



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

LeVan Earns Trip to Olympic Trials With Speedy Run at Boston

by Glenn Jordan, Portland Press Herald
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Last time she survived.
This time she soared.

For the second year in a row, Emily LeVan of Wiscasset was the first American woman to cross the finish line at the Boston Marathon. Clicking off 6-minute miles with a watchmaker's precision, LeVan completed the 26.2-mile footrace from Hopkinton, MA to Boston Monday in 2 hours, 37 minutes, 1 second.

Not only was it her fastest marathon by more than 90 seconds, it also earned her an expenses-paid trip to the 2008 U.S. Olympic marathon trials, at a site yet to be determined.

"It just all fell into place today," she said after following the men's winner, record-setting Robert Cheruiyot, for the final mile, down Boylston Street and into the finish area. "I'm so psyched."

See **LEVAN**, page 17



President's Corner...

Cross Training

by Mark Grandonico

At some point you will undoubtedly be sitting on the examination table at your physician's office. Probably waiting and reading a tattered Golf Digest Magazine from last year. Knee pain this time? Maybe it's the hips or your Illiotibial Band? Achilles tendonitis and Plantar Fasciitis seem to be top on the list as well. If you are putting in the road miles, the law of averages says you will have an injury at some point. Personally, I'm taking pride in my growing list. Over a beer or two, it's like a couple old war buddies exchanging tales of valor and bravado. Two tibia stress fractures, a few bursitis's, IT band issues, runners knee, Achilles tendonitis, piraformis syndrome and a avulsion fracture of the ankle are on my list.

Oh the fond memories of hearing the words I've heard seemingly too often. "You need to stop running for [blah, blah, blah] days. Do some cross training to stay fit." Cross training? I don't like to bike, I sink in the pool, and most other sports bore me. I'm a runner. So over the last few years I always just shrugged off that advice and still snuck in a mile or two here and there, always telling myself I'll just take it easy. Without a doubt extending the recovery time from what ever my affliction du jour was.

I've always wanted to try a triathlon and many years ago vowed to do an Ironman before I check out. I just happened to see a flyer at the Portland YMCA for triathlon training class that was starting up. That was it; time to reexamine the whole biking and swimming thing again and I signed up. That's where the magic started. My first experience on the spinning bikes was a cross between lukewarm and hating it. The pool was even more intimidating. My daughter, a very accomplished swimmer and member of the YMCA Polar Bear Team (Girls 13-14 2006 New England Champions, by the way), didn't help matters by refusing to be seen with her Dad in a Speedo. I don't think

I look that bad? But anyway, I squeezed in and donned the goggles. The first swim was a complete recollection of why I didn't like swimming. I think I drank half the pool the first night. Do you think you're in pretty good shape? You can run a sub 4 marathon? Jump in the pool and do a few 50m sprints! I thought my heart was actually going to burst or at least Medcu would be called for a defibrillation or 2. I was completely winded after just a few laps. What was up with that? I just ran the Miami Marathon a few weeks ago; I'm in great shape. I'm not going to get into the Physiology of the whole matter, maybe our Sports Medicine folks can enlighten us in another article, but what a work out.

See **PRESIDENT**, page 30



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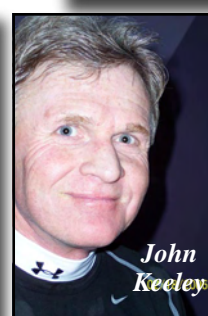
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NTC Roasters Run



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& Terry Clark



Mark Grandonico



Sandy Walton



Ian Parlin &
Emma Barclay



Don Penta

Editor's Corner...

Run With a Friend

by Sandy Walton



What is life without the relationships we nurture through the years? Some of our best moments are shared with those close to us... those whom we have a connection with and common interests such as running.

One recent Saturday morning after running a few miles with a friend at the Roasters Run in Falmouth, I caught up with some of the other 'regulars' afterwards for some coffee. We usually chit-chat about everything from running-related matters such as recently-run races and training strategies to relationship-related issues such as raising children and getting along with the opposite sex. This time I received a heartfelt "thanks" for starting up the group run and keeping it going.

It's not the first time someone from the group let me know how nice it is to meet on a regular basis with people whom they can have a good run and feel comfortable enough to share a part of themselves. Some have made their closest friendships through the running group.

Last year Mark Grandonico sent out a survey to the membership asking why they joined the Maine Track Club. The #1 reason? To meet other runners. I also receive emails from new members on a regular basis which reinforces that, as seen on page 5. Running groups, as well as MTC social events and coaching sessions, are excellent opportunities for meeting other runners like yourself.

If you are one of those people who would like to meet other runners, check out one of the running groups listed on page 35. Don't see one that works for you? How about starting a running group in your area? It's not that hard; it just takes a little planning. All you need to do is pick a day and time as well as a place to meet that has plenty of parking and maybe a place to eat/drink nearby. Look for an area that has various routes to run without a lot of traffic. Provide water along the main route if possible. Make sure there is always someone scheduled to start the group and to welcome new-to-the-group runners. Consistency is key. But you don't have to do it all yourself. Get help. Find a partner. Call me (846-6577) if you'd like to hash over some ideas or want some tips on getting started. Advertise. Put flyers up wherever possible, notify newspapers, and let me know so that I can add your new group run to the Group Runs listing in the NewsRun and MTC web site. Starting a running group is well worth the initial effort!

In any case, your fellow MTC members are 'good people' well worth getting to know!



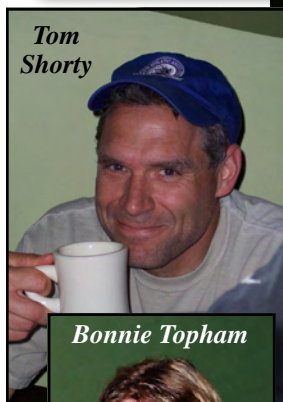
Janice Gagnier



Bill Hansen



Roland Thibault



Tom Shorty



Mel Fineberg



Andrew Baird



Bonnie Topham

2-Year Anniversary



Meg Estabrook



Bill Devenny

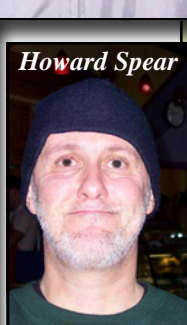


Colleen Donovan

Photos by Don Penta,
Sandy Walton,
& David C Young



Rachel Landry



Howard Spear



Al Mack



Dan Levesque



Sandy Utterstrom



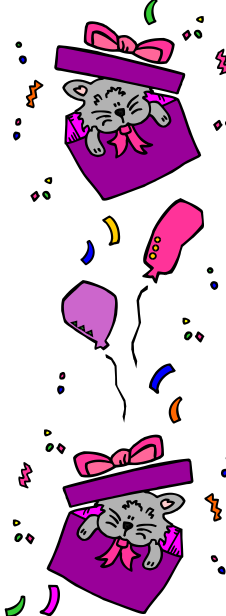
Marge Aube

Happy Birthday to These MTC Members...



May

- | | |
|-------------------------|---------------------|
| 2: Sam Berman | Carol Perry |
| Robert Hintze | 14: Lindsay Rand |
| Abby Payson | 15: Tony Vaccaro |
| 3: Ronald Paquette | 16: Joan Samuelson |
| Norman Simard | 17: Bethany Smith |
| Lia Skelton | 19: Lisa Berman |
| 4: Suzanne Blais | Zachary Cost |
| David Paul | Michael Payson |
| 5: Lucy Iselborn | 21: Dina Potter |
| 6: Dale Doody | 22: Jeffrey Crocker |
| George Towle | John Morse |
| Tom Trytek | Amanda Penley |
| 7: Bruce Fithian | 24: Jim Estes |
| Sean Ireland | 27: Jerome Watts |
| 9: Mary Keith | 28: Tom Carll |
| Lincoln Skelton | Jane Dolley |
| 11: Kristin Cook-Center | 29: Don Penta |
| 12: Rick Fortier | James Toulouse |
| 13: Dick Lajoie | 31: Jenny DiRusso |



June

- | | |
|--------------------------|--------------------------|
| 1: Stephanie Ross | 16: Linda Bernier |
| Amy Young | Neil Chivington |
| 2: Jay Wilson | Pamela Tapley |
| 3: Denise Brooks | 17: Rick Abradi |
| Devon Ertha | Kelle Keeley |
| Jan Reale | Katy MacColl |
| Gail Saldanha | 18: Betsey Greenstein |
| Mallory Smith | 19: Gore Flynn |
| 4: Sarah Cost | Nancy Hartford |
| Mark Grandonico | Ryan Salvo |
| Kathy Hepner | Mallory Vaccaro |
| 5: Nicole Court-Menendez | 21: Donna Beaulieu |
| Jill Greenstein | Jane O'Brien |
| Elwin Guthrie | 22: Jenn Vallee |
| Leigh Longobardi | 23: Al Utterstrom |
| 7: Kayley Johnson | 24: June Cowan |
| Harry Nelson | Rebecca Sproul |
| Tiffany Weeks | 25: Amanda Barton |
| 8: Dave Cannons | Dana Staples |
| 9: Jacob Brady | 26: Leslie Couper |
| Bob Foster | Barbara Hansen |
| 11: Sam Abradi | 27: Terry Clark |
| Betty Young | 28: Karl Hepner |
| 12: Zak Boisvert | Paula Sawyer |
| David Wightman | 29: Judith Berry |
| 13: Chris Ryan | Harry White |
| 14: Zoe Sobel | 30: Debora Thurlow Clark |
| David Edwards | Darci Foshay |
| | Evan O'Neill |
| | Nancy Walton |

New MTC Members...

Erik Bergman of Portland
 Anne Berlind of Portland
 Jennifer Blastow of Otisfield
 Gary Boilard of Lewiston
 Gerard & Elyse Bonawitz of Old Town
 Ron Boucher of Wallingford, VT
 John & Sarah Boyne of Freeport
 Gordon Chamberlain of Otisfield
 Byron Cook of Livermore
 Renee & Richard D'Alessandro of Lewiston
 Jeanene (Gina) D'Avignon of Auburn
 Colleen Donovan of Falmouth

Gary & Maureen Eckroth of Cumberland
 David Edwards of Pownal
 Suzanne Ellis of Portland
 Patti Gallant of Auburn
 Anita & Scott Hampton of Scarborough
 Kacie Herrick of Auburn
 Sarah Kramlich of North Yarmouth
 Kathryn McMann of Lewiston
 Guy, Annette, & Kim Merrill of Auburn
 Sandrine Micoeau of Portland
 Glenn Mitchell of Portland
 Paul, Jennifer, Liam, & Garrett Nickell

of Brunswick
 Jane O'Brien of North Waterboro
 Amanda Penley of Auburn
 Michael Pizzo of Portland
 John Pursel of Portland
 Paul Serrano of South Berwick
 Eric (Rick) Smith of New Gloucester
 Lennie Stack of Westbrook
 Marcella (Marcy) Tierney of Brunswick
 Charlie, Denise, Kathryn, & Owen
 Whitehead of Gorham
 Tom Wright of Yarmouth

Membership Status...

- **Membership Growth:** We welcome 47 new members in this issue. As of May 13 we have 619 members in 348 households, up from 571 members in 316 households on April 17 one year ago.
- **We Need Your Help:** Our greatest asset in recruiting new members is our existing members. Please try to persuade runners you know to support their sport by joining MTC. Your personal invitation is our most effective method to get new members. Please help support this effort. A special thank you to our members who have helped bring in new members.

- **Address Change:** Please remember that most MTC mail is via a non-profit third-class permit that is not forwarded to you 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 Sandy Walton (846-6577) swalton2@maine.rr.com
- **Member E-Mail Addresses:** As of May 13, 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 swalton2@maine.rr.com

New Member Letters...

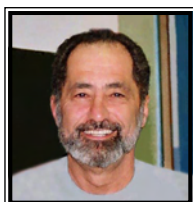
MARCELLA (MARCY) TIERNEY... I ran my first Half Marathon this past October and plan to run many, many more. What a great experience! Prior to the Half Marathon, I have consistently run an eclectic series of 5K races primarily within Maine. One fun out-of-state run was the Gator-Bulldog race in Jacksonville, FL, but I now prefer the longer distances and look to hone my running skills to build both speed and endurance. I run for fun, although meeting personal bests is still a motivator for me. Next time you see me running, don't be shy, say Hi!



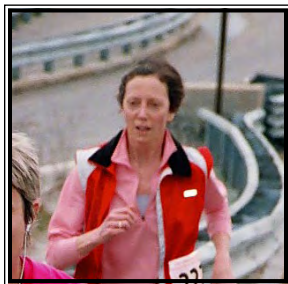
JOHN PURCELL... I joined the Maine Track Club to network with other runners and active people in the area and to support the Track Club events. I usually run 3 to 4 times a week and enjoy running 5K events often.



MICHAEL PIZZO... I joined the Maine Track club because of my love for running. I have been running for some 40 years and truly enjoy it. I ran a lot of races in my early years, but I am now truly a "runner for fun and exercise". I work out daily and do a little personal training, but running is still my passion. I am the current President of the Greater Portland Boys & Girls Club Alumni Association and also a member of the Board of Directors. As such I am very involved with the Portland Boys & Girls Club Patriot's Day 5-Miler so have met many MTC members, but I also know many of them being born and raised here in Portland.

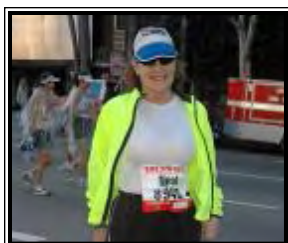


ANNE BERLIND... I have been an off-and-on runner for close to 30 years, running occasional 5-10K's. This year, to celebrate turning 50, I'm planning on running the Maine Marathon and am training for it now. I joined MTC in hopes of finding running/training partners.

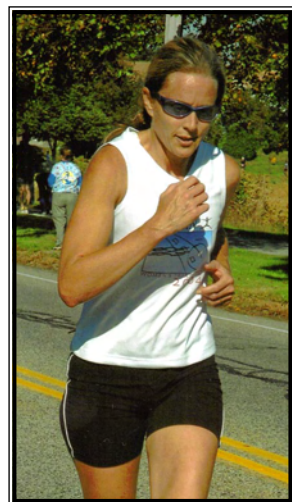


GARY ECKROTH... I recently moved to the area from Eastern Massachusetts. Twice I ran the Maine Sportshoe Half Marathon. I thought it was well organized and very enjoyable. After my last race, I decided that I wanted to join MTC. I have always run by myself but would like to take advantage of any training tips and group activities. I have more time now so will be able to volunteer for some races and events.

ANITA HAMPTON... I am the runner in the family and Scott is my support. He enjoys riding vs. running and will ride along with me when I do my long runs. I just recently ran the LA Marathon on March 19 and before that the Las Vegas Marathon on December 4. So far, I have run seven marathons since I started doing them in 2002 after I turned 50! Before that I would just run 5K and 10K races thinking that the 10K races were so long!! Now I'm hooked on marathons and try to space them out as best I can. Not sure how many I want to run, but they keep me in shape and in training mode to be able to run my other races. I have always enjoyed running -- since way back as a kid. About 12 years ago, I started running 5K's and just got hooked with running all over again. My only problem is that I work full time so it's a challenge finding the time to run. We have been living in Maine for a year and a half now and previously lived in Utah for 12 years. I was born and raised in California and all my family -- Mom, sisters, brothers, kids and grandkids -- still live there. I really enjoy running and try to encourage others to take it up to stay in shape. I joined MTC in hopes of finding some running partners (never had one) and pick up training tips from other runners.



COLLEEN DONOVAN... About 3-4 years ago, I swam Peaks to Portland with some friends. I'm not a swimmer, but we trained hard, and I did ok. What does that have to do with MTC? Well, the next year, we became intrigued by triathlons, so my friends and I signed up for some sprints! By the end of the '04 season, I decided to try the Lobsterman. The run was the hardest part! I had only done some recreational running for exercise in college, and was running sprint distances, about 3 miles twice a week. I realized I had to run more. I increased my mileage last year, and competed in some "Olympic" distance tri's. In October, I finished the Maine Sportshoe Half Marathon with what was a good time for me. I like running distance, but do not like running it alone. So when I decided to go for a longer tri this year, I connected with the Roasters Run from the info I had seen when getting my morning coffee. I'm not the best runner, but running with the really great members of MTC has been so rewarding. I run a little harder to try to keep up, and I don't notice the miles, no matter what they are! Another benefit of being a member is that I get to hear about all the different races, and Lisa Despres has already grabbed me as a volunteer for the Maine Marathon relay. I own a small antiques shop on Route 1 in Falmouth, Foreside Antiques, am happily married and have a wonderful daughter. My life is great, and I have added more fun by running with you all!



CHARLIE WHITEHEAD... I must admit that that I was the primary "culprit" responsible for signing up our family. Denise and the kids run an event or two over the summer... I run a bit more often but not much. With a 14-year-old and 10-year-old, my main role these days tends to be that of a taxi driver from one Lax field to another! I signed us upwell...um...er...because I go to your web page so often, I felt that I should support the club with a membership. I enjoy seeing the results of races and eye balling the race schedule. You do a great job! I also think that I will eventually buy one of those singlets because I am an Irishman and wear the green superstitiously!! Thanks for promoting healthy lifestyles among Maine families.



How to DRINK ON THE RUN

You're not the only runner who has accidentally inhaled rather than swallowed fluids at an aid station, or spilled more than you've swallowed, or hyperventilated for 30 seconds after swallowing. No less a runner than marathon world record holder Paul Tergat has said that learning how to drink while running was the hardest thing about moving up to the marathon.

Here are some tips for a smooth drinking experience from someone who ought to know – Boston Marathon race director Dave McGillivray:

1. **SINGLE OUT** As you approach each aid station, single out a volunteer who looks ready to hand off a cup that won't likely be taken by a runner ahead of you before you get there. Aid stations are usually several tables long, so don't feel compelled to approach the first table, where congestion is likely. On the other hand, don't wait for the last table either, so you have a second chance if you miss a hand-off.
2. **CALL OUT** Call out to the volunteer the name of the sports drink being handed out and make eye contact, so he or she knows you want it.
3. **REACH OUT** Reach out for the cup two strides early rather than stabbing at it in the last moment to avoid a spill. Say "Thanks" as you take the cup!
4. **SQUEEZE** Curl your wrist toward you and squeeze the top half of the cup to make sort of a funnel out of it.
5. **QUAFF** Upon completing an inhalation, swiftly quaff the contents of the cup (or as much as you want of it) in one clean gulp. Exhale forcefully with your next few breaths to help your breathing "catch up."



To drink from a cup on the run – without getting most of the contents all over you, down your windpipe, or up your nose...

Make a "C" with the rest of your hand to help the cup keep its shape while you push in the far side with your index finger...

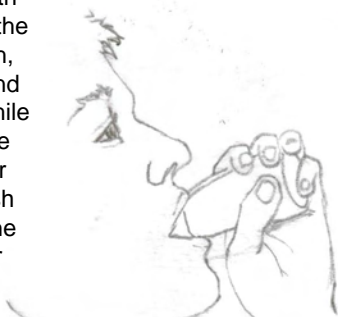


Putting a crimp in the top of the cup. With the other fingers gather the fold...



...So that the top is now smaller than the bottom, small enough to get the top into your mouth.

