



Run with a friend...

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

January/February 2006

## Runnin' Down A Dream

by Travis Lazarczyk, *Morning Sentinel*

After fifteen minutes talking to Ron Paquette, anybody short of Lance Armstrong would feel out of shape and lazy. His motor runs at a level the average Joe couldn't reach with a jump-start and a gallon of coffee.

With his completion of a marathon in Durango, CO on October 9th, Paquette has now run a marathon in all 50 states and the District of Columbia. Durango took him four hours and 47 minutes.

"The altitude got to me a little," Paquette, of Albion, says. "The first two or three miles, I was running 11-minute miles. Once the altitude dropped eight or nine hundred feet and leveled off, I was fine."

Ron Paquette is 64 years old and at a fit 150 pounds, he makes Charles Atlas look like a couch potato.

According to the website for the 50 States Marathon Club, the group has 957 members with 237 who have run a marathon in each state, but how many of them did it in the style of Paquette? Since March of 2003, when he decided that this

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## President's Corner...

by Mark Grandonico

In this edition I'd like to take a moment to look back at 2005 and glimpse forward at 2006. I think we had a banner year as a club in 2005. Some of our accomplishments include the production of 6 outstanding NewsRun publications. Outstanding enough that our Regional RRCA representative has nominated us for the Best Club Newsletter RRCA award, quite an honor. We overhauled our equipment inventory: a new utility trailer, computer, timers, digital clock, and a complete upgrade of our finish line chute system. This equipment will allow us to perform quality, safe races for the next ten years. The BAA (Boston Athletic Association) approved our request for guaranteed entries into the Boston Marathon. I am currently accepting requests for these two entries from some worthy club members who really want to do Boston and are trained for the run. Please e-mail me at [Grandm@maine.rr.com](mailto:Grandm@maine.rr.com). We performed a MTC Satisfaction Survey and more importantly, put your feedback into action. Overall satisfaction with the club is high, and I intend to Improve on that! We partnered with the Dan Cardillo 5K race and the Friendly's New England Mile race, both very successful events. The Edward Little HS coaching sessions was another great success. The sessions can be rough, but were always fun. Like any training program, no deposit - no return. You get out what you put in. Bob Brainerd did a great job, and I look forward to next year. We are working with the city of Portland to get some track time in Fitzpatrick for one or two of the Tuesdays per month. Sandy Walton and I represented Maine at the RRCA convention in New Orleans pre-Katrina. We took a lot of information back to the club and put it to work. We are both looking forward to attending the next convention in Houston this March. We lowered club membership fees by offering two- and three-year payment options. Judging from the renewals received at the time of the writing, 36% of our members chose the extended memberships. We created a new club Logo to be used in conjunction with our old Logo. In the satisfaction survey we heard loud and clear that the majority of respondents wanted to keep the chickadee, we did. Using the existing logo, we utilized a company in Salt Lake to devise a new, alternate logo



which I believe is more modern and better reflects the club. The feedback has all been very positive.

So where do we go from here? We are very excited about the addition of 2 new races. The Pineland Farms 25K & 50K Trail Challenge is generating a ton of excitement. We have signed on with the folks at the Safe Passage 5K and look forward to working that race as well. As mentioned, Sandy and I will attend the RRCA convention in March. It is another

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## Maine Track Club Board of Directors

**President**, Mark Grandonico  
grandm@maine.rr.com.....773-2576

**Vice President**, Cathy Burnie  
cburnie@maine.rr.com.....829-5208

**Past President**, Phil Meech  
pmeech@maine.rr.com.....839-4946

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

**Secretary**, Lisa Despres  
LDespres@aol.com.....799-6112

**Membership**, Vacant  
swalton2@maine.rr.com.....846-6577

**Race Committee**, Vacant

**Equipment Manager**, Vacant

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

**At-Large**, Erik Boucher  
ebouchel@maine.rr.com.....781-5585

**At-Large**, Hazel Wightman  
profzoomnfly@msn.com.....784-8517

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

**Clothing**, Mike Doyle & Colleen Redmond  
mdoyle@mainecul.org

**Newsletter**, Sandy Walton  
swalton2@maine.rr.com.....846-6577

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

*Contact us at:*

Maine Track Club • P.O. Box 8008  
Portland, ME 04104 • 207-741-2084  
[www.mainetrackclub.com](http://www.mainetrackclub.com)



**Co-Editor/Layout**, Sandy Walton

**Co-Editor/Photographer/Race Results**, David Young

**Photographer/Race Results**, Don Penta

**Printer/Circulation**, Mailings Unlimited

The newsletter is published bimonthly. Material submitted to the newsletter by the **1st Friday of the month** prior to the next issue will be considered for publication as space permits.

*The next deadline is*  
**Friday, February 3, 2006**

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honor to represent Maine and the Maine Track Club. I'm still monitoring the Chip Timing systems out there. When the time is right, I would like to see the club own one, providing we have the people dedicated to making it work. The major issue I see with the club right now is "new blood" so to speak. We have a very small handful of dedicated club members who can actually do the timing and set up/direct a race. We absolutely must get some new folks to step up and learn. We will be holding a couple of clinics to train new people. At anytime, contact myself or Bob Aube if you would like to take on a race or learn timing. John Keeley and Robin Carlson did, and I'm happy to see them co-directing the Sea Dogs 5K with Howard Spear.

Besides the instillation of "new blood" to ensure the clubs perpetuation, I'd like to see the club more involved in the community. If you have any thoughts on this, please drop me a line.

I've tremendously enjoyed my first year as president, and I look forward to 2006. Thank You for allowing me to serve you.

*Mark Grandonico*

MTC President

Quote of the Month:

*"Life is Not a Dress Rehearsal"*  
-My Best Friend



*Bowdoin President Barry Mills, Joan Benoit Samuelson '79, and Libby Barney '03, at the Magee Track rededication.*

## Bowdoin and Nike Honor Joan Benoit Samuelson

*SpotlightStory posted October 17, 2005*

Benoit Samuelson, winner of the 1984 inaugural Olympic women's marathon and two-time winner of the Boston Marathon, had graduated from Bowdoin in 1979. So for Barney, Samuelson was -- and is -- more than just a hero: "She is our hero. Bowdoin's own."

Barney met up once again with her hero Saturday, October 15, 2005, when Bowdoin rededicated its outdoor track in honor of Samuelson during Homecoming Weekend. The outdoor track, named for legendary Bowdoin track and field director John Joseph Magee, was rededicated through the generosity of Nike, Inc., whose \$300,000 gift funded recent upgrades to the facility.

*For the complete story of this event see the Bowdoin College web site.*



## DREAM, continued from page 1

was a goal worth attaining, Paquette has run the final 22 states on his list, often knocking them off on consecutive days.

Most guys complain when they have to get up to change the channel because they can't find the remote, and Paquette is running marathons on back-to-back days.

On May 29 and 30 of this year, Paquette, a retired teacher, hit the Med City Marathon in Rochester, MN, followed by the Lake Shore Marathon in Chicago, IL the next day. On November 20 and 21 last year, he took care of Oklahoma by running a marathon in Tulsa before hitting the Gobler Grind in Overland Park, KS. And there was the time in Texas he ran the Dallas Marathon the day after running a 50-kilometer race. That's 31 miles, about six more than a marathon, but who's counting?

"It's tough. You run the 50K for the first one, and you try to pace yourself," Paquette says. "The next day, your goal is to break five hours. Once in a while, you don't make it. You might run a 5:01."

Slacker.

Paquette realized he could do this, really do this, in the summer of 2001, when he ran as part of a relay between West Palm Beach, FL and Casco, ME to raise money for Camp Sunshine. That was 20 miles a day for 11 straight days. On the next to last day, his wife, Donnajean Pohlman, picked Paquette up in Massachusetts and took him to Mt. Washington. As if running 20 miles a day for a week and a half wasn't enough, he didn't want to miss the annual run up Mt. Washington, because sometimes a marathon just doesn't cut it. That's why Paquette has run countless 50Ks and two 100-milers in North Carolina and Vermont.

"I've run up Mt. Washington 23 years in a row," Paquette says.

The Detroit Marathon was pretty easy, as far as marathons go, nice and flat. The marathon in Laramie, WY was the toughest because of wind gusts of 60 mph. It took just over six hours to finish that one. This all began with Bangor's

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## Editor's Corner...

by *Sandy Walton*

As the in-coming Editor of the News Run, I would like to take this opportunity to thank everyone, past and present, for their contributions to the News\*Run. Without everyone's help the News\*Run would not be what it is today. I would also like to thank David Colby Young, whose dedication and leadership during the past three years is greatly appreciated. I have enjoyed working with you over the past year and wish you good luck with your other commitments.

As the News\*Run moves forward, I would appreciate everyone's input as to how we can make this newsletter even better. This News\*Run is for you, the membership, and all ideas and suggestions will be considered. I am also interested in developing a pool of volunteers who would be able to assist in putting this, soon to be **Award Winning** (hopefully), News\*Run together. Areas that I am looking for help are:

- Writing Articles and Columns (Member Profiles, Race Reviews, Running Cartoons, etc.)
- Identifying MTC Runners in Race Results (using Excel)
- Identifying MTC Runners in Photos
- Gathering List of Upcoming Races in Maine & New England
- **(and any other ideas that you can think of)**

I also would like to encourage Letters to the Editor. My goal is to try to break this into smaller tasks so no one individual is swamped. Many hands make light work! Everyone's help will be greatly appreciated. I will be holding a Writers' Brainstorming Session at my house on Saturday, January 28th at 3 p.m.. Get in touch with me at 846-6577 or swalton2@maine.rr.com for specific details.

As I move to this position, I will be leaving the Membership Chair, which I have enjoyed. Anyone who is good with computers, pays attention to details, and is interested in membership, please contact me to discuss what is involved with this Board position.

Once again, thank you Maine Track Club members for your support. I look forward to working with you all as we continue to make the Maine Track Club one of the best organizations in the country!



*Ron Paquette at the Mount Desert Island Marathon after finishing his 100<sup>th</sup> marathon.*



*Donnajean Pohlman & Ron Paquette*



# Happy Birthday to These MTC Members...

## January 2006

- |                     |                      |                    |
|---------------------|----------------------|--------------------|
| 1: Ken Dolley       | Paul Tukey           | Ray Shevenell      |
| Lydia Munhenk       | 15: Russell Boisvert | 22: Gina Harmon    |
| 3: Jamie Harmon     | Emily Levan          | 24: Sarah Cotton   |
| Priscilla Jolicoeur | 16: Jerry Adams      | Ethan Hepner       |
| 4: Jereck Blair     | Lee Farrington       | Thomas Mundhenk    |
| Juan Bustamante     | 17: Morgan Carlson   | Pete Peters        |
| 5: Kitty Kelley     | Donna Dyer           | 25: David Rollins  |
| Dale Lincoln        | Hazel Wightman       | 26: Jim Dunn       |
| 6: Loren Lathrop    | 19: Rob Boudewijn    | Barbara Hintze     |
| Timmi Sellers       | Janice Gagnier       | Neil Martin        |
| 7: Carol Grant      | William Jarvey       | Gerard Salvo       |
| Rusty Vallee        | Aaron Lively         | 27: Charles Sawyer |
| 9: Keilly Lynch     | Steve Rex            | Bob Whitney        |
| Kevin Robinson      | Brandon Simpson      | 28: Becca Barton   |
| 10: Hayley Barton   | 20: Donnie Foshay    | Seth McKenney      |
| Jesse Porter        | Edward Reilly        | John Watson        |
| 11: Scott Michaud   | 21: Douglas Couper   | 30: Bob Boothe     |
| 14: Robert Connolly | Nate Rines           | Connor Smith       |

## New MTC Members...

- |  |                                 |
|--|---------------------------------|
| Shauna Baxter of Gorham                    | Seamus & Keilly Lynch of Lyman  |
| Erin Coonahan & Josh Reali of Cumberland   | Scott Michaud of Scarborough    |
| Dale Doody of Bath                         | Jan Reale of Cape Elizabeth     |
| Diane Dusini of Portland                   | George Spatoulas of Scarborough |
| Kim Finethy & Mark St. Pierre of Brunswick | Deborah Stewart of Chelsea      |
| David & Nancy Hartford of Brunswick        | Tom Wilson of Searsmont         |
| Kendra Hodder of Yarmouth                  | <b>Welcome Back...</b>          |
| Abraham Kiprotich of Eldoret, Kenya        | Melanie Collins of Falmouth     |
| Emily Levan of Wiscasset                   | Beth Quinlan of Portland        |
| Dan Levesque of Falmouth                   | Tom Shorty of Gorham            |

## Membership Status...

**Membership Growth:** We welcome 23 new members in this issue. As of December 9 we have 702 members in 398 households, up from 621 members in 373 households on December 10 one year ago.

**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 or returned to us. The post office throws it away! Please either mail, phone, or e-mail your CHANGE OF ADDRESS and PHONE NUMBER to Membership Chairperson when you move.

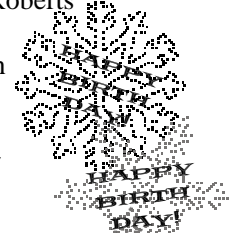
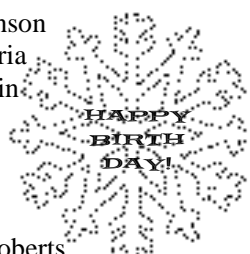
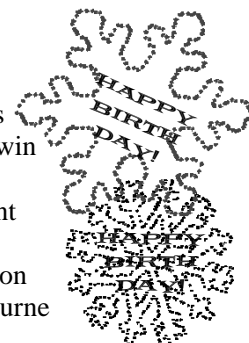
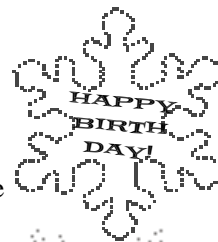
**Member E-Mail Addresses:** As of December 9 we have e-mail addresses for 354 of our 398 households for 88.9%. These e-mail addresses are used for club purposes only. If you have not sent us your e-mail address, or if it CHANGES, please send it to swalton2@maine.rr.com.

Julie Williams

31: Martha Deprez

## February 2006

- 1: Jim Harmon
- Betty Rines
- 2: Robert Giroux
- Mark Panaccione
- 3: Corinne Keeley
- 4: Sydney Atkinson
- 5: Nathan Couper
- Charles Garber
- 6: Beth McCallum
- John Woods
- 8: Roberta Bass
- Diane Daley
- Terry Young
- 9: Judy Reilly
- 10: Tom Keith
- 12: Karina Boothe
- Melissa Gagnier
- Bill Hansen
- Kenneth Spirer
- 13: Mark Finnerty
- Abbi Flynn
- Denise Locke
- Robert Perkins
- 14: Melissa Goodwin
- 15: Don Conry
- Paula Jean Lunt
- Howard Spear
- 17: Churchill Barton
- Karen Chadbourne
- Brett Doney
- Robert Jolicoeur
- 18: Bob McArthur
- 19: Stephanie Atkinson
- Jessica Colamaria
- George Goodwin
- Pam Lively
- Michael Tracy
- 20: Valerie Abradi
- 22: John Howe
- Elise Moody-Roberts
- Stanis Moody-Roberts
- 23: Matt Flynn
- Charles Iselborn
- Carol Weeks
- 24: Steve Rollins
- 25: Karen Connolly
- Katy Littlefield
- Tom Peterson
- Tom Shorty
- George Spatoulas
- 26: James Corbett
- 28: Robert Ayotte
- Peter Brandes
- Nancy Hewett





# COMMON SENSE GUIDE TO SAFE RUNNING

by Kathy Hepner

I call this the Common Sense Guide to Safe Running, because I believe that a large percentage of running safety is based on common sense. Many of us go out every day for a run or a walk and don't really think about it. We're already in a routine. But, how many of us truly run safely every day? We all try, but we all test the odds from time to time. This is meant as a reminder that we need to be thinking about it during *every* run.

**Running alone.** I know this one well. Most of my runs are done alone and very often early in the morning before my family stumbles out of bed. I do have a few routines that I follow before heading out the door. I used to be diligent about writing down my running route before I headed out, especially on long runs of 2 hours or more. I have to admit that I've gotten a bit lax on that routine. It is a good idea that someone knows where you're headed and about how long you'll be gone. I sometimes carry my cell phone or change to make a phone call if I'm going to be running more than 90 mins. I also pick routes that have a convenience store or some sort of business that will be open during my run. I usually stay on more populated roads, and I don't run trails if I'm alone. You don't know who or what you might meet in the woods. You should vary your route so you're not so predictable. I also suggest carrying identification. There are I.D. tags that can be purchased or even a label in your clothing somewhere with your name and a phone number. This is also important if you have any allergies.

**Running during the winter months.** Maine runners are a unique bunch. A lot of us will run in just about any kind of weather or temperature. A friend of mine told me that I was more reliable than the postal service! Last winter brought a lot of snow and some very frigid temperatures. Both of these prove challenging. Running on snow is okay if it's packed down and you have good solid treads on your shoes. Trail shoes can be a good choice for winter runs, or slip on some grippers for your shoes like YAKTRAX. Even with good tread, you must be careful. Take shorter strides so that you can regain your balance more easily if you slip. Also, stay off of roads during heavy traffic flow. I tripped and fell last year (running during a snow storm, of course) when I tried to get out the way of some oncoming cars. It was a hard fall that I won't forget soon. The right clothing is very important during the colder months. It's best to layer with clothing that "wicks" moisture away from the body like wool, Coolmax, or any of the new high tech synthetics. By pulling sweat away from the body, it dries more quickly, and keeps you warmer. You should wear all wicking fabrics and not throw on a cotton t-shirt under the high tech fleece. You don't need as many layers to be comfortable if they're the right layers. Hats and gloves or mittens are very important to regulate body temperature. Also, Coolmax or wool socks keep the toes cozy and warm. A mask may be necessary on extremely cold, windy days. Winter running is great if you are prepared.

**Running on the roads.** I checked in with a local Gorham police officer to ask his tips on safe running. The suggestion that he stressed was wearing bright or reflective clothing when running after dark. He said nothing stands out better than reflectors. I know that I've just missed runners or walkers who have dark colors on at night. It's an adrenaline rush for the driver, but very often I don't think the runner or walker is aware of the close call. Please be aware of your surroundings. Headphones are great running tools, but might not allow you to hear what may be behind you or coming at you. If you enjoy running with music, try to run on routes that have sidewalks, wide shoulders, or on a track. Choose a place that doesn't require constant monitoring of oncoming traffic. The other thing to take into account is the road itself. If you know it's without shoulders, look ahead to see if there are places to jump out of the way of trucks or large vehicles. I have found that if there is no traffic coming the other way, cars and trucks will give you a lot of space. I have also decided on occasion to wait in a driveway until the vehicle has passed if it is a tight space. Maine roads take a beating during the winter and create an uneven surface just ready to cause a twisted ankle or a trip-and-fall. Running against traffic is the ideal, mentioned the Gorham police officer, however, many of us try to balance out running on the slant of the road by switching sides. I do this in part because at certain times of the day it's difficult to cross over, and there is less traffic while running with traffic. I may not think I'm taking a chance, but I am. Another "run safe" issue is not taking anything for granted. Pedestrians or runners are supposed to have the right of way with cars, however I never assume that a driver sees me when I cross a road. I will sometimes go behind them when I cross if it is safe to do so.

