

Run with a friend...

www.mainetrackclub.com

April 2001

Mary's Walk



Kerrymen Pub Road Race

Contributed \$59,100. to the Maine Cancer
Research and Education Foundation



Britt Wolfe
MTC of Saco
#238

Gerard Conley
MTC of Portland
#398



Patti Hinckley
MTC of Saco



Irish Road Rover

Benefited Habitat for Humanity
of Greater Portland



THE START

Presidential Message

April 2001

Dear MTC Members

A running club for all members

As you read this article it is my hope that we will be running or walking in sunshine wearing perhaps only one layer of clothing instead of the multiple layers that has been the norm for so many months. The motto; "A running club for all members," will be more than just a bumper sticker logo according to our dedicated committee members. The members met at a dinner meeting at SMTC recently and formulated a very exciting series of events for the year.

I want to thank the following people for their hard work on the membership, special events, volunteer, technology, coaching, race, and community events: Everett & Donna Moulton, Gayle Desjardins, Lorraine Paradis, Loren Lathrop, Cathy Burnie, Maryanne Champeon, Sue Davenny, Ruth Hefflefinger, Pat Buckley, Mike Doyle, Colleen Redmond, Pat & Clyde Coolidge, Sandy Utterstrom, Howard Spear, Chuck Burnie, Bob Aube, Kate Myers, Mike Brooks, Denise Robertson, Don Penta, Laurie Dugas, Charles Scribner, Ward Grossman, Cathy Kilburn, Ray Hefflefinger, Phil Meech, Carlton Mendell and Maggie Soule. They have worked hard to provide something for everyone- all we need is you.

You might have noticed in the inside of this issue a few new M.T.C. races so far this year. The more races we provide the more volunteers we need, so please come forward and do your share.

The Special Events Committee has planned a Fun Run/Pizza Party on May 16th. Please refer to the column on the right for additional information.

Please Check the March issue of News Run (or the column on the right) for information about the April 11 meeting at SMTC. You do not want to miss it.

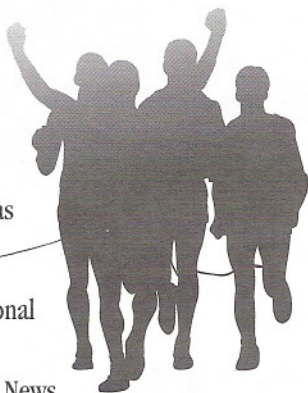
Enjoy the day,

Mel Finberg

Congratulations to Pat Buckley on becoming a grandmother. Her grandson Cameron was born on February 25, 2001 and weighed 10lb.1oz.

We wish Herb Strom a speedy recovery from his recent surgery

We extend our condolences to Al and Sandy Utterstrom on the loss of their son Toby.



DON'T FORGET

MTC Meeting

Wednesday, April 11, 2001

SMTC So. Portland

6:30 p.m. - Machine Tool Building

Greg Knapton PT, ATC will be giving a presentation on common injuries and prevention for runners. Greg is a physical therapist and athletic trainer currently employed at Healthsouth Rehabilitation and Sports Medicine Clinic on Sewall St. in Portland. He specializes in the evaluation and treatment of orthopedic and sports related injuries.

Being a runner himself, Greg has special interest in the area of running injuries. He has been involved in running for the past 18 years including competing at high school and collegiate levels, as well as local road racing.

Please make plans to attend. Call me at (207) 774-8868 or e-mail mordecaimel@aol.com for information or directions

Thanks,

Mel

Wednesday, April 11th SMTC So. Portland Machine Tool Building
6:30 p.m.



Eastern Prom Trail Fun Run

Wednesday, May 16th, 6:00 PM

- The start is near the corner of India and Commercial St., go to the start of the Eastern Prom Trail.
- Pizza after at Bill's Pizza on Commercial St. (bring money).
- Wear M.T.C. clothing if possible. Phil Meech will have clothing for sale at the start.

For more information contact:

Phil at 839-4946 or Philip.d.meech@verizon.com or

Cathy Burnie at 829-5208 or cburnie@maine.rr.com



Thanks

I would like to thank the following people for their support of the Leukemia and Lymphoma Society: Carlton Mendell, Michael & Denise Brooks, Celia Grand, Margaret Soule, Stacy Skowron, Polly Kenniston, and Gerard Conley, Jr.

Thanks,

Cathy Kilburn

Professional Profile -

Paul Simonsen, P.T.

By Michael Musca mmusca@maine.rr.com

Face it, at one time or another in our running lives we find ourselves face-down on a physical therapist table wondering: "Why me? Why now?"

The entire month of February seemed to be filled with one injury after another. Fortunately I've had the good fortune to receive physical therapy treatments from Paul Simonsen, P.T., Clinical Manager of Intermed Physical Therapy.

Paul, age 46, has nineteen years experience in his profession and is a 1981 graduate of Northeastern University. Although he claims to be a purely recreation runner, Paul finally admitted that he was the half-mile record holder in junior high and high school.

Paul was kind enough to take a few minutes answering my injury-related questions:

Sports you personally participate in? Running, hockey, weight training, spinning, coaching youth/rec. basketball.

Sports you treat injuries for? Some include: running, basketball, baseball, hockey, weight training, lacrosse, dance, skiing.

Do you see more overuse injuries in the winter? We do see more overuse type injuries from training indoors i.e.: weight training, running on treadmills.

Which overuse injuries are most prevalent for runners? We see a lot of plantar fasciitis, achilles tendonitis, shin splints, patellofemoral syndromes, hip bursitis, as well as back and pelvic sprains and strains.

Is there a personality type that seems to be more apt to be injured? Yes, some people that are driven to do their best sometimes ignore their body's warning signs of wear and tear and subsequently tend to overuse

What do you tell athletes about their injuries? We try to both encourage and educate athletes in regards to their ailments. We also try to have the athlete maintain condition through modification of their sport or cross train into a less stressful sport for their specific ailment.

What can road cambers and icy roads do to injure runners? Road cambers and icy roads can cause awkward gaits and muscle imbalances throughout the lower extremities and back resulting in overuse injuries. Icy roads can also cause classical injuries such as sprains, strains and fractures from slipping and falling on ice and snow.

What benefits and problems do you see with treadmill running? Treadmills can be very beneficial in maintaining cardiovascular conditioning during the cold/icy winter as well as being very efficient and easy to use. However, they do have pitfalls. Some people narrow and shorten their gait depending on the width and length of the running surface, which can cause multiple musculoskeletal problems as outlined above. Also, runners tend not to vary their pace as much as they may outside on the road.

