



**2006 National Award Winner of the RRCA Outstanding E-Newsletter**

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

## Dealing with Injury

Many runners have had the experience of training for a big race, and then sustain an injury during their training. This injury not only prevents them from competing in the race, but it also hampers their ability to stay fit. Unfortunately, injuries are very common in runners, and they always seem to occur at the worst possible time. So how does a runner take the time necessary to heal an injury but also stay in shape enough to continue competing in races during the same season?

Obviously there are many different types of injuries that runners can develop, all with varying levels of severity. Fortunately, most running injuries are overuse injuries which generally do not require prolonged periods of rest. These injuries typically occur due to the inability of the muscle or tendon to keep up with the amount of running a person is doing. The repeated stress to the weak muscles causes damage to the tendon and pain. In most cases stopping running will prevent the excess stress on the affected tendon and allow your body to heal. So what are some of the alternatives to running to stay fit during an injury period? Two of the most common alternatives are biking and swimming. The reason these modalities are usually okay with a running injury is because each of these activities puts much less stress on

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## President's Corner...

### What's going on?

by *Mark Grandonico*

Summer is in full swing. As I write, we are making preparations for the St Peters Road Race and the B2B this weekend. The Clam Festival Classic Road Race and the Peaks Island Road race were great successes. These races are Maine's classic summer races. The Sea Dogs 5k was another overwhelming success with record entries, making it the largest 5k in Maine. The B2B holds the title as the largest Road Race in Maine. The Key Bank New England mile also made Maine running history as Patrick Tarp of Yarmouth became the first Mainer to run a sub-4:00 mile in Maine! This race also set a record with attendance seeing close to 300 runners fly down Congress St. The club has purchased a new clock and hand held bull horn to ensure all runners at the start of our events receive last minute safety instructions.

The club has supported Jeanne Hackett and Diane Dusini's work at initiating a running program at the Maine Youth Development Center. Planning is underway for the August 16th annual club picnic out at Two Lights State Park – Save The Date! The MTC was approached by the organizers of the Jingle Bell Run in Freeport and asked to take this race on under our direction. The Board discussed this proposal and decided to add this race, or the co-management of the race to our list of events we support. Sandy Walton has passed the NewsRun baton off to Rae and Tom Chalmers McLaughlin who with this issue, is now our Senior NR Editor. Thank You again Rae and Tom.

The Maine Marathon is also undergoing a few changes. Co-Race Director for more years than he cares to remember, Howard Spear has indicated that he will resign after the 2008 race. The Marathon is a hot topic. It has grown and simply requires more dedicated people to "get r done". You have seen, and will continue to see my requests for people to step forward and help. There are many committees or aspects of the race that need people. Please consider joining this great event. It is very rewarding when the check for \$40,000 is handed over to the charity in December, knowing you help make it happen.

The General Membership meetings have gone "ok" at the new location at Rivalries Sports Pub. We are a tad disappointed at the turn out. Attendance has significantly

improved from the old site at SMCC, but we can do better. I'd like to ask everyone reading this to consider attending one meeting/gathering. Just to say hi and have a wing or two. The Tuesday night track sessions continue to be a big success. Coach Bob has anywhere from 30-60 runners on Tuesday nights, our busiest track season so far. I've heard the feedback that it is just too far to drive to LA on Tuesday nights from Portland. Gas isn't cheap and I hear ya! We are looking at partnering with other resources here in Portland

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October/November/December News\*Run  
is Friday September 7, 2007.**

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to get some track time or structured coaching in these parts. The barrier has been track availability. The High Schools go into June and start up with Field Hockey, Football in August, some even sooner, starting in July. The PT8k race 10/21 will again be a "FREE" entry race for MTC Members. To get in on this perk, you must use the snail mail PAPER Entry form available on our website. Check off the box that says MTC Member Free!! We ask that you "Show Your Colors" and wear your MTC Singlet to this race. Don't have one? Contact Mike Doyle – our club clothing manager -MDOYLE@synergentcorp.com.

We are looking at website redesign and development of a new clothing line with our new logo. All in all we have a lot going on. One Final Plea – we ask all club members to give back by volunteering for at least 3 events. You all see my Friday pleas, if you have not volunteered, please do so. We have initiated a great recognition program which will get you free entry into a MTC "owned" race or free clothing.

Enjoy the Summer MTC and I hope to see you at the Picnic!

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](mailto: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](mailto:tmclaughlin@une.edu) (and Bob Aube at [bobaube@mainetrackclub.com](mailto: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 Maine USATF has a strong well-run program for youth. They can compete in the Junior Olympics at local, state, regional and national levels

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.

In 2006, the MTC as part of Maine USATF, with the help of two New England USATF clubs started the Maine USATF Grand Prix Series.

The 2007, Maine USATF Grand Prix will again be for club & individual. The club & individuals age groups be 39 & under, 40-49, 50-59, 60-69, 70 & over,

The Races are:

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

In the team competition points are accumulated by team. Example: If there are 10 club teams in the master age group. First place teams get 10 points and works down to last place get 1 point. Number of points gained in teams completion will depend on the number of teams entered. Many of the Maine top runners choose to compete for one of the two fast New England teams. The Maine USATF has ten clubs listed on their web site but no Maine age club teams were entered in the Grand Prix in 2006.

It will be important for the MTC to cover all the age groups. We can do this. It is a way to show your club pride and team building relations with in the MTC. The MTC is a number one in the State of Maine for many things. We can now prove we are strong in running as well. Please do not be surprised if MTC team Captain, David Colby Young, asks you to join the MTC racing roster. The fact that many of the fast MTC members runners are on another teams. This is good news as it opens up some of the age group teams for our MTC members. Please join the USATF and support our Maine youth & the Maine Track Club. Oh yes, the most important thing we will have some fun at the same time.

To be in the Grand Prix MTC members have to join USATF. By joining you will be supporting the Maine USATF youth program as well as be able to enter a number of low cost local running events. You can ask to have their membership attached to the MTC as long as you live in Maine with a Maine address.

The National Masters USATF Meet will be held in Orono this summer I hope that I will see some of you there.

Jerry LeVasseur

## Editor's Corner...

It is with a great sense of excitement and some trepidation that we introduce ourselves as your new News Run Editors. Rae and I have been avid, perhaps rabid runners for many years and consider ourselves middle of the pack runners. During the past three years we have either been training for or recovering from a marathon which has been a great deal of fun and excitement for us. Our first order of business is to apologize for the tardiness of our first newsletter. While the stories were in on time, we were overwhelmed by the complexity of the computer program needed to organize and present the newsletter. We want to recognize the hard work and professionalism that Sandy Walton has brought to the newsletter over the past years. We are grateful for her help and assistance as we brought this one together.

For the newsletter we have a lot of ideas which we are offering here to you for comment and discussion. Some of our thoughts are surveying the membership about races and event planning and then reporting the results in future. Profiling the "average" MTC runner and interviewing them about all aspects of their running. What type of shoes to they use? Do they have a training plan? Are there specific places they like to run? We would also like to run a feature on members favorite runs. What is your favorite places to run and why? True to our organizations mission of "run with a friend", we would like to offer more features and updates on group runs and group running activities. We all know that races are social events. Rae and I have made some great friends whom we met at races. Friends have provided us support and encouragement during the hard times and celebrated with us during the good times. Our trepidation with the newsletter comes from the enormous amount of race data and photos which are generated each week by our members. We will do our best to include the highlights of these races. Thanks for the opportunity to be your editors!

### DEALING WITH INJURY, *continued from page 1*

your knees and ankles. During a brisk run, the forces applies across your knee joint are up to six times your body weight, and this increases to ten times your body weight at your ankle! Now you can see why continuing to run makes it impossible for a tendon to heal appropriately under so much stress. This amount of force is significantly decreased when sitting on a bike (less so on a recumbent bike) and is essentially eliminated during swimming. The key to sustaining cardiovascular fitness on the bike or in the pool is to make sure you reach the same target heart rate you desire during a run. This means you may need to ride more hills or increase the resistance on the bike. Most runners usually have no difficulty achieving an adequate aerobic workout in the pool. Swimming is one of the most aerobic activities around.

-John Hatzenbuehler, MD

## Happy Birthday to These MTC Members...

### August

- |                          |                        |
|--------------------------|------------------------|
| 1: Corinne Keeley        | Howard Spear           |
| Joel Russ                | 17: Churchill Barton   |
| 4: Sydney Ellen Atkinson | Karen Chadbourne       |
| Gerard Bonawitz          | Robert Jolicoeur       |
| 5: Nathan Couper         | 18: Bob McArthur       |
| 6: Beth Fortier          | Olivia Noonan          |
| Tom Kramlich             | 19: Stephanie Atkinson |
| John Woods               | Donna Kitchen          |
| 8: Roberta Bass          | Michael Tracy          |
| Diane Daley-Kelley       | 20: Valerie Abradi     |
| Maureen Eckroth          | 22: John Howe          |
| David Griffin            | Elise Moody-Roberts    |
| Denise Whitehead         | Stanis Moody-Roberts   |
| Terry Young              | Charlie Whitehead      |
| 9: Judy Reilly           | 23: Matt Flynn         |
| 10: Philip DiRusso       | Charles Iselborn       |
| Tom Keith                | Carol Weeks            |
| Jane Sable               | 24: Rae Chalmers       |
| 11: Devon Bottomley      | Steve Rollins          |
| 12: Melissa Gagnier      | 25: Karen Connolly     |
| Bill Hansen              | Annie Messinger        |
| Kenneth Spierer          | Tom Peterson           |
| 13: Mark Finnerty        | Tom Shorty             |
| Abbi Flynn               | 26: James Corbett      |
| Elizabeth Hartford       | Gina D'Avignon         |
| 14: Thomas Bottomley     | Anita Hampton          |
| Harry Fast               | 27: Michael L'Abbe     |
| Melissa Smith            | 28: Robert Ayotte      |
| 15: Don Conry            | Nancy Hewett           |

### September

- |                       |                        |
|-----------------------|------------------------|
| 1: William Morgan     | 17: Glen Gallupe       |
| 2: Steve Colucci      | Emma Noonan            |
| Tyler Santero         | 18: Kevin Gaydor       |
| 3: Dennis Morrill     | Elizabeth Goulette     |
| Amber Sellers         | Nathanae Goulette      |
| David Skleton         | Dottie Michaud         |
| 4: Jeffrey Arsenault  | 19: Kathy Harris       |
| 5: Jack Dresser       | Melissa Johnson        |
| 6: Samuel Dexter      | Larry Perkins          |
| Paul Toohey           | Seth Rollins           |
| 7: Ron Perry          | 21: Leo Henry          |
| 8: Jean Bergeron      | Elizabeth Miller       |
| Maxwell Payson        | 22: R.J. Harper        |
| 9: Jim Eckert         | James Machowski        |
| 10: Kelsey Rex        | Clara Mendell          |
| 11: Robin Doughty     | 23: Erik Pelton        |
| Carrie McCusker       | Benjamin Smith         |
| 13: Terry Finnerty    | 24: Heidi Graham       |
| Besty McGrail         | 25: Don Bessey         |
| Christine Smith       | 26: Alfred Hodson, III |
| 14: Jennifer Illing   | 27: Alex Russell       |
| 15: Eugene Longobardi | Colleen Salvo          |
| Tyler Mercer          | 28: Jeannine Delaware  |
| 16: Lisa Lawrence     | Chris Lydon            |
| Maggie Soule          | 30: Kyle Feeney        |
| Lennie Stack          | Mel Fineberg           |
| Jim Tyrell            |                        |
| Misty Verma           |                        |

## Membership Status...

- **Membership Growth:** We welcome 23 new members in this issue. As of 8/1/07 we have 405 members in 365 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 93% of our 405 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...

Harry Hunt of Gorham  
 Mary Kay Kasper of Portland  
 James Lawlor of South Portland  
 Bridgette Laffin of Wells  
 Derek Levesque of Lewiston  
 Chris & Tracey Lydon of South Portland  
 Lawrence Mann of Portland  
 Jill Marsh of Scarborough  
 William Morgan of Kennebunk  
 Lori Perkins of Auburn  
 Nina Rayer of Portland  
 Bettina & Bliss Richard of Smithfield  
 Brandy Rogers of Saco  
 Kevin Ronan of Yarmouth  
 Deborah Russell of Gorham  
 Denise Simard of Minot  
 Melissa Smith of Yarmouth  
 Jessica Stevenson of South Portland  
 Misty Verma of Hopewell Junction, NY  
 Sherri Wakeling of Arundel  
 Drew and Monique Wilson of Portland  
 Frank Wright of South Portland  
 Karen Wright of Brunswick

## Runners Recipe Corner



### What do you eat after a before or after a run?

We want to hear from you! What are some of your favorite recipes or things to eat before or after your runs?

Please send along your ideas to us at [tmclaughlin@une.edu](mailto:tmclaughlin@une.edu).

Thanks

Rae and Tom

**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.

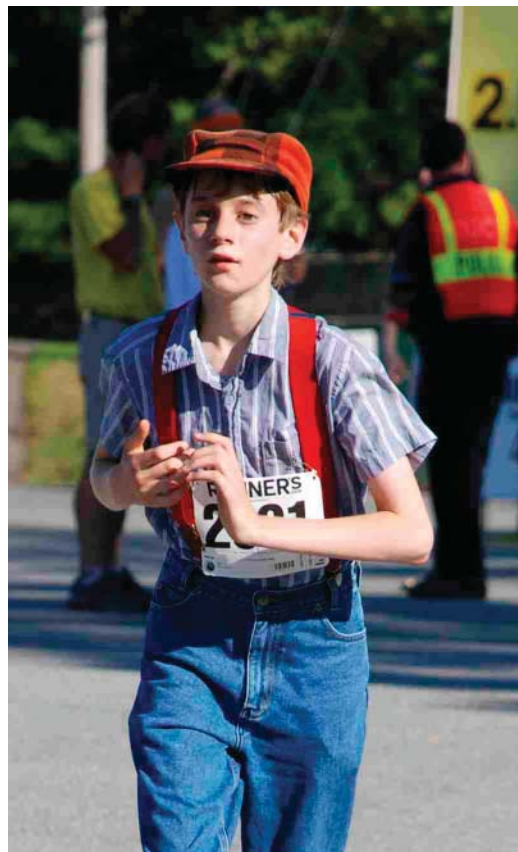
#### Ingredients:

- 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.