**Summertime running.** The heat and sun are probably the biggest factors in summer running. Be sure to drink enough before and during your run if you are out for an extended period of time. If you become dizzy, nauseated, or have the chills, then stop running, find some shade, and get a drink or get help. Try to run in the shade when possible and wear a hat and sunglasses. The UVA and UVB rays can affect your eyes. Sunscreen is also a must. Poor air quality in the hotter months can affect the time it takes before your body adjusts. If you have any respiratory issues, you may want to consider a treadmill run on bad air quality days. Clothing, again, is important. Light-colored and "wicking" fabrics keep you cooler. Be sure to cool down when you finish your run or race with five to ten minutes of jogging or walking. In a race this past summer in very hot, humid conditions, a friend of mine dumped water on me at the finish. She said that I was red and looked overheated. It helped.

So, this is my common sense approach to safe running. It's probably just the tip of the iceberg of things to remember, but I think it covers the basics. We all love to go for a run no matter where we are or what time of day or year it is. It's an important part of our day and we should enjoy every minute. Be careful out there!



## Doctor's Corner: Caffeine - The Wonder Drug?



by Christina T. Smith, MD Sports Medicine Fellow

Who doesn't love waking up on an icy cold, dark morning in Maine to the aroma of hot, delicious coffee?

How many of us have been guilty of speaking the phrase, either silently or aloud, "I can't function yet, I haven't had my morning cup."

What if the opinion that coffee boosts performance was true? Could it be possible that caffeine is something which helps us to function and achieve as we go about our days? Would you believe that there is scientific evidence that caffeine, ingested prior to exercise, enhances endurance?

Caffeine, a chemical, is contained in products such as coffee, tea, cola, and energy drinks. It is also an FDA-approved product and a component of several over-the-counter and prescription products. According to the Natural Medicines Comprehensive Database, caffeine is effective for controlling headache, likely effective in improving mental alertness, and possibly effective in improving athletic performance. There are several other possible effects of caffeine, including delaying the onset of Parkinson's disease, controlling asthma, and preventing gallstones.

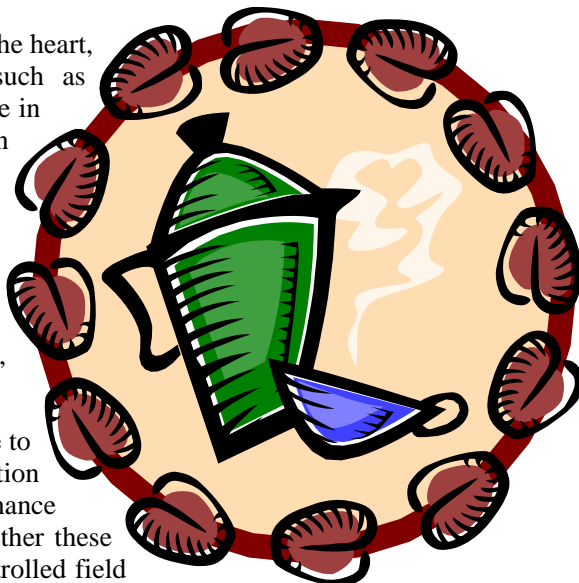
Caffeine works as a stimulant. It acts on the central nervous system, the heart, and muscles. It also acts synergistically with pain-relievers such as acetaminophen (Tylenol) and aspirin to improve pain-relief. Caffeine in moderate doses is generally safe, but does have side effects. Common side effects include insomnia, nervousness, stomach irritation, increased heart rate and respiration. Rarely, when ingested in large doses (10-14 grams) caffeine can cause irregular heartbeats or death. In addition, chronic caffeine ingestion, especially in large quantities, can yield tolerance and psychological dependence.

So, should we all ingest caffeine prior to going out for a run? If so, when? How much caffeine?

Caffeine seems to increase physical endurance and may increase time to exhaustion during physical exertion. Recent evidence supports the notion that moderate doses of caffeine, ingested 1 hour prior to exercise, enhance performance and endurance in the laboratory. It is not known whether these findings translate into enhanced performance in competition, as controlled field studies are lacking. It is also important to note that these studies are not done with coffee as the caffeine containing substance, and while coffee does indeed contain caffeine, it also contains numerous additional chemicals.

In order to improve performance, general consensus exists regarding caffeine dosing and timing. Caffeine should be ingested in a single dose, one hour prior to athletic performance. The most beneficial dose seems to be 3-6 mg of caffeine per kg of body weight. An 8-ounce cup of coffee contains 60-120 mg of caffeine; a similar amount of black tea contains 45 mg. Therefore, for a 70 kg athlete, this equates to 2-4 cups of coffee and 5-10 cups of tea!

Many runners ingest modest amounts (1 cup) of coffee or tea before exercising in order to augment performance and endurance. This seems to be a safe practice, with good evidence that it indeed may enhance performance. While the studies suggest a larger dose is needed for true effects, it is not unreasonable to believe in this pre-activity ritual. Whether the performance effects are based on sound physical effects or psychological ones, it may be just the boost you need for your next run. Happy trails!



### Maine Medical Center Sports Medicine Program

272 Congress Street, Portland Maine 04101-3637  
(207) 662-7305 • Fax (207) 874-1918  
[www.mmc.org](http://www.mmc.org)  
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**References:** 1. Graham TE, Hibbert E, Sathasivam P. The Metabolic and Exercise Endurance Effects of Coffee and Caffeine Ingestion. *Journal of Applied Physiology* 1998; 85: 883-9.  
2. Schwenk TL, Costley CD. When Food Becomes A Drug: Nonanabolic Nutritional Supplement Use in Athletes. *The American Journal of Sports Medicine* 2002; 30(6): 907-916.  
3. [www.naturaldatabase.com](http://www.naturaldatabase.com)



# Race Results and Photos...

**Maine Track Club Finishers -- For complete results, please visit [www.MaineTrackClub.com](http://www.MaineTrackClub.com)**

**Oops!!** We missed the following members in races from previous News\*Run issues!! If you are a Maine Track Club member in good standing & we missed you, please let us know. Better yet, let us know after you've run an Out-of-State race, keeping in mind the deadline for submissions.

Contact: Sandy Walton (846-6577) [swalton2@maine.rr.com](mailto:swalton2@maine.rr.com)



## Portland Sea Dogs Mother's Day 5K Portland, ME May 8, 2005

Place/Name	Div/Age	City	Time	Pace
218 Katie Spirer	6/22 F23	Portland	23:53	7:42
621 Kenneth Spirer	9/13 M62	Portland	32:20	10:25

## Race to Kenya 5K Brunswick, ME May 29, 2005

Place/Name	Age	Time
21 Jeannie Johnson	F49	25:20

## 7th Annual Bone Density Dash 5K Portland, ME June 4, 2005

Place/Name	Time	Pace
9 David Tapley	23:13	7:30
49 Pamela Tapley	33:07	10:41

## Moxie Day 5K Lisbon Falls, ME July 9, 2005

Place/Name	Time	Pace
119 Jeannie Johnson	26:37	8:36

## Ocean Park 5K Ocean Park, ME July 29, 2005

Place/Name	Age	City	Time	Pace
34 Darcy Thomas	F31	Portland	19:41	6:20

## Peaks Island Peaks Island, ME July 30, 2005

Place/Name	Div	Age	City	Time	Pace
422 Tara Ryan	46/61	F31	S. Portland	53:25	10:41



## TD Banknorth Beach To Beacon 10K Cape Elizabeth, ME August 6, 2005

Place/Name	Div	Age	Time	Pace
268 Sean Ireland	23/257	M3034	0:40:17.8	6:30
935 Chris McKenna	72/257	M3034	0:46:56.6	7:34
1154 Andrew Tenenbaum	98/257	M3034	0:48:15.1	7:46
1174 Amy Hall	40/273	F2529	0:48:22.8	7:48
1545 Robert Giroux	154/326	M4549	0:50:35.6	8:09
1853 John Harrell	55/153	M5559	0:52:22.3	8:26
2120 Bonnie Topham	121/340	F3539	0:53:48.9	8:40
2272 Kari Grosser	120/273	F2529	0:54:38.8	8:48
3564 Leanne Robbin	170/236	F4549	1:04:24.1	10:22
3934 Michelle Vincent	292/340	F3539	1:10:05.3	11:17
4164 Kate Harris	28/33	F6064	1:19:06.7	12:44

## Dixfield Annual 5K Dixfield, ME August 21, 2005

Place/Name	Age	Time
6 Nancy Kneeland	F50-59	22:36.4
9 Gerry LeVasseur	M60-69	24:31.1



## 11th Annual CMS New Balance Camp Sunshine 5K Skowhegan, ME August 27, 2005

Place/Name	Age	Time
54 Mike Brooks	M59	25:25
72 Neil Chivington	M58	28:49



## L/A 5K Bridge Run Auburn, ME August 28, 2005

Place/Name	Div	Age	City	Time	Pace
131 Jeannie Johnson	6/28	F49	Brunswick	25:18	8:09

## Wiscasset Benefit 5K Wiscasset, ME October 1, 2005

Place/Name	Time
11 David Young	20:57
18 Jerry Levasseur	22:14
35 John Morse	24:47
55 George Goodwin	35:54



## Trekkers 10K Thomaston, ME October 1, 2005

Place/Name	Div	Time
6 Cindy Bryant	F41-55	53:39
7 Ron Perry	M55+	55:18

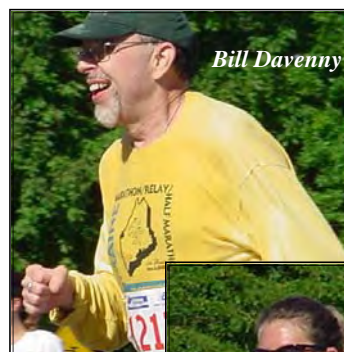


# Maine Marathon & Half Marathon...

## Sportshoe Center Maine Marathon & Half Marathon Portland, ME October 2, 2005

Marathon Results					
Place/Name	Div	Age	City	Guntime Pace	Nettime
59 Tom Trytek	6/52	M5054	Harpwell	3:22:37* 7:44	3:22:31*
65 Tom Shorty	12/67	M4044	Gorham	3:27:02 7:54	3:26:49
67 Matt Flynn	13/67	M4044	Cape Elizabeth	3:27:25 7:55	3:27:09
123 Harry White	1/15	M6064	Scarborough	3:38:22* 8:20	3:38:17*
127 Patty Kenney	13/62	F4044	Portland	3:39:07* 8:22	3:38:48*
197 Evan O'Neill	23/62	F4044	Portland	3:50:40* 8:48	3:49:41*
209 Mark Grandonico	34/70	M4549	Portland	3:52:34 8:53	3:51:35
279 John Rolfe	20/52	M5054	Portland	4:03:08 9:17	4:01:54
296 Gregory Welch	22/52	M5054	South Portland	4:06:10 9:24	4:06:08
303 Ronald Dearth	23/52	M5054	Falmouth	4:07:20 9:26	4:06:42
312 David Cannons	44/67	M3539	Portland	4:09:18 9:31	4:08:24
314 Mike Lively	45/67	M3539	Bath	4:09:30 9:31	4:08:40
388 Kristin Cook-Center	22/49	F3034	Freeport	4:20:35 9:57	4:19:40
420 Valerie Abradi	14/33	F4549	Lisbon	4:25:16 10:08	4:24:54
507 Dale Doody	5/15	M6064	Bath	4:42:03 10:46	4:40:04
610 Dennis Turner	62/70	M4549	Brunswick	5:13:25 11:58	5:12:55
639 Tree Mercer	28/33	F4549	Cape Neddick	5:21:30 12:16	5:19:37
640 Scott Mercer	30/37	M5559	Cape Neddick	5:21:31 12:16	5:19:37
689 Meg Estabrook	55/60	F3539	Yarmouth	5:39:42 12:58	5:37:19

Half Marathon Results					
Place/Name	Div	Age	City	Guntime Pace	Nettime
1 Michael Payson	1/103	M4044	Falmouth	1:10:50 5:25	1:10:49
6 Andrew Baird	1/73	M3034	Portland	1:16:54 5:52	1:16:46
8 Marc Dugas	3/103	M4044	Scarborough	1:19:19 6:03	1:19:17
11 Floyd Lavery	1/84	M4549	Gorham	1:20:31 6:09	1:20:29
36 David Drew	6/103	M4044	Litchfield	1:26:23 6:36	1:26:18
43 Jim Toulouse	1/39	M5559	Cape Elizabeth	1:27:32 6:41	1:27:28
62 R.J. Harper	3/39	M5559	Portland	1:30:36 6:55	1:30:33
67 Harry Nelson	5/50	M5054	North Yarmouth	1:31:27 6:59	1:31:24
73 Sean Ireland	13/73	M3034	Portland	1:32:08 7:02	1:31:59
97 Julie Garber	5/116	F3034	Westbrook	1:35:03 7:16	1:34:46
101 Karen Fagan	5/144	F3539	Falmouth	1:35:14 7:16	1:34:45
104 Brian Denger	20/103	M4044	Biddeford	1:35:39 7:18	1:35:14
118 William Sproul	15/84	M4549	New Gloucester	1:36:37 7:23	1:36:08
143 Mallory Vaccaro	6/116	F3034	Yarmouth	1:38:41 7:32	1:37:30
147 Rick Abradi	19/84	M4549	Lisbon	1:39:23 7:35	1:39:02
160 Susan Wiemer	15/144	F3539	Freeport	1:40:19 7:40	1:39:56
206 Janet Letalien	11/130	F4044	Portland	1:42:43 7:51	1:42:13
243 David Sproul	32/84	M4549	New Gloucester	1:44:21 7:58	1:43:52
255 Charles Garber	31/83	M3539	Westbrook	1:44:44 8:00	1:44:14
260 Thom Courtney	34/103	M4044	Gorham	1:44:54 8:01	1:43:36
268 Deb Lynch	24/144	F3539	Lyman	1:45:21 8:03	1:44:52
269 Michael Lynch	33/83	M3539	Lyman	1:45:21 8:03	1:44:52
275 Nathan Graham	34/83	M3539	North Yarmouth	1:45:45 8:04	1:49:29
280 Susan Payson	19/130	F4044	Falmouth	1:46:02 8:06	1:45:31
285 Norman Morgan	37/83	M3539	Lisbon Falls	1:46:16 8:07	1:44:45
312 Bob LaNigra	2/23	M6064	Scarborough	1:47:21 8:12	1:46:31
317 Paul Letalien	38/84	M4549	Portland	1:47:34 8:13	1:45:22
341 Steve Colucci	48/103	M4044	Portland	1:48:25 8:17	1:47:36
354 Terry Clark	3/23	M6064	Windham	1:48:59 8:19	1:47:36
361 Marnie Flynn	29/130	F4044	Cape Elizabeth	1:49:11 8:20	1:48:35
364 David House	10/39	M5559	Cape Elizabeth	1:49:20 8:21	1:48:06
385 Rob Boudewijn	11/39	M5559	Portland	1:50:01 8:24	1:49:30
415 David Clark	55/103	M4044	Falmouth	1:51:24 8:30	1:49:50
422 William Dow	42/83	M3539	Falmouth	1:51:37 8:31	1:50:15
424 Judy Tammaro	37/130	F4044	Portland	1:51:41 8:32	1:49:29
451 Bruce Fithian	12/39	M5559	Gorham	1:53:05 8:38	1:51:18
478 Tim Higgins	49/84	M4549	Gorham	1:54:16 8:43	1:53:52
489 Joseph Wright	43/60	M2029	South Portland	1:54:31 8:45	1:54:11



Bill Davenny



Michelle Gravel



Janice Gagnier



David Drew



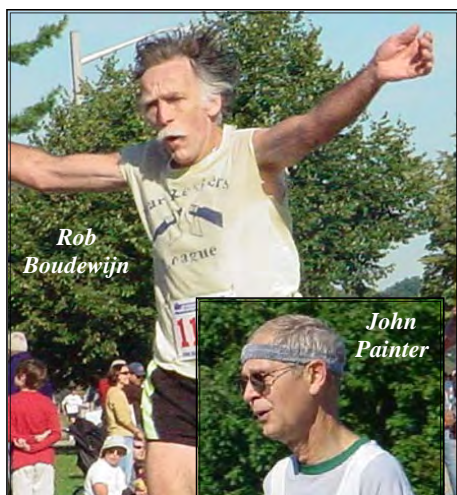
Rachel Landry



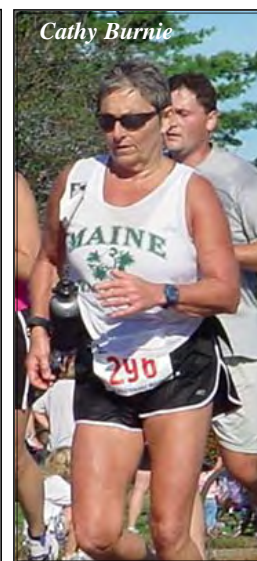
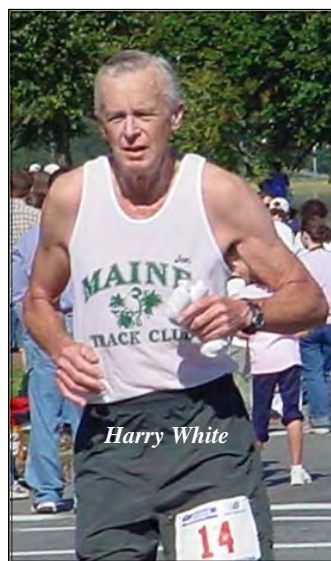
Sean Ireland