Take a deep breath while running, put the cup to your mouth, take a mouthful and run with the cup while you swallow. Take another breath or two and then finish off what's left in the cup with another mouthful...



...unspattered and ON THE RUN!

Illustrations by Sandy Walton



SOME MTC HISTORY

We have 8 reels of film:
6 are 7" reels @ 15 mins,
2 are 5" reels @ 12 mins.

1979 7"
Kingfield 10K
James Bailey Cross Country
Casco Bay Marathon

1979 7"
Donalco 3-Miler
Cut Above 2-Miler
Dyer 10K
Roma Cafe 5.8-Miler
Portland Boy's Club 5-Miler

1980 7"
Nike Marathon at Bethel Inn

1980 7"
Portland Boy's Club 5-Miler
April Amble 4-Miler
Rice Memorial 10K
Waynelete 4-Miler
WGAN TV 13K

1981 5"
April Amble
Rice 10K
Lewiston 10K

1981 7"
Bermuda 10K & Marathon

1982 5"
Casco Bay Marathon

198? 7"
Olympia
Fyalka 10K
Labor Day 10K



The Maine Track Club Archives go online

<http://www.rootsweb.com/~meandrhs/mtcarchives.html>

The online MTC Archives contain many interesting and important collections of Maine's running history. The MTC newsletters starting with the 1979 hand-written issues by President Brian Gillespie are now online. All the back issues from 1979-2005 have been scanned and saved as PDF files courtesy of David Colby Young and www.rootsweb.com. The best collection of MTC Newsletters have been used. More MTC historical documents are being added, so keep checking back.

Those Thrilling Days of Yesteryear...

Compiled by Maggie Soule from the MTC archives

25 Years Ago: In a two-page newsletter, described as the Club's longest publication so far, founder and president Brian "Ziggy" Gillespie cited excellent Boston Marathon performances by MTC members Deane Gelinias (sub 2:40) and Kim Beaulieu (sub 3:20); along with "super" Boys Club and April Amble races by Charlie Scribner and Jean Thomas. Also doing well at Boston in '81 were Bob Coughlin, Herb Strom, Danny Paul, Dick McFaul and John Keller. "Flash" Morong PR'd at the Boys Club.

20 Years Ago: More than 300 runners from all over the country came to Portland for the 1986 RRCA convention, which took place May 16-18. Spearheaded by Club presidents Bob Jolicoeur (1985) and Jane Dolley (1986), the weekend took months of careful planning and involved countless MTC volunteers. Events included a 5-K run, a potluck dinner, RRCA organizational meetings, and a lobster bake at SMVTI. The crowning touch was the RRCA/Maine Savings Bank National Championship 10K, which began and ended at Deering Oaks and attracted over 500 participants. Slowed somewhat by hot weather, Maine native Bruce Bickford, one of the nation's top 10K runners, edged out his brother Stan for a 30:32 win.



15 Years Ago: MTC's Tom Dann won the 11th Annual Rocky Coast 10K in 32:52; Jim Toulouse placed 4th overall in 34:11. Deb Merrill, Carol Weeks and Nancy Ellis were 2-3-4 in the women's open division. MTC age-group winners included Bob Payne (50-59), Carlton Mendell (60-69), and Nancy Kneeland (30-39). Dennis Smith was set to coach summer interval workouts at Scarborough High School, John Gilliss was touting the handiwork of the Hersey Custom Shoe Company of East Wilton, and newsletter editor Candace Karu was looking forward to "another adventure-packed week in Bar Harbor with Andy Palmer and his merry band of running renegades."

10 Years Ago: New ways of promoting the Club topped the agenda under co-presidents Ron and Martha DePrez. Members hotly debated whether or not to keep the name "Maine Track Club," which some described as misleading if not "intimidating" to prospective joiners. After much discussion, polling and voting, the time-honored name was retained. For the second year in a row, Russ Bradley planned an MTC bus trip to the 37th Annual Yankee Homecoming races in Newburyport, an activity that has become a Club tradition. MTC Race Committee chair Everett Moulton was appointed RRCA State Representative for Maine. Steve Fluet began his third season as MTC coach.

5 Years Ago: Michael Payson won the open division in the First Annual Portland Sea Dogs Mother's Day 5K in 15:20; his mother, Marby, won her age division (60-64) in 31:56. Attending the RRCA convention in Albuquerque were Club president Mel Fineberg, MaryAnne Champion, the Moultons, and Kathleen and Michael Musca. Donna Moulton introduced a running program for children in grades K-5, held in South Portland on four consecutive Saturdays leading up to the Officer Friendly One-Mile Youth Run on June 3. World-class runner and coach Andy Palmer, friend of many fellow Maine runners, joined us from his new home in North Carolina to speak on sports psychology at the Club's June meeting.

Race Results and Photos...

Maine Track Club Finishers -- For complete results, please visit www.MaineTrackClub.com

8th Annual Half Shell Half Marathon Key West, FL January 29, 2006

Place	Name	Div	City	Time	Pace
3	Michael Payson	1 M4044	Falmouth	1:18:58	6:02
6	Marc Dugas	3 M4044	Scarborough	1:22:24	6:18
23	Don Foshay	6 M4549	South Portland	1:34:21	7:13

Clermont Half Marathon Clermont, FL February 18, 2006

Name	Div	City	Time	Pace
Ron Chase	2 M65	Durham	2:01:15	9:15



Ron Chase

Clermont Photo by Mike Brooks

Five Points of Life Marathon Gainesville, FL February 19, 2006

Place	Name	Time	Pace
186	Mike Brooks	5:06:40	11:42

New England Interscholastic Championship Meet Boston, MA March 3, 2006

Event	Place	Name	School	Time
Girls 1 Mile Run	7	Abby Iselborn	McAuley	5:11
Girls 1 Mile Run	21	Kaitlynn Saldanha	Scarborough	5:38
Girls 2 Mile Run	3	Abby Iselborn	McAuley	11:05
Girls 4x800m Relay	4	Kaitlynn Saldanha	Scarborough	9:32
Boys 2 Mile Run	17	Chris Harmon	Scarborough	10:04
Boys 4x800m Relay	13	Evan Embrey	Bonny Eagle	8:28



Chris Harmon

Abby Iselborn
NATIONALLY RANKED
DyeStat Elite
Girls Indoor
Track (3/7/06):
17th in the 2-Mile
@ 11:05.8
56th in the Mile
@ 5:08.37

Citrus Classic 5K Winterhaven, FL March 4, 2006

Name	Age	City	Time	Pace
Bob Payne	69	Raymond	24:53	8:02

Sarasota Marathon Sarasota, FL March 5, 2006

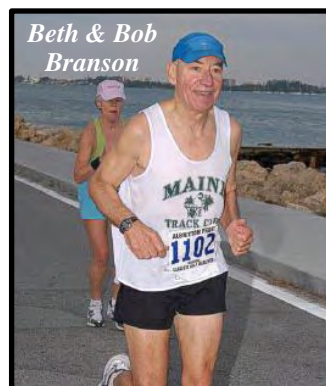
Place	Name	Div	City	Time	Pace
330	Mike Brooks	M6064	Danville	4:47:42	10:59

Sarasota Half Marathon Sarasota, FL March 5, 2006

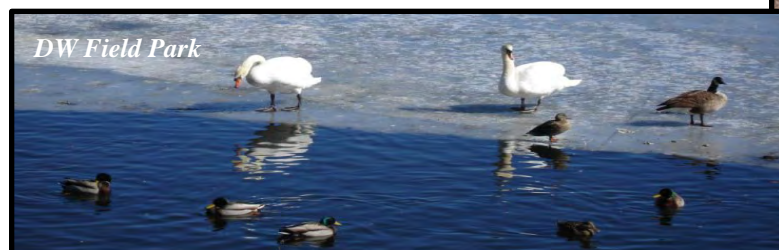
Place	Name	Div	City	Time	Pace
581	Beth Branson	8 F6064	Scarborough	2:23:04	10:55
582	Bob Branson	5 M6569	Scarborough	2:23:04	10:55



Kaitlynn Saldanha



Beth & Bob Branson



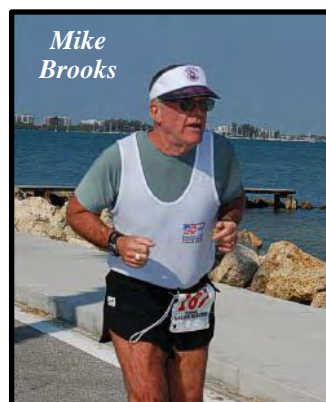
DW Field Park

Colonial Road Runner's Paddy Kelly 5 Miler Brockton, MA March 5, 2006

Place	Name	Div	City	Time	Pace
242	Carlton Mendell	M70+	Windham	59:56	11:59



Carlton Mendell

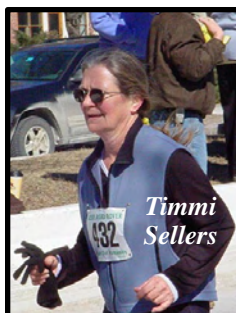


Mike Brooks

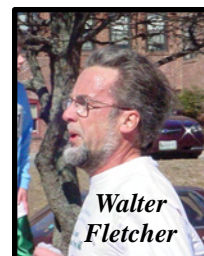
Race Results and Photos...

Irish Road Rover 5K Portland, ME March 5, 2006

Place	Name	Div	City	Time	Pace
4	Michael Payson	M4049	Falmouth	16:04	5:11
9	Peter Bottomley	M4049	Cape Elizabeth	17:04	5:31
12	Tom Ryan	M5059	Cape Elizabeth	17:19	5:35
14	Andrew Baird	M3039	Portland	17:26	5:38
26	Tony Myatt	M1519	Portland	18:57	6:07
29	Thomas Noonan	M3039	Steep Falls	19:17	6:14
50	Steve Rollins	M4049	Bowdoinham	20:39	6:40
64	Brian Denger	M4049	Biddeford	21:17	6:52
66	Joseph Wright	M2029	South Portland	21:19	6:53
107	Susan Weimer	F4049	Freeport	22:44	7:20
111	Dan Hogan	M5059	South Portland	22:48	7:22
116	Jim Estes	M5059	Portland	22:57	7:25
118	Zachary LaPointe	M2029	Portland	23:03	7:26
119	Mallory Vaccaro	F3039	Yarmouth	23:07	7:28
120	David Young	M5059	Danville	23:12	7:29
126	Dave Cannons	M3039	Portland	23:22	7:33
132	Norman Morgan	M3039	Lisbon Falls	23:32	7:36
135	Kevin Robinson	M5059	North Yarmouth	23:34	7:36
137	Harry White	M6069	Scarborough	23:36	7:37
144	Matthew Thompson	M3039	Portland	23:49	7:41
155	Shaun Smith	M3039	South Berwick	24:05	7:46
158	Kristin Cook-Center	F3039	Freeport	24:11	7:48
159	Steve Colucci	M4049	Portland	24:11	7:49
161	John Boyne	M5059	Freeport	24:16	7:50
177	Jerry LeVasseur	M6069	Brunswick	24:43	7:59
181	John Pursel	M3039	Portland	24:51	8:01
189	Harry Center	M4049	Freeport	25:03	8:05
208	Gregory Welch	M5059	South Portland	25:29	8:13
227	Colleen Donovan	F4049	Falmouth	26:14	8:28
242	Carol Blakeney-Watts	F4049	Cumberland	26:39	8:36
250	John Morse	M6069	Phippsburg	26:52	8:40
251	Walter Fletcher	M5059	Freeport	26:56	8:42
254	Sarah Boyne	F2029	Portland	27:02	8:43
256	Jim Tyrrell	M5059	Cape Elizabeth	27:04	8:44
259	Michelle Durgin	F3039	Westbrook	27:08	8:46
279	David Skelton	M4049	Brunswick	27:45	8:57
293	Nan Cumming	F4049	Portland	28:16	9:07
304	Timmi Sellers	F5059	Portland	28:33	9:13
319	Kelle Keeley	F3039	Portland	29:07	9:24
326	Laura Tyrrell	F5059	Cape Elizabeth	29:19	9:28
328	Connor Smith	M0114	South Berwick	29:23	9:29
341	Rory Sellers	M5059	Portland	29:57	9:40
354	Margaret Rearick	F5059	Hebron	30:36	9:53
367	Mel Uchenick	M7099	Kennebunk	31:06	10:02
385	Mallory Smith	F0114	South Berwick	31:51	10:17
422	Beth Birch	F6069	New Gloucester	36:14	11:42



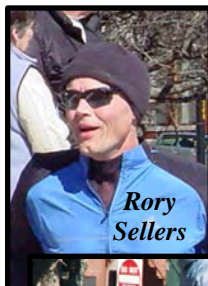
Timmi Sellers



Walter Fletcher



John Pursel



Rory Sellers

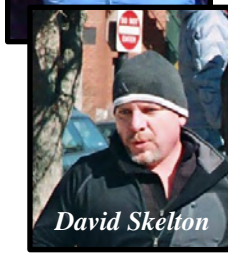


Mike Payson

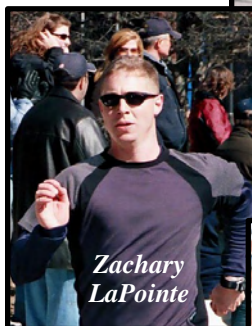
Irish Road Rover Photos by
David C Young
and Don Penta



Mallory Smith



David Skelton



Zachary LaPointe



David Young



Matthew Thompson



Dan Hogan



Michelle Durgin



Peter Bottomley



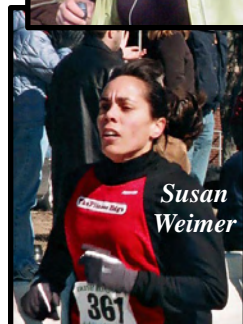
Tom Ryan



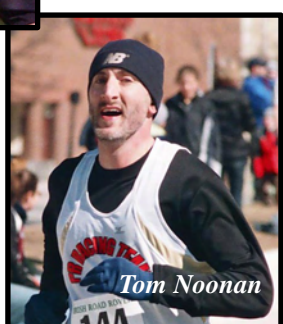
Harry White



Sarah Boyne



Susan Weimer



Tom Noonan

Race Results and Photos...



So. ME Middle School Athletic Conference Portland, ME March 10, 2006

Event	Place	Name	School	Time
Mile	1	Kelsey Rex	Gorham	6:09

Bayou City Classic 10K Houston, TX March 11, 2006

Place	Name	Div	City	Time	Pace
102	Mark Berman	18 M4044	Missouri City, TX	41:29	6:41
292	Mark Grandonico	39 M4549	Portland	47:29	7:40
320	David Young	41 M5054	Danville	48:13	7:47
	Sandy Walton	17 FILLY	Yarmouth	1:23:56	13:32

Kerrymen Pub 5K Saco, ME March 12, 2006

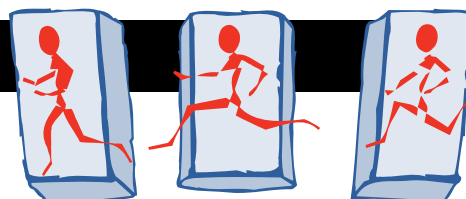
Place	Name	Div	City	Time	Pace
6	Tom Ryan	M5059	Cape Elizabeth	16:46	5:24
9	Marc Dugas	M4049	Scarborough	16:58	5:28
24	Tony Myatt	M1519	Portland	18:21	5:55
35	Zak Boisvert	M1519	Portland	19:10	6:10
53	Brian Denger	M4049	Biddeford	20:17	6:32
57	Joseph Wright	M2029	South Portland	20:28	6:36
58	Robin Carlson	F3039	Gorham	20:29	6:36
69	Mark Finnerty	M4049	Portland	21:03	6:47
70	Jeff Crocker	M4049	Saco	21:05	6:48
76	Kathy Hepner	F4049	Gorham	21:19	6:52
90	Ronald Paquette	M5059	Biddeford	21:54	7:03
93	Patricia Dionne	F3039	East Waterboro	21:57	7:04
98	Carol Weeks	F5059	Kennebunk	22:06	7:07
100	Jim Estes	M5059	Portland	22:07	7:07
112	Jennifer Blastow	F3039	Otisfield	22:32	7:15
121	Les Berry	M5059	Gorham	22:45	7:20
125	Robert Randall	M6069	Springvale	22:55	7:23
130	David Cannons	M3039	Portland	22:59	7:24
136	Deb Lynch	F4049	Lyman	23:15	7:29
145	Harry Center	M4049	Freeport	23:36	7:36
163	Don Bessey	M6069	Kennebunkport	24:11	7:47
170	Gregory Welch	M5059	South Portland	24:15	7:49
176	Kristin Cook-Center	F3039	Freeport	24:24	7:52
178	Getty Payson	F4049	Falmouth	24:27	7:53
186	John Howe	M7099	Waterford	24:40	7:57
196	Mike Brooks	M6069	Danville	25:04	8:04
205	Joseph Cook	M5059	Westbrook	25:13	8:07
211	Jan Conley	F4049	Topsham	25:20	8:09
245	Joe Crocker	M0114	Saco	26:01	8:23
252	Jim Tyrrell	M5059	Cape Elizabeth	26:06	8:24
296	Randall Smith	M6069	Saco	27:07	8:44
297	Betty Disanza	F5059	Limington	27:08	8:44
305	Jen Noonan	F3039	Steep	27:19	8:48
307	Polly Kenniston	F6069	Scarborough	27:20	8:48
309	Melissa Wright	F2029	South Portland	27:22	8:49
316	Laura Tyrrell	F5059	Cape Elizabeth	27:33	8:52
329	Larry Kinner	M5059	Old Orchard Beach	27:57	9:00
340	Mary Kay Kasper	F4049	Portland	28:16	9:06
405	Tree Mercer	F4049	Cape Neddick	30:10	9:43
406	Scott Mercer	M5059	Cape Neddick	30:10	9:43
420	Anita Hampton	F5059	Scarborough	30:43	9:53
439	Linda Hunt	F5059	Hollis	31:10	10:02
462	John Painter	M6069	Raymond	31:58	10:18
482	Victoria Quinlan	F4049	Kennebunk	32:50	10:35
490	Keilly Lynch	F0114	Lyman	33:02	10:38
491	Mike Lynch	M3039	Lyman	33:02	10:38
505	Deb Stewart	F3039	Lewiston	34:10	11:00
532	Pam Kinner	F4049	Old Orchard Beach	37:49	12:11
533	Janice Bilodeau	F7099	Auburn	38:26	12:22
534	Pat Buckley	F6069	Portland	38:27	12:23
539	Carlton Mendell	M7099	Windham	41:00	13:12
542	Nancy Walton	F5059	Mechanic Falls	41:07	13:14
552	Denise Brooks	F4049	Danville	42:04	13:33



Kerrymen Pub Photos
by Don Penta



Race Results and Photos...



