



Run with a friend...

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

March / April 2005

## The Mid-Winter 10-Mile Dramatic

by R. Ian Parlin

On the morning of February 6th it was an unusually warm and sunny mid-winter day and after much deliberation I decided to wear shorts. Thankfully by race time the stiff morning breeze had died away and the conditions were perfect for introducing my shy winter legs to some much needed fresh air and sun. Leading up to this event there had been a great deal of speculation, performance predictions, boasting and betting as to what the outcome would be as the MTC Roasters Run crew prepared to race each other at this staple of Maine running. The most interesting and personally flattering came from Jim - a friend and training partner for the past year who was developing into my fiercest competitor - who predicted with a statisticians confidence that I had a 50% chance of beating him at the race while he had only a 20% chance of beating me. Dora, a delightful person and terrific runner who could perhaps best be described as the inverse of Jim, held the other 30%. With odds like that

See **MID-WINTER**, page 3

## President's Corner

By President Grandonico



It is only appropriate to officially introduce myself as your newly elected President. I spent 20 years in the Coast Guard and retired in 1998 as a Chief Health Services Technician. No longer did I have that nice military perk of free access to a gym.

My wife, Sherry, coaxed me into joining her in a trot around the boulevard one day. I recall wearing a pair of basketball high-tops because I didn't own a pair of running shoes at the time. I also remember hating it, she was always ten steps in front of me, and it wasn't fun. But as the days passed, and with my feet no longer in agony thanks to a good pair of Brooks Beasts, the unthinkable happened, I started enjoying it. Someone talked me into entering my first race (Bone Density Dash) in May of 1999 and that was my hook. 100 races and 12 Marathons later, I am still seeking that Holy Grail of continuous PR's and a Boston Qualifying Time. I live in Portland, am married, and have two children. Kristen, 12, is mostly into swimming but has run five 5K's and placed in most of them. Joe is an Army Ranger, presently on assignment in Iraq.

I became involved with the MTC after attending a Membership Meeting and then volunteering to help with a few races. I found that helping with the races was rewarding in itself and really enjoyed it. That's why I volunteered to co-manage the Dash for Dreams, YMCA Backbay 5K and the PT8K. That led to a Member-At-Large position on the Board, which led to VP, which has brought me to today.

On the 5th of February we held our 2nd annual Board Retreat. During this meeting we discussed the budget, supporting a new June race, equipment needs, a membership survey, and our races for 2005 to name a few. We approved the Track Coaching Sessions (starting 4/19 @ ELHS 18:00), a new Timer and another Newburyport Bus Trip to the Yankee Homecoming races. Sandy Walton and I will be representing the MTC at the RRCA convention in New Orleans in May. The

convention has a great agenda and some promising workshops on race management.

The item I would like to close with is the Membership Survey. I encourage you to complete the survey on page 27 in the News\*Run or on our website. The website survey is in a Word format; you can save it to your files and then email it back to me as an attachment.

See **PRESIDENT**, page 2

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*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, April 8, 2005*

## MTC Board of Directors for 2005



Photo by Pete Bottomley

*From left to right 1st Row: Phil Meech, Mark Grandonico, Ward Grossman  
2nd Row: Sandy Walton, Cathy Burnie, Lisa Despres, Hazel Wightman, David C.  
Young, Deb Lynch, Mike Brooks  
3rd Row: Bob Aube, Don Penta, Charles Scribner, Mike Doyle, (not present:  
Colleen Redmond)*

## PRESIDENT, continued from page 1

We Need Your Feedback! We accomplished quite a bit in 2004 by offering Track Coaching Sessions, the Roasters Run on Saturdays, and the Newburyport Homecoming Days 10 Miler Bus Trip. We would like to expand on those successes this year. This is your club. How can we serve you? Please take a minute to visit [www.mainetrackclub.com](http://www.mainetrackclub.com) and complete the survey. Feel free to email me at anytime: concerns, complaints, and kudos - please let me know grandm@maine.rr.com. I look forward to serving as your President.

Run Safe!

*Mark Grandonico*

MTC President



Photo by Ian Parlin

*Dora Rex, Emma Barclay, Andrew Baird, Jim Dunn*

## MID-WINTER, *continued from page 1*

I felt pretty good on race day, but I would learn soon enough that this was all part of Jim's clever plan to allow me to develop a false sense of security in my ability to turn out a better performance than him on race day. And this was just the beginning of what would turn out to be a race filled with complex physical and mental challenges.

My wife Emma - who has been my biggest running inspiration and role model and who can comprehensively thrash me when it comes to marathon running (although I can take her in a 5k) - planned to run this race as part of her Boston Marathon training. According to the training schedule she usually follows meticulously she was supposed to run 12 miles at marathon pace this Sunday. So after doing a bit of math I worked out that Emma's marathon pace should be a little slower than my 10-mile race pace. But as any seasoned racer knows, once you have pinned that number on and stepped up to the line you've just got to run your socks off. That's what racing is all about, that's what separates runners from regular people.

Knowing myself as well as I do, and a little bit about the course, I planned to set off with my usual too-fast-ness to get a lead on my training partners and then hope they couldn't catch up as I settled into an appropriate pace I could maintain over the distance. My first shock of the day came at about mile three when I heard a familiar voice just over my shoulder. It was Emma, and in an unsurprisingly comfortable voice she told me I was "looking good." Most racers have heard these words shouted by friends and family from within the crowds of well-rested spectators, and we all know that this is the biggest lie in running. Sure it was early in the race, but I was pushing it, I had people to beat and I know I didn't look good. As much as I enjoy the company of my speedy little wife I was annoyed. I was annoyed because she had chosen to run at my pace. She wasn't running with me because she was capable of pushing herself just as hard as I could, but because she could decide to run with me or without me, and she could decide to run with her back to me if she wanted to. For me there was no choice, it was do or die. So I asked Emma what she was doing and she told me she wanted to "run me in." Now to me, running someone in is usually done by a non-racer trying to help a racer keep up the pace over the last mile or so. While I understood what she was trying to do it didn't actually help me. Thankfully she was considerate enough to pace herself just behind me to allow me the illusion that I was beating her.

Right around mile four I heard a sound that I had been dreading, it was Jim's booming voice. Although I didn't turn to look it sounded like he was a few hundred yards behind me but what worried me was that he had enough reserve lung power to project his voice over a quarter mile while I was focusing on distributing oxygenated blood to my struggling legs. In the manner of a taunting child he shouted: "I-A-N... I'M RIGHT BEHIIIND YOU... AND I'M GAINING ON YOU." At this point I was averaging a pace that was better than I had expected to do and I didn't think I could give it any more but I tried to hold on to my lead. Over the next four miles I could hear Jim gradually closing in on me, all the while making casual conversation with other runners in a relaxed manner that ate away at my confidence.

At mile eight Jim surged past me in a burst of characteristic running tomfoolery that made me fear that he had complete control of the outcome of this race. He paused long enough to ask me how I was doing and I had all I could do to lie and tell him that I felt good. Jim must have realized that making conversation with me was going to be more work than the running and he gradually pulled away. Not far behind Jim was Dora who glided silently past me towards her real target. It wasn't long before Emma decided she wanted a piece of the action too and she slipped by without a word.

This is when we got to the toughest part of the race, a mile long hill up a straight wide road. I could see each of them ahead of me and just how much hill there was left to go. I knew that after the long uphill there was less than a quarter mile to the finish and that was downhill. I thought that if I could close in on them up the hill that I could take them all in a sprint finish. But like most hills this one was hard work and despite my best effort I wasn't gaining on any of them. By the time we crested the hill and made the turn into the school there was enough distance between us that I knew I couldn't catch up and the sprint just wasn't in me. Was it my legs or my head that was letting me down? The fact that I couldn't decide led me to believe it was the latter. I crossed the finish line less than 30 seconds behind Jim, less than 20 behind Emma. I may have picked off a few runners along this last stretch but these ones didn't matter. There was however, one important person that I beat, that was myself. Through all the mental stress and physical strain I managed to pull off my best performance over the 10-mile distance. I had achieved a new PR by more than a minute and a half. For that reason I felt justified in celebrating a victory with the rest of the Roasters runners and all the pain became worthwhile.

### Race Review:

**Course:** Seriously undulating. No killer hills but a challenging course.

**Aid:** 3 stations, water + Gatorade. Well staffed

**Organization:** Efficient

**Goodies:** Nice long sleeve t-shirt. Plenty of food + drink post race. Pizza and coffee!

**Prizes:** 5 year age divisions, Clydesdale + Filly. Nice plaques.

**Recommendation:** Plan to do this one next year!

See **RACE RESULTS AND PHOTOS**, page 12

## New MTC Members and Their Comments...

Mary Anderson of Lisbon  
Andrew Baird of Yarmouth  
Bob & Jayne Brainerd of Lewiston  
Al & Tammy Butler of Portland  
Dan Campbell of Auburn  
Mark Coughlin of Old Orchard Beach  
Yumi Dearth of Falmouth  
Meg Estabrook of Yarmouth  
Kaitlyn & Andrew Graham  
of North Yarmouth  
Amy Hall of Portland  
Kayley Johnson of Freeport  
Caleb Kenney of Portland  
Karen Kisco-Tucci of Gorham  
Mike, Pam, & Aaron Lively of Bath  
Lydia Mundhenk of Portland  
Theresa Patten of Scarborough  
Heather Sargent-Plante & Gary Plante  
of Lewiston  
Edward Reilly of Portland  
Steve & David Rollins of Bodoingham  
Robert, Andrea, Benjamin, & Lauren  
Sansonetti of Scarborough  
Charles & Paula Sawyer of Concord, NH  
Timmi, Rory, & Amber Sellers  
of Portland  
Daniel, Dylan, & Brandon Simpson  
of Standish  
Ayalew & Sintayeha Taye  
of Cape Elizabeth  
Bonnie Topham of Limerick  
Michelle Vincent of Westbrook

**Bonnie Topham** wrote, "I have just moved back to ME after being in MA for ten years. I usually run thirty to forty miles per week and do six to eight favorite races per year up to the half marathon distance. I am looking forward to finding some new friends to run with and to become involved in the club."

**Timmi Sellers** wrote, "We recently moved here from California and need help with cold-weather running!"

**Mary Anderson** wrote, "I have been running for twenty-four years and, at times, racing distances from 5K to fifty miles. I am joining the Maine Track Club to keep myself focused on my running now that my fitness center, Masters Activity Center, keeps me busy about fifteen hours per day."

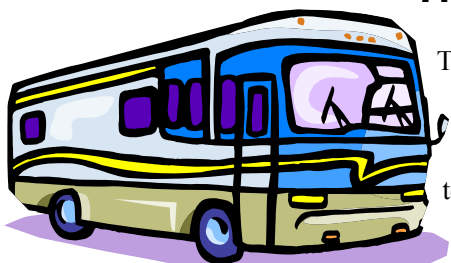
**Ron Chase** wrote, "I'd like to thank the Maine Track Club for honoring me as Most Improved Runner of 2004. Special thanks for providing the coaching sessions and to the coaches, Bob Brainerd and Danny Campbell, who made it possible."

**David Colby Young** wrote, "One big Thank You to Phil Meech and the Maine Track Club for the President's Award. Getting the Presidential Award was a high point for me at the banquet, although not the highest. Seeing the faces of my fellow MTC members standing for hours watching the slide show that I helped put together from photos I had taken and collected from MTC members was worth more than any award I could have been given. I am already starting to collect photos for next year's Awards Banquet."

## MTC Membership Status...

- ❖ **Membership Growth:** We welcome 41 new members in this issue. As of February 23 we have 677 members in 395 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. Help support this effort. A special thank you to our members who have helped bring in new members.
- ❖ **Address Change:** 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 MTC c/o Sandy Walton when you move.
- ❖ **Member E-Mail Addresses:** As of February 21 we have e-mail addresses for 349 of our 395 households for 88.3%. 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](mailto:swalton2@maine.rr.com).

## The Newburyport Yankee Homecoming Bus Trip



The Maine Track Club is again organizing a bus trip to the Newburyport Yankee Homecoming 5K & 10 miler scheduled for August 2nd. This is an evening race with the bus leaving South Portland at 4pm. Available seats are on a first come first served basis. Entry fee is \$18 for either race, plus \$2 for bus driver tip, and \$5 towards bus rental (club to pay difference). Bus fee for non-club members is \$10. To reserve your seat, e-mail Howard Spear at [racedirector@mainemarathon.com](mailto:racedirector@mainemarathon.com). Howard will then email an entry form for you to fill out and return to him. All are guaranteed a shirt.

