

Run with a friend...

www.mainetrackclub.com

January / February 2005

President's Corner

By President Meech

Well, this is it- the last one of these you will see from me unless I get conned into running for the job of MTC President again. (Are you getting choked up yet?)

Now, it is Mark Grandonico's turn as President of the MTC. Mark and the new Officers and Board of Directors were elected at our annual pasta supper on November 12th, this time to serve a two year term. The new terms of office were just part of the changes to the MTC By-Laws that were also voted upon and approved at this dinner. I am very pleased that Mark will be stepping up to this position. He is an extremely energetic and imaginative individual who brings lots of new ideas to improve the club. I have known Mark for quite a while now and don't think there is a better choice to take on the responsibility as President of the MTC. Thanks, Mark.

My two years as President have been blessed with a great Board of Directors. Our Board meetings never failed to bring lively and in-depth discussion regarding all

issues we dealt with. I must apologize now that those meetings took so long, averaging about two hours apiece.

See President on page 2.



Phil Meech

Vice President's Message

By President-elect Mark Grandonico

First let me thank Phil Meech for the outstanding work he has put into the club in the last two years. Under Phil's watch we expanded our membership, added coaching services, supported several new races and initiated group runs on Saturday mornings to name just a few. The Maine Track Club is alive and well! The club continues to sponsor quality races and our website functions as a resource for all Maine Runners and tourists visiting our great state.

As the "incoming" President, I look forward to continuing the fine reputation we now enjoy. In my term I plan to look at a few different issues. Each year we get more and more requests to sponsor or assist with races. Our membership has never been larger. These two issues have necessitated the Board to tackle a few challenges. How big can/should the club grow? How many races can we support without losing that "quality" edge? How can we enlist more volunteers as these request continue to arrive? We also need to look at technology. We are presently researching "chip" systems would like to obtain that technology when it becomes appropriate for the club to purchase. The cost has always precluded us from seriously considering these systems. But times change,



Mark Grandonico

Inside This Issue...

Group Runs	7
MTC Annual Dinner Photos.....	28-29
MTC Application	27
MTC Clothing.....	5
MTC Meetings / Events	32

MTC Member Discounts.....	7
MTC Midwinter 10 Miler.....	32
MTC New Members.....	6
Race Results/Photos	8-26
Race Schedule	30-31

remember when VCR's first came out? They were over \$1,000 dollars. I believe you can now pick one up for around \$50.00. Race chip technology has come down in the last few years and there are new systems available on the market. It appears this technology will be within our reach in the near future.

See Vice President, page 2.

Maine Track Club Officers And Committee Chairs



Mark Grandonico, President 773-2576
..... grandm@maine.rr.com
Cathy Burnie, Vice President 829-5208
..... cburnie@maine.rr.com
Phil Meech, Past President 839-4946
..... pmeech@pivot.net
Ward Grossman, Treasurer 985-4966
..... wardg@sportshoecenter.com
Lisa Despres, Secretary 799-6112
..... LDespres@aol.com
Sandy Walton, Membership 846-6577
..... swalton2@maine.rr.com
Phil Meech, Race Committee 839-4946
..... pmeech@pivot.net
Mike Brooks, At-Large 783-3414
..... mjbruns@adelphia.net
Charlie Scribner, At-Large 781-5585
..... Split5k@aol.com
Hazel Wightman, At-Large 784-8517
..... profzoomnfly@msn.com
Deb Lynch, Equipment Mgr 499-7434
..... lynchs4@verizon.net
Don Penta, Statistician/Photos 892-4526
..... wndhmlaker@aol.com
Mike Doyle and Colleen Redmond
Clothing mdoyle@mainecul.org
David Colby Young, Newsletter
..... DavidColbyYoung@aol.com
Promotions Vacant
Bob Aube, Webmaster 829-5079
..... bobaube@mainetrackclub.com

Contact us at:
Maine Track Club
PO Box 8008
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 usually the
2nd Friday of the month
prior to the next publication.

The next deadline is
Friday, February 11, 2005

Virginia Wilder Cross, News•Run layout

President, from page one.

But it was the only way I could make sure that everyone's opinion was heard and understood. My goal was for decisions to be made democratically which, I believe, led to a lot of progress. Thank you, Board Members, for your efforts and patience with my methodical way of reaching decisions. It has been a pleasure working with all of you.

I have also been lucky to be associated with lots of MTC non-board members who work very hard. Many of these people have previously held office on the MTC Board of

Directors. Sandy and Al Utterstom, Howard Spear, Dottie Michaud, Donna and Everett Moulton, Maggie Soule, Ron Pelton, Pat Buckley, Lisa Despres, Susan Slocum- these are just a few of the names that come to mind. These are folks you see at almost every race or function, running at some, helping at most. You have my deepest appreciation.

And I would be remiss if I didn't mention my wife, Diane. She has always been understanding with my busy schedule and has even shown up to help with many events- and she isn't even a runner! Thank you, my Dear.

Many important topics remain to be discussed among Mark and his new crew. I know that Mark will investigate new ways of bringing us further into the 21st century. New methods of timing races, new programs, improvements to existing programs- these are just a few. One thing I know- there is always lots of work to do. I encourage all MTC members to assist where they can and to offer their suggestions to the Board of Directors. It takes a lot of effort to run this operation.

I hope to see you at our Awards Banquet at Val Halla in Cumberland on January 22nd. Keep running with a smile on your face. I'll see you on the road. Signing off.....

Vice President, from page one.

My other platform will be - What can the Club do for you? What services would you like to see the club provide? I plan to distribute a type of "Satisfaction Survey" early next year to obtain your feedback. It will be available online

and in hardcopy in our NewsRun publication. I look forward to serving as the club president. Do you have an Issue? Request? Idea for the club? Please feel free to contact me at any time. I can be reached @ Grandm@maine.rr.com.

Location Change for Mid-Winter Classic Sunday, February 2005

Due to construction at the Cape Elizabeth High School, the location for the Mid-Winter Classic has been changed to the Cape Middle School. Everything else should be the same including the USATF certified (ME03001RF) course.

Physical Therapy 8K

By Jess Colamaria

Chalk up another victory for Michael Payson of Falmouth, who continues to prove that there is life after 40! Payson, 41, is running as well as ever these days, as he demonstrated by his easy win at the Physical Therapy 8K in Brunswick on Saturday, October 9, finishing nearly two minutes ahead of his closest competitor. Though his time of 25:04 was only thirty-three seconds off the course record set by Stan Bickford in 1994, it was nevertheless one of the fastest times in race history.

At the opposite end of the age spectrum, 15-year-old Abigail Isleborn of Portland won the women's division with a time of 33:52, three seconds ahead of Ruth Hall, 46, of Cumberland. Carol Weeks, 55, also turned in a noteworthy performance by finishing third overall.

The Maine Track Club Team should be congratulated on their second win in two years, taking top honors in the team competition. Charlie Isleborn (33:51), Abigail Isleborn (33:52) were the first two finishers, with David Colby Young (34:15), Carol Weeks (35:10), Rick Abradi (35:23), Robert Maxwell (36:53) and Getty Payson (37:58) close behind for a combined time of 2:52:31. Some of the MTC "fast guys" chose to "break ranks" and run with one of their other clubs. With the "fast guys" on different teams, the race was a bit more fun and interesting! When the scoring was complete, we found that the MTC Team almost raced in formation taking 19, 20, 22, 24, and 26. This did not cause a big problem, but it is what every X-C coach might dream that his team would do - run in a tight group and win!

Overall, the race went great, with Bob working his magic on the results, despite a formation of flag-waving Navy Chiefs marching into the finish line three runners wide and five runners deep - with only 1 bib number! There were timer issues again; although the hard-wired one working fine, the others had plunger and paper jam issues, and one stopped working in the middle of the pack. The race even



had some excitement at the start. Mark Grandonico had just finished giving the runners the instruction to begin the race at the sound of the cannon. John Woods was going toward the honorary starter, with the pull cord in his hand. Mark bent down to load the shell and somebody in crowd blew an air horn and everybody took off! Luckily, Larry Dyer and David Barnard hit the plungers, but poor John Woods was standing there, wondering what the heck happened!

Thanks to this year's volunteers: Lisa Despres, Sherry Grandonico, Kristen Grandonico, David C Young, Neil Chivington, Dave Barnard, Larry Dyer, Sandy Walton, Jill Lorom, Bob Aube, Marge Aube, and Terri Morris.

Race Results and more photos on page 12 and 13.

National Track & Field Hall of Fame

By Jesse Colamaria

Congratulations to Joan Benoit Samuelson, who was honored by USA Track and Field when they inducted her into the National Track and Field Hall of Fame during a December 3rd ceremony held at the Tiger Woods Center on the Nike World Campus in Oregon. Other inductees into the Hall of Fame in 2004 include Jackie Joyner-Kersey, Michael Johnson, Michael Conley, Jack Davis, Otis Davis, Gerry Lindgren, John Penel, Dr. Evie Dennis and Stan Huntsmen.

A native of Cape Elizabeth, Benoit Samuelson is one of the most accomplished runners in the world. A four-time All American at Bowdoin College ('79,) she gained international attention by winning the first-ever women's Olympic marathon at the 1984 Olympics in Los Angeles. She went on to capture two Boston Marathon titles while still in college, and she was the recipient of the prestigious Jesse Owens Award in 1984 as well as the Sullivan Award in 1985, which recognizes the top U.S. amateur athlete.

In a press release from USA Track and Field, Benoit Samuelson said, "It never really crossed my mind that I'd be elected to the Hall of Fame." She went on to say, "Running is just what I do every day, and it's something I'm very passionate about."

Please join all of us in Maine Track Club by honoring the extraordinary running career of Joan Benoit Samuelson!



Chicago Marathon

By *Robert Jolicoeur*

There were 40,000 registered runners. The newspapers said 33,000 finished. Also noteworthy is the fact that 13,000 were running their first marathon. It was my 54th. I Peaked about 20 years ago when I ran a total of six marathons under three hours. Two of them were the Casco Bay Marathons and both were exactly 2:57:02 for two consecutive years.

My best was Clarence DeMar in Keene, NH at 2:56:12.

Chicago is a great marathon if you don't care much about your time. With that many people running there is always someone in front of you slowing you down. Best to forget your time and just enjoy!!

Joan Benoit Samuelson was also there commenting during the race on Chicago TV. Priscilla and I had a chance to chat with her the previous day. Told her about the 1984 posters of her Olympic win I found in my storage that I gave to the MTC this summer. (there were four).

We live in Old Orchard Beach from May to October (oceanfront condo) now and in Springs, Florida from Octoberto May. That qualifies us as "snowbirds." We love Maine in the summer and we love Florida in the winter. I run the beach at both ends. Having a great life.....thanks for asking.

Regards to all my old friends at the Maine Track Club.

Robert Jolicoeur of Estero, FL finished the 2004 Chicago Marathon in 4:21:29 and finished in 16018.

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.

Maine Track Club Race Photos Go OnLine

By *David C. Young*

The Maine Track Club is looking to service the membership better.

Please offer your idea on how we can service each other in this great growing Network of friends. Every two months Ginny Cross and I pick through all the photos that our staff of MTC photographers (i.e. Don Penta, David C. Young, Sue Slocum, Pam Swan, Mike Brooks) take at races and events. Each issue we find it is difficult to make the selection for publication. Therefore we have a Beta plan (a trial run). We have found a place where running photos can be posted online for at limited time.

We hope that this will help to free up more time for both the *News•Run* staff and the Maine Track Club membership. This service will be open both to MTC members and the entire running public. Hope you might continue to ask your friends to join the MTC and help us to take what we are doing to a higher level.

The address for the photos gallery is: <http://journals.aol.com/davidcolbyyoung/MaineRunningPhotos/>

Please be sure to let us know if this new service works for you.

Footlocker

by *William Tyler*

The Taye brothers of Portland, Maine High School did exceedingly well in the Footlocker race in New York (November, 2004). This was their first trip to the Big Apple. They were fortunately able to take in a few sights, thanks to the MTC generous donation. They stayed overnight in White Plains at the hotel that hosted the meet.

Ayalew, a junior at Portland High School, came in 10th and Sintayehu, a freshman, came in 24th. This was absolutely amazing, considering their competition. Next year both boys will have a good shot at finishing in the top eight, which will entitle them to a free trip to the nationals which is usually held in San Diego.

They were both honored with your suggestion that they become honorary members and are more than willing to pose for a photo at your convenience. Also, they will write a short summary about their experience in New York and running at the Footlocker event . . . once they have caught up with the studies they missed out on for the trip.

Again, I want to thank you and the Maine Track Club for your timely support of these two Ethiopian immigrants. You will be hearing from them, I'm sure.

Northeast Regional Footlocker

Van Cortlandt Park, Bronx, New York Saturday, November 27, 2004

Distance : 5 Kilometers

Sophomore Girls

Place Name	Grade	City	St Bseeded
21 Saldanha, Kaitlynn	10	Scarborough	ME 20:27.5

Foot Locker Northeast Regional Cross Country

Van Cortlandt Park, Bronx, New York November 27, 2004

Boys Championship

Place Name	Grade	City	St Bseeded
10 Taye, Ayalew	11	PORTLAND	ME 15:54.6
24 Taye, Sintayeh	9	PORTLAND	ME 16:09.8

Girls Championship

66 Koenig, Allyson	12	Scarborough	ME 19:50.2
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Trip to Australia

Maine Track Club,

This past summer I received a \$100 contribution from your organization, which went, towards my trip to Australia. A thank you note is way over-due, so I thought it was about time I expressed my high amount of gratitude to the Board of Directors and all others who were involved in the contribution.

While I was in Australia, I competed in the Down Under Games and had the chance to view a beautiful county.

The races went well; with little practice (I had only been summer training for two weeks), I finished third in the 1500m and fourth in the 800m. Maine was also well represented with a group hurdlers, throws, vaulters, and sprinters. It was great to see how well we all got along; everyone was very nice and had great work ethic.

Aside from running, all of the athletes got to sightsee very often. We had the chance to view culture and way-of-life on the other side of the world. The scenery was also very beautiful; from, the balcony of our plaza I could see for miles! Tons of palm trees were in sight, along with tall, uniquely shaped, well-lit buildings. To top it off, there was an awesome view of the ocean!

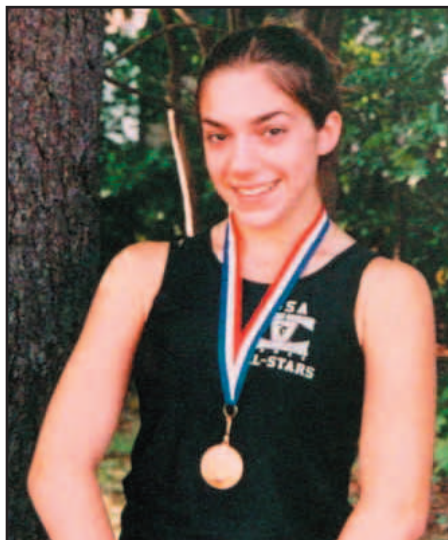
The return trip was definitely bittersweet. I was very excited to see my friends and family again and tell them all about Australia, but I was also bummed about leaving. All of the Australian residents were extremely friendly and welcoming, so I was beginning to feel at home.

