



Run with a friend...

www.mainetrackclub.com

January / February 2004

President's Corner

Well, you seem to be stuck with me for one more year. Hopefully, I have learned from all my mistakes in 2003. I want to congratulate and thank those members who have stepped forward, either for the first time or as a returning member, to serve on the MTC Board of Directors. Here is how it shapes up for 2004:

| | |
|----------------|--|
| President | Phil Meech |
| Vice President | Mark Grandonico |
| Past President | Mel Fineberg (<i>Yes, we are still stuck with him, too!</i>) |
| Treasurer | Ward Grossman |
| Secretary | Cathy Burnie |
| Membership | Sandy Walton |
| Race Committee | Chuck Burnie |
| At-Large | Charlie Scribner |
| At-Large | Mike Brooks |
| At-Large | Hazel Wightman |
| Equipment | Vacant (Help!!!!) |
| Statistician | Don Penta |
| Clothing | Mike Doyle & Colleen Redmond |
| Newsletter | David Colby Young |
| Promotions | Sharon Bass |
| Webmaster | Bob Aube |

Many thanks to outgoing members Carlton Mendell, Susan Slocum, and Jason Hill. You will surely be missed for your wonderful contributions. Serving with you on the board has been a pleasure and the MTC has benefited greatly by your participation. New faces in the group include Ward Grossman, Sandy Walton, and Hazel Wightman. Still looking for someone to help out with equipment. Let us know if you are interested.

I am hoping to see some additional benefits to our members this new year. We are planning on the return of coaching this summer. Also, Sandy Walton and Sharon Bass are putting together plans for a new social running group (Stay tuned for details!). You might have noticed that we got involved again in the New Years Portland Fun Run. Depending upon when you read this, I hope you either enjoyed running this or are planning to run it.

The annual banquet is just around the corner. It is scheduled for January 24th at the Val Halla Banquet Center in Cumberland. I understand the Special Events Committee is coming up with some nice surprises for those who attend. I hope to see you there.

I want to wish you all a very happy and safe New Year. See you on the road!

Phil Meech

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Mark Your Calendar!

January 24, 6 p.m.

MTC Banquet and Award Ceremony, Val Halla Golf Course, Cumberland

Contact: Cathy Burnie 829-5208.

Maine Track Club Officers And Committee Chairs



| | |
|--|-------------------------|
| Phil Meech, <i>President</i> | 839-4946 |
| Mark Grandonico, <i>Vice President</i> | 773-2576 |
| Mel Fineberg, <i>Past President</i> | 774-8868 |
| Ward Grossman, <i>Treasurer</i> | 985-4966 |
| Cathy Burnie, <i>Secretary</i> | 829-5208 |
| Sandy Walton, <i>Membership</i> | 846-6577 |
| Chuck Burnie, <i>Race Committee</i> .. | 829-5208 |
| Charlie Scribner, <i>At-Large</i> | 781-5585 |
| Mike Brooks, <i>At-Large</i> | 783-3414 |
| Hazel Wightman, <i>At-Large</i> | 784-8517 |
| <i>Equipment</i> | Vacant - Help! |
| Don Penta, <i>Statistician</i> | 892-4526 |
| Mike Doyle and Colleen Redmond | |
| <i>Clothing</i> | mdoyle@mainecul.org |
| David Colby Young, <i>Newsletter</i> | |
| | DavidColbyYoung@aol.com |
| Sharon Bass, <i>Promotion</i> | 657-7096 |
| Bob Aube, <i>Webmaster</i> | 829-5079 |

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Portland, ME 04104
207-741-2084
www.mainetrackclub.com

The newsletter is published bimonthly.

*The deadline for submitting articles and
material to the newsletter is the
2nd Friday of the month
prior to the next publication.*

The next deadline is February 13, 2004

Virginia Wilder Cross, *New Run* layout

Sportshoe Center Maine Marathon

Thanks to a record turnout, the 2003 Sportshoe Center Maine Marathon/Relay/ Half Marathon presented a \$25,000 check to the official race charity, the Jason Program, a Maine-based organization that works with terminally-ill children. In addition, participants in the 2003 race raised \$204,000 through the Leukemia & Lymphoma Society's Team in Training program.

For 2004 and 2005, Camp Sunshine in Casco has been chosen as the race's official charity. Camp Sunshine is a retreat for children with life-threatening illnesses and their families.

Planning for next year's race will begin in earnest in February, but race organizers have already agreed to team up with the Sheraton Hyannis Half Marathon in Massachusetts and the Big Lake Half Marathon in Alton Bay, N.H., to launch a Tri-State Half Marathon Series in 2004. The series will start in Hyannis on Feb. 29, followed by Big Lake on May 8 and Maine on Oct. 3.

Details of a scoring system and prize structure are still being worked out, but the scoring will likely be weighted heavily toward participation, favoring those who run in all three events.

*For more information, please check out the series Web site at
www.clydesdale.org/tristate/index.html*

Group Runs

Camden YMCA

We meet at 8am on Sunday mornings at the parking lot of the Camden YMCA. We do a loop that is about 9 miles and the group has grown to about a dozen runners. Last week we had 10 show up and we usually run together for a mile and then branch out into three groups pacing at 7, 8, and 9-minute miles.

We hope to keep it going through the winter and may bump the start time back to 9am. After the run, we try and go to a local restaurant for a big breakfast and a little socializing.

Reade Brower, Camden, Maine
reade@targetmaine.com

Sanford-Springvale YMCA

Tuesday evening runs from Sanford-Springvale YMCA, 5 P M. Distance from 6-10 miles, 8 minute pace. Call Becky 207-324-4942



Maine Marathon runner, Julius Marzul, MTC of Gorham.

See pages 8-13 for results and more photos

Craig Cup XC Series 2003

by Steve Ballou

As we put the wraps on our first Craig Cup XC series, we were hoping that you might include us in one of your upcoming articles. We held the final Craig Cup cross country race of the season at Twin Brook this past weekend with a field of 70 runners on a hilly and muddy course. Mike Payson and Christine Reaser took top honors for the day, while the rest of us slogged through the course at a slightly slower pace. It was a true cross country day, and a fitting end to a very successful and fun series.

When we devised this series, it wasn't clear whether there would be much interest in cross country events from the local running crowd that is used to racing on road courses. In fact, we decided to hold the first four races on Wednesday evenings to avoid competing with existing weekend races, figuring that, given the choice, most runners would prefer to stay on the roads. Our best hope was that a couple dozen hard cores would venture into the woods for a few events.

You can imagine our surprise when 50 people showed up for the first event back in August, including several of the area's top road racers. What also surprised us was that, despite the soft footing, the hills and turns, and the slow times compared to road races - they loved it! Many of these runners had never run a cross

country race, and others had not run off road since high school. It was wonderful to see the excitement build with each event. Because this was set up as a multiple race format, runners began to recognize one another and develop a sense of camaraderie that you often don't see at one-time events. Many runners remarked that they came to the first event to pay their respects to Rob Craig and to benefit a great cause, but they continued the series because they genuinely enjoyed the XC format and the challenges it posed.