## MTC Discounts and Clothing...

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 shoes

10% on apparel

### Coastal Athletics

84 Cove St., Portland

Call Ron Kelly 772-4530

Asics shoes exclusively

"Team Pricing" offered

### George & Phillips Inc.

Rt. 1 Kittery • 295 Water St., Exeter, NH

20% on shoes

### Lamey Wellehan

Auburn • Augusta on Water St. • Bangor Mid-Mall

Cook's Corner • Falmouth Shopping Ctr.

Maine Mall • Waterville

10% on running shoes

### Saucony Factory Outlet

83 Farm Rd., Bangor, 942-7644

10% on all non-clearance items

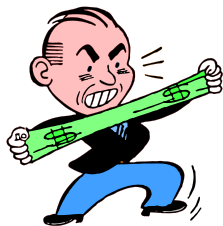
### Runner's Alley

104 Congress St., Portsmouth, NH 03801

603-430-1212 • [www.runnersalley.com](http://www.runnersalley.com)

10% on shoes

10% on apparel



## Where Do I get MTC Clothing?

MTC Clothing Available - see photos:

### New 100% Coolmax Singlet, \$15.00:

White with green screen printing on the front and back. Women's sizes S to XXL. Men's sizes M to XXL.

### White MTC Lighthouse T-Shirt, \$8.00:

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: call or e-mail Mike Doyle.

[mduoye@mainecul.org](mailto:mduoye@mainecul.org) or snail mail:

Mike Doyle

Maine Track Club

PO Box 8008

Portland, Maine 04104

## Timex Bodylink Speed and Distance System for Sale

Hazel Wightman would like to sell her Timex Speed and Distance System.

It includes the watch, the style with the soft blue band, the transceiver, and the data recorder with CD and connecting cable. \$150.00 or best offer.

Please Contact Hazel D. Wightman for the POC by e-mail [profzoomnfly@msn.com](mailto:profzoomnfly@msn.com)

SAVE \$10

On your next purchase of \$50 or more at any Sportshoe Center location!

SPORTSHOE CENTER

Valid thru: 04-05-08 Limit one coupon per customer. Not valid with any other promotion.

www.sportshoecenter.com

Photos by David C. Young

## Race Managers Needed

The 2005 race season has started with a bang with the Mid-Winter Classic 10-Miler. In order to continue to bring you great races like this, we need some help in a couple of areas.

In particular, we need a new Race Director for the MTC 50-Miler/50K that is held this year on October 15th. This is a wonderful event, sporting runners from all over the country. Presently, Ned Vadakin has managed this race but will be stepping down after this year. We are looking for one of our members to "shadow" Ned and learn the ropes of this race. This will give you a great opportunity to learn the craft of race management from someone who is really "in the know".

And, for those of you who enjoy the technical side of things, we need a few folks to help by learning how to process finish results.

These opportunities offer you a rewarding experience and the chance to help the club continue to put on high quality races. Please give this some consideration. If you are interested, contact Phil Meech (207-839-4946) or [pmeech@pivot.net](mailto:pmeech@pivot.net). Thank you.

## Caroline Sings

*By David Colby Young*

Caroline Ann Young will be touring Europe: from April 13 to 22 in Italy with a group of Windham High School students, and from May 23 to June 2 in Austria, northern Italy, and southern France with the USM Chamber Singers. If you would like to hear Caroline sing before she goes, she will be holding a concert at the United Methodist Church in Auburn on April 2, 2005 at 3:00 p.m. The concert will feature Caroline Young, Betty and David Colby Young (Yes, other Maine Track Club members) as well as Caroline's sister, Amy Elizabeth Young who is a World Games Special Olympian and former member of MTC. When Amy is not working as lunch cook at the Margaret Murphy Children's Center, she is either competing in a variety of Special Olympic events or volunteering for Meals On Wheels. She also finds time to be part owner of A&B Costume Shop in Auburn. So next Halloween when you need that costume for the Halloween race, Amy will be happy to fix you up.



## Help Wanted and Other Notices...

### Event Commissioner Needed: 2005 Maine Games Track and Field

The Maine Games is seeking a qualified commissioner to oversee the smooth preparation and operation of the 2005 Maine Games Track and Field. The 2005 Maine Games track and field event is scheduled for the last weekend in June and will be held in the Greater Portland Area. The ideal candidate will have experience in track and field, previous experience in holding a track and field meet, and have a working knowledge of all track and field events. This position could be a shared position between two people (track and field).

The 2005 Maine Games track and field meet is one of 13 other events scheduled to be held between March 26 and June 26. Athletes range in age between 4 and 80+ and come in all levels of ability. The Maine Games is an Olympic-style sports festival for all Mainers regardless of age or ability. In many of our events we see the top athletes in the state as well as some who may be experiencing a sport for the first time and many athletes in between. The spirit of the Maine Games is for participation in an event and all that goes into setting goals and working to achieve those goals.

This is a volunteer position and requires approximately 40 hours of work between March 1 and the end of the event.

Expenses will be paid by the Maine Games and the Maine Games Track and Field commissioner will receive Maine Games clothing and other items for their time. This is an extremely rewarding position and the ideal candidate will have strong organization skills as well as a good contact list of those involved in track and field within the state of Maine.

The Maine Games is a non-profit organization and a member of the National Congress of State Games.

For more information or to schedule an interview please contact the Maine Games Executive Director; Jeff Scully at the Maine Games office (207-284-2004) or by email at: [jeff@mainegames.org](mailto:jeff@mainegames.org). You can learn more about the Maine Games and the mission of this organization at their website: [www.mainegames.org](http://www.mainegames.org).

The search for a new Maine Games track and field commissioner will continue until the position is filled.



Photo by Don Penta

*Nancy Kneeland, volunteering at the Mid-Winter 10-Mile Classic finish line.*



## The Coin Rollers

by David C. Young

This group of MTC members started out as a running group, but now they also cash in on their efforts. We do not have any running photos of this weekly running group nor do we know when they meet but it looks like their eyes are in great shape. The pennies they are rolling came from money they found while they were out on their runs. The Coin Rolling Party, left to right: Maggie Soule, Mel Fineburg, Sandy Utterstrom, Dennis Morrill in background, Pat Buckley, Ray Hefflefinger, Susan Slocum, Lloyd Slocum, and Ruth Hefflefinger. Most often money found by this unnamed MTC running group has gone to the Bruce Roberts Fund.



## Promote your race

Race directors who would like to have a printable entry form or a link to the race Web site posted here can do so for a small fee. The cost for events not affiliated with MTC is \$25. Alternatively, for a \$60 fee, we'll include a copy of your entry form in our next club newsletter in addition to the Web site entry form/link. Races that choose this option must provide 400 copies of their entry form to our printer. Send your checks & one copy of the flyer to: Maine Track Club, PO Box 8008, Portland ME 04104, Attn: Treasurer/Adverting. Please include a memo that the check is for Web site advertising.

Calendar listings with no online entry form are provided for no charge.

NOTE: The Maine Track Club reserves the right not to promote races that conflict with MTC events.

Contact Bob Aube for more information, e-mail [bobaube@mainetrackclub.com](mailto:bobaube@mainetrackclub.com) or write: Bob Aube, PO Box 8008, Portland, Maine 04104

**OOPS!** We missed at least one person! On page 18 of the Jan/Feb issue

7th Peoples Beach to Beacon 10K  
Cape Elizabeth, ME, August 1st, 2004

Place/Name	Age	Town	Time	Pace
953 Connie McLellan	F53	Sinclair	46:53.4	7:33

## Corrections to the News\*Run

By David C. Young, editor of the News\*Run

We do make errors from time to time. All errors in the News\*Run belong to the editor.

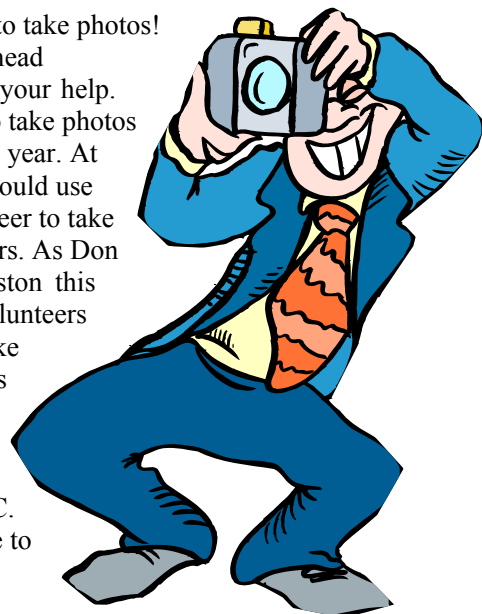
The goal of the News\*Run is to print the race results of only Maine Track Club members. If you joined the MTC and are racing in-state and do not see your name in the results of races printed in the News\*Run, please let us know. We are working on ways to rule out human error, but there is PC error as well. Computer error may take a little longer to rule out. Error reports should be sent to David C. Young via e-mail [DavidColbyYoung@aol.com](mailto:DavidColbyYoung@aol.com).

Some ways to increase your the likelihood of getting both your name and photo in the News\*Run:

- 1) Wear your MTC Singlet in all races.
- 2) Wear your bib # where it can be seen, if you cover it up it is difficult to ID the photos.
- 3) Get to know the people taking the photos (i.e. Don Penta, David Young and a few others).
- 4) Report the problem of not getting your photo put in the News\*Run; we want to hear from you.
- 5) Run in MTC race where we have people taking photos.

## More MTC Photographers Wanted

We need Volunteers to take photos! Don Penta, MTC's head Photographer, needs your help. Don will be unable to take photos at all of our races this year. At our larger races, we could use more than one volunteer to take photos of our members. As Don Penta will be in Boston this Patriot's Day, two volunteers will be needed to take photos at our Patriot's Day 5-Miler Race in Portland on April 18th. Please contact Don Penta or David C. Young if you are able to help.





## The Jingle Bell Fun Run

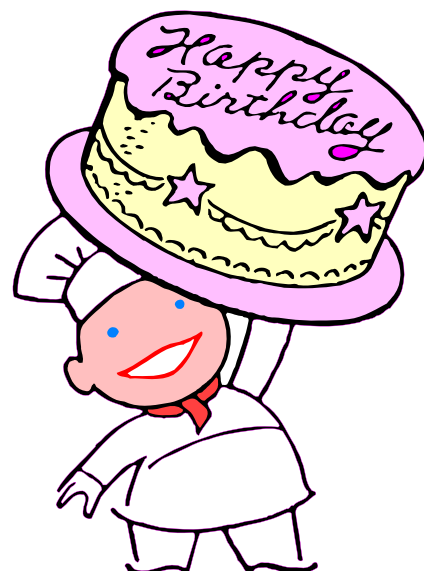
*Left to right: RJ Harper, unidentified, Mike Brooks, Pat Buckley, Ray Hefflefinger, Carlton Mendell, Terri Morris, and unidentified.*

## Dearth Races Under the Earth

We learn from John Rolfe's column that MTC member and Portland Fire Department paramedic, Ron Dearth, raced under the earth when he embarked upon the Grottenmarathon in Valkenburg, the Netherlands three weeks ago. "Grotte" is Dutch for cave, Dearth explains, and this marathon is run almost entirely underground - about 50 to 100 feet beneath the surface, he estimates. Dearth's time was a mid-pack 4:18:51. See John Rolfe column in the Maine Sunday Telegram issue 30 Jan 2005 for the full story on Ron Dearth.

