



Run with a friend...

www.mainetrackclub.com

October 1999

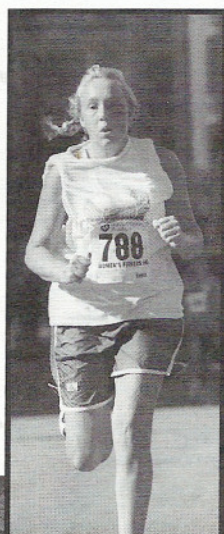


Harvard Pilgrim
Health Care

RRCA Harvard Pilgrim Women's Fitness 5K



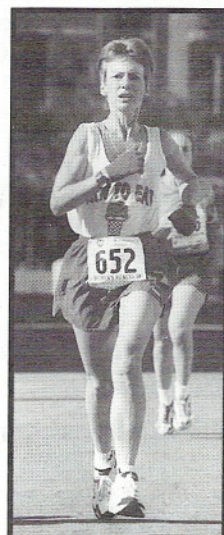
Virginia Cross of Gorham (MTC)



Kristen Bryant of Greene (MTC)



Ruth Heflefinger of Portland (MTC)



Joan Lavin of Portland (MTC)



Lynn Shorty of Gorham (MTC)



Lana Holtan of Portland (MTC)



OFF AND RUNNING!

Message From the President

Dear Fellow Runners,

Running season is drawing to a close but not before the best time for racing is enjoyed. My calendar is dotted with races that I plan to do before the cold weather arrives. The Marathon and Half Marathon are just memories. A lot of work went into that weekend and all of the volunteers contributed to its success. Thank you so much for your time and effort.

Also a huge note of appreciation and admiration goes to Chris Axelson for sharing his Adventure Race Slides with us at the September meeting. What an accomplishment!! His talk held our attention and led us through a six day effort which was rewarded as his team finished first, well ahead of the next teams. Congratulations! Those in attendance were exhausted by the time he finished relating his biking, running, kayaking, navigating, and hiking experiences. It was an awesome topic!

Our next speaker will be Christine Snow-Reaser. She has been having an outstanding running season and promises to share some of her training secrets with us. Please join us at 6 P.M. on Tuesday evening, October 19th in the Falmouth Library, located on Lunt Road. It will be well worth your while.

Mark your calendar for our Pasta Dinner on November 12. Mike Reali and his crew will create an Italian feast second to none. We are lucky to have members that can cook and run so well. We plan to repeat some of the same things that made last year's event so successful. Bring your family members to join in the fun. Slides both old and new will be shown, also bring your MTC pictures to display. This is a chance for Track Club members to gather with their family members and celebrate our running accomplishments in a casual environment. See you at the Columbia Social and Athletic Club, 17 Wordsworth Street, Portland at 6:30 P.M. More details are found elsewhere in this Newsletter.

We are looking for new officers for next year. If you are interested in serving in that capacity or as a Board Member give one of the present officers a call or speak to us at a race. The elections will take place at the Pasta Dinner.

The Annual Banquet will take place in January but now is the time to sign up for the Banquet Committee!! Give me a call at 829-5079 if you are interested in this opportunity.

This is indeed a busy time for the Track Club! Enjoy!

Happy Running!

Marge

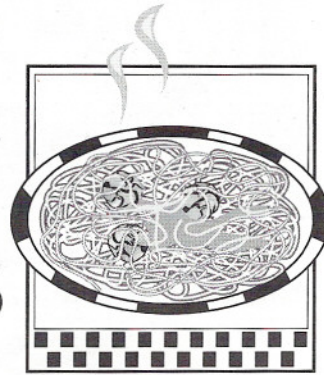


Pasta Dinner

November 12th, 6:30 p.m.

Columbia Social
& Athletic Club

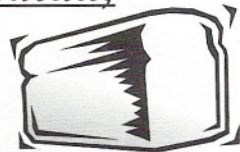
17 Wordsworth, Portland
(Call Marge for directions)



Families Welcome!

Pasta, Meatballs, Salad,

Bread, Soda



MAKE YOUR OWN SUNDAE FOR DESSERT

Bring Your Own Beer and Wine

Adults \$7.00

Children \$3.00

*Also there will be the election of club
officers and committee chairs, a free
raffle and a slide show*

Its sure to be a great time!



Volunteers For The MTC 50 Miler

This is not like working at any other race. If you have never volunteered before, please give it a try!

We need lap counters, a person to keep the runners board and people to work the food and water tables.

There are full and half day shifts. Both shifts receive a race T-Shirt and sandwiches are provided for the all day crew.

This is a unique race where you will get to know the runners personally before the day is over.

Call Al or Sandy Utterstrom at 797-4710



*Past volunteers from left to right:
Alyce Schultz, Mel Fineberg, Pat Buckley and Sue Davenny*



Hall of Fame Inductee

Russ Bradley is being inducted into the Maine Running Hall of Fame on November 6th, 6:00-9:00 pm, at the Sheraton Hotel in South Portland. Call Phil Pierce for reservations or additional information at 781-3769



1999/2000 MTC RACE SCHEDULE

October 16

MTC 50-Miler, Brunswick, 6:30 a.m. Contact: Maine Track Club 741-2084 or Al and Sandy Utterstrom 797-4710.

November 20

Shop 'n Save Turkey Trot (5K Race & Walk), Cape Elizabeth, 9 a.m. Contact: Maine Track Club 741-2084 or Mel Fineberg 774-8868.

