



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

Martha's Vineyard: Maine Track Club Bringing Home the Gold

by Jim Dunn

In a page right out of the Olympics, the Martha's Vineyard 20-Miler produced some major hype to rival what is going on in Torino. The training that our little group of Maine Track Club members put in to prepare for the race was fantastic. From several VERY long group runs in December to lots of individual double digit runs in January and February.

Once we add in the weather, things get REALLY exciting. The wind and power outage on Friday night led some racers to forgo routine pre-race meals and instead venture out to restaurants, hoping for the best as opposed to getting stranded on a roof while trying to fix blown-off shingles. Race day didn't see much of an improvement but luckily during the first 10 miles, the wind was at our backs which pushed everyone to seemingly record breaking pace, however this wouldn't last! The 2nd 10 forced us to turn into the wind as we went from the beautiful coastline course to the

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President's Corner...

Why do we do it?

by Mark Grandonico

There won't be any prospective or retrospective 'state of the club' in my corner this edition. The club is in great shape and we are ready for 2006. I ran the Miami Marathon Sunday January 29th. As I stood there in the pre-dawn darkness, I asked myself the question, why do we do it? "Do what?" you ask. Ok, how about pay almost \$100 for an entry fee, get up at 3:30 in the morning to be in the corral by 5:00, drink like a parched camel for 48 hours before the race to ensure proper hydration in a tropical climate necessitating a bathroom be no more than a stones throw away. Why do we smear lubricant in places on our bodies where lubricant has no business being? Why do we accept public urination on race day when on any other day it is gross and in most states will get you arrested?

Why do we tie and re-tie our laces 2, 3, or 4 times to get that "just right" knot and allow for the impending foot swelling bound to occur in the next 26.2 miles? Why do we swallow that 800mg Motrin tablet before the race disregarding all medical advice to "take care of those aches and pains" during the run. We have read over and over – run clean. Why do we set off on a run that we know will bring us discomfort, soreness, and even pain?

Why does the man climb the mountain? – Because it's there. I think the same is true for a Marathon. Why do runners run a Marathon – because its there. If you asked me 5 years ago if I would ever run one, the answer would have been, "Why would I want to do that?" and undoubtedly, "No." But at some point in this journey we call life, priorities and goals change. People change and things we thought were important in the past are no longer even considerations for the future. For example, think back 20 years, or even 10 years. Are you at a place in your life you thought you would be? In my case, I was still active duty in the Coast Guard sailing the high seas all over the world. Settled in

Portland, Maine and President of a Track Club? Ya Right! I was still a smoker, and I thought runners were somehow mentally challenged. That was 17 marathons ago.

After running my first 5K, I needed to try a 10K. After the 10K, I needed to try a 10 miler, which led to the Half Marathon, which led to the Metric Marathon in NH, which led to the Eastern States 20 miler which of course led to - you guessed it – the Marathon. My guess is that is exactly how most people get to the big show. It's a progressive personal challenge kind of thing. We always want to know if we can do it, what can I run it in? Can I do it? What's my next challenge?

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March/April 2006

RRCA
ROAD RUNNERS CLUB OF AMERICA



Run with a friend...

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Why do we do it? There are 100 reasons why and everybody has their own from running in memory of a cancer victim to the most simplistic, can I do it? I do it because I love to travel, meet new people, see new sights, and chase the growingly evasive PR. The biggest reason, because it's fun. The first time you cross that marathon finish line is a feeling that goes down in life's top ten! It is an accomplishment that few people will ever know.

Have a great running season this year. As the temperatures moderate and the little snow we have recedes, Hang In There; spring is just around the corner!

Mark Grandonico

MTC President

Quote of the month:

"What matters is not necessarily the size of the dog in the fight
- it's the size of the fight in the dog."
- Dwight D. Eisenhower

Portland Trails To Host Weekly Back Cove 5K Run/Walk Series

Portland Trails, Maine Running Company and Mizuno will be sponsoring and hosting the annual Summer Weekly Back Cove 5K Run/Walk Series.

The yearly event, created by Stu Palmer four years ago, has become a favorite for Portland area runners every Wednesday night from mid May through October 1.

The weekly race is free of charge has upwards of 70 participants. "The event was at a point where we needed to find support to direct, host and help run the event" stated Palmer. John Rogers, owner of the Maine Running Company, and I discussed ways we could keep the integrity of the event free to the running community and yet expand it. With that, Rogers contacted Nan Cumming, Executive Director of Portland Trails and the idea of expanding the 5K Run into a Run/Walk series to raise awareness about the Portland Trails network were put into place.

"Our commitment is to remind people about how vital the Portland Trails system is to our community. Every day runners and walkers use the Back Cove Trail. What better way to raise awareness than offer this event to the community free of charge," said Cumming.

Instead of a race fee, participants will be able to make a donation or purchase a "Weekly Back Cove Run/Walk Series" technical fabric t-shirt with all proceeds going towards Portland Trails.

The weekly event will launch May 10 and finish up October 4. The series will host a Grand Prix event, with a runner's top 6 finishes counting towards his or her point total. Additionally Mizuno is providing t-shirts, weekly race numbers and products on a weekly drawing basis to all participants.

For further weekly race information please call 773-6601 or visit www.runwalkcompany.com or www.trails.org.

GOLD, continued from page 1

hilly inland bike path that offered little in terms of distractions. But the word for the day was perseverance, and the nine Maine Track Club runners did just that. Not to mention the outstanding support we received from the two [injured] club members who sacrificed a Saturday to cheer us on and brave a cold windy day on bicycles, logging 30+ miles to cheer and even JEER us on!

One of MTC newest (and youngest) members, Chris "Hurricane" Ryan took Gold in the 20-25 yr olds. (And yes, instead of 1st, 2nd, and 3rd, the finishers were instead honored with Gold, Silver & Bronze awards.) Dora Rex, as always, put in an outstanding effort to bring home the Silver in her age group while setting a PR for herself on the course. And perhaps the biggest (and I do mean BIGGEST) upset was that while Jim Dunn couldn't defend his 1st in Clydesdale, nor his PR from 2005, he managed to snag Silver and perhaps more importantly, beat out several MTC members who humbled (or was it humiliated) Jim at the Mid-Winter 10-Mile Classic just two weeks ago. But perhaps the best award was that our group of 11 was recognized during the awards ceremony for being the best/loudest.

Now it could have just ended there and been a stellar day, but seeing as how this group has run, raced, and hung out extensively together, it went just a little bit further. The icing on the cake was a "gretsky-like" pre-race bet that had everyone guess-timating his/her finish time and then seeing who could come in the closest at the end. Given that it was a 20-miler, one might think that the estimates would be way off, but in the end it came down to a single second separating the winner(s) from the next person. And in true "presidential" form, Mark Grandonico and Evan O'Neil tied for the Gold, missing their estimated time by 44 seconds, just edging out Tom Shorty who took the Bronze who was off by 45 seconds. And I can personally attest that Tom wasn't "sandbagging" since it must have really bugged the tar out of him that I somehow got in front of him with 2.5 miles left in the race (sorry Tom, I had to add that!) Nearly everyone else was within 2-3 minutes of their estimate with one MAJOR exception... a certain female whom shall remain nameless, in a clear attempt of sandbagging, finished a whopping 14 minutes AHEAD of her estimated time (luckily everyone KNEW she was sandbagging).

I can't say enough about the support from Emma & Ian that we needed to make it through the day. YOU 2 ROCK!

And what would the Olympics be with out a little drama. The bus back to the ferry was a bit late, so instead of making the 3:45 p.m. ferry, we all watched Ian & Emma sail away on the ferry from inside the bus. We had to wait a full hour and 15 min to catch the next one causing a major delay to an already VERY LONG DAY! The major positive out of this was the frantic search for a place to eat dinner led us to an IHOP which is just what the Clydesdale ordered!

What a blast... what a way to spend a cold windy day...

Jim Dunn

See **RACE RESULTS AND PHOTOS**,
page 14

March/April 2006

Editor's Corner...

by Sandy Walton

I almost didn't answer the call from Georgia. Telemarketer? To my surprise it was Marlene Atwood, the Chairman of the ten-judge committee spread across the country who scrutinized the submissions for the RRCA Jerry Little Memorial Journalism Award. Apparently the NewsRun was unanimously chosen as the most outstanding club newsletter of the year over publications from cities such as San Francisco and Richmond. I'm honored and proud to be part of the crew that collectively put in hundreds of hours per issue to bring together a newsletter that 'demonstrates a variety of content, shows good physical presentation, and is informative and creative.'

And even so, the volunteers are coming out of the woodwork. The Brainstorming Session held in January was a great success. Your fellow MTC members have come up with some terrific ideas for regular columns, such as Mike Brooks' travel guide to races and marathons around the country (and world!) with a slant more on where to stay, getting around, things to watch out for before, during, or after the race, and so on. Maggie Soule has been collecting all of the club's printed material since 'Day One' twenty seven years ago. It only seems fitting that she should share that MTC history. In our next issue Pat Buckley will be bringing back the member profile, so be candid if she starts asking you questions. Look for reviews on Maine races from Roland Thibault, publisher of the Pine Tree Running Journal. Eric Boucher and Kim LaPointe will have interesting running trends to recount. Dan Levesque has taken on the task of picking through race results to find MTC members with the aide of his computer. Of course we will still have the terrific photos from Don Penta and David Colby Young. Articles and other submissions are always welcome.

I also must give a big Thanks goes out to Victoria Quinlan who has so graciously volunteered to take on Membership so I can put all my efforts into editing and doing the layout of the newsletter.

It's like I always say, "Many hands make light work."



*1st row: Dora Rex, Emma Barclay, Michelle Doherty,
Rachel Landry, and Evan O'Neill*

*2nd row: Ian Parlin, Jim Dunn, Chris Ryan, Tom
Shorty, Mark Grandonico, and Ken Voorhees*

Happy Birthday to These MTC Members...

March 2006

- | | |
|-----------------------|----------------------|
| 1: Elizabeth Byrne | 17: David Hartford |
| John Gale | 18: Brady Foshay |
| Katie Harris | 19: Betsy Barrett |
| Linda Iselborn | Kaitlyn Graham |
| 2: Scott Heffernan | Eric Ortman |
| Mike Reali | Bill Venderburg |
| 3: Mel Uchenick | 20: Brendan Toohey |
| 4: Levi Walton | 21: Mary Brandes |
| 5: Mark Coughlin | Rilla Harrell |
| Laura Greenstein | Colin Swan |
| 6: Mark Clinch | 22: Lauri Dugas |
| Carolyn Thibault | 23: Elliot Swan |
| 7: Judy Cotton | 25: Janice Bilodeau |
| Karen Schwarzec | John Fyalka |
| 8: Dennis Graves | Sarah MacColl |
| Matthew Thompson | 26: Tom Dann |
| 9: Michael Pratico | Robert Randall |
| 10: Rory Sellers | 27: Brian Rex |
| 11: James Bottomley | Richard Robinov |
| 12: Don Foshay | Pamela Swan |
| 13: Lawrence DeHof | Joan Tremberth |
| Joseph McMorow | 28: Sherry Carll |
| 14: Dennis Smith | Tom O'Connor |
| 15: Marge Aube | Ronald Read |
| Don Cross | 29: Walter Bull |
| Roland Thibault | Ryan Dyer |
| 16: Arabella Eldredge | Marnie Flynn |
| Deborah Jenkins | 31: Gayle Desjardins |
| John Rogers | Ruth Hefflefinger |
| Lloyd Slocum | |

April 2006

- | |
|--------------------------|
| 1: Deb Sawyer |
| 2: Pamela Kinner |
| Kathleen Reid |
| 3: Eileen Brandes |
| Dora Rex |
| Trevor Toohey |
| 6: Jeff Rand |
| Carleen Sproul |
| 8: Benjamin Atkinson |
| Mark Favolise |
| Charlie Scribner |
| 9: Isabel Brady |
| Kim Finethy |
| Matthew Robinson |
| 10: Keenan McMorow |
| 11: Maureen Sproul |
| 12: Al Mack |
| 13: Emma Cost |
| David Kuchta |
| Diane Meech |
| 14: Audrey Himelhoch |
| Pat LaNigra |
| 15: Beth Branson |
| Michelle Gagnier |
| Diane MacKinnon |
| Georgia Vallee |
| 16: Theresa Mercer |
| 17: Larry Dyer |
| Caleb Kenney |
| 18: Richard Bouthillette |



- | |
|--------------------|
| 20: Kristy Johnson |
| Phil Meech |
| Phillips Sargent |
| 21: Emily Crowe |
| Linda Lydon |
| 22: Chuck Burnie |
| Conor Hankinson |
| Floyd Lavery |
| Katie Ryan |
| 24: Virginia Cross |
| Jay Hewett |
| Allyson Koenig |
| 26: Linda Hunt |
| 28: Meg Estabrook |
| Rachel Landry |
| 29: Andrew Graham |
| Skip Kessler |
| 30: Shaun Smith |

New MTC Members...

Churchill, Becca, & Hayley Barton of Auburn
 Mark, Lisa, Garrett, Emily, and Sam Berman of Missouri City, TX
 Judith Berry of Gorham
 Zak Boisvert of Portland
 Sarah & Emma Cost of Waterboro
 Philip & Jenny DiRusso of Freeport
 Michelle & Richard Durgin of Westbrook
 Michelle Gagnier of South Portland
 Kevin Gaydar of Deerfield, IL
 Steve & Dawn Kallio of Portland

Joan Lavin of Portland
 Leigh Longobardi of South Portland
 Tori Milan of Portland
 Richard Mulhern of Falmouth
 Francois (Frank) Nobert of Casco
 Olivia Noonan of Steep Falls
 Ryan Oliver of Waterboro
 Robert Parent of Manchester, NH
 Victoria Quinlan of Kennebunk
 Allyssa & Seth Rollins of Bowdoinham
 Christopher Ryan of Portland
 Roland & Carolyn Thibault of Westbrook

Marilyn Mae & Chuck Thurber of Buxton
 Ken Voorhees of Litchfield
 Jeff, Sam, & Tom Walker of Falmouth
 Todd, Lucas, & Matthew Walton of Mechanic Falls
 Liz Wyman of Falmouth

Welcome Back

David, Lia, Lincoln, & Kendra Skelton of Brunswick

Membership Status...

- Membership Growth:** We welcome 48 new members in this issue. As of February 15 we have 547 members in 305 households, with 103 left to renew, down from 677 members in 395 households on February 21 one year ago (but that figure included those who had not renewed yet.)
- We Need Your Help:** Our greatest asset in recruiting new members is our existing members. Please try to persuade runners you know to support their sport by joining MTC. Your personal invitation is our most effective method to get new members. Please help support this effort. A special thank you to our members who have helped bring in new members.
- Address Change:** Please remember that most MTC mail is via a non-profit third-class permit that is not forwarded to you nor returned to us. The post office throws it away! Please either mail, phone, or e-mail your CHANGE OF ADDRESS and PHONE NUMBER when you move, to Membership Chairperson, Victoria Quinlan (see page 2 for contact info.)
- Member E-Mail Addresses:** As of February 15, we have e-mail addresses for 271 of our 305 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 wgsdkaos@yahoo.com.

Maine Track Club Member Letters...

MARK BERMAN...

I am 40 years old, and have been running since I was 14. Up until last year my longest run was a half marathon in 2002. Beginning in July, 2005, I trained (with a local group) and ran my first marathon, the Chevron Houston Marathon (3:25.25). I have now been bitten by the marathon bug. I plan on doing a marathon in October of this year, either Steamtown, Chicago, or Columbus look pretty good, and of course Houston next year. I will be visiting Maine sometime this summer, and look forward to running with ya'll again.

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E-mail chrisb@weshoprates.com

Maine Senior Games 2006

September 9, 2006 Saturday 8 a.m. Fitzpatrick Field, Portland will be the site of the 20th Maine Senior Games Track & Field for athletes 50 and over. This is a qualifying year for the 2007 Nationals in Louisville, KY. Contact: Anita (396-6500) or Jerry (729-6180)

MTC Boston Marathon Entries

At the January 14th MTC Annual Board Retreat planning session, the Board of Directors awarded Mike Doyle and Karen Connolly the two Boston Marathon entries. Of the 14 applicants, the Board unanimously agreed these two individuals had made the most significant contributions to the club by volunteering at numerous events over many years. Our only regret was that we didn't have entries for all who submitted their requests. Mike and Karen will pay the \$125.00 entry fee themselves, but of course get to run Boston. We look forward to working with the BAA and being able to provide this perk to other club members next year. Congratulations Mike and Karen.

FRANCOIS "FRANK" NOBERT...

My experience as a runner is somewhat limited. A couple of years ago, I told myself that I wanted to do something 'impressive' to celebrate my 30th birthday. I initially came up with a list of approximately 30 'events' that ranged anywhere from skydiving to becoming a vegetarian for a year. I finally decided that I would attempt a marathon. I wanted to try something that I had no idea if I could complete. I wanted to be able to challenge myself physically and mentally. So in the spring of 2004 I started my training which was a little chaotic and spontaneous at times. There was no structure to my training. All I knew was that I needed to keep running every week. As long as I put in the miles, I should be fine. As spring became summer, I was pleased with my progress although I did have some set backs. During one summer long run, I became severely dehydrated and became very ill. Even so, I kept putting the miles in.

Finally the big day was upon me. I lined up at the starting line of the Maine Marathon and started my adventure. I stuck to my goal of going slow and keeping a nice, easy pace. My only other goal was to finish strong. Long story short, I completed the marathon with a finishing time of 4:54. I was completely speechless and moved when I ran across the finish line. I had actually done it! It was an incredible feeling of accomplishment and pride. I had such a good time 'competing' during the race that I ran my second Maine Marathon this past year with a time of 4:50. I now have plans of completing two marathons in 2006.

I have been very impressed with how welcoming the running community has been. I enjoy the camaraderie of runners and how they seem to always support each other. This is obviously one of the reasons I would enjoy being part of the Maine Track Club, but I also feel that the coaches and veteran runners would be able to offer me valuable training tips and plans that would allow me to have my best running year ever. I feel a little ambitious attempting two marathons in 2006 but feel that with the help of the club, I can be successful in my endeavor.