Mark Grandonico, Sandy Walton
David Young, Mark Berman

Bayou City Classic Photo by Celia Perkins



New Bedford Half Marathon New Bedford, MA March 19, 2006

Place	Name	Div	City	Time	Pace
22	Michael Payson	M4044	Falmouth	1:11:15	5:27
96	Marc Dugas	M4044	Scarborough	1:18:25	5:59
167	Floyd Lavery	M4549	Gorham	1:23:13	6:21
223	Mike Grant	M4549	Scarborough	1:26:53	6:38
470	Robin Carlson	F3034	Gorham	1:37:12	7:25
683	Philip Pierce	M6064	Falmouth	1:44:32	7:59
1570	Carlton Mendell	M7099	Windham	3:01:33	13:51

Seabrook Lucky Trails Marathon Relay Seabrook, TX March 19, 2006

Place	Name	Time	Pace
6	Mark Berman/Agustina F./Dave M./Matt S.	3:14:55	7:26

LA Marathon Los Angeles, CA March 19, 2006

Place	Name	Div	City	Time	Pace
13713	Anita Hampton	F54	Scarborough	6:02:41	13:49

National Marathon Washington, DC March 25, 2006

Place	Name	Div	City	Time	Pace
677	Mike Brooks	14/22	Danville	4:55:23	11:17
678	Ronald Paquette	15/22	Albion	4:55:24	11:17

Bill Duncan Memorial 5K Lakeland, FL March 25, 2006

Name	Age	City	Time	Pace
Bob Payne	69	Raymond	23:59	7:44

USATF National Masters Indoor Championships Boston MA March 24-26 2006

Event	Place	Name	Final
M40 3000 Meter Run	4	Michael Payson	9:06
M50 3000 Meter Run	4	Tom Ryan	9:30
M65 1 Mile Run	7	Jerry LeVasseur	7:20
W40 60 Meter Dash	4	Susan Weimer	9.16
W40 60 Meter Hurdles	3	Susan Weimer	11.26
W40 High Jump	1	Pamela Swan	4-11.0
W40 Long Jump	1	Pamela Swan	15-04.75
W40 Pole Vault	1	Pamela Swan	9-03.0
W40 Triple Jump	1	Pamela Swan	32-03.75

Eastern States 20-Miler Kittery, ME to Salisbury, MA March 26, 2006

Place	Name	Div	City	Time	Pace
136	Mallory Vaccaro	F32	Yarmouth	2:36:08	7:49
181	Mark Grandonico	M46	Portland	2:41:37	8:05
259	Evan O'Neill	F40	Portland	2:49:23	8:29
344	Gregory Welch	M54	South Portland	2:59:19	8:58
365	Jeanne Christie	F48	Windham	3:03:23	9:11
480	Lawrence DeHof	M56	Windham	3:26:48	10:21
490	Kelle Keeley	F30	Portland	3:28:10	10:25
491	John Keeley	M54	Portland	3:28:11	10:25
535	Karen Connolly	F47	Hollis Center	3:54:42	11:45
537	Don George	M52	Portland	3:57:48	11:54

Ocean Drive Marathon Cape May, NJ March 26, 2006

Place	Name	Div	City	Time	Pace
425	Mike Brooks	12/16	Danville	5:23:09	12:20

Flat Top 5K Lamoine, ME April 1, 2006

Place	Name	Div	City	Time	Pace
122	Ron Paquette	M60	Albion	26:58	8:42
178	Carlton Mendell	M80	Windham	43:30	14:02

Noble Girls Lacrosse 5K North Berwick, ME April 2, 2006

Place	Name	Time	Pace
2	David Colby Young	22:16	7:11
9	Mike Brooks	25:18	8:10



Mike Brooks

Noble Girls Photo by David C Young

Umstead 100 Mile Endurance Run Raleigh, NC April 8 & 9, 2006

Place	Name	Time	Pace
87	Mike Brooks	28:41:29	17:13

Umstead was a struggle, but I made it. Ran first 50 pacing a guy who never ran 50, ran second 50 pacing a girl who never finished a 100 miler in 11 tries. They both finished, rain, wind, snow flurries? Or was I hallucinating? About half the runners dropped to the 50 miler.

Run for SPARC 5K Ponce Inlet, FL April 8, 2006

Place	Name	Div	Time	Pace
30/156	Bob LaNigra	2 M6064	23:20	7:31

Race Results and Photos...



J.T. & Hazel Wightman, Steve Rollins



Zoe Sobel



Dan Sobel



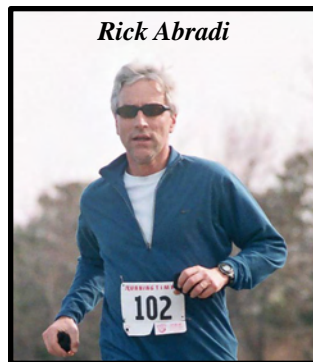
Lois Martin



John Howe

4th Annual Morgan's Run 5K Lewiston, ME April 9, 2006

Place	Name	Div	City	Time	Pace
31	Steven Rollins	M44	Bowdoinham	20:41	6:41
104	David Colby Young	M53	Danville	22:43	7:20
116	Tom Keith	M60	Damariscota	22:59	7:25
132	Norman Morgan	M37	Lisbon Falls	23:34	7:36
134	Jerry Levasseur	M68	Brunswick	23:40	7:38
154	John Howe	M71	Waterford	24:19	7:51
156	Harry Center	M43	Freeport	24:22	7:52
230	Elwin Guthrie	M69	Walpole	26:18	8:29
265	Carolyn Court	F51	Lewiston	27:07	8:45
301	Dan Sobel	M59	Cape Elizabeth	28:20	9:09
325	Lois Martin	F55	South Portland	28:58	9:21
339	Gary Boilard	M45	Lewiston	29:45	9:36
416	J.T. Wightman	M14	Auburn	36:24	11:45
417	Hazel Wightman	F39	Auburn	36:33	11:48
438	Deb Stewart	F44	Chelsea	49:33	15:59
444	Cindy Morgan	F49	Lisbon Falls	49:46	16:04



Rick Abradi

Morgan's Run Photos by David C Young



Sam & Valerie Abradi

Loco Moose (Almost Free) Running Shoes 5K Portland, ME April 9, 2006

Place	Name	Div	City	Time	Pace
1	Michael Payson	M42	Falmouth	16:07	5:12
3	Marc Dugas	M42	Scarborough	17:53	5:47
15	Robin Carlson	M34	Gorham	21:16	6:52
16	Jeff Arseneault	M49	Auburn	21:24	6:54
17	Rick Abradi	M47	Lisbon	21:28	6:56
31	Norman Morgan	M37	Lisbon Falls	23:32	7:36
43	Gregory Welch	M54	South Portland	25:15	8:09
49	Richard Durgin	M33	Westbrook	25:38	8:16
51	Robert Randall	M69	Springvale	25:47	8:20
55	Michelle Durgin	F35	Westbrook	26:17	8:29
75	Peg Rearick	F54	Hebron	30:36	9:53
76	Jerry Levasseur	M68	Brunswick	30:38	9:53
92	Sam Abradi	M12	Lisbon	41:20	13:20
93	Valerie Abradi	F46	Lisbon	41:21	13:21



Marc Dugas

Loco Moose Photos by Don Penta



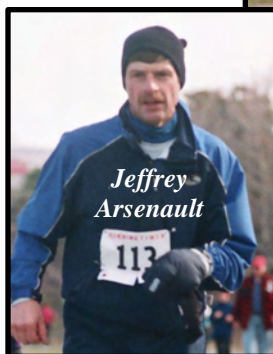
Jerry Levasseur

Spring Run-Off 5K Presque Isle, ME April 16, 2006

Place	Name	Div	Time
39	Connie McLellan	F55	23:54

Save Our Bridge 5K Topsham, ME April 16, 2006

Place	Name	Div	Time
13	Norman Morgan	37 M3539	22:51.0
18	Jerry LeVasseur	68 M6569	24:04.3
27	Elwin Guthrie	69 M6569	26:04.6



Jeffrey Arseneault



Peg Rearick

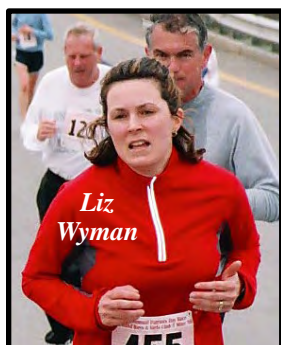
Bubba Gump Easter Beach 4-Mile Run Daytona Beach, FL April 16, 2006

Place	Name	Div	Time	Pace
156/560	Bob LaNigra	3 M6064	33:43	8:26

Race Results and Photos...

77th Boys & Girls Club Patriot's Day 5-Miler Portland, ME April 17, 2006

Place	Name	Div	City	Time	Pace
8	Tom Ryan	M50	Cape Elizabeth	28:01	5:37
10	Marc Dugas	M42	Scarborough	28:25	5:41
11	Philip DiRusso	M30	Freeport	28:26	5:42
33	Tike MacColl	M16	Cape Elizabeth	30:56	6:12
42	Tony Myatt	M19	Portland	31:49	6:22
45	Zack Boisvert	M17	Portland	31:59	6:24
52	Jeff Crocker	M41	Saco	32:59	6:36
57	Rick Smith	M38	New Gloucester	33:16	6:40
59	Brian Denger	M45	Biddeford	33:29	6:42
71	Tom Menendez	M52	Lewiston	34:05	6:49
72	Jeanne Hackett	F47	Scarborough	34:08	6:50
74	Harry Nelson	M51	North Yarmouth	34:18	6:52
77	Joseph Wright	M27	South Portland	34:27	6:54
79	Stephanie Atkinson	F35	Hollis	34:33	6:55
114	Sarah MacColl	F50	Cape Elizabeth	36:14	7:15
118	David Young	M53	Danville	36:30	7:18
121	Les Berry	M58	Gorham	36:34	7:19
136	Mark Panaccione	M46	Falmouth	37:12	7:27
144	Dan Hogan	M55	South Portland	37:34	7:31
163	Bob Coughlin	M67	Cape Elizabeth	38:20	7:40
175	James Corbett	M42	Cape Elizabeth	38:36	7:44
195	Nancy Kneeland	F51	Bar Mills	39:21	7:53
198	Dennis Smith	M56	Yarmouth	39:26	7:54
200	Album Butler	M52	Portland	39:29	7:54
204	Dale Rines	M53	Gorham	39:33	7:55
208	Jerry LeVasseur	M68	Brunswick	39:46	7:58
209	Jim Estes	M56	Portland	39:46	7:58
224	Gregory Welch	M54	South Portland	40:31	8:07
233	Robert Randall	M69	Springvale	40:39	8:08
242	John Boyne	M58	Freeport	41:04	8:13
248	Ron Chase	M65	Durham	41:38	8:20
253	Carol Blakeney-Watts	F44	Cumberland	41:54	8:23
255	Joseph Cook	M56	Westbrook	41:56	8:24
262	Anne Berling	F49	Portland	42:31	8:31
267	Liz Wyman	F43	Falmouth	42:42	8:33
269	Michelle Durgin	F35	Westbrook	42:48	8:34
275	Jennifer DiRusso	F29	Freeport	43:00	8:36
276	Jim Tyrrell	M58	Cape Elizabeth	43:00	8:36
277	Diane Daley	F50	Casco	43:02	8:37
280	Ron Paquette	M64	Albion	43:05	8:37
299	Dennis Kelley	M40	Casco	43:45	8:45
311	Bob Branson	M65	Scarborough	44:19	8:52
315	Marla Keefe	F52	Casco	44:38	8:56
316	Polly Kenniston	F69	Scarborough	44:41	8:57
319	Laura Tyrrell	F58	Cape Elizabeth	44:44	8:57
326	Tom Mundhenk	M56	Portland	45:22	9:05
346	Donnajean Pohlman	F55	Albion	46:43	9:21
347	Mike Brooks	M60	Danville	46:43	9:21
370	Beth Branson	F65	Scarborough	48:55	9:47
380	Hugh MacMahon	M68	Falmouth	49:45	9:57
381	Donna Bisbee	F49	Portland	49:48	9:58
383	Lois Martin	F55	South Portland	49:51	9:59
389	Mel Uchenick	M75	Kennebunk	50:38	10:08
408	Denny Morrill	M66	Portland	53:26	10:42
409	Bob Whitney	M53	Brunswick	53:38	10:44
427	Dale Lincoln	M69	Falmouth	1:02:45	12:33



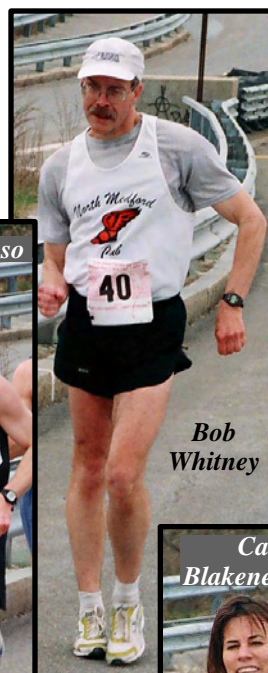
Liz Wyman



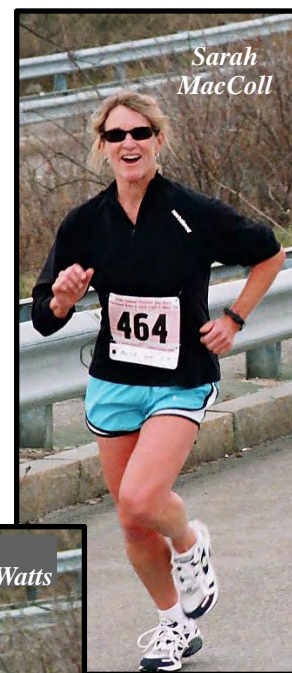
Beth Branson



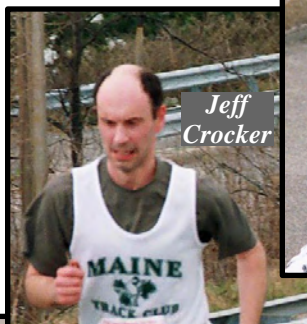
Hugh MacMahon



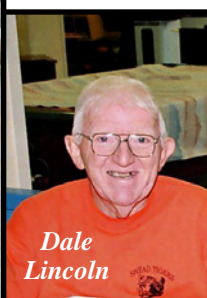
Bob Whitney



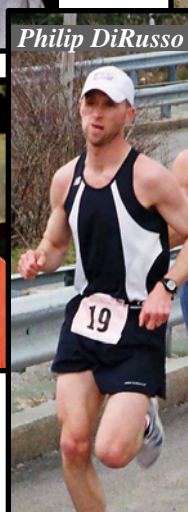
Sarah MacColl



Jeff Crocker



Dale Lincoln



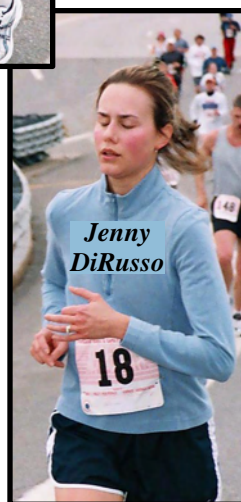
Philip DiRusso



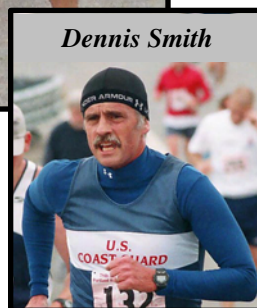
Carol Blakeney-Watts



Dennis Kelley & Diane Daley



Jenny DiRusso



Dennis Smith



Joseph Cook

Patriot's Day Photos by Don Penta

Race Results and Photos...

110th B.A.A. Boston Marathon Portland, ME April 17, 2006

Place	Name	Div	City	Time	Pace
98	Emily Levan	F33	Wiscasset	2:37:01	6:00
2129	Mike Grant	M48	Scarborough	3:09:42	7:14
2296	Thomas Noonan	M34	Steep Falls	3:10:47	7:17
2400	James Toulouse	M57	Cape Elizabeth	3:11:31	7:19
3690	Thomas Shorty	M44	Gorham	3:19:23	7:37
4444	Tim Walker	M47	Scarborough	3:23:20	7:46
5888	Tom Trytek	M50	Harpswell	3:29:04	7:59
7409	Rich Robinov	M46	Cumberland	3:35:11	8:13
8416	Karen Fagan	F35	Portland	3:39:05	8:22
8438	Harry White	M63	Scarborough	3:39:09	8:22
10232	Colleen Redmond	F41	Portland	3:46:33	8:39
10354	Mark Grandonico	M46	Portland	3:47:05	8:40
10567	Rick Abradi	M47	Lisbon	3:47:56	8:42
11167	Dan Thayer	M48	Auburn	3:50:36	8:48
11725	Melissa Goodwin	F37	Yarmouth	3:53:02	8:54
11947	Evan O'Neill	F40	Portland	3:54:00	8:56
13488	Mallory Vaccaro	F32	Yarmouth	4:00:50	9:12
16706	Michael Doyle	M41	Portland	4:27:36	10:13
17566	Paul Serrano	M39	South Berwick	4:38:34	10:38
17577	George Spatoulas	M55	Scarborough	4:38:44	10:38
19372	Karen Connolly	F47	Hollis Center	5:25:03	12:24

Westbrook Rotary Patriot's Day Road Race Westbrook, ME April 17, 2006

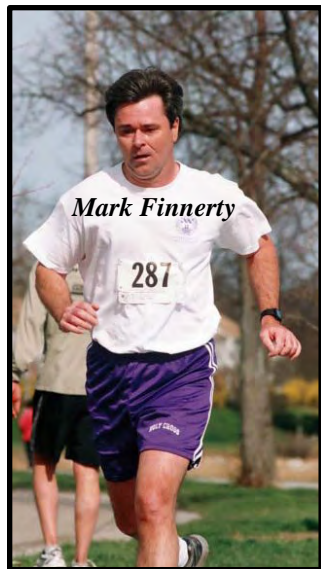
Place	Name	Grade	School	Time
2	Chris Harmon	12	Scarborough	10:49
3	Evan Embrey	12	Bonny Eagle	10:56

Joshua's Book of Dreams 5K York, ME April 22, 2006

Place	Name	Div	City	Time	Pace
43	Robert Randall	M6569	Springvale	24:38	7:59

Earth Day 5K Portland, ME April 22, 2006

Place	Name	Div	City	Time	Pace
4	Jeff Walker	M40	Falmouth	19:54	6:25
16	Mark Finnerty	M47	Portland	22:34	7:16



Earth Day Photos by Don Penta

RAYZ Awareness 5K Ormond Beach, FL April 22, 2006

Place	Name	Div	Time	Pace
202/650	Bob LaNigra	4 M6064	24:40	7:57

Muddy Moose Trail Races Wolfeboro, NH April 23, 2006

4-Miler				
Place	Name	Div	City	Time
19	Erik Boucher	M33	Portland	33:48
42	Tyler Santero	M15	Gorham	40:20
49	Nathaniel Clinch	M10	Gorham	41:00
84	Mark Clinch	M50	Gorham	1:18:59

14-Miler				
Place	Name	Div	City	Time
4	Andrew Baird	M33	Portland	1:33:33
26	Jim Dunn	M38	Falmouth	1:56:01
37	Dora Rex	F43	Gorham	2:03:23
64	Mark Grandonico	M46	Portland	2:19:30



Andrew Baird



Photo by David C Young



Muddy Moose Photos by Erik Boucher

25th Annual Red's Shoe Barn 5-Miler Dover, NH April 23, 2006

Place	Name	Div	City	Time	Pace
3	Michael Payson	M42	Falmouth	25:30*	5:06
85	David Young	M53	Danville	35:12	7:03
402	Carlton Mendell	M84	Windham	1:08:21	13:41

* Under USATF Age-Group guideline

Notices...