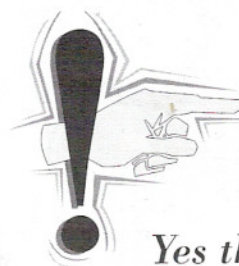
November 25

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

February 6, 2000

Maine Track Club Mid-Winter Classic, Cape Elizabeth, 12 Noon, Contact: Maine Track Club 741-2084 or Race Directors Don Penta 892-4526, Jeanne Hackett 766-5026, Ray Shevenell 799-4556/ray@maine.rr.com.

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



NOTICE

Yes that's correct!

This years Shop 'n Save Turkey Trot will be held on **Saturday**, November 20th. The Pond Cove complex is not available on Sunday this year.

Check the enclosed application for the details. Note the new starting position. Please park in the Cape Elizabeth High School parking lot. It's a short walk from the parking lot to Pond Cove.

Thanks for your consideration,

Mel Fineberg

WE WANT YOU

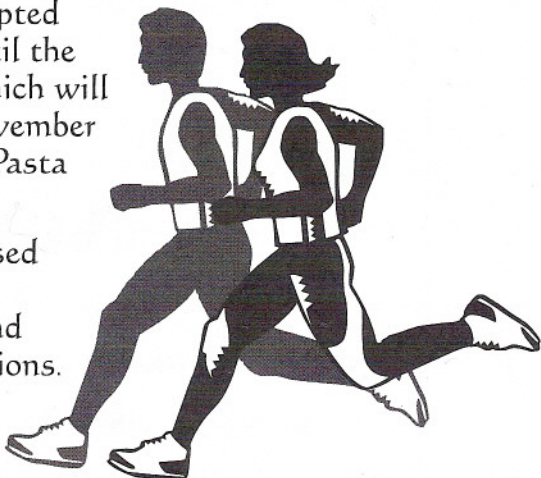
Nominees Sought For The Year 2000 MTC Board of Directors

We encourage everyone to consider taking a more active role in your club. It can be both fun and rewarding.

Anyone in the club is eligible to run for a position, even those of you who have just joined. If you're interested in serving on the Board or if you would like to nominate a fellow club member, you can contact Marge or Bob Aube at 829-5079 or complete the enclosed nomination flyer.

Nominations will be accepted right up until the election, which will be held November 12th at the Pasta Dinner.

See enclosed flyer for positions and job descriptions.



RUNNING IN VERMONT

Dear Maine Track Club,

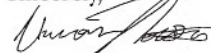
I am writing to show my appreciation for the Bruce Ellis Fund Running Scholarship that I received this summer. I attended Green Mountain Running Camp in Vermont.

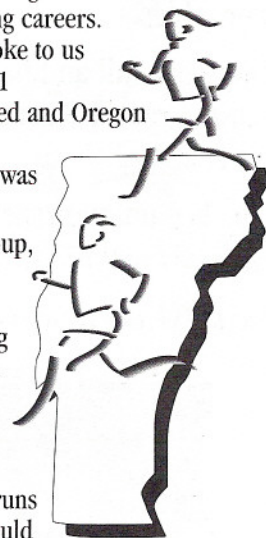
Running in Vermont was a good experience that helped me in the sport both mentally and physically. Living in Bath, the running terrain is nothing compared to the hundreds of hills at Lyndon State College where we stayed. When first arriving there, I could tell there was going to be a good amount of hill running. The first seven-mile run on Sunday gave me a new respect for the Green Mountains. Spaghetti dinners, movies on Steve Prefontaine, and slow steep hills became a part of my every day schedule. An array of people who have been in the running business a long time came and gave us lectures that would help us in our running careers. Among the runners and coaches who spoke to us were NCAA indoor and outdoor Division 1 champion Derek Peterson, Nike sponsored and Oregon University runner Melody Fairchild, and Maine native Andy Palmer whose speech was definitely one of the more amusing.

After a few days of running with my group, while doing a eight-mile tempo run, I came down with the patella tendinitis. After taking a day and a half off and doing pool workouts, I came back and finished the week, having a lot of fun.

Overall, I would highly recommend this camp to runners of any ability. The directors will fit you with the group that runs at the same pace as you do. I think it would be good for other Maine Track Club kids to get out there and make a name for Maine's young runners. Thanks again.

Sincerely,


Aaron Norton



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 Road Warriors** run weeknights in Kennebunk. Contact Steve Jacobsen (985-4107) or Nancy Kneeland (985-8100).

Portland

The **Rat Pack** runs Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Real (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 Bob or Marge Aube (829-5079) to let us know where, when and a contact person for inclusion in the monthly newsletter.

PIE RACE REPORT



Last August 17 some of the creme de la creme of MTC assembled on the Baxter Boulevard running path for our annual pie race. This event is always a mix of our own pie runners, pie race officials, interested and often baffled passersby, and hungry dogs. Among

veteran pie runners returning this year to defend their times were the always smooth Carlton Mendell and Dennis Morrill, who with enviable technique holds a pie higher aloft in transit than anyone. It was also nice to have some new members join in, Ed Stewart, Rita Moulen and Karen Connolly. Maggie Soule chose the event as her return to racing after a year or so away from competition. As always, thanks to Don Penta for photographing the event.



The racers were started on their two-mile course on the Boulevard path near Payson Park and it was apparently a sweet run for all, with no pie losses or severe filling damage, as has been the case in previous events. NewsRun editors Mike Doyle and Colleen Redmond swept the competition for first and second places. After the

last pie was in, racers and officials and one dog went to the Payson Park picnic table for a pie buffet. This year the event did not include the ceremonial throwing of a cream pie into the face of the president — it is probably fitting that that custom may have stopped after we got Past President John Gale.