Do you think runners abuse anti-inflammatories when they're injured? I'm not qualified to prescribe medications but generally in my experience I would say some people over use anti-inflammatories which can cause gastrointestinal distress or more serious internal organ problems. Play it safe and talk with your physician if you have any questions.

2001

MTC RACE SCHEDULE

April 16 - Portland Boys & Girls Club Patriots' Day 5-Miler; Portland, Noon, Contact: Portland, Boys & Girls Club - 874-1069

May 13 - Portland Sea Dogs Slugger's Mom 5K and Kids' Run; Hadlock Field, Portland, 9:00 AM, Contact: Maine Track Club - 741-2084

June 2 - YMCA Back Bay 5K; Back Cove Path, Portland, 10:00 AM, Contact: John and Betsy Morse 443-3948 or 443-4112

June 3 - Flatfoot 4-Miler and Kid's 1-Miler; South Portland Rec Center, Kid's Race 9:30 AM, Adult's 10:00 AM, Contact: Maine Track Club 741-2084

June 13 - Commute Another Way Week 5K; Backcove Path, Portland, Contact: Portland YMCA 874-1111

July 21 - Pat's Pizza Clam Festival Classic 5-Miler; Yarmouth, 8:00 AM, Contact: Maine Track Club - 741-2084

July 28 - Peaks Island 5-Miler; Peaks Island Lions Club, 10:30 AM, Contact: Larry Dyer - 725-6962

August 10 - St. Peter's Road Race (4 miles); Portland, 7:00 PM, Contact: Maine Track Club - 741-2084

August 31 - Maine Running Hall of Fame 5K; Back Cove Path, Portland, 6:45 PM, Contact: Maine Track Club - 741-2084

September 16 - Anthem Women's Distance 5K and Walk; Eastland Park Hotel, Portland, 9:00 AM, Contact: Ron Deprez 772-4312 or rdeprez@phrg.com

October 7 - Sportshoe Center Maine Marathon/Relay/Half Marathon; USM's Sullivan Gym, Portland, 8:00 AM, Contact: 741-2084 or marathon@maine.rr.com

October 20 - M.T.C. 50 Miler, Brunswick, 6:30AM, Contact: Al & Sandy Utterstrom 797-4710

November 17 - Turkey Trot 5K; Pond Cove Elementary School, Cape Elizabeth, 9:00 AM, Contact: Maine Track Club - 741-2084

November 22 - Thanksgiving Day 4-Miler; One City Center, Portland, 9:00 AM, Contact: George Towle - 780-5595

"What the hell happened to me?"

Michael Musca mmusca@maine.rr.com

At what point in my sad life did a twice-weekly easy jaunt around the block morph into a mandatory sentence of seventy-mile weeks?

I'm going to visit my local skin-art parlor, sit down next to the leopard-girl with the ink needle and demand that she emblazons a bright orange "WHHM?" on my forehead.

What the hell happened to me?

How did I come to define a good week as 50 miles of running and a great week as 70 miles?

When did 20 mile Sunday runs become mandatory?

Why is my alarm clock waking me at 4AM on a snowy Saturday morning so I can meet friends for a long-run-before-Sunday-long-run?

What the hell happened to me?

How did I find myself on a P.T.'s table complaining that I have to scale back to 40 miles per week while injured?

When did I start ranking my friends in a pecking order according to their most recent marathon times?

Why am I limping along a barren country road for the final 3 miles of a 11-mile run on a sub-zero degree morning * just to get the miles in?

What the hell happened to me?

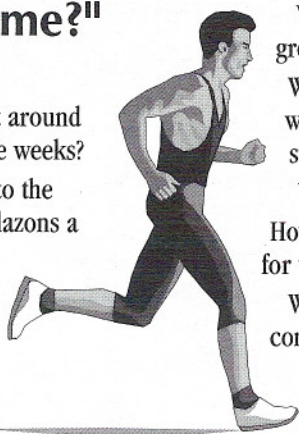
How come I can't walk from my bed to the bathroom without stretching my Achilles, IT band, plantar and lower back - in that precise order only?

When did my feeble 43-year-old mind come to believe that two workouts per day were healthy?

Why am I washing down a cornucopia of vitamins, anti-inflammatories, supplements, and shark cartilage with my morning orange juice?

What the hell happened to me?

How did my email box fill up with 90 percent running related messages?



When did I realize that every acquaintance and relative greets me with "Did you run today?"

Why am I running a 20 miler on my basement treadmill with only the oil burner and my bored German Shepherd staring back at me?

What the hell happened to me?

How do I rationalize chowing-down cans of baked beans for the pre-marathon protein they offer?

When did I start to schedule family vacations in conjunction with out of town races?

Why do I cheerfully change \$70 running shoes every few months but continue to drive on worn five-year-old auto brake shoes?

What the hell happened to me?

A few more WHHMs? (courtesy of Hans Brandes)

Why do I keep telling the person on the treadmill next to me that I am doing a recovery run today: "just a short 10 miler"?

Why do I always start my weekly grocery list with Gatorade and ibuprofen?

Why do I get nervous when there are less than 10 Gatorades in the house?

How come when I am driving I get jealous seeing others out running?

Why do I get up at Oh-dark thirty to go running in 5 degree, snowy weather with gale force winds with a bunch of other nut cases doing the same thing?

Why do I get in my car after a long run to measure course mileage?

Why do I surf the web, looking for articles on tempo runs?

Why do I keep running 10 milers just because its easier to figure out my average pace?

Why does my favorite watch have a 50 lap memory?

Why do I keep convincing myself that having less than 10 toenails makes it easier to clip them?

Why does the guy over at the workout room keep wondering why the treadmills have such high mileage on them?

GROUP RUNS

The **Maine Track Club** includes all kinds of runners doing many different distances and paces ... from the weekend jogger to the daily 20-minute runner to the serious road racer. Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

Kennebunk

The Kennebunk Thursday Night group runs every Thursday night year-round, rain or shine. Welcome to MTC members and fellow runners. Our group size ranges from 7 or 8 to over 20 depending on the weather and time of year. Pace ranges from some running 7s 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 K'port for libations and dinner and we are always home by 9. Several of the group also run Sunday mornings in Kennebunk or in No. Berwick. Please try to join us, we would love the company. For more info call Steve Jacobsen, 985-4107 PM 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 from the YMCA on Forest Ave. Contact Marla Keefe (775-9620) or Mike Pratico (874-1111).

The **Maine Front Runners**, a gay and lesbian running club, runs from Back Cove across from Shop & Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-2059).

South Portland

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

Biddeford, Saco

Anyone interested in weekly morning runs and weekend early afternoon runs, contact Guy Roy (284-8036). If you know of a group run that isn't listed above, please contact either Colleen Redmond or Mike Doyle (871-0051) to let us know where, when and a contact person for inclusion in the monthly newsletter.

