

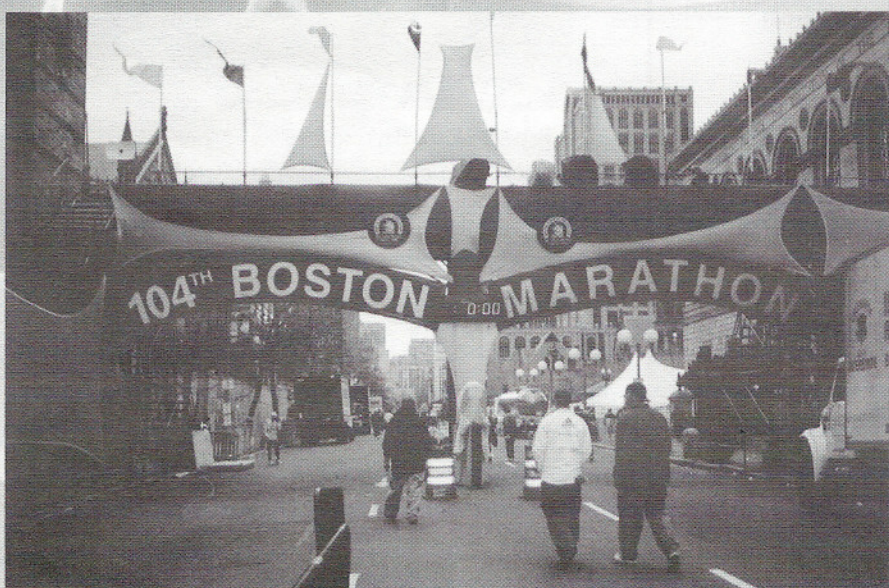
Run with a friend...

www.mainetrackclub.com

May 2000

Patriots Day, April 17th, 2000

71st Annual
Portland Boys &
Girls Club
5 Miler



Finish Line, B.A.A. Boston Marathon 2000

The
April Amble
has been
rescheduled for
July 16th at
9:00 a.m.

175 Years of New England Running History

Presidential Message

April 2000

Dear MTC Members

Thank you to all who turned out to help with the Boys and Girls club 5 Mile Road Race. It takes a lot of volunteers for this race, Thank you for being there.

Once again it was another interesting race (Boys Club). I have a thought "from now on, no Police car leads a race unless someone who knows the course is riding with them"! As for the race starting at the drop of the hat and the cannon going off 2 seconds later, well there is no help for that! And because we couldn't get the times to dump, I have been practicing ever since Howard Spear has shown me the error of my ways, I now know to use that RESET BUTTON! Jean Thomas and Mary Anne Champeon saved the day with their fast fingers and teamwork to input Bib Numbers and Times. Bob Aube says the chute went well (overall it did) and we got back the two tabs that blew away thanks to Ann Strout and Mike Reali's dad (Amedeo). I did get one phone call from a runner who wasn't listed in the paper. I was able to find him on the back up sheet so I could give him his time (his tab could still be blowing in the wind!). Our apologies to the two runners who came after we took the chute down. We thought the police car was last, turns out it wasn't and we are sorry for that. Overall it was a good day! And the people in Boston thought they were having fun!

Congratulations to all who ran the Boston Marathon! Even those who went with injuries did well. Thank you Carlton Mendell (ran) and Charlie Scribner (volunteer) for sharing your Boston Marathon day with us at the last meeting.

Thank you Don Johnson, Don Penta and Dennis Morrill for the April Amble pictures in the last newsletter. I do hope it stops raining so they can have a race this year.

The next Membership Meeting is May 16th, at 6:30 at the Falmouth Memorial Library. Portland Trails will be speaking about their trails and connecting the Boulevard to them.

The next Board Meeting is on June 6th at 6:00pm at the Utterstrom house.

Keep running between those showers!

Sandy Utterstrom



Reminders

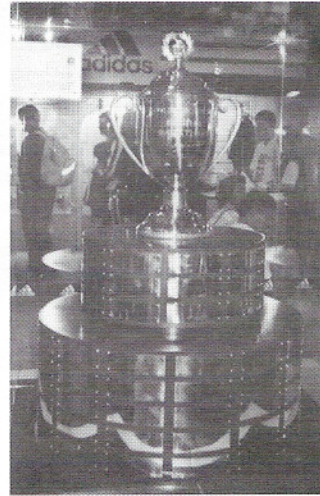
- Next board meeting is June 6, 2000, 6:00 p.m. at the Utterstroms
- Next Membership meeting - May 16th, 2000, 6:30 p.m. at the Falmouth Memorial Library

Congratulations

Brian "Ziggy" Gillespie, founder of the Maine Track Club, and past three time president will be inducted into the Maine Baseball Hall of Fame at its annual banquet on July 23rd at Holiday Inn by the Bay, Portland.

B.A.A. BOSTON

John Hancock Sports and Fitness Expo



The Champions Trophy

The first permanent Boston Marathon trophy, it will showcase the next 100 years of marathon champions



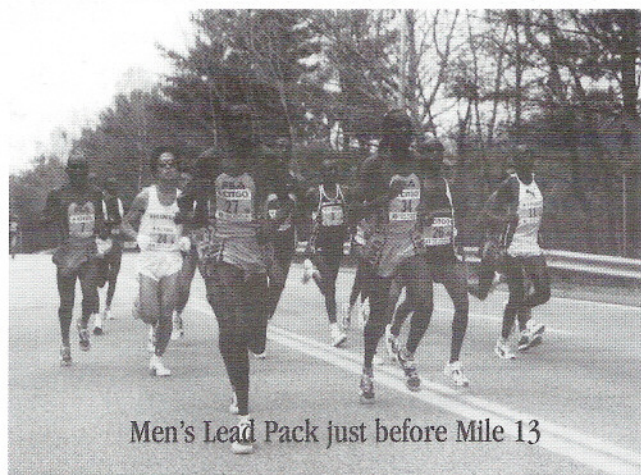
Front: Alisha Barrows, Becky Sproul

Back: (l to r) Sharon Manning, Ann Boisvert, Willie (**Flash**) Sproul, Jim Boisvert, Maureen Sproul



Colleen Khalid Khannouchi

MARATHON 2000



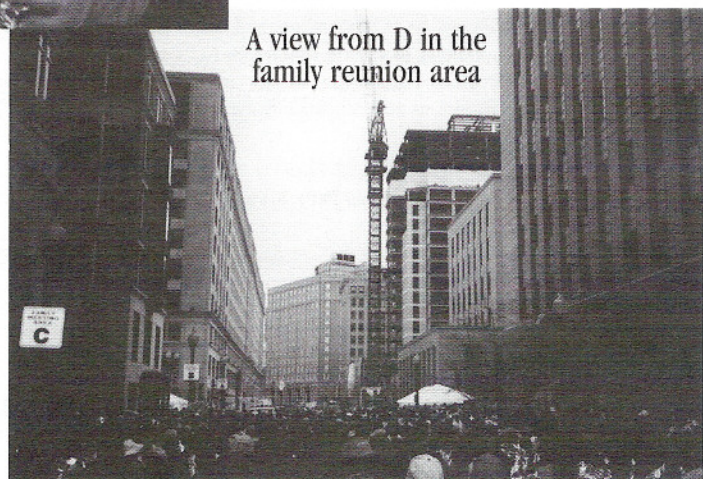
Men's Lead Pack just before Mile 13



Women's Lead Pack



M.T.C. Member
Phil Pierce
after he finished



A view from D in the
family reunion area

2000 MTC RACE SCHEDULE

May 26 - YMCA Back Bay 5K, Portland, 6 p.m. Contact: Greater Portland YMCA 874-1111.

July 22 - Pat's Pizza Clam Festival Classic 5-Miler, Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084.

July 29 - Peaks Island 5-Miler, 10:30 a.m. Contact: Maine Track Club 741-2084.

August 11 - St. Peter's Church 4 Miler, Portland, 7 p.m. (Kid's fun run at 6:30 p.m.) Contact: Maine Track Club 741-2084

September 1 - Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Maine Track Club 741-2084.

September 17 - Harvard Pilgrim Women's Fitness 5K, Portland, 9 a.m. Contact: Maine Track Club 741-2084.

October 1 - Sportshoe Center Maine Marathon/Relay/Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084 or www.mainemarathon.com

October 14 - MTC 50-Miler, Brunswick, 6:30 a.m. Contact: Al or Sandy Utterstrom 797-4710

November 23 - Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.



