



Maine Marathon Times



"All the Maine Marathon & Casco Bay Half Marathon News That's Fit to Print"

May 1995

Volume 1 Issue 2

1995 Race Applications Available Now!!

The 1995 Maine Marathon & Casco Bay Half Marathon Race Application became available on April 12, 1995. They made their debut at the 4/12/95 Maine Track Club meeting and were very well received.

On Easter Sunday, the applications were distributed all over the Boston Marathon Expo and were featured prominently at the Saucony Booth. The 66th Boys and Girls Club 5 Miler in Portland was the next stop on the line and all the applications we brought were snapped up by eager runners. If you would like some applications to distribute you can pick them up at Marathon Headquarters at 5K Sports in Falmouth, Maine. Please take some to the next race you attend outside of the Portland area.



Runners racing to the applications table for Maine Marathon & Casco Bay Half Marathon Applications.

Polar CIC, Inc., Joins Sponsor Group

Race Directors Don Kent and Jim McCorkle are pleased to announce that Polar CIC, Inc., has joined the Maine Marathon Sponsor Group for 1995.

Polar has agreed to provide heart rate monitors as prizes for the overall winners of both the marathon and half marathon events. Polar heart rate monitors are used by athletes of all abilities and are an invaluable tool in monitoring training activities. We welcome Polar CIC, Inc., to our dedicated group of sponsors.

Maine Marathon & Half Marathon, Casco Bay Marathon Memorabilia Wanted!!!

We are collecting memorabilia to display at Marathon Headquarters (5K Sports). If you would be willing to loan us a piece from your collection, please contact Jim McCorkle at 781-3134. Thanks!!

1995 Sponsor Meeting Schedule

All Sponsor Meetings for the 1995 Maine Marathon and Casco Bay Half Marathon will be held on the 3rd Thursday of each month at 8:00am at 5K Sports. The schedule is:

*May 18, 1995
June 22, 1995
No July Meeting
August 24, 1995
September 7, 1995
September 21, 1995*

Contact Don Kent or Jim McCorkle with any questions. Thanks for your support of our event!



1995 Maine Marathon & Casco Bay Half Marathon Hotline: (207) 774-5795

Don Kent, Race Director: (207) 854-8464 (Weekdays)

Jim McCorkle, Race Director: (207) 781-3134 (5K Sports)

Maine Marathon In Cyberspace?!!!

You might think with a headline like this one that you might be reading one of the publications ordinarily found at the supermarket checkout line. Please believe me when I tell you that I have the authentic, untouched photos that prove this story is true.

The Maine Marathon & Casco Bay Half Marathon went online with Compuserve a few weeks ago. Through discussion in the healthy living section of Compuserve we are becoming a better known marathon all over the world. I have responded to several requests for 1995 Maine Marathon & Casco Bay Half Marathon applications through E-Mail. The Marathon can now receive E-Mail through me at this address: 71744,2076 (on Compuserve). This development will definitely open new avenues of communication for us and will bring the Maine Marathon & Casco Bay Half Marathon up to "warp" speed.....Call!——Don Kent.



Area Captains Needed to work on the Marathon in these areas:

- *Health and Fitness Festival
- *Awards
- *Street Fair
- *Wrap-up Coordinator

Please contact Don Kent or Jim McCorkle if you are willing to help!!!
We need You!!!

1995 Maine Track Club Marathon Organizing Meetings

The Maine Track Club Marathon Organizing Committee will meet the 1st Wednesday of each month at 6:00pm at 5K Sports in Falmouth, Maine. The scheduled meeting dates are:

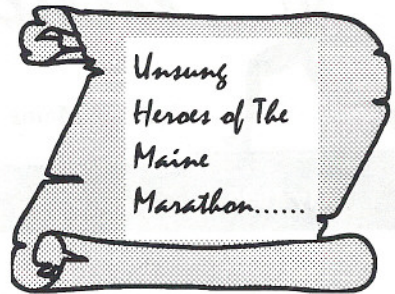
- May 3, 1995
- June 5, 1995
- No July Meeting
- August 2, 1995
- September 6, 1995
- September 20, 1995

We will meet on September 29, 1995 briefly at the USM Gym and then we will set up the gym.

April Sponsor Meeting Highlights....

The 1st Sponsor's Meeting of 1995 took place on April 20, 1995 at 5K Sports in Falmouth, Maine. There was lively discussion regarding the goals for the 1995 Maine Marathon Weekend. The group agreed the "Street Fair" at the finish line was a good idea and should be taken to the next step of production.