CHRIS BOYNTON...

Dear fellow Maine Track Club members:

Not only do I love running, but I also enjoy working and being involved with people who enjoy that same lifestyle. I now have the opportunity to pass that along to the members of our club.

Allied Home Mortgage has a community involvement program in which we offer discounts to members of various community programs in which we are involved. We are extending an offer to any MTC member or friend an opportunity to save \$400 off closing costs on any refinance, purchase or construction loan. I can be reached at 207-885-5070 x136. I look forward to working with you!

Stay healthy!

JOHN FYALKA...

I'm no longer running but power walking. My son, Eric runs as does his daughter, Lauren. She was 10th in the class AA state x-country meet with a time of 12:21. In state track meet she was 8th in the 800 with a time of 2:35 and 9th in the 1600 with a time of 5:44. All as a 13-year-old 8th grader for Christ the King parochial school. She has great possibilities but right now it's competitive swimming. My younger grandson, Aaron will run x-country next year for the same school. My son, Eric ran the St. Louis Marathon two times as a high schooler in times of 3:25 and 3:15.

Nowhere near the ability of my son or granddaughter, my PR's were 21.18 in the 5K and 43.44 in the 10K in my 50's. I did the Mayor Daley Marathon in 1978 in 4:17 and managed to get 82 miles in a 24-hour run in 1981.

My deceased son, John F. ran a marathon in Eugene and then the Casco Bay Marathon in 3:17 in 1978 and numerous other lesser distanced races in Maine and Oregon before and after the MTC was formed. He was a close friend of Brian "Ziggy" Gillespie who was one of the founders of MTC. John F. had a strong and good feeling for MTC and while I don't know for sure, could have helped in that organization.

I hope it didn't bore you, but at 80 it's nice to reminisce about the past. I usually make a visit to Maine each year but haven't in the past two. Generally I meet with Mel Fineberg for a couple of chats.

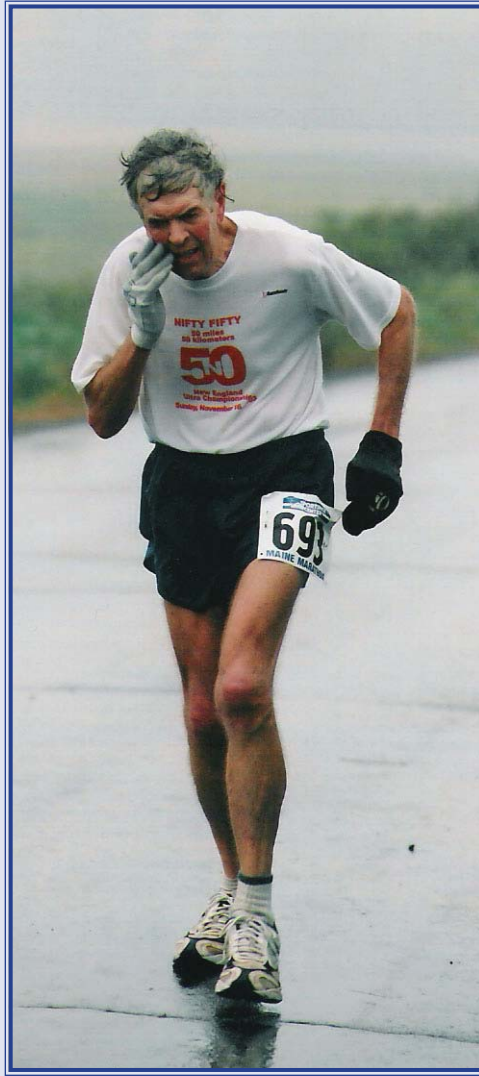
Don't Touch Me MTC 50 Miler, Oct. 15, 2005

by Dick Hoch

I began with my rain jacket; took it off for good after 6 miles. Started off at the back with a guy from Montreal who soon found me too slow. Ran a couple of miles with Jeanie who then also found me too slow. So round and round the 4-mile loop, hour after hour, I'd be on my own this day. Moving steadily, comfortably, to my surprise I realized early-on that a major goal was a remote possibility. I had about given up achieving a sub 10-hour 50 mile, since my last 5 tries dating back to 2002 all took me well over 10 hours. Following several loops, feelin' fine and checkin' my time, well, all that needed doing was to maintain pace. At 30 miles – legs OK – chuggin' along in dry, cloudy, cool (perfect) weather, I was on target. However, from then on it became "Dig Down," be determined, be tuff. The name of an extraordinarily tuff runner-friend, Vic L., popped into mind along with 2 others. Some 20-30 years ago 2 Boston-area athletes were considered unquestionably to be far and away beyond everybody else for mental tuffness: Larry Bird and Joan Benoit. Some 12-13 miles shy of 50, incessant rain returned. With short, strategic, brisk walk-breaks, I continued the metronomic pace necessary to attain my goal. Vic, Joan, Larry were with me, but it was me alone who suddenly caught a curb and slammed to the pavement. Bruised face (eyes OK), skinned knee, soon to swell elbow and sore shoulder, I struggled up to keep movin. At the bell lap twenty or more who had finished, now huddled under cover, hollered and cheered as I strove by. Four... three... two miles to go, I was hurtin' but still pushin'. Despite eating and drinking early and often, THAT'S when my body began to shut down. I started loosing balance and co-ordination. I was running the same, yet couldn't straighten-up at all. Fearing a nosedive crash, I was forced to walk more. Plodding unsurely onward through the puddles, finally I came in sight of the finish to hear "Come on, Dick." Closer, very loud, "Come on, Dick!" I figured, unlike me, 10 hours must be fast approaching; they were urging me in. No more than 25 feet from the line – right THERE – it happened to me. Perhaps you've seen the end of the marathon of the Hawaii Ironman Triathlon. Some of them are so broken-down they're staggering uncontrollably, backs bent at a 45 degree angle. Like that, I buckled to the road. I could not immediately arise. The limbs wouldn't work. Ned & Erik rushed to me. Silly maybe, but I just thought "disqualification" and said, firmly, "Don't touch me. DON'T touch me." In 10-15 seconds, I guess, I got to my feet. Escorted by the two of them, their hands at the ready, untouched I crossed to finish. They covered me, sat me down in the open-ended trailer by the heater, offered me everything they had. Thanks to all of them I began to "come back." Oh yes, well, they'd taken down the clock.....

I was afraid to ask..... you know I had to..... When I heard..... I was astounded, flabbergasted, thrilled, sooo happy & satisfied! Ultrarunning, Yes!

[Editor's note: At 65 years old, Dick Hoch from Fishers Island, CT, covered 50 miles in 9:46:40.]



SIX DAY RACE SIXTY YEARS OLD 300 MILE GOAL

by Mike Brooks

In Nov. 2005 I reached what many younger people would call old age, 60. One of my friends told me that if I was a 60 year old tree, I would not be considered old. But I'm no tree. I have been planning for the last few years to do something special to celebrate entering "old age". What better way than, at age 60, to enter a six day race? So from April 30th to May 6th I will be participating in the Sri Chinmoy Self-Transcendence Six Day Race in Queens, NYC. The course is a one mile loop in Corona Park, former site of the World's Fair in 1964. Three vegetarian meals a day are supplied along with snacks, and there is a large tent for rest periods. Experienced medical staff will provide first aid throughout the race. Massage and chiropractic adjustments will be available at certain times. Last year there were 32 runners in the Six Day race with only 5 from the USA. An American won the race with 478 miles!

My most important goal in this race is to raise \$6,000 for Camp Sunshine, a retreat on Sebago Lake for very sick children and their families. Many of these children have a terminal illness.

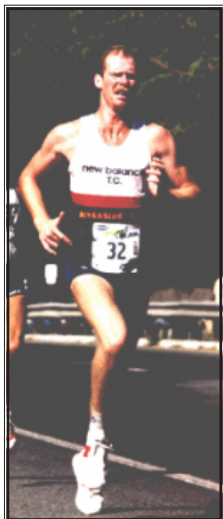
I also would like to run/walk 300 miles. For me to try to cover 300 miles is going to take a lot of motivation and that is why I would like people to make pledges on a per mile basis. By doing this, you would be helping me try to reach both the monetary and mileage goals I have set. This is going to be quite a challenge for this arthritic, over weight; outa shape old man, so whatever you pledge keep this in mind and that me reaching 300 miles is a long shot. Whatever you pledge will be greatly appreciated by both the children of Camp Sunshine and myself.

You do not have to notify anyone about what you are pledging just make the donation at the website www.runningonthesun.org or mail it to Camp Sunshine, 35 Acadia Road, Casco, ME 04015.

Thank you, Mike Brooks
(783-3414) mjbruns@adelphia.net

After writing the above I just found out that the Auburn, Maine firefighters' Local 797 will match donations up to \$10 per mile that I run. That would be \$3,000 from the firefighters if I can run 300 miles and also mean that all donations will be doubled up to that amount!

Those Thrilling Days of Yesteryear...



Andy Palmer

Compiled by Maggie Soule from the MTC archives

25 Years Ago: The Club, entering its third year under founding president Ziggy Gillespie, had 135 members and was preparing to join the TAC (the Athletic Congress). MTC results in the 1981 Bermuda 10K were: Hank Pfeifle, 15th, 30:32; Brian Gillespie, 104th, 38:32; Al Utterstrom, 407th, 52:20; and Eleanor Vance, 473rd, 58:49 (out of 623 runners). In the Bermuda Marathon: Harvey Rhode, 79th, 3:11:19; Doug Moreshead, 129th, 3:32:53; Roger Dutton, 161st, 3:47:07; and Mason Smith, 185th, 4:03:16.



20 Years Ago: Andy Palmer, MTC male runner of the year 1985, spoke at the January membership meeting. Social committee chair Sandy Wyman announced plans for upcoming events including a cross-country ski clinic, a progressive dinner, and a winter hike in the White Mountains led by Mike Real. Meanwhile, the Club was gearing up to host Portland's first national RRCA Convention in May.

15 Years Ago: Goals suggested by incoming president Peter Bastow included increasing Club membership to 425; improving attendance at monthly meetings; developing an MTC cookbook for runners; and "reviving the Casco Bay Marathon." The Club had 27 races on its roster for 1991. Past president Herb Strom was appointed Masters Long Distance Running Chair of the Maine TAC. He was nominated by John Woods, who resigned after serving in that position for five years.

10 Years Ago: Running legend Bill Rodgers spoke at the Club's annual awards banquet. Craig Wilson, MTC's ultra runner of 1995, won the inaugural Fat Ass Fifty in under seven hours; Jean Thomas completed 24 miles of the race in 3:56. Howard Spear was urging members to "Stand out from the crowd with Maine Track Club Clothing!" February was unusually severe, with the Mid-Winter Classic 10-miler held in "zero degree temperatures." The February membership meeting was cancelled due to snow: Ken Volk's talk on marathoning in Antarctica was postponed until March.

5 Years Ago: Melvin dubya Fineberg celebrated his second inauguration (Grover Cleveland style) with a run from the West Wing of outgoing president Sandy Utterstrom's mansion in Falmouth. Presidential china at the potluck continental breakfast consisted of imprinted Shop'n Save cups and plates and gold-plated plastic forks and knives. Guests were warned that "traditionally runners do not pass the President on the course!" and to "be prepared for full body check if necessary."

"Reach The Beacon" Training Program

Thursday Evenings 6 p.m. & Saturday Mornings 9 a.m.
Begins March 30, 2006

Join a 16 Week "Beach to Beacon" training program
FREE of charge.



This 16 week program is designed to offer a group training environment for all levels - Beginners to Experienced. Seminars on Nutrition, Hydration, Stretching etc... will all be part of this 1st time program. Training will be broken down into 4 week sessions.

Coaching will be offered by John Rogers and Lori Munro, Maine Running Company.

Session #1 (March 30 – April 27) – Distance Base Training

Session #2 (May 4 – June 1) – Tempo Workouts Designed to Add Strength

Session #3 (June 8 – June 29) – Longer Runs and Race Pace Workouts

Session #4 (July 6 – July 27) – Speed Work and Taper Program

RACE = SATURDAY, AUGUST 5, 2006

MAINE RUNNING COMPANY • 563 Forest Avenue • Portland, ME 04101-1504

Please e-mail: jr@runwalkcompany.com, fax 207-773-8566, or call 207-773-6601 to sign up.

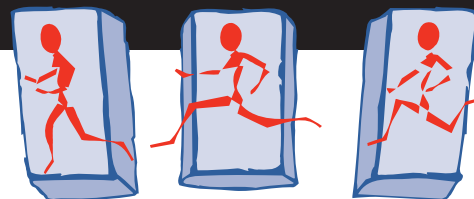
NAME: _____ MALE ☐ FEMALE ☐

ADDRESS: _____

AGE: _____ PHONE: _____ E MAIL: _____

Race Results and Photos...

OOPS!! We missed the following members in races from previous NewsRun issues!! If you are a Maine Track Club member in good standing and we missed you, please let us know. Better yet, let us know after you run an out-of-state race, keeping in mind the deadline for submissions. Contact: Sandy Walton (846-6577) swalton2@maine.rr.com



John Fyalka, 80, and his family of Springfield, IL cleaned up at the 13th Annual Vitality Run/Walk in Eugene, OR June 4, 2005:

Race	Place/Name	Div	Age	Time	Pace
2M Run	3 Lauren Fyalka	1/3	F13	13:06	6:33
2M Run	8 Eric Fyalka	1/1	M42	13:26	6:43
2M Walk	1 Aaron Fyalka	1/2	M9	26:00	13:00
2M Walk	3 John Fyalka	1/1	M80	26:16	13:08

Joan Tremberth, 60, of Scarborough had a terrific race season in 2005! Not sure how we could've overlooked these great times:

Race	Date	Place	Div	Time	Pace
Patriot's Day 5-Miler	04/18/05	310	1/2	46:45	9:21
Sportshoe Center ME Half Marathon	10/02/05	927	3/14	2:11:21	10:02
Great Osprey Ocean Run 10K	11/05/05	189	1/2	57:58	9:20
Burn Off the Turkey 5K	11/26/05	84	1/4	26:58	8:42

Rich Robinov, 45, of Cumberland qualified for the Boston Marathon with this awesome time at the following race:

Race	Date	Place	Div	Time	Pace
Philadelphia Marathon	11/20/05	1119	124	3:29:54	8:02

Melissa Johnson, 42, of Minot ran a similar pace:

Race	Date	Place	Div	Time	Pace
Sportshoe Center ME Half Marathon	10/02/05	271	16/130	1:44:17	8:03

John Painter, 62, of Raymond ran an impressive race:

Race	Date	Place	Div	Time	Pace
L/A 5K Bridge Run	08/28/05	205	10/11	30:10	9:43



Tri-State Half Marathon Series Final Standings

Name	Age	City	Hyannis/Big Lake/Maine	Total
Karen Connolly	F46	Hollis	10 10 14	34
Mark Grandonico	M45	Portland	18 15	33
Karen Kisko-Tucci	F23	Gorham	17 16	33
Mike Brooks	M59	Danville	10 10	30
Brenda Trytek	F47	Lewiston	10 17	27
Robert Connolly	M50	Hollis	10 10	20

Marathon of the Palm Beaches Half Marathon West Palm Beach, FL December 4, 2005

Place	Name	Age	City	Chip Time	Pace
746	Robert Jolicoeur	M6569	Cape Elizabeth	1:59:33	9:08

Kiawah Island Marathon Kiawah Island, SC December 10, 2005

Place	Name	Age	City	Chip Time	Pace
683	Mike Brooks	M60	Danville	4:36:11	10:32

I read with great interest of the search for the real me...

There are two Tom Keatings. I have seen the other Tom Keating's name in races for many years (back in the early 1980's when I was running road races in the Portland area). At the time, he was living in Saco. (I was living in Boston going to medical school, but coming back to my parents' home in South Portland on vacations). I have never met the other Tom Keating, but I've heard that he taught at King Middle School for a while.

Now, go back to the Jan/Feb 2006 issue of the NewsRun and you'll see "Tom Keating" listed there 3 times (at least). On page 18, there is a Tom Keating on the left side (under the results of the Great Confluence Race in Brunswick) and a Tom Keating on the right side (under the Turkey Trot results). I'm the one on the left, but not the one on the right. This, by the way, coincides with my political leanings.

Now, on page 23, there is a Tom Keating under the Thanksgiving 4 Miler results. That is me.

Maybe, I should use my middle initial when registering for races, unless, of course, the other Tom Keating's middle initial is also "J."

I do not run quite as much in road races these days, but a few have become tradition in my family, with my brother Bob and I running in them for a few years now (the 2 above and the YMCA 5K in Back Cove in the spring).

But really, there is no need to worry about getting a picture of me... I never look as good running as I think that I should.

The REAL Tom Keating



Photo by David C Young

Bowdoin Relays Brunswick, ME December 17, 2005

Girls One Mile			
Place	Name	School	Time
4	Kaitlynn Saldanha	Scarborough	5:49.49
6	Erin Coonahan	Greeley	6:00.49

Boys One Mile			
Place	Name	School	Time
3	Raleigh Swan	Mt. Ararat	4:49.75
4	Chris Harmon	Scarborough	4:53.71

(Other MTC members at this meet were: David Rollins, Raleigh Swan & Matt Swan who were on Relay teams in the Boys 400m, 1 Mile, and Long Jump.)

