



Run with a friend...

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

May / June 2005

## Free Coaching for MTC Members

It is that time of year already. We will be starting our Tuesday night workouts again at the Edward Little H.S. track at 6:00 pm. We will have the same format as last year; show up between 5:30-5:45 to warm up with your proper distances, stretching, running drills, workout, and cooldown.

On April 19th we met in the classroom at ELHS for an informational meeting relating to training, expectations, practice format, training plans, goals, and expectations. We will start our track sessions on the 26th of April. It is not necessary to have been present at the initial meetings to attend the workouts.

Please plan on attending, and I look forward to seeing you all again this year for another rewarding and healthy season. Please invite friends if they would like to join us. Non-MTC members may visit one track workout before joining the MTC.

Hope to see you all within the next couple of weeks.

*Coach Bob Brainerd*

## President's Corner

*By President Grandonico*

Happy Spring! I judge Spring's arrival by the number of people I see in shorts running Baxter Blvd. after work. I am convinced that Spring is in fact here, and we have seen the last of the snow falling for this season (we hope). Don't get me wrong, I love our winters. This year's abundant snowfall provided some of the best skiing and snowshoeing I have experienced in years. But if you're like me, I relish the first warm day when the running pants stay in my gym bag.



Your Track Club Board has been busy. The Board met recently and finalized our race schedule for the year. Eric Boucher will be working with the current Race Director of our 50k/50 Miler and assuming the Race Director role next year. The Board discussed the possibility of adding a Relay and maybe even moving the course to the Baxter Blvd. trail. All just thoughts for now, but I look forward to the Race Committee and Board's recommendations on how to grow and enhance this event. The Special Events Committee is scheduling a "New Members" Pot Luck and we are already looking forward to next year's banquet.

The Track Sessions started Tuesday 4/19 up at Edward Little High School. It's not too late to check it out. You don't need to commit; stop by any time. We usually gather between 5:30 and 6:00 to get in a few warm up laps before we officially start at 6:00. I can't recommend this program enough. Last year, nearly all of us who regularly participated in the sessions PR'd at the B2B! Bob Brainerd and Dan Campbell are fantastic coaches and a wealth of information. Don't be shy, there are runners/walkers there of every ability. A lot more than the dreaded "S" word (Speedwork) happens there. You will learn proper Stretching techniques and some Plyometric Exercises as well. Yes, you will look silly skipping and doing butt-kicks. But it will improve your running and help reduce injuries. Make it a point to come on up and check it out. This is a free program for MTC Members. Not a member?

You are still invited to check it out. We do ask that you become a member should you choose to stay with the program.

## Inside This Issue...

Birthdays.....	8	Notices.....	6
Calendar.....	4	Race Results / Photos.....	10-15
Discounts/Clothing.....	5	Race Schedule.....	16-17
Group Runs.....	18-19	Scholarships.....	7
New Members.....	4	Upcoming Events.....	9

I've received nearly 60 Satisfaction Surveys and more trickle in every day. I will share the data in the next July/August edition. Thanks to all who took the time to email me or mail in a survey. Your feedback is very important. Initial data shows a very high satisfaction rate with the club. Your feedback on the NewsRun

See **PRESIDENT**, page 2





# It is not the Destination it is the Journey

By Jim Dunn

It is hard to believe that an innocent little comment last November could cause a group of people to up their mileage in the middle of winter and train like mad for a 20-mile race in the middle of February. Ian had just commented on how it would be nice to have a race to train for so that we didn't slack off over winter. I mentioned to him that I had done this little, 20-mile race a few years ago on Martha's Vineyard at the end of February. That is all it took. The next I knew, Ian had signed up and was telling me that I had to as well. We started talking about logistics; how it was going to take several hours to drive down; and how it would be nice if we had a comfortable van to go down in. Yeah a van. A van like Dora's! Now we only had to convince HER that she wanted to run it! So during our runs in November and December I would find a way to talk about how beautiful the course was, that the first 10 miles was along the coast, that the ferry ride out and back was enjoyable, that the group of us would have fun driving down (ignoring the fact that we were going to have to leave at 5 a.m.!) Once we had tricked her (er, I mean convinced her), it was easy to entice others to join us, and in no time we had 6 people planning on going down to run.

So with logistics out of the way, there was just the matter of training. There is nothing more fun the first Saturday in January than going out for a 12-mile run, when it is 5 degrees. Except of course a week later going out for a 16-mile run when it is 0 degrees with all the water bottle freezing. Running in winter is hard. Running in Maine during winter is harder. Running with the Roasters Run group in winter is fantastic. Not only did we trade winter running secrets, like putting screws in the bottom of our shoes (see <http://www.skyrunner.com/screwshoe.htm>), preventing ice buildup in water bottles, using Vaseline on our faces to prevent frostbite, which gloves/hats worked best, and a variety of other tidbits that made the runs just a bit more comfortable. But the best part was each other's company which made it easier to do a long run in negative temperatures where beards grow icicles. Not only were we doing Saturday morning runs, but several of us also braved the Back Cove several times a week, regardless of the conditions and footing to get the mileage in. I have never come out of winter in such good shape.

Usually I find that the race is not the high point of a goal, I find that the training is more enjoyable and end up just suffering through the race. However, for this race I found the race day in itself to be the high point. We all met at 5 a.m., well we sort of all met at 5 a.m. Unbeknownst to me, Ian had setup a meeting point and failed to include me on the location. Concurrently I had e-mailed where to meet, which everyone ignored, waiting at Ian's suggestion. It took a little bit, but we finally all got together and left (in Dora's spacious van of course). Everyone, except Andrew who had gotten sick. Personally, I think he was just gloating over his previous week's decimation at the Mid-Winter Classic and so decided to sleep in! We had a great ride down, or at least I did, I had shotgun (sometimes being 6'3" is a blessing.) We made good time. It helps when your driver is originally from Jersey. When we got to Wood's Hole, I noticed that the parking lot was right next to Grumpy's Pub (I notice these things) and announced that after the race, we HAD to stop in and I would buy first round (this is one running tradition that I miss from my days in upstate NY.)

The ferry was packed with runners from all over New England. One of the bigger surprises was the number of "Iron People" who were doing the race. It seems that half of the people sitting next to us had done an IronMan the year before and were already training for one this year. Once we got to Martha's and departed the ferry, we found the weather to be good (not perfect). There was a bit of wind and it was about 20-25 degrees, which is almost shorts weather but for the fact that it is 20 miles that you will be in shorts. I think we saw a total of 6 people in shorts (out of a field of 354).

The race started at 11 a.m. (remember, we had been traveling since 5 a.m.) and everything quickly fell into place. We all ran better than anticipated, and the first 10 miles along the coast were spectacular. My friends had told me before the race that they were sick of listening to me talk DURING A RACE and so I was on my own (not that it stopped me from talking to anyone within earshot.) At the finish we were treated to what is arguably the best clam chowder and minestrone soup on the planet (anything to get warm.) Of course now it is 3 p.m., and we still have to get off the island, stop at Grumpy's Pub, get something to eat, and then drive back to Portland. I think Rachel was regretting telling me, "For every mile you ran, you burned 100 calories," because I was then trying to make sure that I took in about 4000 calories for the day (via micro-brews.) At 10 p.m. we arrived in town, all tired but all (I hope) very happy. What a great day; what a great race.