For the record, we averaged 55 runners per race, ranging in age from 10 to 68. Nearly 50% of the participants ran at least two races, while 30% ran three or more races. We crowned series champions (runners with the best finishes in at least three events) - Mike Payson for the men and Tiki Humphries for the women. We ran five 5K races on five different courses and created a bunch of XC converts in the process. We managed to donate over \$1000 to the Cumberland Mainland and Islands Trust to help them in their efforts to preserve open spaces in the Portland area. As with any event, it takes special people and organizations to make things work. Peak Performance Sports generously sponsored the events and contributed a large number of merchandise prizes and gift certificates, as well as provided much

needed logistical support. Bill Landis and Phil Wentworth at the Cumberland Rec. Department made it possible to hold our events at Twin Brook Recreation Area, while Phil Savignano and his crew at Pineland Farms helped coordinate our races at their facility. Based on the enthusiastic response from runners this year, we are looking to repeat the series next year. With a little more effort on the publicity end, some good word of mouth advertising from new XC converts, and the addition of a couple new venues, we hope to make the event even more successful next year. Rob would have liked this.

I hope this might be interesting enough to mention in one of your upcoming articles. If you would like more information about the series, please contact me at 773-1944. I'd be happy to fill in any details.



Tri-State Half Marathon Series

The Sportshoe Center Maine Marathon is joining forces with organizers of the Sheraton Hyannis Half Marathon in Massachusetts and the Big Lake Half Marathon in Alton Bay, N.H., to launch a Tri-State Half Marathon Series in 2004. The series will start in Hyannis on Feb. 29, followed by Big Lake on May 8 and Maine on Oct. 3.

Details of a scoring system and prize structure are still being worked out, but the scoring will likely be weighted heavily toward participation, favoring those who run in all three events. Stay tuned for more details.

Address Corrections

Please let us know if your address changes. The newsletter is usually mailed by bulk mail and will not be forwarded to you or returned to us.

Thank you.

Burn Off the Turkey 5K

photo by
Carla
Fickett



By Don Cross, Race Director

The sixth annual Burn Off the Turkey 5K was held on Saturday, November 29 at Gorham High School. With 179 registered to run and weather looking very nasty, we were very happy to have 150 finish the race. Fortunately, the bad weather held off for most of the runners — a few at the end were “helped” by some gusty back wind and driving sleet.

This race, which is sponsored jointly by the Gorham Rec. Department and the Gorham Business & Civic Exchange, is held annually the Saturday after Thanksgiving and the course is a good one. It starts out flat and then, after a bit of an uphill, it

concludes with a fast downhill/flat course. I’ve been told it’s a “great course” to improve

PRs. Each year, Working Words & Graphics offers \$50 cash to the finishers who break the previous records.

This year, the records weren’t broken, but it’s worth mentioning that the first place finisher (15:37) Michael Roads, of Bucksport, was off by only a heartbeat. If the head wind hadn’t been so difficult during the first mile, the 15:36 record, held by Paul Johnson would most definitely

have been broken. Christine Reaser was the first place woman with a time of 18:07, slightly off her previously held (17:34) record.

First place finishers get 100 gallons of heating oil donated from Lampron Energy and Dodge Oil. It’s a good incentive to run a strong pace.

Be sure to watch for the announcement for next year’s race scheduled for November 27, 2004.

Welcome New MTC Members

Eileen Hamilton & James Baldwin, Scarborough

Kevin Robinson, Yarmouth

Stephen Murray, Portsmouth, RI

Thomas, Kim, Kristie & Megan McLaughlin, Old Orchard Beach

Julie Brown, Scarborough

Paula Jean Lunt, Tenant’s Harbor

Courtney & Beverly Marshall, Machiasport

Martha Lippa, Becky and Max Foner, Cape Elizabeth

Konnie Kahune, Gray

Jerilyn Holcombe, Freeport

Bob Whitney, Brunswick

Kristy Johnson, Freeport

Mary Kay Kasper and Getty Payson, Portland

Richard Bouthillette, Gorham

Emma Barclay, Freeport

Walter Fletcher, Freeport

Lawrence DeHof & Jeanne Christie, Windham

Ryan Dyer, Gorham

Stephen Murray wrote, “I’m heading to Bath next spring to build and commission PCU Nitze. Just ran your marathon last weekend and would love to find some folks to run with there.”

Theresa Mercer wrote, “My husband, Scott, and I have been avid runners for many years. Recently, within the last three years, we decided to participate in various runs and races to contribute to various organizations in combination with an activity we love to do. This past Sunday, Oct. 5, Scott and I completed our second Maine Marathon. We both ran the New York Marathon in 2001 and Scott ran the Sugarloaf Marathon in May 2003. We also like 10-Ks, 5-Ks and 10 milers. On Saturday, Sept. 20, we ran the Eliot race with our 9-year old son, Tyler - his first 5K ever. We hope to do many more as a family. Running is an important part of our lives and we are honored to be a part of the Maine Track Club. Thank you for all your outstanding efforts on behalf of runners.”

Susan

Casino Niagara Marathon

Hello Maine Track Club,

Just a note to say hi to all my friends back home in Maine. Before moving to NY two years ago, I was running all year with many friends from the MTC. Once I moved, I lost a lot of that motivation to keep a steady running schedule. However, I was visiting family in Maine last April and ran the Patriot's Day 5 mile race. It was the first run I did in a year or so (I must say, once you stop, it is hard to get going again). However, that race was a blast!

It was fun seeing the MTC gang in action again. I loved the excitement that builds up as the race is getting started. And the cheering from the crowds, etc. What a support network we have as runners! Bottom line, it definitely motivated me to start up again. So when I got home, I searched for a fall marathon and set it as a goal. I found a small running group again in Buffalo and signed up for the Casino Niagara marathon. I finished it yesterday... a bit slower than I hoped, but a finish nevertheless. My goal was 4:30; I did it in 4:47.

I could always blame the weather because it was miserable... downpours at the start and the finish, but temps were not bad at all, so it could have been worse, I guess. Anyway, the finish line was beautiful. Some call it the most famous finish line in sports... Niagara Falls! It was a point-to-point race. We started in Buffalo and ended in Canada, which also makes it one of the only "international" marathons in the world. I recommend it to anyone back home.

Check out my official results @ <http://www.sportstats.ca/res2003/casma.htm> where I finished in 836th place.

David Everest, Buffalo NY
office # (716) 630-0021 or 630-0016
home # (716) 689-7555
cell # (716) 870-1901

Physical Therapy 8K

Todd Coffin, 42, of Freeport and Marjorie Graff, 36, of South Portland successfully defended their titles Sunday at the Physical Therapy 8K in Brunswick.