"Please call any of the phone numbers listed above to volunteer for any of these races"

2ND Annual 4 Mile Deering Ram Run

On June 11th, the 2nd Annual 4 mile Deering Ram Run starts at 8am. The run begins at the Ludlow Street parking lot of Deering High School. The purpose of the run is to raise funds to send Deering Wrestlers to camp over the summer. But it's really much more than a fund raiser. Wrestling by nature requires good cardiovascular conditioning and running has always been a key component to any varsity program at the high school, college, club or Olympic levels. This race helps encourage wrestlers and any athlete to keep in top shape not only during their school years but through their lives.

Often students, parents, and coaches desire some event outside the wrestling season that allows them to gather. Since Deering wrestling has seen over 700 young adults work their programs over the past 24 years, this provides an opportunity to spark the light for those alumni to gather and participate in an event that is fun, competitive as it fits one's needs, and mostly encourages reconnection of friends. Oh and let's not forget parents: they can run, walk or volunteer. We encourage that. We also encourage any parent that has a child who wants to know more about wrestling, running or the Deering program to join us and see how it all fits together. Ah but there is more.

Wrestling families are a close group and for that we strive to celebrate our role by encouraging our neighbors to run or walk with us. As you can see from the map on our web site, the race traverses the streets of the Deering center. So mark your calendar for June 11 at 8am and enjoy the race.

By the way our wrestlers will be running in preparation for the J Robinson Intensive camp at Erie PA soon after the race. Currently six are planning to attend and the last event they do during the two week camp is to run a half-marathon. It's an intense period of conditioning and knowledge transfer.

See ya June 11th, at 8am.

See our web site and enroll: www.ramrun.jumpsports.com

Regards - **Deering Wrestling Boosters**

We encourage good cross-training between wrestling, running and weight training balanced with healthy nutrition.

2000 Harvard Pilgrim Women's Fitness 5k

RRCA Women's 5K Series sponsored nationally by Avon

Harvard Pilgrim Health Care to be primary local race sponsor the MTC Women's 5K race sponsored nationally by Avon and RRCA.

Ron Deprez, Race Director, announced this week that Harvard Pilgrim Health Care has again sponsored \$5,000 this year for the Women's 5K race in Maine, sponsored nationally by Avon, RRCA and Runner's World Magazine. The 5k race and one-mile fitness walk will to be held on September 17, 2000 in Portland starting at 9:00 a.m. from the Eastland Hotel.

Harvard Pilgrim Health Care, a managed care organization located in Portland with headquarters in Massachusetts, has been the primary local sponsor for the past four years. Their primary sponsorship of this race continues their commitment to health care prevention activities in Maine, Deprez said "We deeply appreciate their commitment and look forward to working with them in putting on a premier running and fitness event for women".

Last year the race, known as the "Harvard Pilgrim Women's Fitness 5K" attracted almost 400 participants and a new course record was set. It was also voted as one of the top 100 races in New England by New England Runner magazine. Coastal Bank and Norwest Mortgage were also key local sponsors and we hope they will participate again this year. The MTC welcomes women of all running abilities, ranging from accomplished professional women athletes to first time runners/racers/walkers. The coaching program held each year for the past two years will start in July and extend until race week.

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



GROUP RUNS

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

Kennebunk

The Kennebunk Thursday Night group runs every Thursday night year-round, rain or shine. Welcome to MTC members and fellow runners. Our group size ranges from 7 or 8 to over 20 depending on the weather and time of year. Pace ranges from some running 7s to several running 8s to 9s and sometimes slower. Distance is up to 6.5 miles. Following the run, tradition insists on a trip to Federal Jack's Brew Pub in K'port for libations and dinner and we are always home by 9. Several of the group also run Sunday mornings in Kennebunk or in No. Berwick. Please try to join us, We would love the company. For more info Steve Jacobsen, 985-4107 PM or 985-3244 Days.

Portland

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

YMCA Noon Runs from the YMCA on Forest Ave. Contact Marla Keefe (775-9620) or Mike Pratico (874-1111).

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

South Portland

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

Biddeford, Saco

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

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

May 13 - 9th Annual Covered Bridges Half Marathon, Queechee and Woodstock, Vermont. Contact: www.cbhm.com.

May 14 - Mother's Day Road Race 5K, Rockland, 8:30 a.m. Contact: Nate Peasley 596-0361 or Sarah 594-7721.

- Sugarloaf Marathon, Eustis, 7 a.m. Contact: Sue Foster 237-2000.

- Sugarloaf 15K, Kingfield, 7:30 a.m. Contact: Sue Foster 237-2000.

May 20 - Bone Density Dash 5K, Portland, 10:00 a.m. Contact: Kelly Wood or Lynn Sullivan 828-1133.

May 21 - YMCA Longreach 5M, Bath, 10:00 a.m. Contact: John or Betsey Morse 443-3948.

- Great Spring Clean-Up 1M and 5M, E. Millinocket, 1:00 p.m. Contact: Frank Clukey 746-3553.

May 26 - 11th Annual YMCA Back Bay 5K, Portland, 6 p.m. Free Kids 1/2 Mile Fun Run 5:30 p.m. Contact: Greater Portland YMCA 874-1111.

May 28 - Rangley Moose Run Race 5.2 Miler. 3:30 p.m., Contact Rangley Chamber of Commerce 864-5364.

May 29 - Apple Blossom 15K and 5K, Monmouth, 8 a.m. Contact: Doug Ludewig 933-46

CANCELLED

- Memorial Mile, Cumberland, 9:00 a.m. Contact: Mary Ellen Fitzpatrick 829-4657.

June 3 - 21st York Hospital 5K Road and XC, York, 9:00 a.m. Contact: Robin Cogger 363-1040.

- Falmouth ParkFest 4 Miler & Kids Fun Run, Falmouth, 8:00 a.m., Contact: Kim White 781-3646.

June 4 - 8th Cobscook Bay 5K, 10K & 1-mile Fun Run, Pembroke, 10 a.m. Contact: Jonathan Aretakis 726-5858. or 236-8779.

- Camden/Maine Sport 10K, Camden Kids FR, 9 a.m. Contact: Sarah Andrus 236-7120 or 236-8779.

- Woodey Allen Memorial 5K, Norway, 9:30 a.m. Contact: 743-2281.

June 10 - Close to the Coast 5K & 10K, Winslow Park, Freeport, 9 a.m. Contact: Nelson Larkins 791-3222.

- MDI YMCA Spring 5K(10 a.m.) & 1 mile fun run (9:15 a.m.), Bar Harbor. Contact: ebart@mdiymca.org.

- Joseph's 5K, Bruce Bickford Open Mile & Bruce Ellis Masters Mile, Fairfield, 8 a.m. Contact: David Benn 873-0363.

- Pottle Hill 10K/5K and 1M, E.R., Mechanic Falls, 8:30 a.m. Contact: Gina Valeriani 345-3511.

June 11 - Deering Ram Run 4M, Portland, 8:00 a.m. Contact: John Cole 575-2723.

June 18 - Hampden 8.5 Miler, Hampden School Complex, 8:30 a.m. Contact: Skip Howard 223-4715.

June 24 - Tour Du Lac 10 Miler, Bucksport, 8:30 a.m. Contact: Fred or Joan Merriam 469-2019.

- LA Kermesse Franco-Américaine 5K Road Race, Biddeford, 8:30 a.m., Contact: Roger Hurtubise 284-6480.

June 25 - Gardiner 5 Miler, 8:00 a.m., Contact: Ormond Irish 724-3812.

July 4 - Walter Hunt Memorial 4th of July 3K, Brewer, 10:45 a.m. Contact: Dave Torrey 942-1988.

- 22nd Four on the Fourth 4M, York, 8:00 a.m., Contact: Robin Cogger 363-1040.

- 24th Annual Bridgton 4 on the Fourth, Bridgton, 8:00 a.m. Contact: Jay or Lorraine Spenciner 647-3347.

July 8 - Oxford Hills 4-Miler, 9:00 a.m. Fun Run 1M, 8:30 a.m. Contact: Chris Easton 583-6603.

July 15 - Hermon Fun Days 10K, 8 a.m. Contact: Steve Tuckerman 848-3485 (w) or 848-5447 (h).

July 16 - April Amble 4M, 9:00 a.m. Contact: Brian Gillespie 828-3818.

