of the way saying that typos, delivery delays, hidden information, childish poems and repeat star photo selections would prove our demise. To all of you, our strongest proponents of production (newsletter) freedom, you gave us the will and showed us the way. Thank you and Goodnight.

*(stage crew note: spotlight fades to black)*

Don Penta



Mike Musca

## MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



<b>Mel Fineberg</b>	.....PRESIDENT	.....774-8868
<b>Mike Brooks</b>	.....VICE PRESIDENT	.....783-3414
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<b>Carlton Mendell</b>	.....TREASURER	.....797-7806
<b>Gayle Desjardins</b>	.....SECRETARY	.....871-0132
<b>Everett Moulton</b>	.....MEMBERSHIP	.....799-2894
<b>Bob Aube</b>	.....RACE COMMITTEE & WEB PAGE	.....829-5079
<b>Cathy Burnie</b>	.....AT-LARGE	.....829-5208
<b>Cathy Kilburn</b>	.....AT-LARGE	.....854-9441
<b>Lorraine Paradis</b>	.....AT-LARGE	.....878-4465
<b>Don Penta</b>	.....STATISTICIAN AND PHOTOGRAPHY	.....892-4526
<b>Chuck Burnie</b>	.....EQUIPMENT	.....829-5208
<b>Mike Doyle</b>	.....NEWSLETTER	.....871-0051
<b>Colleen Redmond</b>	.....NEWSLETTER	.....871-0051
<b>Phil Meech</b>	.....CLOTHING	.....839-4946
<b>M.T.C. Phone Number</b>		.....741-2084

See web site for Board Members' E-Mail Addresses

## UPCOMING MTC BIRTHDAYS

### HAPPY BIRTHDAY MTC MEMBERS!!

#### DECEMBER

- 15: Eric R. Ellis
- 16: Kenneth Jones, Renee Lathrop
- 18: Vicki Bryant
- 19: Kristen Millar, Donna Moulton, Nathaniel Snow
- 21: Bill Davenney, Meredith Greenlaw
- 22: Elizabeth Shorr
- 23: Rosalyn Randall
- 24: Joseph Kirner
- 27: Sherry Grandonico, Patty Medina, Mike O'Brien, George Welch
- 28: Ned Vadakin
- 29: Joan Lavin

#### 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.
- 11: Paul LaVangie
- 12: Beth Quinlan
- 14: Whitney DeSena
- 15: Russell Boisvert
- 16: Gerard Conley, Jr.
- 19: Rob Boudowijn, William Jarvey, Terence Musca
- 20: John Brady, Sarah Cotton, Don Foshay, III
- 21: Douglas Couper, Nathaniel Rines, Ray Shevenell
- 22: Gina Harmon
- 24: Tom Mundhenk
- 26: Barbara Coughlin, Gerard Salvo
- 27: Edward Miller, William Rice, Gayla Underkoffler
- 28: John Watson
- 30: Bob Boothe
- 31: Martha Deprez





# The Great Hunt Photo Camera Chase 12K



*Miss Maine  
who sang the  
National anthem*



*Robert & Karen Connolly  
MTC of Hollis*



*Jason Hill  
MTC of  
South Portland*



*Linnea Olsen  
MTC of Saco*



*John Howe  
MTC of  
Waterford*



## 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**

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## 2002 Membership Information

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for more information

**Individual or Family=\$25.00 • Student=\$17.00**

## REMINDER

- MTC Awards Banquet  
Saturday, January 19, 2002  
South Portland Eagles Club  
(See enclosed flyer)