

Run with a friend...

www.mainetrackclub.com

May / June 2004

President's Corner

By Phil Meech

Look at that! Our New England weather is starting to really improve and another racing season is upon us. It seems that the MTC Race Committee has done a splendid job of finding people to direct all of our races. I will be directing at least three events myself.



Phil Meech

By the way, I am not sure if you know it or not but those Race Directors are unpaid members of the club- just like you! And they are giving up some of their time to make sure there are plenty of fun and well managed races each year. Don't get me wrong. Managing a race is a very rewarding experience. We wouldn't do it if we didn't love the sport. However, it takes a lot of work to make it come off successfully. And finding helpers- what a chore!!! Most Race Directors find they need to resort to begging people to help. I know! I am one of those people that does the begging. As the time gets near for one of my races, I have persistent nightmares that nobody shows up on race day to help out.

I don't mean to complain because there are quite a few members I can always seem to count on, that always seem to be helping out. You probably see these same folks

See President on page 2.

Maine Track Club Awards Recipients

Age Group Awards:

These awards recognize the male and female runners in each age category who have demonstrated a high level of competitive performance while making positive contributions to the MTC in other areas. These runners are fast, consistent, strong and make every race exciting to watch. (Female runners are listed first)

Outstanding Runner (19 and under)

ELISE MOODY-ROBERTS A state Class B X-Country champ and second place overall finisher at the New England meet; this very exciting young runner has logged some impressive times at a very young age: with a 1st overall finish at the Portland Boys and Girls Club in 32:04, 1st place age group at The Beach to Beacon 10k with a time of 38.32 and 1st place at the Portland Sea Dogs Mother's Day 5k with a time of 19:00 Congratulations on your outstanding achievement, Elise.



Elise Moody-Roberts

MATT RAND is an inspiration to us all who at just 12 year old ran a number of strong races this past year. He ran the Irish Rover 5k in a time of 21:51, the



Matt Rand

Rotary Bridge 4 miler in 28:41, placed 2nd in the Dan Cardillo

Memorial 5k with a time of 21:11 and an impressive 28:10 in the Portland Thanksgiving Day 4miler. The Maine Track Club is proud to honor you Matt. Please join me in congratulating this impressive young runner.

See Awards, page 4, 5.

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Maine Track Club Officers And Committee Chairs



Phil Meech, *President* 839-4946
 Mark Grandonico, *Vice President* .. 773-2576
 Mel Fineberg, *Past President* 774-8868
 Ward Grossman, *Treasurer* 985-4966
 Cathy Burnie, *Secretary* 829-5208
 Sandy Walton, *Membership* 846-6577
 Chuck Burnie, *Race Committee* 829-5208
 Charlie Scribner, *At-Large* 781-5585
 Mike Brooks, *At-Large* 783-3414
 Hazel Wightman, *At-Large* 784-8517
Equipment Vacant - Help!
 Don Penta, *Statistician* 892-4526
 Mike Doyle and Colleen Redmond
Clothing mdoyle@mainecul.org
 David Colby Young, *Newsletter*
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 207-741-2084
www.mainetrackclub.com

The newsletter is published bimonthly.

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

*Due to summer schedules,
 the next deadline is
 Monday, June 7, 2004*

Virginia Wilder Cross, *News•Run layout*

MTC Membership Info...

- **Membership Growth:** We welcome 31 new members in this issue. As of April 7 we have 455 members in 285 households.
- **We Need Your Help:** Our greatest asset in recruiting new members is our existing membership. Please try to persuade runners you know to support their sport by joining MTC. Your personal invitation is our most effective method to get new members. Please help support this effort. *Thank you* to our members who have helped bring in new members.
- **Address Change:** Please remember that most MTC mail is via a non-profit third-class permit, that is not forwarded to you or returned to us. The post office throws it away. Please either mail, phone, or e-mail your CHANGE OF ADDRESS and PHONE NUMBER to us when you move.
- **Member E-Mail Addresses:** As of April 7 we have e-mail addresses for 232 of our 285 households for 81.4%. 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 bobaube@mainetrackclub.com.

MTC Clothing Available:

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: contact Mike Doyle mdoyle@synergentcorp.com

President, from page one.

at almost every race- those people on the corners with the flags or in the finish chute taking your finish information. Many of these people volunteer so much that they never actually run in a race. Take Sandy Utterstrom for instance. I can't imagine how many races Sandy has either directed or helped with. Sandy is finally saying "No" once in a while and running in a few races herself. I am very glad about this.

Now, come on ladies and gentlemen. Is it your turn to step forward? We need a little help out there. We all love to run in those well-managed races but it takes people to make it happen. And if you haven't helped

with a race before, you will find it really is a lot of fun to help out- and you are not nearly as tired and sweaty when the race ends. Don't worry that you are inexperienced. We always take your experience level into account and won't put you anywhere without a little guidance and training.

So when we send out an all-points bulletin for volunteers, why don't you throw your hat in once in a while? I want you to ask you to ask yourself, "Am I doing my fair share?" Hey, some of us would like to run in a few of these races, too, you know! See you on the road (hopefully with a flag in your hand).

Summer is almost here... Do you want to go to Running Camp — *for Free?*

In keeping with its mission statement, the Maine Track Club is providing free camperships to a few young runners. These camperships are one way in which we remember Bruce Ellis, a tremendous runner and a superb human being, who died too young.

Runners will be selected on their enthusiasm for running and their personal character. To demonstrate these qualities, interested runners must submit a written essay describing their enthusiasm for running and personal character and explain why they should be selected.

In addition, runners must be between 13 and 17 years of age and must be a Maine resident. Prior recipients of a Bruce Ellis Campership are not eligible. Preference will be given to Maine Track Club family members. Entries must be postmarked by May 31, 2004.

Choice of running camps include Ziggy's Running Camp, Bates College Track and Field Camp, Colby College Cross Country Camp and others. We will also allow you to select a camp of your choice. In this instance the Maine Track Club would pay an amount equal to that of the Club's choices with the recipient being responsible for the rest.

The camps we have selected are suitable for 13-17 year olds. Any camp you select must be similarly suitable. The Maine Track Club will assume no liability for the runner either while attending the camp or traveling to and from the camp.

So if you like to run and this sounds like fun write an essay and mail it to
Eric Ortman
18 Hyde Road
Gray, ME 04039

If you have any questions you may contact me at the address above, by e-mail at eortman@gpcog.org, or by phone at 657-7042 (before 9 pm please). Good luck and the Club looks forward to hearing from you.



MTC Children's Running Program

This program starts on Saturday morning, May 8 and will continue through June 12. Events run from 9 a.m. to 9:45 for May 8, 15, 22, 29 and June 5. On June 12 (the final day), the events will start at 9:30. This is held at South Portland High School Track, 637 Highland Avenue, South Portland.

For more information about ages, etc., please contact: Donna Moulton, 39 Bonnybank Terrace, So. Portland, ME 04106, or call her at 799-2896 (email: MERep4RRCA@aol.com).

Two Upcoming MTC Races

By Howard Spear

Sea Dogs 5K

The 4th Annual Mother's Day Portland Sea Dogs 5K & Kids Fun Run will be held on May 9, Hadlock Field in Portland. We had more than 700 runners last year and we are expecting close to 1,000 this year.

Shirts will be given to the first 500. Also, included with your entry, all entrants receive a coupon to any Sea Dog Home Game, free pre/post race massage, refreshments and a very unique finish as runners pass through Fitzpatrick Stadium and enter Hadlock Field via the center field wall with a finish around the warning track and onto the third base line.

How about this, overall M & F winners get to throw out the first pitch of the May 11th game and also receive season tickets for the remainder of the season.

Maine Marathon

Now that a 10 miler is behind you, think about the 13th Annual Sportshoe Center Maine Marathon, Relay & Maine Half Marathon to be held on October 3rd. This year the event is capped at 2,500 runners plus 50 relay teams.

FMI on both visit www.maine-trackclub.org or let me know and I'll be happy to mail you an entry.

P.S. Thanks to all of you for your participation in this year's MTC Mid Winter Classic.



Maine Track Club Awards Recipients

Continued from page one.

Outstanding Runner (20-39)

CARRIE McCUSKER had an outstanding year with a first place age group finish at the Hannaford Turkey Trot 5k, 1st place finish at the Shipbuilders Triathlon, 1st place finish at the Maine Sport triathlon and 3rd place finish at the Boys and Girls Club 5miler. In a tough age group, she is definitely one of the runners to beat. Congratulations, Carrie



**Carrie
McCusker**

SCOTT HEFFERNAN left many other runners in his dust this year. We watched him finish 1st at the St. Peters 4miler, the St. Andres Church 5k and the Maine Running Hall of Fame 5k. He also captured 2nd place finishes at the Breakaway 5k and the Hannaford Turkey Trot 5k. Congratulations on a great year, Scott.