## Race Review:

**Course:** First half relatively flat, while the second half seemed to be a slight uphill grade.

**Aid:** Tons of water/Gatorade stops.

**Organization:** Fantastic, they even had people taking clothes dumped during the race to the finish.

**Goodies:** Great "No Weenies" long sleep-shirt, SUPER soup, and a bag of rice?!?!?

**Prizes:** 5-year age divisions and a Clydesdale/Filly division 3 deep!

**Recommendations:** I can't wait for next year!

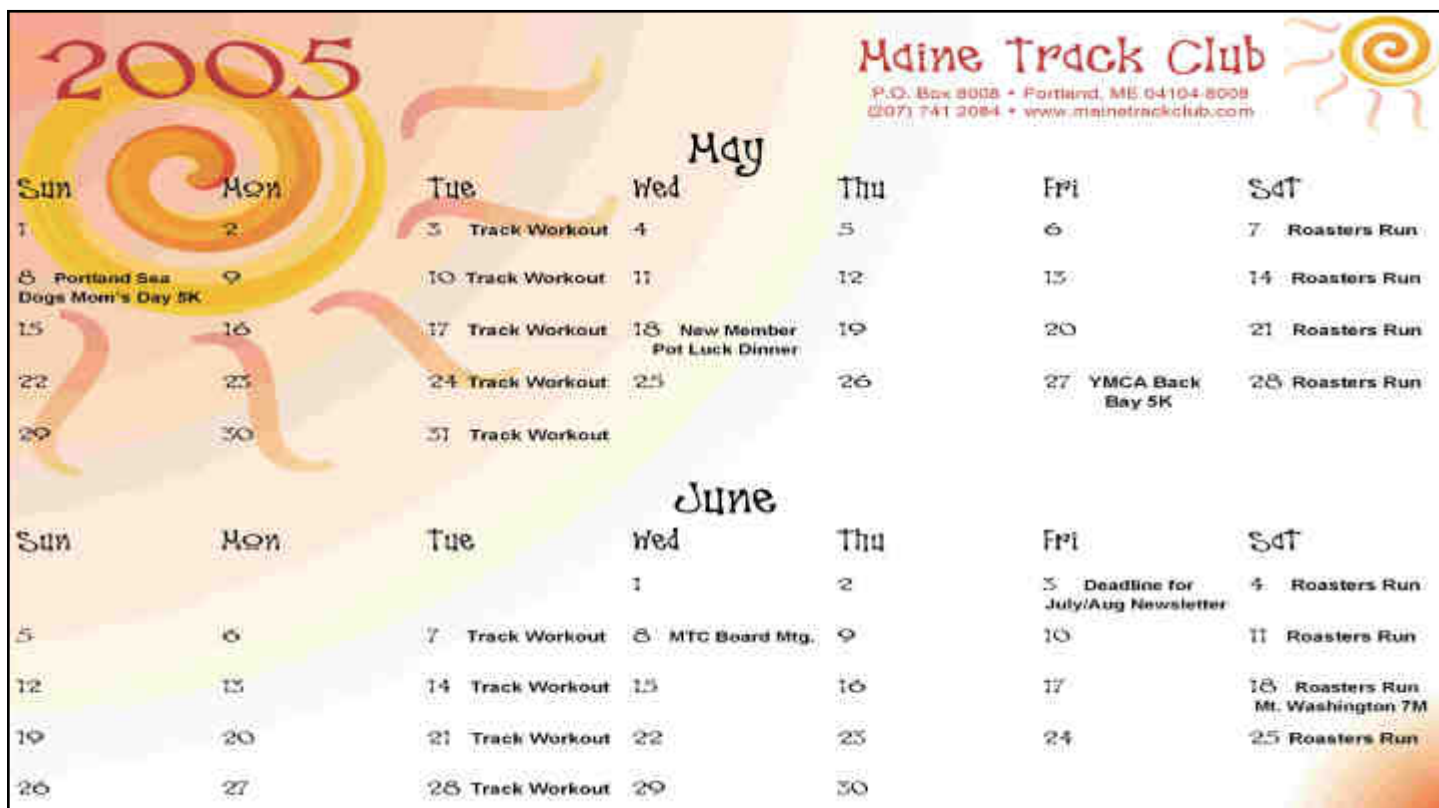


See RACE RESULTS AND PHOTOS, page 10

May/June 2005

NEWS RUN

3



## New MTC Members

Gordon, Sydney, & Benjamin  
Atkinson of Hollis Center

Liz Brown of Freeport

Debora Clark of New Gloucester

Brett Doney of Oxford

Rick Fortier of Westbrook

Don George of Portland

Michelle Gravel of Auburn

Dan Greenstein of Portland

Jamie Harmon of Scarborough

Kim Harrison of Portland

Kelle & Corinne Keeley of Portland

Kerry Les of Pownal

Chris McKenna of Portland

Judith, Keenan, & Martin McMorro of  
Mechanic Falls

Ronald Paquette & Donna Pohlman of  
Albion

Sue, Maxwell, & Abby Payson of Falmouth

Margaret Ryan of Cape Elizabeth

Dan, Zoe, Max, & Eli Sobel, & Kira  
Wigota of Cape Elizabeth

Jenn & Mike Vallee of Turner

Cynthia & Joseph Whalen of Cape  
Elizabeth

Jed Wright of Falmouth

## MTC Membership Status...

- ❖ **Membership Growth:** We welcome 35 new members in this issue. As of April 17 we have 571 members in 316 households.
- ❖ **We Need Your Help:** Our greatest asset in recruiting new members is our existing members. Please try to persuade runners you know to support their sport by joining MTC. Your personal invitation is our most effective method to get new members. Help support this effort. A special thank you to our members who have helped bring in new members.
- ❖ **Address Change:** Remember that most MTC mail is via a non-profit third-class permit, that is not forwarded to you or returned to us. The post office throws it away. Please either mail, phone, or e-mail your CHANGE OF ADDRESS and PHONE NUMBER to MTC c/o Sandy Walton when you move (see page 2 for contact information.)
- ❖ **Member E-Mail Addresses:** As of April 17 we have e-mail addresses for 276 of our 316 households for 87.3%. These e-mail addresses are used for club purposes only. If you have not sent us your e-mail address, or if it CHANGES, please send it to swalton2@maine.rr.com or bobaube@mainetrackclub.com.



## MTC Discounts and Clothing...

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

### Peak Performance Sports

59 Middle St., Portland

15% on shoes

10% on apparel

### Coastal Athletics

84 Cove St., Portland

Call Ron Kelly 772-4530

Asics shoes exclusively

"Team Pricing" offered

### Running Dog Sports

166 Narragansett St., Gorham

839-4RUN (839-4786)

10% on shoes and apparel

### Maine Running Company

563 Forest Ave., Portland, 773-6601

www.runwalkcompany.com

10% on shoes and apparel

### George & Phillips Inc.

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

20% on shoes

### Lamey Wellehan

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

Cook's Corner • Falmouth Shopping Ctr.

Maine Mall • Waterville

10% on running shoes

### Saucony Factory Outlet

83 Farm Rd., Bangor, 942-7644

10% on all non-clearance items

### Runner's Alley

104 Congress St., Portsmouth, NH 03801

603-430-1212 • www.runnersalley.com

10% on shoes and apparel



Photos by David C. Young



## Where Do I get MTC Clothing?

### 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 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

(871-0051)

mdoyle@mainecul.org

or

Maine Track Club

Attn. Mike Doyle

P.O. Box 8008

Portland, ME 04104



## Advertise in NewsRun

Full Page Ad \$150.00

1/2 Page Ad \$75.00

1/4 Page Ad \$50.00

Business Card Size \$25.00

The Maine Track Club reserves the right to reject flyers and ads that are judged not to be in the best interest of members, or in keeping with the image of the MTC, or that would conflict with our race sponsors, or not meet the requirements of our non-profit mailing permit.

## Notices...

### See your running pictures online

MTC newsletter editor, David Colby Young, has photos from numerous road races throughout the state, and beyond, posted on his personal Web site, so if you're a club member who ran any races in 2004, there's a good chance you'll find a photo of yourself. Check out David's site at <http://journals.aol.com/davidcolbyyoung/MaineRunningPhotos>.



Dear Race Committee Directors:  
If you want your race fliers in the next issue of the NewsRun, you need to get 300 of your Unfolded 8.5"x11" race fliers to:

Sandy Walton

225 Lafayette Street

Yarmouth, Maine 04096

Please label: "Maine Track Club,  
Inserts for NewsRun"

The dead line is  
Friday June 3, 2005 for the  
July/August issue.

You should send your \$60.00  
check or money order to  
Maine Track Club: Treasurer  
P.O. Box 8008

Portland, ME 04104

The \$60.00 includes promotion of  
your race in the NewsRun and  
web-site. Therefore, we will also  
need a copy of the flier for the  
web-site in PDF format sent to  
[bobaube@mainetrackclub.com](mailto:bobaube@mainetrackclub.com)

We hope that this service will be  
of value to both the runners as  
well as the race committees.

