



2006 National Award Winner of the RRCA Outstanding E-Newsletter

2005 National Award Winner of the RRCA Outstanding (Mid-Sized Club) Newsletter

Blisters

Blisters are the dermatological bane of the running enthusiast. Various epidemiological studies have showed that between 20-39% of runners have reported to a medical tent at some point in their race as a result of blisters. Blisters are the result of horizontal shearing forces that cause splitting of the top layer of the skin, also known as the epidermis. Parts of the foot that are highest at risk for these shearing forces include the toes, the undersurface of the forefoot, and behind the heel. Once splitting of the epidermis occurs, it creates a space within the layers of the skin that then fills with blood or serous tissue fluid. Risk factors for blister development include heat, moisture, overtraining, and ill-fitting shoes (either too tight or too loose).

Although most blisters are merely annoying, inappropriate treatment may lead to delayed healing and increased time away from training. Many people employ conservative measures such as blister pads or band-aids to help alleviate the discomfort associated with blisters. Blisters can become quite large and filled with fluid, thus tempting many people to try and pierce the blister themselves. Some researchers have shown that healing occurs fastest when the blister fluid is aspirated at least three times during the first 24 hours after occurrence of the blister. However, there are specific recommendations on how to do this safely. According to the American Academy of Dermatology, the correct technique for lancing blisters involves using a clean (if not sterile) needle, staying near the periphery of the blister, and maintaining what is called the "blister roof". Research has shown that removal of the blister roof results in more discomfort as well as a greater propensity for developing a secondary infection. Once appropriately lanced and drained, the lesion may be covered with a protective dressing.

Experts in the field of dermatology have proposed a 3 pronged approach regarding prevention of blisters. First, the runner may eliminate the physical component of friction by wearing two pairs of socks that are composed of different materials, purchasing appropriately fitting running shoes, using neoprene insoles, and applying

See **DEALING WITH INJURY**, page 3

President's Corner...

What's going on?

by Mark Grandonico



Leaves turning, chilly nights, marathons everywhere – it can only be Fall again. Summers just flew by, or so it seems to me. It was a great summer. The MTC had a series of successful races. Let's recap! The Boys and Girls Club Patriots Day 5 miler didn't happen for the first time as far back as anyone can remember. Mother nature threw her worst at New England that day. The Back Cove Trail and Eastern Prom trail are still damaged, but under repair. The Sea Dogs Mothers Day 5k became the largest 5k in Maine. The Safe Passage 5k raised over \$5,000 for the Safe Passage organization. That race occurring this year shortly after the tragic and untimely death of Hanley in Guatemala. The Wednesday night Back Cove 5k series saw record numbers this year. Nearly 100 runners showed up on some nights thanks to a partnership with the Maine Running Company and Peak Performance. Next year the MTC will sponsor a "Most Improved Runner" award for the series. The Pineland Farm Trail challenge saw record numbers this year and will surely continue to grow. The Pats Pizza Clam Festival race and the Peaks Island race were also well attended. Thanks to Larry and Donna Dyer and Ron Pelton for their constant dedication over the many years to make these summer classics happen. The B2B saw its 10th running August 4th and sold out in record time again. The St Peters race, Breakaway 5k and the Dan Cardillo were also all very successful.

The MTC held its annual picnic at Two Lights State park in August and was fun. It's always a good time out there with way too much food! The club continues to improve our race services by improving our equipment with the purchase of a new timer, PA system and new vests. The MTC jumped on board with the Arthritis Society this year and will co-manager the Freeport Jingle Bell Run on 12/2. Your club also supported the running initiative at the Maine Youth Center by loaning equipment. Thanks to David Young and Jerry Lavesseur for managing the MEUSATF race series. As I sit here and type, I just came from the Press Conference down at the Back Cove Trail in which Nan Cummings (ExDir Portland Trails) announced the \$100,000 donation by Anthem to renovate the Back Cove Trail. Did you know that over 250,000 people used that trail this year? It is

truly one of Portland's greatest outdoor resources. The improvements will be greatly appreciated by all users of the trail. The Tuesday night Coaching Group wraps up another year 9/25. Coach Bob had another great year with a crew of about 30-40 "regulars". All reported improvements thanks to Bob who also hosted a "Prediction Run" and cookout at his home. How great is that? Run a 5k, jump in his pool, grab a cold one and a burger and relax on the deck.



Inside This Issue...

Application.....	26	N o t i c e s	
Birthdays.....	4-5	Race Entry Forms.....	14-27
Discounts/Clothing.....	27	Race Results.....	8-11
Doctor's Corner.....	1	Upcoming Races.....	12
Group Runs.....	13	USATF Grand Prix.....	3
Mike's Travel Guide.....	18		
MTC Board Minutes.....	20		
New Members.....	4		

Maine Track Club Board of Directors

President, Mark Grandonico
grandm@maine.rr.com.....232-0232

Vice President, Erik Boucher
ebouche1@maine.rr.com.....774-2654

Treasurer, Ward Grossman
wardg@sportshoecenter.com.....985-4966

Secretary, Fran Bauer
fjbauer@aol.com.....409-7629

Membership, Bonnie Topham
auntblovesme@aol.com.....510-1335

Race Committee, Charlie Scribner
split5k@aol.com.....781-5585

Equipment Manager, Phil Meech
pmeech@maine.rr.com.....839-4946

At-Large, Mike Brooks
mjbruns@adelphia.net.....783-3414

At-Large, John Keeley
john_mbi@hotmail.com.....756-5309

At-Large, Mallory Vaccaro
mallorysmile@aol.com.....846-3806

Statistician & Photographer, Don Penta
wndhtmlaker@aol.com.....892-4526

Clothing, Mike Doyle & Colleen Redmond
mdoyle@mainecul.org.....871-0051

Newsletter, Rae & Tom Chalmers McLaughlin
tmclaughlin@une.edu.....222-2257

Webmaster, Bob Aube
bobaube@mainetrackclub.com.....829-5079

Contact us at:

Maine Track Club ☞ P.O. Box 8008 ☞ Portland, ME 04104

207-741-2084 ☞ www.mainetrackclub.com



Editors, Rae & Tom Chalmers McLaughlin

Photographers, Don Penta & David Young

Race Results, Robin Doughty

Contributing Writers, Mike Brooks, Rae & Tom Chalmers McLaughlin, Janice Gagnier, Mark Grandonico, Jerry LeVasseur, Leigh Schmitt, Peter Sedgwick, MD

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**Submission Deadline for the
January/February News*Run
is Friday December 26, 2007.**

PRESIDENT, continued from page 1

So back to Fall – what’s next? The Marathon is next! After way too many years at the helm, co-race director Howard Spear is going to pass the torch. Our primary sponsor, the SportShoe Center has informed us that this is their last year as the sponsor. They have been absolutely great to work with over the years and will be missed. We’ve had several businesses come forward and express interest in sponsorship. We should be able to make an announcement in the next few months. The Maine Marathon was selected as the RRCA Regional Championship race and the PT8k race was selected at the RRCA State Championship race. The PT8k will be a “free entry” race for MTC members. I ask everyone to wear your MTC singlet, hat or T and show your colors. The 50k/50miler, PT8k, Turkey Trot and Jingle Bell run are all on the agenda! The MTC Pasta Dinner will be held in November – stand by for the date. All in all it’s been a great busy summer. Almost time to tune up the skis? I’d say yes.

-Mark Grandonico
MTC - President
RRCA Maine State Rep

How to Submit Materials for Publication

NewsRun is published bimonthly. Material submitted to the editor by the 1st Friday of the month prior to the next issue will be considered for publication as space permits. Your articles, poems, photos, and cartoons, as well as letters to the editor are welcome. The editor reserves the right to correct spelling and grammar, and to edit for length and clarity when necessary. Letters written in anonymity are not accepted; bylines are standard.

Please submit via e-mail to Thomas Chalmers McLaughlin at tmclaughlin@une.edu. Most formats are acceptable. Photos should be a minimum of 300 dpi and should NOT be embedded in word processor documents.