Tike MacColl Black Mtn. 2/25/06

Maine USATF Grand Prix 2006

Maine will have a Grand Prix for clubs and individuals by age group. Age groups will be 39 and under, 40-49, 50-59, 60-69, 70 and over. Races are as follows:

- Sea Dogs 5K Portland May 14
- Friendly's Mile Portland June 18
- L/A Bridge 5K Auburn August 27
- Physical Therapy 8K Brunswick October 15
- Craig Cup Final Race 5K XC Cumberland October

There is also a possibility of using one of the distance races in the Maine USATF Open/Masters Meet on July 22nd in Lewiston.

Points are awarded to results for each race with merchandise by Brooks given for final Grand Prix standings. Standings will be posted at the races as well as on several websites.

Requirements are that clubs and individuals be members of USATF (any association) and that individuals be Maine residents. To join USATF go to: www.meusatf.org

For more information contact Jerry Levasseur 207-729-6180 jerardl@verizon.net

Stanis Moody-Roberts 2/25/06

Dear Maine Track Club Member:

This April marks the one-year anniversary of the Maine Running Company. When we opened we wanted to build a reputation for excellent service, selection, and a commitment to each customer. We always emphasize, "we don't sell footwear, we sell community"... it is our greatest investment.

In one year we have rapidly expanded our investment and commitment to the community. Our "Reach The Beacon" training program has 40+ members. We are partners with Portland Trails, to help build the Portland Trails network awareness, featuring our co-sponsorship of the Weekly Back Cove 5K. Additionally, we are offering a number of clinics designed to educate and create excitement within the running community featuring Jeff Galloway, Greg Meyer, and Bill Rodgers, among others.

We are expanding our Road Race involvement. We are a major sponsor of the Pineland Farms 25K and 50K Trail Race and co-sponsor of the New England Mile, Clam Festival 5-Mile Classic, Portland Trails 10K, and the Thanksgiving Day 4-Miler. Our involvement in the running and walking community is a 24/7 proposition. It is what we stand for.

We want to thank the Maine Track Club and its membership for their support over the past year. It is our greatest asset and is appreciated.

Best Regards,

Maine Running Company Staff
563 Forest Ave.
Portland, ME
207-773-6601
www.runwalkcompany.com



Maine's *ONLY* Running Only Specialty Store

- **NEW Video Gait Assessment System**
- **Maine's Largest Running Footwear & Apparel Selection**
- **Bill Rodgers - SATURDAY, JUNE 17-9AM - 12PM**
- **Group runs every Thursday, 6pm**
- **Weekly Back Cove 5K Every Weds @ 6pm**

Run. Walk. Do Something!

563 Forest Ave. Portland 773-6601

www.runwalkcompany.com



My Road to Boston, the Story of a Family

by Karen Connolly

My road to Boston began with my grandfather, Reginald H. Harris. Though we don't know exactly what sparked his interest in distance running and the Boston Marathon, my father, Robert H. Harris tells me, "He was captured by the legends." As such, Reginald followed the accomplishments of running legends such as, Clarence Demar at his first Boston victory in 1911, Paavo Nurmi (the Flying Finn) achieving his world and Olympic record races in the 1920's, and Johnny A. Kelley's Boston victory in 1935 (though his first Boston was in 1928).

As a child (age 8-9) my father remembers listening to the race day coverage on the radio. One year (in the 1940's) he remembers he and his father driving from Boothbay Harbor to Boston to watch the race from Copley Square, at a time when traveling such a distance "just wasn't done". My aunt from Lexington told me she remembers going to watch the race, and recollected the following concerning the finish area and the race in general: "At the time it was very unusual in New England to see anyone black. Or Latin. Everyone looked just like us. It seemed so very exotic to me to see these extraordinary thin, tall, black men from remote regions in Africa (which also sounded so very strange and far away) come to Boston... and win the marathon. These guys also had extremely strange sounding names. There were many stories told about how they lived in remote highlands where everyone ran from village to village, and that all their people thought nothing of running incredible numbers of miles. When we went to the race, there were not all that many people there. I mean, it was a big crowd, but by no means a crush. As I recall, you could walk up and see the finish. I remember seeing the finish. The amazing thing is that these people did not seem particularly tired. Dad (Reginald) talked a lot about the strategy and the Newton Hills, etc., but these guys looked like they could turn around and run back."

My great grandmother lived on the third floor of a brownstone on Beacon Street, and the race passed in front of her every year.

I have a copy of a partial clipping from the April 19, 1950 issue of one of the local newspapers of the time, the *Boston Evening American*. It lists the "Complete marathon names and numbers"

for all registered runners in the 1950 Boston Marathon, as well as where each runner was from ~ 167 in all. It shows most of a course diagram (including "checking points") and the course record of 2:25:39 set by Yun Bok Suh of South Korea in 1947. It also notes the top ten finishers from years 1940-49, and has some partial pictures. My grandfather wrote notes on the clipping about the finishing places and times of the runners he was following.

In 1959, yours truly spent the first six months of life not far from mile 18 and the dreaded and much celebrated Heartbreak Hill. Odd how even my earliest days of life were near the course. Do you suppose it was something in the air? The water? It seems like fate...



Clarence Demar 1928 (top)
Johnny Kelley 1935 (bottom)

As I was growing up, family tradition dictated a yearly trek to Lexington from Maine for Patriot's Day weekend events. We would stay with my grandmother in Lexington, go to the Lion's Club pancake breakfast, attend the military reenactments, watch the parade at noon (the drum & bugle corps was a big hit), and then, of course, go to the race. The funny thing was, we never knew anyone who was running, but we wanted to be part of something so historic and awe inspiring. My dad always knew what road to go down to find a good parking place, and would get us there before the first runners came through.

Fast forward through the years.

As children grew older and began having children of their own, the trips to Boston for Patriots' Day weekend events continued. Available family members and friends would arrive in Waltham before noon, to eat at the same pizza shop, and watch the start of the race on their TV. The group would then drive to select locations to get far enough ahead to watch the lead runners go by. My dad knew the secret side roads and hidden parking spots so we could make our way down the course around road closures and traffic delays. We would stand and cheer for 60-90 minutes as the runners just kept coming. A portable radio would keep everyone in touch with the race progress and status of the leaders. Over the years, some of the faces and events changed, but a new generation was exposed to our family history, and the race was always part of it.

In 1998 I became a runner, and in 1999 a triathlete. Once I made the transition from spectator to runner, the dream of "maybe someday" being a participant instead of a spectator at Boston took a step closer to reality. Sadly, despite training and trying as hard as I could, the magic number on the finish line clock never reflected a pace

SUPER DAY!!!!!! Perfect marathon weather..... felt great the whole way! Made my goal time by about 30 seconds..... made the second half very suspenseful..... dramatic..... and rewarding!..... I guess I've finally matured enough to appreciate the madness of Boston! [4/18/06 7:02 a.m.]

I've always found that marathons run well are much more expensive a couple of days later :)..... knelt down on the floor to look for something and turned into an ad for the Medic-Alarm... ("I've fallen and I can't get up!!") stairs are still being negotiated sideways... usually by the third day (tomorrow), things start to come around. Just have to wait it out. Hope to be at Roasters Run Saturday.... might be struggling to keep up with the senior members though :) [4/19/06 6:12 a.m.]

Tom Shorty

[Finished in 3:19:23]

Boston Marathon...

fast enough to grant me entry to the ranks of a official Boston qualifier. Running as a bandit was never an option, so I volunteered, and watched, and dreamed (and kept trying!)

When the Maine Track Club received the two Invitational Entries to Boston, I thought long and hard about entering. I talked to my dad and my husband, and decided I had nothing to lose. I could certainly think of many club members more deserving than myself, but felt I just had to try. Family tradition, don't you know.

The day that changed my life was Monday, January 16th, 2006. My husband and I arrived home from a weekend away to find a message from Mark on the answering machine, telling me I had received one of the two Boston Invitational Entries. After I recovered from the shock of the message, stopped jumping up and down, crying and yelling and squeezing my husband so hard he almost turned blue, I called my dad. Telling him first was the most important thing I could do. His reaction? Priceless.

No one in my family has ever been where I will be on April 17th, 2006. I have been blessed to have a "village" of training partners, a coach, family and friends to help get me to the start line. I could not have done it without them.

My first marathon in 2000 was dedicated to my mom, who died unexpectedly in 1999 and never saw me fulfill my dream. While I know she will be with me on race day, I dedicate my running of the 110th Boston Marathon to the memory of my grandfather and to my dad. I will run for my family, my friends, and myself. Some family members will be watching from the sidelines, and will meet me at the finish. Other family and friends will follow my progress from home. This is a once in a lifetime opportunity for us all, and I will treasure every step of the way.

Dad, this one's for you.....

.....Running the Boston Marathon ~ what an experience. I never thought I would have the opportunity, and barely believed it when my dream came true! I saw a sign in the athlete village that morning that read "Boston...26.2 miles that will change your life forever". That is so true.



The pre-race expo was overwhelming, I could barely believe race weekend had finally arrived. I was so lucky to have my family with me to share in all of the experiences and events. Race morning, it was amazing to see so many people in the athlete village, and realize I was only seeing half of all the runners! I could

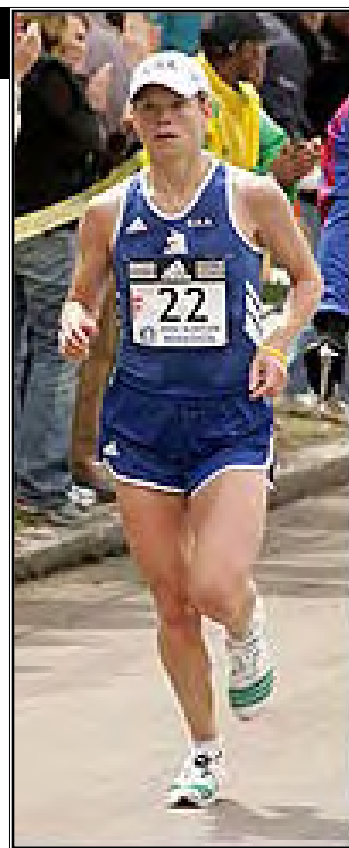
not get over how many people were there.

The spectators were amazing, as were the costumes some of the runners were wearing.

I can't imagine running a mile dressed as a chicken, a luau dancer, a viking (complete with horned helmet), etc., but they were there, and they did it all. I could go on and on about all I saw and felt (and would be happy to share with anyone that would like to hear more!) Suffice it to say, the opportunity the MTC Board of Directors gave me, and my family, will never be forgotten. I trained hard, ran as well as I could, and crossed the finish line as an official finisher of the 110th Boston Marathon.

My family tradition with Boston started in 1911 when my grandfather took notice of Clarence Demar's 1st victory, and went on in great detail from there. No one before me had ever run in it, however. I dedicated the race to my dad (I think my running meant almost as much to him as it did to me!), and my grandfather's memory.

Thank you all for your encouragement and support, and for this once in a lifetime opportunity. It was everything I had ever dreamed and more.



LEVAN, continued from page 1

On a deceptively warm day last April, LeVan finished 12th overall in the women's division despite stopping to walk and nearly dropping out of the race. This year she placed 13th, good for \$1,800 in prize money, on a day 20 degrees cooler in a time more than 6 minutes faster.

"It was a perfect day to be out running," said LeVan, who shared the podium in a post-race press conference with women's overall winner Rita Jeptoo of Kenya. "This year I felt so comfortable the whole way. It was quite a treat."

A year ago only five Mainers completed the course faster than 3 hours compared to nineteen Mainers this year. Some of that improvement may be attributed to a mild winter that made for better training, but much of it lies with Monday's conditions, nearly ideal for marathoners.

Gray clouds blocked the sun until mid-afternoon, the temperature was 53 when LeVan set off with the elite women at 11:31 a.m. and 52 at noon when the men began, and a gentle, cooling wind blew from the northwest.

LeVan, 33, had planned to run a few more races after setting her previous personal best of 2:38:32 at the IAAF world championships in Helsinki, Finland in August. A farm accident changed those plans - she sliced her foot while moving a chicken coop - and instead of racing she traveled three times to Boston for long weekend runs, learning the nuances of the course.

LeVan's pace exactly matched her plan of 6-minute miles. She went a little over on some of the hills, but made up for it on the downhill portions.

"I made a conscious decision to try and hit a 6-minute pace because that's what I've been targeting throughout my training," she said. "It worked out really well. . . It was pretty easy to stick with it through the first half, but to maintain it through the hills, I felt really good about that."

LeVan became the second Maine woman to qualify for the 2008 trials, for which Boston has made a bid. The other is Samuelson, who described LeVan's finish as first American woman just before signing off from the local Boston telecast of the race. "It would be nice to end my career where it started," Samuelson said. "But I'm not getting any younger."



Toe the line with New England's fastest
milers racing for a \$5,000 prize*

*Only New England High School or College Graduates are eligible. For more
info: www.newenglandmile.com

Raise money for Easter Seals Maine,
enjoy FREE *Friendly's* ice cream and have
a chance to win a FREE family vacation

Meet Running Legend and 4-time
Boston and New York Marathon winner Bill Rodgers

Course drops 70' insuring fast times

Entry fee: 1 MILE - Individual* = \$12
 Family (max 4) = \$30
Kids' 1/2 Mile = FREE

*Individuals - Register before 5/19/06
for a FREE t-shirt and a FREE \$5
Friendly's Restaurant coupon.

Portland, Maine
June 18th, 2006
Kids' 1/2 Mile 8:10
Mile 8:30



CERTIFIED

Where: Race day check-in and registration at Lincoln Park - 360 Congress Street, Portland, Maine. This is also the finish and festival area. Find free on-street parking throughout the Old Port and convenient hourly rate spots in the "Top of the Old Port" parking lot, across from Lincoln Park.

When: Racers must check in at Lincoln Park by 8:00, then walk or jog to the start on upper Congress Street.
Pre-race packet pick up and registration on Saturday, June 17 at Maine Running Company - 563 Forest Ave. Open 9 -5

Awards and raffle prizes: There will be cash and gift prizes as well as age-group awards. Valuable raffle prizes, donated by local restaurants, hotels and sports stores, including a FAMILY WEEKEND GETAWAY GRAND PRIZE, will be drawn after the awards ceremony. **ADDITIONAL INFO @ www.newenglandmile.com**

ENTRY FORM – Return to New England Mile c/o Easter Seals, 125 Presumpscot Street, Portland, ME 04103

Print Name: _____	Gender: M F	Age on race day: _____
Print Name: _____	Gender: M F	Age on race day: _____
Print Name: _____	Gender: M F	Age on race day: _____
Print Name: _____	Gender: M F	Age on race day: _____

Mailing Address _____ City & State _____ Zip _____
Phone _____ Email _____ T-shirt size* _____ *Individual before 5/19

Waiver: In consideration of the acceptance of my entry, I for myself, my executors, administrators and assignees, do hereby release and discharge Easter Seals and the race sponsors for all claims of damages, demands and actions whatsoever in any manner arising or growing out of my participating in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and am physically fit and sufficiently trained to participate in this event.

Signature _____
Signature _____
Signature _____
Signature _____

Additional donation to Easter Seals Maine _____

Parent or guardian signature for runners under 18 _____ **Total** _____



Saturday July 1, 2006 9:00 AM
Back Cove Parking Lot, Baxter Blvd & Preble Street, Portland, ME

5K Race on the beautiful trail around the Back Cove

Multi-Color T-Shirts to first 125 entrants --- \$15 pre-entry fee --- \$18 post entry fee

Luv2Run Beer Mugs to overall and division winners.

For more information call (603) 429-8879; go to www.moosemilers.org/Luv2Run.htm
or email: moosertm@moosemilers.org. Make check payable to the Moose Milers & Marathoners,
mail to: Luv2Run Portland, 160 Amherst Road, Merrimack, NH 03054
Sign up on line at: http://www.active.com/event_detail.cfm?event_id=1325160

Name : _____ Circle Gender: M F Age: _____

Address: _____ Phone: _____

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

Running Club: _____

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, the City of Portland, ME, 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



Peaks Island 5-Mile Road Race and Lions Club Lobster Bake

Saturday, July 29, 2006
Peaks Island, ME Time: 10:30 a.m.



- **Location:** Peaks Island Lions Club
- **Race sponsors:** Maine Track Club, Peaks Island Lions Club, Casco Bay Island Transit District
- **Race director:** Larry Dyer (207) 725-6962, dldyer@gwi.net
- **Ferry service to island:** Ferries leave for Peaks Island from Portland at the following times on race day: 5:45 a.m., 6:45, 7:45, 8:30 and 9:15. Call Casco Bay Lines for more information, (207) 774-7871
- **Entry fee:** Preregistration, \$12; Race day, \$15; Kids' race, \$5 (Proceeds from race and lobster bake go to benefit the many community projects performed by the Peaks Island Lions Club)
- **T-shirts:** All runners who register for 5-mile race by June 30
- **Kids' 1K:** Starts at 10:15 a.m. All finishers receive medal at finish line (no t-shirts)
- **Awards:** Top 3 males and females in following categories -- Overall, 14-19 years old, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Register online at www.mainetrackclub.com

Peaks Island Road Race Entry Form

Name: _____ **Age:** _____ **Sex:** _____

Address: _____ **City:** _____

State: _____ **Zip:** _____ **Telephone:** _____

T-shirt: S ☐ M ☐ L ☐ XL ☐

Check if you would like information about the Maine Track Club? ☐

Waiver

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

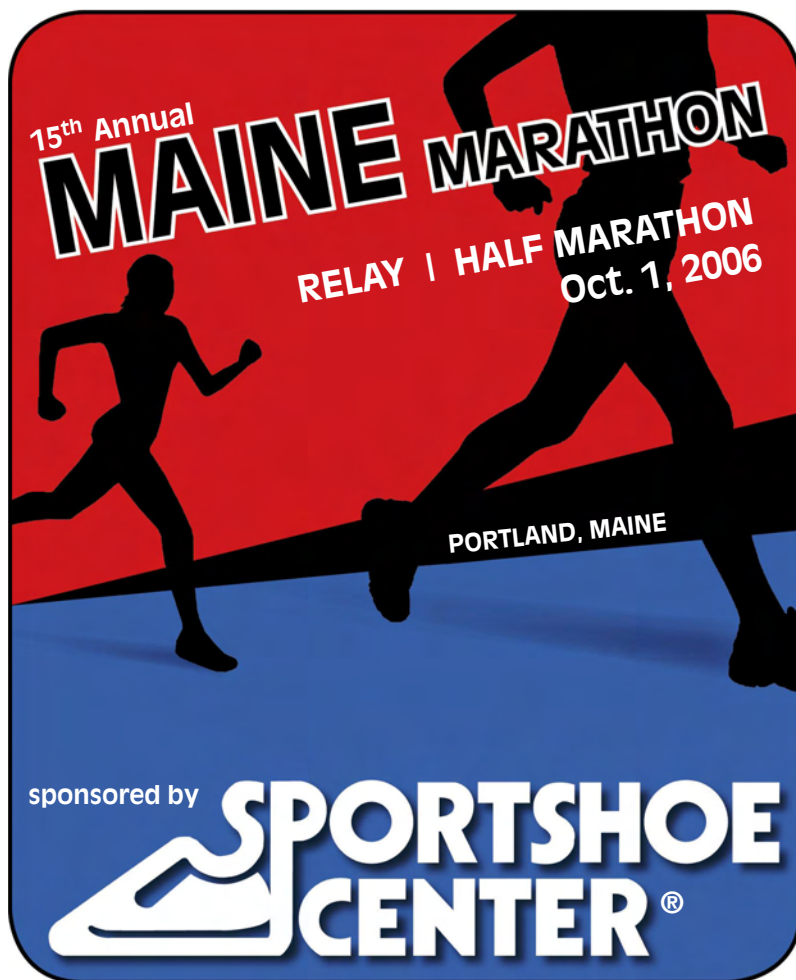
NO REFUNDS, EXCHANGES or TRANSFERS

Signature: _____ **Date:** _____

Parent/Guardian signature if under 18 years of age: _____

Lobster Bake Menu			
Meal	Price	# of meals	Total
Lobster	\$25.50		\$
Steak	\$20		\$
Chicken	\$15		\$
Vegetarian	\$12		\$
Children	\$5		\$
Total			\$

Mail check payable to Peaks Island Road Race to: Larry Dyer, 15 Royal Oak Circle, Topsham, ME 04086



Run the race named
**"2004 New England
 Race of the Year"**
 7:45 am start time

www.mainemarathon.com
racedirector@mainemarathon.com

**Organized by runners
 for runners!**

As a Proud Sponsor,
**The City of Portland,
 Maine Welcomes You!**

Proceeds to benefit: WinterKids
*(fighting childhood obesity
 through healthy winter activity)*

2006 Registration Form
Sportshoe Center Maine Marathon/Relay/Maine Half Marathon
 Register online at Active.com

Name: _____ Telephone: _____
 Address: _____ ☐ Male ☐ Female
 City: _____ State: _____ Zip: _____ Age on Race Day: _____

Want more info about Maine Track Club? ☐

Event Fees	By 9/1	By 9/30	On 10/1	
Maine Marathon	\$40	\$45	\$50	\$ _____
Marathon Relay	\$70	\$80	N/A	\$ _____
Half Marathon	\$25	\$30	\$35	\$ _____

Maine Marathon Baseball-style Hats

\$18.00 (Includes postage) \$ _____

Number of Hats:

Royal _____ Maroon _____ Lime _____ White _____

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

All-You-Can-Eat Pasta Buffet at USM, September 30th 4:00-8:00 p.m.

