

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

### SELF-TRANSCENDENCE SIX DAY RACE

by Mike Brooks

I drove from Maine to Flushing Meadows – Corona Park, Queens, New York the day before the Six Day Race was to start. When I arrived, the Ten Day Race was on day four. I met one of the race directors who showed me where I could set up my tent, the “dugout” area that is right next to the course where you can keep some of your gear, and the kitchen area. From there, I checked into a nearby hotel for my last full night’s sleep.



The race started at noon for the 22 runners

See **SIX DAY**, page 6

### President’s Corner...

#### Summer In Maine

by Mark Grandonico

In this issue I will give an update of club happenings. We have a lot going on. We are all very fortunate to live in a state which offers so much diversity for outdoor enthusiasts. Between running, group bike rides, triathlons, duathlons, swimming, hiking, camping, fun walks, Maine Games, Corporate Track and Field, there is always something going on. It’s great to have options.

The Mt. Washington Road Race went well. The MTC volunteers manned the food tent and dished out vegi soup, rolls, bananas, orange slices, and cookies to the mountain runners. It was a warm and beautiful day for the race this year. The view from the summit was reported as spectacular.

The Key Bank New England Mile also went very well this year. There was a bit of an issue with the clock synchronization, but overall the competitors all reported a great run and our newly refurbished cannon worked great. Congratulations to our club Secretary, Lisa Despres, on her 6:08 PR! The winner of this race missed breaking 4:00 by 5 seconds.

The MTC-sponsored track workouts are well underway, and everyone is still encouraged to try one out. We held our first Cheverus H.S. workout in Portland on June 13<sup>th</sup> and have the track again in Portland on July 11<sup>th</sup> and August 8<sup>th</sup>. The sessions are held on Tuesday evenings at Edward Little H.S. in Auburn. Warm-up is from 5:30 to 6:00.

The Newburyport Bus Trip down to the Yankee Homecoming Days 10-Miler & 5K is open to sign up. This is on Tuesday August 1<sup>st</sup>, and the bus leaves South Portland at 4:00 p.m. sharp. Check out our homepage FMI.

We are very pleased to announce that the PT8K race in October will be FREE to all MTC Members. We ask that you wear your MTC Singlet and “Show Your Club Colors” for this one. You must print and mail the race application for the free entry, and T-Shirts are not included. This is a great fall race and a great course. Put it on your calendar!

The Beach to Beacon 10K is Saturday August 5<sup>th</sup>. The MTC is responsible for Finish Area Security. We need 70 volunteers to make this happen. If you are not running, please consider volunteering. It’s fun and a great chance to watch the world’s best runners cross the line! Go to the B2B website to register as a volunteer ([www.beach2beacon.org](http://www.beach2beacon.org)).

The Annual MTC Summer Picnic is at 5:00 Thursday July 20<sup>th</sup> at Two Lights

See **PRESIDENT**, page 2



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**Printer/Circulation**, Mailings Unlimited

**Submission Deadline for the  
September/October NewsRun  
is Tuesday August 1, 2006.**

## PRESIDENT, continued from page 1

State Park. Make plans to attend and munch on a burger or veggie burger and swap a few running stories.

I've been working with a few vendors, and I'm looking at a major upgrade to our website including better links and possibly a tracking page for members to store and track all of your race events. We are also looking at an automated membership renewal system with on line reminders and the ability to order club clothing on line as well. This was one of my goals for this year.

It's also time to start looking at the Board of Directors for next year. The entire Board is up for reelection/renewal. At this point, I'm just tossing the ball out there. Think about it, if you have ever been interested in serving on the Board, talk to me, a Board member, or past club officers. It's rewarding to give back to the sport!

Have a Fun and Safe Summer!

*Mark Grandonico*

MTC President

RRCA Maine State Rep

Quote of the month:

"We can't all be heroes because someone has to sit on the curb and clap as they go by." Will Rogers

## How to Submit Materials for Publication

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

Please submit via email to Sandy Walton at [swalton2@maine.rr.com](mailto:swalton2@maine.rr.com). Most formats are acceptable. Photos should be a minimum of 300 dpi and should NOT be embedded in word processor documents.

## How to Advertise in NewsRun

*NewsRun* reaches more than 500 running enthusiasts around the Greater Portland area and the state of Maine. If you have something to tell or sell to active people, this newsletter will spread your message. Issues are published bimonthly.

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

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

All fees are payable in advance. Prepared ad copy or race entry forms must be submitted by the 5th of the month preceding the next issue to Sandy Walton at [swalton2@maine.rr.com](mailto:swalton2@maine.rr.com) (and Bob Aube at [bobaube@mainetrackclub.com](mailto:bobaube@mainetrackclub.com) for race fliers) as well as a check or money order made payable to Maine Track Club, P.O. Box 8008, Portland, ME 04104-8008.

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





RRCA National Run @ Work Day

## RRCA NATIONAL RUN @ WORK DAY SEPTEMBER 22, 2006

**History:** In 1997, the Road Runners Club of America (RRCA) founded the National Run to Work Day. The purpose of the event was to get runners to leave their cars at home and run to and from work. While the event was successful in cities with well developed pedestrian networks and mass transit, the organization realized that running to work was probably not feasible for most of the working population.

**When & Where:** On September 22, 2006, the Road Runners Club of America will launch the first annual National Run@Work Day. This day is an evolution of the National Run to Work Day. National Run@Work Day events will be held around the US by RRCA members and supporters.

**Why:** The goal of the RRCA National Run@Work Day is to raise national awareness about the importance of daily physical activity. RRCA members across the country will organize community based events encouraging people to incorporate at least thirty-five minutes of exercise into their daily lives. Incorporating thirty-five minutes of exercise can markedly improve one's overall physical health and can help alleviate health related medical costs associated with overweight and obesity.

The US Centers for Disease Control and Prevention (CDC) National Health and Nutrition Examination Survey (NHANES) estimates that 64% of US adults are either overweight (33%) or obese (31%), meaning they have an excess weight of 30 lbs or more. For over 20 years, the CDC has been tracking obesity trends, and they have reported that the rate of overweight adults in the US has increase by 18% in those 20 years.

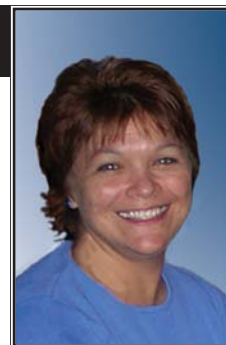
The causes of overweight and obesity can be complex. However simply put, overweight and obesity results from an energy imbalance. Eating more calories and not getting enough exercise or physical activity results in the imbalance that causes obesity. The result of overweight and obesity can be an increased risk of many diseases and health conditions such as heart disease, diabetes, high blood pressure, osteoarthritis and others. The rise of overweight and obesity and the resulting health conditions has a dramatic effect on health insurance costs around the US. It is estimated that overweight and obesity health related medical costs have reached an all time high of \$75.8 billion per year ([www.cdc.gov](http://www.cdc.gov)).

**How:** Stay tuned for details on events hosted by the Maine Track Club.....

## Editor's Corner...

### Motivational Quotes

by Sandy Walton



Set your goals, whether they be in running or in life, then take the steps (literally) to accomplish those goals. I've compiled some quotes to help motivate you...

"They say that time changes things, but you actually have to change them yourself." Andy Warhol

"I am always doing that which I can not do, in order that I may learn how to do it." Pablo Picasso

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe." Anatole France

"My will shall shape the future. Whether I fail or succeed shall be no man's doing but my own. I am the force; I can clear any obstacle before me or I can be lost in the maze. My choice; my responsibility; win or lose, only I hold the key to my destiny." Elaine Maxwell

"I'm a great believer in luck and I find the harder I work, the more I have of it." Thomas Jefferson

"The best way out is always through." Robert Frost

"Many of life's failures are people who did not realize how close they were to success when they gave up." Thomas A. Edison

Good luck with your goals, and don't be afraid to ask for help!!

## MARK YOUR CALENDAR

July:

BBQ Picnic - Thursday the 20th, 5:00 p.m.

August:

Newburyport Bus Trip - Tuesday the 1st, 4:00 p.m.

September:

Board Meeting - Wednesday the 20th, 6:00 p.m.

Run @ Work Day - Friday the 22nd

Member Meeting - Wednesday the 27th, 6:00 p.m.

October:

Endurance 50 - Tuesday the 17th, 9:00 a.m.

November:

Board Meeting - Wednesday the 8th, 6:00 p.m.

Pasta Dinner - Friday the 17th, 6:00 p.m.

For more information on any of these events,  
please check inside this newsletter  
or contact any board member listed on page 2.

# Happy Birthday to These MTC Members...

## July

- 1: Mark Berman  
Don George
- 3: William Dexter  
David Drew  
Ward Grossman  
Tike MacColl  
Bob Payne  
Dale Rines  
Brenda Trytek
- 5: Todd Johnson  
Sandrine Micoleau  
John Pursel
- 6: Dawn Kallio
- 7: Michelle Gravel  
George Hepner  
Abigail Iselborn  
Dennis Kelley
- 8: Helen Cheney
- 9: Erik Boucher  
Judy Tammaro
- 10: Bill Reilly
- 12: Gregory Welch
- 13: Gordon Atkinson  
Brian Gillespie
- 15: Carolyn Court  
Patricia Dionne
- 16: Scott Hampton
- 17: Nan Cumming  
Kate Harris
- 18: Carol Blakeney-Watts  
Lisa Despres  
Sally Paterson
- 19: John Eldredge  
Thomas Keating  
Shelly LaClair  
Tara Ryan
- 20: Michael Juneau
- 21: Lois Martin
- 22: Harry Center  
Bob LaNigra  
Tom Menendez  
Getty Payson  
Debbie Tefft
- 23: Peggy Bensinger  
Evan Embrey  
Larry Kinner
- 27: Cynthia Barnard  
Tom Brady  
Jim Peverini
- 28: Laura Tyrell  
Jane Dolley
- 29: Alexandra Lydon
- 31: Leslie Thayer

## August

- 2: Stephen Lauritsen
- 3: Mark St. Pierre
- 4: Matt Rand
- 5: Dan Levesque  
Jen Noonan
- 6: Neil Williams
- 7: Samantha Paterson
- 8: Donna Bisbee  
Patty Kenney  
John Painter
- 9: Walter Fletcher  
Nian Lajoie
- 10: Joseph Edwards
- 11: Sheila Donahue  
Terry Sutton
- 12: Mike Pugh  
Matthew Walton
- 13: Sanni Hackett
- 14: Beth Birch
- 16: Shauna Baxter  
Gary Eckroth  
Kristen Grandonico  
Rachel Walton
- 20: Mike Doyle  
Diane Dusini  
Herb Strom
- 21: James Baldwin  
Liza Iselborn  
Tori Milan
- 22: Sue Slocum
- 23: Pam Dutremble  
Eli Sobel  
Max Sobel
- 24: Ryan Abradi  
Hannah Dexter  
Marla Keefe  
Hannah Sobel
- 25: Richard Durgin  
Phil Pierce
- 26: Rebecca Conry  
Yumi Dearth  
David LaClair  
Cathy McKenney
- 27: Nathan Graham  
John Keeley
- 28: Daniel Cake  
Hayley Couper  
Frank Nobert
- 29: Ronald Dearth  
Bonnie Topham



## New MTC Members...

Donna Boudreau & Keith Kitchin of Gorham  
Philip Boyne of Loma Linda, CA  
Daniel Cake & Karen Thompson of Auburn  
Cathy Dudley of Portland  
Mark Foley of Portland  
Michael Juneau of Portland  
Betsy McGrail of Leeds  
Mona Murphy of Auburn  
Rachel Pickus of Falmouth  
Jim Prosser of Portland  
Sophia Reali of Cumberland  
Sam Solish & Jo Linder of Falmouth  
Lesley Whedbee Pluscec of Portland

### Welcome Back

David & Cynthia Barnard of Yarmouth

## Membership Status...

- **Membership Growth:** We welcome 16 new members in this issue. As of June 26 we have 646 members in 364 households, up from 624 members in 350 households on June 10, 2005 and 514 members in 323 households on June 5, 2004.
- **We Need Your Help:** Our greatest asset in recruiting new members is our existing members. Please try to persuade runners you know to support their sport by joining MTC. Your personal invitation is our most effective method to get new members. Please help support this effort. A special thank you to our members who have helped bring in new members.
- **Address Change:** Please remember that most MTC mail is via a non-profit third-class permit that is not forwarded to you nor returned to us. The post office throws it away! Please either mail, phone, or e-mail your CHANGE OF ADDRESS and PHONE NUMBER when you move, to Bonnie Topham (510-1335) AuntBLovesMe@aol.com.
- **Member E-Mail Addresses:** As of June 26, we have e-mail addresses for 287 of our 364 households for 78.8%. These e-mail addresses are used for club purposes only. If you have not sent us your e-mail address, or if it CHANGES, please send it to AuntBLovesMe@aol.com.



## New Member Letters...

**SARAH BOYNE...** I am currently a graduate nursing student at USM, and began running consistently last summer. I enjoy running as a great efficient workout that I can do outdoors. I also have fun jogging with my dad, who will jog at my pace to give him a little break. I recently participated in the Thanksgiving Day 4-Miler and the Irish Road Rover 5K, and am hoping to run the Beach to Beacon if my stress fracture heals in time (oops – my parents aren't supposed to know this). I would also like to train for a half marathon, but will probably have to wait until next year. The local road races are a lot of fun, and I like receiving the Maine Track Club information about these races.



Sarah & Philip Boyne

**JOHN BOYNE...** I have been participating in local road races since the early 1980's, and have had the good fortune of doing many with my dad, Philip, and recently with my daughter, Sarah. Among the races that I ran with my dad were several marathons, including the Boston, the Casco Bay, and the Paul Bunyon. This year I have completed for the first time the Mt. Washington Road Race and the 25K Trail Run at Pineland. Like many runners, I have recently started triathlon training, and have enjoyed this activity. I plan to run the Marine Corps Marathon (another first) this fall, and participate in some more triathlon events this summer. My favorite races in Maine have been the Beach to Beacon (the crowd support is unbelievable), and the Pineland Trails Run (it would be great to see more trail runs in this state). I joined the Maine Track Club for information about training, and about the running events in the state.



John Boyne at  
Mt. Washington Road Race

**PHILIP BOYNE...** My road running resume started in 1942 as a member of the Colby track team, when I ran the Portland Boys Club Patriots Day Race (fewer than 20 people participated that year). I would come back 50 years later, in 1992 and complete the same race. My interest in longer races emerged in the mid 1970's when I started running marathons as a barefoot runner. Over the next twelve years I completed over 30 marathons, including 9 Boston's (with a PR of 3:22). In the mid 1970's I was unable to find a pair of running shoes that felt comfortable, so I started to experiment with barefoot running and liked the comfort and freedom that it gave me. I developed my own style of running (landing on the forefoot instead of the heel), and firmly believe that if done correctly, barefoot running can reduce knee and hip injuries (it's the natural form of running). There is a web page, [runningbarefoot.org](http://runningbarefoot.org), that is devoted to this

activity. I remember competing against Carlton Mendell in the 1980's in many local events, including the Casco Bay and Paul Bunyon marathons. I am now 82 and no longer run, but still enjoy keeping up with the running news in Maine.

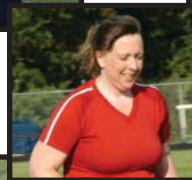


Philip Boyne at Boston Marathon 1979 & 1981

## Coaching Session 06/13/06...



Photos by  
Don Penta





## SIX DAY, continued from page 1

under clear skies and a temperature of about 60 degrees. The course is a one-mile asphalt path about eight feet wide in Corona Park. Volunteers count the laps and post them on a large board so you know your mileage at all times.

I made a foolish mistake three weeks before the race by running a 100-mile race that left me with sore knees and shins to start this race. I checked with a doctor at the Six Day Race who said my knee pain was muscle related and not torn cartilage. This was good news for me.

**DAY ONE** *I plan on running the most miles figuring I am as well rested as I would be. I get in 76 miles, 6 miles more than I had planned. I slept about an hour or so the first day. Visiting the doc, eating, massages, bathroom stops, rest breaks, plus shoe and clothes changes all eat up precious time but are necessary in a race like this.*

**DAY TWO** *I am shooting for 60 miles and that is what I do. The weather is nice, and I receive several e-mails that keep my spirits high. This is the second fundraiser I have done for Camp*



*Sunshine, and as in the previous race, I find it a real motivator to be raising money for very ill children. Some people are donating by the mile, so every lap I do, I say, "Ca-ching," to the volunteers, the sound of an old cash register. After awhile the volunteers counting laps are going, "Ca-ching."*

**DAY THREE** *My goal is 50 miles which I have a hard time doing. My feet are now swollen and blistered, my knees and shins are very sore, and I have a hard time trying to sleep because of the pain. Yes, I am really starting to whine to myself.*



**DAY FOUR** *I tell myself that all the other runners are hurting just like me. Think of the children who go to Camp Sunshine, they're hurting all the time. This cuts back my whining to some extent, and I start enjoying the race a little more than I had been. To keep my mind occupied I have been trying to smile all the time and take in the little things I usually would not notice. There are the ducks I see every loop during the day, birds, children playing, and all the different ethnic groups that use the park. There also are the planes constantly flying overhead from La Guardia and JFK.*

*Americans are a minority in this race with runners from the Czech Republic, Austria, Ukraine, Australia, Switzerland, Slovakia, New Zealand, and Finland. I enjoy talking to these runners and run with a Ten Day competitor, Dragan, from Serbia for hours at a time. He has lived all over the world and is a follower of Sri Chinmoy, the Guru who started this race.*

*Dragan introduces me to "Shorty," a one-time professional actor who is in his 70's and in excellent shape. He is also a Sri Chinmoy follower and has plenty of interesting stories to tell about his life as an actor and comedian. My goal for today is 40 miles, and I do 46.*

**DAY FIVE** *I see a change in the weather: hotter and more humid. So far there have been a few hours of rain, but the temperature is mild. I am very tired at this point and taking longer breaks that make it tougher to get up and get going. If I stop moving for an hour or longer, I stiffen up, and my blistered feet take a lap or two to "get used to" the pavement again. The volunteers here are great. They do 6-hour, or longer, shifts returning day after day. Most, if not all of them are followers of Sri Chinmoy. Some volunteers sing and play different musical instruments. One plays the drums and chants as the runners pass by. Others prepare the strictly vegetarian meals for the runners, wash runners' clothes, count laps, etc. Sri Chinmoy visits the race daily and sets up a table with ice cream bars, fruit, and other goodies for the runners. He seems pleased to see the runners enjoying the food he brought. I look forward to the ice cream bars each day and thank him as I take them. My goal for day five is 40 miles, and I do 43. I now feel very confident of reaching my goal of 300 miles, since I have done 175 miles so far and have 24 hours to go.*





**DAY SIX** starts off with me walking most of the time, smiling, talking to other runners, and promising myself a very long break once I reach 300 miles. A friend of mine, along with his wife and grandson are here now. What a morale booster! Some people associated with Camp Sunshine stop by to say hello. They live in the Bronx and Queens. Don, from Queens, even shows up later at night to make sure I don't need anything. I reach my goal of 300 miles at 12:30 a.m. and head for the big tent the race has set up. I moved from my small tent earlier in the race when I found it difficult to get in and out of due to stiffness. Around 5:30 a.m. I decide to get up, eat breakfast, and put in a few miles. I walk for a few hours then decide to run as much as I could since the race was almost over. Big mistake! I run hard for about two hours and my knees really start to hurt. My running for the day is over. The race ends with me doing 320 miles. The top male runner does 420 miles. I am 6<sup>th</sup> male out of 12 and the oldest runner in the race. A woman wins the race with over 450 miles. After the award's ceremony, my friend Carl drives me to his home in Connecticut so I can get some rest before driving myself home the next day.