July 22 - Pat's Pizza Clam Festival Classic 5-Miler, Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084.

July 23 - Fort Knox Bay Festival 3rd Annual Family 5K, Bucksport, 9 a.m. Contact: Bucksport Bay Area Chamber of Commerce 469-6818.

July 26 - Roland Dyer Memorial 5K, Winslow, 6:30 p.m. Contact: Gene Roy 465-7296.

July 29 - Peaks Island 5-Miler. 10:30 a.m. Contact: Maine Track Club 741-2084.

- 23rd Annual Hancock Lobster Classic 10-Miler, 5K & Kid's 2.5K, 9 a.m. Contact: Andrew Beardsley 667-7128.

August 5 - People's Beach to Beacon 10K, Cape Elizabeth, 8:00 a.m., Contact: 828-7084 or 1-888-480-6940.

August 6 - Lobster Festival 10K, Rockland, 8:30 a.m. Contact: www.maine lobster festival.com.

- 19th York Days 5K, York, 9:00 a.m., Contact: Robin Cogger 363-1040.

August 11 - St. Peter's Church 4-Miler, Portland, 7 p.m. (kids' fun run at 6:30 p.m.). Contact: Maine Track Club 741-2084.

August 12 - Schoodic Point 15K, Winter Harbor, 8:30 a.m. Contact: Angela Summers 963-5534 ext. 293.

August 13 - Alvin Sproul Samoset 10K Road Race & 1-mile fun run, Bristol, 9:15 a.m. Contact: Carlene Sproul 677-2586.

August 19 - Machias Blueberry Run 5-Miler, 9 a.m. Contact: Sunrise Opportunity 255-8596.

August 20 - 3rd Annual Maine Wild Blueberry Run 5K & 1-mile Fun Run, Union, 8:30 a.m. Contact: Al Robbins 785-4990.

August 26 - Northeast Harbor Road Race (5 miles), 9:30 a.m. Contact: Albert Hamor 276-3646.

- NCTS Cutler CO's 5K, Cutler Naval Station, 8:30 a.m. (fun run at 8 a.m.). Contact: 259-8306.

- 6th Annual Robbinston Firefighter 5K, 9:00 a.m., Contact: Tom Brennan, P.O. Box 152, Calais, ME 04619.

September 1 - Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Maine Track Club 741-2084.

September 3 - 19th Annual Maine Sport Triathlon, Camden, 9 a.m. Contact: Sarah Andrus 236-8779 or Sue Chace 236-3549.

September 4 - 38th Bangor Labor Day Road Race (5 miles), 9 a.m. Contact: Bangor Parks & Recreation 947-1018.

September 9 - 17th Terry Fox 5K, Bangor, 11:30 a.m. Contact: 862-3737.

September 16 - 22nd Bar Harbor Half-Marathon, 8:30 a.m. Contact: ebart@mdiyca.org.

September 17 - Harvard Pilgrim Women's Fitness 5K, Portland, 9 a.m. Contact: Maine Track Club 741-2084.
- Race for the Cure 5K, Bangor. Contact: Rosemary Baldacci 947-2582.

September 24 - Common Ground Fair 5K, Unity, 8 a.m. Contact: Chris Bovie 622-1267 or Skip Howard 223-4715.
- Portland Trails 5/10K Race, Portland, 8:00 a.m., Contact Laura Newman 775-2411.

October 1 - Sportshoe Center Maine Marathon/Relay/Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084 or www.mainemarathon.com.
- 4th Annual Womancare 5K, Guilford, 9 a.m. Contact: 564-8165.

October 7 - St. Peter's School 5K Trail Run/Walk 10:00 a.m. Contact: Mike Lecompte 777-3724.

October 8 - Belfast Pancake 5K, 9 a.m. Contact: Sandra Gordon or Hugh McLean 338-1724.

October 14 - MTC 50-Miler, Brunswick, 6:30 a.m. Contact: Al and Sandy Utterstrom 797-4710.

October 15 - 11th Hannah Jackson Harvest Fest 5K, York, 1:00 p.m., Contact: Robin Cogger 363-1040

October 22 - Father Mac 5K, Old Town-Orono YMCA, 9 a.m. Contact: John Milligan 827-9622.

October 28 - Halloween 5K Run and Kids Fun Run, Bar Harbor, 9:30 a.m. (fun run at 9 a.m.). Contact: Bruce Weir 288-8369 or Beth Lawson 244-7251 (day), 244-9041 (evening).

October 29 - CISV 5K, Orono, 1 p.m. Contact: Peter Millard 973-8386.

- Great Pumpkin 10K, Camp Ellis, Saco, 9:30 a.m. Contact: Bob LaNigra 883-8662.

November 11 - Capital City 5K, Augusta, 9:30 a.m. Contact: Tom Wells 685-3332.

November 18 - Turkey Trot 5K, Cape Elizabeth, 9 a.m. Contact: Maine Track Club 741-2084.

November 19 - Brewer Turkey Trot 5K, 1 p.m. Contact: Dave Jeffrey 825-3403.

November 23 - Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.

- Gasping Gobbler 10K and Turkey Two-Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.

November 25 - Turkey Trot 5K, York, 11:00 a.m., Contact: Robin Cogger 363-1040.

December 2 - Season's Greetings 5.5-Miler, Madison, 11 a.m. Contact: Ron Paquette 437-9237.



Denny Morrill MTC

Patriots Day 5 Miler
(left center: cap & white shirt)

How They Train New England Style

This is the second in a series of articles looking at local runners who are pursuing professional careers, raising families as well as racing at a high level. This month we'll read about Byrne Decker's assertion that "the only true limits on running potential are talent and dedication."

Just to recap the premise of this series, I'll summarize last month's intro:

Back in the Dark Ages of American distance running (anytime before Frank Shorter's 1972 Olympic marathon gold medal) there existed a dearth of written training knowledge about our sport.

The single light in the darkness was a series of training paperbacks, "How They Train", authored by Fred Wilt. An FBI agent by day, Wilt served as coach to Hal Higdon, ex-patriot Buddy Edelen (former American record holder for the marathon), as well as de facto coach to all runners who read his books.

Today, runners are buried in volumes of training terms (VO2max, threshold runs), ideal training sites (high altitude, oxygen tents), shoe construction and nutrition recommendations.

I say, let's get back to basics and talk about proven training methods that work for real New England folks.

Name: Byrne Decker **Age:** 33
College: Colby (although ran very little and very poorly there)
Club affiliation: CMS

Best Marks: 5k: 14:57,
5 mile: 24:46, 10k: 31:04, 12k: 38:08,
15k: 48:07, 10 mile: 51:58,
1/2 marathon: 1:08:04,
30k: 1:39:59, 20 mile: 1:47:23,
marathon: 2:26:07

Personal Statistics:
Birth Date: 3/18/67
Birth Place: Albany NY
Height: 5ft 7in **Weight:** 130

Started Racing: 1981-1985, raced very little 1985-89, started again in 1990;

Family: wife Melanie, kids Megan (5), Ben (4), John (1), #4 in October.

Occupation: litigation attorney at Pierce Atwood in Portland, ME.

Pre-Training Warm-up: Stretching: 5 minutes tops

Log Book: Yes. Only essentials, distance, time and details for any speed workouts including time of intervals and time of rest.

Daily workouts: 80-100 miles year round. 2-3 hard days per week. When marathon training, hard days are long run of 15-20 starting at 7 minute pace, finishing at 6 minute pace or below, medium long run of 13-15 at the same pace, and one track workout of 6-8 miles at 5:10-5:15 with one minute rest, 2-4, 2 miles at the same pace with two minutes rest, or straight tempo run of 3-6 miles at the same pace. Will try to fit in 3 runs of 10-20 miles at 5:30-5:35 pace in any given training period. At this point, I do very little running faster than 5:10 pace.

Favorite/best race: Vermont City Marathon. Have run there five times and have only run well once, but it's a great race, and makes for a great weekend in a great city. The epitome of what a small city marathon should be and exactly what I would love to see in a



Byrne Decker

marathon here in Portland.

Beach to Beacon is also a great race, but at the wrong time of year for me, unfortunately.

Favorite race course: Stu's 30k. Hilly, challenging course over a great distance. Used to be a great race for New England's best to battle it out.

Favorite workout: 3 mile tempo at 5:10 pace followed by 6-9 miles easy, followed by another 3 mile tempo at 5:10 pace.