Number of Adults (\$10.00 each / \$12.00 at door) _____ **Children** (\$7.00 each) _____ \$ _____

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

Race Agreement

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

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any 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 wind, rain, and snow), traffic, and conditions of the road, in consideration of your accepting my entry. I for myself and anyone entitled to act on my behalf, waive, release, discharge, covenant not to sue, indemnify and hold harmless Sportshoe Center, Inc. the Maine Track Club, the City of Portland, the Towns of Falmouth, Cumberland, and Yarmouth, and all sponsors, officials, and successors from and against all actions, suits, liabilities, claims, demands, costs (including legal fees and expenses) or damages arising out of my participation in this event, whether the result of negligence of any of the foregoing parties or otherwise. You must expect to finish by 2:00 p.m. (Medical and course support will end by this time.) I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. NO: RADIO HEADSETS, BABY STROLLERS, DOGS, HANDCYCLES

Signed: _____ Date _____

(Parent's signature if runner is under age 18)

No unauthorized bicycles allowed on course. (Runners face disqualification if with a biker.)

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

by Mike Brooks



Clermont Marathon & Half Marathon - February 18, 2006 and Gainesville Five Points Marathon & Half Marathon - February 19, 2006

Both of these races are in Central Florida about 80 miles apart. The closest airport for Clermont is Orlando, and Jacksonville is the closest to Gainesville unless you fly into Gainesville where the tickets are usually more expensive.

I am not going to write much about Clermont's inaugural marathon since I think it was the poorest organized of the nine different marathons I have done in Florida. Packet pick up was late in starting, they did not tell me about picking chip up race morning, and the marathon was a boring and hilly 27.6-mile course. Only positive thing I thought was the volunteers.

Gainesville was also an inaugural marathon but it was well organized with a small expo and easy packet pick up. No pasta dinner was offered, but there are plenty of restaurants in the area. My wife, Denise, and I ate at the Olive Garden with several friends from the Fifty States Club. We stayed at the Holiday Inn off Rt. 75, about a 15-minute ride to the start/finish area. The fairly scenic marathon is a loop course considered hilly by Florida standards with parts of it on bike paths. There were plenty of aid stations except the first station had nothing but trash barrels. The police and volunteers did a great job with traffic control and keeping the runners on course. There was food and massages after the race, and finishers received a nice medal. Shirt was good also. All the people involved with this race were friendly, enthusiastic, and helpful. They had trouble with the chip timing when I finished but figured out my time a week or so later, emailing it to me with an apology. Nice people.

We were only in the Gainesville area for less than 24 hours. I don't believe there is much sightseeing we could have done anyway. I would not consider this a "destination" marathon.



Sarasota Marathon & Half Marathon - March 5, 2006

We flew into Tampa from Manchester because of the price of tickets. We paid about one-third of what it would have cost to fly Portland into Sarasota. It's about an hour drive from either Tampa or St. Petersburg airports to Sarasota. The Best Western Midtown was the host hotel and had a marathon discount. We thought it was a nice hotel with a continental breakfast, nice pool area, and located about 15 minutes from race start. Denise and I were invited to Caraguilos, a downtown Italian restaurant, to meet up with a bunch of friends. The meal was good, but I thought the portions were small. There are plenty of other restaurants in the area to choose from. If you want a quick, inexpensive meal with an excellent salad bar try Sweet Tomatoes. For about \$9 you get the salad bar with buffet-style soups, a couple of pasta dishes, and desserts. Sarasota and the surrounding area have plenty of things to do. Denise and I went to Siesta Key beach. It has the finest, whitest sand I have ever seen and is rated one of the top beaches in the world. Another nice beach to walk is in Venice. I found a fossilized shark's tooth walking the beach. People sift the sand looking for shark's teeth here. A two hour cruise of Sarasota Bay aboard the LeBarge gave us a chance to see some dolphins, beautiful homes, and scenery. Selby Gardens is also a nice place to visit with views of Sarasota Bay, beautiful flowers, trees and buildings.

This was another inaugural marathon! My friends and I like doing inaugurals because you never know how they will go. Sometimes they're great, sometimes not so great. This one had a few problems at the start of the race but was great after that. Packet pick up had a medium size expo at the YMCA. Parking was a minor problem at the expo and at race start for late arrivals. With 1500 runners and no mat down on a narrow bike path at the still-dark 6:00 a.m. start for chip timing, you can imagine the problems created. A couple of runners fell. Runners in the back had a few minutes added to their time getting across start line. I think by next race they will solve these problems by adding more lighting, a mat, and starting a short distance away on a wider road. The course is mostly on asphalt roads with some concrete. You also run a little on bike paths. There is only one 'hill': a 60' high bridge that both marathon and half marathon go over twice. There is some out-and-back where you get to see the other runners. I ran for a few miles with Bob and Beth Branson who were enjoying themselves in Florida for a few weeks. This is a very scenic race, I especially enjoyed the ocean views and beautiful homes we ran by. There are also plenty of aid stations and enthusiastic volunteers cheering you on. The race starts and finishes near the Ringley Museum. All finishers receive a finisher's t-shirt and a nice finisher's medal. There was plenty of food and massages at the finish area.

This is one of my favorite Florida marathons because of the race itself, and there is so much to do in the area.



Mike Brooks' Marathons & Ultras

****Ultras In Bold****

- #1 Bay State Marathon, Lowell, MA, 10/15/95, 3:38:15
- #2 New York City Marathon, NY, 11/12/95, 4:00:18
- #3 Boston Marathon, MA, 4/15/96, 4:16:18
- #4 Sugarloaf Marathon, Carabassett Valley, ME, 6/9/96, 4:04:22
- #5 Festival by the Sea Marathon, St. John, New Brunswick, Canada, 8/18/96, 3:57:24
- #6 Walt Disney World Marathon, FL, 1/5/97, 4:30:09
- #7 Vermont City Marathon, Burlington, VT, 5/25/97, 3:56:07
- #8 Clarence DeMar Marathon, Keene, NH, 9/28/97, 4:05:48
- #9 New York City Marathon, NY, 11/2/97, 4:06:55
- #10 North Central Trail Marathon, Sparks, MD, 11/29/97, 3:52:28
- #11 Las Vegas Marathon, NV, 2/1/98, 4:00:15
- #12 Nantuckett Marathon, MA, 3/7/98, 3:57:02
- #13 Jersey Shore Marathon, NJ, 4/26/98, 3:53:23
- #14 Vermont City Marathon, VT, 5/24/98, 3:58:48
- #15 Festival by the Sea Marathon, Canada, 8/16/98, 4:18:39
- #16 New Hampshire Marathon, Gilsum, NH, 10/3/98, 4:19:12
- #17 **Maine Track Club 50-Miler, ME, 10/17/98, 8:58:52**
- #18 Ocean State Marathon, RI, 11/8/98, 4:01:34
- #19 **JFK 50-Miler, MD, 11/21/98, 10:24:15**
- #20 PMRI Delaware Marathon, DE, 12/6/98, 4:34:37
- #21 Walt Disney World Marathon, FL, 1/10/99, 4:19:23
- #22 Houston Marathon, TX, 1/17/99, 4:52:17
- #23 Cape Cod Times Marathon, Hyannis, MA, 2/28/99, 4:28:00
- #24 Virginia Beach Marathon, VA, 3/20/99, 4:55:15
- #25 Fred's Marathon, Worcester, MA, 4/18/99, 4:26:57
- #26 Vermont City Marathon, VT, 5/30/99, 4:26:01
- #27 **Run Around the Lake 24-Hour, Wakefield, MA, 8/6-7/99**
- #28 **Pisgah Mountain Trail 50K, NH, 9/19/99, 8:02:45**
- #29 Hartford Connecticut Marathon, CT, 10/9/99, 4:07:51
- #30 Marine Corps Marathon, DC, 10/24/99, 4:17:53
- #31 Philly Marathon, PA, 11/21/99, 4:18:00
- #32 Mardi Gras Marathon, LA, 2/6/00, 4:18:00
- #33 Myrtle Beach Marathon, SC, 2/19/00, 4:22:52
- #34 Camp Lejeune Marathon, NC, 4/8/00, 4:20:53
- #35 Country Music Marathon, Nashville, TN, 4/29/00, 4:23:59
- #36 Vermont City Marathon, VT, 5/28/00, 4:36:56
- DNF Vermont 100, Woodstock, VT, completed 89 miles, 26 Hours**
- #37 Marathon By The Sea, Canada, 8/20/00, 4:55:34
- #38 **USATF 24-Hour, Olander Park, OH, 9/16-17/00, 103 miles**
- #39 Maine Marathon, ME, 10/1/00, 4:37:37
- #40 LaSalle Bank Chicago Marathon, IL, 10/22/00, 4:28:08
- #41 Midsouth Marathon, AR, 11/18/00, 4:11:49
- #42 Rocket City Marathon, Huntsville, AL, 12/9/00, 4:24:35
- #43 Mississippi Marathon, Clinton, MS, 1/13/01, 4:35:06
- #44 Desert Classic Marathon, Scottsdale, AZ, 2/18/01, 4:32:40
- #45 Los Angeles Marathon, CA, 3/4/01, 4:26:05
- #46 Maui Marathon, HI, 3/18/01, 4:36:59
- #47 Oklahoma City Memorial Marathon, OK, 4/29/01, 4:53:17
- #48 **Rocky Mountain Double Marathon, Laramie, WY, 5/27/01, 12:26:17**
- #49 Governor's Cup Marathon, Helena, MT, 6/2/01, 4:46:02
- #50 Marathon to Marathon, IA, 6/9/01, 4:56:00
- #51 **Vermont 100, Woodstock, VT, 7/27/01, 27:31:54**
- #52 Omaha Arts Marathon, NE, 8/26/01, 4:22:16
- #53 YMCA Marathon, Bismark, ND, 9/8/01, 4:20:44
- #54 Duke City Marathon, Albuquerque NM, 9/30/01, 4:53:11
- #55 Maine Marathon, ME, 10/7/01, 4:35:50
- #56 Milwaukee Lakefront Marathon, WI, 10/14/01, 4:43:34
- #57 Indianapolis Marathon, Springfield, IN, 10/20/01, 4:50:41
- #58 Louisville Marathon, KY, 10/21/01, 4:40:02
- #59 Mystic Places Marathon, CT, 10/28/01, 4:29:43
- #60 Oklahoma Marathon, OK, 11/17/01, 4:38:10
- #61 Gobbler Grind Marathon, Kansas City, KS, 11/18/01, 4:47:00
- #62 Seattle Marathon, WA, 11/25/01, 4:34:02
- #63 Springfield Marathon, MO, 12/1/01, 4:20:04
- #64 Tybee Island Marathon, GA, 2/2/02, 4:39:51
- #65 Ocala Marathon, FL, 2/3/02, 4:53:08
- #66 Sheraton Hyannis Marathon, MA, 2/24/02, 4:22:53
- #67 Martian Marathon, MI, 3/23/02, 4:53:33
- #68 **Umstead 100 Endurance Run, Raleigh, NC, 4/6-7/02, 23:50:15**
- #69 Ogden Marathon, UT, 5/4/02, 4:18:42
- #70 Sugarloaf Marathon, ME, 5/19/02, 4:27:30
- #71 Coeur d'Alene Marathon, ID, 5/26/02, 4:21:55
- #72 Newport Marathon, OR, 6/1/02, 4:13:39
- #73 Hatfield & McCoy Marathon, WV, 6/8/02, 4:21:23
- #74 **Vermont 100, VT, 7/20-21/02, 28:26:47**
- #75 Pikes Peak Marathon, CO, 9/18/02, 8:39:27
- #76 **USATF 24-hour, OH, 9/14-15/02, 100.6 miles**
- #77 Twin Cities Marathon, MN, 9/29/02, 4:26:54
- #78 Maine Marathon, ME, 10/6/02, 4:27:55
- #79 Mt. Rushmore Int'l Marathon, SD, 10/13/02, 4:22:10
- #80 Mount Desert Island Marathon, ME, 10/20/02, 4:31:38
- #81 Cape Cod Marathon, Hyannis, MA, 10/27/02, 4:28:58
- #82 Stone Cat Trail Marathon, MA, 11/9/02, 5:22:30
- #83 **Nifty Fifty 50K, RI, 11/17/02, 5:17:49**
- #84 **Sunmart 50 Miler, Huntsville, TX, 12/14/02, 11:04:44**
- #85 Hops Marathon, FL, 1/5/03, 4:49:09
- #86 Walt Disney World Marathon, FL, 1/12/03, 4:44:12
- #87 Gulf Beaches Marathon, Clearwater, FL, 2/16/03, 4:59:44
- #88 Sheraton Hyannis Marathon, MA, 2/23/03, 5:30:23
- #89 Ellerbee Springs Marathon, NC, 3/29/03, 5:23:35
- #90 Virginia Creeper Marathon, Abington, VA, 3/30/03, 5:16:16
- #91 **Umstead 100 Endurance Run, Raleigh, NC, 4/5-6/03, 28:02:43**
- #92 Delaware Triple Crown Trail Marathon, DE, 4/26/03, 6:22:00
- #93 New Jersey Shore Marathon, NJ, 4/27/03, 5:27:30
- #94 Cincinnati Flying Pig Marathon, OH, 5/4/03, 4:41:06
- #95 Sugarloaf Marathon, ME, 5/18/03, 4:21:34
- #96 Buffalo Nissan Marathon, NY, 5/25/03, 4:37:12
- #97 Mayor's Midnight Sun Marathon, AK, 6/21/03, 4:18:31
- #98 **Mount Desert Island 24-Hour Run, ME, 7/12-13/03, 104.1 miles**
- #99 Pike's Peak Marathon, Manitou, CO, 8/17/03, 8:48:33
- #100 U.S. Air Force Marathon, Patterson A.F.B. Dayton, OH 9/20/03, 4:38:47
- #101 Lewis and Clark Marathon, St. Charles, MS, 9/21/03, 4:35:35
- #102 Adirondack Marathon, Schroon Lake, NY, 9/28/03, 4:36:56
- #103 Maine Sportshoe Marathon, Portland, ME, 10/5/03, 4:33:06
- #104 Lake Tahoe Triple Marathon, Inspiration Point, CA, 10/9/03, 5:25:06
- #105 Lake Tahoe Triple Marathon, Rte. 58/50, NV, 10/10/03, 5:06:10
- #106 Lake Tahoe Triple Marathon, Tahoe City, CA, 10/11/03, 5:09:56
- #107 **Maine Track Club 50K, Brunswick, ME, 10/18/03, 5:55:55**
- #108 Mount Desert Island Marathon, Bar Harbor, ME, 10/19/03, 4:58:18
- #109 Cape Cod Marathon, Falmouth, MA, 10/26/03, 4:47:29
- #110 Chicamaugua Battlefield Marathon, GA, 11/8/03, 4:32:10
- #111 **Peachtree City 50K, Peachtree City, GA, 11/9/03, 5:54:52**
- #112 Richmond Marathon, VA, 11/15/03, 4:25:04
- #113 **Sunmart 50K Trail Run, Huntsville, TX, 12/13/03, 6:17:42**
- #114 Dallas White Rock Marathon, TX, 12/14/03, 4:48:53
- #115 **Across The Years 48-Hour, Phenix, AZ, 12/30/03 to 1/1/04, 152.86 miles**
- #116 Hops Marathon, Tampa, FL, 1/25/04, 5:17:31
- #117 Miami Tropical Marathon, FL, 2/1/04, 4:55:58
- #118 Blue Angel Marathon, Pensacola, FL, 2/28/04, 4:47:14
- #119 Mardi Gras Marathon, New Orleans, LA, 2/29/04, 5:26:03
- #120 Bataan Death March Marathon, White Sands, NM, 3/21/04, 5:24:12
- #121 Yakima River Canyon Marathon, Ellensburg, WA, 4/3/04, 4:55:40
- #122 Whidbey Island Marathon, WA, 4/4/04, 5:22:53
- #123 Charlottesville Marathon, VA, 4/17/04, 4:49:44
- #124 Lincoln Marathon, NE, 5/2/04, 4:46:09
- #125 Brookings Marathon, SD, 5/15/04, 4:51:16
- #126 **TIMTAM 50K, Ames, IA, 5/16/04, 6:19:46**
- #127 **Wyoming Double Marathon, Cheyenne, WY, 5/30/04, 13:39:43**
- #128 **Badwater Ultra-Marathon, Death Valley, CA, 7/12-14/04, 46:17:10, 135 miles**
- #129 **Around the Lake 24-Hour Run, Wakefield, MA, 8/14/04, 23:34, 83.1 miles**
- #130 Grizzly Marathon, Chateau, MT, 8/21/04, 5:27:23
- #131 Mesa Falls Marathon, Ashton, ID, 8/28/04, 4:56:03
- #132 YMCA Marathon, Bismarck, ND, 9/11/04, 4:51:37
- #133 Maine Sportshoe Marathon, Portland, ME, 10/3/04, 5:10:44
- #134 Steamtown Marathon, Scranton, PA, 10/10/04, 4:43:23
- #135 Green Mountain Marathon, So. Hero, VT, 10/16/04, 5:16:58
- #136 Detroit Free Press Marathon, Detroit, MI, 10/24/04, 4:53:35
- #137 Cape Cod Marathon, Falmouth, MA, 10/31/04, 4:51:58
- #138 Healthy Huntington Marathon, WV, 11/14/04, 5:05:30
- #139 Tecumseh Trail Marathon, Bloomington, IN, 12/4/04, 5:55:34
- #140 **Across the Years 72-Hour Run, Phenix, AZ, 12/29/04 to 1/1/05, 180.5 miles**
- #141 Walt Disney World Marathon, Orlando, FL, 1/9/05, 5:41:58
- #142 Ocala Longhorn Marathon, FL, 1/30/05, 5:22:04
- #143 Mercedes Marathon, Birmingham, AL, 2/13/05, 5:09:42
- #144 **Carl Touchstone 50-Mile Trail, Laurel, MS, 3/12/05, 11:51:59**
- #145 Hilo International Marathon, HI, 3/20/05, 5:15:52
- #146 **Jack Bristol Lake Waramaug 50K, Lake Preston, CT, 4/24/05, 6:37:59**
- #147 Country Music Marathon, Nashville, TN, 4/29/05, 5:08:09
- #148 Sugarloaf Marathon, Kingfield, ME, 5/15/05, 4:56:57
- #149 Green Bay Marathon, WI, 5/22/05, 4:58:30
- #150 **FANS 24-Hour Race, Minneapolis, MN, 6/4-5/05, 74.38 miles**
- #151 **Around the Lake 24-Hour Race, Wakefield, MA, 13:44:12, 50.56 miles**
- #152 Crater Lake Marathon, OR, 8/13/05, 5:47:44
- #153 Haulin Aspen Trail Marathon, Bend, OR, 8/14/05, 6:46:11
- #154 Top Of Utah Marathon, Logan, UT, 9/17/05, 4:53:34
- #155 Quad Cities Marathon, Moline, IL, 9/25/05, 5:23:03
- #156 **Heartland Spirit of the Prairie 100-Miler, Cassoday, KS, 10/8-9/05, 28:03:50**
- #157 Old Mulkey Marathon, Tompkinsville, KY, 10/22/05, 4:46:25
- #158 Marine Corps Marathon, Washington, DC, 10/29/05, 4:57:04
- #159 Mountain Home Marathon, AR, 11/12/05, 4:37:34
- #160 Kiawah Island Marathon, SC, 12/10/05, 4:36:11
- #161 Walt Disney World Marathon, Orlando, FL, 1/8/06, 5:31:03
- #162 Clermont Marathon, FL, 2/18/06, 5:10:48
- #163 Gainesville 5 Points Marathon, FL 2/19/06, 5:06:41
- #164 Hyannis Marathon, MA, 2/26/06, 5:14:25
- #165 Sarasota Marathon, FL, 3/5/06, 4:47:42
- #166 National Marathon, Washington, DC, 3/25/06, 4:55:23
- #167 Cape May Marathon, NJ, 3/26/06, 5:23:09
- #168 **Umstead 100 Endurance Run, Raleigh, NC, 4/8-9/06, 28:41:29**
- #169 **Self-Transcendence 6-Day Race, Queens, NY, 4/30/06 to 5/6/06, 320 miles!!!**