How to Advertise in NewsRun

NewsRun reaches more than 600 running enthusiasts around the Greater Portland area and the state of Maine. If you have something to tell or sell to active people, this newsletter will spread your message. Issues are published bimonthly.

Ad Sizes:	Measurements:	Rates:
Back Half-Page Ad	7.75" w x 4.5" h	\$110
Full-Page Ad	7.75" w x 10.125" h	\$150
Half-Page Ad	7.75" w x 5" h	\$ 75
Quarter-Page Ad	7.75" w x 2.5" h	\$ 50
Quarter-Page Ad	3.875" w x 4.5" h	\$ 50
Business Card Size	3.5" w x 2" w	\$ 25

Race Entry Forms -- \$60 includes promotion of your race as one full page in the newsletter and a link on the MTC website.

All fees are payable in advance. Prepared ad copy or race entry forms must be submitted by the 5th of the month preceding the next issue to Tom McLaughlin at tmclaughlin@une.edu (and Bob Aube at bobaube@mainetrackclub.com for race fliers) as well as a check or money order made payable to Maine Track Club, P.O. Box 8008, Portland, ME 04104-8008.

The Maine Track Club reserves the right to reject flyers and ads that are judged to not be in the best interest of members, or in keeping with the image of MTC, or that would conflict with our race sponsors, or not meet the requirements of our non-profit mailing permit.



USATF Grand Prix & the Maine Track Club

For several years the Maine Track Club has been a member of USATF. The events offered to open & master members have been limited. The USATF seal of approval, which can be found on many Maine road racing applications across the state, means the event meets the standards set down by USATF.

The the Maine Track Club had members competing in club and individual catagories in the following age groups, The club & individuals age groups be 39 & under, 40-49, 50-59, 60-69, 70 & over,

The Races for this year where:

Feb 4... Mid-Winter 10-Mile Classic - Cape Elizabeth
May 13... Sea Dogs Mother's Day 5K - Portland
June 17... New England Mile - Portland
July 21... Clam Festival Classic 5 Miler - Yarmouth
Aug 26... LA Bridge 5K Run - Lewiston/Auburn
Oct 13... Craig Cup Final 5K - Cumberland
Oct 28... Great Pumpkin 10K - Saco

Carry Buterbaugh of South Portland joined Freeport's Ethan Hemphill as an open division champion in the 2007 Maine USATF Grand Prix series by winning the women's division in the final event of the series -- the Great Pumpkin 10K in Saco. Buterbaugh overtook Sheri Piers, who held the lead through the first four races but didn't compete in the final three events. Hemphill, meanwhile, was a runaway winner in the men's open division and had already clinched the title. T.J. Hesler moved into second place with a fifth-place finish at the Great Pumpkin.

Other division champions are Todd Coffin (40-49), Jim Toulouse (50-59), Bill Hall (60-69) and Bob Jolicoeur (70+) among the men, and Susan Wiemer (40-49), Carol Fanning (50-59), Judith Hardenbrook (60-69) and Janice Bilodeau (70+) among the women.

The Maine Track Club was the overall team champion and also won every division except the men's open and men's masters (40-49) divisions, which were won by Dirigo Running Club.

Jerry LaVasseur

Editor's Corner...

Fall is always a great time for road races. The Great Pumpkin, Great Osprey and of course the upcoming Portland Thanksgiving Day runs are always big events which draw large crowds. For me there is something amazing about running down Congress Street with no traffic on Thanksgiving Day. Rae and I have been challenged by amount of work that is needed to maintain, update and assemble the newsletter each quarter and I want to apologize for not keeping it on a timely schedule. Hopefully, as the newsletter transitions to a new editor, there will be greater consistency and frequency of its publications. Thank you all for your support and help as we struggled with publishing this. We hope that our work, although a short time, was helpful.

Blisters, continued from page 1

petroleum jelly to the feet before running. Second, moisture may be controlled through the wearing of synthetic moisture-wicking socks and applying antiperspirants to the feet. Third, runners can promote the hardening of the skin by soaking the feet in solutions such as 10% tannic acid. Blisters are one of the most common dermatological conditions faced by runners. Although they usually do not require immediate medical attention, blisters can be enough of a hindrance that they interfere with training regimens, personal exercise, and overall daily activities of living. Treatment, albeit straightforward, must be performed in a careful manner in order to decrease pain and risk of secondary infection. Finally, by employing a few simple interventions, runners can help prevent future occurrences of these annoyingly painful and debilitating skin lesions.

Recommended reading:

Mailler-Savage, EA and Adams, BB. Skin manifestations of running. Journal of the American Academy of Dermatology. 2006; 55:290-301.

Lucien Parrillo, MD MPH
Sport Medicine Fellow
MMC Department of Family Medicine

Happy Birthday to These MTC Members...

November

- | | |
|-------------------------|---------------------|
| 2: Dan Hogan | 18: Ryan Suzy |
| David House | 19: Jan Conley |
| 3: Andrew Baird | Jerry LaVasseur |
| 4: John McKenney | 20: Natalie Rand |
| Dan Thayer | 21: Bob Branson |
| 5: Deb Lynch | Sandy Utterstrom |
| 6: Janet Letalien | 22: Melanie Collins |
| Mac McKew | Donna DeWitt |
| Jim Prosser | Jeannie Johnson |
| 7: Brain Denger | Don Rogers |
| Colleen Donovan | Robin Welch |
| 8: Al Butler | 23: Emma Lockwood |
| Tammy Butler | Liegh Mindhenk |
| Erica Heinrich | Margaret Ryan |
| Ken Voorhees | 24: Hugh McMahon |
| 9: Stephanie House | 25: Joseph Cook |
| Stephanie Howe | 26: Bob Coughlin |
| Colleen Redmond | 27: Elyse Bonawitz |
| 10: Robert DeWitt | Kilan Garvey |
| Rick Smith | Joanne Petkus |
| 11: Walker Noyes | Deborah Russell |
| 12: Robert Russell, III | 29: Robbie Blair |
| 13: Russ Bradley | Debbie Howe |
| Jane Lathrop | Seamus Lynch |
| Terri Morris | Cayley Smith |
| Gordon Scannell | 30: Polly Kenniston |
| 14: Matthew Robinson | Dave Roberts |
| 15: Wayde Rankin | |
| 17: Donnajean Pohlman | |

December

- | | |
|------------------------|-----------------------|
| 1: Berry Les | 19: Emma Barclay |
| 3: Marc Dugas | Zachary Bonawitz |
| Yvette Knight | Jean Thomas |
| William O'Neil | 20: Dan Greenstein |
| Chuck Thurber | Tom Noonan |
| 5: Maya Kasper | David Tapley |
| Mary Ann Randall | 21: Bill Davenney |
| 6: Chris Harmon | Evie Storm |
| Jessica Stevenson | 23: Susan Cook |
| 7: Liz Brown | 24: Thomas Kimer |
| Brittney Chadbourne | Kristie McLaughlin |
| Mike Lynch | Beth Rand |
| Ian Parlin | Margaret Rearick |
| Mel Paul | 25: Chip Harris |
| 8: Cynthia Dexter | 27: Sherry Grandonico |
| Rob Fast | 28: Maureen Goff |
| Eileen Hamilton | Kevin Kenerson |
| 9: Henry Collins | 29: Peter Dickson |
| 10: Josh Reali | Kim Humphrey |
| Kendra Skleton | Joan Lavin |
| Wille Sproul | 30: Kevin Ronan |
| 11: Joseph Ryan | 31: Carol Fournir |
| 12: Scott Mercer | J.T. Wightman |
| 14: Michelle Durgin | |
| 15: Michael Chadbourne | |
| Dr. Eric R. Ellis | |
| 16: Ron Boucher | |
| Michael Pizzo | |
| 18: Peter Rearick | |

Membership Status...