Favorite running route: Maine marathon course

Running Hero(es): Locally, there is no runner who can help but admire Joan Samuelson. It is mind boggling to think of how much she has accomplished in the sport, while training alone in Freeport, Maine.

Who inspired you to run?

Nobody in particular. I started running cross country to get in shape for basketball.

Why do I run?

Because, unlike team sports, one can stay competitive after college and it's a sport that can be balanced with work, family and other interests. It's also a very social sport where top competitors are in the same race as recreational joggers, and for easy training, people of all abilities can train together. Our noon running group contains upwards of 12 guys at all different levels. In October, we are all going to Ireland together.

I do disagree, however, with the notion that people who work full time and have families can't reach their running potential. This is not like gymnastics where one has to spend 8 hours per day in the gym. To run 100 miles per week requires less than 2 hours per day. Except on rare occasions (which I admit do arise) that time can be accommodated into the daily schedule. This is especially true for those of us who sit in an office rather than do some type of physical work. In my view, the only true limits on running potential are talent and dedication. If I never run faster than 2:26 for the marathon, it's not because I work hard and have a family.

Michael A. Musca



We Need Your Input

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

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

Notice About Race Fliers

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

First One, Kid?

by Jeff Reed

"First one, kid?" Standing in front of Baltimore's Memorial Stadium, December 6, 1976, just moments before the start of the Maryland Marathon, I must have looked like a rank beginner. Clad in double-knit shorts, knee-high socks, and a basketball singlet (because all REAL runners wore singlets), I was mostly proud of my new flashy racing shoes. Now some guy had spotted me as a beginner -- how embarrassing.

Talking my parents into buying the racing shoes was a real coup. I had only been running for four months, and they wanted to be assured that I was going to still run long enough to justify paying for the shoes. "But this is a marathon, you have to have racing shoes!"

My approach worked. The night before the marathon, along with several high school teammates who were also running, I bought the most high-tech racing shoes of the day -- Nike Boston. Bostons can only be described as lace up pieces of nylon, with a little sliver of heal padding and a thin gum rubber sole.

By today's standards, most slippers are better padded. However, in 1976, Nike Boston's were the state of the art. Mine were about a size and a half too big, but they were racing shoes, and the next day I was running my first road race, the Maryland Marathon.

Arriving at Baltimore's Memorial Stadium, eager but scared, I was not even sure of the exact distance of the race. I knew it was around 25 miles. But I knew I was ready to run the race. After all, I had been running for over four months by the time I came to the starting line of my first marathon. Coming out of a season high school cross country, I continued running beyond the running of the state championships. Our team's preparation for States consisted of 220 yard repeats, and a few slow miles.

Coming across a flyer for the Maryland Marathon, I suggested that as a good way to get ready for the indoor track season. I didn't know any better, I had never run any road races and didn't think a marathon would be tough.

After getting to Memorial Stadium the excitement began to build, there were so many people who were very serious about this race. They spent the time before the race discussing the course, training, and race strategy. Not knowing anything about any of those topics, my teammates tossed a football in the parking lot. I spent the time doing strides in my flashy shoes to show everyone that I was serious.

During one of my strides I noticed TV cameras being setup. Great! My mother was going to see me on TV! All the limited racing wisdom I had gathered that morning was gone at that moment. My strategies shifted from running the marathon to just getting myself onto TV. I determined that the only time I was going to be anywhere near the cameras was at the start, so that was my only chance. I planted myself directly on the starting line, on the stripe down the middle of the road. I figured that would be the prime TV location. The race didn't begin for 40 minutes and I was the only one lined up, but I already had the best spot.

As the remaining traffic and runners buzzed around me, I steadfastly maintained my position. After 30 minutes passed, there were but a few minutes until the start and my one chance at fame. So far, everything was going according to plan, but it was growing increasingly difficult. I was determined to keep my front row position, and through the use of elbows and being stubborn, I held my ground.

With a minute to go, the front row began to settle. The runners were almost all in position, when disaster struck. A sort, thin, rather geeky looking runner was headed straight for me. From the look in his eyes I could tell he was sizing me up for a way to take my spot.

He approached me and very politely asked if he could start next to me. I reluctantly slid one of my feet over to give him a little bit of room. He quickly took advantage of my kindness by putting me into the second row, and out of the camera's view. The little creep.

As I silently fumed, all the surrounding runners began to shake hands with the guy. I thought, "Big deal, the guy's some Baltimore hotshot!". Someone tapped me on the shoulder and whispered in my ear, "That's Bill Rodgers!". Blindly showing my running ignorance, I exclaimed, "Who's Bill Rodgers?". Hearing this Rodgers turned around laughing and checked me out. He did not seem impressed by my double-knit shorts, knee-high socks, basketball singlet, or even my flashy new racing shoes. He looked at me, smiled and said, "First one, kid?"

The others around chuckled as this Bill Rodgers guy proceeded to dispense some unsolicited advice. "Just go slow, you'll make it." Surprisingly enough, it had never entered my mind that I wouldn't make it.

Still scoping for possible TV angles, I tried to see which had the best view of my position. Determining my only chance was to go out fast, I put my cross country training to good use. From the sound of the gun I burst past the surrounding crowd, finding myself 30 yards into the race, shoulder to shoulder with that Rodgers guy for the lead of the race.

Rodgers glanced over my way, checking out the competition, and then in a very forceful tone told me, "Slow down, NOW!". His advice, combined with the first signs of fatigue only 30 yards into the race caused me to slow to my normal pace. Besides, I had passed all the important TV camera locations anyway.

As the race progressed, I found the advice from Rodgers valuable. I also determined that my all-time longest run of 11 miles may not be enough. Nearing the 16 mile point, located at the crest of one of many long grueling hills, I heard someone in the crowd say the race was over. Someone had crossed the finish line. It caused me to be a bit jealous, I would like to be at the finish too. It was beginning to hurt, but I somehow survived. I dragged my limp, spent body across the finish in 3:56:56.

Hobbling into Eastern High School for the post-race meal, I looked for the people I came to the race with. I shuffled painfully along, only to have that Bill Rodgers guy stop me. He had remembered me from the start and asked excitedly, "How did you do?". Excited to finally have someone ask me about my race, I proudly mumbled, "I made it, 3:56:56!". He was telling me how great that was and how he had confidence that I would make it. When I finally asked how his race went he said, "Oh, I won."

I was too brain dead to say much, but as my teammates began to gather in the cafeteria, I introduced them to my newfound friend, Bill Rodgers. He hung out talking to our limping collection of sixteen-year-olds for nearly half an hour before leaving to go to the awards ceremony.

Rodgers had impressed us with his friendliness by talking at length to a bunch of high schoolers who had no idea who he was. We later learned that he had shattered the course record, and was the American record holder for the marathon along with being an Olympian. No wonder everyone laughed at me.

My memories of Bill Rodgers come to me with every marathon I attend. His advice for me to slow down has been repeated many times. Each marathon I attend, I see someone who looks much as I must have looked and I smile. I only hope they can look back on their first marathon as fondly as I remember the day I battled Bill Rodgers for the lead of the 1976 Maryland Marathon.

By the way, I did get on TV

The Portland Boys And Girls Club And The Maine Track Club Present

The Seventy-First Annual Portland Patriots Day 5 Miler

502 Finishers (128 Female & 374 Male)

Certified Modified Loop Course From The Portland Boys And Girls Club
Covering Cumberland Avenue, Forest Avenue, Scenic Back Cove, Tukeys

Bridge, Washington Avenue & Back

12 Noon, Monday, April 17th, 2000;

Weather: Sunny, Gusting Winds, Temp.: Mid-fortys

Top Overall Finishers:

| Place/Name | Age | Time | Pace |
|---------------------------------------|-----|--------|------|
| 1 Byrne Decker 1,overall | 33 | 25:33 | 5:07 |
| 2 Larry Sayers 2,overall USAT&F | 40 | 25:33 | 5:07 |
| 3 Dave Dunham 3,overall | 36 | 26:08 | 5:14 |
| 4 Todd Coffin 1,30-39 | 38 | 26:14 | 5:15 |
| 5 Derek Veilleux 1,19-29 | 21 | 26:27 | 5:17 |
| 25 Kristin Pierce 1,overall | 26 | 29:28* | 5:54 |
| 35 Rose Prest-Morrison 2,ov. USAT&F | 37 | 30:02* | 6:00 |
| 41 Samantha Pelletier 3,over. USAT&F | 17 | 30:28* | 6:06 |
| 51 Christine Reaser (Hon.MTC) 1,30-39 | 34 | 31:18* | 6:16 |
| 53 Heidi Westerling 1,19-29 | 19 | 31:25* | 6:17 |