Please let me know if your fliers  
are of a size other than letter-  
size unfolded. If you have any  
questions or if anything is still  
unclear, please e-mail me at  
[DavidColbyYoung@aol.com](mailto:DavidColbyYoung@aol.com)  
or call 786-2129 without delay.

Sincerely,

David C. Young, editor of  
NewsRun



John Rogers not only knows the footwear business, but he understands, first hand, the importance of a great running shoe! Rogers, a runner and new member of Maine Track Club with competitive PR's in the marathon (2:18.01,) 10-mile (48:45,) 10K (29:20,) 8K (23:25,) and 5K (14:03,) recently purchased

Walkabout and expanded the business into The Maine Running Company. In addition to his own experience as a runner, Rogers brings with him extensive marketing and management experience cultivated from positions as the Senior Director of Product Marketing at Reebok in Boston, the Vice President of Marketing at Mizuno in Atlanta, where he was instrumental in launching the Mizuno Wave Products, at Nautica and at Sebago, Inc. in Maine.

The Maine Running Company, which is located at 563 Forest Avenue in Portland, opened on April 1st, with store hours Monday through Friday from 10:00 a.m. to 7:00 p.m., Saturdays from 10:00 a.m. to 5 p.m., and Sundays from Noon to 4 p.m. They will also be hosting group runs on Tuesday and Thursday nights at 6:30 p.m. and on Sunday Mornings at 8:00 a.m. The group runs will be open to all levels and will follow a number of Portland Trail courses.

The store is offering Maine Track Club members a 10% discount on all apparel and footwear, including Walkabout. More information can be found on their website: [www.runwalkcompany.com](http://www.runwalkcompany.com)

### Registration open for Beach to Beacon 10K

Registration online today for the Peoples Beach to Beacon 10K, to be held Saturday, August 6 in Cape Elizabeth. Runners can register online at Active.com ([http://www.active.com/event\\_detail.cfm?event\\_id=1207709](http://www.active.com/event_detail.cfm?event_id=1207709)) or visit the race Web site (<http://www.beach2beacon.org/beachtobeacon/index.html>) for more information. Printed entry forms are available.

The Maine Track Club will again be helping out with this event on race day. MTC members who aren't planning to run are encouraged to **volunteer**. The club needs to provide about 50 volunteers. If you're able to help on race day, please contact Phil Meech 839-4946 or [pmeech@pivot.net](mailto:pmeech@pivot.net).



# Memorial Scholarships

## Attention Youth Runners

### Bruce Ellis Memorial Scholarship Awards

Part of the mission of the Maine Track Club is to promote the spirit of running to everyone who is interested. In keeping with this mission. The proceeds from the MTC Mid-Winter 10 Miler Road Race are used to send deserving children to running camp.

The Bruce Ellis Memorial Scholarship was created after the untimely and too early death of Bruce Ellis, one of the state's fastest runners and a person of very fine character. In his honor, scholarships are awarded to deserving youths who demonstrate both interest in running and fine character. An ability to run far or fast is not required. These scholarships help to encourage and support young runners both in running and building character.

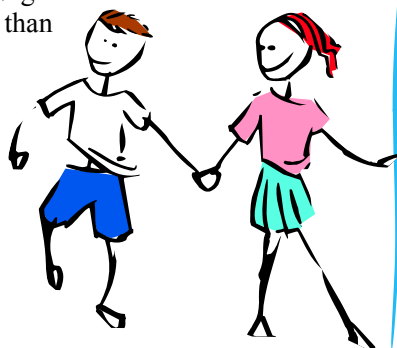
Criteria to be eligible, the applicant must:

- Be a Maine resident aged 13 to 17
- Applications must be postmarked by June 1, 2005
- Previous recipients are ineligible
- Preference will be given to MTC family members
- Selection will be based on:
  - Enthusiasm for running
  - Personal Character
  - Financial need of parents

Scholarships will be awarded to running camps in the Greater Portland area. Should the recipient wish to attend a camp different than the ones being offered, the MTC will pay an amount equal to the cost of the one of the camps selected by the MTC, and the recipient will be responsible for paying any balance in advance. The camp must also be appropriate for children between the ages of 13 and 17.

To apply for a scholarship, send an essay that covers your character, why you run, why you want to attend a running camp, and why you think you should be selected. Essays must be written by the young person, must be no longer than 500 words, and should be sent to:

Eric Ortman  
311 Turkey Lane  
Buxton, Maine 04093  
207-774-9891 (work)  
207-727-3762 (home)  
for any questions.



## Attention Graduating High School Seniors

The Maine Track Club  
is now accepting applications for the  
**John Fyalka Memorial  
Scholarship Awards**

*Encouraging and supporting young runners with college scholarships.*  
This is a \$300 scholarship to one male and one female high school senior from Maine. Scholarships will be paid to the student's college after the winners have completed one semester.

*This scholarship is in memory of John Fyalka Jr., a Maine Track Club member who died in a traffic accident in 1979. Each year John Fyalka Sr. makes a contribution in John's memory. The MTC also contributes to this fund so we can give two scholarships to graduating high school seniors who are selected from the criteria listed below.*

- Selection will be based on:
  - Enthusiasm for running
  - Character
  - Financial need
- Applicants must be Maine residents
- Entries must be postmarked by August 15, 2005

To apply for this scholarship: Write a short essay on why you would like to be considered for this scholarship.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Age on 7/1/2005: \_\_\_\_\_

Parent(s) Signature: \_\_\_\_\_

High School currently  
attending: \_\_\_\_\_

College you plan on  
attending: \_\_\_\_\_

College address: \_\_\_\_\_

Mail to: John Fyalka Scholarship  
Maine Track Club • P.O. Box 8008 • Portland, Maine 04104



## VOLUNTEERS ARE NEEDED FOR THE FOLLOWING MAINE TRACK CLUB RACES IN MAY:



**Sunday May 8th -  
Portland Sea Dogs Mother's  
Day 5K & Kid's Fun Run:**

Sea doggie volunteers are needed. If you're running, you can work Registration and then run; Traffic Control, Finish Line, and Kids Race help also needed. Contact: Sandy Utterstrom (797-4710) sureiki@yahoo.com or Howard Spear (856-6496) racedirector@mainemarathon.com

Thanks. We look forward to hearing from all 500 club members.

**Friday May 27th -  
YMCA Back Bay 5K:**

Volunteers are needed for Finish Line support for the YMCA Back Bay 5K from 5:00 to 7:00 p.m. Contact:



*Roasters Run March 5, 2005:  
Bill Davenny, Sandy Utterstrom (cute socks!),  
Kathy Harris, Sandy Walton, and Al Mack*

## Running Dog Sports Grand Opening Celebration



Now that the snow is gone and the weather is promising to be warm and sunny, it is time for a grand opening celebration. Running Dog Sports announces a grand opening celebration from May 1st - May 31st. There will be shoe raffles, gift with purchase, discounts and more!! Each week will feature a different in store special. For more information, please call Running Dog Sports at 839-4786 or check the 1st May issue of the Gorham Times. I welcome all to stop by and help me celebrate!