I consider myself lucky to have reached my goal. The weather was good for running most of the time, it was an easy course, the food and volunteers were great, the e-mails cheered me up, and having a goal of raising funds for Camp Sunshine all helped.

The highlight of the actual race for me was the people I met. There was the oldest runner in the Ten Day Race, a 62-year-old woman from Russia who was always smiling and bounced a ball every so often, Rimas who won the Ten Day Race with 665 miles even though he only did 12 miles on Day 2, and Dragan who at only 34 years old has lived in Greece, Serbia, Portugal, India, USA (his favorite), and another country or two that I don't remember. Sri Chinmoy and his followers also impressed me for putting on such an extraordinarily well organized race and for volunteering over such a long period of time. Glen Turner, Bob Oberkehr, Mark Dorion, and Romie Dzierlatka, the American runners I met, will be remembered for their toughness and persistence that they showed mile after mile.

The most important goal I had for this race was also reached: raising \$6,000 for Camp Sunshine. As of May 30<sup>th</sup>, over \$6,500 has been raised. I would like to thank everyone who helped me reach this goal. Some people donated money, some like Erik Boucher who set up and maintained the web page, donated their time. Thanks to the generosity of many people, at least four more families will be going to Camp Sunshine. This will be something they will always remember, and it will be a great help to them in their time of need. On behalf of the families going to Camp Sunshine and myself, thanks again.



## Notices...

### 50 Marathons in 50 States in 50 Days!

Dean Karnazes is going to do it! Check out the NorthFace Endurance 50 website at - <http://www.endurance50.com/>. Maine will be Dean's 31<sup>st</sup> marathon and will take place at 9:00 a.m. on October 17<sup>th</sup>. Dean will run a slightly modified version of our own Sportshoe Center Maine Marathon. While still in the planning stages, Dean will most likely start from Payson Park and do a loop around the Back Cove before the trip up to Yarmouth and back. Stand by for more information on this event which will bring national media coverage to our marathon and city!

### Summer Track & Field is Back for 2006!

Maine USATF Championship Meet on Saturday July 22nd at 11:00 a.m. at Lewiston



High School's Franklin Pastures Athletic Complex. All age divisions: Intermediate 15-16; Young 17-18; Open; 19-29; Sub-Master\* 30-39; and Master\* 40+. (\*5-year age divisions) Events: 5K Race Walk, 1600m Race Walk, 3200m Race Walk, 10K Race Walk, 100m Hurdles, 110m Hurdles, 400m Hurdles, 100m, 1 Mile, 400m, 800m, 200m, 3000m (15-18), 5000m, 4x100 Relay, 4x400 Relay, 4x800 Relay, and 4 Jumps/Throws. For more information contact John Sinclair (780-3623 x231 or 777-5081) or Kevin Russell (758-0018) [www.meusatf.org](http://www.meusatf.org)

### Maine Senior Games 2006

Saturday September 9, 8:00 a.m. Fitzpatrick Field, Portland will be the site of the 20<sup>th</sup> Maine Senior Games Track & Field for athletes 50 and over. This is a qualifying year for the 2007 Nationals in Louisville, KY. For information and other venues contact Anita (396-6500) or Jerry (729-6180).

**Coaching Sessions** The MTC Track Coaching Sessions are well underway with Coach Bob. It's never too late to join up. There is no commitment. Stop by and check one out. It's fun, you meet some new folks and improve your running. Coach Bob Brainerd, is a certified athletic trainer, strength and conditioning specialist, and sports physiologist. Bob will be working with a diverse group of runners and walkers and will help participants of all levels gear a program that suits their fitness level. The sessions are Tuesday evenings at 6:00, warm up is 5:30 - 6:00 with most sessions taking place at Edward Little High School in Auburn. Two more sessions will be held at Cheverus High School in Portland on July 11<sup>th</sup> and August 8<sup>th</sup>.



# Race Results and Photos...

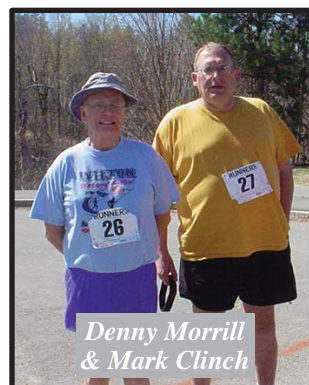
**Maine Track Club Finishers -- For complete results, please visit [www.MaineTrackClub.com](http://www.MaineTrackClub.com)**

## 1st Muskie Community Center 5K Waterville, ME April 29, 2006

Place	Name	Time	Pace
12	Ron Paquette	27:25	8:50
16	Donnajean Pohlman	29:44	9:35

## UMF Healthy Beaver 5K Farmington, ME April 29, 2006

Place	Name	Time	Pace
46	Dennis Morrill	30:52	9:57
58	Mark Clinch	40:30	13:03



Denny Morrill  
& Mark Clinch



Joan Samuelson

## Safe Passage 5K Cumberland, ME April 29, 2006

Place	Name	Div	City	Time	Pace
11	Joan Samuelson	1 F48	Freeport	17:51	5:45
22	Tony Myatt	4 M19	Portland	18:44	6:02
27	John Eldredge	2 M51	Cumberland	19:26	6:16
28	Sean Ireland	4 M33	Portland	19:28	6:16
41	RJ Harper	4 M59	Portland	20:05	6:28
48	Harry Nelson	5 M51	North Yarmouth	20:17	6:32
50	Robin Carlson	2 F35	Gorham	20:23	6:34
54	Stephanie Atkinson	3 F35	Hollis	20:29	6:36
71	Abby Samuelson	3 F18	Freeport	21:13	6:50
73	David Young	12 M53	Danville	21:36	6:57
75	David House	13 M56	Cape Elizabeth	21:37	6:58
79	Susan Wiemer	3 F40	Freeport	21:47	7:01
89	Maxwell Payson	22 M12	Falmouth	22:02	7:06
90	Michael Payson	16 M42	Falmouth	22:02	7:06
106	Joan Lavin	1 F58	Portland	23:06	7:26
127	John Pursel	16 M34	Portland	24:04	7:45
129	Bob Randall	3 M69	Springvale	24:20	7:50
153	Carol Blakeney-Watts	14 F44	Cumberland	25:08	8:06
182	Colleen Donovan	18 F45	Falmouth	26:04	8:24
189	Rob Boudewijn	25 M59	Portland	26:12	8:26
193	Helen Cheney	5 F51	Cumberland	26:16	8:28
209	Jen Noonan	17 F34	Steep Falls	26:46	8:37
210	Tom Noonan	20 M34	Steep Falls	26:47	8:37
330	Nancy Hewitt	12 F59	Cumberland	36:23	11:43
334	Pat Buckley	1 F68	Portland	37:02	11:56
341	Nancy Walton	13 F50	Mechanic Falls	38:38	12:27
344	Carlton Mendell	12 M84	Windham	38:52	12:31
362	Denise Brooks	50 F45	Danville	41:52	13:29



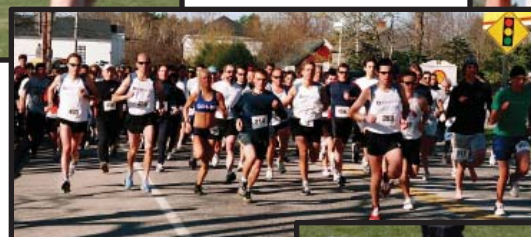
Helen Cheney



John Eldredge



RJ Harper



Rob Boudewijn



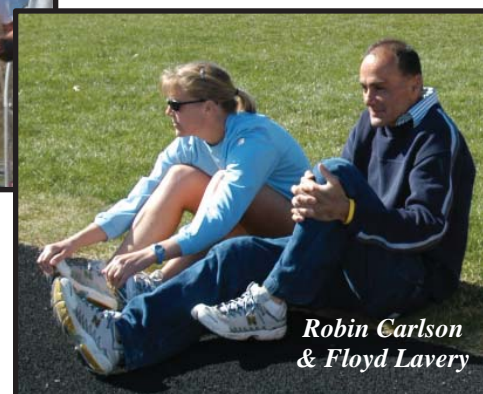
Carlton Mendell

## Rocky Coast 10K Boothbay Harbor, ME May 6, 2006

Place	Name	Div	Time
9	Tom Menendez	M52	0:43:05
18	David Young	M53	0:45:19
32	Philip Pierce	M64	0:48:36
33	Peter Child	M64	0:48:44
38	Terry Clark	M61	0:49:48
40	Harry Center	M43	0:50:27
57	James Tyrrell	M58	0:55:05
68	Laura Tyrrell	F58	0:56:46
80	Joan Tremberth	F61	1:01:11
87	Carlton Mendell	M84	1:19:40



Stephanie  
Atkinson



Robin Carlson  
& Floyd Lavery

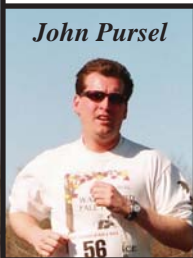


# Race Results and Photos...

Abby Samuelson



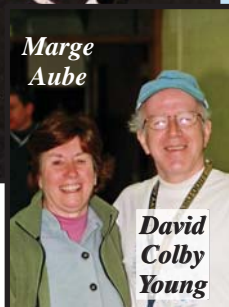
John Pursel



Colleen Donovan

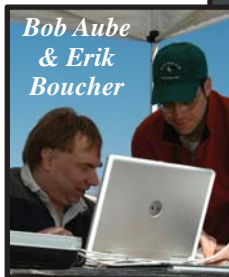


Marge Aube



David Colby Young

Bob Aube & Erik Boucher



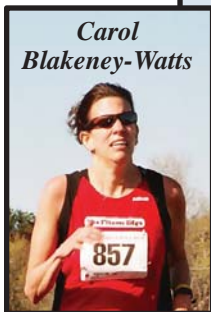
Joan Lavin



David House



Carol Blakeney-Watts



Susan Weimer



Tom & Jen Noonan



Safe Passage Photos by Don Penta

## Ironbear Duathlon Brunswick, ME May 6, 2006

Place	Sex/Name	2-mile Run	12-mile Bike	3-mile Run	Overall
11	Abby Samuelson	15:07.6	38:53.1	26:16.7	1:20:17
16	Lisa Despres	15:53.2	43:41.5	26:14.5	1:25:49
53	Kathryn Harris	26:13.0	53:30.4	45:33.7	2:05:17
55	Pat Buckley	27:43.6	1:09:42	1:00:40	2:38:05
7	Phillip DiRusso	12:23.9	34:11.3	20:10.5	1:06:46
31	Mark Grandonico	15:44.7	36:23.0	27:21.7	1:19:29
47	Norman Morgan	17:26.3	45:13.3	27:41.0	1:30:21
50	John Boyne	18:01.1	42:48.3	30:55.7	1:31:45
55	Jerry LeVasseur			28:24.9	1:34:30
58	Howard Spear	19:19.0	54:21.8	33:55.9	1:47:37

## Ironbear Triathlon Brunswick, ME May 6, 2006

Place	Sex/Name	525-yd Swim	12-mile Bike	3-mile Run	Overall
3	Carrie McCusker	08:27.2	32:48.5	23:24.5	1:04:40
66	Karen Connolly	09:50.5	38:13.1	35:20.9	1:23:25
110	Donna Beaulieu	13:38.3	47:20.0	34:40.0	1:35:38
118	Beth Birch	13:13.1	45:59.2	39:55.9	1:39:08
33	Tom Trytek	09:33.4	36:08.1	23:03.5	1:08:45

## ERA/MDA Rail Trail 5K Augusta, ME May 7, 2006

Place	Name	Div	Time
19	Kim Finethy	F49	0:26:16
43	Deb Stewart	F44	0:43:57

## Cadillac Mountain 10K Bar Harbor, ME May 7, 2006

Place	Name	Div	City	Time
13	Ron Paquette	M65	Albion	1:07:16
16	Donnajean Pohlman	F55	Albion	1:10:53



Andrew Baird & Jim Dunn

Andrew trying to down a banana...

## Seven Sisters Trail Race (12 Mile) Amherst, MA May 7, 2006

Place	Name	Div	Town	Time
6	Andrew Baird	M33	Portland	1:57:11
67	Jim Dunn	M38	Falmouth	2:34:50



## Back Cove 5K Series Portland, ME May 10, 2006

Place	Name	Time
3	Phil DiRusso	18:25
5	Dave Roberts	19:50
10	Harry Center	23:57
16	Janice Gagnier	30:35.0
18	Dale Lincoln	41:01.0

Jim wants GU!



Seven Sisters Photos by Evan O'Neill

## Big Lake Half Marathon Lake Winnepesaukee, NH May 13, 2006

Place	Name	Div/Tot	City	Guntime	Nettime	Pace
369	Joseph Wright	31/77 M2529	South Portland	1:50:42	1:50:25	8:26
887	Walter Fletcher	19/28 M5559	Freeport	2:11:15	2:10:24	9:57
1204	Victoria Quinlan	53/59 F4549	Kennebunk	2:30:00	2:28:33	11:20
1252	Lois Martin	11/14 F5559	South Portland	2:37:18	2:35:33	11:52



# Sea Dogs Mother's Day 5K...

## Sea Dogs Mother's Day 5K Portland, ME May 14, 2006

Place	Name	Div	City	Time	Pace
4	Michael Payson	M4044	Falmouth	15:43	5:04
10	Peter Bottomley	M4044	Cape Elizabeth	16:29	5:19
11	Stanis Moody-Roberts	M1519	Cape Elizabeth	16:40	5:22
13	Tom Ryan	M5054	Cape Elizabeth	16:47	5:24
16	Marc Dugas	M4044	Scarborough	17:16	5:34
33	Tike MacColl	M1519	Cape Elizabeth	18:16	5:53
35	Katie Ryan	F2529	Brookline, MA	18:19	5:54
48	Zak Boisvert	M1519	Portland	18:47	6:03
49	Tony Myatt	M1519	Portland	18:47	6:03
52	David Edwards	M4549	Pownal	18:52	6:05
71	Jeff Walker	M4044	Falmouth	19:26	6:16
77	R.J. Harper	M5559	Portland	19:39	6:20
78	Jeff Crocker	M4044	Saco	19:39	6:20
80	Dina Potter	F4044	Yarmouth	19:42	6:21
89	Stephanie Atkinson	F3539	Hollis	20:06	6:28
92	Charlie Whitehead	M4044	Gorham	20:07	6:29
99	Carrie McCusker	F3539	Cape Elizabeth	20:20	6:33
100	Brian Denger	M4549	Biddeford	20:22	6:34
103	Richard Mulhern	M5054	Falmouth	20:27	6:35
104	Jeanne Hackett	F4549	Scarborough	20:29	6:36
105	Tom Menedez	M5054	Lewiston	20:30	6:36
111	Kacie Herrick	F2024	Auburn	20:40	6:39
116	Peter Rearick	M5054	Hebron	20:45	6:41
121	Mark Foley	M4044	Falmouth	20:49	6:42
130	Karen Fagan	F3539	Portland	20:59	6:45
134	Mark Finnerty	M4549	Portland	21:10	6:49
137	Lia Skelton	F3539	Brunswick	21:15	6:51
139	Sarah MacColl	F5054	Cape Elizabeth	21:15	6:51
151	Zachary Cost	M0114	Waterboro	21:39	6:58
158	David Colby Young	M5054	Danville	21:45	7:00
164	Rick Abradi	M4549	Lisbon	21:50	7:02
166	Susan Weimer	F4044	Freeport	21:51	7:02
172	Shaun Smith	M3539	South Berwick	21:58	7:04
177	Maxwell Payson	M0114	Falmouth	22:01	7:05
188	Carol Weeks	F5559	Kennebunk	22:12	7:09
193	David Cannons	M3539	Portland	22:17	7:11
196	Mallory Vaccaro	F3034	Yarmouth	22:19	7:11
201	Ronald Paquette	M5054	Biddeford	22:21	7:12
210	Stephen Lauritsen	M4549	Saco	22:37	7:17
216	Norman Morgan	M3539	Lisbon Falls	22:46	7:20
220	Bob Coughlin	M6569	Cape Elizabeth	22:52	7:22
229	Alburn Butler	M5054	Portland	23:03	7:25
232	Dale Rines	M5054	Gorham	23:05	7:26
236	Jerry LeVasseur	M6569	Brunswick	23:11	7:28
241	Gretchen Read	F6064	Portland	23:15	7:29
245	Connie McLellan	F5559	Sinclair	23:19	7:30
251	John Boyne	M5559	Freeport	23:28	7:34
266	John Howe	M7099	Waterford	23:47	7:40
274	Bob Payne	M6569	Raymond	23:56	7:42
275	Harry Center	M4044	Freeport	23:56	7:43
282	Bob LaNigra	M6064	Scarborough	24:01	7:44
284	Kristin Cook-Center	F3539	Freeport	24:02	7:44
292	Donald George	M5054	Portland	24:11	7:47
293	Carol Blakeney-Watts	F4044	Cumberland	24:14	7:48
301	Caleb Kenney	M0114	Portland	24:26	7:52
302	Patty Kenney	F4044	Portland	24:26	7:52
305	Matthew Thompson	M3539	Portland	24:28	7:53
310	Mike Lynch	M3539	Lyman	24:35	7:55
359	Dana Staples	M2529	Auburn	25:31	8:13
360	Colleen Donovan	F4549	Falmouth	25:32	8:13
376	Bonnie Topham	F3539	Scarborough	25:48	8:18
378	Jim Tyrrell	M5559	Cape Elizabeth	25:51	8:20
380	Jim Prosser	M6064	Portland	25:52	8:20
387	Jim Estes	M5559	Portland	26:01	8:23
392	Eugene Longobardi	M4044	South Portland	26:03	8:23