**Scott
Heffernan**

Outstanding Runners (40-49)

DOTTIE MICHAUD is new to competitive running and she had a very outstanding year. She placed 1st at the Irish Rover 5k, the Rotary Bridge 5k and the Memorial Mile running at a 5:36 pace. She earned age group seconds at the Clam Festival 5 miler, the Portland Sea Dogs 5k and among a competitive field at The Beach to Beacon. Dottie has also been very active on the Special Events and Awards Committees. We're proud to recognize and have you part of the MTC running family.



**Dottie
Michaud**

FLOYD LAVERY
A dedicated and disciplined runner, Floyd races at almost every conceivable distance - 5Ks, 10Ks Marathons you name it. And it appears that Floyd ran in just about every single race offered in Maine this past year. Not only does he run frequently but also he runs well - he was the overall winner of the Maine Running Hall of Fame and placed second at the St. Peter's 4 miler, the Burn off the Turkey 5k, and the Mid Winter Classic 10 miler. Congratulations, Floyd



**Floyd
Lavery**

Outstanding Runners (50-59)

CATHY BURNIE competed in a great number of MTC races in 2003 and did so while working through an injury this past year. Any problems that she may have had last year did not slow her down on the course placing 1st at the Hannaford Turkey Trot and Burn off the Turkey 5k, with 2nd place at the Peaks Island 5k or when it comes to promoting and working on MTC running events. She raced in numerous races, served as Club Secretary and at the same time volunteered on almost all of the events and committees. Congratulations, Cathy.



**Cathy
Burnie**

BILL REILLY is another age group over-achiever who is well recognized in the running community. Bill won his age group title at the Irish Road Rover 5k, the Bridgton 4 on the 4th, the Winners' Circle New Years 10k and the Kerryman's Pub 4 miler. He captured 2nd place finishes at the Rocky Coast 10k and the Oxford Hills 8k. Congratulations on a wonderful year, Bill.



Bill Reilly

Outstanding Runners (60-69)

POLLY KENNISTON:
A consistent and ultra competitive runner who has maintained a high standard of excellence during a year of personal challenge. She added more 1st place age group finishes to her trophy wall by winning the Dan Cardillo 5k, the Rotary Bridge 4 miler, the Mid Winter 10 mile Classic and the Maine Marathon. She finished 2nd place at the LL Bean 10k and the Beach to Beacon 10k. Congratulations, Polly, on another year of great racing.



**Polly
Kenniston**

BETH BRANSON:
This past year Beth was a top finisher in her age group. Her 1st place finishes include the Irish Rover 5k, the Rotary Bridge 4 miler, the St. Peter's 4miler, the Maine Running Hall of Fame and the Portland Trails 10k. She earned 2nd place finishes at the Portland Sea dogs 5k, the Peaks Island 5miler and the Great Pumpkin 10k. Way to go, Beth, for an impressive year.



**Beth
Branson**

PHIL PIERCE: Described by his peers as an extraordinary runner who gives 100% Phil races 5k's to 100-mile races as a fierce competitor. Dr. Phil finished first in the Boston Prep 16 miler, the Oxford hills 8k and the Bradford Valentine 5 miler. He captured a noteworthy 2nd place in the Sub 5 Track Club Road series. In September he traveled to Ontario, Canada to run a tough 100-mile trail run where he was the only one over 60 to finish the race and placed 15th overall. Always supporting the MTC, Phil served as co-director of the Maine Running Hall of Fame 5k. Great job Phil.



**Phil
Pierce**

Outstanding Runners (70-79)

TERRI MORRIS

An active member of the club, and willing volunteer, Terri is also an outstanding runner who accumulated a number of trophies this year winning age group 1st place finishes in the Hannaford Turkey Trot 5k and the Portland Sea Dog's Mother's Day Patriots Day 5M, and the always competitive Eliot Festival 5K and a second place finish in the Portland Sea Dogs 5K. Thank you for all that you do, Terri, and congratulations on this award.



**Terri
Morris**

LLOYD SLOCUM

Lloyd or "Smokem Slocum" as MTC members fondly name him is positioned in a league of his own. Last year's MTC Runner of the year, he competed in the prestigious USATF events and placed 1st in the 1mile and 2mile competitions. He was inducted into the New England over 65 running club this past year. Close to home Lloyd also had an outstanding season earning 1st place at the Irish Road Rover 5k, the Burn off the Turkey 5k, the Boys and Girls Club 5 miler, the PT 8k, and the Hannaford Turkey Trot Congratulations on a terrific racing season, Lloyd.



**Lloyd
Slocum**

Outstanding Runner (80+)

JOHN WOODS

John is the Club's most senior member and one of longstanding loyalty to the MTC. Truly an inspiration to us all at age 85 he continues to impress us with his stamina and dedication running. He completed the Weekly Back Cove 5k and the PT8k. Truly, the love of running is in your heart, John, and that's why the Award's Committee wants to recog-



John Woods

nize your accomplishments. Congratulations John!

Race Directors of the Year

This next award recognizes four individuals who were faced with a tough dilemma and made the right judgment call when put to the test. After months of work and preparation on Mid Winter 10 mile Classic DON PENTA, RAY SHEVENELL, CHRIS BOYNTON and ERIC ORTMAN put their own self-interest aside and put the safety of the runners first by canceling the race when threatening weather conditions made for an unsafe race course. Then, after all that hard work, they had the courage and the stamina to organize it all over again and actually have the race later in the season. It would have been easy to call it off entirely, but they were able to pull off another quality race, despite the interruption of Mother Nature. Congratulations to Don, Ray, Chris and Eric for a job well done.

Spirit of the Club Award

This is award that celebrates those special club members who personify the value of "running with a friend" through encouragement of others, willingness to share talents and gifts, and ability to inject fun and good cheer in MTC events and social activities. In this case that description serves as an accurate portrait of a tremendous couple RAY AND RUTH HEFFLEFINGER known to many as a "dynamic duo." Both are longstanding members of the club who devote a lot of time and energy to jumping on the finish line to cheer on runners coming in, volunteering at races, encouraging new runners to keep at it, helping to plan MTC events, and supporting the Club in any way they can. Thanks, Ruth and Ray, for all of your hard work and dedication.

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.



**Mike
Brooks**

MIKE BROOKS is

a person who devotes an incredible amount of energy to 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. This year he completed his longtime goal of finishing a marathon in every state in the country, completed his goal of running over 100 marathons and even competed in a 48hour race. 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 any way that he can. Congratulations on all of your outstanding achievements, Mike Brooks.

DAVID COLBY

YOUNG is new to the board and has impressed the other members with his willingness to fearlessly take on challenging tasks - namely the newsletter - and by thoughtfully sharing new ideas. The real reason he won this award, however, is because he has earned the distinction of serving as a moving advertisement of the Maine Track Club. David has run 140 races, and according to many sources has proudly worn his MTC singlet at every single race. It has been said "That David Colby Young is everywhere." In all seriousness, David is very dedicated to the



**David Colby
Young**

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MTC Awards Recipients

Continued from page 5

mission of the club and is very supportive of all club members. Thank you, David, for your hard work.

Volunteer of the Year Award

ERIK BOUCHER

The Maine Track club is so fortunate to have many dedicated, enthusiastic and energetic volunteers. Many, many people go above and beyond what is expected. This year we recognize someone who is young and is single and a great runner who could have found a lot of other ways to spend his free time but opted to take on a big and important role with the Marathon by serving as the Water Stop Coordinator. This was a huge job that involves coordinating 200 volunteers, a ton of equipment and a tremendous amount of cleanup - and Erik did a super job handling the whole project through his hard work, efficiency and dedication. Please congratulate our Volunteer of the Year, Erik Boucher.



Erik Boucher

John Fyalka Award

WARD GROSSMAN

This prestigious award is given each year in remembrance of John Fyalka, Jr. a runner whose life was cut much too short as a result of an automobile accident. The award recognizes outstanding dedication to the club. Ward Grossman has been a solid anchorperson for the club this year, volunteering at a so many races; we know that he can always be counted on. In addition he served as an integral and indispensable part of the Marathon team by taking on the daunting task of traffic control and by overseeing the assembly of all the race bags for the runners. He has also accepted the responsibility of serving as Club Treasurer for the coming year, filling the big shoes of Carlton Mendell. Ward, we appreciate all of your efforts and hard work over the past year.