Race results:

Mike Doyle	14:03
Colleen Redmond	15:16
Dennis Morrill	17:57
Ed Stewart	18:18
Rita Moulen	18:18
Karen Connolly	18:39
Bob Aube	19:00
Marge Aube	19:07
Alice Mellor	19:12
Carlton Mendell	22:25
Maggie Soule	29:26

— Pat Buckley
Pie Race Official

UPCOMING MTC BIRTHDAYS

OCTOBER

- 13: Sarah Parrott, Nina Rayer
- 15: Julia Drinker, David Everest, Stephen Nelson
- 16: MacGill Eldredge, Matt Thayer
- 18: Jeanne Hackett
- 19: Carlton Mendell, Liz Nelson
- 20: Laura Cotton, Terry Gallupe
- 21: Ray Hefflefinger, Dan Sobel, Beth Wilson
- 22: David Chamberlain, Melanie Doughty, Leah Weisberg
- 23: Paul Gadbois, Heather Jones
- 24: Cathy Burnie
- 25: Ronald Chase
- 27: Rae Pierce
- 28: Pat Buckley, Benjamin Dexter
- 31: Robb Cotiaux

NOVEMBER

- 1: Terry McGovern
- 2: Dan Hogan
- 3: Robert Morris, Robin Schulte, Rodger Smith
- 4: Eugene Gendron
- 5: Linnea Schwartz
- 6: Dick Joseph, Liz Monaghan
- 7: Elizabeth Dubois, Ronald Zorn
- 8: Sue Brennan, Alburn Butler, Tammy Butler
- 9: Colleen Redmond, John Whitman
- 10: Hans Brandes, Ken Norton
- 13: Russ Bradley, Terri Morris
- 14: Joseph Gignac

NEW MEMBERS

- Rachael Blanchard (14)Scarborough
H.S. Student
- Kevin Callahan (46)Eaton
Marketing, Millenium Publishing
- Deborah Dameron (33)Portland
Surveyor, Oest Engineering
- Bernard Gordon (45)Portland
- Chet Matthews (53)
- Hope Matthews (17)
- Beth Matthews (15)Brunswick
- Linda Metzger (56)Cape Elizabeth
Mother
- Gayla Underkoffler (37)Scarborough
Client Manager, Unum



1999/2000 Membership Information

Send check or money order to:

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

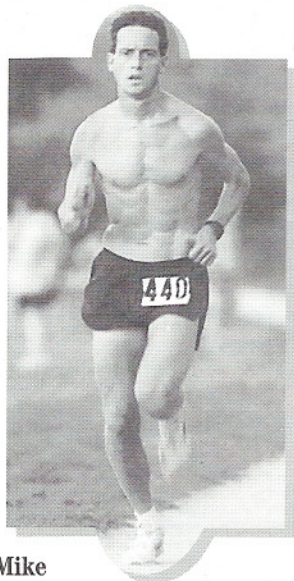
or call Maggie Soule (846-3631) for more information
Individual or Family=\$20.00 • Student=\$12.00



- October 9** 2nd Edition 5K Road Race/Walk, Kennebunk, 10 a.m. *Contact: 5K Sports/Jim McCorkle 781-3134/FiveKSport@aol.com.*
 Silent Hills 5K, Hinckley, 9 a.m. *Contact: Mike Gordon 453-7368.*
 Windham Homecoming 4-Miler, 10:00 a.m. *Contact: Charlie Scribner 781-RACE.*
- October 10** Belfast Pancake 5K, 9 a.m. *Contact: Sandra Gordon or Hugh McLean 338-1724.*
 Sugerloaf USA Uphill Climb & Kid Climb, Carrabassett Valley, *Contact: Sue Foster 237-6830.*
- October 16** MTC 50-Miler, Brunswick, 6:30 a.m. *Contact: Maine Track Club 741-2084.*
 Portland High School Lacrosse Team 5K, Portland, 10:00 a.m. *Contact: Jim McCorkle 5K Sports 781-3134.*
- October 17** Bryan's Run and Walk, Sanford-Springvale YMCA, 11 a.m. *Contact: YMCA 324-4942.*
- October 24** Great Pumpkin Race (10K), Saco, 9:30 a.m. *Contact: Bob Lanigra 883-8662.*
 Halloween Classic (3K), Portland. *Contact: Brian Gillespie 797-7261.*
- November 6** Capital City 5K, Augusta, 10 a.m. *Contact: Tom Wells 685-3332*
- November 13** Great Osprey Ocean Run (10K), Freeport. *Contact: Charlie Scribner 781-RACE.*
- November 20** Shop 'n Save Turkey Trot (5K), Cape Elizabeth, 9 a.m. *Contact: Maine Track Club 741-2084 or Mel Fineberg 774-8868.*
- November 21** Brewer Turkey Trot 5K, 1 p.m. *Contact: Dave Jeffrey 825-3403.*
- November 25** Thanksgiving Day 4-Miler, Portland, 9 a.m. *Contact: George Towle 780-5595.*
 Gasping Gobbler 10K/Turkey Two-Miler, Augusta, 10 a.m. *Contact: John Schwerdel 623-8086.*
- November 27** Turkey Trot 5K, Caribou, 10 a.m. *Contact: Dan Harrigan 498-3226.*
- December 4** Season's Greetings 5.5-Miler, Madison, 11 a.m. *Contact: Ron Paquette 437-9237.*
- December 19** Bob Marley's Toys For Tots 5K, Portland, 10 a.m. *Contact: 5K Sports/Jim McCorkle 81-3134/FiveKSport@aol.com.*
 Jingle Bell 5K Run/Walk, 1 p.m., Portland, *Contact: Jim McCorkle 5K Sports 781-3134.*
- February 6, 2000** MTC 19th Annual Mid-Winter 10 Mile Classic, Cape Elizabeth, Noon. *Contact: MTC 741-2084.*



