

Run with a friend ...

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

March / April 2003

## Mickey, Minnie, Buzz and an Unexpected PR

By Mark Grandonico

It was only fitting that there was a blinding snow that engulfed our Explorer as we headed south on the turnpike towards Manchester. Driving at a crawl, I was comforted knowing that if our plane got off the ground on time, in a few short hours we would be basking the Florida sun. It was Wednesday and we were heading to the tourist Mecca of Wally World – aka Disney World.

The 10<sup>th</sup> Anniversary running of the Walt Disney World Marathon and Half Marathon was Sunday, January 12th. First of all, for those of you who have trained and ran a marathon right after the holidays, I salute you, not an easy endeavor by any means. Our plan was simple, this was also a family vacation. Sherry, I, and our daughter Kristen would meet up with my brother, his wife and two kids in Orlando. We had rented a house just outside the park and were making a week long vacation out of it. The thought was to get there 4 days before the race for a little warm weather acclimatization. That turned out not to be necessary, it was a chilly week.

Race morning, the alarm clock summoned us at the ungodly hour of 3:30. The race started at 6:00 and the organizers wanted the runners in the corrals by 5:00. Matt and I were doing the Marathon, Sherry and Liz were running the half. We parked our rental in the Epcot lot and joined the chilled masses heading for the starting lines. Our race plan was simple, have fun with this one. We both vowed to run a 10 min mile pace and be healthy enough after the race to enjoy the three remaining days of our vacation. We said goodbye to Sherry and Liz as they headed off to the half marathon starting corrals and we headed to the marathon corrals. For some unknown reason, we indicated a 3:30 finish on our race application so we found ourselves in Corral A. Probably wishful thinking, Matt's best 26.2 was a 3:47 and mine was 4:12. In any case, it was a unique site looking behind us and seeing 25,000ish runners. It was cold, lower 40s, as we finally saw the bus with Mickey and Donald drive by to start the race. After a countdown of fireworks, we were on our way. 20,000 marathoners and 6,000 half marathoners into the Florida darkness.

*See MICKEY on Page 4*

## TEN BELOW; LET'S GO!

By Pat Buckley

On January 15, some MTC members had a chance to meet head-on some very frigid temperatures at the traditional banquet morning 5K Handicap Race. The premise of this race is submitting beforehand an estimated 5K finish time which will be matched later with your actual finish time, and the person with the closest time match is the winner of the race. So listen up you back of the packers, you could submit a 40.31 estimated 5K time, and if you finish in 40.30 you probably WIN.

On race morning, the temperature having nose-dived to about 10-below zero, 12 road-crazies and crew gathered at "The Bungalow" in Scarborough to take it on. Phil and Diane Meech had prepared a feast of bagels, doughnuts, coffee, etc. Coffee....wouldn't it be nice to just — but no, Phil says it's time to get started. The racers have to hand over their watches while they run — can't self-adjust the results of this event!

So outside we go, adjusting scarves over faces, hopping up and down,

*See COLD on Page 5*

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# Maine Track Club Officers & Committee Chairs



## MTC Officers

Phil Meech, PRESIDENT.....	839-4946
Mike Brooks, VICE PRESIDENT.....	783-3414
Mel Fineberg, PAST PRESIDENT.....	774-8868
Carlton Mendell, TREASURER.....	797-7806
Cathy Burnie, SECRETARY.....	829-5208
Sue Slocum, MEMBERSHIP.....	799-5781
Brian Houston, RACE COMMITTEE.....	
Mark Grandonico, AT-LARGE.....	
John Martis, AT-LARGE.....	783-3414
Jason Hill, AT-LARGE.....	632-0931
Chuck Burnie, EQUIPMENT.....	829-5208
Don Penta, STATISTICIAN.....	892-4526
Mike Doyle, CLOTHING.....	
Colleen Redmond, CLOTHING.....	
VACANT, NEWSLETTER.....	
Bethany Hanley, PROMOTION.....	829-4568
Bob Aube, WEBMASTER.....	829-5079

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The newsletter is published **bi-monthly**.  
The **DEADLINE** for submitting articles and material to the newsletter is the **15th of the month prior to the next publication**.  
(e.g. if the next publication is March/April, the deadline is February 15th)

## Presidents Corner

First of all, I want to say that it is a pleasure and an honor to serve the Maine Track Club as President for 2003. Along with our newly selected, and very capable, board of directors, we are already rolling our sleeves up and getting busy. There is a lot to do.