- **Membership Growth:** We welcome 23 new members in this issue. As of 8/1/07 we have 419 members in 344 households, down from 646 members in 364 households on June 26, 2006 and 624 members in 350 households on June 10, 2005 and 514 members in 323 households on June 5, 2004.
- **We Need Your Help:** Our greatest asset in recruiting new members is our existing members. Please try to persuade runners you know to support their sport by joining MTC. Your personal invitation is our most effective method to get new members. Please help support this effort. A special thank you to our members who have helped bring in new members.
- **Address Change:** Please remember that most MTC mail is via a non-profit third-class permit that is not forwarded to you nor returned to us. The post office throws it away! Please either mail, phone, or e-mail your CHANGE OF ADDRESS and PHONE NUMBER when you move, to Bonnie Topham (510-1335) AuntBLovesMe@aol.com.
- **Member E-Mail Addresses:** As of 8/6/07, we have e-mail addresses for 95% of our 419 members. These e-mail addresses are used for club purposes only. If you have not sent us your e-mail address, or if it CHANGES, please send it to AuntBLovesMe@aol.com.

New MTC Members...

Pete Peters, South Portland
 Kelly & KEvin Conley- Westbrook
 Elizabeth & Lucas Hartford, Litchfield
 Audrey & James Machowski, Wales
 Lisa & Jeffery Harmon, Auburn
 Liz & Doug Henry, Auburn
 Ethan Norcross, Long Island
 Joanne Petkus, Auburn
 Chris & Bruce Goulet, Turner
 Maureen & Daniel Goff, Auburn
 Donna Racine, Lewiston
 Kelly Brower & Tina Charest, Turner
 Kathleen & Robert Whelan, Portland
 Jennifer Illig, Westbrook
 Michael & Barbara Girardin, Auburn
 Alyse Carney, Auburn
 Scott Hornney, Yarmouth
 Luann Labbe Family, Lewiston
 Tim Brewer, Yarmouth
 David Horne, Windham
 Alan Ramsdell, Windham
 Bill & Kathy Paradis, North Berwick
 Kialan & Nell Garvey, Buxton

Runners Recipe Corner



Long Run Pasta There has been a good deal of research and perhaps some folklore around the benefits of carbo loading before a long run. Rae and I have been having this Long Run Pasta dish the night before our long runs and we find it tasty and helpful to get through the hard parts of the run. It also makes a good batch so there is always some left over for after the run.

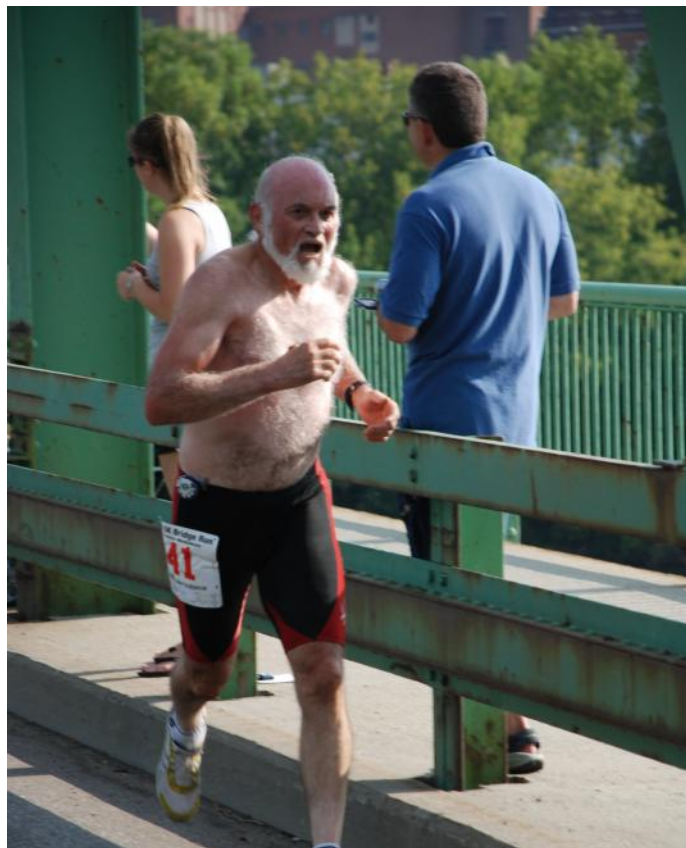
Ingredients:

- 1 large sweet red pepper, chopped
- 1 medium sized onion, chopped
- 1 small can marinated artichoke hearts, chopped.
- 10 cured Greek olives, chopped
- 2 cloves garlic, chopped
- 1 tablespoon good olive oil
- 1 cup Marsala or cooking sherry
- 1 box Penne or other pasta
- Freshly grated parmesan cheese

In a large frying pan or stockpot heat one tablespoon of olive oil over low heat. Add the pepper, onion and garlic and saute until almost soft. Add the olives, artichoke hearts and Marsala (or red wine or sherry) and simmer lightly for three minutes. Set aside

In a large pot, heat water to boiling and cook pasta according to package directions. Drain the pasta and add to the sautéed vegetable mixture. Toss thoroughly and sprinkle with freshly grated parmesan cheese.

Dried hot peppers sprinkled on top are another fun option for those who like spicy food.



What I learned From my Bike This Summer

by Mark Grandonico

10 – Those skinny seats that look uncomfortable – Are.

9 – Even a toy poodle is scary hauling ass at you at 20 mph with pearly whites shining.

8 – Wet Railroad tracks and manhole covers are my new worst enemy – next to toy poodles.

7 – Flats will only happen when you don't have spare or your pump with you.

6 – Cars and trucks stink.

5 – Give extra room to any older driver with blue hair or wearing a derby hat.

4 – Motorist's in pick up trucks are more likely to: Flip you off, yell obscenities at you and or throw a beer can at you!

3 – When you forget to un-clip at a light in front of a lot of cars or cyclists – and you think you look stupid – You Do!

2 – A new language that only bikers can understand . Derailleur, Campagnolo, Biopace, Kevlar, Dia Comp, Shimano, Trek, Guru, Quintana & Schraeder.