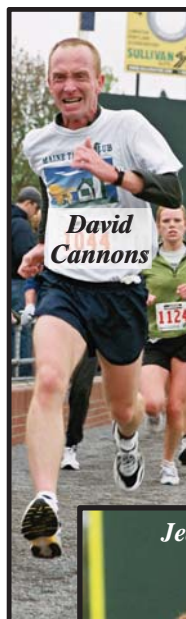


Slugger  
& Mom

Mike Payson



Sea Dogs Photos  
by Don Penta



David  
Cannons



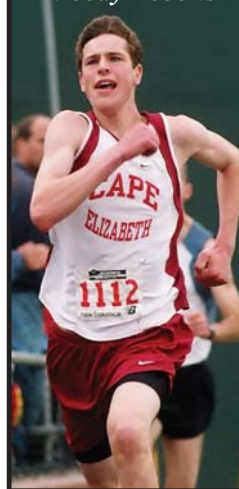
Marc Dugas

Carol Weeks

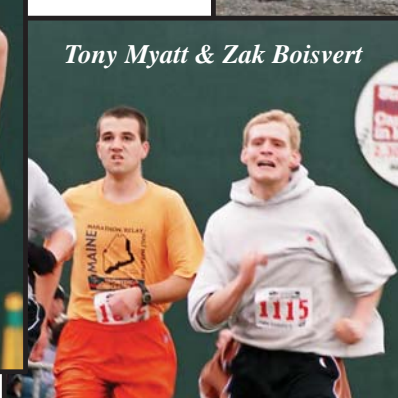


Jeanne Hackett

Stanis  
Moody-Roberts



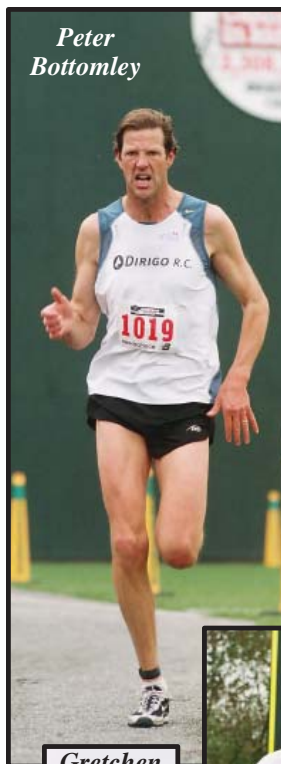
Tony Myatt & Zak Boisvert



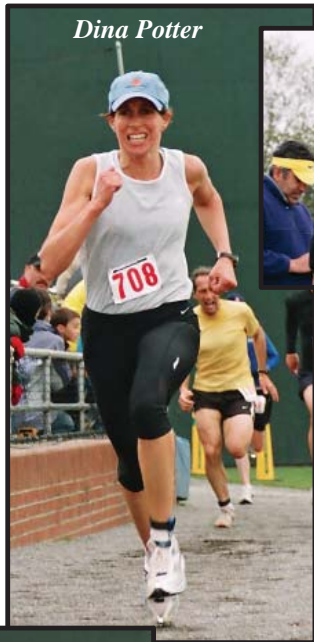


# Sea Dogs Mother's Day 5K...

**Peter Bottomley**



**Dina Potter**



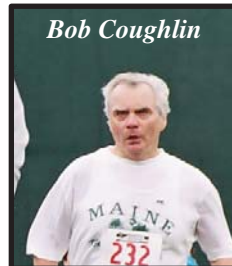
**Jerry LeVasseur**



**Mallory Vaccaro**



**Bob Coughlin**



**Tike MacColl**



**Gretchen Read**



**David Edwards**



**Zachary Cost**



**Katie Ryan**



**Jeff Walker**



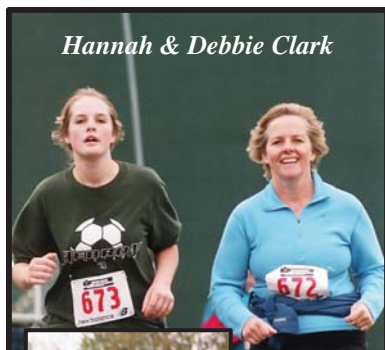
**Tom Ryan**



406	Gregory Welch	M5054	South Portland	26:10	8:26
418	Bob Branson	M6569	Scarborough	26:18	8:28
428	Keith Kitchin	M3034	Gorham	26:25	8:30
435	David Skelton	M4549	Brunswick	26:33	8:33
451	Richard Bouthillette	M5559	Buxton	26:48	8:38
455	Robbie Blair	M0114	Raymond	26:57	8:41
467	Polly Kenniston	F6569	Scarborough	27:08	8:44
469	Sarah Kramlich	F3539	North Yarmouth	27:09	8:45
470	Heidi Graham	F3539	North Yarmouth	27:09	8:45
485	Emma Cost	F0114	Waterboro	27:24	8:49
488	Cathy Burnie	F5559	Cumberland	27:28	8:51
492	Laura Tyrrell	F5559	Cape Elizabeth	27:29	8:51
505	Kelle Keeley	F3034	Portland	27:48	8:57
522	Kendra Skelton	F0114	Brunswick	28:03	9:02
528	Beth Branson	F6569	Scarborough	28:08	9:04
530	Nan Cumming	F4044	Portland	28:09	9:04
536	Kathryn Whitehead	F0114	Gorham	28:14	9:06
553	Michelle Gravel	F3539	Kennebunkport	28:28	9:10
560	Sherry Carl	F5559	Gray	28:40	9:14
573	Peg Rearick	F5054	Hebron	28:47	9:16
576	Amanda Penley	F3034	Auburn	28:51	9:17
580	Donna Boudreau	F3034	Gorham	28:53	9:18
589	Robert Dewitt	M6064	Lisbon	29:05	9:22
613	Mel Uchenick	M7099	Kennebunk	29:31	9:30
632	Anita Hampton	F5054	Scarborough	29:48	9:36
637	Connor Smith	M0114	South Berwick	29:52	9:37
646	Janice Gagnier	F4044	South Portland	30:05	9:41
651	Mallory Smith	F0114	South Berwick	30:08	9:42
653	Donna Bisbee	F4549	Portland	30:10	9:43
662	Pam Dutremble	F4044	Portland	30:20	9:46
667	Kelly Edwards	F0114	Pownal	30:26	9:48
683	Keilly Lynch	F0114	Lyman	30:47	9:55
685	Deb Lynch	F4044	Lyman	30:47	9:55
712	Deborah Stewart	F4044	Chelsea	31:35	10:10
728	Denise Whitehead	F4044	Gorham	32:06	10:20
731	Kenneth Spier	M6064	Portland	32:14	10:23
749	Donna Beaulieu	F4044	Poland Spring	33:01	10:38
771	Sarah Cost	F0114	Waterboro	33:56	10:56
772	Bob Whitney	M5054	Brunswick	33:59	10:57
796	Kate Harris	F6064	Falmouth	35:17	11:22
799	Virginia Cross	F6064	Gorham	35:30	11:26
818	Beth Birch	F6064	New Gloucester	36:44	11:50
822	Nathan Graham	M3539	North Yarmouth	37:03	11:56
823	Kaitlyn Graham	F0114	North Yarmouth	37:04	11:56
830	Hannah Clark	F1519	New Gloucester	37:44	12:09
831	Debbie Clark	F4549	New Gloucester	37:44	12:09
832	Sandy Utterstrom	F6064	Falmouth	37:50	12:11
836	Sam Abradi	M0114	Lisbon	38:23	12:21
837	Valerie Abradi	F4549	Lisbon	38:23	12:22
838	Ryan Abradi	M1519	Lisbon	38:24	12:22
839	Mark Clinch	M4044	Gorham	38:39	12:27
843	Marilyn Mae Thurber	F5559	Buxton	39:11	12:37
845	Janice Bilodeau	F7099	Auburn	39:24	12:41
852	Carlton Mendell	M7099	Windham	40:41	13:06
856	Deborah Stewart	F4044	Chelsea	40:51	13:09
857	Nancy Walton	F5054	Mechanic Falls	41:33	13:23
896	Ruth Hefflefinger	F7099	Portland	46:59	15:08
902	Donald Cross	M7099	Gorham	47:47	15:23



# Race Results and Photos...



Hannah & Debbie Clark



Kelle Keeley



Caleb Kenney



Patty Kenney



Ginny Cross



Polly Kenniston



Don Cross



Connor Smith



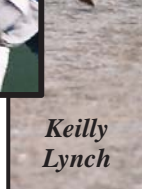
Robbie Blair



Ruth Hefflefinger



Jeff Walker



Keilly Lynch



Janice Bilodeau



Don Cross

Sea Dogs Photos by Don Penta

## Back Cove 5K Series Portland, ME May 17, 2006

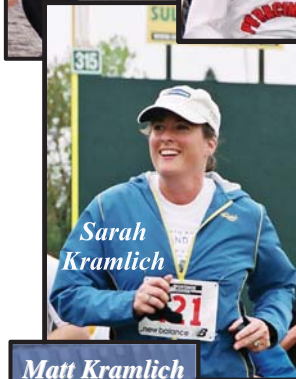
Place	Name	Time
10	Mark Finnerty	22:57
11	David Cannons	22:59
15	Harry Center	23:44
23	Nate Clinch	26:29
24	Jim Prosser	27:13
34	Janice Gagnier	30:51
39	Dale Lincoln	38:49
40	Marc Clinch	39:18

## House to Hope 5K Gorham, ME May 20, 2006

Place	Name	Time	Pace
7	Robin Carlson	20:08	6:30
13	Kathy Hepner	21:43	7:01
16	David Cannons	22:08	7:09
18	Dale Rines	22:32	7:17
22	Jerry LeVasseur	23:05	7:27
23	Bruce Fithian	23:15	7:30
25	John Howe	23:22	7:33
29	Michelle Durgin	24:02	7:46
41	Kim Finethy	26:37	8:36
45	Jen Noonan	26:55	8:41
69	Janice Bilodeau	36:27	11:46
70	Mark Clinch	36:29	11:47



Scott & Tyler Mercer



Sarah Kramlich



Janice Gagnier



Don George



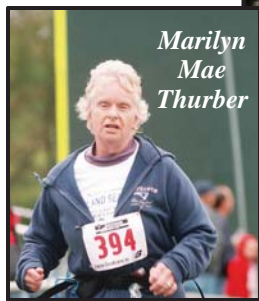
Matt Kramlich



Bob Whitney



Kristen Cook-Center



Marilyn Mae Thurber



Rick Abradi



Maggie Soule

Spring Sprint Photos by David Young

## Spring Sprint Sloan Critchfield Memorial 5K Portland, ME May 20, 2006

Place	Name	Div	City	Time	Pace
6	Jeff Rand	M46	Cape Elizabeth	19:15	6:12
7	Anders Samuelson	M16	Freeport	19:17	6:13
8	Charlie Whitehead	M44	Gorham	19:38	6:20
22	Beth Rand	F46	Cape Elizabeth	21:56	7:04
59	Abby Samuelson	F18	Freeport	24:20	7:50
95	Zoe Sobel	F14	Cape Elizabeth	26:07	8:25
116	Theresa Mercer	F46	Cape Neddick	28:43	9:15
126	Scott Mercer	M58	Cape Neddick	29:45	9:35
132	Ken Spiner	M63	Portland	31:12	10:03
141	Tyler Mercer	M11	Cape Elizabeth	33:17	10:43
144	Pat Buckley	F68	Portland	35:08	11:19
166	Maggie Soule	F64	Yarmouth	49:40	16:00



# Race Results and Photos...

## Sugarloaf 15K & Marathon Kingfield, ME May 21, 2006

15K					
Place	Name	Div	City	Time	Pace
5	Michael Payson	M43	Falmouth	49:23	5:18
23	Ellie Tucker	F51	North Yarmouth	1:01:24	6:36
29	Jim Dunn	M38	Falmouth	1:03:31	6:49
32	Tom Menendez	M52	Lewiston	1:03:56	6:52
36	David Sproul	M46	New Gloucester	1:04:50	6:58
44	Peter Rearick	M54	Hebron	1:06:25	7:08
46	Dora Rex	F43	Gorham	1:06:35	7:09
47	Paul Letalien	M49	Portland	1:06:44	7:10
62	Janet Letalien	F42	Portland	1:09:25	7:27
65	Lisa Despres	F43	South Portland	1:09:47	7:30
83	Maureen Sproul	F50	New Gloucester	1:12:30	7:47
109	David Young	M53	Danville	1:16:48	8:15
120	Jim Prosser	M61	Portland	1:18:35	8:26
202	Donna Beaulieu	F43	Poland Spring	1:28:51	9:32
203	Amanda Barton	F46	Auburn	1:28:51	9:32
210	Debora Clark	F47	New Gloucester	1:32:18	9:55
212	Peg Rearick	F54	Hebron	1:33:05	10:00

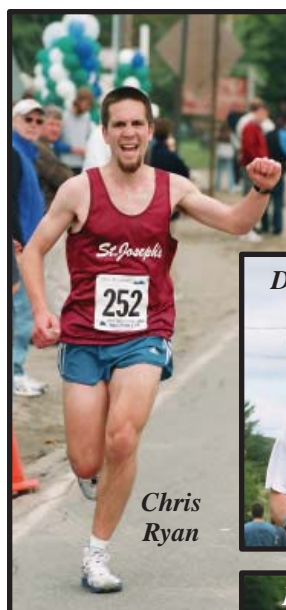
Marathon					
Place	Name	Div	City	Time	Pace
30	Chris Ryan	M23	Portland	3:10:49	7:17
140	Mike Doyle	M45	Portland	3:53:01	8:54
154	Gregory Welch	M54	South Portland	3:57:05	9:03
155	Gerard Bonawitz	M52	Old Town	3:58:00	9:05
186	Georgia Vallee	F39	Turner	4:10:02	9:33
195	Donald George	M52	Portland	4:13:40	9:41
223	Laura Vecchio	F40	South Portland	4:26:03	10:09
240	David Hartford	M49	Brunswick	4:34:54	10:30
262	Bill Davenny	M61	Portland	4:50:43	11:06
280	Carlton Mendell	M84	Windham	6:58:56	15:59

## Maine Corporate Track Meet #1 Falmouth, ME May 24, 2006

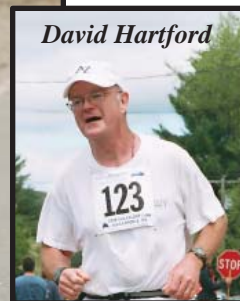
200 Meter Dash				
Place	Name	Div	Team	Time
1	Susan Weimer	W4049	USM	30.2
4	Lois Martin	W5059	Maine Health	42.1
2	Beth Birch	W6069	UnumProvident	49.4
3	Sandy Utterstrom	W6069	UnumProvident	1:01.5
1	Terri Morris	W7079	UnumProvident	53.6R
13	Jim Estes	M5059	Navy	39.5
4	Jerry LeVasseur	M6069	Bath Iron Works	36.1

400 Meter Dash				
Place	Name	Div	Team	Time
1	Susan Weimer	W4049	USM	1:06.5
3	Joan Lavin	W5059	UnumProvident	1:30.2
4	Lois Martin	W5059	Maine Health	1:38.9
1	Beth Birch	W6069	UnumProvident	1:53.3
3	Sandy Utterstrom	W6069	UnumProvident	2:16.5
1	Thomas Ryan	M5059	USM	1:01.4
9	Jim Estes	M5059	Navy	1:16.6
10	Dick Bouthillette	M5059	UnumProvident	1:27.3
11	David Young	M5059	City of Portland	1:28.9
12	Jim Tyrrell	M5059	UnumProvident	1:29.7
2	Jerry LeVasseur	M6069	Bath Iron Works	1:20.9

800 Meter Run				
Place	Name	Div	Team	Time
3	Sherry Grandonico	W5059	Maine Health	3:54
1	Polly Kenniston	W7079	UnumProvident	4:04R
1	David Roberts	M5059	Bath Iron Works	2:31
5	Jim Tyrrell	M5059	UnumProvident	3:33
6	Dick Bouthillette	M5059	UnumProvident	3:35
1	Jerry LeVasseur	M6069	Bath Iron Works	3:21



Chris Ryan



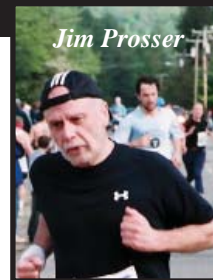
David Hartford



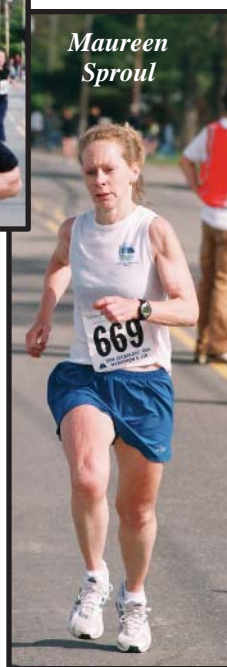
Bill Davenny



David Young



Jim Prosser



Maureen Sproul



Carlton Mendell

Sugarloaf Photos by Don Penta

1600 Meter Run				
Place	Name	Div	Team	Time
2	Joan Lavin	W5059	UnumProvident	7:01
3	Sherry Grandonico	W5059	Maine Health	8:38
1	Polly Kenniston	W7079	UnumProvident	8:21R
1	Thomas Ryan	M5059	USM	4:49R
2	David Roberts	M5059	Bath Iron Works	5:28
4	David Young	M5059	City of Portland	6:18
7	Jim Tyrrell	M5059	UnumProvident	7:26
8	Dick Bouthillette	M5059	UnumProvident	7:28
1	Jerry LeVasseur	M6069	Bath Iron Works	6:55

Shot Put				
Place	Name	Div	Team	Distance
2	Susan Weimer	W4049	USM	27-03.0
1	Beth Birch	W6069	UnumProvident	17-06.0

Discus Throw				
Place	Name	Div	Team	Distance
1	Beth Birch	W6069	UnumProvident	32-00.5
7	David Roberts	M5059	Bath Iron Works	68-02.0
8	Dick Bouthillette	M5059	UnumProvident	66-03.5

Long Jump				
Place	Name	Div	Team	Distance
6	Dick Bouthillette	M5059	UnumProvident	8-01.5

## Back Cove 5K Series Portland, ME May 24, 2006

Place	Name	Time
13	David Cannons	22:56
14	Harry Center	23:03
30	Bob Whitney	33:08



# Pineland Farms 50K & 25K Challenge...

## A man, a plan, a race: PINELAND!

by Jim Dunn

Deciding to run your first ultra should not be a decision made lightly, so I am not sure what I was thinking of when I decided to sign up for Ian & Erik's 50K Pineland Challenge. Sure, I have done lots of long trail races but I hadn't done anything over twenty miles in nine years. Heck, I didn't even know how to train for an ultra. Should I do 28-mile training runs? Should I do a couple of marathons for warm-ups? Should I just WING IT!?!?! I ended up deciding on doing what seemed to work for me in the past, get a very good base and then start putting as many hours under my feet as humanly possible. The only problem with this approach is that in the months leading up to Pineland in late April and early May are some of the races that I am most interested in. So, I decided to roll them into my training (somehow). Because let's face it, doing 2-3 months of training can get old, but if you can make the training enjoyable, it really helps.

Luckily, most of my training partners were getting ready for one marathon or another. It was easy to jump in with Tom Shorty on a couple of his long runs leading up to Boston or convince Rachel Landry that this 19-miler is perfect for her training for Vermont City or try to stay with Chris Ryan as he worked towards his first marathon at SugarLoaf!

But long distant runs on the road were only part of the training that I needed. I knew what I really should be focused on were tough trails and lots of hours on them. So before the snow/ice had even cleared, I was out putting in lots of hours on the Pineland trails. Then if those weren't bad enough, doing seven laps around Bradbury on two occasions (using jelly beans to count laps) tested me both physically AND mentally! Hopefully I can think of someday to "thank" Andrew Baird for suggesting that as part of my training.

Race weekends would find me doing a medium run on the non-race day and possibly a 20-mile bike ride and then

trying to do my best at the race. I think mostly due to trail conditions, at Muddy Moose, I was able to PR by eight minutes! (Of course that race should have its own story... fabulous pre-race dinner at Evan O'Neill's, yet another very social ride out to the race and the post race booger & beer with the 6 of us was icing on the cake!) At 7-sisters (after a major caffeine-inducing car ride) I was able to put forth a near PR effort (except I got lost a half mile from the finish and spent valuable minutes trying to figure out just where the finish was). Finally, what turned out to be the only FLAW in my training plan was doing too much the weekend before at Sugarloaf. But I am sorry, that 15K course is just designed to squeeze every last ounce of speed out of a person!

Which all leads up to Pineland.

I was pretty nervous, because at this point I had pretty much shot my mouth off to anyone within earshot that I was doing it, even inviting five friends from NY & CT to come up and do it. The reports of rain actually helped me relax, I had done one of my 20-miler trail runs in a downpour, running through streams so I figured while it might hinder everyone else I was prepared for it. What I wasn't prepared for was the drastic change in weather resulting in a hot sunny day. But what can you do? So at every aid station (and thankfully Ian & Erik had REALLY made sure that the many aid stations were WELL stocked - getting a glass of cold water out in the middle of a field, next to a yurt, 3.5 hours into a race is simply unbelievable!) I downed both water & Gatorade, and another water got dumped on my head. In the second half of the race I even added Pepsi to list of drinks going into me... what a perfect pick-me-up! I also lucked out in being able to run most of the race with Mark Evans (OH) and Jamie Anderson (ME). During the other part of the race, I had the privilege of running with a GAC'er, Lori Lebel (1st place female), who was doing this as a training run for Western States. At this point I wish I could just say that I finished and finished strong, but I can't. (Well, I could but there is a certain 13-year-old whom I know would make sure that a \*correction\* was issued!) With three miles left to go, I sort of fell apart. What had only been a slight knee pain for most of the race, suddenly became excruciating pain. All I could manage was a 30 second run followed by a minute-plus walk. (Do any of you know how hard it is to say to a 13-year-old that you have asked to "run you in" that you have to walk!) Luckily, someone was looking out for me. With about 1K left, I somehow managed a stride that sort of resembled running. It was then that my 13-year-old running companion's mother showed up, no doubt trying to figure out where the heck we were, and ran the two of us in. So I finished and even managed to beat my goal of 5:15:00 (but not by much!)