The racing season started off with a bang. Due to a late breaking and nasty snowstorm, our race directors of the Mid-Winter Classic 10 Miler made a wise choice to postpone the race until March 2, 2003. Three or four hundred runners competing against the town snowplows would have been an accident waiting to happen.

This year we will be taking a hard look at our membership with the RRCA. Among other benefits, we derive our liability insurance through the Road Runners Club of America. Lately, the RRCA has had some serious financial problems. This has adversely affected our membership rates as well as the benefits we have historically enjoyed. Other running clubs have been looking to alternative sources such as the newly founded American Association of Running Clubs (the AARC). The Maine Track Club will carefully examine our alternatives and keep the members updated with our findings.

This winter has been awfully tough on runners this year. It makes for a lot of hard work this spring to get ready for a busy race schedule. Hopefully, this will include a resurrection of the Women's Distance 5K to be held in September. Please enjoy these races. But as always, remember to do your part by volunteering. Without volunteers, none of these races would ever happen. So, be a good sport and volunteer.

Have a safe and enjoyable 2003. I look forward to meeting all of you on the road.

- Phil Meech



# MTC Race Schedule 2003

Mid-Winter 10-Mile Classic, Cape Elizabeth, Mar. 2  
 Irish Road Rover 5K, Portland, Mar. 9  
 Patriots Day 5-Miler, Portland, April 21  
 Make A Wish Walk For Wishes & Dash For Dreams 5K,  
 Portland, May 3  
 Portland Sea Dogs Mother's Day 5K, Portland, May 11  
 YMCA Back Bay 5K, Portland, May 23  
 Pat's Pizza Clam Festival Classic, Yarmouth, July 19  
 Peaks Island Road Race, Peaks Island, July 26  
 St. Peter's Road Race, Portland, Aug. 8  
 Breakaway 5K, Old Orchard Beach, Aug. 16  
 Maine Running Hall of Fame 5K, Portland, Aug. 29  
 Women's Distance Festival 5K, Portland, Sept. 14  
 Sportshoe Center Maine Marathon Portland, Oct. 5  
 MTC 50-Miler & 50K, Brunswick, Oct. 18  
 Physical Therapy 8K, Brunswick, Oct. 19  
 Hannaford Turkey Trot 5K, Cape Elizabeth, Nov. 15

## Welcome New Members

John Avedian	No Yarmouth
John O'Brien	Portland
Michelle Durgin	Westbrook
Brian Houston	Portland
TJ & Patty Whitcomb	Cape Elizabeth
Olivia Chayer	York
Elwin Guthrie	Walpole
Patrick, Emily, Sean & Suzanne Connolly	Falmouth
Lyn Suggs	Cape Elizabeth
Leigh Primeau	Yarmouth
Steve & Adam McLaughlin	Marlborough, CT
Debra Gerry & Michael Thibeault	Alfred
Dr. Stephen Lauritsen	Saco
Russell, Tracy & Justin Oravec	Portland
Wayne, Winona & Lauren Hapgood	Kennebunk
Gene Marquis	Yarmouth
Edward & Elissa Charbonneau	Yarmouth
Chris Boynton	Portland
Doug Schiller	Rockport
Nathan & Heidi Graham	No Yarmouth
Marc Bouvier	So Portland
Robin & Ted McCarthy	Cape Elizabeth
Jeffrey Preble	Augusta
Dottie Michaud	Scarborough
Robert Randall	Springvale
Kristy Wagner	So Portland
Richard Bryant	Cape Elizabeth
Patty Kenney	Portland
Deb Riggins	Brunswick
Rita & Peter Duperry	Portland

## Wanted: By the Club

### Race Directors Needed

The Maine Track Club is looking for apprentice race directors to help organize one of several upcoming events. The races most in need of help are the Make-A-Wish 5K and the Breakaway 5K, but we would also welcome those who are interested in working on any other club event.