# Maine Marathon & Half Marathon...



Photos pages 8 & 9  
by David Colby Young



## Half Marathon Results Continued

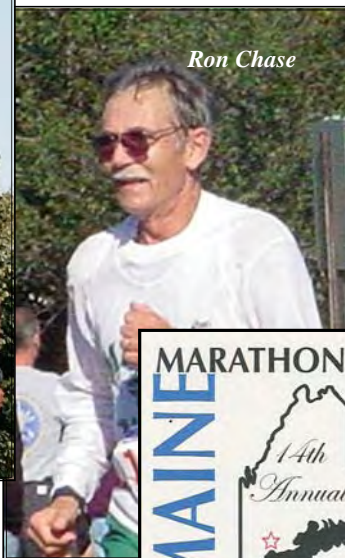
Place/Name	Div	Age	City	Gun	Time	Pace	Net
505 Harry Center	63/103	M4044	Freeport	1:55:17	8:48		1:54:21
580 Jim Estes	16/39	M5559	Portland	1:57:35	8:59		1:56:41
589 Robert Jolicoeur	2/6	M6569	Old Orchard Beach	1:58:04	9:01		1:57:25
592 John Howe	2/6	M7074	Waterford	1:58:22	9:02		1:58:14
602 Polly Kenniston	1/3	F6569	Scarborough	1:58:38	9:03		1:58:31
614 Eugene Longobardi	69/103	M4044	South Portland	1:59:02	9:05		1:58:10
620 Ronald Chase	8/23	M6064	Durham	1:59:25	9:07		1:58:41
630 Georgia Vallee	59/144	F3539	Turner	1:59:39	9:08		1:58:37
632 Daniel Levesque	33/50	M5054	Falmouth	1:59:43	9:08		1:58:21
634 Stu Palmer	71/103	M4044	Brunswick	1:59:44	9:08		1:57:51
641 Rachel Landry	60/144	F3539	Cumberland	1:59:54	9:09		1:58:26
668 Robert Turner	56/83	M3539	Windham	2:00:35	9:12		1:59:02
722 Jim Tyrrell	21/39	M5559	Cape Elizabeth	2:02:30	9:21		2:02:10
805 Sherry Grandonico	13/44	F5054	Portland	2:06:07	9:38		2:05:06
810 Carol Blakeney	78/130	F4044	Cumberland	2:06:31	9:40		2:06:01
812 Michelle Grave	182/144	F3539	Lewiston	2:06:33	9:40		2:05:46
922 Donna Beaulieu	93/130	F4044	Poland Spring	2:11:06	10:00		2:10:13
934 Jan Reale-Hatem	44/76	F4549	Cape Elizabeth	2:11:59	10:05		2:11:29
935 Beth Branson	4/13	F6064	Scarborough	2:12:01	10:05		2:09:57
936 Bob Branson	13/23	M6064	Scarborough	2:12:01	10:05		2:09:59
939 Brenda Trytek	45/76	F4549	Harpwell	2:12:17	10:06		2:11:24
942 Kim Harrison	100/144	F3539	Portland	2:12:26	10:07		2:10:54
968 Cathy Burnie			Cumberland	2:13:43	10:12		2:13:08
1001 Donna Bisbee	51/76	F4549	Portland	2:15:23	10:20		2:13:13
1010 Timmi Sellers	10/19	F5559	Portland	2:16:06	10:23		2:14:28
1023 Debora Clark	55/76	F4549	New Gloucester	2:16:53	10:27		2:15:03
1042 Mike Brooks	32/39	M5559	Danville	2:18:21	10:34		2:15:58
1043 Ron Paquette	15/23	M6064	Albion	2:18:22	10:34		2:16:33
1045 Michele Flynn	11/19	F5559	Cape Elizabeth	2:18:28	10:34		2:16:30
1048 Tom O'Connor	43/50	M5054	Westbrook	2:18:36	10:35		2:17:05
1056 Bill Davenny	16/23	M6064	Portland	2:19:45	10:40		2:17:59
1072 Tara Ryan	91/116	F3034	South Portland	2:21:08	10:46		2:20:31
1123 Karen Connelly	59/76	F4549	Hollis	2:26:57	11:13		2:24:44
1138 Janice Gagnier	117/130	F4044	South Portland	2:28:58	11:22		2:27:07
1148 John Painter	19/23	M6064	Casco	2:30:06	11:27		2:28:26
1190 Loren Lathrop	37/39	M5559	South Portland	2:38:29	12:06		2:36:11
1217 Dale Lincoln	6/6	M6569	Falmouth	2:47:26	12:47		2:47:12
1229 Karen Kisko-Tucci	189/196	F2029	Gorham	2:56:25	13:28		2:56:10
1232 Susan Burtchell	67/76	F4549	Portland	2:56:35	13:29		2:54:23
1268 Denise Brooks	73/76	F4549	Danville	3:28:54	15:57		3:26:31
1269 Nancy Walton	41/44	F5054	Mechanic Falls	3:29:06	15:57		3:26:42
1273 Carlton Mendell	1/2	M8099	Windham	3:34:24	16:22		3:32:38
1277 Robert Connelly	50/50	M5054	Hollis	3:37:18	16:35		3:35:06



## Maine Marathon & Half Marathon...



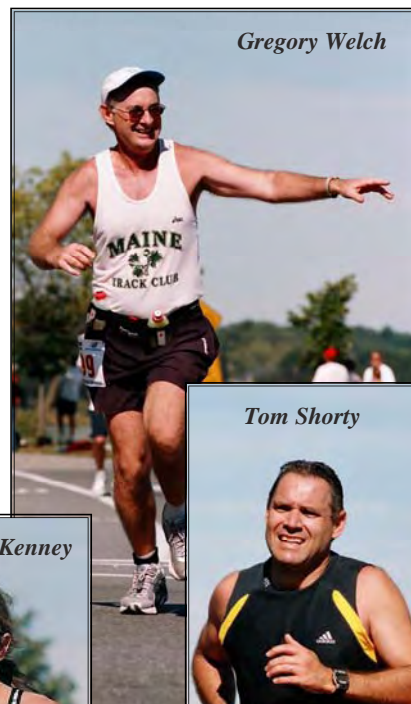
Valerie Abradi



Ron Chase



Shauna Baxter



Gregory Welch



Tom Shorty



David Cannon



Matt Flynn



Tom Trytek



Patty Kenney



Sherry Grandonico



Phil Meech

### NAMI Run for the Mind 10K Wheaton, IL October 5, 2003

Place/Name	Div/Age	City	Time	Pace
5 Kevin Gaydar	2 M46	Deerfield, IL	42:02.5	6:47

### Heartland 100, Spirit of the Prairie 100-Miler Cassoday, KS October 8, 2005

Cassoday, Kansas, population 99, was the location for the Heartland 100, Spirit of the Prairie 100-mile race. The loop course went through Matfield Green, population 32. There were probably 20 to 30 bystanders at the beginning of race, all friends and relatives of the runners. During the entire 100 miles Mike Brooks saw only a young boy with his grandfather watching the race who were not related to runners. With so few runners spread over 100 mile course the cattle and coyotes far outnumbered the runners.

Place/Name	Age	Time
35 Mike Brooks	M59	28:03:50
10 NEWS RUN		January/February 2006





## Race Results and Photos...

### Fall Foliage 5K New Gloucester, ME October 8, 2005

Place/Name	Age	Time
2 David Roberts	M50	20:41
6 Norman Morgan	M36	25:55
8 Jerry LeVasseur	M67	26:42
9 Robert Randall	M68	27:07
18 Judith McMorow	F54	36:06
19 Pam Peverini	F53	45:17



Judith & Joseph  
McMorow



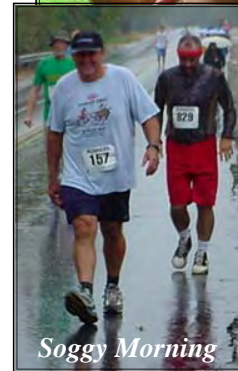
Norman Morgan

### Pownal Pumpkinfest 5K Pownal, ME October 8, 2005

Place/Name	Age	Time
6 Steven Rollins	M43	21:19
10 Getty Payson	M44	23:33
12 David Colby Young	M52	23:54
21 Mary Kay Kasper	F49	28:22
25 Robert DeWitt	M62	30:09



Steve  
Rollins



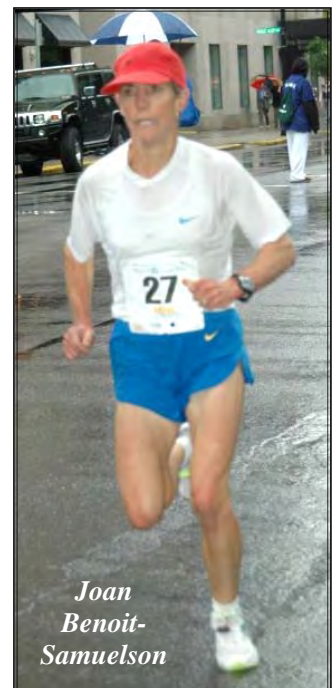
Soggy Morning

### Presidential Road Race Kennebunkport, ME October 8, 2005

Place/Name	Div/Age	City	Time	Pace
3 Tom Ryan	1 M5059	Cape Elizabeth	28:08	5:38
4 Devin Shaw	2 M2029	South Portland	28:13	5:39
7 Thomas Noonan	2 M3039	Steep Falls	29:19	5:52
8 Abby Iselborn	1 F0119	Portland	30:04	6:01
31 Carol Weeks	1 F5059	Kennebunk	35:50	7:10
75 Ron Perry	6 M6069	Walpole	44:44	8:57
102 Melvin Uchenick	2 M7099	Kennebunk	51:33	10:19
103 Jen Noonan	10 F3039	Steep Falls	51:39	10:20
114 Carlton Mendell	3 M7099	Windham	1:02:42	12:33
117 Carol Perry	7 F5059	Walpole	1:04:37	12:56



Abby Samuelson



Joan  
Benoit-  
Samuelson

### 11th Annual Great Island 5K New Castle, NH October 9, 2005

Place/Name	Div	Age	Time	Pace
93 Carol Weeks	2/20	F5059	22:13*	7:10
362 Mel Uchenick	7/10	M7079	31:27	10:08
392 Marge Aube	11/20	F5059	33:20	10:44
450 Carlton Mendell	4/4	M8099	38:35	12:26
477 Donald Penta	53/53	M5059	45:35	14:41

### 4th Annual United Kingfield Bank Moose on the Run 5K Greenville Junction, ME October 9, 2005

Place/Name	Time
3 Bill Reilly	19:00
17 Connie McLellan	22:56
19 Bob Payne	23:21
35 Judy Reilly	27:34



### Pancake 5K Road Race Belfast, ME October 9, 2005

Place/Name	Div	Time
19 David Colby Young	M7	21:57
31 John Lothrop	M8	23:57
34 Jerry LeVasseur	M8	24:31
86 Charlie Bickford	M7	35:54



### TUFTS Health Plan 10K For Women Boston, MA October 10, 2005

Place/Name	Nettime	Pace
40 Joan Benoit-Samuelson	36:29	5:53
130 Jeanne Hackett	43:36	7:01
391 Abby Samuelson	48:33	7:49
1823 Michele Flynn	57:51	9:19
2373 Lauren Emerson	1:00:45	9:47
2472 Donna Bisbee	1:01:15	9:52



# Race Results and Photos...

## 3rd Annual Close to the Cows 10K Wales, ME October 9, 2005

Place/Name	Age	City	Time	Pace
9 Robert Giroux	M46	Wales	54:21	8:45
16 Joseph Cook	M55	Westbrook	59:51	9:38

## Rattlesnake Run San Antonio, FL October 15, 2005

5 Mile				
Place/Name	Age	City	Time	Pace
271 Doug Schiller	M67	Ellenton, FL	51:53	10:23

1 Mile				
Place/Name	Age	City	Time	
102 June Cowan	F61	Ellenton FL	18:13	

## Craig Cup XC - Race Series Cumberland, ME October 15, 2005

Name	Age	RACE 1	RACE 2	RACE 3
Floyd Lavery	M48	18.34	18.51	19.00
Mike Payson	M42	16.22	16.53	19.04
David Roberts	M50	19.28	19.30	19.43
John Eldredge	M51	20.38		21.05
Susan Wiemer	F39	22.25	22.20	22.49
Maxwell Payson	M12			25.09
Jerry LeVasseur	M67	26.24	25.54	25.58
Thomas Bottomley	M11			26.15

## MTC 50-Miler & 50K Brunswick, ME October 15, 2005

50-Miler				
Place/Name	Age	City	Time	
1 Seth Roberts	M53	Longmeadow, MA	7:26:23	
2 Laurel Valley	F43	Parsonsfield	7:58:44	
3 Craig R. Wilson	M56	Kittery	8:31:42	
4 Lee Dickey	M51	Dracut, MA	8:37:47	
5 Marty Haber	M58	Westmaunt, Canada	8:53:04	
6 Cheryl Mulvey	F45	Billerica, MA	8:53:08	
7 James H. Gilford	M48	Topsfield, MA	8:56:57	
8 Joe Hayes	M57	Cape Neddick	9:31:31	
9 Phil Pierce**	M64	Falmouth	9:32:12	
10 Dick Hoch	M65	Fishers Island, CT	9:46:40	

50K				
Place/Name	Age	City	Time	
1 Peter Keeney	M39	Bar Harbor	4:05:02	
2 Christopher Pulick	M35	Rowley, MA	4:57:20	
3 Cliff Rogers	M47	Ellsworth	4:58:19	
4 Edward Mulvey	M46	Billerica, MA	5:17:50	
5 Lois Alexander	F53	Merrimac, MA	5:18:49	
6 Peter Copelas	M45	Lynnfield, MA	5:19:09	
7 Susan Maimone	F31	Salem, MA	5:21:46	
8 Susan Collins Pulick	F37	Rowley, MA	5:37:18	
9 Kristin Mastrodomenico	F34	Chelsea, MA	5:38:13	
10 Gary Alexander	M59	Merrimac, MA	5:43:49	
11 Deb Pero	F51	Jaffrey, NH	5:52:12	
12 Dale Doody**	M60	Bath	6:03:08	
13 Jeanne Peckiconis	F44	Kennebunk	6:11:56	
14 Michael Morrin	M69	Glastonbury, CT	7:25:16	

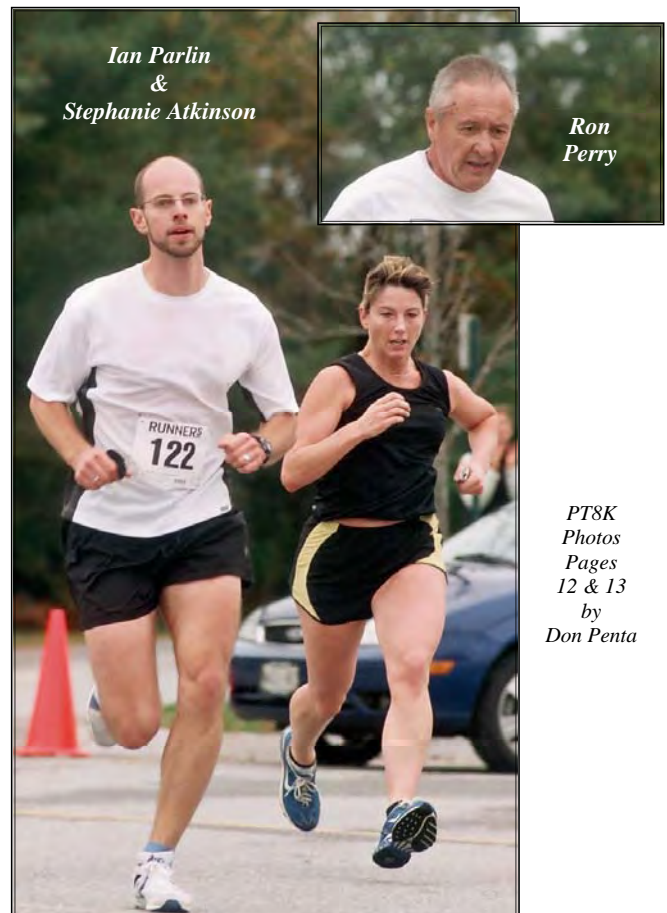
(\*\* Maine Track Club members)

## 46th Catholic Memorial Invitational Boston, MA October 15, 2005

Boys 3K CC Fresh II				
Place/Name	Year	School	Time	Pace
19 Josh Reali	FR	Cheverus	12:30.5	6:42.6

## Bridges 4 Friendship 10K Portsmouth/Rye, NH October 15, 2005

Place/Name	Div/Age	Time	Pace
6 Andrew Baird	2/26 M3039	35:27	5:43
81 Stephen Lauritsen		48:57	7:53
208 Kathy Paradis	16/18 F5059	1:01:50	9:58
210 Hugh MacMahon	8/8 M6069	1:04:16	10:21
211 Tom Littlefield	30/30 M5059	1:04:26	10:23



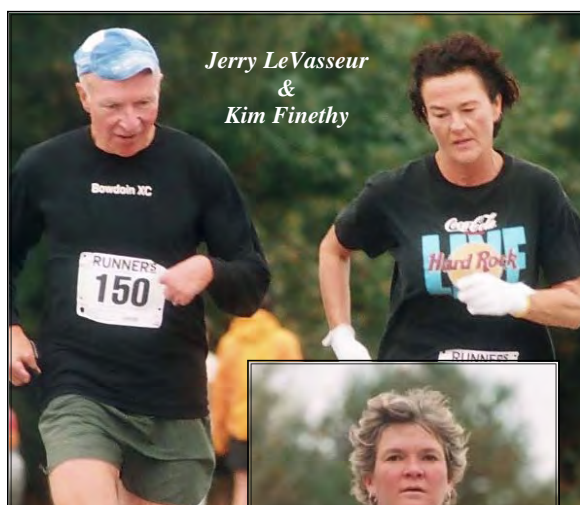
PT8K  
Photos  
Pages  
12 & 13  
by  
Don Penta



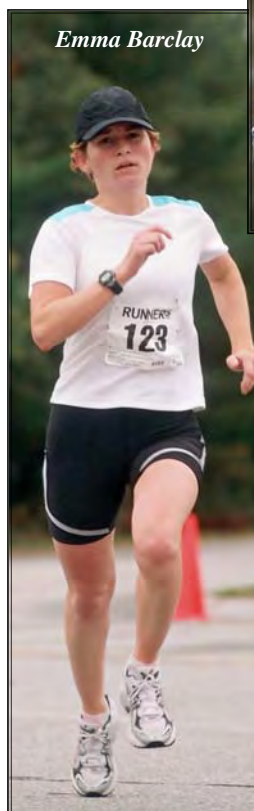
Photo by Don Penta



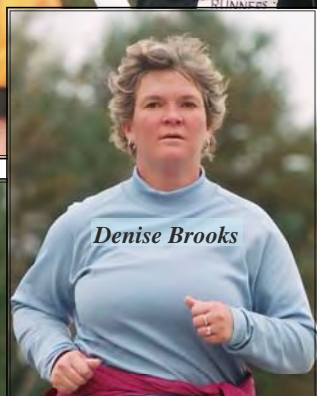
## Race Results and Photos...