Source:

<http://sports.maintoday.com/running/rolfe/050130colrun.shtml>



## HAPPY BIRTHDAY TO THESE MTC MEMBERS

### March 2005

- |                       |                       |
|-----------------------|-----------------------|
| 1: John Gale          | 18: Brady Foshay      |
| Katie Harris          | 19: Betsy Barrett     |
| Linda Iselborn        | Eric Ortman           |
| 2: Scott Heffernan    | Bill Vanderburg       |
| Mike Reali            | 20: Brooke Pinkerton  |
| 3: Mel Uchenick       | 21: Mary Brandes      |
| 4: Matthew Mills      | Colin Swan            |
| Levi Walton           | 22: Lauri Dugas       |
| 5: Allison Cary       | 23: Elliot Swan       |
| Mark Coughlin         | 24: Peter Grosso      |
| 7: Judy Cotton        | 25: Janice Bilodeau   |
| 9: Brent Cary         | Sarah MacColl         |
| Michael Pratico       | 26: Robert Randall    |
| 10: Rory Sellers      | 27: Ellianna Boothe   |
| Jim Steinmark         | Brian Rex             |
| 12: Don Foshay        | Richard Robinov       |
| 13: Lawrence DeHof    | Pamela Swan           |
| Joseph McMorrow       | Joan Tremberth        |
| 14: Alison Macmillan  | 28: Sherry Carl       |
| Dennis Smith          | Tom O'Connor          |
| 15: Marge Aube        | Ronald Read           |
| Don Cross             | 29: Walter Bull       |
| 16: Arabella Eldredge | Ryan Dyer             |
| John Rogers           | 30: Catherine Saltz   |
| Lloyd Slocum          | 31: Ruth Hefflefinger |

### April 2005

- |                      |                          |
|----------------------|--------------------------|
| 2: Pamela Kinner     | Caleb Kenney             |
| Kathleen Reid        | 18: Richard Bouthillette |
| 3: Ross Bonney       | 20: Robin Carlson        |
| Eileen Brandes       | Kristy Johnson           |
| Dora Rex             | Phil Meech               |
| Mike Younkman        | Phillips Sargent         |
| 6: Jeff Rand         | 21: Emily Crowe          |
| Carlene Sproul       | 22: Chuck Burnie         |
| 7: Charles Scribner  | Conor Hankinson          |
| 8: Janice Drinan     | Floyd Lavery             |
| 10: Margaret Hazlett | 24: Virginia Cross       |
| James Trytek         | Jay Hewett               |
| 11: Maureen Sproul   | Allyson Koenig           |
| 12: Al Mack          | 25: Debra Hapgood        |
| 13: Erin Fuller      | Spencer Hapgood          |
| David Kuchta         | 26: Linda Hunt           |
| Diane Meech          | Pam Reynolds             |
| 14: Meredith Finn    | 27: Jerilyn Holcombe     |
| Audrey Himelhoch     | 28: Meg Estabrook        |
| Pat LaNigra          | Rachel Landry            |
| 15: Beth Branson     | 29: Skip Kessler         |
| Georgia Vallee       |                          |
| 16: Theresa Mercer   |                          |
| 17: Cynthia Aiken    |                          |
| Larry Dyer           |                          |

# The HURT 100 - A Technically Difficult Race

January 15 - 16, 2005

By Phil Pierce

The HURT 100 is probably the most technically difficult race of the thirty six 100-mile trail races now available to run. The course is located in volcanic mountains just outside of Honolulu, in an area known as Tantalus Drive. The trail system there is clearly marked, but the footing is difficult and at times treacherous, particularly when it is raining. The course consists of roots, rocks, and mud, with very little soil. All of Hawaii is volcano, and if measured from its base below the water line, it is actually higher than Mount Everest.

The course is set up like the Barkley Marathon in Tennessee, with a 20-mile loop repeated five times. There are three aid stations, approximately seven miles apart. There is an elevation gain of 24,600 feet, slightly more than the Angeles Crest, and an elevation loss of 24,600 feet, slightly less than Western States. There are lots of rocks, similar to the Wasatch Front, and lots of roots, more than you would care to see. There is a 36-hour cutoff for the 100-mile race.

I trained on the course for about two weeks prior to the race, because of its technical difficulty, temperature (80 °F), and high humidity. I fell a couple of times, and the ground was very unforgiving. The rocks are much sharper than one might suspect, and a simple fall can lead to multiple lacerations, bruises, and broken bones. I quickly learned not to fall.

Race support is excellent, and you do not need a crew to do this race. Ninety-two of us started at 6 am on Saturday morning, January 15, 2005. I ran most of the 1st loop with Monica Scholz, a divorce lawyer from Toronto, Canada. She left me after loop 1 and wound up finishing 3rd overall. Monica is a world-class ultra runner and most men cannot stay with her. She has a very even pace and has finished this race all five years since its inception in 2001.

I was able to run loop 1 (5 hours, 29 minutes) and loop 2 (6 hours, 45 minutes) without difficulty and without falling. Some other runners had gone out much faster than I did. The leader for the 1st three loops was a youngster named Matthew Estes. He ran at a reckless, breakneck speed (loop 1 in 3:35; loop 2 in 4:10). As I was beginning loop 2, he was well on his way to finishing loop 2. Because parts of the course overlapped, we came face to face and he fell right in front of me, into rock, going full speed. He got right up and kept on going. I could not believe that he could continue. However, at the end of loop 3 he could go no further, only needing 2.3 more miles to finish and win the 100K options. He was more than two hours ahead of the 2nd place runner. He could not do it and dropped at sixty miles. Likewise, the 2nd place runner, Eric Clifton of New Jersey, dropped at the same time at mile 47. But the difficult running had yet to begin - it was still daylight, and no rain had fallen.

Night fell as I entered loop 3 in good shape. Two-thirds of the way through loop 3, and on my favorite section of the course, it began to rain. I began falling because it was so slippery. The last time I fell, I fell off the course, hanging over a cliff with only my right foot wedged on the edge of the trail between two rocks. This truly frightened me, and I assessed the situation. People disappear on these trails and are never found. We are talking tropical jungle with drop-offs exceedingly 1,000 feet, straight down. With only two miles to go on this loop, all downhill, I walked it in and took the 100K option. I had taken 9 hours to complete loop 3 during the night and could not realistically finish the 100 miles in under 36 hours. I finished the 100K in 23:02, 20th out of fifty-two finishers. Seventeen runners finished the 100 miles, approximately 20% of the field. I was pleased with my performance.

Next to the Hardrock 100 in Colorado, this is probably the toughest trail race in the United States. Only seasoned ultra runners attempt this course, and each year the finish rate is about 20% for the 100 miles. The overall winner was James Gifford of Washington State, who also won the Cascade Crest 100 last August; in which race I came in dead last. (But that is another story).

As I write this on January 28, exactly two weeks later, I still have yet to run a mile. My feet were badly beaten up and I totaled a brand new pair of New Balance 805s. But man, do I love to do these races! Hope to see you on the roads this summer.

Best Regards,  
*Phil Pierce*



Photo Courtesy of Phil Pierce

## Race Results and Photos...

### Tri-State Half Marathon Series Standings

(Only results of Maine runners given)

#### Women

Name	Age	Town	Hyannis/Big Lake/Maine/Total
Robin Schulte	48	Portland	20 17 20 57
*Alison Kisch	38	Portland	22 23 45
Hope Hall	34	Cumberland	22 44
*Deborah Moulton	44	So. Portland	21 20 41
Jeannie Weber	55	Lewiston	20 19 39
*Donna Beaulieu	41	Poland Spring	15 18 33
Kristen Sweeney	38	Eliot	14 17 31
Valerie Giguere	40	Wells	14 17 31
*Karen Connolly	45	Hollis	14 13 27
Karen Parks	32	Portland	10 15 25
Bronwen Berlekamp	31	Portland	10 13 23

#### Men

Name	Age	Town	Hyannis/Big Lake/Maine/Total
*Daniel Simpson	46	Standish	21 21 20 62
Gary Weber	58	Lewiston	20 20 19 59
*Mark Grandonico	45	Portland	19 19 17 55
Chris Hall	37	Cumberland	20 21 41
David Bates	45	Houlton	11 11 15 37
Jim Prosser	59	Portland	16 18 34
*Robert Connolly	49	Hollis	10 13 33
*Loren Lathrop	55	So. Portland	15 17 32
*Brett Doney	44	Oxford	13 16 29
Steve Robbins	43	Sanford	12 10 22
David Goodrich	47	Houlton	12 12

\* Maine Track Club members

### 2005 Hangover Classic

#### Salisbury Beach, MA January 1, 2005

11:00 A.M. Weather: 50 degrees

Maine Track Club Finishers:

#### 5K

Place/Name	Age	Div/Tot	Time	Pace
18 Robin Carlson	F33	3/33	20:03	6:26
40 Nancy Kneeland	F50	1/25	21:52	7:01
41 Mary Jane Ryan	F45	1/35	21:55	7:02
73 Maureen Sproul	F48	5/35	23:33	7:33
74 Timothy O'Connell	M32	12/26	23:44	7:37
84 Mallocm Washburn	M51	9/40	23:59	7:42

#### 10K

Place/Name	Age	Div/Tot	Time	Pace
11 Floyd Lavery	M47	4/98	35:18	5:41
43 Ellie Tucker	F50	1/19	39:18	6:20
65 Abby Iselborn	F15	1/2	40:57	6:36
66 Charles Iselborn	M47	27/98	40:58	6:36
02 Carol Weeks	F55	2/19	43:49	7:03
113 Vicki Bryant	F47	7/36	44:14	7:07
117 Willie Sproul	M49	48/98	44:43	7:12
128 David Colby Young	M52	18/68	45:15	7:17
140 Ronald Dearth	M49	54/98	45:37	7:21
142 John O'Donnell	M55	20/68	45:52	7:23
311 Paula Sawyer	F55	14/19	57:28	9:15
338 Yumi Dearth	F49	36/36	1:04:36	10:24



Robin Carlson

Floyd Lavery

Kristie McLaughlin

Photos by Ted Tyler

### 14th Bradford Valentine Race

#### Bradford, MA February 12, 2005

#### Team Open Results

2. Robin Carlson/Floyd Lavery 24:46 29:29 = 54:15

#### 5 Mile Results

Place/Name	Age	Town	Time	Pace
11 Floyd Lavery	47	Gorham	29:29	5:54
242 Carlton Mendell	83	Windham	1:02:54	12:35

#### 6 K Results

Place/Name	Age	Town	Time	Pace
13 Robin Carlson	33	3/30 Gorham	24:46	6:42
23 David-Colby Young	52	4/15 Danville	25:55	7:01
125 Kristie McLaughlin	13	2/5 OOB	36:57	9:59

### North Medford Club Camp Kaleva 5 Mile

#### Lancaster, MA December 19, 2004

(Results from www.northmedfordclub.org)

16 Bob Whitney 41:43

Bob Whitney reports his time was eleven minutes slower than the time he ran in 1985 when warm temperatures allowed

10 NEWS RUN March/April 2005

### Colonial Road Runners 24th Annual

#### Paddy Kelly Road Race

#### Brockton, MA Sunday, February 13, 2005

Place/Name	Age	Town	Time	Pace
279 Carlton Mendell	M83	Windham	1:00:35	12:07

## Race Results and Photos...

### 35th Dartmouth Relays, Leverone Field House, Dartmouth College, Hanover, NH January 9th, 2005

#### M65 800m Run

Name	Age	Team	Finals
1 LeVasseur, Jerry	M67	Brunswick, ME	3:04.37
-- Payne, Bob	M66	Raymond, ME	FS

#### M50 1500 m Run

Name	Age	Team	Finals
1 Clark, Richard	M50	Feeding Hills, MA	4:52.62
2 Dwyer, Wayne	M51	Reading, MA	4:58.12
3 Waterman, Dana	M50	Newport, NH	5:31.46
4 Young, David	M52	Danville, ME	5:37.33

#### M65 1500 m Run

Name	Age	Team	Finals
1 LeVasseur, Jerry	M67	Brunswick, ME	6:00.79
2 Payne, Bob	M66	Raymond, ME	7:10.32

#### M50 3000 m Run

Name	Age	Team	Finals
1 Waterman, Randy	M52	Sunapee, NH	10:30.88
2 Waterman, Dana	M50	Newport, NH	11:25.78
3 Young, David	M52	Danville, ME	12:23.87

#### M65 3000 m Run

Name	Age	Team	Finals
1 LeVasseur, Jerry	M67	Brunswick, ME	12:59.00

#### M50 5000 m Run

Name	Age	Team	Finals
1 Cheng, Pascal	M51	Burlington, VT	19:03.75
2 Young, David	M52	Danville, ME	22:33.59

#### M55 5000 m Run

Name	Age	Team	Finals
1 MacFarland, Gordo	M56	Burlington, VT	17:51.97
2 Reilly, Bill	M57	Brownfield, ME	18:22.23



Photos by David C. Young

### The Thaw 4.5-Miler Road Race, Belgrade, ME January 15th, 2005 Maine Track Club Finishers:

Place/Name	Sex	Age	Time	Pace
12 David Colby Young	M	52	32:33:00	7:14:00
17 Jeffrey Preble	M	51	34:11:00	7:35:47
36 Carlton Mendell	M	83	55:13:00	12:16:13
37 Heather Sargent-Plante	F	35	55:47:00	12:23:47
38 Lois Martin	F	54	55:48:00	12:24:00