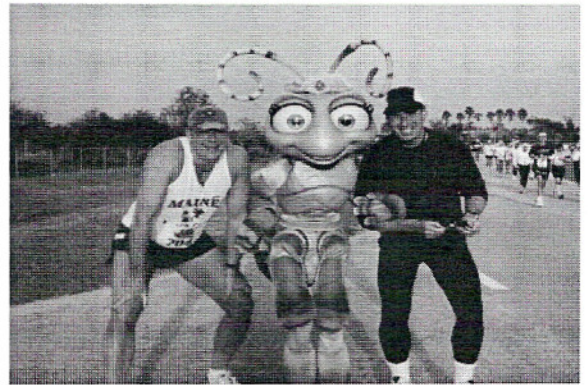
The apprentice race directors will work alongside an experienced race director to learn all the details about putting on a race, with the goal being to train new race directors who will eventually be able to take on an event by themselves. It should be noted, though, that many of the races on the MTC schedule are "managed events", which means the MTC shares the burden of putting on the race with an outside organization. In many cases, the primary responsibility of the MTC race director is to gather volunteers and to oversee race-day operations, so the job isn't always as daunting as it might sound. The three races mentioned above fall into this category.

If you're interested in learning how to direct a race, please contact race committee chairman Brian Houston at [rockskipper1@hotmail.com](mailto:rockskipper1@hotmail.com).



## MICKEY from Page 1

The race starts at Epcot, the marathoners just ahead of the half marathoners. The two groups converge at mile four. After a few loops around Epcot, we headed towards the Magic Kingdom (mile 11). The marathon route takes you through all four Disney theme parks. Turning on to Main St Disney and heading towards Cinderella's Castle was memorable. The sun was just coming up and it was inspiring to see the parade of runners streaming towards the castle. A high five from Buzz Lightyear and a thumbs up from Goofy sent us towards the next park, the Animal Kingdom. The half marathoners found mile 13.1 just outside of the Magic Kingdom. In the Animal Kingdom, several Disney Cast Members were on the corner with live animals from the zoo, a nice touch. After passing through the Animal Kingdom (mile 17) we



were now on our way to the MGM Studios. It was here that Matt mentioned that we were on an 8:45 minute per mile pace. 8:45! – hold the phone. Could I run my first sub 4 marathon? That certainly was not the plan but I was going for it. I stashed the camera in one of the pockets of my LD shorts. No more stops for Mickey, Donald or Princess Jasmine. Miles 18 – 22 had to be the worst, all highway outside the parks. My only criticism of the race would be about the actual time you spend running in the parks, which was very little. The majority of the race was on access roads and side roads, not much to look at. At mile 23 we entered MGM studios and rounded the Tower of Terror heading for the finish back at Epcot. A right on to the Boardwalk, a quick jaunt past several of the countries in the World Showcase, I finally saw the Epcot sphere where the finish line would be a welcome site. Around the last corner I saw the Finish and the clock. A sub-4 wouldn't happen today. 56 seconds faster and it would have been! I remember swearing at myself for taking that picture with Pluto back in the Animal Kingdom. I still shaved 12 minutes off my marathon time for a major PR, I'll take it.

We were donned with our first set of gold Mickey medals and headed to the finish area to find Sherry and Liz waiting with their Donald Duck medals. They had had a great race also.

The Marathon winner was Adriano Bastos, finishing at 2:18:33. The first female was Bea Marie Altieri who ran a 2:53:10. Maine's own Christine Snow-Reaser was 2nd with a 2:58:59 run. The winner of the half marathon was Ronnie Holassie finishing at 1:07:45. Julie Peterson of Massachusetts was the first female at 1:21:05. Bob Winn of Ogunquit took 2<sup>nd</sup> place in the half with an impressive 1:10:23.

All in all it was a great race, well organized and managed. Put it on your list!