## HAPPY BIRTHDAY TO THESE MTC MEMBERS

### May 2005

- 2: MJ Britton  
Robert Hintze  
Cynthia Sargent
- 3: Ronald Paquette  
Norman Simard
- 4: David Paul
- 5: Lucy Iselborn  
Edward Swan  
George Towle
- 7: Mitch Adams  
Bruce Fithian
- 13: Dick Lajoie  
Chris McKenna
- 14: Don Ettinger  
Lindsay Rand
- 15: Tony Vaccaro
- 16: Joan Samuelson  
Raleigh Swan
- 17: Alyce Schultze
- 19: Zachary Cost  
Kelsey Danforth  
Michael Payson
- 21: Nicole Jordan
- 22: Jeffrey Crocker  
John Morse
- 23: Amy Hall
- 24: Jim Estes  
Everett Moulton

- 26: MaryAnn Champeon
- 27: Ashley Haru  
Heather Sargent-Plante  
Jerome Watts
- 28: Tom Carll  
Jane Dolley
- 29: Don Penta
- 30: Matthew Chaffin



### June 2005

- 1: Andrew Jordan  
Stephanie Ross
- 2: Jody King  
Martha Lippa  
Jay Wilson
- 3: Denise Brooks  
Devon Ertha  
Gail Saldanha
- 4: Mark Grandonico  
Kathy Hepner  
Andrea Sansonetti
- 5: Nicole Court-Menendez  
Jill Greenstein  
Elwin Guthrie
- 7: Kayley Johnson  
Tiffany Weeks
- 8: Dave Cannons  
Will Lund
- 9: Jacob Brady  
Bob Foster  
Eamon Lawless
- 10: Ron Deprez  
Jennifer Ettinger
- 11: Sam Abradi
- 12: David Wightman
- 14: Kerry Les
- 16: Linda Bernier  
Neil Chivington

- 17: Rick Abradi  
Kelle Keeley  
Katy MacColl
- 18: Betsey Greenstein  
Kim Moody
- 19: Gore Flynn  
Beverly Marshall  
Ryan Salvo  
Mallory Vaccaro
- 21: Donna Beaulieu  
Max Foner
- 22: Jenn Vallee
- 23: Al Utterstrom
- 24: June Cowan  
Martin McMorro  
Rebecca Sproul
- 25: Dana Staples
- 26: Leslie Couper
- 27: Terry Clark
- 28: Ken Cotton  
Brendan Crowe  
Karl Hepner  
Paula Sawyer
- 29: Mark Swan  
Harry White
- 30: Debora T. Clark  
Darci Foshay  
Evan O'Neill



## Upcoming Race Notices...

### **MECTA** Maine Corporate Track Association

#### The Maine Games is teaming up with the Maine Corporate Track Association

to provide a quality state games track and field meet. In addition to the usual MECTA meet events, athletes will also be able to compete in the Maine Games events and challenge some of the state's top athletes for gold, silver, and bronze medals, as well as a chance to qualify for the 2007 State Games of America, being held in Colorado Springs, CO.

The event will be Saturday, June 25 at Fitzpatrick Stadium in Portland.

Athlete Check-in will be at 8:30-10 a.m. (closes at 10 a.m.)

Meet will start at 11 a.m.



#### Maine Games Orienteering June 18 at 11:00

Orienteering is the sport of navigating in unknown terrain. Using a map and a compass, participants locate a series of checkpoints called controls. The challenge comes in determining the most efficient route around the course by interpreting land features indicated on the map. It is like a treasure hunt on the run.

The Pineland Farm course has been the host site for the U.S. Night and Relay Orienteering Championships as well as the Maine Games. The public is invited to use the Pineland course or participate in scheduled "Learn to Orienteer" programs. Spring through fall, they offer Junior Workshops Clinic and Teacher Workshops, as well as Team Building orienteering activities. All programs begin at the Outdoor Center located on the ground floor of the Visitors Center. Contact Lori Munro at (207) 688-4800 to learn more about scheduling an orienteering program for your group.

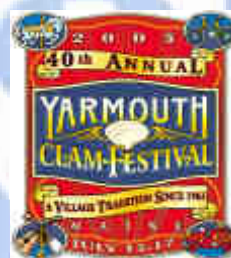


Online registration preferred; mail-in acceptable (must be postmarked by June 15) After June 15 must register at event and pay additional fee.

Pineland Farms  
32 Farm View Drive  
New Gloucester, ME 04260  
(207) 688-4619 Fax

### Pat's Pizza Clam Festival 5 Mile Classic

Saturday July 16, 2005  
8:00 a.m.



"2004 New England Race of the Year"

Sunday, October 2,

2005

7:45 a.m.

Portland,  
Maine



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

Proceeds to Benefit



*Maine...the way a marathon should be!*

## Race Results and Photos...



### 8th Martha's Vineyard 20 Miler Oak Bluffs, Martha's Vineyard, MA February 19, 2005

Place/Name	Div	Age	City	Time	Pace
7 David Saltmarsh	1	M40	Springvale	2:05:56	6:18
51 *Jim Dunn	16	M37	Falmouth	2:25:08	7:16
57 Laurie Gaudreau	2	F35	Springvale	2:26:39	7:20
68 Dick L'heureux	7	M52	Sanford	2:29:55	7:30
71 *Dora Rex	1	F41	Gorham	2:30:30	7:32
96 *Ian Parlin	10	M29	Portland	2:35:20	7:46
132 *Rachel Landry	5	F36	Cumberland	2:43:29	8:11



Photo by Mike Potter - Daily News

### 10th Annual St. John 8 Tuff Miles US Virgin Islands February 26, 2005

<http://www.8tuffmiles.com/>

Place/Name	Div	Age	City	Time	Pace
6 *Bill Reilly	1	M57	Brownfield	59:47	7:08
60 *Judy Reilly	1	W56	Brownfield	1:29:30	10:41

### 31st Annual Jones Town & Country 10 Miler Amherst, MA February 27, 2005

Place/Name	Div	Age	City	Time	Pace
361 *Carlton Mendell	1	83	Windham	2:22:27	14:15



### Hyannis Sheraton Marathon & Half Marathon Hyannis, MA, February 27, 2005

#### MARATHON FINAL RESULTS

Place/Name	Age	City	Time	Pace
32 Tom Trytek	M49	Lewiston	3:20:02	7:38
106 Eric Marston	M31	Saco	3:49:02	8:45
133 *Ronald Dearth	M49	Falmouth	4:01:03	9:12
185 Thomas Vail	M34	Saco	4:26:35	10:11
242 *Debora Clark	F46	New Gloucester	5:22:10	12:18

#### HALF MARATHON FINAL RESULTS

Place/Name	Age	City	Time	Pace
331 Amy Badger	F31	Hermon	1:49:23	8:21
347 Tim Brewer	M42	Yarmouth	1:49:11	8:20
507 Ruth Atchinson	F17	Naples	1:55:09	8:48
520 *Mark Grandonico	M45	Portland	1:57:01	8:56
631 Robin Schulte	F49	Portland	2:01:00	9:14
720 Thomas Varick	M48	Jefferson	2:05:05	9:33
802 Kate Good	F29	Kennebunk	2:10:15	9:57
826 *Mike Brooks	M59	Danville	2:12:21	10:06
827 Tom Littlefield	M59	North Berwick	2:12:40	10:08
839 Brenda Trytek	F47	Lewiston	2:12:32	10:07
905 *Donna Beaulieu	F42	Poland Spring	2:16:06	10:23
963 *Karen Connolly	F46	Hollis	2:23:31	10:57
1011 *Karen Kisko-Tucci	F23	Gorham	2:52:36	13:10
1019 *Robert Connolly	M50	Hollis	3:42:39	16:59



My name is Ayalew Taye, and I am a junior at Portland High School. My school does not send athletes to the most competitive track meets due to lack of finances. Because of the Maine Track Club's generosity towards the Cross Country Regional Championship that was held in Van Cortland Park in Bronx, NYC on November 27, 2004, I was one of the athletes who competed. I was really pushed and placed 10th, although I missed the

national qualification by two places. In addition, I had a chance to visit some parts of NYC and enjoyed myself.

I would really like to thank the Maine Track Club for its great generosity.

