

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

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

## 39th Hannaford Turkey Trot Sets Milestones

With 553 pre-registrants, 150 race-day registrants, and 589 finishers, we set an apparent all-time record for this race in terms of participants. Not knowing for certain how many would actually show up, we added bib numbers 901-1000 just in case and (at 5 am on race day) ordered up three more port-a-potties to go with the three already delivered. For the first time in recent memory, there were no complaints heard regarding “facilities.”

Other firsts for us in 2007 were chip timing, provided by Bay State Race Services, and higher entry fees (\$10 pre-registration and \$15 on race day), the latter helping fund the former. Our net profit after expenses garnered us \$2,221.00 for the club and \$1,110.50 each for our two charities, Camp Sunshine and Cape-Ability Sports Camp.

The Turkey Trot was also the 2007 State RRCA championship 5K; plaque winners were Jonny Wilson and Carry Buterbaugh, open; David Huish and Jeanne

See **TURKEY TROT** , page 3

## President's Corner...

### What's Going On?

**Mark Grandonico**

Thanks to Roland Thibault for taking over the NewsRun. This is his first edition. Our last edition was late and I believe I left off with club happenings just about October. So, starting with October – how about that Maine Marathon? Numbers were slightly off likely due to many other events going on in the same timeframe. The MTC/Marathon still presented WinterKids a check for \$35,000. We are actively interviewing new potential primary sponsors as this was the last year with the SportShoe Center. Next year will also be co-race directors Howard the Spear last year at the helm. Do you have what it takes to be a Race Director? We are looking for a Race Director to fill Howard's (large) shoes. The 50k/50m was successful and the pt8k had 44 MTC members take advantage of their club membership and ran the race for free. The MTC Volunteer Bucks program continues to grow. We are seeing more and more “MTC Bucks” being applied to membership renewals, clothing, pasta dinner and the banquet. It's a good deal – volunteer to help with 2 races and you earn \$10.00 MTC Bucks (\$5 per event) and there is a free ticket to the annual Banquet or 2 Tickets to the annual pasta dinner. Speaking of that, the Pasta dinner also saw a record number this year. Mike and crew were scrambling to whip up more pasta.

The Turkey Trot was another great race thanks to Maggie Soule who is also hanging up her Race Director hat this year. Maggie has managed this race for many many years – nice work and Thank You Maggie. The MTC agreed to take on the Jingle Bell run this year and it was another record breaker, 495 finishers on a very cold morning in Freeport.

The MTC just renewed our dues to The RRCA and also made a \$250.00 donation to the RRCA Grass Roots Running program which sponsors up and coming American runners.

What's next? The annual Awards Banquet is Saturday night 2 February 2008 at

Keeleys banquet Center in Portland. It's Superbowl weekend and oh ya – the Mid Winter Classic 10 miler is that Sunday morning the 3rd. I'm hoping to see a record number of members at the banquet. I've modified the menu to ensure pasta is plentiful for those who want to load a few carbs for the 10 miler the next morning. We usually wrap up the banquet by 9:00 ish so I don't want to hear any of that bunk about getting to bed early for the race Sunday. You have plenty of time to join the festivities and be tucked in nice and early.

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**Printer/Circulation**, Mailings Unlimited

**Submission Deadline for the  
March/April News\*Run  
is Friday February 1, 2008.**

## PRESIDENT, continued from page 1

So what's up for 2008? Thanks to Marcy Tierney for stepping forward and volunteering to be the co-race director with Larry Dyer for Peaks Island. We are still looking at chip timing systems. The costs and simplicity continue to improve. 2008 will be an election year. Most of the Board will be up for re-election. Changes are certain. Start thinking about it now. It's very rewarding to help manage the club and the events we provide to runners in Maine.

Our 2008 race slate is pretty much in stone. The New England Mile race is up in the air as I write due to some sponsorship issues. We ask all club members to give back by volunteering to help with at least 2 races. If everybody did this, we would never have to scramble for last minute volunteers. This is especially significant with the marathon. Despite the success up front, we were critically short of volunteers this year. Traffic and water stops specifically. The new MTC clothing line should be available in January. Our intent is to have the clothing available at the Maine Running Company on Forest Ave for those who wish to "try things on" and to have inventory available for e-purchases. Sandy Walton has volunteered to be the new Clothing Manager all will oversee the clothing.

All in all 2007 has been a good year for running in Maine. New races continue to spout. The Back Cove Series on Wednesday nights saw record numbers and next year the MTC will sponsor a Most Improved runner award for \$250.00. We are also expanding our coaching program. Bob Brainard and the Tuesday night group at Edward Little HS will continue again in 2008. In addition to that program, there will be a coaching program offered to MTC members at no-cost on Thursday nights in Portland out of the Maine Running Company on Forest Ave.

Happy Running in 2008!

Mark Grandonico

MTC President

RRCA Maine State Rep



## MAINE RUNNING COMPANY

### Running Shoe Recycle Program

Maine Running Company is proud to announce it's new Running Shoe Recycle Program. Donate Your Old Running Shoes and receive \$5.00 off your purchase of new running shoes. Your shoes will either be donated to Preble Street Shelter or, if they are in really bad shape, sent to be recycled (Reground and used for track and basketball surfaces). So, Bring your old shoes in and save a sole!

Hackett, masters; and Tom Ryan and Joan Samuelson, grandmasters.

Hearty thanks are due to our long-time sponsor, Hannaford Brothers, who provided gift certificates, food, and funding for T-shirts and other amenities; to Sportshoe Center for donating bib numbers once again; to the citizens of Cape of Elizabeth for putting up with our annual November invasion; and to the following volunteers, whose help made everything run smoothly: Marge Aube, David Barnard, Muzzy Barton, Beth Birch, Tom Boothby, Erik Boucher, Beth Branson, Bob Branson, Pat Buckley, Cathy Burnie, Tammy Butler, Mary Anne Champeon, David Colby Young, Don Cross, Bill Davenney, Lisa Despres, Mel Fineberg, Jan Gagnier, Ward Grossman, Barbara Grunden, Charlie Grunden, Ray Hefflefinger, Ruth Hefflefinger, Dan Hogan, Debbie Howe, Sarah MacColl, Phil Meech, Blaine Moore, Dennis Morrill, Terri Morris, Don Penta, Bob Perkins, Rae Pierce, Peg Rearick, Gretchen Reed, Ron Reed, Kathleen Reid, Aly Schadler, Lisa Schadler, Charlie Scribner, Ray Shevenell, Lloyd Slocum, Sue Slocum, Zoe Sobel, Evie Strom, Carolyn Thibault, Roland Thibault, Bonnie Topham, George Towle, Joan Tremberth, Sandy Walton, John Watson, Harry White, and Kira Wigoda.

Last of all, I announce my retirement after seven years as sole director (pun intended) of this race. Mel Fineberg is to blame for involving me as co-director back in 2000 and it's been quite a ride since then! Through illness, bereavements, and other life changes, this project has been a constant for me, with MTC's reliable support every step of the way. Now it's time for someone else—perhaps two people—to grab the baton. I'll be happy to negotiate next year's contract with Hannaford as well as brief my successor(s) on everything else that's needed to put the race on, pull it off, or whatever else you want to call it. Keep in mind that November 23, 2008, will mark the Turkey Trot's 40th running, so it'll be a special occasion in the history of our club.

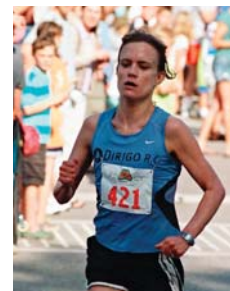
Happy New Year to all!

Maggie Soule

## Piers, Barry Qualify for Olympic trials

Sheri Piers of Falmouth and Kristin Barry of Scarborough became the third and fourth Mainers to qualify for the 2008 U.S. Olympic women's marathon trials, scheduled for April 20, the day before the Boston Marathon.

Running together, the training partners completed the Philadelphia Marathon on Sunday, November 18th in 2 hours, 45 minutes, 36 seconds -- beating the 2:47 qualifying time. They join two other Maine women who already have qualified for the trials: Emily LeVan of Wiscasset and Joan Benoit Samuelson of Freeport. **CONGRATULATIONS!**



### How to Submit Materials for Publication

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

Please submit via e-mail to Roland Thibault at [go\\_running@hotmail.com](mailto:go_running@hotmail.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 600 running enthusiasts around the Greater Portland area and the state of Maine. If you have something to tell or sell to active people, this newsletter will spread your message. Issues are published bimonthly.

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

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

All fees are payable in advance. Prepared ad copy or race entry forms must be submitted by the 5th of the month preceding the next issue to Roland Thibault at [go\\_running@hotmail.com](mailto:go_running@hotmail.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 to not be in the best interest of members, or in keeping with the image of MTC, or that would conflict with our race sponsors, or not meet the requirements of our non-profit mailing permit.



# Happy Birthday to These MTC Members...

## January

1 Ken Dolley	16 Jenna Wrean
Margaret Fast	17 Donna Dyer
Lydia Mundhenk	Lisa Harmon
2 Randall Smith	Hazel Wightman
Robert M. Whelan Jr.	18 Caroline Clough
	19 Rob Boudewijn
	Janice Gagnier
3 Priscilla Jolicoeur	20 Heather Keast
4 Jereck Blair	21 Douglas Couper
5 Kitty Kelley	Nate Rines
Dale Lincoln	22 Gina Harmon
6 Loren Lathrop	24 Ethan Hepner
Timmi Sellers	Jimmy McKew
7 Leslie Foreman	Thomas Mundhenk
Carol Grant	Pete Peters
Rusty Vallee	25 David Rollins
8 Donna Davis-Rankin	Karen Ebersole
	26 James Dunn
	Barbara Hintze
9 Keilly Lynch	Neil Martin
Kevin Robinson	Gerard Salvo
10 Hayley Barton	Brian Thill
11 Scott Michaud	27 Charles Sawyer
13 Daniel Goff	28 Becca Barton
14 Rick Ackerman	Seth McKenney
Jim Carroll	John Watson
Robert Connolly	29 Liz Henry
Paul Tukey	30 Connor Smith
15 Russell Boisvert	31 Judith Hardenbrook
Emily Levan	
Blaine Moore	

## February

1 Derek Dresser	15 Don Conry
Jim Harmon	Howard Spear
Brigitte Laflin	17 Churchill Barton
Betty Rines	Karen Chadbourne
2 Mark Panaccione	Robert Jolicoeur
3 Zac Doucette	18 Bob McArthur
Corinne Keeley	Olivia Noonan
Joel Russ	19 Stephanie Atkinson
4 Sydney Ellen Atkinson	Donna Kitchin
Gerard Bonawitz	Michael D. Tracy
5 Nathan Couper	Bill Vanderburg
6 Beth Fortier	20 Valerie Abradi
Tom Kramlich	22 John Howe
John Woods	Elise Moody-Roberts
8 Roberta Bass	Stanis Moody-Roberts
Diane Daley-Kelley	Charlie Whitehead
David Griffin	23 Matt Flynn
Denise Whitehead	Charles Iselborn
Terry Young	Carol Weeks
9 Judy Reilly	Stephen Ebersole
10 Philip DiRusso	24 Rae Chalmers
Tom Keith	Brigitte Kablitz
Jane Sable	Steve Rollins
11 Devon Bottomley	25 Karen Connolly
12 Melissa Gagnier	Annie Messenger
Bill Hansen	Tom Peterson
Kenneth Spier	Tom Shorty
13 Mark Finnerty	26 James Corbett
Abbi Flynn	Jeanene (Gina) D'Avignon
Elizabeth Hartford	Anita Hampton
Monique Patterson-Wilson	Amelia Whitten
Robert Perkins	27 Michael L'Abbe
Allyssa Rollins	28 Robert Ayotte
14 Thomas Bottomley	Nancy Hewett
Harry Fast	Susan Ryan
Melissa Smith	

## Membership Renewal

**IT'S MEMBERSHIP RENEWAL TIME  
FROM BONNIE -THE MEMBERSHIP CHAIR. ALL THE  
RENEWAL NOTICES HAVE GONE OUT. PLEASE MAIL  
THESE BACK IN AS SOON AS YOU CAN - OR USE  
ACTIVE.COM TO RENEW.  
AND REMEMBER - YOU CAN USE YOUR MTC BUCKS  
FOR MEMBERSHIP RENEWALS!**

## New MTC Members...

Sarah Ellis of Lewiston  
William O'Neil of Portland  
David Arenstam of Saco  
Daniel & Susan Ryan of Cornwall on Hudson, NY  
Caitlin and Danny Ryan of Cornwell on Hudson NY  
Jessica & Elizabeth Wilcox of Topsham  
Erica Heinrich of Cape Elizabeth  
Stephanie Markowski of North Yarmouth  
Jim Wellehan of Auburn  
Jane & Ted Metzler of Yarmouth  
Paul & Fran Houmann of Greenville, SC  
Al Swallow of South Portland  
Brian Lathrop of South Portland  
Melanie Perrone of Old Orchard Bch  
Anne & Walker Noyes of Old Orchard Bch  
Sean Thibedeau of Old Orchard Bch  
Emma Kockwood of Portland  
Carrie Lepordo of Sudbury, MA  
Courtney Klenk of Portland  
Lynn Earnest of Scarborough  
Rick Charette of Windham

Michael Dinehart of Kennebunk  
Jeff Brookes of Cumberland  
Carry Buterbaugh of South Portland  
Brigitte Kablitz of Saco  
Brock & Leslie Foreman of Saco  
Matthew Peterson of Scarborough  
Brian & Rebecca Thill of Windham  
Christine Wirth & Matthew Sullivan of Portland  
Robert & Kimberly Fuller of Portland  
Jenna Wrean & Chris Kyes of Portland  
Susan & Doug Brooks of Portland  
Michael Brooks of Portland  
Rydell & Stephanie Tinker of Buxton  
Colton Tinker of Buxton  
Celine Jannarone of Auburn  
Shawn McDermott of Gorham  
Renee LeClair & Jared Storer of Westbrook  
Karen & Stephen Ebersole of Auburn  
Kimberly Wood of Westbrook  
Nancy Heidrich of Saco  
Sarah Delahanty of North Yarmouth

Blaine & Erin Moore of Windham  
Maura & Scott Edgecomb of Windham



# Maine Track Club Annual Banquet

WILL BE SATURDAY NIGHT - 2 FEB 2008 AT KEELEYS BANQUET CENTER IN PORTLAND.

**ONLY \$10.00**

HAVE ANY MTC BUCKS FROM VOLUNTEERING? USE THEM FOR THE BANQUET!!!

KEELEYS - WARREN AVE PORTLAND. THERE WILL BE AWARDS & DOOR PRIZES. WE LINED UP ANOTHER GREAT MENU: NACHO CHIPS W/HOMEMADE SALSA - ASSORTED VEGETABLE TRAY W/DIP - TOSSED GARDEN SALAD FRESH POTATO SALAD W/DILL - ITALIAN PASTA SALAD - SLICED IMPORTED & DOMESTIC CHEESE

PASTA PRE-LOAD - ZITI! SMOKED VIRGINIA HAM - BREAST OF TURKEY - SLICED TOP ROUND OF BEEF - ITALIAN MEATBALLS W/TOMATO SAUCE SIRLOIN TIPS W/FRESH MUSHROOMS - TERIYAKI CHICKEN WINGS - FRESH HADDOCK FROMAGE - CHEESE LASAGNE. RICE PILAF W/SAUTEED VEGGIES - FRENCH ROLLS W/BUTTER & MANY DESERT SELECTIONS

SAVE THE DATE - SATURDAY NIGHT 2 FEBRUARY 2008 5:00 - 6:00 SOCIAL HOUR 7:00 DINNER

RSVP - GRANDM@MAINE.RR.COM

## Editor's Corner...

### Who Is This Guy?

#### (And Why is He Doing This?)

Hello Maine Track Club! I would like to introduce myself. Some of you already know me (so you can move on to other sections like looking for your picture or lamenting your race times), while others have no idea who I am. I am nearly 40 years old and have been running for 27 of those years. At one time I was a speedier runner (weren't we all), while today I try to keep my running balanced (to those of you who really know me, this means I try to stay on both feet). By now you probably realize that I like to speak parenthetically (which means that you will never know which of my many personalities is speaking at any time).



I do have experience with editing running publications as I spent a year publishing the Pine Tree Running Journal in 1997, a publication that covered the Maine running community. This was a venture that I enjoyed immensely, and in recent years yearned to do again. The time seemed right for me to take on NewsRun.

In my adult life I work as a Substance Abuse counselor for Day One, working with teenagers who are transitioning from a rehab center to the real world. I also teach math at the rehab. I live in Westbrook with my wife Carolyn (a MTC member, not a runner, but a good bowler) and our 18 year old cockatiel Sebastian (Trivia Question: Can you guess who Sebastian is named after? Hint: it has to do with running. Email me the answer to go\_running@hotmail.com).

I look forward to serving the Maine Track Club as NewsRun editor. Remember it is YOUR newsletter, which means YOU have some input (actually a lot of input, as it is your club). Let me know what you think, or better yet send me ideas or even articles. See you at the races, but until then, Keep your feet moving and your eyes on the horizon.

- Roland

Editors Note: My main goal for the NewsRun is to get it out on time and as accurately as possible. Due to the high volume of race results and the time constraints involved (and being that it is my first issue), some results may have been omitted. Please let me know and I will update them in the next issue. I hope you will enjoy this issue and continue to enjoy NewsRun in the future.