Other Maine Racers:

### Marathon

59	SNOW-REASER	CHRISTINE	37	F	ME	2:59:01	2:58:59	6:49.9
92	MCDONALD	CHRIS	39	M	ME	3:04:18	3:03:34	7:02.1
218	WOLD	LARRY	43	M	ME	3:17:15	3:17:00	7:31.7
952	GAGNON	TOM	28	M	ME	3:46:38	3:44:57	8:39.0
953	MARQUIS	ERIN	27	F	ME	3:46:38	3:44:58	8:39.0
1399	HIGGINS	CHRIS	34	M	ME	3:58:13	3:56:23	9:05.5
1582	GRANDONICO	MARK	43	M	ME	4:01:54	4:00:56	9:14.0
1995	MATHESON	MICHAEL	35	M	ME	4:11:50	4:06:07	9:36.7
2371	PELTON	RONALD	49	M	ME	4:20:39	4:18:38	9:56.9
3830	BROOKS	MICHAEL	57	M	ME	4:47:42	4:44:12	10:58.8
4086	DONEY	BRETT	42	M	ME	4:52:04	4:44:20	11:08.8
5904	O'HARE	SEAN	35	M	ME	5:27:15	5:22:22	12:29.4
7521	LATHROP	SHELLEY	26	F	ME	6:08:07	5:55:05	14:03.0
7523	LATHROP	LOREN	54	M	ME	6:08:08	5:55:05	14:03.0
8447	WHITE	ANNE	48	F	ME	6:41:33	6:33:20	15:19.6

### Half Marathon

2	WINN	ROBERT	44	M	ME	1:10:25	1:10:23	5:22.5
49	MIXON	JOHN	50	M	ME	1:28:44	1:28:40	6:46.4
125	GAUDREAU	LAURIE	33	F	ME	1:35:30	1:32:31	7:17.3
228	KELLY	STUART	18	M	ME	1:43:14	1:39:59	7:52.8
357	PAYNE	BOB	64	M	ME	1:49:38	1:49:32	8:22.1
1674	ROBERTS	LYNDA	28	F	ME	2:20:25	2:18:14	10:43.1
1849	GRANDONICO	SHERRY	49	F	ME	2:23:37	2:22:32	10:57.8
1895	FAIRCLOTH	AMY	42	F	ME	2:24:24	2:22:31	11:01.4
3442	KELLY	AFTON	19	F	ME	2:57:04	2:53:29	13:30.9



breathing out large steam clouds. Phil gives course directions but I'm so intent on my hopping that I miss them. The person next to me says it's just hook a right in half a mile, a mile or so out to the orange cone and double back. Good. I only want to concentrate on putting one foot in front of the other — and the coffee.

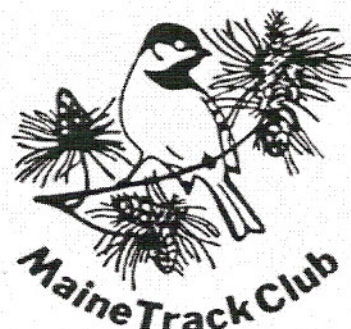
The signal to start. I hear some nervous laughter, including my own. The start is uphill, of course, and once that's over with I see a sunny section ahead. Go for it! (Would never say that in a July race.) A little inner warming trend starts.

Just keep moving those heavy legs. Whoops, starting to fall....have to watch footing all the way for the glare ice lurking just beneath the scattering of fresh snow. Then toward me come the front-runners who've done their turn around the cone. Instead of hi's and good job!, the greetings sound more like grunts. Once I finally double-back at the cone, the back of the pack is revealed to be the predictable: myself, Mel and Julius. Gee, the 3 of us get that much longer to be to be out in the cold. Julius is consistent of pace and good cheer. Mel had said at the outset that he might drop out along the way, but now at the cone he's at a point of no return except official.