This schedule is published for your convenience. The Maine Track Club endorses and certifies only those races that are in bold below.

April 16, 2001 - Portland Boys & Girls Club Patriots' Day 5-Miler; Portland, Noon, Contact: Portland Boys & Girls Club 874-1069

April 21, 2001 - Women on the Move 5K; Women's Fitness Studio and Spa, Brunswick, 9:00 AM, Contact: 729-5544

April 28, 2001 - April Amble; Portland, Noon, Contact: Brian Gillispie 828-3818

May 5, 2001 - Boothbay Region YMCA Rocky coast Road Race 10K, Bunny Run, Reebok Walk; Boothbay Harbor, 10:00 AM, Contact 633-2855

May 6, 2001 - YWCA Race against Racism 5K; Portland YWCA, 9:00 AM, Contact: Stephanie Plourde 874-1130 ext. 3035

May 13, 2001 - Portland Sea Dogs Slugger's Mom 5K and Kid's Run; Hadlock Field, Portland, 9:00 AM, Contact: MTC 741-2084

May 19, 2001 - National Theatre Workshop of the Handicapped 5K Challenge for runners, walkers, persons with disabilities and Wheelchairs; Belfast, 10:00 AM, Contact: Martha Ames 338-6894 or ntwhcrby@mint.net
– Bone Density Dash 5K; Back Cove Path, Portland, 10:00AM, Contact: 828-1133

May 20, 2001 - Sugarloaf/USA Marathon; Eustis, ME, 7:00AM Carrabassett Valley (Also, Marathon Relay/15K), Contact: Sue Foster, c/o Sugarloaf USA Outdoor Center, RR1 Box 5000, Carrabassett Valley, ME 04947, (207-237-6830) outdoor@somtel.com

June 2, 2001 - YMCA Back Bay 5K; Back Cove Path, Portland 10:00 AM, Contact: Portland YMCA 874-1111
– YMCA World Largest 5K Run and Fun Walk; Auburn, 10:00 AM, Contact Doug McFarland 795-4095
– Bath YMCA 5K; 10:00AM, Contact: John & Betsey Morse 443-3948 or 443-4112

June 3, 2001 - Flatfoot 4-Miler and Kids 1 Miler; South Portland, Kids start 9:30AM, Adults 10:00AM, Contact: M.T.C. 741-2084

June 13, 2001 - Commute Another Way Week 5K; Back Cove Path, Portland, Contact: Portland YMCA 874-111

June 16, 2001 - Close To The Coast 10K/5K; Winslow State Park, Freeport, 9:00AM, Contact: Nelson Larkins 865-1412

June 23, 2001 - Falmouth PARKFEST 4M, Falmouth, ME, 8:30AM Community Parks (Also, Kids FR), Contact: Kim White, c/o Tumblekidz Studio, 417 US Route One, Falmouth, ME 04105, (207-781-8083) tmbldkz@maine.rr.com
– Camden Area YMCA Harbor View 5K; Camden, ME USA 9:00AM
Camden Area YMCA, Contact: Jasen Wood, Camden Area YMCA, 50 Chestnut Street, Camden, ME 04843, (207-236-3375) info@camdenareay.com

June 24, 2001 - Literacy Volunteers 5K; Portland Athletic Club, Falmouth, 9:00AM, Contact: 878-3907

June 30, 2001 - Strawberry Festival 5-Miler; Marshwood Jr. High, So. Berwick, 8:00AM, Contact: 439-1033 or hiknrun@aol.com

July 4, 2001 - 25th Bridgton Four on the Fourth; Bridgton, ME 8:00AM Stevens Brook School (4M), Contact: Jay & Lorraine Spenciner, RR3 Box 1002, Bridgton, ME 04009, (207-647-3347) – L.L. Bean 10K; Town Park, Freeport, 7:30AM, Contact: Lili Hall 552-2356

July 7, 2001 - Beech Mountain 15.7M Trail Run; Mt. Desert, ME 8:00AM Camp Beech Cliff, Beech Mountain Road (Also, 3.8M), Contact: Peter John Keeney, 50 Ledge Lane Avenue #3, Bar Harbor, ME 04609, (207-288-8381)

July 21, 2001 - Pat's Pizza Clam Festival Classic 5-Miler; Yarmouth, 8:00 AM, Contact: MTC 741-2084

July 28, 2001 - Peaks Island 5-Miler; Peaks Island Lions Club, 10:30 AM, Contact: Larry Dyer 725-6962

August 4, 2001 - Peoples Beach to Beacon 10K; Cape Elizabeth, 8:00 AM, Contact: peoplesheritage.com/beac/beac

August 10, 2001 - St. Peter's Road Race (4 miles); Portland, 7:00 PM, Contact MTC 741-2084

August 12, 2001 - Alvin Sproul Samoset 10K; Bristol, ME 9:15AM Bristol Consolidated School (Also, 10K W/1M FR), Contact: Carlene Sproul, PO Box 55, Chamberlain, ME 04541, (207-677-2586) nannyc@midcoast.com

August 26, 2001 - Gregg Hagerman 10K Memorial; Bridgton, ME 8:00AM Highland Lake Public Beach, Contact: Roxanne Hagerman, 17 Main Street, Bridgton, ME 04009, (207-647-3551) roxy@megalink.net

August 31, 2001 - Maine Running Hall of Fame 5K; Back Cove Path, Portland, 6:45 PM, Contact: MTC 741-2084

September 9, 2001 - L/A 5K Bridge Run; Lewiston/Auburn Boys and Girls Club, Auburn, 8:30AM, Contact: Mike Lacompte

September 16, 2001 - Anthem Women's Distance 5K & Walk, Eastland Park Hotel, Portland, 9:00 AM, Contact: Ron Deprez 772-4312 or rdeprez@phrg.com

September 23, 2001 Portland Trails Tukey Trot 10K, Portland, 8:30AM, Contact: 775-2411 or Laura@trails.org

September 29, 2001 - Eliot Festival Day 5K, Eliot, ME 8:30AM Eliot Fire Station, Route 103 (Also, Kids Run), Contact: Randy Bartlett, 2 Garrison Drive, Eliot, ME 03903, (207-439-3707) eliot5k@fcgnetworks.net

RACE SCHEDULE CONTINUED

October 7, 2001 - 10th Sportshoe Center Maine Marathon/Relay/Half Marathon; Portland, ME, 8:00AM USM Sullivan Gym, Contact: Maine Marathon, PO Box 10836, Portland, ME 04104, (207-741-2084) marathon@maine.rr.com

October 20, 2001 - M.T.C. 50 Miler, Brunswick, 6:30AM, Contact: Al & Sandy Utterstrom 797-4710 marathon@maine.rr.com

November 17, 2001 - Turkey Trot 5K; Pond Cove Elementary School, Cape Elizabeth, 9:00 AM, Contact: MTC 741-2084

November 22, 2001 - Thanksgiving Day 4-Miler; One City Center, Portland, 9:00 AM, Contact: George Towle 780-5595

UPCOMING MTC BIRTHDAYS

HAPPY BIRTHDAY MTC MEMBERS!!