Coffin was unchallenged for the overall victory, as he won by more than a minute with a time of 25 minutes, 53 seconds. Mark Clifford of Norwalk, Conn., was a distant second in 27:01.

For Graff, it was her third straight victory in the women's division of the PT8K, and she showed her consistency by almost matching her time from a year ago (31:12 this year; 31:16 in 2002). Kerry Corcoran of Freeport finished close behind in 31:27, followed by top master Gayla Underkoffler, 41, of Saco (31:50).

The Maine Track Club took top honors in the team competition — led by Floyd Lavery, David Colby Young, Carol Weeks, Lloyd Slocum and Ron Pelton, who had a combined time of 2:52:10.

Thanksgiving Day 4-Miler

The 22nd annual Thanksgiving Day 4-Miler featured another record turnout, with more than 1,000 entrants and 926 finishers. Defending champion Byrne Decker, 36, of Yarmouth held off a challenge from two youngsters to win for the second year in a row, completing the course in 20 minutes, 34 seconds. Freeport's Sam Van Volkenburgh, a junior at

Williams College, finished 10 seconds back, and UMaine junior Jeff Caron of Auburn took third in 20:51.

It might seem hard to believe that Joan Samuelson had never won this race prior to this year, but that no longer is true. Now 46, Samuelson easily triumphed in the women's division, beating Nicole Teye of Dover, N.H., by 50 seconds with a time of 22:52 - the third fastest by a woman on the current course. Christine Snow-Reaser, the course record holder and seven-time champion, placed third in 23:57.

Further back in the back, Maine Track Club member Phil Pierce of Falmouth completed his 500th road race. Pierce, 62, finished second in the 60-69 division in 27:52.

About aging...

At age twenty, we worry about what others think of us. At forty, we don't care what they think of us. At sixty, we discover they haven't been thinking about us at all.

Anon



Maine Track Club's

23rd Annual

Mid-Winter 10-Mile Classic

Sunday, February 1, 2004

9:45 A.M.

Cape Elizabeth High School

(showers available)



Certification # ME03001RF

Sponsored by

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A MAINE TRUST COMPANY &
REGISTERED INVESTMENT ADVISOR

Entry Information

Race entry fee:

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

Mail entries to:

Don Penta • 183 Smith Road
Windham, ME 04062

Race day registration:

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

For more info, contact race directors:

Maine Track Club •

www.mainetrackclub.com

Don Penta • tel: (207) 892-4526

e-mail: wndhmlaker@aol.com

Ray Shevenell • tel: (207) 799-4556

e-mail: rays@maine.rr.com

Eric Ortman • tel: (207) 657-7042

e-mail: eortman@gpcog.org

Chris Boynton • tel: (207) 775-3060

e-mail: manny_chrisb@yahoo.com

New course records:

Open Male:

Mike Caiazza, 54:55 (2003)

Open Female:

Christine Snow-Reaser, 1:01:51 (2003)

Masters Male:

Tom Hathaway, 59:30 (2003)

Masters Female:

Ellie Tucker, 1:07:22 (2003)

Awards

1-5 Overall Men

1-5 Overall Women

Overall awards winners are not
eligible for age group awards.

1-3 Men and Women:

| | | |
|----------|---------|---------|
| Under 20 | 40 - 44 | 60 - 69 |
| 20 - 29 | 45 - 49 | 70 + |
| 30 - 34 | 50 - 54 | |
| 35 - 39 | 55 - 59 | |

Clydesdale Open & Masters

190 - 210 lbs.

211 - 225 lbs.

226 lbs.+

Clydesdale Senior Master:

190 lbs.+

Filly Open & Masters:

140 lbs.+

*Clydesdale and Filly entrants are
also eligible for Open and
Age Group Awards.*

Bruce Ellis Fund

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

Runner Amenities

A long sleeve t-shirt to runners pre-registered by January 19, 2004. Random raffle drawings by bib number. Pizza, bagels, yogurt, fruit, hot coffee, juice and water after the race for runners only. Showers and changing rooms available in high school.

Directions to Cape Elizabeth High School

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

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

Inclement Weather Announcements

Maine Track Club website: www.mainetrackclub.com

TV: News Center 6, WCSH-TV, Channel 6 • News 8, WMTW, Channel 8

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



See page 14 for course map

Mail entries to: Don Penta
183 Smith Road
Windham, ME 04062

Make check payable to: Maine Track Club

Last name (Please print)

first name

middle initial

gender M/F

street address

city/town

e-mail address

state

zip code

()
home phone number

date of birth

age - day of race

please circle t-shirt size (if applicable):

S

M

L

XL

XXL

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

Clydesdale Open

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

Clydesdale Masters (40-49)

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

Clydesdale Sr. Masters (50+)

- ☐ 190+ lbs.

Filly Open

- ☐ 140+ lbs.

Filly Masters (40+)

- ☐ 140+ lbs.

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

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road; all such risks being known and appreciated by me. Athletes who participate in this race may be subject to formal drug testing in accordance with TAC and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medication contain banned substances. For more information regarding drug testing, call the USOC Hot Line at 800-233-0393. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

signature

date

parent's signature if under 18 yrs.