Name	Guess	Time	Dif.	Rank
Mike Brooks	28:00	27:56	0:04	1
David Young	21:30	21:54	0:24	2
Loren Lathrop	23:18	23:51	0:33	3
Cathy Burnie	27:00	27:54	0:54	4
Joe Wagnis	20:00	21:23	1:23	5
Dennis Morrill	31:30	33:09	1:39	6
Carlton Mendell	32:30	35:12	2:42	7
Pat Buckley	35:58	40:03	4:05	8
Susan Slocum	29:00	34:06	5:06	9
Lloyd Slocum	29:00	34:06	5:06	10
Mel Fineberg	38:00	44:01	6:01	11
Julius Marzul	55:00	48:28	6:32	12

On the double-back I begin to know for the very first time in 35 years of running the meaning of "screaming muscles," and it was evident I should have added 7 or 8 minutes to my estimated time. I suddenly hear the cheers of the finish line crew around a corner. Wow, they are actually still there, not having abandoned the finish to a lone clock and line in the road. I cross the line and resume hopping. We wait for Mel and Julius to finish and all finally go back into the warm Bungalow. I redeem my watch and head for the coffee. Overall results are below.





## **Mt. Washington Road Race**

Granite State Race Services will begin accepting entries March 1 for the Mt. Washington Road Race, to be held Saturday, June 21. A lottery will be held among all entries received by March 15. Visit [www.gsrs.com](http://www.gsrs.com) for an entry form or more information.

As usual, the MTC will have a drawing to allot the club's 10 slots for this race among MTC members who enter the lottery but are rejected. You must have entered the lottery and be an MTC member to be eligible for the drawing, unless fewer than 10 people apply, in which case the remaining slots will be opened up to all club members.

Also, we need to supply at least 10 volunteers in order to fulfill our obligation to the race organizers, so if you'd like to help out, please contact Phil Meech at [pmeech@pivot.net](mailto:pmeech@pivot.net) or 839-4946. For purposes of end-of-the-year volunteer awards, this race will count as an MTC event.

## **Apprentice Race Directors Needed**

The Maine Track Club is looking for apprentice race directors to help organize one of several upcoming events. The races most in need of help are the Make-A-Wish 5K and the Breakaway 5K, but we would also welcome those who are interested in working on any other club event.

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## **Membership Meeting**

There will be a MTC Membership Meeting at 6:30 PM on Wednesday, March 19 at SMTC. The meeting will be held in Jewett Auditorium in the Jewett Building. Directions are at end of Broadway, take a right turn onto Pickett. Then a left on Fort Road. The Jewett Building is the second building on the left. Parking can be in the lot across from the Jewett Building or behind it. Parking is also available in the big lot to the right at the corner of Broadway and Pickett.

## **John Fyalka Memorial Scholarship Recipient**

Brandon Ryder is from Veazie, ME and graduated from John Bapst in 2002 and attends USM at Orono. In high school he ran cross country, indoor and outdoor track. In his senior year he also ran some road races, including the Great Pumpkin 10k and the Maine Marathon. He made a round trip from and back to Orono the night of the banquet to accept his scholarship in person. Congratulations, Brandon!

## **Habitat for Humanity Walk/Run**

A 5-mile walk/run to benefit Habitat for Humanity will be held Saturday, April 12, beginning from St. Mary's Church on Route 88 in Falmouth. Participants in the walk/run are asked to raise at least \$20 in pledges. A free breakfast will be served from 7-9 a.m. (donations are welcome), and the walk/run starts at 7:30. Proceeds will be used to help build a home in Falmouth. For pledge sheets or more information, contact Habitat for Humanity at 772-2151 or [hfhgp@zwi.net](mailto:hfhgp@zwi.net), or Jennifer A. Gregg at 781-2665 or [jgregg@maine.rr.com](mailto:jgregg@maine.rr.com).

## **Sportshoe Center Maine Marathon Update**

Planning is well under way for the 12th annual Sportshoe Center Maine Marathon to be held Sunday, Oct. 5. In an effort to ease traffic problems for the three churches on Route 88, the starting time has been changed from 8 a.m. to 7:45, but the course remains the same as the past two years. The other significant change this year is that the relay will be limited to 50 teams.

As usual, we're looking for people interested in serving on the race committee to help organize the race. This year, we're in need of a volunteer to work with our current water stop coordinator, Jack Nichols, who may need to relinquish his duties in September due to law school. Jack is looking to train a replacement who would be ready to take over final preparations for this year's race, as well as oversee the water stops on race day.