If I had the change to go back to Australia, I would most definitely return. I would make sure to sightsee even more than I did this past summer and take many more pictures. It was such a wonderful experience, and I will remember it for life!

Thanks for helping to make a dream come true.

Sincerely,
Melissa Gagnier

P.S. Thank you for the free membership to the MTC. Due to the fact that I fractured my 4th metatarsal (unknowingly for one month!!), I haven't been able to run in any races. But I plan on training once my 9 weeks recovery break is up. No more over-training for me!



Melissa Gagnier won the bronze medal for the 1500 m race in Australia this past summer.

Where DO I get MTC Clothing?

MTC Clothing Available:

New 100% Coolmax Singlet, \$15: White with green screen printing on the front and back. Women's sizes S to XXL. Men's sizes M to XXL.

White MTC Lighthouse T-Shirt, \$8: 100% cotton, multi color screen printing on front. Unisex sizes M to XXL.

Winter Hat, \$8.00: Blue with white embroidery.

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

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

To order: email Mike Doyle: mdoyle@mainecul.org or snail mail:

Mike Doyle, Maine Track Club, PO Box 8008, Portland, Maine 04104

Dear Maine Track Club,

I just wanted to thank you for your donation and support that you having given to my daughter Melissa Gagnier for her trip to Australia.

Melissa recently returned home from Australia where she participated in the seventh annual ***Parkroyal Down Under International Games*** that took place July 4-16. She placed 3rd in the 1500m and 4th in the 800m and she was awarded a bronze medal for placing 3rd in the 1500m. We are so proud of her accomplishments!

Sincerely,
Janice Gagnier

New MTC Members and Their Comments...

Mitch Adams of Auburn

Susan and Nick Beaulé of Freeport

MJ, Jocelyn, Chip, and Tim Britton of Stow

Randalyn Brocher of South Portland

Cynthia Bryant of Thomaston

Susan Burtchell of Portland

Jeff and Debbie Crocker of Saco

Conor Hankinson of Cape Elizabeth

RJ Harper of Portland

Tony Myatt of Portland

Evan O'Neill of Yarmouth

John Painter of Raymond

Matthew Robinson of North Yarmouth

John Painter wrote, "I started running about twenty years ago and have run the Bridgton 4 on the 4th and Casco Days 4-Miler for the past eighteen and twelve years respectively. This year I've increased the frequency of training runs and added a couple more races to my schedule. My goal is to run the Beach to Beacon 10K in 2005."

Steven and David Rollins of Bowdoinham

John and Cheryl Rogers of Yarmouth

Devin Shaw of South Portland

Pamela, Edward, Mark, Matthew, Raleigh, Elliot, and Colin Swan of Bowdoin

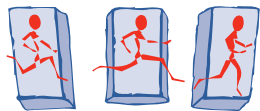
Paul Wolf of Arundel

Joshua Wood of Portland

MTC Membership Status

- * **Membership Growth:** We welcome 30 new members in this issue. As of December 10 we have 621 members in 373 households.
- * **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. Those who join/renew now will have membership through December 31, 2005.
- * **Address Change:** Please remember that most MTC mail is via a non-profit third-class permit, that is not forwarded to you or returned to us. The post office throws it away. Please either mail, phone, or e-mail your CHANGE OF ADDRESS and PHONE NUMBER to Sandy Walton when you move.
- * **Member E-Mail Addresses:** As of December 10 we have e-mail addresses for 324 of our 373 households for 86.8%. 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 swalton2@maine.rr.com.





Kennebunk

The Kennebunk Thursday Night group runs every Thursday night 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 8s to 9s 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 p.m. Several members of the group also run Sunday mornings in Kennebunk or in North Berwick. Contact Steve Jacobsen at 985-4107 (nights) or 985-3244 (days).

Biddeford-Saco

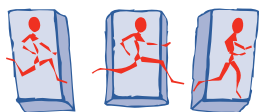
Anyone interested in weekly morning runs or weekend early-afternoon runs can contact Gene Roy (284-8036).

Portland

The Rat Pack runs Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Real (829-2014).

YMCA Noon Runs begin from the YMCA on Forest Ave. Contact Mike Pratico (874-1111).

The Maine Front Runners, a gay and lesbian running club, meets at Back Cove across from Hannaford every Saturday morning at 9:05 a.m. Everybody welcome. Contact Jim Estes at Jim Estes (671-7733).



Group Runs

If you know of a group run that isn't listed below, please contact Bob Aube (829-5079) or e-mail DavidColbyYoung@aol.com

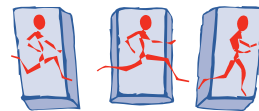
South Portland

The South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact Donna Moulton (799-2894).

A group of 4-6 runners meet weekdays at 1 p.m. in the area of Darling Ave. and Foden Rd. near the Maine Mall. The group usually runs 4-6 miles at 8- to 9-minute pace. Contact Marla Keefe at 773-8854.

New Gloucester

There are group runs held Sundays at 7 a.m. Parking lot-Pineland YMCA, New Gloucester. Various distances. Contact Maureen Sproul at 926-4681 or e-mail MSproul@unumprovident.com for more info.



MTC Roasters Runs

The Maine Track Club hosts a weekly "Roasters Run" on Saturdays at 7 a.m., starting from the parking lot of Maine Roasters Coffee on Route 1 in Falmouth. Runners can group themselves based on pace and then go out for runs ranging from 5-20 miles through Falmouth and Portland. The runners congregate back at Maine Roasters Coffee after finishing to continue discussions or to get a cup of Joe to go. The runs are very informal, with the only formality being that they always start at exactly 7 a.m. all year long. Please note that the courses are on public streets or trails, and thus caution should be exercised; the Maine Track Club assumes no liability for runners making use of the group runs. For more information about the Roasters Runs and/or to sign up to put out water, contact Sandy Walton. 207-846-6577

Maine Track Club Discounts

The following area sporting goods stores have agreed to give MTC member discounts on running shoes and clothing. 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 Ctr • Cook's Corner • Auburn Mall

10% on running shoes

Famous Footware

330 Clarks Pond, S. Portland • Auburn • Kittery

10% on running shoes

Race Results / Photo Clips

New England Qualifiers

Wickham Park, Manchester, Conn., Nov. 13

MTC Members

Boys

Ayalew Taye (Portland) 15:39

Sintayehu Taye (Portland) 15:50

Evan Embrey (Bonny Eagle) 16:24

Raleigh Swan (Mount Ararat) 16:48

Girls

Elise Moody-Roberts (Cape Elizabeth) 17:55

Allie Koenig (Scarborough) 19:24

Kaitlynn Saldanha (Scarborough) 19:35

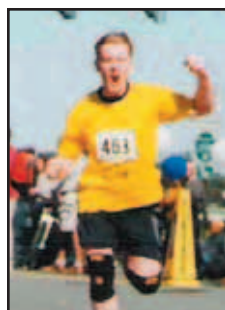
Evan Embrey, Scarborough (third in Class A)

Allie Koenig, Scarborough (fifth in Class A)

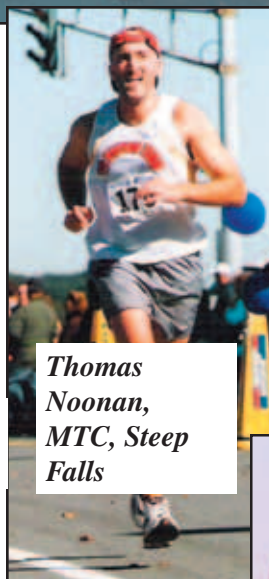
Kaitlynn Saldanha, Scarborough (eighth in Class A)

Abby Iselborn, McAuley (34th in Class A)

Stanis Moody-Roberts (21st in Class B)



*Neil Chivington,
MTC, Gardiner*



*Thomas
Noonan,
MTC, Steep
Falls*



*Volunteer
Priscilla
Jolicoeur*

Maine Marathon Photos by Don Penta and David Colby Young

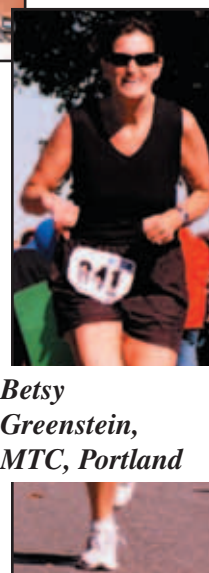
SportShoe Center Maine Marathon, October 3, 2004, Portland, Maine

Maine Track Club Finishers:

Place/ Name	Division	Town	G_Time
9 Floyd Lavery	M4549	Gorham	2:54:47
26 Tom Trytek	M4549	Lewiston	3:01:00
34 Thomas Noonan	M3034	Steep Falls	3:05:31
64 Emma Barclay	F2029	Portland	3:17:05
109 Matt Flynn	M4044	Cape Elizabeth	3:27:18
115 Matthew Chaffin	M3539	Auburn	3:28:15
118 Ian Parlin	M2029	Portland	3:28:29
155 Robin Carlson	F3539	Gorham	3:31:29
182 Gregory Welch	M5054	South Portland	3:37:18
221 Edward Charbonneau	M4044	Yarmouth	3:43:59
229 Will Lund	M4549	Portland	3:45:22
239 Charles Iselborn	M4549	Portland	3:47:04
240 Charles Garber	M3539	Portland	3:47:09
259 Jayne Brainerd	F4044	Lewiston	3:49:43
260 Joanna Chaffin	F3034	Auburn	3:49:45
267 Thom Courtney	M3539	Gorham	3:50:23
278 John Keeley	M5054	Portland	3:52:05
300 Paula Jean Lunt	F3539	Tenant's Harbor	3:54:34
308 Ronald Dearth	M4549	Falmouth	3:55:57
384 Judith Tammara	F3539	Portland	4:06:03
394 Patty Kenney	F4044	Portland	4:08:11
447 Kitty Kelley	F5559	Portland	4:15:56
476 Betsey Greenstein	F5054	Portland	4:20:35
514 David Kuchta	M4044	Portland	4:29:12
528 Neil Chivington	M5559	Gardiner	4:29:52
554 Tree Mercer	F4549	Cape Neddick	4:34:41
563 Nan Cumming	F4044	Portland	4:36:25
623 Walter Bull	M4549	Topsham	4:46:52
638 Cathy Burnie	F5559	Cumberland	4:50:05
664 Matthew Hoidal	M3034	Casco	5:00:06
675 John Littlefield	M4549	South Portland	5:06:15
687 Mike Brooks	M5559	Danville	5:12:24



*Matthew
Chaffin, MTC
Auburn*



*Betsy
Greenstein,
MTC, Portland*



*"Tree"
Mercer, MTC
Cape Neddick*

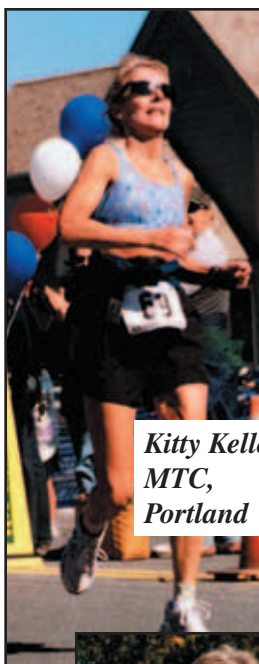


*Nan Cumming,
MTC, Portland*

Race Results / Photo Clips



**David
Kuchta, MTC,
Portland**



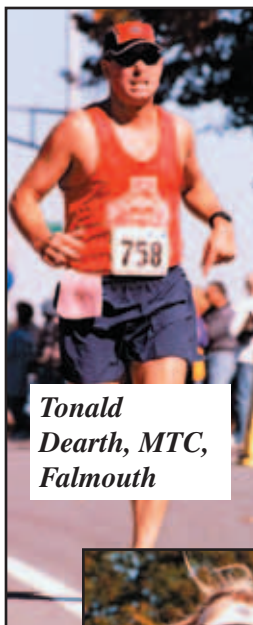
**Kitty Kelley,
MTC,
Portland**



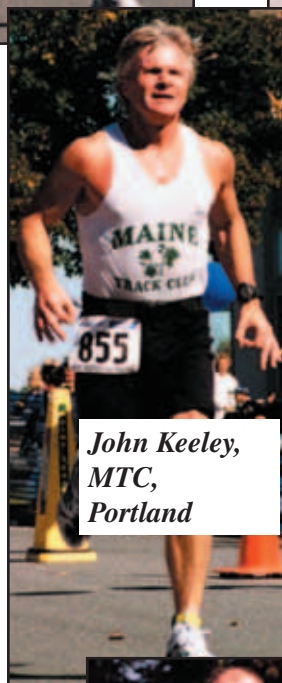
**Patty Kenney,
MTC,
Portland**



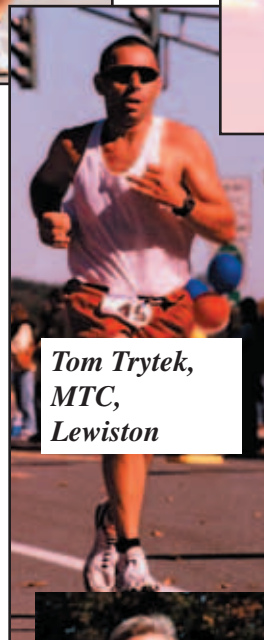
**Joanna
Chaffin, MTC,
Auburn**



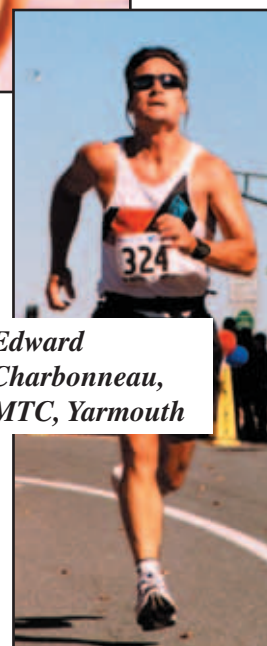
**Tonald
Dearth, MTC,
Falmouth**



**John Keeley,
MTC,
Portland**



**Tom Trytek,
MTC,
Lewiston**



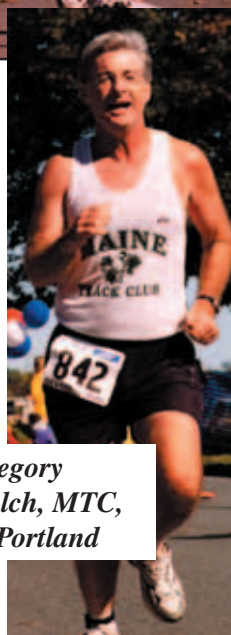
**Edward
Charbonneau,
MTC, Yarmouth**



**Paula Jean Lunt,
MTC, Tenants
Harbor**



**Charles
Garber, MTC,
Portland**



**Gregory
Welch, MTC,
S. Portland**



**Charles Iselborn,
MTC, Portland with
his daughter**

Race Results / Photo Clips

SportShoe Center Maine Half Marathon Results October 3, 2004

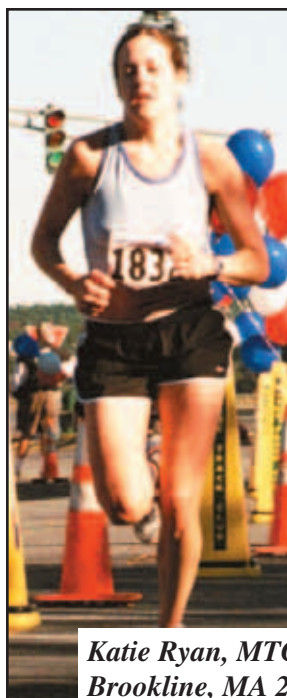
MTC Finishers:

Place/ Name	Division	Town	G_Time
1 Michael Payson	M4044	Falmouth	1:09:34
11 Tom Ryan	M4549	Cape Elizabeth	1:18:23
17 Mike Pratico	M3539	Falmouth	1:20:32
19 Marc Dugas	M4044	Scarborough	1:20:39
24 Hans Brandes	M4549	Falmouth	1:23:16
37 Mike Grant	M4549	Scarborough	1:26:07
45 Katie Ryan	F2029	Brookline, MA	1:27:19
47 Ellie Tucker	F4549	North Yarmouth	1:27:29
52 Tom Menendez	M5054	Lewiston	1:28:11
84 R.J. Harper	M5559	Portland	1:31:56
88 Alison Kisch	F3539	Portland	1:32:15
91 Dora Rex	F4044	Gorham	1:32:59
92 Harry Nelson	M5054	North Yarmouth	1:32:59
97 Richard Abradi	M4549	Lisbon	1:33:36
99 Paul Toohey	M4549	Scarborough	1:33:37
118 Bob Coughlin	M5559	Cape Elizabeth	1:35:28
119 Jeanne Hackett	F4549	Scarborough	1:35:34
129 Dan Legage	M3034	Portland	1:36:41
131 Harry White	M6064	Scarborough	1:36:45
138 Harold Skelton	M4549	Lewiston	1:37:21
151 David Sproul	M4044	New Gloucester	1:38:13
159 Bonnie Hoag	F5054	Portland	1:38:59
222 Katie Harris	F3539	Cumberland	1:42:10
225 Maria Somerset	F3034	Auburn	1:42:41
235 Mallory Vaccaro	F3034	Yarmouth	1:43:07
250 V.J. Abradi	F4044	Lisbon	1:44:03
276 Terry Clark	M6064	Windham	1:45:33
291 Dana Staples	M2029	Auburn	1:46:24
306 Janet Letalien	F4044	Portland	1:46:46
308 Kevin Robinson	M4549	Yarmouth	1:46:48
310 Paul Letalien	M4549	Portland	1:46:50
365 Bob LaNigra	M6064	Scarborough	1:49:01
368 Mark Grandonico	M4549	Portland	1:49:08
377 Douglas Couper	M4044	Falmouth	1:49:26
378 Leslie Couper	F4044	Falmouth	1:49:27
380 John Morse	M5559	Phippsburg	1:49:29

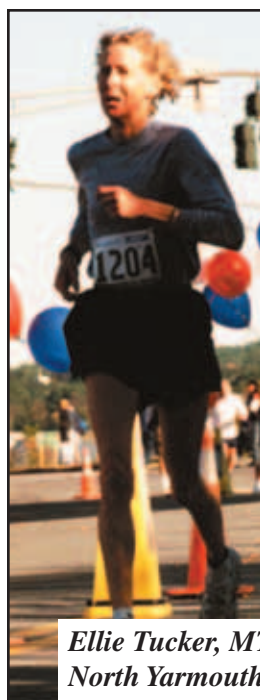
403 John Rolfe	M5054	Portland	1:50:20
410 Steve Rex	M4044	Gorham	1:50:33
415 David Young	M5054	Danville	1:50:47
432 Brenda Day	F4044	Brunswick	1:51:21
433 David Cannons	M3539	Portland	1:51:23
456 George Campbell	M5559	Portland	1:52:28
493 Ronald Chase	M6064	Durham	1:53:48
495 Robert Jolicoeur	M6569	Old Orchard Beach	1:53:57
501 Joseph McMorrow	M5054	Mechanic Falls	1:54:16
516 Bruce Fithian	M5559	Gorham	1:54:46
546 Polly Kenniston	F6569	Scarborough	1:55:49
552 Betty Rines	F4549	Gorham	1:56:09
572 Robert Whitney	M5054	Brunswick	1:56:31
630 Drew Cheney	M5054	Cumberland Foreside	1:58:52
676 Jim Tyrrell	M5559	Cape Elizabeth:	2:00:25
741 Jeannie Johnson	F4549	Brunswick	2:03:20
820 Carol Blakeney-Watts	F4044	Cumberland	2:06:45
822 Brenda Trytek	F4549	Lewiston	2:06:55
838 Michael Tracy	M6569	Cape Elizabeth	2:07:33
847 Donna Beaulieu	F4044	Poland Spring	2:08:31
860 Beth Branson	F6064	Scarborough	2:09:00
871 Barbara Hansen	F3539	Cumberland	2:09:52
896 Sherry Grandonico	F5054	Portland	2:11:12
910 Laura Tyrrell	F5559	Cape Elizabeth	2:11:39
923 Walter Fletcher	M5559	Freeport	2:12:18
986 George Goodwin	M6569	Trevett	2:16:46
988 Julie Brown	F4044	Tunner's Falls, MA	2:16:55
999 Scott Mercer	M5559	Cape Neddick	2:17:47
1000 Loren Lathrop	M5559	South Portland	2:17:49
1001 Michael Chadbourne	M5054	South Portland	2:17:49
1032 Tom O'Connor	M5054	Westbrook	2:21:07
1037 Donna Bisbee	F4549	Portland	2:21:20
1055 Sandra Walton	F3539	Yarmouth	2:23:07
1141 Cathy McKenney	F4549	Portland	2:43:24
1142 John McKenney	M4549	Portland	2:43:24
1144 Lois Martin	F5054	South Portland	2:44:04
1157 Carlton Mendell	M7099	Portland	2:51:02
1160 Catherine Saltz	F4044	Westbrook	2:55:02
1178 Judy Reilly	F5559	Brownfield	3:09:47
1193 Robert Connolly	M4549	Hollis	3:29:26

In Memoriam: Julius Marzul June 9, 1926 - October 3, 2004

Maine Half-Marathon Photos by Don Penta and David Colby Young



**Katie Ryan, MTC,
Brookline, MA 2nd
woman, overall**



**Ellie Tucker, MTC
North Yarmouth 3rd
woman, overall**



**George Campbell,
MTC, Portland**



**Walter Fletcher,
MTC, Freeport**

Race Results / Photo Clips



***R.J. Harper,
MTC, Portland***



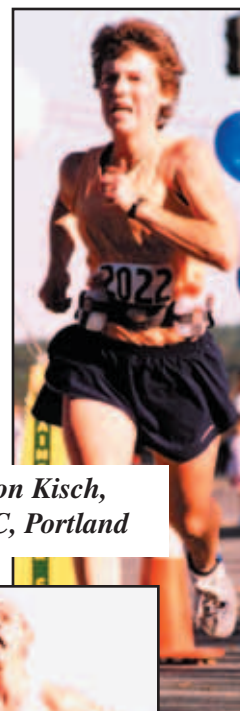
***Paul Toohey,
MTC,
Scarborough***



***Marc Dugas, MTC,
Scarborough***



***Barbara
Hansen,
MTC,
Cumberland***



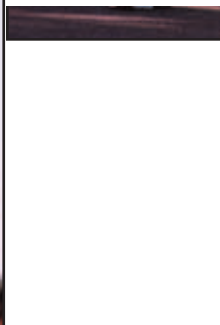
***Jason Kisch,
MTC, Portland***



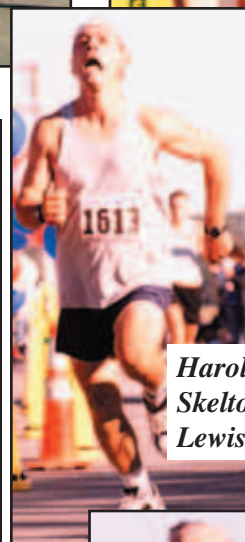
***Bonnie Hoag,
MTC, Portland***



***Janet Letalien,
MTC, Portland***



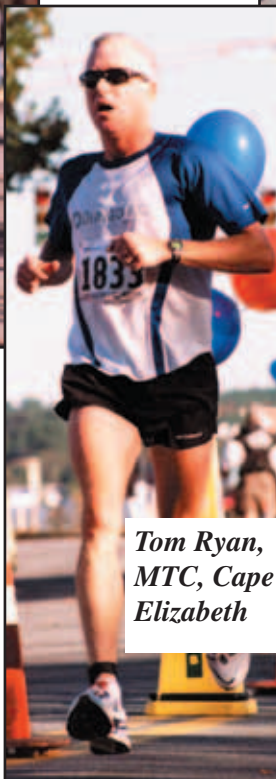
***Michael Pratico,
MTC, Falmouth***



***Harold
Skelton, MTC,
Lewiston***



***Tom O'Connor,
MTC, Westbrook***

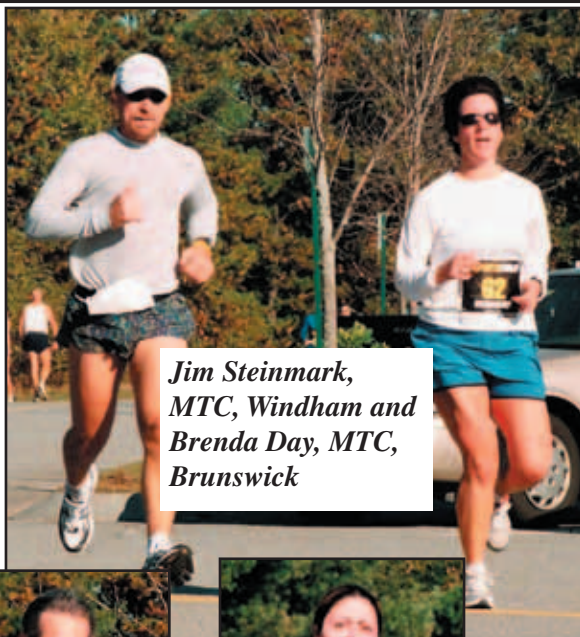


***Tom Ryan,
MTC, Cape
Elizabeth***



***Harry
White, MTC,
Scarborough***

Race Results / Photo Clips



*Jim Steinmark,
MTC, Windham and
Brenda Day, MTC,
Brunswick*



*Ron Chase,
MTC, Durham*



*Shelly
Millette,
MTC,
Westbrook*



*George Goodwin,
MTC, Trevett*



*Laura Tyrrell, MTC,
Cape Elizabeth*



*David LaClair,
MTC, Westbrook*

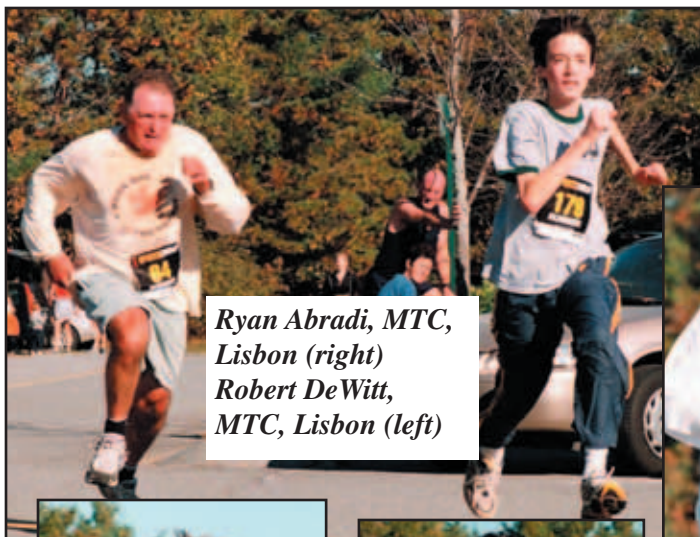
Physical Therapy 8K, Sunday, October 17, 2004, Brunswick, Maine

Maine Track Club Finishers:

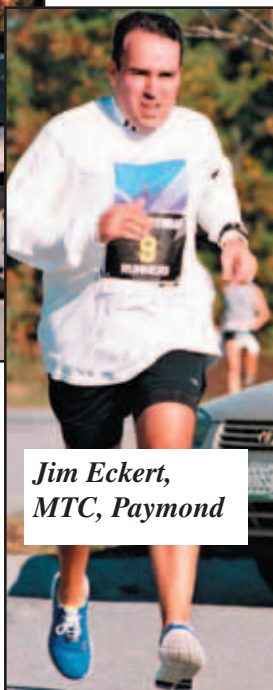
Place/ Name	Age/Sex	Town	Time	Pace
1 Michael Payson 1,overall	41M	Falmouth	25:04	5:03
10 Tom Menendez 2,5059	51M	Lewiston	32:05	6:28
13 Conor Hankinson 1, 1619	16 M	Cape Elizabeth	32:52	6:37
15 Tim Sickel	52 M	Bowdoin	33:01	6:39
19 Charles Iselborn	47M	Portland	33:51	6:49
20 Abigail Iselborn 1,overall	15 F	Portland	33:52	6:50
22 David Young	52 M	Danville	34:15	6:54
24 Carol Weeks 3,overall	55 F	Kennebunk	35:10	7:05
26 Rick Abradi	46 M	Lisbon	35:23	7:08
30 Stephanie Foster	41 F	Brunswick	36:00	7:15
38 Peter Child 2,6069	61 M	Freeport	36:59	7:27
43 Getty Payson	43 F	Falmouth	37:58	7:39
44 Norman Morgan	35 M	Lisbon Falls	37:59	7:39
47 Lisa Despres	42 F	South Portland	38:07	7:41
50 Ron Pelton	51M	Freeport	38:24	7:44
55 David LeClair	37 M	Westbrook	38:57	7:50
61 Jim Steinmark	43M	Windham	39:12	7:54
63 Brenda Day	41 F	Brunswick	39:12	7:54
67 Ron Chase	63 M	Durham	39:33	7:58
69 Jim Eckert	34 M	Raymond	39:47	8:00
80 Thomas McLaughlin	40 M	Old Orch Beach	40:50	8:13
84 Jeanne Johnson	48 F	Brunswick	41:37	8:23
91 Bob Branson	63 M	Scarborough	41:55	8:26
93 Jim Tyrrell	57 M	Cape Elizabeth	42:20	8:31
97 Cindy Bryant	48 F	Thomaston	43:07	8:41
102 Bob Whitney	51 M	Brunswick	43:37	8:47
105 Cathy Burnie	55 F	Cumberland	44:02	8:52
109 Laura Tyrrell	57 F	Cape Elizabeth	44:21	8:56
114 Mary Kay Kasper	47 F	Falmouth	45:07	9:05
115 George Goodwin	65 M	Trevett	45:25	9:08
116 Ryan Abradi 2,17&under	16 M	Lisbon	45:40	9:12
117 Robert DeWitt	60 M	Lisbon	45:42	9:12
119 Shelly Millette	33 F	Westbrook	46:23	9:20
122 Beth Branson 1,6069	63 F	Scarborough	46:44	9:25
133 Kistie McLaughlin 2,17&-12 F	82 M	Old Orch Beach	47:38	9:35
141 Leanne Robbin	46 F	Brunswick	48:59	9:52
154 Carlton Mendell 2,70&+	82 M	Portland	57:52	11:39
155 Lizette Eckert	36 F	Raymond	59:39	12:00
156 Catherine Saltz	40 F	Westbrook	62:01	12:29