*Ayalew Taye*

# Race Results and Photos...

## 18th Annual New England Interscholastic Indoor Track & Field Championships Reggie Lewis Track & Athletic Center Boston, MA March 4, 2005



### Event 5: Girls 2 Mile Run

Place/Name	Year/High School	Time
1 Hintz, Cassie	11 Old Town	10:37.18
15 Hassett, Kim	12 Falmouth	11:43.41
17 Jesseman, Erica	10 Scarborough	11:53.48
22 Peverada, Molly	10 Hampden Academy	12:13.92
24 Farley, Emily	11 Mt.Desert Island	12:31.40

### Event 6: Boys 2 Mile Run

Place/Name	Year/High School	Time
1 *Taye, Sintayehu	09 Portland	9:16.65
3 Giddings, Eric	12 South Portland	9:19.34
6 Diehl, Casey	12 Greely	9:37.60
24 Carpenter, Rob	11 North Yarmouth Ac.	10:09.81
25 Rumery, Ben	10 Thornton Academy	10:17.37

### Event 7: Girls 1 Mile Run

Place/Name	Year/High School	Time
15 Lynch, Shauna	11 Ellsworth	5:28.78
16 Cartier, Lacy	10 York	5:30.68
17 Webster, Caroline	09 Brunswick	5:32.05
18 *Saldanha, Kaitlynn	10 Scarborough	5:32.60
22 *Iselborn, Abby	10 McAuley-Ptld	5:36.07

### Event 8: Boys 1 Mile Run

Place/Name	Year/High School	Time
1 *Taye, Ayalew	11 Portland	4:17.44
3 Bartlett, Miles	12 Lake Region	4:23.59
11 Quaglia, Casey	10 Bangor	4:31.24
13 Rose, Mickey	11 York	4:31.65
23 Wilson, Jon	11 Falmouth	4:46.98

### Event 9: Girls 300 Meter Dash

Place/Name	Year/High School	Time
13 Czurylo, Monica	11 Deering	42.80

### Event 10: Boys 300 Meter Dash

Place/Name	Year/High School	Time
8 Sawyer, James	12 Gorham	35.95
23 Van Dam, Brian	11 Scarborough	37.93
25 Rollins, Keith	12 Cheverus	38.47
-- Conant, Charles	12 Portland	DNF

### Event 11: Girls 600 Meter Run

Place/Name	Year/High School	Time
4 Wilcox, Beth	12 Mt. Ararat	1:36.76
17 Applebaum, Carly	10 Falmouth	1:43.42
20 Witham, Erin	11 North Yarmouth Ac.	1:44.37
25 Brooks, Aimee	11 Mt.Desert Island	1:49.30

### Event 12: Boys 600 Meter Run

Place/Name	Year/High School	Time
6 Edwards, Khabir	12 Portland	1:23.80
19 Voner, Dan	12 Hall-Dale	1:27.65
22 Soule, Jason	12 So. Portland	1:29.30
23 Pierce, Lenny	12 North Yarmouth Ac.	1:33.53

### Event 13: Girls 1000 Meter Run

Place/Name	Year/High School	Time
10 Letourneau, Vanessa	11 Lawrence	3:07.42
14 Linhard, Emma	10 Brunswick	3:08.07
18 Jette, Stephanie	12 Fryeburg	3:13.22
-- Wilcox, Jessie	12 Mt. Ararat	DQ

### Event 14: Boys 1000 Meter Run

Place/Name	Year/High School	Time
2 Floster, Kevin	11 Lake Region	2:32.22
15 Saunders, Josh	12 Lawrence	2:40.20
20 Griffin, Mike	12 Scarborough	2:44.54
23 Pride, John	12 Greely	2:47.06
28 Rieley, Travis	12 G.Stevens	2:50.66



I am Sintayehu Taye, a freshman at Portland High School. I would like to thank the Maine Track Club for its support of my trip to the Footlocker Northeast Regional Cross-Country meet in New York City on November 27, 2004. I went to the meet with my brother and with a nice family from Scarborough, the Koenigs, who gave us a ride. We stayed at the Crown Plaza Hotel for the night.

The meet was held at Van Cortland Park on Saturday. I competed in the championship division and placed 24th for which I was very happy. The course was hard but now that I know what it looks like and I will work hard when I go this year so I can make the nationals.

Thank you to the Maine Track Club for making my trip possible.



*Sintayehu Taye*



## Race Results and Photos...



*Don Penta*



*Kevin Robinson, Sr.*



*Janice Gagnier*

### Irish Road Rover 5K Portland March 6, 2005 Maine Track Club Finishers:

Place/Name	Division	City	Time	Pace
1 Michael Payson	1 M4049	Falmouth	15:46	5:05
23 Tony Myatt	1 M1519	Portland	18:07	5:51
56 Allyson Koenig	1 F1519	Scarborough	20:17	6:33
63 Robin Carlson	3 F3039	Gorham	20:38	6:40
76 Rick Abradi	M4049	Lisbon	21:15	6:52
86 Kathy Hepner	1 F4049	Gorham	21:45	7:01
88 David Young	M5059	Danville	21:50	7:03
109 Harry White	2 M6069	Scarborough	22:16	7:11
117 John Keeley	M5059	Portland	22:32	7:17
119 Mallory Vaccaro	F3039	Yarmouth	22:36	7:18
125 Kevin Robinson, Sr.	M4049	North Yarmouth	22:50	7:22
140 Nathan Graham	M3039	North Yarmouth	23:12	7:29
144 Steve Colucci	M4049	Portland	23:21	7:32
145 Patty Kenney	4 F4049	Portland	23:22	7:32
150 David Cannons	M3039	Portland	23:27	7:34
167 Valerie Abradi	F4049	Lisbon	24:02	7:46
213 Thomas McLaughlin	M4049	O. O. Beach	25:42	8:18
234 Jim Tyrrell	M5059	Cape Elizabeth	26:14	8:28
267 Mike Brooks	M5059	Danville	27:06	8:45
286 Kelle Keeley	F2029	Portland	27:37	8:55
300 Nan Cumming	F4049	Portland	28:03	9:04
304 Lisa Depres	F4049	South Portland	28:10	9:06
305 Kathleen Harris	F4049	Portland	28:11	9:06
309 Bob Branson	M6069	Scarborough	28:14	9:07
322 Timmi Sellers	F5059	Portland	28:37	9:14
341 Rory Sellers	M5059	Portland	29:21	9:28
352 Laura Tyrrell	F5059	Cape Elizabeth	29:34	9:32
371 Ryan Abradi	M1519	Lisbon	30:04	9:42
391 Beth Branson	2 F6069	Scarborough	30:49	9:56
413 Matt Flynn	M4049	Cape Elizabeth	32:02	10:20
419 Phillips Sargent	M5059	Yarmouth	32:36	10:33
440 Eileen Hamilton	F5059	Scarborough	35:04	11:19
445 Janice Gagnier	F4049	South Portland	36:06	11:39
453 Carlton Mendell	3 M7099	Windham	37:33	12:07
455 Pat Buckley	4 F6069	Portland	39:20	12:42
459 Heather Sargent-Plante	F3039	Lewiston	39:32	12:46
464 Donald Penta	M5059	Windham	51:25	16:36

\* Maine Track  
Club  
Finishers

*Carlton Mendell*

*James Tyrrell*



*Kelle Keeley*



*Phillips Sargent*



## Race Results and Photos...

*Lisa Despres & Kathy Harris*



### Boston's Run to Remember Half Marathon Boston, MA March 13, 2005

Place/Name	Age	City	Time	Pace
220 Jennifer Pixley	F28	South Portland	1:34:04	7:11
340 Robert Scamman	M49	Biddeford	1:37:01	7:24
863 Danielle Poulin	F26	Saco	1:47:47	8:14
1106 Julie George	F23	Portland	1:50:46	8:27
1268 Greg Coburn	M32	Cape Elizabeth	1:52:04	8:33
1347 Ryan Lynch	M22	Orono	1:54:30	8:45
2013 Jamie Dodge	F27	Ogunquit	2:03:16	9:25
2048 Kevin Rooney	M27	York Beach	2:03:45	9:27
2214 *Dora Rex	F41	Gorham	2:05:15	9:34
2333 Sarah Hunter	F25	Portland	2:05:31	9:35
2584 *Kelle Keeley	F29	Portland	2:09:58	9:55
2586 *John Keeley	M53	Portland	2:09:58	9:55
2595 Don Lynch	M45	Glenburn	2:11:12	10:01
2626 Thomas Arnold	M44	Saco	2:10:53	10:00
2627 Drew Donovan	M42	York	2:10:53	10:00
2676 Heather Kryskow	F32	Sanford	2:12:54	10:09
3023 Lisa Arnold	F43	Saco	2:18:44	10:35

*Nan Cumming*



*Beth Branson*



*Mark Clinch & Pat Buckley*

*Patty Kenney*



### 28th New Bedford Half Marathon New Bedford, MA March 20, 2005

Place/Name	Division	City	Time	Pace
14 *Michael Payson	2 M4044	Falmouth	1:10:13*	5:22
18 Charlie Humphries	19 M4044	N Yarmouth	1:20:46	6:10
131 *Marc Dugas	23 M4044	Scarborough	1:21:30	6:13
197 Michael Trundy	37 M4044	Hebron	1:24:52	6:29
279 *Ellie Tucker	1 F5054	North Yarmouth	1:28:58*	6:48
381 *Emma Barclay	19 F3034	Portland	1:34:14	7:12
441 *Ian Parlin	37 M2529	Portland	1:36:29	7:22
545 Peter Rearick	61 M5054	Hebron	1:39:57	7:38
1087 John Lightbody	54 M5559	Falmouth	2:04:21	9:30
1316 Margaret Rearick	25 F5054	Hebron	3:00:06	13:45
1337 *Carlton Mendell	1 M8099	Windham	3:03:46	14:02