*Race
Photos by
Don Penta*



Start of Maine Marathon



*More
Marathon
photos on next
several pages.*

Sportshoe Center Maine Marathon October 5, 2003

MTC Finishers: "" following "GTime": Boston Qualifier*

| Place/NameSex/ AGp | Town | GTime | Pace | NTime |
|--------------------------------|-------------------|----------|-------|---------|
| 6 David Chamberlain 1,40-44 M | 4044 Falmouth | 2:49:37* | 6:29 | 2:49:36 |
| 13 Mike Grant 2,45-49 M | 4549 Scarborough | 2:59:24* | 6:51 | 2:59:06 |
| 36 Floyd Lavery M | 4549 Gorham | 3:14:55* | 7:27 | N.A. |
| 65 Rich Robinov M | 40-44 Cumberland | 3:22:23 | 7:44 | 3:22:16 |
| 76 Michael Musca M | 45-49 Falmouth | 3:24:42 | 7:49 | 3:24:38 |
| 108 Patty Kenney 1,40-44 F | 40-44 Portland | 3:30:48* | 8:03 | 3:29:37 |
| 109 Harry White 2,60-64 M | 60-64 Scarborough | 3:30:50* | 8:03 | 3:30:48 |
| 142 Mark Grandonico M | 40-44 Portland | 3:36:26 | 8:16 | 3:35:33 |
| 144 Matt Flynn M | 40-44 Cape Eliz | 3:36:47 | 8:17 | 3:35:57 |
| 148 Peter Rearick M | 50-54 Hebron | 3:37:41 | 8:19 | 3:37:17 |
| 154 Paul Letalien M | 45-49 Portland | 3:37:58 | 8:19 | 3:37:54 |
| 163 Joseph Wagnis M | 30-34 Steep Falls | 3:39:01 | 8:22 | 3:38:57 |
| 169 John Keeley M | 5054 Portland | 3:40:10 | 8:24 | 3:39:48 |
| 194 Kimberly Moody 2,45-49 F | 45-49 Cape Eliz | 3:43:11* | 8:31 | 3:43:03 |
| 196 John Rolfe M | 45-49 Portland | 3:43:38 | 8:32 | 3:43:06 |
| 209 "Colleen Boland" F | 4549 Cape Eliz | 3:45:02* | 8:35 | 3:44:53 |
| 226 Loren Lathrop M | 5054 So Portland | 3:49:21 | 8:45 | 3:49:07 |
| 236 Peggy McCloskey F | 4549 Portland | 3:50:42* | 8:48 | 3:50:04 |
| 280 David Young M | 5054 Danville Jct | 3:58:47 | 9:07 | 3:57:26 |
| 369 Elizabeth McAdams F | 3539 Topsham | 4:15:07 | 9:44 | 4:13:51 |
| 384 Polly Kenniston 1,65-69 F | 6569 Scarborough | 4:18:58* | 9:53 | 4:18:38 |
| 424 Patricia Dionne F | 2029 Saco | 4:25:43 | 10:09 | 4:25:07 |
| 436 Robert Jolicoeur 1,65-69 M | 6569 Old Orchard | 4:28:19 | 10:15 | 4:26:51 |
| 446 Rodger Smith M | 5559 Scarborough | 4:30:26 | 10:19 | 4:28:29 |
| 448 Betty DiSanza 1,55-59 F | 5559 Limington | 4:31:35 | 10:22 | 4:30:39 |
| 459 Michael Brooks M | 5559 Danville Jct | 4:34:17 | 10:28 | 4:33:06 |
| 469 Michael Chadbourne M | 4549 So Portland | 4:37:07 | 10:35 | 4:36:31 |
| 527 John Littlefield M | 4549 Scarborough | 4:55:31 | 11:17 | 4:54:00 |
| 543 Margaret Rearick F | 5054 Hebron | 4:59:20 | 11:25 | 4:58:22 |
| 548 Leanne Robbin F | 4549 Brunswick | 5:01:42 | 11:31 | 5:01:03 |
| 571 Elissa Charbonneau F | 4044 Yarmouth | 5:07:16 | 11:44 | 5:05:28 |
| 602 Catherine Clark F | 3034 Scarborough | 5:38:31 | 12:55 | 5:37:15 |
| 623 Carlton Mendell 2,70+ M | 7099 Portland | 6:30:48 | 14:55 | 6:29:55 |
| Robert Connolly - walker M | 4549 Hollis | 7:35:31 | | |

*David
Chamberlain
MTC of
Falmouth*



*Floyd Lavery,
MTC of Gorham*

**Rich Robinov, MTC
of Cumberland**



**(Below) Harry White #114, MTC
of Scarborough; Patty Kenney
#539, MTC of Portland; Kendra
Janatt #299, of Brunswick**



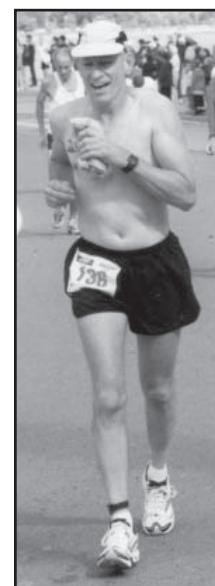
Sportshoe Center Maine Half Marathon Maine Track Club Finishers

| Place/Name Sex/ AGp | Town | GTime | Pace | NTime |
|---|----------------|---------|------|---------|
| 1 Michael Payson 1, overall M 4044 | Falmouth | 1:11:03 | 5:26 | 1:11:03 |
| 7 Joan Samuelson 1, overall F 4549 | Freeport | 1:18:44 | 6:01 | 1:18:02 |
| 29 Tom Menendez 3,50-54 M 5054 | Lewiston | 1:26:48 | 6:38 | 1:26:43 |
| 33 Ellie Tucker 5,overall F 4549 | No Yarmouth | 1:27:28 | 6:41 | 1:27:26 |
| 47 Dottie Michaud 1,overall master F 4549 | Scarborough | 1:29:22 | 6:49 | 1:29:11 |
| 56 Alison Kisch 2,35-39 F 3539 | Portland | 1:30:45 | 6:56 | 1:30:41 |
| 86 Bob Coughlin 1,60-64 M 6064 | Cape Eliz | 1:33:59 | 7:11 | 1:33:51 |
| 94 Maureen Sproul 3,overall master F 4549 | New Gloucester | 1:34:47 | 7:14 | 1:34:35 |
| 104 Stephanie Atkinson 2,30-34 F 3034 | Hollis | 1:35:17 | 7:17 | 1:34:00 |
| 114 Gretchen Read 1,60-64 F 6064 | Portland | 1:36:18 | 7:21 | 1:36:08 |
| 129 Tom Noonan M 3934 | Steep Falls | 1:37:04 | 7:24 | 1:36:29 |
| 135 Sheila Donahue F 3539 | Andover | 1:37:29 | 7:27 | 1:36:28 |
| 137 Jay Wilson M 4549 | Portland | 1:37:39 | 7:27 | 1:36:25 |
| 171 Edward Charbonneau M 4044 | Yarmouth | 1:39:43 | 7:37 | 1:38:48 |
| 179 John O'Brien M 3539 | Portland | 1:40:19 | 7:40 | 1:39:34 |
| 205 Gregory Welch M 5054 | So Portland | 1:41:40 | 7:46 | 1:41:35 |
| 228 Rob Boudewijn M 5559 | Portland | 1:43:07 | 7:52 | 1:42:51 |
| 248 Marnie Flynn F 4044 | Cape Eliz | 1:44:00 | 7:56 | 1:43:12 |
| 266 Jeffrey Preble M 4549 | Gardiner | 1:45:03 | 8:01 | 1:44:43 |
| 286 David Cannons M 3539 | Portland | 1:45:47 | 8:05 | 1:44:57 |
| 289 Todd Green M 3034 | Portland | 1:45:58 | 8:05 | 1:44:59 |
| 305 John Morse M 5559 | Phippsburg | 1:46:32 | 8:08 | 1:46:05 |
| 326 Steve McLaughlin M 3539 | Portland | 1:47:32 | 8:13 | 1:45:42 |
| 363 Janet Crowe F 4044 | Brunswick | 1:49:09 | 8:20 | 1:48:55 |
| 364 Sue Payson F 3539 | Falmouth | 1:49:10 | 8:20 | 1:47:53 |
| 369 Gail Saldanha F 4549 | Scarborough | 1:49:34 | 8:22 | 1:48:16 |
| 405 George Campbell M 5559 | Portland | 1:50:49 | 8:28 | 1:50:24 |
| 418 Brenda Day F 4044 | Brunswick | 1:51:14 | 8:30 | 1:49:55 |
| 422 Tony Salamone M 5054 | So Portland | 1:51:22 | 8:30 | 1:51:09 |
| 470 Harry Center M 4044 | Freeport | 1:52:56 | 8:37 | 1:51:58 |
| 477 Stacy Cimino F 2029 | Cape Eliz | 1:53:07 | 8:38 | 1:51:47 |
| 498 Ray Shevenell M 6064 | Cape Eliz | 1:53:56 | 8:42 | 1:52:35 |