Photo by David C. Young

Bill Reilly, Jerry LeVasseur, & Bob Payne



### Wild Katahdin Trust Snow Run, Houlton, ME February 5th, 2005 Maine Track Club Finisher:

Place/Name	Sex	Age	Time
27 Connie McLellan	F	54	22:38

## Race Results and Photos...



*Allison Kisch, Betty Rines, Bob & Beth Branson, Bob Coughlin, Polly Kenniston, Carol Blakeney-Watts, Charles Iselborn*

### Maine Track Club's 24th Annual Mid-Winter Ten Mile Classic, Cape Elizabeth, Maine February 6th, 2005

Maine Track Club Finishers:

Place/Name	Div	Town	Time	Pace
14 Andrew Baird	M2034	Yarmouth	1:00:02	6:01
17 Floyd Lavery 1,4549	M4549	Gorham	1:00:36	6:04
24 Bill Reilly 1,5559	M5559	Brownfield	1:03:05*	6:19
27 Hans Brandes	M4549	Falmouth	1:03:37	6:22
37 Chris Lyford	M3539	Scarborough	1:04:59	6:30
43 Mike Grant	M4549	Scarborough	1:05:53	6:36
46 Jim Toulouse	M5559	Cape Elizabeth	1:06:14	6:38
58 David Chamberlain	M4044	Falmouth	1:07:22	6:45
60 Ellie Tucker 4,ov'll	F5054	Yarmouth	1:07:44*	6:47
66 Dino Joannides	M5054	Round Pond	1:08:19	6:50
77 Jim Dunn	M3539	Falmouth	1:09:30	6:57
79 Dora Rex 1,4044	F4044	Gorham	1:09:35	6:58
81 Emma Barclay 1,30	F3034	Portland	1:09:39	6:58
83 R.J. Harper	M5559	Portland	1:09:42	6:59
86 Ian Parlin	M2029	Portland	1:09:58	7:00
92 Charles Iselborn	M4549	Portland	1:10:11	7:01
98 Carrie McCusker	F3539	Cape Elizabeth	1:10:34	7:04
101 Will Lund	M4549	Portland	1:11:01	7:07
104 Matt Flynn	M4044	Cape Elizabeth	1:11:10	7:07
105 Theresa Patten	F3539	Scarborough	1:11:10	7:07
110 Thomas Noonan	M3034	Steep Falls	1:11:32	7:10
121 Alison Kisch	F3539	Portland	1:12:13	7:14
128 Harry Nelson	M5054	No. Yarmouth	1:12:38	7:16
132 Rick Abradi	M4549	Lisbon	1:12:42	7:17
133 Bob Coughlin	M6569	Cape Elizabeth	1:12:46*	7:17
136 Robin Carlson	F3034	Gorham	1:13:12	7:20
160 John Rogers	M4549	Yarmouth	1:15:20	7:32
178 Harry White	M6064	Scarborough	1:16:56	7:42
183 Sarah MacColl 2,45	F4549	Cape Elizabeth	1:17:15	7:44
185 Peter Rearick	M5054	Hebron	1:17:20	7:44
190 Connie McLellan 3	F5054	Sinclair	1:17:35*	7:46
191 Phil Pierce	M6064	Falmouth	1:17:36	7:46
195 Stephanie Atkinson	F3034	Hollis	1:18:01	7:49
202 Colleen Redmond	F4044	Portland	1:18:21	7:51
203 Lloyd Slocum 1	M7099	Hollis Center	1:17:24*	7:51
205 Paul Letalien	M4549	Portland	1:18:36	7:52
206 Patty Kenney	F4044	Portland	1:18:37	7:52
207 Steve Colucci	M4044	Portland	1:18:37	7:52
210 Colin O'Neill	M3539	Yarmouth	1:18:41	7:53
211 Tom Kirner	M5559	Cape Elizabeth	1:18:49	7:53
222 Mallory Vaccaro	F3034	Yarmouth	1:19:16	7:56
223 Evan O'Neill	F3539	Yarmouth	1:19:23	7:57



*Cathy Burnie, Mike Doyle, Colleen Redmond, Connie McLellan*



*David Cannons, Dino Joannides, Rob Boudewijn, Kitty Kelley*

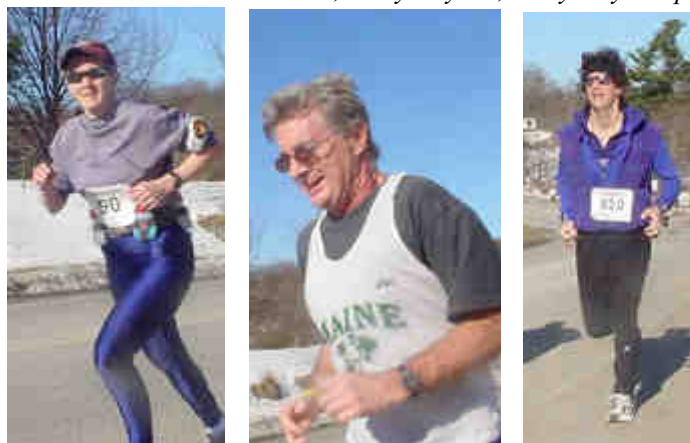


*Mark Grandonico & Howard Spear, R.J. Harper, Ellie Tucker*

## Race Results and Photos...



*Eric Ortman, Getty Payson, Mary Kay Kasper, John Keeley, John Rogers, Kevin Robinson, Sr.*



*Linda Hunt, Greg Welch, Tom Hoag*



*Theresa & Scott Mercer, Mike Younkman, Tom Noonan*



*Steve Lauritsen, Harry White, Timmi Sellers*

Place/Name	Div	Town	Time	Pace
229 Valerie Abradi	F4044	Lisbon	1:19:53	8:00
232 John Keeley	M5054	Portland	1:20:05	8:01
234 Michael Doyle	M4044	Portland	1:20:13	8:02
235 Nate Graham	M3539	No. Yarmouth	1:20:23	8:03
242 Les Berry	M5559	Gorham	1:20:50	8:05
243 Getty Payson	F4044	Falmouth	1:20:51	8:06
247 Maureen Sproul 3	F4549	New Gloucester	1:20:55	8:06
253 David Cannons	M3539	Portland	1:21:15	8:08
263 Thom Courtney	M3539	Gorham	1:21:49	8:11
264 Stephen Lauritsen	M4044	Saco	1:21:51	8:12
272 Marnie Flynn	F4044	Cape Elizabeth	1:22:24	8:15
273 Janet Letalien	F4044	Portland	1:22:24	8:15
277 Terry Clark	M6064	Windham	1:22:43	8:17
280 Kevin Robinson Sr	M4549	No. Yarmouth	1:22:50	8:17
300 Betty Rines	F4549	Gorham	1:24:11	8:26
310 Gregory Welch	M5054	So. Portland	1:25:09	8:31
322 David Sproul	M4549	New Gloucester	1:26:03	8:37
324 George Campbell	M5559	Portland	1:26:06	8:37
331 Rob Boudewijn	M5559	Portland	1:26:46	8:41
338 Bruce Fithian	M5559	Gorham	1:27:48	8:47
344 Kitty Kelley	F5559	Portland	1:28:07	8:49
376 Mark Grandonico	M4549	Portland	1:30:52	9:06
378 Howie Spear	M5054	Westbrook	1:30:53	9:06
385 Jan Conley	F4044	Topsham	1:31:18	9:08
397 Polly Kenniston 1,65	F6569	Scarborough	1:32:25*	9:15
401 Jody McMorrow	M5054	Mechanic Falls	1:32:48	9:17
402 Jim Tyrrell	M5559	Cape Elizabeth	1:33:05	9:19
403 Ronald Chase	M6064	Durham	1:33:27	9:21
414 Thomas McLaughlin	M4044	Old Orchard Beh	1:34:33	9:28
428 Mary Kay Kasper	F4549	Portland	1:36:03	9:37
437 Carol Blakeney-Watts	F4044	Cumberland	1:36:48	9:41
442 Linda Hunt	F5559	Hollis	1:37:09	9:43
461 Mike Brooks	M5559	Danville	1:41:23	10:09
463 Beth Branson 1,60	F6064	Scarborough	1:41:38*	10:10
464 Bob Branson	M6064	Scarborough	1:41:38	10:10
465 Brenda Trytek	F4549	Lewiston	1:42:28	10:15
466 Donna Beaulieu	F4044	Poland Spring	1:42:28	10:15
472 Timmi Sellers	F5559	Portland	1:44:25	10:27
473 Cathy Burnie	F5559	Cumberland	1:44:38	10:28
475 Donna Bisbee	F4549	Portland	1:44:39	10:28
478 Theresa Mercer	F4549	Cape Neddick	1:45:56	10:36
479 Scott Mercer	M5559	Cape Neddick	1:45:56	10:36
487 Karen Connolly	F4549	Hollis	1:52:35	11:16
491 Mike Younkman	M3539	Gorham	1:54:05	11:25
497 Carlton Mendell	M7099	Windham	2:06:48*	12:41
499 Catherine Saltz	F3539	Westbrook	2:19:25	13:57

\* Exceeds USATF Age-Group Standard

Halfway Point Photos by David C. Young; Finish Line Photos by Don Penta

## Upcoming Race Notices...



### Sea Dogs Mother's Day 5K, May 8th at Portland

By Howard Spear

I know some of you have already registered, but I want to let everyone know about a couple of changes.... always for the good.

We have added a "family rate", whereas a family of 4 or more can register at a reduced rate.

Also as far as the kids fun run is concerned, Sportshoe Center has stepped forward as the fun run sponsor. It will always remain free for the kids, and hopefully more "goodies" will be added for them this year... a race shirt is being considered.

Shirts to the first 500, so register early, as we are expecting another record turnout, 1100+. Just an added note, Sportshoe Center is now a sponsor of the St. Peter's 4 Miler to be held in August, so look for added features in that race.

"New England Runner Magazine 2004 Race of the Year"

Howard Spear, Co-Director

The Maine Marathon, Relay & Maine Half Marathon

Always held the first Sunday of October  
[www.mainemarathon.com](http://www.mainemarathon.com)

### Mt. Washington Road Race Registration

for the 2005 lottery is between **March 1st and March 15th only!!**

Sign up at [www.gsrs.com/mwrr](http://www.gsrs.com/mwrr)

To be eligible for any slots that may become available to the MTC, you must first enter this lottery and show proof that you did. MTC is looking for volunteers for this race. We must provide the same number of volunteers for every runner that receives an entry through the Maine Track Club. Any questions or if you would like to volunteer please contact Mike Brooks (207-783-3414) or [mjbruns@adelphia.net](mailto:mjbruns@adelphia.net).

Thank You,  
*Mike Brooks*



### Mt. Washington Road Race ALERT:

June 18. Entry is on-line only at [www.gsrs.com](http://www.gsrs.com) from March 1-15 only, which is why it is not in the circuit. Mt. Washington will be the USA Mountain Running Championship for 2006, with the top male and female USA finishers to automatically qualify for the USA team to compete at the World Mountain Cup Championship in the fall.

Most events take place on the same weekend each year, but note several changes in 2005. Regrettably there are always going to be conflicts with other running events and running series. Entry forms and results will be posted on the New England USATF Web site when available.

May 22 - Mount Kearsarge, Warner NH: 8.5 miles, 10 a.m.

Contact: Paul Digeronimo (603-456-3029) or [p\\_digeronimo@mcttelecom.com](mailto:p_digeronimo@mcttelecom.com)

May 29 (tentative) - Wachusett Mountain, Princeton MA: 4.3 miles, 9:30 a.m.

Contact: Kevin Fallon (508-835-4262) or [nollafnivek@yahoo.com](mailto:nollafnivek@yahoo.com)

June 5 - Pack Monadnock, Wilton to Temple NH: 10 Mile, 9:00 a.m. (tentative)

Contact: Gate City Striders - Steve Moland [packmonadnock1@aol.com](mailto:packmonadnock1@aol.com)

June 11 - Mt. Ascutney Run to the Summit, Windsor VT: 3.8 mile, 9:30 a.m.