*Jerry LeVasseur  
&  
Kim Finethy*



*Emma Barclay*



*Denise Brooks*



*Carol Weeks*



*Mike Brooks & the Wightman's  
at New Beginnings 5K*

*Photo by David Colby Young*

### Mount Desert Island Marathon Mount Desert Island, ME October 16, 2005

Place/Name	Div/Age	Time	Pace
32 Chris Lyford	5/39 M3539	3:22:20	7:44
58 Dino Joannides	7/35 M5054	3:33:49*	8:10
271 Ronald Paquette	9/18 M6064	4:45:42	10:54
306 Donna Beaulieu	10/29 F4044	4:58:24	11:23
403 Sharon Clark	30/49 F4549	6:21:39	14:34

### Physical Therapy 8K Brunswick, ME October 16, 2005

Place/Name	Div/Age	City	Time	Pace
2 Michael Payson	1/24 M42	Falmouth	25:36	5:09
3 Devin Shaw	2/27 M22	South Portland	27:28	5:32
23 R.J. Harper	1/10 M59	Portland	32:49	6:37
28 Ian Parlin	13/27 M29	Portland	33:36	6:46
30 Stephanie Atkinson	2/23 F34	Hollis	33:38	6:46
31 Emma Barclay	3/23 F30	Portland	33:48	6:48
38 Carol Weeks	1/11 F56	Kennebunk	35:33	7:09
42 Lisa Despres	2/25 F43	South Portland	36:03	7:15
44 Norman Morgan	19/27 M36	Lisbon Falls	36:26	7:20
49 Stephanie Foster	3/25 F42	Brunswick	37:17	7:30
62 Bonnie Topham	8/23 F38	Scarborough	38:28	7:45
71 Ron Chase	6/17 M64	Durham	40:00	8:03
75 Eugene Longobardi	17/24 M40	South Portland	41:14	8:18
82 James Favreau	19/24 M46	Brunswick	42:10	8:29
84 Jeannie Johnson	9/25 F49	Brunswick	42:30	8:33
86 Kim Finethy	10/25 F48	Brunswick	42:39	8:35
87 Jerry LeVasseur	9/17 M67	Brunswick	42:40	8:35
94 Ron Perry	12/17 M68	Walpole	43:12	8:42
96 Dale Doody	13/17 M60	Bath	43:16	8:43
111 Michelle Gravel	18/23 F38	Lewiston	45:26	9:09
115 Cathy Burnie	5/11 F56	Cumberland	45:54	9:14
120 Barbara Foster	19/23 F31	Scarborough	47:19	9:31
122 Beth Branson	2/3 F64	Scarborough	47:44	9:36
123 Bob Branson	14/17 M64	Scarborough	47:44	9:37
124 Robert DeWitt	15/17 M61	Lisbon	48:08	9:41
126 Thomas Hunt	1/2 M74	Brunswick	48:21	9:44
127 George Goodwin	16/17 M66	Trevett	48:21	9:44
128 Donna Bisbee	20/25 F49	Portland	48:30	9:46
130 Lauren Emerson	21/25 F47	Portland	49:09	9:54
140 Eileen Hamilton	8/11 F55	Scarborough	54:22	10:57
141 Lois Martin	9/11 F55	South Portland	55:17	11:08
142 Heather Sargent-Plante	23/23 F36	Lewiston	55:58	11:17
145 Carlton Mendell	2/2 M83	Windham	1:03:41	12:49
146 Carol Perry	10/11 F58	Walpole	1:04:25	12:58
147 Nancy Walton	11/11 F50	Mechanic Falls	1:07:57	13:40
148 Denise Brooks	25/25 F45	Danville	1:08:07	13:43

### New Beginnings 2nd Annual 5K Run/Walk Lewiston, ME October 16th, 2005

Place/Name	Age	City	Time	Pace
2 Floyd Lavery	M48	Gorham	17:39	5:42
4 Tom Menendez	M52	Lewiston	19:07	6:10
9 David Colby Young	M53	Danville	21:01	6:47
30 John Howe	M70	Waterford	24:23	7:52
38 Mike Brooks	M59	Danville	25:44	8:18
43 Carolyn Court	F51	Lewiston	26:10	8:27
65 Janice Bilodeau	F72	Auburn	35:53	11:35
68 J.T. Wightman	M13	Auburn	39:00	12:35
69 Hazel Wightman	F38	Auburn	39:11	12:39
70 David Wightman	M41	Auburn	39:20	12:42



## Race Results and Photos...

### Eastern & Western Maine Regional XC Championships Belfast & Cumberland, ME October 22, 2005

Boys Combined			
Place/Name	School	Time	Pace
2 Evan Embrey	Bonny Eagle	17:17	5:34
4 Chris Harmon	Scarborough	17:30	5:38
11 Raleigh Swan	Mt. Ararat	17:11	5:32
15 Brendan Flynn	Cape Elizabeth	17:55	5:46
16 Stanis Moody-Roberts	Cape Elizabeth	17:57	5:47
30 Ryan Dyer	Gorham	19:01	6:08
123 David Rollins	Mt. Ararat	19:10	6:10

Girls Combined			
Place/Name	School	Time	Pace
1 Abigail Iselborn	McAuley	19:43	6:21
4 Abby Samuelson	Freeport	21:44	7:00
10 Kaitlynn Saldana	Scarborough	21:48	7:01
32 Erin Coonahan	Greely	23:20	7:31
32 Zoe Sobel	Waynflete	24:06	7:46

### White Mountain Milers 20th Annual Half Marathon North Conway, NH October 23, 2005

Place/Name	Div	Age	Time	Pace
12 Bill Reilly	1/20	M5559	1:26:06*	6:35
20 Mike Grant	2/15	M4549	1:28:08	6:44
44 Stephanie Atkinson	2/15	F3034	1:35:52	7:19
180 Tom Littlefield	15/20	M5559	1:58:20	9:02
266 Donna Bisbee	17/18	M4549	2:17:46	10:31
289 Carlton Mendell	1/1	M8099	3:09:44	14:29

### The University of Maine Black Bear 5K Orono, ME October 23, 2005

Place/Name	Age	Time	Pace
35 Steve Rollins	M43	21:20	6:53

### 16th Mayor's Cup Cross Country 8K Boston, MA October 23, 2005

Place/Name	Age	Time	Pace
21 Sintayehu Taye	16	25:39	5:12

Last year, Taye established a national record for freshmen with 9:16.55 in the 3,200-meter run. He has also run 4:09.69 for 1600 meters, bettering the state record by 5 secs.

### Maine Cross Country State Championships Turner, ME October 29, 2005

Boys Combined			
Place/Name	School	Time	Pace
15 Evan Embrey	Bonny Eagle	17:16.16	5:33.5
16 Raleigh Swan	Mt. Ararat	17:20.78	5:35.0
19 Stanis Moody-Roberts	Cape Elizabeth	17:25.63	5:36.6
25 Chris Harmon	Scarborough	17:35.45	5:39.8
34 Brendan Flynn	Cape Elizabeth	17:46.24	5:43.2
82 Ryan Dyer	Gorham	18:30.88	5:57.6
101 Matthew Rand	Cape Elizabeth	18:42.27	6:01.3
133 Matt Swan	Mt. Ararat	19:04.64	6:08.5
223 David Rollins	Mt. Ararat	20:02.19	6:27.0

Girls Combined			
Place/Name	School	Time	Pace
1 Abigail Iselborn	McAuley	19:31.29	6:17.0
46 Abby Samuelson	Freeport	21:32.68	6:56.1
61 Kaitlynn Saldanha	Scarborough	21:50.60	7:01.9
201 Zoe Sobel	Waynflete	24:04.00	7:44.8

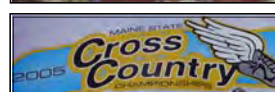


Zoe Zobel

XC State Championship  
Photos by  
David Colby Young  
& Don Penta



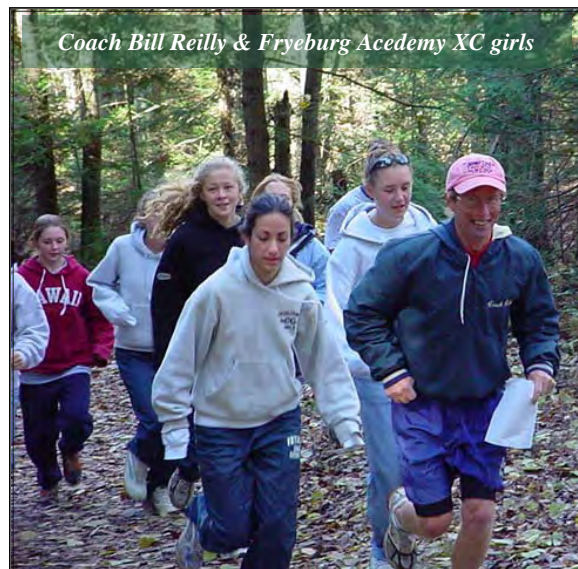
Chris Harmon



Kaitlynn Saldanha



Abby Iselborn



Coach Bill Reilly & Fryeburg Academy XC girls



## Race Results and Photos...



### Marine Corps Marathon Washington, DC October 29, 2005

Place/Name	Age	Time	Pace
4397 Mark Grandonico	M46	4:08:54	9:29
5481 Rae Chalmers	F48	4:17:15	9:48
7602 Leslie Couper	F42	4:32:16	10:23
7603 Douglas Couper	M44	4:32:16	10:23
8599 Thomas McLaughlin	M41	4:39:26	10:39
8906 Laura Vecchio	F39	4:41:37	10:44
10037 Sherry Grandonico	F51	4:49:27	11:02
11167 Mike Brooks	M59	4:57:04	11:19
11729 Kimberly LaPointe	F25	5:01:05	11:29
18560 Carlton Mendell	M84	6:39:41	15:14



*Kelle & John Keeley*



*Bonnie Hoag*



*Cathy & John McKenney*



*Terry Clark & Bob Coughlin*



*Charles Iselborn*

*Great Pumpkin 10K  
Photos by  
David Colby Young*



*Robert Randall*



*Eugene  
Longobardi*



*Marge Aube*

### Great Pumpkin 10K Saco, ME October 30, 2005

Place/Name	Div	Time
1 Michael Payson	1/47	31:55
5 Devin Shaw	2/11	34:31
9 Marc Dugas	4/47	35:33
10 Floyd Lavery	5/47	36:12
18 Mike Grant	8/47	38:13
20 Tom Menendez	4/40	38:45
33 RJ Harper	7/40	39:56
41 Emma Barclay	3/12	41:09
45 Charles Iselborn	18/47	41:28
50 Ian Parlin	4/11	41:57
58 Matt Flynn	22/47	42:58
62 Kathy Hepner	2/22	43:37
63 Carol Weeks	3/16	43:40
77 Harry White	3/18	44:52
83 Lisa Despres	5/22	45:41
86 Bonnie Hoag	4/16	46:10
91 David Cannons	16/22	46:42
92 Terry Clark	19/40	46:45
93 Bob Coughlin	4/18	46:59
99 Gregory Welch	21/40	48:01
107 Robert Randall	6/18	48:39
114 Stephen Lauritsen	35/47	49:08
117 Dale Rines	26/40	49:12
130 Jim Estes	29/40	50:37
139 Don Bessey	9/18	51:47
145 Kelle Keeley	5/12	52:08
146 John Keeley	33/40	52:08
147 Eugene Longobardi	40/47	52:11
148 Robert Jolicueur	11/18	52:36
159 Polly Kenniston	12/18	53:56
162 Joseph Cook	36/40	54:34
165 Kim Finethy	12/22	54:48
184 Suzanne Blais	17/22	59:11
188 Beth Branson	2/3	1:00:04
189 Bob Branson	15/18	1:00:04
191 Kathleen Reid	8/12	1:02:14
195 Janice Gagnier	19/22	1:03:12
199 Kristen Wolfe	10/12	1:04:08
201 Dennis Morrill	18/18	1:05:01
206 Marge Aube	13/16	1:07:53
207 Nicole Sessions	11/12	1:08:11
208 Sally Paterson	3/3	1:08:44
209 Karen Kisko-Tucci	15/16	1:10:25
210 Cathy McKenney	21/22	1:11:29
211 John McKenney	47/47	1:11:30
216 Donna Moulton	15/16	1:18:52
219 Don Penta	40/40	1:53:43



## Race Results and Photos...



### NE 65+ Runner's Club Run For All Ages 5K Wakefield, MA October 30, 2005

Place/Name	Div	Age	Time	Pace
93 John Howe	1/19	M7074	23:44*	7:39
245 Mel Uchenick	15/19	M7074	29:37	9:32
312 William Morgan	12/14	M6064	34:57	11:15
351 Melvin Fineberg	19/19	M7074	44:32	14:20
355 Ruth Hefflefinger	2/4	F7579	46:11	14:52
357 Janice Bilodeau	7/7	F7074	46:14	14:53

### Bruce Ellis 5K Exeter, NH November 5, 2005

Place/Name	Div	Age	Time	Pace
60 Carol Weeks	F5059 F56		22:06	7:08
83 Lloyd Slocum	M6099 M72		23:32	7:36

### 24th Annual Great Osprey Ocean Run 10K Freeport, ME November 5, 2005

Place/Name	Div/Age	Time	Pace
23 Darcy Thomas	1/37 F3039	41:25	6:40
24 Dina Potter	1/21 F4049	41:28	6:41
30 Ian Parlin	5/17 M2029	42:08	6:47
33 Dora Rex	3/21 F4049	42:23	6:50
42 Stephanie Atkinson	3/37 F3039	44:18	7:08
45 Jim Dunn	12/34 M3039	44:53	7:14
49 Erik Boucher	14/34 M3039	45:23	7:19
52 Mallory Vaccaro	4/37 F3039	45:52	7:23
54 David Cannons	16/34 M3039	46:18	7:27
56 Susan Wiemer	6/21 F4049	46:34	7:30
57 Philip Pierce	2/17 M6099	46:36	7:30
60 Janet Letalien	7/21 F4049	46:44	7:32
61 Lisa Despres	8/21 F4049	46:51	7:33
64 Stephen Lauritsen	16/37 M4049	47:25	7:38
81 Gregory Welch	5/22 M5059	49:03	7:54
82 Terry Clark	5/17 M6099	49:09	7:55
83 William Dow	22/34 M3039	49:15	7:56
85 Jen Cook	8/37 F3039	49:18	7:56
86 Rachel Landry	9/37 F3039	49:21	7:57
90 John Howe	6/17 M6099	49:41*	8:00
101 Jim Estes	7/22 M5059	50:32	8:08
107 Daniel Levesque	9/22 M5059	51:01	8:13
150 Susan Beale	13/21 F4049	54:43	8:49
151 Ronald Paquette	9/17 M6099	54:47	8:49
172 Loren Lathrop	18/22 M5059	56:16	9:04
173 Kim Finethy	14/21 F4049	56:17	9:04
174 Mike Brooks	11/17 M6099	56:27	9:05
177 Zoe Sobel	3/3 F0119	56:34	9:07
180 Donnajean Pohlman	6/9 F5059	56:47	9:09
222 George Goodwin	14/17 M6099	1:03:58	10:18
224 Gayle Desjardins	21/21 F4049	1:04:14	10:21
225 Daniel Sobel	22/22 M5059	1:04:21	10:22
238 Carlton Mendell	17/17 M6099	1:15:51	12:13



### 2nd Annual Sebago Halloween 5K Windham, ME October 30, 2005

Place/Name	Age	Time
10 David Young	M53	21:54
13 Joseph Wright	M26	22:06
19 Dennis Graves	M50	23:18
20 Bob Turner	M36	23:24
22 Jerry LeVasseur	M67	24:07
32 Lloyd Slocum	M72	25:56
67 Hazel Wightman	F30	38:20

### Halloween Monsters 5K Las Vegas, NV October 30, 2005

Place/Name	Div/Age	Time	Pace
157 Eileen Hamilton	6 F5059	31:00	9:58
185 Roberta Bass	7 F5059	34:07	10:58
253 James Baldwin	16 M5059	59:08	19:01



Great  
Osprey  
10K  
Photos  
by  
David  
Colby  
Young  
&  
Don  
Penta



## Race Results and Photos...



Mike Brooks, Carlton Mendell, & Robert Randall

Black Mountain Photos by David Colby Young



### New York City Marathon New York, NY November 6, 2005

Place/Name	Age	Net Time
12179 Brian Cliffe	M45	4:09:16
22896 Polly Kenniston	F68	4:52:09
24695 Betty Disanza	F57	4:56:27

### Black Mountain of Maine 5K Trail Race Rumford, ME November 6, 2005

Place/Name	Div	Time
8 Jeff Arsenault	2	22:04.4
24 David Young	1	25:49.3
29 Robert Randall	2	27:46.0
38 Mike Brooks	2	32:57.9
46 Carlton Mendell	1	47:08.8

### USATF New England Open and Masters Boston, MA November 6, 2005

Men 40-99 8K XC

Place/Name	Age	Time
2 Michael Payson	42	25:46
6 Peter Bottomley	44	26:50
20 Tom Ryan	50	27:51
32 Floyd Lavery	48	29:34
89 Jerry Levasseur	67	38:17

### Capitol City Veterans Day 5K & Fun Run Augusta, ME November 11, 2005

Fun Run

Place/Name	Time
2 Nicole Court-Menendez	6:47

5K

Place/Name	Time
7 Tom Menendez	19:29
24 David Colby Young	22:15
53 Carolyn Court	25:59
94 Carlton Mendell	37:32



Carlton Mendell



Tom Menendez



Carolyn Court

Capitol City Photos by David Colby Young

### New England High Interscholastic Cross Country Championship Thetford, VT November 12, 2005

Boys 5K

Place/Name	Year/School	Time
53 Evan Embrey	12 Bonny Eagle	17:54.3
123 Raleigh Swan	10 Mt Ararat	18:40.3
132 Chris Harmon	12 Scarborough	18:43.2
148 Brendan Flynn	11 Cape Elizabeth	18:51.3
208 Matthew Rand	9 Cape Elizabeth	19:26.9
262 Stanis Moody-Roberts	11 Cape Elizabeth	21:28.2

Girls 5K

Place/Name	Year/School	Time
45 Abigail Iselborn	11 McAuley	21:01.1
150 Abby Samuelson	12 Freeport	22:36.6





## Race Results and Photos...

### ME USATF Cross Country Championship Augusta, ME November 12, 2005

Place/Name	Age	Team	Time
3 Emma Cost	F7	MTC	19:07
7 Rob Blair	M10	MTC/Sctc	16:03
4 Colin Swan	M12	MTC/Falmouth	12:19
5 Maxwell Payson	M12	MTC/Falmouth	12:31

### Alex Miliotis 5K Andover, MA November 13, 2005

Place/Name	Div	Age	City	Time	Pace
22 Robin Carlson	2/37	F34	Gorham	20:16	6:32

### Larry Robinson 10-Miler Andover, MA November 13, 2005

Place/Name	Div	Age	City	Time	Pace
6 Floyd Lavery	1/71	M4049	Gorham	1:00:23	6:03

### Great Confluence 5K & 10K Races Bath-Brunswick, ME November 19, 2005

#### 5K

Place/Name	Div	Time
1 Ian Parlin	M2029	19:11
7 Susan Wiemer	F4049	20:29
24 Jeannie Johnson	F4049	23:51
25 Michael Brooks	M60+	23:56
36 Elwin Guthrie	M60+	25:03
41 Ron Perry	M60+	25:22
64 Carol Perry	F5059	38:53

#### 10K

Place/Name	Div	Time
7 Emma Barclay	F3039	40:38
19 Norman Morgan	M3039	46:10
20 Tom Keating	M4049	46:17
27 Kristin Cook-Center	F3039	49:48
36 Dale Doody	M60+	53:31
45 Ron Paquette	M60+	56:53
49 George Goodwin	M60+	59:29

### USATF National Club Cross Country Championships Rochester, NY November 19, 2005

#### Team Scores - Masters 40+ Men's 10K

4 Dirigo R C. Time = 2:51:30 Places = 100

Place/Name	Age	City	Time	Pace
3 Michael Payson**	42	Falmouth	32:51	5:17
10 Dan Franek	40	South Portland	33:35	5:24
13 Pete Bottomley**	44	Cape Elizabeth	34:07	5:30
34 Tom Ryan**	50	Cape Elizabeth	35:23	5:42
40 Kenneth Botting	45	Saco	35:35	5:44
51 Dan Dearing	44	Lisbon Falls	36:47	5:55

#### Team Scores - Masters 60+ Men's 10K

2 Moose M & M's Time = 2:07:01 Places = 15

Place/Name	Age	City	Time	Pace
2 Bill Borla	65	Torrington, CT	40:21	6:30
3 Milton Schumacher	61	North Scituate, RI	40:55	6:35
10 Peter Szawlowski	63	Sugar Hill, NH	45:46	7:22
17 Jerry Levasseur**	68	Brunswick	50:50	8:11