# It Took Me Fifty Years to Run a Marathon! (Part 1)

by Kevin Robinson

*My eyes pop open, I rub them gently trying to focus on the clock – 1:35 am. Good! For a minute there, I thought it was time to get up, I am so tired!-- My eyes pop open, --again I am struggling to see the time. 2:05!! For Christ's sake why can't I stay asleep! My eyes pop open ----now I am thinking this is ridiculous! I look at the clock, 3:54. Maybe I will just get up now, what is 6 more minutes? I close my eyes for a few seconds, random thoughts are now wrestling for recognition, what should I eat this morning? What did I eat when I ran the 22 miler? Was it toast, cereal? No I think I only had a protein bar and a banana. Wait a minute, do we have any bananas left? I should probably stretch before I leave, I hope it is not too -----suddenly, the screeching sound of some song is rattling in my ear, I open my eyes, shake my head to clear the fog a bit, reach over and shut off the alarm.*

*I feel OK this morning, somewhat rested. I look in the mirror, and tell my reflection that I am ready, I AM ready! Am I ready? My thoughts shift. I should leave by 6:00. The last time I ran the half, the parking lot was almost full when I got there and I don't want to waste energy worrying about parking and having to rush around. If I get there by 6:20, I should be all set. I turn in the parking lot at Back Bay. It is 6:20 on the dot. Wow, there is only one car here. I grab the first parking spot close to the start line. I think I might have been better off grabbing an extra half hours sleep. I am PLENTY early!*

*I take one last look through my stuff to be sure I have everything I need. Yup! The hammer products, my normal start up drink, fuel belt, Heart rate monitor, watch, recovery drink, race pod. Everything is here. All I have to do now is wait for 7:45 and the sound of the gun. I turn on the radio sit back and watch as the world around me begins to wake up. A guy shows up, pulls a chair out of his trunk, unfolds it and sits down. Now it is still dark out and surely he didn't plan on sitting here and watching all the people show up. Well after a few relaxing minutes, he reaches in the trunk, pulls out a pair roller blades. He puts them on, stands up, folds his chair up, puts it in the trunk and skates away.*

*Cars start rolling in and people are now searching for parking, the world outside my truck has grown to a hustling fast pace. The dawn has overpowered the night's darkness and pushed it to the horizon. People are jogging, seemingly not able to walk because of their excitement. A lady*

*goes by with her son, it looks like she is lecturing him, maybe a few last minutes of direction? An old man walks by. He has his number on and looks ready to go. It is amazing how many people in their 60,70s and 80s run races (and I complain about aches and pains!) I look around, and see people talking and laughing, many are stretching, some are changing clothes in the somewhat privacy of their car doors. The National Guard shows up in two busses. They form two lines and march towards the start. It is easy to pick out the spectators as most are wearing coats and carrying a coffee, they seem just as excited as the runners! It is amazing to see so many different shapes and sizes and no one is too old!*

*I get out of the truck and head for the crowd. I meet up with John Jensenius. He wishes me luck and shakes my hand. This was a very genuine gesture. I noticed a hint of excitement in his eyes, like it was him that was running a marathon for the first time. The scene before me resembles the activity of an anthill, a swelling group of people moving in all directions with a full look of purpose. It is as if the crowd was one, all feeding off the same energy. I move closer, and the crowd engulfs me. The raw excitement electrifies my soul and I am starting to get nervous. I try to convince myself that because this is not a race, I should not feel this way but my arguments are not very convincing!*

*I keep meeting people I know, and Dana just found me so I am feeling quite a bit better. Dana is 26 years old and has been my track running "buddy" for the last three years. We have been quite competitive and somehow found ways to beat each other at the end of races. My worst loss to Dana was the half marathon 2 years ago, we ran together for 10 miles and he managed to dig down deep for the last three and beat me by 35 seconds. He has trained the full 18 weeks for this race and I only decided to train eight weeks ago. I was originally training for the half and had plenty of base miles behind me this year. I thought "I'm 50 years old, what better time to run a marathon". So here I am. I don't feel quite as prepared as Dana and a little voice in the back of my brain keeps hearing Dana's voice saying "hi Kev" as he fly's by me!! -- Dan (from our track group and an avid marathoner) has found us and begins his self appointed job of preparing us for battle. "Have you eaten something, do we have our energy drinks and gels? Don't get caught up with the half marathoners pace. Remember most failed marathons are from starting*

*at to fast a pace." Dana and I shake our heads "yes", we understand. I look at Dana, my eyes meet his, I can see my emotions in them, I take a deep breath and let it out slowly. "This is it!" I say. Dana shakes his head. Suddenly the gun goes off!! Whoa, I wasn't ready for that ---- off we go!*

*Dana stays with me for the first mile, we talk a bit. We both agree we are going to start slow. I am thinking probably 9:30 pace for the first couple of miles. Dan shows up, "remember what I said" he blurts and then leaves us behind. This feels so slow compared to most races, I think to myself. "Wait a minute", my brain screams, "this is not a race remember?" My goal is to finish (though I have a second goal of finishing under 4 hours, 3:59 would be just fine) I have no doubt that I will finish and feel I should beat 4 hours. On my 22 mile run I ran negative splits (faster at the end than in the beginning) and averaged 9 minute pace. Still, this saying keeps floating around in my head "he who starts fast, may not last!"---*

*I crossed the first mile mark -- - 9:08, hmm, a little fast but I feel fine so I figure I will settle in and see how it goes. Part of my plan was to skip the first two water stops and then walk at all the others. The walking would help my cardio, give me a little break and allow time for the energy gels.*

*Approaching mile two and Dana has backed off, or maybe I sped up. I'm not sure which, but I decided not to check my watch, cause if I was slowing down, I didn't want to give myself a reason to push harder. My pace felt comfortable, so I think I should stay with that. The fact that I have never run a marathon creates flowing thoughts of uncertainty. Am I doing the right thing? Should I slow down more? Am I running too slow now? I tell my brain to shut the hell up!!!*

*Usually, in most races, I don't get passed by many people after the first mile or two, but this was so different! It seems like I am standing still. Dozens of runners are zipping by me. I have to keep convincing my self that these are ½ marathoners and try to ignore the distraction. I find myself longing for the 6and ½ mile turn around so I can leave them all behind. I hit mile three and my first water stop. Only take water, I remind myself. I read about a person that drank too much Gatorade and had stomach cramps – and they needed to stop almost every mile and take a leak. I decided that I would stay away from that possibility.*



(Probably not a wise choice, as I think back, because I have never had a problem with that in the past, the electrolytes in it are very important for muscle energy and to guard against cramping.) I convince my questioning brain that the hammer drink has electrolytes, so I should be all set. It was nice to stop for a few seconds and drink the water without spilling it all over the place, but it felt a little odd to start running again. It is like I have to find that comfortable stride all over.

I find myself evaluating the race so far. The weather is probably perfect, overcast and a threat of light rain. Hopefully no overheating today! I commend myself for picking the right gear, seems like just enough clothing. Well except for the damn fuel belt! I didn't use it when I ran my long runs and now I am not happy with it. The two fuel flasks are bouncing all over the place. I have tightened the belt three times now and it is not helping. I may consider carrying them even if it causes some muscle fatigue in the arms. The flasks are only 5 ounces each, but it flexes the muscles when holding them and after a few hours the muscles are unhappy about that. In a short race, the muscles work with you to help power through. But in a long race, you have to conserve as much energy as possible, or the muscles will work against you. If only I had realized how true that statement is!!!

Mile five and I am starting to pass more runners, I assume most of them started too fast and now are slowing down. Perhaps I have sped up a bit. I am at 44:10 which is 8:50 mile pace. I feel pretty good at this point. Breathing is steady and I am not too tired. Only 21 more miles. If I can keep this up for 15 of those, then I can afford to slow down a little, as I expect to be quite tired the last 4 or 5 miles.

I wish I had run longer than 22 miles in training. I wanted to at least run a 25 miler, but because I started training late, I didn't have enough time. You see, the physiological advantage of running close to the total distance is very helpful. Your brain knows you can do it and you have an idea of how your body will feel. I will hit "no mans land" at 22 miles and would love to be able to tell my brain that I have been here before and I can make it

I can see the turn around up ahead and I am feeling anxious to run straight past. Then I will know I am running the marathon. A voice yells out, "hey Kevin!!!" It is Norman Morgan. He has turned and is heading back. I wonder if he yelled to cheer me on or to let me know he is ahead of me? Norman is 37 years old. I have run many of the same races as him and last year I couldn't seem to

beat him. In cross-country, I would be right behind him every time but could not dig deep enough to pass him. Last March I finished the Irish Rover and guess who finished in front of me? Yup it was Norman. We talked for a while and said he was going to train for the half in October. I told him I was too, and my goal was to beat him. He laughed. I am sure it was a "that will never happen" kind of laugh. That didn't bother me too much because Norman is a good runner and a nice guy. Besides, it is my job to back a remark like that up.

I pass the 6.5 turnaround. I have mixed feelings. One, the excitement of accomplishing something new, another the worry of failure. I hope I am ready for this! I remind myself that I know what to expect as far as the terrain goes. I have run the hill at Tuttle road and run the middle 12 miles of this course. I should be ok, shouldn't I? There is a water stop at mile 7. It will feel good to walk for a few seconds. I reach for a cup and lock eyes with this guy. He said "good job". I smiled and said thanks, then went on my way.

Suddenly I noticed people darting in and out of the woods. Kind of a strange thing to see, jogging, jumping, bounding. Some disappearing and others just appearing out of nowhere. It was like there was an invisible wall at the woods edge. I was a little confused at first, why would all these people have to go at the same time? It dawned on me that this was the first part of the course that was not near houses or highway and had woods for cover.

Now, as I look around, things are totally different. The crowd of runners has thinned out severely and no one is passing me now. I am catching this guy with no shirt. I am jealous. I always wanted to look good enough to strut around with out a shirt, but at 50 years old I guess I am destined to be plumpy in the middle. I don't know why they call them love handles, cause I have always hated them!! I swear that I could lose huge amounts of weight, have sticks for arms and legs, but still have this spare tire. If you lay me on my side, I would look like a teeter/totter. Anyway, this guy apparently can't stand the thought of me passing him, because he speeds up and passes me back. I think I would like to beat this guy, then when he comes across the finish line take my shirt off. When he sees how bad I look, then he will put his shirt on out of shame. He keeps going and my chances seem slim to beat him, but you never know, this is a long race, he could "come back to me" ( a term smart runners use!)

Just passed mile 9 and starting to

long for the next water stop. There should be one soon. There it is! Mile 9.5 (actually it is mile 17 on the return side) I reach out for a cup and who is standing there, but Coach Dowling (my son's track coach.) He seems a little surprised to see me and then his expression turns to respect. "Looking good Kevin," he says with a smile. I can only wave and say "Hi", as I gulp down the water and hammer gel. This time I don't put the gel back in the belt, I am so tired of the bouncing, and I will carry them and take my chances with muscle fatigue. I am coming up on Tuttle road (the down hill) and looking forward to the gravitational pull of the earth working with me for a while, even if it is a short time. My thoughts wander to my wife Sheila. For the last couple days she talked about coming out to see me. I told her it was no big deal. Its not like I am going to even place in my division.

I will just be a runner (maybe a walker) making his last step of a very long run before collapsing in a heap at the finish line. Me and 2500 others. It really was fine if she didn't come. She has so little time to get things done, and she did come to one of my cross-country races last year. I was glad she came but she doesn't have to show up to prove her feelings for me. I am fine with that. I don't seem to get too emotional about those things.

As I start down Tuttle road hill, I think of Sheila again. She asked about Tuttle road a bunch of times. I told her it was mile 10 and I should be about one and a half hours before I reach that. I look at my watch, 1 hour 26 minutes and 20 seconds. I am ahead of schedule. Actually at an 8:38 pace, much faster than I thought. I start thinking: I wonder if she will be there? It's ok though if she is not. I was not paying attention and found myself passing many runners. You need to slow down, my brain commands! I am looking at the crowd at Tuttle road. No one familiar. Suddenly, Sheila pops out and yells to me! It was so great to hear her yell my name. Then the strangest thing happened, my throat got tense, my heart started racing and my eyes swelled up. I actually had tears running down my face. I was struggling to keep my breath steady. I turned and looked at the guy I was passing. He looked at me and smiled as he could clearly see how I felt. For some reason, I was not embarrassed about the tears. He seemed content with what he saw. "Your wife?" he said. I couldn't speak but I shook my head and smiled. I wish I had stopped to kiss her, I thought. I am so surprised that her showing up affected me like that, and I find myself hoping she will still be there on the way back. (TO BE CONTINUED)

## Race Results and Photos...

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

### Maine Lobster Festival 10K Rockland, August 5, 2007

130	Ronald Paquette	66	Albion	57:22
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### Cougar Soccer Classic 5K Farmington, August 10, 2007

44	Bill Trommer	57	24:11
67	Ron Paquette	66	27:43
70	Donnajean Pohlman	56	28:08
88	Jeff Arseneault	50	39:03

### St Peters Road Race - 4 Miler Portland, August 10, 2007

4	Tom Ryan	51	Cape Elizabeth	21:30	5:23
9	Floyd Lavery	50	Portland	23:05	5:47
19	Tony Myatt	20	Portland	25:04	6:16
25	Brendan Flynn	18	Cape Elizabeth	25:31	6:23
27	Gordie Scannell	17	North Yarmouth	26:12	6:33
28	Brigitte Laflin	30	York	26:17	6:35
29	Sean Ireland	35	Portland	26:28	6:37
33	Matt Flynn	45	Cape Elizabeth	27:01	6:45
38	Colton Tinker	17	Buxton	27:19	6:50
44	William O'Neil	21	Portland	27:47	6:57
46	Rick Charette	59	Windham	28:08	7:02
73	Shawn Gilbert	38	South Portland	30:13	7:34
76	Eugene Longobardi	41	South Portland	30:23	7:36
83	Harry White	65	Scarborough	30:39	7:40
84	Dale Rines	55	Gorham	30:39	7:40
93	Rydell Tinker	45	Buxton	30:59	7:45
97	Lloyd Slocum	74	Hollis	31:09	7:48
101	Jerry LeVasseur	69	Brunswick	31:33	7:54
119	Kathryn Whitehead	12	Gorham	33:00	8:15
121	Carol Blakeney	45	Cumberland	33:04	8:16
127	Jim Prosser	62	Portland	33:46	8:27
128	Joan Tremberth	62	Scarborough	33:47	8:27
130	Sherri Wakeling	32	Arundel	33:52	8:28
136	Jim Tyrell	59	Cape Elizabeth	34:16	8:34
148	Laura Tyrell	60	Cape Elizabeth	35:14	8:49
150	Mary Bauer	55	Portland	35:26	8:52
152	Deborah Russell	37	Gorham	35:40	8:55
153	Dennis Morrill	67	Portland	35:43	8:56
176	Julia Scala	35	Portland	36:48	9:12
179	Denise Whitehead	44	Gorham	37:12	9:18
185	Robert DeWitt	63	Lisbon	38:08	9:32
186	Kathleen Reid	38	South Portland	38:24	9:36
189	Brandy Rogers	28	Saco	38:33	9:39
204	David Body	70	Portland	43:12	10:48
210	Robin Doughty	33	New Gloucester	44:06	11:02
212	Peter Dickson	61	Freeport	46:54	11:44
213	Robert Russell	15	Gorham	47:05	11:47
217	Catherine Saltz	43	Westbrook	50:12	12:33
219	Carlton Mendell	85	Windham	1:02:29	15:38

### Alvin Sproul Samoset 10K Road Race Bristol, August 12, 2007

Place	Name	Age	S City	Time	Pace
30	LAURIE NICHOLAS	39	F GORHAM	47:47	7:42
62	JIM PROSSER	62	M PORTLAND	56:45	9:08
70	MIKE NIXON	54	M PORTLAND	59:49	9:38
94	Carlton Mendell	85	M Windham	1:35:57	15:27

### Blueberry Festival 10 KM Wilton August 3, 2007

Place	Name	Time
8	BRIGETTE LAFLIN	:42:15.00
18	BILL TROMMER	:51:24.00
22	DENNY MORRILL	:58:20.00

### Scarborough Summerfest 5K Scarborough, August 17, 2007

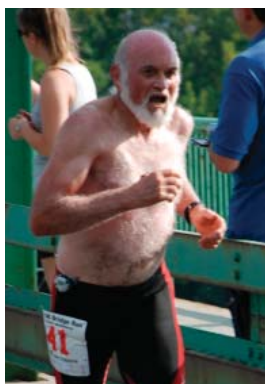
Place	Name	Age	Time
1	Harmon, C	19	15:43.34
2	Johnson, P	30	15:59.57
14	Edwards, D	48	18:11.55
19	Hackett, J	48	18:50.70
26	Lathrop, B	27	19:43.03
78	Wright, F	62	26:28.71
83	Kenniston, P	70	26:54.18
86	Lathrop, L	57	27:12.27
109	Bowe, K	35	32:37.36

### Dixfield 5th Annual 5K Road Race Dixfield, August 19, 2007

Place	Name	Age	Time
21	JOHN HOWE	72	:24:59

### Westport Island 10K Shore Run Westport -- August 26, 2007

Place	Name	Age	S City	St	Time	Pace
12	LAURIE NICHOLAS	39	F GORHAM	ME	49:30	7:58
37	MIKE NIXON	54	M PORTLAND	ME	1:03:19	10:12



**Dan Cake**



**David Colby Young**



# Race Results . . .

## Breakaway 5K Old Orchard Beach, August 18, 2007

Place	Name	Ag	S	City	Time	Pace
10	Thomas Noonan	35	M	Steep Falls	16:59	5:28
20	Mark Berman	42	M	Missouri CityTX	17:39	5:41
29	James Machowski	31	M	Wales	18:31	5:58
30	Tony Myatt	20	M	Portland	18:34	5:59
44	Michael Dinehart	51	M	Kennebunk	19:15	6:12
56	Max Payson	13	M	Falmouth	19:50	6:23
57	Michael Payson	44	M	Falmouth	19:50	6:23
58	Stephanie Atkinson	36	F	Hollis	19:51	6:24
59	Rick Smith	39	M	Auburn	19:51	6:24
63	Brian Cliffe	46	M	Cape Elizabeth	19:58	6:26
66	Tom Menendez	54	M	Lewiston	20:09	6:30
71	Matt Flynn	45	M	Cape Elizabeth	20:22	6:34
78	Peter Rearick	55	M	Hebron	20:29	6:36
79	Jessica Stevenson	34	F	South Portland	20:32	6:37
106	Ronald Paquette	56	M	Biddeford	21:52	7:03
116	Shawn Gilbert	38	M	South Portland	22:10	7:08
119	Audrey Machowski	31	F	Wales	22:13	7:09
132	Lloyd Slocum	74	M	Hollis	22:41	7:18
147	Jerry LeVasseur	69	M	Brunswick	23:01	7:25
159	Don Bessey	61	M	Kennebunkport	23:14	7:29
179	Bob LaNigra	65	M	Scarborough	23:50	7:41
197	Ronald Chase	66	M	Durham	24:14	7:48
207	Jen Noonan	36	F	Steep Falls	24:43	7:58
209	Dick Lajoie	67	M	Saco	24:47	7:59
215	Joan Tremberth	62	F	Scarborough	24:54	8:01
235	Sherri Wakeling	32	F	Arundel	25:38	8:15
236	Cathy Burnie	58	F	Cumberland	25:39	8:16
243	Mary Bauer	56	F	Portland	25:55	8:21
245	Bob Jolicoeur	70	M	Old Orchard Beach	25:58	8:22
257	Michael Tracy	72	M	Cape Elizabeth	26:59	8:41
300	Brandy Rogers	28	F	Saco	29:01	9:21
308	Mel Uchenick	76	M	Kennebunk	30:08	9:42
326	Barbara Hintze	64	F	Cumberland	32:04	10:19
329	William Morgan	62	M	Kennebunk	32:27	10:27
340	Sandy Utterstrom	63	F	Falmouth	34:53	11:14
341	Pat Buckley	69	F	Portland	35:29	11:26