Ian & Erik : the race was fantastic! Volunteers: you guys were SPECTACULAR! Sam : thanks for helping with the course map and for showing up to JEER me on. Heather : thanks for coming out and videotaping my love handles. And very, very special thanks to Kelsey; you are the BEST "run me in" partner that I have ever had!



Jim Dunn

Robert Connolly

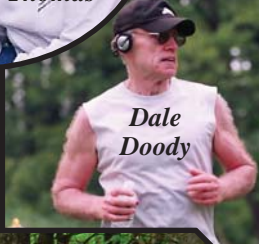


Sandy Utterstrom



Jean Thomas

Dale Doody



Sean Ireland



Howard Spear



Dennis Kelley



Diane Daley



Tom Menendez



Ken Voorhees



Andrew Baird



Mark Grandonico



Anne Berland



Mark Panaccione



Kelsey Rex



Pineland Farms Photos by David Colby Young & Don Penta





## Pineland Farms Trail Challenge: Maine's Most Challenging Race

by Erik Boucher

The Maine Track Club can be proud of itself as the host of the first annual Pineland Farms 50K & 25K Trail Challenge. On May 27, over 220 people crossed the finish line having endured Maine's most challenging course and Mother Nature's sultriest weather. On the day following the race, one 50K participant posted the following description on the Official Crow Athletics message board.

"Picture this: running in mud and energy sucking hay fields through woods all over a route where we were climbing or descending (really dangerously steep in both directions.) By 5K I was dog tired and really wondered how in hell I could live for another 45 kilometers let alone run. It was impossible to get any kind of a rhythm going, and every step required serious thought. This, of course, all in hot heat trapping humid woods.

If this doesn't paint a good enough picture for you, just imagine loading your washing machine on your back and leaving it there for 4+ hours while climbing stairs. In a word trail runners are sick, sick, twisted people. I can say without hesitation that the Pineland Farms 50K was the hardest race I have ever run, bar none. It made road marathoning seem like a friggin' Disney cartoon (think Snow White: "Whistle while you work!")"

The course proved to be so challenging that approximately 28 people did not finish.

Conventional wisdom would lead a reasonable person to believe that a running event with a high barrier to entry would deter participation. However, this was not the case. In its inaugural year, 262 people registered for the event. Participants came from around the country including: California, Arizona, Michigan, Ohio,

Tennessee, Louisiana, Florida, Washington D.C., Maryland, Delaware, New York, Connecticut, Rhode Island, Massachusetts, New Hampshire, and of course Maine. Some people like Mallory Vaccaro from Yarmouth tried trail running for the first time and loved the experience. Others like Jim Dunn from Falmouth and Jan Conley from Topsham ran their first ultra. Mike Brooks – one of the Maine Track Club's most venerable runners – doesn't believe there has ever been an ultra race in Maine with this many participants.

While many race organizers struggle to find volunteers and physical resources, this was not a problem. Based on the dedicated efforts of a handful of people from the YMCA at Pineland Farms – Phil DiRusso, Renie Allen, Beth Birch, and Kate Mitchell – over 50 volunteers were recruited. The Gray-New Gloucester Patriots Football booster club cooked and served each runner a nice barbeque

meal. Local musician, Jim Gallant, donated the sound system for the event and a number of first-aid kits. John Rogers, owner of the Maine Running Company, made a very generous donation to the event. The Opportunity Farm not only made a donation, a number of their young people also volunteered at the Grove aid station. Pineland Farms provided full use of their facility and unfettered access to two employees. Ryan Donnelly and Sam Gendron spent days preparing the course and hauling supplies around using a 6-wheeled ATV.

Given the overwhelming response from runners, sponsors, and volunteers, next year's event will probably expand into a trail running festival over a 2-day period that includes a 5K, 10K, 6K canicross, 25K, and a 50K ultra. If the first year revealed anything, it's that Maine has a new jewel in its crown of running events. If you seek the challenge of your life, come to the next Pineland Farms Trail Challenge.



# Race Results and Photos...

## YMCA Back Bay 5K Portland, ME May 26, 2006

Place	Name	Div	Age	City	Time	Pace
5	Phillip DiRusso	3/26	M30	Freeport	17:23	5:36
10	Tony Myatt	2/15	M19	Portland	18:48	6:03
23	Mark Finnerty	10/30	M47	Portland	20:35	6:38
24	Mark Foley	11/30	M41	Falmouth	20:37	6:39
29	Lia Skelton	3/25	F35	Brunswick	21:24	6:53
55	Lauri Dugas	3/16	F40	Scarborough	22:50	7:21
56	Marc Dugas	16/30	M42	Scarborough	22:50	7:21
58	Norman Morgan	17/26	M37	Lisbon Falls	23:08	7:27
62	John Pursel	18/26	M34	Portland	23:28	7:34
64	Jerry Levasseur	1/7	M68	Brunswick	23:37	7:37
68	Ryan Abradi	4/8	M17	Lisbon	23:56	7:43
78	Peggy Bensinger	2/9	F50	Portland	24:50	8:00
79	Dana Staples	4/17	F26	Auburn	24:52	8:00
81	Joseph Cook	7/16	M56	Westbrook	25:02	8:04
86	Eugene Longobardi	21/30	M40	South Portland	25:16	8:08
105	David Skelton	24/30	M48	Brunswick	26:09	8:25
108	Bob Jolicoeur	3/7	M69	Old Orchard Beach	26:40	8:35
119	Kendra Skelton	5/6	F13	Brunswick	28:23	9:08
126	Terry Finnerty	8/16	F45	Portland	29:28	9:29
136	Marcy Tierney	5/9	F50	Brunswick	30:46	9:54
151	Tree Mercer	13/16	F48	Cape Neddick	32:52	10:35
162	Janice Bilodeau	2/4	F73	Auburn	36:50	11:52
164	Scott Mercer	16/16	M58	Cape Neddick	37:05	11:56
166	Tyler Mercer	8/8	M11	Cape Neddick	39:10	12:37

## Pineland Farms Trail Challenge 25K & 50K Pownal, ME May 27, 2006

25K						
Place	Name	Div/Tot	City	Time	Pace	
9	Ken Voorhees	1/21 M50	Litchfield	2:03:16	7:57	
11	Sean Ireland	4/27 M34	Portland	2:03:59	7:59	
12	Floyd Lavery	3/27 M49	Gorham	2:06:23	8:09	
22	Harry Nelson	3/21 M51	North Yarmouth	2:13:16	8:35	
27	Steve Rollins	6/27 M44	Bowdoinham	2:16:13	8:47	
35	Dora Rex	2/25 F43	Gorham	2:20:31	9:03	
53	Tom Menendez	9/21 M52	Lewiston	2:28:53	9:36	
61	Shauna Baxter	5/16 F36	Gorham	2:33:08	9:52	
62	Mark Grandonico	11/27 M46	Fryeburg	2:33:24	9:53	
63	John Boyne	11/21 M58	Freeport	2:33:35	9:54	
70	Mallory Vaccaro	7/16 F32	Yarmouth	2:41:29	10:24	
72	Rick Abradi	15/27 M47	Lisbon	2:44:56	10:38	
74	Mark Panaccione	17/27 M46	Falmouth	2:45:53	10:41	
106	Anne Berlind	15/25 F49	Portland	3:11:19	12:19	
110	Diane Daley	2/8 F50	Casco	3:11:44	12:21	
112	Dennis Kelley	25/27 M40	Casco	3:15:39	12:36	
113	Jeanne Christie	17/25 F48	Windham	3:15:40	12:36	
120	Timmi Sellers	4/8 F57	Portland	3:27:29	13:22	
121	Donnajeane Pohlman	5/8 F55	Albion	3:27:42	13:23	
123	Howard Spear	18/21 M56	Westbrook	3:28:00	13:24	
126	Rory Sellers	19/21 M58	Portland	3:33:08	13:44	
127	Dale Doody	20/21 M61	Bath	3:39:20	14:08	
131	Lois Martin	7/8 F55	South Portland	3:53:52	15:04	
140	Nancy Walton	8/8 F50	Mechanic Falls	5:43:46	22:08	
141	Denise Brooks	25/25 F45	Danville	5:43:46	22:08	

50K						
Place	Name	Div/Tot	City	Time	Pace	
3	Andrew Baird	2/13 M33	Portland	4:09:29	8:02	
15	Jim Dunn	4/14 M38	Falmouth	5:12:44	10:04	
19	Jan Conley	2/4 F43	Topsham	5:20:42	10:20	
35	Valerie Abradi	2/3 F46	Lisbon	5:55:04	11:26	
64	Lawrence DeHof	9/15 M56	Windham	6:41:59	12:57	
66	Ronald Paquette	11/15 M65	Albion	6:51:21	13:15	
77	Mike Brooks	15/15 M60	Danville	8:37:31	16:40	

## Live Your Dreams 5K Kennebunk, ME May 28, 2006

Place	Name	Age	City	Time
22	Brian Denger	45	Biddeford	21:18
78	Bob Jolicoeur	69	Old Orchard Beach	26:28
111	Mel Uchenick	75	Kennebunk	29:23
142	Victoria Quinlan	46	Kennebunk	32:44
154	Tree Mercer	48	Cape Neddick	33:43
155	Scott Mercer	58	Cape Neddick	33:51
173	Tyler Mercer	11	Cape Neddick	39:11
181	George Quinlan	55	Kennebunk	41:42
185	Eileen Hamilton	56	Scarborough	42:31

## MSAD #51 Memorial Mile & Half Mile Cumberland, ME May 29, 2006

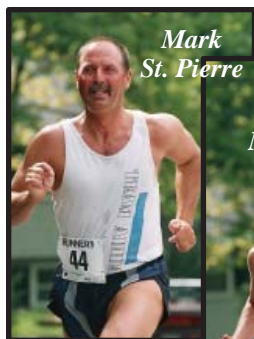
Mile				
Place	Name	Div	City	Time
3	Tom Ryan	M50	Cape Elizabeth	4:46
6	Tony Myatt	M19	Portland	5:02
15	Stephanie Atkinson	F35	Hollis	5:39
22	Josh Reali	M15	Cumberland	5:54
36	Kevin Robinson, Sr.	M50	North Yarmouth	6:17
44	Jerry Levasseur	M68	Brunswick	6:32
71	Sarah Hansen	F11	Cumberland	7:18
85	Sherry Carll	F59	Gray	7:45
98	Kyle Hansen	F8	Cumberland	8:35
99	Bill Hansen	M40	Cumberland	8:36
106	Kaitlyn Graham	F10	North Yarmouth	9:19

Half Mile				
Place	Name	Div	City	Time
38	Sofia Reali	F8	Cumberland	3:57
93	Andrew Graham	M7	North Yarmouth	5:10

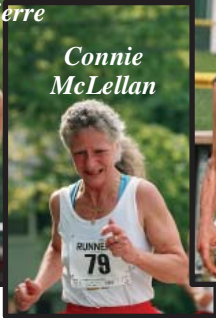




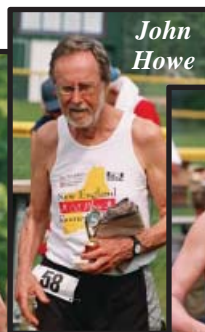
## Race Results and Photos...



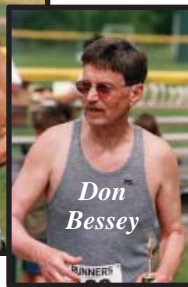
**Mark  
St. Pierre**



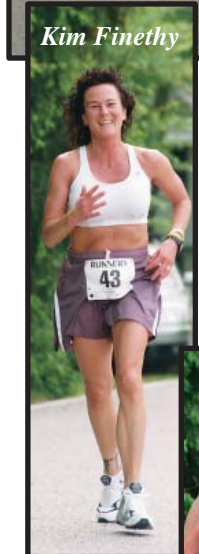
**Connie  
McLellan**



**John  
Howe**



**Don  
Bessey**



**Kim  
Finethy**



**Denny Morrill**

**Mark  
Clinch**

**Pat  
Buckley**



**Kathryn  
Harris**



**Elwin  
Guthrie**



**Tom  
Keith**



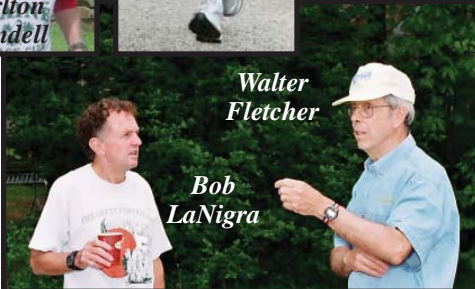
**Carlton  
Mendell**



**Joan  
Lavin**



**Robert  
Parent**



**Walter  
Fletcher**

**Bob  
LaNigra**

### Snowy Egret 5K Scarborough, ME May 29, 2006

Place	Name	City	Time	Pace
1	Marc Dugas	Scarborough	16:55	5:28
6	Roland Thibault	Westbrook	19:04	6:10
16	Robert Parent	Manchester NH	21:33	6:58
19	David Colby Young	Danville	22:18	7:12
27	Mark St. Pierre	Brunswick	23:02	7:26
30	Tom Keith	Damariscotta	23:21	7:32
31	Connie McLellan	Sinclair	23:27	7:34
34	Don Bessey	Kennebunkport	23:46	7:40
35	Joan Lavin	Portland	24:03	7:46
40	John Howe	Waterford	24:23	7:52
43	Getty Payson	Falmouth	24:36	7:57
46	Robert Randall	Springvale	24:51	8:01
47	Bonnie Topham	Scarborough	25:08	8:07
49	Jim Prosser	Portland	25:26	8:13
63	Betsy Barrett	Scarborough	27:13	8:47
68	Elwin Guthrie	Walpole	27:35	8:54
69	Kim Finethy	Brunswick	27:51	9:00
81	Tree Mercer	Cape Neddick	31:11	10:04
82	Scott Mercer	Cape Neddick	31:12	10:04
85	Denny Morrill	Portland	32:53	10:37
89	Kathryn Harris	Portland	34:38	11:11
100	Terri Morris	Scarborough	38:13	12:20
101	Mark Clinch	Gorham	39:12	12:39
102	Carlton Mendell	Windham	41:04	13:15

### Lilac Lap 5K South Paris, ME May 29, 2006

Place	Name	Div	City	Time	Pace
6	Tom Menendez	M52	Lewiston	21:05	6:48
7	Peter Rearick	M54	Hebron	21:23	6:53
14	Jennifer Blastow	F34	Otisfield	23:06	7:27
47	Peg Rearick	F54	Hebron	31:40	10:12
49	John Painter	M62	Casco	32:16	10:24

### Back Cove 5K Series Portland, ME May 31, 2006

Place	Name	Time
4	Zach Boisvert	19:23
18	David Cannons	24:15
17	Harry Center	23:39
27	Marc Clinch II	29:14
33	Marc Clinch	38:03
12	Harry White	22:33

### Bath YMCA Longreach 5K Bath, ME June 3, 2006

Place	Name	Div	City	Time	Pace
29	Jerry LeVasseur	M68	Brunswick	24:50	8:01
37	Kim Finethy	F49	Brunswick	26:13	8:27
59	Denny Morrill	M66	Portland	32:07	10:22
78	Mark Clinch	M50	Gorham	38:35	12:27

### Durham Dash 5K Durham, ME June 3, 2006

Place	Name	Div	City	Time	Pace
8	Peter Rearick	M54	Hebron	21:21	6:53
9	David Young	M53	Danville	22:42	7:19
14	Norman Morgan	M37	Lisbon Falls	23:40	7:37
24	Ron Chase	M65	Durham	26:49	8:38
28	Peg Rearick	F54	Hebron	29:32	9:31

# DO THE "DU"

BY LISA DESPRES

I have always loved running, but I REALLY LOVE running and biking! I know that there are other runners out there who have discovered that there is more to life than (gulp) running. You can't beat what running does for you, but you can mix it up a bit with a bike, add to the fun, and give your feet a rest from the pounding. And you can do it all in one morning.

Enter Ironbear Duathlon, a run-bike-run event that was just the ticket to spice up what had become a "too routine" fitness routine. Not being a swimmer, I had been interested in doing a bike/run combo event for a couple of years. The only one I had ever heard about took place on the same day as the Maine Marathon, and, well, that just wouldn't be cool. Race director and founder of the Ironbear Triathlon, Will Thomas, developed this event as a senior project at Bowdoin College in 2003. According to Will, "I had about 40 people signed up for Ironbear a week before the race and was literally begging friends, family, classmates, and anyone else I could find to do the race. We ended up with about 75 participants. This year, the triathlon sold out in two hours, and the duathlon more than doubled in size. We had about 450 competitors, making it the largest multisport event in Maine. So the sport is definitely on a roll!"

Packet pickup was held on Friday evening, or what I like to call "Ironbear Eve". Even then, those of us in the Maine Track Club who were venturing into this could sense an electrical energy that we just didn't feel in the road races we had become so accustomed to running. Listening to Will go over the course and extensive rules that evening, I believe Howard Spear could sense a bit of nausea that his entire training on the bike consisted of a little jaunt around his neighborhood the night before. You never forget how to ride a bike, right Howie?

Race day dawned sunny and warm, and as we set up our bikes in the transition area, Pat Buckley described (in a low voice) the feeling of "being on a different planet". Nope, we were not in Kansas anymore... but we liked it! From there, we moved on to the gym, where we stood in line to have our shoulders and calves branded with black magic marker. In this game, you wear your age on your left calf, so there can be no doubt if that person in front of you is someone to watch. Takes the mystery right out of the picture.

The race itself was exciting! The first leg was a 2-mile run with a short trail section. It was tough to know how fast to go, so early on I tried to hold back, but the support from fellow (injured) MTC members, Ian and Emma, made me want to kick the butt that they couldn't. The second leg was a 12-mile bike course on the rolling/flat countryside of Brunswick. I got on that bike and felt like I was free! Off my feet with the wind in my face! Apparently I didn't break any of the numerous biking rules, because the patrolling motorcycle USATF Officials didn't disqualify me. At the end of the bike leg, I got jammed up trying to get my left foot out of the pedal clip. Panic was involved. I was lifting the whole back of my bike up with my foot before it finally came free, with some assistance. Transitioning from the bike to the final run was the most difficult part of the race. I was told to take small steps "until you get your legs back." It took me at least a mile to do that. It was a 3-mile run, the same as the 2-mile, with an added trail loop. This extra little mile, due to lack of signage (and maybe a little volunteer issue) turned out to be the only real problem in the race. Some did not run the last loop at all, and others, including Pat Buckley, ran it twice! Considering the complexity of managing a Triathlon and Duathlon, this crew did an outstanding job, and I know that those signs will be in place next year!

When the results were in, the Maine Track Club members had a fine showing. Howard claims that this report of his performance came over the AP wire: "a convincing second place win in his age group will certainly thrust him into the dual elite crowd at future events." What is truly amazing to me is that he was able to place second, while also finishing DEAD LAST OVERALL MALE. How many of us can say that?