Jacksonville Marathon Jacksonville, FL December 18, 2005

Place	Name	Age	City	Time	Pace
583	Robert Jolicoeur	M6569	Cape Elizabeth	4:28:55	10:15

New Year's Relays Portland, ME December 30, 2005

Girls 1 Mile Run			
Place	Name	School	Time
1	Abby Iselborn	McAuley	5:12.04
7	Kaitlynn Saldanha	Scarborough	5:44.08
19	Erin Coonahan	Greeley	6:10.71

Girls 60 Meter Hurdles			
Place	Name	School	Time
9	Morgan Carlson	Gorham	10.12

Girls Shot Put			
Place	Name	School	Time
4	Morgan Carlson	Gorham	32-09

Boys 1 Mile Run			
Place	Name	School	Time
6	Chris Harmon	Scarborough	4:39.69

7th Annual Millineum Mile Londonderry, NH December 31, 2005

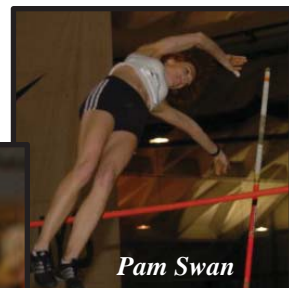
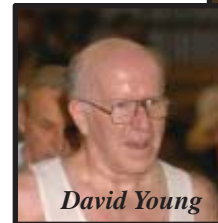
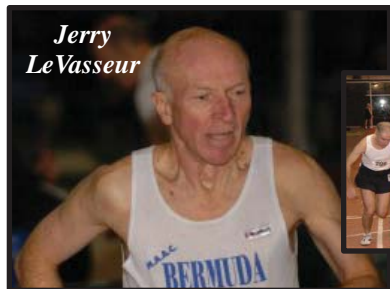
Place	Name	Age	Div	City	Time
36	Peter Bottomley	M4049	3/109	Cape Elizabeth	4:29
38	TJ Ryan	M5059	1/55	Cape Elizabeth	4:30



Millineum Mile Photos by Jim Rhoades



Photo by David C Young



Dartmouth Photos by Dan Grossman



Robin Carlson



Dr. Phil Pierce



Mel Uchenick

Hangover Photos by David C Young

Hangover Classic 5K Salisbury, MA January 1, 2006

Place	Name	Age	Div	Time	Pace
52	David Young	M53	12/46	23:28	7:32
142	Mike Brooks	M60	3/9	27:26	8:48
197	Mel Uchenick	M74	4/6	29:24	9:26

Hangover Classic 10K Salisbury, MA January 1, 2006

Place	Name	Age	Div	Time	Pace
12	Floyd Lavery	M48	3/70	35:49	5:46
21	Bill Reilly	M58	2/62	38:30	6:12
47	Robin Carlson	F34	4/30	41:19	6:39
112	Phil Pierce	M64	3/16	45:53	7:23
115	Carol Weeks	F56	1/14	46:07	7:25
198	Don Bessey	M60	8/16	52:03	8:22
299	Carlton Mendell	M 84	4/4	1:17:58	12:33

37th Annual Dartmouth Relays - Maine Masters Hanover, NH January 6, 2006

800m Run			
Name	Age	Team	Finals
3 David Young	M53	Danville	2:53.89
2 Jerry LeVasseur	M68	Brunswick	3:05.10

1500m Run			
Name	Age	Team	Finals
3 David Young	M53	Danville	5:39.55
5 Jerry LeVasseur	M68	Brunswick	6:29.45

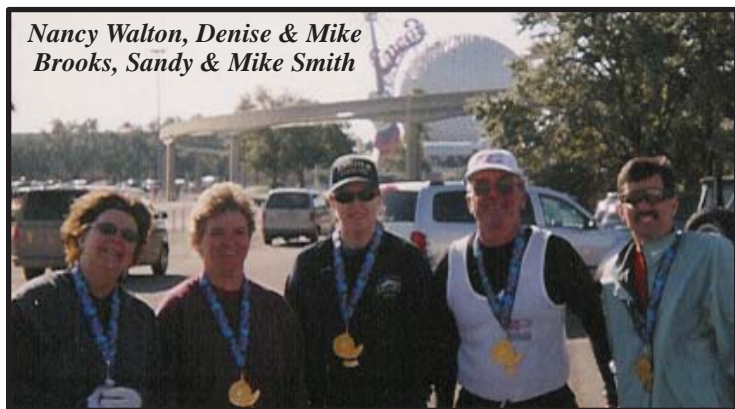
3000m Run			
Name	Age	Team	Finals
1 David Young	M53	Danville	12:22.76
2 Jerry LeVasseur	M68	Brunswick	13:45.56

Pamela Swan, 42, of Bowdoin captured first in her division for the following events:

High Jump	1.48m	4-10.25
Pole Vault	2.70m	8-10.25
Long Jump	4.34m	14-03
Triple Jump	9.37m	30-09

Race Results and Photos...

Nancy Walton, Denise & Mike Brooks, Sandy & Mike Smith



Walt Disney World Half Marathon Kissimmee, FL January 7, 2006

Place	Name	Age	City	Time	Pace
1759	Eugene Longobardi	M40	South Portland	2:04:42	9:30
5787	Mike Brooks	M60	Danville	2:35:43	11:52
9121	Loren Lathrop	M57	South Portland	2:53:30	13:14
9130	Donna Moulton	F57	South Portland	3:02:01	13:53
11760	Nancy Walton	F50	Mechanic Falls	3:34:25	16:21
11761	Denise Brooks	F45	Danville	3:34:25	16:21

Walt Disney World Marathon Kissimmee, FL January 8, 2006

Place	Name	Age	City	Time	Pace
684	Brian Denger	M45	Biddeford	3:40:20	8:24
2630	Paula Lunt	F39	Tennant's Harbor	4:22:26	10:00
6223	Loren Lathrop	M57	S. Portland	5:16:26	12:04
6765	Mike Brooks	M60	Danville	5:31:03	12:37

Bob Hersey Memorial 4.3 Miler Fitchburg, MA January 8, 2006

Place	Name	Time
47	Bob Whitney	49:04



Photo by David C Young

The Thaw 4.5-Miler Belgrade, ME January 14, 2006

Place	Name	Age	City	Time	Pace
9	Steve Rollins	M44	Bowdoinham	31:05	6:54
14	Philip Pierce	M64	Falmouth	32:33	7:14
16	David C. Young	M53	Danville	33:01	7:20
27	Ron Paquette	M64	Albion	38:53	8:38
31	Donnajean Pohlman	F55	Albion	42:41	9:29
32	Neil Chivington	M58	Gardiner	42:42	9:29
36	Carlton Mendell	M84	Windham	58:09	12:55

Chevron Houston Marathon Houston, TX January 15, 2006

Place	Name	Age	City	Time	Pace
448	Mark Berman	M40	Missouri City, TX	3:25:25	7:50

Bermuda International Marathon Bermuda January 15, 2006

Place	Name	Age	City	Time	Pace
66	Janice Gagnier	41	South Portland	5:13:14	11:57

MECTA Indoor Meet Gorham, ME January 21, 2006

55 Meter Dash					
Place	Name	Div	Team	Time	
2	Rick Fortier	M-Open	City of Portland	7.7	
7	David Young	M-Senior	City of Portland	10.6	
1	Jerry LeVasseur	M-Veteran	Bath Iron Works	10.1	
1	Susan Weimer	W-Master	USM	8.3	
5	Lois Martin	W-Senior	Maine Health	11.1	

200 Meter Dash					
Place	Name	Div	Team	Time	
8	David Young	M-Senior	City of Portland	38.6	
9	Richard Bouthillette	M-Senior	Unum Provident	42.8	
1	Jerry LeVasseur	M-Veteran	Bath Iron Works	38.3	
1	Susan Weimer	W-Master	USM	30.6	
4	Lois Martin	W-Senior	Maine Health	47.5	

400 Meter Dash					
Place	Name	Div	Team	Time	
3	David Young	M-Senior	City of Portland	1:26.3	
1	Jerry LeVasseur	M-Veteran	Bath Iron Works	1:21.9	
1	Beth McCallum	W-Open	City of Portland		
1	Susan Weimer	W-Master	USM		
2	Joan Lavin	W-Senior	Unum Provident	1:31.8	
4	Lois Martin	W-Senior	Maine Health	1:52.6	

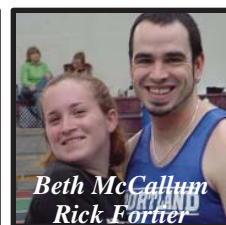
800 Meter Dash					
Place	Name	Div	Team	Time	
2	David Young	M-Senior	City of Portland	3:01	
1	Jerry LeVasseur	M-Veteran	Bath Iron Works	2:59	

1 Mile Run					
Place	Name	Div	Team	Time	
1	David Young	M-Senior	City of Portland	6:27	
1	Jerry LeVasseur	M-Veteran	Bath Iron Works	6:44	
2	Beth McCallum	W-Open	City of Portland	7:08	
1	Joan Lavin	W-Senior	Unum Provident	6:52	

Shot Put					
Place	Name	Div	Team	Dist	
3	Rick Fortier	M-Open	City of Portland	28'2.5"	
3	Richard Bouthillette	M-Senior	Unum Provident	23'4.5"	
1	Beth Birch	W-Veteran	Unum Provident	13'1.0"	

Long Jump					
Place	Name	Div	Team	Dist	
3	Rick Fortier	M-Open	City of Portland	13'6.7"	
3	Richard Bouthillette	M-Senior	Unum Provident	9'5.0"	
1	Susan Weimer	W-Master	USM	12'10.0"	
4	Lois Martin	W-Senior	Maine Health	6'8.0"	
1	Beth Birch	W-Veteran	Unum Provident	5'0.0"	

High Jump					
Place	Name	Div	Team	Dist	
2	Rick Fortier	M-Open	City of Portland	4'4"	
1	Jerry LeVasseur	M-Veteran	Bath Iron Works	6:44	



May the Best Turkey Win ~ NO, May the Best Win a Turkey!

The Maine Track Club's annual banquet in late January also means for some the Handicap 5K on banquet morning. This past race day, January 21, 21 runners showed up at the Bungalow in Buxton. Run on peaceful rural roads, the Handicap Race nevertheless has a history of some hardship, for instance the 14-below-zero temperature last year and 10-below the year before that, run with scarves over faces and frost on eyelashes and beards at the finish. This year, though, just to make you think about global warming, the temperature was balmy at 40-something. And perhaps the race lost a little edge of adventure in the absence of suffering.

This is a race that doesn't go necessarily to the swift but rather to the individual who most accurately predicts his or her finish time. Before the start, the racers submit their individual 5K time estimates. The clock is set to start just before the slowest time estimate -- this year a little over 40 minutes -- and each runner is called to the line according to his or her given time as the clock ticks downward. In a perfect racing world, every runner should arrive at the finish line as the clock reaches zero. But the world isn't perfect and on crossing at the line, the clock might show anything from +25 to -25 (and be grateful it's just -25 seconds and not -25 Fahrenheit).

Carlton Mendell was the first to start, then a minute or so later ex-pres Mel Fineberg, and in another minute I began. Mindful of keeping to my time estimate, going up the first hill I realized I was gaining a little too fast on Mel, but I was close enough to hear him exclaim, "I think I'm losing my pants!" But with a definitive tug he held tough and stayed fully clothed for the duration. At mile one, you turn right at the cone and proceed along winter scenery a half-mile to the turn-around cone, where the whole pack suddenly shows up, straggling around either side. Then it's on into the second half. Suddenly a shout of, "A rose between two thorns!" and Lloyd Slocum came charging between me and Lisa Despres. We responded with resounding chicken noises, our standard greeting since the founding of his and Susan's "Hollis Hennery."

Finally, the "junction ahead" sign, meaning that around the next curve would be the finish line. And there it was, the crew whooping and hollering. As you approach the finish line, you are prevented from seeing the face of the clock and thereby "adjusting" your time, as the race coordinators in their wisdom have turned the clock around. Finishing, my time was 38+ seconds from my estimate. I thought that might be close enough to "place," but the regulars at this race are getting really good at their estimates, and I tied for eighth. The biggest cheer of the day was given to Robbie, Sandy Utterstrom's great-nephew and Bob Payne's grandson, age 10, who had a great sprint to the line.

So back into the cozy Bungalow, with bagels, steaming coffee and race results waiting. Race coordinator Phil Meech, who always does a superb job, awarded hats to places 5 through 2. There was rumor of a special first prize, and sure enough, Phil announced, "And the turkey who wins the turkey is... Dennis Morrill!" Whereupon Dennis gave the bird -- I guess I should say made a gift of his award to Sandy U.

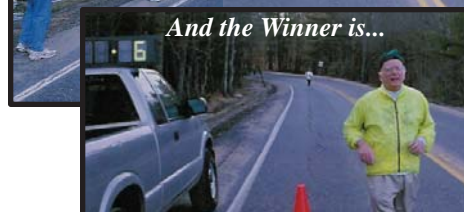
On leaving, Bob LaNigra was heard to say, "You know, today is over 50 degrees warmer than it was [at this race] last year!"

-- Pat Buckley

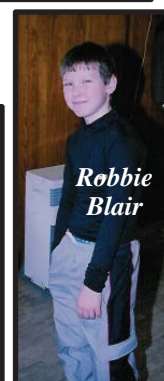
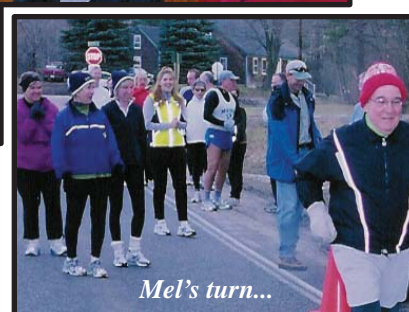
Race Results and Photos...

MTC Handicap Fun Run Buxton, ME January 21, 2006

Place/Name	Prediction	Actual	Variance
1 Dennis Morrill	35:47	35:41	- :06
2 Cathy McKenney	36:00	35:53	- :07
3 Bob LaNigra	25:28	25:19	- :09
4 Cathy Burnie	28:00	27:46	- :14
5 Jim Estes	25:30	25:12	- :18
6 Karen Connelly	30:15	30:40	+ :25
7 Janice Gagnier	32:19	31:46	- :33
8 Pat Buckley	40:42	41:20	+ :38
8 Nancy Kneeland	24:30	25:08	+ :38
9 Lisa Despres	40:42	41:21	+ :39
10 John McKenney	27:00	27:42	+ :42
11 Bruce Fithian	25:30	24:44	- :46
12 David Colby Young	22:25	23:12	+ :47
13 David Cannons	24:00	22:55	- 1:05
14 Steve Lauritsen	24:24	25:41	+ 1:17
15 Mike Brooks	28:00	26:33	- 1:27
16 Carlton Mendell	42:00	40:28	- 1:32
17 John Painter	30:55	32:54	+ 1:39
18 Mel Fineburg	41:30	43:32	+ 2:02
19 Denise Brooks	40:40	43:26	+ 2:46
20 Lloyd Slocum	28:28	25:28	- 3:00
21 Robbie Blair	31:00	34:38	+ 3:38



Handicap Photos
by Penta & Young



Race Results and Photos...

Miami Marathon Miami, FL January 29, 2006

Place	Name	Age	Div	Chip Time	Pace
1122	Mark Grandonico	M4649	126/241	4:21:48	9:59

Miami Half Marathon Miami, FL January 29, 2006

Place	Name	Age	Div	Chip Time	Pace
560	Paul Letalien	M4549	57/376	1:44:49	8:00
561	Janet Letalien	F4044	19/392	1:44:49	8:00



**Carlton
Mendell**



Ron Pelton



Kendra Hodder



Nathan Graham



**Erik Boucher &
Mallory Vaccaro**



Mid-Winter 10-Mile Classic Start



Amanda Barton



**Bob
& Beth
Branson**

Mid-Winter 10-Mile Classic Cape Elizabeth, ME Febraury 5, 2005

Place	Name	Div	Age	City	Time	Pace
5	Michael Payson	1/55	M4044	Falmouth	55:42	5:35
9	Peter Bottomley	2/55	M4044	Cape Elizabeth	57:11	5:44
16	Andrew Baird	10/64	M2034	Portland	59:17	5:56
19	Philip DiRusso	11/64	M2034	Freeport	59:45	5:59
20	Floyd Lavery	3/47	M4549	Gorham	1:01:01	6:07
28	Thomas Noonan	13/64	M2034	Steep Falls	1:02:31	6:16
31	Hans Brandes	6/47	M4549	Falmouth	1:02:53	6:18
36	Charlie Humphries	7/47	M4549	North Yarmouth	1:03:42	6:23
40	Bill Reilly	1/26	M5559	Brownfield	1:04:23	6:27
41	Mike Grant	8/47	M4549	Scarborough	1:04:31	6:28
43	Ken Voorhees	5/45	M5054	Litchfield	1:04:34	6:28
49	James Toulouse	2/26	M5559	Cape Elizabeth	1:05:30	6:33
60	Kendra Hodder	1/26	F3539	Yarmouth	1:06:24	6:39
69	Tom Shorty	10/55	M4044	Gorham	1:07:27	6:45
79	RJ Harper	4/26	M5559	Portland	1:08:08	6:49
97	Dora Rex	3/28	F4044	Gorham	1:09:50	6:59
104	Jim Dunn	14/47	M3539	Falmouth	1:10:08	7:01
106	Brian Denger	13/47	M4549	Biddeford	1:10:15	7:02
112	Jeff Crocker	18/55	M4044	Saco	1:11:21	7:09
119	Sean Ireland	32/64	M2034	Portland	1:11:55	7:12
120	Steven Rollins	20/55	M4044	Bowdoinham	1:11:57	7:12
131	James Corbett	24/55	M4044	Cape Elizabeth	1:12:29	7:15
138	Matt Flynn	26/55	M4044	Cape Elizabeth	1:12:55	7:18
147	Stephanie Atkinson	8/62	F2034	Hollis	1:13:44	7:23
159	Robert Parent	21/47	M4549	Manchester, NH	1:14:45	7:29
164	Sarah MacColl	2/21	F4549	Cape Elizabeth	1:14:58	7:30
169	Kathy Hepner	3/21	F4549	Gorham	1:15:11	7:32
178	Mark Grandonico	23/47	M4549	Portland	1:15:38	7:34
179	Evan O'Neill	6/28	F4044	Portland	1:15:38	7:34
187	Philip Pierce	3/16	M6064	Falmouth	1:16:15	7:38
195	Michael Doyle	31/55	M4044	Portland	1:16:48	7:41
210	David Cannons	26/47	M3539	Portland	1:17:24	7:45
213	Paul Letalien	26/47	M4549	Portland	1:17:35	7:46
214	Harry White	6/16	M6064	Scarborough	1:17:45	7:47
220	Mark Panaccione	6/16	CLYDE	Falmouth	1:18:15	7:50
225	David House	11/26	M5559	Cape Elizabeth	1:18:28	7:51
227	Janet Letalien	8/28	F4044	Portland	1:18:34	7:52
229	Colleen Redmond	9/28	F4044	Portland	1:18:55	7:54
231	Stephen Lauritsen	28/47	M4549	Saco	1:18:57	7:54
236	Mark Finnerty	29/47	M4549	Portland	1:19:08	7:55
240	Connie McLellan	1/11	F5559	Sinclair	1:19:18	7:56
243	Rob Boudewijn	12/26	M5559	Portland	1:19:37	7:58
244	Terry Clark	8/16	M6064	Windham	1:19:41	7:59
245	Melissa Goodwin	9/26	F3539	Yarmouth	1:19:43	7:59



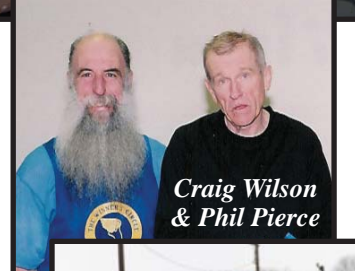
**Ron &
Donnajean**



**John Keeley, Howard Spear,
Terri Young, Joan Lavin**



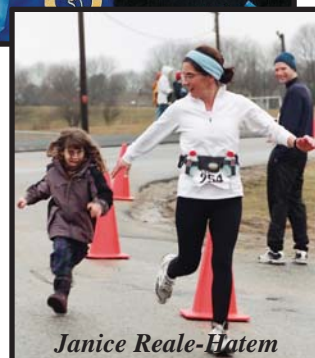
James Corbett



**Craig Wilson
& Phil Pierce**



Matthew Thompson

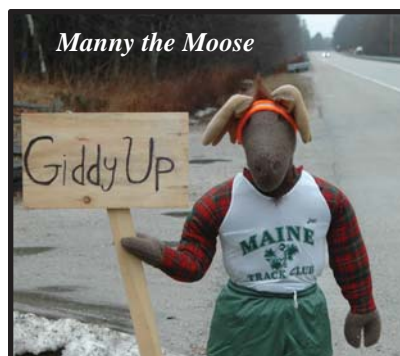


Janice Reale-Hatem

Mid-Winter Photos this page by Don Penta

March/April 2006

Race Results and Photos...