Remember upcoming USAFT Grand Prix races are:

- Aug 26... LA Bridge 5K Run - Lewiston/Auburn
- Oct 13... Craig Cup Final 5K - Cumberland
- Oct 28... Great Pumpkin 10K - Saco

Join USAFT today and be part of the MTC Racing team.



# My Boston Marathon Rollercoaster Ride!

Come along on my marathon emotional rollercoaster ride. As you may have read in the May/June issue of The News Run, I was one of the MTC members that was selected to run in the Boston Marathon. On the evening of January 18th, I was checking my e-mails and something told me to check my junk e-mail folder. I don't know what possessed me to check my junk e-mails on that evening but, I sure was glad that I did! Inside there was an e-mail from Mark Grandonico with the words, "Boston Marathon" in it's subject line. I opened my e-mail and much to my surprise I was selected to run Boston. I was so excited that I ran up stairs to tell my family of my good news. I was so excited that I was jumping on my bed yelling, "I'm going to Boston!" What exciting news to receive the day before my birthday. This has been my greatest birthday gift!!!

It's a few months away from my first Boston Marathon... my dream that I have had since my days of a young girl in elementary school is about to come true! Just as my training was peaking week by week so was my emotions. I'm sitting here 4:00 a.m. thinking to myself... ok, maybe, I am being a little hard on myself and my body, besides in one month this will all be a passing memory. Could this be just nervous energy? I have ran through head colds, chest colds, outside in wind chills of -7\*, I ran the Mid-Winter 10-Mile Classic with water bottles that had frozen during my run. I was training hard for this event. But, nothing could prepare me for the affects of Pneumonia, Lupus & Rheumatoid Arthritis. There are no words that can begin to describe the hurt, sadness, anger, disappointment, that I was feeling in myself pre-marathon.

March 19th: I feel as though my dream is slowly being ripped away from heart. This is not how I imagined how my dream would play out. My training has gone well up to this point. Just a year ago, I had trained & ran just as hard for the Bermuda Marathon, and I was fine. Why now? It's so frustrating!!! My mind so determined but, my body so weak and in constant pain. This is not fair - I have trained so hard! Why now? Why? I feel that I have been kicked to the curb. I can not begin to describe the pain, discomfort and fatigue that I am feeling. I feel that I am being defeated by my ailments. My

motto has always been," I will not go down without a good fight!" Have I lost this fight? Will I let these disease's control me or will I control them? I am angry, hurt, disappointed but, at the same time I feel that I am being a very selfish person with my feelings. I have no right to complain; at least I can get out of bed every morning, hug my children, and do many things that some people can not do. Our family lost a family member Richard "Rick" Feeney on March 4th to ALS also known as Lou Gehrigs Disease. He fought a long and hard battle for 16 months, during that time, He never complained once. Rick carried the most beautiful smile right to the end. As I run my marathon, I know Rick will be beside me giving me the strength that I need. I will hold my head high and be strong! I will also, remember my family & friends who have supported me along the way. Mike Brooks who gave me one of his Boston Marathon shirts from Boston's 100th Anniversary, plus the book about Boston Marathon history he loaned to me. I wear his shirt on these days when I'm having a bad day. It lifts my spirits! I also have the support from my friends at MTC. Pat Buckley who made sure that I did a good job cleaning up my bloody knee from when I slipped on ice on one of my long runs. I have a tiny scar to remember this day. Howard always has a way of making me smile. I love his humor! On April 1st, Howard drove a van of runners to Great Bay 1/2 marathon. I had a blast! I still laugh to myself when I think of the etch a sketch that Howard took along to amuse us antsy runners. Hey Howard, "Are we there yet?" "Are we lost?" My friends at MTC help make my long runs a little easier. My best running buddy is my friend Kathy Bowe. She has kept me focused and motivated along the way. We have ran through every element of weather together! She'd call me and ask me, "Wanna go running?" There were days when I thought about moving, changing my phone number and e-mail address. But, I knew she'd still find me! She kept me motivated with great Hallmark e-mail cards of Hoops & Yo-Yo. Not to mention carb-loading after our runs at The Great Lost Beer.

April 10th: After having two nights of high fevers (105.9\*), I decided it's time to go to the walk in emergency. 6 Days before Boston, I am told that

I have pneumonia! NO, this can't be happening to me- Not Now!!! The doctor told me "No" for Boston. I told him that was "not" an option, I have trained long and hard for this race. I have been running 40+ miles a week! I have the black toe nails to prove it! He's worried that I will have bigger problems if I run it. I go to the pharmacy to pick up 5 different medications plus a new inhaler and chamber. I go to bed and rest as much as a mom with four children can rest.

April 15th: I decide that I'm feeling better, I'm going to run Boston against my doctors orders. (I hope my Dr. isn't reading this). I decided since my fever was gone, that I would go out and try it... if I started to feel weak, I would stop at one of the 26 American Red Cross stops along the route and be bussed back. Today, is my daughter Michelle's 15th birthday, I feel sad leaving for Boston on her special day, but she understands and supports me. We arrive to our hotel, and they didn't have my reservations! Luckily, I had printed out a copy of my confirmation with the transaction number from my credit card bill that I was billed for back in January. They find us a room - whew! The Expo was humongous!!! When my fiancé Mike and I picked up my bib number, the race became a reality. We recorded a message onto my race DVD (We could probably win America's Funniest Home video), I also had my picture taken for a keepsake. After the Expo, we went back to the hotel to prepare for the race. I had fun fitting my Hefty black trash bag attire for the morning race. I had all my clothes ready to go.... all that was left to do now was to run the race in the morning. I took out my singlet that all my family & friends from MTC signed and read all the messages of good luck! ( P.S. For future reference... You may not want to have Bonnie sign your singlet before a marathon.... She wrote, "Taking Boston by Storm" on my singlet). It's ok... no hard feelings! I didn't get to wear it race morning, I was afraid of the ink running. I'm going to have it placed in a shadow box as one of my special mementos. In the morning, I set out in the rain and wind to the starting area. I took shelter in a tented area. As, the runners arrived it look like we were in a refugee camp. I sat on the cold ground for 3.5 hours in my trash bag attire. I wore

my Hannaford shopping bags on my feet to keep my sneakers dry. It was funny when people came up to me and said, "Hey, you must be from Maine." Finally, I had to ask, "How do you know that I'm from Maine?" I had a good laugh when then told me because of the Hannaford bags. I always think it's great how fellow runners connect with each other. As, I sat under the tent we runners were sharing blankets, umbrellas & food with each other... people we had only just meet. Where else can you do this and feel safe? I felt as though we had been best friends forever. We then all lined up and started our walk to the start. As far as you could see in front and in back of you were people. As far, as your eyes could see! People sporting their stylish trash bag attire! The support on the course was wonderful... there were people everywhere! Boston was incredible... I would do it again! (Yes, even with pneumonia). I probably have all these memories all in the wrong order mile marks but, here it goes anyways. The weather was not as bad as it was expected to be on marathon morning. We had lots of high winds and rain the night before the race. Just as we lined up to the start the rain had stopped. We still had some high head winds throughout the race. The temperature was warmer than expected. The start of the race was awesome.... kids lined up all along the route with their hands extended out for you to high five them. To see the look on their tiny faces as you ran by them and high five them was amazing. The whole adventure was like a dream. The first 10K I went fast as I hurdled over many trash bags, clothing and cups. Just as I was tiring a bit around mile 10, I heard this voice calling me... It was my mom & dad! My mom was chasing me down the street! I hope they caught that on the DVD. It was clear how proud they were by the glimmer in their eyes. Then again... it was cold & windy in that area of the race. We hugged and talked about how I was feeling. I then remembered... that I was running a race. We took pictures and I headed on to Boston. Wellesley College was a great lifter, you could hear those girls screaming miles away!!! I continued on running.... and running... and running! I stopped to take a picture of this sign someone had up that read, "Shortcut." It was very tempting! At mile 17, I saw Mike waiting for me. We walked probably a mile or so together. I didn't want him to know how bad my hip was bothering me from all the head

wind. My lungs were holding up better than my hip, I had used my inhaler only twice! I did take a Tylenol for the discomfort towards the 20 mile mark of the race. I gave up my last fuel gel to an elderly looking man who looked like he was disorientated. I stayed with him until I saw an aid station and I then had a medic go check on him. I don't remember what mile that I was at when a man ran out of his house yelling, "Boston Won!" He then offered myself and the other runners around me to join him with a cup of beer. Shortly, around the 20-mile mark, the runners were handed out a fuel gel. That helped me so much!!! Running by the Johnny Kelley Statue gave me goosebumps... I also realized this is the beginning of Heart Break Hill. This is where I have to thank my friend Kathy Bowe for putting songs into my head such as The Chariots of Fire, and those adorable little Hoops & Yo-Yo Hallmark characters singing... taters... taters! It made the time go by... I owe you! \*evil laugh\*. Some where around the 22 mile mark, I had a child that handed me an Oreo cookie. I stopped and thanked her and her friends for cheering us on along the way. I asked them if they think they will run this race one day. They all responded with a big, "Yes". I told them, I hope to be holding an Oreo cookie for them someday. They lifted my spirits... They made me feel like I was this top notch marathoner. The greatest moment was seeing the famous Citgo sign. I knew then that I was almost to the end. Commonwealth Ave. was interesting, There were some pretty inebriated people stopping me and hugging me. I had one woman who wouldn't let me go... she kept telling me how proud she was for me. Then there was the drunk who almost ripped my arm out of my socket, he grabbed my arm... not realizing what a jolt to the system this is after running 24 miles. He wanted me to rub the belly of a plastic penguin that he was holding! Yes, you read that right! So, I did! I pleaded with him to please let me go.... "I have a race to run." People were everywhere trying to get you to have a beer with them. People kept telling me that the finish was around the corner, It seemed like I was running forever... then the corner came. I had to walk a few steps... then I saw Mike! I then proceeded to run all the way to the finish line! I had just finished the Boston Marathon!!! I went through the chute fighting back the tears knowing this was the end of my dream. I received my silver blanket

of honor and my medal. I picked up my bag full of dry clothing and waited for Mike. I tried to call my daughter Missy on my cell phone to tell her that I had completed the marathon, but her phone wasn't in service. I tried calling home... I received the same message. I was starting to have visual disturbances... where is Mike? He had to go around the grandstands to get to me. I stayed with my back against a wall to help hold me up. I called Mike on my cell phone so he would know to find me near the buses. He found me! It was strange... he also had a migraine. It must have been caused by dehydration and stress. We then headed to the T for our ride back to our car. We didn't stay to celebrate, due to the Nor'easter that hit back home in Maine. On the way home, I talked to Kathy, she had told me that cable had been off in Maine due to the storm. That is why I couldn't connect with my family, we have digital phone service. We made it home with no problems! My marathon was now over, but my memories will live on forever! I hope to have the opportunity to run Boston again someday in better health and weather!

After the marathon: My daughter Michelle made me this awesome shirt that reads, "I survived the Boston Marathon Nor' easter." Bonnie: I'm waiting for a new singlet that reads, "I took the Boston Marathon by Storm." I'm just kidding! I did have to go back into the emergency walk in a couple times due to the pneumonia. I'm feeling much better... I have a follow up with Rheumatology the first week in June. I lost my pinky toe nail (it's growing back), I have a few black toenails. But, you know what.... I do it all over again!!! I'm feeling better and I am now ready for my next running adventure!!! My daughters Monique, Missy, Michelle and my friend Kathy Bowe and I will be running B2B 10K in August!!

A big Thank you to MTC for the honor of running Boston!