The annual budget report will be presented at the May Sponsor's Meeting by Financial Director Steve Assante. Frank Thiboutot of Bay Club has contacted ESPN, NESN and SCNE to see if television coverage of the marathon is a possibility. He will continue to research this and will report his findings to the Race Committee at the May Sponsor's Meeting.



Each month in this column we will highlight one of the behind-the-scenes contributors that are so important to the success of our event.

Our first hero is Financial Director Steve Assante. He handles a multitude of financial activities including development of the annual budget and paying all of our bills. Steve also secures our event permit from the City of Portland each year and helps to coordinate our activities with Portland City Officials. In addition to his work on the marathon, Steve is an avid runner himself with 10 marathons completed, 2 of those Maine Marathons. He is a dedicated husband and father who does his speed work by chasing his 3 children around the house. The next time you see a mild mannered guy with 3 kids all over him at a race, stop and say : Thanks for your work on the marathon, Steve!!



To Publicity Director Sue Ellen Roper-McClain for doing such a great job on the 1995 application and preparing it in time for the Boston Marathon Expo!!

To Race Director Jim McCorkle for sacrificing Easter Sunday with his family to go to the Boston Marathon Expo to meet with some of our contacts and distribute applications!!





The 4th Annual

MAINE MARATHON & CASCO BAY HALF MARATHON

PORTLAND, MAINE

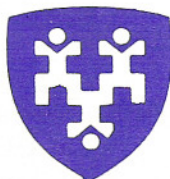
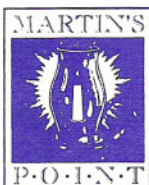
**Saturday, September 30 &
Sunday, October 1, 1995**



A Weekend of Family Sports & Fitness Fun

- 4 Races for all Abilities
- Lifeline Kids 1K Fun Run
- Lifeline 5K Run/Walk
- Health & Fitness Festival
- Sports & Fitness Seminars
- Pre-race Pasta Dinner
- Awards Ceremony

Presented by



MaineTrack Club

Martin's Point Health Care

Harvard Community Health Plan

***Volunteers are needed and welcome.
Please call Jamie Chamberlain at 207-883-0458 if you can help.***

SCHEDULE OF EVENTS

Race Day Headquarters University of Southern Maine Portland

Saturday, Sept. 30

- 9:30 Lifeline Kids 1K Fun Run**
- 10:00 Lifeline 5K Run/Walk**
- 12-7 Registration and packet pick-up
- 12-7 Health and Fitness Festival
- 1-4 Seminars on exercise and health
- 5-7 Carbo-loading pasta dinner

Sunday, Oct. 1

- 6-7:30 Race-day registration and packet pick-up
- 7:45 Pre-race line-up and instructions
- 8:00 Start of Maine Marathon & Casco Bay Half Marathon**

***Post-race refreshments and
massage for runners***



WEEKEND ACTIVITIES

We welcome you and your family to participate in the two-day weekend of events offering four different races for all abilities. In addition to the featured Maine Marathon and Casco Bay Half Marathon, there will be a Kids 1K Fun Run on Saturday, as well as a 5K Run/Walk around picturesque Back Cove in Portland.

A Health and Fitness Festival will be held Saturday from noon to 5:00 p.m. in the University of Southern Maine Gymnasium, including seminars on health and nutrition information, clothing and accessories and the latest in fitness equipment for the active person.

The pasta dinner will be held from 5-7 p.m. at the USM Student Center. Enjoy your fill of pasta, choice of sauce, and all the trimmings.

For more information, please call
(207)774-5795

Sorry, we cannot return long distance phone calls.

REGISTRATION

Pre-registration: By mail through September 23. Entry fee is \$22 for marathon or \$15 for half marathon. U.S. funds only. Registration includes a high-quality T-shirt and race packet for all pre-registered runners. Your returned check will be your confirmation. No acceptance slips are sent out. No refunds.

Registration and packet pick-up race weekend:

Saturday, Sept. 30: Noon until 7 p.m. at USM gym, Falmouth Street, Portland, Maine. Entry fee is \$22 for marathon and \$15 for half marathon and includes quality T-shirt to all Saturday registrants until supply is gone.