Ward Grossman

Maine Track Club Lifetime Achievement Award

CARLTON MENDELL 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. Our award winner



Carlton Mendell

this year has earned this outstanding recognition through superhuman hard work and dedication. With all those miles logged he has won all the hearts of the Club members and Mainers in general. A running legend, he has been featured in a number of television and newspaper profiles and he never ceases to inspire others. He has won so many awards and distinctions that it would be impossible to list them all, we're sure that he can barely keep track of all the awards. He runs enough races to exhaust the average 20 year old. He still holds 4 American Masters Long Distance Running records in the 100,000-meter, the 100-mile, the 200,000-meter and the 24-hour. He ran his first Boston in 1978 at the age of 56 and is still at it. Truly and inspiration to us all,

Carlton Mendell, the MTC recognizes and thanks you for your years of dedication to the club and to the sport of running.

Reminder:

Due to summer schedules, the deadline for material for the next issue of News•Run is Monday, June 7, 2004

Mike Brooks fund-raiser for Camp Sunshine

Maine Track Club member Mike Brooks is running the Badwater 135-mile ultramarathon as a fund-raiser for Camp Sunshine (<http://www.campsunshine.org/>.) To learn more about Mike and his plans for

Roasters Run Rocks



What began on March 6th has grown into a great group of 20+ MTC members and other runners from the community enjoying the camaraderie of non-competitive group runs every Saturday at 7 a.m. The morning runs have seen quite the variety of runners ranging in pace from 7:00 to 12:00 and distance from 4 to 20 miles. The majority stick around for a cup or two of coffee at Maine Roasters Coffee on Route 1 in Falmouth where the run begins.

The Maine Track Club hosts a weekly “Roasters Run” on Saturdays at 7 a.m. (prompt), starting from the parking lot of Maine Roasters Coffee on Route 1 in Falmouth. This is a great opportunity to discover the social aspects of running. All ability levels are welcome. Every week (come rain, shine or blizzard!), a group of Maine Track Club runners and friends will get together for informal distance runs.

Runners can group themselves based on pace and then go out for runs ranging from 5-20 miles through Falmouth and Portland. The courses are well laid out and maps will be available at the start of each group run.

MTC members will be asked to volunteer in advance to put out water at three locations. The runners congregate back at Maine Roasters Coffee after finishing to continue discus-

sions or to get a cup of Joe to go. This is an especially great way to train for the marathon distance, running in the company of friends.

Please note that the courses are on public streets or trails, so caution should be exercised; the Maine Track Club assumes no liability for runners making use of the group runs. For more information about the Roasters Runs and/or to sign up to put out water, contact Sandy Walton.

New MTC Members

Joe Atkins of Cape Elizabeth
Walter & Catherine Bull of Topsham
Nan Cumming of Portland
Don & Jennifer Ettinger of Limerick
George Goodwin of Trevett, Lincoln County, Maine
Bill & Barbara Hansen of Cumberland
Katie Harris of Cumberland
Bonnie Hoag of Portland

Donna Hodge of Portland
Linda Hunt of Hollis Center
Tina Kelly of Minot
Stephen Lauritsen of Saco
Victoria Lemieux of Sabattus
Jerry LeVasseur of Brunswick
Dale Lincoln of Falmouth
Hugh MacMahon of Falmouth
Patrick, Cecilia, and Matthew McKenney

Carol Meerschaert of Falmouth
Dora Rex of Gorham
Sarah Sturges of Gorham
Judy Tammara of Portland
Debbie Tefft of Hollis Center
Michael Tracy of Cape Elizabeth
Jerome Watts, Carol Blakeney-Watts,
and Paul Tukey of Cumberland Center

Tri-State Half Marathon Series

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



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

Maine Corporate Track Seeks Athletes

The Maine Corporate Track Association is again welcoming athletes who aren't affiliated with a company that sponsors a corporate track team. MECTA is gearing up to host the U.S. Corporate Athletic Association nationals in Portland on July 17-18, and the MTC will be assisting MECTA with the 5K and 10K road races in conjunction with nationals. Anyone interested in joining MECTA or learning more about nationals can visit www.mainecorporatetrack.org or contact Tom Blake 799-5723 or April Laverriere 423-2505.

Mt. Washington Road Race

There may still be a slot or two available through the MTC to run MT. Washington Road Race. Remember there is just one hill on this otherwise flat course!

Now that the lottery has been held for the Mt. Washington Road Race, MTC members who didn't get a spot in the race can apply to receive one of the club's 10 entries. Anyone interested in one of these slots should contact Mike Brooks at mjbruns@adelphia.net or 783-3414.

Club members who did not enter the lottery will also be considered for these slots if there are any remaining after those who were rejected in the lottery are taken care of.

We're also looking for volunteers to be part of this internationally famous race, which will be held on June 19. The club must provide at least 10 volunteers each year to be guaranteed 10 spots in the following year's race. Volunteers are what make this race possible, and it's a fun day for all. Please contact Mike if you can help. (mjbruns@adelphia.net or 207-783-3414)

MTC Members at the Maine USATF Indoor 2004 Meet

*David C. Young, Editor of News*Run*

In March 2005, the Maine Track Club will once again have the opportunity to compete with other clubs from Maine, NH, MA and Canada. We can show a little MTC pride right here at home. Every year the Maine USATF holds the indoor track & field meet at Bowdoin College in Brunswick, Maine. This year (2004) eight MTC members attended of which six members competed in the events. In 2003, there were only three MTC members attending and two MTC competing in events, the members of the MTC team won several Gold Metals and all had a great time. Brian Hubbell of the Crow Athletics of MDI said their team would be back next year. He also said the Crows plan to bring a female relay team as well in 2005. Now if the Crows from MDI see the value of this indoor event can we be up staged in our own back yard? Brian Hubbell thanked me for the invite and said it was the first time the Crows had raced indoors. Please ask Dottie Michaud or myself about this event and we hope you will join us next year.

Beach to Beacon Registration Open

Online registration is now available for the Peoples Beach to Beacon 10K in Cape Elizabeth on Aug. 1.

Visit the race Web site for more information.

Race Results / Photo Clips

Eastern States Run for the Border 20-Miler

Salisbury, MA, March 28, 2004

8	2/118	David Saltmarsh	40 M	515 Springvale	2:07:43	6:24
88	7/68	Carrie Mccusker	34 F	219 Cape Elizabeth	2:29:13	7:28
163	49/118	Mark Grandonico	44 M	363 Portland	2:41:58	8:06
195	22/52	Jeff Preble	50 M	572 Gardiner	2:46:10	8:19
210	26/52	Greg Welch	52 M	552 S Portland	2:47:33	8:23
228	9/40	Anne Thomas	23 F	265 Portland	2:49:21	8:29
229	10/40	Emily Howes	23 F	180 Portland	2:49:22	8:29
286	19/42	Peggy Mccolskey	48 F	218 S Portland	2:58:11	8:55
432	35/42	Patty Kenney	40 F	192 Portland	3:27:50	10:24
433	115/118	Steve Colucci	42 M	314 Portland	3:27:50	10:24
438	46/52	Michael Brooks	58 M	294 Danville	3:28:58	10:27
439	59/68	Denise Hall	38 F	171 Scarboro	3:29:34	10:29
440	40/42	Joshua Carr	20 M	602	3:30:10	10:31

Eastern States Run for the Border 10-Miler

Salisbury, MA, March 28, 2004

47		David-colby Young	51	M Danvill	1:12:17	7:14
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Race Results / Photo Clips



We believe that Carrie McCusker of Cape Elizabeth is running behind Rich Voto of Boston, MA. Carrie McCusker said. "Yes, it is me behind the gentleman with the bottles of drink! It was making me thirsty..."

image Courtesy of <http://www.jimrhoades.com/04/es20/image55.html>

2004 MEUSATF Youth, Open & Master Indoor Track & Field Championships

MEUSATF Indoor 2004 - 3/20/2004 Farley Field House of Bowdoin College
Selected Results

Event 35 Women 15-29 1 Mile Run Open

Name	Age Team	Finals	Points
1 Horochuk, Quinn	16 Motley Crew	5:25.90	
2 Saldanha, Kaitlynn	15 Scarborough HS & MTC	5:41.89	

Event 37 Women 45-49 1 Mile Run

1 Michaud, Dottie	47 Maine Track Club	5:37.94	
2 Lein, Karen	45 LAC	6:44.93	
3 Kaufman, Jan	48 Unattached	8:41.46	

Event 36 Men 15-29 1 Mile Run Open

1 Bettis, Kenneth	24 Unattached	4:33.16	
6 Maynard, Ben	27 Maine Track Club	4:55.06	

Event 38 Men 50-54 1 Mile Run

1 Hunt, John	51 Unattached	5:19.81	
2 Young, David-Colby	51 Maine Track Club	5:48.50	

Event 38 Men 65-69 1 Mile Run

Name	Age Team	Finals	Points
1 Levasseur, Jerry	66 Maine Track Club	6:40.35	

Event 41 Women 45-49 400 Meter Dash

1 Michaud, Dottie	47 Maine Track Club	71.84	
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Event 42 Men 50-54 400 Meter Dash