Race Results / Photo Clips

| | | | | |
|---|-------------|---------|-------|---------|
| 500 Bob Boothe M 4044 | Portland | 1:53:59 | 8:42 | 1:53:29 |
| 504 Eileen Brandes F 0119 | Falmouth | 1:54:02 | 8:42 | 1:53:49 |
| 505 Hans Brandes M 4044 | Falmouth | 1:54:03 | 8:42 | 1:53:59 |
| 506 Mary Brandes F 4549 | Falmouth | 1:54:05 | 8:43 | 1:53:52 |
| 508 Kelly Fernald F 4044 | Cape Eliz | 1:54:06 | 8:43 | 1:53:37 |
| 536 Robert Winchell M 4549 | Cape Eliz | 1:55:04 | 8:47 | 1:53:49 |
| 537 Yvonne Mitchell F 3539 | Cape Eliz | 1:55:04 | 8:47 | 1:53:36 |
| 544 Betsy Barrett F 5054 | Scarborough | 1:55:15 | 8:48 | 1:54:37 |
| 564 John Avedian M 4044 | No Yarmouth | 1:56:06 | 8:52 | 1:54:29 |
| 601 Ronald Chase M 6064 | Durham | 1:57:23 | 8:58 | 1:57:02 |
| 610 Bob LaNigra M 6064 | Scarborough | 1:57:46 | 8:59 | 1:56:38 |
| 613 Kathleen Reid F 3034 | So Portland | 1:57:58 | 9:00 | 1:57:54 |
| 640 Cynthia Aiken F 4549 | Yarmouth | 1:59:00 | 9:05 | 1:57:56 |
| 725 Michele Flynn F 5559 | Cape Eliz | 2:02:13 | 9:20 | 2:01:05 |
| 727 Kristin Center F 3034 | Freeport | 2:02:22 | 9:21 | 2:01:25 |
| 731 Cathy Burnie F 5054 | Cumberland | 2:02:41 | 9:22 | 2:01:25 |
| 764 Olivia Chayer F 3034 | York | 2:04:03 | 9:28 | 2:02:28 |
| 765 Patty Whitcomb F 4044 | Cape Eliz | 2:04:04 | 9:28 | 2:02:54 |
| 769 Nan Cumming F 4044 | Portland | 2:04:13 | 9:29 | 2:02:30 |
| 770 Jeanne Johnson F 4549 | Brunswick | 2:04:28 | 9:30 | 2:03:46 |
| 796 Betsey Greenstein F 5054 | Portland | 2:06:09 | 9:38 | 2:04:39 |
| 845 Jim Tyrrell M 5559 | Cape Eliz | 2:08:48 | 9:50 | 2:07:37 |
| 879 Sherry Grandonico F 4549 | Portland | 2:11:46 | 10:04 | 2:10:51 |
| 885 Robert DeWitt M 5559 | Lisbon | 2:11:56 | 10:04 | 2:10:43 |
| 912 Donna Bisbee F 4549 | Portland | 2:13:25 | 10:11 | 2:11:48 |
| 922 Gerald Salvo M 4549 | Portland | 2:14:16 | 10:15 | 2:13:55 |
| 970 Bill Davenney M 5559 | Portland | 2:20:04 | 10:42 | 2:18:27 |
| 971 Tom O'Connor M 5054 | Westbrook | 2:20:07 | 10:42 | 2:18:05 |
| 975 Sarah Muscat F 4044 | Cape Eliz | 2:20:19 | 10:43 | 2:20:04 |
| 986 Sandra Walton F 3539 | Yarmouth | 2:21:50 | 10:50 | 2:20:16 |
| <i>(Sandra is our new Membership Chair)</i> | | | | |
| 996 Roberta Bass F 5054 | So Portland | 2:23:36 | 10:58 | 2:23:22 |
| 1019 Meredith Finn F 3539 | Portland | 2:29:23 | 11:24 | 2:27:36 |
| 1020 Sally Paterson 3,60-64 F 6064 | Yarmouth | 2:29:45 | 11:26 | 2:29:04 |
| 1050 Donna Moulton F 5054 | So Portland | 2:45:02 | 12:36 | 2:43:49 |
| 1055 Catherine Saltz F 3539 | Portland | 2:47:07 | 12:45 | 2:46:29 |
| 1061 Katy Littlefield F 3539 | Scarborough | 2:53:07 | 13:13 | 2:51:34 |
| 1071 Julius Marzul 3,70&overM 7099 | Gorham | 3:20:30 | 15:18 | 3:19:59 |

**(Below) David Carter
#657 of Portland;
Mark Grandonico #428,
MTC of Portland**



**Peter Rearic, MTC of
Hebron**

The Great Pumpkin Race Results, 10K

Oct. 26, 2003

by *Bob LaNigra, Race Director*

Once again we had a record turn out (267 entries) and the weather cooperated! (Threatening rain never materialized.) And, the winners from 2001 (not 2002) repeated again.

Marjorie Graff was the female division winner with a time of 39:24, which was slower than her 37:42 win in 2001. Michael Payson was the male winner in a time of 31:52, which was also slightly slower than his 31:48 win in 2001. Michael attributed his slightly slower time to a head wind on the last three miles of the race.

As in most competitive road races, the toughest age category is in the 40 to 49 group. Seven of the top ten runners were over 40 with Ron Newbury coming in 10th place and winning the 50-59 age group with a time of 36:16. Ron, a consistent winner at the Great Pumpkin Race, told us that this race is usually his only 10k race of the year. Not bad for someone who is 53 years old.

Tom Hathaway won the 40-49 age group, also 3rd place overall, with a time of 35:27 and Gayla Underkoffler's time was 39:44. She was the 2nd place overall female. The 2nd place male was 23 year old Nathan Huppe with a time of 33:53.

Also Tom Menendez pointed out that there were three men in the over 50 age group that placed in the top 15 spots; Tom being one behind Newbury. R J Harper came in

four seconds after Tom in a time of 39:10.

We have always tried to keep the fee as low as possible. This year we offered over \$1000 worth of prizes, which is pretty good considering that we give away 100 t-shirts and 36 age prizes. Most of the prizes are dinners for two, shoes, hockey tickets or gift certificates at area businesses. We also gave away a cruise on the Scotia Prince.