Other Top Divisional Finishers

| | | | |
|--|----|--------|-------|
| 10 Ron Newbury Overall Master USAT&F | 50 | 27:17 | 5:27 |
| 11 Jack Meary 17-18 | 18 | 27:19 | 5:28 |
| 12 Guy Segars 40-49 | 40 | 27:23 | 5:29 |
| 13 Steve Podgajny (MTC) 2,40-49 USAT&F | 49 | 27:35 | 5:31 |
| 22 Guy Berthiaume 50-59 | 54 | 29:10 | 5:50 |
| 32 Stephen Willard 15-16 | 16 | 29:55 | 5:59 |
| 37 Brandon Bonsey (MTC) 13-14 USAT&F | 13 | 30:20 | 6:04 |
| 122 Sarah MacColl (MTC) Overall Master | 44 | 34:51* | 6:58 |
| 129 Nellie Beaudry 15-16 | 15 | 35:15* | 7:03 |
| 131 Jane Rau 50-59 USAT&F | 50 | 35:19* | 7:04 |
| 138 Douglas Hodgkins 60-69 | 60 | 35:43 | 7:09 |
| 139 Helen Cheney (MTC) 40-49 | 45 | 35:45* | 7:09 |
| 194 Amanda Sesto 13-14 | 14 | 37:16* | 7:27 |
| 328 Polly Kenniston (MTC) 60-69 USAT&F | 63 | 41:18* | 8:16 |
| 353 Marcy McGuire 2,60-69 USAT&F | 60 | 42:18* | 8:28 |
| 468 William Hamilton 70&over | 70 | 49:17 | 9:51 |
| 485 Elizabeth Irwin (MTC) 70&+ USAT&F | 72 | 53:04* | 10:37 |

Other Maine Track Club Finishers

| | | | |
|-------------------------|----|--------|------|
| 9 Dan Dearing | 38 | 27:14 | 5:27 |
| 19 Dave Howard | 33 | 28:58 | 5:48 |
| 28 Michael Gordon | 37 | 29:34 | 5:55 |
| 29 Tom Menendez | 46 | 29:40 | 5:56 |
| 31 John Mollica | 47 | 29:46 | 5:57 |
| 36 Michael Boucher | 42 | 30:13 | 6:03 |
| 40 Jonathan Ives | 29 | 30:27 | 6:05 |
| 44 David Chamberlain | 38 | 30:47 | 6:09 |
| 54 Sean Keoug | 44 | 31:38 | 6:20 |
| 70 Dennis Smith 3,50-59 | 50 | 32:47 | 6:33 |
| 77 Alison Kisch 2,30-39 | 34 | 33:11* | 6:38 |
| 79 Curtis Moulton | 37 | 33:18 | 6:40 |
| 83 Jim Harmon | 40 | 33:24 | 6:41 |
| 107 Chuck Massie | 45 | 34:24 | 6:53 |
| 110 Les Berry | 52 | 34:30 | 6:54 |
| 113 Eric Ortman | 41 | 34:34 | 6:55 |
| 114 Kimberly Bonsey | 38 | 34:35* | 6:55 |
| 119 Amy Tchao | 35 | 34:46* | 6:57 |
| 120 Mike Lecompte | 39 | 34:48 | 6:58 |
| 121 Sindee Gozansky | 34 | 34:50* | 6:58 |

| | | | |
|------------------------------|----|--------|-------|
| 125 Dale Rines | 48 | 35:06 | 7:01 |
| 126 Dan Hogan | 49 | 35:12 | 7:02 |
| 136 Neil Martin | 57 | 35:41 | 7:08 |
| 140 Greg Kesich | 37 | 35:47 | 7:09 |
| 148 Terry Clark | 55 | 35:58 | 7:12 |
| 173 James Corbett | 36 | 36:46 | 7:21 |
| 175 Leslie Couper | 36 | 36:47* | 7:21 |
| 176 Leah Edwards | 30 | 36:47* | 7:21 |
| 199 Sean Coolidge | 33 | 37:41 | 7:32 |
| 200 Ned Ayers | 50 | 37:44 | 7:33 |
| 215 Harry White | 57 | 38:09 | 7:38 |
| 224 Joseph Shinnick | 37 | 38:30 | 7:42 |
| 232 Marla Keefe 3,40-49 | 46 | 38:42* | 7:44 |
| 244 Al Axelson | 14 | 39:00 | 7:48 |
| 246 Milt Dudley | 48 | 39:02 | 7:48 |
| 250 Mike Brooks | 54 | 39:05 | 7:49 |
| 260 Diane Daley | 44 | 39:19* | 7:52 |
| 261 Bernard Gordon | 45 | 39:20 | 7:52 |
| 263 John Littlefield | 44 | 39:22 | 7:52 |
| 266 Dick Lajoie | 59 | 39:27 | 7:53 |
| 267 Joanne Cole | 44 | 39:28* | 7:54 |
| 271 Douglas Couper | 39 | 39:31 | 7:54 |
| 272 John Howe 2,60-69 | 65 | 39:32 | 7:54 |
| 276 Bob Green | 52 | 39:40 | 7:56 |
| 277 Drew Cheney | 46 | 39:43 | 7:57 |
| 295 Tom Mundhenk | 50 | 40:21 | 8:04 |
| 300 Patty Medina | 42 | 40:26* | 8:05 |
| 323 Laura Kelley | 35 | 41:12* | 8:14 |
| 329 Catherine Sinclair | 36 | 41:21* | 8:16 |
| 333 Katy Littlefield | 36 | 41:28* | 8:18 |
| 336 Lisa Kelley | 35 | 41:42* | 8:20 |
| 337 Katey Dydownicz | 33 | 41:51* | 8:22 |
| 361 Cathy Burnie 2,50-59 | 51 | 42:38* | 8:32 |
| 372 Denny Morrill | 60 | 42:50 | 8:34 |
| 381 Brian Dudley | 45 | 43:35 | 8:43 |
| 383 John Cole | 58 | 43:44 | 8:45 |
| 388 Robert DeWitt | 56 | 43:56 | 8:47 |
| 403 Annette Elowitch 3,50-59 | 57 | 44:33* | 8:55 |
| 419 Phil Bartlett | 52 | 45:24 | 9:05 |
| 420 Phillips Sargent | 53 | 45:32 | 9:06 |
| 441 Elizabeth Shorr | 47 | 46:55* | 9:23 |
| 445 Diane Dusini | 37 | 47:00* | 9:24 |
| 471 Mel Uchenick | 69 | 49:25 | 9:53 |
| 492 Debbie Howe race walker | 54 | 55:47* | 11:09 |
| 501 John Cole | 47 | 74:00 | 14:48 |
| 502 Beryl Cole | 50 | 74:01* | 14:48 |

Special thanks to MTC computer chief Bob Aube for complete results!

Kennebunkport's Ninth Annual 5 Mile Presidential Road Race

245 Finishers (96 Female & 149 Male)

Scenic, Challenging Certified Loop Course Passing Former
President George H. Walker Bush's Family Summer Retreat
Walker's Point

Sunday, April 2nd, 2000

Complete Results Courtesy Of GRANITE STATE RACE SERVICES

Top Overall Finishers

| Place/Name | Age | Time | Pace** |
|---------------------------------|-----|-------|--------|
| 1 Dan Verrington 1,30-39 USAT&F | 37 | 25:10 | 5:02 |
| 2 Derek Veilleux 1,20-29 | 21 | 26:11 | 5:15 |

RACE RESULTS (continued)

| | | | |
|---|----|--------|------|
| 3 Scott Brown 1,40-49 USAT&F | 41 | 26:16 | 5:16 |
| 4 Robert Ashby 2,30-39 | 31 | 26:35 | 5:19 |
| 5 Dan Dearing (MTC) 3,30-39 | 38 | 27:21 | 5:29 |
| 28 Veronica Haskell 1,30-39 | 32 | 30:09* | 6:02 |
| 29 Rose Prest-Morrison 2,30-39 USAT&F | 37 | 30:15* | 6:03 |
| 33 Gayla Underkoffler (MTC) 3,30-39 USATF | 38 | 30:46* | 6:10 |
| 41 Laura Shejein | 34 | 32:35* | 6:31 |
| 42 Kate Meyers (MTC) | 39 | 32:41* | 6:33 |