1 Young, David-Colby	51 Maine Track Club	76.81	
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Event 48 Men 50-54 2 Mile Run

1 Young, David-Colby	51 Maine Track Club	12:53.11	
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Event 49 Women 15-29 800 Meter Run Open

1 Bartlett, Amanda	17 FLTC	2:30.57	
2 Saldanha, Kaitlynn	15 Scarborough HS & MTC	2:42.51	

Event 50 Men 15-29 800 Meter Run Open

1 Taye, Ayalew	16 Bounders	1:59.00	
4 Maynard, Ben	27 Maine Track Club	2:05.75	
8 Brown, David	15 FLTC	2:18.69	

Event 32 Men 50-54 55 Meter Dash 30+

1 Rronsivalli, Louis	50 Merrimack Valley	7.46	1
2 Young, David-Colby	51 Maine Track Club	9.92	2

Event 52 Men 50-100 800 Meter Run Masters

1 Hunt, John	51 Unattached	2:26.81	
2 Young, David-Colby	51 Maine Track Club	3:00.59	
3 Levasseur, Jerry	66 Maine Track Club	3:06.66	
4 Woods, John	86 Maine Track Club	5:34.74	

Event 56 Men 50-54 200 Meter Dash

1 Young, David-Colby	51 Maine Track Club	40.93	
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Event 62 Men 50-54 3000 Meter Race Walk

1 Young, David-Colby	51 Maine Track Club	25:50.53	
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Happy Birthday to MTC Members...

May:

- 2: Robert Hintze, Cynthia Sargent
- 3: Roxanne Fakhouri, Lia Skelton
- 4: David Paul
- 5: Lucy Iselborn, Jeffrey Scott
- 6: George Towle
- 7: Bruce Fithian, Kelly Ann Musca

- 8: Ali Lorom, Deb Moore
- 9: Lincoln Skelton
- 10: Libby Christensen
- 11: Kristin Center, Julia Dunfey, Harry Fullerton
- 12: Don Burnham
- 13: Dick Lajoie
- 14: Don Ettinger, Lindsay Rand
- 15: Tony Vaccaro, Donna Hodge
- 16: Edward Charbonneau, Joan Samuelson
- 17: Alyce Schultz
- 19: Michael Payson
- 21: Sarah Gill, Andrew Musca

22: John Morse

- 24: Jim Estes, Everett, Moulton
- 26: MaryAnne Champeon
- 27: David Barnard, Ashley Haru, Jerome Watts
- 28: Tom Carll, Jane Dolley
- 29: Don Penta, James Toulouse

June:

- 1: Andrew Jordan, Stephanie Ross
- 2: Catherine Clark, Jody King, Martha Lippa, Jay Wilson
- 3: Denise Brooks, Gail Saldanha, Larry Wold
- 4: Mark Grandonico, Kathy Hepner
- 5: Nicole Court-Menendez, Elwin Guthrie
- 7: Harry Nelson, Tiffany Weeks
- 8: Dave Cannons, Nelly Hall, Will Lund
- 9: Julius Marzul, Jacob McCusker-Brady
- 10: Brenda Day, Ron Deprez, Jennifer Ettinger, Heather Zachau
- 11: Sam Abradi, Rob Flynn

- 12: David Wightman
- 13: Grayson Beressi, Ron Pelton
- 14: Leigh Primeau
- 16: Neil Chivington
- 17: Rick Abradi, Katy MacColl, Sheri Pelton
- 18: Betsy Greenstein, Kim Moody
- 19: Gore Flynn, Beverly Marshall, Ryan Salvo, Mallory Vaccaro
- 20: Joseph Wagnis
- 21: Donna Beaulieu, Max Foner
- 23: Al Utterstrom
- 24: Charlie Bickford, Rebecca Sproul
- 25: Terry Keough
- 26: Leslie Couper
- 27: Terry Clark, John O'Brien, Ronald Owens, T.J. Whitcomb
- 28: Ken Cotton, Brendan Crowe
- 29: Margaret Donovan, Harry White
- 30: Darci Foshay



Race Results

2nd Annual Morgan's 5K - Lewiston, ME - Mar 6, 2004

Compiled from Complete Results Courtesy of Granite State Race Services

Maine Track Club Finishers:

Place/ Name	Age/Sex	Town	Time	Pace
20 David Colby-Young 2,50-59	51 M	Danville	20:52	6:43
69 Robin Carlson 2,30-39	32 F	Gorham	22:56	7:23
78 Douglas Couper	43 M	Falmouth	23:12	7:28
79 Leslie Couper 1,40-49	40 F	Falmouth	23:13	7:29
117 Bob Whitney	51 M	Brunswick	24:33	7:54
163 Mike Brooks	59 M	Danville	25:50	8:19
261 Robert DeWitt	60 M	Lisbon	28:05	9:03
417 Carlton Mendell 2,70&over	81 M	Portland	38:54	12:32
419 Hazel Wightman	37 F	Auburn	40:29	13:02

2004 Irish Road Rover 5K - Portland, ME - Mar 7, 2004

Compiled from Complete Results Courtesy of Bay State Race Services

Maine Track Club Finishers:

Place/ Name	Div./ Sex	Town	Time	Pace
1 Michael Payson 1,overall	4049 M	Falmouth	15:42	5:04
15 Hans Brandes	4049 M	Falmouth	17:45	5:44
17 Scott Heffernan 1,30-39	3039 M	Scarborough	18:07	5:51
19 Aaron Bishop 3,30-39	3039 M	Falmouth	18:10	5:52
27 Floyd Lavery	4049 M	Gorham	18:47	6:04
41 Ben Maynard	2029 M	Cape Elizabeth	19:53	6:25
49 Erik Boucher	3039 M	Portland	20:28	6:36
52 Will Lund	4049 M	Portland	20:49	6:43
53 Jessie Cotton 3,overall	2029 F	South Portland	20:52	6:44
57 David Young 2,50-59	5059 M	Danville	21:02	6:47
64 Brian Cliffe	4049 M	Cape Elizabeth	21:08	6:49
69 Kathy Hepner 1,40-49	4049 F	Gorham	21:18	6:53
75 Dora Rex 3,40-49	4049 F	Gorham	21:35	6:58
76 John Keeley 3,50-59	5059 M	Portland	21:36	6:58
92 Stephen Lauritsen	4049 M	Saco	22:06	7:08
96 Richard Abradi	4049 M	Lisbon	22:16	7:11
108 Harry White 3,60&over	6099 M	Scarborough	22:33	7:17
112 Nathan Graham	3039 M	North Yarmouth	22:39	7:19
113 Joe Atkins 1, 14&under	0114 M	Cape Elizabeth	22:39	7:19
114 Valerie Abradi	4049 F	Lisbon	22:42	7:20
121 Roger Borduas	5059 M	Biddeford	22:55	7:24
122 Howard Spear	5059 M	Westbrook	22:58	7:2
137 Dave Cannons	3039 M	Portland	23:24	7:33
142 Mallory Vaccaro	3039 F	Yarmouth	23:26	7:34
147 Janet Letalien	4049 F	Portland	23:37	7:37
151 Getty Payson	4049 F	Falmouth	23:46	7:40
152 John Morse	5059 M	Phippsburg	23:48	7:41
179 Heather Day	1519 F	Brunswick	24:43	7:59
180 Martha Lippa	4049 F	Cape Elizabeth	24:44	7:59
201 Cathy Burnie 1,50-59	5059 F	Cumberland	25:19	8:10
204 Kristin Center	3039 F	Freeport	25:28	8:13
231 Mike Brooks	5059 M	Danville	25:59	8:23
232 Richard Bouthillette	5059 M	Gorham	26:00	8:24
239 Jim Tyrrell	5059 M	Cape Elizabeth	26:14	8:28
245 Bob Branson	6099 M	Scarborough	26:27	8:32
251 T.J. Whitcomb	4049 M	Cape Elizabeth	26:14	8:28
264 Patty Whitcomb	4049 F	Cape Elizabeth	27:06	8:45
274 Tony Vaccaro	3039 M	Yarmouth	27:29	8:52
279 Nan Cumming	4049 F	Portland	27:34	8:54
284 Donna Hodge	4049 F	Portland	27:44	8:57
285 Laura Tyrrell	5059 F	Cape Elizabeth	27:47	8:58
291 Margaret Rearick	5059 F	Hebron	28:01	9:02
293 K. Akune	3039 F	Gray	28:05	9:04
308 Harry Center	4049 M	Freeport	28:39	9:15
318 Kathleen Reid	3039 F	South Portland	29:07	9:24
329 Janice Drinan	5059 F	Scarborough	29:35	9:33
342 Beth Branson 1,60&+	6099 F	Scarborough	30:18	9:47
353 Phillips Sargent	5059 M	Yarmouth	30:45	9:56
358 Donna Bisbee	4049 F	Portland	30:56	9:59
359 Ryan Abradi	1519 M	Lisbon	30:59	10:00