2nd Annual Maine Running Hall of Fame 5K September 3rd, Portland



Mike Payson (MTC)
1st Overall



Margaret Reimann (MTC)
from Cumberland



Kevin Parker (MTC)
2nd,
14-18
of Old Orchard Beach



John Linscott
New MTC Member



Start of Hall Of Fame 5K

RACE RESULTS

HARVARD PILGRIM AND THE MAINE TRACK CLUB

PRESENT

THE 1999 RRCA AVON WOMEN'S 5K SERIES - PORTLAND

268 FEMALE FINISHERS AND 1 BANDIT

CERTIFIED MODIFIED LOOP COURSE IN SCENIC
DOWNTOWN PORTLAND

9:00 A.M., SUNDAY, SEPTEMBER 19TH, 1999

WEATHER: SUNNY, IN THE FIFTIES

Top Overall Finishers

Place/Name	Age	Time	Pace
1 Marie McMahon 1,overall	24	17:02CR	5:29
2 Christine Snow-Reaser 2,overall	33	17:57	5:47
3 Gayla Underkoffler 3,over. USAT&F	37	18:09	5:51
4 Gladys Ganiel 4,overall	22	18:21	5:54
5 Marjorie Graff 5,overall	31	18:33	5:58
6 Jeanne Hackett (MTC) USAT&F	40	18:34	5:59
7 Rose Prest-Morrison 1,35-39	37	18:35	5:59
8 Cathleen Allen 1,30-34	33	18:37	6:00
9 Libby Christensen 2,35-39	37	18:40	6:00
10 Laurel Valley 3,35-39	37	18:53	6:05

Other Top Divisional Finishers

12 Carol Hogan (MTC) 2,ov.mas. USAT&F	48	19:02	6:08
14 Julie Lagin-Nasse 20-24	20	19:27	6:16
15 Ellie Tucker (MTC) 3,over.master	44	19:34	6:18
17 Kimberly Moody 40-44	43	19:58	6:26
21 Laurie Harvey 25-29	28	20:32	6:37
23 Jennifer DeSena 45-49	45	20:46	6:41
26 Sarah Getchell 15-19	17	21:06	6:47
38 Samantha Bowden 14&under USAT&F	13	21:54	7:03
42 Carol Weeks (MTC) 50-54	50	22:04	7:06
45 Elise Moody-Roberts 2,14&- USATF	10	22:11	7:08
48 Sindee Gozansky 1st time racer	34	22:15	7:10
94 Polly Kenniston (MTC) 60-64 USATF	62	24:57	8:02
159 Kathy Greenleaf 55-59	56	28:17	9:06
189 Nora Daly USAT&F	7	29:59	9:39
243 Ruth Hefflefinger(MTC) 70&+ USATF	70	36:23	11:43

Other Maine Track Club Finishers

18 Kate Meyers	39	20:04	6:28
19 Ann Boisvert	35	20:09	6:29
28 Colleen Redmond	34	21:11	6:49
47 Betty Rines	42	22:14	7:09
62 Laurie Bowring	36	23:07	7:26
67 Nan Boucher	26	23:30	7:34
68 Margaret Reimann	45	23:31	7:34
71 Diane LaVangie	40	23:48	7:40
74 Joan Lavin 3,50-54	51	23:57	7:43
79 Susan Guerin	33	24:15	7:48
81 Joan Tremberth	54	24:17	7:49
84 Kelly Fernald	37	24:30	7:53
88 Christin Burnham	25	24:46	7:58
90 Lynn Shorty	36	24:52	8:00
96 Martha Deprez	54	25:02	8:03
117 Karen Connolly	40	26:19	8:28
120 Kathleen Harris	37	26:34	8:33
135 Dianne Kazilionis	39	27:17	8:47
151 Marge Aube	47	27:55	8:59
160 Laura Tyrrell	52	28:20	9:07
163 Kelsey Barrett	16	28:30	9:10
164 Betsy Barrett	48	28:31	9:11
172 Terry Keough	43	28:59	9:20
175 Beth Quinlan	40	29:02	9:21
182 Alice Mellor	54	29:25	9:28

184 Susan Snow	35	29:36	9:32
193 Kelly Fox 1st time racer	27	30:03	9:40
196 Kristen Bryant 1st time racer	14	30:12	9:43
215 Allison McCall	10	32:03	10:19
217 Cheryl McCall	43	32:07	10:20
218 Pat Buckley 2,60-64	61	32:28	10:27
224 Virginia Cross 3,55-59	56	33:14	10:42
227 Donna Moulton	50	33:53	10:54
245 Lana Holtan	7	37:05	11:56
248 Lisa Gignac	41	37:30	12:04
261 Maggie Soule	58	41:06	13:14
268 Kristen Grandonico 1st time racer	7	44:06	14:12
269 Sherry Grandonico	45	44:06	14:12

TEAM RESULTS

1 Run To Win-A

1 2 3 4 5 (6) (7) = 15

Christine Snow-Reaser, Gladys Ganiel, Marjorie Graff, Jeanne Hackett (MTC), Libby Christensen, Laurel Valley, Carol Hogan (MTC)

2 Run To Win-B

10 11 12 14 16 (17) (19) = 63

Laurie Harvey, Connie Hallett, Bobbie Cokendolpher, Cindy Andrews, Karen Mokarzel, Donna Carberry, Leah Edwards

3 Greely X-C

13 18 20 21 24 = 96

Sarah Getchell, Mandy Bowden, Marisa Sowles, Samantha Bowden, Jacki Jensenius

4 MTC

9 15 21 26 29 (30) (31) = 102

Ellie Tucker (MTC), Colleen Redmond (MTC), Margaret Reimann (MTC), Susan Guerin (MTC), Polly Kenniston (MTC), Martha Deprez (MTC), Dianne Kazilionis (MTC)

5 ME Mtn Mamas

9 22 25 32 33 (36) (38) = 120

Kelley Cullenberg, Beth Allen, Janet Hutchinson, Katie Perry, Anna Perry, Wenda Hunter, Anna Dunlap

6 Con Sonrisas

27 28 34 35 37 = 161

Karen Hoppe, Jess Hauben, Carrie Morgan, Jennifer Hilton, LuAnn Thibeau

Many thanks to Bob Aube and the MTC computer team for complete results!