Sunday, Oct. 1: Race Day, from 6 to 7:30 a.m. at USM gym. Entry fee is \$25 for marathon and \$18 for half marathon. T-shirt not included.

***Note: Race Director reserves the
right to reject any application.
In case of rejection, entry fee
will be returned.***

RESULTS AND AWARDS

Awards will be given in each race for the top five overall Male and Female finishers and the top three finishers in each age group:

19 & under	40-44	60-64
20-29	45-49	65-69
30-34	50-54	70+
35-39	55-59	

overall Masters 40 & over wheelchair

Awards ceremonies will take place following each race as soon as results become available.

COURSE RECORDS

Marathon

(1993) Patrick Sullivan, Bangor, ME at
2:35:00

(1994) Cheryl Buckley, Durham, NH at
2:51:44

Half Marathon

(1994) Jose Rocha, Peabody, MA at
1:06:23

(1994) Joan Benoit Samuelson, Freeport,
ME at 1:15:59

New course records set

THE CAUSE

The net proceeds from the race will be given to the Ronald McDonald Houses of Maine and the Portland Parks and Recreation Department to improve and maintain the Back Cove exercise path.



REFRESHMENTS

Poland Spring Water, the official water of the races, will be served at water stops, located every 2 1/2 to 3 miles along the courses of both races. Shaklee Performance fluid replacement drink will be served at every water stop except the first, and at the finish. Additional refreshments will be available to runners at the USM Post Race area.

RACE DAY

- Leave plenty of time to arrive at the starting area and park prior to runner instructions at 7:45 a.m.
- Be sure to wear your race number!
- We will provide bag check service so that you can leave a change of clothes at the finish line (no valuables, please!)
- We must be very strict about controlling runners on the street. Follow race officials' instructions and run on the side of the road to which you are directed.

Failure to follow safety directions may result in disqualification.

Support on the course cannot be guaranteed beyond 5 hours.

DIRECTIONS

to Portland and USM

Take Maine Turnpike (I-95) to I-295 (from south, Exit 6A; from north, exit 7). Take Exit 6B off I-295 (Forest Avenue).

At first set of traffic lights, turn left (Bedford Street). Parking is on left and right. Gym is on right.

ACCOMMODATIONS

A few hotels have offered special rates for Maine Marathon Weekend participants. In order to qualify, you need to reserve by Sept. 1, 1995 and tell the hotel you are with the marathon. Suggested hotels are:

The Ramada Inn - (207) 774-5611
Inn at Portland - (207) 775-3711
Comfort Inn - (207) 775-0409; or
1-800-696-2705 outside of Maine

A complete list of area hotels is available from the Convention and Visitors Bureau of Greater Portland.

WHILE IN MAINE

To make your trip even more enjoyable you might wish to do some sightseeing. For visitor information contact:

**Convention & Visitors Bureau
of Greater Portland**
305 Commercial Street
Portland, ME 04101
207-772-5800

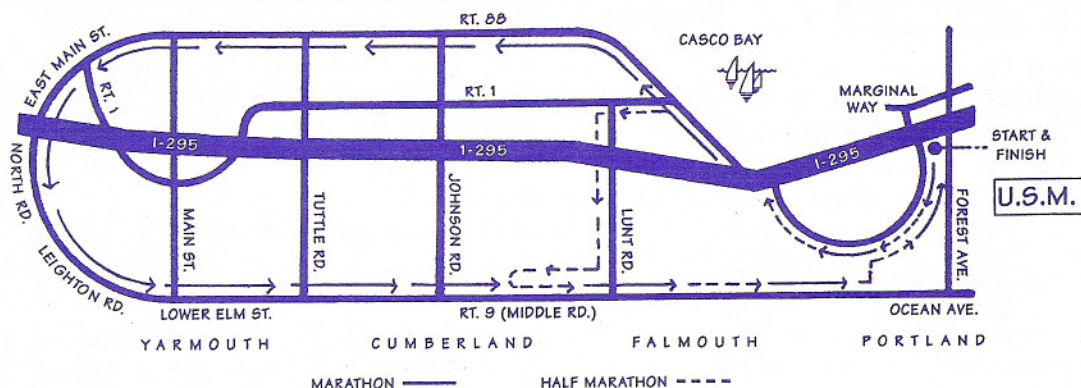


SPECIAL THANKS

Many businesses and individuals have provided assistance to make The Maine Marathon and Casco Bay Half Marathon possible. In addition to our major sponsors, we would like to thank the following:

Joan Benoit Samuelson
Police Departments of
Portland, Falmouth, Yarmouth,
and Cumberland
Cumberland County Sheriff
New England Runner Magazine
Portland Parks & Recreation
The Signery
Select Robinson Paper Company
Leavitt & Parris
Troiano's Waste Services

COURSE LAYOUT / START AND FINISH



*Scenic-urban and rural! Flat half marathon! Flat & rolling hills on marathon! Superior support!
Highest elevation on both courses is 180 feet above sea level.*

COURSE DESCRIPTION

Both courses start and finish at Forest Ave., and Baxter Blvd., adjacent to USM and run for the first 2 miles totally flat along our beautiful inner bay, the Back Cove. Both courses are together and flat for another 2 miles with ocean/skyline views dominating the scenery.

Half Marathon: Continues flat on streets with a coned turn around at 6.5. Moderately rolling hills between miles 8 and 10. A moderate hill at mile 10 becomes a flat course as it enters Payson Park and comes back along the Back Cove (miles 11 thru 13.1) to the finish.

Marathon: After mile 5, flat except for a brief downhill/uphill between miles 5 and 6. Flats and rolling hills between 6 and 11, then flat until downhill/uphill at 12 mile point. Flat to mile 15, rolling hills between miles 15-18. Flat through mile 19, then rolling hills between miles 19-22. A moderate hill at mile 23 becomes a flat course as it enters Payson Park and comes back along the Back Cove (miles 23.5 thru 26.2) to the finish.



USA Track & Field



Member Club #111

Both courses are USA Track and Field certified.

MARATHON: ME 93013WN

HALF MARATHON: ME 93014WN

**The Maine Marathon and
Casco Bay Half Marathon
Maine Track Club
P.O. Box 8008
Portland, Maine 04104**

Non-Profit
Organization
U.S. Postage
PAID
Portland, ME
Permit #403

MAINE MARATHON / CASCO BAY HALF MARATHON APPLICATION

First Name _____ Last Name _____
 Sex: M _____ F _____ Age on Race Day _____ D.O.B. _____ mo _____ day _____ yr
 Street _____ City _____
 State _____ Country _____ Zip _____ Phone () _____
 Occupation _____ T-Shirt Size (circle) M L XL
 No. of completed marathons _____ Personal Record _____:_____:_____
 Wheel Chair Entrant _____ Need Achilles Track Club Assistance? Yes _____ No _____

NO RADIO HEADSETS NO BABY STROLLERS NO REFUNDS PAYABLE IN U.S. FUNDS ONLY
 I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained, I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effect of the weather (including wind, rain and snow), traffic and the conditions of the road, in consideration of your accepting my entry. I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, the City of Portland, the Towns of Falmouth, Cumberland, and Yarmouth and all sponsors, their representatives and successors from all claims or liabilities arising out of my participation in this event.

Signature (Parent if runner under 18) _____

PRE-REGISTRATION BY MAIL:

Deadline September 23

On-Site Registration Saturday

Maine Marathon	\$22	\$ _____
(\$25 on race day)		
Casco Bay Half Marathon	\$15	\$ _____
(\$18 on race day)		
Lifeline 5K Run/Walk	\$ 7	\$ _____
Lifeline Kids 1K Fun Run	\$ 4	\$ _____
Pasta Dinner - All you can eat	\$ 8	\$ _____
(\$10 at the door)		
Children (12 and under)	\$ 5	\$ _____
TOTAL AMOUNT		\$ _____

Mail registration and fee to:

Maine Marathon/Casco Bay Half Marathon

P.O. Box 8654, Portland, Maine 04104

Check payable to: Maine Marathon

Lifeline
 Center for Fitness, Recreation and Rehabilitation
 A PUBLIC SERVICE OF THE UNIVERSITY OF SOUTHERN MAINE
 University of Southern Maine



WESTBROOK COMMUNITY HOSPITAL



New England Rehabilitation Hospital of Portland
 We Rebuild Lives.

NEWSCHANNEL 3

Nature's Harmony Sports Nutrition

Bill Rodgers Sportsware

Saucony SPORTSHOE CENTER

WPOR
 FASTEST 101.9 AM 1090
5K SPORTS

SEE YOU AT THE START LINE!!!!
 Jim McCorle and Don Kent
 Event Co-Directors
 Mailing: Maine Marathon and Casco Bay Half Marathon
 P.O. Box 8654
 Portland, Maine 04104
 Phone: (207) 774-8796
 Sorry, we cannot return long distance phone calls.