366 Roberta Bass	5059 F	South Portland	31:36	10:12
372 Meredith Finn	3039 F	Portland	32:25	10:28
394 Beth Birch 2,60&over	6099 F	New Gloucester	34:58	11:17
399 Eileen Hamilton	5059 F	Scarborough	35:49	11:34
407 Denise Locke	5059 F	Biddeford	38:34	12:27
413 Donald Penta	5059 M	Windham	47:26	15:18

2004 Kerryman Pub 4 Miler - Saco, ME - Mar. 14, 2004

Compiled from Complete Results Courtesy of Granite State Race Services

Maine Track Club Finishers:

Place/ Name	Age Sex	Town	Time	Pace
8 Marc Dugas 2,40-49	40 M	Scarborough	22:52	5:43
9 Evan Embrey 1, 18&under	16 M	Buxton	22:55	5:44
11 Scott Heffernan	38 M	Scarborough	22:56	5:44
12 David Saltmarsh	40 M	Springvale	23:05	5:47
13 Bill Reilly 1,50-59	56 M	Brownfield	23:19	5:50
20 Floyd Lavery	46 M	Gorham	23:49	5:57
31 Michael Dyer	36 M	Portland	25:11	6:18
35 Bill Hansen	38 M	Cumberland	25:16	6:19
55 David Colby-Young	51 M	Danville	26:57	6:45
59 Kathy Hepner 2,40-49	43 F	Gorham	27:08	6:47
69 John Keeley	52 M	Portland	27:32	6:53
74 Stephen Lauritsen	43 M	Saco	27:42	6:56
76 Carol Weeks 3,50-59	55 F	Kennebunk	27:46	6:57
106 Don Bessey	58 M	Kennebunkport	28:59	7:15
107 Terry Clark	59 M	Windham	29:03	7:16
135 Mallory Vaccaro	30 F	Yarmouth	30:15	7:34
139 Betty Rines	47 F	Gorham	30:25	7:37
141 Les Berry	56 M	Gorham	30:30	7:38
148 Glen Gallupe	44 M	Scarborough	30:45	7:42
157 Theresa Gallupe	42 F	Scarborough	30:59	7:45
202 Cathy Burnie	55 F	Cumberland	32:37	8:10
204 Polly Kenniston 1,60-69	67 F	Scarborough	32:43	8:11
217 Patricia Dionne	28 F	Saco	33:12	8:18
223 Jim Tyrrell	56 M	Cape Elizabeth	33:25	8:22
224 Mike Brooks	58 M	Danville	33:26	8:22
226 Kristin Cook-Center	32 F	Freeport	33:27	8:22
259 Laura Tyrrell	56 F	Cape Elizabeth	34:41	8:41
284 Kathleen Reid	34 F	South Portland	35:29	8:53
293 Betty Disanza	55 F	Limington	35:44	8:56
295 Harry Center	41 M	Freeport	35:46	8:57
297 Walter Fletcher	57 M	Freeport	35:51	8:58
303 Linda Hunt	56 F	Hollis	36:12	9:03
334 Kristy Johnson	40 F	Freeport	37:26	9:22
370 Donna Bisbee	47 F	Portland	39:43	9:56
397 Eileen Hamilton	54 F	Scarborough	43:14	10:49
411 Carlton Mendell 1,70&+	82 M	Portland	46:05	11:32
417 Hazel Wightman	37 F	Auburn	47:53	11:59
429 Donald P Penta	57 M	Windham	60:38	15:10

Inaugural Poland Spring Preservation Park "Run For the Courts" 5K - 03/27/04

Compiled from Complete Results Courtesy of Race Director, Kevin Mitchell, and the Race Committee

Maine Track club Finishers:

Place/ Name	Town	Time
8 Ben Maynard 2,20-29	Cape Elizabeth	20:09
9 Will Lund 3,40-49	Portland	20:32
15 David Colby-Young 2,50-59	Danville	21:22
31 John Howe	Waterford	24:58
43 Harry Center	Freeport	27:04
45 Mike Brooks	Danville	27:10
53 George Goodwin	Trevett	31:31
57 Dennis Morrill	Portland	32:46

Kennebunk Rotary's 13th Annual Presidential 5 Mile Road Race

Kennebunkport, Maine - April 3rd, 2004

Compiled from Complete Results Courtesy of Granite State Race Services

Maine Track Club Finishers:

Place/ Name	Age Sex	Town	Time	Pace
13 Steve Reed 1,50-59	56 M	Wiscasset	30:27*	6:06
23 Ellie Tucker 2,overall	49 F	North Yarmouth	32:05*	6:25
24 Bill Hansen	38 M	Cumberland	32:37	6:32
37 Kaitlynn Saldanha 3,19&-	15 F	Scarborough	34:12	6:51
48 Philip Pierce 3,60&over	62 M	Falmouth	34:57	7:00
51 Thomas Noonan	32 M	Steep Falls	35:06	7:02
53 Kathy Hepner	43 F	Gorham	35:07	7:02
55 John Keeley	52 M	Portland	35:10	7:02
58 Carol Weeks 3,50-59	55 F	Kennebunk	35:46*	7:10
63 Harry White	61 M	Scarborough	36:08	7:14
81 Gregory Welch	52 M	South Portland	37:18	7:28
101 Gail Saldanha	47 F	Scarborough	38:59	7:48
120 Howard Spear	54 M	Westbrook	40:25	8:05
125 Wayne Hapgood	46 M	Kennebunk	40:39	8:08
130 Kristin Cook-Center	32 F	Freeport	41:00	8:12
147 Cathy Burnie	55 F	Cumberland	43:13	8:39
149 Bob Branson	63 M	Scarborough	43:33	8:43
156 Harry Center	41 M	Freeport	44:14	8:51
166 Kathleen Reid	35 F	South Portland	45:19	9:04
184 Beth Branson 1,60&over	62 F	Scarborough	48:46	9:46
191 Thomas McLaughlin	39 M	Old Orchard Beach	49:13	9:51
196 Mel Uchenick	73 M	Kennebunk	50:15	10:03
207 Karen Connolly	45 F	Hollis	52:11	10:27
223 Carlton Mendell	82 M	Portland	57:50*	11:34
231 Julius Marzul	77 M	Gorham	75:47	15:10

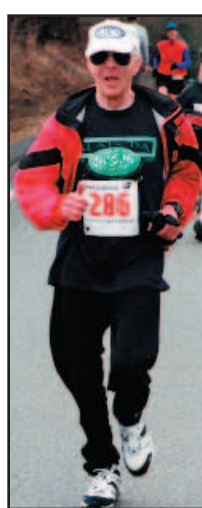
* ** following time: under USATF age group guideline



Gail Saldanka



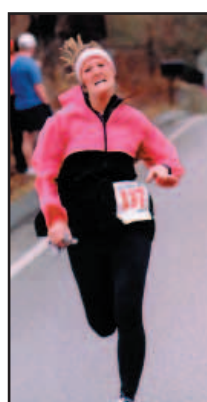
Bob Branson



Mel Uchenick



Thomas McLaughlin



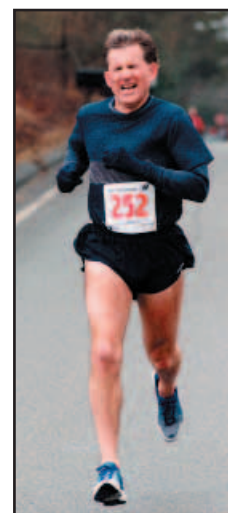
Kristin Cook-Center

Photo Clips

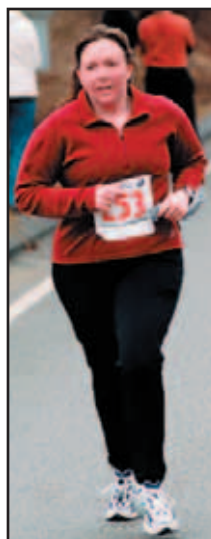
Presidential 5 Miler Photos by Don Penta



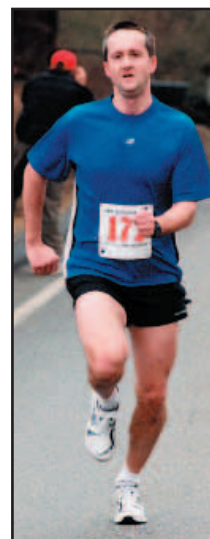
*Thomas Malitsky #209;
Harry Center #129*