THE MAINE TRACK CLUB PRESENTS THE RRCA MAINE STATE CHAMPIONSHIP SAINT PETER'S FOUR MILE ROAD RACE 162 FINISHERS (50 FEMALE & 112 MALE) CERTIFIED CHALLENGING LOOP COURSE FROM INDIA STREET, PORTLAND 6:45 P.M., FRIDAY, JULY 13TH, 1999 WEATHER: 60 DEGREES, SUNNY

Top Overall Finishers

Place/Name	Age	Time	Pace
1 Jerry Johnson 1,overall	18	22:19	5:35
2 Don Legere 2,overall	37	22:24	5:36
3 Tom Howard, Jr. 3,overall	22	22:34	5:39
4 Adam Johnson 1,16-19	18	22:45	5:42
5 Michael Bradley 1,40-44	44	23:18	5:50
14 Jeanne Hackett (MTC) 1,overall	40	25:10*	6:18
15 Carol Hogan (MTC) 2,overall	48	25:24*	6:21
25 Katherine Crowley 3,overall	20	26:20*	6:35
29 Julie Skillings 1,15&under	8	26:47*	6:42
35 Megan Lane 1,20-29	29	27:28*	6:52

Other Top Divisional Finishers

6 Tom Hathaway 35-39	39	23:22	5:51
----------------------	----	-------	------

RACE RESULTS (continue)

8	Dan Hoffman 30-34	30	24:07	6:02
13	Paul Letarte 45-49	46	24:55	6:14
22	Lawson Noyes 55-59	57	26:02	6:31
47	Randi-Anne Sheehan 30-34	32	28:27*	7:07
49	John LeRoy (MTC) 60-64	62	28:30	7:08
53	Deborah Cassidy (MTC) 40-44	42	28:58*	7:15
55	Jim Estes (MTC) 50-54	50	29:20	7:20
83	Dawn Hunt 35-39	38	31:28*	7:52
93	Joan Tremberth (MTC) 50-54	54	32:23*	8:06
96	Russ Connors (MTC) 65&over	67	32:33	8:09

Other Maine Track Club Finishers

17	Michael Musca 2,40-44	41	25:30	6:23
32	Jim Harmon	39	27:09	6:48
48	Michael Cavanaugh 2,45-49	48	28:28	7:07
56	Dale Rines 3,45-49	47	29:29	7:23
58	John Morse 2,50-54	54	29:39	7:25
80	Nan Boucher	26	31:24*	7:51
84	Bib Jolicoeur 2,60-64	62	31:38	7:55
89	Harry White	57	32:04	8:01
98	Gina Harmon	39	32:41*	8:11
101	Mike Brooks	53	32:46	8:12
103	Chuck Burnie	45	32:49	8:12
106	Neil Chivington	52	33:00	8:15
110	Constance Barrett 2,40-44	42	33:30*	8:23
113	Denny Morrill	59	33:43	8:26
118	Mark Grandonico	40	34:05	8:32
125	Cathy Burnie 3,50-54	50	34:35*	8:39
132	Mike Pugh 3,60-64	61	35:05	8:47
133	John Watson	55	35:06	8:47
134	Larry Perkins	54	35:07	8:47
135	Robb Cotiaux	43	35:09	8:48
144	Carlton Mendell 2,65&over	77	36:49	9:12
148	M. Terry Young	38	38:19*	9:35
161	Julius Marzul	73	49:49	12:12

Many thanks to RRCA Eastern Chief Everett Moulton for complete results to the RRCA Maine State Championship Saint Peter's Four Miler and the Maine Running Hall Of Fame 5K races!

5K SPORTS AND ROGUE WEAR INC. PRESENT
THE 1999 BOWDOIN & BACK TEN MILE
RUN TO THE COAST
227 FINISHERS (63 FEMALE & 164 MALE)
CERTIFIED LOOP COURSE FROM THE STADIUM IN
THE PINES,
BOWDOIN COLLEGE, BRUNSWICK
8:00 A.M., SUNDAY, AUGUST 15TH, 1999
WEATHER: RAIN SHOWERS, FIFTIES

Top Overall Finishers

Place/Name	Age	Time	Pace
1 Todd Coffin 1,overall USAT&F	38	52:31	5:15
2 Robert Ashby 2,overall	31	56:14	5:37
3 Gregory Hale 3,overall	36	57:12	5:43
4 Jim Elwell 4,overall	39	57:46	5:47
5 Bob Sholl 5,overall USAT&F	52	58:18	5:50
18 Anthea Schmid 1,overall	27	1:02:03*	6:12
39 Mary Meehan-Bates 2,overall	33	1:06:29*	6:39
46 Rebecca McGovern 3,overall	37	1:07:19*	6:44
50 Ellie Tucker (MTC) 4,overall	44	1:08:12*	6:49
61 Kristy Wechter 5,overall USAT&F	17	1:08:51*	6:53