## Mustang Stampede 5k Monmouth, September 1, 2007

Place	Name	S	Age	Time
8.	Tom Menendez	M	54	1:06:22
12.	Peter Rearick	M	55	1:08:34
24.	Jerry LeVasseur	M	69	1:19:28
25.	Robert Randall	M	70	1:21:17

## Caribou Labor Day 5 Miler Caribou, September 3, 2007

Place	Name	S	Age	Time	Pace
31	Connie McLellan	f	56	40:37.0	08:07.4

## Bangor 45th Annual Labor Day 5 Mile Road Race Bangor, September 3, 2007

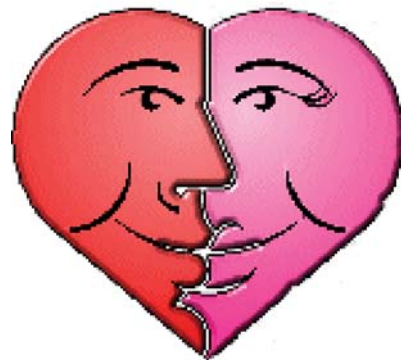
Place	Name	Ag	S	Time	Pace
109	Dennis Morrill	68	M	48:41	9:45

## LA 5K Bridge Run Auburn, August 26, 2007

Place	Name	Ag	S	City	Time	Pace
7	Marc Dugas	43	M	Scarborough	17:16	5:34
13	Floyd Lavery	50	M	Portland	18:02	5:49
20	Charlie Whitehead	45	M	Gorham	18:42	6:02
26	James Toulouse	59	M	Cape Elizabeth	19:11	6:11
32	Michael Dinehart	51	M	Kennebunk	19:31	6:17
49	Tom Menendez	54	M	Lewiston	20:43	6:40
57	Maxwell Payson	13	M	Falmouth	20:51	6:43
58	Michael Payson	44	M	Falmouth	20:52	6:43
75	Peter Rearick	55	M	Hebron	21:41	6:59
85	David Colby Young	54	M	Danville	21:59	7:05
87	Judith Hardenbrook	61	F	Kennebunk	22:01*	7:06
89	Dan Cake	62	M	Auburn	22:11	7:09
102	Lloyd Slocum	74	M	Hollis Center	22:57*	7:24
110	Dana Staples	28	M	Auburn	23:13	7:29
113	Dennis Smith	57	M	Yarmouth	23:19	7:31
115	Gary Boilard	46	M	Auburn	23:25	7:33
117	Shawn Gilbert	38	M	South Portland	23:30	7:34
124	Susan Wiemer	41	F	Freeport	23:47	7:40
128	Jerry Levasseur	69	M	Brunswick	24:06	7:46
136	Dan Goff	58	M	Auburn	24:40	7:57
145	Bill Trommer	57	M	Leeds	24:50	8:00
153	John Howe	72	M	Waterford	25:09	8:06
154	Ronald Chase	66	M	Durham	25:10	8:06
162	Nicole Court-Menendez	13	F	Lewiston	25:37	8:15
171	Jim Prosser	62	M	Portland	25:57	8:22
173	Rae Chalmers	50	F	Gorham	26:00	8:22
183	Thomas McLaughlin	43	M	Gorham	26:38	8:3
198	Kristin Cook-Center	36	F	Freeport	27:30	8:51
210	Barbara Girardin	43	F	Auburn	27:58	9:01
213	Laurie Brooks	44	F	Lewiston	28:03	9:02
219	Deneiges Labbe	22	F	Lewiston	28:25	9:09
231	Dennis Morrill	67	M	Portland	28:49	9:17
249	Robert DeWitt	63	M	Lisbon	29:35	9:32
250	Suzanne Blais	49	F	Auburn	29:42	9:34
253	Carolyn Court	53	F	Lewiston	29:55	9:38
263	Maria Labbe	17	F	Lewiston	30:48	9:55
269	John Painter	64	M	Casco	31:06	10:01
290	Derek Levesque	31	M	Lewiston	32:05	10:20
314	Gina D'Avignon	40	F	Lewiston	34:36	11:08
319	Mona Murphy	55	F	Auburn	35:18	11:22
320	Maureen Goff	59	F	Auburn	35:19	11:22
325	Peg Rearick	55	F	Hebron	35:55	11:34
329	Pat Buckley	69	F	Portland	37:35	12:06
332	Jeff Arsenaault	50	M	Rumford	39:44	12:48
338	Janice Bilodeau	74	F	Auburn	41:36	13:24
340	Robin Doughty	33	F	New Gloucester	41:40	13:25
352	Carlton Mendell	85	M	Windham	46:49*	15:05
353	Roland Bilodeau	75	M	Auburn	47:39	15:21

## 5k Chicken Run Bowdoinham, September 8th 2007

Steve Rollins	21.09
Charlie Sawyer	25.00
Paula Sawyer	32.30
David Skelton	35.26



# Race Results ...

## Maine Senior Games Fitzpatrick-Portland, September 8, 2007

### Men 70-75 Triple Jump

2 Levasseur, Jerry Brunswick 23-03.00

### Men 50-54 1500 Meter Run

1 Ryan, Thomas Cape Elizabeth 4:25.23

### Men 55-59 1500 Meter Run

1 Young, David Danville 5:32.14

2 Smith, Dennis Yarmouth 5:43.89

### Men 70-74 1500 Meter Run

1 Levasseur, Jerry Brunswick 6:17.71

### Men 55-59 100 Meter Dash

2 Young, David Danville 18.75

### Men 50-54 800 Meter Dash

1 Ryan, Thomas Cape Elizabeth 2:13.79

### Men 55-59 800 Meter Dash

2 Smith, Dennis Yarmouth 2:42.24

4 Young, David Danville 2:59.01

### Men 60-64 800 Meter Dash

1 Cake, Daniel Auburn 2:47.93

### Men 70-74 800 Meter Dash

1 Levasseur, Jerry Brunswick 3:09.06

### Men 75+ 800 Meter Dash

1 Woods, John Harpswell 8:48.21

### Men 55-59 200 Meter Dash

3 Young, David Danville 39.02

### Men 60-64 200 Meter Dash

6 Cake, Daniel Auburn 31.30

### Men 55-59 1600 Yard Race Walk

1 Young, David Danville 10:58.87

### Men 55-59 400 Meter Dash

3 Young, David Danville 1:23.91

### Men 60-64 400 Meter Dash

2 Cake, Daniel Auburn 1:11.43

### Men 55-59 3000 Meter Run

1 Smith, Dennis Yarmouth 12:20.90

2 Young, David Danville 15:30.71

### Men 70-74 3000 Meter Run

1 Levasseur, Jerry Brunswick 15:08.69

### Women 60-64 1500 Meter Run

1 Hardenbrook, Judith Unattached 6:04.45

### Women 60-64 800 Meter Run

1 Hardenbrook, Judith Unattached 3:07.91

## Race For Space 4 Mile September 9, 2007 Brunswick

Place	Name	Ag S	City	Time	Pace
26	RON PAQUETTE	66 M	ALBION	35:14	8:49

## Sgt. Larry Roukey Memorial 5K Portland -- September 8, 2007

Place	Name	Time	Pace
26	Jeannie Johnson	27:35	8:54
38	Howard Spear	29:24	9:30
43	Nan Cumming	29:43	9:36
106	Lily Vaccaro	56:23	18:12
107	Mallory Vaccaro	56:31	18:14

## Dan Cardillo 5K Falmouth, September 9, 2007

Place	Name	Ag S	City	Time	Pace
6	Marc Dugas	43 M	Scarborough	16:57	5:28
9	Floyd Lavery	50 M	Portland	17:17	5:34
11	David Edwards	48 M	Pownal	18:16	5:53
14	Scott Hornney	42 M	Yarmouth	18:31	5:58
16	Jim Toulouse	59 M	Cape Elizabeth	18:39	6:00
17	Bill Reilly	60 M	Brownfield	18:40	6:01
19	Maxwell Payson	14 M	Falmouth	18:48	6:03
28	Gordon Scannell	54 M	Yarmouth	19:52	6:24
52	Rick Charette	60 M	Windham	21:17	6:51
64	Roland Thibault	39 M	Westbrook	21:54	7:03
71	Lloyd Slocum	74 M	Hollis	22:13	7:09
77	Dan Levesque	54 M	Falmouth	22:38	7:17
81	Shawn Gilbert	38 M	South Portland	22:54	7:23
86	William Sproul	49 M	New Gloucester	23:00	7:24
94	Lauri Dugas	41 F	Scarborough	23:22	7:32
96	John Howe	72 M	Waterford	23:39	7:37
99	Dale Rines	55 M	Gorham	23:49	7:40
103	Melanie Collins	42 F	Falmouth	24:00	7:44
105	Ron Chase	66 M	Durham	24:05	7:45
106	Jerry LeVasseur	69 M	Brunswick	24:05	7:46
115	Abby Payson	12 F	Falmouth	24:32	7:54
125	Jim Prosser	62 M	Portland	24:56	8:02
131	Mike Brooks	61 M	Danville	25:27	8:12
142	Carol Blakeney	46 F	Cumberland	25:52	8:20
150	Bob Jolicoeur	70 M	Old Orchard	26:07	8:25
161	Polly Kenniston	70 F	Scarborough	26:32	8:33
170	Lisa Despres	45 F	South Portland	27:39	8:54
183	Kathleen Reid	38 F	South Portland	28:30	9:11
203	Derek Levesque	31 M	Lewiston	29:18	9:26
208	Mel Uchenick	76 M	Kennebunk	30:21	9:47
220	William Morgan	63 M	Kennebunk	33:25	10:46
261	Kathryn Harris	62 F	Falmouth	35:13	11:20
262	Pat Buckley	69 F	Portland	35:22	11:23
276	Carlton Mendell	85 M	Windham	52:49	17:00

## 3rd Annual Mount Desert Island YMCA 5K Bar Harbor, September 15, 2007

Place	Name	Ag S	City	Time	Pace
18	Kathy Paradis	52 F	North Berwick	31:05	10:01

## Bob Boucher Memorial 5K Auburn, September 16, 2007

Place	Name	Ag S	Time	Pace
14	Peter Rearick	55 M	19:55	6:25
50	Sarah Ellis	47 F	23:26	7:33
168	Janice Bilodeau	74 F	34:29	11:06

## Race Results ...

### 30th Annual Mount Desert Island YMCA Bar Harbor Bank & Trust Half Marathon Bar Harbor, September 15, 2007

Place	Name	Ag S	City	Time	Pace
29	Emma Barclay	30 F	Portland	1:33:01	7:07
35	Ian Parlin	32 M	Portland	1:35:02	7:16
47	Tom Brady	41 M	Cape Eliz	1:36:55	7:24
63	Carrie McCusker	38 F	S Portland	1:40:47	7:42
64	Lisa Despres	45 F	S Portland	1:40:59	7:43
73	Donald Foshay Jr.	48 M	S Portland	1:43:26	7:54
75	Kevin Conley	38 M	Westbrook	1:43:53	7:56
102	Connie McLellan	57 F	Sinclair	1:48:14	8:16
116	Erik Boucher	35 M	Portland	1:50:13	8:25
118	Bill Paradis	55 M	N Berwick	1:50:30	8:27
216	Betty Disanza	59 F	Limington	2:06:02	9:38

### Ogunquit Beach Lobster Dash Ogunquit, September 15, 2007

Place	Name	Age S	City	Time	Pace
42	LAURIE NICHOLAS	39 F	GORHAM	37:55	7:35
105	MIKE NIXON	54 M	GORHAM	44:26	8:54

### Portland Trails 10K Portland, September 16, 2007

Place	Name	Ag S	Time	Pace
11	ANDREW BAIRD	34 M	36:20	5:51
17	CARRY BUTERBAUGH	35 F	37:13	6:00
34	JAMES TOULOUSE	59 M	38:47	6:15
35	BILL REILLY	60 M	39:03	6:18
40	DAVID EDWARDS	48 M	39:42	6:24
42	JEANNE HACKETT	48 F	39:52	6:25
60	ELLIE TUCKER	52 F	41:57	6:45
63	KATHERINE REID	31 F	42:21	6:49
86	RICHARD CHARETTE	60 M	44:15	7:08
110	ALBURN BUTLER	53 M	45:31	7:20
114	JIM DUNN	39 M	45:41	7:22
135	LLOYD SLOCUM	74 M	46:57	7:34
142	HARRY WHITE	65 M	47:17	7:37
169	RYDELL TINKER	45 M	48:50	7:52
172	MARTHA LIPPA	46 F	48:53	7:52
178	DAVID COLBY YOUNG	54 M	49:06	7:55
183	JERRY LEVASSEUR	69 M	49:16	7:56
186	LISA LAWRENCE	47 F	49:19	7:57
191	DOUGLAS COUPER	46 M	49:34	7:59
195	DAVID HOUSE	57 M	49:45	8:01
211	NORMAN MORGAN	38 M	50:23	8:07
215	EVAN O'NEILL	42 M	50:35	8:09
216	SHAWN GILBERT	38 M	50:36	8:09
219	ANN MESSINGER	31 F	50:39	8:09
220	SEAN IRELAND	35 M	50:40	8:10
257	JOHN HOWE	72 M	51:44	8:20
263	ROBERT RANDALL	70 M	52:07	8:24
264	ROB BOUDEWIJN	60 M	52:12	8:24
266	PETER TERHUNE	42 M	52:16	8:25
272	RON CHASE	66 M	52:26	8:27
297	DICK LAJOIE	67 M	53:27	8:37
326	HOWARD SPEAR	57 M	54:38	8:48
356	MARY BAUER	56 F	55:50	9:00
368	SHERRI WAKELING	32 F	56:15	9:04
369	BOB JOLICOEUR	70 M	56:15	9:04
384	TOM MUNDHENK	57 M	56:36	9:07

388	ZOE SOBEL	16 F	56:43	9:08
400	JOSEPH COOK	57 M	57:10	9:12
415	MICHAEL TRACY	72 M	57:51	9:19
417	JENNIFER ILLIG	25 F	57:51	9:19
426	FRANK WRIGHT	62 M	58:34	9:26
432	JOHN MCKENNEY	50 M	58:45	9:28
443	MIKE BROOKS	61 M	59:35	9:36
451	MATTHEW THOMPSON	38 M	59:55	9:39
459	NEIL CHIVINGTON	60 M	1:00:12	9:42
460	LORI PERKINS	46 F	1:00:23	9:43
463	KATHLEEN REID	38 F	1:00:26	9:44
465	ELI SOBEL	14 M	1:00:29	9:44
484	TRACEY LYDON	34 F S	1:01:16	9:52
520	DAN SOBEL	59 M	1:02:43	10:06
529	ROBERT DEWITT	63 M	1:03:01	10:09
561	DONNA BISBEE	51 F	1:06:06	10:39
606	KATHERINE BOWE	35 F	1:10:34	11:22
611	DAVID BODY	70 M	1:11:09	11:27
613	WILLIAM MORGAN	63 M	1:11:30	11:31
616	MAX SOBEL	14 M	1:11:57	11:35
626	EILEEN HAMILTON	57 F	1:13:57	11:55
637	KIRA WIGODA	54 F	1:16:10	12:16
672	JAMES BALDWIN	60 M	1:49:52	17:41
676	CARLTON MENDELL	85 M	1:55:51	18:39

### Back Cove Weekly 5K Overall Results Portland, Summer 2007

Place	Time	Pace	Name
6	1:55:36	19:16	Dave Howard
19	2:22:28	23:44	Eugene Longobardi
24	2:26:09	24:21	Rydell Tinker
27	2:27:45	24:37	Jim Estes
28	2:29:40	24:56	Rob Boudewyn
29	2:29:57	24:59	Harry Hunt
31	2:31:28	25:14	Harry Center
42	2:41:36	26:56	Bob Jolicoeur
53	3:37:38	36:16	Rachel Pickus

### 1ST Annual Gray-New Gloucester Athletic Boosters Pathfinders Trail Run 5K Pineland Farms, September 22, 2007

Place	Time	Pace	Name	Age S	City
5	21:54	7:04	Dave Howard	41 M	Portland
6	22:15	7:11	Tony Myatt	20 M	Portland
23	28:50	9:19	Abby Payson	12 F	Falmouth
25	29:48	9:37	Shawn Gilbert	38 M	S Portland
30	30:45	9:56	Sue Payson	43 F	Falmouth

### Pathfinders 10K TRAIL RUN New Gloucester, September 22, 2007

1	Mike Payson	40:37
2.	Philip Dirusso	45:15
5.	Scott Homney	46:01
11.	Max Payson	49:20
13.	Emma Barclay	49:42
15.	Tom Menendez	50:58
17.	Matt Flynn	52:26
20.	William Sproul	53:28
24.	Maureen Sproul	54:49
29.	Jerry LeVasseur	58:30
35.	Sandra Walton	1:07:01
40.	Mike Brooks	1:13:56





## Race Results and Photos...

### Seahawk 5K Boothbay Harbor -- September 23, 2007

Place	Name	Ag S	Time
4.	Jerry LeVasseur	69 M	24:54

### Common Ground Country Fair 5K Unity, September 23, 2007

Place	Name	Age	Time
25.	Laurie Nicholas	39	22:38
48.	John Howe	72	25:02.1
53.	Mike Nixon	54	26:00
109.	Donna Jean Pohlman	56	32:55
111.	Ron Paquette	66	33:18