Anyway, many of us from the MTC were trying this for the first time, and we are all now hooked. We've signed up for the Wildbear Duathlon in August, the Celt Challenge in September, and various others that are popping up with already established triathlons. Some of us have decided to be part of a relay team in a triathlon. I like running too much to ever give it up, but that's the beauty of it. I don't have to. I can "Do the Du".





# 20th Annual Road Race

Celebrating

St. Peter's Italian Street Festival

**Date:** August 11, 2006

**Time:** Race off at 7:00 PM,  
Fun Run off at 6:30 PM  
Please arrive early  
for number and late entries

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

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

**Facilities:** Toilets available

**Features:** T-shirts to first 100 pre-registered  
before August 7, 2006. 4 mile race only.

**Awards:** First male & female finisher.  
All 4 mile runners are eligible for  
random drawing after the race.  
All Fun Run finisher receive awards.

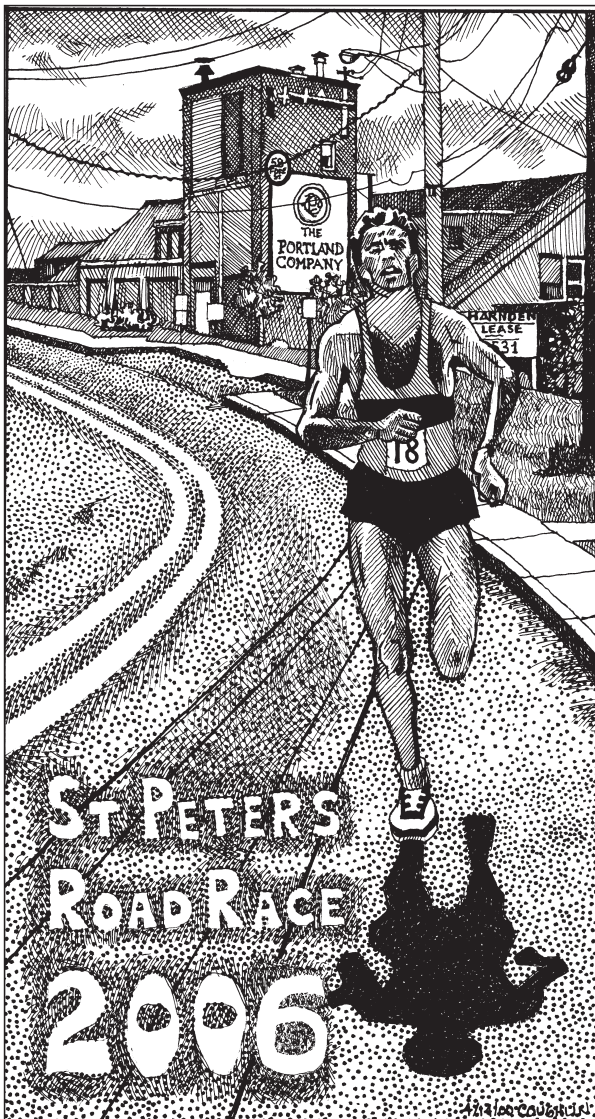
**Divisions:** Five-year categories - 19 and under;  
**1st & 2nd Place** 20 - 29; 30 - 34; 35 - 39; 40 - 44;  
**Only** 45 - 49; 50 - 54; 55 - 59; 60 - 64; 64 +.

\*Awards to first male and female  
St. Peter's parishioner.

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

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

**Entry Fee:** 4-MILER: \$15.00 race day and \$12.00  
pre-registered (First 100 pre-registered  
before August 7, 2006 will receive a  
Quality T-shirt).  
Fun Run: \$5.00



**Mail entries** with entrance fee to: St. Peter's Church 4-Miler • 72 Federal Street • Portland, ME 04101 • (207) 773-0748  
Checks payable to St. Peter's Church. **Or register on-line: [www.active.com](http://www.active.com)**

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

Entry Fee: **4-MILER:** \$12.00 pre-registered, \$15.00 raceday (First 100 pre-registered before August 7, 2006 will receive a Quality T-Shirt.)

**Register online at [www.active.com](http://www.active.com) OFFICIAL ENTRY FORM**

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

NAME \_\_\_\_\_ AGE ON RACEDAY \_\_\_\_\_ SEX \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ TELEPHONE \_\_\_\_\_

ST. PETER'S PARISHIONER \_\_\_\_\_ YES \_\_\_\_\_ NO DATE OF BIRTH \_\_\_\_\_

CHECK ONE: 4-MILER ☐ KID'S FUN RUN ☐

SIGNATURE \_\_\_\_\_  
(parent or guardian if under 18)

4-MILER ONLY  
SHIRT SIZE: MED ☐ LG ☐ XLG ☐

☐ Send me Membership  
Information on Maine Track Club

FOR OFFICIAL USE  
#

— Copies Permissible —

# OLD ORCHARD BEACH

11TH ANNUAL

## Breakaway 5K

and Marilyn Goltzbein Memorial Fun Run

**\$100 PRIZE FOR BREAKING COURSE RECORD!**



### COURSE RECORDS:

Ethan Hemphill	15:14
Abby Iselborn	17:55



**WHEN:** Saturday, August 19, 2006. Breakaway 5K start time **8:00 am**

**Kids (12 and under) FUN RUN** start time 9:00 am— medals and ribbons to all kids along with

**Dairy Queen ice cream, a slice of pizza, Pier fries and RIDES at Palace Playland!** (no t-shirt)

**WHERE:** Start and finish near beach square. Course follows East and West Grand Avenues to Ocean Park and back to square. Course is mostly flat and fast, **PR's very possible!**

**USATF certified** (certification code ME 02001RN)

**PARKING:** Miliken Parking on Miliken Street, just around the corner from the registration tables.

**PREREGISTRATION: on line at [WWW.Breakaway5K.org](http://WWW.Breakaway5K.org) \$12 for 5K, \$10 for the fun run.**  
**or make checks payable to MAPS Educational Foundation and mail with completed registration to:**

**Louie Ladakakos 12 Woodman Avenue, Saco ME 04072**

**phone (207) 282-3607**

**E-mail: [lladakak@maine.rr.com](mailto:lladakak@maine.rr.com)**

race listed on **WWW.COOLRUNNING.COM** race calendar and Maine Track Club website

**T-SHIRTS TO ALL PREREGISTERED 5K RACERS. PREREGISTRATION CLOSES AUGUST 15.**

Drawing for prizes after the race while you wait for the awards!

**RACE-DAY REGISTRATION:** 6:00 a.m. in the square near the pier.

5K race: \$15

Fun Run \$12

**AWARDS:** OPEN OVERALL: 1st, 2nd and 3rd places

**AGE GROUPS:** 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39,  
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over

**NO BABY STROLLERS OR RADIO HEADSETS ALLOWED**

Please print

CHECK ONE: 5K ☐ FUN RUN ☐

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

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

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

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

**NO REFUNDS, EXCHANGES OR TRANSFERS. ENTRY MUST BE SIGNED**

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

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





# 10<sup>th</sup> Annual MAINE RUNNING HALL OF FAME 5K

Friday, September 1<sup>st</sup>, 2006 6:30 PM  
Back Cove Running Path  
Portland, Maine



Sponsored by: Maine Track Club  
Benefit: The Maine Running Hall of Fame

Course: The start will be near the soccer field and end near the corner of Baxter Boulevard and Preble Street Extension.  
Certification # @ME01001WN

**Pre-Registration**

18 & under \$5.00 Adults \$9.00  
Families (Parents and Children) Over Three Runners \$25.00  
Must be postmarked by August 20, 2005

**Race Day Registration**

18 & under \$5.00 Adults \$10.00  
Families (Over Three Members) \$25.00

This race is a fund-raiser for the Maine Running Hall of Fame Induction Banquet, Program Book, and Awards.

Donations accepted and greatly appreciated.

I would like to make a Donation to the Maine Running Hall of Fame in the amount of \_\_\_\_\_

Awards: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place M/F in the following age divisions:  
13 & under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 & over.

Race Directors: Phil and Rae Pierce 781-3769, Bob Payne 655-2165

High School X - Country Teams welcome

Senior Games 5K will run jointly with this race. For information call Anita Chandler at 800-427-7411.

**Make Checks Payable To** Maine Running Hall of Fame 5k Race

**Mail Entry To** Phil Pierce, 79 Waites Landing Road, Falmouth, ME 04105

\*\*\*\*\*PLEASE PRINT CLEARLY\*\*\*\*\* AGE ON RACE DAY\*\*\*\*\*

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_ M \_\_\_\_\_ F ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

\*\*\*NO REFUNDS, NO PETS, BABY STROLLERS, OR RADIO HEADSETS ALLOWED\*\*\*

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, AND THE EFFECTS OF THE WEATHER, INCLUDING HEAT AND/OR HUMIDITY, TRAFFIC AND THE CONDITIONS OF THE ROAD, ALL SUCH RISKS BEING KNOWN AND APPRECIATED BY ME. HAVING READ THIS WAIVER AND KNOWING THESE FACTS AND IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE MAINE RUNNING HALL OF FAME, THE MAINE TRACK CLUB, THE ROAD RUNNERS CLUB OF AMERICA, THE MAINE SENIORS GAMES, THE CITY OF PORTLAND, THE PARKS AND RECREATION DEPARTMENT, AND THEIR REPRESENTATIVE AND SUCCESSORS PARTICIPATION IN THIS EVENT.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT IF UNDER 18: \_\_\_\_\_



# 8<sup>th</sup> ANNUAL DAN CARDILLO MEMORIAL 5K

Sunday, September 10, 2006  
9:00 AM

**Certified Course!**

## SPONSORED BY:

Atlantic Sportswear / Bath Savings Institution / Berry, Dunn, McNeil & Parker / Daniel T. Haley / Downeast Mortgage Corp.  
/ R. J. Grondin & Sons / Shipyard Brewery / The Forecaster / The Greenshoe Group

### Race Timing:

### Race Co-Directors:

### Cost:

### Purpose:

Maine Track Club

Jeanne Hackett (207) 883-8979 and Marsha Greenberg (207) 766-2602

\$15.00 Pre-registration by **September 8** (T-shirt for 1<sup>st</sup> 150 registrants)

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

### Race Day Registration:

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

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

**Falmouth High School, 52 Woodville Road, Falmouth**

Open Overall

Masters Division

Team

Age Groups 14-Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

### Course:

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

**Showers Available**



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

**Consider online registration instead!!**

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

☐ Runner ☐ Walker

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

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

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

**Pre-Registration: \$15.00 by September 8, 2006 \$20.00 if received after 9/8**

**Mail form to: Jeanne Hackett, 20 Sylvan Rd., Scarborough, ME 04074**

I understand that running a road race is a potentially hazardous activity. I further understand that I should not enter the road race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and conditions of the road, all such risks being understood and appreciated by me. 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, The Maine Community Foundation, Town of Falmouth and all sponsors, their representatives and successors from any claims or liabilities or causes of action of any kind arising out of my participation in this event.

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

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



## July Races...

- July 1 Strawberry Shortcake Shuffle 5K, Damariscotta, CLC YMCA, 8:30 a.m. Contact: Garrett Martin (529-2155)
- Luv 2 Run 5K, Portland, Back Cove path, 9:00 a.m. Contact: Moose Milers & Marathoners (603-429-8879)
- Rotary River Valley 5K, 10K, & Fun Runs, Rumford, 9:00/8:00 a.m. Contact: Paul Jones (562-7172) paj2@megalink.net
- Shipbuilder's Triathlon (1.5K swim, 40K bike, 10K run), Bath Waterfront Park, 9:00 a.m. Contact: Elmer Moore Jr. (442-7291) elmer@trimainiac.com
- Stockholm Super Tour 5-Miler & Kids Fun Run, Stockholm E.S., 10:00 a.m. Contact: PJ Gorneult pjgorne@hotmail.com
- July 2 37th Annual 7-Miler, Perry Corner to Eastport, 9:00 a.m. Contact: www.eastport4th.com
- July 4 L.L. Bean 10K & 1-Miler, Freeport, 7:30/9:15 a.m. Contact: Jill Litchfield (552-2867) jlitchfield@llean.com
- 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)
- 4th Annual Friends on the 4th 5K, Winthrop, Norcross Point, Town Beach, 8:00 a.m. Contact: Bob Moore (621-4100) mail@watershedfriends.com
- Bridgeton Four on the Fourth, Bridgton Memorial School, 8:00 a.m. Contact: (647-3322) fouronthefourth@yahoo.com, www.fouronthefourth.com
- 27th Annual Four on the 4th, York H.S., 8:00 a.m. Contact: York Parks & Rec. (363-1040) parks-rec@yorkmaine.org, www.yorkmaine.org
- 12th Annual GRBA 5K, Kennebunkport, 9:00 a.m. Contact: Goose Rocks Beach Assoc. (967-4115)
- Sebec Village 4th of July 5K, Sebec Reading Room, Contact: George Rolleston (564-3443)
- 26th Annual Walter Hunt Memorial 4th of July 3K, Brewer Auditorium, 10:45 a.m. Contact: Dave Torrey (989-2584) davidtorrey2004@yahoo.com
- July 5 Maine USATF Meet, Lewiston H.S., 5:30 p.m. Contact: John Sinclair (780-3623 x231 or 777-5081)
- Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178)
- July 8 Moxie Day 5K & Kids Fun Run, Lisbon H.S., 7:30/7:00 a.m. Contact: Mark Stevens (353-3000 x117) mstevens@lisbonme.org, www.moxiefestival.com
- The Bull Run 8K, Houlton Recreation Center 9:00 a.m. Contact: Larry Tonzi (532-7548) bull6@verizon.net
- 4th Annual Run for the Gym 5K & Kids Half-Miler, Springvale, Nasson Community Center, 6:00/5:30 p.m. Contact: Bob Randall (490-1386) runbob@metrocast.net, www.nassoncc.org
- July 9 Maine Woods Trail Marathon, Mt. Blue State Park (Center Hill location), 7:00 a.m. Contact: Gene Roy (465-7296) generoy@prexar.com
- 5th Annual Oxford Hills 5K Run to the Lake, Walk, & Kids 1K, Norway Bank, 8:30/8:00/7:45 a.m. Contact: Libby Graffam (743-1562 x775) graffame@wmhcc.org
- 15th Annual KBIA A Day at the Beach 5K & Kids 1K, Kennebunk, Lord's Point, 9:00/8:30 a.m. Contact: Gail Arnold (967-2180) gail@kennebunkbeachrealty.com
- Lake Winnecook Sprint Triathlon (.5 mile swim, 15 mile bike, 3.5 mile run), Unity, Field of Dreams, 10:00 a.m. Contact: Mark Babin (948-5563) mbabin@uninets.net, www.jazraceproductions.com
- July 12 Maine USATF Meet, Lewiston H.S., 5:30 p.m. Contact: John Sinclair (780-3623 x231 or 777-5081)
- Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178)
- July 14 The Library Race 5K: 9th Edition, Kennebunk Free Library, Parsons Field, 6:00 p.m. Contact: Janet Cate (985-2173 x102) jcate@kennebunk.lib.me.us
- July 15 Old Hallowell Day 4-Miler & 1-Mile Fun Run, Hallowell City Hall, 8:00 a.m. Contact: Jonathan Ives (242-0618) ohdrace@gwi.net
- Lake Hebron Tongue Dragging 5K, Monson School 8:00 a.m. Contact: Jane Hewes (997-3666)
- 2nd Annual Emily Fletcher 5K, Auburn, Edward Little H.S., 8:00 a.m. Contact: Sam Fletcher emilyfletcher5k@hotmail.com
- 9th Annual Harbor House Tremont Trot 4-Miler & Kids 1-Miler, Tremont Community Center, 8:30 a.m. Contact: Corey Fleming (244-3713)
- Marshall Point Lighthouse Loop 5K, Port Clyde, Drift Inn Beach, 8:30 a.m. Contact: Wayne Judkins (372-6363)
- Mollyockett Day Classic 5-Miler, Kids 1-Miler, & 3 Mile Walk, Bethel 9:00/8:30/9:00 a.m. Contact: Robin Zindchuk (800-442-5826) info@bethelmaine.com, www.bethelmaine.com
- Bruce Hutson 5K & 10K, Old Town, Riverfront Park, 9:00 a.m. Contact: Old Town Public Library (827-3972)
- MECTA State Championship Meet, South Portland H.S. 9:00 a.m. Contact: www.maineorporatetrack.org
- Newport Cultural Center 5K & 1-Mile Fun Run, Downtown Newport, 9:00/8:15 a.m. Contact: Kelley Carter (852-0647) kcbncarter@msn.com
- Potato Blossom 5-Miler Run/Walk, Ft. Fairfield, 9:00/8:30 a.m. Contact: Paul Lamoreau (764-6517)
- Devoted to Deveau 5K, Portland, Back Cove, 10:00 a.m. Contact: Devoted to Deveau miles.bartlett@umit.maine.edu
- July 16 Paul Bunyan Marathon & 15K, Bangor, Paul Bunyan Statue, 6:00 a.m. Contact: Phil LeBreton (974-4007) philnikeman@yahoo.com
- July 19 Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178)