Dear Runners and Family Members,
 Welcome to the fourth annual Maine Marathon and Casco Bay Half Marathon Family Sports and Fitness Weekend. We are pleased to welcome back many old friends and invite all newcomers to join us for an exciting weekend of racing, family fitness and fun on the beautiful coast of Maine. We look forward to seeing you at the Health and Fitness Festival, the Pasta Dinner, the Kids 1K and 5K Races and, of course, at the Start Line for the Maine Event! Early Hotel reservations are recommended because it is foliage season. Hotel and visitor bureau information is included in this application.



THE MAINE MARATHON &
 CASCO BAY HALF MARATHON
 P.O. Box 8654
 Portland, Maine 04104





Maximum Performance

Tap Your Body's Full Potential

537 Pleasant Valley Road, Cumberland, Maine 04021
(207) 829-4164

CLINICS TO BE HELD AT 5K SPORTS

May 12, 1995 5:30-7:30 pm **Heart Rate Monitors**

How to effectively use one in your training and racing. Learn how to find your maximum heart rate and resting heart rate. Then how to establish the various training zones for training and racing. Join us to learn how simple it is to improve your performance.



June 9, 1995 5:30-7:30 pm **Sports Nutrition**

With so many sports drinks out on the market, choosing one can be very difficult. Learn how to tell the real sports drinks from the "sugar water" type drinks. How sports drinks can improve your training and performance. We will have various samples to compare and taste. Join us for the real truth on sports drinks, energy bars and other sports nutritional products.



Both clinics will be presented by Stephen Fluet, Maine Track Club Coach, Personal Coach (Maximum Performance), and accomplished triathlete and distance runner.

Call 5K Sports at (207) 781-3134 for more information. Located on Rt.#1, Falmouth, Maine, across from Morong Auto Dealership in the Mangino's Plaza.

Maine Track Club Volunteer

What Three
events would you like to work on in 1995 ?

Would you be
interested in
learning to do
race results on the
computer?

☐ Yes
☐ No



Would you be
interested in
becoming a Maine
Track Club Race
Director or Race
Co-Director?

☐ Yes
☐ No

Maine Track Club 1995 Events

- | | |
|---|---|
| <input type="checkbox"/> March 26 Presidential Race, Kennebunkport | <input type="checkbox"/> July 28 Deering Oaks Family Track Meet, Portland |
| <input type="checkbox"/> April 17 Boys & Girls Club 5 Miler, Portland | <input type="checkbox"/> July 29 Peaks Island 5 Miler, Peaks Island |
| <input type="checkbox"/> April 22 Berwick 5 Mile Bandit Chase, Berwick | <input type="checkbox"/> August 11 St. Peters 4 Miler, Portland |
| <input type="checkbox"/> April 29 April Amble 4 Miler, Portland | <input type="checkbox"/> August 20 Sports East 10 Miler, Brunswick |
| <input type="checkbox"/> May 7 Oakhurst 4 Miler, So. Portland | <input type="checkbox"/> September 17 Womens Distance Festival 3 Miler, Portland |
| <input type="checkbox"/> May 14 Family Crisis Center 5K, Portland | <input type="checkbox"/> October 1 Maine Marathon & Half Marathon, Portland |
| <input type="checkbox"/> May 26 YMCA Back Bay 5K, Portland | <input type="checkbox"/> October 14 MTC 50 Mile Ultra Marathon, Brunswick |
| <input type="checkbox"/> June 3 Eagles Flatfoot 5K (DARE), So. Portland | <input type="checkbox"/> October 15 Physical Therapy 8K, Brunswick |
| <input type="checkbox"/> June (TBA) MTC Fun Run | <input type="checkbox"/> November 19 Turkey Trot 5K,10K, Kids Run, Cape Elizabeth |
| <input type="checkbox"/> June 24 Maine Cancer Foundation 5K, Portland | <input type="checkbox"/> November 23 Thanksgiving Day 4 Miler, Portland |
| <input type="checkbox"/> July 22 Clam Festival 5 Miler, Yarmouth | <input type="checkbox"/> December (TBA) MTC Jingle Bell Fun Run |

Please check 3 events you would like to be volunteer on.

Please mail to

NAME _____ TEL # _____

ADDRESS _____

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