Manny the Moose



Laura Vecchio



Sarah MacColl



Bill Davenney, Meg Estabrook, & Al Mack



Thomas Noonan



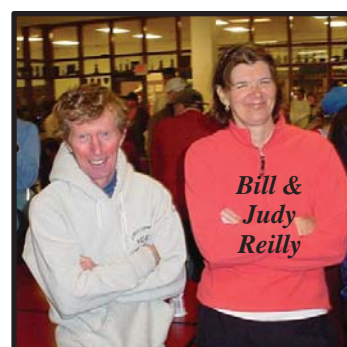
Kelle Keeley



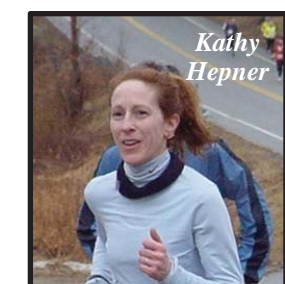
Jeff & Beth Rand



Debora Thurlow Clark



Bill & Judy Reilly



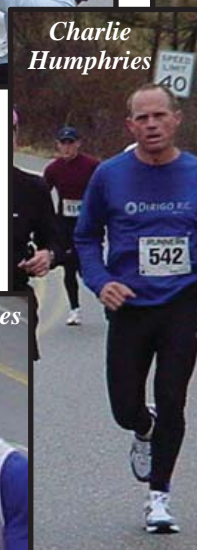
Kathy Hepner



Mike Payson



Jeff Crocker



Charlie Humphries



Hans Brandes



Floyd Lavery



Michelle Durgin



Brian Denger

Place	Name	Div	Age	City	Time	Pace
265	Ronald Dearth	9/16	CLYDE	Falmouth	1:21:04	8:07
266	Jim Estes	16/26	M5559	Portland	1:21:09	8:07
290	Les Berry	18/26	M5559	Gorham	1:22:43	8:17
295	Gregory Welch	30/45	M5054	South Portland	1:22:58	8:18
300	Laura Vecchio	11/28	F4044	Cape Elizabeth	1:23:14	8:20
316	Nathan Graham	35/47	M3539	North Yarmouth	1:24:34	8:28
320	Richard Durgin III	52/64	M2034	Westbrook	1:24:43	8:29
332	Thomas McLaughlin	43/55	M4044	Old Orchard Beach	1:25:23	8:33
333	Ron Pelton	37/45	M5054	Freeport	1:25:29	8:33
342	Bob LaNigra	10/16	M6064	Scarborough	1:25:57	8:36
351	Michael Lively	42/47	M3539	Bath	1:26:56	8:42
362	Rae Chalmers	7/21	F4549	Old Orchard Beach	1:27:43	8:47
364	Jan Conley	14/28	F4044	Topsham	1:27:48	8:47
370	Kelle Keeley	38/62	F2034	Portland	1:28:19	8:50
375	Matthew Thompson	44/47	M3539	Portland	1:28:32	8:52
388	Kristin Cook-Center	42/62	F2034	Freeport	1:29:45	8:59
393	Harry Center	47/55	M4044	Freeport	1:30:15	9:02
396	John Keeley	41/45	M5054	Portland	1:30:51	9:06
402	Mike Brooks	12/16	M6064	Danville	1:31:36	9:10
424	Betty Disanza	6/11	F5559	Limington	1:33:19	9:20
430	Jim Tyrrell	24/26	M5559	Cape Elizabeth	1:33:35	9:22
434	Georgia Vallee	21/26	F3539	Turner	1:33:59	9:24
448	Polly Kenniston	2/3	F6569	Scarborough	1:36:21	9:39
449	Michelle Durgin	23/26	F3539	Westbrook	1:36:23	9:39
451	Cathy Burnie	7/11	F5559	Cumberland	1:36:48	9:41
452	Amanda Barton	14/21	F4549	Auburn	1:37:06	9:43
456	Donnajean Pohlman	8/11	F5559	Albion	1:38:05	9:49
457	Ronald Paquette	13/16	M6064	Albion	1:38:06	9:49
458	Meg Estabrook	24/26	F3539	Yarmouth	1:38:08	9:49
465	Daniel Levesque	51/55	M4044	Falmouth	1:39:29	9:57
468	Alvin Mack	9/11	F5559	Portland	1:40:25	10:03
469	Janice Reale-Hatem	16/21	F4549	Cape Elizabeth	1:40:34	10:04
474	Beth Branson	2/2	F6064	Scarborough	1:41:51	10:12
475	Bob Branson	2/3	M6569	Scarborough	1:41:52	10:12
476	Bill Davenney	53/55	M6064	Portland	1:42:51	10:18
480	Scott Mercer	26/26	M5559	Cape Neddick	1:44:09	10:25
481	Tree Mercer	18/21	F4549	Cape Neddick	1:44:09	10:25
491	Thomas Carll	16/16	M6064	Gray	1:46:04	10:37
493	Tom O'Connor	45/45	M5054	Westbrook	1:46:14	10:38
497	Debora Thurlow Clark	20/21	F4549	New Gloucester	1:48:45	10:53
500	Karen Connolly	7/9	FILLY	Hollis Center	1:49:21	10:57
501	Hugh MacMahon	3/3	M6569	Falmouth	1:49:56	11:00
509	Carlton Mendell	3/3	M7099	Windham	2:12:48	13:17

Mid-Winter Photos this page by David C Young

Race Results and Photos...

Chinsegut 5K Trail Run Brooksville, FL February 11, 2006

Name	Age	Div	Time	Pace
Bob Payne	M6569	4/9	25:17	8:09

15th Bradford Valentine Race Bradford, MA February 11, 2006

Place	Name	Age	Div	Time	Pace
28	David Young	M5059	4/23	27:03	7:19

Place	Name	Age	Div	Time	Pace
71	Dr. Philip Pierce	M64	1/13	36:36	7:20
148	Mike Brooks	M60	9/13	43:19	8:40
237	Carlton Mendell	M84	2/3	1:05:47	13:10

Clarmont Marathon Clarmont, FL February 18, 2006

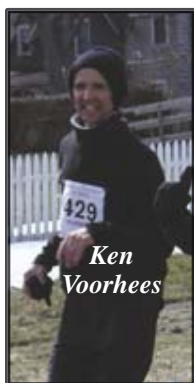
Place	Name	Age	City	Time	Pace
16	Mike Brooks	M60	Danville	5:10:48	11:51

Martha's Vineyard 20 Miler Martha's Vineyard, MA February 18, 2006

Place	Name	Div	Age	City	Time	Pace
25	Chris Ryan	1	M2024	Portland	2:19:47	7:00
46	Jim Dunn	8	M3539	Falmouth	2:26:18	7:19
48	Tom Shorty	14	M4044	Gorham	2:27:13	7:22
52	Dora Rex	2	F4044	Gorham	2:28:32	7:26
69	Ken Voorhees	4	M5054	Litchfield	2:30:54	7:33
122	Rachel Landry	10	F3539	Cumberland	2:40:57	8:03
138	Evan O'Neill	13	F4044	Portland	2:44:15	8:13
139	Mark Grandonico	15	M4549	Portland	2:44:15	8:13
151	Michelle Doherty	8	F3034	Brunswick	2:46:08	8:19



Chris Ryan



Ken Voorhees



Tom Shorty



Jim Dunn



Evan O'Neill & Mark Grandonico

Martha's Vineyard Photos by Ian Parlin

North Medford Club 7 Mile Handicap Merrimac, MA February 19, 2006

Place	Name	Age	Total	Handicap
4	Bob Whitney	53	67:59	+14:00
81:59				

Maine Class A Indoor Track State Meet Gorham, ME February 20, 2006

Place	School	Time
1	Bonny Eagle High School	8:22.25
	1) Evan Embrey 2) Shawn Smith	
	3) Tyler Shortsleeve 4) Eric Favreau	
3	Mt. Ararat High School	8:23.23
	1) Ryan Farrar 2) Caleb Levesque	
	3) Kurt Prescott 4) Matt Swan	

Place	Name	School	Time
11	Matt Swan	Mt. Ararat	2:09.62

Place	Name	School	Time
2	Chris Harmon	Scarborough	4:28.73

Place	Name	School	Time
2	Evan Embrey	Bonny Eagle	10:07.09
4	Chris Harmon	Scarborough	10:12.46

Maine Class B Indoor Track State Meet Lewiston, ME February 20, 2006

Place	Name	School	Time
1	Abby Iselborn	McAuley	5:12.76
7	Eileen Brandes	Falmouth	5:38.22

Place	Name	School	Time
1	Abby Iselborn	McAuley	11:37.07
15	Eileen Brandes	Falmouth	13:10.48



Charles & Abby Iselborn

Class B Track Meet Photos by David C Young



ConocoPhillips Rodeo Run 10K Houston, TX February 25, 2006

Name	Age	City	Chip Time	Pace
Mark Berman	M40	Missouri City, TX	42:08.2	6:46

Hyannis Marathon Hyannis, MA February 26, 2006

Place	Name	Div	Age	City	Time
96	Robin Carlson	11/5	F34	Gorham	3:44:54
151	David House	121/14	M56	Cape Elizabeth	4:02:25
176	Ronald Dearth	136/3	M50	Falmouth	4:09:11
275	Mike Brooks	198/6	M60	Danville	5:14:25

March/April 2006

Marathon Legend Series...

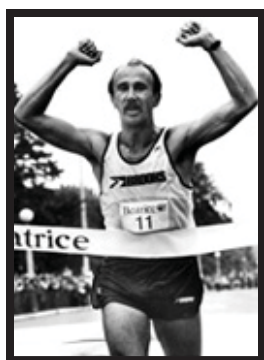
Maine Running Company will be hosting a **Marathon Legend Series** during the Spring marathon season. Jeff Galloway, Greg Meyer, and Bill Rodgers will be running and speaking on a variety of training, fitness and marathon topics. Runners and walkers of all abilities are invited to meet and run with these legends. All events will take place at Maine Running Company, 563 Forest Avenue, Portland. For more information, call John Rogers at (207) 773-6601 or go to www.runwalkcompany.com.



JEFF GALLOWAY – Sponsored by Mizuno Thursday, March 23 at 6PM – 8PM

Jeff Galloway is a 1972 US Olympian and author of top selling running books in North America, *Galloway's Book on Running* and *Marathon You Can Do It!* Also a columnist for *Runner's World*, Jeff speaks at over 200 inspirational running and fitness sessions each year. Jeff has worked with over 150,000 average people in training for specific goals and is the inventor of the Galloway RUN-WALK-RUN method.

Come join Jeff for a run or walk and an insightful evening on training for specific goals, the marathon, and how to improve your overall fitness and well being.



GREG MEYER – Sponsored by Brooks Thursday, April 13 at 6PM – 8PM

Greg Meyer ran 2:09:00 Marathon and is the last American Male to win Boston (1983). He set and held ten American records at the following distances: 8K, 10K, 15K, 25K, 10 miles and set Two World Records in the 15K and 10 Mile. Greg was one of the founding members of A.R.R.A, which was the first athletic union of road racing athletes and helped win the right to earn prize money, which eventually lead to open competition and the prize money athletes today enjoy... not to mention an open Olympics.

Come join Greg for a run and a discussion on the state of U.S. marathoning, road racing, and insight in how American Runner's can get back to the Top.



BILL RODGERS - Sponsored by Maine Running Company Saturday, June 17 at 9AM – 12PM

Bill Rodgers is a four time winner of the Boston and New York City marathons and a member of the 1976 US Olympic Team. Winner of the 1977 Fukuoka Marathon. He was also ranked #1 in the world in the marathon in 1975, 1977, and 1979 and a member of the 1976 U.S. Olympic marathon team. Bill has also authored the *Idiots Guide To Running* and *Lifetime Running Plan*. He speaks at 25 corporate or road race events a year.

Come join Bill for a run around Back Cove at 9:00 a.m. and a poster and book signing at 10 a.m. – Noon.



Maine's *ONLY* Running *ONLY* Specialty Store

- *NEW Video Gait Assessment System*
- *Maine's Largest Running Footwear & Apparel Selection*
- *Jeff Galloway - MARCH 23, 6-8PM*
- *"Reach The Beacon" 16 Week Training Program Begins Thursday, March 30 @ 6pm and Saturday's @ 9am*

Run, Walk, Do Something!

563 Forest Ave. Portland 773-6601

www.runwalkcompany.com

Spring Cleaning

by Kathy Hepner

Ah, spring in Maine... Well, I hope we are thinking about spring. You never know exactly what to say when you talk about spring in Maine. As far as running goes, it usually means be prepared for just about anything! It can be cold, wet or snowy, and muddy. Mud is an essential element no matter the weather.

Spring is a time to really get ready for the running or racing season ahead by doing some spring cleaning in your closet and in your running calendar.

Check through those warmer-weather running clothes to see if any of them need to be replaced. You know what I mean... the shorts with the torn liner or elastic waistband that stretched out, or even the tops that emit an odor that announces that you've returned from a run before you enter a room! Lots of new spring clothes start arriving in March and April, and you can even find some great deals last year's shorts and t-shirts. Most technical running clothing will cost a little more than a cotton t-shirt and shorts, but the fabric and construction are designed to be more comfortable and allow for better temperature regulation. This becomes very important when it's hot and humid. Of course in Maine, that may not happen until the 4th of July!

It's time to determine if you need a new pair of running shoes. I have gotten into the habit of writing the date on the sole when I start wearing a new pair of running shoes. It isn't a perfect system, but at least you have an idea of how old the shoes are. If it has been 6 months or longer, you probably are due for new shoes. This does depend upon how much you have been running, whether it was on the roads or a treadmill, and if you rotate between two pairs. I believe that running on the roads especially in the winter is harder on shoes than running on a treadmill. Has your shoe model changed? March is a good time to figure out if it still works for you, since new models are arriving at the stores. Don't wait until your current shoes are dead and you are forced to buy shoes that don't feel comfortable or work for your foot type. Give yourself some time to do some research and ask questions about the changes to your favorite shoe. I like to replace my shoes about half way through the life of my current pair in case I have to find something else or do a quick search for my current model before they disappear. Needless to say, I have become somewhat picky over the years with what I will run in.

Most importantly, you should have a race goal or running goal that you are striving towards. Achieving a goal gives you a powerful self-esteem boost, whether it is a race PR, loosing those pesky winter pounds, or just getting in better shape to enjoy life. The confidence you gain will help you in other parts of your life. So, open up a calendar and plot out your schedule for the season. Make sure you allow yourself to be flexible. Summer can be busy spending time with family and friends. The great thing about going to races or joining a weekend running group is the social aspect. It's one of the reasons I love to run and race. Also, make sure you set reasonable and attainable goals. Sometimes it helps to have a coach or personal trainer design a plan tailored to your lifestyle and goals. They know how to put all the pieces together. Coaches are great motivators! Spring is also the perfect time to join a run group and learn from other runners. I have learned a lot over the years from my coach and other runners whom I look up to. Remember, spring is a time to start again and move ahead.

So, that is your "Spring To-Do List". Ready, Get Set, Go!



Saco Bay 5K & 10K

The Maine Games has joined forces with Scarborough Community Services, Old Orchard Beach Recreation Department, and the Saco Parks and Recreation Department to organize a new running event on the beach from Pine Point, Scarborough to Camp Ellis, Saco. The Saco Bay 5 & 10k are being offered for runners of all ages and abilities.

The event is scheduled for September 10. Sunrise is at 6:15 a.m. Low tide is at 7:16 a.m. The races will kick off at 8:00 a.m. The exact course depends upon how fast you run and how quickly the tide comes in. The sand will be firm, yet forgiving. You may get a little wet if you are not careful! A boardwalk will be placed over Goosefare Brook between Old Orchard Beach and Saco, just in case you are too slow to beat the tide!