### 8th Annual Waterford Fall Foliage 5K Road Race Waterford, September 23, 2007

Place	Name	Age S	City	Time	Pace
27	Lloyd Slocum	74 M	Hollis Center	23:09	7:27
38	Gary Boilard	46 M	Auburn	24:13	7:48
40	Robert Randall	70 M	Springvale	24:33	7:55
41	Charles Sawyer	65 M	Norridgewock	24:36	7:55
44	Ronald Chase	66 M	Durham	25:13	8:07
49	Harry Hunt	65 M	Gorham	25:50	8:19
60	Mike Brooks	61 M	Danville	26:58	8:41
69	Denny Morrill	68 M	Portland	27:57	9:00
70	Suzanne Blais	49 F	Auburn	28:20	9:08
84	Paula Sawyer	58 F	Norridgewock	31:17	10:04
107	Janice Bilodeau	74 F	Auburn	38:33	12:25
122	Carlton Mendell	85 M	Windham	43:16	13:56
126	Roland Bilodeau	75 M	Auburn	44:21	14:17

### Rise 'N Shine 5K Augusta -- September 28, 2007

Pl	Name	City	Age	Time
35	Tom Keating	Brunswick	51	23:16
45	Charles Sawyer	Norridgewock	65	24:01
99	Paula Sawyer	Norridgewock	58	30:36

### Maine Coast Half Marathon York, September 23, 2007

Place	Guntime	Nettime	Pace	Name	Ag S	City/
17	1:35:22	1:35:16	7:16	Ellie Tucker	52 F	N Yarmouth
21	1:37:14	1:37:10	7:25	Stephanie Atkinson	36 F	Hollis Center
91	1:49:17	1:49:05	8:20	Susan Brooks	48 F	Benton
496	2:16:33	2:16:14	10:24	Donna Beaulieu	45 F	Poland Spring
514	2:18:29	2:17:57	10:32	Beth Branson	66 F	Scarborough
564	2:22:59	2:22:43	10:54	Denise Whitehead	45 F	Gorham
693	2:37:47	2:37:03	11:59	Katherine Bowe	35 F	Gorham
721	2:45:30	2:44:47	12:35	Suzanne Umland	59 F	Freeport
778	3:04:45	3:04:25	14:04	Margaret Rearick	55 F	Hebron

### 15th Annual Eliot Festival Day 5K Eliot, September 29, 2007

Place	Time	Pace	Name	Ag S
8	15:57	5:08	Michael Payson	44 M
10	16:06*	5:11	Peter Bottomley	45M
15	16:23*	5:17	Tom Ryan	51M
24	17:19	5:35	Marc Dugas	43M
33	17:46	5:44	Carry Buterbaugh	35F
37	17:57	5:47	Scott Hornney	42 M
51	18:37	6:00	Bill Reilly	60 M
56	18:47	6:03	Jim Toulouse	59 M
58	18:51	6:04	Maxwell Payson	14 M
68	19:25	6:15	Jeanne Hackett	48 F
71	19:30	6:17	Michael Dinehart	51 M
81	20:05	6:28	Katherine Reid	31F
83	20:09	6:29	Stephanie Atkinson	36 F
106	21:06	6:48	Peter Rearick	55 M
112	21:09	6:49	Richard Durgin Iii	35M
119	21:22	6:53	Lisa Despres	45F
121	21:29	6:55	Judith Hardenbroox	61 F
124	21:34	6:57	David Young	54 M
128	21:44	7:00	Lloyd Slocum	74 M
149	22:26	7:14	Dana Staples	28 M
168	23:05	7:26	Shawn Gilbert	38 M
189	23:38	7:37	Abby Payson	F
199	23:59	7:43	Don Bessey	62 M
215	24:21	7:51	Michelle Durgin	36 F
256	25:19	8:09	Sue Payson	43 F
365	27:55	9:00	Tracey Lydon	34 F
366	27:57	9:00	Christophe Lydon	34M
474	30:50	9:56	Mel Uchenick	76 M
522	32:02	10:19	William Morgan	63 M
555	33:26	10:46	Kenneth Spirer	64 M
579	34:53	11:14	Eileen Hamilton	57 F
597	35:39	11:29	Janice Bilodeau	74 F
600	35:49	11:32	Pat Buckley	69 F
648	43:24	13:58	Sandy Utterstrom	63 F
660	46:00	14:49	Ruth Hefflefinger	78 F
672	47:28	15:17	Carlton Mendell	85 M

### Black Mountain Family Fun Festival 1K/5K Race Rumford, October 6, 2007

Place	Name	Age	Time	Pace
2	EMMA BARCLAY	32	:21:18	4:15
4	SHAUNA BAXTER	38	:22:37	4:31



Susan Wiemer



Rick Smith



Peter Rearick





## Membership Status...

- **Membership Growth:** We welcome 60 new members in this issue. As of December 26th we have 779 members in 441 households, up from 742 members in 415 households in November.
- **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 October 10, we have e-mail addresses for 381 of our 415 households for 91.8%. 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.



## Maine Marathon Photos...



## Race Results ...

### Presidential 5K Kennebunkport, October 6, 2007

Place	Name	Age S	Time	Pace
3	Tom Ryan	51 M	17:02	5:29
4	Carry Butterbaugh	35 F	18:54	6:05
28	Carol Weeks	58 F	23:47	7:40
29	Robert Randall	70 M	23:50	7:41
90	William Morgan	63 M	33:22	10:45
110	Carlton Mendell	85 M	49:02	15:47

### Hannah Jackson Harvestfest Run York, October 14, 2007

Place	Name	S Age	City	Time	Pace
11	BRIGETTE LAFLIN	F 30	YORK	20:22	6:34

### Phil Soule Phlail 5K Brunswick, October 14, 2007

Place	Name	Gender	Time	Age Group
90	Dennis Morrill	M	27:42	60-69

### 2nd Annual Saco Bay Physical Therapy Cure For Breast Cancer 5K Saco, October 6, 2007

PLACE	TIME	PACE	NAME	AGE CITY
2	17:08	5:32	Thomas Noonan	35 Steep Falls
36	24:37	7:57	Dick Lajoie	67 Saco
81	33:28	10:48	Eileen Hamilton	57 Scarborough
86	36:47	11:52	Catherine Saltz	43 Westbrook

### Mount Desert Island Marathon 2007 Mount Desert Island, October 14, 2007

Place	Time	Name	Ag S	City
75	3:30:03	Tom Trytek	52 M	Harpwell
309	4:32:22	Donna Beaulieu	45 F	Poland Spring
345	4:44:14	Betty Rines	50 F	Gorham
369	4:51:59	Ronald Paquette	66 M	Albion
397	5:02:02	Mike Brooks	61 M	Danville
433	5:19:30	Jonathan Hallenbeck	49 M	Waterville

### Craig Cup Run for Life Cumberland, October 13, 2007

Place	Name	Ag S City	Time	Pace
4	Mike Payson	44 M Falmouth	16:55	5:27
21	Floyd Lavery	50 M Portland	19:14	6:12
23	Scott Hornney	42 M Yarmouth	19:33	6:18
34	Jim Toulouse	59M Cape Eliz.	20:19	6:33
41	Michael Dinehart	51 M Kennebunk	21:20	6:52
50	Robin Carlson	36 F Gorham	21:49	7:02
60	Peter Rearick	55 M Hebron	22:15	7:10
64	Ellie Tucker	53 F N Yarmouth	22:41	7:19
66	Dora Rex	44 F Gorham	22:43	7:19
69	David Colby Young	55 M Danville	22:48	7:21
71	Jim Dunn	39 M Falmouth	22:57	7:23
81	Susan Wiemer	42 F	23:43	7:38
145	Peg Rearick	55 F Hebron	36:01	11:36
147	Pat Buckley	69 F Portland	41:26	13:20

### Penobscot Bay YMCA Pumpkinfest 5K Rockport, October 20, 2007

Place	Name	Age S	Time
9	David Colby Young	55 M	22:18.00

### 1st Annual Freeport Fitness 5K Run/Walk Freeport October 20, 2007

Place	Name	Ag S City	Time	Pace
1	Dave Howard	41 M Portland	19:02	6:08
18	Charles Sawyer	65 M Norridgewock	24:26	7:52
34	Paula Sawyer	58 F Norridgewock	32:03	10:19
46	Janice Bilodeau	74 F Auburn	37:36	12:06
48	Carlton Mendell	85 M Windham	44:46	14:25
49	Roland Bilodeau	74 M Auburn	44:50	14:26
50	Beth Birch	66 F New Gloucester	45:57	14:48

### New Beginings 4th Annual 5K Run/Walk Lewiston October 14th, 2007

Place	Name	Age S	City	Time	Pace
3	Mark Dugas	43 M	Scarboro	17:58	5:48
10	Tom Menendez	54 M	Lewiston	20:42	6:41
28	John Howe	72 M	Waterford	25:19	8:10
60	Bruce Bilodeau	49 M	Auburn	36:23	11:45
61	Janice Bilodeau	74 F	Auburn	36:24	11:45
66	Roland Bilodeau	75 M	Auburn	47:48	15:26

### St. Andre's Church Jack O'Lantern 5K Biddeford -- October 20, 2007

Place	Name	Time	Pace
1	Tom Ryan	16:21	5:17
3	Floyd Lavery	17:37	5:41
4	Carry Buterbaugh	17:57	5:48
9	Ian Parlin	19:28	6:17
10	Robin Carlson	19:44	6:22
12	Emma Barclay	19:54	6:26
19	Lisa Despres	21:31	6:57
27	Shawn Gilbert	23:51	7:42
34	Jim Prosser	25:19	8:10

## SPIRIT OF THE MARATHON

will be in nearly 500 theatres nationwide on Thursday, January 24 as a ONE NIGHT ONLY special engagement. You can find local theatres and purchase tickets at <http://www.fathomevents.com>

The following note is from the director Jon Dunham:

"As you know, this has been a labor of love for years! We really need the running world to rally behind this and make this one evening a big success so that we can continue to further distribute the film. Can you pass the word along to anyone and everyone you can think of?"

This will be playing at: **BRUNSWICK 10** 19 Gurnet Road (Cooks Corner) 207-798-4505 on 1/24/08.



## Race Results ...

### Maine Track Club 50-Miler Brunswick, October 20, 2007

Place	Name	Ag S Town	Laps	Time	Pace
5	Philip Pierce	66 M Falmouth	13	8:46:09	10:32
			Mile 2:	17:41	17:41
			Mile 6:	35:25	53:05
			Mile 10:	37:33	1:30:37
			Mile 14:	39:01	2:09:38
			Mile 18:	39:31	2:49:08
			Mile 22:	40:23	3:29:31
			Mile 26:	43:25	4:12:56
			Mile 30:	44:15	4:57:11
			Mile 34:	45:21	5:42:31
			Mile 38:	45:10	6:27:41
			Mile 42:	46:30	7:14:11
			Mile 46:	47:16	8:01:27
			<b>Finish:</b>	<b>44:43</b>	<b>8:46:09</b>
9	Brian Thill	30 M Windham	13	14:31:00	17:26
			Mile 2:	25:02	25:02
			Mile 6:	48:14	1:13:16
			Mile 10:	48:59	2:02:14
			Mile 14:	48:20	2:50:33
			Mile 18:	58:08	3:48:40
			Mile 22:	58:13	4:46:52
			Mile 26:	52:17	5:39:08
			Mile 30:	1:03:41	6:42:49
			Mile 34:	1:01:27	7:44:16
			Mile 38:	1:16:06	9:00:22
			Mile 42:	1:17:51	10:18:12
			Mile 46:	1:44:18	12:02:30
			<b>Finish:</b>	<b>2:28:31</b>	<b>14:31:00</b>

### Maine Track Club 50K Brunswick, October 20, 2007

Place	Name	Ag S Town	Laps	Time	Pace
4	Jim Eckert	37 M Raymond	9	4:55:08	9:30
			Mile 2:	18:10	18:10
			Mile 6:	35:12	53:22
			Mile 10:	34:40	1:28:01
			Mile 14:	33:47	2:01:48
			Mile 18:	34:40	2:36:28
			Mile 22:	37:14	3:13:42
			Mile 26:	44:09	3:57:50
			Mile 30:	47:34	4:45:23
			<b>Finish:</b>	<b>9:45</b>	<b>4:55:08</b>
13	Mike Brooks	61 M Danville	9	6:23:18	12:21
			Mile 2:	21:32	21:32
			Mile 6:	44:34	1:06:05
			Mile 10:	47:26	1:53:31
			Mile 14:	48:45	2:42:16
			Mile 18:	50:18	3:32:33
			Mile 22:	51:51	4:24:23
			Mile 26:	53:02	5:17:25
			Mile 30:	52:42	6:10:06
			<b>Finish:</b>	<b>13:12</b>	<b>6:23:18</b>
14	Ronald Paquette	66 M Albion	9	6:23:23	12:21
			Mile 2:	21:32	21:32
			Mile 6:	44:36	1:06:08
			Mile 10:	47:27	1:53:34
			Mile 14:	48:59	2:42:33
			Mile 18:	50:06	3:32:38
			Mile 22:	51:47	4:24:24
			Mile 26:	53:14	5:17:38
			Mile 30:	52:31	6:10:08
			<b>Finish:</b>	<b>13:16</b>	<b>6:23:23</b>

### Physical Therapy 8K Brunswick, October 21, 2007

Place	Name	Ag S City	Time	Pace
5	Carry Buterbaugh	35 F S Portland	29:34	5:57
7	Floyd Lavery	50 M Portland	29:37	5:58
9	David Roberts	52 M Cape Eliz	30:14	6:05
10	Stanis Moody-Roberts	18 M Cape Eliz	30:14	6:05
12	Bill Reilly	60 M Wells	30:55	6:14
17	Tom Shorty	45 M Gorham	32:33	6:33
32	Peter Rearick	55 M Hebron	35:05	7:04
37	Shauna Baxter	38 F Gorham	36:06	7:16
42	Ron Pelton	54 M Freeport	36:22	7:19
43	Lloyd Slocum	74 M Hollis	36:25	7:20
47	Maureen Sproul	51 F N Gloucester	37:08	7:29
53	Jerry LeVasseur	69 M Brunswick	38:14	7:42
60	Dale Rines	55 M Gorham	39:20	7:55
66	John Howe	72 M Waterford	39:46	8:00
68	James Lawlor	33 M S Portland	39:48	8:01
75	Getty Payson	46 F Yarmouth	40:16	8:06
76	Jim Prosser	62 M Portland	40:30	8:09
78	Joan Lavin	59 F Portland	40:58	8:15
81	Ronald Chase	66 M Durham	41:20	8:19
103	Walter Fletcher	60 M Freeport	44:29	8:57
110	Cathy Burnie	58 F Cumberland	45:29	9:09
113	Laurie Brooks	44 F Lewiston	45:39	9:11
114	Mike Brooks	61 M Danville	45:39	9:11
116	Neil Chivington	60 M Pittston	46:09	9:17
124	Michelle Gravel	40 F Lewiston	47:20	9:32
130	Robert DeWitt	63 M Lisbon Falls	48:46	9:49
137	Beth Branson	66 F Scarborough	49:18	9:55
142	Donna Bisbee	51 F Portland	50:06	10:05
149	Peg Rearick	55 F Hebron	53:06	10:41
152	William Morgan	63 M Kennebunk	53:53	10:51
158	Eileen Hamilton	57 F Scarborough	55:55	11:15

#### Team Results

##### 1. MAINE TRACK CLUB

29:37 30:14 30:55 32:33 33:05 ( 33:28 ) ( 35:05 ) = 2:36:24  
Floyd Lavery, Stanis Moody-Roberts, Bill Reilly, Tom Shorty,  
Stephanie Atkinson, RJ Harper, Peter Rearick

##### 2. UNE PT

29:34 32:45 33:50 34:25 34:40 ( 35:00 ) ( 35:09 ) = 2:45:14  
Gregory Hagley, Dan Frey, Dustin Hurd, Michael Sheldon, Laura  
Nye, Brigham McKenney, Greg Swynar

##### 3. BATH IRON WORKS

30:14 32:28 32:42 38:14 39:42 ( 39:53 ) ( 43:02 ) = 2:53:20  
David Roberts, Jeffrey Banger, Robert Sickel, Jerry LeVasseur,  
Charles Cary, John Rothwell, Barbara Buck-Quintana

### Pumpkin Run 5K Yarmouth, ME, October 27, 2007

Place	Name	Time
1.	Scott Hornney	18:02
10.	Gordon Scannell	20:05
84.	Karen Connolly	39:29



## Race Results and Photos...

### Windham Lions 5K Windham, October 28, 2007

Place	Name	Age	Time
10.	Jim Harmon	47	23:13
15.	Charles Sawyer	65	24:32
16.	Shawn Gilbert	38	24:44
24.	Rebecca Fraser-Thill	29	28:25
28.	Deborah Russell	37	29:54
31.	Linda Hunt	60	31:19
32.	Paula Sawyer	58	31:50
38.	Robin Doughty	34	35:54

### Trick or Treat Trail 5K Lost Valley - Auburn Oct. 28, 2007

Place	Name	Age	Town	Time	Pace
25	Maureen Sproul	51	New Gloucester	22:50	7:22
30	Dan Goff	58,	Auburn	23:25	7:33
31	Nicole Court-Menendez	13	Lewiston	23:29	7:35
66	Laurie Brooks	44,	Lewiston	28:17	9:07
87	Denages Labbe	22	Lewiston	33:09	10:42
109	Maureen Goff	59	Auburn	39:03	12:36
121	Donna Beaulieu	45	Lewiston	47:42	15:23
122	Brenda Trytek	50	Harpwell	47:43	15:24

### LL Bean Bradbury Bruiser Pownal, October 28, 2007

Place	Name	S	Age	Town	Time
2	David Roberts	M	52	Cape Elizabeth	1:41:32
8	Giant Parlin	M	31	Portland	1:44:18
12	Gnarls Barclay	F	32	Portland	1:49:09
17	Carrie McCusker	F	38	Cape Elizabeth	1:50:34
19	Tom Trytek	M	52	Harpwell	1:52:26
20	John Eldredge	M	53	Cumberland	1:52:29
35	David Drew	M	43	Litchfield	2:00:09
40	Dora Rex	F	44	Gorham	2:01:36
51	Valerie Abradi	F	47	Lisbon	2:09:30
66	Philip Pierce	M	66	Falmouth	2:18:44
96	Glen Niemy	M	56	Bridgton	2:58:28