Contact: Mt. Ascutney State Park (1-800-299-3071) or Ethan Phelps, [ethan.phelps@anr.state.vt.us](mailto:ethan.phelps@anr.state.vt.us)

June 25 - Northfield Mountain Run, Northfield MA: 8.2 mile, 9:00 a.m.

(note new date) USATF-NE Mountain Running Champs / Teva US Mountain Running Team Selection Race

Contact: Dave Dunham, [dave.dunham@comcast.net](mailto:dave.dunham@comcast.net)

## Maine Corporate Track Association Needs Draftees

Individuals not employed by a current MECTA team may choose to pay an individual fee and be selected as a "draftee" by a current MECTA team. The draftee fee will be \$50 per draftee.

The purpose of allowing individuals to compete in MECTA should be to encourage more companies to enter the league while at the same time distributing athletes in such a way as to help maintain current membership. Every effort should be made to distribute draftees in a fair and open process that keeps the league's overall health, growth, and stability as the top priority.

Teams are encouraged to divulge any and all information they have on draftees to other teams so captains 'more in the know' will not have an advantage over new teams or over teams that are not as familiar with the athletes.

The total number of draftees will be limited to 15% of the total MECTA membership. If this limit is reached during a round, the round will be allowed to finish, but another round will not be started even if there are remaining athletes.

Four or more individuals from the same company who compete as draftees in the same year will not be eligible to compete as draftees in the following year, but must form a new team. Every effort by MECTA membership will be made to assist them in this process. In the event of special circumstances, a vote can be made by the MECTA Captains to allow exceptions to this rule on a case by case basis.

Draftee's will not be allowed to compete in any MECTA meets until the \$50 draftee fee is received by the treasurer.

Steven Roy, IPS Contract/Financial Analyst  
One Idexx Drive, Westbrook, ME 04092  
Phone: 207-856-8194  
Fax: 207-856-8194  
Steve@idexx.com

## 2005 Indoor Championship Meet Cancelled

The statement on the Maine USATF web site says: "Due to missed deadlines and scheduling problems for an indoor facility, the Maine USATF is unable to host its 2005 Indoor Championship. Every effort will be made to secure a facility and date for 2006. Maine USATF apologizes to all athletes who had planned on participating in this meet. Youth athletes are encouraged to participate in the East Zonal Meet to be held in New York, full details will be posted as soon as available. East Zone Indoor meet is Feb. 27, 2005 at the Armory in New York."

The Maine USATF does many great things for the youth runner of our state, but it is also an organization that serves ages up to 100 years.

A few of our Maine Track Club members are within reaching distance of setting national records for their age groups. They have set these records in a legal sanctioned meet. It is sad that these people will have to wait another year before having a shot at reaching their goals. I would encourage everyone to be more pro-active and not reactive. Find out what you can do and what can be done to be sure these track events are held in Maine in the future.

The News\*Run will do its part to report and promote the events that will be held.

The next meeting of the Maine USATF Board & Committees is reported to be on March 13, 2005 at ESM in Lewiston, Maine at 1:00 p.m. If you are a USATF member, I understand they are looking for people to serve on a few of their open committees. To see if you might attend the meeting, please contact:

President Valaree Foss  
P.O. Box 37, Canaan, ME 04924-0037.  
207-474-8876  
metrkfld@usadatanet.net

Other USATF news:

National Masters Meet: Val Foss reports that Maine USATF and the University of Maine at Orono have been awarded the 2007 Masters Meet. This will be the third time we have been awarded the meet.



### New Years Portland

(left to right) Tony Myatt, Dottie Michaud, Phil Meech, Sandy Utterstrom, Sarah Gibbs, and Cathy Burnie.

Photos by Don Penta

## March / April / May Races

- March 5 Winter Fest Rae Walker 5K, Mars Hill H.S., Mars Hill, 10:00 a.m. Contact: (551-4222) (603-868-5610), toddkallen@comcast.net, or 105 Garrity Road, Lee, NH, 03824
- March 6 Irish Road Rover 5K, Brian Boru pub, Portland, 11:00 a.m. Contact: Dan McKeown (730-1234) April 16 Unity College Spring 5K, 9:30 a.m. Contact: Gary Zane gzane@unity.edu
- March 13 Kerryman's Pub 4 Mile Road Race and Mary's Walk, Thornton Academy, Saco, Noon. Contact: info@maryswalk.org or 1-866-627-2411 April 17 Run For The Children 5K, University of Southern Maine Gorham, 9:30 a.m. Contact: Meredith Bickford (780-5179) mbickford@usm.maine.edu
- March Maine USATF Championships (open/masters) CANCELLED FOR 2005 www.meusatf.org Save Our Swinging Bridge 5K Run/Walk and Merrymeeting Wheelers bike event, Bowdoin Mill parking lot, 1 Maine St., Topsham 10:00 a.m. Contact: Will Thomas, (721-9299), saveourbridge5k@hotmail.com, or Midcoast Multisport 89 Maine St., Brunswick, ME, 04011
- March 26 Eastern States 20 Mile and Run for the Border 10 Mile, Traip Academy, Williams Ave., Kittery, 11:00 a.m. Contact: Don Allison, P.O. Box 890238, Weymouth, MA, 02189, (781-340-0616) or don-allison@comcast.net April 18 Patriot's Day 5-Miler, Portland Boys & Girls Club, Noon. Contact: John Tracy (874-1070), tracyone@prexar.com or Phil Meech (839-4946), pmeech@pivot.net .
- 14th Annual Merrimack Trail Run 10M, Wyndham Hotel, Andover, MA, 9:00 a.m., \$5/\$10 post, Contact: Stephen Peterson, (508-486-4519) or speterson@concord.com TBA Earth Day 5K, Portland, Students of USM Law School
- April 3 Morgan's 3rd Annual 5K Run/Walk, Gray Athletic Building, Bates College, Lewiston, 1:00 p.m. Parking facilities free, parking available on streets and in lots surrounding the Clifton Daggett Gray Athletic Building. Timing & Results Provided by Yankee Timing Co. Contact: Suzanna Andrew (671-0676) or andrewsu@gse.harvard.edu; or Graham Veysey (240-4670) April 23 Joshua's Book of Dreams 5K, Village E.S., York St., York, 10:00 a.m., Contact: York Parks and Recreation Dept. rcogger@yorkmaine.org
- 24th Annual Spring Classic April Fools 4 Miler, Winners Circle Pub, Rt. 110/Elm St., Salisbury, MA, 11:00 a.m. Contact: RobRobertsonIII@comcast.net TBA Healthy Beaver 5K, Farmington, Previously this race has been held on a weekday in the late afternoon. Contact: Drew Croteau, UMF XC Captain, drew.croteau@maine.edu
- 2nd Annual 3K Mud Run, Bumstock Field, University of Maine, Orono, Noon Contact: Nate Dwelley nathaniel-dwelley@umit.maine.edu April 24 Machias Rotary 5K, Corner of Rt. 1 & Hadley Lake Road, Machias, 9:00 a.m. Contact: Jim Miner jminer@maine.edu
- April 9 Spring Run-Off 5K/Walk, UMPI Wieden Gym, Presque Isle, 9:45/10:00 a.m. Contact: Chris Smith (768-9472) Animal Orphanage 5K Pet Run/Walk, Old Town-Orono YMCA, 10:30 a.m. Contact: Roberta Fowler (827-2658) or rfowler344@aol.com
- 2nd Annual Moultonborough Spring Classic 5K, Moultonborough Central School, Whittier Hwy and Blake Rd., Moultonborough, NH, 10:00 a.m. (Fast USATF Certified 5K Road Race) Contact: Dave Severance (603-544-2709) Moultonborough Academy, Moultonborough, NH, 03254 sevy@mcttelecom.com Muddy Moose Trail Races (4 Miles or 14 Miles) Kingswood Regional H.S., 396 South Main St. (Rt. 28), Wolfeboro, NH, 10:00 a.m. Contact: Fergus Cullen (603-520-5450), ferguscullen@aol.com, or 3 Juniper Green, Wolfeboro, NH 03894
- Todd's Trot 5K, Oyster River H.S., 55 Coe Drive, Durham, NH 10:00 a.m. Contact: Todd Allen April 30 Safe Passage 5K Run and Walk, Greely H.S., Cumberland, 8:00 a.m. Contact: Doug Pride

## May Races

(781-4391) or [doug\\_pride@msad51.org](mailto:doug_pride@msad51.org)

Blackfly Classic 5K, Downeast Family YMCA, Ellsworth, 9:00 a.m. Contact: Bethany Preble [bpreble@midmaine.com](mailto:bpreble@midmaine.com)

- May 1 Cadillac Mountain 10K, Bar Harbor Village Green (Police/Fire station) to Cadillac summit. \$10 donations for local charity of the winner's choice. 9:00 a.m. Contact: Rick Hirte (288-5455)
- May 7 Nurse Day 5K Run, Walk, & Kids 1.25 WOG Fun Run, NMTC Presque Isle, 10:00/9:30/9:15 a.m. Contact: Mary Cornelio (768-2809)
- May 8 Portland Sea Dogs Mother's Day 5K & Kids Fun Run, Hadlock Field, Portland, 9:30/9:00 a.m. Contact: Portland Sea Dogs (874-9300) or [roadrace@seadogs.com](mailto:roadrace@seadogs.com), or Howard Spear [racedirector@mainemarathon.com](mailto:racedirector@mainemarathon.com)
- May 14 5K Run/Walk for Empowerment, Colby College field house, 9:00 a.m. Contact: Christina (872-0601) or [chrism@rape-crisis.com](mailto:chrism@rape-crisis.com)
- May 21 5k House to Hope Race/Walk to benefit Greater Portland Habitat for Humanity, Morrill Ave., Gorham H.S., 9:00 a.m. (reg. 7:00-8:45) Contact: Lynn Kalloch (839-6514), [momlsk@aol.com](mailto:momlsk@aol.com), or 25 William Henry Drive, Gorham, ME, 04038
- May 27 YMCA Back Bay 5K, Back Cove path, Portland, 6:00 p.m. Contact: Cumberland County YMCA (874-1111 x212) [djudge@cumberlandcountyyymca.org](mailto:djudge@cumberlandcountyyymca.org)
- May 29 Runner's Alley/Redhook Memorial 5k Road Race & Kids Fun Run, Redhook Brewery, Corporate Ave., Portsmouth, NH, 11:00 a.m. Contact: Jeanine Sylvester (603-430-1212), [jeanine@runnersalley.com](mailto:jeanine@runnersalley.com), or 104 Congress St, Portsmouth, NH, 03801
- May 30 10th MSAD #51 Memorial Mile & Half Mile Greely H.S., Main St., Cumberland, ME 8:00 a.m.



## Dream Job Becomes Reality for MTC Member

*By Kathy Hepner*

Running Dog Sports in Gorham, Maine recently opened, and with it a dream business has been realized. I had thought about starting a retail business many years ago, yet I was never sure what kind of business it would be. The retail industry has always appealed to me, and I have had many retail jobs over the years usually in a part-time capacity along with a full time office job. My husband and I even owned and ran a Christmas tree farm in Pennsylvania for a few years. We moved back to Maine in 1994, and I began running again shortly after the birth of my second son. My passion for running was revived, and I was lured into the world of road racing. It became apparent that my competitive spirit also was being revived. I enjoyed the races as well as the social time the races provided. Runners are a great group of people. They encourage each other and always there to offer support no matter what the issue may be. I was hooked!! Some time later, I began working for a specialty sports store in Portland. There is where I truly learned more about the sport. I learned how to fit running shoes, about the world of "technical" running clothing and all of the "gadgets" available to help customers get out the door for their run. I loved the time in the store and mostly helping customers find what they needed to succeed. Customers hold a never ending source of information, and listening to what they have to say is valuable beyond measure. Watching a satisfied customer leave the store with a smile and wave good bye was my reward.

So, it became clear that a running store was what I wanted to own. My passion for running and my passion for people have been combined into one ideal job, Running Dog Sports. The store is located at 166 Narragansett Street in Gorham, and is just down the street from Gorham High School, the University of Southern Maine and the new Gorham Sports Center. I plan to start with running shoes, clothing and gear and after the first few months, add a selection of field hockey and soccer cleats and equipment. I want to support the running community, but also support the sports community here in Gorham. There will be a website which will be available sometime during the next couple of months. There will also be a discount offered to all Maine Track Club Members and local high school teams along with special offers for all customers.

It has taken many years to realize this dream, and I plan to succeed. I will be in the store to welcome all who stop by. I look forward to seeing you all at Running Dog Sports.