## July, August Races...

- July 21 Musterd Mile, Caribou H.S., 7:00 p.m. Contact: Bruce Freme (496-8731)
- July 22 25th Annual Clam Festival Classic 5-Miler, Yarmouth Town Green, 8:00 a.m. Contact: Ron Pelton (865-6919) ronaldpelton@hotmail.com
- Alfred Old Home Day 4-Miler, Alfred Town Hall, 8:00 a.m. Contact: Rob Pierce (324-7263) the\_pierces@adelphia.net
- Thompson Lake Trail 5K & 10K, Poland, Agassiz Village Summer Camp, 3:00 p.m. Contact: KD Rich (781-860-0200) avsports200@yahoo.com
- Lovell Old Home Days 5K, 9:45 a.m. Contact: Stanley Tupaj (925-1000) or (925-3144) oldhomedays5k@hotmail.com
- Bob's Jog for Parkinson's 5K, Biddeford, University of New England, 10:00 a.m. Contact: Caitlin (332-1557) helpstopparkinsons@zoomshare.com
- Maine USATF Meet, Lewiston H.S., 11:00 a.m. Contact: John Sinclair (780-3623 x231 or 777-5081)
- July 23 Ocean Point 5K, East Boothbay, Ocean Point Casino, 9:00 a.m. Contact: James T Rush (978-766-0198) jamestrush@verizon.net
- Thompson Lake Off-Road Challenge Triathlon & Kids Triathlon (.8K swim, 20K bike, 5K run), Poland, Agassiz Village Summer Camp, 9:00 a.m./Noon Contact: KD Rich (781-860-0200) avsports200@yahoo.com
- July 26 Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178)
- July 29 Fort Knox Festival 5K, Bucksport, 8:00 a.m. Contact: Joan Merriam (469-2019)
- 26th Annual Strawberry Festival 3-Miler & Kids 1-Miler (Formerly Moonlight Madness), Farmington, 9:00/10:00 a.m. Contact: Brian Kelly (645-2291) jquinn@megalink.net or Kelley Cullenburg (778-4971)
- 28th Annual Casco Days Country Run 4-Miler, Casco Village Library, 9:30 a.m. Contact: Karla Swanson-Murphy (627-4201) kswanson@hancocklumber.com
- 19th Annual Peaks Island 5-Miler, Kids 1K, & Lobster Bake, Peaks Island Lions Club, 10:30/10:15 a.m. Contact: Larry Dyer (725-6962) dldyer@ghi.net
- Aug 1 45th Annual Yankee Homecoming 5K & 10-Miler, Newburyport, MA, 6:25/6:35 p.m. Contact: Howard Spear (741-2084) racedirector@mainemarathon.com
- Aug 2 Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178)
- Aug 4 Wilton Blueberry Festival 10K & Kids 1-Miler, Wiles Funeral parking lot, 6:00/6:00 p.m. Contact: Steven Russell (778-3440) direcway.com
- Aug 5 9th Annual TD Banknorth Beach to Beacon 10K, Cape Elizabeth, Crescent Beach to Fort Williams, 8:00 a.m. Contact: TD Banknorth (888-480-6940)
- 10th Annual Pony Pride 5K, Dover Foxcroft, YMCA, 8:00 a.m. Contact: George Rolleston (564-3443) grolleston@foxcroftacademy.org
- Island Falls Summer Fest 5K, 4K Walk, & Kids Half Mile, Island Falls Municipal Bldg., 9:00/8:45 a.m. Contact: John Walker (462-3344)
- Aug 6 15th Annual Maine State Triathlon (1K swim, 25K bike, 5K XC run), Bethel, Gould Academy/Songo Pond, 8:00 a.m. Contact: Julia Reuter (824-2282) julia@bethelmaine.com
- 27th Annual York Days 5K, York H.S., 8:00 a.m. Contact: York Parks & Recreation (363-1040) rcogger@yorkmaine.org
- Phippsburg Fireman's 10K, Phippsburg Fire Dept., 8:00 a.m. Contact: Amos Wright (443-8900) amoswright@bathskatepark.com
- Maine Lobster Festival 10K & 1-Mile Fun Run, Rockland Public Landing, 8:30 a.m. Contact: Tammy Kolmosky (594-5563) www.maine lobsterfestival.com
- Aug 9 Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178)
- Aug 11 20th Annual St. Peter's 4-Miler & Kids Fun Run, Portland, St. Peter's Church, 7:00/6:30 p.m. Contact: Jim Nappi (828-8484) jnappi8@maine.rr.com
- Aug 12 5th Annual George Schaefer 5K & Kids 1-Miler, Birch Harbor, Schoodic Point, 8:00/8:30 a.m. Contact: Becky O'Keefe (669-2187)
- 6th Annual County Open Half Marathon/Relay, Houlton 8:00 a.m. Contact: Joe Ewings (538-9893) countyopenhalfmarathon@hotmail.com, www.countyopen.com
- Aug 13 Alvin Sproul Samoset 10K & 1-Mile Fun Run, Chamberlain, Bristol Consolidated School, 9:15 a.m. Contact: Carlene Sproul (677-2586) nannyc@midcoast.com
- Aug 16 Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178)
- Aug 18 Scarborough Summerfest 5K & Kids 1-Miler, Scarborough H.S., 6:30/6:00 p.m. Contact: Ron Kelly (883-2747) rkelly01@maine.rr.com
- Aug 19 11th Annual Breakaway 5K & Kids Fun Run, Old Orchard Beach, Town Square (by the pier), 8:00/9:00 a.m. Contact: Louie Ladakakos (282-3607) lladakak@maine.rr.com
- 31st Machias Blueberry 5-Miler & Kids 1-Miler, 8:00 a.m. Contact: Cathy Carter, Sunrise Opportunities (255-8596) www.machiasblueberry.com
- Washburn 5K, Washburn H.S., 8:00 a.m. Contact: Fred Plissey (493-1142)
- WildBear Sprint Triathlon (.33 mile swim, 16 mile bike, 5K run) & Duathlon (2 mile run, 16 mile bike, 5K run), Poland, Range Pond State Park, 9:00 a.m. Contact: (751-4482) will@tri-maine.com

## August, September Races...

- Aug 20 Rotary Bridge 4-Miler & 2.5 Mile Walk, South Portland, Mill Creek Park, 8:00 a.m. Contact: Maine Cancer Foundation (773-2533) mainecancer@zwi.net
- Pine Tree Sprint Triathlon (.5 mile swim, 12 mile bike, 5K run), Orrington, Brewer Lake Public Landing, 8:00 a.m. Contact: Ron (990-2013) ron@triathletesports.com
- Aug 23 Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178)
- Aug 26 28th Annual Northeast Harbor Ambulance 5-Miler, Great Harbor Museum, 9:30 a.m. Contact: Albert or Carol Hamor (276-3646) alh24@verizon.net
- Aug 27 L/A 5K Bridge Run & Kids 1K, Auburn, Rollerdomo, 8:30/8:00 a.m. Contact: Mike Lecompte (777-3724) mjlecompt@aol.com, www.latrails.org
- West Kennebunk Fire Company Sprint Triathlon (.33 mile ocean swim, 15.75 mile bike, 3.3 mile run), Kennebunk, Mother's Beach, 8:00 a.m. Contact: Jeff Cole (985-3361 x120) jeffcole@coleharrison.com, www.wkfiretri.com
- 2nd Annual Westport Island Shore 10K & 5K Walk, Westport Island Town Hall, 10:00/9:30 a.m. Contact: Rob (617-234-3878) rob@westportisland.org
- Aug 30 Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178)
- Sept 1 10th Annual Maine Running Hall of Fame 5K, Portland, Back Cove path, 6:30 p.m. Contact: Phil and Rae Pierce (781-3769) or Bob Payne (655-2165 or 534-8814)
- Sept 3 Maine Sport Triathlon (.5 mile swim, 27 mile bike, 6.6 mile run), Camden, Barrett's Cove, Megunticook Lake, 9:00 a.m. Contact: (236-4685) msotriathlon@verizon.net
- Sept 4 44th Annual Bangor Labor Day 5-Miler, Bangor Parks & Recreation Center, 9:00 a.m. Contact: Skip Howard (223-4715 or 992-4490)
- Caribou Labor Day 8K, 5K Walk, & Viking Run, Caribou H.S., 11:00/10:30/9:00 a.m. Contact: Aroostook Musterds Running Club (493-7868)
- Sept 6 Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178)
- Sept 9 Maine Senior Games Track and Field, Portland, Fitzpatrick Stadium, for athletes 50 and over, 8:00 a.m. Contact: Jerry LeVasseur (729-6180) jerardl@verizon.net
- 6th Annual Ogunquit Beach Lobster 5-Mile Dash, 8:30 a.m. Contact: Charlie Farrington (978-686-6937) cf\_runs26@hotmail.com, www.lobsterdash.com
- Sept 10 Maine Salmon Festival 5K & Kids 1-Miler, Eastport, behind Motel East, 8:00 a.m. Contact: Eastport Chamber (853-4644) chamber@eastportme.net
- Saco Bay 5K & 10K, Pine Point (10K) and OOB pier (5K) to Camp Ellis, 8:00 a.m. Contact: Jeff Scully (284-2003) www.sacobay.org
- 8th Annual Dan Cardillo 5K, Falmouth H.S., 9:00 a.m. Contact: Jeanne Hackett (883-8979 or 541-2265) or Marsha Greenberg (766-2602)
- September Stampede 5K & Kids Fun Run, Sanford - Springvale YMCA, 9:00/8:30 a.m. Contact: Becky Harkema (324-4942) bharkema@sanfordymca.org
- Race for Space: Preserving Today for Tomorrow 4-Miler, 2.5 Mile Walk, & Kids 1-Miler, Brunswick, Livesay Field, 9:00 a.m. Contact: Alicia Heyburn (729-7694) ndunbar@att.net
- 24th Annual Run for Hope 5K, Bangor, Best Western White House Inn, 11:30 a.m. Contact: Peter Daigle (862-8000) pdaigle@adelphia.net, www.runforhope.org
- Sept 13 Back Cove 5K Series, Portland, Back Cove parking lot, 6:00 p.m. Contact: Stu Palmer (725-5178)
- Sept 16 Lobsterman Triathlon (1.5K swim, 40K bike, 10K run), Freeport, Winslow Park, 8:00 a.m. Contact: will@tri-maine.com (721-9299)
- 29th Annual Bar Harbor Half Marathon & Fall 5K, Mount Desert Island YMCA, 8:30 a.m. Contact: Lisa Tweedie (288-3511 x113) fitness@mdiymca.org
- Sept 17 7th Annual Portland Trails 10K, Portland, Eastern Prom Trail, 9:00 p.m. Contact: Isabel Aley (775-2411) isabel@trails.org, www.trails.org
- 15th Annual Hike & Bike, Pownal, Bradbury Mountain State Park, 8:45 100K bike/9:15 50K bike/9:30 8K hike/10:00 25K bike, 3K hike, & 10 mile mountain bike Contact: Hildie Lipson (622-0105) hildie@maineshare.org, www.maineshare.org
- Lobsterman Kids Triathlon (100-200 yard swim, 5-10K bike, 1-2K run), Freeport, Winslow Park, 11:00 a.m. Contact: will@tri-maine.com (721-9299)
- 10th Annual Komen Race for the Cure 5K & 1K Walk, Bangor Waterfront, 11:00/10:30 a.m. Contact: Sally Bilancia (745-9173) mainerace@verizon.net
- Sept 23 Colby Triathlon (400 meter swim, 13.1 mile bike, 3.4 mile run), Sidney, Colby College Hume Center, 9:00 a.m. Contact: (650-9096) www.colby.edu/triathlon/
- Sept 24 Black Bear Triathlon (750 yard swim, 16.1 mile bike, 4.5 mile run) Orono, University of Maine Memorial Gym Complex, Contact: Thad Dwyer (581-1234) thad.dwyer@umit.maine.edu
- Edgar J. Paradis Fall Foliage Classic Half Marathon & 5-Miler, Frenchville, Community Park, 9:30 a.m. Contact: JJ Roy (543-6391)
- Sept 26 7th Annual Waterford Fall Foliage 5K & Kids 1-Miler, Waterford Flats, 9:00/11:30 a.m. Contact: Geo Ames (583-2603) geoames@adelphia.net
- Sept 30 14th Annual Eliot Festival Days 5K, Eliot Fire Station, 8:30 a.m. Contact: Jeff Donatello (439-0577) e5k06@yahoo.com
- Pownal Pumpkinfest 5K & Kids Run, Pownal E.S., 9:00/9:45 a.m. Contact: (552-2067)
- Oct 1 Sportshoe Center Maine Marathon/Relay/Half Marathon, Portland, Baxter Boulevard, 7:45 a.m. Contact: Howard Spear or Bob Aube (741-2084)



# A Talk with Greg Meyer

by Roland Thibault

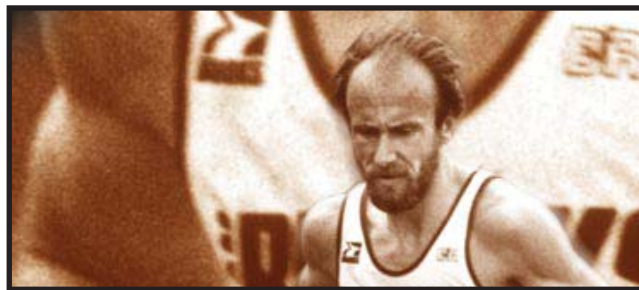
When Greg Meyer's daughter told her class that her father had won the Boston Marathon, their response was, "Your dad's from Kenya?" That statement only goes to illustrate the drought that American runners have faced (and the success that the Kenyans have faced) in the last couple of decades of road racing. Meyer was the last American runner to win the Boston Marathon in 1983 (2:09:00).

In the 80's, Meyer was one of the rising stars from the Greater Boston Track Club. He won the Detroit Marathon in 1980, the Chicago Marathon in 1982, and held records at several distances including the American Record for 10 miles. Meyer also won the National Cross Country Championships in 1978. In addition, he was one of the founding members of the ARRA (the Association of Road Racing Athletes), which was the first athletic union of road racing athletes. In the early 80's he helped to fight for and win the right for road racers to earn prize money. In 2005, Greg was inducted into the National Distance Running Hall of Fame.

Meyer was in Portland in April to speak on the topic of "the state of American Distance running" at the Marathon Legend Series at the Maine Running Company. It was a week before the Boston Marathon 2006 (a race where American men finished third, fourth, fifth, seventh and tenth), and Greg was in the area for the race festivities. Although he is rooting for an American male to win Boston, he states that if an American does win Boston then he may stop getting a free meal every April.

These days Meyer is just running for health, both physical and mental, and does not race anymore. He enjoys the social aspect of running, with friends at lunch time as a stress relief. He said the transition from competing to running for health took awhile, and today is happy that he is healthy enough to do the training that he does. Meyer is happy that he "has a normal job and a normal life" and still contributes to running by coaching the high school team in Dexter, Michigan and by giving talks around the country.

When asked what his most memorable moment in running is, Greg states that "most people would say Boston, but that



## Marathon Legend Series

is other people's view of me." Greg was most satisfied with breaking the 4-minute mile. His heroes growing up were Jim Ryun and Marty Liquori, so being able to run a sub 4-minute mile was always his goal. Greg also enjoyed running cross country.

On the topic of the state of American Distance running, Meyer has many opinions. He states that "there are more kids running now than at anytime before." And, they are running better in high school than before, but then fall off at the college level. He attributes this to the head to head competition in high school, whereas at the college level there are more invitationals that become "time trials to go to Nationals". There is no incentive for athletes to compete, according to Meyer, and therefore they don't always learn how to win.

Meyer believes it all comes down to confidence, and being willing to run with the leaders: "If you're not willing to stick your nose in it, you're not going to win." And, he says, you "only learn what it takes to win by being in the lead pack." Meyer believes that today's top Americans are physically able to compete with the best, but "they don't have the head, the confidence." He also believes that most Americans look around and say "Who's going to be the first American?" instead of competing for the overall win.

Meyer believes that Americans will need to change everything and begin to create team competition, or a club system similar to what used to be at play when he ran for the Greater Boston Track Club, if we are going to compete against others in the world. In the 80's, according to Meyer, the "Greater Boston Track Club was better than any country in the world." (As an example he stated that in the late 70's, Bruce Bickford didn't make the AAU cross country team that scored the lowest point total ever). Meyer believes

that the team concept works because members complement each other, with some stronger in certain areas. In response to the Kenyan system, Meyer said that "Kenyan track workouts are tougher than any race you can go to. They beat the snot out of each other and those who survive are fit."

Some programs today are trying to copy this philosophy (developing teams similar to the Greater Boston Track Club and the Kenyan system), according to Meyer. He uses examples of the Brooks-Hansen project in Michigan and what Bob Sevens is doing with the Team USA- Monterey Bay Center in California. Given that five Americans finished in the Top Ten at Boston 2006, perhaps it won't be long before an American does win Boston again. Until then, Greg Meyer will continue to get a free meal every April.

# MTC Discounts, Clothing, and Merchandise...



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



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



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



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



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

## Where Do I Get MTC Clothing?

To order contact:  
Mike Doyle  
(871-0051)  
mdoyle@mainecul.org  
Maine Track Club  
Attn. Mike Doyle  
P.O. Box 8008  
Portland, ME 04104



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



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



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



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

# SAVE

# \$\$\$\$\$

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

## AON CENTER FOR INNOVATIVE BODYWORK

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

## EVEST LENDING

100 Larrabee Road, Suite 210,  
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## MAINE RUNNING COMPANY

563 Forest Ave., Portland 773-6601  
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## PEAK PERFORMANCE SPORTS

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## RUNNER'S ALLEY

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603-430-1212 • www.runnersalley.com  
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## SAUCONY FACTORY OUTLET

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## SPORTSHOE CENTER

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Valid July 1 - August 31, 2006





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

by Mike Brooks

## Great Wall Marathon, Half Marathon, 10K & 5K Huangyaguan, China May 20, 2006

I have wanted to do the Great Wall marathon for a few years and with friends from the 50 State Club going my wife and I decided this was the year to do it. The 50 Staters were going with a marathon tour group through Kathy Loper Events ([www.kathyloperevents.com](http://www.kathyloperevents.com)) and we did the same.

We flew out of Portland at 7:20 am to Chicago on May 11<sup>th</sup> and then a direct flight that took 12 hours to Beijing, arrived at 2:30 pm on the 12<sup>th</sup> their time. A travel guide met us along with other runners and bused us to our 4 star hotel. We asked one of the tour guides where to eat and we had a nice dinner then took it easy for the rest of the day.



The next morning started off, like all our mornings in China, with an excellent buffet breakfast in the hotel that served American and Chinese style food. The breakfasts were a gathering place for runners and we would talk about our plans for the day and how things went the day before etc.

Almost every day there would be tours going on. A visit to Tiananmen Square, the Forbidden City's Imperial Palace and the Temple of Heaven was the first one we did and I would consider it a must do. Another nice tour we did was a boat ride to the Summer Palace that also included lunch.

I did not want to go to China and not see the Terra-cotta Warrior excavation site. This is a burial sight of a Chinese emperor that covers 40 square miles, took 700,000 people 38 years to construct! They have excavated only a small portion of it so far. This side trip involved flying East China airlines to Xian, about an hour and a half flight with excellent service and a full meal. We stayed at a 5 star hotel for two nights.

On Thursday May 18<sup>th</sup> we got our first look at the Great Wall where we would be running. A 3:45 am wake up call, breakfast

and at 5 am we were on our way by bus. About one hour into our ride we pulled over for a bathroom break, there are no bathrooms on the buses. Bring your own toilet paper and find a bush. This was also the time we met up with buses from Jixian and formed about a 20 bus convoy stopping one more time for a bathroom break before reaching the Wall.

This trip is mandatory for all runners so you will know what you are getting into and familiarize yourself with the Wall. You can also change which race you want to do at this time. Most runners were a little surprised to see how difficult conquering the Wall would be. This section of the Wall is on the side of a mountain and has about 1,800 stairs of various sizes that are very steep in places. If you are doing the full marathon you travel the Wall in both directions doing 3,600 stairs. Highest elevation is about 4,700' and there is a section or two with no wall on one side with a steep drop off.

We did a "Hutong" tour on Friday. This tour brings you to a part of Beijing where people still live in small single story homes crowded together with narrow alley ways, community toilets and showers.



These homes are passed down generation to generation thus forming tight knit communities where neighbors really know each other well. We rode three wheel bike rickshaws, met a Hutong family, visited a kindergarden class and ate lunch while listening to Chinese music being played by the waiter. We thought this was another must do side trip.

May 20<sup>th</sup> starts off with a 1:45 am wake up call and we are on the buses at 3 am. I am still hurting from a previous race and figure I have a long day ahead of me. The race starts at 7:30 am and I have all I can do to keep up with my 50 State friends. The first mile or so is flat and on an asphalt road that goes through a small village where people cheer and wave at us. Next comes a two mile uphill stretch that we walk. We now go onto the wall for about 3.2K where most people, back where we are, walk all the stairs. It is the fear of falling down the stairs that are very steep that keeps people from running these sections. A rope has been put up for runners to hold onto where the course is narrow with a drop off on one side. There is a backup of runners at this point. When we get off the Wall I have one friend left with me who will be my "pacer"



for the rest of the race. My wife did the entire 10K with his wife. Bob and I are back on a flat asphalt stretch for about 2 miles then turn onto a mix of dirt, asphalt and concrete roads that go through about 6 or 7 villages. The villages are the highlight of the race for Bob and I. We both enjoy the children and villagers saying hello in English as we say hello in Chinese. They laugh and smile, pose for our pictures and are the friendliest people I have ever met in a race. I prize the picture of the elderly gentlemen in a military jacket who removed his pipe exposing a few teeth with his big smile. When not in the villages we were running along country roads lined with fruit trees or large garden areas being tended to by the farmers using simple hand tools, no tractors here that I could see. At about mile 12 we started a long climb for a couple of miles that ended at a village on top of a mountain. From there it was a 2 mile downhill, then up another hill to a village. After the village it was 2 or 3 miles on a rough 4 wheel drive road then dirt and asphalt roads to the base of the Wall. This next section is the toughest part of the race. You get on the Wall around mile 21 and you are doing the uphill. The steps seem endless and people are stopping to catch there breath constantly. This and just before the Wall are the only parts of the race that Bob and I passed any runners. The Wall seemed to stretch on forever but was only 2.5 K. Finally off the Wall we run down the section of steep hill we walked up near the beginning of the race. A flat section of road brings us to the finish line. We finish in 7:44:56. The cut off is 8 hours

and unfortunately about 30 runners were still on the course at that time. Two runners were disqualified, I believe for cutting the course. The weather was good for running during the race and Bob staying with me helped me make the cut off. If I was in good shape at the beginning of the race I still think it would have taken me six hours or more to finish.