Other Top Divisional Finishers

| | | | |
|---|----|--------|------|
| 8 Scott Drew 19&under | 19 | 28:09 | 5:38 |
| 13 Steve Reed (MTC) 50-59 USAT&F | 52 | 28:47 | 5:46 |
| 18 Mark Page 3,19&under USAT&F | 14 | 29:17 | 5:52 |
| 34 Brandon Bonsey (MTC) USAT&F | 13 | 30:52 | 6:11 |
| 65 Donald Bell 60-69 | 62 | 35:00 | 7:00 |
| 72 Jane Rau 50-59 50-59 USAT&F | 50 | 35:52* | 7:11 |
| 78 Julie Holmes 20-29 | 29 | 36:23* | 7:17 |
| 133 Stacy Beaudoin 19&under | 19 | 41:07* | 8:14 |
| 137 Kenneth Folsom 70&over | 74 | 41:19 | 8:16 |
| 190 Eleanor Whitney 60-69 USAT&F | 60 | 45:19* | 9:04 |
| 207 Carlton Mendell (MTC) 2,70&+ USAT&F | 78 | 47:00 | 9:24 |

Other Maine Track Club Finishers

| | | | |
|------------------------------|----|--------|-------|
| 16 Jim Toulouse 2,50-59 | 51 | 29:09 | 5:50 |
| 26 Michael Gordon | 37 | 30:01 | 6:01 |
| 32 Russell Boisvert 3,40-49 | 49 | 30:39 | 6:08 |
| 40 Dennis Smith | 50 | 32:12 | 6:27 |
| 50 Curtis Moulton | 36 | 33:21 | 6:41 |
| 59 Chuck Massie | 45 | 34:05 | 6:49 |
| 61 Kimberley Bonsey | 38 | 34:28* | 6:54 |
| 63 Ed Doughty | 51 | 34:42 | 6:57 |
| 68 John Morse | 54 | 35:26 | 7:06 |
| 79 K. Scott Hinckley | 42 | 36:36 | 7:20 |
| 87 Hilary Billings | 46 | 37:25* | 7:29 |
| 93 Richard Scribner | 48 | 38:01 | 7:37 |
| 95 Tony Salamone | 50 | 38:10 | 7:38 |
| 99 Jack Heath | 41 | 38:28 | 7:42 |
| 100 Michael O'Brien | 33 | 38:33 | 7:43 |
| 104 Gail Kolbe | 37 | 38:53* | 7:47 |
| 106 Harry White | 57 | 39:01 | 7:49 |
| 107 Joseph Shinnick | 37 | 39:16 | 7:52 |
| 112 Mike Brooks | 54 | 39:31 | 7:55 |
| 115 Ron Perry 2,60-69 | 63 | 39:37 | 7:56 |
| 132 Patti Hinckley | 41 | 41:01* | 8:13 |
| 143 Bill Jarvey | 54 | 41:39 | 8:20 |
| 148 John Cullinane | 56 | 42:07 | 8:26 |
| 157 Katey Dydomicz | 33 | 42:17* | 8:28 |
| 158 Don Burnham | 58 | 42:18 | 8:28 |
| 167 Rick Meyers | 35 | 43:29 | 8:42 |
| 172 Robert DeWitt | 56 | 43:35 | 8:43 |
| 197 Denny Morrill | 60 | 46:07 | 9:14 |
| 203 Anne Picard | 34 | 46:52* | 9:23 |
| 204 Lisa Kelley | 35 | 46:52* | 9:23 |
| 217 Mel Uchenick | 69 | 49:25 | 9:53 |
| 234 Carol Perry | 53 | 53:12* | 10:39 |
| 238 Donna Moulton | 51 | 54:17* | 10:52 |
| 239 Sandy Utterstrom | 56 | 54:18* | 10:52 |
| 243 Dolores Billings 2,60-69 | 69 | 60:44* | 12:09 |
| 244 Julius Marzul 3,70&over | 73 | 63:29 | 12:42 |

Special thanks to Bob Teschek of GRANITE STATE RACE SERVICES for complete results!

The 2000 25K Championship Road Race

Rockland, Maine - Saturday, April 1st, 2000

| Place/Name | Age | Time |
|--------------------------|-----|----------|
| 1 David Drew | 35 | 1:40:18 |
| 2 Jonathan Aretakis | 41 | 1:42:18 |
| 3 Ken Norton (MTC) | 47 | 1:47:48 |
| 4 Joe McGurn | 51 | 1:49:33 |
| 5 Andrew Pfeiffer (MTC) | 17 | 1:51:14 |
| 6 Mathew Milliken | 32 | 1:52:31 |
| 7 Phil Pierce (MTC) | 58 | 1:52:40 |
| 8 Dean Jacobs | 34 | 2:03:57 |
| 9 Mark Alex | 40 | 2:05:10 |
| 10 Angie Casagrande | 29 | 2:07:02* |
| 11 Bill Soule | 34 | 2:10:30 |
| 12 Ellen Spring | 47 | 2:13:14* |
| 13 Kim Plourde | 37 | 2:14:00* |
| 14 David Wilson | 56 | 2:14:29 |
| 15 David Benn | 54 | 2:16:47 |
| 16 Dick Miles | 45 | 2:18:20 |
| 17 Sarah Plummer | 33 | 2:20:10* |
| 18 Jeffrey Preble | 46 | 2:20:49 |
| 19 Jim Moore | 56 | 2:25:22 |
| 20 Ted Dishner | 47 | 2:29:18 |
| 21 Mike O'Brien (MTC) | 33 | 2:29:20 |
| 22 Carlton Mendell (MTC) | 78 | 2:30:58 |
| 23 Nancy Laite | 45 | 2:31:03* |
| 24 Stephen Hanscom | 50 | 2:31:06 |
| 25 Don Newell | 52 | 2:31:46 |
| 26 Art Warren | 65 | 2:32:13 |
| 27 Kathy Deupree | 53 | 2:33:03* |
| 28 Andrew Fournier | 28 | 2:51:59 |
| 29 Heather Hepler | 29 | 3:08:39* |
| 30 Julius Marzul (MTC) | 73 | 3:44:14 |

The 2000 Bert 'N I 5 Miler

Vassalboro, Maine - Saturday, April 8th, 2000

| Place/Name | Age | Time |
|---------------------|-----|--------|
| 1 Konstantinos Greg | 17 | 29:12 |
| 2 Ludo Bruyere | 31 | 29:13 |
| 3 Kyle Massie | 17 | 31:29 |
| 4 Mike Record | 16 | 32:10 |
| 5 Erik Seastead | 43 | 32:17 |
| 6 Jon Chapin | 41 | 32:25 |
| 7 Bradley Berger | 15 | 32:35 |
| 8 Jon Ives (MTC) | 29 | 32:56 |
| 9 Marc Glass | 33 | 33:09 |
| 10 Keith Bowles | 20 | 34:03 |
| 11 Conrad Gardiner | 49 | 34:56 |
| 12 James Johnson | 44 | 35:03 |
| 13 Larry Mogor | 19 | 36:01 |
| 14 Sarah Bard | 15 | 36:16* |
| 15 Larry Fortin | 51 | 36:56 |
| 16 Jeff Farley | 49 | 37:08 |
| 17 Jim Moore | 56 | 38:57 |
| 18 David Benn | 54 | 39:11 |
| 19 Dick Miles | 45 | 39:36 |
| 20 Amy Ives (MTC) | 28 | 40:01* |
| 21 Rose Raymond | 18 | 40:41* |
| 22 Michelle Perkins | 30 | 41:01* |
| 23 Josh Dyer | 15 | 41:40 |

RACE RESULTS (continued)

| | | |
|--------------------------|----|--------|
| 24 Casey McMorrow | 17 | 42:28* |
| 25 Emily Theriault | 15 | 42:56* |
| 26 Rachel Woodlee | 15 | 42:58* |
| 27 Dede Bouchard | 36 | 45:37* |
| 28 Bert Kettle (MTC) | 65 | 47:40 |
| 29 Carlton Mendell (MTC) | 78 | 47:45 |

Many thanks to Linda Benn, Editor of the Central Maine Striders INTERVAL, for complete results to the 25K Championship and Bert 'N I 5 Miler!