*1 – Spandex is STILL not for everyone!
(continued on p. 11)*



a

First Name	Last Name	Place	Div Total	Division	Net Time	Pace	Gun Time
Tom	Ryan	75	1/277	M5054	34:39.2	5:35	34:40.8
Chris	Harmon	76	9/176	M1519	34:42.1	5:36	34:43.8
Pete	Bottomley	77	2/376	M4549	34:42.3	5:36	34:44.8
Stanis	Moody-Roberts	84	10/176	M1519	34:59.1	5:38	35:00.1
Emily	Levan	85	7/322	F3034	35:00.4	5:39	35:01.3
Marc	Dugas	101	8/319	M4044	35:43.5	5:45	35:44.9
Matt	Rand	106	13/176	M1519	36:03.7	5:49	36:11.0
Thomas	Noonan	114	9/333	M3539	36:20.6	5:51	36:25.7
Ryan	Salvo	129	25/129	M2024	36:54.6	5:57	37:15.7
Tike	MacColl	146	21/176	M1519	37:27.4	6:02	37:31.0
David	Roberts	169	5/277	M5054	38:11.5	6:09	38:16.0
David	Edwards	183	10/376	M4549	38:45.9	6:15	38:52.1
Bill	Reilly	194	1/95	M6064	39:10.0	6:19	39:15.4
Charlie	Whitehead	196	11/376	M4549	39:12.7	6:19	39:19.9
Anders	Samuelson	197	30/176	M1519	39:12.7	6:19	39:47.4
Jeanne	Hackett	228	1/271	F4549	39:47.8	6:25	39:54.5
Jim	Toulouse	230	4/166	M5559	39:49.4	6:25	39:55.0
Michael	Juneau	231	20/319	M4044	39:54.7	6:26	40:06.3
Robert	Fast	234	21/319	M4044	39:57.3	6:26	40:05.3
Dave	Howard	266	23/319	M4044	40:34.5	6:32	40:41.7
Brian	Denger	269	21/376	M4549	40:35.1	6:32	40:48.2
James	MacHowski	272	26/249	M3034	40:39.2	6:33	40:51.3
Ellie	Tucker	315	1/184	F5054	41:17.2	6:39	41:20.2
Francis	Bauer	318	25/376	M4549	41:20.2	6:40	41:39.3
Gordon	Scannell	331	17/277	M5054	41:33.8	6:42	42:09.5
Gerard	Salvo	337	18/277	M5054	41:36.1	6:42	42:34.2
Joan	Samuelson	364	3/184	F5054	41:57.2	6:46	41:59.3
Matthew	Biggart	369	45/129	M2024	42:01.1	6:46	42:16.9
Zak	Boisvert	371	55/176	M1519	42:03.2	6:47	42:24.4
Gordie	Scannell	408	64/176	M1519	42:25.2	6:50	43:01.5
Dina	Potter	419	10/336	F4044	42:32.1	6:51	42:42.7
Tom	Menendez	423	24/277	M5054	42:33.8	6:51	42:48.4
Brian	Cliffe	434	36/376	M4549	42:40.3	6:53	43:09.6
Abigail	Samuelson	475	6/148	F1519	43:06.2	6:57	43:41.3
Stephanie	Atkinson	486	17/388	F3539	43:14.6	6:58	43:27.0
Jeff	Rand	492	44/376	M4549	43:17.7	6:59	44:30.7
Carrie	McCusker	498	19/388	F3539	43:19.9	6:59	43:34.9
Michael	Payson	499	49/319	M4044	43:20.4	6:59	43:29.1
Maxwell	Payson	500	3/78	M0114	43:20.4	6:59	43:29.1
Mark	Finnerty	504	45/376	M4549	43:23.2	6:59	44:19.1
Don	Foshay	515	49/376	M4549	43:28.6	7:00	43:52.0
Scott	Samuelson	541	53/376	M4549	43:47.7	7:03	44:00.4
Alyson	Grant	572	19/311	F2529	44:04.8	7:06	44:41.3
David	Tapley	581	56/333	M3539	44:09.0	7:07	44:15.0
Richard	Durgin	586	53/249	M3034	44:09.9	7:07	44:48.6
Shawn	Smith	611	60/333	M3539	44:28.0	7:10	45:10.5
Paul	Toohey	644	60/376	M4549	44:47.1	7:13	45:22.0
Jessica	Stevenson	652	26/322	F3034	44:49.3	7:13	45:02.4
Robert	Parent	655	36/277	M5054	44:50.5	7:13	44:55.3
Cheryl	Rogers	675	21/336	F4044	45:04.5	7:16	45:24.5

Pete	Peters	684	72/319	M4044	45:11.3	7:17	46:19.2
Ronald	Paquette	714	13/166	M5559	45:27.7	7:19	45:36.8
Judith	Hardenbrook	722	1/48	F6064	45:32.5	7:20	45:37.7
Paul	Letalien	731	43/277	M5054	45:37.0	7:21	45:55.9
Melissa	Johnson	769	24/336	F4044	45:57.1	7:24	46:31.0
Jay	Wilson	795	84/376	M4549	46:08.5	7:26	48:40.7
Peter	Rearick	810	15/166	M5559	46:13.8	7:27	46:49.7
Alburn	Butler	816	50/277	M5054	46:16.8	7:27	46:41.3
Erin	Donovan	827	34/322	F3034	46:20.5	7:28	47:15.8
Jim	Dunn	849	94/333	M3539	46:31.3	7:30	46:52.8
Kelsey	Rex	850	5/46	F0114	46:31.7	7:30	46:52.5
Janet	Letalien	868	33/336	F4044	46:39.0	7:31	47:19.8
Audrey	MacHowski	909	37/322	F3034	46:53.5	7:33	47:10.3
James	Corbett	933	98/319	M4044	47:02.2	7:35	47:27.8
William	Sproul	946	103/376	M4549	47:07.0	7:35	47:49.9
Sarah	MacColl	965	6/184	F5054	47:13.1	7:36	47:48.1
Daniel	Hogan	967	22/166	M5559	47:14.1	7:37	48:17.4
Laurie	Nicholas	1000	36/388	F3539	47:26.1	7:39	47:32.9
Gretchen	Read	1001	2/48	F6064	47:26.1	7:39	47:58.7
Carol	Weeks	1023	3/101	F5559	47:35.3	7:40	47:43.3
Harry	White	1038	2/40	M6569	47:40.2	7:41	48:16.1
Bonnie	Hoag	1041	4/101	F5559	47:41.7	7:41	48:16.8
Deb	Lynch	1075	42/336	F4044	47:52.7	7:43	48:25.0
Glen	Gallupe	1077	125/376	M4549	47:54.2	7:43	50:21.0
Beth	Rand	1099	14/271	F4549	48:01.8	7:44	48:47.4
Kathy	Donnelly	1112	17/271	F4549	48:08.7	7:45	49:23.3
Nathan	Graham	1145	128/333	M3539	48:20.7	7:47	48:53.0
Sandrine	Micoleau	1177	43/388	F3539	48:36.4	7:50	50:08.9
John	Pursel	1189	133/333	M3539	48:41.4	7:51	49:24.1
Skip	Kessler	1200	13/95	M6064	48:46.1	7:51	50:29.5
Mallory	Vaccaro	1212	49/322	F3034	48:51.0	7:52	52:11.4
Maureen	Sproul	1227	11/184	F5054	48:53.5	7:53	49:36.2
David	House	1245	32/166	M5559	49:03.3	7:54	50:12.3
Theresa	Gallupe	1258	23/271	F4549	49:07.9	7:55	51:34.3
Shawn	Gilbert	1278	142/333	M3539	49:17.5	7:56	49:59.3
Dana	Staples	1279	98/203	M2529	49:17.5	7:56	49:44.6
Douglas	Couper	1281	153/376	M4549	49:17.7	7:56	50:10.1
Leslie	Couper	1284	52/336	F4044	49:18.4	7:57	50:11.4
Stephen	Lauritsen	1288	155/376	M4549	49:20.2	7:57	50:10.9
Bob	Coughlin	1316	3/40	M6569	49:32.5	7:59	50:07.2
Kevin	Robinson	1413	97/277	M5054	50:06.4	8:04	50:34.3
Eugene	Longobardi	1493	145/319	M4044	50:32.9	8:09	50:58.3
Diane	Daley-Kelley	1505	18/184	F5054	50:37.0	8:09	51:46.7
Bob	Perkins	1513	174/376	M4549	50:40.7	8:10	52:39.7
Connie	McLellan	1522	7/101	F5559	50:43.1	8:10	52:28.1
Sean	Ireland	1546	167/333	M3539	50:51.2	8:12	52:01.0
Kevin	Conley	1549	169/333	M3539	50:51.8	8:12	51:57.3
Mark	Panaccione	1567	181/376	M4549	50:57.4	8:13	52:45.1
Elise	Moody-Roberts	1581	43/148	F1519	51:02.4	8:13	51:56.9
Peggy	Bensinger	1614	21/184	F5054	51:13.7	8:15	53:14.5
Dan	Goff	1641	49/166	M5559	51:20.6	8:16	53:08.7