All of the proceeds go to the American Lung Assoc. of Maine for the Trek Across Maine.

We would never be able to hold the race without Colin and Cindy Wormwood of Wormwoods Rest. Colin was a member of our old Marathon Sports Running Club and has sponsored us since the race inception in 1978. Other major sponsors are the Saco/Biddeford Savings Institute and the SportsShoe Center.

As far as volunteers: the Thornton Academy Cross Country team has staffed all of the water stops for the last eight years. Otherwise, most of the volunteers are friends and family. Many of the volunteers are people who ride the TREK Across Maine each year, which is a benefit ride for the American Lung Association of Maine. The proceeds for the race go to the ALAM. And, this year, instead of running the event, Susan Slocum and LLOYD Slocum (34:14 in 1981) were volunteers at the second mile.

More Maine Marathon Moments...



(left) Sara MacColl, MTC (aka Colleen Boland) of Cape Elizabeth



(Right) Paul Letalien, #814 MTC of Portland; Clint Homer #203 of So. Portland



Kimberly Moody, MTC of Cape Elizabeth

Hannaford Turkey Trot 5K



By Maggie Soule

On a crisp, breezy November 15, 476 runners and walkers crossed the finish line at the 35th Hannaford Turkey Trot 5K.

Supporting them, as well as the many entrants in the Kids' Fun Run, was a terrific team of volunteers. Special thanks to Mel Fineberg, my eternal mentor behind the scenes; Ray Shevenell and Don Penta, who certified the course earlier in the season; Sue Slocum, who input all the applications and oversaw the

results; Sandy Utterstrom, who joined me in setting up at 6:30 a.m; Barb Coughlin for supervising registration; kids' race boss Donna Moulton; traffic boss Phil Meech; and chute boss John Gale.

Our other invaluable volunteers were: Marge and Bob Aube, Beth Birch, Henrietta and Russ Bradley, Nora Bryant, Pat Buckley, Chuck Burnie, MaryAnne Champeon, Jan Conley, Don Cross, Scott Dalrymple, Bill Davenney, Brenda Day, Lisa DesPres, Mike Detscher, Peter Drivas, Matt Flynn, Glenn and Terri Gallupe, Ward

Grossman, Charlie Grunden, Ruth and Ray Hefflefinger, Robert Hintze, Dan Hogan, Loren Lathrop, Sarah MacColl, Peggy McCloskey, Terry McGovern, Cathy McKenney, Diane Meech, Warren Meech, Kim Moody, Dennis Morrill, Rae Pierce, Bob Perkins, Becky Randall, Gretchen and Ron Read, Charlie Scribner, Evie and Herb Strom, Mike Tracy, Joan Tremberth, Ned Vadakin, Sandy Walton, John Watson, Brenda Webster, Jan Wilcox and Christine Wirth.

The Town of Cape Elizabeth came through for us as usual. This year the police and fire departments provided extra traffic control on Scott Dyer Road, making the early part of the race more comfortable.

Among the 5K participants were 20 fourth-graders from Portland's Reiche School, members of the *Girls on the Run* program, and their coaches. Although they were not among the first 300 to register, they are receiving special T-shirts from the Club in honor of their fine efforts.

In addition, through a prior agreement with Hannaford, the Club is donating 50% of race proceeds to help qualifying youth attend next summer's *Cape-Ability Adventure Camps*. Our profit of approximately \$3200—minus \$400 seed money for next year's race—means we'll be giving about \$1400 to the Cape-Ability program.



Polly Kenniston, MTC of Scarborough



Matt Flyan, MTC of Cape Elizabeth

Maine Track Club Discounts

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

| | |
|--|---|
| Peak Performance Sports 59 Middle St. Portland | 15% on all purchases |
| Olympia Sporting Goods Maine Mall, S. Portland | 10% on shoes only |
| Coastal Athletics 84 Cove St. Portland | Aasics shoes exclusively Call Ron Kelley 772-4530 |
| George & Phillips Inc. Rt. 1 Kittery • 295 Water St. Exeter, NH | Shoes 20% off |
| Lamey Wellehan Maine Mall • Falmouth Shopping Center • Cook's Corner • Auburn Mall | 10% on running shoes |
| MVP Sports 333 Clarks Pond, S. Portland | 10% on non-sale running shoes and clothing |
| Famous Footware 330 Clarks Pond, S. Portland • Auburn • Kittery | 10% on running shoes |

January / February Race Schedule and More

(This does contain more than the Maine Track Club Schedule.

Always confirm entry info with race directors. You should also check the MTC web site www.mainetrackclub.com for up to date information.)

- January 1 The 22nd Annual Bud Light Hangover Classic 10K and 5K Road Races, 11:00 AM on January 1, 2003 at the New location: Salisbury Beech, Beach Center Salisbury, MA. Organized by WCRC. For more information contact Bob Manning at (978) 462-1073. email: hangover@xenia.unh.edu
- January 3 2004 Fudgcicle 5K Series at Tewksbury High School, Pleasant Street, Tewksbury. For into: Bob and Sally Hansford (781) 391-6630 or bhansford@earthlink.net (Runs Saturdays through February 21)
- Boston Univ. Development Meet 200/400/800/Mile/3000. BU Armory, Boston, MA 10AM lehane@bu.edu
- Fraternal Snowshoe Union Meet - Lewiston, Maine Time: 12:00 Noon Contact: George Fleury, 6 Ashe St., Auburn, Maine 207-782-0556
- January 9-11 (Friday to Sunday) Dartmouth Relays Hanover NH (USATF) Masters on Friday, HS on Sat, CO & OP on Sunday contact: Carl Wallin 603-696-2848 or 603-645-3821 carl.j.wallin@dartmouth.eoc
- January 10 Boston U. Development Meet 200/400/800/Mile/3000. BU Armory, Boston, MA 10AM lehane@bu.edu
- 2004 Fudgcicle 5K Series at Tewksbury High School, Pleasant Street, Tewksbury. For into: Bob and Sally Hansford (781) 391-6630 or bhansford@earthlink.net (Runs Saturdays through February 21)
- January 11 Fraternal Snowshoe Union Meet. Contact: Alpine Club 175 Putnam Street, Manchester, NH 03102 (603) 623-8202 Time: 12:00 noon
- January 17 (Sat) Belgrade, Maine 4.5 Miler
- 2004 Fudgcicle 5K Series at Tewksbury High School, Pleasant Street, Tewksbury. For into: Bob and Sally Hansford (781) 391-6630 or bhansford@earthlink.net (Runs Saturdays through February 21)