Sincerely,  
Janice Gagnier



# Glamaig Hill Run Sligachan, Isle of Skye, Scotland

by Rae Chalmers McLaughlin  
photo courtesy of Carnethy Hill Running Club



*In July, Tom and I traveled to Scotland for our honeymoon. Having completed six marathons together and fifty road races we thought a hill run that coincided with our stay on the Isle of Skye would be fun. Language and cultural barriers prevented us from discerning numerous warning signs: "You must be mad!" the innkeeper said over the phone a month before the race; "All runners are required to carry full body cover, a map and compass," stated hand written instructions that were mailed to our house; when we bought our maps in Glasgow the sales clerk said, "The course record for that race was held by a barefoot, Nepalese Gurkha for ten years,"; the waitress at the inn giggled inconsolably the night before the race when we told her we were running; Willie Gibson of the Carnethy Hill Running Club ([www.carnethy.com](http://www.carnethy.com)), the race organizer told me it was a "Wee bit rough near the top," and then I overheard him discussing the bum pack requirements with another runner. Willie said no one would be disqualified for not carrying this but, "if you fall and break your leg it will be a long cold night."*

*That got me thinking. I went to look at the hill. The top was in the clouds. Not much to see. I looked at the map, 750 feet and only 4.5 miles round trip, to the top and back. I looked at the other runners: a man in a kilt, 55 other men, 12 women, lots of border collies, everyone was chatting and looking relaxed. How hard could this be? I eavesdropped some more, and heard the word scree. Tom decided to ask for some guidance. He was told that there is no route but we should stay in sight of other runners so we wouldn't get lost. The first quarter was relatively flat and boggy and then underneath the cloud cover there was loose gray rock (scree). If it is small, the descent would be "fabulous" but mixed with larger rocks it could be dangerous.*

*And then it was time to line up as we mulled over what we had just been told. Knowing that the course record was just under 50 minutes we scaled our expectations way back to two hours. After all this was our honeymoon and just another fun experience. We set off down the road for about three tenths of a mile then turned off the road and up the hill, virtually single file, past the foxglove, heather, thistle and sheep poop. After a while it leveled off and we ran across a bog, stumbling into hidden wet trenches not knowing that we should be jumping from clump of heather to clump of heather. At about the mile mark we started to go up again. Until we were in the clouds, trying to move forward as our feet slid on the scree. We grabbed onto the foxglove and heather, anything to keep from sliding downhill and often found our hands gripping sheep poop and thumb sized black slugs. As the other runners disappeared into the clouds, I crawled on my hands and knees and thought about several things: someone did this in bare feet, how and why do sheep come up here, I can't grow foxglove or heather in a garden in Maine but they thrive in stone above the sunlight, maybe it wasn't 750 feet to the top but 750 meters up hill. Meanwhile, Tom took a compass reading. Then through the silent clouds we heard a horrible rumbling and then saw a rock slide coming at us. The leader was descending. It was beautiful and terrifying to watch as he leapt and skied down his rock slide before crashing, cutting himself on the rocks and then regaining control. Within moments he disappeared again into the cloud cover. Seven more runners flew and crashed past us. Much as I was struggling to get to the top, I began dreading the descent.*

*For the next 30 minutes we were surrounded only by the sound of the howling wind, afraid that we were lost. But how could we be lost on such a steep hill? You were either going up or down and everyone had told us that Glamaig comes to a point. Where were the other runners? I was beginning to understand why it had taken a man 6 hours to complete these 4 ½ miles in 2006 when I heard Tom talking and it wasn't to me. One of the mountain rescue people had heard us and walked down from the top. I couldn't see him and I couldn't see the top but soon we were there with six human beings, two border collies and a shot of whisky (a.k.a. Scotch). They kindly led us down the back of the mountain. For a moment the clouds opened up and the lush green valley below us was lit by a spotlight. I began to relax. Then they told us how to surf the scree and we had ten minutes of effortless, joyous descent and I thought this is fun. That ended when we started to hit chunky patches that sent us crashing to the ground, one leg stuck in the stone as the other continued to slide.*

*Bloody, muddy and bruised we crossed the finish line in 2:53 to shouts of "Well done!" We headed into the pub  
(continued on p. 11)*



## Race Results and Photos...

**Maine Track Club Finishers – For complete results, please visit [www.MaineTrackClub.com](http://www.MaineTrackClub.com)  
For photos, please visit <http://journals.aol.com/davidcolbyyoung/MaineRunningPhotos/>**

### 26th Annual Pat's Pizza Clam Festival Classic 5 Mile Race Yarmouth, ME July 21, 2007

Place	Name	Div	City	Time	Pace
16	Tom Ryan	1/89	M5059	Cape Elizabeth	27:34 5:31
25	Marc Dugas	4/129	M4049	Scarborough	28:12 5:39
27	Tom Noonan	4/107	M3039	Steep Falls	28:21 5:41
44	Floyd Lavery	2/89	M5059	Portland	29:54 5:59
45	Joan Samuelson	1/44	F5059	Freeport	29:55 5:59
47	Tike MacColl	13/48	M1619	Cape Elizabeth	29:59 6:00
55	Scott Hornney	10/129	M4049	Yarmouth	30:28 6:06
65	David Edwards	11/129	M4049	Pownal	31:06 6:14
69	Charlie Whitehead	12/129	M4049	Gorham	31:21 6:17
72	James Toulouse	5/89	M5059	Cape Elizabeth	31:31 6:19
116	Ellie Tucker	2/44	F5059	North Yarmouth	33:08 6:38
127	Gordon Scannell	9/89	M5059	North Yarmouth	33:21 6:41
156	Charles Iselborn	14/89	M5059	Portland	34:11 6:51
160	Brian Cliffe	31/129	M4049	Cape Elizabeth	34:17 6:52
170	Abby Samuelson	4/43	F1619	Freeport	34:36 6:56
174	Kelly Conley	11/113	F3039	Cape Elizabeth	34:42 6:57
178	Scott Samuelson	33/129	M4049	Freeport	34:52 6:59
182	Mark Finnerty	34/129	M4049	Portland	34:58 7:00
184	David Young	20/89	M5059	Danville	35:05 7:01
199	Maxwell Payson	6/27	M0115	Falmouth	35:30 7:06
204	Judith Hardenbrook	1/6	F6069	Kennebunk	35:35 7:07
260	Jay Wilson	51/129	M4049	Portland	36:55 7:23
263	Harry White	3/21	M6069	Scarborough	37:04 7:25
266	Gretchen Read	2/6	F6069	Portland	37:09 7:26
305	John Rogers	61/129	M4049	Yarmouth	37:50 7:34
321	Ryan Abradi	41/48	M1619	Lisbon	38:12 7:39
322	Lisa Lawrence	11/98	F4049	Cape Elizabeth	38:12 7:39
335	Nathan Graham	50/107	M3039	North Yarmouth	38:28 7:42
375	Pete Peters	75/129	M4049	South Portland	39:08 7:50
384	Mallory Vaccaro	27/113	F3039	Yarmouth	39:18 7:52
385	Tim Donovan	77/129	M4049	Brunswick	39:18 7:52
387	Eugene Longobardi	79/129	M4049	South Portland	39:21 7:53
399	Shawn Gilbert	62/107	M3039	South Portland	39:29 7:54
468	Sue Payson	23/98	F4049	Falmouth	40:50 8:10
470	Dennis Smith	48/89	M5059	Yarmouth	40:58 8:12
490	Ron Chase	6/21	M6069	Durham	41:31 8:19
503	Jennifer Noonan	42/113	F3039	Steep Falls	41:44 8:21
526	Gregory Welch	56/89	M5059	South Portland	42:15 8:27
546	Bob Jolicoeur	1/2	M7099	Old Orchard	42:33 8:31
590	Kathryn Whitehead	10/18	F0115	Gorham	43:22 8:41
623	Carol Blakeney	43/98	F4049	Cumberland	44:06 8:50
631	Polly Kenniston	1/1	F7099	Scarborough	44:16 8:52
632	Joseph Cook	66/89	M5059	Westbrook	44:17 8:52
664	Terry Clark	12/21	M6069	Windham	44:53 8:59
698	Heidi Graham	77/113	F3039	North Yarmouth	45:41 9:09
740	Rory Sellers	79/89	M5059	Portland	47:00 9:24
768	Timmi Sellers	27/44	F5059	Portland	47:49 9:34
783	Robert Dewitt	15/21	M6069	Lisbon	48:10 9:38
788	Anita Hampton	29/44	F5059	Scarborough	48:16 9:40
792	Alan Ramsdell	16/21	M6069	Windham	48:21 9:41
863	Donna Bisbee	39/44	F5059	Portland	53:37 10:44
879	Katherine Bowe	106/113	F3039	Gorham	55:27 11:06
881	Bethany Smith	107/113	F3039	South Portland	55:39 11:08
895	Sally Paterson	5/6	F6069	Yarmouth	58:26 11:42
900	Karen Connolly	93/98	F4049	Hollis Center	59:41 11:57
901	Robin Doughty	112/113	F3039	New Gloucester	59:47 11:58
910	Pat Buckley	6/6	F6069	Portland	1:02:37 12:32
917	Elizabeth Miller	44/44	F5059	Portland	1:05:20 13:04



Sam Abradi



Ryan Abradi



Harry White receiving award

# Race Results and Photos...

## 27th Annual Strawberry Festival 5K Farmington, ME July 27, 2007

Place	Name	Div	Time
32	David Young	M54	21:07.2
67	Charles Sawyer	M65	25:02.5
109	Paula Sawyer	F58	30:08.

## Ocean Park 5K Old Orchard Beach, ME July 27, 2007

Place	Name	Div	City	Time	Pace
9	Floyd Lavery	M50	Portland	17:39	5:41
16	Dave Howard	M41	Portland	18:49	6:04
23	Jeanne Hackett	F48	Scarborough	19:08	6:10
31	Kilian Garvey	M41	Buxton	19:40	6:20
42	Robin Carlson	F36	Gorham	20:16	6:32
61	Erin Donovan	F33	Saco	21:43	7:00
70	David Cannons	M40	Portland	22:18	7:11
76	Harry White	M65	Scarborough	22:37	7:17
98	Lloyd Slocum	M74	Hollis	23:59	7:43
125	Zoe Sobel	F16	Cape Elizabeth	25:05	8:05
132	Dick Lajoie	M67	Saco	25:29	8:13
166	Kim Finethy	F50	Brunswick	28:54	9:19
173	Kathleen Reid	F38	South Portland	29:55	9:38
207	Janice Bilodeau	F74	Auburn	39:02	12:34
214	Alexia Adams	F15	Auburn	45:07	14:32
215	Shelby Chouinard	F15	Auburn	45:29	14:39



Judith Hardenbrook

## 16th Annual Peaks Island 5 Mile Road Race Peaks Island, ME July 28, 2007

Place	Name	Div	City	Time	Pace
23	Gordon Scannell	2/33 M54	North Yarmouth	34:18	6:52
26	Gordie Scannell	7/29 M17	North Yarmouth	34:47	6:58
40	Jeanne Hackett	2/31 F48	Scarborough	36:06	7:14
41	Paul Toohey	8/60 M49	Scarborough	36:07	7:14
50	Jennifer Blastow	5/60 F35	Otisfield	36:54	7:23
69	Laurie Nicholas	6/60 F39	Gorham	37:36	7:32
81	Beth Rand	4/31 F47	Cape Elizabeth	38:03	7:37
95	John Rogers	17/60 M49	Yarmouth	38:50	7:46
110	Donna Davis-Rankin	7/31 F45	Manchester	39:32	7:55
114	Shawn Gilbert	18/46 M38	S. Portland	39:37	7:56
118	Dan Hogan	8/33 M56	S. Portland	39:41	7:57
125	Shawna Franklin	7/47 F25	Scarborough	39:58	8:00
129	Mallory Vaccaro	22/251 F34	Yarmouth	40:02	8:01
150	Diane Daley-Kelley	39/168 F51	Casco	41:26	8:18
164	David House	15/33 M57	Cape Elizabeth	42:04	8:25
188	Sean Ireland	30/46 M35	Portland	43:06	8:38
207	George Campbell	39/215 M60	Portsmouth	44:20	8:52
214	Sharon Yu	39/199 F54	Haverhill, MA	44:38	8:56
215	Thomas Chalmers McLaughlin	40/60 M43	Gorham	44:43	8:57
225	Cathy Burnie	39/229 F58	Cumberland	45:00	9:00
229	Jim Prosser	39/246 M62	Portland	45:13	9:03
231	Mary Bauer	39/260 F55	Portland	45:20	9:04
232	Wayde Rankin	42/60 M47	Manchester	45:25	9:05
258	Rae Chalmers McLaughlin	39/321 F50	Gorham	46:09	9:14
279	Ron Boucher	25/33 M59	Wallingford, VT	47:11	9:27
281	Melissa Mirarchi	39/352 F54	Portland	47:14	9:27
306	Bob Branson	39/338 M66	Scarborough	49:01	9:49
322	Marla Keefe	13/27 F53	Casco	49:57	10:00
323	Dennis Kelley	50/60 M42	Casco	49:57	10:00
332	Beth Branson	39/115 F66	Scarborough	50:31	10:07
359	Donna Bisbee	16/27 F50	Portland	53:17	10:40
383	William Morgan	13/13 M62	Kennebunk	59:03	11:49
396	Marilyn Mae Thurber	26/27 F58	Buxton	1:12:49	14:34



Mike Brooks



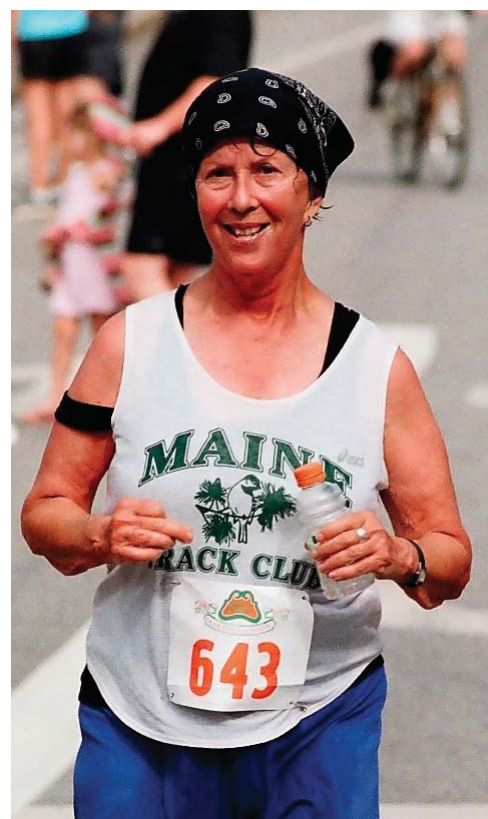
## Race Results and Photos...