### Kennebec Messalonskee trail run Benton to Fairfield, November 3, 2007

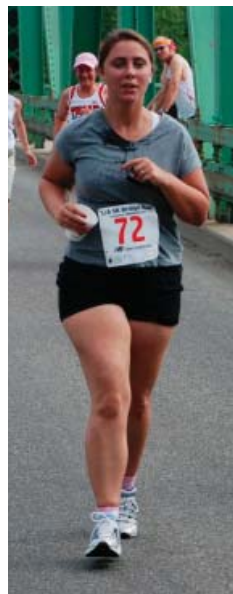
Place	Name	Time	S Age	Town
11.	David Colby Young	23:34	M55	Danville
16.	Charles Sawyer	25:27	M65	Norridgewock
28.	DonnaJean Pohlman	32:51	F56	Albion
29.	Ron Paquette	32:52	M66	Albion
30.	Paula Sawyer	33:16	F58	Norridgewock



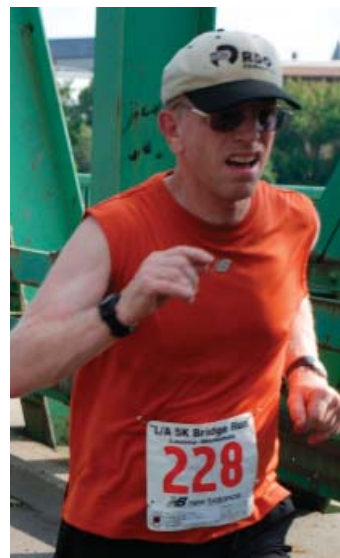
**Dennis Morrill**



**Gina D'Avignon**



**Robin Doughty**



**Bill Trommer**



**Carolyn Court**



**Charlie Whitehead**



**Derek Levesque**



**Dana Staples**

## Race Results ...

### Great Pumpkin 10K Saco -- October 28, 2007

Place	Name	Age S	Time	Pace
1	Michael Payson	44 M	33:06	5:21
3	Tom Ryan	52 M	34:33	5:35
7	Marc Dugas	44 M	35:36	5:45
11	Floyd Lavery	50 M	36:32	5:54
12	Matthew Biggart	23 M	37:00	5:58
14	Carry Buterbaugh	35 F	37:07	6:00
20	David Edward	46 M	38:40	6:15
21	Jim Toulouse	59 M	38:41	6:15
23	Bill Reilly	60 M	38:52	6:17
29	Michael Dinehart	51 M	39:56	6:27
33	Tom Shorty	45 M	40:49	6:35
43	Tom Menendez	54 M	42:08	6:48
50	Peter Rearick	55 M	43:06	6:58
61	Lisa Despres	45 F	44:03	7:07
67	Ronald Paquette	66 M	44:38	7:12
72	Alburn Butler	53 M	44:57	7:15
76	David Colby Young	55 M	45:22	7:20
91	Harry White	65 M	46:29	7:30
114	Susan Wiemer	42 F	47:42	7:42
131	Jerry LeVasseur	69 M	49:19	7:58
138	Dick Lajoie	67 M	50:27	8:09
154	Joseph Cook	57 M	51:40	8:20
158	Howard Spear	57 M	52:00	8:24
164	Ron Chase	67 M	52:30	8:29
168	Terry Clark	63 M	53:01	8:33
171	Jim Prosser	62 M	53:13	8:35
173	Bonnie Topsham	40 F	53:28	8:38
183	Sherri Wakeling	32 F	54:39	8:49
186	Laura Tyrrell	60 F	55:13	8:55
188	Jennifer Ilig	25 F	55:16	8:55
189	Michael Tracy	72 M	55:17	8:55
192	Polly Keniston	70 F	55:29	8:57
198	Walter Fletcher	60 M	56:05	9:03
199	John Keeley	56 M	56:10	9:04
220	Chris Lydon	34 M	58:21	9:25
221	Tracey Lydon	35 F	58:24	9:26
224	Denny Morrill	68 M	58:41	9:28
227	Nan Cumming	46 F	58:54	9:30
240	Lori Perkins	46 F	1:01:28	9:55
245	Brigitte Kablitz	62 F	1:02:47	10:08
258	Rick Ackerman	59 M	1:05:01	10:30
259	Bill Davenny	62 M	1:05:09	10:31
260	Kathy Bowe	36 F	1:05:50	10:38
262	Janice Gagnier	43 F	1:06:34	10:45
265	Sandra Walton	43 F	1:06:38	10:45
277	David Body	70 M	1:10:07	11:19

### Capital City Veterans 5K Augusta, November 12, 2007

Name	Age Group	Time
Tom Menendez	50-59	20:08
Charles Sawyer	60-69	23:38
Nicole Court Menendez	14&U	24:05
Robert Randall	70&O	24:39
Mike Brooks	60-69	26:30
Paula Sawyer	50-59	31:30

### 26th Annual Great Osprey 10K Ocean Run Wolfe's Neck Park Freeport, November 3, 2007

Place	Name	Ag S City	Time	Pace
3	Philip DiRusso	31 M Freeport	36:09	5:49
9	Scott Hornney	42 M Yarmouth	38:13	6:09
10	David Roberts	52 M Cape Elizabeth	38:33	6:13
13	Bill Reilly	60 M Brownsfield	39:29	6:22
28	Ken Voorhees	49 M Litchfield	41:07	6:37
29	Tom Shorty	45 M Gorham	41:09	6:38
31	Tom Trytek	51 M Harpswell	41:20	6:40
33	Ellie Tucker	53 F No Yarmouth	41:42	6:43
45	Jim Dunn	39 M Falmouth	44:16	7:08
61	Maureen Sproul	51 F New Gloucester	46:37	7:31
63	Robert Parent	51 M Manchester NH	46:44	7:32
70	Daniel Levesque	54 M Falmouth	47:41	7:41
79	Audrey Machowski	31 F Wales	48:35	7:50
81	Mallory Vaccaro	34 F Yarmouth	49:07	7:55
87	Shawn Gilbert	38 M South Portland	49:29	7:58
96	Bob LaNigra	65 M Scarborough	50:18	8:06
109	Dick Lajoie	67 M Saco	51:45	8:20
114	Carol Blakeney	46 F Cumberland	52:26	8:27
115	Robert Randall	70 M Springvale	52:29	8:27
131	Terry Clark	63 M Windham	53:39	8:38
134	Robert Burnham	45 M Portland	53:57	8:41
201	Lori Perkins	46 F Auburn	1:03:43	10:16
212	William Morgan	63 M Kennebunk	1:06:51	10:46
221	Carlton Mendell	85 M Windham	1:40:03	16:07

### Patriots Day 5 Miler Portland, November 12, 2007

Place	Name	Ag S City	Time	Pace
2	Michael Payson	44 M Falmouth	25:12	5:03
4	Marc Dugas	43 M Scarborough	27:25	5:29
5	Andrew Baird	35 M Falmouth	27:40	5:32
10	Tony Myatt	21 M Portland	29:42	5:57
11	Dave Howard	41 M Portland	29:53	5:59
16	Jeanne Hackett	49 F Scarborough	30:28	6:06
23	Michael Dinehart	51 M Kennebunk	31:36	6:20
29	Jim Toulouse	59 M Cape Elizabeth	33:16	6:40
32	Dennis Smith	57 M Yarmouth	33:43	6:45
44	David Colby Young	55 M Danville	35:38	7:08
49	Maureen Sproul	51 F New Gloucester	35:59	7:12
55	Shawn Gilbert	38 M South Portland	36:26	7:18
67	Evan O'Neill	42 F Portland	38:17	7:40
77	Dale Rines	55 M Gorham	39:20	7:52
81	Gregory Welch	56 M South Portland	39:31	7:55
83	Dick Lajoie	67 M Saco	39:52	7:59
87	Joseph Cook	57 M Westbrook	40:29	8:06
89	Carol Blakeney	46 F Cumberland	40:44	8:09
93	Harry Hunt	65 M Gorham	41:02	8:13
95	Jim Estes	58 M Portland	41:36	8:20
96	Joan Tremberth	62 F Scarborough	42:05	8:25
98	Harry White	65 M Scarborough	42:19	8:28
110	Mike Brooks	61 M Danville	45:42	9:09
120	Dennis Morrill	68 M Portland	48:22	9:41
122	Mel Uchenick	76 M Kennebunk	49:49	9:58
124	William Morgan	63 M Kennebunk	51:19	10:16
128	Catherine Saltz	43 F Westbrook	59:29	11:54



# MID-WINTER 10-MILE CLASSIC

**Sunday, February 3, 2008 9:45 am**

Cape Elizabeth High School  
345 Ocean House Rd  
Cape Elizabeth, ME



## ENTRY INFORMATION

### **Pre-Registration \$18**

- Packet Pickup at Maine Running Company Sat. 2/2 10 am-5 pm, 563 Forest Ave Portland, ME
- No service charge if you register on active.com

### **Race Day \$20**

- High School Cafeteria, 8:15-9:30 am

## RUNNER AMENITIES

- Long sleeve TECHNICAL T-SHIRT (limited to first 450 registered)
- PIZZA, coffee & other post race nourishment
- FREE SPORTS MASSAGE
- Showers
- Chip timing

## FOR MORE INFORMATION

- Don Penta  
207-892-4526  
wndhmlaker@aol.com
- mainetrackclub.com/midwinterclassic.html



## AWARDS

### **1st, 2nd, 3rd Male & Female:**

Overall	Clydesdale/Filly	Under 25
25-29	30-34	35-39
40-44	45-49	50-54
55-59	60-64	Over 64

### **1st Clydesdale & Filly Masters**

## \$100 CASH PRIZE

for new male & female open & masters course records

## COURSE RECORDS

- Open: Ethan Hemphill, 52:45 ('07)  
Susannah Beck, 58:07 ('04)
- Masters: Todd Coffin 55:19 ('07)  
Christine Ganz 1:05:45 ('06)

Mail Entries To: Don Penta, 183 Smith Rd, Windham, ME 04062 no later than Friday 1/26/08 Make checks payable to: Maine Track Club

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

Date of birth: \_\_\_\_\_ Age on race day: \_\_\_\_\_ Gender: M F

E-mail address: \_\_\_\_\_ Phone: \_\_\_\_\_

Street address: \_\_\_\_\_

City/Town: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ T-shirt size: S M L XL XXL

Check if you are a: ☐ Clydesdale (male, 190+ lbs) ☐ Filly (female, 140+ lbs)

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 the 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 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. For safety's sake, no baby strollers, headsets, or dogs are allowed.

signature

date

parent's signature (if under 18 yrs.)

date

10<sup>th</sup> Anniversary Mary's Walk and  
Kerry men Pub Road Race



Sunday, March 16, 12:00 pm  
Thornton Academy, Saco

Check-in and Event Day Registration begins at 10:00am

5K Run (2.5 mile Mary's Walk also available) New this year: Chip Timing

Cash Prizes to Overall Male and Female, Medals to all age group winners!

Great food and refreshments following the race at the Awards Ceremony behind the Kerry men Pub – FREE!

T-Shirts to first 1,000 registrants - Sign up early! Use this application or register on-line at [www.maryswalk.org](http://www.maryswalk.org)  
Create your own webpage, e-mail friends and family for their support. Donations encouraged, Slancha hat for \$200 in donations turned in or raised on-line. Additional Top Fundraiser awards. Teams welcome!



All proceeds benefit the **Maine Cancer Foundation**, a nonprofit organization dedicated to funding cancer research, public and professional education and patient support programs throughout Maine. 100% of funds raised remain in Maine.



**2008 Kerry men Pub Road Race** USATF CERTIFIED

**Registration** One registration per person, feel free to copy.

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Age: \_\_\_\_\_

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

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

If you are part of a Team, write Team Name here: \_\_\_\_\_

*Free t-shirt to first 1,000 walk and run registrants...register early!*

*Sorry, no Refunds.*

**Entry Fee: Run \$20.00** Note: children's sizes, not available, children 12 and under: no charge. Walk: \$15.00

In consideration of this entry being accepted to participate in this charitable event, I, for my heirs, personal representatives and assigns waive and release any and all claims I may have as a result of my participation in Mary's Walk/Road Race against the organizers and sponsors, including, but not limited to, MCF, Mary's Walk, and the City of Saco. I further state that I am physically fit and have sufficiently trained to compete in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
parent or guardian must sign if registrant/s are under 18

Please make checks payable to Mary's Walk. Mail to: Betty Goodwin, Treas., P.O. Box 1716, Biddeford, ME 04005



## Race Results ...

### Biddeford Free Clinic Turkey Trot 5K Biddeford, November 17, 2007

Place	Name	Time
4	Marc Dugas	17:17
51	Tyler Mercer	34:00
52	Scott Mercer	34:06

### Great Confluence 10K and 5K Bath and Brunswick, November 17, 2007

Place	Name	Age	Time
36	Blakeney, Carol	40-49	23:45.00
77	Trytek, Brenda	50-59	29:15.00
114	Trytek, Tom	50-59	41:38.00
117	Perry, Carol	60-69	43:41.00
125	Wiemer, Susan	40-49	46:03.00
144	Levasseur, Jerry	60-69	51:34.00
146	Keating, Tom	50-59	51:45.00
154	Illig, Jennier	20-29	54:07.00
167	Chivington, Neil	60-69	58:37.00

### Brewer High School Class Of 2010 26th Turkey Trot 5K Brewer, November 18, 2007

Place	Name	Age	Sex	Time	Pace
339	Jen Noonan	34	F	29:08	9:43

### Hannaford Turkey Trot 5K Cape Elizabeth, November 18, 2007

Place	Name	Age	Sex	Town	Time	Pace
4	Matt Rand	16	M	Cape Elizabeth	16:38	5:21
5	Tom Ryan	52	M	Cape Elizabeth	16:46	5:24
19	Scott Hornney	42	M	Yarmouth	18:10	5:51
23	Carry Butterbaugh	35	F	South Portland	18:19	5:54
27	Dave Howard	41	M	Portland	18:32	5:58
29	Tony Myatt	21	M	Portland	18:50	6:04
42	Michael Dinehart	51	M	Kennebunk	19:37	6:19
43	Jim Toulouse	59	M	Cape Elizabeth	19:40	6:20
47	Joan Samuelson	50	F	Freeport	19:48	6:23
50	Gordon Scannell	55	M	South Portland	19:51	6:24
51	Tom Shorty	45	M	Gorham	19:53	6:24
52	Jeanne Hackett	49	F	Scarborough	20:00	6:27
60	Colton Tinker	17	M	Buxton	20:21	6:33
69	Peter Rearick	55	M	Hebron	20:52	6:43
89	Jessica Stevenson	34	F	South Portland	21:37	6:58
96	William O'Neil	21	M	Portland	21:42	6:59
98	David Colby Young	55	M	Danville	21:52	7:03
116	Lloyd Slocum	74	M	Hollis	22:49	7:21
132	Beth Rand	47	F	Cape Elizabeth	23:12	7:28
134	Rydell Tinker	45	M	Buxton	23:16	7:30
135	Martha Lippa	46	F	Cape Elizabeth	23:16	7:30
145	Charles Sawyer	65	M	Norridgewock	23:27	7:33
158	Philip Pierce	66	M	Falmouth	23:44	7:39
169	Gregory Welch	56	M	South Portland	24:16	7:49
171	Natalie Rand	11	F	Cape Elizabeth	24:19	7:50
172	Bob Coughlin	68	M	Cape Elizabeth	24:19	7:50
187	John Howe	72	M	Waterford	24:34	7:55
193	Howard Spear	57	M	Westbrook	24:43	7:58
203	Jim Estes	48	M	Portland	24:58	8:02
210	Carol Blakeney	46	F	Cumberland	25:09	8:06
219	Jim Prosser	63	M	Portland	25:16	8:08

224	Christopher Kyes	23	M	Portland	25:24	8:11
225	Jenna Wrean	22	F	Portland	25:24	8:11
237	Harry Hunt	65	M	Gorham	25:43	8:17
239	Ron Chase	67	M	Durham	25:54	8:20
248	Cathy Burnie	59	F	Cumberland	26:13	8:26
254	Jim Tyrrell	60	M	Cape Elizabeth	26:19	8:28
281	Joan Tremberth	62	F	Scarborough	26:57	8:41
290	Laura Tyrrell	60	F	Cape Elizabeth	27:07	8:44
292	Diane Dusini	45	F	Portland	27:08	8:44
322	Frank Wright	62	M	South Portland	27:51	8:58
339	Chris Lydon	34	M	South Portland	28:31	9:11
344	Tracey Lydon	35	F	South Portland	28:35	9:12
356	Timmi Sellers	58	F	Portland	28:50	9:17
379	Robert DeWitt	64	M	Lisbon	29:25	9:28
395	Mallory Vaccaro	34	F	Yarmouth	30:01	9:40
400	Lori Perkins	46	F	Auburn	30:04	9:41
408	Robert Parent	47	M	Portland	30:32	9:50
435	Sherry Carll	60	F	Gray	31:42	10:12
439	Mel Uchenick	76	M	Kennebunk	32:01	10:19
453	William Morgan	63	M	Kennebunk	32:49	10:34
459	Peg Rearick	55	F	Hebron	33:14	10:42
473	Kathy Bowe	36	F	Gorham	33:42	10:51
476	Robin Doughty	34	F	New Gloucester	33:49	10:53
488	David Body	70	M	Portland	35:20	11:23
489	Eileen Hamilton	57	F	Scarborough	35:20	11:23
494	Michael Tracy	72	M	Cape Elizabeth	35:39	11:29
496	Catherine Saltz	43	F	Westbrook	35:53	11:33
526	Janice Bilodeau	74	F	Auburn	37:28	12:04
527	Bruce Bilodeau	49	M	Auburn	37:28	12:04
546	Thomas Carll	63	M	Gray	40:22	13:00
570	Roland Bilodeau	75	M	Auburn	45:58	14:48
574	Carlton Mendell	86	M	Windham	46:46	15:04
575	Lennie Stack	72	M	Westbrook	47:20	15:15

### Gasping Gobbler 5K Augusta, November 22, 2007

Place	Name	Sex	Age	Time
22	David Colby Young	M	61	21:09.52

### York Rotary Club Turkey Trot 5K York, November 24, 2007

Place	Name	Sex	Age	Time	Pace	City
58	ROBERT RANDALL	M	70	23:59	7:44	SPRINGVALE
201	MEL UCHENICK	M	76	32:03	10:19	KENNEBUNK
202	WILLIAM J MORGAN	M	63	32:04	10:20	KENNEBUNK





# Those Thrilling Days of Yesteryear...

*Compiled by Maggie Soule from the MTC archives*

**25 Years Ago:** Newly elected MTC officers for 1983 were President, Dick McFaul; Vice President, John Conley; Secretary, Dave Trussell; and Treasurer, Barry Howgate. MTC's February newsletter complained that despite putting on more than 20 races a year, "our race results are not being published in the newspapers" and that even when they were, the club's name was seldom mentioned. Bob Payne was preparing to direct the second annual Mid-Winter Classic in February, and a family ski weekend at Saddleback was planned for March.