We are planning a pre-race party on the evening before the race and a post-race awards breakfast.

Shuttles will carry athletes back to their starting point following the race and awards breakfast.

The Maine Games is awarding gold, silver, and bronze medals for this event and all medalists will receive an invitation to the 2007 State Games of America 5K held next August in Colorado Springs, CO.

We are seeking a qualified race director who will work with the organizing committee for this event. The position of Race Director will entail mostly day-of-the-race work as the organizing committee will handle most of the pre-race details. If you or someone you know would like to be considered for this position in our first year of offering this event, please contact me at jeff@mainegames.org, or at the Maine Games office at 207-284-2003.

For more information log on to www.sacobay.org.

Sincerely,

Jeff Scully
Executive Director
Maine Games



March/April 2006

The Loco Moose

(Almost Free) Running Shoes 5K

Sunday April 9, 2006 10:00 AM
Back Cove Parking Lot, Portland, Maine

*The race where everyone is a winner of a free pair of Loco Running Shoes:
Mojo, Perfecto, Xpresso, or Bandito – Go to www.locorunning.com for a technical description of each shoe.*

Entry Fee: \$35.00 – Post Entry Fee: \$40.00

** Some restrictions apply. See below for details.*

For more information and directions call (603) 429-8879, go to www.locomoose.org or email: moosertm@moosemilers.org.
Make check payable to the Moose Milers & Marathoners. Mail to: Loco Moose Nashua, 160 Amherst Road, Merrimack, NH 03054

Name: _____ Circle Gender: M F Age: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip Code: _____ Email: _____

Running Club: _____ Shoe Size: _____

I know that running is a potentially hazardous activity. I should not enter or run this event 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 in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Moose Milers & Marathoners, Loco Sports Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable.

Signature

Date

Parent's Signature if under 18

Terms and Conditions:

Shoe Offer: Applies to any current model of Loco training or racing models.

Runners can pick any style Loco running shoe they want.

Returns: Shoes are not returnable, however exchanges for different size or model
are acceptable for up to one week past the race date.

Runner is responsible for freight to Loco Sports.

Models: Mojo, Perfecto, Xpresso, Bandito - See www.locorunning.com

Sizes available: Men's 5.5 to 13 : Women's 7 to 13 on trainers : Racing model Bandito up to Men's 12 only.

Limits: One number per person, one pair of shoes. No double dipping please.

Shoes are available for pickup before and after the race.

Loco Sports will make all attempts to fit all runners with the best appropriate shoe.
Should we not have a model and size you need we reserve the right to offer you another model
or ship the shoe you want when it is available.

Thank you...
Loco Sports
For Runners, By Runners

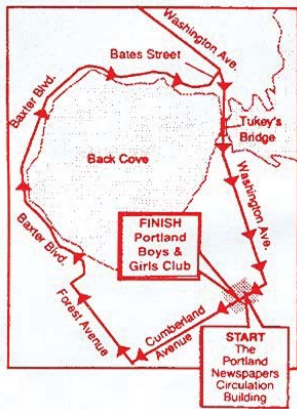
**77th Annual Portland Boys and Girls Club
PATRIOTS DAY 5-MILER
MONDAY, APRIL 17, 2006, 12 o'clock sharp
Officiated by the Maine Track Club**



FEATURING THE HALEY CHALLENGE: First Male runner to beat a time of 24:30 and first Female runner to beat a time of 28:30 will win \$1,000. CASH!

EACH REGISTERED RUNNER WILL RECEIVE A FREE GENERAL ADMISSION TICKET TO A PORTLAND SEA DOGS GAME THANKS TO OUR SPONSOR THE PORTLAND SEA DOGS! THE FIRST 500 ENTRIES PRIOR TO APRIL 10TH, WILL RECEIVE AN OFFICIAL RACE LONG-SLEEVE SHIRT.

THE KIDS FUN RUN WILL BEGIN AT 10:00AM AND IT'S "FREE" TO ALL RUNNERS. ALL KIDS MUST REGISTER BEFORE THE RUN AND MAY BE ACCOMPANIED BY PARENTS. EACH ENTRANT WILL RECEIVE A CERTIFICATE OF APPRECIATION AND MEDALS WILL BE AWARDED TO 1ST, 2ND, AND 3RD PLACE FINISHERS. TEENS 13-18 YRS OLD WHO REGISTER AND RUN WILL RECEIVE A FREE MEMBERSHIP TO THE BOYS AND GIRLS CLUBS.



AGE GROUPS: M/F 13&14, 15&16, 17&18, 19-25, 26-30, 31-35, 36-40, 41-45, 46-50, 51-55, 56-60, 61-65, 66-70, 71+

AWARDS: M/F
Top 3 Overall Runners, **\$175, \$75, \$50**
1ST & 2ND in Age Groups 13 –18 **Trophies**
1st in Age Groups 19 and above **\$25**
1st Boys & Girls Club Member **\$25**
1st Alumni Association Member **\$25**
1st 70+ **\$25**

PATRIOTS DAY ROAD RACE OFFICIAL ENTRY FORM

Kids Fun Run at 10:00am **FREE**
5 miler Starts at 12:00pm
Entry Fee: \$10.00
Day of Race: \$15.00
Make checks payable to: Boys & Girls Club Alumni Assoc. and mail with completed form to:
Race Directors
277 Cumberland Avenue
Portland, ME 04101
Sign up on line at:
www.bgcmaine.org or
www.mainetrackclub.com

LAST NAME _____ FIRST NAME _____
ADDRESS _____ Sex: M F (circle one) _____ AGE ON 04/17/06 _____
CITY _____ STATE _____ ZIP CODE _____ TEL NO W/AREA CODE _____

Circle if you are: 5 Miler PBGC Member PBCG Alumni Member Kids Fun Block Run

Shirt Size M__L__XL__ FIRST 500 REGISTERED RUNNERS RECEIVE LONG SLEEVE SHIRT

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 runners, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risk being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone acting on my behalf, waive and release the Maine Track Club, City of Portland, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE: _____ DATE _____ **"No Refunds, Radio Headsets or Baby Strollers Allowed"**
Parent or Guardian, if under 18

YOU MUST COMPLETE THE ENTIRE FORM BEFORE SUBMISSION

**ALL NET PROCEEDS GO TO GREATER PORTLAND BOYS AND GIRLS CLUB
ALUMNI ASSOCIATION SCHOLARSHIP FUND.**

Our 2006 Goal: 1,500 Runners!!!

(300+ in 2001, 500+ in 2002, 700+ in 2003, 866 in 2004, 1,094 in 2005)



6th Annual

PORTLAND SEA DOGS

Mother's Day 5K 9:15 am (Walkers are Welcome!)

& Kids Fun Run 8:30 am

Presented by

Paradigm

Sunday May 14, 2006 - Hadlock Field - Portland

(The only day of the year Sluggo & his Mom are seen together as they lead the way around this fast and walker friendly 5k course)

To benefit: **MAINE BREAST CANCER**

- ◆◆ Great Sea Dogs T-Shirts - First 700 Registered ◆◆
- ◆◆ Entry includes ticket to any Sea Dogs home game ◆◆
- ◆◆ Pre/Post Race Massage - Refreshments - USAT&F Certified ME01002WN ◆◆
- ◆◆ Unique finish inside Hadlock Field at Home Plate - Big Screen Finish ◆◆
- ◆◆ Spectators Welcome - Unique Sea Dogs Awards - Chip Timing - Mile Splits ◆◆
- ◆◆ Sportshoe Center Gift Certificates - 30 5k winners (10 Male, 10 Female, 10 Kids) ◆◆
- ◆◆ Season Tickets to Overall M & F Winners ◆◆
- ◆◆ Overall M & F Winners to throw out first pitch next home game ◆◆

◆◆ **Kids Run:** **FREE entry FREE race shirt refreshments bib # finishers medal** ◆◆

Sluggo & Sluggo's Mom lead the way around Fitzpatrick Stadium to a fun finish inside Hadlock Field at home plate

The Portland Sea Dogs would like to **THANK** all of the sponsors who help make this **GREAT** race possible:

New Balance

Coca Cola - Dasani - Harmon's Barton's

Hannaford - Guy Gilchrist

Maine Track Club - Road Runners Club of America

Portland Sea Dogs Mother's Day 5K

ENTRY INFORMATION

Non-Refundable Entry Fee

\$12.00 before April 14th.

\$15.00 thereafter

\$ 9.00 **Special Family Rate** each 4 or more, mail-in or on-line by April 24th.

On-Line Registration

www.MaineTrackClub.com

or

www.active.com

Race-Day Registration

Portland Sea Dogs Hadlock Field

271 Park Avenue - Portland

Kids: 6:00 am - 8:15 am

5K: 6:00 am - 8:45 am

Additional donation to Maine Breast Cancer Welcomed!!!

AWARDS

Overall award winners are not eligible for age group awards

Top 3 Male and Female in the following age groups:

Open (Overall)

14 & under 45 - 49

15 - 19 50 - 54

20 - 24 55 - 59

25 - 29 60 - 64

30 - 34 65 - 69

35 - 39 70 - 74

40 - 44 75 - 79

Top 1

80+

PAST WINNERS

2005 Ethan Hemphill 15:12

Emily LeVan 18:09

2004 Ethan Hemphill *15:13

Rose Prest-Morrison 19:14

2003 Ethan Hemphill 15:21

Christine Snow-Reaser 18:07

2002 Ethan Hemphill 15:26

Christine Snow-Reaser * 17:45

2001 Michael Payson 15:20

Jeanne Hackett 18:59

* indicates course record holders

THE COURSE

Slugger & his mom lead the way around this flat 5K starting in front of the Portland Ice Arena on Park Avenue. Traveling out Park Avenue. to Congress Street taking a right onto Stevens Avenue, right onto Brighton Avenue to Deering Avenue. Enter Fitzpatrick Stadium and then enter Hadlock Field via centerfield, along the warning track with the finish in front of the visitor's dugout.

DIRECTIONS & PARKING

From the South: Take I295 to Exit 5 Congress St, bear left off exit, take left at first light onto St. John Street and next right onto Park Avenue.

From the North: Take I295 South to Exit 6B Forest Avenue, bearing right off exit, take right at first light through Deering Oaks Park. Take next right onto Park Ave. Hadlock Field approx. $\frac{1}{2}$ mile on right.

Parking: Fitzpatrick Stadium parking lot just off Deering Ave, roughly one block east of Hadlock Field. Parking in the lot between Portland Expo and Ice Arena. Street parking is available. **DO NOT** park in the vacant lot across from Hadlock (old gas station)

For more info, call 207-874-9300 or email:

RaceDirector@MaineMarathon.com or roadrace@SeaDog.com

PLEASE PRINT CLEARLY - ONE ADULT ENTRY PER FORM

(OK to use one form for kids race listing all names and ages)

Name: _____ Phone: _____

Address: _____ Male: _____ Female: _____

City: _____ State: _____ Zip: _____ Age on Race Day: _____

Circle shirt size: S M L XL

Check one: 5K Runner/Walker _____ Kid's Race _____

Please mail entry with check payable to: **Portland Sea Dogs Road Race, P. O. Box 636, Portland, ME 04104**

I know that running a road race is a potentially hazardous activity, I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event, including, but not limited to: falls, contact with other participants, the effect of weather (including rain, wind and snow, high heat/or humidity), traffic and the condition of the road. In consideration of your accepting my entry, I, for myself and any one entitled to act on my behalf, waive and release the Portland Sea Dogs, The City of Portland, Paradigm Windows, Sportshoe Center, New Balance, Maine Track Club, the Road Runners Club of America, and all other sponsors, their representatives, and successors for all claims of liabilities arising out of my participation in this event.

FOR SAFETY'S SAKE, NO RADIO HEADSETS, NO PETS, NO BABY STROLLERS

(Those running with a baby stroller **WILL NOT** be allowed to enter Hadlock Field. Walkers **ARE** allowed baby strollers.

Signature: _____ Date: _____

(Parents signature if under 18)

PINELAND

FARMS



50K

&

25K

Trail Challenge

SATURDAY, MAY 27, 2006

In a state known for its **RUGGED NATURAL BEAUTY** it's time for a race that caters to the **RUGGED MAINE RUNNER** ready to move beyond the marathon

Come celebrate Memorial Day in a beautiful rural setting at
MAINE'S MOST CHALLENGING RACE

Name _____		
Gender _____	DOB _____	Age _____
Address _____		
City/Town _____		
State _____	Zip _____	
Phone _____		
E-mail _____		
Club/Team _____		

	before 5/13	after 5/13
50k Race	\$40 <input type="checkbox"/>	\$50 <input type="checkbox"/>
25k Race	\$25 <input type="checkbox"/>	\$35 <input type="checkbox"/>

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. I assume full and complete responsibility for any injury or accident which may occur during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the trails, and traffic. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, the Maine Track Club, Pineland Farms, Inc., Boulos Property Management, October Corporation, Libra Foundation, Cumberland County YMCA, sponsors, promoters, and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for my all liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

NO PETS OR BABY STROLLERS ALLOWED ON THE COURSE

T-Shirt Size S M L XL

Make checks payable to:
Maine Track Club

Mail entries to:
Erik Boucher
66 Grant Street #4
Portland, ME 04101

Runner's Signature _____

Parents's Signature if under 18 _____

8th Annual/

**SAT.
JUNE 3RD
2006**

Osteoporosis Healthcare Network

NEW TIMES

5K WALK/RUN

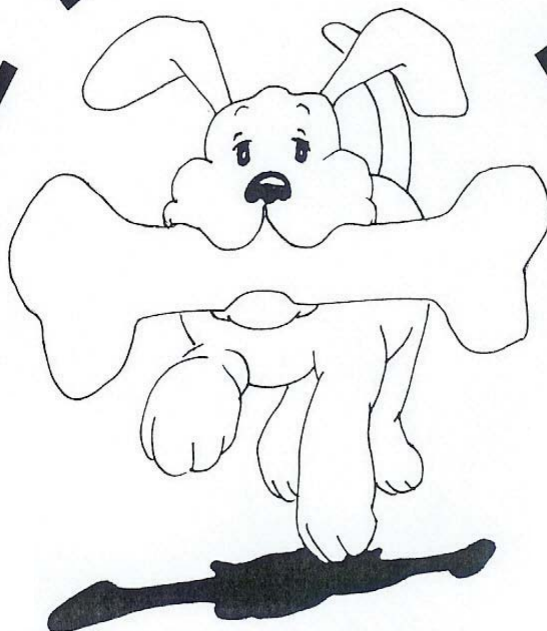
8:30AM

1 MILE

WALK/RUN

9:30AM

BONE DENSITY DASH



***Around Baxter
Boulevard
Portland, Maine***

**PROMOTE BONE HEALTH
AND FITNESS WITH TEAM
PARTICIPATION**

**TEAM AWARD AND CERTIFICATES TO
LARGEST TEAM REGISTERED**

“EXERCISE FOR STRONG BONES”

- We encourage **all** to participate – **all ages and all abilities !!**
- **T-shirts** to all registrations postmarked on or before **May 13th, 2006**. T-shirts to later registrants and day of race registrants as available.
- Suggested Donation: **\$15.00** (donations of less or more will be gratefully accepted)
- **NEW: Student registration (18 or younger) \$6.00**
- Register on line at www.active.com or mail to **OHN** 800 Main Street South Portland, ME 04106
- All proceeds benefit the **Osteoporosis Support Group of Southern Maine** and the **Osteoporosis Healthcare Network (OHN)** – a non-profit organization dedicated to bone health and Osteoporosis education
- Excellent **Post Race Raffle**. Must be present to win
- **NEW: Trophies to all participants 12 and under !!!**
- FMI call Kelly Wood or Kathy Lakatos at **828-1133**

CUT
HERE



Please make check payable to OHN. 800 Main St. So. Portland, ME 04106 or register on-line at www.active.com

In consideration of this entry being accepted, I for my heirs, executors, administrators, waive and release any and all claims of personal damages I may have against the organizers and sponsors of this event and I attest and verify that I am physically fit and have trained to compete safely in this event. I also give permission for the use of my name and picture in any broadcast, release or print media accounting of this event.

Last Name _____ First Name _____ Date _____

Signature _____ Signature of parent/Guardian if under 18 _____

Address _____ City _____ State _____ Zip _____ Tel _____

T-Shirt Size: (child M __, L __) (adult S __, M __, L __, XL __, XXL __) Event: 1 M __, 5K __ Walker __ Runner __ Age __ Gender __

Team Name (if appropriate) _____ How did you learn about this event? _____

March, April, May Races...