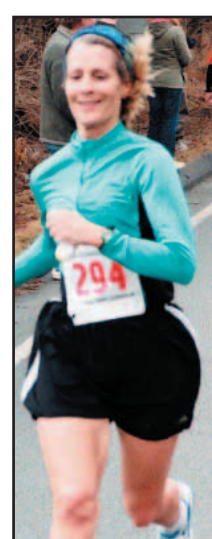
Dr. Steve Reed



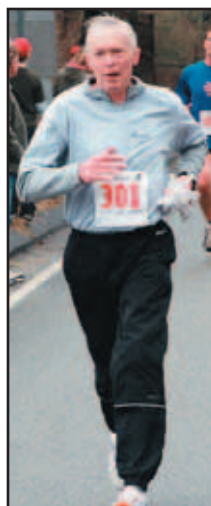
Kathleen Reid



Bill Hansen



Carol Weeks



Harry White



*Wayne Hapgood, #172;
Sarah Bakutis*

Race Results / Photo Clips

2004 April Fools Spring 4.00 Mile Road Race Another Winners Circle Running Club Event

Salisbury, Ma, April 4, 2004 11:00 A.m. Weather: ,45 Degrees Place Name
Div/tot Age S Time Pace
300 Carlton Mendell 82 M 3/4 45:43 11:26

2nd Annual Bow Lake 15k

April 10, 2004 15 Kilometers(USATF Certified #NH03001RF) Strafford, NH
Timing By: Granite State Race Services (603)863-2537 www.gsr.com
8 5/27 M4049 57:45 6:12 David Saltmarsh 40 M 174 Springvale ME
38 2/12 F3039 1:11:54 7:43 Robin Carlson 32 F 104 Gorham ME
118 1/1 M7099 2:08:22 13:47 Carlton Mendell 82 48 Portland ME

The Thompsonville 5K Road Race

Enfield, CT, March 7, 2004
Selected Results, Courtesy of Dan O'Connell

41 8 M40 Mark Grandonico 44 M Portland, ME 21:21
128 4 W50 Sherry Grandonico 50 F Portland, ME 26:57

The 9th Annual St. John 8 Tuff Miles, St.John US Virgin Islands

8 Tuff Miles Runners Age Group Results February 28, 2004
<http://www.8tuffmiles.com/Runners-04.htm>

Women 55 to 59

Place	Name	City	Age	Overall	Time	Pace
1	Patricia Mahoney	St. John VI	59	107	1:22:16	9:49/M
2	Judy Reilly	Brownfield ME	55	191	1:33:15	11:08/M

Men 55 to 59

Place	Name	City	Age	Overall	Time	Pace
1	Bill Reilly	Brownfield ME	56	13	1:01:05	7:17/M
2	Dennis O'Brien		57	79	1:18:07	9:19/M

Some Maine Track Club members can not take a vacation without getting at least one race under their feet. Bill Reilly sent us the photos. We think he took the photo as well as senting it.



*Bill and Judy Reilly
8 Tuff Miles Runners*

(Photo by Bill Reilly)



North American Snowshoe Classic

Rumford, ME, February 28, 2004

Results of 100, 200, 400, 1500, & 8,000 Level 1, 2, & 3

Results Courtesy of Stephen Gallant of the LeParesseux Club of Rumford, Maine

100 METER SPRINT CATEGORY 3 Age 35 +

PL	BIB	NAME	TEAM CLUB	TIME
1	92	Richard Gamache	Alpine	18.41
4	90	David Colby Young	MeTrackClub	25.32

200 METER SPRINT CATERGORY 3 Age 35 +

PL	BIB	NAME	TEAM CLUB	TIME
1	92	Richard Gamache	Alpine	41.3
4	90	David Colby Young	MeTrackClub	53.8

400 METER SPRINT CATERGORY 3 Age 35 +

PL	BIB	NAME	TEAM CLUB	TIME
1	92	Richard Gamache	Alpine	01:44.6
2	84	Serge Lalonde	Laval	01:58.1
3	90	David Colby Young	MeTrackClub	01:59.8

1500 Walk CATERGORY 3 Age 35 +

PL	BIB	NAME	TEAM CLUB	TIME
1	92	Richard Gamache	Alpine	12:07.8
2	83	Ivan ST Pierre	Laval	14:07.7
3	90	David Colby Young	Maine TC	14:42.8

8000 METER CROSS CATERGORY 3 Age 35 +

PL	BIB	NAME	TEAM CLUB	TIME
1	64	Kirsch Paul	Independent	46:46.2
2	90	David Colby Young	MeTrackClub	1:01:42.5
3	83	Yvan St-Pierre	Laval	1:08:36.8

Sheraton Hyannis Half Marathon

February 29, 2004 Half-Marathon (USATF Certified #MA01001RN) Hyannis, MA
ChampionChip Timing By: Granite State Race Services www.gsr.com

95 1/98 F4049 1:29:21 6:49 1:29:27* Ellie Tucker 49 F 759 North Yarmouth
139 8/177 F3039 1:33:01 7:06 1:33:08 Alison Kisch 38 F 1138 Portland
343 65/163 M4049 1:43:02 7:52 1:44:01 Mark Grandonico 44 M 1085 Portland
386 19/98 F4049 1:45:15 8:02 1:45:41 Deborah Moulton 44 F 343 S Portland

676 2/14 F15M 1:54:37 8:45 1:56:13 Martha Lipa 42 F 525 Cape Elizabeth
1195 212/223 F1829 2:23:24 10:57 2:25:01 Shelley Lathrop 27 F 518 S Portland
1196 66/70 M5059 2:23:24 10:57 2:25:01 Loren Lathrop 55 M 1633 S Portland
1225 11/14 F15M 2:28:22 11:20 2:29:56 Karen Connolly 45 F 654 Hollis

15th Annual - 62nd Year Commemorative

Bataan Memorial Death March

White Sands Missile Range, New Mexico March 21, 2004

Preliminary Results . . . Not Final

see: <http://www.arizonaroadracers.com/whitesands2004.htm#overallindivid>

Place No.	Name	Cat/Tot	Category	Hometown	Chptime	Pace	Guntime
144	1094 Mike J Brooks	53/269	MO40L	Danville Me	5:24:00	12:22	5:24:12 3:45:40

I finished in 5:24 and was 144 of 1386 . "It was a tough marathon with lots of walkers." Mike

New Bedford, MA Sunday, March 21, 2004 11:00AM

Timing by Bay State Race Services

Place	Name	No.	Town	Club	Finish	Pace
14,	Micheal Payson	1208	Falmouth	ME DRC & MTC	1:10:31*	5:23
165,	Steve Reed	1415	Wiscasset	ME GLRR & MTC	1:23:53*	6:24
184,	Mike Grant	1610	Scarboro	ME PRRT & MTC	1:24:58	6:29
466,	Philip Pierce	156	Falmouth	ME MTC	1:36:12	7:21
1733,	Carlton Mendell	235	Portland	ME MTC	2:45:07*	12:36