*Kathy Hepner*

Running Dog Sports  
166 Narragansett Street  
Gorham, ME 04038  
839-4RUN (839-4786)





*Bob LaNigra*



*Pat Buckley*



*Lloyd & Sue  
Slocum*



*Denny Morrill*

## **The Handicap Race Sinks To A New Low... Temperature Or "Bertha, Weren't These Crazy People Runnin' Out Here Last Year?"**



*Nancy Kneeland*



*Norm Simard*

Kind of like the New England Patriots going for three out of four, so the eighteen runners lined up on this past January 22nd for the annual MTC Handicap 5K were going for the third below-zero race in the last four years. As I recall, four years ago the temperature for the race had been 10 below, though last year it was only 8 below, but THIS year, verified by the temperature sign near the start, the mercury had slid down to minus 14. Brrrr. Not a day to ponder global warming. Waiting at the Bungalow in Buxton, though, were eighteen crazies ready to toe the mark. As you may know, the Handicap 5K is an MTC tradition taking place on the morning of the annual banquet in January. The premise of the race is the giving-in-advance of an estimated 5K time which will be the basis for your individual start. The clock is run backwards from the highest estimate given and each racer is signaled to start running based on his or her estimated time. The "winner" is the person whose estimate is closest to their actual time on the course. In a perfect racing world, all the runners should get to 0:00 on the clock at the same time, but as you know the world isn't perfect.

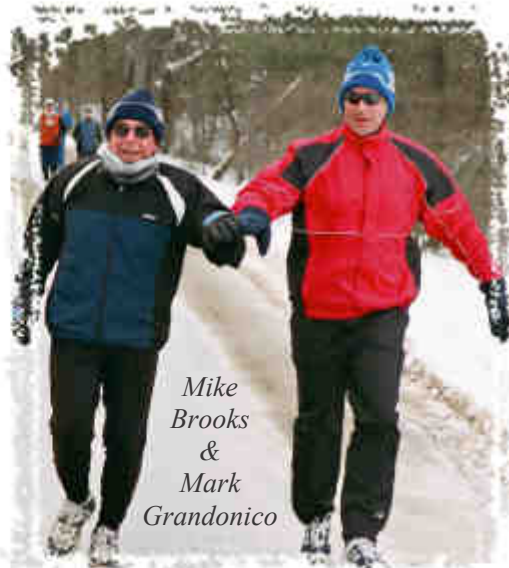
The first ones to start running have the course to themselves -- front-runners for a change! -- but that changes mid-way when for a brief time the whole gang is gathered somewhere approaching or leaving the turn-around cone, to disperse again into their own quests. By that time some of the extra attire and scarves over faces have been shed and the more bundled up are finally recognizable. A few greetings, a grunt or two, are exchanged across the road. As in past years, passersby in their warm vehicles look impassively at the parade of runners. For me, by mile three, thigh muscles are screaming and my face is beginning to feel numb. Then I finally see the "Junction 22" sign, meaning the finish line is just around the next curve. And then there it is, the clock, showing me - and it is a weird sight -- at 4+ minutes, meaning I had underestimated my time and wouldn't be in this particular winners' circle! Back at the toasty Bungalow, the Frozen Eighteen, still with frost on hair, lashes and beards, thawed out with coffee and battle stories. The finishers with the most accurate time estimates were recognized. As David Colby-Young was heard to say, "Gosh, I ran faster than Carlton but he still beat me."

As ever on the frigid morning of this race, the heroes are the ones who are standing on freezing feet running the clock, taking pictures, cheering the runners in. Outgoing MTC president Phil Meech has made this event happen for the last several years, acting as organizer, timer and provider of coffee and bagels, etc., this year with the help of Ray Shevenell out on the course and Sue Slocum and Evie Strom back at the Bungalow.

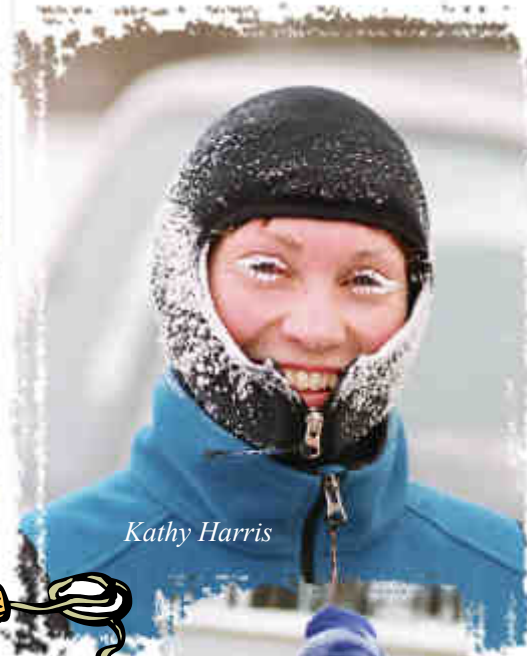
*Pat Buckley*



*Carlton  
Mendell*



*Mike  
Brooks  
&  
Mark  
Grandonico*



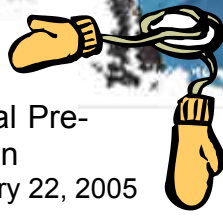
*Kathy Harris*



*Karen  
Connolly  
& Steve  
Lauritsen*



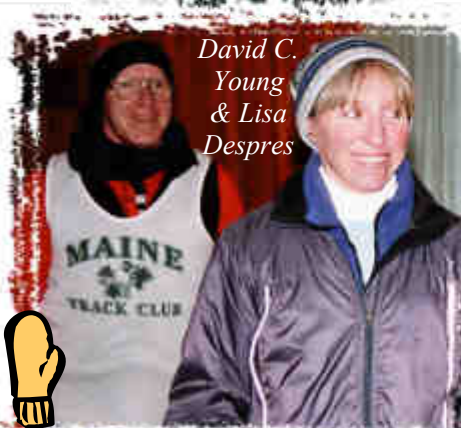
**Results of the 2005 Annual Pre-Banquet Handicap Fun Run**  
The Bungalow, Buxton, January 22, 2005



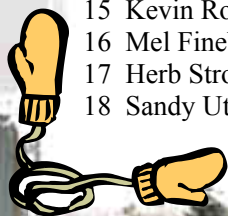
Rank/Name	Est./Actual/Variance
1 Carlton Mendell	40:00 40:07 + :07
2 David Colby Young	22:45 22:30 - :15
3 Lisa Despres	26:00 26:17 + :17
4 Dennis Morrill	32:22 32:43 + :21
5 Bob LaNigra	27:30 27:02 - :28
6 Kathy Harris	32:30 31:59 - :31
7 Norman Simard	32:00 31:29 - :31
8 Lloyd Slocum	28:00 27:14 - :46
9 Mike Brooks	33:00 32:13 - :47
10 Mark Grandonico	33:00 32:13 - :47
11 Nancy Kneeland	22:45 23:33 + :48
12 Steve Lauritsen	23:45 24:37 + :52
13 Karen Connolly	31:30 32:28 + :58
14 Pat Buckley	39:22 40:37 + 1:15
15 Kevin Robinson	24:30 25:46 + 1:16
16 Mel Fineberg	39:45 41:51 + 2:06
17 Herb Strom	48:30 52:06 + 3:36
18 Sandy Utterstrom	33:33 37:10 + 3:37



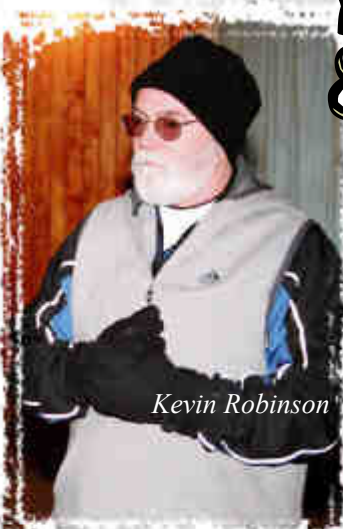
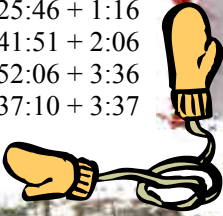
*Mel Fineberg*



*David C.  
Young  
& Lisa  
Despres*



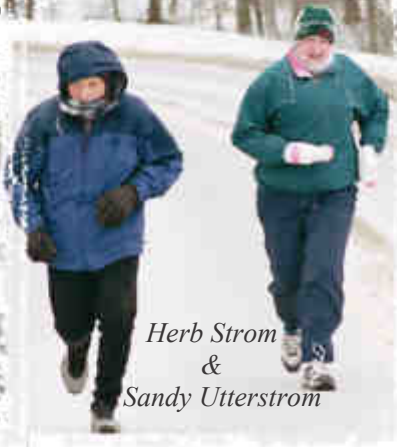
Photos by Don Penta



*Kevin Robinson*



*Pre-5K*



*Herb Strom  
&  
Sandy Utterstrom*

# Maine Track Club Awards Recipients

## First Marathon Recognition

*It is a Track Club tradition to recognize our members who have achieved a running milestone by competing in their first marathon.*

**Timothy Sickel, Sandy Walton, and Donna Beaulieu** have entered the exclusive fraternity of "marathoners". Tim competed in the Kunitake Kona Marathon in June 20, 2004 with a time of 3:57. Sandy did the Marine Corps Marathon on October 31, 2004 with a time of 6:00. Donna ran the Mount Desert Island Marathon on October 17, 2004 with a time of 5:17.



## Age Group Awards

*The Maine Track club is proud to honor the male and female runners in each age category who have demonstrated a high level of competitive performance while contributing to the club in other areas. These runners are fast, strong fierce competitors and make every race exciting to watch. (Female runners listed first)*

### (19 and under) Outstanding Runner

**Alllyson Koenig**

This very exciting young runner has logged some impressive times and earned some trophies for her room: with a 1st in age-group finish at the Hannaford Turkey Trot in 19:12, 1st place at the St. Peter's with a time of 25:34, and an impressive finish at the Beach to Beacon with a time of 39:58.



**Ryan Dyer** ran strong this past year. He placed 1st in the 5K House to Hope Run with a time of 17:52 and logged a super time of 18:53 in the Burn off the Turkey 5K and completed the Memorial Day Mile in an



astounding 5:03. The Maine Track Club is proud to honor Ryan.

### (20-39) Outstanding Runner

**Robin Carlson** had an outstanding year with a 1st place age group finish at the Breakaway 5K with a time of 20:29, she ran the Maine Marathon in a time of 3:31 and at the other end of the running spectrum the Memorial Day Mile in 5:56 – obviously she is a very versatile runner. In a tough age group, she is definitely among the runners to beat.



**Ian Parlin** has left many other runners in his dust this year. We watched him win 1st in his age group at the Great Osprey 10K in 42:49, complete the Maine Marathon in 3:28 and finish the Hannaford Turkey Trot 5K in just 19:43. Congratulations on great year.



### (40-49) Outstanding Runners

**Cathy Heyner** had a very impressive year, with some significant wins. She placed age group 1st at the Burn off the Turkey 5K in 20:47, and in the Irish Rover 5K 21:18. Also of note, she ran the Beach to Beacon 10K in 42:45 and she placed an age group 2nd at the Kerryman's Pub 4 miler in 27:08. We're proud to recognize and have her part of the MTC running family.



**Hans Brandes** A great runner, Hans came in 3rd place at the Maine Half-Marathon with a time of 1:23 and placed 2nd at the St. Peter's 4 miler in 23:25, and 2nd at the Great Osprey with a time of 36:57. In an ultra-competitive age-group, Hans is a force to be reckoned with.



### (50-59) Outstanding Runners

**Bonnie Hoag** This year Bonnie had a very impressive array of age group titles as she won 1st at the Clam Festival 5 Miler in 36:06, and two 2nds at the Half-Marathon in 1:38 and at the Seadogs 5K. Truly a gifted master's runner.



**Tom Menendez** Another age group achiever with a 1st at the Great Pumpkin 10K in 40:14, 3rd place in the Maine Half-Marathon, and 2nd at the LA 5K Bridge Run in 19:09. Congratulations on a wonderful year.



### (60-69) Outstanding Runners

**Pat Buckley** A very consistent runner in that she always runs with a smile on her face and is always encouraging and supportive to others. Pat placed 1st in the Hannaford Turkey Trot with a time of 36:46, added another 1st at the Breakaway 5K with a time of 35:58, and ran the Beach to Beacon 10K in 1:18. Congratulations on a year of great racing and thanks for all that you do.