- 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 Kerry-men Pub 5K & 2.5 Mile Mary's Walk, Saco, Thornton Academy, Noon Contact: Betty Goodwin (773-2533 or 866-627-2411)
- Mar 26 Eastern States 20-Miler & Run for the Border 10-Miler, Traip Academy in Kittery or Rye Beach Rt. 1A to Salisbury, MA, 11:00 a.m. Contact: (781-340-0616) don-allison@comcast.net
- Apr 1 Flattop 5K Run & Walk, Lamoine/Ellsworth, 10:00/9:30 a.m. Contact: Robin Emery (667-9219) or Tom Kirby (667-9771)
- Apr 2 Noble Girls Lacrosse & Softball 5K Run/Walk, North Berwick, Noble H.S., 9:00 a.m. Contact: Kristalyn Keenan kmkeen@sad60.k12.me.us
- Apr 9 Loco Moose (Almost Free) Running Shoes 5K, Portland, Back Cove, 10:00 a.m. Contact: Michael Amarello (603-429-8879) www.locomoose.org moosertm@moosemilers.org
- 4th Annual Morgan's 5K, Lewiston, Bates College, 1:00 p.m. Contact: Suzi Andrew (671-0676) suzannaandrew@yahoo.com
- Ma'nakwane Memorial 5K Run/Walk, Indian Island, Community Building, 1:00 p.m. Contact: Newell Lewey (944-2331) nlewey@adelphia.net
- Apr 15 Spring Run Off 5K & Relay, Presque Isle, UMPI, 10:00 a.m. Contact: Christopher Smith (768-9472) smithc@umpi.maine.edu
- Apr 17 77th Annual Patriot's Day 5-Miler & Kids Fun Run, Portland Boys & Girls Club, Noon/10:00 a.m. Contact: John Tracy (874-1070) tracysone@prexar.com
- 110th B.A.A. Boston Marathon, Hopkinton to Boston, MA, Noon www.bostonmarathon.org
- Apr 22 6th Annual Joshua's Book of Dreams 5K, York, Village E.S., 10:00 a.m. Contact: York Parks & Recreation Dept. (363-1040)
- Apr 23 7th Annual Muddy Moose Trail Races 4-Miler & 14-Miler, Wolfeboro, NH, Kingswood Regional H.S., 10:00 a.m. Contact: Fergus Cullen (603-520-5450) ferguscullen@aol.com
- Run for the Future 5K & Kids Run, Sanford H.S., Noon/11:00 a.m. Contact: Barbara Steele (490-1419) barbara.steele@gmail.com
- Apr 29 Safe Passage 5K, Cumberland, Greely H.S., 8:00 a.m. Contact: Douglas Pride (781-4391) doug_pride@msad51.org
- Black Fly Classic 5K, Ellsworth, Down East Family YMCA, 9:00 a.m. Contact: Kevin DiDonato (667-3086) kdidonato@midmaine.com
- Muskie Community Center's 5K Run/Walk, Waterville, 38 Gold Street, 9:00 a.m. Contact: Koren (873-4745)
- Apr 30 Cawfee Hour Run, 60 minutes to run the farthest, Northeast Harbor Marina, 9:30 a.m. Contact: Crow Athletics (664-8640) murder@crowrunning.com
- Animal Orphanage 5K, Old Town YMCA, 10:30 a.m. Contact: Roberta Fowler rfowler344@aol.com
- May 6 26th Annual Rocky Coast 5K & 10K Run/Walk & 1-Mile Bunny Run, Boothbay Harbor, 10:00/9:00/8:45 a.m. Contact: Neil Verge - Boothbay Region YMCA (633-2855) nverge2@zwi.net
- May 7 ERA/MDA 5K, Augusta, Kennebec River Rail Trail, ME State Housing, 353 Water Street, 10:00 a.m. Contact: Diane Garcell (623-4182) dianegarcell@realtor.com
- May 13 Big Lake Half Marathon, Lake Winnepesaukee, NH 9:00 a.m. www.biglakehalfmarathon.com
- 5K Run/Walk for Empowerment, Waterville, Colby College Field House, 9:00 a.m. Contact: Charity (872-2816) info@rape-crisis.com
- May 14 Portland Sea Dogs Mother's Day 5K & Kid's Run, Portland, Hadlock Field, 9:15/8:30 a.m. Contact: Geoff Iacuesa (874-9300) geoff@seadogs.com or Howard Spear racedirector@mainemarathon.com
- Crooked Road 5-Miler, Bar Harbor, Town Hill Market to Hulls Cove, 10:00 a.m. Contact: Crow Athletics (664-8640) murder@crowrunning.com
- May 20 2nd Annual Run With the Pack 5K & Dog Walk, Mt. Desert Island YMCA, TBA
- 3rd Annual 5K House to Hope Run/Walk, Gorham H.S., 9:00 a.m. Contact: Lynn Kalloch (839-6514) momlisk@aol.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
- Dragonslayer 6K, York H.S., 11:00 a.m. Contact: Katie Prooty (363-8711) beanightslaythdragon@yahoo.com
- May 26 YMCA Back Bay 5K, Portland, Back Cove, 5:30 p.m. Contact: Debbie Judge (874-1111) djudge@cumberlandcountymca.org
- 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
- May 28 15th Annual Live Your Dreams 5K Run/Walk, Kennebunk, Senior Center at Lower Village, 8:15 a.m. Contact: Senior Center (967-8514) bo@seniorcenterkennebunk.org
- May 29 Snowy Egret 5K & Kids 1K Run, Scarborough, Audubon Center/Peterson Field, 9:00/8:30 a.m. Contact: Dr. Meg Pickering (883-5549) or Bob LaNigra (883-8662) smac@maineaudubon.org
- 11th MSAD #51 Memorial Mile and Kids Half Mile Fun Run, Cumberland, Greely H.S., 8:45/8:00 a.m. Contact: Ellen Hart (829-0925) jhart1@maine.rr.com

RRCA Coaching Certification Program...

The RRCA Coaching Certification program seeks to provide trained individuals to work with adult road runners at all levels, beginner to advanced. By offering a coaching program for road running, it is hoped that more individuals will be attracted to the sport, and more importantly, by working with a coach to train intelligently, these individuals will be able to extend their running careers, have more fun running, and minimize the risks of overuse injuries.



RRCA road running and racing coach certification - 2 days

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

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

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

Curriculum includes:

Day 1: Basis of Coaching and Training

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

Day 2: Techniques of Training

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

Participants will receive training materials and a copy of the test to send in for the certification. Program stresses the continuing education needed to be successful as a coach. The learning never ends.

Certification Process:

RRCA Certification: Take home test to be completed and sent to the RRCA class instructor within 3 months of taking certification class. Does not need to be renewed. There will be opportunities for advanced classes in special coaching areas offered yearly.

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

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

Cost: \$200.00

There is no online certification. Coaching involves learning to do personal interaction. This interaction can not be simulated by reading or listening and answering questions. Interactive experience is provided by group exercises within the program. For additional information contact: coaching@rrca.org.

Upcoming certification programs: Coaching certification sessions are held at the RRCA National Convention or other times throughout the year. Below is the current schedule.

May 13 & 14, 2006 8:00 a.m. Joliet, IL

Certification held at University of St. Francis, Joliet, IL. Lodging available at special University of St Francis Rates (\$75) at Hampton Inn Joliet 1-55 Tel: 815-439-9500 Fax: 815-439-9550. Hotel is 5 miles from campus. Shuttle provided from hotel to clinic (7:40 a.m.) & clinic to hotel (5 p.m.) both days. Possibly a shuttle Friday night from O'Hare to hotel and probably Sunday night or Monday morning to O'Hare from clinic (cabs may be necessary in some cases).

Online Registration: <https://www.teamoregon.com/commerce/rrcacoachcert.php?location=joliet>

June 10 & 11, 2006 8:00 a.m. Gaithersburg, MD

Certification held at Philbin's Athletic Training Center, 9168 Gaither Road, Gaithersburg, MD 20877 (301-527-0500). Lodging within walking distance available at Red Roof Inn, 16001 Shady Grove Rd, Rockville, MD 20850. Rooms are about \$70.00 per night. http://www.redroof.com/reservations/inn_details.asp?innNumber=263

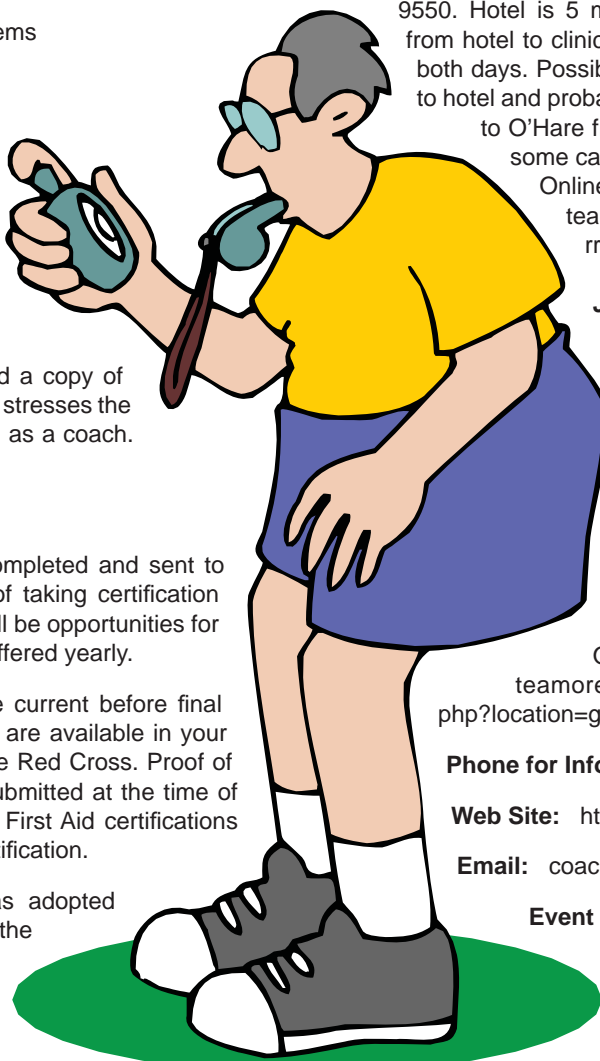
Online Registration: <https://www.teamoregon.com/commerce/rrcacoachcert.php?location=gaithersburg>

Phone for Info: 503-692-5126

Web Site: <http://www.rrca.org/coaching>

Email: coaching@rrca.org

Event Information: To sign up use the online Registration Link above. For additional info, email or phone above 4-8 p.m. For schedule see: <http://www.rrca.org/coaching/rrcachisched.pdf>



I Did it... I completed my first full marathon!!! In August 2005, I decided to fulfill a long-time goal of mine to take part in a marathon. Not only did I fulfill my goal, but I participated in this endurance event as a member of The Leukemia & Lymphoma Society's Team In Training whose mission is to cure Leukemia, Lymphoma, Hodgkin's Disease, and Myeloma, and improve the quality of life of patients and their families. I joined "TNT" in honor of a dear friend, Richard "Rick" Schroeder who lost his battle in December 2002. He put up a long hard fight against the disease and went through a lot rougher things than I did while running 26.2 miles. I also ran in honor of a 4-year-old boy named Dominic Malo. Dominic's profile caught my attention because he is close to my own son, Kyle's age. Dominic will be undergoing Protocol Chemotherapy for the next two and a half years.

On January 15, 2006, I took part in the Bermuda International Marathon. I ran in every element of weather except snow! I encountered torrential rainfall, winds, some thunder, a flash or two of lightning, and finally some sunshine!

The marathon started and finished on Front Street in Hamilton, Bermuda's capitol. The scenery was just incredible. The two-loop course provided runners with a truly beautiful

13-mile scenic course of the countryside. The course followed the shoreline and flower-lined roads. Mile four had one daunting hill, McGall's Hill, a 40 meter (131 foot) climb. We encountered it again at mile 15. The first time around was not a problem. The second time around was a whole different story because of the torrential downpours and wind. We were warned that the ocean "sprays" along the North Shore Road could make the concrete and shell roads slippery. The so-called "sprays" turned out to be more like swells. The powerful and unexpected wind gusts sent waves showering over the runners heads. I was soaked from my head to my toes. I kept telling myself, "I'm a Maine runner... If I can run through the winters of Maine, I can run through anything!" I also remembered my training through the month of October, when we had so much high winds and rain. I read in The Royal Gazette, the local newspaper, "The wind was so strong that it had toppled the finish line race clock and sent a row of crash barriers being used as a finishing chute snaking through the air and clattering onto the far side of the road."

I ran with some great people from Bermuda, Beldwin Smith and Humphry Williams, who ran the half marathon. Beldwin told me that there were no hills in Bermuda... just 'some elevation of the land'! We ran up some elevation of the land, a.k.a. "slight" inclines, which didn't seem so bad when you phrase it that way. The course was spectacularly gorgeous, which also helped take the edge off the rolling hills.

The Bermudians were so supportive. The day before the race, the BDA SUN printed the race entrants names & bib numbers. So, the locals would cheer you on as you approached them. Along the race route I would hear, "Goooo Jan-niece!" My favorite was, "Wayyy to Gooo... Baby Doll!" (WOW - what an ego boost!) I also, had wonderful support from my mother-in-law, Dorothy Feeney, and my sister-in-law, Diane McMaster, who cheered me on at the half marathon mark and again at the finish line.

We had fun, but our weekend in Bermuda was too short! We left for the Bermuda Triangle on 'Friday the 13th' (always a lucky day for me) with a full moon and returned on Monday... We survived!

I would like to thank my friends from Maine Track Club for their support! A special thank you goes to my idol, Carlton Mendell who encouraged me to fulfill my long time dream to complete a marathon. He is such an inspiration to me... two half marathons in the same weekend. I just want to know his secret of how he does it??? I have had the pleasure of being trained by two outstanding people, my mentor Lori Munro and my coach John Rogers, from The Maine Running Company. They helped me believe in my dream and helped me complete my first marathon with dedication, hard work, and perseverance. I have come a long way since that day in August when I first signed up for Team in Training: running my first half marathon in the Sportshoe Center Maine Half Marathon; completing my first full marathon in the Bermuda International Marathon; and also learning how to swim! I incorporated swimming for my cross training. I am signed up at the So. Portland Recreation Center for the 50 Miler Swim Club. I have 25 miles to go!

This season, the Maine Team in Training has successfully raised over \$466,000 in support of The Leukemia & Lymphoma Society! I will miss my team mates that I had the pleasure of knowing and training with over the last 6 months. **Thank You** to my family, friends, & all the business for their donations and added support through my training. Together we have raised \$4732.20 from your donations!!! On behalf of all of those who have fought or are fighting a blood cancer.... I thank you most of all.

Bermuda, Baby

by Janice Gagnier



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

by Mike Brooks

Every NewsRun I am going to try to write about some of the races I have done in the last two months. Most of the races will be outside of New England. These articles will include what I think are the best ways to get there, places to see, things to do, and a brief description of the race.

Next issue will include a list of marathons and ultramarathons I have done. If you would like me to write or talk to you about one of these races please let me know.

Most of these races I do for several reasons besides running them. I love to travel, meet up with friends, sightsee, and make a vacation out of them. My evaluation of the race is usually from a slow runner's position, so please keep that in mind.

Mike Brooks (783-3414) mjbruns@adelphia.net



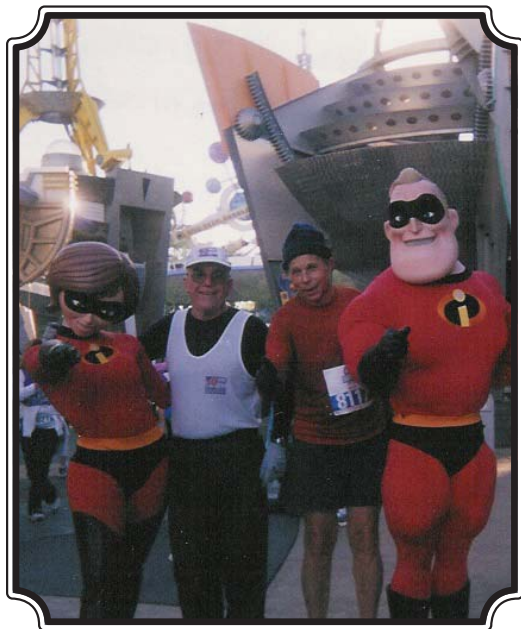
Kiawah Island Marathon & Half Marathon Kiawah Island, South Carolina - December 10, 2005

My wife and I flew into the closest airport, Charleston, SC and drove about one hour to Kiawah Island. We stayed at the K.I. Golf Resort in a very nice condo, a ten minute walk from the start/finish area. This is also where packet pick-up and carbo-load dinner are. The Sanctuary Hotel is also very close to the start/finish and has beautiful ocean-view rooms (\$200-\$2400/nite). Staying on the island is the way to go; it's a hassle trying to get to the start the day of the race by car.

Denise and I enjoyed walking the nearly deserted beaches and sightseeing in Charleston. Packet pick up was easy, and there is a small expo with it. Goodies that go with the race include a nice long-sleeve t-shirt and finisher's medal. There are also free massages after the race and lots of good food. The carbo-load dinner was excellent; plenty of quality food including desserts.

The course is extremely flat; 14' is the highest elevation on the island. There are plenty of aide stations, and the race is on paved bike trails and roads through scenic areas even though you never see the ocean. It is a combination double-loop with some out-and-back where you see the other runners. The first few miles are crowded with runners, so if you want to run fast, get nearer to the front. I like this race because it is scenic, the weather is good, and even though there are 2,500 registered runners (if you're staying on K.I.) there are no hassles getting to the start.

This race is capped at 2,500 and sells out quickly once registration opens.



Walt Disney Marathon, Half Marathon, and "Goofy Challenge" Orlando, Florida - January 6 & 7, 2006

This is the first year that the half and full marathons were held on separate days. This makes it possible to do both races, so the first "Goofy Challenge" was started. If you run both races you receive a medal of Goofy along with the standard Mickey medal for the marathon and Donald Duck medal for the half. These are excellent medals and so are the dri-release type shirts.

The WDW races are nice, but like most big races they have some hassles. Packet pick up can have long lines, but the expo is a big one with lots of vendors and info. on other races. They want you to get to the start area at 4:00 a.m. I get there at 5:00 for the 6 a.m. start and have not had a problem the five races I have done. If you are in one of the last corrals, expect at least ten minutes after the gun goes off before you reach the start line, but it is chip timing. The course is narrow and crowded in places, and boy does the sewage treatment plant stink when you go by it in the full marathon!

Now for the good points. All the Disney characters are out on the sideline, so take a camera and get some pictures with them. Both races go through Cinderella's Castle in the Magic Kingdom and run through the Epcot Center. The courses change almost every year except for these two places. If it's a hot day ask one of the volunteers (Hashers) at mile twenty where the beer is, and that will cool you down. It was cool this year, about 40 degrees at both starts.

The only hills are bridges, and you do run along some not so scenic areas at times. If you don't mind losing some time because of the congestion and turns, and you want to run a big destination marathon, this race might be for you. I do it so I have an excuse to go to Florida and see the different attractions in the area.

These two races are capped at about 15,000 each and always fill up.

For more information, links, and runner's comments on either marathon, go to www.marathonguide.com, or call 407-939-7810 for more information on the Walt Disney World races.

MTC Discounts, Clothing, and Merchandise...