- January 18 Greater Boston Track Club (CO, OP) Boston, Ma Harvard U. Jim O'Brien 617-282-5537 www.gbtc.org
- January 24 Annual Pre-Banquet Handicap Fun Run Buxton, Maine MTC 5K contact: Phil Meech 839-4946
- MTC Banquet and Award Ceremony**, Val Halla Golf Course, Cumberland, 6 p.m. Contact: Cathy Burnie 829-5208.
- 2004 Fudgcicle 5K Series at Tewksbury High School, Pleasant Street, Tewksbury. For into: Bob and Sally Hansford (781) 391-6630 or bhansford@earthlink.net (Runs Saturdays through February 21)
- January 25 Boston Prep 16 Miler at Derry, NH 9 AM contact Dave Breeden at 603-432-6865 or weluv2run@comcast.net
- January 31 2004 Fudgcicle 5K Series at Tewksbury High School, Pleasant Street, Tewksbury. For into: Bob and Sally Hansford (781) 391-6630 or bhansford@earthlink.net (Runs Saturdays through February 21)
- February 1 (Sunday) Cape Elizabeth, Maine 10 Miler
- February 7 2004 Fudgcicle 5K Series at Tewksbury High School, Pleasant Street, Tewksbury. For into: Bob and Sally Hansford (781) 391-6630 or bhansford@earthlink.net (Runs Saturdays through February 21)
- February 8 Winter Fest at Auburn, Maine. CMCC Turner ST. Auburn, Maine Contact: George Fleury 207-782-0556
- February 14 Bradford Valentine Race Bradford, MA 10:00AM Bradford Common, 10 Church St (5 miles & 3.7 miles (6K)) Contact: John Burke, 12 Piper Glen Lane, Haverhill, MA, USA, 01832-8903. 978 372 6160 timers@verizon.net
- 2004 Fudgcicle 5K Series at Tewksbury High School, Pleasant Street, Tewksbury. For into: Bob and Sally Hansford (781) 391-6630 or bhansford@earthlink.net (Runs Saturdays through February 21)
- February 15 Winter Carnival at Belgrade, Maine call: 495-2737 or 495-2400 (Snowshoe Races)
- The 3rd Annual Great Pond Mtn Snowshoe Run Make over date: 22 Feb. 2004 starts 9:00am Location Craigbrook National Fish Hatchery Road, Orland, Maine Contact: Peter Keeneye 25 Woodbury Road, Bar Harbor, Maine 04609 e-mail keeneye@midmaine.com or call 207-288-8381

- February 21 2004 Fudgcicle 5K Series at Tewksbury High School, Pleasant Street, Tewksbury. For info: Bob and Sally Hansford (781) 391-6630 or bhansford@earthlink.net
- February 25 Ash Wednesday
- February 27 New England Open Champs Boston MA, Bruce Lehane 617-353-2911 lehane@bu.edu
- February 27 USATF Open Champs Boston MA, Sandy Snow 317-261-0500

Looking ahead...

- March 1 to 15 Registration by lottery beginning March 1, 2004 Mount Washington Road Race, event to be held (Saturday, June 19, 2004:), see <<http://www.gsrs.com/mwrr/presignup.htm>>.
- March 7 Irish Road Rover 5K 11:00 AM Location: Brian Boru' Pub, 57 Center Street, Portland, ME 04101 Top 3 in Age Groups Top 3 Corporate Teams of 4 persons or more Irish Road Rover - 28 River Sands Drive, Scarborough, ME 04074
- March 14 Irish Feet Are Runnin' Lowell 1:00PM The Old Court, 29 Central Street Contact: Sean Donnelly, PO Box 2418t, Lowell, MA, USA, 01851. 978-453-5827 sdonnelly@fenn.org
- The Kerryman Pub 4 Mile Road Race, which happens in conjunction with Mary's Walk has now officially been deemed as Measurement Certified by USATF
- March 20 MEUSATF Indoor Open/Masters Track Championships - Entry Forms available soon Bowdoin College - March 20, 2004
- March 25-28 USATF National Masters Indoor Championships National Championship meet for men & women age 30 and up in 5 year age groups. Reggie Lewis Center Boston, MA Stephen Vaitones PO Box 1905 Brookline, MA 02446 617-566-7600, fax: 734-6322

Looking way ahead – Like, “think Spring!”...

- April 3 Presidential 5 mile Road Race, Kennebunkport
- April 19 Patriot's Day 5 Miler, Portland Boys & Girls Club, noon. Contact John Tracy 408-3971
- April 24 Out-Of-Hibernation 5K Portsmouth, NH 9:00AM Masonic Temple, 351 Middle Street Contact: Dan Silverman, 351 Middle Street, Portsmouth, NH, USA, 03801. 603-433-2274 dansilverman@bigfoot.com
- May 9 Portland Sea Dogs Mothers Day 5K, Hadlock Field, Portland, Maine, Contact: Kelli Heffley 874-9300
- May 16 Sugarloaf/USA Marathon and 15K, Carrabassett Valley, ME

Looking way, way ahead – Like, “think Water!”...

- June 19 Mount Washington Road Race, event to be held see <<http://www.gsrs.com/mwrr/presignup.htm>>.
- July 5 22nd Annual Shipbuilders Triathlon, Bath, ME
- July 17 Pat's Pizza Clam Festival Classic 5 Miler, Town Hall, Yarmouth, 8am Contact: Ron Pelton 865-6919
- July 31 Peaks Island 5 Miler, Peaks Island Lions Club 10:30 am Contact: Larry Dyer 725-6962
- August 1 Beach to Beacon

Looking way, way, way ahead — Like, “think again!”

- October 3 Sportshoe Center Maine Marathon, Baxter Boulevard, Portland, 7:45 am Contact: Howard Spear or Bob Aube 741-2084

More Maine Marathon Moments...