APRIL

- 16: Michael Gordon
- 17: Kate Menendez, Larry Dyer
- 18: Esme Deprez, Jennifer Sarah
- 19: Marco Cedrone, Jonathan Ives, Chet Matthews, Ed Reagan, Daniel Salvo
- 20: Philip Meech, Phillips Sargent
- 21: Allison Lunt
- 22: Chuck Burnie
- 23: Katherine Brady, Lauren Parkinson
- 24: Virginia Wilder Cross, Emily Crowe, Paul Stulgaitis
- 25: Don Russell
- 26: Patrick Connolly, Suzanne Umland, Craig Wilson
- 27: Deborah Dameron
- 28: Rachael Blanchard, Eileen Dunfey, Rachel Landry

MAY

- 1: Dick Graves
- 2: Travis Beaudoin, Cynthia Sargent, Edmond Zuis
- 3: Shirley Chamberlain, John Desarro, Liz O'Connor, Larry Wold
- 4: David Paul
- 5: Real Deprez
- 6: Chris Reed, George Towle
- 7: Kevin Callahan, Kelly Ann Musca, Michael Pasternak, Marjorie Tennyson
- 8: Bob Poirer, Ryan Shaw
- 9: Lincoln Skelton
- 11: Julia Dunfey, Stephen J. Fox, Harry Fullerton, Kathleen Tragert
- 12: Don Burnham, Ruth Conly, Claton Conrad
- 13: Larry Barker, Carol Perry
- 14: Matt Lunt



Zen and the Art of Goal Adjustment

by Will Lund

What is your running goal for this year?

The question stared out at me from the page of the questionnaire. It was the first meeting of the year for our running group, and the coach wanted to know the lofty heights to which we would strive this season.

All around me, young athletes were busy scribbling "5:25 mile," or "17:55 5K."

Covering my answer so no one would see, I carefully wrote: "Get back in shape. Avoid serious injury."

While sitting out a nagging hip problem this past fall and winter, I have undergone a partial transformation. My previous mantra of "Try to keep the leaders in sight" has developed into a more realistic "Boy, would it be great to just be back out there and run a race, or what?!"

During the slow convalescence, I occasionally sought solace from my running brethren. Far from sympathizing, however, athletes our age shy away from their injured friends, as if fearful that the condition will prove contagious. Their words express compassion, but their eyes say, "Hey, get outta here with that limp."

But now I'm back running, albeit slowly. In fact, my current version of "running" barely meets the minimum statutory definition. On loops around Back Bay in Portland, I used to travel the paved road, for speed. Now, I negotiate the slippery pathway, explaining to anyone who'll listen that my deliberate gait is merely the result of the uneven surface ("Gee, the path sure is treacherous today, isn't it?").

Like a corporation about to announce disappointing stock earnings, the trick is to lower expectations. The best way to be victorious, is simply to declare victory. This is the secret of Zen and the Art of Goal Adjustment.

Goal adjustment is nothing new to seasoned runners. Several years ago I competed in the rainy cross-country championships at Franklin Park, outside of Boston. For the entire hilly, muddy race, arch rivals John Eldridge and Rob Craig hovered just off my left and right shoulders. Once the finish line came into sight, they both sprinted past. "Hey, John," I gasped while standing in the chute, "What was your time?"

"We weren't running for time," replied Eldridge. G-r-r-r-r.

Last week, Gerry Conley, Jr., still sporting a slight Irish accent from his trip to the Dublin Marathon, rushed up to me. "I heard you're back running," he said. I confirmed that I was.

"And I heard that I'm finally going to be able to beat you," he said.

I said that was quite true. But later, as he walked away, I silently thanked my friend Gerry for helping me set a new goal for this season.

How They Train – New England Style

David Weatherbie

by Michael A. Musca mmusca@maine.rr.com



How can you not be affected by running when your dad is the local high school cross country and track coach? Cape Elizabeth's own David Weatherbie grew up with running in his blood and, for a time, had the good fortune to share the same shoe size as Joan Samuelson. This translated into "a few pairs of free Nikes". Great perk's!

Jim Toulouse comments, "I trained with Dave in the early 90's, back when I could (barely) keep up with him. What has made Dave so successful with his running? Yes, he has some obvious talent for the sport, but that is not what sets him apart. He has a great combination of a very strong focus on goals, knowing himself very well and how to train, terrific confidence and a fierce competitiveness. He knows what he should be able to run for a time in a given race, and just does it. He is able to run faster than, or at least with, "better" runners on a consistent basis because of this. He is particularly tough at the end of road races and I have seen him pick off runners in the 3rd and 4th quarters of a mile track race when the rest of the field is relatively just hanging on."

Name: David Weatherbie **Age:** 33

College: Bates College '90

Affiliation: Central Mass. Striders Racing Team

Best Marks:

500m: 3:57.8 (track)	5K: 15:08 (track)
10K: 32:18 ('91)	HMAR: 1:12:06 (Bay State '97)
MAR: 2:33:39 (Sugarloaf '97)	

Personal Statistics:

Birthdate: 3/31/68 **Born:** Portland, ME

Height: 5' 11" **Weight:** 170lbs

Started Racing: 1975 AAU cross-country

Family: Married (Tracey Weatherbie) / 3 Kids (Lexi, Sterling, Peyton)

Pre-Training Warm-up: Light stretching before a regular run or easy 2-3 miles before a speed/hill workout.

Stretching: 5 minutes of stretching after a run or speed/hill workout

Log Book: I kept one from 1988 to 1997. This could be part of the reason why I have slowed down in recent years. I used to keep track of date, mileage, time, and commentary on how I felt.

Daily workouts:

Winter (November - February): 30-50 miles/wk easy running

Spring (March- May): 45-65 miles/wk

Summer (June - Aug): 45-65 miles/wk

Fall (Sep - Oct): 50-75 miles/wk

During the spring and summer a typical week is as follows: Mon: 7-9 miles easy, Tue: 7-9 miles easy, Wed: Track workout; 4 x mile @ 10K race pace (2 min recovery @ 8 min/mile pace) or 6 x 1k @ 5K race pace (2 min recovery @ 8 min/mile pace).

Note: sometimes I will vary the speed/recovery depending on how my body feels that day or if I am running a race on the upcoming Saturday or Sunday.