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

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

MAINE RUNNING COMPANY

563 Forest Ave., Portland 773-6601

www.runwalkcompany.com

10% on shoes and apparel

RUNNING DOG SPORTS

166 Narragansett St., Gorham

839-4RUN (839-4786)

10% on shoes and apparel

GEORGE & PHILLIPS INC.

Rt. 1 Kittery • 295 Water St.,

Exeter, NH

20% on shoes

LAMEY WELLEHAN

Auburn • Augusta on Water St. •

Bangor Mid-Mall • Cook's Corner •

Falmouth Shopping Ctr •

Maine Mall • Waterville

10% on running shoes

SAUCONY FACTORY OUTLET

83 Farm Rd., Bangor, 942-7644

10% on all non-clearance items

RUNNER'S ALLEY

104 Congress St., Portsmouth, NH

603-430-1212 • www.runnersalley.com

10% on shoes and apparel

ALLIED HOME MORTGAGE

360 US Route 1, Scarborough

Call Chris Boynton 885-5070 x136

\$400 off Closing Costs on Refinance, Purchase, or Construction Loans



NEW! High Performance Long Sleeved Shirt, \$20.00:

Teal with multi-color screen printing on the front.

Men's sizes S to XXL.



Maine Marathon

Sticker, \$2.50: 6" x 4"

Oval in white and green.



Coffee Mug, \$3.00:

White ceramic with green screen print on front.



White Lighthouse T-Shirt, \$8.00:

100% cotton, multi-color screen printing on front.

Unisex sizes M to XXL.



100% Coolmax Singlet, \$15.00:

White with green screen printing on the front and back.

Women's sizes S to XXL.

Men's sizes M to XXL.

Where Do I Get MTC Clothing?

To order contact:

Mike Doyle

(871-0051)

mdoyle@mainecul.org

Maine Track Club

Attn. Mike Doyle

P.O. Box 8008

Portland, ME 04104



NEW! Wicking Baseball

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



Baseball Style Hat, \$8.00:

Green pigment dyed, with multi-color embroidery.



Sweatshirt, \$20.00:

100% cotton, green with multi-color embroidery on left chest.



Winter Hat, \$8.00:

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March/April 2006

News*Run

27

Maine Track Club Awards Recipients...

FIRST MARATHON RECOGNITION:

It is a Club tradition to recognize our members who have achieved a running milestone by competing in their first marathon. This year there are 7 runners who have entered the exclusive fraternity of "marathoners".

Amanda Barton, Mt. Desert Island Marathon, 5:02:38

Kristin-Cook Center, Maine Marathon, 4:20:35

Sharon Clark, Mt. Desert Island Marathon, 6:21:39

Meg Estabrook, Maine Marathon, 5:39:42

Sherry Grandonico, Marine Corps Marathon, 4:49:27

David House, Philadelphia Marathon, 3:59:12

Kimberly LaPointe, Marine Corps Marathon, 5:01:05

AGE GROUP AWARDS: *The Maine Track Club is proud to honor the male and female runners in each age category who have demonstrated a high level of competition while contributing to the club in other areas. These runners make every race exciting to watch.*

(19 and under) Outstanding Runner

Abigail Iselborn was undefeated in high school competition - she won both the Regional and State championships and was chosen Athlete of the Year by SMAA and the Portland Press Herald who proclaimed that she "went further and faster than any other runner in the state." She completed the Beach to Beacon 10K in 38:33 and broke 18 minutes in the 5K at Old Orchard Beach.

Chris Harmon ran strong this past year. He ran the St. Peter's Road Race in 22:41(5:29 pace), the Beach to Beacon 10K with a very competitive time of 36:19, the Great Scot Trot 5K in 17:01, and the Clam Festival 5-Miler at 28:44.

(20-39) Outstanding Runner

Emma Barclay is a running warrior - she ran the Boston Marathon with strep throat and still finished in 4:20. 4 weeks later she ran the Sugarloaf Marathon in 3:13 and qualified to run the London Marathon with elite women. She ran the Clam Festival 5-Miler in 35:05, and the PT8K in 33:48. Obviously she is a very versatile runner. In a tough age group, she is at the top of her game.

Andrew Baird has left many other runners in his dust this year. We watched him win the Maine Half Marathon in his age group with a time of 1:16:54. He ran the Patriot's Day 5-Miler in 28:31, the Portland Trails 10K in 35:11, and the Mid-Winter 10-Miler in 1:00:02.

(40-49) Outstanding Runners

Dora Rex had a very impressive year. She ran the Mid-Winter 10-Miler in 1:09:35 placing 2nd in her age group, the Beach to Beacon 10K in 43:55, the Bar Harbor Half Marathon in 1:35:19, and the Great Osprey 10K in 42:23. We're proud to recognize Dora as part of the MTC running family.

Tom Ryan, a great runner, ran the Friendly Mile in an amazing 4:45.25 placing 1st in his age group. He completed the Breakaway 5K in 16:34 and again placed 1st in his age group, the Sea Dogs 5K in 17:24, and the Beach to Beacon 10K in 35:55. In an ultra-competitive age-group, Tom is a force to be reckoned with.

(50-59) Outstanding Runners

Kitty Kelly is truly a gifted master's runner. This year Kitty had a stunning running year. She ran the Beach to Beacon 10K in 50:11, the YMCA Back Bay 5K in 24:34, and the Mid-Winter 10-Miler in 1:28:07.

David Roberts had a wonderful year. Another age group achiever ran the Portland Trails 10K in 37:59 (6:08 pace), the Pond Cove 5K in 18:19, the Beach to Beacon 10K in 38:12.

(60-69) Outstanding Runners

Sally Paterson is a very consistent runner and long time supporter of the MTC. She ran the Beach to Beacon 10K in 1:08, the LLBean 10K in 1:08, and the Great Pumpkin 10K in 1:08.

Jerry Levasseur has been a top finisher in his age group this past year. He placed 1st in his age group at the Morgan's Run 5K with a time of 22:58, 1st at the Sea Dogs 5K in 24:45, and 1st at the Thanksgiving Day 4-Miler in 31:45. He ran the Memorial Mile in an impressive 6:43. Way to go for a great year.

(70-79) Outstanding Runners

Ruth Hefflefinger is a loyal and devoted member of the club. She placed 1st in her age group at the Beach to Beacon 10K with a time of 1:36:33 and 1st at the G.R.B.A. 5K in 43:40. She completed the Eliot 5K in 45:07

John Howe earned many 1st place awards over the past year. He ran the Run for Help 5K in 23:17, the Dan Cardillo 5K in 23:28, the L/A Bridge 5K in 24:13, the Maine Half Marathon in 1:58, and the Great Osprey 10K in 49:41. Terrific season!

(80+) Outstanding Runner

John Woods: A gentleman runner, and an enthusiastic club supporter - he is also a high achiever. John participated in the Senior Games and placed 1st in the 800 meters with a time 6:41.7. No doubt he looked fabulous and distinguished while breaking the winning tape.

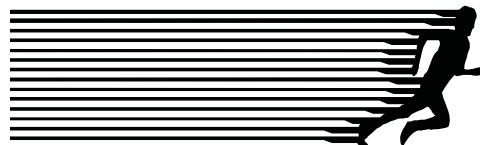
COMEBACK RUNNER OF THE YEAR:

This award recognizes one special runner who has demonstrated mental and physical toughness in order to overcome an obstacle - and has served as a positive example and inspiration to others.

Phil Pierce exhibited incredible mental toughness with his participation in the HURT 100 ultramarathon in Hawaii - appropriately named because one could do serious injury to oneself by competing in this race set on a volcanic mountain, with sharp and treacherous terrain. Phil began the day with 92 runners and was one of but 52 who completed the 100K portion of the race... but only after a very harrowing fall in which he injured his foot. Even after all the trauma, Phil still loves endurance races and looks forward to his next ultra.

MOST IMPROVED RUNNERS OF THE YEAR:

This award gives special recognition to runners who have improved running performance through training, discipline and perseverance. Many runners know that the secret to success is finding a great running partner - and these two runners both benefited from their relationship with each other. Through mutual support, **Nancy Walton and Denise Brooks** went from competing in 5Ks in the Spring to completing the Maine Sportshoe Half Marathon in the fall. They trained together and faithfully attended Bob Brainard's training sessions supporting one another along the way.



Maine Track Club Awards Recipients...

OUTSTANDING CONTRIBUTION TO MAINE RUNNING: *This award is presented to the person who consistently shares his/her personal talents to support running in Maine and assists runners throughout the state.* This year's recipient, **Sandy Walton** has served the runners of Maine through her meticulous maintenance of all the membership information, devoted involvement as Board member, and substantial contributions to the NewsRun. She is the glue that holds the Roasters Run together, and she proudly represents Maine runners at the RRCA convention.

RACE DIRECTOR OF THE YEAR:

As any event planner knows, last minute technical difficulties can cause a disaster. This year **Larry Dyer**, as director of the Peak's Island 5-Miler, was thrown a logistical nightmare so challenging, it could make us all shudder. The morning of the race, he was informed that the car ferry was not functioning. With a few choice words uttered quietly under his breath, Larry conquered that problem with a calm demeanor and his sense of humor intact. He miraculously managed to direct the loading and unloading of all the equipment by hand, direct a successful race, and still fed all the racers a lobster dinner. Not only does his race pose special challenges since it is on an island, it also makes a substantial financial contribution to the club. On behalf of Larry's achievement, the Club encourages all the members to commit to participating in this fun and memorable race next year.

SPIRIT OF THE CLUB AWARD:

This award celebrates a special club member who personifies the value of "running with a friend" through encouragement of others, willingness to share talents, and the ability to inject fun and good cheer in MTC events and social activities. Throughout the racing season, it is rare that you do not see one of two things at each and every race: **John Keeley** proudly racing in his MTC singlet, or John Keeley happily serving on the sidelines as an enthusiastic volunteer. Because of his commitment to the club, and his willingness to support other runners, especially his daughter, he is a role model for many. **Dale Lincoln** has made his contribution to the club with his congenial nature - he is always

welcoming and encouraging of new members - with his creativity, he is known to pen some inspiring poetry and informative articles to encourage others to get involved with running. He attends most Roasters Runs (in any weather) and always amuses his fellow runners with his colorful anecdotes. Dale helps us to keep things lighthearted and fun.

SPECIAL ACHIEVEMENT AWARD:

This award is intended to give special recognition to a club member's notable accomplishment that might not be properly covered by other awards. After turning 60, **Ron Paquette** began his quest to compete in a marathon in every state, and at age 64 he achieved that goal at a marathon in Durango, CO. Then, a week later, he completed his 100th marathon at Mount Desert Island. For this achievement, and for years of coaching, race directing, volunteering, and for impressive fundraising on behalf of Camp Sunshine, the club is proud to honor Ron.

VOLUNTEER OF THE YEAR

AWARD: *The Maine Track club is fortunate to have many dedicated and energetic volunteers. So many people go above and beyond what is expected.* This year's recipient has gone above and beyond in a number of different arenas. Through his work on the newsletter, his service as a Board member, his willingness to volunteer at many events, the energy he has devoted to sharing new ideas in an attempt to improve the way the club functions, and the countless hours he has spent immortalizing club members with his marvelous photography, **David Colby Young** has been an exemplar volunteer.

JOHN FYALKA AWARD: *This award recognizes outstanding dedication to the club and is given each year in remembrance of John Fyalka, Jr. a former runner whose life was cut too short as a result of an automobile accident.* This year's recipient does a tremendous service to the running community, just by being himself. "My Idol." "My Inspiration." "My Hero." These are but a few of the statements made by the legions of fans who are encouraged to do their best, because he always tries his best. We're all proud of **Carlton Mendell's** outstanding achievements.

MAINE TRACK CLUB RUNNERS OF THE YEAR: *This award celebrates the man and woman who have demonstrated the highest level of competitive performance while making positive and substantial contributions to the club. These individuals are dedicated, disciplined, collegial toward other runners, and motivate others to become better athletes.*

As a testament to the contributions she has made to the Track Club, this year's female Runner of the Year was also nominated for Most Improved and Volunteer of the Year. She faithfully participated in the weekly training sessions with Bob Brainard. Always willing to volunteer, she has helped out at numerous races while encouraging runners to achieve their goals. She ran the Great Pumpkin 10K in 45:41, the Eliot 5K in 21:44, the Turner 5K in 22:19, Northeast Harbor 5-Miler in 37:31, Sugarloaf 15K in 1:10:19, and ran the Bar Harbor Half Marathon in 1:42:24. Her great finishes are but a small piece of what is noteworthy about this runner. She has tirelessly served on the Board this year as Secretary. The MTC honors **Lisa Despres** as Female Runner of the year.

The year's male Runner of the Year is an outstanding and formidable runner who also encourages others in the Club. One club member remarked about him, "He seemed to be at every race and always finished at the top." He has improved his running times substantially over this past year. **Devin Shaw** ran the Beach to Beacon 10K in 36:16, he placed first in his age group at the Breakaway 5K with a time of 17:26 and 1st at the Turkey Trot 5K with a time of 17:06 (a 5:31 pace). He placed 2nd at the Sea Dogs 5K with a time of 17:18 and 2nd at the Great Pumpkin 10K with a time of 36:08.

THE PRESIDENT'S AWARD:

This year presented to **Cathy Burnie** for her "stepping up to the plate" and "can do" attitude. Board vacancies caused Mark to step in and take on the Equipment Manager and Race Committee duties. Cathy stepped up and managed all the Club Special Events and coordinated the General Membership Meetings. Most notably the Annual Awards Banquet which was a very successful event. Cathy also coordinated the award nominations which was an huge task. All done with a smile!

Survey for the Maine U.S.A. Track & Field Association

The purpose of this survey is to get feedback to better serve the running community with more opportunity and variety in staying active, competing and having fun. Your completing this survey is essential to this. The results of the survey will be posted. In Yes/No answers, please explain why or why not.

If you would like to participate in a Grand Prix, you must be a Maine resident and a member of USATF (any association). MEUSATF annual dues is \$15.

Name (Optional) _____ Age _____ Gender _____

• Indicate the number of races you participate in during the year.
Road Races _____ X-C Races _____ Indoor Track _____ Outdoor Track _____

• Do you belong to MEUSATF? Yes ☐ No ☐ Explanation _____

• Would you participate in an Age Group Road Race Grand Prix with Year End awards?
Yes ☐ No ☐ Explanation _____

• Would you participate in a Team Age Group Grand Prix with Year End awards?
Yes ☐ No ☐ Explanation _____

• Would you participate in an Age-Graded Grand Prix with Year End awards?
Yes ☐ No ☐ Explanation _____

• Would you participate in an Age Group X-C Series? Yes ☐ No ☐
Explanation _____

• Would you participate in an Age Group Outdoor Track Series? Yes ☐ No ☐
Explanation _____

• Would you participate in an Age Group Indoor Track Meet? Yes ☐ No ☐
Explanation _____

• Do you find the website meusatf.org helpful? Yes ☐ No ☐
Explanation _____

• What would you like to see on the website? _____

• Since the success of an organization like this is dependent on its volunteers, would you be willing to help... As a committee member? Yes ☐ No ☐ At an event? Yes ☐ No ☐
Explanation _____

• How can MEUSATF benefit you? _____

• Other Comments _____

Please send reply to: Jerry LeVasseur, 16 Mast Lane, Brunswick, ME 04011
email: JERARDL@verizon.net



One at Peace

There are green briars and brambles
That impede my ambles
As I wander about thru my life.

And I can't help but want to see
Some fairways to run free
Away from complication and strife.

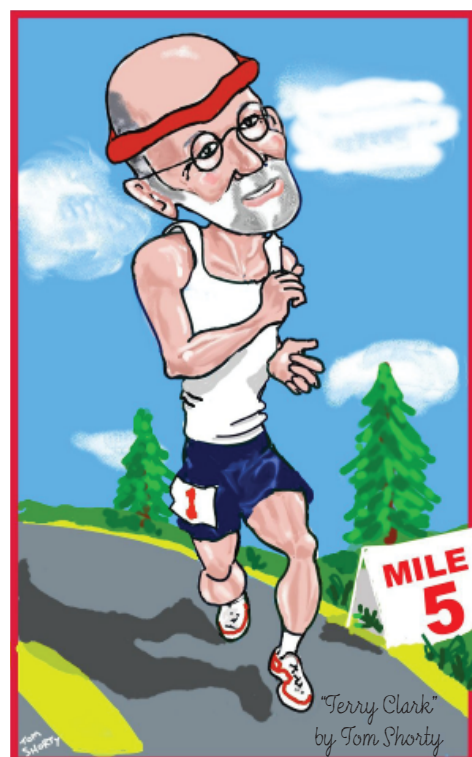
Within me there is a spirit,
When it is quiet, I can hear it,
Of one who might have lived long ago.

He may have lived hard and drear,
With his clan, and his spear.
But his road was the path of a doe.

He was one with wild nature,
When fleetness was stature,
Though his reach was the toss of a stone.

Now that ancient memory within
Lives again, hard and thin,
On a run, down a road, not alone.

Terry Clark



GENERAL MEMBERSHIP MEETINGS WEDNESDAYS 6:00 - 8:00 P.M.

SOUTHERN MAINE COMMUNITY COLLEGE - JEWETT HALL

MARCH 29TH MAY 24TH JULY 26TH SEPTEMBER 27TH NOVEMBER 29TH

Doctor's Corner: Exercise Induced Asthma...

by Lucien Ouellette, MD

Do you cough, wheeze or have trouble breathing during or shortly after you exercise? Is this worse in cold weather or with exercise in a specific environment (i.e. swimming pool or ice rink)? Do you have asthma, seasonal allergies, or eczema? If you answered "yes", you may have exercise induced bronchospasm (EIB) or exercise induced asthma (EIA).

Athletes are notorious for ignoring symptoms and delaying treatment for their ailments; often impairing their performance as well. It is no different with EIA/EIB. Both EIA and EIB are transient increases in reactivity of the small airways in your lungs (bronchospasm) when you exercise, but those with EIA also have asthma as a baseline disease. That's right, you can get bronchospasm even if you do not have asthma! Studies have found that up to 90% of those with asthma will have EIA and up to 20% of those without asthma will have EIB. It appears to be more common in those athletes required to perform heavy breathing like soccer, hockey, running, swimming, and cross-country skiing, and in specific environments where irritants may be (chlorine in a swimming pool, or fumes from the ice rink zamboni).