**20 Years Ago:** Crediting her ultra-marathon and triathlon training, MTC's Iron Woman Rosalyn Randall overtook the leader at mile 25 to win the women's division at the Tampa Bay Marathon. Seasoned marathoner Bruce Ellis was making trips to New Jersey to run the NJ Waterfront Marathon course in preparation for the Olympic Trials there in April. Due to "the Shore Road traffic problem," the seventh annual Mid-Winter Classic was switched to a new course, starting at CEHS. Club President Charlie Scribner was featured in Sarah Hobson's column in the Sunday Telegram; he discussed some highlights of his experiences managing over 400 Maine races.

**15 Years Ago:** In hilly, snowy New Gloucester, Maureen and Willie Sproul hosted their annual Run, Ski and Brunch. Central Maine Striders and their MTC counterparts were deploring the apparent "death" of the Great Pumpkin 10K and urging runners to show greater appreciation for hard-working race directors still in the game. Portland Trails officers Peter Munroe and Nathan Smith gave a presentation of their organization's "very popular and ambitious [trail] network" at MTC's February meeting.

**10 Years Ago:** Olympic 10K bronze medalist Lynn Jennings won the women's overall division at the Mid-Winter Classic 10-miler in a record-setting time of 57:32, less than five minutes behind men's overall winner Todd Coffin. Said one participant, "I've never seen so much good food offered at the end of the race. It almost made me forget about that last awful hill before the end." MTC Race Committee Chair Everett Moulton was named outstanding RRCA state rep for the Eastern region and received an RRCA National Volunteer Award as well.

**5 Years Ago:** Twelve intrepid participants braved 10-below temperatures at the annual pre-banquet Handicap 5K, held on January 18 at The Bungalow. Mike Brooks won in 27:56, just four seconds faster than his estimated time, followed by David Colby Young, Loren Lathrop, Cathy Burnie, Joe Wagnis, Dennis Morrill, Carlton Mendell, Pat Buckley, Susan and Lloyd Slocum, Mel Fineberg and Julius Marzul. Phil and Diane Meech served coffee, doughnuts and bagels. An early February snowstorm led to the postponement of the Mid-Winter Classic until March 2. It was the third weather-related postponement in the race's 22-year history. (And you thought this winter was shaping up to be rough!)

## CONTINUED

Would you like to learn more, or just reminisce? Go to our Archives website (David Colby Young, webmaster) at <http://www.rootsweb.com/~meandrhs/mtcarchives.html>. It contains scans of all known MTC newsletters since 1979, along with photos of the editors and photographers.



## Past Turkey Trot Photos



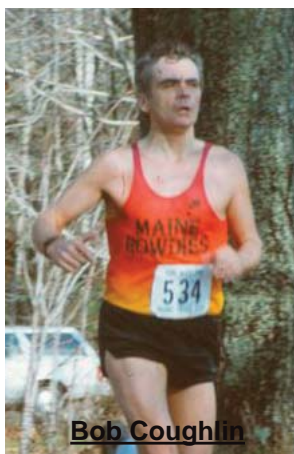
Ron Cedrone



Russ Bradley



Mike Reali



Bob Coughlin



Don Penta



Carlton Mendell

# Race Results ...

## Thanksgiving Day 4 Miler Portland, November 22, 2007

Place	Name	Div	Town	Time	Pace
6	Michael Payson	M4044	Falmouth	20:54	5:14
10	Pete Bottomley	M4549	Cape Eliz	21:39	5:25
13	Tom Ryan	M5054	Cape Eliz	21:51	5:28
20	Matt Rand	M0119	Cape Eliz	22:26	5:37
21	Andrew Baird	M3539	Portland	22:26	5:37
23	Marc Dugas	M4044	Scarborough	22:38	5:40
31	Floyd Lavery	M5054	Portland	23:14	5:49
38	Carry Butterbaugh	F3539	S Portland	23:37	5:55
39	Scott Hornney	M4044	Yarmouth	23:39	5:55
45	Rob Fast	M4044	Cumberland	24:03	6:01
52	Tony Myatt	M2024	Portland	24:29	6:08
71	Mwxwell Payson	M0119	Falmouth	25:03	6:16
95	Brian Denger	M4549	Biddeford	25:55	6:29
97	Ken Voorhees	M5054	Litchfield	25:59	6:30
113	Jeff Rand	M4549	Cape Eliz	26:28	6:37
122	Brian Lathrop	M2529	S Portland	26:43	6:41
123	Carrie McCusker	F3539	Cape Eliz	26:44	6:41
124	Tom Brady	M4044	Cape Eliz	26:45	6:42
132	Gordon Scannell	M5559	Yarmouth	26:55	6:44
139	Stephanie Atkinson	F3539	Hollis	27:01	6:46
141	Dennis A Smith	M5559	Yarmouth	27:08	6:47
143	Rick Charette	M6064	Windham	27:09	6:48
158	Peter Rearick	M5559	Hebron	27:45	6:57
183	Matt Flynn	M4549	Cape Eliz	28:23	7:06
212	Lloyd Slocum	M7074	Hollis	29:07	7:17
230	Sean Ireland	M3539	Portland	29:29	7:23
237	Mallory Vaccaro	F3034	Yarmouth	29:41	7:26
253	Melanie Collins	F4044	Falmouth	29:59	7:30
254	Lindsay Rand	F0119	Cape Eliz	30:01	7:31
257	Beth Rand	F4549	Cape Eliz	30:02	7:31
262	Jim Harmon	M4549	Scarborough	30:03	7:31
270	Susan Wiemer	F4044	Freeport	30:17	7:35
282	Shawn Gilbert	M3539	S Portland	30:30	7:38
311	Philip Pierce	M6569	Falmouth	30:57	7:45
317	Chris Harmon	M2024	Portland	31:04	7:46
338	David House	M5559	Cape Eliz	31:17	7:50
349	Dale Rines	M5559	Gorham	31:28	7:52
354	Jerry Levasseur	M7074	Brunswick	31:31	7:53
355	Rob Boudewin	M6064	Portland	31:31	7:53
360	James Lawlor	M3034	S Portland	31:35	7:54
367	Eugene Longobardi	M4044	S Portland	31:40	7:55
380	Natalie Rand	F0119	Cape Eliz	31:55	7:59
389	Evan O'Neill	M4044	Portland	32:03	8:01
392	Abby Payson	F0119	Fordyam MA	32:05	8:02
397	K Conley	M3539	Portland	32:09	8:03
410	Lisa Despres	F4549	S Portland	32:20	8:05
412	Howard Spear	M5559	Westbrook	32:20	8:05
437	Tom Keating	M5054	Brunswick	32:43	8:11
439	Carol Blakeney	F4549	Cumberland	32:45	8:12
448	Jim Prosser	M6064	Portland	32:49	8:13
480	Ron Chase	M6569	Durham	33:12	8:18
530	Sue Payson	F4044	Falmouth	33:54	8:29
547	Jay Wilson	M4549	Portland	34:10	8:33
599	Joan Tremberth	F6064	Scarborough	34:50	8:43
625	Randy Smith	M6064	Saco	35:07	8:47
637	Polly Kenniston	F7074	Scarborough	35:22	8:51
667	Rob Blair	M0119	Raymond	35:55	8:59
673	Tom Brady	F0119	S Portland	35:59	9:00
688	Rae Chalmers McLaughlin	F5054	Gorham	36:06	9:02
708	Thomas Chalmers McLaughlin	M4044	Gorham	36:19	9:05
710	Mike Brooks	M6064	Danville	36:20	9:05
789	Christopher Lydon	M3034	S Portland	37:46	9:27
790	Tracey Lydon	F3539	S Portland	37:48	9:27
807	Betsey Greenstein	F5054	Portland	38:07	9:32
823	Christine Wirth	F3034	Portland	38:15	9:34

840	Lori Perkins	F4549	Auburn	38:27	9:37
874	Robert DeWitt	M6064	Lisbon	39:12	9:48
892	Mike Nixon	M5054	Portland	39:33	9:54
967	Hugh MacMahon	M6569	Falmouth	41:29	10:23
975	Margaret Rearick	F5559	Hebron	41:39	10:25
979	Tom O' Connor	M5559	Westbrook	41:44	10:26
993	Mel Uchenick	M7579	Kennebunk	42:01	10:31
996	William Morgan	M6064	Kennebunk	42:08	10:32
1027	Bethany Smith	F3034	??	43:25	10:52
1049	Robin Doughty	F3034	New Gloucester	46:17	11:35
1056	Catherine Saltz	F4044	Portland	47:01	11:46
1063	Eileen Hamilton	F5559	Scarborough	47:29	11:53
1083	Carlton Mendell	M8099	Windham	51:14	12:49

## Burn Off the Turkey 5K Gorham, Nov. 24, 2007

Place	Time	Pace	Name	Ag S	City
3	16:41	5:23	Thomas Noonan	35 M	Steep Falls
7	17:40	5:42	Carry Buterbaugh	35 F	S Portland
12	18:45	6:02	Tony Myatt	21 M	Portland
13	19:04	6:09	Robin Carlson	36 F	Gorham
16	19:20	6:14	Tom Shorty	45 M	Gorham
32	21:01	6:46	David-Colby Young	55 M	Danville
34	21:35	6:57	Lloyd Slocum	74 M	Hollis Center
53	22:27	7:14	Charles F Sawyer	65 M	Norridgewock
58	22:51	7:21	Dale Rines	55 M	Gorham
60	22:54	7:22	Harry White	65 M	Scarborough
63	22:56	7:23	Shawn Gilbert	38 M	S Portland
64	22:57	7:24	Dr Philip Pierce	66 M	Falmouth
74	23:43	7:38	Shauna Franklin	25 F	Scarborough
93	24:47	7:59	Harry Hunt	65 M	Gorham
94	24:50	8:00	Jen Noonan	36 F	Steep Falls
100	25:06	8:05	Mike Brooks	62 M	Danville
104	25:14	8:08	Jim Tyrrell	60 M	
106	25:17	8:09	Rae Chalmers McLaughlin	50 F	Gorham
112	25:26	8:12	Cathy Burnie	59 F	Cumberland
115	25:54	8:21	Thomas Chalmers McLaughlin	43 M	Gorham
118	26:12	8:26	Laura Tyrrell	60 F	Cape Eliz
142	27:08	8:44	Tracey Lydon	35 F	S. Portland
147	27:28	8:51	Dennis Kelley	42 M	Casco
148	27:28	8:51	Chris Lydon	34 M	S Portland
149	27:33	8:52	Betty Disanza	59 F	Limington
220	32:37	10:30	Eileen Hamilton	57 F	Scarborough
230	34:45	11:11	Janice Bilodeau	74 F	Gorham
231	34:46	11:12	Bruce Biloderu	49 M	Auburn
239	35:53	11:33	Catherine Saltz	43 F	Westbrook
255	37:03	11:56	Sandy Utterstrom	64 F	Falmouth
267	40:02	12:54	Virginia Wilder Cross	64 F	Gorham
279	44:20	14:16	Carlton Mendell	86 M	Windham

## Christmas Rush 5K Kennebunk, December 1, 2007

Place	Name	S Age	Town	Time
3	Mike Dinehart	M 51	Kennebunk	20:55.4
4	Steve Rollins	M 45	Bowdoinham	21:34.2
6	David Colby Young	M 55	Danville	23:52.0
9	Eugene Longobardi	M 42	South Portland	24:32.8
3	Judy Hardenbrook	F 53	Kennebunk	26:44.3





# Race Results and Photos

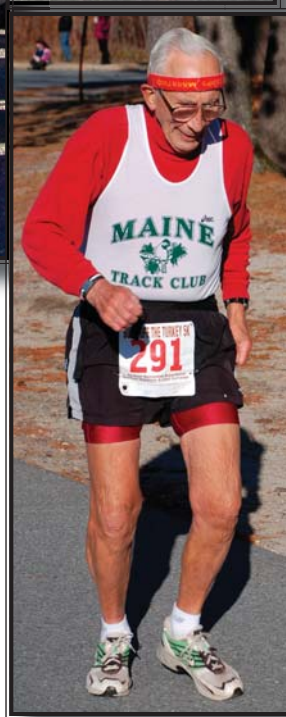
## Jingle Bell Run Freeport, December 2, 2007

Place	Name	Age S	City	Time	Pace
2	Michael Payson	44 M	Falmouth	15:52	5:07
7	Scott Horney	42 M	Yarmouth	17:55	5:46
9	Anders Samuelson	17 M	Freeport	18:17	5:53
11	Tony Myatt	21 M	Portland	18:26	5:56
22	David Edwards	48 M	Pownal	18:56	6:06
26	Bill Reilly	60 M	Brownfield	19:10	6:10
30	Jim Toulouse	59 M	Cape Eliz	19:32	6:17
44	Jeff Rand	47 M	Cape Eliz	20:19	6:33
65	Lisa Despres	45 F	S Portland	21:17	6:51
74	Jim Harmon	47 M	Scarborough	21:48	7:01
82	Maureen Sproul	51 F	New Gloucester	22:07	7:07
89	Jeanne Hackett	49 F	Scarborough	22:24	7:13
100	Beth Rand	47 F	Cape Eliz	22:36	7:17
109	Scott Samuelson	49 M	Freeport	22:57	7:24
110	Norman Morgan	39 M	Lisbon Falls	22:58	7:24
116	Kim Moody	52 F	Cape Eliz	23:24	7:32
121	Shawn Gilbert	38 M	S Portland	23:43	7:38
134	Carol Blakeney	46 F	Cumberland	24:19	7:50
156	Rob Boudewin	60 M	Portland	25:04	8:04
177	Cathy Burnie	59 F	Cumberland	26:01	8:23
184	Gregory Welch	56 M	S Portland	26:12	8:26
185	Harry Hunt	65 M	Gorham	26:16	8:28
251	Jane Metzler	66 F	Yarmouth	28:59	9:20
254	Dennis Morrill	68 M	Portland	29:09	9:23
270	Michelle Gravel	40 F	Lewiston	29:49	9:36
278	Robert DeWitt	64 M	Lisbon	30:12	9:43
292	Donna Beaulieu	45 F	Poland Spring	30:43	9:54
295	Linda Hunt	60 F	Hollis	30:54	9:57
311	Mel Uchenik	76 M	Kennebunk	31:35	10:10
312	Julie Scala	36 F	Portland	31:36	10:11
325	William Morgan	63 M	Kennebunk	31:51	10:16
368	Eileen Hamilton	57 F	Scarborough	34:33	11:07
394	Janice Bilodeau	74 F	Auburn	37:09	11:58
395	Bruce Bilodeau	49 M	Auburn	37:10	11:58
398	Kathy Bowe	36 F	Gorham	37:38	12:07
405	Pat Buckley	70 F	Portland	40:24	13:00
424	Karen Connolly	48 F	Hollis Center	45:30	14:39
434	Carlton Mendell	86 M	Windham	49:45	16:01
449	Robert Connolly	52 M	Hollis Center	51:25	16:33

Judith  
Hardenbrook



Steve Rollins



Catherine Saltz



Carlton Mendell

## Luv2Run 5K Portland, December 1, 2007

Place	Time	Pace	Name	AgeSex
13	22:00	7:06	Jessica Stevenson	35 F
17	23:37	7:37	Norman Morgan	39 M



Charlie Sawyer



Dale Rines



Denise Whitehead



The Gingerbread Woman and Katy Bowe



# Maine Marathon Results . . . and Pictures from LA Bridge Run

## Sportshoe Center Maine Marathon Portland, October 7, 2007

Place	Name	Ag S	Town	Time	Pace	Nettime
32	FLOYD LAVERY	50 M	PORTLAND ME	3:10:05*	7:15	3:09:58*
51	TOM SHORTY	45 M	GORHAM ME	3:19:23*	7:37	3:19:03*
55	STEPHEN WELLS	33 M	CUMBERLAND ME	3:20:44	7:40	3:19:51
100	MATT FLYNN	45 M	CAPE ELIZABETH ME	3:29:38*	8:00	3:29:24*
170	RENEE LECLAIR	27 F	WESTBROOK ME	3:42:12	8:29	3:41:53
174	BONNIE HOAG	55 F	PORTLAND ME	3:42:36*	8:30	3:41:32*
255	GLEN NIEMY	55 M	BRIDGTON ME	3:54:12	8:56	3:52:16
320	BOB LANIGRA	65 M	SCARBOROUGH ME	4:04:18*	9:20	4:03:39*
331	BRIAN LATHROP	27 M	SOUTH PORTLAND ME	4:06:34	9:25	4:06:22
462	HARRY CENTER	45 M	FREEPORT ME	4:34:51	10:29	4:33:49
470	MEG ESTABROOK	38 F	YARMOUTH ME	4:37:17	10:35	4:36:44
524	JEANNE MCKEW	45 F	PORTLAND ME	4:54:38	11:15	4:53:02
546	BILL DAVENNY	62 M	PORTLAND ME	5:06:00	11:41	5:05:27
599	KATHERINE BOWE	35 F	GORHAM ME	5:54:13	13:31	5:52:46
600	MIKE BROOKS	61 M	DANVILLE ME	5:54:14	13:31	5:52:46

\* Boston Marathon qualifying time based on age on race day

## High School Cross Country

MPA State Cross Country Championship October 27, 2007  
Leavitt Area High School, Turner, October 27, 2007

### Girls 5K Run Class A

65 Kelsey Rex Soph Gorham 24:15.60

### Boys 5K Run Class A

68 Colton Tinker JR Bonny Eagle 19:34.81

### Boys 5K Run Class B

4 Matt Rand JR Cape Elizabeth 16:53.09

### Girls 5K Run Class C

15 Zoe Sobel JR Waynefleete 23:05.23

73rd New England Interscholastic Cross Country Championship Race  
Twin Brook Recreation Area, Cumberland, November 10, 2007