Photos by Don Penta and David Colby Young

Race Results / Photo Clips



Ryan Abradi, MTC, Lisbon (right)
Robert DeWitt, MTC, Lisbon (left)



Jim Eckert, MTC, Paymond



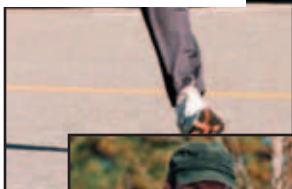
Ron Pelton, MTC, Freeport



Lisa Despres, MTC, S. Portland



Getty Payson, MTC, Falmouth



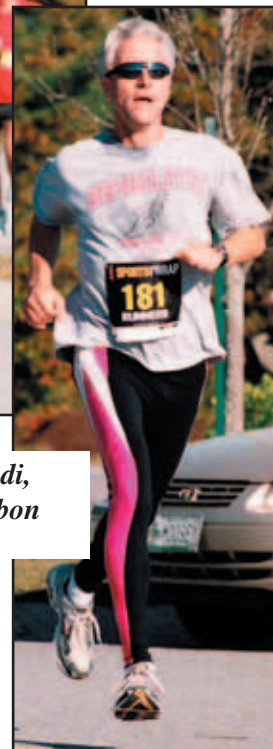
Bob Whitney, MTC, Brunswick



Jeannie Johnson, MTC, Brunswick



Carol Weeks, MTC, Kennebunk



Rick Abradi, MTC, Lisbon



Tim Sickel, MTC, Bowdoin



**Hannaford's Cape Elizabeth Turkey Trot 5K November 21, 2004,
MTC Finishers:**

Place/ Name	Age/Sex	Town	Time	Place
2 Michael Payson 2,overall	41M	Falmouth	15:36	5:02
8 Tony Myatt 2,1519	18 M	Portland	17:54	5:46
10 David Roberts 2,4549	49 M	Cape Elizabeth	18:04	5:49
20 Allyson Koenig 1,overall	18 F	Scarborough	19:12	6:11
22 Jeff Rand	44 M	Cape Elizabeth	19:20	6:14
28 Ian Parlin	28 M	Portland	19:43	6:21
35 Jeanne Hackett 1,4549	46 F	Scarborough	20:13	6:31
45 Matt Flynn	42 M	Cape Elizabeth	20:39	6:39
53 Lloyd Slocum 1,70&over	71M	Hollis	21:02	6:47
53 David Young	52 M	Danville	21:02	6:47
58 Conor Hankinson	16 M	Cape Elizabeth	21:09	6:49
67 Matt Rand	13 M	Cape Elizabeth	21:26	6:54
68 Abby Iselborn 2,1519	15 F	Portland	21:27	6:54
69 Charles Iselborn	47 M	Portland	21:28	6:55
70 John Keeley	53 M	Portland	21:29	6:55
71 Carol Weeks 1,5559	55 F	Kennebunk	21:38	6:58
76 Beth Rand 2,4044	44 F	Cape Elizabeth	21:45	7:00
80 Bob Coughlin 1,6569	65 M	Cape Elizabeth	21:58	7:05
84 Harry White	62 M	Scarborough	22:03	7:06
89 Jonathan Koenig	14 M	Scarborough	22:18	7:11
94 Stephen Lauritsen	44 M	Saco	22:28	7:14
98 Philip Pierce	63 M	Falmouth	22:40	7:18
102 Gregory Welch	53 M	South Portland	22:46	7:20
106 Jerry LeVasseur 2,6569	67 M	Brunswick	22:56	7:23
107 David Cannons	37 M	Portland	22:59	7:24
122 Les Berry	56 M	Gorham	23:20	7:31
125 David LaClair	37 M	Westbrook	23:36	7:36
158 Ross Bonney	50 M	Lewiston	24:37	7:56
183 Bob Branson	64 M	Scarborough	25:38	8:15
192 Mike Brooks	59 M	Danville	26:11	8:26
194 Jim Tyrrell	57 M	Cape Elizabeth	26:19	8:28
199 Cathy Burnie	56 F	Cumberland	26:35	8:34
208 Joan Tremberth	59 F	Scarborough	26:55	8:40
223 Roger Borduas	53 M	Buxton	27:31	8:52
248 Cheryl Day	33 F	Brunswick	28:30	9:11
263 Robert DeWitt	61 M	Lisbon	28:53	9:18
266 Shelly Millette	33 F	Westbrook	28:56	9:19
269 Kelle Keeley	29 F	Portland	29:15	9:25
274 Larry Perkins	60 M	Portland	29:37	9:32
276 Michele Flynn	56 F	Cape Elizabeth	29:49	9:36

277 Robert Flynn	58 M
285 Beth Branson 1,6064	63 F
286 Mel Uchenick 2,70&over	73 M
288 Sherry Carl	57 F
299 Barbara Hintze 2,6064	61 F
301 Thomas Carl	60 M
303 Karen Connolly	45 F
320 Beth Birch	63 F
326 William Hamilton	75 M
330 Eileen Hamilton	54 F
332 Cathy McKenney	47 F
339 Michelle Gagnier	12 F
341 Janice Gagnier	40 F
342 Sandy Utterstrom	61F
355 Carlton Mendell	83 M
357 Tyler Mercier	10 M
358 Scott Mercier	56 M
359 Theresa Mercier	46 F
361 Pat Buckley 1,6569	67 F
364 Terri Morris 2,70&over	76 F
366 Denise Locke	51 F

Cape Elizabeth	29:49	9:36
Scarborough	30:16	9:45
Kennebunk	30:20	9:46
Gray	30:24	9:47
South Freeport	31:14	10:03
Gray	31:19	10:05
Hollis	31:44	10:13
New Gloucester	32:33	10:29
Cape Elizabeth	33:17	10:43
Scarborough	33:38	10:50
Portland	33:46	10:52
South Portland	34:24	11:05
South Portland	34:37	11:09
Falmuth	34:40	11:10
Windham	35:50	11:32
Cape Neddick	36:17	11:41
Cape Neddick	36:17	11:41
Cape Neddick	36:18	11:41
Portland	36:46	11:50
Scarborough	37:04	11:56
Buxton	37:26	12:03



**Karen Connolly,
MTC, Hollis**

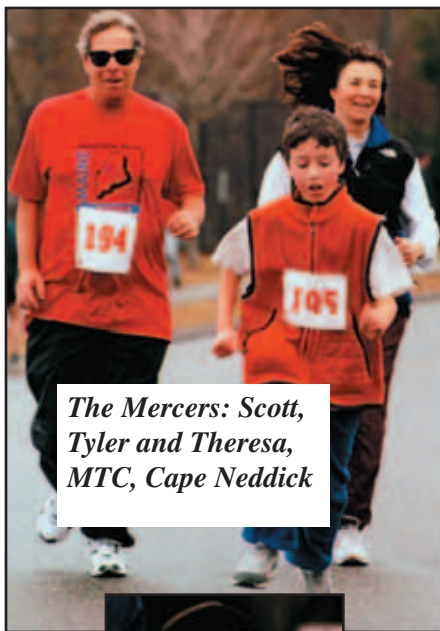


**Beth Birch, MTC,
New Gloucester**

Photos by Don Penta and David Colby Young



Cathy McKenney, MTC, Portland



The Mercers: Scott, Tyler and Theresa, MTC, Cape Neddick



Beth Branson, MTC, Scarborough and Mel Uchenick, MTC, Kennebunk



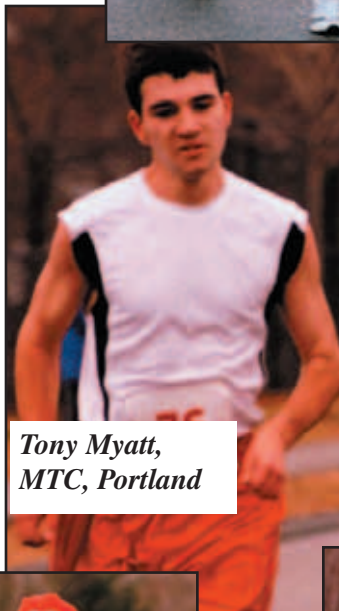
Jim Tyrell, MTC, Cape Elizabeth



Beth Rand, MTC, Cape Elizabeth



Michelle Gagnier, MTC, S. Portland



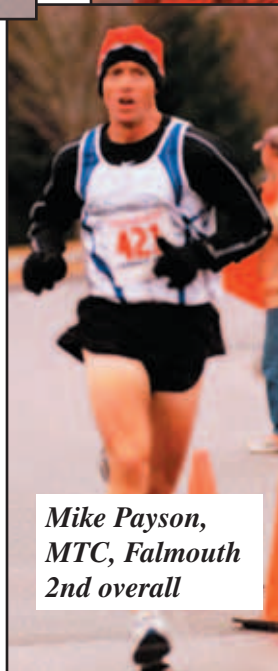
Tony Myatt, MTC, Portland



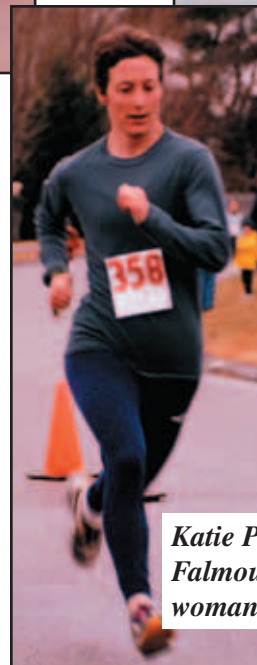
Bob Branson, MTC, Scarborough



Allyson Koenig, MTC, Scarborough 1st woman overall

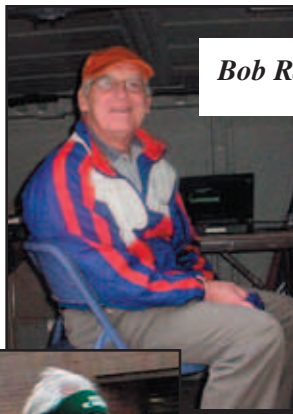


Mike Payson, MTC, Falmouth 2nd overall



Katie Payson, Falmouth, 2nd woman overall

Race Results / Photo Clips



Bob Randall



Jessica Colamania



Carlton Mendell



Ron Chase



Thanksgiving Day 4-miler

Portland -- November 25, 2004, 9 A.m.

Results Courtesy Of Bay State Race Services

Place	Name	Div	Town	Finish	Pace
3	Devin Shaw	8 M2024	So. Portland	22:45	5:42
19	Floyd Lavery	2 M4549	Gorham	23:27	5:52
26	Hans Brandes	4 M4549	Falmouth	23:44	5:56
27	Tony Myatt	3 M0119	Portland	23:45	5:57
37	Mike Grant	7 M4549	Scarborough	24:35	6:09
38	Bill Reilly	1 M5559	Brownfield	24:37	6:10
47	Jim Toulouse	2 M5559	Cape Elizabeth	24:57	6:15
52	Jeff Rand	7 M4044	Cape Elizabeth	25:15	6:19
83	Rj Harper	3 M5559	Portland	26:52	6:43
95	Matt Flynn	13 M4044	Cape Elizabeth	27:07	6:47
97	Dennis Smith	5 M5054	Yarmouth	27:11	6:48
98	Emma Barclay	2 F2529	Portland	27:11	6:48
108	Ian Parlin	12 M2529	Portland	27:24	6:51
117	Jim Dunn	13 M3539	Falmouth	27:35	6:54
122	David Young	6 M5054	Danville	27:43	6:56
125	Robin Carlson	3 F3034	Gorham	27:49	6:58
130	Lloyd Slocum	1 M7074	Hollis	27:56	6:59
146	Steve Rollins	20 M4044	Bowdoinham	28:26	7:07
148	Stacy Cimino	4 F3034	Portland	28:28	7:07
158	Matt Rand	20 M0119	Cape Elizabeth	28:43	7:11
167	Jerry Levasseur	1 M6569	Brunswick	28:58	7:15
188	John Rogers	16 M4549	Yarmouth	30:06	7:32
195	Philip Pierce	1 M6064	Falmouth	29:17	7:20
223	Eileen Brandes	12 F0119	Falmouth	29:50	7:28
234	Harry Center	29 M4044	Freeport	30:06	7:32
235	Mallory Vaccaro	6 F3034	Yarmouth	30:12	7:33
257	Dale Rines	17 M5054	Gorham	30:33	7:39
265	Tom Keating	20 M4549	Brunswick	30:43	7:41
274	Peter Child	3 M6064	Freeport	30:51	7:43
275	Howard Spear	19 M5054	Westbrook	30:51	7:43
317	Les Berry	10 M5559	Gorham	31:26	7:52
364	Kitty Kelley	1 F5559	Portland	32:10	8:03
366	Ron Chase	5 M6064	Durham	32:15	8:04
382	Tom McLaughlin	41 M4044	Old Orchard Beach	32:30	8:08
388	Ross Bonney	30 M5054	Lewiston	32:33	8:09
439	Bob Branson	6 M6064	Scarborough	33:21	8:21
505	Polly Kenniston	1 F6569	Scarborough	34:55	8:44
530	Mike Brooks	17 M5559	Danville	35:13	8:49
535	Hugh Macmahon	2 M6569	Falmouth	35:16	8:49
541	Lindsay Rand	39 F0119	Cape Elizabeth	35:20	8:50
542	Beth Rand	13 F4044	Cape Elizabeth	35:20	8:50
544	Kathleen Harris	14 F4044	Portland	35:22	8:51
564	Gore Flynn	18 M5559	Portland	35:37	8:55
573	Jessica Colamania	34 F2529	Portland	35:45	8:57
591	Walter Fletcher	21 M5559	Freeport	36:14	9:04
615	Mary Brandes	10 F4549	Falmouth	36:57	9:15
635	Shelly Millette	31 F3034	Westbrook	37:20	9:20
640	Robert Dewitt	9 M6064	Lisbon	37:24	9:21
658	Beth Branson	1 F6064	Scarborough	37:44	9:26
666	Kristie McLaughlin	47 F0119	Old Orchard Beach	37:49	9:28
672	Larry Perkins	12 M6064	Portland	37:56	9:29
708	Peg Rearick	10 F5054	Hebron	39:16	9:49
710	Michele Flynn	6 F5559	Cape Elizabeth	39:17	9:50
787	Lois Martin	13 F5054	So Portland	41:43	10:26
800	Jane Conley	52 F3539	Falmouth	42:39	10:40
820	Julie Brown	42 F4044	Gorham	43:37	10:55
827	Michael Chadbourne	48 M5054	So. Portland	44:12	11:03
844	Charlie Bickford	49 M5054	Lincolnville	46:44	11:41
848	Carlton Mendell	1 M8099	Windham	46:55	11:44
858	Michelle Gagnier	61 F0119	So. Portland	49:08	12:17
859	Janice Gagnier	45 F4044	So. Portland	49:14	12:19

Correction

On page 16 of the Sept/Oct issue we left out Robin Carlson's results at the Big Lake Half-Marathon. Congrats Robin!