A couple of ice cold beers, "Subway" sandwich and great massage and it was back on the bus to Beijing. On Sunday night we went to an extraordinary "Gala Party" at the Beijing Hotel put on by the marathon organization. The food, ice sculptures, award ceremony, everything, was excellent. Good time had by all.

This was a tough marathon in my opinion but very doable for an average marathoner if he or she trains properly for it. I think running or speed walking up and down stairs along with hill work would help you prepare for this race. All the runners I spoke to thought Kathy Loper and her tour guides did an excellent job and they

were very satisfied with the tour package. I would definety do the tour package again.

Denise and I liked the people we met in China. The tour guides were very friendly and helpful. The Chinese people, especially in the countryside were all friendly. We met and talked to a Chinese University student who showed us around Tiananmen Square and also an art museum where he had a display. He was very friendly, interesting and informative.

The things we do not like about China are the pollution problems. Air quality is poor and there seems to be almost a constant haze over Beijing. Drink only bottled water and hold your nose when you go to some of the public bathrooms and don't forget to bring your own toilet paper. There are street hawkers at certain locations constantly trying to sell you hats ,shirts, tour books etc., they can be a pain after awhile. Bring plenty of dollar bills with you and bargain with them if you want something.

Space does not allow me to babble on so if you have any questions about this event or the following marathons, please get in touch with me at 207-783-3414 or mjbruns@adelphia.net or check out www.marathonguide.com. I also did the National Marathon in DC, on 3/25, which does not measure up to the Marine Corps Marathon but was a good marathon even though second half was hilly and had backed-up traffic everywhere in the suburbs. On 3/26 I did the Cape May New Jersey marathon a flat, except for bridges, scenic, point to point race that also has a 10-miler.



# THE GREAT WALL MARATHON







Photo by David C Young

## Where's Manny?

by Erik Boucher

Manny recently found himself surrounded by people who were enjoying each other's company at the 6<sup>th</sup> annual Portland Sea Dogs Mother's Day 5k race. This was an extraordinary spectacle in his eyes. After all, up North they didn't have that many running events to begin with, and certainly nothing like this. He was so intrigued by the thought of a running event that specifically honored mothers, that he had to witness it himself, and he brought his son Mikey along too. He knew instinctively that it was important for children to witness adults at play, and to be a part of an active community. He also knew from a report by the U.S. Centers for Disease Control and Prevention that 61% of Maine adults are overweight or obese and that 36% of Maine kindergarten students are overweight or at risk of becoming overweight. While the state of Maine fared poorly, the city of Portland was actually tied with Burlington, VT, for the



lowest rate of overweight adults in the country. This made Manny's antler itch. He wondered if the concentration of running events around Portland had something to do with its clean bill of health. Whatever the reason, Manny figured that he had better set a good example if he wanted Mikey to live healthily.

While at the Mother's Day race Manny and Mikey made lots of new friends including Tina Meserves from Livermore Falls. In the last stretch of the race, people ran the perimeter of Hadlock field, and finished near the dug-out along the left-field line. Mikey watched in amazement as 900-plus people crossed the finish line. At first many skinny people in running clothes crossed the line, their faces stretched and contorted. Then he saw things that surprised him. Among the runners there were children and old people. There were people who looked different from the many white people. There were even fat people. The one thing that surprised Mikey the most was the happy look on all the people's faces after they crossed the finish line.

A few weeks after the Mother's Day race, Manny ventured out to New Gloucester for the first annual Pineland Farms 50km & 25km Trail Challenge. When he first heard about the 50km race and ultra runners he thought, "These people are crazy. Why would anyone want to run further than a marathon?" This also made Manny's antler itch. While at the event he came to realize that 26.2 miles was an arbitrary distance and that for some reason people's imagination stopped at the marathon. Everyone he knew in the running community viewed the Boston Marathon as The pinnacle. By the end of the day, Manny had witnessed more than 220 runners cross the finish line and 77 people who completed the 50km event. Manny knew then that he wanted to live in a community where people had the imagination to do what most people considered to be impossible.

While at Pineland Farms Manny could be seen scratching his back against a sign post and playing with children who brought toys, books, and coloring materials. He became close friends with the family of Tom and Lisa Mikkelsen -- a couple who represented the trail running shoe company Inov8, and one of the event's sponsors. While the Mother's Day and Pineland Farms events were very different in their format and setting, they both involved people who looked happy and both were friendly towards families.



Photo by Don Penta

## The Maine Track Club Archives go online

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

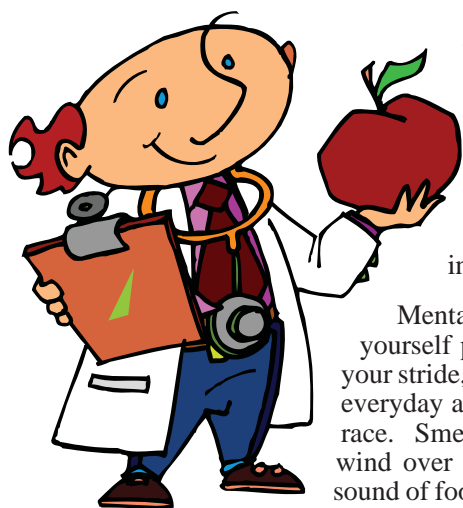
The online MTC Archives contain many interesting and important collections of Maine's running history. The MTC newsletters starting with the 1979 hand-written issues by President Brian Gillespie are now online. All the back issues from 1979-2005 have been scanned and saved as PDF files courtesy of David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

You and your family are invited  
**Maine Track Club**  
**Annual Picnic & Barbeque**  
**Thursday July 20<sup>th</sup> 5 p.m.**  
**Two Lights, Cape Elizabeth**

For more information or directions,  
 contact Cathy Burnie (829-5208)  
 cburnie@maine.mr.com



## Doctor's Corner: The Zone...



by Lucien Ouellette, MD

Remember the time you were in "the zone", running perfectly? Was it a training run or a race? What was the weather like? What could you see? Feel? Hear? Taste? Smell? With a training technique called "mental imagery", you should be having that perfect race everyday in your mind.

1. Calm your mind. Relax.
2. Be as detailed as possible. Include all five senses in your movie.
3. Edit out mistakes by rewinding and starting over. No negative thoughts.
4. Mentally run at race pace.
5. Repeatedly rehearse.

Mental Imagery is the skill of picturing yourself performing everything to perfection; your stride, breathing, pace. Take a few moments everyday and allow your mind to run your perfect race. Smell the scent of the other runners, feel the wind over your body as you glide through it, hear the sound of footsteps by you and the other runners, taste the sweat as it drips from your forehead, and see the other runners as you pass them by. Enjoy every part of the race in your mind; don't allow a single negative image to remain. If negative thoughts creep in, stop your mental movie, and start over editing out what you don't want. Allow yourself to fully relax while you rehearse ever stride, breathe, and arm swing.

Believe it or not, mental imagery works! Most professional, Olympic, and other high level athletes use it daily. You could see the downhill skiers slalom through their race, eyes closed, mind focused at the top of the hill in Turin. Arnold Palmer played a movie of every shot he ever took in golf before he selected a club. Baseball players mentally rehearse their swing in the on-deck circle.

When you've trained hard and want another edge on your competition, been injured and need to remain positively focused, or find your mind wandering into negative thoughts during your

races, give mental imagery a try. Take a couple minutes throughout your day and break your race into smaller portions. It will be tough to find time to rehearse an entire marathon, but imagining one mile or one hill at a time can be very productive. Don't underestimate the power of your mind; seeing yourself in perfect form repeatedly in your mental movie will improve your performance. Use these 5 guidelines to get going, and don't limit what you can accomplish!



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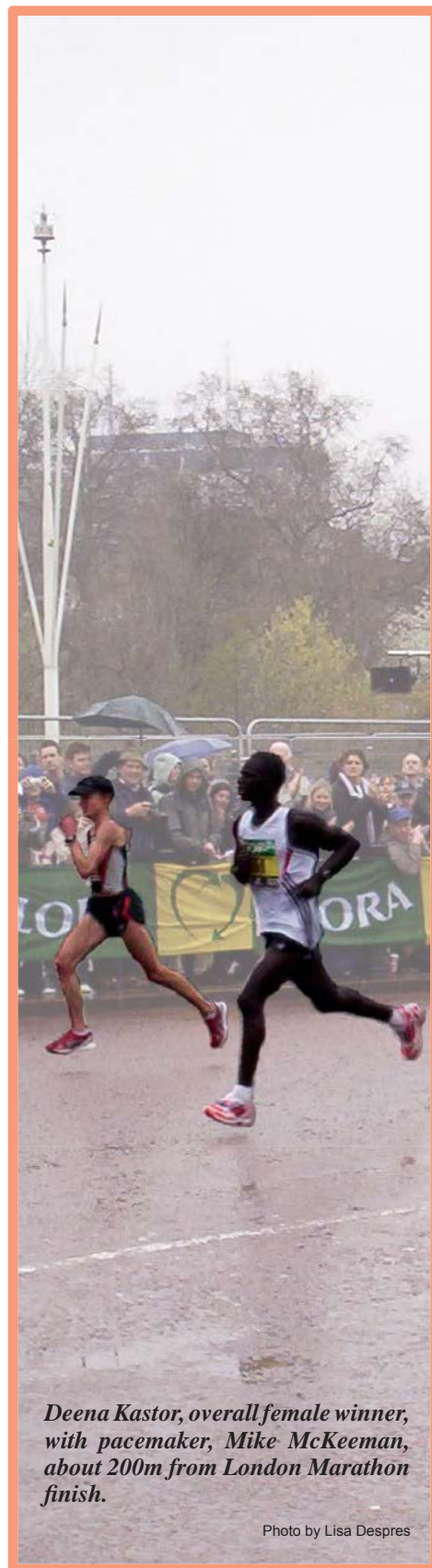
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## 26<sup>th</sup> Annual Flora London Marathon April 23, 2006

by Lisa Despres



*Deena Kastor, overall female winner, with pacemaker, Mike McKeeman, about 200m from London Marathon finish.*

Photo by Lisa Despres

Since a trip in 1996, I have wanted to go back to London. This year, when I learned that friend and MTC member Emma Barclay's marathon time at the Sugarloaf/USA Marathon qualified her to run with the elite in London, I started making plans to go. Unfortunately, like Paula Radcliffe and Paul Tergat, Emma's injuries prevented her from training for the race, and she was unable to run. By that time, I was already booked and, as they say, that train had left the station. I was going to the London Marathon.

London is a big race. This year, over 32,000 finished. It is one of the marathons in the World Marathon Majors Series, along with Boston, Berlin, LaSalle Bank Chicago, and ING New York City. The overall male and female winners of the series will receive \$500,000 each. London also turned out to be big in another way. An estimated £million in bets was staked on the race this year. In part, this was felt to be due to a new trial system of identifying the leading runners with colored racing strips. Each elite runner wore a different colored racing outfit, so that spectators and viewers from home could tell them apart. This information was available online prior to the race, along with the betting odds for each runner.

My plan was to be at the Tower Bridge when the front-runners came by at mile 13, to take photos with a nice backdrop. As jet-lag would have it, I woke up to live TV news coverage showing the females in full stride, too close to the Tower Bridge for me to get there. So much for backdrop. I jumped into my sandblasting shower, packed up some supplies and headed for the Tube to Buckingham Palace and the Mall to catch the finish.

The overall male winner was Kenyan Felix Limo (2:06:39), just ahead of Martin Lel (Kenya) by two seconds. For the first time, the overall female winner was an American, Deena Kastor (2:19:36). For the first time in a single marathon, five women finished in under 2:22. The starts were staggered such that the elite women came in first, then the elite men. Interestingly, when the top males approached the finish, an announcement was made that the crowd was to sing along with an inspirational song that would be played when the winner crossed the line. I'm still scratching my head wondering why there was no song when Deena crossed the line. No song for the top wheelchair finisher, either. When I commented on this to the people standing next to me, one didn't know, and the other didn't care. I thought, maybe it's a cultural thing. Maybe it goes back to when only men could compete. Maybe it's because he had the fastest time overall (other than the wheelchair competitors). Maybe I should just go home where things make sense. (Ha Ha).

Watching the back-of-the-packers was like watching a race and a parade at the same time. I have never seen so many runners in costume! There were centipedes, Sponge Bobs, Wallace (without his Gromit), 100's of wigs, and something that looked like a cross between a pickle and a pretzel. I jotted down this live observation by a very British reporter: "We always get a few fairies out there, don't we? This is Leslie Nelson, just floating along."

The next morning with my coffee, I picked up the leading local papers to check out the front pages for coverage of the race. One had a photo of a supermodel who had run the race. The other showed a bride who had gotten married mid-marathon, and had run the entire thing in her wedding dress. Again, I scratched my head. Where was the female winner of the race, Deena, in all this? The answer is, she was somewhere in the middle of the paper, with a couple small photos and a modest article. I guess the fact that a supermodel and a bride in her gown ran a marathon IS bigger news than a woman running a sub-2:20 marathon. The male winner was nowhere to be found on the front page, either. If Paula Radcliffe had run as planned, and had won, would she have trumped the model and the bride?

The Queen's birthday was the day before I arrived. Snoop Doggy Dog apparently caused a ruckus somewhere at Heathrow while I waited for my flight home. Tom Cruise was expected to arrive the day I left. I can't say I'm sorry I missed any of that action. I had a great time just bopping around London, watching the marathon, and scratching my head.



# Those Thrilling Days of Yesteryear...

Compiled by Maggie Soule from the MTC archives



## 25 Years Ago:

Several MTC members had PRs in Bangor's Paul Bunyan Marathon, held on July 18. Russ Connors finished in 3:05:55; Lloyd Cook, 3:43:36; Mason Smith, 3:57:05; and Al Utterstrom, 4:14:21. Following a "very successful" John Fyalka Memorial 10K the next day, MTC members gathered for a picnic lunch, swimming and softball at Wasamski Campground in Saco. An MTC benefit party, with snacks, dancing and a walleyball tournament, was scheduled for August 8th at the Tennis Racquet. Club President Ziggy Gillespie urged members to write to the Portland newspapers requesting better coverage of running events. "[Running] involves more community effort than any other sport and it is given a very minor place in their sports section," he stressed.



**20 Years Ago:** A letter to the Club from RRCA President Harold Tinsley stated: "No RRCA Convention has been bigger, better or had more to offer. You did things that have never been done before at an RRCA Convention and you did things that had been done before even better.... You're events and you, the workers, gave us a true flavor of Maine and its people. I can assure you we were impressed and enjoyed your personal touch." The Mark Hoffmaster Memorial 5M race took place in Westbrook on July 13, with many Westbrook Junior High students and faculty participating. MTC member Hoffmaster had been a phys ed teacher at the school. Carlton Mendell, then 64, had run 47 marathons since 1977. He advised would-be marathoners to "run the distance in preparation."

**15 Years Ago:** Twenty-two MTC runners ran Mt. Washington in June, encountering 50 mph winds, fog and rain en route to the summit. MTC came in fifth in the team event, a few minutes behind the Central Maine Striders. Happy Anniversary! MTC members Beverly Strout and Ed Doughty were married at Andy Palmer's Running Camp in front of a delighted horde of fellow campers. It took ten years, but: Club President Peter Bastow reported to the membership that "a meeting was held with the Sports Editor of the Portland Newspapers. Complete MTC race results will be printed as much as possible." A six-hour clinic with nationally renowned coach Roy Benson brought many runners to the Portland Boys & Girls Club in August.

**10 Years Ago:** The annual picnic took place at Freeport's Winslow Park following the Pat's Pizza Race. Among those new to the Club were Harry White and Mike and Denise Brooks. Said Harry, "I've only been running for a year and a half. Have only managed to get down to an eight-minute mile. Hope to learn how to improve by being in the club." "I'm a slow runner but enjoy racing very much," said Mike, who at that time had done "about 25 races [including] 4 marathons, 1 half marathon, 1 ten miler" and a number of shorter events. "My wife, Denise, doesn't run but might help out at races," he added. "Carlton Mendell is my hero!"

**5 Years Ago:** Coach David Dowling held Wednesday evening track sessions at Greely H.S. throughout the summer. Ellie Tucker swept the women's 40-49 age division in the L.L. Bean 10K (40:13) and the Pat's Pizza Clam Festival Classic 5M (32:34). Lloyd Slocum took the men's 60-69 in the latter race in 33:51. Sue Davenny (now Sue Slocum) was named July's MTC volunteer of the month. In his August column, President Mel Fineberg discussed running etiquette and the fact that some competitors show less consideration toward race volunteers than do others. "A good cure for this," he said, "would be for more runners to volunteer for traffic duty or a water stop for a race or two. But I have a feeling that the new Fenway Park will be built before some runners will volunteer. Sad but true."





## See Ya at the Races...

by Roland Thibault

Most of the races that are run on the path around the Back Bay in Portland go the same way. If you are looking for something different then perhaps the Maine Running Hall of Fame 5K is for you. This race runs the opposite way from other races, starting near the soccer field and ending near the corner of Baxter Boulevard and Preble Street Extension. The 10<sup>th</sup> Annual race will be held on Friday, September 1<sup>st</sup>, 2006 at 6:30 p.m.

The race is sponsored by the Maine Track Club and benefits the Maine Running Hall of Fame. Monies raised from the race go towards the Hall of Fame Induction Banquet, Program Book, and Awards. Prices for the race are reasonable and geared towards family and youth. Adults can race for only \$9 (\$10 after August 20<sup>th</sup>) and children under 18 pay only \$5. Families of more than three runners can register for \$25. Donations to the Hall of Fame are always accepted and appreciated.

The Maine Running Hall of Fame was conceived in 1987 when Bob Payne had the idea about the need for a Runners Hall of Fame. He brought the idea to the Maine Track Club in the spring of 1988 and then contacted the other clubs in the state. According to Payne, "I thought that a lot of running history in Maine was being lost." His plan was to get as much of it as possible back, so in December of 1988 the Maine Running Hall of Fame was established.

In March of 1989, with 14 runners being nominated, four were chosen for induction: Joan Benoit-Samuelson, Bruce Bickford, Ralph Thomas, and Ken Flanders. In the years since then 58 more were inducted into the Hall of Fame, including names like: Roland Dyer, Robin Emery-Rappa, Bob Hillgrove, Carlton Mendell, Kim Moody, Danny Paul, Brian Gillespie, Sammy Pelletier, Andy Palmer, Dale Lincoln, Fred Merriam, and Lloyd Slocum. (For a complete listing go to the Maine Running Hall of Fame website at [www.runmaine.org](http://www.runmaine.org)). The Hall inducted runners every year from 1989 to 2000 (except for 1993) and since 2000 has inducted runners every other year.



### 10<sup>th</sup> Annual MAINE RUNNING HALL OF FAME 5K

Friday, September 1<sup>st</sup>, 2006 6:30 PM  
Back Cove Running Path  
Portland, Maine

So, if you would like to help support this great project (and run the Back Bay loop in reverse) then head on down to the Maine Running Hall of Fame 5K on September 1<sup>st</sup>. Volunteers are also welcome. The race is directed by Maine Running Hall of Fame Board Members Bob Payne (655-2165) and Phil Pierce (781-3769). The race is also run jointly with the Senior Games 5K. For more information on the Senior Games 5K contact Anita Chandler at 800-427-7411.