Thurs: 7-9 miles easy, Fri: 5-7 miles easy, Sat: 10-12 miles (4 miles easy, 4 miles tempo, 2-4 miles easy), Sun: 10-15 miles (4 miles easy then increasing intensity until running marathon pace)

Or, if I am racing on the weekend, I race one day and run easy the other day. Usually I start serious marathon training after The Peoples Beach to Beacon 10K.

During the fall a typical week is as follows:

Mon: 7-10 miles easy, Tues: 7-10 miles easy, Wed: Tempo run on track or roads @ 10 mile race pace, Thurs: 7-10 miles easy, Fri: 5-7 miles easy, Sat: 12-15 miles (4 miles easy, 4-6 miles tempo, 4-6 miles easy), Sun: 15-22 miles (4 miles easy then increasing intensity until running at or close to marathon pace)

Favorite/best race: Peoples Beach To Beacon 10K: Obviously I am a little biased because of both my involvement in the race and the fact that it occurs in my hometown.

That being said, where else in Maine can you run with 4,000 people on a spectacular course with the best runners in the world.

Rocket City Marathon: Early December Marathon on mostly flat course. The temps are usually in the 40's and it can be windy. However, this is a well organized competitive marathon with a great pasta feed the night before the race.

Favorite race course: Bay State Half Marathon/Marathon: The course is flat and fast; the best place in NE to run a PR at either distance.

Sugarloaf Marathon: I set my PR there in 1997. Most people who have not run Sugarloaf think it is all downhill. The first 10 miles are anything but flat. In fact, I believe the race course climbs 400-500 feet (maybe more) in the first 10 miles.

The 10K Turkey Trot in Cape Elizabeth (no longer a race, now only a 5K):

One of the toughest 10K's in Maine, up and down the whole way. No runner ever broke 32 minutes, including Byrne Decker and Todd Coffin who both came close.

Favorite workout: I don't have a favorite workout. Toughest workout is clearly the Sunday long run with Byrne Decker and Mike Payson.

Favorite running route: Any loop that involves Shore Road in Cape Elizabeth.

Running Hero: Joan Samuelson: I have known Joanie since I was 7 years old. My father coached her in high school and for a while we had the same shoe size which meant I received a few pairs of free Nike's. Joan is a symbol of everything that is good about the sport of running. Having grown up in Cape Elizabeth and run by her statue thousands of times, Joan will always be at the top of my list when asked about running heroes or icons.

Brian Pettengill: Although I am 5 years younger than Brian is, we both ran AAU Cross Country and Track as kids for the Chebeague Island Track Club. I saw many of Brian's great accomplishments including cross country state championships and that 4:10 mile at Bowdoin's outdoor track while he was at Cheverus High School.

Who inspired you to run? My father coached both cross country and track at Cape Elizabeth High School. The inspiration was largely due to association and the fact that I had success early on in the AAU programs.

Why do I run? I run for a number of reasons. At the top of the list would be my competitive spirit and camaraderie of the guys I train with.

RACE RESULTS

The Brian Boru Pub & The Maine Track Club Present

McKeown's Irish Road Rover 5K

274 Finishers (93 Female & 181 Male)

Scenic Loop Course From Gorham's Corner:
Portland's Original Irish Settlement On The Peninsula
11:00 a.m., Sunday, March 4, 2001

Complete Results Courtesy Of The Maine Track Club

Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Michael Payson (MTC) 1,overall	37	Falmouth	15:55	5:07
2 Scott Brown 2,overall	42	Lewiston	16:08	5:12
3 Christian Muentener 3,overall	27	South Portland	16:22	5:16
4 Don Legere 1,30-39	38	Portland	16:27	5:18
5 Dan Dearing (MTC) 2,30-39	39	Lisbon Falls	16:41	5:22
16 Christine Snow-Reaser 1,overall	35	Dayton	17:58*	5:47
42 Tonya Lutz 2,overall	23	Saco	19:49*	6:23
48 Andrea Giddings 3,overall	16	South Portland	20:19*	6:32
50 Kara Miller 1,30-39	34	Marietta, GA	20:29*	6:36
53 Lauren Lohmeyer 1,15-19	19	Portland	20:45*	6:41

Other Top Divisional Finishers

8 Jorma Kurry 20-29	29	Portland	17:07	5:31
9 Eric Giddings 14&under	13	South Portland	17:10	5:32
13 Tom Hathaway 40-49	41	Scarborough	17:37	5:40
70 Beth Rand 40-49	41	Cape Elizabeth	21:32*	6:56
75 Harry White (MTC) 50-59	58	Scarborough	21:52	7:02
84 Robert Randall 60&over	63	Springvale	22:30	7:15
179 Cathy Burnie (MTC) 50-59	52	Cumberland	26:44*	8:36
260 Pat Buckley (MTC) 60&over	63	Portland	34:20*	11:03
270 Selene Spivak 14&under	11	Portland	42:09*	13:34

Other Maine Track Club Finishers

7 Pete Bottomley	39	Cape Elizabeth	16:57	5:27
15 Hans Brandes 3,40-49	42	Falmouth	17:53	5:43
17 Claton Conrad	18	North Yarmouth	17:59	5:47
51 Jay Wilson, Jr.	15	Portland	20:32	6:37
52 Jay Wilson, Sr.	42	Portland	20:44	6:40
55 Elliot Conrad	17	North Yarmouth	20:50	6:42
57 Lorna Humphries 2,30-39	35	North Yarmouth	20:59*	6:45
89 Tony Salamone	51	South Portland	22:49	7:21
91 Ned Ayers	51	Falmouth	22:49	7:21
102 Joe King	29	Portland	23:05	7:26
108 John Morse	55	Phippsburg	23:22	7:31
111 Joan Sarles Lee 2,40-49	46	Yarmouth	23:36*	7:16
117 Lincoln Skelton	11	Topsham	24:08	7:46
127 John Keeley	49	Portland	24:23	7:51
128 Ronald Chase 2,60&over	60	Durham	24:23	7:51
129 Joseph Shinnick	38	Cape Elizabeth	24:24	7:51
137 Chuck Burnie	46	Cumberland	24:40	7:56
147 Lisa Kelley	36	Falmouth	25:14*	8:07
154 Robert DeWitt	57	Lisbon	25:32	8:13
167 Matthew Govan	31	Portland	26:07	8:24
173 David Skelton	43	Topsham	26:33	8:33
192 Jack Nichols	37	Falmouth	27:13	8:46
194 James Robbins	47	Portland	27:18	8:47
219 James Pedersen	31	Portland	28:42	9:14
221 Carlene Anderson 3,50-59	51	South Portland	29:01*	9:20
233 Phillips Sargent	54	Yarmouth	30:11	9:43
235 Beth Quinlan	42	Portland	30:32*	9:56
242 Elizabeth Miller	47	Portland	31:38*	10:11
261 Lennie Stack	65	Westbrook	34:20	11:03
271 Julius Marzul	74	Gorham	42:04	13:32
273 Don Penta	54	Windham	42:35	13:42