(\*\* Maine Track Club members)

### 14th Annual Turkey Trot 5K Wolfeboro, NH November 19, 2005

Place/Name	Age	City	Time
49 Robert Randall	68	Springvale	23:44.81

### Jingle Bell Run for Arthritis 10K Portsmouth, NH November 19, 2005

Place/Name	Div/Age	Time	Pace
201 Paula Sawyer	7/12 F5059	1:00:46	9:47
241 Carlton Mendell	3/3 M7099	1:21:26	13:07

### 7th Annual Turkey Trot 5.8 Mile (9.3K) Cape Elizabeth, ME November 23, 1975



*Floyd Lavery & Robin Carlson  
at the Larry Robinson 10-Miler  
& Alex Miliotis 5K*

Place/Name	Time
1 Chris Chambers	29:03
2 Ralph Thomas	29:10
3 Bob Rindfleisch	29:40
4 Bill Deering	30:06
5 Rick Krause	30:20
6 Gene Coffin	31:01
7 Deke Talbot	31:05
8 Jerry Crommett	31:14
9 Bill Sayres, Jr.	31:17
10 Joe Esposito	31:28
11 Joe Lataurnau	31:42
12 Brian Gillespie**	32:04
13 Marty Callahan	32:05
14 John Noyes	32:09
15 Bob Thomas	32:25
16 Lloyd Slocum**	33:17
21 Adam Goldfarb	34:10
23 Dave Trefethen	35:13
25 Robin Voelker (Emery)	35:46
27 Bill Sayres	35:50
28 Gaylord Boutillier	35:55
30 Dennis Morrill**	36:55
31 Tom Keating**	37:02
32 Charles Porter	37:02
42 Brian Boutillier	40:08

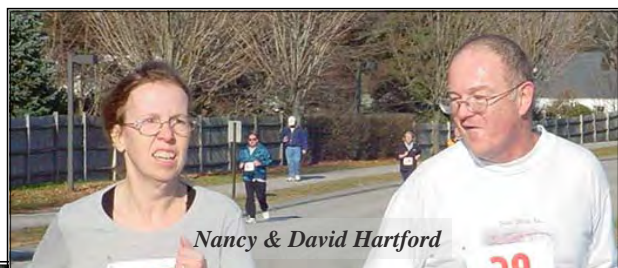
(\*\* Current MTC members)

*Reprinted from Yankee Runner, December 13, 1975  
by Dick Goodie, Race Director*

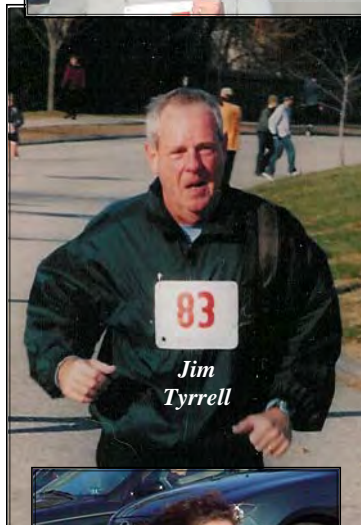
Chris Chambers, a new force to think about for those who like to run fast and finish first, won the Maine Masters Seventh Annual Turkey Trot, defeating everyone's favorite, 39-year-old Ralph Thomas, in the process. Chambers, 29, ran his usual pattern of leaving the pack early and applying consistent pressure in the final miles to hold off Thomas, who nearly came even at the finish line. Chambers was caught in 29:03, Thomas in 29:10. Ken Flanders holds the Trot course record of 28:44 set in 1972. Maine's middle distance queen, Robin Voelker (Emery), set one of two records in the 53 runner field. (2005 runner field was 419, 30 years later.) The stylish strider clipped a full three minutes off Diane Fournier's distaff record set in 1972, recording a 35:46. Jerry Crommett, one of Maine's "old school distance runners" - some claim his baby shoes had three stripes on them - bettered his own 30-39 division record by four seconds, setting a mark of 31:14. Joe Esposito held off the 16-and-under group, posting a 31:28 time. Jim Carroll took senior honors touring the scenic Cape Elizabeth course in 46:09, a commendable time for a 66-year-old. Maine's 40-49 year old whiz, Lloyd Slocum, won his bracket in a casual 33:17. Turkeys and trophies were awarded the many winners.



## Race Results and Photos...



*Nancy & David Hartford*



*Jim Tyrrell*



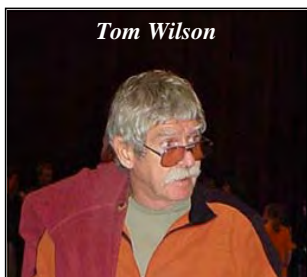
*Jan Reale-Hatem*



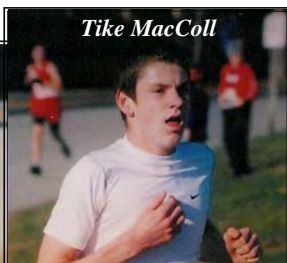
*Devin Shaw*



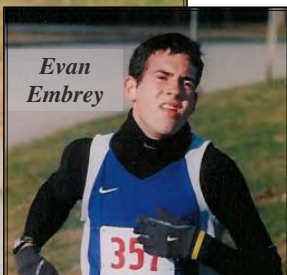
*Lloyd Slocum*



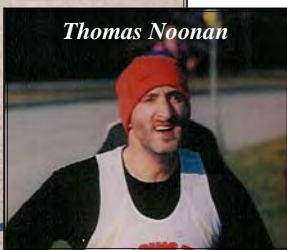
*Tom Wilson*



*Tike MacColl*



*Evan Embrey*



*Thomas Noonan*

Turkey Trot 5K Photos by Don Penta & DC Young

### 37th Annual Hannaford Turkey Trot 5K Cape Elizabeth, ME November 20, 2005

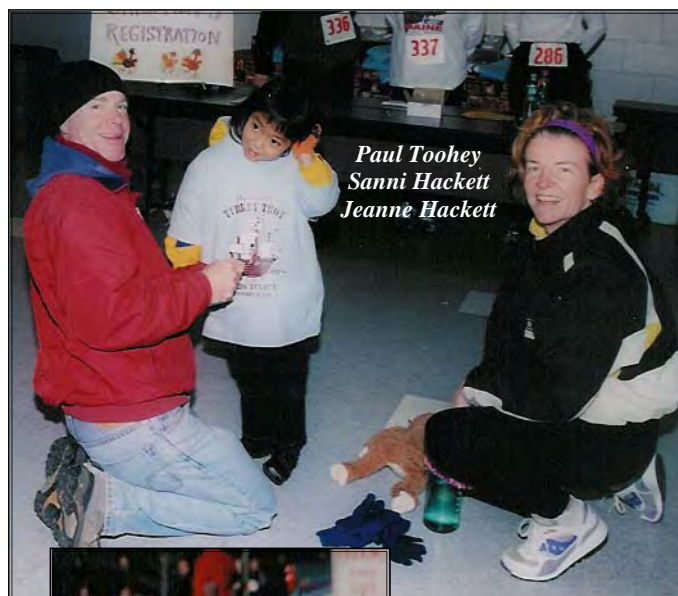
Place/Name	Age	City	Time	Pace
1 Devin Shaw	M22	South Portland	16:52	5:26
4 Evan Embrey	M18	Buxton	17:12	5:33
7 Thomas Noonan	M33	Steep Falls	17:41	5:42
9 Brendan Flynn	M17	Cape Elizabeth	17:45	5:43
13 Tony Myatt	M19	Portland	18:17	5:54
15 Tike MacColl	M16	Cape Elizabeth	18:20	5:54
16 Abby Iselborn	F16	Portland	18:23	5:55
21 Matt Rand	M14	Cape Elizabeth	18:51	6:04
31 Jeff Rand	M45	Cape Elizabeth	20:06	6:29
42 Jeff Crocker	M41	Saco	20:42	6:40
47 Mark Finnerty	M46	Portland	20:57	6:45
49 Jeanne Hackett	F47	Scarborough	21:09	6:49
56 Matt Flynn	M43	Cape Elizabeth	21:29	6:55
62 Joseph Wright	M26	South Portland	21:46	7:01
65 Carol Weeks	F56	Kennebunk	21:50	7:02
71 David Cannons	M38	Portland	22:08	7:08
77 David Colby Young	M53	Danville	22:15	7:10
78 Beth Rand	F45	Cape Elizabeth	22:16	7:10
82 Sarah MacColl	F49	Cape Elizabeth	22:24	7:13
90 Mallory Vaccaro	F32	Yarmouth	22:38	7:17
93 Stephen Lauritsen	M45	Saco	22:44	7:19
96 Les Berry	M57	Gorham	22:58	7:24
100 Lloyd Slocum	M72	Hollis	23:07	7:27
105 Gregory Welch	M54	South Portland	23:16	7:30
113 Jim Estes	M56	Portland	23:26	7:33
115 Randalyn Brocher	F20	South Portland	23:30	7:34
121 Bob Coughlin	M66	Cape Elizabeth	23:41	7:38
123 Matthew Thompson	M36	Portland	23:46	7:39
140 Dana Staples	M26	Auburn	24:11	7:47
143 Bruce Fithian	M57	Gorham	24:21	7:51
152 Jerry LeVasseur	M68	Brunswick	24:47	7:59
154 Thomas McLaughlin	M41	Old Orchard Beach	24:51	8:00
155 Eugene Longobardi	M40	South Portland	24:53	8:01
169 Don Conry	M51	Waterville	25:14	8:07
173 John Harrell	M55	South Portland	25:30	8:13
179 William Dow	M35	Portland	25:49	8:19
181 Mike Brooks	M60	Danville	25:50	8:19
189 Jim Tyrrell	M58	Cape Elizabeth	26:08	8:25
203 Bob Branson	M64	Scarborough	26:55	8:40
207 Cathy Burnie	F57	Cumberland	27:09	8:45
213 Ron Chase	M65	Durham	27:32	8:52
216 Howard Spear	M55	Westbrook	27:41	8:55
221 Nan Cumming	F44	Portland	27:54	8:59
225 Kristie McLaughlin	F13	Old Orchard Beach	28:08	9:04
228 Joan Tremberth	F60	Scarborough	28:24	9:09
231 Rory Sellers	M57	Portland	28:28	9:10
235 Timmi Sellers	F56	Portland	28:31	9:11
254 Eileen Hamilton	F55	Scarborough	29:14	9:25
257 Sherry Carl	F58	Gray	29:17	9:26
263 Thomas Carl	M61	Gray	29:37	9:32
268 Beth Branson	F64	Scarborough	29:57	9:39
270 Robert DeWitt	M62	Lisbon	30:02	9:40
288 Paula Sawyer	F56	Concord	30:41	9:53
292 Mel Uchenick	M74	Kennebunk	30:50	9:56
293 Michael Chadbourne	M51	South Portland	30:56	9:58
297 Lois Martin	F55	South Portland	31:12	10:03
329 Suzanne Berry	F37	Scarborough	32:54	10:36
331 Kenneth Spier	M62	Portland	32:57	10:37
332 Michelle Veayo	F36	Winthrop	33:04	10:39
334 Denny Morrill	M66	Portland	33:12	10:41
339 Robin Wright	F41	Portland	33:32	10:48



## Race Results and Photos...

### 37th Annual Hannaford Turkey Trot 5K continued

Place/Name	Age	City	Time	Pace
352 Nancy Hartford	F52	Brunswick	34:57	11:15
353 David Hartford	M48	Brunswick	34:57	11:15
358 Karen Kisko-Tucci	F24	Gorham	35:41	11:29
359 Beth Birch	F64	New Gloucester	35:47	11:31
367 Tyler Mercer	M11	Cape Neddick	37:39	12:08
370 Tree Mercer	F47	Cape Neddick	37:43	12:09
371 Scott Mercer	M57	Cape Neddick	37:43	12:09
379 Carlton Mendell	M84	Windham	38:41	12:27
380 Mark Clinch	M49	Gorham	38:48	12:30
398 Heather Sargent-Plante	F36	Lewiston	43:07	13:53
401 Nancy Walton	F50	Mechanic Falls	43:48	14:06
403 Denise Brooks	F45	Danville	44:10	14:13



Paul Toohey  
Sanni Hackett  
Jeanne Hackett

### Philadelphia Marathon

Philadelphia, PA November 20, 2005

Place/Name	City	Chip Time
955 Sean Ireland	Portland	3:27:47
2839 David House	Cape Elizabeth	3:59:12

### Region I USATF Cross Country Championship Smithfield, RI November 20, 2005

Boys 3K			
Place/Name	Age	Team	Time
5 Colin Swan	12	Falmouth TC	11:35
19 Maxwell Payson	12	Falmouth TC	11:56
46 Rob Blair	10	Scarborough TC	

Boys 5K			
Place/Name	Age	Team	Time
9 Raleigh Swan	16	Lakers TC	17:51

### Galloping Gobbler VII, Thanksgiving Day 8K & 1 Mile Fun Run Concord, NH November 24, 2005

Place/Name	Div/Age	Time	Pace
244 Paula Sawyer	3/6 F5059	56:15	11:19

### Waterville High School 5K Turkey Trot Waterville, ME November 24, 2005

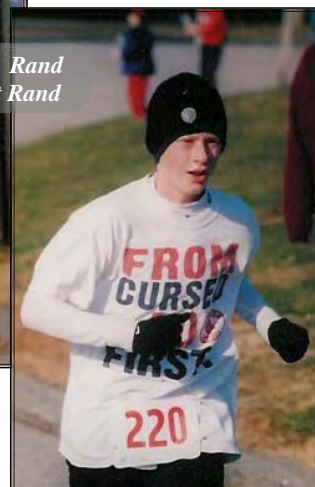
Place/Name	Time
20 Ron Paquette	26:09

### 24th Annual Thanksgiving Day 4-Miler Portland, ME November 24, 2005

Place/Name	Div/Age	City	Time	Pace
3 Peter Bottomley	1 M4044	Cape Elizabeth	21:42	5:26
11 Andrew Baird	2 M3034	Portland	22:51	5:43
13 Devin Shaw	6 M2024	South Portland	23:13	5:49
17 Floyd Lavery	2 M4549	Gorham	23:27	5:52
23 Tom Noonan	4 M3034	Steep Falls	23:58	6:00
32 Tony Myatt	3 M0119	Portland	24:42	6:11
37 Brendan Flynn	5 M0119	Cape Elizabeth	25:00	6:15
40 Matt Rand	6 M0119	Cape Elizabeth	25:04	6:16
47 Tike Maccoll	7 M0119	Cape Elizabeth	25:34	6:24
55 Bill Reilly	1 M5559	Brownfield	26:01	6:31
57 Jeff Rand	6 M4549	Cape Elizabeth	26:04	6:31
78 Rj Harper	2 M5559	Portland	27:11	6:48
103 Mike Towle	4 M5559	Gorham	28:02	7:01
107 Jeanne Hackett	1 F4549	Scarborough	28:06	7:02



Beth Rand  
Matt Rand



Joseph  
Wright

Turkey Trot 5K  
& Kids Fun Run Photos  
by Don Penta





Maine Track Club's 25<sup>th</sup> Annual

# Mid-Winter 10-Mile Classic

Sunday, February 5, 2006 @ 9:45 A.M.

Cape Elizabeth High School  
(showers available)



certification # ME03001RF

## Entry information

### RACE ENTRY FEE:

\$15.00 non-refundable. Same price before race or day of race

### MAIL ENTRIES TO:

Don Penta • 183 Smith Road  
Windham, ME 04062

### RACE DAY REGISTRATION:

Cape Elizabeth High School cafeteria, 8:00 A.M. - 9:30 A.M.

### FOR MORE INFO, CONTACT RACE DIRECTORS:

Maine Track Club • [www.mainetrackclub.com](http://www.mainetrackclub.com)

Don Penta • tel: (207) 892-4526  
e-mail: [wndhmlaker@aol.com](mailto:wndhmlaker@aol.com)

Ray Shevenell • tel: (207) 799-4556  
e-mail: [rays@maine.rr.com](mailto:rays@maine.rr.com)

Chris Boynton • tel: (207) 775-3060  
e-mail: [manny\\_chrisb@yahoo.com](mailto:manny_chrisb@yahoo.com)

Erik Boucher • tel: (207) 774-2654  
e-mail: [ebouche1@maine.rr.com](mailto:ebouche1@maine.rr.com)

## New course records

Open Male: Kevin Gray, 53:01 (2005)  
Open Female: Susannah Beck, 58:07 (2004)  
Masters Male: Dan Dearing, 56:17 (2005)  
Masters Female: Veerie Pottie, 1:06:57 (2004)

## Runner amenities

A long sleeve t-shirt to runners pre-registered by January 23, 2006. Random raffle drawings by bib number. Pizza, bagels, yogurt, fruit, hot coffee, juice and water after the race for runners only. Showers and changing rooms available in high school.

## Awards

**\$100 cash prize for new Open/Masters course records**

**1-5 Open men**

**1-5 Open women**

*Overall awards winners are not eligible for age group awards.*

### 1-3 men and women:

under 20	40-44	60-64
20-29	45-49	65-69
30-34	50-54	70+
35-39	55-59	

### Clydesdale Open & Masters:

190-210 lbs.  
211-225 lbs.  
226 lbs.+

### Clydesdale Senior Masters:

190 lbs.+

### Filly Open, Masters & Senior Masters

140 lbs.+

*Clydesdale and Filly entrants are also eligible for Open or age group awards.*

## Bruce Ellis Fund

The proceeds for this race are used to fund scholarships to send high school students to running camp. Bruce Ellis, in whose memory this fund was established, was an excellent runner and active Maine Track Club member. Included in his many running achievements was a 2:17 marathon, which qualified him to run in the USA Olympic marathon trials in 1988.



# Directions to Cape Elizabeth High School

**From the south:** I-95 north to exit 45 (formerly exit 7), South Portland. Through toll booth, take Broadway exit. Stay on Broadway (approx. 4 miles) to route 77. Turn right on 77 (Ocean St.) Stay straight into Cape Elizabeth (approx. 3-1/2 miles). Follow signs and instruction of parking guides to parking areas.

**From the north:** South on I-295 to exit 6A, Forest Ave. South. Bear right past Deering Oaks. This is State Street. Go up hill, cross Congress Street staying on State Street. Follow signs to South Portland, route 77. Cross Casco Bay Bridge into South Portland. Follow signs to route 77, Cape Elizabeth. Take route 77 (approx. 3-1/2 miles). Follow signs and instructions of parking guides to parking areas.

## Incllement weather announcements

**Maine Track Club website:** [www.mainetrackclub.com](http://www.mainetrackclub.com)

**TV:** News Center 6, WCSH-TV, channel 6 • News 8, WMTW, channel 8

**Radio:** NewsRadio WMTW, 870 AM and 106.7 FM • WGAN 560 AM

### Race entry fee:

\$15.00 non-refundable. Same price before race or day of race

### Mail entries to:

Don Penta  
183 Smith Road  
Windham, ME 04062

**Make check payable to:** Maine Track Club

last name (please print)

first name

middle initial

gender M/F

street address

city/town

e-mail address

state

zip code

home phone number

date of birth

age-day of race

please circle t-shirt size (if applicable): S M L XL XXL

### Please check the appropriate Clydesdale or Filly box if you are a Clydesdale or Filly:

Clydesdale Open (male)

- ☐ 190-210 lbs.  
☐ 211-225 lbs.  
☐ 226+ lbs.