Jim	Harmon	1647	189/376	M4549	51:22.3	8:17	53:23.2
John	Keeley	1669	51/166	M5559	51:27.8	8:17	52:24.8
Katie	Harris	1693	81/336	F4044	51:34.6	8:19	53:28.6
Norman	Morgan	1698	176/333	M3539	51:36.9	8:19	52:58.4
Ann	Messinger	1700	77/322	F3034	51:37.4	8:19	52:47.7
Harry	Center	1706	192/376	M4549	51:39.6	8:19	52:55.2
Julie	George	1707	74/311	F2529	51:39.7	8:19	53:56.9
Melissa	Smith	1717	78/388	F3539	51:43.6	8:20	52:51.8
Sue	Payson	1785	85/336	F4044	52:07.4	8:24	53:18.1
Richard	Bouthillette	1859	26/95	M6064	52:34.0	8:28	54:27.2
Bob	Lanigra	1908	6/40	M6569	52:46.7	8:30	55:14.8
Elizabeth	Rines	1914	28/184	F5054	52:49.8	8:31	53:04.6
Bruce	Fithian	1921	56/166	M5559	52:50.9	8:31	56:00.0
Gregory	Welch	1924	57/166	M5559	52:51.7	8:31	54:13.9
David	Arenstam	1972	215/376	M4549	53:08.4	8:34	54:38.1
Robert	Randall	1995	4/24	M7074	53:14.8	8:35	53:41.9
Gordon	Atkinson	2071	208/333	M3539	53:42.7	8:39	54:52.9
Bonnie	Topham	2112	114/388	F3539	53:57.0	8:41	54:35.3
Michelle	Durgin	2115	116/388	F3539	54:01.2	8:42	55:35.1
Kathryn	Whitehead	2120	62/148	F1519	54:03.1	8:42	55:43.5
Robert	Jolicoeur	2134	5/24	M7074	54:09.2	8:43	55:55.6
Rae	Chalmers	2197	38/184	F5054	54:31.1	8:47	56:55.8
Richard	Mulhern	2223	143/277	M5054	54:41.3	8:49	55:44.8
Thomas	McLaughlin	2282	205/319	M4044	55:00.2	8:52	57:25.3
Linda	Whitten	2308	43/184	F5054	55:07.4	8:53	57:09.7
Ron	Boudeuijn	2347	33/95	M6064	55:18.7	8:55	56:11.1
Carol	Blakeney	2349	71/271	F4549	55:18.7	8:55	56:54.4
Jennifer	Noonan	2390	138/388	F3539	55:31.6	8:57	56:12.5
Terry	Clark	2456	37/95	M6064	55:52.6	9:00	57:13.5
Michael	Coughlin	2465	80/166	M5559	55:55.0	9:00	59:39.6
Joan	Lavin	2466	16/101	F5559	55:55.1	9:00	57:21.0
Bob	Payne	2477	11/40	M6569	56:00.5	9:01	56:56.1
Donald	George	2487	162/277	M5054	56:02.6	9:02	59:38.1
Heidi	Graham	2494	147/388	F3539	56:04.2	9:02	58:06.3
Sherri	Wakeling	2500	141/322	F3034	56:06.3	9:02	58:06.9
Dennis	Kelley	2526	227/319	M4044	56:16.4	9:04	57:25.4
Raymond	Pierce	2536	82/166	M5559	56:19.5	9:04	58:18.2
Polly	Kenniston	2547	2/9	F7074	56:23.2	9:05	56:30.1
Sharon	Bergeron	2558	52/184	F5054	56:26.8	9:06	58:41.9
Mike	Nixon	2583	169/277	M5054	56:33.5	9:07	56:42.4
Michael	Brooks	2587	41/95	M6064	56:34.4	9:07	59:31.8
Jennifer	Illig	2655	83/172	F2024	56:55.9	9:10	00:57.2
Frank	Wright	2657	45/95	M6064	56:56.0	9:10	00:19.5
John	Boyne	2659	86/166	M5559	56:56.8	9:10	00:00.0
Jeanne	McKew	2684	87/271	F4549	57:03.5	9:11	00:28.9
Diane	Dusini	2728	148/336	F4044	57:15.3	9:13	57:51.3
Rick	Ackermann	2742	91/166	M5559	57:20.3	9:14	00:25.7
Joseph	Cook	2748	92/166	M5559	57:22.0	9:14	00:22.4
Don	Conry	2759	181/277	M5054	57:27.5	9:15	00:02.5
Pamela	Tapley	2768	186/388	F3539	57:29.8	9:16	58:38.9
Jean	Bergeron	2815	271/376	M4549	57:45.0	9:18	00:00.9

Georgia	Vallee	2826	158/336	F4044	57:48.4	9:19	59:46.3
Rusty	Vallee	2827	244/319	M4044	57:48.4	9:19	59:46.3
Dick	Lajoie	2850	13/40	M6569	57:54.8	9:20	00:23.8
Betty	Disanza	2884	26/101	F5559	58:01.4	9:21	59:10.4
Laura	Greenstein	2890	88/148	F1519	58:05.9	9:21	01:49.3
Sarah	Kramlich	2891	195/388	F3539	58:06.4	9:22	01:44.5
Carol	Fournier	2901	28/101	F5559	58:11.7	9:22	59:39.1
Kim	Finethy	2930	64/184	F5054	58:24.2	9:24	59:31.7
Loren	Lathrop	2931	99/166	M5559	58:24.5	9:24	02:13.9
Walter	Fletcher	2961	101/166	M5559	58:32.2	9:26	02:42.6
Michael	Tracy	3024	7/24	M7074	58:53.4	9:29	00:50.6
Tracey	Lydon	3069	186/322	F3034	59:12.3	9:32	02:49.0
Matthew	Thompson	3134	270/333	M3539	59:43.9	9:37	02:16.8
Kelly	Conley	3172	214/388	F3539	59:59.5	9:40	03:07.2
Jonathan	Hallenbeck	3187	300/376	M4549	1:00:05:2	9:41	02:56.4
Dave	Barnard	3203	16/40	M6569	1:00:10:5	9:42	02:13.2
Linda	Bernier	3224	178/336	F4044	1:00:21:0	9:43	03:38.8
Johnny	McKew	3244	54/78	M0114	1:00:28:3	9:44	03:53.2
Bob	Branson	3258	18/40	M6569	1:00:33:9	9:45	04:08.2
Melissa	Gagnier	3264	109/172	F2024	1:00:37:0	9:46	02:40.1
Nan	Cumming	3293	148/271	F4549	1:00:50:4	9:48	04:23.7
Lori	Perkins	3327	153/271	F4549	1:01:00:7	9:50	06:17.3
Betsey	Greenstein	3344	79/184	F5054	1:01:07:4	9:51	04:53.2
Terry	Young	3450	166/271	F4549	1:01:47:1	9:57	06:06.9
Chris	Lydon	3466	210/249	M3034	1:01:54:4	9:58	05:31.3
Dina	Jellison	3474	208/336	F4044	1:01:58:2	9:59	05:16.4
Kelli	Wells	3482	215/322	F3034	1:02:00:5	9:59	05:03.4
Kathleen	Reid	3509	257/388	F3539	1:02:14:4	10:02	02:50.9
Beth	Branson	3614	2/16	F6569	1:03:14:1	10:11	06:48.6
Michelle	Gravel	3634	220/336	F4044	1:03:24:2	10:13	06:08.0
Leigh	Longobardi	3637	221/336	F4044	1:03:27:4	10:13	06:44.7
Donna	Racine	3650	225/336	F4044	1:03:34:9	10:14	07:58.2
Sherry	Carll	3700	17/48	F6064	1:04:03:0	10:19	09:40.9
Robert	Dewitt	3733	68/95	M6064	1:04:19:8	10:22	07:26.3
Donna	Bisbee	3736	103/184	F5054	1:04:22:0	10:22	10:04.8
Kathleen	Harris	3755	235/336	F4044	1:04:35:5	10:24	10:03.1
Anita	Hampton	3760	49/101	F5559	1:04:36:7	10:24	08:13.0
Emily	Scannell	3761	23/46	F0114	1:04:36:9	10:24	08:36.1
Deborah	Russell	3765	275/388	F3539	1:04:39:6	10:25	09:04.1
Kristen	Grandonico	3838	24/46	F0114	1:05:17:3	10:31	09:04.6
Sherry	Grandonico	3840	109/184	F5054	1:05:18:8	10:31	09:04.9
Jane	Sable	3852	19/48	F6064	1:05:25:0	10:32	09:28.2
Alan	Ramsdell	3858	26/40	M6569	1:05:27:4	10:33	07:21.6
Carol	Perry	4008	127/184	F5054	1:07:03:1	10:48	10:38.5
Hugh	MacMahon	4038	30/40	M6569	1:07:34:6	10:53	11:54.7
Anna	Gleason	4040	135/172	F2024	1:07:34:4	10:53	10:26.5
Barbara	Hintze	4045	22/48	F6064	1:07:40:9	10:54	12:15.5
Deb	Papps	4104	271/336	F4044	1:08:28:0	11:02	13:51.6
Michelle	Gagnier	4112	120/148	F1519	1:08:31:8	11:02	13:46.5
Marty	Lawrence	4131	132/184	F5054	1:08:48:6	11:05	12:31.9
Denise	Whitehead	4235	287/336	F4044	1:10:31:5	11:21	14:47.3