Bob Kerry & Friends Of Mary Present

Mary's Walk Kerrymen Pub 4 Mile Road Race

216 Finishers (89 Female & 127 Male)

Flat Fast Scenic Out & Back Course From Kerryman Pub, Saco
12 Noon, Sunday, March 11, 2001

Complete Results Courtesy Of Granite State Race Services

Top Overall Finishers

Place/Name	Age	Town	Time	Pace
1 Jeff Gaudette 1,18&under	18	Biddeford	21:10	5:18
2 Dan Dearing (MTC) 1,30-39	39	Lisbon Falls	21:35	5:24
3 David Scott 2,18&under	17	Lyman	22:39	5:40
4 Michael Kimball 1,40-49	47	Rye, NH	22:47	5:42
5 Christine Snow-Reaser 1,30-39	35	Dayton	22:52*	5:43
6 Tom Maxfield 2,30-39	35	OOB	23:00	5:45
13 Tonya Lutz 1,19-29	23	Saco	24:39*	6:10
17 Missy Ferry 2,19-29	24	Orono	25:48*	6:27
18 Leslie Mourmouras 2,30-39	32	Biddeford	26:01*	6:31
19 Sandy Noble 1,40-49	41	Kennebunkport	26:08*	6:32

Other Top Divisional Finishers

16 Richard Harper 50-59	54	Hallowell	25:42	6:26
45 Andrew Tripp 19-29	22	Saco	27:21	6:51
54 Kitty Kelley (MTC) 50-59	54	Portland	28:11*	7:03
74 Kristy Wechter 18&under	18	South Berwick	29:28*	7:22
112 Polly Kenniston (MTC) 60-69	64	Scarborough	32:16*	8:04
148 Locksley Hall (MTC) 60-69	61	Centre Lovell	34:27	8:35
172 Carlton E. Mendell (MTC) 70&over	79	Portland	36:25	9:07
214 Ruth Hefflefinger (MTC) 70&over	72	Portland	52:19*	13:05

Other Maine Track Club Finishers

14 Curt Moulton	37	Sanford	24:42	6:11
20 Phil Pierce 2,50-59	59	Falmouth	26:09	6:33
22 Britt Wolfe	35	Saco	26:16	6:34
23 Gerard Conley	47	Portland	26:17	6:35
25 Jay Wilson	15	Portland	26:19	6:35
31 Kathy Hepner 2,40-49	40	Gorham	26:50*	6:43
32 Michael Doyle	36	Portland	26:51	6:43
35 Don Bessey	55	Kennebunkport	26:57	6:45
39 Betty Rines 3,40-49	44	Gorham	27:12*	6:48
59 Ron Cedrone	52	Falmouth	28:33	7:09
61 Les Berry	53	Waterboro	28:38	7:10
65 Chuck Massie	46	Saco	28:59	7:15
71 K. Scott Hinckley	43	Saco	29:13	7:19
73 Ned Ayers	51	Falmouth	29:25	7:22
85 Cathy Kilburn	34	Westbrook	30:25*	7:37
99 Karla Stockmeyer 2,18&under	13	Portland	31:14*	7:49
104 Patti Hinckley	42	Saco	31:49*	7:58
121 Dick Scribner	49	Gorham	32:40	8:10
125 Larry Kinner	51	OOB	33:01	8:16
155 Harry Fullerton	52	Portland	34:47	8:42
159 Keith Sheehan	44	Arundel	34:57	8:45
171 Karen Connolly	42	Hollis	36:21*	9:06
173 James Pedersen	31	Portland	36:33	9:09
175 Christine Wirth	26	Portland	36:46*	9:12
178 Donna Bisbee	44	Portland	36:57*	9:15
204 Kathleen Reid	31	South Portland	41:59*	10:30
207 Pat Buckley 2,60-69	63	Portland	42:55*	10:44
209 Stephanie Ross	38	Portland	43:10*	10:48
212 Lennie Stack 2,60-69	65	Westbrook	44:12	11:03
215 Julius Marzul 2,70&over	74	Gorham	52:12	13:06
216 Don Penta	54	Windham	54:27	13:37

Many thanks to computer coordinator Bob Aube for complete results!

TRACKS

By Mike Doyle

Our weather has gone from snow and ice, to sand and mud. I am referring to that sacred shoulder next to the roadway where we all eventually exercise. I usually "train" solo but lately I have a lot of company. Just the other day I was plodding along when it began to lightly snow. During my solitary run I realized I was no longer alone. As the snow continued, so did the newly formed footprints in front of me. My focus was re-directed to those tracks. Who was this person? How fast were they running? Could I catch them? Would I see them around the next corner? After about ten minutes trying to pace the phantom, I realized I was out of my league. As it began to snow harder the tracks became more obscure. The tracks were much faster than I, consistently paced on all terrain, and continued straight, thankfully where I turned. After that run, I began to really notice my fellow road warriors and the patterns of their exercise.

Tracks can be broken down into five basic paces. Walkers, Plodders, Joggers, Runners and Wizards. Walkers tend to travel in pairs; they have short consistent tracks and generally leave behind their entire footwear imprint. Plodders, a step up from walkers have a similar track, however forward exertion is evident. A plodder tends to displace more earth and the front half of the imprint is deeper than the second half. Joggers have a more open stride, and only about three fourths of the shoe print is discernible. Runners have a wide open gait, land solidly on the front third of their shoe, occasionally leave behind an arch print, heel prints are a rarity. Wizards are the magicians of our sport and as magicians, are able to travel virtually un-noticed. Wizards create dust where there is mud and stone where there is sand. I would not know this if I had not witnessed it first hand.

When studying tracks, more often than not, you will identify a combination of paces depending on the individual and the distance. Take me for instance, during my Mid Winter Classic 10 Miler meltdown, I was a Runner for the first four miles, a Jogger for the next three, a Plodder for two, and a Plodwalker for the final. Plodwalking is one of the many pace subcategories but is hardly distinguishable when "Tracking". Jogplodding, Runjogging, and Wizrunning are the other pace subcategories. Elite trackers are able to pinpoint a persons shoe size, height, weight, distance, time and general relativity by identifying paces and subcategories.