**Robert Randall**

This past year Bob has been a top finisher in his age group. He had three big wins with the Breakaway 5K in 22:28, the House to Hope 5K in 22:04 and Joshua's Book of Dreams 5K in 22:57. Way to go for a great year.



### (70-79) Outstanding Runners

**Janice Bilodeau** One would not expect me to be talking about newcomers to sport at this stage of the



# Maine Track Club Awards Recipients

program, but, our next recipient Janice was introduced to running this past year through the training sessions with Bob Brainard. Since that introduction, she has had a remarkable year of running (her new passion) she placed 1st in the Burn off the Turkey 5K in 39:08, 1st in the Eliot 5K in 40:12 and 1st in the LA Bridge Run 41:11. A hot ticket and truly, truly an inspiration to us all - congratulations on this exciting and well-deserved award, Janice.

**Herb Strom** is fondly-regarded by other MTC members for his dedication his willingness to volunteer for activities, and for his effectiveness as a finish-line volunteer.



Herb participated in the training sessions this spring with Bob Brainard and in the Handicap Run. Congratulations on a terrific season.

## (80+) Outstanding Runner

### Carlton Mendell

This recognition should not be a surprise to any Track Club member, or anyone who is even vaguely familiar with the sport of running, because Carlton's reputation and achievements are well-known throughout the state and throughout New England. He is in a class by himself. At the age of 82 he continues to impress us with his stamina and his speed. This year won the LA Bridge Run, 35:37, the Rotary Bridge 4-miler 48:32 and came in 2nd in the Beach to Beacon in 1:11.



## Comeback Runner of the Year

*Some runners find inspiration in watching the fastest runners sail to victory – others find inspiration in watching those who have had to overcome obstacles to achieve modest triumphs. This award recognizes one special: runner who has demonstrated mental and physical toughness in order to overcome such an obstacle – and in*

*the process, has served as a positive example to others.*

**Jean Thomas** has been afflicted by a severe back problem – so severe that doctors were concerned about her ability to walk again. Despite her pain, Jean defied the odds and followed a strict exercise regime in order to bring herself back to walking, at times up to 5 miles. She has made great progress as a result of her toughness, and serves as an inspiration to others.



## Race Director of the Year

*This next award recognizes an individual who could go unnoticed because he makes what he does look so effortless – but we all know that to pull off the successful, well-attended and always exciting Yarmouth Clam Festival Race takes tremendous organization and a rare talent for working with people.*

**Ron Pelton** can also be recognized by runners and running fans alike as the encouraging voice at the finish line of the Maine Marathon, and off course as our always-charming emcee at our annual banquet. Thank you for your contributions and for your dedication.



## John Fyalka Award (2 recipients)

*This prestigious award is given each year in remembrance of John Fyalka, Jr. a former runner whose life was cut much too short as a result of an automobile accident. The award recognizes outstanding dedication to the club.*

**Bob Aube and Howard Spear** received an impressive endorsement from member of the media this past year – those words speak volumes about all they have achieved on behalf of their race and on behalf of the club. "Eight years ago, the Maine Marathon had 325 finishers and raised \$2,000.00 for

charity. In 2004, the event got 755 finishers, plus 1,208 in its accompanying half-marathon and almost 200 in the relay division. So, in November, race officials were especially pleased to present Camp Sunshine----a retreat for children with life-threatening illnesses and their families----with a check for \$40,000.00,," Other local charities such as the Portland Fire Department Burn Foundation and the Center For Grieving Children also received donations. Including the money raised by scores of Team in Training people, marathon participants since 1997 have funneled almost \$1 million to good causes. And a fair number of those have PR'ed or qualified for Boston on a course that was once renowned as perversely hilly.



"This is Growth. This is Success. This is the Sportshoe Center Maine Marathon/Half Marathon/Relay, an all-volunteer (more than 400 of them) effort that has become, after the Peoples Beach to Beacon 10K, the most glittering jewel in the crown of Maine road racing...."

Thus spoke John Rolfe, Press Herald writer, in special assignment to New England Runner. Congratulations Bob and Howard for all of your success – you are truly deserving of this important award.

## Most Improved Runners of the Year (2 recipients)

*This award gives special recognition to runners who have improved running performance through hard work, training, discipline and perseverance.*

**Lisa Despres and Ron Chase** followed a



# Maine Track Club Awards Recipients

similar path to their respective improvements their running careers. Both Lisa and Ron faithfully participated in the weekly training sessions in Auburn with Bob. During those sessions they pushed themselves beyond their comfort zones, and they both benefited from the camaraderie and support of the entire group. This hard work yielded positive results: this season Lisa ran the Eliot 5K with a time of 22:06, the North Yarmouth Mile race in 6:30 and the PT 8K in 38:07. Meanwhile Ron ran the PT 8K in 39:33, the Portland Trails 10K in 50:14, and the Memorial Day Mile in 6:57. Based on Lisa and Ron's improvements, it seems that we all should sign up for Bob's training for next year. Congratulations on your fabulous season, Lisa and Ron.

## Outstanding Contribution to Maine Running

*This award is presented to the person who consistently shares his/her personal talents in an effort to support running in Maine, and assists runners throughout the state. Through his tireless devotion to fundraising for charity, willingness to share his expertise, and unwavering dedication to helping other runners,*

Mike Brooks has made a substantial and enduring contribution to the sport. Mike is a person who devotes an incredible amount of energy traveling around the country for the love of running participating in marathons, and even ultra-marathons, all the while serving as a shining example of Maine good sportsmanship. He certainly serves as a representative of good will here at home too, always encouraging and supporting other runners, and always willing to help out in any way that he can. This year in particular, he could be observed day or night championing the cause of Camp Sunshine. Mike completed the 135-mile Badwater Ultra-Marathon in Death Valley under punishing conditions, all to help support the kids at the Camp.



Congratulations on all of your outstanding achievements Mike, we're all proud of you.

## Spirit of the Club Award

*This is a new award that celebrates that special club member who personifies the value of "running with a friend" through his/her encouragement of others, willingness to share his/her talents and gifts, and his/her ability to inject fun and good cheer in MTC events and social activities.*

This year the award goes to a husband-wife team who made contributions to running and to the club in different but equally important ways. This past year **Cathy McKenny** is someone who might have needed support from others, as her husband John was stationed with the National Guard in Afghanistan – instead, Cathy was out supporting others as a volunteer at races – her infectious smile always encouraging others on. Meanwhile, in Afghanistan, **John McKenny** rallied his fellow troops together and actually organized and ran a Marathon on April 17th, bringing the spirit of the club with him as he is away supporting his country. Thanks, Cathy and John for being a source of inspiration to us all.



## Volunteer of the Year Award

*The Maine Track club is so fortunate to have so many dedicated, enthusiastic and energetic volunteers. So many people go above and beyond what is expected.*

This past year there was one individual who really stood with his exemplary service – someone who volunteered for over 16 races, in addition to his duties as President he has taken on added responsibilities, plus, to put it simply, he is everywhere – every function, every race, every meeting, every



time anyone gathers in the name of the Maine Track Club. Please congratulate our Volunteer of the Year, **Phil Meech**.

## Special Achievement Award

*This award is intended to give special recognition to a club member's outstanding achievement or notable accomplishment that might not be properly covered by other awards.*

This year we chose

**Lloyd Slocum and Carol Weeks** for their induction to the Maine Running Hall of Fame this past year. Both Lloyd and Carol were celebrated as runners who have performed well, made significant and long-term contributions to running and brought prestige and acclaim to the Maine running community at large. Congratulations, Lloyd and Carol for your remarkable achievement.



## Maine Track Club Runners of the Year

*This award celebrates the man and woman who have demonstrated the highest level of competitive performance while making positive and substantial contributions to the club. These individuals are dedicated, disciplined, collegial toward other runners, and motivate others to become better athletes.*

**Dottie Michaud**

A relative newcomer to competitive runner, Dottie runs like she has been training her whole life. She excelled in the training workouts and had stand-out performances this past year: at the Beach to Beacon 10K she ran a 40:40 to come in 4th out of 230 competitors in her field, at the Moxie 5K she ran a 19:30 for a first overall win, at the Memorial Day Mile she ran a



## Maine Track Club Awards Recipients

staggering 5:36 pace, at the Clam Festival she earned a 2nd place age-group finish with a time 32:20. In addition to her excellence in races, Dottie is a major contributor to the club as a member of the special events committee, the awards committee and a volunteer at races and events. Dottie is a great role model and a valuable member.

### *Floyd Lavery*

The top men's runner, exemplifies speed and stamina – not only does he run an incredible number of races each season, he runs them all at an incredible pace as well. He is truly a leader among male runners, Floyd won the Burn Off the Turkey 5K with a time of 17:20, won his age group at the Maine Marathon with a time of 2:54, came in 1st at the Hall of Fame 5K, came in 1st at St Peter's with a time of 23:15, ran the Memorial Day Mile in a startling time of 5:01.



### Maine Track Club Lifetime Achievement Award

*This award is the highest honor that the Maine Track Club can bestow and acknowledges the extraordinary efforts of an individual who has made profound and substantial contributions to the Maine Track Club and the sport of running. The recipient of this award represents the ideals of the club, exemplifies camaraderie and good sportsmanship and through his/her dedication to the sport of running.*

#### *John Woods,*

long-term member, dedicated volunteer, mentor to others, positive, good word about everyone, supportive to the club, cute, too. The MTC recognizes and thanks you for your years of dedication to the club.

#### *Julius Marzul*

great road warrior, twinkle in his eye, distinctive gait, never a



negative word, loved running – told us that time and time again, effected many lives with his zest, inspiration to all of us, he did make a difference.

### The President's Awards

#### *by Phil Meech*

Each year, the President of the MTC has the option of presenting awards to members who have shown exemplary qualities. This year I chose two outstanding individuals:

#### *David Colby*

*Young* One of the hardest working and hardest running guys in the club, David has done an outstanding job as editor of our News\*Run newsletter.



He competed in over 100 races in 2004 and posted more than 160 race results on Cool Running. He often takes photos of the runners that follow him across the finish line to put in the newsletter. And when he is not running, he is attending races as a volunteer. Thank you, for all the work you do for the running community.

#### *Sandy Walton*

You might notice I pick on the hard workers. Sandy is another one of those people who really puts in a lot of time and effort. She has done an excellent job managing our membership, which grew substantially this past year. Sandy also, single-handedly, organized our Roasters Run where runners meet in Falmouth every Saturday morning at 7 a.m. for a social run. She hasn't been a member very long. I remember meeting her just a few years ago. Now she is one of our dynamos. We are a better club because of you, Sandy.



## Mid-Winter 10-Mile Classic Volunteers

*We couldn't do it  
without you...  
Thanks!!!*

Photos by David C. Young





## MTC Roasters Run Marks One Year

*By Sandy Walton*

On March 12th, Roasters Run will be celebrating the fact that not a single Saturday morning group run has been missed since March 6, 2004 - that's 54 weeks. Refreshments will be served following the group run. Come meet some of your wonderful, fellow Maine Track Club members. The run starts at 7 a.m. at the Maine Roasters Coffee parking lot on Rt. 1 in Falmouth. (See listing for more information.)



*Roasters Run 1/29/05*



## Group Runs...

### 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).

### Portland

**The Rat Pack** runs Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (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 (671-7733).

### Scarborough

A women's only long run on Saturdays, 11-13 miles, meet at Congregational Church parking lot on Black Point Rd. If interested please call 883-1105.

### 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 (773-8854).

### Biddeford-Saco

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

### 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 2-20 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. For more information about the Roasters Run and/or to sign up to put out water, contact Sandy Walton (846-6577) or e-mail [swalton2@maine.rr.com](mailto:swalton2@maine.rr.com).

### New Gloucester

This group meets Sundays at 8 a.m. in the winter and early spring and at 7 a.m. The rest of the year in the parking lot of the Pineland YMCA for runs of various distances. For more information, contact Maureen Sproul (926-4681) or e-mail [MSproul@unumprovident.com](mailto:MSproul@unumprovident.com).



*Roasters Run 5/8/04*



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

# Track Coaching Sessions Begin April 19th!

By Mark Grandonico, President

The first session of 2005 will begin at 6:00 p.m. on Tuesday April 19th. Coach Bob Brainerd will kick the season off with a classroom meeting to review goals and training plans. The classroom and track sessions will take place at Edward Little High School in Auburn again this year. The sessions will run for 23 weeks until September 20th. Last year was a huge success for all of the 40-50 "regulars" who attended the track workouts. Nearly everyone PR'd in the Beach to Beacon 10k.