### Girls 5K Run

248 Zoe Sobel JR Waynefleete 23:16.9

28 Waynefleete Total Time 1:49.25.70

### Boys 5K Run

36 Matt Rand JR Cape Elizabeth 16:45.9



Jerry LeVasseur



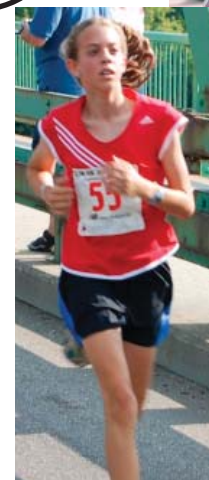
Jim Toulouse



Kristen Cook-Center



Mona Murphy & Maureen Goff



Nicole Court Menendez



Tom Menendez

# Maine Half Marathon Results

## Sportshoe Center Maine Half Marathon Portland, October 7, 2007

Place	Name	Ag S	Town	Time	Pace	Nettime
18	SCOTT HORNNY	42 M	YARMOUTH	1:23:32	6:23	1:23:29
24	JIM TOULOUSE	59 M	CAPE ELIZABETH	1:25:53	6:34	1:25:49
39	ALBERT SWALLOW	45 M	SOUTH PORTLAND	1:27:28	6:41	1:27:20
53	BRIAN DENDER	46 M	BIDDEFORD	1:29:21	6:49	1:28:52
55	ELLIE TUCKER	53 F	NORTH YARMOUTH	1:29:37	6:51	1:29:31
73	ROBIN CARLSON	36 F	GORHAM	1:32:30	7:04	1:32:22
91	SEAN IRELAND	35 M	PORTLAND	1:34:17	7:12	1:33:59
93	MIKE GRANT	50 M	SCARBOROUGH	1:34:30	7:13	1:34:06
110	DORA REX	44 F	BELMONT	1:36:31	7:22	1:36:12
124	WILLIAM SPROUL	49 M	NEW GLOUCESTER	1:37:41	7:28	1:37:27
171	ALBURN BUTLER	53 M	PORTLAND	1:40:43	7:41	1:40:13
175	MELISSA JOHNSON	44 F	MINOT	1:40:46	7:42	1:39:08
176	LAURIE NICHOLAS	39 F	GORHAM	1:40:47	7:42	1:40:37
183	MAUREEN SPROUL	51 F	NEW GLOUCESTER	1:41:10	7:43	1:40:57
245	HARRY WHITE	65 M	SCARBOROUGH	1:43:49	7:56	1:43:38
278	ROB BOUDEWIJN	60 M	PORTLAND	1:45:31	8:03	1:45:01
316	BILL PARADIS	55 M	NORTH BERWICK	1:47:03	8:10	1:46:33
322	SHAWN GILBERT	38 M	SOUTH PORTLAND	1:47:16	8:11	1:46:27
326	KATHY DONNELLY	45 F	FALMOUTH	1:47:25	8:12	1:47:09
340	PAMELA TAPLEY	37 F	WESTBROOK	1:47:50	8:14	1:47:34
370	DANIEL LEVESQUE	54 M	FALMOUTH	1:49:08	8:20	1:48:08
397	KEVIN CONLEY	38 M	PORTLAND	1:49:49	8:23	1:49:22
460	DAVID HOUSE	57 M	CAPE ELIZABETH	1:52:02	8:33	1:51:27
485	JEFF BROOKES	56 M	CUMBERLAND	1:53:00	8:38	1:51:36
510	ANNE MESSINGER	31 F	PORTLAND	1:54:18	8:44	1:54:00
532	RANDALL SMITH	35 M	SOUTH PORTLAND	1:54:43	8:46	1:53:22
566	MARTHA LIPPA	46 F	CAPE ELIZABETH	1:55:50	8:51	1:54:24
591	TOM HAMILTON	43 M	FALMOUTH	1:57:06	8:56	1:55:25
604	KRISTEN ROGERS	30 F	GRAY	1:57:40	8:59	1:56:50
605	RONALD CHASE	66 M	DURHAM	1:57:43	8:59	1:57:06
618	BONNIE TOPHAM	40 F	SCARBOROUGH	1:58:22	9:02	1:58:02
626	JEN NOONAN	36 F	STEEP FALLS	1:58:44	9:04	1:57:46
632	CAROL BLAKENEY-WATTS	46 F	CUMBERLAND	1:58:58	9:05	1:58:31
654	JILL WEYBRANT	39 F	BATH	2:00:07	9:10	1:59:20
655	MARK GRANDONICO	48 M	PORTLAND	2:00:08	9:10	1:59:22
704	MICHELLE GRAVEL	40 F	LEWISTON	2:02:00	9:19	2:01:10
718	POLLY KENNISTON	70 F	SCARBOROUGH	2:02:32	9:21	2:02:21
746	RYDELL TINKER	45 M	BUXTON	2:03:43	9:27	2:02:11
766	LAURA TYRRELL	60 F	CAPE ELIZABETH	2:05:05	9:33	2:03:58
774	LINDA WHITTEN	50 F	GORHAM	2:05:33	9:35	2:03:54
810	DIANE DUSINI	45 F	PORTLAND	2:06:46	9:41	2:04:37
830	CHRISTINE WIRTH	33 F	PORTLAND	2:07:29	9:44	2:04:41
831	CATHY BURNIE	58 F	CUMBERLAND	2:07:38	9:45	2:07:05
862	JENNIFER ILLIG	25 F	WESTBROOK	2:09:04	9:51	2:06:59
918	TRACEY LYDON	34 F	SOUTH PORTLAND	2:12:04	10:05	2:10:27
933	DEBORAH RUSSELL	37 F	GORHAM	2:12:41	10:08	2:12:16
954	MELANIE PERRONE	62 F	OLD ORCHARD BEACH	2:13:57	10:14	2:13:25
1045	LOREN LATHROP	58 M	SOUTH PORTLAND	2:18:34	10:35	2:17:17
1047	LORI PERKINS	46 F	AUBURN	2:18:42	10:35	2:16:56
1056	BETH BRANSON	66 F	SCARBOROUGH	2:19:03	10:37	2:17:31
1068	CHRISTOPHER LYDON	34 M	SOUTH PORTLAND	2:19:57	10:41	2:18:21
1092	SCOTT MERCER	59 M	CAPE NEDDICK	2:21:45	10:49	2:19:45
1102	TIMMI SELLERS	58 F	PORTLAND	2:23:15	10:56	2:21:22
1109	DONNA BISBEE	51 F	PORTLAND	2:24:25	11:01	2:22:41
1129	TOM O'CONNOR	56 M	WESTBROOK	2:28:11	11:19	2:26:20
1151	HUGH MACMAHON	69 M	FALMOUTH	2:30:32	11:29	2:28:45
1174	JOHN PAINTER	64 M	CASCO	2:32:45	11:40	2:30:47
1178	DAVID BODY	70 M	PORTLAND	2:33:55	11:45	2:32:11
1207	JANICE GAGNIER	43 F	SOUTH PORTLAND	2:37:48	12:03	2:36:20
1241	ROBERT FULLER	59 M	PORTLAND	2:46:46	12:44	2:44:59
1250	ROBIN DOUGHTY	34 F	NEW GLOUCESTER	2:48:53	12:53	2:48:27

# January... February... Races...

- Jan 1 27th Annual Michelob Light New Year's Day Classic, 10K/5K, Salisbury, MA, 11 a.m., Winners Circle, WCRC, Bob Manning, (978)462-1073, Web: <http://xenia.unh.edu/wcrc/>, Email: [hangover@xenia.unh.edu](mailto:hangover@xenia.unh.edu)
- 26th Annual New Year's Day Freezer Five Mile Road Race, 5M, Sterling, Ma., 11 a.m., Houghton School, CMS, Web: [www.cmsrun.org](http://www.cmsrun.org), Email: [jbird\\_17@hotmail.com](mailto:jbird_17@hotmail.com)
- Wicked Frosty Four, 4M., Salem, Ma., Front Street., 10 a.m., (781) 598-3868, email: [rrtomlins@comcast.net](mailto:rrtomlins@comcast.net)
- Jan 6 28th Annual Cape Cod Road Runners Winter Fun Run, 4.9M, Monument Beach, Ma., 10:30 a.m., Weary Traveler's Club, Weary's Traverlers Club, Bob Burt, (508)759-8364, Web: [www.capecodroadrunners.com](http://www.capecodroadrunners.com), Email: [bobburt@verizon.net](mailto:bobburt@verizon.net)
- 16th Annual Officer Brian A. Asel Memorial Snow Dash, 3.05M, East Hartford, Ct., 1:30 p.m, East Hartford Golf Course, 130 Longhill St, E. Hartford Parks & Rec. Dept., Jim Uhrig, (860)282-8240, Web: [www.ci.east-hartford.ct.us](http://www.ci.east-hartford.ct.us), Email: [juhrig@ci.east-hartford.ct.us](mailto:juhrig@ci.east-hartford.ct.us)
- Jan 11 Dartmouth Relays Track Meet., Hanover, N.H., Leverone Field House., Carl Wallin/Barry Harwick., [www.dartmouth.edu](http://www.dartmouth.edu)
- Jan 12 THE THAW 4.5 MILER presented by The Central Maine Striders Belgrade, ME 9:00AM Belgrade School, 158 Depot Rd (4.5 Mile Loop Course with little to no Hills) Contact: Erik Seastead (Central Maine), 1449 North Road, Mt Vernon, ME, USA, 04352. 1-207-293-4660 [erikseastead@hotmail.com](mailto:erikseastead@hotmail.com)
- Boston Prep 16 Miler Derry, NH 10:00AM, Derry Village Elementary School, Rt 28 Contact: Dave Breeden, 7 Barkland Dr, Derry, NH, USA, 03038. 1-603-432-6865 [weluv2run@comcast.net](mailto:weluv2run@comcast.net)
- Jan 13 Chevron Houston Marathon & Amarco Half Marathon, 26.2M/13.1M, Houston, Tx., 7 a.m., downtown Houston, Houston Marathon, (713) 957-3453, Web: [www.chevronhoustonmarathon.com](http://www.chevronhoustonmarathon.com), Email: [marathon@chevronhoustonmarathon.com](mailto:marathon@chevronhoustonmarathon.com)
- 5th Annual Chiller Chase 5K Run/Walk, 5K/5KWalk, Wakefield, R.I., 11 a.m., Adeline LaPlante Memorial Center, Kim Picard, (401) 789-8661, Email: [kpicaard@adelinelaplantecenter.org](mailto:kpicaard@adelinelaplantecenter.org)
- 5th Annual P.F. Changs Rock 'N' Roll Arizona Marathon & Half Marathon, 26.2M/13.1M/Kids M, Phoenix, AZ, 7:40 a.m./8:30 a.m./8 a.m., Downtown Phoenix/Tempe, Elite Racing, 5452 Oberlin Drive, (800) 311-1255, Web: [www.rnrz.com](http://www.rnrz.com), Email: [rnrz@eliteracing.com](mailto:rnrz@eliteracing.com)
- 15th Annual Walt Disney World Marathon/Half Marathon., 26.2M/13.1M., Orlando, FL, Epcot Center, [www.disneyworldsports.com](http://www.disneyworldsports.com)
- Jan 19 Bermuda International Marathon/Half Marathon, 26.2M/13.1M/10K, Hamilton, Ber., Race Committee, (800) 444-4097, Web: [www.marathontours.com](http://www.marathontours.com), Email: [marathon@shore.net](mailto:marathon@shore.net)
- Jan 20 8th Annual Frostbite Mid-Winter Classic, 15K, Raynham, Ma., 9:20 a.m., Raynham Middle School, Jim Dupont, (508) 822-0376, Email: [jdupont01@comcast.net](mailto:jdupont01@comcast.net)
- Carlsbad California International Marathon., 26.2M./13.1M., Carlsbad, Ca., 7:30 a.m., Westfield Shoppingtown Plaza., Staci Roos., (760) 692-2900, [www.sdmarathon.com](http://www.sdmarathon.com)
- Jan 26 Reebok Boston Indoor Games Track Meet, , Boston, Ma., 5p.m., Reggie Lewis Track, Global Athletics, Mark Wetmore, Web: [www.globalathletics.com](http://www.globalathletics.com), Email: [rich@globalathletics.com](mailto:rich@globalathletics.com)
- Jan 27 ING Miami Marathon and Half Marathon, 26.2M/13.1M, Miami, Fl, 6 a.m., American Airlines Arena, PR Racing, (305) 278-8668, Web: [www.ingmiamimarathon.com](http://www.ingmiamimarathon.com), Email: [info@ingmiamimarathon.com](mailto:info@ingmiamimarathon.com)
- Scarborough Frozen 5K/1 Mile Race, 1PM, Scarborough Track and Cross Country Boosters. Contact: Ron Kelly at [rkelly01@maine.rr.com](mailto:rkelly01@maine.rr.com).
- Feb 3 Maine Track Clubs 27th Annual Mid-Winter 10 Mile Classic Cape Elizabeth, ME 9:45AM Cape Elizabeth High School, 345 Ocean House Road (Scenic Challenging USATF Certified (Code: ME03001RF) Loop Course) Contact: Don Penta (Maine Track Club), 183 Smith Road, Windham, ME, USA, 04062. 1-207-892-4526 [wndhmlaker@aol.com](mailto:wndhmlaker@aol.com)
- Feb 9 17th Annual Bradford Valentine Road Race, 5M/6K, Haverhill, Ma., 10 a.m., Bradford Common, Chruch St., John Burke, 00, Web: [www.coolrunning.com](http://www.coolrunning.com), Email: [timers@verizon.net](mailto:timers@verizon.net)
- Publix Supermarkets Gasparilla Distance Classice, 15K/5K., Tampa, Fl., 7:30 a.m., (813) 254-7866.
- Feb 10 Publix Supermarkets Marathon & Half Marathon, 26.2M/13.1M., Tampa, Fl., Gasparilla Distance Classic., (813) 254-7866.
- Somesville Winter 10 & 20 Miler, Somesville Fire Station, 9:30 a.m. Contact: Crow Athletics 276-4226.
- Feb 16 11th Annual Martha's Vineyard 20 Miler, 20M, Vineyard Haven, Ma., 11 a.m., Ferry Terminal, Martha's Vineyard Multisport Inc., Bill Brown, (508) 627-7111, Email: [20miler@mvmultisport.com](mailto:20miler@mvmultisport.com).



## March... Races...And Beyond

Mar 9 Irish Road Rover 5K Portland, ME 11:00AM Brian Boru Pub - Old Port, 57 Center Street (5K Run) Contact: Dan McKeown (Irish Road Rover), 28 River Sands Drive, Scarborough, ME, USA, 04074. 1-207-730-1234 rover@maine.rr.com

Mar 15 Shamrock Shuffle Lebanon, NH NOON Lebanon City Hall, 51 North Park Street (7th Annual 5K Race and 1 mile fun run) Contact: Paul Coats (Lebanon Recreation), 51 North Park St, Lebanon, NH, USA, 03766. 1-603-448-5121 paul.coats@lebcity.com

Mar 16 Kerryman Pub Road Race (5K) and Mary's Walk (2.5 miles), Thornton Academy, Saco, noon. Contact: info@maryswalk.org 1-866-627-2411.

Mar 30 Great Scot Trot 5K, Bonny Eagle High School, Standish, 9 a.m. Contact: Tom Noonan. (tnoonan@sad6.k12.me.us.)

Eastern States 20 Mile and Run for the Border Half Marathon Kittery, ME 11:00AM Traip Academy, Williams Ave Contact: Don Allison, PO Box 890238, Weymouth, MA, USA, 02189. 1-781-340-0616 don-allison@comcast.net

Apr 21 Patriots Day 5-Miler, Portland Boys and Girls Club, noon (kids' run at 10 a.m.). Contact: Boys & Girls Club 874-1069.

Apr 26 Safe Passage 5K, Greely High School, Cumberland, 8 a.m. Contact: Doug Pride 781-4391.

May 4 "Hot Pursuit" 5K, Old Brunswick High School, 9:30 a.m. Contact: Shawn O'Leary 725-5521.

Kennebunk Beach 5-Mile Classic, Senior Center, Lower Village, Kennebunk, 8:30 a.m. Contact: Rob Spaulding 967-0512.

May 11 Portland Sea Dogs Mother's Day 5K, Hadlock Field, 9:15 a.m. Contact: Portland Sea Dogs 874-9300 or Howard Spear.

May 17 Laura Vogel Memorial 5K, Eastern Prom Trail, corner of Fore and India St., Portland, 9:15 a.m. Contact: Amanda Stevens 949-3883.

Greater Portland Habitat for Humanity 5K House to Hope Race/Walk, Gorham High School 7:30 to 8:30 AM Registration 9:00 Am Start FMI Lynn Kalloch 207-839-6514

May 18 Kittery Fire Association 5K, Gorges Road, 9 a.m. Contact: Dan Hale 332-9125. Race website is <http://kittery5k.spaces.live.com/>

May 25 Pineland Farms Trail Challenge (50 miles, 50K, 25K and K9 canicross), New Gloucester, 6 a.m. for 50 miles, 8 a.m. for 50K, 10 a.m. for 25K, 10:30 for K9. Contact: Erik Boucher 210-8655.