Brandy	Rogers	4252	269/311	F2529	1:10:51:7	11:25	14:30.8
Nancy	Hewett	4280	29/48	F6064	1:11:17:6	11:29	13:53.0
Donna	Beaulieu	4283	233/271	F4549	1:11:27:6	11:30	15:11.6
Debora	Thurlow	4284	234/271	F4549	1:11:27:1	11:30	15:11.7
Gina	D'Avignon	4326	295/336	F4044	1:12:27:4	11:40	15:11.5
Katherine	Bowe	4343	340/388	F3539	1:12:51:7	11:44	18:19.9
Sandra	Walton	4375	298/336	F4044	1:13:00:2	11:45	18:29.2
William	Morgan	4381	81/95	M6064	1:13:06:6	11:46	16:02.4
Sally	Paterson	4414	7/16	F6569	1:14:00:0	11:55	17:32.5
Kira	Wigoda	4420	147/184	F5054	1:14:12:5	11:57	18:36.2
Karen	Connolly	4432	240/271	F4549	1:14:34:9	12:00	18:53.6
Bliss	Richard	4448	323/333	M3539	1:14:59:3	12:05	19:20.8
Debbie	Barysh	4493	356/388	F3539	1:16:19:5	12:17	20:35.8
Rachel	Pickus	4500	80/101	F5559	1:16:29:2	12:19	21:10.0
Margaret	Rearick	4515	82/101	F5559	1:17:01:2	12:24	22:01.1
Terri	Morris	4528	1/5	F7579	1:17:20:4	12:27	22:24.0
Kate	Harris	4538	33/48	F6064	1:17:40:9	12:30	23:24.2
Sandy	Utterstrom	4582	36/48	F6064	1:19:01:9	12:43	23:39.2
Pat	Buckley	4669	11/16	F6569	1:23:06:4	13:23	28:20.2
Janice	Gagnier	4673	325/336	F4044	1:23:15:2	13:24	28:30.3
Susan	Cook	4700	174/184	F5054	1:25:30:4	13:46	31:16.1
Herr	Strom	4702	3/4	M7579	1:25:52:0	13:50	30:30.5
Elizabeth	Miller	4710	175/184	F5054	1:27:07:6	14:02	32:55.5
Janice	Bilodeau	4724	6/9	F7074	1:28:46:1	14:18	33:31.4
Melvin	Fineberg	4745	24/24	M7074	1:30:30:1	14:34	35:09.5
Ruth	Hefflefinger	4816	5/5	F7579	1:40:45:9	16:13	45:30.2
Beth	Birch	4835	16/16	F6569	1:46:43:0	17:11	52:39.8



November and December Races.....

Nov 18 Hannaford Turkey Trot 5K, Cape Elizabeth

Nov 22 Portland Thanksgiving Day 4-Miler, One City Center, 9 a.m.

Gasping Gobbler 5K, Cony High School, Augusta, 8:30 a.m.

Nov 24 Burn Off the Turkey 5K, Gorham High School, 9 a.m.

Dec 1 Luv2Run Portland 5K #3, Back Cove path, 10 a.m.

Christmas Rush 5K, Mother's Beach, Kennebunk, 11:30 a.m.

Dec 2 Jingle Bell Run & Walk for Arthritis 5K, Freeport High School, 10 a.m.

Dec 30 Epic Finale (5K), Pickering Square, Bangor, 10 a.m. Contact: Epic Sports 1-800-466-2296.

Feb 3 Mid-Winter 10-Mile Classic, Cape Elizabeth



Ruth Hefflefinger



Bob Jolicoeur



Bob Aube



Robyin Doughty





**Saturday, November 24, 2007
9:00 A.M.**

Race-day Registration 7:30-8:30 a.m.

Gorham



- ✓ Wheel-measured 5K course
- ✓ Long sleeve t-shirt for first 100 registrants (@\$12)
- ✓ Many awards and prizes
- ✓ Pre-race warmup
- ✓ Water on course
- ✓ Mile splits
- ✓ Results published
- ✓ Post-race hot coffee and food!
- ✓ Post-race massage by Inner Connections Massage & Reiki Center
- ✓ Results following race
- ✓ Water at race end provided by Carabassett Spring Water



5K Run/Walk
Gorham, ME • 2007



"The Water of Life" is Spring Water

Proceeds from this year's race will benefit
the Gorham Fire Department's smoke
detector program.

Record Breaker \$500 Cash Prize
donated by
Working Words & Graphics
to man and woman who break
record times:
Ethan Harpold 19:09
Christina Brown-Romer 17:34

Awards

- First male and female finisher will receive \$100 worth of heating oil donated by Lampson Energy and Dodge Oil.
- Age group awards (3 in each category):

14 & under	15-19
20-29	30-39
40-49	50-59
60-69	70+
- First three male & female walkers

No headsets

Registration Form for Burn Off the Turkey 5K Run/Walk

Check One
☐ Runner
☐ Walker

Name _____ Age _____ Sex _____
Phone print _____
Address _____ Phone _____

Entry Fees — please check appropriate boxes (No refunds)

- ☐ Pre-registration by November 14 \$12 (includes long sleeve t-shirt) please specify preferred size ☐ M ☐ L ☐ XL
- ☐ Pre-registration by November 14 \$10 (no t-shirt) ☐ Registrations after November 14 \$15 (no t-shirt)

Please note: A long sleeve t-shirt will be given to the first 100 who register for \$12.

Please make checks payable to GORHAM REC. DEPT. and mail to: the Gorham Recreation Department, 73 South Street, Suite One, Gorham, ME 04038

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks known and unsuspected by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Gorham Recreation Dept., Town of Gorham, Gorham School Department, Gorham Business & Civic Exchange, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Special Note: Traffic control volunteers will be on the course, but all roads will be open to traffic.

Signature _____ DATE _____
(Parent signature if participant is under 18)



HERE'S THE PLAN.



- ▶ You run.
- ▶ We help you do that.
- ▶ Free group runs for all levels, with experienced group leaders who follow your progress.
- ▶ Plus run programs, clinics, training services and space for just hanging out with other runners.
- ▶ Not to mention everything else runners need: shoes, clothing and gear that works as hard as you do.

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multisport

317 Marginal Way, Portland • 207.780.8200
Info@myPeakMultisport.com • myPeakMultisport.com

THE MAINE TRACK CLUB SOLICITS NOMINEES FOR 2007 AWARDS

The Awards Committee is asking for your help in selecting this year's awards recipients. Please take the time to consider nominating one of your peers. We consider your participation an important and necessary part of making this year's selections.

DEADLINE for 2007 Award Nominations: December 1, 2007

CRITERIA: Candidates must be an active member of the Maine Track Club before September 30, 2007 to be eligible. See descriptions of the awards below for further criteria for nominations.

NOMINATION FORM on following page.

MOST IMPROVED RUNNER – This award is intended to give special recognition to a runner who has improved his/her running performance through hard work, training, discipline, perseverance and determination.

COMEBACK RUNNER OF THE YEAR – In the spirit of Winston Churchill's famous quotation, "Never give in, never, never, never, never - in nothing great or small, large or petty," this award recognizes that special runner who has demonstrated mental and physical toughness in order to overcome an obstacle - and in the process, has served as a positive example to others.

OUTSTANDING CONTRIBUTION TO MAINE RUNNING – This award celebrates the individual who consistently shares their personal talents in an effort to support running in Maine and thereby serves as an inspiration to other runners in the state. Through his/her leadership, good example and unwavering dedication, this person has made a substantial and enduring contribution to the sport.

SPIRIT OF THE CLUB AWARD – This award celebrates that special club member who personifies the value of "running with a friend" through his/her encouragement of others, willingness to share his/her talents and gifts, and his/her ability to inject fun and good cheer in MTC events and social activities.