Clydesdale Masters (male, 40-49)

- ☐ 190-210 lbs.  
☐ 211-225 lbs.  
☐ 226+ lbs.

Clydesdale Senior Masters (male, 50+)

- ☐ 190+ lbs.

Filly Open (female)

- ☐ 140+ lbs.

Filly Masters (female, 40-49)

- ☐ 140+ lbs.

Filly Senior Masters (female, 50+)

- ☐ 140+ lbs.

### For safety's sake, no baby strollers, radio headsets, or dogs.

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. Athletes who participate in this race may be subject to formal drug testing in accordance with TAC and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be treated, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medication contain banned substances. For more information regarding drug testing, call the USOC Hotline at 800-233-0393. 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 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.

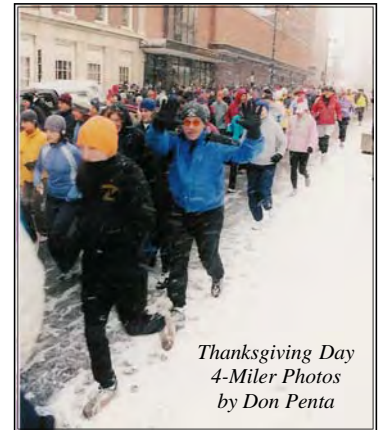
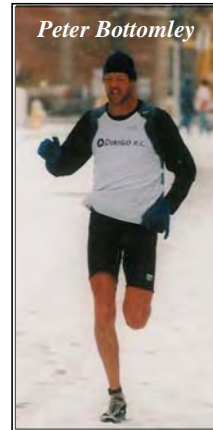
signature

date

parent's signature if under 18 yrs.



## Race Results and Photos...



### 24th Annual Thanksgiving Day 4-Miler continued

Place/Name	Div/Age	City	Time	Pace
109 Steve Rollins	12 M4044	Bowdoinham	28:08	7:02
115 Brian Denger	12 M4549	Biddeford	28:15	7:04
128 Michael Doyle	14 M4044	Portland	28:36	7:09
129 Matt Flynn	15 M4044	Cape Elizabeth	28:37	7:10
140 Susan Wiemer	5 F4044	Freeport	28:51	7:13
152 Michael Payson	19 M4044	Falmouth	29:18	7:20
153 Maxwell Payson	16 M0119	Falmouth	29:18	7:20
167 Sarah MacColl	2 F4549	Cape Elizabeth	29:43	7:26
172 Josh Reali	19 M0119	Cumberland	29:54	7:29
179 Dennis Smith	7 M5559	Yarmouth	30:01	7:31
182 Mallory Vaccaro	4 F3034	Yarmouth	30:05	7:32
187 Beth Rand	3 F4549	Cape Elizabeth	30:08	7:32
191 Joseph Wright	18 M2529	South Portland	30:11	7:33
208 Philip Pierce	1 M6064	Falmouth	30:26	7:37
216 Dale Rines	15 M5054	Gorham	30:39	7:40
222 David Colby Young	16 M5054	Danville	30:42	7:41
224 Daniel Hogan	8 M5559	South Portland	30:43	7:41
228 John Keeley	17 M5054	Portland	30:50	7:43
231 Les Berry	9 M5559	Gorham	30:52	7:43
234 Tom Keating	22 M4549	Brunswick	30:59	7:45
235 Abby Samuelson	11 F0119	Freeport	31:00	7:45
236 Gregory Welch	18 M5054	South Portland	31:01	7:46
249 Deb Sawyer	1 F5054	Portland	31:13	7:49
258 Scott Samuelson	27 M4549	Freeport	31:23	7:51
270 Bob LaNigra	3 M6064	Scarborough	31:33	7:54
282 Jerry LeVasseur	1 M6569	Brunswick	31:45	7:57
310 John Rogers	31 M4549	Portland	32:27	8:07
370 Eugene Longobardi	34 M4044	South Portland	33:46	8:27
391 Kitty Kelley	3 F5559	Portland	34:05	8:32
402 Rae Chalmers	7 F4549	Old Orchard Beach	34:16	8:34
403 Thomas McLaughlin	36 M4044	Old Orchard Beach	34:16	8:34
416 Lindsay Rand	28 F0119	Cape Elizabeth	34:34	8:39
452 Carol Blakeney	16 F4044	Cumberland	35:04	8:46
469 Kelle Keeley	20 F3034	Portland	35:19	8:50
483 Ron Chase	2 M6569	Durham	35:38	8:55
488 Mike Brooks	10 M6064	Danville	35:44	8:56
496 Patty Medina	13 F4549	Cape Elizabeth	35:56	8:59
504 Howard Spear	19 M5559	Westbrook	36:12	9:03
509 Sarah Dugas	35 F0119	Scarborough	36:18	9:05
510 Marc Dugas	50 M4044	Scarborough	36:18	9:05
511 Lauri Dugas	28 F3539	Scarborough	36:18	9:05
542 Polly Kenniston	1 F6569	Scarborough	36:57	9:15
589 Walter Fletcher	21 M5559	Freeport	37:55	9:29
644 Bob Branson	4 M6569	Scarborough	39:37	9:55
645 Beth Branson	1 F6064	Scarborough	39:37	9:55
695 Janice Gagnier	29 F4044	South Portland	41:32	10:23
715 Robert DeWitt	14 M6064	Lisbon	42:04	10:31
739 Lois Martin	12 F5559	South Portland	42:51	10:43
741 Michael Chadbourne	44 M5054	South Portland	42:56	10:44
765 Karen Kisko-Tucci	43 F2024	Gorham	46:43	11:41
779 Charles Bickford	46 M5054	Belfast	49:28	12:22
781 Carlton Mendell	1 M8099	Windham	50:11	12:33

(below) Ayalew Taye & Sintayehu Taye



### Foot Locker Northeast Regional Cross Country Championships Van Cortlandt Park, NY November 26, 2005

National Qualifiers: The top eight finishers qualify for the Foot Locker Cross Country National Finals in San Diego, CA on December 10, 2005

Seeded Boys 5K		
Place/Name	Grade/City	Time
1 Taye, Ayalew	11 Ashburnham, MA	15:20.9
2 Taye, Sintayehu	10 Ashburnham, MA	15:29.0
148 Embry, Evan	12 Buxton	17:13.3

Seeded Girls 5K		
Place/Name	Grade/City	Time
59 Iselborn, Abby	11 Portland	19:20.3

Junior Girls 5K		
Place/Name	Grade/City	Time
38 Saldanha, Kaitlynn	11 Scarborough	21:17.0

### 21st Annual Cary Medical Center Turkey Trot 5K Caribou, ME November 26, 2005

Place/Name	Time
12 Stephen Lauritsen	22:38
17 Connie McLellan	24:02

### York Rotary Club Turkey Trot 5K York, ME November 26, 2005

Place/Name	Div/Age	Time	Pace
56 Robert Randall	2/13 M68	23:38	7:37
127 Mel Uchenick	2/5 M74	30:00	9:40



## Race Results and Photos...

### 8th Annual Burn Off the Turkey 5K Gorham, ME November 26, 2005

Place/Name	Div/Age	Time	Pace
6 Devin Shaw	3/10	16:46	5:25
14 Tony Myatt	4/8	18:09	5:52
16 Matt Rand	1/10	18:28	5:58
22 Tom Shorty	2/18	19:12	6:12
23 Ryan Dyer	5/8	19:16	6:13
24 Ian Parlin	8/10	19:22	6:15
25 Jeff Rand	3/18	19:30	6:18
28 Robin Carlson	3/16	19:45	6:23
32 Stephanie Atkinson	4/16	20:33	6:38
34 Kathy Hepner	1/12	20:55	6:45
35 Jim Dunn	6/10	20:57	6:46
39 Beth Rand	2/12	21:27	6:56
42 Philip Pierce	1/11	21:45	7:01
43 David Young	5/18	21:46	7:02
48 Dale Rines	6/18	22:17	7:12
49 Les Berry	7/18	22:23	7:14
50 Mark St.Pierre	8/18	22:25	7:14
51 Harry White	2/11	22:31	7:16
52 Lloyd Slocum	1/3	22:36	7:18
54 Randalyn Brocher	1/6	22:54	7:24
55 Lisa Despres	3/12	22:54	7:24
63 John Howe	2/3	23:52	7:42
66 Lindsay Rand	3/9	23:58	7:44
68 Bruce Fithian	9/18	24:18	7:51
69 Diane Daley	4/12	24:51	8:01
71 Mike Brooks	5/11	25:00	8:04
81 Marla Keefe	2/9	26:25	8:32
82 Cathy Burnie	3/9	26:34	8:35
85 Kim Finethy	6/12	27:00	8:43
87 Betty Disanza	4/9	27:07	8:45
89 Bob Branson	6/11	27:31	8:53
96 Paula Sawyer	6/9	28:34	9:13
97 Beth Branson	2/4	29:28	9:31
99 Hugh MacMahon	7/11	29:33	9:32
101 George Goodwin	8/11	29:42	9:35
107 Karen Connolly	10/12	30:22	9:48
112 Judy Berry	7/9	30:42	9:55
113 Natalie Rand	6/9	30:42	9:55
117 Denny Morrill	9/11	31:58	10:19
120 Karen Kisko-Tucci	4/6	34:09	11:01
121 Virginia Cross	3/4	34:48	11:14
128 Mark Clinch	16/18	36:43	11:51
129 Carlton Mendell	3/3	37:24	12:04
130 Pat Buckley	4/4	38:41	12:29
147 Robert Connolly	18/18	48:11	15:33



Marla  
Keefe



Dale Rines  
Les Berry



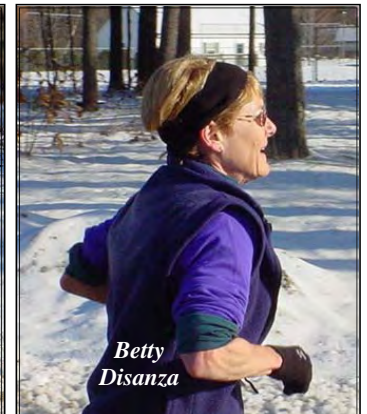
Beth,  
Lindsay,  
Natalie,  
Matt, &  
Jeff Rand



Karen  
Connolly



Diane Daley



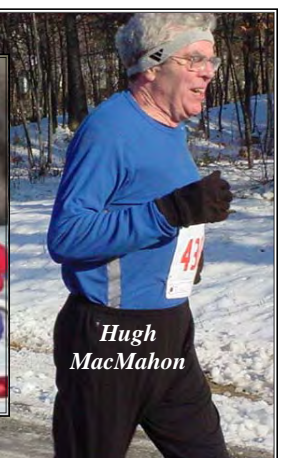
Betty  
Disanza



Carlton  
Mendell



Ginny  
Cross



Hugh  
MacMahon

Burn Off the  
Turkey 5K  
Photos  
by DC Young

### 26th Andover Country Club 3.4-Mile Cross Country Classic Andover, MA November 27, 2005

Place/Name	Div/Age	Time	Pace
19 Floyd Lavery	4/63 M48	19:38	5:47
66 Robin Carlson	4/38 F34	22:40	6:40
299 Carlton Mendell	2/2 M84	42:33	12:31





## Race Results and Photos...

### Jingle Bell Run/Walk 5K for Arthritis Freeport, ME December 4, 2005

Place/Name	Age	City	Time	Pace
6 Devin Shaw	M22	South Portland	17:05	5:30
10 Tony Myatt	M19	Portland	18:26	5:56
20 Devon Ertha	M19	Freeport	19:45	6:22
28 Jeff Crocker	M41	Saco	20:35	6:38
38 David Drew	M41	Litchfield	21:34	6:57
45 Susan Wiemer	F40	Freeport	22:08	7:08
46 Norman Morgan	M37	Lisbon Falls	22:09	7:08
51 Mark St. Pierre	M47	Brunswick	22:34	7:16
52 Stephen Lauriten	M45	Saco	22:37	7:17
66 Lloyd Slocum	M72	Hollis	23:09	7:28
69 Jerry Levasseur	M68	Brunswick	23:15	7:29
71 Greg Welch	M54	South Portland	23:23	7:32
72 Abby Samulson	F18	Freeport	23:27	7:33
75 Scott Samuelson	M47	Freeport	23:31	7:35
76 Randaly Brocher	F20	South Portland	23:35	7:36
103 Jeannie Johnson	F50	Brunswick	25:31	8:13
104 Mike Brooks	M60	Danville	25:35	8:14
106 Eugene Longobardi	M40	South Portland	25:41	8:16
122 Harry Center	M43	Freeport	26:37	8:34
133 Walter Fletcher	M59	Freeport	27:34	8:53
136 Kim Finethy	F48	Brunswick	27:55	9:00
145 Michelle Gravel	F38	Lewiston	28:44	9:15
151 Paula Sawyer	F56	Concord, NH	28:59	9:20
173 Kristin Cook-Center	F34	Freeport	30:07	9:42
174 Mel Uchenick	M74	Kennebunk	30:08	9:42
184 Janice Gagnier	F41	South Portland	31:02	10:00
189 Robert Dewitt	M62	Lisbon	31:29	10:08
195 Lois Martin	F55	South Portland	32:01	10:19
200 Connie Poulin	F56	Poland	32:31	10:28
207 Heather Sargent-Plante	F36	Lewiston	33:06	10:39
208 Michelle Veayo	F36	Winthrop	33:07	10:40
226 Carlton Mendell	M84	Windham	39:15	12:38
227 Virginia Cross	F62	Gorham	39:29	12:43
232 Nancy Walton	F50	Mechanic Falls	42:49	13:47
234 Denise Brooks	F45	Danville	43:21	13:57
235 Cindy Morgan	F49	Lisbon Falls	43:21	13:57
245 Brenda Trytek	F48	Lewiston	48:43	15:41
246 Donna Beaulieu	F43	Poland Spring	50:25	16:14



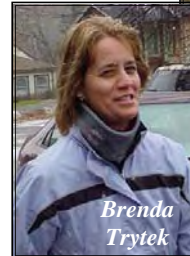
Greg Welch



Photos by DC Young



Harry Center



Brenda Trytek



Susan Wiemer



Jeannie Johnson



Jeff Crocker



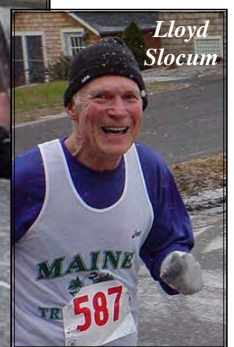
Devon Ertha



Randaly Brocher



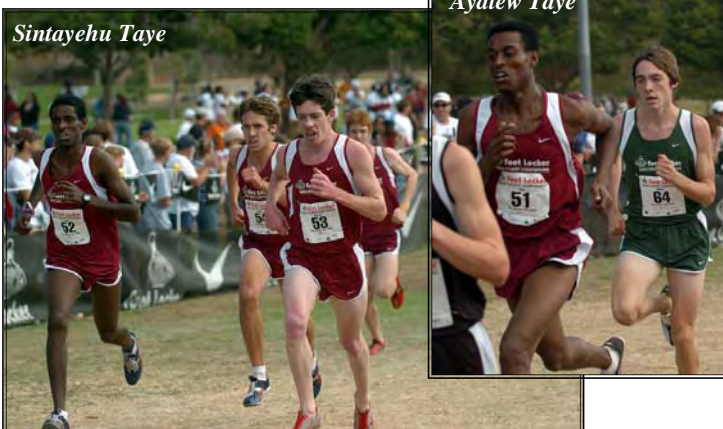
Lloyd Slocum



Paula Sawyer

### Foot Locker National Championship Boys 5K San Diego, CA December 10, 2005

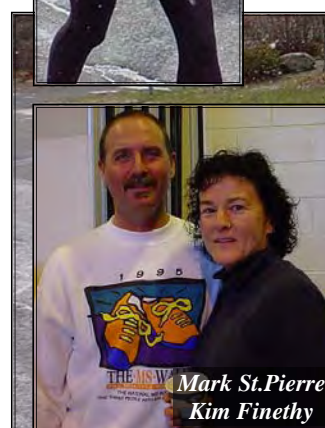
Place/Name	Grade/School	City	Time
17 Ayalew Taye	11 Northeast Cushing	Ashburnham, MA	15:32
23 Sintayehu Taye	10 Northeast Cushing	Ashburnham, MA	15:43



Sintayehu Taye



Ayalew Taye



Mark St. Pierre  
Kim Finethy

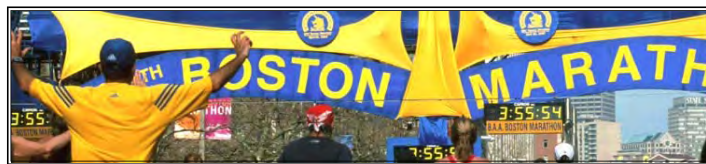




## Notices...

### Two Boston Marathon Entries for MTC Members

The BAA has approved 2 Boston Marathon entries for the Maine Track Club. We are currently accepting requests from members who are interested in running Boston. The Board will give the 2 entries to the most deserving persons based on their support of the club and interest in running Boston. The cost of the "Unqualified" entry is \$110.00 to be paid by the runner at time of application. So, bottom line – Do you want to run the Boston Marathon, but like me, are just outside the qualifying time? Here is your chance! If you would like to be considered for one of the entries, contact Mark Grandonico at Grandm@maine.rr.com.



### Boston Marathon Entries for Charity

The Massachusetts Eye and Ear Infirmary has 50 Boston Marathon entries available for runners willing to raise money as part of Team Eye and Ear. Each runner will be obligated to raise at least \$2,500. Interested runners should contact Courtney Hudson (617-573-3347) courtney\_hudson@meei.harvard.edu.

### ANNUAL CLUB BANQUET SATURDAY JANUARY 21

KEELEY THE CATERER • WARREN AVE • PORTLAND

5:00 P.M. • CASH BAR SOCIAL HOUR

6:00 P.M. • DELICIOUS BUFFET

7:00 P.M. • AWARDS PRESENTATION

\$16 ADULTS • \$8 CHILDREN

RESERVATIONS: CATHY BURNIE

(829-5208) CBURNIE@MAINE.RR.COM

### James "Terry" H. McGovern,



November 1, 1923  
to  
September 22, 2005

81, went with peace to God on September 22, 2005 surrounded by his wife of 60 years, Mary Ella, and children. The father of 10 children, 33 grandchildren, and 1 great-grandchild, his love and devotion to his family was boundless.

After his retirement he became an avid runner completing four marathons (his first at age 59) and was a lifetime honorary member of the Maine Track Club.