Other Top Divisional Finishers

6	Ben Buxton 15-19	16	58:30	5:51
7	Christian Muentener 25-29	25	58:34	5:51
8	Dave Howard 30-34	33	58:35	5:51
10	Don Hebert 35-39	35	58:54	5:53
15	Jay Singleton 40-44	41	1:01:55	6:12
52	Bob Coughlin (MTC) 60-64 USAT&F	60	1:08:23	6:50
65	Julie McGee 35-39	39	1:09:33*	6:57
67	Carol Hogan (MTC) 45-49 USAT&F	48	1:09:38*	6:58
77	Douglas Hodgkin 2,60-64 USAT&F	60	1:11:24	7:08
86	Jane Rau 3,45-49 USAT&F	49	1:12:59*	7:18
91	Beth Dumont 15-19 USAT&F	15	1:13:25*	7:21
101	Vicki Bryant (MTC) 40-44	41	1:14:39*	7:28
153	Jerry Legere 65-69	66	1:21:09	8:07
178	Polly Kenniston (MTC) 60-64 USAT&F	62	1:24:25*	8:27
183	Marcy McGuire 2,60-64 USAT&F	60	1:26:04*	8:36
204	Beverly McCoid 3,60-64 USAT&F	64	1:32:55*	9:18
227	Julius Marzul (MTC) 70&over	73	2:10:20	13:02

Other Maine Track Club Finishers

22	David Chamberlain	37	1:03:04	6:18
23	Paul Aceto	33	1:03:21	6:20
27	Britt Wolfe	34	1:03:46	6:23
28	Michael Gordon	37	1:03:58	6:24
34	Tom Shorty	37	1:05:26	6:33
36	Hans Brandes	40	1:05:45	6:35
37	Ken Norton	46	1:05:56	6:36
42	Alan Reilly	46	1:06:50	6:41
45	Charles Iselborn	42	1:07:00	6:42
54	Loren Lathrop 5,50-54	50	1:08:35	6:52
55	Stewart Jordan	42	1:08:36	6:52
58	Ron Cedrone	50	1:08:43	6:52
59	Rich Robinov	39	1:08:43	6:52
60	Rex Holtan	47	1:08:49	6:53
64	Phil Pierce	57	1:09:05	6:55
74	Kim White 5,35-39	36	1:10:42*	7:04
93	Michael Cavanaugh	48	1:13:30	7:21
100	Terry Clark	55	1:14:28	7:27
106	Mick McCall	45	1:15:33	7:33
110	Deborah Cassidy	42	1:15:56*	7:36
142	Wendy Williams	45	1:19:22*	7:56
150	Robert Jolicoeur 3,60-64	62	1:20:16	8:03
164	Shelly Lathrop 5,20-24	23	1:22:22*	8:14
175	Ron Chase	58	1:24:06	8:25
177	Chuck Burnie	45	1:24:15	8:26
179	Mike Brooks	53	1:24:40	8:28
184	Lynn Shorty	36	1:26:17*	8:38
201	Cathy Burnie 2,50-54	50	1:31:30*	9:09
203	Sally Paterson 3,55-59	58	1:32:49*	9:17
208	Diana Connell	43	1:33:30*	9:21

Many thanks to Dianne and Jim McCorkle of 5K Sports for complete results to the Bowdoin & Back Ten Miler And The Second Annual Rotary Bridge Four Mile Road Race.

THE SOUTH PORTLAND/CAPE ELIZABETH ROTARY
CLUB, SPLIT-TIME RACE MANAGEMENT, AND 5K
SPORTS RUNNING CLUB PRESENT
THE SECOND ANNUAL
ROTARY BRIDGE FOUR MILE ROAD RACE
211 FINISHERS (68 FEMALE & 133 MALE)
9:00 A.M., SUNDAY, AUGUST 29, 1999
WEATHER: SUNNY, IN THE SIXTIES

Top Overall Finishers

Place/Name	Age	Time	Pace
1 Kyle Rhoads 1,overall	29	22:04	5:31
2 Don Legere 2,overall	37	22:15	5:34
3 Dave Howard 3,overall	33	22:55	5:44
4 Robert Fast 1,35-39	36	23:26	5:52
5 James Douglass 2,35-39	36	23:41	5:55
7 Rose Prest-Morrison 1,overall	36	24:21*	6:05

RACE RESULTS (continue)

8	Marjorie Graff 2,overall	31	24:30*	6:08
31	Jessica Jordan 3,overall	18	26:48*	6:42
44	Sarah Day 1,20-24	20	28:03*	7:01
46	Laura Daly 2,20-24	20	28:07*	7:02

Other Top Divisional Finishers

6	David Scott 15-19	16	23:51	5:58
9	Bill Reilly 50-54	52	24:38	6:10
13	Marc Beaudoin 14&under	12	25:34	6:24
14	Blaise Kandico 30-34	32	25:41	6:25
17	Joshua Broder 20-24	20	25:47	6:27
33	Ray Shevenell (MTC) 55-59	58	26:56	6:44
58	Liz Caldwell 30-34	31	28:50*	7:13
75	Carrie Croft 35-39	39	29:56*	7:29
90	Sarah Parrott (MTC) 40-44	40	30:32*	7:38
93	Nan Boucher 25-29	26	30:53*	7:43
99	Miranda Beaudoin 15-19	15	31:14*	7:49
118	Karen Thorp 14&under	14	33:10*	8:18
124	Polly Kenniston (MTC) 60-69	62	33:20*	8:20
141	Michael Quigley 60-69	60	33:57	8:29
171	Bill Nyhan 70&over	73	37:08	9:17