BIG LAKE HALF-MARATHON

Audi Allroad Quattro Race Series

May 8, 2004 Half Marathon (USATF Certified #NH03005RF) Alton Bay, NH

Directed By: EndorFUN Sports Timing: Granite State Race Services

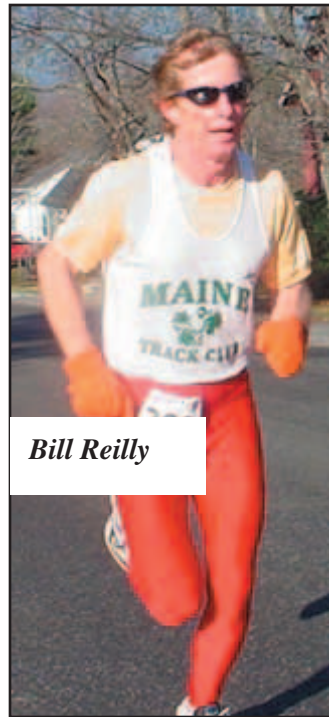
178 1:38:46 7:33 Robin Carlson 33 F 171 Gorham ME (First Maine Track Club finisher!)

Jingle Bell Run For Arthritis 5K Run/Walk
Sunday December 5, 2004 10AM

Place	Name	Div	Town	Finish	Pace
5	Devin Shaw	21 M	South Portland	17:27	5:37
10	Tony Myatt	18 M		18:27	5:56
11	Bill Reilly	57 M	Brownfield	18:40	6:00
14	Allyson Koenig	18 F		19:23	6:14
15	Ian Parlin	28 M	Portland	19:54	6:24
19	Tom Trytek	49 M	Lewiston	20:26	6:35
21	Abigail Iselborn	15 F		20:41	6:39
22	Emma Barclay	29 F	Portland	20:44	6:40
25	Susan Wiemer	39 F	Freeport	21:11	6:49
31	William Sproul	46 M	New Gloucester	21:38	6:58
38	Jerry Levasseur	67 M		22:08	7:07
43	Norman Morgan	36 M	Lisbon Falls	22:38	7:17
44	Mallory Vaccaro	31 F	Yarmouth	22:42	7:18
45	Peter Child	62 M		22:52	7:22
53	Harry Center	42 M	Freeport	23:17	7:30
58	Randalyn Brocher	19 F	South Portland	23:41	7:37
60	Ross Bonney	50 M	Lewiston	24:01	7:44
109	Jim Tyrrell	57 M	Cape Elizabeth	26:26	8:30
127	Kelsey Rex	12 F	Gorham	27:36	8:53
128	Dora Rex	41 F	Gorham	27:36	8:53
134	Mary K Kasper	48 F		28:04	9:02
136	Brenda Trytek	47 F	Lewiston	28:08	9:03
139	Laurie Tyrrell	57 F	Cape Elizabeth	28:22	9:08
140	Betsy Barrett	53 F	Scarborough	28:22	9:08
151	Donna Beaulieu	42 F	Poland Spring	29:19	9:26
171	Donna Bisbee	48 F	Portland	30:43	9:53
172	Mitch Adams	11 M		30:48	9:55
176	Lois Martin	54 F	Portland	31:03	10:00
177	Marguerite Aube	52 F	Cumberland	31:10	10:02
182	Karen Connolly	45 F	Hollis	31:25	10:07
214	Eileen Hamilton	54 F	Scarborough	34:17	11:02
215	Charlie Bickford	51 M	Lincolnville	34:28	11:06
225	Carlton Mendell	83 M	Portland	35:44	11:30
232	Janice Bilodeau	71 F		37:22	12:02
234	Ellianna Boothe	5 F	Portland	37:57	12:13
235	Alison Kisch	38 F	Portland	38:11	12:17
237	Michelle Gagnier	12 F	South Portland	39:47	12:48
238	Janice Gagnier	40 F	South Portland	40:02	12:53
253	Robert Connolly	49 M	Hollis	48:37	15:39
256	Cindy Morgan	48 F	Lisbon Falls	49:13	15:50

Race Results / Photo Clips

Jingle Bell photos by David Colby Young



Bill Reilly



Devin Shaw



Abigail Iselborn



**Donna
Beaulieu**



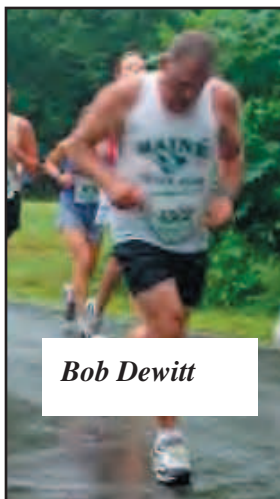
Dora Rex



**Eileen
Hamilton**

Race Results / Photo Clips

Beach to Beacon Photos Courtesy of Ted Tyler



Bob Dewitt



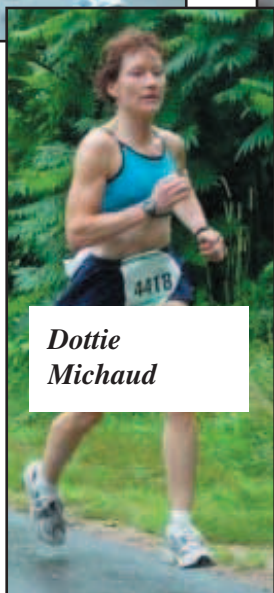
Chris Harmon



Carol Weeks



Donna Bisbee



Dottie Michaud

7th PEOPLES BEACH TO BEACON 10K

Sponsored by Peoples Heritage Bank

August 1, 2004 10 KM (USATF Certified #ME97009WN) Cape Elizabeth, ME

Management by DMSE, Inc. Timing by ChampionChip / GSRS / www.gsrs.com

Place	Nettime	Pace	Name	Age	Sex	City/state/nat
19	0:31:52.6	5:08	Michael Payson, 1,40-44	41	M	Falmouth ME
82	0:35:34.2	5:44	Evan Embrey	17	M	Buxton
100	0:36:03.3	5:49	Marc Dugas	40	M	Scarborough
105	0:36:13.4	5:50	Devin Shaw	21	M	So Portland
106	0:36:15.2	5:51	Chris Harmon	16	M	Scarborough
107	0:36:18.5	5:51	David Chamberlain	42	M	Falmouth
112	0:36:28.1	5:53	Hans Brandes	45	M	Falmouth
117	0:36:36.5	5:54	Floyd Lavery	47	M	Gorham
122	0:36:41.2	5:55	David Roberts	48	M	Cape Elizabeth
125	0:36:46.7	5:56	Mike Grant	46	M	Scarboro
151	0:37:23.4	6:02	Stanis Moody-Roberts	15	M	Cape Elizabeth
152	0:37:24.0	6:02	Bill Reilly 1,55-59	57	M	Brownfield
172	0:38:03.7	6:08	Thomas Noonan	32	M	Steep Falls
200	0:38:39.4	6:14	James Toulouse 3, 55-59	56	M	Cape Elizabeth
222	0:39:02.8	6:18	Will Lund	49	M	Portland
233	0:39:19.8	6:20	Jim Harmon	44	M	Scarborough
237	0:39:27.0	6:21	Ellie Tucker 2, 45-49	49	F	North Yarmouth
258	0:39:58.9	6:27	Allyson Koenig	18	F	Scarborough
260	0:39:59.5	6:27	Jeff Rand	44	M	Cape Elizabeth
282	0:40:25.6	6:31	Bill Hansen	38	M	Cumberland
283	0:40:31.0	6:32	Chris Lyford	35	M	Portland
294	0:40:40.2	6:33	Dottie Michaud	47	F	Scarborough
346	0:41:19.9	6:40	Carrie Mccusker	34	F	Cape Elizabeth
347	0:41:21.3	6:40	Kevin Robinson Jr	19	M	Yarmouth
367	0:41:38.8	6:43	Matt Flynn	42	M	Cape Elizabeth
370	0:41:40.6	6:43	Brendan Flynn	15	M	Cape Elizabeth
397	0:42:03.2	6:47	Matt Rand	12	M	Cape Elizabeth
399	0:42:03.6	6:47	Alison Kisch	38	F	Portland
416	0:42:18.9	6:49	Stephen McLaughlin	42	M	Marlborough CT
423	0:42:20.4	6:49	Matthew Robinson	24	M	Yarmouth
475	0:42:49.1	6:54	Harry White 3, 60-64	62	M	Scarborough
479	0:42:52.8	6:55	William Sproul	46	M	New Gloucester
532	0:43:23.3	6:59	Robin Carlson	33	F	Gorham
545	0:43:32.2	7:01	Harry Nelson	50	M	North Yarmouth
553	0:43:37.5	7:02	Scott Samuelson	46	M	Freeport
557	0:43:39.6	7:02	Tom Brady	38	M	Cape Elizabeth
591	0:43:56.7	7:05	Deb Lynch	38	F	Lyman
594	0:43:58.5	7:05	David Young	51	M	Danville
597	0:44:00.9	7:05	David Sproul	44	M	New Gloucester
601	0:44:02.1	7:06	Gretchen Read 2, 60-64	61	F	Portland
606	0:44:04.1	7:06	Jim Dunn	36	M	Falmouth
609	0:44:05.6	7:06	John Keeley	52	M	Portland
615	0:44:10.1	7:07	Tike Maccoll	15	M	Cape Elizabeth
668	0:44:35.7	7:11	Sarah Maccoll	48	F	Cape Elizabeth
672	0:44:37.0	7:11	Kurt Nielsen	49	M	Cape Elizabeth
677	0:44:39.7	7:12	Philip Pierce	62	M	Falmouth
694	0:44:52.4	7:14	Bonnie Hoag	52	F	Portland
699	0:44:55.2	7:14	Stewart Jordan	47	M	North Yarmouth
700	0:44:55.7	7:14	Andrew Jordan	13	M	North Yarmouth
737	0:45:09.4	7:17	Carol Weeks 1, 55-59	55	F	Kenneunk
753	0:45:17.4	7:18	Beth Rand	44	F	Cape Elizabeth
795	0:45:35.4	7:21	Rebecca Wright	41	F	Marlborough CT
810	0:45:40.5	7:22	Rachel Landry	36	F	Cumberland
852	0:46:04.2	7:25	Kimberly Moody	49	F	Cape Elizabeth
859	0:46:06.2	7:26	Mark Grandonico	45	M	Portland
867	0:46:11.3	7:26	Jerry Levasseur 3, 65-69	66	M	Madison CT
877	0:46:15.6	7:27	Maureen Sproul	48	F	New Gloucester
949	0:46:52.5	7:33	Missy Gagnier	17	F	South Portland
1017	0:47:20.2	7:38	Kevin Robinson Sr.	48	M	Yarmouth
1021	0:47:21.3	7:38	Les Berry	56	M	Gorham
1033	0:47:26.1	7:39	Paul Wolfe	48	M	Arundel ME
1040	0:47:28.2	7:39	Katie Harris	37	F	Cumberland
1050	0:47:30.4	7:39	Maria Somerset	33	F	Auburn
1057	0:47:31.3	7:39	Mary Brandes	46	F	Falmouth
1062	0:47:33.8	7:40	Peggy Bensinger	49	F	Portland
1063	0:47:33.8	7:40	Gregory Welch	53	M	South Portland
1083	0:47:39.8	7:41	Bob Payne	66	M	Raymond
1135	0:47:54.4	7:43	Joanna Chaffin	34	F	Auburn

1146	0:47:57.4	7:44	Paul Letalien	47 M	Portland
1189	0:48:11.6	7:46	Peter Rand	43 M	South Portland
1211	0:48:17.5	7:47	Loren Lathrop	55 M	South Portland
1214	0:48:17.8	7:47	Gail Saldanha	48 F	Scarborough
1250	0:48:29.4	7:49	Eileen Brandes	18 F	Falmouth
1259	0:48:32.6	7:49	Dana Staples	25 M	Auburn
1262	0:48:32.8	7:49	Lisa Despres	42 F	South Portland
1282	0:48:39.2	7:50	Bruce Fithian	56 M	Gorham
1296	0:48:43.5	7:51	Douglas Couper	43 M	Falmouth
1309	0:48:47.5	7:52	Mike Pratico	38 M	Falmouth ME
1331	0:48:55.1	7:53	Abigail Samuelson	16 F	Freeport
1334	0:48:55.6	7:53	Ronald Pelton	51 M	Freeport
1342	0:48:59.7	7:54	Martha Lipa	43 F	Cape Elizabeth
1361	0:49:06.0	7:55	John Rolfe	50 M	Portland
1381	0:49:15.6	7:56	Janet Letalien	40 F	Portland
1440	0:49:32.4	7:59	Patricia Dionne	29 F	Saco
1447	0:49:34.5	7:59	Ronald Chase	63 M	Durham
1496	0:49:47.8	8:01	Jim Steinmark	43 M	Windham
1497	0:49:47.9	8:01	Richard Bouthillette	57 M	Gorham
1567	0:50:13.9	8:06	Ray Shevenell	63 M	Cape Elizabeth
1598	0:50:26.5	8:08	Harry Center	42 M	Freeport
1620	0:50:33.3	8:09	Peter Terhune	39 M	Windham
1688	0:50:55.8	8:12	Kitty Kelley	57 F	Portland
1736	0:51:15.0	8:15	Brenda Day	41 F	Brunswick
1792	0:51:33.1	8:18	Anders Samuelson	14 M	Freeport
1827	0:51:42.8	8:20	Kristin Cook-Center	33 F	Freeport
1903	0:52:08.6	8:24	Susan Beale	42 F	Freeport
1948	0:52:19.9	8:26	Jim Tyrrell	56 M	Cape Elizabeth
1954	0:52:21.8	8:26	Rob Boudewijn	57 M	Portland
1985	0:52:30.2	8:27	Steve Rex	40 M	Gorham
2046	0:52:49.1	8:31	Polly Kenniston 1, 65-69	67 F	Scarborough
2134	0:53:15.1	8:35	Kathleen Harris	41 F	Portland
2148	0:53:20.4	8:36	Georgia Vallee	37 F	Turner
2195	0:53:38.2	8:38	Betsey Greenstein	51 F	Portland
2199	0:53:39.2	8:39	Norman Morgan	35 M	Lisbon Falls
2326	0:54:20.7	8:45	Bob Lanigra	62 M	Scarborough
2366	0:54:34.0	8:47	Cari Sherburne	27 F	Portland
2410	0:54:47.3	8:50	Tina Pratico	38 F	Falmouth ME
2465	0:55:04.7	8:52	Joshua Wood	25 M	Portland
2488	0:55:13.0	8:54	Judy Reilly	55 F	Brownfield
2516	0:55:21.7	8:55	Robert Jolicoeur	67 M	Old Orch Beach
2520	0:55:24.4	8:55	Betty Rines	47 F	Gorham
2539	0:55:28.6	8:56	Peter Brandes	15 M	Falmouth
2551	0:55:35.2	8:57	Bob Branson	63 M	Scarborough
2569	0:55:39.3	8:58	Kathleen Reid	35 F	South Portland
2621	0:55:56.7	9:01	Amy Stevenson	33 F	South Portland
2646	0:56:05.2	9:02	Jonathan Koenig	14 M	Scarborough
2689	0:56:20.2	9:04	Nan Cumming	43 F	Portland
2699	0:56:25.9	9:05	Mike Lynch	36 M	Lyman
2713	0:56:32.5	9:06	Thomas McLaughlin	40 M	Old Orch Beach
2748	0:56:41.9	9:08	Laura Tyrrell	57 F	Cape Elizabeth
2840	0:57:13.6	9:13	Ed Doughty	55 M	Gray
2847	0:57:15.4	9:13	Peggy Williams	50 F	Cape Elizabeth
2848	0:57:15.4	9:13	Ogden Williams	49 M	Cape Elizabeth
2900	0:57:31.1	9:16	Mallory Vaccaro	31 F	Yarmouth
2908	0:57:32.4	9:16	Elwin Guthrie	68 M	Walpole
2979	0:57:58.5	9:20	Shelly Millette	33 F	Westbrook
2980	0:57:59.4	9:20	Walter Fletcher	58 M	Freeport
2983	0:58:00.6	9:21	Donna Beaulieu	42 F	Poland Spring
3022	0:58:17.4	9:23	Terry Young	43 F	Portland
3075	0:58:36.6	9:26	John Littlefield	48 M	Scarborough
3077	0:58:37.4	9:27	Donna Hodge	43 F	Portland
3088	0:58:40.2	9:27	Leslie Couper	41 F	Falmouth
3092	0:58:42.7	9:27	Walter Bull	46 M	Topsham
3111	0:58:50.8	9:29	Robert Dewitt	60 M	Lisbon
3138	0:59:02.5	9:31	David Barnard	62 M	Yarmouth
3172	0:59:16.6	9:33	Sherry Grandonico	50 F	Portland
3184	0:59:21.3	9:34	Gov. John Baldacci	49 M	Augusta
3241	0:59:46.1	9:38	Jan Conley	41 F	Topsham
3266	1:00:01.5	9:40	Mike Brooks	58 M	Danville
3323	1:00:26.7	9:44	Linda Hunt	57 F	Hollis
3327	1:00:29.9	9:45	Margaret Rearick	52 F	Hebron
3335	1:00:35.1	9:45	Beth Branson	63 F	Scarborough
3339	1:00:36.8	9:46	Janice Gagnier	40 F	South Portland