There are many conditions that hinder one's ability to track properly. Weather is the most common annoyance. Living in Maine, we seldom have dry, clean roadways so tracking can virtually be done year round. Another obstacle encountered is "herding"; this is caused when too many tracks share the same surface within a short time frame. The final and most destructive forces to tracks are shoulder dwellers. These people unknowingly weave their tire tracks all over our beloved shoulders, obliterating the telltale signs of who we are and where we've been.

Tracking must be done with extreme caution, especially while training on busy roadways. Many people never notice these subtle signs of civilization because their focus is on the "track obliterators" hurtling towards them. If you have the opportunity to track without traffic, start with the Walkers and work your way up to the Wizards. Think about what you're doing, where you're going and what you're leaving behind.

Maine Track Club Fleet Feet Children's Running Program and Flatfoot One Mile & Four Mile Road Races

The Maine Track Club has decided to start a children's running program.

The purpose of the program is to get children started in a fitness program to enhance their lifestyle for the future, running is one way to accomplish this.

We are targeting youngsters in grades K-5. For four consecutive Saturdays, the Maine Track Club will work with them, teaching proper stretching, running form, nutrition, and racing strategies.

The So. Portland Parks and Recreation Department are involved. They are using this program in the place of the summer rec. running program. Registration can be done through their office on Nelson Road and the training will be on the South Portland track next door.

Please contact Donna Moulton at 799-2894 for additional information.

TRAINING SCHEDULE

Saturday – May 12th, May 19th, May 26th, June 2nd

9:00 AM – 10:00 AM

Sunday, June 3rd is The Officer Friendly One Mile Youth Run, 9:30AM

Kids are free, there will be refreshments following the race and finishers medals for all children. See the enclosed race application for additional information.



COACHING AND WEEKLY TRACK WORKOUTS TO BE OFFERED

Coach David Dowling will provide training schedules and weekly speed training workouts for MTC members again this year, beginning in June. Look for a questionnaire in the May issue of the newsletter. From this information a ten week training program will be developed. Emphasis will be placed on workouts to develop speed for 5K to 10K races, but workouts can be adapted for other distances. The exact schedule and location will be given in May.

For more information contact:

Mel Fineberg at 774-8868; email: mordecaimel@aol.com or

Coach Dowling at 829-3186; email: ddowlin1@maine.rr.com.

Race Report

Sheraton Hyannis Marathon/Half-Marathon

Sunday 2/25/2001

Hyannis Massachusetts

This one goes down as "What Was I Thinking?" A February marathon? It sounded good back in November. With the click of the mouse I was officially bib 165 in the Marathon. The plan was simple, keep up the distance-based training through the winter, do a late winter marathon and hit the spring with a solid distance base to get back into some speed work to improve my 5 and 10k times. I stuck to my plan through November, December and January. I paid my dues on the Sunday long runs from my home behind Deering High School up to Falmouth or Cumberland. I tossed in a few races for fun. I felt great at the Manchester Road Race down in Connecticut, PR'd the Gorham Burn the Bird and the Mid Winter Classic. Was I ready for a Marathon? I thought so.



Mark Grandonico
MTC of Portland

The Hyannis Marathon is a two loop scenic course along, Craigville Beach, Hyannis Harbor, the Kennedy Compound and downtown Hyannis. It is mostly flat and gentle with a few rolling hills. It is the last New England qualifier for Boston. Judging from the pre-race talk at the starting line, qualifying for Boston was a lot of runner's goals. I reviewed the race results from last year, they were fast. I knew my 10-minute per mile marathon pace would place me at the back of the pack, which would be just fine. There were 1,100 pre-entrants, the highest number for the race since the mid-eighties when 1,800 ran, according to the race director Paul Coulier.

Mother Nature conspired against the runners this day. The snow started about 9:00 AM, resulting in near white out conditions and blanketing the roads with several inches of wet slush. The rumor circulating the growing number of runners in the Sheraton Hotel Lobby was that the police were talking of shutting down the race. Something about visibility and public safety? That all changed when the snow converted to freezing rain just in time for the 10:40 AM gun. The race was a go. We hit the road on time and a lot of runners quickly saw their chances of qualifying for Boston literally slip away. The previous snow, covered by ice and packed by passing vehicles made a running surface only a true New England Runner can appreciate. The freezing rain quickly changed to just rain and the 20-30 knot winds off Craigville Beach added additional flavor to the race.

It only took a few miles before you knew this was going to be a tough one. All the high tech fibers in the world couldn't keep the bone chilling cold out. The ice, cold, wind and rain made me seriously consider making this a half-marathon day and hitting the Sheraton hot tub at 13.1. But, despite the elements I felt too good to quit. I met my wife at the halfway, grabbed a fresh bottle of Gatorade and a bag of orange slices. With a few words of encouragement from Sherry and a "go for it Daddy" from my daughter, I set off again. This time the crowds were gone. Nothing but me and a lot of open road. The second half of the race was tough. I saw my 9:00 minute mile pace slow to 9:30, 10:00, 10:30 then 11:00. The elements were taking their toll.

The race winner was Dan Verrington of Bradford MA coming in at 2:39:49. Abby Kingman of Goshen, MA was the women's winner with a time of 3:21:23. The mens masters' title was captured by Jim Garcia (2:47:52) of Westford, MA and Kary Zimmerman (3:35:45) of Stevens, PA won the womens masters' title.

In the accompanying half-marathon, John Noland (1:16:33) of Kingston, MA took home the male honors while Jessica Blake (1:25:58) of North Attleboro took home female honors. Ken Gartner (1:17:20) of W. Falmouth and Lynne Clay (1:29:32) made it a clean sweep for Cape Coders in the Masters Division.

Me? I was ready. Despite the conditions, I PR'd my Marathon time by 6 minutes with a 4:34:45 finish. Speed demon no, survivor, yes.

Mark Grandonico, MTC



We Need Your Input

NEWS•RUN features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Mike Doyle at 871-0051, sending e-mail to mduoye@synergentcorp.com, or by mail to:

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

Notice About Race Fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must provide 500 fliers and a payment of \$40. Fliers will not be included in any mailing if not accompanied by the \$40 service fee. The fee applies only to races not run by the MTC, so if the race fee is already being paid to the club, there is no charge for race fliers. Please call or e-mail Mike Doyle to arrange for flier inclusion.

Anthem Blue Cross to be primary local race sponsor of the MTC Women's 5K Race sponsored nationally by Avon and RRCA.

Ron Deprez, Race Director, announced this week that The Maine Track Club has been awarded \$15,000 by Anthem Blue Cross for the 2001 Women's 5K race in Maine sponsored nationally by Avon, RRCA and Runner's World Magazine. Deprez said "We deeply appreciate their commitment and look forward to working with them in putting on a premier running and fitness event for women". The Cancer Community Center will be the charity that will benefit from the race.