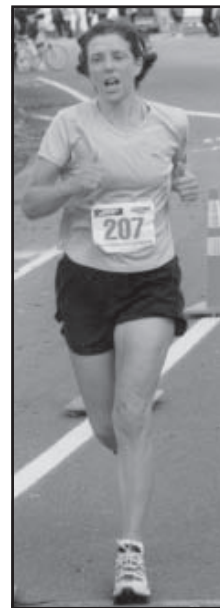


*David Colby Young,
MTC of Danville,
News Run editor*

*Mike Brooks, MTC
of Danville and Ron
Paquette, CMES of
Albion*



*Peggy McCloskey,
MTC of Portland*



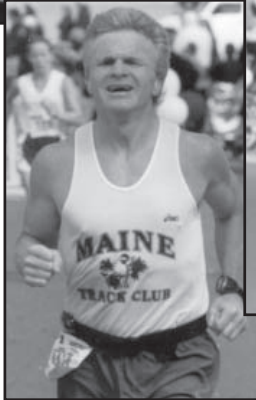
More Maine Marathon photos

Bob Jolicoeur,
MTC of Cape
Elizabeth



John Rolfe,
MTC of
Portland

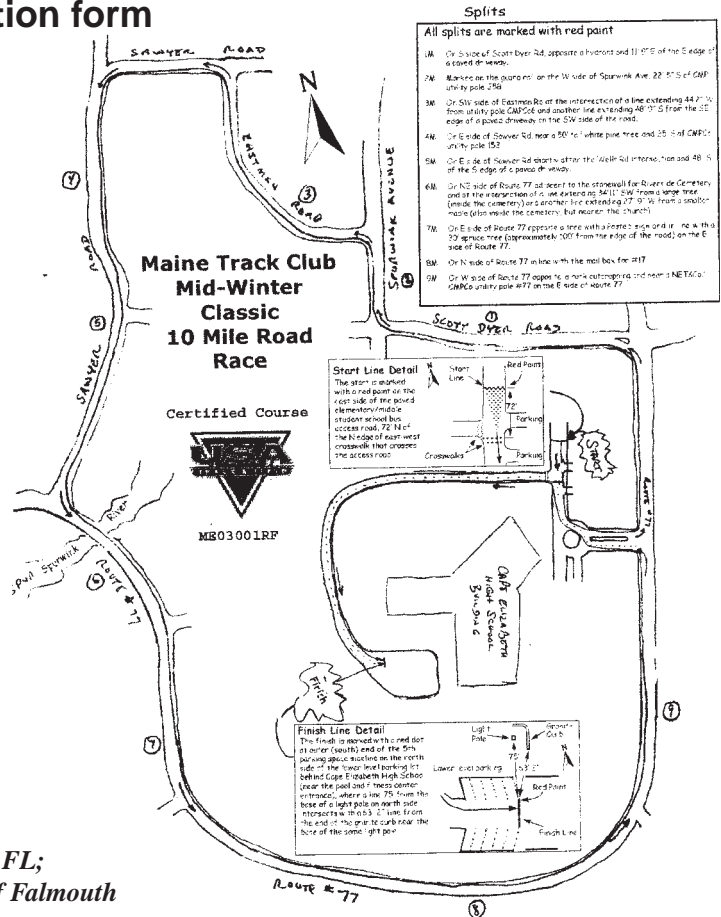
**John
Keeley,**
MTC of
Portland



Greg Maurin #307 of Tampa, FL;
Michael Musca #272, MTC of Falmouth

MTC Mid-Winter Classic 10 Mile Road Race Course

See pages 5 and 6
for registration form



Happy Birthday Wishes to these MTC Members



January 2004:

- Ken Dolley
- Wayne Hapgood
- Pris Jolicoeur, Jereck Blair
- Kitty Kelley
- Loren Lathrop
- Robert Bluhm, Carol Grant
- Martha Deprez
- Aaron Bishop, Robert Connolly
- Russell Boisvert
- Hazel Wightman, Donna Dyer
- Rob Boudewijn, William Jarvey, Terence Musca
- Donnie Foshay
- Elissa Charbonneau, Douglas Couper, Nathaniel Rines
- Gina Harmon, Winona Hapgood, Kate Hapgood

- Steve McLaughlin
- Thomas Mundhenk, Pete Peters
- Richard Bryant, James Dunn, Barbara Hintze, Neil Martin, Gerard Salvo
- William Rice, Bob Whitney
- John Watson
- Bob Boothe

February 2004

- Jim Harmon, Betty Rines
- Konnie Akune
- Charles Garber
- John Woods
- Roberta Bass, Diane Daley
- Judy Reilly
- Karina Boothe, Denise Locke

- Don Conry, Paula Jean Kent, Howard Spear
- Mark Herald
- Bob Jolicoeur
- Stephanie Atkinson
- Valerie Abradi
- Barry Fifield, Kristy Wagner
- John Howe, Elise Moody-Roberts, Stanis Moody-Roberts
- Matt Flynn, Carol Weeks
- D."Scott" Hamilton
- Karen Connolly, Tom Peterson
- James Corbett
- Robert Ayotte, Peter Brandes, Nancy Hewett, Robin McCarthy

Maine Track Club Membership Renewal Form



Please check the label on your News•Run for your membership expiration date. If **12-03** appears, you must renew your membership now. If your newsletter is emailed, check your membership card for renewal date. Fill out this form and return it, along with your check payable to **The Maine Track Club**.

Membership Renewal

Please check one:

☐ Household (\$25)

☐ Student (age 18 or under \$17)

Dues paid between August 1 and December 31 of a given year are good through December of the following year.

Please indicate how you prefer to receive your newsletter:

☐ bulk mail

☐ email

| | | | |
|-------------------|----------------|--------------------|-----------|
| Last Name | First Name | M / F | Birthdate |
| Last Name | First Name | M / F | Birthdate |
| Last Name | First Name | M / F | Birthdate |
| Last Name | First Name | M / F | Birthdate |
| P.O. Box / Street | City | | |
| State | Zip Code | | |
| Home Phone | Business Phone | E-Mail address | |
| Occupation(s) | Employer | If Student, school | |

Please copy this form if you have additional family members.

Participant / Volunteer Waiver

To be signed by each new member in the household. Applicants under age 18 require a parent's signature
I know that volunteer and participating in Maine Track Club events is potentially a dangerous activity. I should not participate or volunteer unless I am medically able. I assume all risks associated with participating in or volunteering at Maine Track Club events, including, but not limited to falls, contact with participants, the effects of the weather, conditions on the road 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 anyone entitled to act on my behalf, waive and release the Maine Track Club, its representatives and successors from all claims or liabilities of any kind arising out of my participation in Maine Track Club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

| | |
|-----------|------|
| Signature | Date |
| Signature | Date |
| Signature | Date |
| Signature | Date |

Mail completed renewal form with check to:
Maine Track Club
PO Box 8008
Portland, ME 04104

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



2003 MTC Annual Volunteer Awards

The success of our club depends upon the work of our various committees and hard work and dedication of our volunteers. We are blessed with many wonderful and hard working groups. To qualify for a volunteer award, a member must work at least three events (races, committee or special events). Please check your committee(s) and races below in which you volunteered and note any additional information feel is pertinent. Please return to MTC by Jan. 5, even if you are not attending the banquet to be held on January 24.

Non-Profit
Organization
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Portland, ME
Permit No. 403

2003 MTC Volunteer Award Submission

Name _____

Phone _____

Mid-Winter Classic 10 Miler

Pat Pizza Clam Festival 5 Miler

Sportshoe Center Maine Marathon

Technology

Irish Road Race

Peaks Island 5 Miler

Race A.R.

Boys and Girls 5 Miler

Beach to Beacon 10K

Equipment

Sea Doys Mother Day 5K

St Peters 4 Miler

Newsletter

YMCA Back Bay 5K

Breakaway 5K

Community Events

Flatfoot Race

Maine Hall of Fame 5K

Clothing

Dash for Dreams

MTC 50 Miler & 50K

Special Events

Hannaford Turkey Trot 5K

MTC Banquet and Award Ceremony

January 24, 6 p.m.

Val Halla Golf Course, Cumberland

Contact: Cathy Burnie 829-5208.