Race Results / Photo Clips

3397	1:01:05.9	9:50	Donna Bisbee	47 F	Portland
3451	1:01:35.8	9:55	Deborah Danforth	37 F	Auburn
3458	1:01:41.5	9:56	Paul Pugh	65 M	Wellington FL
3469	1:01:47.6	9:57	Leanne Robbin	45 F	Brunswick
3568	1:02:38.9	10:05	Thomas Carl	60 M	Gray
3569	1:02:39.7	10:06	Sherry Carl	57 F	Gray
3643	1:03:30.5	10:14	Michael Chadbourne	50 M	South Portland
3692	1:04:02.4	10:19	Hugh Macmahon	66 M	Falmouth
3732	1:04:42.8	10:25	Robert Foster	56 M	South Portland
3744	1:04:58.6	10:28	Sandra Walton	39 F	Yarmouth
3765	1:05:19.3	10:31	Nancy Hewett	57 F	Cumberland
3782	1:05:35.6	10:34	Katy Littlefield	40 F	Scarborough
3812	1:06:09.8	10:39	Jeffery Crocker	40 M	Saco ME
3813	1:06:09.9	10:39	Deborah Crocker	40 F	Saco ME
3848	1:06:28.6	10:42	Meredith Finn	38 F	Portland
3908	1:07:30.7	10:52	Sally Paterson	63 F	Yarmouth
3980	1:09:13.8	11:09	Janet Crowe	44 F	Brunswick
3996	1:09:35.4	11:12	Robert Flynn	58 M	Cape Elizabeth
3998	1:09:35.9	11:13	Michele Flynn	55 F	Cape Elizabeth
4054	1:11:04.3	11:27	Carlton Mendell 2, 80-99	82 M	Portland
4111	1:12:35.7	11:41	Victoria Lemieux	34 F	Sabattus
4135	1:13:35.7	11:51	Hazel Wightman	37 F	Auburn
4159	1:14:16.5	11:58	Lois Martin	54 F	South Portland
4209	1:17:44.0	12:31	Catherine Saltz	40 F	Westbrook
4218	1:18:12.9	12:36	Pat Buckley	66 F	Portland
4252	1:20:49.0	13:01	Alison Eckert	53 F	South Portland
4262	1:21:40.6	13:09	Beverly Doughty	53 F	Gray
4265	1:21:52.3	13:11	Eliza Matheson	19 F	Cape Elizabeth
4326	1:33:28.2	15:03	Donald Penta	58 M	Windham
4327	1:33:28.5	15:03	Julius Marzul	78 M	Gorham
4338	1:46:11.7	17:06	Jane Dolley	6 F	Hertford NC



**Kevin
Robinson**



Kristin Cook



Floyd Lavery

Race Results / Photo Clips

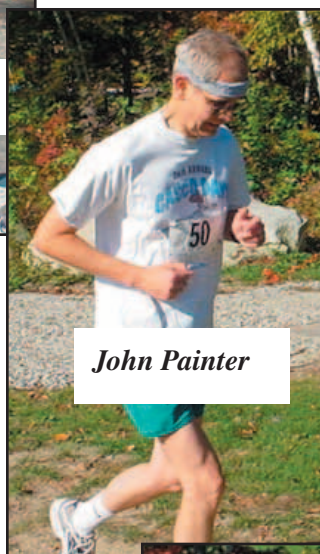
Results of the Runnin Monk's 5K X-C Challenge 10/10/204
Saints Joseph's College
Standish, Maine

4 Floyd Lavery	47	18:29	Gorham
12 David ColbyYoung	52	22:31	Danville
16 Peter Terhume	40	3:17	Windham
19 Getty Payson	43	25:30	Portland MTC
28 Mary Kay Kasper	47	30:39	Portland
31 John Painter	61	32:10	Raymond

*St. Joseph's photos by
David Colby Young*



Getty Payson



John Painter



Mary Kay Kasper

Capitol City 5K Augusta, ME
Nov. 11, 2004
cloudy, cool Results by Randy Easter

17 Tom Menendez 1,5059	51	19:52	6:25
26 David-Colby Young 3, 5059	52	20:25	6:35
30 Lloyd Slocum 1, 60+	71	20:43	6:41
31 Zachary Cost	11	20:44	6:41
53 Jeffrey Preble	51	23:13	7:29
62 Ross Bonney	50	24:43	7:58
65 Mike Brooks	58	25:46	8:19
86 Carlton Mendell 2, 60+	83	35:53	11:35

WHITE MOUNTAIN MILERS 19TH ANNUAL HALF MARATHON

October 24, 2004 Half Marathon-USATF Certified NH97014WN North Conway, NH
Timing By: Granite State Race Services (603)863-2537 www.gsr.com

Place	Time	Pace	Name	Age	Sex	Race#	City/state
7	1:23:32	6:23	Mark Snow 1, 35-39	37	M	68	Casco ME
15	1:27:53	6:43	Bill Reilly 1, 55-59	57	M	187	Brownfield ME
17	1:28:27*	6:45	Ellie Tucker 1, 50-54	50	F	419	No. Yarmouth
27	1:33:15	7:07	Beth Lindquist 2,35-39	37	F	333	Kittery ME
29	1:33:29	7:08	Kevin Gile	46	M	115	Gorham ME
34	1:34:13	7:12	Lawson Noyes 2, 60-64	62	M	207	Kennebunk ME
45	1:35:51	7:19	Erich Reitenbach	54	M	161	Buxton ME
48	1:36:43	7:23	Allyson Cavaretta 2,25-29	26	F	280	Ogunquit ME
50	1:36:49	7:24	Lisa Daly	39	F	346	Denmark ME
58	1:38:25	7:31	Stanley Sheldon	57	M	186	Berwick ME
62	1:39:38	7:36	Rick Reynolds	57	M	185	No. Berwick ME
64	1:40:00	7:38	Eric Hoffman	40	M	81	Portland ME
65	1:40:36*	7:41	Nancy Kneeland 3,50-54	50	F	422	Bar Mills ME
69	1:41:03	7:43	Mark Danyla	51	M	141	Auburn ME
78	1:43:01*	7:52	Joan Lavin 1, 55-59	56	F	440	Portland ME
101	1:44:50	8:00	Mark Alex	44	M	99	Hope ME
115	1:47:29	8:12	Diane Gagnon	48	F	410	Old Orch Beach
117	1:47:31	8:13	Don Bessey	59	M	199	Kennebunkport
139	1:51:30	8:31	Robin Schulte	48	F	406	Portland ME
153	1:52:37	8:36	Jeffrey Preble	50	M	134	Gardiner ME
190	1:58:54	9:05	Carolyn Hoffman	35	F	324	Falmouth ME
193	1:59:07	9:06	Glendon Carper 1, 1-18	17	M	30	Bethel ME
200	1:59:38	9:08	Dan Barringer	34	M	56	Eliot ME
206	2:00:16	9:11	Chris Marquis	28	M	24	Ogunquit ME
208	2:00:26	9:12	Joan Tremberth 2,55-59	59	F	443	Scarborough ME
232	2:03:56	9:28	Bill Wood	52	M	152	Harrison ME
256	2:09:44	9:54	Adrienne Turner	45	F	391	Hollis Center ME
270	2:12:01	10:05	Linda Hunt	57	F	441	Hollis ME
280	2:15:53	10:22	Karen Vellekamp	44	F	383	Stow ME
289	2:19:00	10:37	Donna Bisbee	48	F	409	Portland ME
292	2:22:32	10:53	Cary Gosney	39	M	75	Raymond ME
306	2:35:02	11:50	Douglas Noble	40	M	80	Portland ME
313	2:55:33	13:24	Jason Buchanan	35	M	59	Brunswick ME
314	3:03:54	14:02	Carlton Mendell 1, 80+	83	M	217	Portland ME

Andover Country Club 3.5 Miler XC Race
Andover, MA, November 28, 2004

16 Floyd Lavery 5, 40-49	47	M	Gorham	19:52	5:41
38 Steve Reed 1, 50-59	56	M	Wiscasset	21:24	6:07
298 Carlton Mendell 1,80+	83	M	Windham	40:21	11:32

Tufts 10k for Women
Boston, MA, October 11, 2004

Overall results
Computerized Timing and Scoring By: GRANITE STATE RACE SERVICES
Maine Track Club Members

Place	Name	Age	Chip	Pace	bib	Home Town
41	Joan Benoit-Samuels	47	37:18	6:01	22	Freeport
2001	Kathleen Reid	35	57:49	9:19	3182	South Portland
3350	Donna Bisbee	48	1:03:24	10:13	4784	Portland
4721	Virginia Cross	61	1:14:30	12:00	568	Gorham
4934	Catherine Saltz	40	1:19:54	12:52	1686	Westbrook



MTC 50-miler & 50k
Brunswick, Maine -- October 16, 2004
50-miler

Pl	Name	Age	Sex	St	Time
1.	Hans Put	43	M	NY	5:54:21
2.	Richard Collins	48	M	ME	7:19:08
3.	Craig Wilson	55	M	ME	8:59:48
4.	Barbara Sorrell	47	F	NY	9:20:17
5.	Bob Sansonetti	42	M	ME	9:35:58
6.	Greg Taylor	58	M	NY	9:51:09
7.	Dick Hoch	64	M	CT	10:29:59

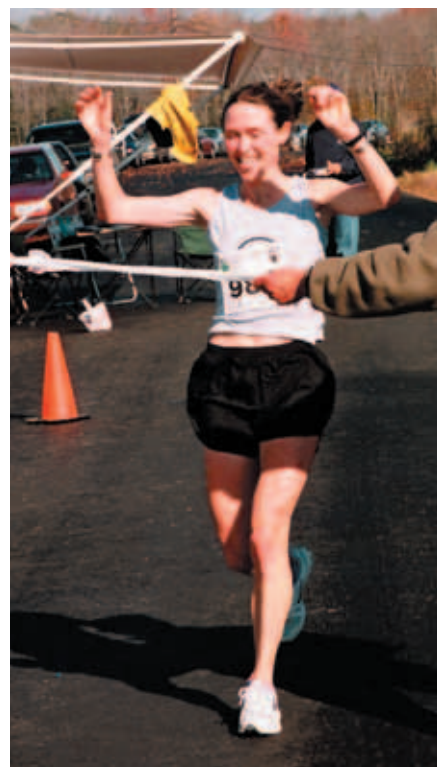
50k

Pl	Name	Age	Sex	St	Time
1.	Robert Moseley	49	M	ME	3:59:36
2.	Phil Shaw	19	M	WA	4:13:02
3.	Ellen McCurtin	37	F	CT	4:15:52
4.	Cliff Rogers	46	M	ME	4:43:34
5.	Bill Paradis	52	M	ME	4:49:00
6.	Dale Doody	59	M	ME	4:49:26
7.	Jill Storey	36	F	ME	4:57:15
8.	Herbert Nunes	41	M	MA	5:00:22
9.	Dawn Ego	29	F	ME	5:02:16
10.	Jon Chapin	46	M	ME	5:02:26
11.	Aimee Jefferson	31	F	MA	5:04:52
12.	Faye Lowery	61	F	NH	5:05:34
13.	Susan Collins	36	F	ME	5:12:05
14.	Joe Hayes	52	M	ME	6:01:52
15.	Tim Eddy	50	M	ME	7:18:04
16.	Paul Piplani	57	M	AZ	7:49:55

Race Results / Photo Clips



Bill Davenny, Mel Feinberg, Ray Heffelfinger, Pat Buckley



*Ellen McCurtin,
1st Overall woman
in 50K*



Hans Put, 1st Overall: 50 Miler

Race Results / Photo Clips

Sebago 5K Windham, Maine

Oct 31, 2004

Name	Age	Time	Gender	Bib #
1. Myatt Tony	17	17:26	M	87
5. Toulouse Jim	50	18:48	M	122
6. McLaughlin Ryan	19	19:04	M	119
7. Manson Brian	30	19:28	M	100
11. Rollins Steve	42	20:46	M	111
12. Koenig Jonathan	14	20:58	M	137
13. Young David	52	20:59	M	118
14. Cost Zachary	11	21:10	M	124
23. Terhune Peter	40	23:06	M	101
42. Kasper Mary Kay	47	29:16	F	56
62. Terhune Hilary	31	49:05	F	90