If you're interested in this position, please contact Howard Spear at [racedirector@mainemarathon.com](mailto:racedirector@mainemarathon.com) or 856-6496. You can also contact Howard for an entry form, or visit [www.mainemarathon.com](http://www.mainemarathon.com) to download an entry form or register online.

Co-Race Directors

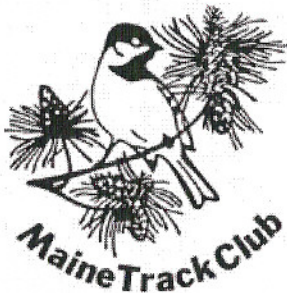
Howard Spear & Bob Aube



## MAINE TRACK CLUB MEMBERSHIP RENEWAL FORM

Please check the label on your Newsletter for your membership expiration date. If 12-02, to renew your membership, fill out this form and return it, along with your check payable to **The Maine Track Club**.

*Thank You for your support  
of the MTC.*



### 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 volunteering 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

## 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.

\_\_\_\_\_  
Last Name First Name

\_\_\_\_\_  
Male or Female Birthdate

\_\_\_\_\_  
Last Name First Name

\_\_\_\_\_  
Male or Female Birthdate

\_\_\_\_\_  
Last Name First Name

\_\_\_\_\_  
Male or Female Birthdate

\_\_\_\_\_  
P. O. Box / Street City

\_\_\_\_\_  
State Zip Code

\_\_\_\_\_  
Home Phone Business Phone

\_\_\_\_\_  
E-Mail Address

\_\_\_\_\_  
Occupation(s)

\_\_\_\_\_  
Employer

\_\_\_\_\_  
If Student, School

Mail with check to:  
**Maine Track Club**  
**P. O. Box 8008**  
**Portland, ME 04104**



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

Non-Profit  
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## Next Membership Meeting

*Saturday, March 19*

*6:30 pm*

*At SMTc's*

*Jewet Auditorium*

## Also Last Month

### MTC Board Meets

President Phil and Diane Meech graciously hosted a Board retreat at their home in Buxton on Saturday Feb 8th. Board members had the opportunity to welcome and meet newly elected Members-At-Large Mark Grandonico, John Martis, Jason Hill and Race Committee Chair, Brian Houston. The Board spent most of the morning re-examining every aspect of the club's operations. Discussion will continue at the next Board meeting regarding next year's budget. Some of the goals for the upcoming year include developing a written policy manual to pass along best practice and exploring the development of a more updated accounting system. The Board is very excited about working together over the next year to promote the mission of the MTC. We welcome any input from members and thank you for supporting the club!

- Cathy Burnie MTC Secretary

## Group Runs

The Maine Track Club includes all kinds of runners doing many different distances and paces...Whatever your pleasure may be (social, speed, long distance), we have a running/training group near you.

**Kennebunk** Every Thursday night year-round, rain or shine. Group size ranges from 7 to over 20. Pace ranges from 7's to 8-9's. Distance is up to 6.5 miles. Following the run, a trip to Federal Jack's Brew Pub in K'port for libations and dinner, and home by 9. Several of the group run Sunday mornings. Contact Steve Jacobsen (985-4107pm or 985-3244 days).

**Portland** The *Rat Pack* runs Sunday mornings at 7 am from Payson Park. Ron Deprez (722-4312) or Mike Reali (829-2014)

YMCA Noon Runs from the YMCA on Forest Ave. Contact Marla Keefe (775-9620) or Mike Pratico (874-1111)

**The Maine Front Runners**, a gay and lesbian running club, runs from the Back Cove across from Hannafords on Saturday at 9 am. Contact Jim Estes (761-2059).

**South Portland** South Portland Road Runners run Thursday nights at 5:30 pm from the high school. Contact Russ Bradley (799-3864) or Donna Moulton (799-2894).

**Biddeford - Saco** Anyone interested in weekly morning runs and weekend early afternoon runs, contact Guy Roy (284-8036).