MY FIRST BOSTON MARATHON

When people find out that you have run a marathon, the first question they ask is how many miles? The second question is, but have you run Boston? Well finally I can say I have. We won't talk about how I got in (yea, maybe I did kiss someone behind the ear), what's important is how the day went. I went down on Sunday with John Rolfe (he's a runner besides being a writer) and had a great time at the expo. But as Phil Pierce says "it drives me crazy", too many people. I didn't buy anything for myself, but bought a marathon sweatshirt for my grandson Isaac. We did some walking around Newbury Street and surrounding areas, ending up at many shops, as both John and I were spending our wives hard earned money. We went to FAO Schwarz where Wabbie the Wabbit was hopping around, so of course I had to buy it for Isaac along with a soccerball.



After a couple of hours we decided to head to Framingham where we would be staying the night. John suggested we drive the marathon course and check it out. I thought oh no! Back in '94 he said the same thing about Ocean State Marathon. We got lost and didn't know we were on that course at all. Well dejavu, it happened again. We were all over the place, making U-turns, asking for directions, and looking at the course map. I'm telling you now, next time I go to a marathon with John, no way are we going to check out the course! We finally checked in to the Inn and tried to find some pasta, but there were long lines everywhere. We ended up eating at Papa Gino's. Wow! What a great pre-marathon carboload. Don't go there!

Our plan was to sleep late while all 17,000 other marathoners had to get up early and catch the smelly buses to Hopkington. That way we would be more rested and of course have an advantage. Well, it didn't do me any good because it seemed like all 17,000 finished ahead of me. We got up late, at 7:30am and John went off for his usual big breakfast of cereal, strawberries, coffee and who knows what else. I could barely wolf down a banana.

A taxi picked us up at 9:30 am and we told him to get us as close to Hopkington and the starting line as he could. He replied "no problem", Yea right! There goes the meter, up, up and away. We came to 4 or 5 police check-points, thinking we might have to walk a few miles. We talked our way through them all. At one check-point John told the officer we were from Kenya....the officer never

cracked a smile. At another check -point, we showed our bibs and John showed his press pass...it worked. At still another check point, the officer told the cabby (Jefferson) to take a left and go somewhere, but Jefferson said he wanted to take a right and then bang a left later on....no, no said the officer, you must go left. Jefferson said that he goes fishing to the right and that's where we headed....and then he banged a left. Low and behold, there we were, 100 feet or less from the starting line. We were right in the front row. Unbelievable! Police were running toward Jefferson telling him to get the hell out of the way, the handicap race is about to start. We arrived at 10am, now doesn't that beat taking the smelly bus?

I went to the "Maine" house for a bit, but was too wound up so I headed for my corral, #15 for the 1+ hour wait. I had stopped to use the potties, and while I was waiting I noticed the potty had a "dress" on it, across the lot, I saw "pants" on the others. Hey, no way was I going to leave my line. We've all worn dresses before...right guys?

Finally, the marathon starts, and what a start it was. It only took me 8 minutes to get to the start line. Crowds everywhere, it was unbelievable! Of course, just after the start, lots of the runners made the usual beeline for the woods. No dresses on one side of the road and pants on the other....everyone pees together here. Finally, equal time for the women.

I never noticed the downhill; I was just looking at the crowds, and slapping hands with all the little ones. I remember seeing my first marker, 1K, then later on 2k, etc. At about 6K I made sure to let them know I was sick and tired of "K" and to show me some miles. I had my Maine Track Club singlet on and it seemed all I heard was "go Maine", "alright Maine", "Maine ayah". About the third time I heard "Maine ayah", at around Mile 24, I was in no mood to smile. I stopped and told them they should be so lucky to live in Maine.....and then ran like hell.

I met Roz along the way and told her I thought the crowds were great. She said I hadn't seen anything yet. I had heard about Wellesley College, but wasn't sure where on the course it was. I heard them about a 1/2 mile away and it was unbelievably loud. All these college girls climbing up on the barricades, cheering madly with outstretched hands.....just for me. I had to of course slap each hand and blow some kisses. I was having so much fun that I didn't realize I was still running. They were all over me, but I managed to escape. At the end of their section, two girls had signs on that read "kiss me". I headed in that direction, but four younger men beat me to them. Damn! Turning 50 this year really slowed me down.

The rest of the way was a real struggle. I was fighting "IT Band" from ten miles on. I had to stop and stretch every 3/4 mile on the last 16, but I was going to finish no matter what. I finally turned and saw the finish line...what a great feeling and pick up. I finished in 4:49, not bad I thought, considering I barely had a total of 30 miles under my belt the last three weeks of training because of this injury. A struggle for survival it was, but well worth it. I hope I get a chance to run it again.

I enjoyed it all, even the two-mile walk to South Station to catch the bus back to Hopkington. I felt bad for John; he had to wait in the cold for over 1 1/2 hours for me to finish. John had a great run of 3:27.

Some are saying I didn't really experience the "whole" Boston scene, because I didn't get up early and take the long ride to Hopkington on the smelly bus, and then hang around in the field for four hours. Now lets compare, I got up at 7:30, didn't leave the hotel until 9:30, took a clean cab to the start, waited only 2 hours and then ran the marathon. So I ask them...who's the brighter one here?

Howard Spear

Boston Marathon 2000 "So Good So Far"

4/17/2000

Executive Summary: 3:15:24 gun time. 3:12:52 chip time. Overall place - 3164. Slow & crowded start for first few miles; met up with Team Conley at mile 5; high fived family at mile 13; found new spirit at top of Heartbreak; fought off grizzly bear in final few miles; strong finish.

Pre-race: Attended the Expo with my daughter, 9 year old Kelly Ann, who will be running with the Falmouth Striders beginning this week. She was excited to see all the booths and activity. I was a proud papa and bought her first pair of New Balance trainers. Chatted with Hal Higdon & Tom Derderian; took photo of Frank Shorter. Resisted the urge to purchase the \$30 t-shirts.

Race Day: The always unpredictable New England weather threatened rain. The precipitation held off but the chilly wind kicked up in gusts. Sweats and Hefty Bags were the uniform of the day. Kudos to Powerbar for bright yellow throwaway ponchos - nice touch. As usual, the BAA's equipment buses and corral setup were flawless. Most folks stripped down to a singlet and shorts by the noon time start and proceeded to fill the side of the road with discarded intentional throw away clothes.

Miles 1-5: VERY slow start, even more so than the '96 race. Not sure what caused the delay other than the chilly weather. I was in decent marathon shape; felt very closed in and anxious to bust out of the crowd. Amazingly there were very few elbows, no knockdowns and lots of "excuse me" whispers, the crowd snailed on towards Boston.

Miles 6-10: Team Conley. Jerry Conley and his brother Dick noticed my bright red "Portland Fire Dept." singlet and ran beside me through Heartbreak Hill. Seeing someone you know at Boston is not so unusual - its truly a small running world - but *staying* with them throughout is a major hassle. Water stops, crowds that measure 50 runners wide and the up & down swells of running strides are sure to divide any group. Team Conley pulled me through some rough spots, particularly up the notorious hills of Newton.

Miles 11-15: Three for three. Three Boston races and three family high fives. Kath and the kids were waiting in front of the Newton Library. Always a huge thrill and pick me up. Half way mark at 1:38. It was going to be a tough day to meet my pre-race goal of sub 3:10 but a sub 3:20 (automatic qualifier for next year's Boston) was well within reach. On on.

Miles 16-20: So Far So Good. With the help of Team Conley, particularly up Heartbreak, I experienced a surge of power as we crested the final hill. So, I went with the feeling knowing full well I'd eventually pay the price. Never before have I felt such so well so far into a marathon. Hot damn, the long winter training sure paid off!

Miles 21-finish: The grizzly bear leapt upon my back at mile 22 whereupon all thoughts of a sub 3:10 ceased. Death march or strong finish? You decide. Ruth Vomund's words came into my head, "No one is going to care how many miles you run the next day." Give it all you got. Eyes fixed on the pavement; vague echoes of cheering crowds; passing those who could run no longer; remembering that each second of time faster means passing about ten runners; cranking up the pace for a final mile of 7:18. Did it - automatic qualifier for next year.

Post race: Exquisite pain. Good pain. Numbness. Sudden cold. Long walk to the chip removal, medal pickup, equipment bus and family meeting area. It was 4:15 PM when I boarded the train for the ride back to meet Hans Brandes, my running mate, at the Riverside Station. Boston television replay began at 7PM and I was asleep for the night at 7:45PM.