Sebago 5K photos by David Colby Young



Mary Kay Kasper



Peter Terhune, after the race

23rd ANNUAL GREAT OSPREY OCEAN RUN

Nov. 13, 2004 10 Kilometers Freeport, ME

Timing By: Granite State Race Services www.gsr.com

Place	Time	Pace	Name	Ag	S	Race#	City/state
3	36:57	5:57	Hans Brandes	2,40-49	46	M 414	Falmouth ME
5	38:24*	6:11	Joan Samuelson	1, 40-49	47	F 447	Freeport ME
11	41:24	6:40	Dino Joannides	2, 50-59	50	M 249	Round Pond ME
21	42:49	6:54	Ian Parlin	1, 19-29	28	M 320	Portland ME
22	42:54	6:55	Matt Flynn		42	M 439	Cape Elizabeth ME
28	43:50	7:04	Jim Dunn		36	M 213	Falmouth ME
38	45:25*	7:19	Lloyd Slocum	1, 60+	71	M 357	Hollis ME
43	45:54	7:24	Philip Pierce	2, 60+	63	M 327	Falmouth ME
48	6:22	7:28	Deb Lynch		39	F 275	Lyman ME
50	46:38	7:31	Rachel Landry		36	F 264	Cumberland ME
54	46:47	7:32	Peter Child	3, 60+	62	M 198	Freeport ME
59	47:04	7:35	Maria Somerset		34	F 363	Auburn ME
72	47:58	7:44	John Keeley		53	M 256	Portland ME
76	48:02	7:44	Gregory Welch		53	M 386	So Portland ME
78	48:31	7:49	Terry Clark		60	M 199	Windham ME
92	50:04	8:04	John Morse		59	M 307	Phippsburg ME
98	50:21	8:07	Harry Center		42	M 420	Freeport ME
103	50:40	8:10	Lisa Despres		42	F 408	South Portland ME
118	51:52	8:21	Thomas Mc Laughlin		40	M 292	Old Orch Beach ME
132	53:33	8:37	Betty Rines		47	F 343	Gorham ME
145	55:51		Jim Tyrrell		50+M		Cape Elizabeth, ME
156	57:04	9:11	Cathy Burnie		55	F 405	Cumberland ME
162	57:55	9:20	Loren Lathrop		55	M 266	So Portland ME
167	58:28	9:25	Nan Cummings		43	F 204	Portland ME
179	59:32	9:35	Sarah Muscat		45	F 433	Cape Elizabeth ME
185	1:00:49	9:48	Kristie McLaughlin	2,u18	12	F 291	Old Orch Beach ME
212	1:06:37	10:44	Sandra Walton		40	F 380	Yarmouth ME
215	1:09:31	11:12	Donna Beaulieu		42	F 182	Poland Springs ME
219	1:10:21	11:20	Roberta Bass		52	F 176	So Portland ME
220	1:11:52	11:34	Beth Birch	1, 60+	63	F 185	New Gloucester ME
226	1:14:08	11:56	Laura Tyrrell		57	F 373	Cape Elizabeth ME
229	1:15:16	12:07	Lois Martin		54	F 283	So Portland ME
233	1:15:54	12:13	Lizette Eckert		36	F 215	Raymond ME
234	1:15:55	12:13	Jim Eckert		34	M 214	Raymond ME
236	1:16:53	12:23	Carlton Mendell		83	M 404	Windham ME
237	1:17:40	12:30	Catherine Saltz		40	F 424	Westbrook ME
238	1:36:12	15:29	Don Penta		58	M 321	Windham ME



Don Penta

Race Results / Photo Clips

Great Osprey photos by David Colby Young



Jim Dunn



Joan Samuelson



Betty Rines



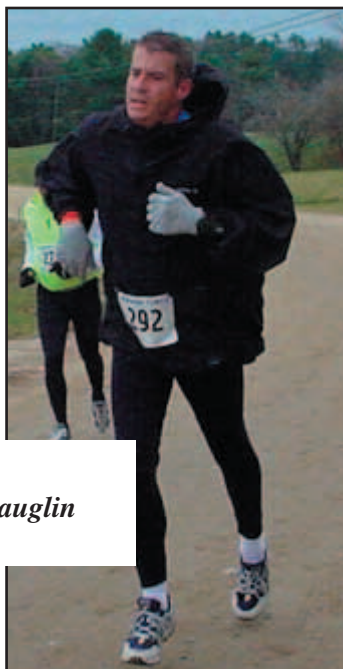
Beth Birth



Ian Parlin



Sarah Muscat



Tom McLaughlin



Dino Joannides



Catherine Saltz



Hans Brandes

Race Results / Photo Clips

Black Mt Fall Foot Challenge 5k Chisholm Ski Club Results 11/14/2004

Plc Name	Age	Location	Time	Pace
15 David Colby Young	52	Danville	:25:05	5:01
44 Competitors				

Larry Robinson 10 Miler Andover, Ma, December 12, 2004

15 Floyd Lavery	Gorham	59:56	6:00
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Larry Robinson 5k Andover, MA, December 12, 2004

16 Robin Carlson 2,30-39	Gorham	21:00	6:46
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Bates Invitational - 12/10/04 Bates College

Event 5 Men 1 Mile Run

Name	Team/Club	Finals
1 Lavery, Floyd	Maine Track Club	5:12.98
2 Gilman, Tom	Bank North	5:25.87

Event 19 Men 5000 Meter

Name	Team/Club	Finals
1 Kenney, William	Bates	16:33.08
2 Dyer, Josh	PR Racing	17:04.74
3 Lavery, Floyd	Maine Track Club	17:48.40
4 Burian, Thomas	Bates	17:54.17
5 Young, David	Maine Track Club	21:27.20

Event 4 Women 1 Mile Run

Name	Club/Team	Finals
1 Davis, Lindsey	Southern Maine	5:35.90
2 Hamilton, Megan	Bates T&F W	5:42.44
3 Creswell, Katherine	Bates T&F W	5:45.67
4 Johnson, Alora	Southern Maine	5:46.84
5 Carlson, Robin	Maine Track Club	6:05.22
6 Jackson, Christa	Southern Maine	6:25.00
7 Trask, Elizabeth	Southern Maine	6:25.44

Event 14 Women 1000 Meter Run

Name	Club/Team	Finals
1 Feeser, Holly	BOW	3:15.16
2 Ahearn, Amy	BOW	3:16.54
3 Carlson, Robin	Maine Track Club	3:41.35

Event 26 Women Long Jump

Name	Club/Team	Finals
1 Brewer, Kim	Southern Maine	5.05m 16-07.00
2 Kuhn, Lindsay	Southern Maine	4.56m 14-11.50
3 Mondoux, Mindy	Southern Maine	4.39m 14-05.00
4 Swan, Pam	Maine Track Club	4.37m 14-04.00
5 Chen, Alyssa	BOW	4.34m 14-03.00
6 Anderson, Meredith	Bates T&F W	4.33m 14-02.50
7 Partridge, Mara	BOW 4.17m	13-08.25
8 Ryan, Meagan	Bates T&F W	4.13m 13-06.75

Event 31 Women Triple Jump

Name	Club/Team	Finals
1 Mondoux, Mindy	Southern Maine	10.13m 33-03.00
2 Chen, Alyssa	BOW	9.53m 31-03.25
3 Swan, Pam	Maine Track Club	9.49m 31-01.75
4 Touhey, Danielle	Bates T&F W J	9.49m 31-01.75
-- Kinney, Margaret	Bates T&F W	ND

Great Pumpkin 10K

Saco -- October 31, 2004

Timing and results by Split-Time Race Management

PLACE NAME	AGE	DIV/TOT S	CITY	TIME
PACE				
3 Devin Shaw	21	2/6 M		36:08 5:50
6 Marc Dugas	40	3/49 M	Scarborough	36:44 5:56
10 Floyd Lavery	47	7/49 M	Gorham	38:01 6:08
19 Tom Menendez	51	1/39 M	Lewiston	40:14 6:30
28 Paul Toohey	47	16/49 M	Scarborough	41:22 6:41
38 Harry White	62	2/11 M	Scarborough	43:31 7:02
42 Carol Weeks	55	1/18 F	Kennebunk	44:14 7:09
56 Sean Keough	49	23/49 M	Cumberland	45:33 7:21
59 John Keeley	53	8/39 M	Portland	46:00 7:26
64 Dr Philip Pierce	63	4/11 M	Falmouth Rd	46:37 7:32
66 Abby Iselborn	15	1/4 F	Portland	46:41 7:32
76 Terry Clark	60	5/11 M	Windham	47:58 7:45
80 Mike Grant	47	28/49 M	Scarborough	48:24 7:49
84 Harry Center	42	29/49 M	Freeport	48:33 7:50
96 Jeffrey Preble	51	16/39 M	Gardiner	49:19 7:58
99 Laurel Brady	35	5/21 F	South Portland	49:23 7:58
101 John Morse	59	18/39 M	Phippsburg	49:28 7:59
110 Brenda Day	41	13/39 F	Brunswick	50:29 8:09
115 Howard Spear	54	20/39 M	Westbrook	50:55 8:13
117 Thomas McLaughlin	40	38/49 M	OOB	50:57 8:14
128 Ron Chase	64	6/11 M	Durham	51:28 8:19
162 Larry Kinner	55	29/39 M	OOB	55:05 8:54
178 Polly Keniston	67	1/4 F	Scarborough	57:35 9:18
185 Beth Branson	63	2/4 F	Scarborough	58:42 9:29
186 Bob Branson	63	8/11 M	Scarborough	58:43 9:29
189 Shelly Millette	33	16/21 F	Westbrook	58:59 9:31
193 Scott Mercer	56	34/39 M	Cape Neddick	59:50 9:40
194 Tree Mercer	46	32/39 F	Cape Neddick	59:50 9:40
195 Roger Borduas	53	35/39 M	Buxton	59:55 9:40
202 Kristie McLaughlin	12	4/4 F	OOB	1:01:34 9:56
212 Donna Bisbee	48	36/39 F	Portland	1:04:46 10:27
217 Marge Aube	52	15/18 F	Cumberland	1:06:26 10:43
229 Pamela Kinner	45	39/39 F	OOB	1:14:48 12:04
231 Denise Locke	51	18/18 F	Buxton	1:17:44 12:33
232 Don Penta	58	39/39 M	Windham	1:34:22 15:14

Record 29:43 By Bruce Bickford 1981

York Rotary Club Turkey Trot 5k

York,me Nov 27,2004

Results By Ab-mac Finish Systems

Place	Name	Div/tot	Gender	Age	Time	Pace	Town
35	Zachary Cost	3, 11-17	M	11	21:23	6:53	Waterboro
57	Robert Randall	3, 60-69	M	67	23:34	7:35	Springvale

RUN FOR ALL AGES--5K ROAD RACE

Hosted by: New England 65 Plus Running Club

Oct. 31, 2004 5 Kilometers Wakefield, MA

Timing By: Granite State Race Services www.gsrs.com

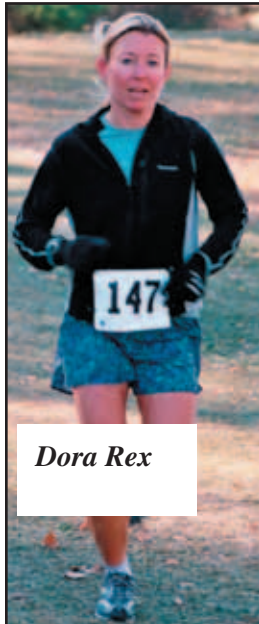
36	20:44*	6:41	Lloyd Slocum	1,70-74	71 M	Hollis ME
55	21:58	7:04	Jerry E Levasseur	2,65-69	66 M	Brunswick ME
236	29:55	9:38	Mel Uchenick		73 M	Kennebunk ME
270	32:09	10:21	Susan Slocum		56 F	Hollis ME
288	34:46	11:12	Pat Buckley	1,65-69	67 F	Portland ME
305	37:05	11:57	Janice Bilodeau		71 F	Auburn ME

Craig Cup Race 5
Cumberland, ME, November 14, 2004
Overall Results

Place Number	Name	M/F /Age	Time
1 110	Michael Payson	M 41	17.26
6 107	Floyd Lavery	M 47	18.58
16 132	John Eldredge	M 50	21.26
17 137	Ian Parlin	M 28	21.47
22 111	Susan Wiemer	F 38	22.11
23 128	Jim Dunn	M 36	22.33
24 127	Harry Nelson	M 50	22.36
26 147	Dora Rex	F 41	23.02
34 141	Dale Rines	M 52	25.07
36 148	Kelsey Rex	F 12	26.55
37 144	John Howe	M 69	27.20
44 129	Arabella Eldredge	F 50	33.00

Race Results / Photo Clips

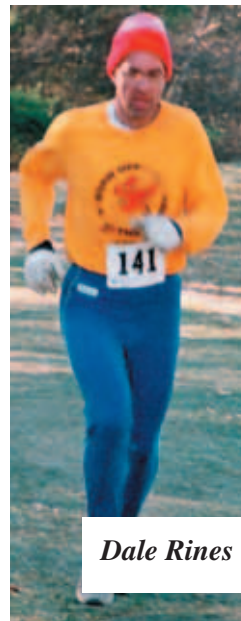
Craig Cup Photos by Don Penta



Dora Rex



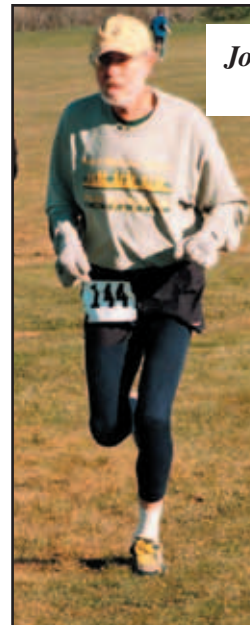
Kelsey Rex



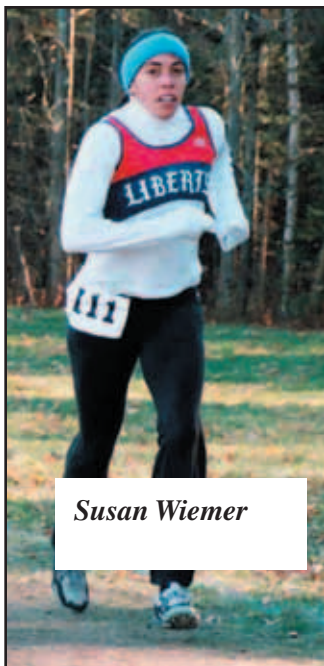
Dale Rines



Arabella Eldredge



John Howe



Susan Wiemer



*John
Eldredge*



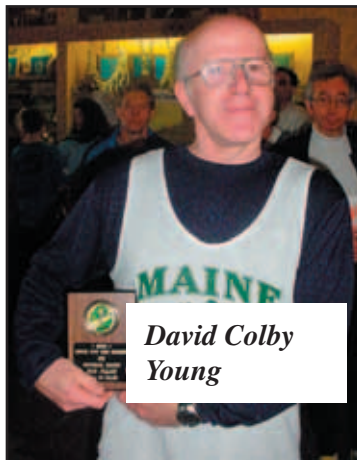
*Harry
Nelson*

Race Results / Photo Clips

Burn Off The Turkey photos by Sue Slocum and David Colby Young



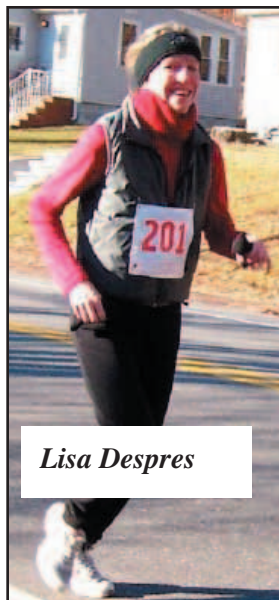
Ginny Cross



David Colby Young



Mitch Adams with his grandmother, Janice Bilodeau



Lisa Despres



Lloyd Slocum



GORHAM RECREATION DEPT

Burn Off The Turkey 5K Run/walk

Saturday, November 27, 2004 9:00 A.m.