*Ryan Abradi*

*Timmi Sellers*



Irish Road Rover  
Photos by David  
Colby Young

\* Exceeds USATF Age-Group Performance Standard



## Race Results and Photos...

### Eastern States 20 Miler & Run to the Border 10 Miler Salisbury, MA March 26, 2005

Maine Track Club Finishers:



20 MILER FINAL RESULTS				
Place/Name	Age	City	Time	Pace
107 Theresa Patten	F35	Scarborough	2:31:34	7:35
165 Rachel Landry	F36	Cumberland	2:39:56	8:00
291 Gregory Welch	M53	South Portland	2:55:01	8:46
337 Mark Grandonico	M45	Portland	2:58:58	8:57
347 John Keeley	M53	Portland	2:59:33	8:59
417 Walter Bull	M46	Topsham	3:09:47	9:30

10 MILER FINAL RESULTS				
Place/Name	Age	City	Time	Pace
36 Ian Parlin	M29	Portland	1:10:14	7:02
43 Mike Lively	M36	Bath	1:12:27	7:15
116 Robert Randall	M68	Springvale	1:29:26	8:57

### Gilmanton 5K Gilmanton, NH March 26, 2005

Place/Name	Age	City	Time	Pace
26 David-Colby Young	M52	Danville	22:38	7:17
77 Mike Brooks	M59	Danville	28:53	9:18



Theresa Patten  
20 Miler



John Keeley  
20 Miler

### SEA 5K Concord, NH April 2, 2005



Place/Name	Div/Age	City	Time	Pace
123 Paula Sawyer	1 F55	Concord, NH	28:24	9:09



Mike Brooks  
Gilmanton 5K

Who let the dogs out?

Photos by Thomas Reichard



Steve Rollins



Jerry LeVasseur

Jess & Marc Colamaria  
Kerryman Pub 5K



### Morgan's Run 5K Lewiston April 3, 2005

Place/Name	Div/Age	City	Time	Pace
34 Steve Rollins	2 M43	Bowdoinham	21:09	6:50
69 Nancy Kneeland	1 F50	Bar Mills	22:32	7:16
73 Norman Morgan	5 M36	Lisbon Falls	22:39	7:19
85 Jerry LeVasseur	1 M67	Birch Island	22:56	7:24



## Race Results and Photos...



Photo by Helpful.com

Overall Women's Winner, Laurie Gaudreau, and MTC 15-year-old, Abigail Iselborn, hot on her tail.



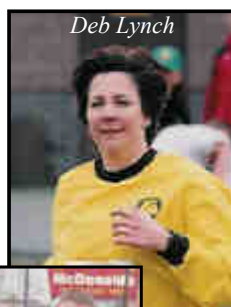
Jeneka and Evan Embrey



Bill Reilly



Lisa Despres and Pat Buckley



Deb Lynch



Paula Sawyer



Thomas and Kristie McLaughlin



Randalyn Brocher (above) and Matt Flynn (right)



Zachary Cost

### Kerrymen Pub 5K & Mary's Walk Saco April 3, 2005

Maine Track Club Finishers:

Place/Name	Div/Age	City	Time	Pace
3 Devin Shaw	1 M22	South Portland	17:10	5:32
5 Floyd Lavery	3 M47	Gorham	17:38	5:41
6 Evan Embrey	1 M17	Buxton	17:40	5:41
10 Tony Mayatt	3 M18	Portland	18:25	5:56
12 Bill Reilly	1 M57	Brownfield	18:55	6:06
19 Abigail Iselborn	1 F15	Portland	19:37*	6:19
27 Robin Carlson	3 F33	Gorham	20:28	6:36
29 Charles Iselborn	9 M48	Portland	20:31	6:37
36 Matt Flynn	2 M43	Cape Elizabeth	20:58	6:45
39 David Colby Young	3 M52	Danville	21:08	6:48
56 Zachary Cost	4 M11	Waterboro	21:42	7:00
75 Stephen Lauritsen	14 M44	Saco	22:16	7:10
81 Deb Lynch	5 F39	Lyman	22:35	7:17
95 Lisa Despres	5 F42	South Portland	23:44	7:39
112 Randalyn Brocher	5 F19	South Portland	24:19	7:50
113 Thomas McLaughlin	22 M46	Old Orchard Beach	24:20	7:50
123 Alburn Butler	17 M51	Portland	24:58	8:02
138 Mike Brooks	20 M59	Danville	25:39	8:16
139 Jim Tyrrell	21 M57	Cape Elizabeth	25:39	8:16
141 Jeneka Embrey	7 F19	Buxton	25:45	8:18
193 Paula J. Sawyer	4 F55	Concord NH	28:05	9:03
208 Jess Colamaria	11 F29	Portland	28:54	9:18
210 Marc N Colamaria	20 M28	Portland	28:58	9:20
213 Kristie McLaughlin	3 F13	Old Orchard Beach	29:05	9:22
226 Scott Mercer	26 M57	Cape Neddick	29:53	9:37
264 Eileen Hamilton	5 F55	Scarborough	34:29	11:06
266 Mitch Adams	12 M11	Auburn	36:17	11:41
276 Janice Bilodeau	1 F71	Auburn	37:50	12:11
277 Pat Buckley	1 F67	Portland	37:50	12:11