MAINE MARATHON

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Thursday Evenings 6 p.m.
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Join the "Reach the Beacon"
training program FREE of charge.

This program is designed to offer a group training environment for all levels - Beginners to Experienced - and includes Seminars on Nutrition, Hydration, Stretching, etc...

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

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
10K 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.



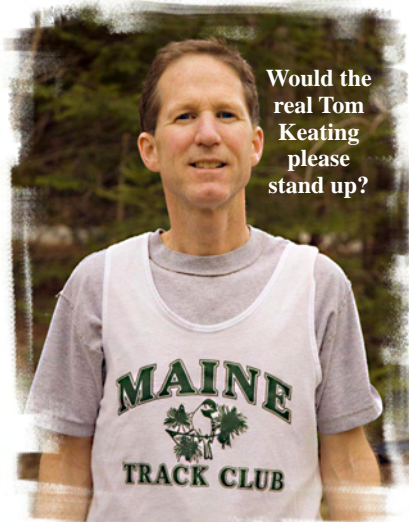
Best Marathon and Half Marathon in the Northeast?

Just a quick note on why I [Mike Brooks] think the Maine Sportshoe Center Marathon and Half Marathon are the best in the Northeast for MTC members to run if it is your first time at this distance. The races are very well organized, easy to get to, scenic, plenty of aide stations, and you are probably going to know people in the race. Maybe a friend can pace you? There are some hills in the marathon, but hills give you a chance to use different muscles, and it isn't that hilly anyway. It will be easy for you to train on the actual course if you live nearby, and friends and family would have an easy time getting to the race.

The marathon was picked as the "Best Race in New England" by New England Runner magazine just two years ago. The marathon is also going to be featured in "Marathon and Beyond" this summer. It has also grown from races that attracted 600-700 runners to almost 2,400 registered runners last year. It is capped at 2,700 this year. The date is October 1, 2006.

You will be a lot more relaxed not having to contend with flights, rental cars, hotels, eating out, getting to packet pick up, race start, and all the other hassles that can go with a race you have to travel to. Make it easy on yourself. Do the Maine Sportshoe Center Marathon the first time.

Check out the website www.MaineMarathon.com



Would the
real Tom
Keating
please
stand up?

Oops: In the last NewsRun, in my article on the Handicap Race held in January, I mentioned that as he ran between me and another woman runner on the course, Lloyd Slocum had said, "A rose between two thorns!" Gentleman that he is, what Lloyd actually said was, "A thorn between two roses!"

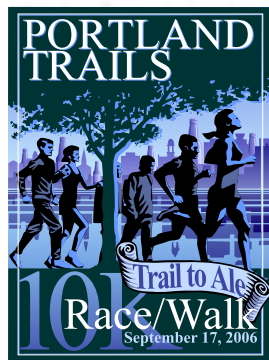
Pat Buckley

Double Oops: In the last issue of the newsletter, an e-mail that I had sent about the confusion between me and the "other" Tom Keating was included. At the end of the letter, I saw a picture of some guy with the name "Tom Keating" printed just below it. I was quite surprised to see it, especially since it was NOT ME. I assume that it was a picture of the "other" Tom Keating, but I have never met him, so I'm not sure. So, the imbroglio lives on! I've included a picture, so that I can re-gain my identity!

Tom Keating

NEW ENGLAND

runner Pub Series



Portland Trails 10K included in NE Runner's "Pub Series"

Portland Trails is excited to announce that the Portland Trails 10K—the “Trail to Ale”—has been included in New England Runner magazine’s “Pub Series” of races for 2006. Races in the Pub Series include the Doyle’s Emerald Necklace 5 miler on April 9th in Jamaica Plain, MA, the Cape Cod Irish Village 5-Miler on May 13 in Yarmouth, MA, the Runner’s Alley/Redhook Memorial 5K on May 28 in Portsmouth, NH, the Common (Pub) Fence Point 5-Miler on August 20 in Portsmouth, NH, and the Paddy’s Shillelagh Shuffle 3M in Newton, MA on October 15.

Each year 80-100 runners travel across New England to complete all six races and win some great prizes. Being a part of the New England Runner Pub Series is a great opportunity to show off Portland’s running trails to a wider audience and to raise our race’s profile across the region. So join Portland Trails and the Shipyard Brewing Company for the Portland Trails 10K, Trail to Ale on September 17! For more information on the series, visit www.nerunner.com. To learn more about the race go to www.trails.org or call Portland Trails at 775-2411.

Her Sports Subscription Discount

Her Sports, the only women’s sports and fitness magazine on the market, has partnered with the RRCA to provide our members a great subscription discount. Her Sports features in depth training plans (5K up to the marathon), running shoe reviews, and women’s specific running apparel. All RRCA members and individuals of RRCA member clubs can access this great benefit of membership by visiting <http://www.hersports.com>, and clicking on “Subscribe”. Enter the special RRCA member discount code of QRRCA to receive \$10 off the normal subscription rate. That means that RRCA members will receive 10 issues of Her Sports for only \$16.95!

Racewalking Series in Brunswick

The 5.3 mile walk is held the first Sunday of each month (June 4, July 2, August 6, September 3) at 1 p.m. on the Androscoggin Pedestrian Path beginning at the end of Water Street in Brunswick, Maine. This is an out-and-back course on a paved and vehicular traffic-free path. Anyone is welcome to participate and there is no entry fee. Legal racewalking form is required, and Tom Eastler puts on a short clinic before each race to show what exactly legal racewalking form is. There will be a \$300 prize awarded to the male and female walker that achieves the fastest walking time for the course in 2006. Right now the fastest female time is by Kate Dickenson at 48:16 and the fastest male time is by David Burns at 48:26. Also any walker completing five or more races will be eligible for a drawing of prize of \$100. Racewalking requires many of the same skills that running does and is a good cross-training activity for runners. Any other questions please feel free to ask (552-9422) humblerunner@hotmail.com.

Bob Whitney



New Look for Weekly Back Cove 5K Series

Portland Trails, Maine Running Company and Mizuno will be sponsoring and hosting a new Summer Weekly Back Cove 5K Run/Walk Series this year. The event, founded four years ago, has become a favorite for Portland-area runners every Wednesday night from May through October.



BACK COVE WEEKLY 5K SERIES

The weekly race is free of charge and has upwards of 70 participants, but this year will feature an exciting change. “The event was at a point where we needed to find support to direct, host and help run it,” explained race director Stu Palmer. “John Rogers, owner of the Maine Running Company, and I discussed ways we could keep expand the event, yet keep it free to the running community.” Rogers contacted Portland Trails, and the idea of expanding the 5K Run into a Run/Walk series to raise awareness about the Portland Trails network was born.

Instead of a race fee, participants will make a donation or purchase a “Weekly Back Cove Run/Walk Series” technical-fabric tee shirt with all proceeds going to support Portland Trails. Mizuno is providing tee shirts, weekly race numbers, and products on a weekly drawing basis to all participants. For more information contact John Rogers at 773-6601.

Greetings to all Maine Track Club members
from Eden Athletics on Mount Desert Island!

In hopes of enriching state-wide running acquaintanceships and, especially, developing friendly relations with other Maine running clubs, Eden Athletics would like to invite you and your club members to join us on July 1st and 2nd 2006 for a weekend of running on many of our favorite routes on Mount Desert Island -- from our bread-and-butter carriage trail loops such as Eagle Lake to spectacular up-and-down challenges such as Cadillac Mountain.

Doesn't matter whether you want to burn some big miles with us or prefer just to kick back and enjoy a weekend of tourist life. We promise good camaraderie, paces of all varieties to suit everyone from casual walkers to the sickest speed demon, and enough beautiful miles to make your travel worth it. We promise.

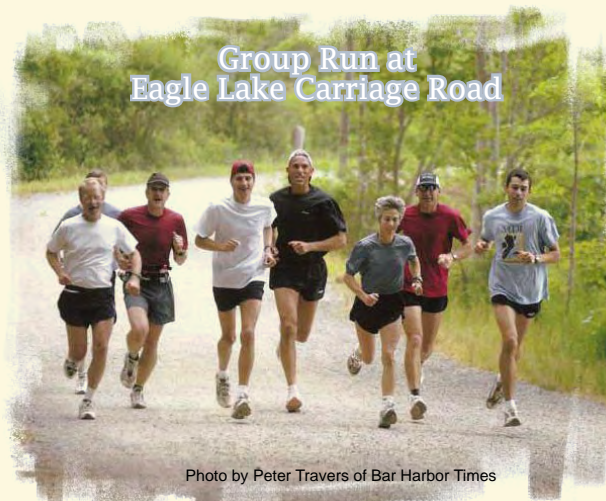
Additionally, we'll buy the first round Saturday night, help you find accommodations, and even put you up on our living room floors if that's what it takes to get you here so we can show you who we are and what it is that we love about running on Mount Desert Island.

Entry fee? There is no stinking entry fee. This is no race; it's group running at its best. But, if you want to run fast, we'll find a place for you to do it in good company, time you if you want, and even throw in a couple of rabbits for you to chase.

New England Runner recently suggested that there's something in the water here that makes good runners. We don't think it's the water exactly, but there is something special here. Come here anytime and we'll happily share it with you.

So mark your calendars, and we'll see you here in July. For information, visit the Eden Athletics website: <http://www.edenathletics.com/> and refer in particular to the event listing, [RunMDI](#). For further information or clarification, please contact me:

Brian Hubbell
Eden Athletics web editor
editor@edenathletics.com



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

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Call Ron Kelly 772-4530

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www.runwalkcompany.com

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10% on all non-clearance
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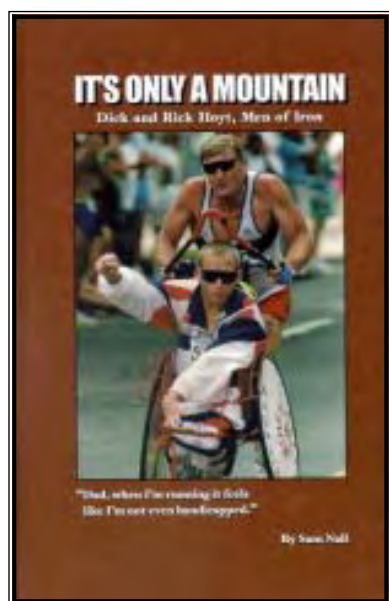


Run-On Sentence...

It's Only a Mountain

A book review by Dan Levesque

The next time you're driving along I-84 approaching the eastern Connecticut border, take a moment to veer off the highway towards the town of Holland, Massachusetts. There you will encounter gently rolling hills, a crystal clear lake and, possibly, a glimpse of Dick Hoyt pushing a 100 pound bag of cement in a jogger-stroller. No, Dick isn't a door-to-door concrete delivery man. He is simply training for his next marathon, triathlon or Ironman and he uses the added load to simulate the weight of his son, Rick, a quadriplegic who he pushes during competition. Their emotional and touching story is told in the biography, *It's Only a Mountain*, and is a must read for the athlete and non-athlete alike.



Many of you may be familiar with Dick and Rick. They race under the name of Team Hoyt and were recently featured in the April edition of *Runners World* magazine as they prepared for their 25th running of the Boston Marathon (they finished in 3:43:27). If you read the article you know that Dick is a 65 year old retired lieutenant colonel and that Rick was born with cerebral palsy. Rick communicates through the use of a computer and became the first non-verbal quadriplegic to earn a college degree. Together they have competed in hundreds of athletic events including a bike and run trek across the U.S. and Ironman competitions around the world. However, until you read their biography you likely don't know what makes these two remarkable athletes tick.

Nor can you begin to understand the love they have for one another.

The book is written by Sam Nall who is also a triathlete. He spent several weeks interviewing, training, and participating in a triathlon with the Hoyts. He witnessed first hand the incredible bond among father, son and family members and conveys their story in a fast flowing, yet, retrospective manner. Nall strives to make this more than just a sports book and succeeds by tapping into the energy of the Hoyt family and their quest to make the world more welcoming to people with disabilities. Starting with Rick's mother, Judy, who earned a masters degree in special education so that she could better provide for her son's needs, to his brother, Russell, now the director of an early prevention program for children with autism, this story is also about accomplishments off the athletic field.

It's Only a Mountain chronicles Team Hoyt's accomplishments through 2002. In keeping with the book's quick pace, Nall briefly touches upon Dick and Judy's divorce after thirty plus years of marriage. That left me to speculate whether coming to grips with the break up is a mountain yet to be climbed by Dick Hoyt or one that he has crested and moved on. I asked myself how such a tightly knit family could split apart. Are Dick and Rick obsessed with their sport and did that drive the wedge in the marriage? Or, are they simply living their lives to the fullest? How does their story influence my quest to find that perfect balance among family, work and play?

Great books always make me stop and read a passage multiple times and this one is no exception. When asked what Rick would do if he were no longer disabled he responded by saying: "I have thought long and hard about what I would do if I wasn't in a wheelchair. I really don't know what I would do first. I love sports so maybe I would play hockey, baseball, or basketball. But then I thought about it some more and what I would do first is tell my dad to sit down in the wheelchair and now I would push him." I cannot think of a better demonstration of true love.

The book is available through the major online book stores and can also be purchased directly from the Hoyts by visiting their website www.teamhoyt.com.



Maine Running Company will be hosting the last of the

Marathon Legend Series

with Bill Rodgers who 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 Bill. The event 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.

BILL RODGERS
Saturday, June 17 at
9AM – 12PM

Bill Rodgers is a four time winner of the Boston and New York City marathons and 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 *Idiot's 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 from 10 a.m. to Noon.



A Talk with Jeff Galloway

by Roland Thibault

Jeff Galloway's mission is to "help people enjoy exercise more." In fact, he gets great enjoyment out of helping anyone to enjoy his or her running and stay injury-free. He says that he finds it "satisfying to help people through their problems." The Olympian, best-selling author, Runner's World columnist, and inspirational speaker made his mission clear during the first session of the Marathon Legend Series at the Maine Running Company on Thursday, March 23rd.

Those who aren't disciples of the Galloway running program might find the Jeff Galloway story quite interesting. He didn't find running success until late in high school, ran with Bill Rodgers and Amby Burfoot at Wesleyan, and went on to qualify for the Olympics in 1972 at the 10,000 meter distance. He had trained to be a teacher and spent a year teaching Physical Education at the school his father founded in Atlanta, The Galloway School. He decided that he didn't like teaching but had always thought that if teaching didn't work out he wanted to open a running store. So, with \$2000 he had borrowed from his grandmother and \$5000 in savings, he opened the first Phidippides store in 1973. He still owns two stores in Atlanta.

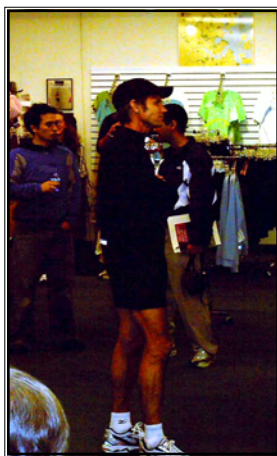
It was through his work at the store that he learned that he loved teaching adults how to run. It was also where he began gathering data and developing his philosophy for the low-mileage training and the Run-walk method. In fact, Jeff states that it may have been at his Phidippides store in Portland during the seventies that he got the idea for low-mileage, while talking with some runners who were having injury problems.

Helping people seems to make Jeff very happy. In fact, when asked about his most memorable moments in running, with so many to pick from, Jeff quickly picked two that both involved helping others. The first was in 1972 when he helped his friend, Jack Bacheler, to make the Olympic team in the marathon. Jeff, who had already made the Olympic team at 10,000 meters, ran with Jack for the entire race. With his training philosophy in its beginning stages, he kept Jack from going out too fast and ran with him into the stadium. In Jeff's words, "the crowd thought it would be a horse race for third," but in the end Jeff let Jack finish third to qualify for the team.

Jeff's other most memorable running moment came in 1996 when he ran with his father in the 100th Boston Marathon. It was his father's last marathon after nearly forty of them. His father's doctor had given him permission to run the race despite a heart condition. At the finish, his father joked that if Jeff



Marathon Legend Series



"hadn't been there to hold him back, he would've run faster." Once again, Jeff Galloway was using his running philosophy to help people.