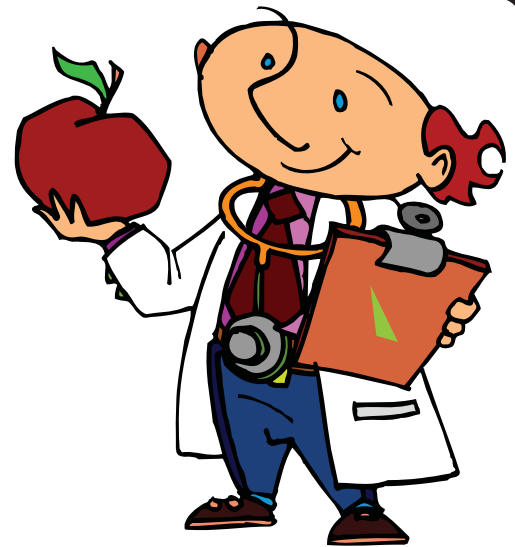
For either condition (EIA or EIB) the symptoms are the same. Typically, athletes will feel chest tightness, begin coughing or wheezing (whistling sound with breathing), or have trouble breathing after 8 or so minutes of exercise; often times the symptoms do not start until 5-10 minutes after exercise has stopped. Even without treatment, most athletes will resume their normal breathing after 30-60 minutes, and find some other reason for their breathing. Athletes commonly label themselves as "out-of-shape" or feel they are starting to have a chest cold. Less commonly, the symptoms can become severe and progress to respiratory failure (inadequate breathing).

Diagnosing EIA or EIB can be challenging as the symptoms overlap with many other possible conditions. The most accurate way to diagnose either condition is to perform a pulmonary function test (PFT), exercise vigorously for approximately 10 minutes, and repeat the PFT a couple of times following exercise. A decrease in your FEV1 (a measure of how much air you breath out in one second) of 10% is consistent with EIA or EIB. Currently, the common practice is to try a trial of an inhaler and assume the diagnosis if symptoms improve. Our office has the capability to perform the exercise test with PFTs, but most primary care offices do not.

Both conditions are treatable and should not force an athlete to discontinue sports participation. Athletes at all levels of competition have been diagnosed and successfully treated. Studies have found EIA or EIB in middle school/high school athletes (30%), summer Olympians (11%), and winter Olympians (26%), particularly Olympic cross-country skiers (50%). Treatment typically includes avoiding exercise in environments where you have symptoms, breathing warm air by using a scarf over your mouth in cold weather, warming-up for 10-15 minutes before each exercise session, or using an inhaler approx 20 minutes before you exercise. Any combination of these therapies can work for different athletes. Those with baseline asthma and EIA may need to increase their controller medication (inhaled steroid) to help control the inflammation inside their lungs.



Exercise Induced Asthma and Exercise Induced Bronchospasm are common conditions in athletes and may contribute to poor performance in some. The symptoms are typically mild making recognition and diagnosis more difficult, but the treatment is fairly simple once diagnosed. If you think you have either condition, you should discuss this with your doctor in order to rule out the other possibilities and start treatment to maximize your performance.



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The MaineHealth® Family

FREE Track Coaching Sessions...

Coaching Begins April 18th!

by Mark Grandonico

The first coaching session of 2006 will begin at 6:00 p.m. on Tuesday April 18th. Coach Bob Brainerd will kick the season off with a classroom meeting to review goals and training plans. The classroom and track sessions will take place at Edward Little High School in Auburn again this year. The sessions will run for 23 weeks until September 19th. Last year was a huge success for all of the 40-50 "regulars" who attended the track workouts.

Are you a little intimidated or nervous about doing speed work and track workouts? Don't be! The past two years we had 5-minute milers to 15-minute milers running side by side and working out together. Bob will place you in a group with runners/walkers close to your ability and goal desires. It is a comfortable, friendly, and FUN group. You WILL improve your running by following your training goals. Coach Bob can also set up tailored training plans depending on your goals (5K, 10K, Marathon). Bob is an invaluable resource if you have an injury, as he is a Certified ATC, Health Educator, Certified Strength and Conditioning Specialist, and Sports Physiologist. Coach Dan Campbell will be joining us again this year as well. Dan, as a three-sport coach at Edward Little H.S., will be an invaluable source of information.

The best part, this is a FREE service!! The only requirement is that you are a Maine Track Club member or become one after your first session. Members, please bring your membership card to the first session you attend.

If setting a few new PR's is on your agenda this year, here is your best way to get there! I look forward to seeing you there - Run With A Friend!

Directions from Portland:

- Take I-95 N toward Lewiston/Auburn (Toll Rd)
- Take the US-202/ME-4/ME-100 EXIT 75- toward Farmington/Rumford/Rangeley/Mechanic Falls (0.4 miles)
- Turn LEFT onto Washington St/US-202 E/ME-4 N/ME-100 N (4.1 miles)
- Turn Slight LEFT onto US-202 W/ME-4 S/ME-100 S/ME-11 S/ME-121 S/Minot Ave. (0.1 miles)
- Turn RIGHT onto Western Ave. (0.3 miles)
- Turn RIGHT onto Auburn Hts. (0.2 miles)
- Turn LEFT onto Harris St. (<0.1 miles)
- End at 77 Harris St, Edward Little High School, Auburn, ME 04210



Victoria Quinlan

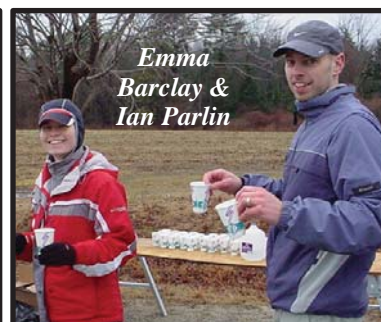


Terri Morris



Mark Clinch

THANKS



Emma Barclay & Ian Parlin

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

The Rat Pack runs Sunday mornings at 7:00 a.m. from Payson Park. Contact: Ron Deprez (772-4312) or Mike Real (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 W) with refreshments to follow. Contact: Kathy Hepner (839-4786) 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

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



MTC Board Retreat Minutes 1/14/06

Attendance: Mark G., Cathy B., Ward G., Lisa D., Mike B., Don P., Mike D., Sandy W., Erik B., Hazel W.

Coaching Sessions: Bob Brainerd's Coaching Sessions will be held again this year, April-September, Tuesday nights, 6-7:30 p.m., Edward Little H.S. in Auburn. Mark is still awaiting word from the City of Portland re: use of Fitzpatrick Track one Tuesday night a month for this purpose. This track would be convenient for those traveling from Lewiston-Auburn area. Bob's fee is again \$1500. Sessions are free to all MTC members.

RRCA Convention: Sandy and Mark will attend, March 9-12, in Houston. The NewsRun has been submitted for RRCA Newsletter Competition, results of which will be available in early February. Award to be presented at the convention. If NewsRun wins, club will pay expenses for David Colby Young to go to the convention as well.

Boston Applicants: Board reviewed applications for the 2 Boston Marathon entries, and voted to award them to 2 members who have made significant contributions to the club over the years. Mike Doyle and Karen Connolly will have their shot at running Boston, wearing their MTC singlet, at a cost of \$125 each. (Previous figure of \$110 was incorrect.) Mark will write article for the NewsRun about the criteria used to choose recipients.

Clothing Update: Plan to have matching shorts and singlets added to clothing line, male and female. New chickadee logo will be phased in on the singlets. MTC t-shirts will be given away at the banquet this year. Plan to sell clothing at Beach to Beacon and Marathon Expo, so stock will be increased. Sale of clothes at the Marathon Expo 2005 was quite profitable.

Website: "Club Express" system is being looked at by the Board. This service would essentially replace a lot of manual labor associated with the Website upkeep and Membership duties, currently done by club members. Also has email/chat room capabilities, and allows online purchase of clothing. It is user-friendly, faster, and always available. The Board is trying it out on a free basis at this time. Cost if purchased is about \$1875 per year, or about .40 per household per month.

Kids Running Program: Beth McCallum and Teri Milan responded to website ad to head this up in the summer. Beth is a cross country coach at Bonney Eagle High School, and Teri has experience with children. They are very excited to take this on.

Kenyan Member Sponsorship: A new Kenyan member who would like to come to Maine has requested help from the MTC, specifically a place to stay, and 4 pairs of size 12 running shoes. Discussion resulted in decision to give him the opportunity to place a request in the NewsRun, asking for a sponsor. Mark will email him with this decision.

Membership: Sandy has received 47 3-yr, 54 2-yr, and 189 1-yr memberships. There are 7 Honorary/Lifetime members and 24 Public Relations to date. Emily LeVan has been given an Honorary membership. Still outstanding are 115 renewals. Victoria Quinlan has agreed to take on Membership Chair beginning in February.

NewsRun: Mailings Unlimited, the printer for the newsletter, has offered to print NewsRun in color for individual members. Any member desiring color copies would pay \$20 more per year for this option, which is about \$3.33 more per issue. This info will be put in the NewsRun.

Roasters Run: There are thirteen Roasters Run technical shirts and nine hats left, if anyone wants to purchase. Shirt: \$20, Hat: \$15. This group run averages about 20-30 people per week. A Yahoo users group has been started so that runners can communicate their planned distances and routes prior to Saturday morning. Anniversary celebration of the Roasters Run will be held on Saturday March 4,

with a run and free coffee and munchies.

New Equipment Needs for 2006: Erik requested purchase of a measuring wheel to measure the Pineland Trail Race course and other new race courses. Cost is \$60-100. This was approved. Other items discussed but not voted on at this time were:

- banner for the back side of the truss archway for MTC races, other banners (this will go to race committee for discussion)
- more mile markers (mile 10-26.2)
- finish line breakaway tape for top M/F finishers
- space to store trailer

Race Committee:

Pineland Farms 25/50K Trail Run: Board voted to move leftover fees totaling \$777 from a now defunct race, the Women's Distance Festival, to start up the new Pineland Farms Trail Run. Proceeds (excluding the \$777) will be split between the YMCA (75%) and the MTC for the race (25%), after expenses. The YMCA pulls in many sponsors so this distribution is felt appropriate. The hope is to obtain a permit to serve beer with the post-race BBQ. Per Erik, the YMCA and Pineland have agreed to allow this if permit obtained. Board discussed need for someone in charge of monitoring amounts served and carding.

Mt. Washington: Mike Doyle volunteered to replace Mike Brooks as Volunteer Coordinator. Mark will act as backup, and will bring equipment to the race.

Easter Seals Mile: Fees same as last year \$250.00

Safe Passage 5K: Mark and Mallory will co-direct this year. Next year Mallory will direct.

50K: Lost about \$60 on this race this year. Still have \$228 in reserve from previous years.

Beach to Beacon: Mark and Phil will be on the volunteer coordination committee again this year. B2B director has increased donation to MTC from \$500 to \$1,000 for the club's handling of finish area security.

Board/Club Positions:

Equipment Manager: VACANT, currently Mark

Race Committee: VACANT, Phil limited, Mark covering

Membership: FILLED, Victoria Quinlan responded, will be taking this over

Volunteer Database Coordinator: NEW CLUB POSITION! Hazel offered to create a database for storing MTC volunteer information.

Advertising: Ad listing all MTC races has been placed in New England Runner Magazine at a cost of \$900. All races reimbursed at \$50-60.

Annual Bus Trip: Mark is still hunting for a new destination. Looking for a weekend race for a club bus trip; 5K and 10K, within 2-3 hr distance. If new race is not found, the bus will go to Newburyport again.

Martha's Vineyard 20-Miler: Mark has been asked for a club-sponsored van to transport members who are running this race. Cost would be about \$100, 12-13 members currently signed up. Board voted to open this up to the general membership as club funds are involved.

Budget Review: Budget was reviewed. Currently about \$14,000 in club checking acct. Not a lot of equipment needs in 2006. Make a point this year to recruit more volunteers for the Peak's Island Race, as this is the club's most profitable race. Work towards giving each new member a MTC singlet.

Handicap Race: Munchies will be served at this pre-banquet run.

Banquet: 75 people have RSVP'd at this time. Head count needed by Mon. the 16th. Plans are on schedule per Cathy.

Mid-Winter Classic Update: In honor of the 25th anniversary this year, runners can have their photo taken with a stuffed moose

mascot. Proceeds from this race traditionally have gone towards camperships under the Bruce Ellis Memorial Fund. There have been no campership applications in some time, so Board voted to name new recipient. Proceeds will now go to WinterKids, in memory of Bruce Ellis. Mallory Vaccaro will fill the co-director spot vacated by Chris Boynton.

Goals 2006: Major goals this year will be to recruit and train new people to do the timing at our races, and direct these races. Only a handful of members know how to work the timing equipment—we need more of a pool to draw from so that all races are covered. Race Directors are also in short supply. Mark is working with Bob Aube on dates/places for 2 pre-summer clinics to train members in these functions. Ideally would be in March, at an indoor location. George Towle was suggested as a contact for a location, possibly Sullivan Gym, or USM track. Other locations such as South Portland Rec Center, Boys and Girls Club in Portland, YMCA at Pineland were suggested. Another goal for 2006 is improving our website. Board is looking at how the Club Express service could do this.

Open Floor:

NewsRun Brainstorming Session: Sandy W. to host this at her home on Sat, Jan.28th @ 3pm to generate ideas for columns in upcoming NewsRun issues. One example mentioned was a travel guide-type column for specific races, offered by Mike Brooks.

Dean Karnazes: This ultra runner, former winner of the Badwater Ultra Marathon, wants to run 50 marathons in 50 days in 50 states, and wants Maine to be one of them this October. Howard Spear, Ron Pelton, and Mark will be co-directors. He will run a rough re-creation of the Maine Marathon course on a Wednesday at 8am, with a 4-hr projected finish time. This is a chance for MTC to make money and gain publicity for the Maine Marathon in major publications. Anyone who wants to run with Dean for all or part of his marathon is welcome to. One opportunity to make money would be to donate \$1 per mile run with Dean. Volunteers needed at 4 intersections.

Documentary Video: Erik brought up possibly hiring his cousin to do a promotional documentary video featuring the Pineland Farms Trail Run. He will come up with a plan and estimate of expenses. If decision is made to try this and results are good, future documentaries will be considered.

Next Board Meeting: Wed. March 15th, Norway Savings Bank – Falmouth 6-8 p.m.

Next Membership Meeting: Wed. March 29th, SMCC - Jewett Hall 6-8 p.m.

Submitted 1/29/06

Lisa Despres
MTC Secretary



MTC BOARD MEMBERS: Mark Grandonico, Hazel Wightman, Cathy Burnie, Erik Boucher, Sandy Walton, Bob Aube, Lisa Despres, Don Penta, & Mike Brooks Not present: Ward Grossman, Victoria Quinlan, Mike Doyle, and Colleen Redmond

March/April 2006

Notices...



Mount Washington Road Race

10:00 a.m. Saturday, June 17, 2006

**Entry To The Mt. Washington Road Race Is Limited.
Those Interested In Participating
Must Enter The Annual Lottery!!**

Sign up at www.MountWashingtonRoadRace.com

The Lottery Entry Period is From March 1 to March 15.

To be eligible for any slots that may become available to the MTC, you must first enter this lottery and show proof that you did. MTC is looking for volunteers for this race. We must provide the same number of volunteers for every runner that receives an entry through the Maine Track Club. Any questions or if you would like to volunteer please contact Mike Doyle (871-0051) mduoye@mainecul.org.

Just before race director Bob Teschek starts the race, he always reminds you "there is only one hill." Of course that hill is more than 7.6 miles long with nearly 5,000 feet of climb, a sadistic test of running ability. It's really no mystery why there are so many runners willing to put themselves through this anaerobic hell, and why hundreds of disappointed more wish they could, but were not "lucky" enough to get picked in the lottery. It's the challenge, of course. The fact that it is so difficult is precisely the reason so many are so driven to try a race that leaves even the most accomplished runners gasping for breath. As one famous writer once said, "I don't enjoy writing at all, but I do enjoy having written." That pretty much sums up running up Mt. Washington.

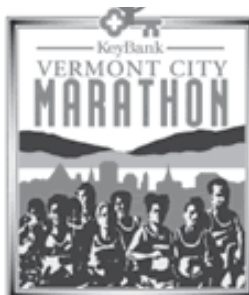
Courtesy Don Allison



children's
Running
Program

The club is seeking an individual(s) who can assist with the MTC/South Portland Children's Running Program. The program runs five weeks: May 13th to June 17th from 9:00 - 9:45am on Saturday mornings. No experience is needed; just a love for the sport and the ability to work with kids in grades K-5. The sessions are held on the South Portland H.S. track, and the last session usually culminates with some type of 1-mile fun run. Please contact Mark Grandonico (773-2576) or Beth McCallum, Program Coordinator (318-6066) if you are interested in helping out.

FREE Vermont City Marathon Entry



An opportunity has presented for another Marathon Entry. We MAY be able to provide a member with a free entry to the VCM! If you are interested in running Vermont (Great Race) - please email me at Grandm@maine.rr.com or call 773-2576. We will draw the winner at random from a hat!

Mark Grandonico

News*Run

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50 Marathons in 50 States in 50 Days

Beginning in September 2006, Ultra Marathon Man, Dean Karnazes will engage in a national celebration of health, fitness & endurance as he attempts to make ground breaking history by running 50 marathons in 50 states in 50 consecutive days. The great state of Maine will be state #31 and Dean will run a slightly modified version of our own SportShoe Center Maine Marathon on October 18, 2006. Mark your calendars now and stand by for more information. The MTC is working with the event organizers to link his run with a charitable organization in the area. There will be an opportunity to "Run with Dean" as part of the fundraising. This will be a big news event with local and national coverage of his record breaking attempt. It's a chance for the Maine Track Club to take the spotlight and feature our own Marathon!



"This event will activate and inspire consumers to challenge their perceptions of endurance and draw attention to the need for healthy, active living in this country" - Dean Karnazes