Gorham, Maine

PLACE	TIME	PACE	NAME NO.	AGE S
8	17:19	5:36	Devin Shaw 210	21 M
9	17:20	5:36	Floyd Lavery 1, 40-49 207	47 M
11	17:38	5:42	Tony Myatt 2, 15-19 239	18 M
17	18:53	6:06	Ryan Dyer 3, 15-19 202	16 M
28	20:27	6:36	Lloyd Slocum 1, 70+ 205	71 M
30	20:36	6:39	David Young 3, 50-59 282	52 M
32	20:39	6:40	Robbin Carlson 2, 30-39 206	33 F
39	21:00	6:47	Harry White 1, 60-69 230	62 M
41	21:06	6:49	John Keeley 185	53 M
42	21:16	6:52	Susan Wiemer 3, 30-39 190	39 F
47	21:32	6:57	Dr Phillip Pierce 255	63 M
48	22:03	7:07	Nancy Kneeland 1, 50-59 262	50 F
51	22:25	7:14	Dale Rines 215	52 M
56	22:48	7:22	Lisa Despres 3, 40-49 201	42 F
57	22:54	7:24	Jerry LeVasseur 320	67 M
58	22:56	7:24	Randelyn Brocher 233	19 F
61	23:27	7:34	John Howe 352	69 M
64	24:06	7:47	Betty Rines 214	47 F
70	24:45	8:00	Bob Branson 192	64 M
72	25:00	8:04	Mike Brooks 253	59 M
83	26:01	8:24	Cathy Burnie 283	56 F
84	26:03	8:25	Marla Keefe 218	51 F
97	28:11	9:06	Beth Branson 1, 60-69 191	63 F
121	30:31	9:51	Donna Bisbee 278	48 F
126	31:56	10:19	Karen Connolly 195	45 F
130	32:57	10:38	Sandy Utterstrom 2, 60-69 313	61 F
131	34:19	11:05	Eileen Hamilton 342	54 F
133	34:37	11:10	Pat Buckley 3, 60-69 235	67 F
134	34:38	11:11	Carlton Mendell 2, 70+ 209	83 M
137	35:07	11:20	Virginia Cross 58	61 F
138	35:08	11:20	Mitch Adams 298	11 M
141	39:08	12:38	Janice Bilodeau 1, 70+ 297	71 F
142	39:31	12:45	Mel Fineberg 178	69 M
156	43:07	13:55	Don Penta 299	58 M



Burn Off the Turkey Race Director, Don Cross

Maine Track Club Membership Application

If you would like to become a member or renew your current membership, you can register online at www.mainetrackclub.com or www.active.com, or return this completed form with a check to:

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

MEMBERSHIP TYPE & ANNUAL DUES

Membership is based on the calendar year, expiring on December 31st. Dues paid between September 30th and December 31st is good through December of the following year.

☐ New **or** ☐ Renewal

☐ Household/Individual \$25 **or** ☐ Student (age 18 or under) \$17

Do you want your newsletter by:

☐ E-Mail **or** ☐ Postal Mail

MEMBER INFORMATION

Last Name	First Name	Birthdate	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	
List other household members below (attach additional sheet if necessary):			
Last Name	First Name	Birthdate	M/F
Last Name	First Name	Birthdate	M/F
Last Name	First Name	Birthdate	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.

Signature	Date	Signature	Date
Signature	Date	Signature	Date

**Photo Clips from the
MTC Annual Pasta Dinner
and Election of Officers**





January / February Races

- January 1 WCRC Hangover Classic 10K/5K Salisbury, MA 11:00AM The Sands of Salisbury, 6 Driftway (Note: Optional Ocean Plunge.) Contact: Bob Manning, 1 Lorum Street, Newburyport, MA, 01950 978-462-1073 hangover@xenia.unh.edu
- January 2 Millennium Mile (MM6) Londonderry, NH 2:00PM Londonderry High School, 295 Mammoth Road (1 mile, downhill point-to-point road race) Contact: John Mortimer, 22B Harry Brook Drive, Goffstown, NH, USA, 03045 603-219-8855 mortimjo@bc.edu
- Merrimack River 5K Andover, MA 9:00AM Parking lot of the Wyndham Hotel, River Road (Snowshoe race (XC if no snow).) Contact: Dave Dunham, 108 Ferry RD, Bradford, MA, USA, 01835 978-373-9118 dave.dunham@verizon.net
- January 7- 9 (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 or e-mail carl.j.wallin@dartmouth.eoc. Some MTC are going over and back on Friday you might be able to share a ride? Check with DavidColbyYoung@aol.com if you want to join one of the carpools.
- January 8 The Fraternal Snowshoe Union Meet. Hosmer Field, Rumford, Maine, Le Paresseaux, Rumford Contact: 369-9703 or Paul Jones 562-7172. e-mail paj2@megalink.net
- 2005 Fudgcicle 5k Series (Hosted by Greater Lowell Road Runners) Tewksbury, MA 8:00AM Tewksbury Memorial High School, Tewksbury Ma, Pleasant St. (No frills road race come ready to run) This event is the 1st part of a weekly 7 part series. Contact: Bob & Sally Hansford, 18 Fountian St, Medford, MA, USA, 02155 781-391-6630 bhansford@earthlink.net
- January 15 2005 Fudgcicle 5k Series (Hosted by Greater Lowell Road Runners) Tewksbury, MA 8:00AM Tewksbury Memorial High School, Tewksbury Ma, Pleasant St. (No frills road race come ready to run) This event is the 2nd part of a weekly 7 part series. Contact: Bob & Sally Hansford, 18 Fountian St, Medford, MA, USA, 02155 781-391-6630 bhansford@earthlink.net
- The Thaw 25th Annual Belgrade, ME 9:30AM Belgrade Central School 158 Depot Road, 10 miles North of Augusta on Route 27, across from the Junctions of Rt 8, 11 & 27 (4.5 Mile event,) Contact: Erik A. Seastead, 1449 North Road, Mt Vernon, ME, United States, 04352 207-293-4660 erikseastead@hotmail.com

- January 16 Snowshoe Run, 2 Mile and Kid's .5 Mile, Black House, Ellsworth. 12 noon. Peter Keeney pktrldrt@midmaine.com pktrldrt@midmaine.com
- January 22 2005 Fudgcicle 5k Series (Hosted by Greater Lowell Road Runners) Tewksbury, MA 8:00AM Tewksbury Memorial High School, Tewksbury Ma, Pleasant St. (No frills road race come ready to run) This event is the 3rd part of a weekly 7 part series. Contact: Bob & Sally Hansford, 18 Fountian St, Medford, MA, USA, 02155 781-391-6630 bhansford@earthlink.net
- MTC Handicap Run, The Bungalow, Buxton (corner of Route 22 and Broadturn Rd.), 8 a.m. Contact: Phil Meech 839-4946. (MTC Members only event)
- MTC Awards Banquet, Val Halla Banquet Center, Cumberland, 5 p.m. Please Contact: Cathy Burnie 829-5208. (Open to MTC Members & their guest.)
- January 23 Boston Prep 16 Miler - Limited to 600 entries Derry, NH 10:00AM West Running Brook School, RT 28 & West Running Brook Lane Contact: Dave Breeden, 7 Barkland Dr, Derry, NH, USA, 03038 603-432-6865 weluv2run@comcast.net
- January 29 2005 Fudgcicle 5k Series (Hosted by Greater Lowell Road Runners) Tewksbury, MA 8:00AM Tewksbury Memorial High School, Tewksbury Ma, Pleasant St. (No frills road race come ready to run) This event is the 4th part of a weekly 7 part series. Contact: Bob & Sally Hansford, 18 Fountian St, Medford, MA, USA, 02155 781-391-6630 bhansford@earthlink.net
- Massebesic 5K Snowshoe Race Auburn, NH 9:00AM Auburn Village School Parking Lot, 11 Eaton Road (Race 1 of NH Super Bowl Snowshoe Weekend) Contact: Richard Bolt, 7 Commerce Drive, Bedford, NH, USA, 03110 603-494-6947 r_boltski@yahoo.com
- January 30 Snowshoe Run, 4.5 Miler and Kid's .4 Mile, Schoodic 12 noon. Peter Keeney pktrldrt@midmaine.com pktrldrt@midmaine.com
- Sidehiller 4 Miler Snowshoe Race Sandwich, NH 11:00AM Sandwich Central School, 28 Squam Lake Road (Race 2 of NH Super Bowl Snowshoe Weekend) Contact: 1659 E, Madison Road 603-367-8676 snowshoe@whitemountainmilers.com
- February 5 2005 Fudgcicle 5k Series (Hosted by Greater Lowell Road Runners) Tewksbury, MA 8:00AM Tewksbury Memorial High School, Tewksbury Ma, Pleasant St. (No frills road race come ready to run) This event is the 5th part of a weekly 7 part series. Contact: Bob & Sally Hansford, 18 Fountian St, Medford, MA, USA, 02155 781-391-6630 bhansford@earthlink.net

January / February and Beyond Race Schedule

- February 6 12th Annual Newburyport Rotary Frigid Fiver
Newburyport, MA 12:00NOON Bresnahan School,
333 High Street Contact: Geri Dorr, PO Box 548,
Newburyport, MA, USA, 01950 978-462-8251
TPI5496@aol.com
- Auburn Winter Fest. CMCC, Turner St., Auburn,
Maine. 12:00 noon Contact: George Fleury 782-
0556
- Maine Track Club's 24th Annual Mid-Winter 10
Mile Classic Cape Elizabeth, ME 9:45AM Cape
Elizabeth Middle School, 14 Scott Dyer Road
(Certified (ME03001RF) 10 Mile Course) Contact:
Don Penta, 183 Smith Road, Windham, ME, USA,
04062 207-892-4526 wndhmlaker@aol.com
- February 12 Snowshoe races at Biddeford, Maine HS Track,
Rochambeau Club Fun Day Races. 100, 200, 400
meter races at Le Club Rochambeau, 329 South St.,
Biddeford. Contact: 283-3833
- Winter Carnival at Belgrade, Maine call 495-2737
or 495-2400 (Snowshoe races) TBA
- 14th Bradford Valentine Race Bradford, MA
10:00AM 1st Church of Christ - Bradford
Common, 10 Church Street Contact: John Burke,
12 Piper Glen Lane, Haverhill, MA, USA, 01832
timers@verizon.net
- 2005 Fudgcicle 5k Series (Hosted by Greater
Lowell Road Runners) Tewksbury, MA 8:00AM
Tewksbury Memorial High School, Tewksbury
Ma, Pleasant St. (No frills road race come ready
to run) This event is the 6th part of a weekly 7 part
series. Contact: Bob & Sally Hansford, 18 Fountian
St, Medford, MA, USA, 02155 781-391-6630
bhansford@earthlink.net
- February 13 Snowshoe Run, 2.2 Miler and Kid's .4 Mile, Great
Pond. 12 noon. Peter Keeney pktrldrt@midmaine.
com pktrldrt@midmaine.com
- March 1 Registration by lottery for Mtn Washington Road
race starts in March. Race is held in June. See
<http://www.gsr.com/mwrr/presignup.htm>
- March 13 Kerryman's Pub Road Race (4 miles) and Mary's
Walk, Thornton Academy, Saco, noon. Contact:
info@maryswalk.org 1-866-627-2411.
- March 26 The Eastern States 20 Mile Kittery, Maine, ME
11:00AM Traip Academy, Williams Ave Contact:
Don Allison, P.O. Box 890238, Weymouth, MA,
USA, 02189 781-340-0616 don-allison@comcast.
net

Happy Birthday MTC Members...



January 2005

- 1: Ken Dolley
- 2: Wayne Hapgood
Chuck Radis
- 3: Priscilla Jolicoeur
- 4: Jereck Blair
- 5: Kitty Kelley
Dale Lincoln
- 6: Loren Lathrop
- 7: Carol Grant
Rusty Vallee
- 9: Kevin Robinson, Sr.
- 11: Patricia Middleton
- 12: Michael Greene
- 13: Rex Rhoades
- 14: Robert Connolly
Paul Tukey
- 15: Russell Boisvert
Don Conry
- 16: Lee Farrington
- 17: Morgan Carlson
Donna Dyer
Hazel Wightman
- 19: Rob Boudewijn
Donnie Foshay
William Jarvey
Sarah Sturges
- 21: Douglas Couper
Nate Rines
Ray Shevenell
- 22: Winona Hapgood
Gina Harmon
Kate Keough
- 23: Steve McLaughlin
- 24: Sarah Cotton
Thomas Mundhenk
Pete Peters
- 26: Richard Bryant
Jim Dunn
Barbara Hintze
Neil Martin
Gerard Salvo
- 27: William Rice
Bob Whitney
- 28: Seth McKenney
John Watson
- 30: Bob Boothe
Alexandra Davis
Julie Williams
- 31: Martha Deprez

February 2005

- 1: Jim Harmon
Patrick McKenney
Betty Rines
- 3: Konnie Akune
- 5: Nathan Couper
Charles Garber
- 6: Beth McCallum
John Woods
- 8: Roberta Bass
Diane Daley
Terry Young
- 9: Judy Reilly
- 12: Karina Boothe
Melissa Gagnier
Bill Hansen
Kenneth Spirer
- 13: Denise Locke
Robert Perkins
- 15: Thom Courtney
Paula Jean Lunt
Howard Spear
- 16: Ryan Dube
- 17: Robert Jolicoeur
- 18: Bob McArthur
- 19: Stephanie Atkinson
Jessica Colamaria
George Goodwin
Michael Tracy
- 20: Valerie Abradi
- 21: Elissa Charbonneau
- 22: John Howe
Elise Moody-Roberts
Stanis Moody-Roberts
- 23: Matt Flynn
Charles Iselborn
Carol Weeks
- 25: Karen Connolly
Tom Peterson
- 26: James Corbett
- 28: Robert Ayotte
Peter Brandes
Nancy Hewett

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



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Maine Track Club Meetings / Events

MTC Banquet and Awards

January 22, 2005
Val Halla Golf Course
Cumberland
5 p.m.

MTC Handicap Run

January 22, 2005
The Bungalow, Buxton (corner of Route 22 and Broadturn Rd.), 8 a.m. Contact: Phil Meech 839-4946. (MTC Members only event)



Maine Track Club's 24th Annual

Mid-Winter 10-Mile Classic



Sunday, February 6, 2005
9:45 A.M.

Contact: Don Penta 207-892-4526
wndhmlaker@aol.com



Certification # ME03001RF