The Galloway philosophy has been honed over 35 years by a process of scientific data analysis that Jeff calls "test and change". It boils down to focusing on three key runs a week, a super slow long run and two other runs to maintain what you gained in the long run. In his talk, Jeff stated that the long runs should be done

at a pace up to two minutes per mile slower than goal pace to limit injuries. Some may feel this is too slow, but according to Jeff, "you will get all the endurance available for a long run no matter how fast you run your long run." He also believes in the use of walk breaks during the long runs (and races) to "speed up recovery". His thinking on this is that with walk breaks, endorphins won't need to kill pain because the runner doesn't get to that level. Also, there is a mental aspect to the walk break because the runner is only worrying about "3 more minutes" rather than the miles ahead.

Many runners might question the use of walk breaks, or running that much slower in their long runs, but according to the data, it works. Jeff claims that the Galloway program showed an average of a "thirteen minute improvement in the marathon over people who ran continuously." Jeff also states that no injury has kept him out of running more than two days in the last 27 years because he "started taking advice himself that he had been giving other people."

Other random advice that Jeff gave over the night included answers to questions runners in the crowd had. Jeff would "recommend flat courses on long runs to limit liability (for injuries)." He also has determined that in a marathon one would slowdown thirty seconds per mile for every 5 degrees warmer than sixty it is, so the advice he gives is to slow down early in the race (and take walk breaks sooner) if it is hot. Jeff also recommends that those who are training for a marathon eat every two hours, spreading out one's daily caloric intake to maintain energy levels throughout the day. Also given were some helpful mental techniques ("Rehearsal", "Magic Words", and "Dirty Tricks") to help runners when the going gets tough.

The Marathon Legend Series evening with Jeff Galloway was very informative to those in attendance, but if you couldn't attend and want to know more about the Galloway program, you can pick up one of his books. He also has a website (jeffgalloway.com) that has many unique options. And since Jeff Galloway is so interested in helping the average runner, he even has an option on his website called Ask Jeff, where anyone can e-mail questions to him. He is more than glad to answer any questions if it will help runners enjoy their running and stay injury-free.



Lisa Despres



Howard Spear



Phil Meech



Kathy Hepner



Jean Thomas
Erik Boucher
Sandy Utterstrom
Charlie Scribner

Patriot's Day Volunteer Photos by Don Penta, David C Young

PRESIDENT, continued from page 1

The first few weeks were rough, but I stuck with it. Then the funny part - I started to like it. The group biking became fun. My legs got a workout in a whole new way. The swimming became easier and a complete relaxation thing after a long day. I got better at it, and here's the link to my story. I have become a faster runner and most of my aches and pains have resolved. I have signed up for my first duathlon in May, and I'm looking forward to it. For the first time in many years, I PR'd the Eastern States 20-Miler and felt great the whole way. I'm also the proud owner of a Specialized Allez road bike and look forward to my long rides.

In a nutshell, I've cut back on my running mileage and added swimming 3 or 4 times a week as well as s biking. Spinning class on Tuesday, long road rides on the weekend, and a few gym stationary rides for good measure. When I do run now, I concentrate more on the speed and not the distance, although I have ramped up for Boston. The cross training has significantly improved my running and allowed me to be more "injury free" than I have been in a long time. One of the other benefits I have realized is that now I have options. Last night was a perfect example. I jumped on the treadmill at the Y and was totally not into a run. Plan B, I slipped on the Speedo and jumped in the pool and had a fantastic workout and most importantly, felt great afterwards. If you are interested in triathlon training or cross training in general, always consult your physician before beginning any new exercise program but check out www.Trimaniac.com or your local YMCA or fitness club for information on programs that they may offer. Worked for me!

Mark Grandonico
MTC President

Quote of the month:

"There's no such thing as bad weather, just soft people."
Bill Bowerman

Where's Manny?

by Erik Boucher

For better or for worse, the moose is loose.

Having spent the past 20 years or so lollygagging around the North Woods, Manny The Moose decided to reconnect with the Maine Track Club by volunteering at the 25* Annual Mid-Winter 10 Mile Classic in February. Manny has a special affinity for this particular event. As one of the inaugural race directors, he wanted to make sure the event was being handled well — especially since this was the 25th anniversary. If you've ever run the race or volunteered, you've received a very nice long-sleeve shirt with Manny's likeness appearing on the front.

Manny could be seen posing for pictures and greeting runners as they entered the Cape Elizabeth High School cafeteria. It was also reported that he encouraged runners to get up the hill at Mile 9, and not to dawdle.

Manny enjoyed the event so much, he's thinking about moving to Cape Elizabeth permanently. However, he's not so sure the locals will treat him as nicely as his old neighbors. He's lived up North for so long, and he's heard so much mindless twaddle about the high and haughty in Southern Maine that he's just not sure what to expect, and he's feeling a little edgy. He's also concerned about finding a decent place to live that's affordable. When he looked into the price of land along the coast, he almost dropped an antler. His ideal home would be a nice long stretch of swamp with tasty shrubs along the sides and a view of the ocean.

Although he's extremely quiet and modest, Manny is a real celebrity. He appeared on the cover of AAA Northern New England Journey magazine a number of years ago - after a gig he did up at the Grand Lake Stream Folk Arts Festival. He's also an authority on mating calls for North American big-game animals, and has given many speeches to groups of hunters. In fact you may have seen him in the record book for the 2005 Maine Antler and Skull Trophy Club?

So if you see Manny at one of the races hosted by the Maine Track Club this year, run like hell, and don't be afraid.

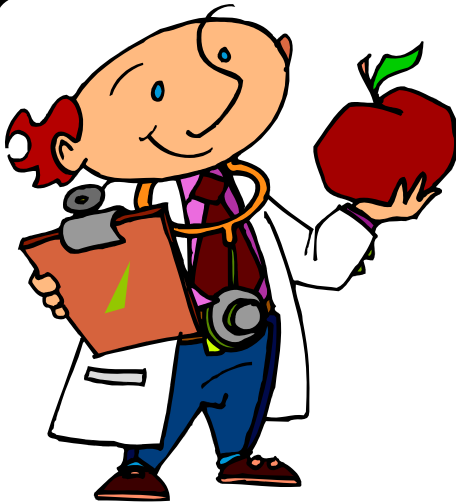


UPCOMING SPECIAL EVENTS

JUNE 7th: All MTC members are invited to join us at the Southern Maine Community College Gazebo at 5:30 p.m. to appreciate all MTC volunteers.... This is a Pot Luck Dinner – Bring a dish.... **FREE** singlets to volunteers. Please come and socialize, eat hardy, and help us show gratitude to our volunteers. For more information or directions and to RSVP, contact Cathy Burnie (829-5208) cburnie@maine.rr.com

JULY 20th: Save this date for our annual picnic at Two Lights in Cape Elizabeth at 5:00 p.m..... Stay tuned for more information.

Doctor's Corner: Colds and Running...



by Christina T. Smith, MD

What is a cold? A cold is an upper respiratory tract infection most commonly caused by a viral infection. The infection causes inflammation of the respiratory tract. Common symptoms include nasal congestion, sore throat, headache, malaise, low-grade fever (less than 1000P), and cough. Symptoms usually peak in 1-3 days and usually resolve in a week without medical treatment. Cough may last for a more extended period.

(Can I run with a cold?) Most runners like to take it easy when they are feeling lousy, but for those of you out there who are longing to get outside (or on the treadmill) for a run, or trying to keep up with a scheduled training program, use the following “Neck Check” tool to determine if it is safe to lace up those sneakers. Dr. Randy Eichner first described this tool in an article in Runner’s World in 1992. If your symptoms are above-the-neck, such as a sore throat and runny nose, then it is safe to exercise, using common sense to take it easy or stop if your symptoms worsen during the exercise. However, if your symptoms are below the neck, such as a fever ($>100^{\circ}$

F), muscle aches, diarrhea, or hacking cough, it is wise to rest until your symptoms resolve. These symptoms could signal a more serious viral or bacterial infection and exercising could worsen the infection.

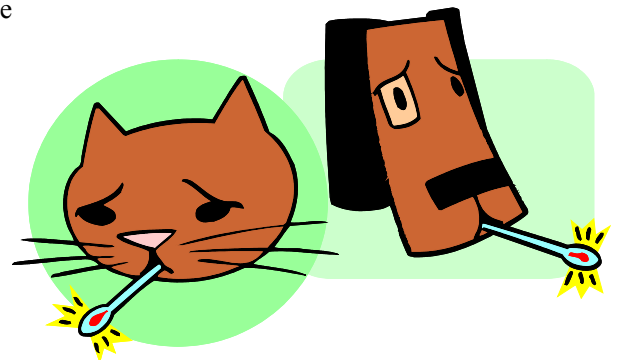
What can I take for a cold? Over the counter medicines can alleviate symptoms but do not “cure” the infection. Rest and good hydration are the hallmarks of therapy. Saltwater nasal sprays will help to keep the secretions in the nose thin and help with the symptoms of congestion. Afrin nasal spray can help keep the nose clear but should not be used for more than 3-5 days to prevent congestion from worsening when discontinued (called a “rebound” phenomenon). Over the counter cold and cough remedies can provide symptomatic relief. Other therapies include Vitamin C, Zinc, or Echinacea. Some studies have shown that 1000 mg of vitamin C per day taken at the onset of symptoms can lessen the duration of a cold by half a day. Zinc lozenges may be beneficial in reducing the duration of cough and congestion but the evidence is mixed. There is no evidence in support of Echinacea in preventing or treating a cold but some folks do believe it helps.

Do I need antibiotics? Often people think that a course of antibiotics (such as a “Z-pack”) will help their symptoms resolve more quickly. This is not the case for a routine cold, since colds are caused by viruses, which do not respond to antibiotics. Antibiotics are used to treat bacterial infections, such as pneumonia, which is not a component of a routine cold. Therefore, if you think you have a routine cold, the best medicine is rest, plenty of fluids, and time. If your symptoms are more serious, you may need to see your Physician for consultation and perhaps further medications.

How can I prevent a cold? There is no sure way to prevent a cold, however proper hand washing, as well general good health measures such as proper diet and rest will help protect you.

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2. Eichner, ER. Infection, Immunity, and Exercise: What to Tell Patients? The Physician and Sports Medicine: 21(1), 125-135, 1993.




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Road Runners Club of America 49th National Convention

March 8-12, 2006 ~ Houston, Texas



MTC Goes to Texas

by Mark Grandonico

We arrived in Houston to a beautiful sunny day. The warm Texas sun was a welcome change from the snow and cold temperatures we left behind in Portland. Sandy and I grabbed our bags to catch a cab to downtown Houston. The Hyatt Regency Houston was the host hotel to the 49th Annual Convention for the Road Runners Club of America. The Houston Striders hosted the convention. After checking in and registering for the convention, Sandy and I were able to hook up with some friends we had made from other running clubs across the country. It was especially fun to reacquaint with our friend Celia Perkins from the Oregon Road Runners Club (that other Portland) and Ryan Grubb, the President of the Yellowstone Rim Runners out in Billings Montana. We were warmly greeted by Houston Strider representatives and staff from the RRCA.



Photo by Celia Perkins

Friday morning began at 6 a.m. with a gathering in the hotel lobby for the morning group walk/run. It was a 5 block warm up to a central Downtown Houston Metro Rail station where we joined Houston commuters in a ride down Main Street to the beautiful campus of Rice University. We hopped off for a three-mile loop and a two-mile extension that was available to go through Hermann Park with stretches alongside the famous Texas Medical Center and the renowned Houston Zoo. It was very humid, so many of us were quite soaked with sweat after the walk/run, just what the early morning commuters wanted to deal with on their way to work in the morning! Back on the Metro Rail to the Downtown Hyatt Regency for a continental

breakfast prior to the Convention Kickoff Meeting.

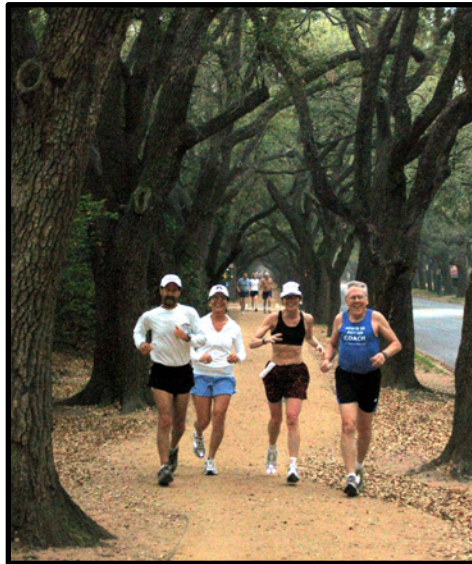


Photo by Ryan Grubb

Time to get down to business... The Mayor of Houston, Bill White, gave a welcome speech. He officially declared the day RRCA Houston National Convention Day and thus started the festivities of this year's convention.

During the opening general session, we were treated to several dance routines by the Houston Rocket's Power Dancer Cheerleaders, which kicked the convention off with a bang. We were moved by a video tribute of the unofficial Georgia State 5K Championship race held at Camp Striker, Iraq. Following the tribute, we were presented with the American flag that was flown during the "Freedom 5K", and then everyone sang the National Anthem. The 50-foot race banner from the race



Photo by Ryan Grubb

was unrolled and hung in the lobby of the Hyatt for the duration of the convention. Next on the agenda were the Regional Meetings. Brent Ayer, Eastern Region Director, updated us of the past year on how well the organization is doing over a smokehouse luncheon. Members of our region shared individual club reports. Some shared upcoming events that their club was organizing.

The State Representative's luncheon was hosted by Runner's World. The Mayor of Running, Bart Yasso, entertained us. Bart once again had a great slide show of the many marathons and ultras that he had participated in. During the luncheon, the RRCA was pleased to announce the anonymous gift of \$100,000 over the course of three years to fund the attendance of State Representative's to the RRCA Annual Convention.



After lunch the seminars began. I attended seminars on course certification, Insurance liability issues, medical issues/AED's and triathlon training. Sandy was the presenter for the Club Newsletter seminar.



Photo by David C Young

Time for a fun evening... The Houston Striders developed a walk rally to learn a lot about Downtown Houston. There were multiple teams of 3 participants each. Each team was given a packet with a list of directions and Quiz questions. The test took teamwork using everyone's powers of observation, ability to think quickly and ability to follow directions. Each team started every 30 seconds and had 2

minutes to come up with a plan to attack. This was not a race, but the teams with the highest score with the combination of completing the walk rally in the directed amount of time and answering the quiz questions correctly would win valuable prizes. On the hunt around town, we were searching for local facts such as "Who's on First and what's on Second", what is the address of the Toyota Center, and what is JJ Sweeney? Everyone on the walk had a great time trying to navigate through downtown Houston while locating all the necessary clues. The walk was a little over 3 miles, and if you got lost, there was a phone number that you could call and they would guide you to the finish location! The team that I was on came in 10th out of 33. The rally walk ended at the Texas Barbeque where we got a sample of local cuisine, enjoyed the tunes of a local band led by a Houston Strider and we were afforded the opportunity to visit with fellow running club members and event leaders.



Photo by Ryan Grubb

Saturday morning, the HEB Bayou City Classic 10K was the RRCA National 10K Championship. There were over 2300 participants to run and walk this event. Former Olympian and local coach Al Lawrence created the event. A long tradition of the Bayou City Classic has been the inclusion of centipedes in the race. Centipedes are groups of costumed runners tied together for the duration of the race. The RRCA National Board along with a few special guests showed their team spirit and showed up at the starting line as Greek Running gods in their togas. They were delighted to learn that they won an award for their efforts.



Centipede Photos
by David C Young



Photo by Ryan Grubb

It was a real challenge to run in the 86 degree heat. The humidity was a major issue as well. Us Mainers just were not acclimated. I was thankful for my indoor treadmill training at the Portland YMCA. I was only a few minutes off my 10K PR and I was very happy with that considering the conditions – HOT.

After the race, we gathered for the post race party and awards ceremony, located in Hermann Square. We enjoyed refreshments and live music in front of the City Hall. It turned out to be a beautiful sunny day, very typical of this part of the country. So I headed back to the hotel to take in a couple hours by the pool to enjoy the sunshine.

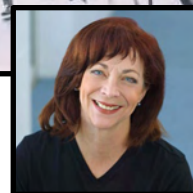
At the conclusion of the seminars on Saturday, we made a mad dash to the State Reps silent auction to get the last bid on items before the close of the auction and the start of the live auction. The live auction was a fundraiser to benefit the Roads Scholar Program and the State Reps Fund during the RRCA/USATF hosted cocktail reception. Between the live and silent auctions, the RRCA tripled the money raised from these events compared to the last year's auctions.

Following the live auction and cocktail reception, we were treated to a fantastic annual banquet where the 50th RRCA Annual Convention location and the 2007 National Championship Races were announced – Chicago! To kick off the evening's program, the Credit Union

Cherry Blossom 10 Mile race presented the RRCA with a check to the Roads Scholar Program in the amount of \$10,500. Two current Roads Scholars, Trent Briney and Mike Morgan, were in attendance and were presented with their final grants for the year.



AP/Wideworld Photo



Over dessert, we were entertained by a moving presentation from Kathrine Switzer and Roger Robinson. Both read excerpts from their forthcoming book 26.2 Marathon Stories which will premier in conjunction with the Boston Marathon. The highlight of the awards dinner was the presentation to the Maine Track Club of the award for the best club newsletter. It was an honor. Sandy Walton and David Young accepted the award together on behalf of the club.



Photo by Elizabeth Young

The evening concluded in the hotel lobby lounge. Where we all had the opportunity to share with each other the good time we had over the course of the weekend. To make it most memorable, Bart Yasso joined us and picked up the tab for a late night of fun. Overall it was a great convention and we picked up a ton of information to improve our club. Many thanks to the RRCA and the Houston Striders for making it happen. Sandy, David, and I were extremely pleased to accept the Newsletter Award on behalf of the Maine Track Club.



Photo by Celia Perkins

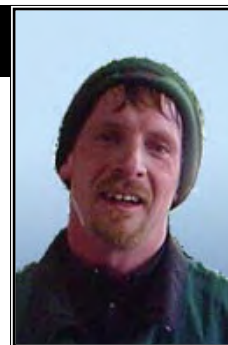
See Ya at the Races...

by Roland Thibault

The spring and summer racing season is heating up, and there are a variety of distances for runners of all abilities. This year, for the “rugged runner”, there will also be a new 25K and 50K Challenge at Pineland Farms in New Gloucester. The race will take place during Memorial Day weekend and is called the Pineland Farms Trail Challenge.

The Maine Track Club has hosted the 50K/50 Mile race in Brunswick in the fall, but this year will also host an ultra race in the spring. Erik Boucher, who took over last fall as the race director in Brunswick, began wondering if that area was the best location. After posing that question to the runners at last year’s race, (Back Bay in Portland was another option given) Erik got his answer. The runners wanted the race to stay the same, but said “there also needs to be an ultra trail race in Maine in the spring.” From this the Pineland Farms Trail Challenge was born.

Pineland Farms became the venue and the event a reality when Ian Parlin got involved. Ian (now a co-director) introduced Erik to trail running and Pineland Farms, a place Erik calls a “runner’s playground” due to its variety. Pineland Farms is a 3000 acre working farm, business campus and educational and recreational venue. The race flyer calls the 25K course an “off-road roller coaster on well-maintained trails through forests and pastoral farmland.” The 50K course is two laps of the 25K course. Erik describes the trails as a “road through the woods without the cars”, a 12 to 16 foot wide space cut through woods. The trails are mostly grass or packed dirt, with virtually no rocks or roots.