### 29th Annual Casco Days Country Run 4 Miler Casco, ME July 28, 2007

Place	Name	Div	City	Time	Pace
69	Paul Letalien	1/19	M50	Portland	29:09 7:18
93	Bonnie Hoag	1/9	F55	Portland	30:13 7:34
329	Denny Morrill	5/14	M67	Portland	38:55 9:44
383	John Painter	7/14	M63	Casco	41:52 10:28
399	Kenneth Spierer	8/14	M64	Portland	43:04 10:46
545	Carlton Mendell	13/14	M85	Windham	1:04:59 16:15
581	Don Penta	14/14	M61	Windham	1:18:48 19:42



Terry Clark



Pat Buckley

*(Glamaig Hill Run continued from p. 8)*

*supper and pint (included in the 6 pound entry fee) and were greeted with applause. As the night wore on we talked to other runners and discovered that many of them are sheep herders who run up and down the hills of Scotland for work and play. We left in awe of their fitness and kindness to two crazy and completely unprepared Americans. The winner finished in 49:48 and won a bottle of whisky. I was dead last but won a bottle of wine for being the first woman in my age group. Our new friends in Scotland say I have to come back to defend my title. We'll see.*



Bob Dewitt



## Race Results and Photos...



Tom Dann, Floyd Lavery, David Edwards



John Rolfe



## Race Results and Photos...



Joan Samuelson



David Body



Ellie Tucker

## August, September and October Races...

Aug 18 Portland Urban/EPIC Triathlon (1.5K swim, 40K bike, 10K run), Portland, Casco Bay Lines ferries anchored at Fort Gorges, 7:00 a.m. Contact: Will Thomas (751-4482) will@tri-maine.com; www.tri-maine.com

Aug 18 **12<sup>th</sup> Annual Breakaway 5K, Old Orchard Beach, Town Square by the pier, 8:00 a.m. Contact: Louie Ladakakos (590-1690) lladakak@maine.rr.com; www.breakaway5k.org**

32<sup>nd</sup> Annual Machias Blueberry 5 Mile & 1 Mile Run, Machias, Congregational Church Parsonage across from Washington County Jail, Court St., 8:00 a.m. Contact: SunriseOpportunities(255-8596)www.machiasblueberry.com/race.html

Washburn August Festival Cross Country 5K, Washburn H.S., 8:00 a.m. Contact: Fred Plissey (493-1142)

Aug 19 Dixfield's 5<sup>th</sup> Annual Bicentennial 5K & 1 Mile Fun Run, Dixfield Village Green, 7:30/9:00 a.m. Contact: Paul Jones (562-7172) paj2@megalink.net

Aug 22 Back Cove 5K (16<sup>th</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) info@runwalkcompany.com or Stu Palmer (725-5178) palmerstu@hotmail.com

Aug 25 29<sup>th</sup> Annual Northeast Harbor 5 Mile Road Race, Northeast Harbor, Sargent Dr., 9:30 a.m. Contact: Jim McCorkle (829-5534) fiveksport@aol.com

Aug 26 L/A 5K Bridge Run & Kids 1K Fun Run, Auburn, Rollerdrome, 12 Riverside Dr., 8:00 a.m. Contact: Mike Lecompte (777-3724) mjlecompt@aol.com

West Kennebunk Fire Co. Fireman Sprint Tri/Duathlon (triathlon: ½K swim, 25K bike, 5K run; duathlon: 3K run, 25K bike, 5K run), Kennebunk, Mother's Beach, 260 Beach Ave., 8:00 a.m. Contact: Jeffrey Cole (985-3361 x120) rd@wkfiretri.com

3<sup>rd</sup> Annual Westport Island Shore Run 10K, Westport Island, Old Town Hall, Rte. 144, 1185 Main Rd., 9:00 a.m. Contact: Rob Whitney (617-234-3878) rob@westportisland.org

Aug 29 Back Cove 5K (17<sup>th</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) info@runwalkcompany.com or Stu Palmer (725-5178) palmerstu@hotmail.com

Sept 1 Mustang Stampede 15K, Monmouth Academy, 8:30 a.m. (kids' 1K at 10 a.m.). Contact: Tom Menendez 783-7789.

Sept 2 Maine Sport Triathlon (.5M swim, 25M bike, 6.6M run), Barrett's Cove, Megunticook Lake, Camden. Contact: Louise Ellis 236-4685.

Sept 3 Bangor Labor Day Road Race (5 miles), Parks and Recreation Center, 9 a.m. Contact: Tracy Willette 992-4490 or Skip Howard 947-4836.

Sept 5 Back Cove Weekly 5K, Back Cove path, Portland, 6 p.m. Contact: John Rogers 773-6601 or Stu Palmer 725-5178.

Sept 8 Sgt. Larry Roukey Memorial 5K Run/Walk, Back Cove path, Portland. Contact: Jayne Pasquali 773-4393 or Dotty Roukey 318-2933 (evenings).

Sept 9 **Dan Cardillo Memorial 5K, Falmouth High School, 9 a.m. Contact: Jeanne Hackett 939-0830 or Marsha Greenberg 766-2602.**

BTLT Race for Space (4 miles), Livesay Soccer Field, corner of Middle Bay and Pennellville Roads, Brunswick, 9 a.m. (kids' run at 10 a.m.). Contact: Nelia Dunbar 725-0998.

Sept 12 Back Cove Weekly 5K, Back Cove path, Portland, 6 p.m. Contact: John Rogers 773- 6601 or Stu Palmer 725-5178.

Sept 15 Lobsterman Triathlon (1.5K swim, 40K bike, 10K run), Winslow Park, Freeport, 8 a.m. Contact: Will Thomas 751-4482.

Sept 16 Portland Trails 10K Trail to Ale, Portland Company, 58 Fore Street, 9 a.m. Contact: Nan Cumming 775-2411.

Sept 22 Pathfinders Trail Run (5K, 10K and kids' fun run), Pineland Farms, New Gloucester, 9 a.m. Contact: David Eldridge 657-3275.

Sept 23 Waterford Fall Foliage 5K, Waterford Flats. Contact: 583-2603.

Sept 28 Rise 'N Shine 5K, Kennebec Savings Bank, Augusta, 6:32 a.m. Contact: Laura Hudson.

Sept 29 Eliot Festival Day 5K, Eliot Fire Station, 8 a.m. Contact: eliot5k@hotmail.com 439-8004.

Oct 6 Presidential Road Race (5 miles), Consolidated School, Kennebunkport, 10 a.m. Contact: Norm Labbe 985-8248 ext. 209.

Saco Bay PT 5K, Howard Sports Arena, Saco, 4 p.m. Contact: Matt Cook 282-7121.

**Oct 7 Sportshoe Center Maine Marathon/Relay/Half Marathon, 7:45 a.m. Contact: Howard Spear 749-9160 or Bob Aube 650-2939.**

Oct 14 New Beginnings 5K Race/Walk, Diaper Run and Tot Trot, Multi-Purpose Center, Lewiston, 9 a.m. Contact: Bob Rowe 795-4077.

**Oct 20 MTC 50-Miler and 50K, Livesay Soccer Field, corner of Middle Bay and Pennellville Rd., Brunswick, 6:30 a.m. Contact: Erik Boucher 774-2654.**

St. Andre's Jack O'Lantern 5K, Marie Joseph Spiritual Center, Biddeford, 8 a.m. Contact: 284-1592.



Bob Jolicoeur



# Friends of the Virgin Islands Beach To Beach Power Swim Marathons to Waves

by Mark Grandonico

Race day was as intimidating as always, but this time was way different. I was toeing the sand for a swim race, not a road race. Many fit, athletic bodies going through the usual pre-race activities made me wish I passed on the key lime pie the night before. I stood in the white sand looking out at the crystal blue water and once again wondered what was I thinking by signing up for a 3.5 mile open ocean swim race. But I was there, and it was time to get it done.

Unlike Maine, there were no wetsuits, booties or gloves. The number one pre-race activity was smathering on the sunscreen, and a lot of it. The water temperature was 83 degrees and sun intense. I had actually planned on wearing my shorty warm water wetsuit for a little extra flotation and streamlining. Luckily, I had spoken with past year swimmers and all agreed it was a bad idea. Between the warm water, the sun and exertion, you would bake.

This was the 4th annual race and actually consists of 4 races. A short course swim of approximately 1 mile, an intermediate course swim of approximately 2 ¼ miles, a long course swim of approximately 3 ½ miles and a relay event. The race benefited the Friends of The Virgin Islands who is a conservation group dedicated to the preservation of the Virgin Islands National Park, a true treasure. This year had 142 participants of all shapes, sizes and ages. You could do the course solo or assisted. Wetsuits, fins, snorkels were considered assisted.

Having never done more than 3 miles in the Y pool, I opted for the "assisted" version and wore my swim fins to guarantee an edge, and finishing. There were people who wore all of their snorkeling gear, by that I mean full dive masks, snorkels and diving fins which are usually twice as long as a pair of training (zoomers) fins. The course takes you from Maho Beach to Cinnamon Beach to Trunk Beach and the finish on Hawksnest Beach. The course is well marked with buoys but can be navigationally challenging, studying the maps from the website (all 14 of them) was a must. There are 2 places in the long course swim where you head straight out to sea and the navigational buoys can be difficult to sight. There

were kayakers to guide you if necessary. Unlike our Triathlons where (I believe) you are allowed to "hold on" to a rescue boat but make no forward progress and then press on. In this event if you touched or held on to one of the assist boats, you were out of the race.

In preparation of this event I started training many months in advance. The question I was asked time and time again was how do you train for a 3.5 mile warm water swim race? I heard advice from Sports Med physicians, long distance swimmers at the pool and a variety of other sources on the web. I applied marathon training to the swim, I simply needed to build up distance. I did 95% of my training in the Y pool in Portland. Started with ½ mile swims, then ramped it up to 1 mile, then 1.5 miles, you get the drift. In my last long swim I covered 3 miles (yes that is a bunch of laps) in 1:45 two weeks before the race so I figured I was ready, not exactly Olympic speed, but enough to get it done.

Why a swim race? A trip a year or so ago to the doctors office put it all in perspective. My 19 marathons and miles and miles of road running were starting to take a toll on the knees. It was either back off the road and retain some meniscus when I was in my 60 and 70's or be done running in the next 5 years. Swimming is by far the best non-impact exercise out there so the choice was easy. If you've done the math yes, just over a year ago I couldn't swim more than 2 lengths of the pool without paramedics and oxygen. A few lessons at the Y and many hours of practice will turn a sinker into a swimmer.

The race started in waves, long course first then intermediates, shorts and relays. Words can't describe the beauty of St John, the water, the coral reefs you (carefully) swim over. Along my 3.5 mile journey I swam over/with eels, giant sea turtles, rays and too many tropical fish to begin to describe. It was simply awesome. Half the time you're looking at the beauty of the coral and fishes and the other half of the time you are trying to stay on course. It turns out my hours of endless laps and flips at the Y pool paid off. I did have the gas and had no problem completing the course. In fact, I felt almost too good and as usual wished I had pressed it more. But hey, there's something to be said for finishing strong and well enough to refuel

with a few Carib's and a burger or 2 at the finishers party.

I completed the course 1:47:13 and was 4th out of the water out of the 22 swimmers who swam the long assisted course, winning my age group of 35-49 year olds. Ok, so there was only 1 other guy in my age group, but a victory is a victory and I went home with hardware. The overall winner was a 16 year old from St Croix, the same girl who won it last year. She was unassisted and out of the water in 1:20:00.

This was a vacation destination type race for me. I spent my 10 days on St John staying at the Maho Bay Camps <http://www.maho.org/>. Maho Bay Camps is probably the most highly praised ecotourism destination in the world. In 1976 they built 18 tent-cottages on 16 foot square platforms in the Virgin Islands National Park using hand construction methods which left the natural environment virtually undisturbed. The platforms are connected by elevated walkways to avoid soil erosion which endangers the beach and fragile coral. That sensitive land use stimulated an explosion of favorable press which has encouraged their growth to 114 units, connected by an extensive network of stairs and boardwalks.

The secluded white sand beach and year-round tropical climate offer a variety of popular water sports including kayaking, windsurfing, sailing, snorkeling and diving. Massage, yoga, National Park presentations, weddings, live music and other activities are available.

The immediate area around Maho Bay Camps has beautiful hiking trails including walks to historic plantation ruins. The town of Cruz Bay offers active night life within half an hour via local taxi service. Warning, this is not the Four Seasons, it's hot and you are in the jungle. If you are easily frightened by geckos, giant iguanas, hermit crabs, wild thunderstorms, wild donkeys and mongoose, get a hotel. There are no TV's, or radios allowed without headsets. The first few nights were challenging, the tree frogs and other jungle varmints are loud. If you want to check out of the hustle and bustle of the world for a few days, Maho Bay Camps is for you.

Do it again? You bet, can't wait for next year.