### Do you like to write?

**Come to the Writer's Brainstorming Session on  
Saturday, January 28th at 3:00 p.m.  
At 225 Lafayette Street, Yarmouth**

If you cannot attend, please give me a call or e-mail your ideas for the newsletter to Sandy Walton (846-6577) swalton2@maine.rr.com





## Pasta Dinner Photos...



Photos by  
Don Penta

## Roasters Run Photos...



Photos by Sandy Walton  
& David Colby Young



## MTC Discounts, Clothing, and Merchandise...

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

### PEAK PERFORMANCE SPORTS

59 Middle St., Portland  
15% on shoes  
10% on apparel

### COASTAL ATHLETICS

84 Cove St., Portland  
Call Ron Kelly 772-4530  
Asics shoes exclusively  
"Team Pricing" offered

### RUNNING DOG SPORTS

166 Narragansett St., Gorham  
839-4RUN (839-4786)  
10% on shoes and apparel

### MAINE RUNNING COMPANY

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

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### Advertise in NewsRun

Full Page Ad \$150.00  
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Business Card Size \$25.00

*The Maine Track Club reserves the right to reject flyers and ads that are judged not to 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.*

### 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! 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.



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



**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.



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



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



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

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# Maine Track Club Membership Application

If you would like to 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

**TWO-YEAR  
& THREE-YEAR  
MEMBERSHIPS NOW  
AVAILABLE!!**

## MEMBERSHIP TYPE & ANNUAL DUES

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

- |   |      |
|---|------|
| <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 |



*For official use only*

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

Do you want your newsletter by:

- ☐ E-Mail      or      ☐ Postal Mail

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Birthdate(s) \_\_\_\_\_ M/F \_\_\_\_\_

P.O. Box/Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ 9-Digit Zip Code \_\_\_\_\_ Home Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_ Business Phone \_\_\_\_\_

Occupation(s) \_\_\_\_\_ Employer (If Student, School) \_\_\_\_\_

*Additional household members:*

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Birthdate(s) \_\_\_\_\_ M/F \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Birthdate(s) \_\_\_\_\_ M/F \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Birthdate(s) \_\_\_\_\_ M/F \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Birthdate(s) \_\_\_\_\_ M/F \_\_\_\_\_

## 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.

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

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

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

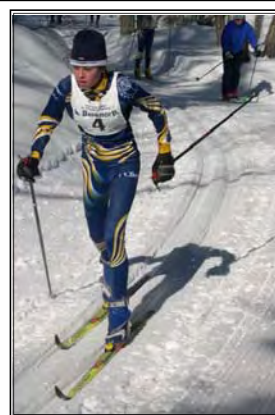
Signature \_\_\_\_\_ Date \_\_\_\_\_



## Maine Track Club Member Letters...



**CARLTON MENDELL...** has completed more than 160 marathons and ultra marathons, including 26 Marine Corps Marathons. The 84-year-old has been the oldest registered male runner at MCM for the last two years and plans to keep on going. "I log 70 miles a week during a 21-day period before each marathon, including three 20 mile runs," Mendell said. Mendell saves all of his certificates each year, an average of 75 per year, many with footnotes about the run. "The Marine Corps Marathon is one of the best marathons that I've run, and I've run a few." Mendell's advice for runners looking to keep active well into their 80's? "Stay with long, slow distance. Too much speed work can cause injuries."



### ELISE MOODY-ROBERTS...

is presently attending Burke Mtn. Academy in Vermont. In spite of having the state's fastest 3,200 - 11:19:38 - at the Class C championships, and being one of Maine's top high school distance and cross country runners, she has traded in her track shoes and is skiing her way around now.

*Photo from FasterSkier.com*

**BILL DAVENNY...** I ran the Dublin Marathon on Halloween Day 2005. I went to Ireland as a part of a tour group from the US and Canada. We arrived in Dublin on Friday morning before the Monday race, which gave me time to acclimate to the time changes and food. I didn't do too much touring before the run so that I could conserve my energy and stay off my feet. I did, however take a tour of Dublin Castle which was formally the seat of the British government. It was closed the last time I was there because they were filming Ulysses.

On marathon day, the runners from the Marathon Tours group and I walked to the starting area, which was a short distance from our hotel. By the time I got to the start it was raining steadily. I stood under an overhang with several runners. I saw a girl who wore a Maine Marathon T-shirt. She was actually from Massachusetts, but said she ran the Maine Half Marathon in preparation for Dublin. I wore a tattered, "throw-a-way" sweatshirt, which I was able to discard after a few miles when the rain let up. It took me eleven minutes to get to the starting line itself.

The marathon course was essentially the reverse of what it had been the first time I ran Dublin. I got to chat with people from all over the world: Haiti, Belgium, California, and several New England states.

Those last few miles in a marathon seem to get longer and longer. As we approached the finish in Marion Square near where Oscar Wilde resided, a race official pulled aside the runner next to me because his "chip" was not attached to his laces as required. I hope that the matter was favorably resolved.

I finished and received my medal and asked a pretty volunteer to take my picture for this article.

The day after the race we left Dublin en route to Galway. With Galway as our base, we went to Connemara where we had lunch at Kylemore Abby, a girl's boarding school that a friend had attended when she was a girl. Then we went to Burren, which is a barren landscape used for subsistence farming. There were a lot of reminders of the famine, which caused the emigration of many people to America. Next we went to the Cliffs of Moher where I was literally knocked down by winds approaching 75 mph. Our last night was spent at a medieval castle in Bunratty near Shannon where we were treated to a medieval banquet.

I recommend Dublin Marathon to those who seek a run of a moderate challenge. There are people all along the route to cheer the runners on. 52% of the runners were non-Irish.

I want to thank Meg Estabrook and Al Mack for hanging in there with me on those long, hot training runs. *Dublin Marathon Start Photo by Action Sports International*

## adidas DUBLIN MARATHON 2005





## Maine Track Club Member Letters...

**DINO JOANNIDES...** The past 2 years that I ran the 1/2, we had torrential rain. Despite the rain our spirit was not dampened as the course winds along the carriage trails of Acadia National Park. The race is limited to 400 runners to minimize impact to the carriage trails. The scenery along with the support provided by the MDI YMCA plus the camaraderie of the runners (and local fans) make this race one of my favorites.

A month after completing the Bar Harbor 1/2 it was time to revisit Bar Harbor for the start of the MDI Marathon. The race starts in Bar Harbor and continues to Seal Harbor working its way towards North East Harbor tracking along Somes Sound and finishing in South West Harbor. As a veteran Marathoner, I can unequivocally attest to the fact that this is one of the most scenic marathon courses in the Country! The course elevation is somewhat more challenging than Boston but due to the brilliance of the fall foliage, the hills were barely noticeable. *Photo by Action Sports International*



**BRIAN DENG...** I am new to the Maine Track Club and road racing, although I've been running for years. I started running competitively this past January in the Disney Half Marathon as a fund-raiser (my two sons have muscular dystrophy). I didn't know what to expect, but trained using a couple of on-line schedules as a guide. My official time was 1:47:43 which surprised me, as I hoped to finish around two hours due to heat and inexperience. After that race, I continued running for me, but I was talked into trying the Kerryman Pub 5K/Mary's Walk in Saco and found I enjoyed the races. The rest, as they say, is history.



Races I have competed in since joining the Maine Track Club are Beach to Beacon (558th @ 43:45), Breakaway 5K (77th @ 20:50), Sanford Stampede (16th @ 20:05), Eliot Festival 5K (146th @ 20:12), and Maine Half Marathon (104th @ 1:35:39.)

My goals are to improve my 5K time and to always enjoy running. I will also be running my first full marathon this January at Disney. Again, it is a fund-raiser. I have been running some fairly high weekly miles, yet as there is such a temperature difference, I don't have a high expectation of finishing as well as if I were to run locally. *Photo by Penta*

**NORMAN SIMARD...** Since I moved from Portland to Indianapolis last January, I've never forgotten all the fun that MTC was, and I am thankful for all the great folks who keep the Club going for Maine's running community. So when I moved to Indianapolis, I sought out a running organization that might fill the void. I found that in a club called Indy Runners. Who new there could be running club with a "Place for every pace" literally in my backyard? I thought it might be interesting to see if anybody from MTC is coming to IND for the mini-marathon. The 30th Running of the OneAmerica 500 Festival Mini-Marathon is on May 6th, but has already sold out with a record 35,000 entries. It is a spectacle, to be sure, and you get to do a 2.5-mile lap around the Indy 500 motor speedway too. I've volunteered to be a pacer in the weekly training program that Indy Runners sponsor, and look forward to January's kick off for an expected 300+ Mini runners and walkers. Anyway I think the race will be a good time and would like to hear from any MTC runners who are entered or will be in Indy. It would be fun to initiate dialog between the clubs too. Or at least share newsletters. You can get in touch with me at [edgy\\_for\\_change@yahoo.com](mailto:edgy_for_change@yahoo.com).

Indy Runners • 1075 Broad Ripple Ave., Suite #144  
Indianapolis, IN 46220  
<http://www.indyrunners.org>

**ABRAHAM KIPROTICH...** I am an up-and-coming road racer/marathoner, training with some of Kenya's best. It's my desire to develop to a professional level, and thus I decided to join your active club and have a place I can call home, share our running experiences.

I started my running in September of 2003. Some of my favorite running experiences are training for the last 3 years with professionals like Felix Limo, this seasons Chicago marathon winner, Eliud Kipchoge, former world 5000m champion, among other champions on our training base. My favorite races are road races from 5km to 21km and cross country 8km. I will be building towards the full marathon in years to come.

Abraham Kiprotich P.O Box  
2918 Eldoret/Rift Valley Kenya





# Running and Competing in National and International Events

by Jerry LeVasseur

Our move to Maine from Connecticut was the right decision. The running community is great, and the races are challenging and well run. There are more races with 5-year age groups as well as many good runners to make them necessary. The runners and volunteers are very friendly and helpful, and I compliment and thank them. The Maine Track Club can rival any club for what they are and what they do.

On the National and International scene, there are 4 master organizations that put on competitive events as follows:

**USATF Masters-** Annual indoor and outdoor track and field events. **World Masters Athletics-** Indoor and outdoor track and field, as well as cross country and road events held every other year. **National Senior Games-** Multi-sport with yearly events in each state and Nationals every other year. Qualifying is required the year before Nationals. This draws 10,000 athletes from age 50 to over 100. **World Masters Games-** Multi-sport held every 4 years with 25,000 participants from former Olympians to the average athlete out to stay fit. The competition can be very good in these events but the underlying purpose is to keep fit by doing what we enjoy. Competitors feel that they are never too old.

My first international meet was in Bermuda when I was 57. I passed on the 100th Boston, for which I was registered, to run in the International Senior Games ( a multi-sport event for 50 and over) doing a road race and track events. The organization put on a Dream Mile with such legends as Jim Ryan, Peter Snell, and Ed Santee. It was an experience watching and meeting these great runners. I entered all the running events following the example of a friend and ended up with 5 golds and 2 silvers. The silvers came in the sprints (100 & 200). I found that it was a lot of fun running on the track and started training for track races. When I was just over 50, I ran in my first National event, a 10K cross country race in NJ, where I finished 5th after being 3rd for most of the race. I learned to run on a wet surface, you need spikes, so I got some soon after the race.

The positive track experience lead me to the National Master Track & Field meet in Orono, Maine where I ran for silver & bronze medals in the 5K & 10K. The next year I also ran the 2K Steeplechase and 1500. I have missed only one outdoor National since then. In 2003, I was National 65-69 2K Steeplechase champion as well as 8K cross country champion. I started to put relay teams together in 1999 for the 4x400 and 4x800 with wins in the 4x800 outdoors over the past 6 years. I also have done almost every indoor National. I have won more than my share of medals and have made many friends, which is most important. There are many faster runners and results depend on who shows up.

In World Masters Athletics events, I have run in Gateshead, England and Puerto Rico watching the best in the world set new records. I have met many great and interesting athletes. It is fun meeting up with them every other year or so. In Gateshead I ran the 1500 in 5:20 in the 60-64 age group for a 20th place. A new world record was set at 4:35. There where 60 runners signed up for the events I was doing.

I started doing Senior Games in Connecticut at age 55 which, at that time, was the starting age. I ran the 5K's & 10K's, usually winning the age group and race until I got my friend Bill Borla involved. We travel to many events together. At the Worlds in Puerto Rico he placed 3rd in the 5K and 5th in the 10K. He generally wins his age division at Nationals. At age 60, he ran a 17:25 5K which was 6 seconds off the American record. He is now 65 and runs a low 18.

My first National was in San Antonio and my 6th in Pittsburgh. My wife Arden has competed in the past 4 Nationals as a swimmer. We both participate in most of the New England States yearly meets.

My first World Masters Games was in Oregon winning bronze medals in the 8K cross country and 1500 as well as a gold in the 60-64 age group 10K with a time of 39:13. Not world class but I will take it. The next Games we attended were in Melbourne, Australia and the most recent in Edmonton, Canada in July after which we went on to Hawaii for Nationals. Over 16 days I did 13 events. This year was difficult. After getting over-heated in the National Senior Games 10K in Pittsburgh, my mile time had increased by a minute. In Hawaii it was 30 seconds per mile higher, but I was able to place in several events, because of who was or wasn't there.

Because of the cost, we treat these trips as vacations and see as much as we can in the area. This can hurt running results, but I'd rather do both.

You don't have to be a top runner or athlete to participate in these events. Come try the USATF and Senior events. Join Maine USATF and run for the Maine Track Club at these meets. If over 50, also participate in the Senior Games. I have found the experience very rewarding and the camaraderie the best. Get out, have fun, and maintain that healthy lifestyle by being active in competitive sports.



## Running and Competing in National and International Events

Web-sites to see results and schedules follow. These will lead you to other sites.

NationalMastersNews.com  
MastersTrack.com  
USATF.org  
MEUSATF.org  
RunningUSA.com  
USATFNE.org



2006 events:

Dartmouth Relays, January 6-8  
USATFNE Championships, Harvard Univ., February 19  
Maine USATF indoor & outdoor meets (to be announced)  
Maine Senior Games, September  
Other NE States, starting in June  
Maine USATF Grand Prix (to be announced)  
National Masters Indoors, Boston, March 24-26  
National Masters Outdoors, Charlotte, NC, August 3-6

2007 events:

WMA World Championships, Riccione, Italy, August 28-September 9  
National Masters Outdoors, Orono, ME  
National Senior Games, Louisville, KY, June 22-July 8  
(The next World Masters Games is in 2009 in Sydney, Australia)

## TOP 10 LIST



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watches and sunglasses through  
February 15th.

## TOP 10 GOOD/BAD THINGS ABOUT WINTER RUNNING IN MAINE

1. You can't get lost on the trails because you can follow your footprints back.
2. The only thing you can hear are your own footsteps.
3. You've got your boss convinced that you have to leave work early so you can get your run in while there is still some daylight.
4. Running in fresh snow with huge flakes falling silently around you.
5. Ice is much easier on shoe wear than pavement.
6. Less Vaseline on inner thighs, more on lips and cheeks.
7. It's hard to breathe when your nostrils are frozen shut.
8. Spit bounces off the pavement.
9. You can add a 1/2 mile to your normal route by avoiding potholes.
10. No problem finding ice for ankles twisted in frozen potholes.



## DREAM, continued from page 3

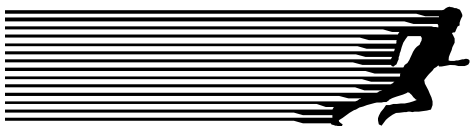
Paul Bunyan Marathon in 1978 (Ron ran a 3:49.40). Over the years, Paquette has had no injuries. Well, he tweaked his knee once. Missed three days of running.

"A lot of it's luck," Paquette says. "Nowadays they have all those sports gels and bars to eat, but my fastest times I've ever run we only had water and orange slices." Ron's marathon PR is 3:16:29 at the Marine Corps Marathon in DC.

Missouri came off the "to do" list in June, as did Alaska in August and Hawaii in September. At Durango, Paquette ran a 4:47. To celebrate, Paquette ran the Mt. Desert Island Marathon. It was his 100th race of marathon length or greater.

Donnajean is getting into the act. She's trying to run a half marathon in every state. The most famous of marathons is the Boston Marathon, and officially, Paquette has run the Boston Marathon just once, the year he turned 50. Paquette might give it another shot next year when he turns 65. He has other races to worry about.

As for the rest of us, that wasn't life passing us by. It was Paquette, living it.



seemed tough to me. They have a marathon and a 100-mile trail race here, and both races go up in elevation from 10,000'. While Ron and I were out here goofing off, Donnajean took over Ron's duties as race director at the New Balance 5K in Skowhegan which donates proceeds to Camp Sunshine. Did I mention Ron running a relay for Camp Sunshine from Florida to Maine? That's another story that he should tell sometime.

Ron Paquette ran all these races, but he gives a lot of credit to Donnajean for making it possible. She managed the New Balance race for him and did numerous other things for him in his absence in 2004. DJ has traveled with Ron to many of these races, Alaska and Hawaii to mention just two, and she has done marathons and half marathons in quite a few states. Maybe it's Donnajean's turn to do the States?

Congratulations, Ron, not only for doing 100 marathons and one in each state, but also for helping other runners through your coaching, race directing, and frequent volunteering. Also congrats for all the fundraising you have done, especially for Camp Sunshine.

Thank you Ron and DJ for all that you both have done for the running community and for letting me share in some of these experiences. Remember the Smokie Mountains? Brown Trout Stout? That was a great time.

*Mike Brooks*

## 100 Marathons in 50 States

Ron Paquette at age 64 did a marathon in Durango, CO on October 9th completing a marathon in every state, and a week later ran his 100th marathon at Mount Desert Island!

Ron is a "50 Stater", Central Maine Strider, and Maine Track Club member. Ron has been a coach, is a race director, and frequently volunteers at many races. He is also a familiar runner at many local races including the MTC 50 Miler. After turning 60, Ron began his quest to complete a marathon in every state and to run his first 100 miler.

I first met Ron at the MTC 50 Miler five or six years ago. I was volunteering, and Ron was running. Every once in awhile I would leave the aid station and run a 4-mile lap with him. His wife, Donnajean, was also running laps with him. Our friendship grew from this, and we started doing races together all across the country.