The 5K race and fitness walk has been renamed the "Anthem Women's Distance 5K and Walk" in honor of the Anthem contribution to the race. The race will to be held on September 16, 2001 at 9:00 AM in Portland starting from the Eastland Park Hotel. Anthem Blue Cross, a managed health care organization with headquarters in Portland, is the largest private health insurer in Maine and is committed to assisting MTC bring this race to a higher level than in the past. According to Janice Mitchell, Manager of Community Relations for Anthem, "We see our sponsorship of this race as part of our commitment to promote health care prevention activities in Maine."

The race will also be sponsored nationally again by RRCA and Avon. In fact this is only one of three 5K races that Avon is sponsoring this year. According to Megan Kearney of RRCA, "MTC was awarded the Avon race this year for their hard work and effort over the past three years as an Avon 5K race." In addition to a \$1,000 contribution to the race and other amenities, Avon will sponsor a 2-day visit and celebrity appearance by Katherine Switzer, the first woman to complete the Boston Marathon legitimately.

Last year the race attracted almost 350 participants and was also voted as one of the top 100 races in New England by New England Runner Magazine for the second year in a row. The race is for women of all running abilities, ranging from accomplished professional women athletes to first time runners/racers/walkers. The coaching program held each year for the past three years will start in July and extend until race week.

If you wish more information on this event, or are interested in assisting as either a sponsor or a volunteer, please contact Ron Deprez, Race Director at (207) 772-4312 (eve.) or email him at "rdeppez@phrg.com".



Portland Trails 2nd Annual "Tukey Trot" 10K

Sunday September 23 at 8:30 AM

Run this scenic route along the Eastern Prom. and Back cove Trails and help PT raise trail-building money. 100% organic cotton t-shirt to the first 200 applicants.

MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



Mel FinebergPRESIDENT774-8868
Mike BrooksVICE PRESIDENT783-3414
Sandy Utterstrom	...PAST PRESIDENT797-4710
Carlton Mendell	...TREASURER797-7806
Gayle Desjardins	...SECRETARY871-0132
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Cathy BurnieAT-LARGE829-5208
Cathy KilburnAT-LARGE854-9441
Lorraine ParadisAT-LARGE878-4465
Don PentaSTATISTICIAN AND PHOTOGRAPHY	892-4526
Chuck BurnieEQUIPMENT829-5208
Mike DoyleNEWSLETTER871-0051
Colleen Redmond	...NEWSLETTER871-0051
Phil MeechCLOTHING839-4946

See web site for Board Members E-Mail Addresses



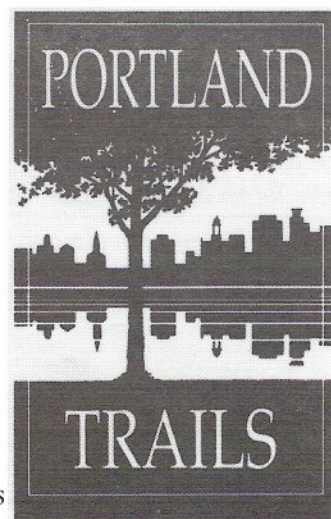
Portland Trails 10th Birthday Bash!

**Friday, May 18th,
6:00 - 10:00 PM**

**Eastland Park Hotel
Ballroom**

Come celebrate 10 years of building trails with live jazz and bluegrass, hor d'oeuvres, cash bar, a trip for two raffle, and a fantastic silent auction of over 100 cool items (to help build more trails):

If you buy your \$10 admission ticket by May 4th, you'll get a free raffle ticket. Call Portland Trails at 775-2411 or go to www.trails.org for more information.





RRCA NATIONAL CONVENTION

May 2-6, 2001
SHERATON-OLD TOWN
ALBUQUERQUE, NEW MEXICO

For Additional Information:

Albuquerque Road Runners: www.highfiber.com/~runner/home.html

Convention and Visitors Bureau: www.abqcvb.com; (800) 773-9918

Run for the Zoo 5K and 10K: www.run4zoo.com

Convention Director: Peter Casals (703) 836-0558 ext. 14; peter@rrca.org

or contact Donna Moulton: 799-2894 RRCA State Rep. for Maine



BE A PART OF HISTORY

The YMCA World's Largest Run is an unprecedented national event and you can play a part!

In celebration of the YMCA's 150th Anniversary in America, 300 YMCA's will be hosting a unified 5K run and fun walk on June 2nd, 2001.

That's right, one race, one synchronized start time across the country. See our race schedule on page 5 for the race nearest you.



M.T.C. Clothing Available

- Jerzee Heavyweight Cotton Forest Green Sweatshirts with the M.T.C. logo embroidered on the left chest. M/L/XL/XXL \$20.00
- Caps, 6 Panel unconstructed, pigment dyed, khaki/Dark Green adjustable leather strap with brass-look buckle snap fastener, embroidered M.T.C. logo \$8.00

New M.T.C. Singlets Available To Members Only

Aasics 100% Coolmax

M.T.C. logo silkscreened front and back

- Mens Victory Singlet - Med./Lrg.
- Womend Diamond Mesh Singlet - Small/Lrg./X-Lrg.

Being sold at cost \$15.00

Contact Colleen Redmond or Mike Doyle 871-0051



MAINE TRACK CLUB DISCOUNTS

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 2001 club ID card when requesting discounts.

Peak Performance Sports

59 Middle St., Portland

15%

ON ALL PURCHASES

Olympia Sporting Goods

Maine Mall, S. Portland

10% ON SHOES ONLY

Coastal Athletics

84 Cove St, Portland

**AASICS SHOES EXCLUSIVELY
DISCOUNTS ACCORDING TO MODEL CALL
AHEAD FOR RON KELLEY 772-4530**

George & Phillips, Inc.,

Route 1, Kittery • 295 Water St., Exeter, N.H.

These are Nike Outlet Stores featuring slightly defective or blemished shoes at reduced prices. All top quality regularly.

SHOES 20% OFF

Lamey Wellehan

Maine Mall ~ Falmouth Shopping Center~Cook's Corner~
Auburn Mall

10% ON RUNNING SHOES

MVP Sports

333 Clarks Pond Pkwy., South Portland

**10% ON NON-SALE RUNNING
SHOES AND CLOTHING**

Famous Footware

330 Clarks Pond Pkwy., South Portland • Also Auburn & Kittery

10% ON RUNNING SHOES

2001 Membership Information

Send check or money order to:

**Maine Track Club • P.O. Box 8008
Portland, Maine 04104**

or call Everett Moulton (799-2894)
for more information

Individual or Family=\$20.00 • Student=\$12.00

REMINDER

- Meeting, April 11th, 6:30 PM; SMTc, Machine
Tool Building. See page 2 for details.