## Group Runs...

### Kennebunk

**The Kennebunk Thursday Night Group** runs year round, rain or shine. The group size ranges from 7 or 8 to over 20 depending on the weather and time of year. Pace ranges from 7-minute miles to several running 8's to 9's 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 Kennebunkport for libations and dinner, which always wraps up by 9:00 p.m. Meet at Meserves Market Place, Lower Village at 6:00 p.m. Contact: Steve Jacobsen (985-4107 - nights) or (985-3244 - days)

### Biddeford - Saco

For anyone interested in weekly morning runs or weekend early-afternoon runs. Contact: Gene Roy (284-8036)

### Portland - South Portland

**Wednesday Night Running Group** meets at 6:00 p.m. at 593 Washington Avenue in Portland. Distance is anywhere from 5 to 8 miles. Call ahead to confirm meeting place. Contact: John Keeley (756-5309) jkeeley595@aol.com

**Maine Running Company** hosts group runs around the Back Cove starting at 6:00 p.m. come winter, spring, summer or fall. We meet Thursday evenings at the store on Forest Avenue. The run usually includes a 4-mile loop around the Back Cove, and all levels are invited. Contact: John Rogers (773-6601) info@runwalkcompany.com

**The Rat Pack** runs Sunday mornings at 7:00 a.m. from Payson Park. Contact: Mike Reali (829-2014) mreali@crossagency.com

**The Maine Front Runners**, a gay and lesbian running club, meets at Back Cove across from Hannaford every Saturday morning at 9:05 a.m. Everybody welcome. Contact: Jim Estes (415-3329) jim.estes@fairchildsemi.com or dcannons@hotmail.com

**Maine Mall** A group of 4-6 runners meet weekdays at 1:00 p.m. in the area of Darling Avenue and Foden Road near the Maine Mall. The group usually runs 4-6 miles at 8- to 9-minute pace. Contact: Marla Keefe (773-8854) marla.keefe@ctcnet.com

### Falmouth - Cumberland - New Gloucester

**MTC Roasters Run** The Maine Track Club hosts a weekly "Roasters Run" on Saturdays at 7:00 a.m., starting from the parking lot of Maine Roasters Coffee on Route 1 in Falmouth. Runners group themselves based on pace and then go out for runs ranging from 2-20 miles through Falmouth, Portland. The group size averages 18-24, so you can usually find someone in your pace range (from 7-minute miles to walking.) The runners congregate back at Maine Roasters Coffee after finishing to continue discussions over a cup of Joe. The runs are very informal, with the only formality being that they always start at exactly 7:00 a.m. all year long. Not a Saturday has been missed since its inception on March 6, 2004. Contact: Sandy Walton (846-6577) swalton2@maine.rr.com

**New Gloucester Group** meets Sundays at 7:00 a.m. The "road" gang meets in the Pineland YMCA parking lot, and the "trail" gang meets in the Pownal Hall lot for runs of various distances. It might be helpful to add your name to the e-mail list for weekly updates, as times and places sometimes change. Contact: Maureen Sproul (926-4681) msproul@unumprovident.com



Photo by Sandy Walton

Photo by Don Penta



Joseph Cook and Polly Campbell





21st Annual 4-Miler

Friday, August 10, 2007

Picturesque certified 4 mile course around the Eastern Prom, starting and finishing at St. Peter's Church.

Ciao, St. Peter's Road Race is a favorite for runners of all fitness levels. The 4 mile certified course runs along Portland's picturesque Eastern Promenade. After the race enjoy refreshments and cool down before our famous "raffle" and awards ceremony. This is only the beginning of our festivities, come and enjoy pizza, pasta and other Italian food delights along with entertainment for all ages at our Annual Italian Street Festival on Saturday and Sunday evenings.

Fun Run starts at 6:30 PM
4 Mile Race off at 7:00 PM

CHILDREN'S FUN RUN

Fun Run starts at 6:30 P.M. Distance is approximately 1/2 mile. Parents are encouraged to walk or run with their children. Awards to all entrants.



Portland, Maine



THERE'S NOTHING LIKE A REAL ITALIAN.

Special thanks to our sponsors.



Nappi Distributors



MICUCCI GROCERY COMPANY

SPORTSHOE CENTER

MALONE Commercial & Investment Real Estate

Entry Fee: 4-MILER: \$12.00 pre-registered, \$15.00 raceday (First 100 pre-registered before August 7, 2007 will receive a Quality T-Shirt.)

Entry Fee: Children's Fun Run: \$5.00

Register online at www.active.com OFFICIAL ENTRY FORM

In consideration of this entry being accepted, I for myself, my heirs, and assigns hereby waive and release any and all rights and claims I may have against the City of Portland, the sponsors and officials of this race.

NAME AGE ON RACEDAY SEX

E-MAIL ADDRESS

ADDRESS CITY

STATE ZIP TELEPHONE

ST. PETER'S PARISHIONER YES NO DATE OF BIRTH

CHECK ONE: 4-MILER KID'S FUN RUN

RUNNER'S SIGNATURE

(If under 18, parent or guardian must sign.)

- Copies Permissible -

4-MILER ONLY SHIRT SIZE: MED LG XLG

Send me Membership Information on Maine Track Club

FOR OFFICIAL USE #

# 21st Annual Road Race

Celebrating

St. Peter's Italian Street Festival

**Date:** August 10, 2007

**Time:** Race off at 7:00 PM,  
Fun Run off at 6:30 PM

Please arrive early  
for number and late entries

**Where:** St. Peter's Church, corner of  
Federal and India Streets in  
Portland, Maine.

**Course:** Interesting and scenic 4 miles  
around Eastern Promenade section  
of Portland. Split at 2 miles.

**Facilities:** Toilets available

**Features:** T-shirts to all pre-registered  
before August 7, 2007. 4 mile race only.

**Awards:** First male & female finishers.  
All 4 mile runners are eligible for  
random drawing after the race.

All Fun Run finishers receive awards.

**Divisions:** Five-year categories - 19 and under;  
20 - 29; 30 - 34; 35 - 39; 40 - 44;  
45 - 49; 50 - 54; 55 - 59; 60 - 64; 64 +.  
**Only** \*Awards to first male and female

St. Peter's parishioners.

\* NAME MUST BE ON ST. PETER'S REGISTRY.

**Race Directors:** Joe Discato, James Nappi, Michael  
Reali, Maine Track Club.

**Entry Fee:** 4-MILER: \$15.00 race day and \$12.00  
pre-registered  
Fun Run: \$5.00

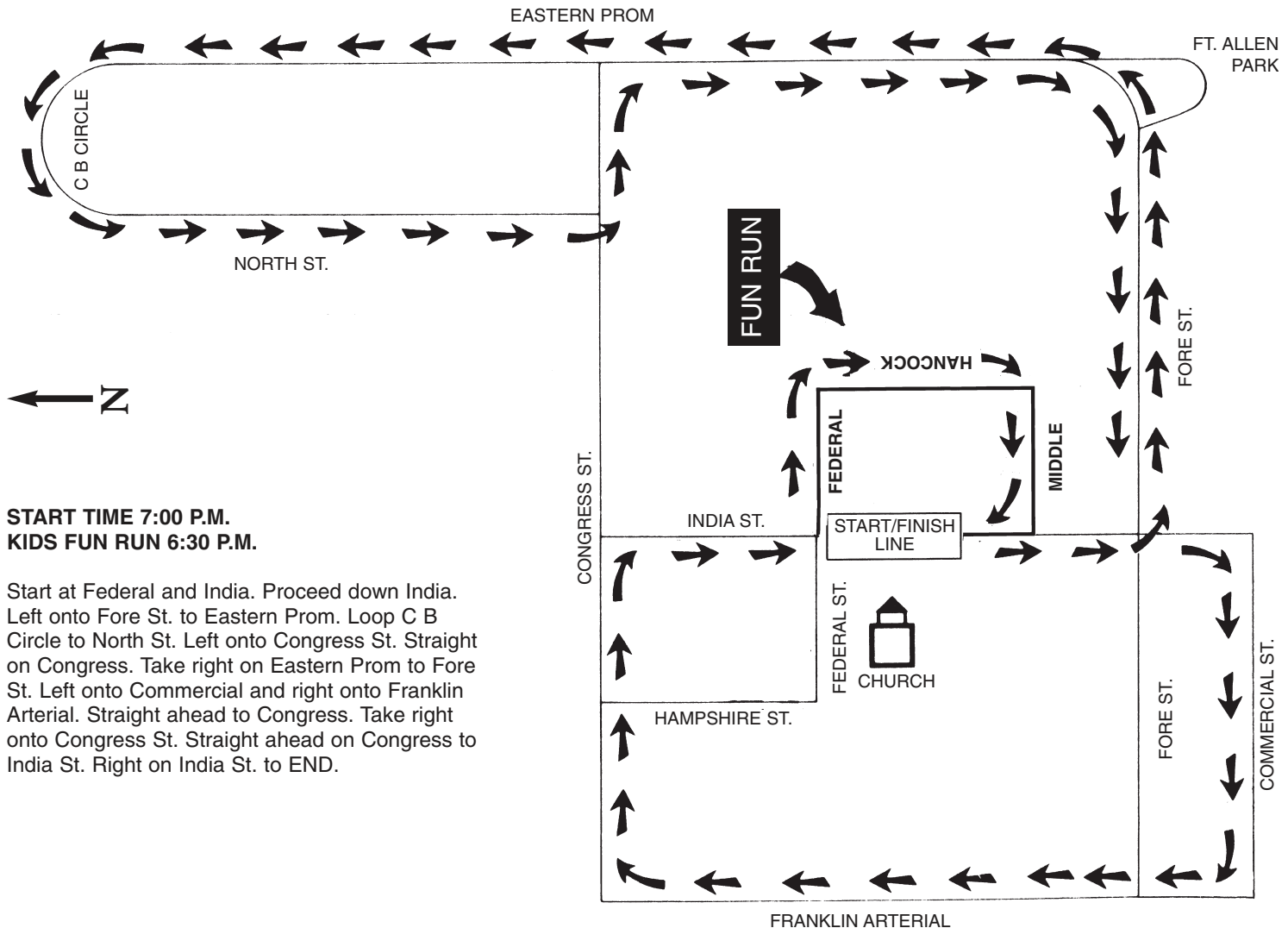
**Mail entries with**  
entrance fee to:

St. Peter's Church 4-Miler  
72 Federal Street  
Portland, ME 04101  
Tel. 773-0748

Checks payable to St. Peter's Church.

**or register on-line:**

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





The MAPS foundation invites you to participate in the 12th annual

OLD ORCHARD BEACH

# Breakaway5K

Road Race and Marilyn Golzbein Memorial Fun Run

on Saturday, August 18th.

Start time 8AM for the race, 9AM for the Fun Run

\$100 prize  
for breaking  
the course  
record!



## COURSE RECORDS



ETHAN HEMPHILL  
15:14  
CHRISTINE SNOW-REASER  
17:48

Prizes for  
overall  
winners!  
1st \$75  
2nd \$50  
3rd \$25

Raffle Prizes given while you wait for the results!

Pre-register at [www.Breakaway5K.org](http://www.Breakaway5K.org)

\$13 for the race (includes T-shirt), \$10 for the fun run (12 and under, no T-shirt)

Or send a check made out to the **MAPS Educational Foundation** to

Louie Ladakakos 12 Woodman Avenue, Saco ME 04072

phone (207) 282-3607 E-mail: [lladakak@maine.m.com](mailto:lladakak@maine.m.com)

### Breakaway 5K details:

Both start and finish are near the beach square. The course follows East and West Grand Avenues to Ocean Park and then returns to the square. The course is flat and fast. PR's are very possible! **USATF certified** (certification code ME 02001RN) Parking is near the start on Milliken Street.

### Fun Run details:

Open to all kids 12 and under, short out and back run medals to all participants Plus free slice of pizza, Dairy Queen ice cream, Old Orchard Beach's famous Pier Fries and freerides at Palace Playland Amusement Park!

Race Day Registration at 6AM In the square near the pier. Race: \$17, Fun Run \$12

Awards: overall 1st, 2nd and 3rd. Also in the following age groups: 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over

Please print

CHECK ONE: 5K FUN RUN

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Birth Date \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

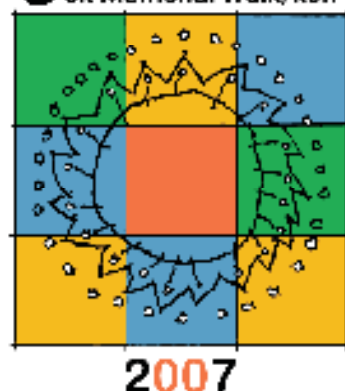
T-Shirt size (5K racers only): M L XL

**NO REFUNDS, EXCHANGES OR TRANSFERS. ENTRY 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 effects of the weather including high heat and/or humidity, traffic, and the conditions of the road; all such risks being known and appreciated 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 Town of Old Orchard Beach, Maine Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.**

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_ PARENT SIGNATURE IF UNDER 18 YRS.

# 9<sup>th</sup> Annual Dan Cardillo 5K Memorial Walk/Run



## 9<sup>th</sup> ANNUAL DAN CARDILLO MEMORIAL 5K Sunday, September 9, 2007 9:00 AM

**Certified Course!**

Course Records: Ethan Hemphill 15:23 (2005) Sheri Piers 17:33 (2006)

### SPONSORS:

Atlantic Sportswear / Bath Savings Institution / Daniel T. Haley Insurance Agency / Downeast Mortgage Corp. / National Distributors / Peak Performance Multisport / R. J. Grondin & Sons, Inc. / The Shipyard Brewery / The Greenshoe Group

#### Race Timing:

Maine Track Club

#### Race Co-Directors:

Jeanne Hackett (207) 839-0830 and Marsha Greenberg (207) 766-2602

#### Cost:

\$15.00 Pre-registration received by September 7 (Tee-shirt for 1<sup>st</sup> 150 registrants)

#### Purpose:

Dan Cardillo was a future Olympian and spirited youth who was loved by many. He died tragically in a skiing accident while training for the Junior Olympics. He loved life and always tried his best no matter what he did. In the spirit of Dan, come say, "I Ran for Dan." 100% of the proceeds go to the Dan Cardillo Charitable Fund at the Maine Community Foundation, which provides scholarships for spirited young people.

#### Race Day Registration:

\$20.00 7:00 – 8:30 a.m. **SAVE \$5 and register online early!!**

Falmouth High School, 52 Woodville Road, Falmouth



#### Running Awards 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Open Overall

Masters Division

Team

Age Groups 14-Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

#### Course:

Starts in front of Falmouth Middle School. Woodville Road to Woods Road through The Woodlands and finishes on the track at Falmouth High School.