There are lots of stories that go with the races we've done: Ron's first 100 miler and, on another occasion, traveling from Minnesota to South Dakota to do a marathon followed by another the next day in Central Iowa. One of the best trips we had is when we flew into Denver and drove to Montana to do the Grizzly Marathon stopping at some hot springs for a soak, Cody, WY for the Cowboy museum, and Billings, MT. After the race, we camped in Glacier National Park where we saw plenty of grizzlies. From Glacier we drove to Yellowstone where we saw lots of elk and buffalo. Then we went to the Grand Tetons staying one night at Jackson Hole, WY. From there we proceeded to Ashton, ID to do the Mesa Falls Marathon. After finishing the marathon in this small town, they give you a coupon for a Huckleberry frappe at the local drug store, and they are delicious. Next it was south to Utah then Colorado where I almost ran over a herd of bighorn sheep while we were headed up to Leadville. The only casualty was the cooler that went flying when I slammed on the brakes. Leadville is the highest town in the USA at 10,000', and just riding the bikes we rented around



*Photo by Don Penta*

*Donnajean Pohlman, Mike Brooks, and Ron Paquette at the Great Osprey OceanRun 10K*



*Photo by David Colby Young*



# MAINE TRACK CLUB

## MANAGED RACES FOR 2006

### MID-WINTER 10 MILE CLASSIC

Sunday February 5th  
9:45 a.m.  
Cape Elizabeth High School

### BOYS & GIRLS CLUB PATRIOT'S DAY 5 MILER

Monday April 17th  
Noon  
Boys & Girls Club, Portland

### SAFE PASSAGE 5K

Saturday April 29th  
8:00 a.m.  
Greely High School  
Cumberland

### PORTLAND SEA DOG'S MOTHER'S DAY 5K

Sunday May 14th  
8:00 a.m.  
Hadlock Field, Portland

### YMCA BACK BAY 5K

Friday May 26th  
6:30 p.m.  
Back Cove Path, Portland

### PINELAND FARMS 50K & 25K TRAIL CHALLENGE

Saturday May 27th  
Pineland Farms, New Gloucester

### MT. WASHINGTON 7.6 MILER

Saturday June 17th  
9:00 a.m.  
Mt. Washington Auto Road  
Gorham, NH

### FRIENDLY'S NEW ENGLAND MILE

Sunday June 18th  
8:25 a.m.  
Congress Street, Portland

### PAT'S PIZZA CLAM FESTIVAL 5 MILER

Saturday July 15th  
8:00 a.m.  
Town Hall, Yarmouth

### PEAKS ISLAND 5 MILE ROAD RACE & LOBSTER BAKE

Saturday July 29th  
10:30 a.m.  
Lions Club, Peaks Island

### ST. PETER'S 4 MILER & ITALIAN STREET FESTIVAL

Friday August 11th  
7:00 p.m.  
St. Peter's Church, Portland

### OLD ORCHARD BEACH BREAKAWAY 5K

Saturday August 19th  
8:00 a.m.  
Beach Square  
Old Orchard Beach

### MAINE RUNNING HALL OF FAME 5K

Friday September 1st  
6:30 p.m.  
Back Cove Path, Portland

### DAN CARDILLO MEMORIAL 5K

Sunday September 10th  
9:00 a.m.  
Falmouth High School

### SPORTSHOE CENTER MAINE MARATHON HALF MARATHON & RELAY

Sunday October 1st  
7:45 a.m.  
Baxter Boulevard, Portland

### MAINE TRACK CLUB ULTRA 50 MILER & 50K

Saturday October 14th  
6:30 a.m.  
Brunswick

### PHYSICAL THERAPY 8K

Sunday October 15th  
9:00 a.m.  
Brunswick High School

### HANNAFORD TURKEY TROT 5K

Sunday November 19th  
9:00 a.m.  
Pond Cove Middle School  
Cape Elizabeth



## January/February & Beyond Races...

- Jan 1 25th Annual Hangover Classic 5K & 10K, Salisbury Beach Center, MA, 11:00 a.m. Contact: Bob Manning (978-462-1073)
- Jan 13 Maine Games Corporate Treadmill Marathon, Saco Sport and Fitness, 329 North St., 7:00 a.m.-7:00 p.m. Contact: Jeff Scully (284-2003) jeff@mainegames.com
- Jan 14 26th Annual "The Thaw" 4.5-Miler, Belgrade Central School, 9:30 a.m. Contact: Jon Chapin (465-3516) jonchapin@hotmail.com or Erik Seastead (293-4660) erikseastead@hotmail.com
- Jan 21 MTC Pre-Banquet Handicap 5K Run, Buxton, The Bungalow, Rte. 22 & Broadturn Rd, 8:00 a.m. Contact: Mark Grandonico (773-2576) grandm@maine.rr.com
- Annual MTC Banquet, Portland, Keeley the Katerer, 178 Warren Ave, 5:00 p.m. Contact: Cathy Burnie (829-5208) cburnie@maine.rr.com
- Jan 29 Maine Snowflake Series: Schoodic Mountain Snowshoe 5-Miler, Sullivan, Donnell Pond State Park, 1:00 p.m. Contact: Peter Keeney (773-2533) pktrldrt@midmaine.com
- Feb 5 25th Annual Mid-Winter 10-Mile Classic, Cape Elizabeth H.S., 9:45 a.m. Contact: Don Penta (892-4526), Ray Shevenell (799-4556), Chris Boynton (775-3060), or Erik Boucher (774-2654)
- Feb 11 Bradford Valentine 5-Miler & 6K, Bradford, MA, 1st Church of Christ, 10 Church St, 10:00 a.m. Contact: John Burke, timers@verizon.net 12 Piper Glen Lane, Haverhill, MA 01832
- Feb 12 Somesville Winter 10- & 20-Miler, Mt. Desert Island, Somesville Firestation, 9:30 a.m. Contact: Steve Saunders (664-8640) sesaunde@colby.edu
- Feb 18 9th Annual Martha's Vineyard 20-Miler, Vineyard Haven, MA, 11:00 a.m. Contact: Kathleen O'Sullivan (508-627-7111) www.mv20miler.com
- Feb 19 Maine Snowflake Series: Great Pond Mountain Snowshoe 2.2-Miler, East Orland, Craigbrook National Fish Hatchery, 1:00 p.m. Contact: Peter Keeney (773-2533) pktrldrt@midmaine.com
- Feb 26 26th Annual Four Points by Sheraton Hyannis Marathon, Half Marathon, 10K, & Marathon Relay, Hyannis, MA, 10:00 a.m. Contact: Paul Collyer (617-625-2140) www.hyannismarathon.com
- Mar 5 Irish Road Rover 5K, Portland, Brian Boru Pub, 11:00 a.m. Contact: Dan McKeown (730-1234) mckeown@maine.rr.com
- Mar 12 8th Annual Kerryman Pub 5K & 2.5 Mile Mary's Walk, Saco, Thornton Academy, Noon Contact: Betty Goodwin (773-2533 or 866-627-2411) www.kerrymanroadrace.kintera.org
- Mar 26 Eastern States 20-Miler & Run for the Border 10-Miler, From Kittery, ME to Salisbury, MA, Traip Academy in Kittery or Rye Beach Rt. 1A, 11:00 a.m. Contact: (781-340-0616) don-allison@comcast.net,
- Apr 9 4th Annual Morgan's 5K, Lewiston, Bates College, 1:00 p.m. Contact: Suzi Andrew (671-0676) suzannaandrew@yahoo.com
- Apr 17 77th Annual Patriot's Day 5-Miler, Portland Boys & Girls Club, Noon Contact: John Tracy (874-1070), tracyone@prexar.com
- Apr 29 Safe Passage 5K, Cumberland, Greely H.S., 8:00 a.m. Contact: Douglas Pride (781-4391) doug\_pride@msad51.org
- May 14 Portland Sea Dogs Mother's Day 5K & Kid's Run, Portland, Hadlock Field, 9:00/8:30 a.m. Contact: Geoff Iacuesa (874-9300) geoff@seadogs.com or Howard Spear, racedirector@mainemarathon.com
- May 21 24th Annual Sugarloaf/USA Marathon & 15K, Carrabassett Valley area Rt. 27, 7:00/7:30 a.m. Contact: Sue Foster (237-6830) outdoor@tdstelme.net, www.sugarloafmarathon.com
- May 27 Pineland Farms 50K & 25K Trail Challenge, New Gloucester, Contact: Erik Boucher (774-2654) ebouche1@maine.rr.com or Ian Parlin (775-6549) iparlin@maine.rr.com



***"The wear pattern on your running shoes suggests that you watch too much TV."***



## Notices...



### Winter Cross-Training

Peak Performance Sports has taken over outside activities at Pineland Farms. They plan on having snowshoe and cross country ski races. This is great cross training, so watch MTC and Pineland Farms websites for schedules. David Young and Jerry LeVasseur ran some snowshoe races last year and would be happy to answer any questions.

David (786-2129) davidcolbyyoung@aol.com  
or Jerry (729-6180) jerardl@verizon.net



### Paul Bunyan Marathon and 15K Slated for July 2006!

The Paul Bunyan Marathon was last run through the streets of Bangor in 1984 and will return to Bangor on Sunday, July 16th, 2006.

You are invited to come "up river" this summer. The Marathon will start at 6:00 a.m. to beat the heat, and will follow a newly revised course along runner-friendly roads in Bangor, Orono, Stillwater and Veazie. This new course incorporates segments of original Bunyan routes, beginning on Main Street in front of the Paul Bunyan statue. More information about the Paul Bunyan Marathon is available online at [www.paulbunyanmarathon.com](http://www.paulbunyanmarathon.com)

The 2006 marathon as well as the 15K will be USATF Certified Sanctioned events. A children's "Marathon" is in the works which will include an obstacle course at Cameron Stadium. This is awaiting final approval with Bangor Superintendent. The pre-race pasta dinner will be held at Momma Baldacci's Italian Restaurant in Bangor. Alumni Bunyan runners that would like to enter the marathon can do so Free of charge. Members of Maine Running clubs including: Maine Track Club, SUB 5, Crow Athletics, Central Maine Striders, Dirigo T.C., and the Aroostook Mustards will receive two free passes to the pre-race pasta dinner, a \$30 dollar value, upon early entry (by 6/1/06) into either the marathon or 15K. This discount is to thank the local Maine runners who take part in this historical event.

Contact: Race Director, Phil LeBreton  
(974-4007) philnikeman@yahoo.com  
10 Moosehead Boulevard, Bangor, ME 04401

**FREE  
PASTA  
DINNER**



**Mt.  
Washington  
Road Race**

### Wanted: Mt. Washington Road Race Coordinator

The MTC is in need of a coordinator for the Mt. Washington Road Race. If a new coordinator is not found shortly we may lose the ten entries to the race we are allotted each year.

The duties of the coordinator are to supervise who from the MTC gets the ten entries and recruit ten volunteers to work the race. If you are interested in this position please contact me ASAP. I have to contact the race director for the Mt. Washington Road Race early this year to tell him whether we want the ten entries or not. No coordinator, no volunteers, no entries. Contact: Mike Brooks (783-3414) mjbruns@adelphia.net

**Mount Washington Road Race  
Event Date: Sat. June 17, 2006, 10:00 A.M.**

ENTRY TO THE MT. WASHINGTON ROAD RACE IS LIMITED.  
THOSE INTERESTED IN PARTICIPATING MUST ENTER  
THE ANNUAL LOTTERY. THE LOTTERY ENTRY  
PERIOD IS MARCH 1 TO MARCH 15.

**See Your  
Running  
Pictures  
Online...**



David Colby Young has photos from numerous road races throughout the state, and beyond, posted on his personal Web site, so if you're a club member who ran any races since 2004, there's a good chance you'll find a photo of yourself.

Check out David's site at  
[http://journals.aol.com/davidcolbyyoung/  
MaineRunningPhotos](http://journals.aol.com/davidcolbyyoung/MaineRunningPhotos).



# MTC Board Meeting Minutes 11/22/05

**Attendance:** Mark G., Cathy B., Lisa D., Sandy W., Mike B., Don P., Bob A., Erik B.

**Secretary's Report:** Board Meeting Minutes (10/12/05) accepted.

**Treasurer's Report:** Account Balance is under \$10,000 mainly due to recent equipment purchases. Check recently sent to the RRCA for all 2006 race dues and liability insurance.

**2006 Budget:** Mark presented a draft of the Proposed 2006 Budget for review by Board. Due to the popularity of the new 2- and 3-year membership options, Mike suggested adding a "Pre-paid Dues" column to itemize this income. Sandy has received 14 2-yr and 22 3-yr renewals since the inception of the extended memberships. This will increase the club's income this year, but show a drop in the coming years. Issues surrounding this will be discussed at future meetings.

**News\*Run Report:** David Colby Young has resigned as Newsletter Chairperson. Sandy has submitted the last 3 issues of News\*Run for entry in the RRCA Newsletter Competition. Results of judging will be available in early February. RRCA Convention to be held in March in Houston.

## **Race Committee Report:**

**Hannaford Turkey Trot:** Overall went well. Many compliments on new Truss system and Finish Line. Setting up of race course was under par. Also noted that awards were minimal even for top finishers, and we need to improve on that next year.

**Special Events Committee Report:** Banquet Awards Committee to meet in Mid-Dec. to discuss awards and order trophies. Cathy has received 6 nomination forms so far. Mark made deposit to Keeley the Caterer. Mike D. will set up table with MTC clothing. Ron Pelton to be asked to be Master of Ceremonies again. David will do slide show. Mark will choose gifts for Race Directors (useful and meaningful). Suggestion made that Volunteer gifts be a singlet or Cool Max shirt. Board agreed that members who volunteer for 3 or more events should be given more than in past years. Question of whether Board Members should receive gifts will be discussed further.

**MTC Website:** Bob wants to make changes to the website, just has not had the time. Mark talked about the "Club Express" system, seen at last year's RRCA Convention, which includes Website and Membership services, email/chat room capabilities, and much more. This would cost about 40 cents per member per month, or roughly \$1,900 per year. It would take the place of much that is done manually by the club. Mark will send links to the Board to check it out. A free, 1-month trial is available.

## **Board/Club Positions:**

**Equipment Manager:** VACANT (temporarily Mark G.)

**Race Director, Mt Washington:** VACANT

**Race Committee Chairman:** VACANT (temporarily Mark G.)

**Membership:** VACANT (temporarily Sandy W.)

**Race Director for Safe Passage Race:** Mallory Vaccaro has volunteered to assist Mark this year, and take over as director next year.

**Board Member At-Large:** Erik Boucher will take over for Charlie Scribner.

**Equipment Update:** Trailer has been purchased. Lettering to be done (\$800). Sportshoe Center, New Balance, and Loco Shoes have been approached as possible sponsors. As show of appreciation to Sportshoe Center for sponsoring the Maine Marathon, their labels will be displayed on the trailer. Still need a place to store the trailer.

**Phone Issues:** A cheaper alternative for club phone service is still needed.

**Board Retreat:** To be held at Val Halla in Cumberland on January 14 at 8 a.m. to noon. Cost to club will be \$200, includes breakfast.

**RRCA Convention:** March 8-12, in Houston. Mark and one other Board Member can go. Sandy expressed interest. Mark and Sandy came back

with great ideas from the last convention, so the trip is felt to be a good investment.

## **New Races:**

**Pineland Farms 50K and 25K Trail Challenge:** Erik Boucher and Ian Parlin are planning a 25K and 50K trail race at Pineland Farms, tentatively set for Saturday, May 27. This would be Maine's first and only Ultra Trail Run. Erik brought up concerns about getting a sponsor and volunteers. Mark gave input into both. Erik also asked about starting to advertise the race. Once a firm commitment has been secured from Pineland, advertising can begin. Could also put a teaser in the News\*Run, such as "Save the Date".

**Safe Passage:** MTC is taking over the results and finish line duties of this race. Mallory Vaccaro will be assisting Mark this year, taking over alone next year.

**Paul Bunyon Marathon and 15K:** MTC has been asked for advice on organizing this race for next year, and will help.

**Roaster's Run T-shirts:** 30 silk-screened, long-sleeved, wicking shirts and 24 embroidered, wicking, baseball-style caps. Orders have been taken for 18 shirts and 13 embroidered caps so far.

**Sponsors:** Idea to have sponsors for each race supply their own banner, which could be hung on the MTC Truss each year at their race.

**Free Entry into a MTC Race for Members:** One of the benefits of being a member of the Maine Track Club is free races for members. As of now, the club only offers free fun runs, such as the Handicap Race and the Jingle Bell Run. Mark proposes one free race each year for members, naming a different race each year. The Peak's Island Race was mentioned as a possibility for the first year. This would be a free entry fee, but would probably not include a t-shirt.

**Track for Coaching Sessions:** Mark is waiting to hear from Fitzpatrick Stadium in Portland about use of the track for one day a month for Bob Brainerd's Coaching Sessions. Bob has agreed to offer this in Portland one Tuesday night a month from April to September in 2006. Other tracks will be looked into if necessary.

**Next Board Meeting/Retreat:** Sat. January 14th, Val Halla - Cumberland 8 a.m.-Noon

**Next Membership Meeting:** ??

Submitted 11/23/05

*Lisa Despres*

MTC Secretary



From left to right 1st Row: Phil Meech, Mark Grandonico, Ward Grossman  
2nd Row: Sandy Walton, Cathy Burnie, Lisa Despres, Hazel Wightman, David C. Young, Deb Lynch, Mike Brooks  
3rd Row: Bob Aube, Don Penta, Charles Scribner, Mike Doyle



## 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. Several members of the group also run Sunday mornings in Kennebunk or in North Berwick. 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

**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 Ave. (Where it's warm!) 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](mailto:info@runwalkcompany.com)

**The Rat Pack** runs Sunday mornings at 7:00 a.m. from Payson Park. Contact: Ron Deprez (772-4312) or Mike Reali (829-2014)

**YMCA Noon Runs** begin from the YMCA on Forest Ave. Contact: Mike Pratico (874-1111)

**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 (671-7733)

**The South Portland Road Runners** run Thursday nights at 5:30 p.m. from the high school. Contact: Donna Moulton (799-2894)

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

### Gorham

**Running Dog Sports Saturday Morning Group** gathers on Saturdays at 8:00 a.m. through the winter (7:00 a.m. through the summer) at 166 Narragansett St. (Rt. 202 West) with refreshments to follow. Contact: Kathy Hepner (839-4786) [runningdogsports@maine.rr.com](mailto:runningdogsports@maine.rr.com)

### MTC Roasters Runs

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 and Portland. Pace ranges 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](mailto:swalton2@maine.rr.com)

### New Gloucester

This group meets Sundays at 8:00 a.m. Through the winter in the parking lot of the Pineland YMCA 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](mailto:msproul@unumprovident.com)



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



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



# January/February 2006

**S**

**F**

**T**

**W**

**T**

**S**

**7** Roasters Run 7:00 a.m.

**14** Roasters Run 7:00 a.m.  
MTC Board Retreat 8:00 a.m.  
The Thaw 4.5-Miler 9:30 a.m.

**21** Roasters Run 7:00 a.m.  
MTC Handicap 5K 8:00 a.m.  
Annual Banquet 5:00 p.m.

**28** Roasters Run 7:00 a.m.  
Writer's Brainstorming  
Session 3:00 p.m.

**4** Roasters Run 7:00 a.m.

**11** Roasters Run 7:00 a.m.  
Bradford Valentine 5-Miler &  
6K 10:00 a.m.

**18** Roasters Run 7:00 a.m.  
Martha's Vineyard 20-Miler  
11:00 a.m.

**25** Roasters Run 7:00 a.m.

**4** Roasters Run 7:00 a.m.

**6**

**13** ME Games  
Corporate Treadmill  
Marathon 7:00 a.m.

**20**

**27**

**3**

**10**

**17**

**24**

**3**

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**23**

**30**

**6**

**13**

**20**

**27**

**1** Hangover  
Classic 5K & 10K  
11:00 a.m.

**8**

**15**

**22**

**29** Schoodic  
Mtn. Snowshoe  
5-Miler 1:00 p.m.

**5** Mid-Winter  
10-Mile Classic  
9:45 a.m.

**12** Somesville  
Winter 10- & 20-  
Miler 11:00 a.m.

**19** Great Pond  
Mtn. Snowshoe  
2.2-Miler  
1:00 p.m.

**26** Hyannis  
Marathon/Half  
Marathon/Relay/  
10K 10:00 a.m.

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{MM:Notice 2}

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