Other Maine Track Club Finishers

24	Dennis Smith 2,45-49	49	26:12	6:33
50	Gary Punskey	41	28:32	7:08
66	Robert McCormack	48	29:15	7:19
71	Jim Estes 3,50-54	50	29:39	7:25
82	Ned Ayers	49	30:15	7:34
100	Mike Brooks	53	31:31	7:53
102	Joseph Shinnick	36	31:35	7:54
104	Harry White	57	31:49	7:57
112	Neil Chivington	52	32:26	8:07
138	Jim Tyrrell	51	33:50	8:28
145	Mike Pugh 2,60-69	61	34:20	8:35
176	Carlton Mendell 2,70&over	77	38:12	9:33
185	Kenneth Spirer	56	40:00	10:00

THE MAINE TRACK CLUB AND THE SOUTH PORTLAND HOUSE OF PIZZA

**PRESENT THE SECOND ANNUAL MAINE RUNNING
HALL OF FAME 5K
177 FINISHERS (59 FEMALE & 118 MALE)
CERTIFIED BACK COVE 5K LOOP
6:45 P.M., FRIDAY, SEPTEMBER 3RD, 1999**

Top Overall Finishers

Place/Name	Age	Time	Pace
1 Mike Payson (MTC) 1,overall	36	15:52CR	5:07
2 Dave Howard 2,overall	33	16:54	5:27
3 TJ Hesler 3,overall	30	17:00	5:29
4 Tom Hathaway 1,30-39	39	17:03	5:30
5 Michael Bradley 1,40-49	44	17:14	5:33
30 Kim Moody 1,overall	44	20:15*	6:32
45 Maureen Sproul (MTC) 2,overall	43	21:08*	6:49
48 Connie Hallett 3,overall	40	21:21*	6:53
51 Laura Zukowski 1,14-18	15	21:33*	6:57
54 Jennifer DeSena 1,40-49	45	21:42*	7:00

Other Top Divisional Finishers

12	Brian Bonsey 13&under	13	19:00	6:07
13	Kenneth Normand 14-18	18	19:06	6:09
23	David Cate 50-59	50	19:50	6:24
31	Rick Thompson 19-29	23	20:17	6:32
49	John LeRoy (MTC) 60-69	62	21:21	6:53
58	Erin Marquis 19-29	24	21:52*	7:03
74	Carrie Croft 30-39	39	22:37*	7:17
88	Elise Moody-Roberts 13&under	10	22:27*	7:14

106	Paye Gagnon 50-59	54	24:29*	7:53
121	Polly Kenniston (MTC) 60-69	62	25:33*	8:14
160	Elizabeth Irwin (MTC) 70&over	72	32:15*	10:23
173	Julius Marzul (MTC) 70&over	73	37:29	12:04

Other Maine Track Club Finishers

15	Kevin Parker 2,14-18	17	19:22	6:15
22	Jim Harmon	39	19:40	6:20
25	Loren Lathrop 2,50-59	50	19:54	6:25
27	Michael Doyle	35	20:10	6:30
29	Ray Shevenell 3,50-59	58	20:13	6:31
36	Jim Thornton	51	20:39	6:39
41	Curtis Moulton	35	20:54	6:44
43	William Sproul	41	21:05	6:48
47	Les Berry	51	21:16	6:51
52	John Morse	54	21:34	6:57
61	Kurt Parker	17	21:58	7:05
87	Mike Brooks	53	23:23	7:32
92	Harry White	57	23:40	7:38
102	Robert Jolicoeur 2,60-69	62	24:04	7:45
104	Margaret Reimann	45	24:20*	7:50
105	Bob Gardiner	59	24:25	7:52
108	Neil Chivington	52	24:33	7:55
122	Mark Grandonico	40	25:33	8:14
126	Philip Meech	48	25:54	8:21
127	Robb Cotiaux	43	25:58	8:22
130	Brian Lathrop	19	26:07	8:25
131	Dianne Kazilionis	39	26:21*	8:29
133	Larry Perkins	54	27:01	8:42
163	Pat Buckley 2,60-69	61	33:19*	10:44
164	Donna Moulton 3,50-59	50	33:26*	10:46
169	Kristen Grandonico	7	36:02*	11:36
170	Sherry Grandonico	45	36:09*	11:39
171	Ruth Hefflefinger 2,70&over	70	36:10*	11:39
174	John Linscott 2,70&over	70	37:47	12:10

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 submit the fliers and a payment of \$40 by the 15th of the month. 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.

TALES OF TRUE CALORIES, TRUST ME

I'm a cookbook addict and last winter I acquired a copy of "Life at the Top: Tales, Truth, and Trusted Recipes from the Mount Washington Observatory." I've been reading it in recent weeks, finding the sidebar references to windchill factors and frostbite rather cooling during the heat wave. Some of the recipes do look quite good. There's Aroostook Potato Scallop, which sounded nice but I think would need Mustard. The book also contains an important section on "Pizza, the fifth food group." But what I wanted to share here is a recipe I get extreme pleasure from just looking at, though wouldn't dare make it myself in these years of slowed metabolism. For your own fantasies I'd like to introduce it here, assuming no one got misguided at the Mount Washington race and ran all the way to the Observatory, possibly having a chance to sample some:

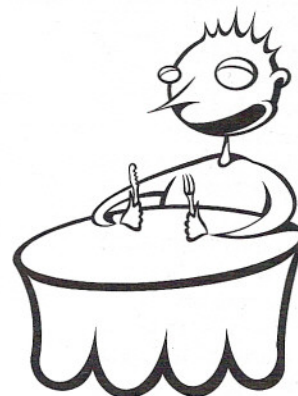
Mile High Calorie Pie

- 1 stick of butter
- 1 cup flour
- 1 cup chopped nuts
- 1 8-ounce package of cream cheese
- 1 cup sugar
- 4 oz. whipped topping, plus extra for topping
- 1 box instant vanilla pudding
- 1 box instant chocolate pudding
- 3 cups milk
- 2 to 3 thin chocolate bars, broken into large pieces
- 2 to 3 bananas.