Are you a little intimidated or nervous about doing speed work and track workouts? Don't be! Last year we had 5-minute milers to 15-minute milers running side by side and working out together. Bob will place you in a group with runners/walkers close to your ability and goal desires. It is a comfortable, friendly and FUN group. You WILL improve your running by following your training goals. Coach Bob can also set up tailored training plans depending on your goals (5k, 10k, Marathon). Bob is an invaluable resource if you have an injury, as he is a Certified ATC, Health Educator, Certified Strength and Conditioning Specialist, and Sports Physiologist. After all, he got Mike Brooks of Danville through the Badwater Ultra! Coach Dan Campbell will be joining us again this year as well. Dan, as a three-sport coach at Edward Little H.S., will be added invaluable source of information.

The best part, this is a *FREE* service!! The only requirement is that you are a Maine Track Club member or become one after your first session. Members, please bring your membership card to the first session you attend.

If setting a few new PR's is on your agenda this year, here is your best way to get there! I look forward to seeing you there - Run With A Friend!

Directions from Portland:

- Take I-95 N toward Lewiston/Auburn (Toll Rd)
- Take the US-202/ME-4/ME-100 EXIT 75- toward Farmington/Rumford/Rangeley/Mechanic Falls (0.4 miles)
- Turn LEFT onto Washington St/US-202 E/ME-4 N/ME-100 N (4.1 miles)
- Turn Slight LEFT onto US-202 W/ME-4 S/ME-100 S/ME-11 S/ME-121 S/Minot Ave. (0.1 miles)
- Turn RIGHT onto Western Ave. (0.3 miles)
- Turn RIGHT onto Auburn Hts. (0.2 miles)
- Turn LEFT onto Harris St. (<0.1 miles)
- End at 77 Harris St, Edward Little High School, Auburn, ME 04210-4671

## Patty Medina Profile

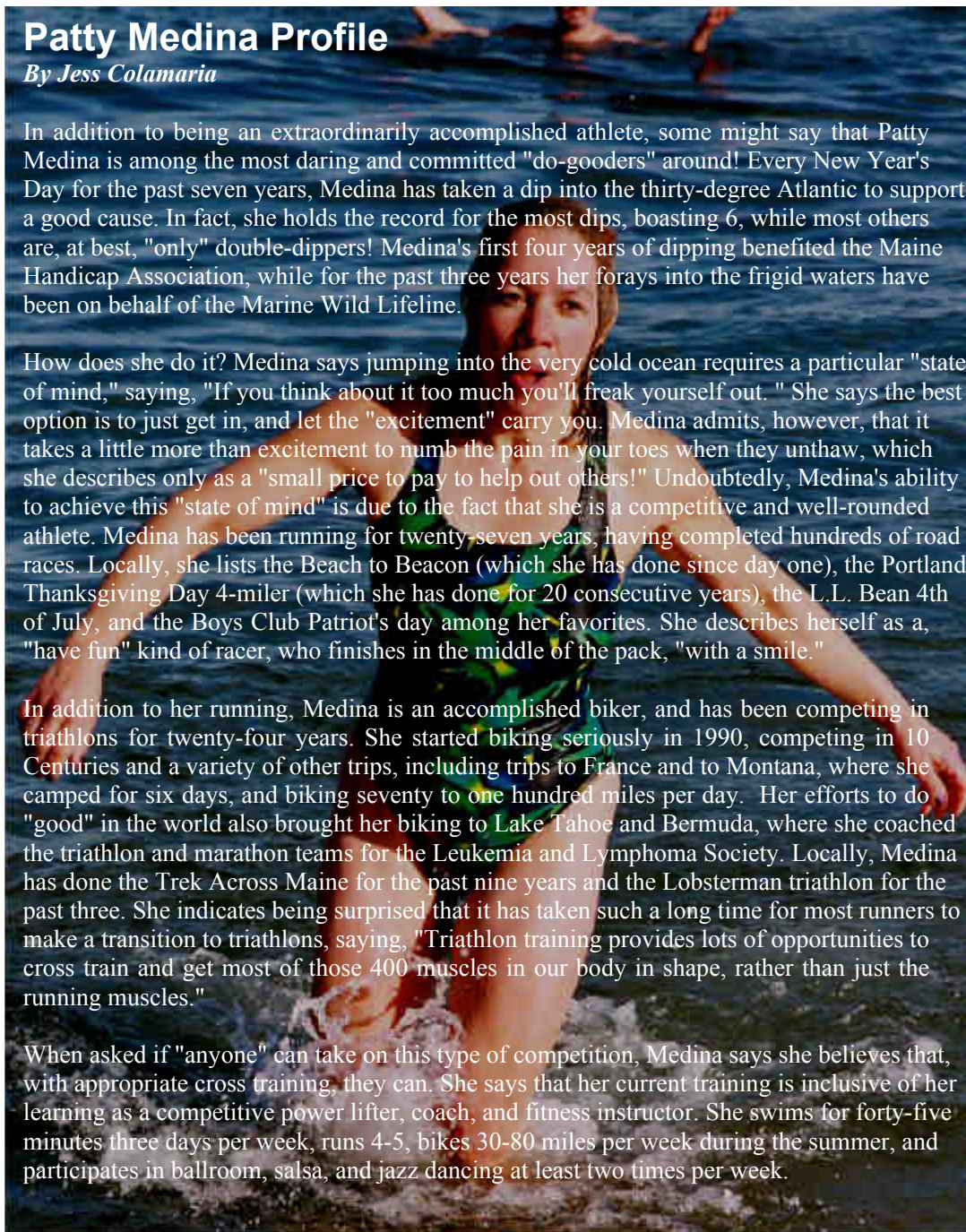
By Jess Colamaria

In addition to being an extraordinarily accomplished athlete, some might say that Patty Medina is among the most daring and committed "do-gooders" around! Every New Year's Day for the past seven years, Medina has taken a dip into the thirty-degree Atlantic to support a good cause. In fact, she holds the record for the most dips, boasting 6, while most others are, at best, "only" double-dippers! Medina's first four years of dipping benefited the Maine Handicap Association, while for the past three years her forays into the frigid waters have been on behalf of the Marine Wild Lifeline.

How does she do it? Medina says jumping into the very cold ocean requires a particular "state of mind," saying, "If you think about it too much you'll freak yourself out." She says the best option is to just get in, and let the "excitement" carry you. Medina admits, however, that it takes a little more than excitement to numb the pain in your toes when they unthaw, which she describes only as a "small price to pay to help out others!" Undoubtedly, Medina's ability to achieve this "state of mind" is due to the fact that she is a competitive and well-rounded athlete. Medina has been running for twenty-seven years, having completed hundreds of road races. Locally, she lists the Beach to Beacon (which she has done since day one), the Portland Thanksgiving Day 4-miler (which she has done for 20 consecutive years), the L.L. Bean 4th of July, and the Boys Club Patriot's day among her favorites. She describes herself as a, "have fun" kind of racer, who finishes in the middle of the pack, "with a smile."

In addition to her running, Medina is an accomplished biker, and has been competing in triathlons for twenty-four years. She started biking seriously in 1990, competing in 10 Centuries and a variety of other trips, including trips to France and to Montana, where she camped for six days, and biking seventy to one hundred miles per day. Her efforts to do "good" in the world also brought her biking to Lake Tahoe and Bermuda, where she coached the triathlon and marathon teams for the Leukemia and Lymphoma Society. Locally, Medina has done the Trek Across Maine for the past nine years and the Lobsterman triathlon for the past three. She indicates being surprised that it has taken such a long time for most runners to make a transition to triathlons, saying, "Triathlon training provides lots of opportunities to cross train and get most of those 400 muscles in our body in shape, rather than just the running muscles."

When asked if "anyone" can take on this type of competition, Medina says she believes that, with appropriate cross training, they can. She says that her current training is inclusive of her learning as a competitive power lifter, coach, and fitness instructor. She swims for forty-five minutes three days per week, runs 4-5, bikes 30-80 miles per week during the summer, and participates in ballroom, salsa, and jazz dancing at least two times per week.



# Maine Track Club *Membership Survey*

This survey is being distributed in an effort to understand the needs of our club membership and improve club services. How can we serve you better? What would you like the club to do more of? Please mail to:

Maine Track Club P.O. Box 8008, Portland, ME 04104 **Thank you for your time!**

**1. Why did you join the Maine Track Club? (check all that apply)**

- ☐ Meet other Runners ☐ Access to Running information (Web-site, NewsRun, Runners)  
☐ Be part of a Running Club ☐ Other: \_\_\_\_\_

Comments: \_\_\_\_\_

**2. Rate the MTC Website: [www.maintrackclub.com](http://www.maintrackclub.com)**

- ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Comments: \_\_\_\_\_

**3. Rate the quality of our Races: (Results accuracy/Organization/Ease of registration/etc.)**

- ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Comments: \_\_\_\_\_

**4. Have you attended a MTC General Membership Meeting in the past?**

- ☐ Yes ☐ No

If No, why not? \_\_\_\_\_

**5. Rate our Newsletter – *NewsRun***

- ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Comments: \_\_\_\_\_

**6. How can we improve *NewsRun*?**

**7. What is your favorite Maine Track Club Race and Why?**

- |   |   |
|---|---|
| <input type="checkbox"/> Mid-Winter 10-Mile Classic               | <input type="checkbox"/> Breakaway 5K                               |
| <input type="checkbox"/> Boys and Girls Club Patriots Day 5-Miler | <input type="checkbox"/> Maine Running Hall of Fame 5K              |
| <input type="checkbox"/> Portland Sea Dog's Mother's Day 5K       | <input type="checkbox"/> Dan Cardillo Memorial 5K                   |
| <input type="checkbox"/> YMCA Back Bay 5K                         | <input type="checkbox"/> SportShoe Ctr Maine Marathon/Half Marathon |
| <input type="checkbox"/> Mt. Washington Road Race                 | <input type="checkbox"/> MTC 50-Miler and 50K                       |
| <input type="checkbox"/> Pats Pizza Clam Festival 5-Miler         | <input type="checkbox"/> Physical Therapy 8K                        |
| <input type="checkbox"/> Peaks Island 5-Miler                     | <input type="checkbox"/> Hannaford Turkey Trot                      |
| <input type="checkbox"/> St. Peter's 4-Miler                      | <input type="checkbox"/> New Year's Portland Fun Run                |

Comments: \_\_\_\_\_

**8. Rate your overall satisfaction with the Maine Track Club:**

- ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Comments: \_\_\_\_\_

**9. Please list any areas of expertise that you would be willing to help out with (photography, writing articles for the newsletter, organizing social events, etc.)**

**10. Finally! What can the Club do for you? Please provide 3 Ideas to improve Club services to members.**

- 1) \_\_\_\_\_  
2) \_\_\_\_\_  
3) \_\_\_\_\_



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



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## MTC Membership Meeting Notice

We'll be at a new location on the SMCC Campus. The Drama Club has Jewett Hall booked for the next few months.

Date: Wednesday, March 16  
Time: 7:00 p.m. (Yes - 7:00)

The Location will be in the Campus Center Board Room.

### Directions:

Go to [www.smccme.edu](http://www.smccme.edu) and click on Campus Map which is located at the Top Right Side of the page for specific directions.

At the End of Broadway, take a Right onto Pickett St. At the end of Pickett St. ( the Campus Center Bldg is almost in front of you on the left), Take a Left on to Fort St. and then your first Right into the visitor parking lot. You are actually parking behind the Campus Center building. Enter the building through the rear entrance and head up to the Second Floor. The Board Room is at the top of the stairs.

## WHAT SHOE IS RIGHT FOR ME??

By Cathy Burnie

Have you been on a search for the right running shoe for you? Do you listen to a lot of advice and wonder what would work for you? Please join us at the next MTC Membership meeting to be held on March 16th, 7:00 p.m., at SMCC Campus Center Board Room and listen to Brian Mathews, the Manager of the Sportshoe Center Store in Scarborough, share with us his expertise on selecting the proper running shoe for you. Brian will bring samples of different shoes and welcome questions you may have regarding running equipment. He speaks from experience since he is a triathlete, former Minor League Baseball player, and pro surfer! Refreshments will be provided. Mark your calendars for an informative meeting and opportunity to meet with other runners!!