* Exceeds USATF Age-group Performance Standard

May / June Race Schedule and More

- May 1 6th Annual May Day 5K Fun Run/Walk Kennebunk, ME 9:00AM Parson's Field in Kennebunk (8:00am-8:45am), Park Street Contact: Teri Collard, USA, 207-985-6009 zoom@maineccc.com
- 19th Annual Children's Museum of Portsmouth Road Race & 7th Annual Fun Run, Portsmouth, N.H., 5K/1/2M/1/4M Cert., 10 a.m./8:45a.m./8:45a.m., Corner of Marcy St. & Pleasant St., One hill, downhill going out; uphill going back, otherwise fairly flat. Lots of great refreshments, great family race, lobster prizes to overall finishers & division winners. Children's Museum of Portsmouth, (603)436-3853, Fax:(603) 436-7706, Email:staff@childrens-museum.org,
- Nurse Day Run, Walk and WOG, Children's 1.25 WOG @ 9:15am, Walk @ 9:30am & 5k Run @ 10:00am, Northern Maine Technical College, Presque Isle ME Contact: Mary Cornelio 768-2809
- Rocky Coast 10K, Boothbay Region YMCA, Boothbay Harbor, 10 a.m. (kids' run at 8:45 a.m.). Contact: Neal Verge 633-2855. Finish Lynx Orrington 10K, Center Drive School, 9:30 a.m. (kids' fun run at 9 a.m.) Contact: Glendon or Lara Rand 825-3396.
- May 2 Patricia Lynn Corbin Memorial Walk/Run 5K, Lee Academy, Lee, 1 p.m. Contact: Michael or Robin Corbin 738-4354.
- The 15th Annual 5K Run/Walk for Empowerment. Registration 8AM at Colby College Field House. Race start 9AM Contract rape crisis@prexar.com or call 872-0601
- May 8 Kidney Walk/Run Portland, ME 8:30AM Back Cove, Baxter Boulevard (Walk/Run 5K) Contact: Tammy Atwood, 630 Congress Street, Portland, ME 04101 7727270 tammy@kidneyme.org
- St. John Annual Family 5K Road Race, St John Catholic School, Garand Street, Winslow, Maine. Contact: Janet Pelletier 877-7963 Starts at 8AM
- Big Lake Half Marathon (the 2nd races in TRI-STATE HALF MARATHON SERIES, MA, NH & ME) Alton, NH 9:00AM Alton Central School, School Street (Also, 2 person relay) Contact: Keith Jordan, 158 Weirs Road, Gilford, NH, USA, 03249 603-293-8353 keith@timbermantri.com (MTC)
- May 9 Portland Sea Dogs Mothers Day 5K, Hadlock Field, Portland. Contact: Kelli Heffley 874-9300. (MTC event)
- May 12 Maine Corporate Track Association meet, site TBA, 5:30 p.m. Contact: Tom Blake 799-5723. Every Week until Oct
- Weekly Back Cove 5K Races in Portland 6PM, Start at Corner of parking lot near Baxter & Hanover St. Contact Su Palmer 207-725-5178 or palmerstu@hotmail.com
- 15th Run for the Roses 5K Women's Road Race Salisbury, MA 6:30PM Winner's Circle, 211 Elm Street (Rt. 110) Contact: Carol Zanni, USA, 603-382-2147 czanni@earthlink.net
- May 15 Run for Help 5K Start: 10:00:00 AM at Mast Landing School, Freeport, ME Contact: John Chisholm, 207-865-3768 jchisbaseball@aol.com Or mail: 51 Hunter Road, Freeport, ME, 04032 *Beautiful rural road run to benefit an orphanage for AIDS orphans in Kenya*
- May 16 Sugarloaf Marathon and 15K, Eustis to Kingfield, 7 a.m. (15K starts in Carrabassett Valley at 7:30). Contact: Sue Foster 237-6830. 4.5 mile Red Rooster Road Race Starts Doherty's North Freeport 130 Wardtown Rd 865-4429
- Union-Rockland 25K Championship, Rockland District High School, Rockland, Starts in Union @ 11 a.m. (Bus leaves HS @ 10:15am) Contact: Mike Griffin 596-2010. griffin5@midcoast.com
- May 19 Maine Corporate Track Association meet, site TBA, 5:30 p.m. Contact: Tom Blake 799-5723.
- Weekly Back Cove 5K Races in Portland 6PM, Start at Corner of parking lot near Baxter & Hanover St. Contact Su Palmer 207-725-5178 or palmerstu@hotmail.com
- May 22 5K House To Hope Race/Walk, Gorham High School, 9 a.m. Contact: Lyn Kalloch 839-6514.
- Mount Merici Spring Day 5-Miler, Mount Merici School, Waterville, 9 a.m. Contact: Steven Inman 873-3773.
- Blackfly Classic 5K, Downeast Family YMCA, Ellsworth, 9 a.m. Contact: Bethany Preble.
- May 23 Pond Cove 5K Challenge, Pond Cove Elementary School, Cape Elizabeth, 8:30 a.m. Contact: M.A. Watson.
- May 26 Weekly Back Cove 5K Races in Portland 6PM, Start at Corner of parking lot near Baxter & Hanover St. Contact Su Palmer 207-725-5178 or palmerstu@hotmail.com
- May 28 YMCA Back Bay 5K, Back Cove path, Portland, 6 p.m. Contact: djudge@cumberlandcountryymca.org 874-1111 x212. . (MTC event)
- May 29 Rye by-the-Sea Duathlon & Road Races Rye, NH 03870, NH 9:00AM Parsons Field, Rye, NH, Washington Rd & Lang Rd, Rye, NH 03870 (Duathlon/10K/5K) Contact: Matthew Carpenter/Rye by-the-Sea, PO Box 565, Rye, NH, USA, 03870 603-431-7867 Staff@ryebythesea.org *A duathlon is a road race that includes both running and cycling. In this race there is one 5K* run, then a 17-mile bike, and then another 5K run.*
- May 30 Live Your Dreams 5K, Senior Center at Lower Village, 8:15 a.m. Contact: Sr Ctr at Lower Village 967-8514.
- Moose Run Rangeley, Maine 5 Miler at 3:30 p.m. Any questions can be directed to Heidi Deery at 207 864-3311, Ext. 135.
- May 30

May / June Race Schedule and More

7th Annual Runner's Alley/Redhook Memorial 5K Road Race/Healthwalk / Kids Fun Run 11AM Sunday, Redhook Brewery, Corporate Dr., Portsmouth, NH Contact: Jeanine Sylvester/ 603-430-1212 jeanine@runnersalley.com

Trav's Trail 3 Mile Run, 10:30 AM Maudslay State Park, Newburyport, MA Cont: Don Hennigar, 978-463-2876

May 31 Memorial Half Mile Run Cumberland, ME 8:00AM Greely Junior High School, Main Street Contact: Ellen Hart, 5 Balsam Drive, Cumberland, ME 04021 207-829-0925

Memorial Mile Cumberland, ME 8:45AM Greely Junior High School, Main Street Contact: Ellen Hart (see above)

June 2 Maine Corporate Track Association meet, site TBA, 5:30 p.m. Contact: Tom Blake 799-5723.

Weekly Back Cove 5K Races in Portland 6PM, Start at Corner of parking lot near Baxter & Hanover St. Contact Su Palmer 207-725-5178 or palmerstu@hotmail.com

June 5 Bone Density Dash, Back Cove path, Portland, 8 a.m. Contact: 828-1133.

Longreach 5K Run/Walk, Bath Area Family YMCA, 9 a.m. Contact: kevin@bathymca.org 443-4112 (days) or 443-3948 (evenings).

Cindy's Walk Registration Time: 8:00 am - 9:00 am
The Commons @ Pineland Farms Campus Drive, New Gloucester, ME Brief Description: 10K Road Race & 5K Trail Walk Start: 9:30 am T-shirts free to the first 250 pre-registrants 1K Fun Run Start: 9:00 am (Ages 5-12) See Active.com Online Reg. Closes: June 1, 2004

June 6 L/A Wellness Weekend 5K, Auburn/Lewiston YMCA, 10 a.m. (walk at 9 a.m.).

Camden 10K: June 6, Peter Ott's Restaurant, 9 a.m. Contact: Sarah Andrus 230-0221.

25th Annual Woody Allen Memorial Road Race: June 6, Norway Savings Bank, 8 a.m. Contact Oxford Hills Chamber of Commerce 743-2281.

Camden 10K, Peter Ott's Restaurant, 9 a.m. Contact: Sarah Andrus 230-0221.

Cobscook Bay 10K/5K for Downeast Hospice, Triangle Store on Rte 1, Pembroke, 10AM, (Kids' 1-mile fun run, 9:30AM). Registration opens around 8:15AM behind the Triangle Store. Jonathan Aretakis.

June 9 Weekly Back Cove 5K Races in Portland 6PM, Start at Corner of parking lot near Baxter & Hanover St. Contact Su Palmer 207-725-5178 or palmerstu@hotmail.com

June 11 Red Storm Swarm 5K, Scarborough High School, 6:30 p.m. Contact: Jamie Chamberlain 883-0458.

Law Enforcement Torch Run. Bar Harbor to Ellsworth relay begins 7:00AM from Bar Harbor town pier. Tim Bland, 288-3391.

June 12 Eastern Trail Alliance 5K, Wainwright Farm Recreation Complex, South Portland, 9 a.m. Contact: Maine Games 284-2003 or Bob LaNigra 883-8662.

Maine Corporate Track Association state meet, site TBA, 9:30 a.m. Contact: Tom Blake 799-5723.

21st Annual MDI YMCA Spring 5K and Fun Run, Bar Harbor, 9:15AM (fun run) / 10AM (5k), Eileen Bartlett.

4th Annual Garelick Farms-Bangor YMCA Main Street Mile Milk Run, Bangor, Me, 1M, 9 a.m., Best Inn, Main St./ West Market Square, Flat, slight downhill at end of race. Elite mile, recreational mile, family fun walk. Elite mile for the experienced runner who meets the qualifying time of 7 minutes, lots of awards and prizes. Bangor YMCA, Sean Haggerty, 941-2815, Email: shaggerty@bangorymca.o

Market Square Day 10K Road Race Portsmouth, NH 9:00AM Market Square - Downtown Portsmouth Contact: Barbara Massar, P.O. Box 967, Portsmouth, NH, USA, 03802 603-436-3988 bmassar@portsmouthchamber.org

June 13 Women On The Move 5K Run/Walk Brunswick, ME 9:00AM Women's Fitness Studio & Spa, 21 Stanwood Street Contact: Kathleen Strickland, 21 Stanwood Street, Brunswick, ME, USA, 04011 207-729-5544

June 16 6TH Annual Glen Gilchrist Yellow Ribbon 5K TBD Contact Kelley Cullenberg "tentatively scheduled for the evening of June 16th"

June 16 Weekly Back Cove 5K Races in Portland 6PM, Start at Corner of parking lot near Baxter & Hanover St. Contact Su Palmer 207-725-5178 or palmerstu@hotmail.com

June 18 Doc's Tiger 3-Miler, Doc's Tavern, Biddeford, 7 p.m. Contact: Karen Reardon 282-3116.