*Consider online registration instead!*

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

### 9<sup>th</sup> Dan Cardillo Memorial 5K Run/Walk

Name \_\_\_\_\_ Last Name \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_ Tel \_\_\_\_\_

Team Name \_\_\_\_\_ (Members must pre-register individually) T-Shirt S M L XL

Pre-Registration: \$15.00 by September 7, 2007 \$20.00 if received after 9/7

#### Mail Form to:

Jeanne Hackett, 20 Sylvan Rd., Scarborough, ME 04074

#### Race Packet Pick-up

Pick your number up on Saturday September 8 from 5:00-6:30 p.m. at Peak Performance Multisport 317 Marginal Way in Portland. Enter a drawing to win a pair of free running shoes!

I understand that running a road race is a potentially hazardous activity. I further understand that I should not enter the road race 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 event. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and conditions of the road, all such risks being understood and appreciated by me. By signing and this waiver and understanding 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 Maine Track Club, The Maine Community Foundation, Town of Falmouth and all sponsors, their representatives and successors from any claims or liabilities or causes of action of any kind arising out of my participation in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_ E-mail: \_\_\_\_\_

Parent's Signature if under 18 \_\_\_\_\_ **Checks payable to: Dan Cardillo Charitable Fund**



# PORTLAND TRAILS 8<sup>TH</sup> ANNUAL 10K RACE/WALK

## SEPTEMBER 16TH, 9:00 AM

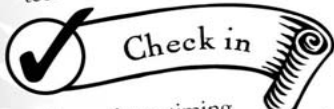


**Registration**  
MAIL: Portland Trails,  
305 Commercial Street, Portland, ME 04101

RACE DAY: 7:30 - 8:30 a.m.  
Portland Company, 58 Fore Street

ONLINE: [www.active.com](http://www.active.com)

The first 350 participants receive a technical running shirt from Mizuno!

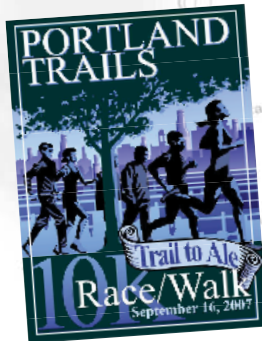


**Check in**  
Bib numbers, timing chips, and shirts can be picked up on race day from 7:30 to 8:30 a.m. at The Portland Company, Building 2 or on 9/14 (10am-6pm) or 9/15 (9am-5pm) at the Maine Running Company, 563 Forest Avenue.

Free race day parking is available courtesy of GG Direct and The Village Cafe.



**Party**  
A post race party will be held at the registration area at Portland Company from 9:30 to 11:30 a.m. Pizza, courtesy of Portland Pie Company, and complimentary beverages will be served. Awards and raffle prizes will be given out at 10:30 a.m.



**The Course**  
The starting line is on the Eastern Prom Trail near East End Beach.

Runners and walkers are invited to walk approximately one mile from the registration area to the starting line as a warm-up—or enjoy a free ride on the Maine Narrow Gauge Railroad. Folks arriving after 8:00 a.m. should plan on a 20-minute walk to the start. The 10K loops

Back Cove and finishes back near the registration area. The entire course is on off-road trails with stone dust and paved surfaces.

Chip timing by Bay State Racing Services.



**Awards**  
Top 3 women and top 3 men overall receive framed awards courtesy of Grapheteria

TOP 3 MEN & WOMEN: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

WALKERS: We encourage walkers to join our fun, non-competitive 10K walk.

FOR MORE INFO: [www.trails.org](http://www.trails.org), 207-775-2411, or [isabel@trails.org](mailto:isabel@trails.org)

## PORTLAND TRAILS 10K RACE/WALK REGISTRATION FORM

• 1 person per form please — photocopies accepted •

\$\_\_\_\_ Registration : \$15.00 before September 10  
\$18.00 after September 10

\$\_\_\_\_ Additional donation enclosed to help  
build more trails around Portland

\$\_\_\_\_ I'd like to be a member of Portland Trails.  
(Individual - \$35/Family -\$50)

\$\_\_\_\_ TOTAL —checks payable to Portland Trails

☐ Please charge my MC/VISA  
#\_\_\_\_\_ exp\_/\_/\_\_\_\_

### PLEASE PRINT

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_

Gender M ☐ F ☐ Age on race day \_\_\_\_\_

Email \_\_\_\_\_

Birth Date (MM/DD/YY) \_\_\_\_/\_\_\_\_/\_\_\_\_

Tee shirt request S ☐ M ☐ L ☐ XL ☐

I understand that running a road race is a potentially hazardous activity. I further understand that I should not enter the road race 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, including high heat and/or humidity, traffic and conditions of the trails, all such risks being understood and appreciated by me. Having read this waiver and understanding these facts, and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Portland Trails, Split Time Race Management, and all sponsors and volunteers, their representatives and successors from any claims or liabilities or causes of action of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature **X** \_\_\_\_\_

(Signature of Parent/Guardian if under 18)



## Registration Form

Name: \_\_\_\_\_  
 Marathon, Half Marathon, or Relay Captain

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ ☐ Male ☐ Female

Age on Race Day: \_\_\_\_\_

Want more info about Maine Track Club? ☐

Event Fees	By 9/1	By 9/6	On 10/7	
Maine Marathon	\$45	\$50	\$55	\$ _____
Marathon Relay	\$80	\$100	NA	\$ _____
Half Marathon	\$30	\$35	\$40	\$ _____

Additional Donation to Winter Kids  
 (Fighting childhood obesity through healthy winter activity) \$ \_\_\_\_\_

Maine Marathon Huts \$16.00 (includes postage) \$ \_\_\_\_\_

Number of Huts \_\_\_\_\_

Royal \_\_\_\_\_ Carolina Blue \_\_\_\_\_ Lime \_\_\_\_\_ White \_\_\_\_\_

### All-You-Can-Eat Pasta Buffet USM, October 6th 5:00-8:00 pm.

Number of Adults (\$10.00 each/\$12.00 w/ drink) \$ \_\_\_\_\_

Number of Children (\$2.00 each) \$ \_\_\_\_\_

**U.S. Funds Only -- NO REFUNDS.** Transfer between marathon and half marathon acceptable. Checks can be made payable and mailed with your completed application to:  
 Maine Marathon, P.O. Box 10836, Portland, ME 04104



## MAINE MARATHON/RELAY/ HALF MARATHON

October 7, 2007

7:45 a.m.

Portland, Maine

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

## Relay Registration & Rules

The Sportshoe Center Maine Marathon Relay will be run simultaneously and on the same course as the marathon. There are four legs of the relay (approximately 4-5 miles per leg). Teams must have a minimum of two members and a maximum of four members. Each member must run at least one full leg, and any member can run up to three legs in any order chosen. Relay exchange locations and info will be mailed to the Team Captain prior to race day. Transportation to and from the Exchange Point is the responsibility of the teams.

**LIMIT: 1st 50 YEARS**

### **NO RACE-DAY REGISTRATION FOR RELAY**

Team Name: \_\_\_\_\_  
☐ Male ☐ Female ☐ Mixed

1. Team Captain: \_\_\_\_\_

2. Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ ☐ Male ☐ Female

Signed: \_\_\_\_\_

3. Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ ☐ Male ☐ Female

Signed: \_\_\_\_\_

4. Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ ☐ Male ☐ Female

Signed: \_\_\_\_\_

## Race Agreement

**By signing below or above, you understand and agree to the following:**

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 direction 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 wind, rain, and snow), traffic, and conditions of the road, in combination of your accepting my entry. I further understand and agree to be held harmless by the City of Portland, the Town of Falmouth, Cumberland, and Wrentham, and all sponsors, officials, and volunteers from and against all actions, omissions, liabilities, claims, demands, costs (including legal fees and expenses) or damages arising out of my participation in this event, whether the result of negligence or any of the foregoing parties or otherwise. You must expect to finish by 2:00 pm. (Medical and course support will end by this time.) I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. NO BACKSHEETS, BABY STROLLERS, INDS, HANDCYCLES

Signed: \_\_\_\_\_



## FREEPORT FITNESS 5K WALK/RUN

Sat. Oct 20, 2007



Registration: 8:45 a.m. Run/walk Start 10:00 a.m.  
Begins and ends at Freeport High School, Holbrook Street, Freeport  
 FMI: (207) 865-2820

Preregistration: \$12.00 Race day registration: \$17.00

*All monies raised will benefit the Freeport Girls Athletic programs through the active participation of Kristin Center, Mrs. Maine United States 2007 in her efforts to promote her platform of "Adolescent Fitness - with a focus on girls' fitness" Please visit [www.mrsmaine07.com](http://www.mrsmaine07.com)*

Runner Registration

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Contact's phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

\*\*\*\*\*NO REFUNDS\*\*\*\*\*

Liability Waiver

I understand that running a road race is potentially a hazardous activity. I further understand that I should not enter a road race unless I am medically able and properly trained. I agree by my decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat/humidity, traffic conditions of the road, all such risks being understood and appreciated by me. Having read the waiver and understanding these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release all sponsors and any of its agents or representatives from any claims or liabilities or causes of action of any kind arising out of my participation in this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature if under 18: \_\_\_\_\_

Mail completed form with payment to:

Kristin Center, Mrs. Maine 2007, 7 Kendall Lane, Freeport, ME 04032

USA Track & Field  
Certified  
50M (ME-05006RF)  
50K (ME-05007RF)

# Maine Track Club Ultra 50 Miler & 50K Saturday, October 20, 2007 Brunswick, Maine



\*\*\* BOTH RACES START AT 6:30 A.M. \*\*\*

**EVENT DESCRIPTION:** This is a small, low-frills event with a lot of history and dedicated volunteers who support ultrarunning. The flat, scenic road course is a series of 4-mile loops. There are a few small gradual hills that will utilize different muscle groups, but nothing so steep that it would require you to walk. A dirt apron exists along many stretches of the road. Runners will pass fields that stretch out, and woods that provide shade. The few passing cars will travel roads with a 35 MPH speed limit. Runners may hear the occasional blast from a hunter's shotgun, or the buzz of planes taking off and landing at the nearby Brunswick Naval Air Station. All runners will start by going out-and-back 1 mile. Participants of the 50-Mile event will complete 12 loops. Participants of the 50K event will complete 7 loops, and then go out-and-back another 1/2 mile.

**COURSE SUPPORT:** A large group of enthusiastic volunteers will provide support at the start/finish line. There will be plenty of appropriate foods and drinks for the ultra runner. A bathroom is available every 4 miles. A self-serve aid station will be positioned 2 miles from the start/finish area. Locker room & post-race showers are available at nearby Bowdoin College.

**REGISTRATION:** Race-day registration and number pick-up at the start line beginning at 6:00 AM.

**ENTRY FEE:** \$35 before 10/6, \$45 after 10/6. All runners who registered before 10/6 will be guaranteed a long-sleeve technical running shirt.

**PREPARATION:** All participants are expected to have trained for a 50-mile or 50K road race. Runners have the option of switching from the 50-mile to the 50K, or vice versa, while the

event is in progress. The race director reserves the right to remove any competitor from the race at any time. The course will be closed at 6:00 PM.

**AWARDS:** Top male and female overall finishers and in each age group (Under 30, 30-39, 40-49, 50-59, 60+)

**COURSE RECORD 50-MILE:**

Male	Bernd Heinrich	5:22:48
Female	Ellen McCurtin	6:19:59

**START/FINISH LINE:** Located in an open area known as The Grove. This area is a close walk from the YMCA building. No vehicles will be allowed in this area.

**DIRECTIONS TO START** Located near the corner of Pennellville and Middle Bay Road in Brunswick, Maine. Take Exit 28 off I-295 onto Route 1 North. Remain in the right hand lane past 5 stop lights, and proceed straight onto Pleasant Street rather than making sharp left curve on Route 1 toward Bath. Turn right onto Maine Street. There will be a 7-Eleven gas station on your right. Follow Maine Street past Bowdoin College. Pass Parkview Medical Center about 1 mile after Bowdoin College, and then bear left at fork onto Mere Point Road. You will go approx. 3/4 of a mile until you come to Middle Bay Road where you will make a left. Go another 1/4 mile and turn right on Pennellville Rd. Park near the soccer field.

**FOR MORE INFORMATION CONTACT:**

Erik Boucher (207-210-8655) ebouche1@maine.rr.com

**MAIL THIS FORM:** With your \$35 check (\$45 after October 6<sup>th</sup>), make checks payable to Maine Track Club. Mail to: Erik Boucher • 66 Grant Street, #4 • Portland, ME 04101-2277

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50 MILER <input type="checkbox"/>	50K <input type="checkbox"/>	SEX	M <input type="checkbox"/>	F <input type="checkbox"/>	DATE OF BIRTH _____
NAME _____		AGE RACE DAY _____			
First Last					
ADDRESS _____		EVE PHONE _____			
CITY _____		STATE _____ ZIP _____			
LONG-SLEEVE TECHNICAL SHIRT SIZES <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>					

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 or contact with other participants, the effect of the weather (including wind, rain, 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, Race Staff, the Town of Brunswick, Maine Running Company, and all other sponsors, their representatives and successors from all claims or liabilities arising out of my participation in this event. NO RADIO HEADSETS • NO BABY STROLLERS • NO REFUNDS

SIGNATURE (PARENT if under 18) \_\_\_\_\_





The Maine Chapter of the  
American Physical Therapy  
Association presents the

# 18<sup>th</sup> Annual PT8K

Sunday October 21<sup>st</sup> 2007  
Brunswick High School  
Maquoit Road, Brunswick

Registration: 7:30-8:30 am  
Stretching Clinic: 8:30am  
Race Start: 9:00am  
Post Race Massages: 10:00am  
Awards ceremony: 10:15am

CO-SPONSORED BY  
Mid Coast Hospital  
Parkview Adventist Medical Center  
Coastal Orthopedics  
Orthopedic and Sports PT Clinic  
Advanced/Atlantic Physical Therapy  
New England Rehabilitation Hospital of Portland

## RACE FEATURES

- FAST, FLAT, USATF certified 8K Course with ocean views
- Approximately \$2,000 in prizes
- Pre-Race stretching clinic
- Post-Race sports massages
- Shower facilities available
- Finish/Timing by the Maine Track Club
- Full Results Published
- Post-Race Refreshments
- Prompt results

## AWARDS

- First 4 male and female finishers
- First 3 male and female finishers in age group divisions: 17 and under, 18-29, 30-39, 40-49, 50-59, 60-69, and 70+
- Top 3 PT or PTA finishers
- Top 3 wheelchair finishers
- Top 2 Teams – first 5 team members to finish count in the team time

## DIRECTIONS

Take I-95 to Exit 28 (Brunswick), follow exit onto Rte. 1 N and continue straight onto Pleasant Street into downtown Brunswick. Take right onto Maine Street. Follow Maine Street for 1 mile then take the right fork onto Maquoit Rd. School entrance is about ½ mile on the right. Registration will be at the rear of the school.