RACE DIRECTOR OF THE YEAR – This award recognizes the race director who did an outstanding job carrying out all the requirements of race preparation and execution - directing volunteers, safety, marketing, refreshments, results, post-race activities - and in addition, added something extra to the race through his/her creativity and leadership.

VOLUNTEER OF THE YEAR – This award is given to the individual who has made the most significant overall volunteer contributions to the club during the year. It recognizes the volunteer who has demonstrated outstanding and sustained contributions, taking into account the amount of time spent, the enthusiasm and creativity exhibited by the individual and/or the results achieved by the volunteer.

SPECIAL ACHIEVEMENT AWARD – This award is intended to give special recognition to a club member's outstanding achievement or notable accomplishment that might not be properly covered by other awards.

PRESIDENT'S AWARD – This award is presented at the discretion of the club president in order to recognize an outstanding club member's contributions.

JOHN FYALKA AWARD – This award is presented to a club member who has given outstanding service to the club, taking into consideration the individual's contributions this year as well as in previous years.

AGE-GROUP AWARDS – These awards recognize the male and female runners in each age category (19 and Younger; 20-39; 40-49; 50-59; 60-69; 70-79; 80 and Older) who have demonstrated a high level of competitive performance while making positive contributions to the MTC in other areas.

MTC RUNNER OF THE YEAR (MAN AND WOMAN) – This award celebrates the man and woman who have demonstrated the highest level of competitive performance while making positive and substantial contributions to the club. These individuals are dedicated, disciplined, collegial toward other runners, and motivate others to become better athletes.

MTC LIFETIME ACHIEVEMENT AWARD – This award is the highest honor that the Maine Track Club can bestow and acknowledges the extraordinary efforts of an individual who has made profound and substantial contributions to the Maine Track Club and the sport of running. The recipient of this award represents the ideals of the club, exemplifies camaraderie and good sportsmanship and through his/her dedication to the sport of running serves as an inspiration to other club members.

FIRST MARATHON – It is a club tradition to recognize our members who have achieved a running milestone by competing in their first marathon.

*The Awards Nomination Committee is looking for some new committee members.
If you are looking for a short lived but rewarding activity, please call or e-mail
Mark Grandonico (232-0232) grandm@maine.rr.com*

The 39th Annual

RRCA State Championship 5K Race



**Sunday
November 18, 2007**

**Cape Elizabeth Middle School Cafetorium
Cape Elizabeth, ME**

8:30 a.m. Children's Fun Run

9:00 a.m. 5K Race & Walk

(USATF Certified Course #MEO3003R)

T-Shirts to first 300 Entrants

Kids Register (free) on Race Day



TURKEY TROT

**5K Road Race
and Kids Fun Run**

AWARDS to male & female 1st, 2nd, & 3rd finishers as follows: Overall, 12 & under, 13-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, over 70; also, first male & female walkers.

RRCA State Championship Awards to first male & female Open, Masters, and Grandmasters.

50% of race proceeds will be shared between CapeAbility Enrichment & Sports Camps and Camp Sunshine.

******* Chip timing and results provided by Bay State Race Services *******

NO REFUNDS, EXCHANGES OR TRANSFERS; PLEASE, NO DOGS, STROLLERS OR SKATES.

DIRECTIONS: From ME Turnpike (I-95), take Exit 45 (for the Maine Mall). Go straight from the toll booth to the Broadway/South Portland exit. Go right onto Broadway (toward South Portland). Follow Broadway to Route 77 (about 4 miles). Turn right on Route 77 towards Cape Elizabeth. At the 4-way stop at the two gas stations (about 4 more miles), turn right onto Scott Oyer Road. The middle school entrance is on the left about 1/4 mile down Scott Oyer.

Hannaford Turkey Trot 5K Race Application

Name _____

Last

First

Male ☐ Female ☐ Date of Birth _____ Age on Race Day _____ Runner ☐ Walker ☐

Address _____ State _____ Zip _____ Phone _____

E-Mail _____ If you are a Hannaford employee, please check here ☐

\$10.00 PRE-ENTRY FEE: \$15 on race day

Please make your check payable to the Maine Track Club and mail to:

MTC Turkey Trot, c/o Maggie Soule, 142 Portland Street, Yarmouth, ME 04096

FMI: Call 207-846-3631. Online registration: www.MaineTrackClub.com or www.Active.com

WINNER: (MUST BE SIGNED) I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of weather (including rain, wind, and snow) traffic and the conditions of the road, in consideration of your accepting my entry. I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, the Town of Cape Elizabeth, Hannaford Bros., the Road Runners Club of America, and all other sponsors, their representatives, and successors from all claims of liabilities arising out of my participation in this event.

Signature of Participant (Signature of Parent if under 18)

Date

Race Photos Online: <http://journals.aol.com/davidcolbyyoung/MaineRunningPhotos>

Newsletters Online: www.rootsweb.com/~meandrhs/mtcarchives.html

The online MTC Archives contain many interesting and important collections of Maine's running history. The MTC newsletters starting with the 1979 hand-written issues by President Brian Gillespie are now online. All the back issues from 1979-2006 have been scanned and saved as PDF files courtesy of David Colby Young.

Runners' Forum: coolrunning.com/forums/Forum10/HTML/004003-4.shtml

There is a running board on cool running for Maine runners where we can have discussions amongst ourselves. It is located in the community called The Neighborhood with the newest topics on the last page. Contact Richard Bouthillette (boothy) <http://www.boothysports.blogspot.com/>



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563 Forest Ave. Portland 773-6601

www.mainerunning.com

MTC Board Meeting Minutes 06/12/07

MTC BOARD MEETING MINUTES

October 9th, 2007

Norway Savings Bank, Falmouth

Attendance: Mark G., Erik B, Francis B, Mallory, Mike B, Charlie, Bonnie, Don P, Bob A, Phil M

Absent: Ward G, Mike D, Tom M, John K,

Treasurers Report: Ward was absent but reported earlier that there was \$19,513 in the MTC Main checking account.

\$3,261 in the Turkey Trot Account

\$1,000 in the Mid Winter Classic Account

3,133 in the Pineland Farms Account

NewsRun: Tom was not present to report. Mark mentioned that he had spoken with Tom and the next edition should be ready the following week. A deadline schedule will be published in the next edition.

Race Committee Report: Maggie came to speak of the Turkey Trot race and reported that the timing chip will cost \$1,000 and the entrée fee is going from \$8 to \$10, and \$10 to \$15 on race day, Registration is up to 100 pre registered.

50k/50 Miler, PT8k and the Jingle Bell 5k are next in the hopper – volunteers needed.

2008 Race Schedule - Charlie to write up the 2008 race schedule for the 11 Dec meeting.

Membership : Bonnie reports 739 members and 418 households. She is getting ready for the annual renewal season. Renewal notifications will go out in November.

Coaching: Bob Brainard had a great year and group this year up at ELHS. John Rodgers of the MRC has put in a proposal to the board for MTC member coaching in Portland next year. It was voted on and approved to fund \$1,500 to sponsor a structured coaching group in Portland as well as in Auburn. The ELHS group will continue on Tuesday nights and the Portland based group will meet on Thursday nights at the MRC on Forest Ave.

Annual Pasta Dinner: A motion was made to lower the cost from \$7 to \$5 for this year's event. The motion was passed. The Pasta dinner will be 11/16 at the Columbia Club in Portland. This is not an election year.

Volunteer program – MTC Bucks: Erik reported that the program requires frequent maintenance and needs a database, no changes will be made as of now. It was noted that some people did redeem their MTC bucks for clothing at the Marathon Expo.

Annual Banquet: Will be held 2/2/08 at Keeleys on Warren Ave. The menu was voted on and decided. It was also decided to lower the price from \$15 to \$10.

Awards: Award nomination forms will be included in the next NR and Mark will start putting them out with his Friday blasts. A committee will meet in December to decide on the winners this year.