GinnyCross



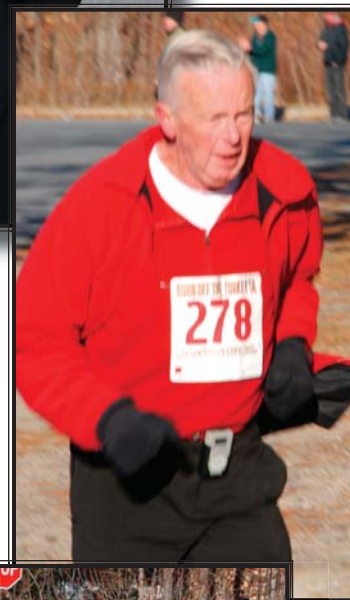
Diane Kelley



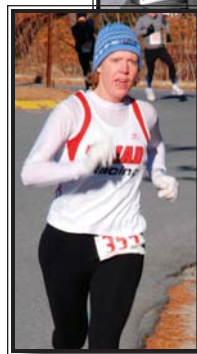
Harry Hunt

Eileen Hamilton

Harry White



Roland Bilodeau



Robin Carlson



Janice & Bruce Bilodeau

# Running, Biking, Swimming and More . . .

## Urban Epic Triathlon Portland, August 18, 2007

Place	Name	Hometown	Final	Div	Rank	Swim	Tran1	Rank	Bike	Tran2	Rank	Run
24	CARRIE MCCUSKER	CAPE ELIZ	2:33:54	F3539	38	32:02	7:47	19	1:07:16	0:01	66	46:49
25	RICK DURGIN	WESTBROOK	2:34:04	CLYDE	37	31:53	8:02	14	1:06:58	1:05	56	46:07
125	JAMES CORBETT	CAPE ELIZ	2:56:47	M4044	180	38:16	11:38	117	1:16:49	2:03	84	48:03
170	RICK ACKERMAN	PORTLAND	3:05:24	M5559	125	36:15	10:06	132	1:17:46	1:16	221	1:00:03
214	MELISSA SMITH	YARMOUTH	3:16:56	F3539	227	41:57	9:59	231	1:30:39	1:05	161	53:18
242	CAROL BLAKENEY	CUMBERLAND	3:34:19	F4549	245	43:38	11:46	246	1:35:31	1:45	228	1:01:41

## West Kennebunk Sprint Duathlon West Kennebunk, August 26, 2007

Place	Name	Hometown	Final	Div	Rank	Run1	Tran1	Rank	Bike	Tran2	Rank	Run2
19	SHAUNA BAXTER	GORHAM ME	1:32:45	F3539	10	12:51	1:06	24	51:18	0:58	14	26:34
25	MICHELLE DURGIN	WESTBROOK	1:39:07	F3539	31	14:43	1:56	19	49:24	1:45	32	31:19

## West Kennebunk Sprint Triathlon West Kennebunk, August 26, 2007

TRI: Swim .33mi / Bike 15mi / Run 3mi

Place	Name	Hometown	Final	Div	Rank	Swim	Tran1	Rank	Bike	Tran2	Rank	Run
23	CARRIE MCCUSKER	CAPE ELIZ	1:15:24	F3539	44	8:26	1:24	15	41:12	1:05	46	23:19
36	TOM TRYTEK	HARPSWELL	1:17:45	M5054	57	8:47	1:17	59	44:35	1:00	28	22:07
98	TOM BRADY	CAPE ELIZ	1:25:21	M4044	204	11:06	3:07	113	47:00	1:34	36	22:36
265	JAMES LAWLOR	S PORTLAND	1:43:32	M3034	316	13:18	2:40	271	54:49	0:57	252	31:48
326	DIANE DUSINI	PORTLAND	1:56:05	F4549	317	13:20	3:20	340	1:06:34	1:57	237	30:56

## Maine Sport Triathlon Camden, September 2, 2007

1/2 mile swim, 27-mile bike, 6.6-mile run

Place	Name	City	Age	Sex	Time
12.	CARRIE MCCUSKER	CAPE ELIZABETH	37	F	2:17:13
33.	DAVID DREW	LITCHFIELD	43	M	2:30:21
67.	RICK ACKERMAN	PORTLAND	59	M	2:50:23



## Lobsterman Triathlon Freeport, September 15, 2007

Swim - .93mi / Bike - 24.7mi / Run - 6.2mi

Place	Name	Hometown	Tottime	Div	Rank	Swim	Tran1	Rank	Bike	Tran2	Rank	Run
112	TOM TRYTEK	HARPSWELL	2:30:48	M5054	165	26:46	1:43	145	1:16:19	1:19	83	44:42
260	JAMES CORBETT	CAPE ELIZ	2:54:20	M4044	242	28:59	4:38	345	1:30:36	2:52	128	47:17
284	RICK ACKERMANN	PORTLAND	2:57:38	M5559	289	30:48	2:44	252	1:24:10	2:09	325	57:50
289	MARK GRANDONICO	PORTLAND	2:58:57	M4549	276	30:09	4:49	190	1:19:20	3:43	355	1:00:58
332	ALEX HARDENBROOK	KENNEBUNK	3:07:13	F2024	364	34:19	2:58	355	1:31:48	2:02	302	56:08
425	JIM DUNN	FALMOUTH	DNF		139	26:07	2:17					

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

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

The online MTC Archives contain many interesting and important collections of Maine's running history. The MTC newsletters starting with the 1979 hand-written issues by President Brian Gillespie are now online. All the back issues from 1979-2006 have been scanned and saved as PDF files courtesy of David Colby Young.

**Runners' Forum:** [coolrunning.com/forums/Forum10/HTML/004003-4.shtml](http://coolrunning.com/forums/Forum10/HTML/004003-4.shtml)

There is a running board on coolrunning for Maine runners where we can have discussions amongst ourselves. It is located in the community called The Neighborhood with the newest topics on the last page. Contact Richard Bouthillette (boothy) <http://www.boothysports.blogspot.com/>





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

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

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

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

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

## **MTC Board Meeting Minutes 12/11/07**

**Attendance:** Mark G., Mallory V, Mike B, Charlie S, Bonnie T, Don P, Bob A, Phil M, Ward G, Roland T, John K & Sandy W  
Absent: Phil M, Francis B

**Treasurers Report:** Ward reported earlier that there was \$16,404 in the MTC Main checking account.  
\$4,842 in the Turkey Trot Account  
\$981 in the Mid Winter Classic Account  
\$3,282 in the Pineland Farms Account  
Ward also reported that we had just paid our 2008 RRCA Club Dues - \$2,400.

**NewsRun:** Roland was present and reported that he is having trouble loading the software but is getting the next edition ready. The Board voted to purchase another Adobe Software package if we can't this edition loaded. The Board also recognized the complaints about the last edition. The next edition will be the Oct/Nov/Dec edition which should be ready in early January. We will get back on track after that.

### **Race Committee Report:**

2008 Race Schedule – Is published – NE Mile Race TBD  
Marcie Tierney has volunteered to co-direct Peaks with Larry Dyer  
Race Director needed to replace Howard and Maggie Soule (Turkey Trot)  
John Rodgers has asked MTC to manage new 6/26 Summer Solstice race 5k  
Jingle Bell run went great – 109 more runners than last year

**Membership:** Bonnie reports 776 members and 436 households. Annual renewal is going well ahead of last year.

**Coaching:** There will be 2 MTC sponsored structured coaching groups next year. One in Portland as well as the ELHS group with Bob in Auburn. The ELHS group will continue on Tuesday nights and the Portland based group will meet on Thursday nights at the MRC on Forest Ave.

**Annual Pasta Dinner:** was a great success. A record # of people turned out. It was noted that next year is an election year and we will strive for even a greater # of people to attend.

**Volunteer program – MTC Bucks:** was off to a slow start but seems to be picking up. We are seeing more and more people use their MTC Bucks for membership renewal, clothing and the

pasta dinner. Race Directors need to be diligent about getting all volunteers their MTC Bucks for volunteering.

**Annual Banquet:** Will be held 2/2/08 at Keeleys on Warren Ave. The price will be \$10. The Board voted to have Race Directors and Board members attend at no cost instead of the usual gifts that are purchased for over \$1,300. The club will save roughly \$750. It was felt that the Board Members and RD all have had enough shirts, jackets etc etc.

The Board did vote to purchase new MTC Jackets for New Race Directors. The Board also approved to purchase 50 RRCA calendars to give one to each household who attends the banquet along with the MTC Race Schedule magnets that we purchased last year. The Board also approved a door prize expenditure similar to last year (\$200-\$300). The menu has been modified to include more pasta dinner choice for those who wish to load up a few cards for the 10 miler the next day.

**2007 MTC Awards:** The Board reviewed all the nominations and voted on all of the award recipients. It was a long and tedious process but successful. There were a record number of nominations this year which made the selection process much easier.

**Clothing line:** Sandy Walton is the new Clothing Manager and ready to go. Ian was not present to provide us with shirt designs. The new clothing line once developed, will be available for purchase on-line from Sandy or at the MRC where members may try things on before purchase. John Rodgers has offered to store the bulk of our inventory. We will offer a Long Sleeved Tech shirt, Short Sleeved Tech shirt, Singlet and matching shorts in both men's and women's. The Board recognizes this will be a major expenditure.

### **2008 Board Meeting Dates**

**22 January**  
**11 March**  
**13 May**  
**8 July**  
**9 September**  
**4 November**

**Next Meeting 22 January @ 6:00**



## What a Difference a Year Makes Part I

UltraCentric 12, 24 and 48 Hour Races  
Grapevine, Texas Nov.17th to Nov.19th 2006

Grapevine, TX is just a few miles from the Dallas/Fort Worth airport, which I flew into. This is a huge airport area-wise. Everything is bigger in Texas. There are plenty of hotels to choose from in Grapevine. I stayed at the Baymont Hotel and ate at the Olive Garden nearby the night before the race. The Baymont is close to the race and they have a good continental breakfast. I checked out for the two days I was running and they let me check in early after the race.

I chose this race for several reasons. The biggest reason was the 48 hour race started on my birthday and I wanted to run 61 miles that day (missed it by 2 miles, 131 miles total for race). The other reason is there just aren't too many 48 hour races around and I like doing multi-day races. The 24 Hour race was also the USTAF National Championship race. The course was on a paved road 1.2 miles long and was an out and back so you got to see all the runners constantly. For a multi-day race the course would be considered hilly, especially after 12 hours or so. The course was poorly lit the first night and the aide stations poorly stocked. Things changed the second day, much better food and they had the lights working at night. It was interesting watching and talking to some of the best "road" ultrarunners in the USA. Dean Karnazes came in 5th, Pam Reed 21st and a 58 year old Roy Pirrung 2nd in the 24 hour race. Nice job old man! Forty two year old Alex Swenson won the race. Carolyn Smith, 41 was third overall. In the 48 hour race three of the top seven finishers were over 60, a 67 year old runner finishing second. As you can see older runners do pretty good in this kind of race.

This was the first multi-day race for the race director and there were a lot of things that could be improved upon. It was a rough course for a long race, food could have been better, race results were fouled up along with the awards ceremony. Don't forget this was supposed to be a National Championship race! Hopefully they will change the course and fix the other problems for 2007.

After the race I went to Dallas and visited the Sixth Floor museum where President Kennedy was shot from and the famous grassy knoll. You can easily spend a few hours in the museum looking at old films and pictures along with different displays. From Dallas I went to the Fort Worth Stockyards and saw a longhorn cattle drive that they do daily. The cowboy museum there was also interesting. There is a cowgirl museum there also but I did not have time to go there. I finished the race at 9:00 am, showered, got a few hours sleep and managed to squeeze all this into the same day. There are plenty of things to do in this part of Texas and I should have allowed another day or two to my trip. I flew out the day after the race going to the Grapevine History museum first.

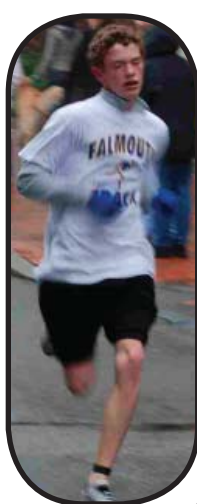


by Mike Brooks

### Race Photos ... Thanksgiving Day 4 Miler



Dennis Smith



Max Payson



Janice Gagnier and Don Cross



Floyd Lavery



Tom McLaughlin  
& Rae Chalmers-  
McLaughlin



Natalie Rand

Lloyd Slocum



Polly Keniston

## What a Difference a Year Makes Part II

Ultracentric 6, 12, 24 and 48 Hour Races plus Half marathon and 10K  
Nov.16th to Nov.18th 2007

When I was in Grapevine in 2006 I filled out a short survey in the city of Grapevine magazine and about six months later was notified that I had won two roundtrip plane tickets plus two nights at a hotel of my choice in Grapevine! The race date was again during my birthday and this time I would have a full 24hours to do 62 miles on my 62nd birthday. I decided to try to run 38 miles the day the 48 hour race started, 62 miles on my birthday and whatever more my I could do on the final day.

The race started at 9:00 am it was sunny, cool and very windy. I ran and walked the first 28 miles with my friend Larry Macon who happens to be from Texas. Larry left after 28 miles to do a marathon the next day in Louisiana. I did another ten miles stopping at 7:00pm as planned. At midnight I started running again trying for another 62 miles on my 62nd birthday. It was a cool calm night that was good for running. When the sun rose it became hotter and hotter with no wind. The official temperature was 81 but with no shade on the course it felt much hotter to me. I had weighed myself on a scale provided on the course before the race. Around 2:00 pm I got on the scale again and had lost 10 to 12 pounds! I should have paid more attention to my liquid intake but fooled myself into thinking those 5oz.cups every mile on the course would be enough. Being tired did not help. Will I ever learn?

I sat down and took in about 30ozs.of water, some "Hammer gel" and three electrolyte caplets. I repeated this after walking another mile. It was too late for me to make a complete recovery now; I struggled to 62 miles by 9:30 pm. I had completed two of my three goals and had a total of 100 miles. There was still 11.5 hours left in the race but I was having foot and hip problems. I had no energy and was thinking about the marathon I was doing in two weeks and the 72 hour race I had in late December. I settled for 100 miles instead of the 130 I was hoping for. I was glad I made that decision later on.

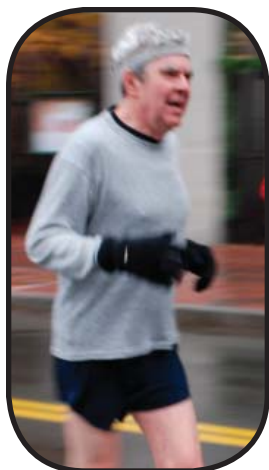
What a difference a year makes. It is all about the way the races were run and the better food and better course. The course was well lit and shortened to a one mile out and back eliminating a short hill that got bigger as the hours passed. The food was excellent: pasta, hamburgers, breakfast burritos, hot soups etc. All 24 and 48 hour runners got hooded sweatshirts or a nice long sleeve high Tec shirt; their choice. On the second day of the race they had live music from 11:00 am to 11:00pm and a buffet style meal for runners and friends... Runners also got a plaque mailed to them with their name and mileage on it. Everything about this race improved greatly over last year. Having added several race distances anyone can come and enjoy the fun.

My wife traveled with me this time and she visited friends in Abilene while I was running. The day after the race we went to Fort Worth, taking in the Stockyards district's many attractions plus the Cowgirl museum on the other side of the city. If you go, don't miss going into Billy Bob's Honky Tonk. At 100,000 sq. ft. it is the largest Honky Tonk in the world. Even if you go when there is no entertainment going on there is lots of memobrailia inside, plus other attractions, all for a one dollar cover charge.

Mike Brooks

26.2 26.2 26.2 26.2 26.2

### Race Photos ... Thanksgiving Day 4 Miler



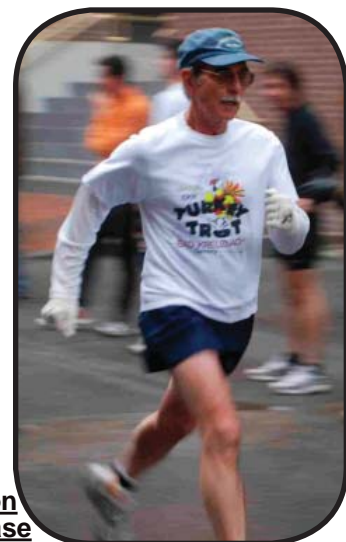
Hugh McMahon



Mike Payson



Robert  
DeWitt



Ron  
Chase



# Race Photos ... Jingle Bell Run

Jeanne Hackett



Jim Tyrell



Scott Hornney



Steve Lauritsen



Lisa Despres



Carol Blakeney



Norman Morgan



Anders Samuelson



Linda Hunt



Bill Reilly



Mel Uchenick



Kim Moody



Tom Trytek



Robert Connolly



David Edwards



Rob Boudewijn



## Group Runs...

### Kennebunk

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

### Biddeford - Saco

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

### Portland - South Portland

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

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

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

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

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

### Falmouth - Cumberland - New Gloucester

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

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



# BLOW-OUT SALE

## EVERYTHING MUST GO!!

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**100% Coolmax Singlet:** White with green screen printing on the front and back. ~~\$15.00~~ **Now \$10.00**  
Women's sizes S to XL.  
Men's sizes M to XXL.



**High Performance Long Sleeved Shirt:** Teal with multi-color screen printing on the front. ~~\$20.00~~ **Now \$13.50**  
Men's sizes S to XXL.



**Wicking Baseball Cap:** Royal Blue or Hunter Green, with multi-color embroidery. ~~\$15.00~~ **Now \$10.00**

#### TO ORDER CONTACT:

Sandy Walton  
846-6577  
swalton2@maine.rr.com

## Making room for new clothing line!

*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

#### MAINE RUNNING COMPANY

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

#### MIDCOAST MULTISPORT

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

#### PEAK PERFORMANCE SPORTS

59 Middle St., Portland 780-8200  
15% on shoes  
10% on apparel

#### RUNNER'S ALLEY

104 Congress St., Portsmouth, NH  
603-430-1212 • www.runnersalley.com  
10% on shoes and apparel

#### SAUCONY FACTORY OUTLET

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

#### SPORTSHOE CENTER

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## \$10 OFF!

### Your Purchase of \$50 Or More

This coupon may not be combined with any other coupons, special offers, or sales; does not apply to previous sales or special orders; may not be used to purchase a gift certificate; and is valid at any Sportshoe Center location. While supplies last. Limit one coupon per customer.

Valid January 1 - February 29, 2008





# 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>.

- ☐ 1 Year Household/Individual \$25  
☐ 2 Years Household/Individual \$45  
☐ 3 Years Household/Individual \$65  
☐ 1 Year Student (age 18 or under) \$17

Do you want your newsletter by:

- ☐ E-Mail *or* ☐ Postal Mail



For official use only

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☐ Chk # \_\_\_\_\_  
☐ Date Rec'd \_\_\_\_\_  
☐ Database  
☐ Birthday  
☐ E-mail/NR  
☐ Mailed WL  
☐ Mailed NL

First Name Last Name Birthdate(s) M/F

P.O. Box/Street

City State 9-Digit Zip Code Home Phone

E-mail Address Business Phone

Occupation(s) Employer (If Student, School)

Additional household members:

First Name Last Name Birthdate(s) M/F

First Name Last Name Birthdate(s) M/F

First Name Last Name Birthdate(s) M/F

First Name Last Name Birthdate(s) M/F

## PARTICIPANT/VOLUNTEER WAIVER

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

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

Signature Date Signature Date



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



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MTC Banquet:  
February 2<sup>nd</sup>  
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