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**Tips for Selecting the Right Athletic Footwear**

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With the arrival of warmer weather, more and more people are getting outside to walk or play as a way to get fresh air and exercise. But when it comes to choosing footwear, too many of us overlook the importance of choosing the right type of shoe and proper fit. We either slip into a favorite pair of worn out sneakers, or look for a good deal on a new pair based simply on fashion - what looks good on our feet.

Don't underestimate the significance of proper fit and the right type of shoe. "Whether you are an avid walker, a weekend jogger or a competitive runner, it's important to choose athletic footwear with the fit and performance suited to your particular needs and lifestyle," says Michael Muzyczka, manager of the Prescription Referral Program for Sportshoe Center. You may pay slightly more, says Muzyczka, but the extra cost is an investment that will pay off in comfort, performance and durability. Even if you have special foot needs,

the right footwear, inserts and socks can help meet your individual requirements and allow you to be active.

Different sports require different types of footwear. Walking shoes aren't made for running. Basketball shoes are not made for field sports. It can be hard to choose from the many different types of athletic shoes available. There are differences in design, material and weight. These differences have been developed to protect the areas of the feet that encounter the most stress in a particular activity.

Here are some things to think about before investing in new footwear:

- ❖ What footwear do you currently use?
- ❖ How often you run, walk or play?
- ❖ Do you have any existing or past injuries or foot conditions?

Sportshoe Center offers the following

tips on buying athletic footwear:

1. Try shoes on after exercising or late in the day, when your feet are at their largest. Your feet can swell after activity, as much as 8% or a full shoe size.
2. Have your feet measured to help determine proper sizing. Make sure you have both feet measured, sitting then standing. Your feet can and do change as you age.
3. Bring an old pair of shoes or sneakers with you, which can reveal a lot about your feet.
4. Have a Sportshoe expert observe how you walk or run a short distance, which can reveal the biomechanics of your gait.
5. Always bring socks or any orthotics you will be wearing with your footwear.
6. The shoes should be comfortable as soon as you try them on. Don't expect to break them in.

7. When the shoe is on your foot, you should be able to freely wiggle all of your toes.
8. Wear the shoe at least 10 minutes in the store and walk or run a few steps. Your heel should be stable and not slip.
9. Select appropriate socks. Synthetic fibers are better than cotton because they wick moisture away from your feet.
10. Shop at stores that specialize in athletic footwear and have trained associates available to assist you in obtaining a proper fit.

Athletic shoes don't last forever. Six months is the average lifespan of an athletic shoe that is worn three or more times per week for a specific activity. Even if your shoes look almost new, chances are that after six months, the midsoles will have lost most of their stabilizing properties, and it's time to replace them.

## Group Runs...



### Kennebunk

**The Kennebunk Thursday Night Group** runs year round, rain or shine. The group size ranges from 7 or 8 to over 20 depending on the weather and time of year. Pace ranges from 7-minute miles to several running 8's to 9's and sometimes slower. Distance is up to 6.5 miles. Following the run, tradition insists on a trip to Federal Jack's Brew Pub in Kennebunkport for libations and dinner, which always wraps up by 9:00 p.m. Meet at Meserves Market Place, Lower Village at 6:00 p.m. Contact: Steve Jacobsen (985-4107 - nights) or (985-3244 - days)

### Biddeford-Saco

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

### Portland/South Portland

**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: Mike Reali (829-2014) mreali@crossagency.com

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

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) marla.keefe@ctcnet.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 7:00 a.m. The ROAD gang meets in the Pineland YMCA parking lot, and the TRAIL gang meets in the Pownal Hall lot for runs of various distances. It might be helpful to add your name to the e-mail list for weekly updates, as times and places sometimes change. Contact: Maureen Sproul (926-4681) msproul@unumprovident.com







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## MTC Board Meeting Minutes 5/17/06

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

**Secretary Report:** Board Meeting Minutes (3/15/06) accepted

**Treasurer Report:** Tabled

**Membership Report:** Sandy has temporarily resumed these duties. The club now has 622 members, 49 new since mid-February, in 350 households (up from 316 at this time last year.)

**NewsRun Report:** Sandy's computer crashed mid-production, setting the release of the May/June NewsRun back 2 ½ weeks. Sandy thanked all who contributed to this issue of the NewsRun.

**Special Events Committee Report:** MTC members are invited to a Picnic at the Portland Sea Dogs game on May 20<sup>th</sup>. Tickets will be \$5, club covers the rest. The Annual MTC Volunteer Picnic is set for Wed. June 7 at SMCC. All attendees who volunteered at 3 or more races in 2005 will receive a MTC singlet. The Annual MTC BBQ will take place on Thurs. July 20 at Two Lights State Park in Cape Elizabeth.

### **Race Committee Report:**

**Sea Dogs:** Went very well except for cannon misfire. Cannon being looked at.

**Pineland Farms 25K/50K Trail Challenge:** Entries now at 166, over expected for the first year of this race. John Rodgers help sponsor the event by contributing \$1000 in exchange for marketing.

**Mt. Washington:** Mike Doyle is coordinating the volunteers this year.

**Friendly's New England Mile:** MTC will provide clocks for the ¼- and ½-mile marks. Chip timing will be used.

**Dean K. 50 Marathons in 50 Days in 50 states:** Howard Spear, Ron Pelton, and Mark Grandonico will organize this event, which will be at 9:00 a.m. on Tues. October 17. Anyone wishing to run all or part of the course with Dean is asked to get pledges. The proceeds will go to the Ah! Asthma charity, suggested by Mark.

**Beach to Beacon:** The 9<sup>th</sup> year, MTC will again provide Finish Line Security volunteers.

**Free MTC Member entry to the PT8K in Brunswick:** The club will provide free entry (t-shirts not included) to any MTC runners who wish to run this race in October. Mark is working on this with the PT8K Staff. The Board voted and approved the expenditure (\$300 - \$400 projected).

### **MTC Board/Committee Positions:**

*Equipment Manager:* vacant

*Membership:* vacant

*Race Committee Chair:* vacant

**Bus Trip:** Unless another race is found, the bus trip will go to the Newburyport 5K and 10-miler again this year. Mark and Howard are coordinating.

**Membership Meetings:** Due to low attendance, alternate venues/ featured topics have been discussed. The next Membership Meeting will be held at the Boy's and Girl's Club on Cumberland Ave. in Portland. One idea was to have each member bring a favorite race t-shirt with favorite race story to share. Another idea was to hold the meetings at a local restaurant in the future.

**RRCA News:** Mark accepted the position of Maine State Representative for the RRCA. His trip to the RRCA Convention next year will be covered by the RRCA.

**Coaching/Track Sessions:** Bob Brainerd will be holding 3 Tuesday night sessions at the Cheverus H.S. Track on June 13, July 11, and Aug. 8, at 6:00 p.m. The cost to use the track was \$75. The rest of the sessions will be held at Edward Little H.S. in Auburn.

**Grand Prix Series:** Jerry Levasseur, a member of the MEUSATF, has designated the following races to make up the Grand Prix Series: Sea Dogs 5K, Friendly's New England Mile, L/A 5K Bridge Race, PT 8K, Craig's Cup XC Series final race

**Barbara Bush Children's Hospital Silent Auction:** The MTC donated 2 Maine Marathon Entries to this auction, to be held in July. The event benefits the Barbara Bush Children's Hospital at Maine Medical Center.

**Maine Running Hall of Fame:** The following runners will be inducted into the Maine Running Hall of Fame this year: Paul Firlotte, Harold Hatch, OJ Logue, Christine Snow-Reaser.

**Next Board Meeting:** Wed. July 19<sup>th</sup>, Norway Savings Bank – Falmouth 6-8 p.m.

**Next Membership Meeting:** Wed. July 26<sup>th</sup>, SMCC - Jewett Hall 6-8 p.m.

Submitted 6/4/06  
*Lisa Despres*  
 MTC Secretary

## Notices...

**Oops...** Tom Shorty took the photos at Muddy Moose (May/June '06, page 14). Erik Boucher took the photo of Andrew Baird.

**Cathy McKenney** left June 8th for mobilization with her Army Reserves Unit. First she will have a 60-90 day field training at Ft. McCoy, WI, then Iraq for a year with the 399th Combat Support Hospital. The current plan is to replace a CSH in Iraq.

**Bonnie Topham** has taken over club membership and my be reached at AuntBLovesMe@aol.com for any membership questions.

**Mark Grandonico** is the new RRCA Maine State Representative as well as the presiding President for the Maine Track Club.

**David Colby Young** has a massive collection of photos taken at many races and Maine Track Club events. Check his website <http://journals.aol.com/davidcolbyyoung/MaineRunningPhotos/> for picture(s) of you!

### **Bus Trip to Newburyport- Sign Up Now!!**

Yankee Homecoming Days 10 Miler & 5K is Tuesday August 1st. The bus will leave South Portland at 4:00 sharp and the cost is \$25 which includes Race Entry, Bus, Driver Tip. Contact Howard Spear [RaceDirector@mainemarathon.com](mailto:RaceDirector@mainemarathon.com) to reserve your spot. Go to the MTC Homepage [www.mainetrackclub.com](http://www.mainetrackclub.com) to download a race application to mail to Howard. This is always a fun trip and the 5K is a good tune up for the B2B the following weekend!

### **Physical Therapy 8K is FREE for MTC Members this year!!!**

Yes - that is correct. The Board voted at our last meeting to make this event a perk for club members. We ask that you wear your MTC Singlet for the race and Show Your Colors! To get the free entry, you must print and mail the race application. Check the MTC Member box on the form. You can not get the free entry status through Active.com. Go to our home page ([www.mainetrackclub.com](http://www.mainetrackclub.com)) and click on the Physical Therapy 8K link from the MTC Race Schedule section. The Free Entry Status does not include a t-shirt.

# VOLUNTEERS NEEDED

*"Volunteers are the only human beings on the face of the earth who reflect the nation's unselfishness, compassion, care, patience, need and love for one another. They are a luxury too often taken for granted. It frightens me somehow, to imagine what the world would be like without them." - Erma Bombeck*

**Equipment Manager.** We still need a Keeper of the Trailer. If anyone has yard space or even better garage/barn space and would like to volunteer to help out the club in this capacity, please contact Mark Grandonico at [grandm@maine.rr.com](mailto:grandm@maine.rr.com).

**Newsletter Committee.** 3 people are needed to help take the load off of one: a person to identify and label photos, a person to double-check race results for computer error, and a person to solicit ads and paid race fliers. Each only takes a few hours every two months. For more details, contact Sandy Walton (846-6577) [swalton2@maine.rr.com](mailto:swalton2@maine.rr.com).

*As we approach the busiest portion of the MTC race schedule, it's time to make a plea for volunteers for upcoming races. Here's a rundown of events with volunteer information. Please consider helping at these events if you're not planning to run.*

**Clam Festival Classic,** Saturday, July 22, Yarmouth, 8:00 a.m. Volunteers needed for registration, traffic, and chip removal. Contact Ron Pelton (865-6919) [ronaldpelton@hotmail.com](mailto:ronaldpelton@hotmail.com).

**Peaks Island Road Race,** Saturday, July 29, 10:30 a.m. Volunteers needed for registration and finish line. Contact Larry Dyer (725-6962) [lldyer@ghi.net](mailto:lldyer@ghi.net).

**Beach to Beacon 10K,** Saturday, Aug. 5, Cape Elizabeth, 8:00 a.m. Volunteers needed for finish area security 7:00-11:00 a.m. This is a great chance to be part of this event and check out some of the best runners in the world up close. Fill out the volunteer form at [www.beach2beacon.org](http://www.beach2beacon.org). Contact Mark Grandonico at [grandm@maine.rr.com](mailto:grandm@maine.rr.com) FMI.

**St. Peter's Road Race,** Friday, Aug. 11, Portland, 7:00 p.m. Volunteers needed for registration, traffic, and finish line. Contact: Jim Nappi (828-8484) [jnappi8@maine.rr.com](mailto:jnappi8@maine.rr.com) or Mike Reali (829-2014) [mreali@crossagency.com](mailto:mreali@crossagency.com).

**Maine Marathon,** Sunday, Oct. 1, Portland, 7:45 a.m. Coordinators needed. Contact Howard Spear (856-6496) [racedirector@mainemarathon.com](mailto:racedirector@mainemarathon.com) or Bob Aube at [bobaube@mainetrackclub.com](mailto:bobaube@mainetrackclub.com)

- Yarmouth Traffic Coordinator:** An individual(s) to seek volunteers to cover certain intersections in Yarmouth for race day. Coordinator will have access to the 2005 Yarmouth Traffic & Volunteer file and hands on instructions from Phil Meech. Phil has been coordinator for the past 5 years or so and will be moving to the start/finish area as finish area coordinator. Time frame on race day approx. 7:00 a.m.-Noon.

- Portland Traffic Coordinator:** File will be turned over from Ron Deprez. Portland Traffic will require a few more volunteers than Yarmouth with many more intersections to cover. 7:00 a.m.-2:00 p.m.

- Sign coordinator:** Two weeks prior to race day, usually on a Saturday morning, all of the road signs (approx. 50: one person would take 4 hours, less if more than one) need to be placed all along the course. Signs are currently at the Sportshoe Center Warehouse in Kennebunk. The coordinator(s) would need to arrange for pick up in time to make necessary repairs and date changes. On race day, all of the signs would need to be picked up and returned to the finish area in time to be loaded on the Sportshoe Center truck for winter storage.

- Shirt coordinator:** Volunteers and runners

- Sponsor awards coordinator:** An individual responsible in either delivering or mailing sponsor thank you letter, plaque, and race shirt. All of this is done approx. 2-3 weeks after the race.





## CHEW THE FAT: An in-depth look at Dean Karnazes' athletic make-up and the unique demands of The North Face Endurance 50

by Jason Koop, Carmichael Training Systems Coach

You might think Dean Karnazes possesses superhuman powers, or that he benefits from a genetic hiccup that allows him to run non-stop. Well, after putting him through a day of fitness trials at Carmichael Training Systems' Performance Center in Aspen, Colorado, earlier this month, I can tell you that he's simply above average.

We brought Karnazes to the Rocky Mountains to gauge his current level of fitness and then to set a performance baseline. Armed with this information we could then map out a training program that'll take him up to September 17th and the first of his 50 consecutive marathons. We put him on a treadmill to measure his lactate threshold (the point where his energy demands exceed his aerobic capacity) and his VO2 max (the amount of oxygen his body can process). The results confirmed what we all knew: Karnazes is a finely-tuned aerobic machine. But there's much more to it.

Then we checked out his body composition and discovered one way that Karnazes is decidedly NOT normal. Only 4.8 percent of his body weight is composed of fat. As best we can tell, his ripped physique is a product of his existing training regimen of 30- to 40-mile runs a few times a week coupled with his body's hyper-efficient metabolism. While carrying around so little fat has landed his shirtless torso on numerous magazine covers, this number concerns us. It's much too low to allow him to cruise through 50 days of marathon running.

I'd like to see him get his body-fat percentage up to at least eight percent. Why? Because fat will be the predominant source of energy during his daily marathon runs. Even if Dean's additional weight—roughly five pounds—slows him down a little, it's vital that he haul it with him. Without it, his body will start tearing itself apart looking for fat to use for fuel and to keep its basic functions working smoothly. As it does this, however, it's removing the stored fat Karnazes needs to complete his daily runs. Without packing more fat onto his frame, he'll dig himself a hole from which he won't escape. And as he moves from marathon to marathon, he'll grow progressively and unstoppably weaker.

It's going to require a total change in mindset for Karnazes, as he'll have to simultaneously run the current race he's entered while preparing himself for the next day's marathon and even the event two days down the road. Karnazes's current body performs astonishingly well over the course of 350 consecutive miles, but afterwards it gets a couple of days or more to recover. His body will get no such break during The North Face Endurance 50. So my first training advice to Karnazes was simple: Add some flab and do it now, before you get too deep into your training program.

*Jason Koop is a Pro-Level Coach for Carmichael Training Systems, Inc., based in Colorado Springs, Colorado. He is certified as an Expert Level USA Cycling coach as well as a USA Track and Field Level 1 coach.*

### COACH'S TIP

To be a solid performer, day-in and day-out, you need at least 8-10 percent of your body weight to be from fat. Adopting a daily diet where 65 percent of your calories come from carbohydrates, 13 percent from proteins, and 22 percent from fats will insure you have enough nutrients to tackle almost anything, whether it's 100 miles in a day or 100 miles run over four consecutive days.

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# Maine Track Club Membership Application

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

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

## MEMBERSHIP TYPE & ANNUAL DUES

Membership is based on the calendar year, expiring on December 31<sup>st</sup>.

- |   |      |
|---|------|
| <input type="checkbox"/> 1 Year Household/Individual      | \$25 |
| <input type="checkbox"/> 2 Years Household/Individual     | \$45 |
| <input type="checkbox"/> 3 Years Household/Individual     | \$65 |
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| <input type="checkbox"/> Amt. Pd _____    |
| <input type="checkbox"/> Chk # _____      |
| <input type="checkbox"/> Date Rec'd _____ |
| <input type="checkbox"/> Database         |
| <input type="checkbox"/> Birthday         |
| <input type="checkbox"/> E-mail/NR        |
| <input type="checkbox"/> Mailed WL        |
| <input type="checkbox"/> Mailed NL        |

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

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

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

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

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

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



Non-Profit Organization  
U.S. Postage  
**PAID**  
Portland, ME  
Permit No. 403

RETURN SERVICE  
REQUESTED



	S	M	T	W	T	F	S
July	2	3	4 Track Workout, Edward Little H.S., 6:00 PM	5	6	7	8 Roasters Run, Falmouth, 7:00 AM
	9	10	11 Track Workout, Chevrus H.S., 6:00 PM	12	13	14	15 Roasters Run, Falmouth, 7:00 AM
	16	17	18 Track Workout, Edward Little H.S., 6:00 PM	19 Board Meeting, Falmouth, 6:00 PM	20 <b>BBQ Picnic, Two Lights State Park, 5:00 PM</b>	21	22 Roasters Run, Falmouth, 7:00 AM <b>Clam Festival 5-Mile Classic, Yarmouth, 8:00 AM</b>
	23	24	25 Track Workout, Edward Little H.S., 6:00 PM	26	27	28	29 Roasters Run, Falmouth, 7:00 AM <b>Peaks Island 5-Miler &amp; Lobster Bake, 10:30 AM</b>
August	30	31	1 Track Workout, Edward Little H.S., 6:00 PM <b>Yankee Homecoming 10-Miler &amp; 5K, So. Portland, 4:00 PM</b>	2 Sept/Oct ← News*Run ← Submission ← Deadline	3	4	5 Roasters Run, Falmouth, 7:00 AM <b>Beach to Beacon 10K, Cape Elizabeth, 8:00 AM</b>
	6	7	8 Track Workout, Chevrus H.S., 6:00 PM	9	10	11 <b>St. Peter's 4-Miler, Portland, 7:00 PM</b>	12 Roasters Run, Falmouth, 7:00 AM
	13	14	15 Track Workout, Edward Little H.S., 6:00 PM	16	17	18	19 Roasters Run, Falmouth, 7:00 AM <b>Old Orchard Beach Breakaway 5K, 8:00 AM</b>
	20	21	22 Track Workout, Edward Little H.S., 6:00 PM	23	24	25	26 Roasters Run, Falmouth, 7:00 AM
	27	28	29 Track Workout, Edward Little H.S., 6:00 PM	30	31	1 <b>Maine Running Hall of Fame 5K, Portland, 6:30 PM</b>	2 Roasters Run, Falmouth, 7:00 AM