When asked why trails were chosen over roads, Erik states that ultra runners prefer trails over roads, mostly because the trails are easier on the body. Erik hopes that the race will “bridge two cultures”, road runners and trail runners. He also hopes that the race will inspire marathoners to move up to ultras. His hope is not only that runners who primarily run roads will give trails a try, but that runners will “take the next step” in their running careers. The 25K event (about 15.5 miles) is just a little longer than a half marathon; and the 50K event (about 31 miles) is just 5 miles longer than a marathon.

Runners might be wondering why the race flyer makes the claim that this is “Maine’s most challenging race.” According to Erik, this claim is due to the distance and nature of the terrain. He claims there are “not a lot of flat areas.” Ian and Erik also wanted to present the race as a challenge to the public, and to create an event worthy of attracting a

variety of runners, including top-notch runners. So far, the race is attracting runners from as far away as California and Tennessee.

The 50K will start at 8 a.m. and the 25K at 10 a.m., mostly because the directors want everyone to stay around for the post-race activities, which they call “the pinnacle of the event.” In fact, the festivities sound like they will be just that, festive. Four aid stations will be available with water, Gatorade and food, and volunteers at the aid stations will make noise with cowbells. Music will also play throughout the race, with “Blizzard Bob”, host of the weekly “The Blue Country” show on WMPG, creating a mixture of bluegrass and old-timey music to serve as a “musical backdrop” to the race. Erik wants the theme of the farm to run through the festivities and says that the feeling the music should encapsulate is that of a “hound dog chasing a fox through the woods.”

Since it is Memorial Day, the festivities will also include a post-race Barbecue in “The Grove”, with music, food and beverages (free for runners, others may purchase a meal ticket), and a relaxing spot to “relive tales of the trail”. The awards ceremony will follow at 4 p.m., with some rather unique awards. All 50K finishers will get a one-of-a kind cow bell (previously rang at the aid stations). The first place finishers in each age group and the top three overall finishers will receive a handmade piece of artwork created by Ian and Ron Boucher (Erik’s father). Ian created a mold of an imprint of a trail running shoe in the mud. This will be set in a wooden frame made by Ron.

As with any race, volunteers are what make it happen, so those who aren’t racing might be interested in helping out (free food and a free T-shirt). If you would like to volunteer, contact Phil DiRusso at (207-688-2255) pdirusso@cumberlandcountymca.org.

The Pineland Farms Trail Race on Saturday, May 27th sounds like it will be a fun time whether you choose to challenge yourself to run, or just to volunteer. In the future Ian and Erik would like turn the event into a multi-day trail running festival that includes a wider variety of distances. Their goal for the first year is 100 in the 25K and 25 in the 50K, so sign up today. You can learn more about the race through the MTC website (<http://www.mainetrackclub.com/pinelandfarms.html>). The contacts are: Erik Boucher (207-774-2654) ebouche1@maine.rr.com and Ian Parlin (207-774-6549) iparlin@maine.rr.com.



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. 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 7:00 a.m. 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. The group size averages 18-24, so you can usually find someone in your pace range (from 7-minute miles to walking.) The runners congregate back at Maine Roasters Coffee after finishing to continue discussions over a cup of Joe. The runs are very informal, with the only formality being that they always start at exactly 7:00 a.m. all year long. Not a Saturday has been missed since its inception on March 6, 2004. Contact: Sandy Walton (846-6577) swalton2@maine.rr.com

New Gloucester

This group meets Sundays at 8:00 a.m. 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 Meeting Minutes 3/15/06

Attendance: Mark G., Cathy B., Mike B., Don P., Mike D., Sandy W., Erik B., Victoria Q., David Y.

Secretary's Report: Tabled

Treasurer's Report: Tabled

NewsRun Report: NewsRun was distributed recently for March/April. April 7th is the deadline for the May/June submissions.

Race Committee Report: Up coming races are the Patriot's Day 5-Miler in Portland with Phil Meech as Race Director on April 17th and Safe Passage 5K in Cumberland on April 29th with Doug Pride as contact. Bob Aube will do the results.

Special Events Committee Report: Cathy reports the Committee will meet March 16th to plan and discuss upcoming events.

Equipment Update: The trailer is presently kept at Phil Meech's. Erik suggests we check into using the USM parking garage for storage of the trailer. He will investigate the possibility.

Board Position: We are still looking for an Equipment manager.

Mt. Washington/Bus Trip: Mike Doyle is the contact for the upcoming Mt. Washington race. Mark asked if anyone had any ideas for a bus trip to a race as we have done in the past to Newburyport. He has been looking for a bus trip that would offer a 5K and 10K race. Contact Mark if you have any ideas.

RRCA Convention: Mark, David, and Sandy attended the convention in Houston March 9th-12th. They described the event as "awesome". It was well organized, and they did a lot of networking. Mark is considering taking on the RRCA Maine State Representative position. The 10K race was very hot with 2000-3000 racers. Awards banquet was held, and Sandy and David accepted the award for the NewsRun. We are all very proud of Sandy and David's hard work and dedication!! We are looking into where to place the award? Displaying at Maine Coffee Roasters and rotating to other locations.

Kids' Running Program: The kick off is in May in South Portland.

Vermont City Marathon: The entry to the marathon was given to the only one who requested it: Rachel Landry.

Maine Grand Prix Series: Jerry Levasseur is working hard on the preparation for the event. The races are the Sea Dogs, Friendly Mile, PT 8K, and Craig Cup.

B2B Update: We will provide security at the finish. MTC will be given \$1000 for our participation.

Portland Trails Sponsorship: Mark and Lisa attended a recent meeting. MTC has been invited to become a member. We will consider in the future.

Jason Program Donation: Cathy Foster requests MTC donate 2 MTC memberships for their silent auction. The Board agreed this is a good cause, and Mark will contact her for our donation.

Coaching Sessions: Bob Brainerd's Coaching starts April 18th, 6 p.m. at Edward Little High School Track. Mark looked into Fitzpatrick Stadium, but it is not available. Mark has a request to have one coaching session per month at Cheverus. It is under consideration.

Gorham/Yarmouth Race Request: A request was received from Pam Cobb Heuberger to help organize a race July 16th which is a fund raiser to help children go to camp. The Board feels this is a very worthy cause, but we are unable to assist. Our 2006 slate of race events are scheduled for the year. Erik suggests we sponsor a clinic to train more Race Directors to help out with more races. Erik offered to help out with a clinic.

Club Sponsorship/Transportation to Events: The board agreed if we sponsor transportation to race events that membership should be notified on a timely basis so all members are aware and can participate if they desire.

Paul Bunyan Marathon: MTC to support the marathon. There is no cost to the club for this support. MTC members get 2 dinners if they sign up for the race. It will be listed on our web site.

Open floor discussion:

Mike Brooks is running a 6-day race (goal is to run 300 miles!!!) in support of Camp Sunshine in New York on April 30th to May 6th. Mike asks if we can post information on the website. Erik will post and update it. Mark is looking into the option of having someone outside the MTC manage the website. Victoria has taken over membership and is getting caught up on everything. Thank you Victoria!!!! David Colby Young has scanned newsletters on CD's (1979 to present) Slide and 35mm movies of races now in David's possession. David would welcome suggestions on what to do with them.

Next Board Meeting: Wed. May 17th, Norway Savings Bank – Falmouth 6-8 p.m.

Next Membership Meeting: Wed. May 24th, Boys & Girls Club Portland 6-8 p.m.

Submitted 3/15/06

Cathy Burnie

MTC Vice President

May, June Races...

May 26 YMCA Back Bay 5K, Portland, Back Cove, 5:30 p.m.
Contact: Debbie Judge (874-1111)
djjudge@cumberlandcountyyymca.org

May 27 Pineland Farms 50K & 25K Trail Challenge,
New Gloucester, 8:00/10:00 a.m. Contact:
Erik Boucher (774-2654) eboucher1@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 & Kids Half Mile
Fun Run, Cumberland, Greely H.S., 8:45/8:00 a.m.
Contact: Ellen Hart (829-0925) jhart1@maine.rr.com

May 31 Back Cove 5K Series, Portland, Back Cove parking lot,
6:00 p.m. Contact: Stu Palmer (725-5178)

June 3 York Hospital 5K Road & XC Race, York Hospital,
9:00 a.m. Contact: Olivia Chayer (351-2304)

Durham Dash 5K & 1-Mile Fun Run, Durham
Get & Go (corner of Route 136 and Davis Rd.),
9:30/9:00 a.m. Contact: Erla Coburn (353-8698) or
Leigh Fisher (753-0361)

MDT Family Fun Run/Walk (3.3 miles), Otter Ponds
YMCA Camp, Sebago Lake Village, 9:00 a.m. Contact:
Linda Brooks (642-2875)

June, July Races...

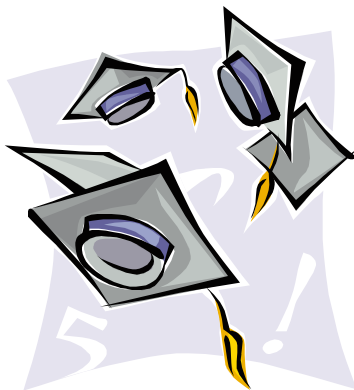
- June 3 Bone Density Dash 5K & 1 Miler, Portland, Back Cove path, 8:30/9:30 a.m. Contact: Kelly Wood or Kathy Lakatos (828-1133) bestbone@maine.rr.com
- Get Fit Maine 5K, Tenants Harbor, 9:00 run/8:30 walk
Contact: Paula Jean Lunt (372-8195)
- Class B State Track Championships, MDI H.S., 10:00 a.m.
- Bath Area Family Longreach YMCA 5K, 9:00 a.m.
Contact: Bath YMCA (443-4112)
- June 4 Bostwick & Company Real Estate Pond Cove 5K Challenge, Cape Elizabeth, Pond Cove E.S., 8:00 a.m.
Contact: Julie Merriam (799-7765)
- Camden 10K, Peter Ott's Restaurant, 9:00 a.m. Contact: Sarah Andrus (236-8779) sarah@mainesport.com
- 15th Cobscook Bay 10K, 5K & Kids 1 Mile Run, Pembroke, 10:00/9:15 a.m. Contact: Jonathan Aretakis jaretakis@gwi.net
- June 7 Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178)
- June 10 Close to the Coast 5K & 10K, Freeport, Winslow Park, 9:00 a.m. Contact: Nelson Larkins (791-3222)
- MDI YMCA Spring 10K & Kids 1 Mile Fun Run, Bar Harbor, 10:00/9:15 a.m. Contact: Lisa Tweedie (288-3511) fitness@mdiyymca.org
- Margaretta Days 10-Miler & 3 Mile Fun Race/Walk, Machias, UMM, 8:00 a.m. Contact: (255-4402) info@machiaschamber.org
- June 11 9th Women's Fitness Studio & Spa 5K (All Women), Brunswick, 9:00 a.m. Contact: Jim McCorkle (829-5534)
- June 14 Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178)
- June 16 Doc's Tiger 3-Miler, Biddeford, Doc's Tavern, 7:00 p.m. Contact: Leslie Mourmouras (282-2631)
- June 17 Garelick Farms Bangor YMCA Main Street Mile, 9:00 a.m. Contact: Tammy Hodgdon (941-2808)
- Penobscot Bay YMCA Harbor View 5K, Rockport, 9:00 a.m. Contact: Sandy Bodamer (236-3375 x281)
- Mt. Washington Road Race (7.6 miles), Gorham, NH, 10:00 a.m. Registration Closed
- ME USATF Regional Qualifying Meet (for youth), Augusta T&F Complex, 11:00 a.m.
- Orland River Day 5K, 11 Gross Pt. Rd., 8:00 a.m. Contact: John Hunt (469-3614) director@bucksportbaychamber.com
- Discover Portland 6-Hour Urban Adventure Race (approx. 20 miles mtn. bike/run/paddle), Portland, East End Park, Noon Contact: Tracey Olafsen (603-284-6368) info@racing ahead.com
- June 18 Key Bank Friendly's New England Mile, Portland, Congress St., 8:30 a.m. Contact: Peter Bottomley (807-1133) peteb@coastofmaine.com
- June 18 West Kennebunk Fire Company Triathlon (1.5K ocean swim, 40K bike, 10K run), Mother's Beach, 7:00 a.m. Contact: Jeff Cole (985-3361)
- Family Fit Fest 5K, Auburn, Festival Plaza, 9:30 a.m. Contact: Mike Lecompte (777-3724) mjlecompt@aol.com
- Great Lobster 10K, Southwest Harbor, Harbor House, 9:30 a.m. Contact: Gary Allen (664-8656)
- Light to Light Run/Walk (7.5 miles), Owls Head to Rockland Contact: Sandra Clement (594-8855)
- June 21 Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178)
- June 24 Pottle Hill 5K & 10K, Mechanic Falls, Town Square, 9:00/9:15 a.m. Contact: Suzanne Dunham (753-1457)
- Captain Christopher Scott Cash 5K, 2.5-Mile Walk, & Kids Fun Run, Old Orchard Beach H.S., 8:30/8:40/8:00 a.m. Contact: Nancy Kelley (934-2360)
- Sea To Summit Sprint Triathlon (1.75 mile sea kayak, 25 mile bike, 3-mile trail run), Eliot Boat Basin to Mt. Agamenticus, 8:00 a.m. Contact: Jeff Donatello (439-0577) s2snh@yahoo.com
- Strawberry Festival 5-Miler, South Berwick Contact: Roberta Orsini (384-3306) rorsini@sbmaine.us
- June 25 Gardiner 5-Miler, Maine General Medical Center, 8:00 a.m. Contact: Ormond Irish (724-3812)
- Lebanon Recreational 5K, Hanson School, 53 Upper Guinea Rd., 11:30 a.m. Contact: Micheal Knight (658-4543) lebanonmerek@yahoo.com
- June 28 Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178)
- July 1 Strawberry Shortcake Shuffle 5K, Damariscotta, CLC YMCA, 8:30 a.m. Contact: Garrett Martin (529-2155)
- Shipbuilder's Triathlon (1.5K swim, 40K bike, 10K run), Bath Waterfront Park, 9:30 a.m. Contact: Elmer Moore Jr. (442-7291) elmer@trimainiac.com
- July 4 Friends on the 4th 5K, Winthrop, Norcross Point, 8:00 a.m. Contact: Bob Moore (621-4100)
- 4 on the Fourth, Bridgton Memorial School, 8:00 a.m. Contact: (647-3322) fouronthefourth@yahoo.com
- L.L. Bean 10K, Freeport, 7:30 a.m. Contact: Jill Litchfield (552-2867) jlitchfield@llean.com
- Goose Rocks Beach Assoc. 5K, Kennebunkport, 9:00 a.m. Contact: Goose Rocks Beach (967-4115)
- Four on the 4th, York H.S., 8:00 a.m. Contact: York Parks & Rec. (363-1040) parks-rec@yorkmaine.org
- 4th Annual Round Island Relay (59.3 miles - 8 legs), Bar Harbor, Maine Coast Brewing, 7:30 a.m. Contact: (664-8640) or (276-4226)
- July 5 Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178)
- July 8 Run for the Gym 5K, Springvale, Nason Community Center, 6:00 p.m. Contact: Bob Randall (490-1386)

Attention Graduating High School Seniors

The Maine Track Club
is now accepting applications
for the

John Fyalka Memorial Scholarship Awards

Encouraging and supporting young
runners with college scholarships.



This is a \$300 scholarship to one male and one female high school senior from Maine. Scholarships will be paid to the student's college after the winners have completed one semester.

This scholarship is in memory of John Fyalka Jr., a Maine Track Club member who died in a traffic accident in 1979. Each year John Fyalka Sr. makes a contribution in John's memory. The MTC also contributes to this fund so we can give two scholarships to graduating high school seniors who are selected from the criteria listed below.

- Selection will be based on:
 - Enthusiasm for running
 - Character
 - Financial need
- Applicants must be Maine residents
- Entries must be postmarked by August 15, 2006

To apply for this scholarship: Write a short essay on why you would like to be considered for this scholarship.

Name: _____

Address: _____

City: _____ Zip Code: _____

Phone: _____ Age on 7/1/2006: _____

Parent(s) Signature: _____

High School currently attending: _____

College you plan on attending: _____

College address: _____

Attention Youth Runners Bruce Ellis Memorial Scholarship Awards

Part of the mission of the Maine Track Club is to promote the spirit of running to everyone who is interested. In keeping with this mission. The proceeds from the MTC Mid-Winter 10-Mile Classic are used to send deserving children to running camp.

The Bruce Ellis Memorial Scholarship was created after the untimely and too early death of Bruce Ellis, one of the state's fastest runners and a person of very fine character. In his honor, scholarships are awarded to deserving youths who demonstrate both interest in running and fine character. An ability to run far or fast is not required. These scholarships help to encourage and support young runners both in running and building character.

Criteria to be eligible, the applicant must:

- Be a Maine resident aged 13 to 17
- Applications must be postmarked by June 15, 2006
- Previous recipients are ineligible
- Preference will be given to MTC family members
- Selection will be based on:

Enthusiasm for running
Personal Character
Financial need of parents

Scholarships will be awarded to running camps in the Greater Portland area. Should the recipient wish to attend a camp different than the ones being offered, the MTC will pay an amount equal to the cost of the one of the camps selected by the MTC, and the recipient will be responsible for paying any balance in advance. The camp must also be appropriate for children between the ages of 13 and 17.



To apply for a scholarship, send an essay that covers your character, why you run, why you want to attend a running camp, and why you think you should be selected. Essays must be written by the young

person, must be no longer than 500 words, and should be sent to:

Mail to: John Fyalka Scholarship
Maine Track Club • P.O. Box 8008 • Portland, Maine 04104

Mail to: Bruce Ellis Scholarship
Maine Track Club • P.O. Box 8008 • Portland, Maine 04104

Maine Track Club Membership Application

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

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

MEMBERSHIP TYPE & ANNUAL DUES

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

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

Do you want your newsletter by:

- ☐ E-Mail *or* ☐ Postal Mail



For official use only

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

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

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

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

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

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

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



RRCA
ROAD RUNNERS CLUB OF AMERICA



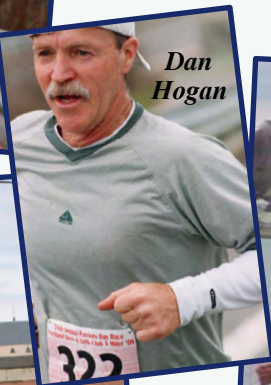
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Permit No. 403

RETURN SERVICE
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Boys & Girls Club Patriot's Day 5-Miler



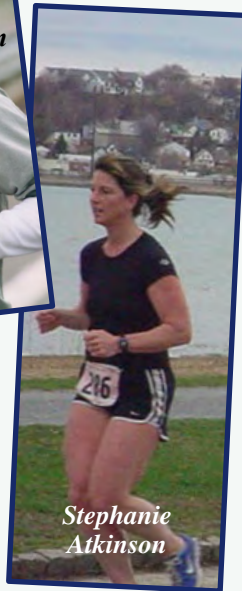
*Donnajeane
Pohlman*



*Dan
Hogan*



Jim & Laura Tyrrell



*Stephanie
Atkinson*



Anne Berlind



*David
Young*

Photos by Don Penta & Lisa Despres