June 19 Mount Washington Road Race. Registration by lottery beginning March 1, 2004. (MTC event)

Raymond 5K Road Race, Raymond, ME., 5K/1K Cert., 7:30 a.m./9 a.m., Sheri Gagnon Memorial Park, Mill St., Flat with 2 short hills., Awards in age divisions for each race. Awards in 1K for Champion and 6 places boys & girls-completion award for all. Raymond Founders Day Run, Louise Lester, (207) 655-4742, Email: louise.lester@raymondmaine.org

Close to the Coast 5K & 10K, Winslow Park, South Freeport, 8 a.m. Contact: Nelson Larkins 791-3222.

Penobscot Bay YMCA Harbor View 5K, Penobscot Bay YMCA, Rockport, 9 a.m. Contact: Jasen Wood 236-3375.

The Waldoboro Day 5k. Starts at 8:30, with registration at 7. It's the same down and back course on Friendship Street. Refreshments are provided at the end of the race, as well as massages provided by Cole Care of Waldoboro, Maine Contact: jeffrey.sprague@maine.edu

- June 20 Owls Head Lighthouse to Rockland Breakwater Light (7.5 miles) - Start: 8:00am Contact: FORB Light to Light, PO Box 741, Rockland, Me 04841 or call Sandy or Warren at 594-8855 (evenings)
- June 23 Weekly Back Cove 5K Races in Portland 6PM, Start at Corner of parking lot near Baxter & Hanover St. Contact Su Palmer 207-725-5178 or palmerstu@hotmail.com
- June 26 Pottle Hill 5K and 10K, Town Square, Mechanic Falls, 5K at 9 a.m.; 10K at 9:15. Cont: Suzanne Dunham 753-1457.
Corporate Track New England Regionals, site TBA, 9:30 a.m. Contact: Tom Blake 799-5723.
Falmouth Parkfest 5K. Starts at Falmouth HS at 8.30am. Contact: Mike Musca, 14 Arbor Road, Falmouth, Maine 04105 or e-mail MMmarathon@yahoo.com
- June 27 Gardiner Road Race (5 miles), Maine General Medical Center, Gardiner, 8 a.m. Contact: Ormond Irish 724-3812.
S.W. Collins 5K, Caribou, 10 a.m. Contact: Jim Finnemore 429-8682 or 764-2720.
Maine Games Track and Field, Athlete check-in 8:30 a.m. Fitzpatrick Stadium, Park Ave., Portland, ME
Trail Race on or near Beech Mountain, MDI, [distance to be determined], 9:00 AM. Peter Keeney, keeneye@midmaine.com
- June 30 Weekly Back Cove 5K Races in Portland 6PM, Start at Corner of parking lot near Baxter & Hanover St. Contact Su Palmer 207-725-5178 or palmerstu@hotmail.com
- July 3 22nd Annual Shipbuilder's Triathlon Bath, ME 9:00AM Commercial Street, Bath, Commercial Street Contact: Heidi Beer, 4 centre St., Bath, ME, USA, 04530 207-442-7291 triheidi2003@yahoo.com
Great Cranberry Island 5K Great Cranberry Island, ME 10:30AM Community Center, Main Rd Contact: Gary Allen, Box 107, Cranberry Isles, ME, USA, 04625 2072445712 garyofcran@aol.com
The Bull Run 8K, Houlton Recreation Center, 9 a.m. Contact: Larry Tonzi 532-7548.
- July 4 Goose Rocks Beach Association's 5K Race&walk At Kennebunkport, Me 9:00am G.R.B.A. Community House, Community House Road Contact: Michael Meagher, 14 Starr Ave East, Andover, Ma, 01810 978-975-3735 www.gooserocksbeachassociation.com
L.L.Bean Fourth of July 10K and Fun Run/Walk, Freeport, Me, 10K/1M Cert./1M walk, 7:30 a.m./9:15 a.m, Freeport town park, Bow St., A scenic moderately hilly course with plenty of water stops., 27th Annual race sponsored by L.L. Bean, proceeds benefit the Cumberland County YMCA. ChampionChip timing by Granite State Racing Services., L.L. Bean Road Race, Jill Litchfield, (207) 552-2867, Email:roadrace@llbean.com
5 Miler at Brooks, Maine

- July 4 4 on the 4th Road Race - Main Street & Route 117, Bridgton, ME - Walk, run have fun at 4 on the 4th Road Race in downtown Bridgton. Check www.fouronthefourth.com for online registration. Registration forms are also available at the Chamber and Flyers also at the Cool Moose. Contract: P.O. Box 177 Bridgton, Maine 04009

Sebec Village 4th of July 5k Road Race Sebec

Thomaston Firecracker 5K Thomaston

Stonington Six

"Friends on the 4th" 5K Winthrop, ME 8:00AM American Legion, 40 Bowdoin Street (Run, Jog or Walk - "Cool T-Shirt" Contact: Bob Moore, PO Box 5003, Augusta, ME, USA, 04330 207-621-4100 mail@watershedfriends.com

Four on the 4th York, ME 8:00AM York High School, Long Sands Rd. (4 miles along ocean) Contact: York Parks and Recreation Department, 186 York Street, York, ME, USA, 03909 207-363-1040 rcogger@yorkmaine.org

Round the Island Independence Day Celebration Relay, a 100k relay run open to individuals and 8 member maximum teams. Leg lengths range from approx. 3 mi to 13 mi. Loosely organized adventure run, not competitive. Runners need to supply chase and pickup vehicles, splits and fluids are attending runners responsibilities. Start time: 8:00 am. Start site: Maine Coast Brewing Company, Route 3, Bar Harbor. Entry Fees: donations payable to Crow Athletics. Contact: Gary Allen.



Maine Track Club Discounts

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

Peak Performance Sports **15% on all purchases**
59 Middle St. Portland

Olympia Sporting Goods **10% on shoes only**
Maine Mall, S. Portland

Coastal Athletics **Asics shoes exclusively**
84 Cove St. Portland
Call Ron Kelley 772-4530

George & Phillips Inc. **Shoes 20% off**
Rt. 1 Kittery • 295 Water St. Exeter, NH

Lamey Wellehan **10% on running shoes**
Maine Mall • Falmouth Shopping Ctr • Cook's Corner • Auburn Mall

Famous Footware **10% on running shoes**
330 Clarks Pond, S. Portland • Auburn • Kittery

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



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Membership Meeting to Feature Running Health...

Our next Membership Meeting will be at SMCC in the Jewett Auditorium (same location as usual) on Wednesday, May 19 for a 6:30 PM to 8:00 PM meeting.

Speaker: Dr. Lou Jacobs, is a Chiropractor and his presentation will be on Running Health - Injury Prevention.

For more information contact: Mark Grandonico at 207-773-2576.

MTC Coaching Meeting

The Maine Track Club's new coach, Bob Brainerd, held an introductory meeting on Tuesday, April 6, at 6 p.m. at South Portland. Planning has begun for the weekly coaching sessions starting on April 13th and going to October. The weekly training sessions will be held from 6 to 7:15 p.m. Tuesday nights at the Edward Little High School track in Auburn.

There is no charge for coaching the only requirement is that you are a MTC member or become one after first session. Please bring your membership card to the first session you attend. These workouts are for runners of all levels, please join us and coach Bob Brainerd.

Team in Training Seeks Coach

The Leukemia & Lymphoma Society's Team in Training is holding a recruiting meeting April 12 in Portland for those interested in raising money while participating in a fall marathon or half marathon. TNT will be training runners and walkers for several fall events, including the Sportshoe Center Maine Marathon/Half Marathon on Oct. 3, the Nike Marathon/Half Marathon for women in San Francisco on Oct. 24, and the Dublin Marathon in Ireland on Oct. 25.

TNT is also looking for an additional coach to help train local participants (beginners in most cases) and help get them to the finish line. Coaches coordinate and/or lead all team-training events, with a minimum of two per month. This includes choosing training courses, providing clear maps, establishing water stations and making sure all participants are supported throughout each training session and finish safely. TNT coaches are required to be CPR certified.

Compensation and reimbursement for expenses are available. For more information or to ask for a sample-coaching contract, please contact Diane Smith at diane.smith1@comcast.net or 1-866-600-8991.