## ADDITIONAL INFORMATION

Contact Race Director, Jill Weybrant at (207) 373-6175

## REGISTRATION/ENTRY FEES

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Phone: \_\_\_\_\_

### Entry Fees – Check All Appropriate

\_\_\_ \$15 Pre-Registration with T-shirt by Sept 29<sup>th</sup>

\_\_\_ SM \_\_\_ MD \_\_\_ LG \_\_\_ XL

\_\_\_ \$8 Pre-Registration without T-shirt by Oct 15<sup>th</sup>

\_\_\_ \$10 Day of Race Registration without T-shirt

\_\_\_ Maine Track Club Member - No fee

### Special Classes – Check All Appropriate

\_\_\_ Team Name: \_\_\_\_\_

\_\_\_ PT or PTA Assistant

\_\_\_ Wheelchair Racer

### T-Shirt Notice: T-shirts are long sleeve.

Every attempt will be made to provide T-shirts to all who pre-register for \$15. However, only those registrations received by Sept. 29<sup>th</sup> are guaranteed. A \$7 refund will be granted if we are unable to fulfill T-shirt requests received after the deadline.

**Please make check payable to : MAINE APTA  
And Mail to: c/o Jan Geyer P.O. Box 1783  
Portland, ME 04104-1783**

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 risk associated with running this event including, but not limited to falls, contact with other participants, effects of weather, traffic and road conditions, and all such risks known and appreciated 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 Maine Chapter of the APTA, Maine Track Club, and Brunswick High School, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. **Note: Traffic control volunteers will be on the course, but all roads will be open to traffic.**

Signature \_\_\_\_\_

Date \_\_\_\_\_

(Parent signature if under 18)  
No Baby Strollers or Headsets allowed.  
No Refunds

**Central Maine Medical Center presents the First Annual:**



**Trick or Treat Trail  
Run/Walk & Kid's Fun Run  
& Family Cancer Prevention & Health Awareness Fair**

**Sunday, October 28th**

**8:00 a.m. - noon**

**Lost Valley Lodge, Auburn, Maine**

<b>8:00 a.m.</b>	<b>Race Registration opens</b>
<b>8:45 a.m.</b>	<b>Kid's Fun Run Begins (1K)</b>
<b>9:15 a.m.</b>	<b>Race Begins (5K)</b>
<b>10:15 a.m.</b>	<b>Race Prizes &amp; awards</b>
<b>8:00-noon</b>	<b>Family Cancer Prevention &amp; Health Awareness Fair</b>
<b>11:00 a.m.</b>	<b>Kid's costume contest awards</b>

**Location:** Lost Valley Trails: Scenic & well-maintained trail system, including woods & open orchards.

**Race Director:** Aaron Swift

**\*Entry Fee:** Prereg. \$15; Race Day:\$18; Kid's Run:\$5

**T-shirts:** 1st 150 registered

**Kid's Run:** All will receive award at finish line-no t-shirts

**Awards:** Cash prizes, top overall finishers, plus unique awards for many other categories (age groups, best runner's costume, 1st time runner, mid-pack, etc.)

**Participants & Spectators are encouraged to wear costumes!**

**REGISTER ONLINE AT [WWW.ACTIVE.COM](http://WWW.ACTIVE.COM) OR COMPLETE & MAIL ENTRY FORM BELOW**

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **SEX:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_

**STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_ **TELEPHONE:** \_\_\_\_\_

**REGISTRATION FOR:** ☐ 5k Trail Run ☐ Kid's Run

**T-SHIRT:** ☐ Adult Small ☐ Adult Medium ☐ Adult Large ☐ Adult XL

**Waiver:** I understand that running a race is a potentially hazardous activity. I further understand that I should not enter the race 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 conditions of the trails, all such risks being understood and appreciated by me. Having read this waiver & understanding these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Central Maine Medical Center and Lost Valley Lodge, and any other sponsors, their representatives and successors from any claims or liabilities or causes of action of any kind arising out of my participation in this event.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**Parent/Guardian signature if under 18 years of age:** \_\_\_\_\_

*Mail check payable to CMMC Fund # 101 and mail with registration form to:*  
Kerry Irish, Central Maine Comprehensive Cancer Center, 12 High St, Suite 205, Lewiston, ME 04240  
\* All proceeds from race will go to benefit the Cancer Prevention, Screening, & Outreach Activities



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 #MEO3003RF)

**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 Dyer Road. The middle school entrance is on the left about 1/4 mile down Scott Dyer.

## **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](http://www.MaineTrackClub.com) or [www.Active.com](http://www.Active.com)**

**WAVER: (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

# Ever wanted to be a Coach?



The RRCA will be holding coaching certification  
on October 5 & 6 in Portland, Oregon  
in conjunction with the Portland Marathon on October 7<sup>th</sup>.



There are currently more than 250 RRCA certified coaches across the US in 35 states. (**0 in Maine and only 8 in the New England states.**)

The RRCA program focuses on issues specific to adult road running and racing, including coaching fundamentals, scientific background and the establishment of training schedules and goals to help athletes reach their running potential. Whether the goals are race specific or general fitness, this program will provide the background and training to work with individual runners.

**Prerequisites:** Participants should be active runners with an interest in improving their own running or in coaching others. Intellectual interest in the sport helps as does seeking information about running from sports scientists and experienced coaches.

The program consists of approximately 16 hours of class lecture and practical group exercises over 2 days. There is a take home exam. The exam includes a variety of question formats including multiple choice, fill in the blank, true or false and essay.

## **Day One:** Basis of Coaching and Training

- \* coaching fundamentals and philosophies
- \* laws of training
- \* exercise physiology and energy systems
- \* sports nutrition
- \* sports psychology
- \* injury prevention and treatment

## **Day Two:** Techniques of Training

- \* training cycles
- \* training progressions
- \* race planning and recovery
- \* effort based and heart rate training
- \* individualization of coaching
- \* developing training and racing plans



**RRCA Certification:** Take home test must be completed and sent to the RRCA class instructor within 3 months of taking the certification class. Certification requires a passing grade on multiple choice, fill in the blank and true/false questions and demonstration of basic coaching techniques and principles on the essay questions. RRCA certification does not need to be renewed. However, CPR and First Aid certifications (see below) must be maintained to be listed as an active coach. There will be opportunities for advanced classes in special coaching areas offered yearly.

**CPR and First Aid Certifications:** Need to be current before final RRCA certification is granted. These courses are available in your local area from several providers including the Red Cross. Proof of CPR and First Aid certifications need to be submitted at the time of RRCA take home test submission. CPR and First Aid certifications need to be kept current to maintain active RRCA certification status.

**Coaching Code of Ethics:** The RRCA has adopted a coaching code of ethics based on that of the United States Olympic Committee. Certified coaches are expected to be familiar with and adhere to this code.

There is no online certification. Coaching involves learning to do personal interaction. This interaction can not be simulated by reading or listening and answering questions. Interactive experience is provided by group exercises within the program.

Cost for the 2 day certification class is \$225. You must register for the certification class by September 28 or before it is filled, (limited to 30). For additional information call 503-692-5126 or visit <http://www.rrca.org/programs/coaching> and to register visit <https://www.teamoregon.com/commerce/rrcacoachcert.php?location=portland2007>

## **CONTACT:**

Patti Finke, RRCA Coaching Committee Chairperson  
[coaching@rrca.org](mailto:coaching@rrca.org)

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

**Newsletters Online:** [www.rootsweb.com/~meandrhs/mtcarchives.html](http://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](http://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/>





**Voted Maine's *BEST* Running Specialty Store!**

***Runner's World "Runner's Choice" Awards 2007***

- ***#1 Rated Running Specialty Store in Maine***
- ***#2 Rated Running Specialty Store in New England***
- ***"Top 50" Best Running Stores in America***

**Thank You Maine Runner's For your Vote!**

**563 Forest Ave. Portland 773-6601**

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

## **MTC Board Meeting Minutes 06/12/07**

**Attendance:** Mark G., Erik B., Don P., Tom M., Lisa D., Mallory V., Ward G., Mike B., Francis B., Bonnie T., Bob A., Sandy W., John K., Mike D.

**Treasurers Report:** Ward reported a balance of \$16,327 and \$975.00 in bills knocking the total to \$15,606. A printer was bought and we still need to get a laptop.

**Membership Report:** Bonnie reported that there are 697 members with 388 households, roughly the same as last year at this time. Bonnie stated that she was all set with membership – postage, envelopes, etc.

**News\*Run Report:** Sandy has completed the spring issue. A majority of the membership still wants paper over going green. Members will have the option. A motion was passed to leave it alone for now. Tom McLaughlin has taken over as the new editor. A subcommittee of Mark, Erik, Don, and Tom will get together soon to discuss Newsrun content issues.

**Equipment:** The club needs to buy a new clock as 2 are on the fritz and new one has had issues. Mark to procure. We will also be buying a new laptop, Bob A to research most compatible laptop for our time machine. The Trailer is still being stored in Phil's yard in Scarborough. Anyone have a garage???

### **Race Committee Report:**

**Pineland Farms:** Eric reported the Pineland race went very well, next year may need to raise entrance fee and find ways to cut costs. Thanks to Eric and Ian – an excellent job well done!

**Maine Marathon:** Howard Spear has resigned and will be leaving at the end of next year unless a replacement is found sooner.

**NE Mile Race:** All set, Bob and Charlie will assist.

**Beach to Beacon:** We still need 25 more volunteers for the Finish Area Security. Volunteer numbers are ahead of last year.

**Portland Trails:** Mark read a Thank You letter from the Portland Trails. The MTC donated \$100.00 in support of this organization.

### **Special Events Report:**

**Annual MTC Picnic:** A tentative date of Aug. 16 was decided. As the previous years, the picnic will at Two Lights State Park. Mark needs to book the park if it is still available and set up a planning committee.

**Clothing Report:** Medium and large singlets have been ordered. Mike is also going to order new MTC decals for Bonnie. The next order for MTC clothing will have the new logo.

**General Membership Meeting:** The meetings at Rivalries are going well. The October meeting will be moved from Tuesday to Thursday night.

**Volunteer Recognition Program:** The new system for giving volunteers rewards is going well, just needs a few tweaks to involve race directors before a race, Erik to follow up. Lisa D has drafted a memo Mark will attach in one of his it's Friday club updates.

**MTC Postage – Bulk Mail:** Mark reported that he has signed the club up for an on-line account to manage our postal account. Mark and Erik have access.

**Portland Public Works:** Mark read a letter we received from the Portland Public works. They wanted to know who marked up Stevens Ave and Walton. It was the McCauley Walk/Race for Hope race back in May. Mark responded to the city and let them know this was not a MTC event. We will also contact race directors about road marking. It is not allowed for many safety reasons. Code must be followed.

**Beth Rand Photography:** We received a request from Beth to shoot photo's then sell them at the NE Mile Race. Since this is not an MTC "Owned" race, we directed her to the race director, Pete B.

**LOCO Shoes – Maine Coast Half Marathon:** This new race was discussed in great detail. It was decided to let the race director know that we feel the new event does conflict with the Maine Marathon/Half. We will ask LOCO to look at a better, non-conflicting date for the following years should the race continue.

### **Open Floor:**

Jeanne Hackett has requested and will be allowed to use a clock for the July 13th race for the Maine Youth Center. This is a kids running program we supported and advertised.

**Next Board Meeting:** Tues. August 14<sup>th</sup>, Norway Savings Bank - Falmouth 6-8 p.m.

**Next Membership Social:** Thurs. August 16<sup>th</sup>, Two Lights State Park - Cape Elizabeth 5-8 p.m.

**Next Membership Meeting:** Thurs. October ??<sup>th</sup>, Rivalries Sports Bar - Portland 6-8 p.m.

Submitted 06/13/07  
Francis Bauer  
Secretary



*by Mike Brooks*

## **Boulder Backroads Marathon and Half Marathon Boulder, CO September 24, 2006**

I flew into Denver and stayed at a friend's home. Another running buddy from Indiana also stayed with us. All three of us ran the marathon. You get a nice high tech Goolite shirt, beer glass and goodie bag at packet pick up. It is about a 45 minute drive from Denver to the Boulder race start. There are also plenty of accommodations in Boulder. The marathon starts at 7:00 a.m. and the Half at 8:00 a.m. Both races run on 90% dirt roads and 10% paved roads. There are some hills on the marathon course but none I would consider a major climb. The only thing about the race that I found difficult was the 5200 to 5800' altitude. The dirt roads were in excellent shape and were easy on the feet; a great running surface for sure. There were aid stations every 2 to 2.5 miles with sports drink, water and some had bananas, pretzels, candy and Cliff shots. The weather was excellent for running: 30's at the start and about 60 by the time I finished. It was sunny during the entire race. This is a very scenic race with the snow capped Rocky Mountains to the west and different type ranches all along the course. At one point horses trotted along a fence as I ran on the other side. This is a loop type course with the start and finish within a half mile of each other. There was plenty of food at the finish including chili, bagels, bananas, cookies and free microbrew beer. Massages were available but not free.