Photos by Don Penta and David Colby Young

## May Races

- May 1 Cadillac Mountain 10K, Bar Harbor Village Green to Cadillac Summit, 9:00 a.m.
- Finish Lynx Orrington 10K and Kids' Fun Run, Orrington, Center Drive School, 9:30/9:00 a.m. Contact: Glendon or Lara Rand (825-3396)
- May 7 Children's Museum of Portsmouth 5K Road Race & Kids' Fun Run (1/2 mile, 1/4 mile & 50-yard dash), Portsmouth, NH, 10:00 a.m. Contact: Heidi Duncanson (603-436-3853) or Hduncanson@childrens-museum.org
- Nurse Day 5K Run, Presque Isle., NMTC, 10:00 a.m. Contact: Mary Cornelio (768-2809)
- 4th Annual Big Lake Half Marathon, Alton, NH, Alton Central School, School Street, 9:00 a.m. Contact: EndorFUN Sports (603-293-8353) or keith@timbermantri.com, 158 Weirs Road, Gilford, NH 03249
- 25th Annual Rocky Coast 10K Road Race/Walk & Kids Run, Boothbay Harbor, 10:00/9:00/8:45 a.m. Prizes by Anderson Design Pottery of East Boothbay. Contact: Neal Verge, Boothbay Harbor YMCA (633-2855) or brymca@brymca.org
- Ironbear Sprint Tri/Duathlon, Brunswick, Farley Fieldhouse, Bowdoin College, 9:00 a.m.
- May 8 Portland Sea Dogs Mother's Day 5K & Kids' Fun Run, Portland, Hadlock Field, 9:30/9:00 a.m. Contact: Portland Sea Dogs (874-9300) or Howard Spear.
- The Patricia Lynn Corbin Memorial Walk/Run, Lee Academy, 1:00 p.m. Contact: Michael and Robin Corbin (738-4354) or corbins@linc-net.net
- Coastal Community Action's 15th Mother's Day 5K Road Race, Rockland, Train Station corner of Pleasant & Union Streets, 8:30 a.m. Contact: Nate Peasley (596-0361) or (594-4365 Evenings)
- May 14 5K Run/Walk for Empowerment, Colby College field house, 9:00 a.m. Contact: Christina (872-0601)
- May 15 ERA/MDA 5K Run/Walk Augusta, Maine State Housing Parking Lot, 353 Water St - The start of the Kennebec Rail Trail, 1:00 p.m. Contact: Diane Garcell (623-4182) or DianeGarcell@realtor.com, 10 Mulliken Ct, Augusta, ME, 04330
- Sugarloaf Marathon & 15K, Carrabassett Valley, 7:00/7:30 a.m.
- May 21 House to Hope 5K Run/Walk, Gorham High School, 9:00 a.m. Contact: Lynn Kalloch (839-6514)
- Great Scott Trot, Standish, Bonny Eagle High School, 8:00 a.m.
- May 22 Mount Kearsarge 8.5-Mile USATF-NE mountain race, Warner, NH, 10:00 a.m. Contact: Paul Digeronimo.
- May 27 YMCA Back Bay 5K, Portland, Back Cove path, 6:00 p.m. Contact: Cumberland County YMCA (874-1111 x212)
- May 28 Wachusett Mountain 4.3-Mile USATF-NE mountain race, Princeton, MA, 9:30 a.m. Contact: Kevin Fallon.
- May 29 Vermont City Marathon, Burlington, VT, 8:00 a.m.
- Race to Kenya 5K, Brunswick, On the Mall, Maine St., 9:00 a.m. Contact: Alora Johnson (319-9113) or runnergirl\_4@hotmail.com, 34 Lake Ave., West Gray, ME, 04039
- 8th Annual Runner's Alley/Redhook Memorial 5K & Kids' Fun Run, Portsmouth, NH, Redhook Brewery, Corporate Dr., 11:00/10:00 a.m. Contact: Runner's Alley (603-430-1212) or jeanine@runnersalley.com
- May 30 Snowy Egret 5K Run/Walk & Kids 1K Fun Run, Scarborough, 9:00/8:30 a.m. Contact: Chiropractic Family Wellness Center (883-5549) or adio@gwi.net.
- Lilac Lap 5K, South Paris, McLaughlin Farm, 8:00 a.m. Please pre-register (743-8820)
- The Fosters' Downeast 5K, York Village, Contact: Ted Hutch at thutch@yorkschoools.org
- Memorial Mile Road Race, Cumberland, Old Greely Jr. H.S., Main Street, 8:45 a.m. Contact: Ellen Hart (829-0925) or jhart1@maine.rr.com 5 Balsam Drive, Cumberland, ME, 04021
- June 4 Bone Density Dash 1-Mile & 5K, Portland, Baxter Boulevard, 9:00/10:00 a.m.
- Close to the Coast 10K/5K, South Freeport, Winslow Park, Staples Point Road, 9:00 a.m.
- June 5 Pond Cove Challenge 5K, Cape Elizabeth, Pond Cove Elementary School, 8:30 a.m. Contact: Peg Thompson

## June Races

L/A Wellness Weekend 5K, Auburn, Lewiston-Auburn YMCA, 10:00 a.m. Contact: Doug McFarland (795-4095)

14th Annual Cobscook Bay 10K/5K & Kids' 1-Mile Fun Run for Downeast Hospice, Pembroke, Triangle Store on Rte. 1, 10:00/9:15 a.m. (Registration 8:30 a.m.) Contact: Jonathan Aretakis

Camden 10K, Peter Ott's Restaurant, 9:00 a.m. Contact: Sarah Andrus

Pack Monadnock 10-Mile USATF-NE mountain race, Wilton to Temple, NH, 9:00 a.m. Contact: Steve Moland Race Website

June 11 Maine Games/Eastern Trail Alliance 5K off-road race, South Portland, Wainwright Farm, Gary Maietta Parkway, 9:00 a.m. Contact: Jeff Scully

22nd Annual MDI YMCA Spring 5K and Fun Run, Bar Harbor, 10:00/9:15 a.m. Contact: Lisa Tweedie

Mt. Ascutney 3.8 Mile Run to the Summit USATF-NE mountain race, Windsor, VT, 9:30 a.m. Contact: Ethan Phelps, Mt. Ascutney State Park (800-299-3071)

28th Annual Market Square Day 10K, Portsmouth, NH, 9:00 a.m. Contact: Barbara Massar, Pro Portsmouth, Inc. (603-436-3988) or [bmassar@proportsmouth.org](mailto:bmassar@proportsmouth.org)

Raymond's Fairpoint NE 5K & Kids 1K Race, Raymond, Sheri Gagnon Park on Mill Street, 7:30/8:30 a.m. (Registration 6:30 a.m.) Contact: Louise Lester (655-4224/655-4742) or [louise.lester@raymondmaine.org](mailto:louise.lester@raymondmaine.org); Bob Payne (655-2165/534-8814) or [blueridgeguide@bigfoot.com](mailto:blueridgeguide@bigfoot.com).

June 12 YMCA-Garelick Farms Main Street Mile Milk Run, Bangor Contact: Sean Haggerty

8th Women On The Move 5K Run/Walk, Brunswick, Women's Fitness Studio & Spa, 21 Stanwood Street, 9:00 a.m.

June 17 Doc's - Tigger 3-Miler, Biddeford, Doc's Tavern, 7:00 p.m. Contact: Leslie Mourmouras, (282-2631) or [malmxl@maine.rr.com](mailto:malmxl@maine.rr.com), 503 Elm Street, Biddeford, ME, 04005

June 18 45th Mt. Washington Road Race 7.6 Miles, Gorham, NH, Mt. Washington Auto Road, Rte. 16, 9:00 a.m.

Lottery closed. Contact: Granite State Race Services [racetime@gsrs.com](mailto:racetime@gsrs.com)

June 19 30th Annual Hampden 8.5-Miler Hampden. Weatherbee-McGraw School complex, Rte. 1A, 8:30 a.m. Contact: Skip Howard (223-4715) or [skippr@adelphia.net](mailto:skippr@adelphia.net)

Light to Light 7.5-Miler, Owls Head to Breakwater Lighthouse, 8:00 a.m. Contact: Sandy or Warren (594-8855)

June 25 Penobscot Bay YMCA Harbor View 5K, Rockport, Penobscot Bay YMCA, 116 Union St., 9:00 a.m. Contact: Jason Wood

Captain Christopher Scott Cash Memorial 5K Run, Old Orchard Beach High School, 40 E. Emerson Cummings Blvd., 8:30 a.m. Contact: Nancy Kelley

Northfield Mountain Run USATF-NE mountain race, Northfield, MA, 9:00 a.m. Men 15.6K, Women 10.4K, USATF-NE Mountain Running Champs/Teva US Mountain Running Team Selection Race. Contact: Dave Dunham

24th Pottle Hill 10K/5K Road Races & 1 Mile Fun Run, Mechanic Falls, North Main St, 9:15/9:00/8:30 a.m. A hilly and scenic run up and down Pottle Hill, new totally paved, well-marked, wheel-measured, water stations, split times. Contact: Suzanne (753-1457) or [pottle@megalink.net](mailto:pottle@megalink.net),

The Maine Games, Portland, Fitzpatrick Stadium, 11:00 a.m.

June 26 Beech Mountain 15K Trail Run, Southwest Harbor to Beech Hill Farm, Seal Cove Road, 9:00 a.m. Contact: Peter Keeney

S.W. Collins 5K, Caribou, S.W. Collins, 10:00 a.m. Contact: Leah Ewing (492-0291/764-2720)

Whirlaway 10K, Methuen, MA, 9:00 a.m. (USATF New England Road Racing Grand Prix Series)

14th Annual 5K Run/Walk Race for Literacy, Falmouth, Portland Athletic Club, 196 US Rte. 1, 9:00 a.m. Contact: Kristen Stevens (780-1352) or [lvportland@gwi.net](mailto:lvportland@gwi.net), P.O. Box 8585, Portland, ME, 04101

Gardiner 5-Mile Road Race, Gardiner, Maine General Medical Center, 150 Dresden Ave., 8:00 a.m. Contact: Orm Irish (724-3812) or [nanorm8@aol.com](mailto:nanorm8@aol.com)





## MEMORIES

### FIRST ANNIVERSARY of MAINE TRACK CLUB ROASTERS COFFEE RUN

Do you remember the first greeting we  
received on March 6, 2004?

-----  
"Welcome to MTC Roasters Run  
I really hope you will have fun.  
I'm Sandy Walton, so glad you came.  
Please tell everyone your name."