Clothing line: The old line is basically gone. Mark reduced the prices for the expo and cleaned house. The Board approved the purchase and development of a new clothing line which will consist of a long sleeved tech shirt, short sleeve tech shirt, singlet and a matching short, Men's and women's. This clothing line will eventually be available at the Maine Running Company of through our website. Erik proposed hiring Ian Parlin to create a the shirt design using our present logo

Next Meeting 11 December @ 6:00

Submitted
Francis Bauer
Secretary

Otter Creek Trail Marathon and 8 or 16 Mile Fun Run/Hike Dec 10, 2006- Brandenburg, KY



by Mike Brooks

I flew into Louisville, KY which is about a 40 minute drive to Otter Creek Park where the race takes place. I got a motel in Louisville so I could visit Churchill Downs and the Kentucky Derby museum they have there. I had an early flight home so this motel was convenient for that reason

also. There are other motels near Ft. Knox that are only a 10 minute drive to Otter Creek and some primitive cabins in the park where a pasta dinner was held with guitar playing the night before the race. There are other attractions in Louisville including the Muhammad Ali Center and the Louisville Slugger Museum and Factory Tour where you see the bats being made. On a previous trip my wife and I enjoyed walking around downtown and the waterfront where the stern-wheeler The Belle of Louisville is usually docked at the 4th St. wharf.

Two other places very close to the race sight are Ft. Knox and the Patton Museum of Cavalry and Armor. The gold depository at Ft. Knox can be seen from the highway, no visitors allowed and the Patton museum takes about an hour plus to tour.

This is a low key trail race on mostly single track trail with some rocks and roots and a few steep hills. There were some muddy spots that got slippery as the ground thawed after the first 8 mile loop, it was especially slippery on the hills. There are some nice views of the Ohio River and Otter Creek. I also saw a whitetail deer staring at me trying to figure out what we were doing running through the woods. The marathon is a 2.2 mile loop and three 8 mile loops. There was one well stocked aid station at 4 miles and another at the start/ finish line. The course was well marked, even I did not get lost. There was an excellent selection of hot food at the end of the race which the race director cooked. All runners got a t-shirt and finishers got a Xmas tree decoration along with a wooden medallion.

This is a fairly easy trail race but you should keep in mind most of it is on single track trail and there is a good chance you are going to fall at least once or twice. My friend fell 4 or 5 times and ended up with blood running down his face. He checked into a motel face bloodied and covered in mud. I wonder what they thought happened to him? I used him as a pacer so he could fall over the roots instead of me.

The race director and volunteers were extra friendly and did an excellent job. They were expecting about half as many runners as showed up but still managed to have enough food and drink. They mailed medallions to all runners that did not get one race day.

There are two other marathons in Louisville when the weather is warmer. I did the Louisville marathon a few years ago and it was hot and humid. There was very little traffic control in the waterfront area on the way back and the only scenic part was running along the Ohio River. I would not recommend this race. My friends have run the Kentucky Derby Marathon, that goes through Churchill Downs and they liked it.

Happy Trails to you, Mike

26.2 26.2 26.2 26.2 26.2



Beth and Bob Branson

Gregory Welch



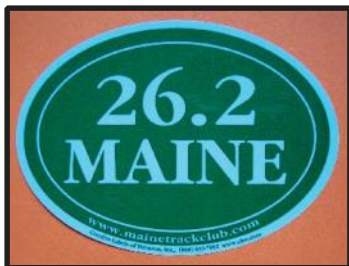
Mike Brooks

Valerie Abradi

MTC Discounts, Clothing, and Merchandise...



NEW! High Performance Long Sleeved Shirt, \$20.00: Teal with multi-color screen printing on the front.
Men's sizes S to XXL.



Maine Marathon Sticker, \$2.50: 6" x 4"
Oval in white and green.



Coffee Mug, \$3.00: White ceramic with green screen print on front.



White Lighthouse T-Shirt, \$8.00: 100% cotton, multi-color screen printing on front.
Unisex sizes M to XXL.



100% Coolmax Singlet, \$15.00: White with green screen printing on the front and back.
Women's sizes S to XXL.
Men's sizes M to XXL.

Where Do I Get MTC Clothing?

To order contact:

Mike Doyle
(871-0051)

mdoyle@mainecul.org
Maine Track Club
Attn. Mike Doyle
P.O. Box 8008
Portland, ME 04104



NEW! Wicking Baseball Cap, \$15.00: Royal Blue or Hunter Green, with multi-color embroidery.



Baseball Style Hat, \$8.00: Green pigment dyed, with multi-color embroidery.



Winter Hat, \$8.00: Navy with white embroidery.

\$10 Off Your Purchase of \$50 Or More!

This coupon may not be combined with any other coupons, special offers, or sales; does not apply to previous sales or special orders; may not be used to purchase a gift certificate; and is valid at any Sportshoe Center

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www.sportshoecenter.com

Save \$\$\$\$\$

The following area companies have agreed to give MTC member discounts on running shoes, clothing, and services. Your club ID must be presented when requesting discounts.

AON Center for Innovative Bodywork

4 Fundy Road, Falmouth 781-2370
Hours by appointment
\$10 off first massage

Maine Running Company

563 Forest Ave., Portland 773-6601
www.mainerunning.com
10% on shoes and apparel

MidCoast Multisport

89 Maine Street, Brunswick
Jim Favreau 721-9299
10% discount

Peak Performance Sports

59 Middle St., Portland 780-8200
10% on shoes
10% on apparel

Runner's Alley

104 Congress St., Portsmouth, NH
603-430-1212 • www.runnersalley.com
10% on shoes and apparel

Saucony Factory Outlet

83 Farm Road, Bangor, 942-7644
10% on all non-clearance items

Sportshoe

Maine Track Club Membership Application

If you would like to Join the Maine Track Club or Renew your current membership, you can register online at www.mainetrackclub.com or www.active.com, or return this completed form with a check to:

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

MEMBERSHIP TYPE & ANNUAL DUES

Membership is based on the calendar year, expiring on December 31st.

- | | |
|--|------|
| <input type="radio"/> 1 Year Household/Individual | \$25 |
| <input type="radio"/> 2 Years Household/Individual | \$45 |
| <input type="radio"/> 3 Years Household/Individual | \$65 |
| <input type="radio"/> 1 Year Student (age 18 or under) | \$17 |

Do you want your newsletter by:

- ☐ E-Mail or ☐ Postal Mail



For official use only

- | | |
|-----------------------|------------------|
| <input type="radio"/> | Amt. Pd _____ |
| <input type="radio"/> | Chk # _____ |
| <input type="radio"/> | Date Rec'd _____ |
| <input type="radio"/> | Database |
| <input type="radio"/> | Birthday |
| <input type="radio"/> | E-mail/NR |
| <input type="radio"/> | Mailed WL |
| <input type="radio"/> | Mailed NL |

First Name	Last Name	Birthdate(s)	M/F
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P.O. Box/Street

City	State	9-Digit Zip Code	Home Phone
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E-mail Address	Business Phone
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Occupation(s)	Employer (If Student, School)
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Additional household members:

First Name	Last Name	Birthdate(s)	M/F
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First Name	Last Name	Birthdate(s)	M/F
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First Name	Last Name	Birthdate(s)	M/F
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First Name	Last Name	Birthdate(s)	M/F
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PARTICIPANT/VOLUNTEER WAIVER

To be signed by each member in the household. Applicants under age 18 require a parent's signature.

I know that participating and volunteering to work in Maine Track Club events are potentially hazardous activities. And I know that I should not participate or volunteer in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete an activity safely. I assume all risks associated with participating in or volunteering at Maine Track Club events including, but not limited to, falls, contact with other participants, the effects of the weather (including heat and humidity), and dangers posed by road conditions and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself, and for anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Maine Track Club, and all sponsors and their representatives and successors from all claims of liabilities of any kind arising from my participation in Maine Track Club activities, even though a liability may arise from negligence or carelessness on the part of persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of any club event for any legitimate purpose.

Signature	Date	Signature	Date
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Signature	Date	Signature	Date
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Maine Track Club
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Portland, ME 04104

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