I really enjoyed this race because it was so scenic, a fairly easy course, it was well organized, and the dirt roads were so nice and easy to run on. Other pluses were the friendly volunteers and the surprising number of cheering spectators for a race on the "Backroads".

The only negatives involved with the race were minor. It was about a half mile walk to the start, a lot of traffic getting out and the finisher's medal could be better.

I flew in the day before the race and left the day after in the early morning so I did not get a chance to look around much. Denver and the surrounding area have plenty to interest the sightseer though. Hiking, biking, and visiting the Capitol building are just a few of the many things to do.

Staying with friends, perfect weather, nice marathon, does it get any better than this?

There is also a marathon right in Denver that was on May 20<sup>th</sup> 2007. My Colorado friend says the Colorado Colfax marathon is a good one. For more information on the Colorado Colfax Marathon or the Boulder Backroads marathon go to [www.marathonguide.com](http://www.marathonguide.com).

## **Equinox Marathon and Relay Fairbanks, AK September 16, 2006**

My wife and I flew into Fairbanks. Anchorage is the next closest major airport but is 350 miles, by auto, south of Fairbanks. We stayed a week at the Seven Gables Inn. This location was close to the airport, the race start, it was reasonably priced and had a great breakfast every morning.

There are plenty of things to do in Alaska but this was the end of the major tourist season. Attractions like the gold mines and riverboat rides closed the Monday after the race. Denali National Park shuttle bus tours stopped running the day before the marathon.

We did a day trip to Denali N.P. which is a 120 mile drive from Fairbanks each way on excellent roads. Denise and I took the six hour shuttle bus tour that takes you about 50 miles into the park. The scenery was spectacular but all we saw for wildlife were Dally sheep. On a previous trip to the park we saw caribou, grizzlies, Dally sheep and a lynx. Another day we went to the town of "North Pole" to mail postcards to the grand children. The next stop was in the town of Fox for a close up view of the Alaska pipeline. Back in Fairbanks we went to The University of Alaska to see musk ox and caribou. On a separate day we visited the excellent museum at the University.

Other tours we did in the Fairbanks area was a boat ride aboard the Riverboat Discovery, the No.8 Gold Dredge and the Eldorado Gold Mine. All three of these we really enjoyed especially panning for gold and the Indian village tour that was part of the top rated riverboat trip.

We spent another day driving to the Artic Circle on the Dalton Highway. This is a 200 mile ride each way from Fairbanks, 115 of it on the Dalton. The Dalton Highway is very rough in places and has sharp rocks that can easily puncture a tire. Large trucks hauling supplies to the North Slope are the majority vehicle on the road and can pick up a rock to crack your windshield. Most car rentals do not allow you to drive on the "Haul Road".

The packet pick up and pasta dinner is held at the Pump House restaurant which sits next to the Chena river. The location was nice and the dinner very good.

The Equinox marathon starts by running up a sledding hill at the U of Alaska, from there you run on a mixture of asphalt roads, single track trail and four wheel drive dirt roads until you reach the top of Ester Dome. This is about an 1800' climb most of which is over 4 miles. The views on top of Ester Dome are spectacular. It was peak foliage and you could see mountains far off in all directions plus all of Fairbanks. The next 2.3 miles is over single track trails and very rough dirt roads on the top of Ester Dome. You are constantly



## Mike's Travel Guide: Places, Races, Faces...

going up and down but you are rewarded at the turnaround with cookies, then it's back over the same 2.3 miles. Next at mile 17 you go down the "Alder Chute". This is a dirt trail that drops 800' in about a quarter of a mile. From here it's onto nice four wheel drive roads through the woods with a gentle downward slope. The last miles of the race are a mix of asphalt and dirt roads finishing near the start line.

This is a tough marathon but the 10 hour time limit to get the "Equinox Patch" makes it possible for almost anyone to finish if the weather cooperates. For the faster runners the whole course is runnable except maybe the Alder Chute. This year the weather was just about perfect for running ,cool and cloudy. Deep snow on the course would be a rare event but could happen. I ran the entire race with a friend and chatted, as usual, with many other runners. Everyone agreed that it was a great race do to the scenery, challenging well marked course, volunteers , ample aid stations and " Spirit of the Equinox". The Spirit of the Equinox is everyone getting together to put on the best race possible by the many volunteers and community support. The marathon long sleeve shirt has the course elevation profile on the front and is made of a wicking material making it one of my favorites. Instead of a medal you get a patch for finish the race in less than 10 hours. There is also a pot luck Awards dinner that is well worth attending. Somehow they manage to get a results booklet with all kinds of stats printed for the Awards dinner that is held the night of the race.

I have also done the Midnight Sun marathon in Anchorage. The marathon is on paved bike paths , paved roads and a dirt road called the tank trail. The race has over a thousand runners and hundreds of Team in Training participants. The course is point to point and has a couple of steep hills but is much easier than Equinox.

From Anchorage you can travel to Portage to see glaciers, to Seward for halibut and salmon fishing or a dinner cruise where you will see glaciers and maybe a few whales. There is also many other attractions in the area. Denali N.P. is a 230 mile drive.

For more information on these races go to [www.marathonguide.com](http://www.marathonguide.com) or call me at 207-783-3414 or email me at [mjbruns@adelphia.net](mailto:mjbruns@adelphia.net).

# 26.2 26.2 26.2 26.2 26.2



Gregory Welch



Valerie Abradi

## Doctor's Corner: Exercise in Pregnancy: Dispelling the Myths...

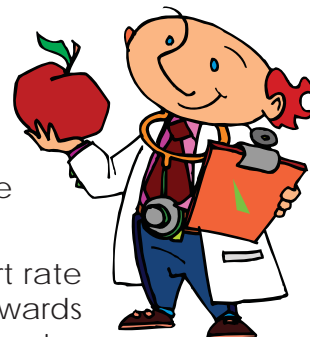
by Peter Sedgwick, MD



Athletic women frequently are unsure of what to do (and what not to do) when they become pregnant. There are often conflicting messages given by the media, families, and sometimes even by health care providers who are not used to seeing athletes. The most recent guideline published by the American College of Obstetricians and Gynecologists (ACOG) in 2002 eliminated outdated heart rate limitations and provided strong encouragement for athletic activity for 30 minutes most if not all days of the week. These guidelines have also been endorsed by the American College of Sports Medicine (ACSM). Hopefully this summary will be helpful to those who are raising little runners at the earliest stages.

Exercise has tremendous benefit to pregnant women and their developing babies. Women who regularly exercise during pregnancy tend to have healthier babies, more appropriate weight gain, less medication during labor, lower rates of gestational diabetes, and greater satisfaction with their pregnancy. With several exceptions discussed below, there is no reason why moderate to vigorous exercise not be done throughout pregnancy.

Running during all phases of pregnancy is fine, but be aware that increased heart rate and breathlessness (particularly in the second and third trimesters) is likely to lead towards earlier fatigue and decreased performance. Be prepared to modify your routine! Running may become quite difficult in the last three months of pregnancy due to these issues and due to abdominal and breast discomfort. Great caution is recommended when exercising vigorously in hot weather due to risks of dehydration and heat injury to both you and the baby.



Joints become more lax during pregnancy, so caution should be used for any activities requiring cutting motions or bursts of speed to prevent injury. It is recommended that pregnant women not participate in contact sports (soccer, basketball, skiing, etc.) nor jumping or jarring activities due to risk of injury to the baby should an impact occur. Scuba diving is contraindicated due to the high risk of gas emboli, and at pregnant women should limit exercising above 6000 ft elevation due to the risk of oxygen deprivation and altitude sickness. Remember that any activity requiring balance may be more dangerous in later stages of pregnancy due to increased risk of falls, and for this reason cycling should be done on a stationary bike after the first trimester. Swimming is fantastic exercise at all stages and can help take the weight off joints and the low back. Exercise should stop immediately for any dizziness, lightheadedness, bleeding, or decrease in fetal movement.

Women who should absolutely not be running or doing vigorous aerobic exercise during their pregnancy include those with the following:

- history of preterm labor during their current pregnancy
- multiple gestations (twins or triplets) at risk of pre-term delivery
- pregnancy-induced hypertension (PIH) or pre-eclampsia
- ruptured membranes ("broken water").

There are other relative and absolute contraindications for certain medical conditions, so if you have any questions about your exercise program during pregnancy, talk to your health care provider. Remember, you are running for two!

  
**Maine Medical Center**  
Sports Medicine Program

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# Pineland Farms 50K

By Leigh Schmitt

For a teacher like me, getting out of town for Memorial Day is a great cure for spring fever... and gives me just enough restorative power to make it through the end of the school year. What better vacation destination than Maine, or "Vacationland" as state-line sign eloquently states. Throw in an ultrarunning event, and, well, you've got some family tickets to paradise. Fire up the Subaru, and don't forget the sunscreen.

The Pineland Farms Trail Challenge in New Gloucester, a 50K put on by the Maine Track Club, is a top-rate event. The race is only in its second year of existence, yet the event runs just as well – if not better – than many of the big-named, seasoned ultras up and down the East Coast. Erik Boucher, the RD, is as nice (and organized) as they come. To complete the "farm" theme, he even sports a pair of light-blue denim overalls on race day. Ian Parlin, the other RD, balanced organizational duties with training and ran the 50K this year in 4:47. The race itself is set at Pineland Farms, a rather striking locale. It's an amalgam of office parks, eateries, a spotless YMCA, and a pastoral preserved working farm. (I'm not entirely certain of the Pineland Farms history. Rumor has it that it was a retreat or an asylum of some sort. It looks a lot like the grounds of Middlebury College or another New England Small Ivy school to me.) Rounding out the scene, the starting area is set in a glade lined with large white pines. The 50K course, a series of two figure-eight loops, is, as the race brochure states, an "off-road rollercoaster on well-maintained trails that wind their way through 3,000 acres of forest and pastoral farmland." Pretty nice place for an ultra event, I'd say.

This year's event was blessed with beautiful weather and fast times. The day started off overcast, got a little warm mid-morning, and then managed to cloud up as some of the last 50K participants were finishing the race. On the men's side, Leigh Schmitt of Conway, MA, won by a nose in a time of 3 hours and 41 minutes. His time was nearly six minutes faster than the previous year. Pushing the pace – and Schmitt all morning long – was Kevin Sullivan of North Andover, MA, an emerging force on the northeast ultrarunning circuit. He finished a very strong second less than two minutes behind Schmitt. Steve Fluett, a local from Cumberland, ME, used his triathlon-based training to round out the

top three in fine form. The women's side saw record-breaking times, too. Debbie Moreau of Turner, ME, blistered the course in 4:26, knocking an astounding 43 minutes off of the women's course record! Another Mainer, Veronica Haskell came in second (4:35) and Lori Lebel of Danvers, MA, was third in a time of 4:42. Course records were also set in the 25K race on both the men's and women's sides. Over 100 runners completed the 50K event, and 187 runners finished the 25K – an extremely impressive number for a race in its second year of existence.

Arguably more impressive, the post-race party was enjoyed by all. Good grub was served up by the Gray/New Gloucester Football Booster Club, unlimited free beer was served compliments of Gritty McDuff's, a Portland-based brewery, a live band was singing classic rock cover tunes, and young kids seemed to be running around everywhere. Sound like an old-fashioned Memorial Day, or what? Even better yet, participants who completed the 50K race received an authentic silver cow bell. (It was comforting to hear the cow bells clanging throughout the afternoon as runners filed through the finishing gate, breaking up the steady hum of trail talk, music, and general revelry.) Of course, my son, Forrest, who is three, loved the easily accessible playground, the parked John Deere tractors and stuffed animal moose on display, as well as the HUGE compost pile... which I don't think you were supposed to climb.

Despite the aches and pains, as well as all the nuances of road tripping to an ultra event, there is something to say about getting away. Pineland Farms on Memorial Day weekend is where it's at. Oh, and yes, only two more weeks of school. I think I'm going to make it.



Charles Sawyer & Ron Chase



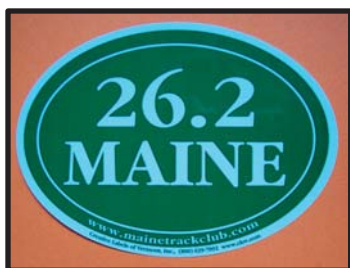
Steve DesJardins

## 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.



**Sweatshirt, \$20.00:** 100% cotton, green with multi-color embroidery on left chest.

**\$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 location. While supplies last. Limit one coupon per customer.

Valid September 1 - October 30, 2007



# 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.

### AONCentefolInnovative Bodywork

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

### MaineRunningCompany

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

### MidCoastMultisport

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

### PeakPerformanceSports

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

### SauconyFactoryOutlet

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

### Sportshoe Center

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Topsham • Wells • MA • NH • VT •  
NY • www.sportshoecenter.com

Look for discount coupon in each newsletter and at local races.



# 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](http://www.mainetrackclub.com) or [www.active.com](http://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 31<sup>st</sup>.

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

Do you want your newsletter by:

- ☐ E-Mail      or      ☐ Postal Mail



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