-----  
Sandy mentioned to us, future races to run  
Since then there's been a year of fun,  
We've found cold weather and days very hot,  
After running, the coffee always hits the spot.

From the first day, I knew the Roasters Run  
Was destined to be low key and fun.  
Pat was there. I've heard her say,  
"I'm only going two miles today.  
Mel and I will be at the back of the pack,  
Will talk to you when you get back."

We've made new friends and it's no surprise,  
We've heard wild stories, brags, and lies.  
But that is really no disgrace,  
'Cause we've helped each other improve our pace.

During the first weeks, I met President Meech.  
He moved with a pace that I could reach.  
It was more difficult with runner Hugh,  
He did the things that lawyers do:  
When he feels good, with his running gear on.  
He "charges" the ground he runs upon!

I caught up with two ladies on a morning run,  
One stated why living in Maine is fun.  
Where she used to live, life wasn't so funny,  
Strangers were often asking for money,  
I said as we jogged along the way,  
"I left my money home today  
For a cup of coffee, two dollars it takes,  
Without coffee, I get headaches and shakes!"

There was serious training for Patriots Day,  
I'll remember that race in a special way.  
Names I forget, but can remember the face  
All Roasters Runners 'cept one, passed me in the race.  
Finishing the Boys Club Run, I was feeling fine,  
And cheered Ruth Hefflefinger as she crossed the line.  
("Great job Ruth.")

Emma arrived from across the sea,  
Ian said, "On long runs, she's better than me!"  
Starting my Saturday jog, I would see them pass,  
Couldn't stay with them, I'm not in their class.

For runners completing marathons, I always cheer.  
Several Roaster's Runners did that this year.  
Saw a photo of Sandy, she was looking fine,  
After Completing 26 miles, her very first time.  
(Andrew is quiet. Heard he ran a good marathon in '05.)

I remember the day of the Portland Arts Show,  
We longed for, cool weather, rain, or snow.

-----It arrived!

And one December morning, with Al and Bill,  
The ice made me sidestep, down Johnson Road hill.

-----A few weeks later:

I donned many clothes, still thought I would freeze.  
Jim heard my comments about bare knees.  
Ian returned from his long wintry run,  
Needing tropical temps, and the summer's sun.

Lisa even arrived on Christmas Day,  
Was she "flying" with reindeer, Santa, and sleigh?  
Ahead of me she moved, very fast and far,  
I found reindeer antlers on my car!

For a year we've survived hot sunshine and rain,  
Cold weather, wind, ice, an ache, or a pain.  
As I bring this writing to an end,  
Hope everyone will still call me "friend."  
If you are left out of this little rhyme,  
Please be patient, and give me a little more time.  
From now on when we meet, then run with the breeze,  
I'll be watching for idiosyncrasies!

A special "Thank You" goes to Sandy Walton.  
Her ideas and dedication have made the MTC  
Roaster's Run successful and fun.

*Dale C. Lincoln*

March 8, 2005

## Group Runs...

### Kennebunk

**The Kennebunk Thursday Night Group** runs year round, rain or shine. The group size ranges from 7 or 8 to over 20 depending on the weather and time of year. Pace ranges from 7-minute miles to several running 8's to 9's and sometimes slower. Distance is up to 6.5 miles. Following the run, tradition insists on a trip to Federal Jack's Brew Pub in Kennebunkport for libations and dinner, which always wraps up by 9 p.m. Several members of the group also run Sunday mornings in Kennebunk or in North Berwick. Contact: Steve Jacobsen (985-4107 - nights) or (985-3244 - days)

### Biddeford-Saco

For anyone interested in weekly morning runs or weekend early-afternoon runs. Contact: Gene Roy (284-8036)

### Portland/South Portland

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

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

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

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

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

### MTC Roasters Runs

The Maine Track Club hosts a weekly "Roasters Run" on Saturdays at 7 a.m., starting from the parking lot of Maine Roasters Coffee on Route 1 in Falmouth. Runners group themselves based on pace and then go out for runs ranging from 2-20 miles through Falmouth and Portland. The runners congregate back at Maine Roasters Coffee after finishing to continue discussions over a cup of Joe. The runs are very informal, with the only formality being that they always start at exactly 7 a.m. all year long. Not a Saturday has been missed since it's inception on March 6, 2004. Contact: Sandy Walton (846-6577) [swalton2@maine.rr.com](mailto:swalton2@maine.rr.com)

### New Gloucester

This group meets Sundays at 7 a.m. in the parking lot of the Pineland YMCA for runs of various distances. Contact: Maureen Sproul (926-4681) [msproul@unumprovident.com](mailto:msproul@unumprovident.com)

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



### The Fitness Edge Running Group

The Fitness Edge is pleased to announce that, along with local running standout Tiki Humphries, we are currently organizing running workouts at the Cumberland track starting in mid April. The workouts are designed for runners of all abilities. Whether your desire is to improve health, relieve stress, socialize, or improve performance, we have the program design for you.

As the newest member of The Fitness Edge staff, Tiki is currently attending USM's Lifeline Certification in Fitness Instruction and is also preparing for the American Council on Exercise personal training exam. She is a running enthusiast who enjoys exercise, competition, and being outdoors. She can provide you with encouragement, enthusiasm, and effective workouts to improve your overall fitness level, improve race times, and, most importantly, increase your enjoyment of running. If racing is your focus, she can assist you with a training/workout schedule leading up to your event(s).

We are very excited to have Tiki's expertise in guiding this program, and the rest of the staff at The Fitness Edge will be involved as well. We will be available for tips on a variety of training subjects ranging from resistance workouts to nutrition and muscle recovery. Simply, our goal is to assist you in any way that we can to maximize your running and fitness.

There will be two opportunities to meet each week, Wednesday evenings at 6:00 p.m. or at 8:30 a.m. (weekday to be determined.) There will be two 10-week sessions: mid-April through June and July through mid-September. The cost for each session is \$75.00. For more information you can call The Fitness Edge at 781-7116.

Looking forward to seeing you at the track.

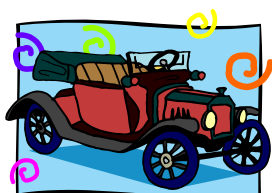
Sincerely,

*Paul Piscopo, CSCS*

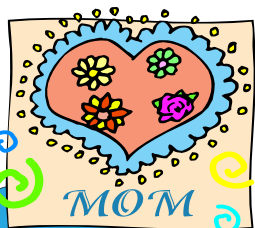


Maine Track Club  
P.O. Box 8008  
Portland, ME 04104

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**FATHER**



Pot Luck Dinner

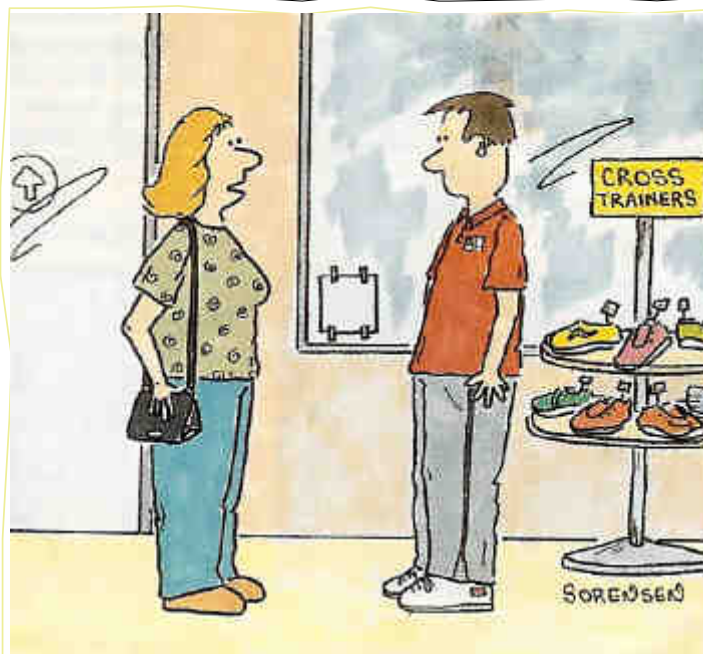
Recognizing  
New Members

May 18th

5:30 p.m.

at SMTC

...stay tuned for  
more details.



"I'm looking for slippers that look like running shoes."