Overall: Close to a PR (chip time) on the hallowed streets of Boston. It left me satisfied that I'd left nothing on the roads, yet could've run faster with a less crowded start. Both are good signs. Let the racing season begin.

Post script: Exquisite pain turned to laughter as we visited Washington, DC for the remainder of the week. The family watched in amusement as I walked backwards down endless flights of monument stairs. P.S. If you're in DC, visit the Korean War memorial. Stunning & eerie.

Michael A. Musca

Back of the Pack
Maine Track Club
Falmouth, Maine
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mmm@ci.portland.me.us



Community, Running and Me

Community is very significant part of my life. Community, to me, can be anything from a couple, a family, a group of friends, workers or others with whom you do something, or in a larger sense the global community. There are other definitions for community too but this one works well for me. I belong to a number of communities of varying degrees of importance. Being a member of these communities increases the fullness and richness of my life, and nourishes my emotional, mental, and physical sides.

Running is also an important part of my life. Running does wonders for my soul and my body, something that is often hard to describe to non-runners. I do not take for granted that my body is able to run and treasure most of the days that I am able to run. Running and community are perfect compliments to each other for me. When the two are combined I get more than double the benefits. I have met many nice, good and different people. The gifts I receive by giving to the running community far exceed the time I devote to this community. I, like most of you, am balancing a full-life- writing a thesis, working, running, pursuing private interests and having a personal life. Sometimes I feel a little overburdened by all these commitments. When this happens, I just take a little breather for the enjoyment of being an active member of these communities is too important and too full of life to not partake in.

I know that community is important to you too in your own way and that you help to nourish those communities that are important to you. Please take a moment to consider where running and community fit into your life? If they dovetail in any manner as they do for me, I would love to hear from you. Further, I humbly suspect that both you and the Club would enjoy some very nice benefits from your active participation in this community. Again, I would love to hear your thoughts.

Eric Ortman



Portland Trails and the May Meeting

My apologies for the mix-up with last month's speaker. Laura Newman from Portland Trails will be the speaker at our May meeting at 6:30 PM on Tuesday, May 16, 2000 at the Falmouth Library. Come and hear about Portland Trails and all that they have done and continue to do. Hope to see you there.

Eric Ortman

Race Committee Update

The big news this past month, of course, was the Patriots Day 5-Miler, which went off with a few glitches, but nothing that affected most of the runners. As those of you who were there probably know, the lead vehicle missed the first turn onto Forest Ave., sending the first 15 or so runners off course. Fortunately, they quickly realized the problem and turned back, losing only about 10-15 seconds. Hopefully this didn't have an impact on the final outcome, though we'll never know. Also, I'm told that runners in the middle of the pack were delayed momentarily by a rescue vehicle that had to cross Forest Ave. I've been stopped by a train before, but this is the first time I've heard of a rescue vehicle delaying runners.

By the time this newsletter reaches you, we'll be done with another race -- the YWCA Race Against Racism 5K. This isn't an official MTC race, but we agreed to help with timing and results.

Next up is the YMCA Back Bay 5K, the Friday evening before Memorial Day. This is usually a popular event, and we expect a good turnout again despite the ongoing construction on the course. After that, there won't be any MTC races until late July, when the Clam Festival Classic and Peaks Island are held on back-to-back Saturdays. Many volunteers will be needed for these races (especially the Clam Festival Classic), so if you're not planning to run, please consider volunteering. Volunteers for Peaks Island will receive a free ticket for the ferry.

Finally, I'd like to thank everyone who attended the Race Directors Clinic on April 29. I'm writing this before the clinic, so I don't know exactly who will be there, but we've had a good response, so hopefully we're on our way toward replenishing our supply of race directors and technical volunteers.

See you at the races.

Bob Aube

Race Committee Chairman



Coaching Update

The Club's plan to have coached track sessions this summer is moving ahead nicely. The Club would like these sessions to be available to Club members of all ability and experience. Runners will be split into groups of like ability. This will be better for both runners and the coach(es). As soon as things are finalized, the information will be posted on the Maine Track Club website. Keep an eye out for "Coaches Corner" soon to be on the website.

We need your help to make this a better time for all. Please call me at home (727-3762), work (774-9891), or E-mail (eortman@gpcog.eddmaine.org) to let me know if you would like to attend these sessions. Just a quick note with a rough approximation of your running level and any races that you have your sites set on for the late summer or early fall. Thank you.

For those of you who live in Yarmouth or thereabouts and find it difficult to make it to Portland, coaching will be available through the Yarmouth Community Services from approximately 5 June to 4 August. Dennis Smith (Track Club member) will be the coach. I believe it is from 5-6 PM on Mondays, Wednesdays and Fridays. The cost is \$30 for Yarmouth residents and \$40 for non-residents. Call them at 846-2406 for more information.

Eric Ortman

MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



| | | |
|-------------------------|---------------------------------------|----------|
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| Eric Ortman |VICE PRESIDENT | 727-3762 |
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| Colleen Redmond | ...NEWSLETTER & CLOTHING | 871-0051 |

UPCOMING MTC BIRTHDAYS

HAPPY BIRTHDAY MTC MEMBERS!!

MAY:

- 17: Alyce Schultz
- 18: Brandon Bonsey
- 19: Michael Payson
- 21: Sarah Mahoney
- 22: John Morse, Lisa Barker
- 24: Everett Moulton, Jim Estes, James Snow, Jill Shinnick
- 26: MaryAnne Champeon
- 28: Tom Carll, Jane Dolley
- 29: Jim Toulouse, Don Penta
- 30: Rita Moulen

JUNE:

- 1: Karen Curtis
- 2: Carole Levesque
- 3: Bob McCormack, Denise Brooks
- 4: Mark Grandonico, Kathy Hepner
- 5: Benjamin Parsons, Nicole Court-Menendez
- 7: Harry Nelson, Denise Robertson
- 8: Will Lund, Nelly Hall, Norwood Cohan-Smith
- 9: Julius Marzul
- 10: Ron Deprez, Matthew Clement
- 12: Beth Lunt
- 13: Ron Pelton, Cameron Bonsey
- 14: Steven Bremner



Patriot's Day 5 Miler



Annette Elowitch
MTC of Portland



Sean Coolidge
#413 MTC

Leab Edwards
MTC of Durham



Diane Dusini
MTC of Portland

Michael H. Layton
#3
Cape Elizabeth



Steve Podgajny
MTC 2, 49-49

M.T.C. Clothing Available

- Jerzee Heavyweight Cotton Forest Green Sweatshirts with the M.T.C. logo embroidered on the left chest. M/L/XL/XXL \$20.00
- Caps, 6 Panel unconstructed, pigment dyed, khaki/Dark Green adjustable leather strap with brass-look buckle snap fastner, embroidered M.T.C. logo \$8.00
- Lighthouse short sleeve T-shirts - Hanes Beefy-T, 100% Pre-shrunk cotton M/L \$8.00

Contact: Colleen Redmond or Mike Doyle 871-0051

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

Aasics 100% Coolmax

M.T.C. logo silkscreened front and back

- Mens Victory Singlet - Med./Lrg./X-Lrg.
- Womens Diamond Mesh Singlet
Small/Lrg./X-Lrg. (Med. available in June)

Being sold at cost \$15.00

Contact Colleen Redmond or
Mike Doyle 871-0051



MAINE TRACK CLUB DISCOUNTS

The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 2000 club ID card when requesting discounts.

Peak Performance Sports

59 Middle St., Portland

**15%
ON ALL PURCHASES**

Olympia Sporting Goods

Maine Mall, S.Portland

10% ON SHOES ONLY

Coastal Athletics

84 Cove St, Portland

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

George & Phillips, Inc.,

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

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

SHOES 20% OFF

Lamey Wellehan

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

10% ON RUNNING SHOES

MVP Sports

333 Clarks Pond Pkwy., South Portland

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

Famous Footware

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

10% ON RUNNING SHOES

2000 Membership Information

Send check or money order to:

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

or call Everett Moulton (799-2894) for more information
Individual or Family=\$20.00 • Student=\$12.00

THANK YOU past News Run sponsors.

If you were one of the few that paid to have your business card included this year, please call Mike if you would like a refund. In the future, we will offer a more manageable advertising area for running related information, services, and products.