Cut the butter into the flour, blend in the chopped nuts, and press the mixture into a 9" x 13" pan. Bake at 350 for 15 minutes, then cool in the refrigerator. Mix cream cheese and whipped topping. When the "crust" is cooled, spread the cheese mixture on top. Next, prepare the packages of instant vanilla and chocolate pudding, following the directions on the packages but using 1 1/2 cups milk instead of 2 cups. Spread the chocolate pudding on the crust and top with chocolate bars (or M&Ms). Then spread the vanilla pudding on top and top with bananas. Finally, spread a little more whipped topping on top of the pie. Refrigerate for 10 minutes, and serve chilled. After consuming one slice, go out and run for 10 miles, if having two slices, run for 20, and so on.

As noted, I wouldn't dare make this myself but if someone out there does, give me a call. I'll be over.

— Pat Buckley

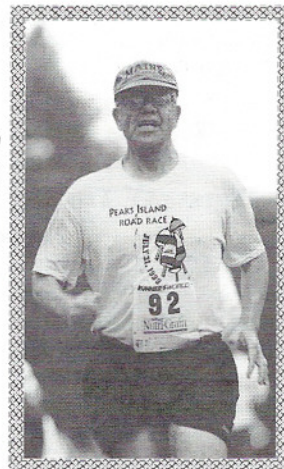


Saint Peter's Four Mile Road Race

Jim Estes 1st 50-54 (MTC)



Mike Pugh
(MTC)



Joan Tremberth
(MTC)



Gina Harmon (MTC)





Harvard Pilgrim
Health Care

Women's Fitness 5K

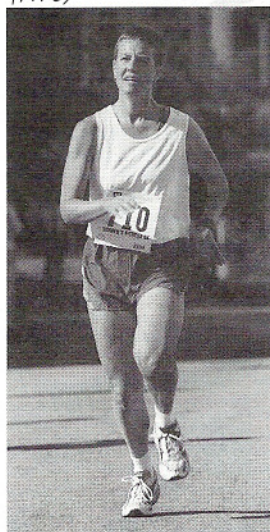
Cheryl McCall of Cumberland (MTC)



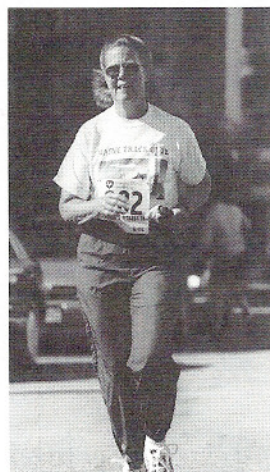
*Diane LaVangie
of South Portland
(MTC)*



*Kelly Fernald
of Cape Elizabeth
(MTC)*



*Lisa Giguac
of Cumberland
(MTC)*



*Maggie Soule
of Yarmouth (MTC)*

MAINE TRACK CLUB OFFICERS & COMMITTEE CHAIRS



USA Track & Field



Marge Aube	PRESIDENT	829-5079
Eric Ortman	VICE PRESIDENT	727-3762
John Gale	PAST PRESIDENT	775-5017
Carlton Mendell	TREASURER	797-7806
Vacant	SECRETARY	
Maggie Soule	MEMBERSHIP	846-3631
Bob Aube	RACE COMMITTEE	829-5079
Rodger Smith	AT-LARGE	883-3041
Howard Spear	AT-LARGE	856-6496
Maureen Sproul	AT-LARGE	926-4681
Sandy Utterstrom	AT-LARGE	797-4710
Bill Devoe	EQUIPMENT	761-0602
Don Penta	STATISTICIAN AND PHOTOGRAPHY	892-4526
Dale Rines	COURSE CERTIFICATION	854-2481
Mike Doyle	NEWSLETTER & CLOTHING	871-0051
Colleen Redmond	NEWSLETTER & CLOTHING	871-0051

1999 UPCOMING EVENTS

OCTOBER 12

6 P.M. Board Meeting, Cumberland Library

OCTOBER 19

"Sharing My Running Secrets"

6 P.M. Falmouth Library, Christine Snow-Reaser

NOVEMBER 9

Board Meeting • 6 P.M. Cumberland Library

NOVEMBER 12

Pasta Dinner • 6:30 P.M. Columbia Club, Portland

DECEMBER 14

Board Meeting • 6 P.M. Cumberland Library

DECEMBER 21

Jingle Bell Fun Run

6 P.M. Eastern Prom by the Holiday Lights

JANUARY

Banquet • 6 P.M. Val Halla, Cumberland

More Information To Follow

If you would like to become a individual News•Run sponsor, please send \$10 to: Maine Track Club, P.O. Box 8008, Portland, ME 04104. Or, if you would like to have your business card included in News Run, you can do so for just \$5 per month. Please send card and check to the above adress.

Sponsors:



Therapeutic Massage
swedish, reflexology, myofascial stretching
sports massage, postural deep tissue release, on-site massage
Lorraine Case RN, LMP

Weekdays 9 a.m. - 7 p.m.
Saturdays 9 a.m. - 3 p.m.
846-9868 for appointment

Professional Tch Massage
273 Main St
Yarmouth, ME 04096

Conroy-Tully
funeral homes

172 State Street, Portland, Maine 4101
1024 Broadway, South Portland, Maine 04106
(207) 773-6511 / 773-9610

DISCOUNT TIRE & ENTRY

773-0112 282-5192 21-0009
682 Main Street South Portland (across from Tony's Bar)

SHOCKS * STRUTS * BRAKES * XHAUST

207-865-6269 neil b. martin, rop.

GOLDENROD GARAGE
interesting older autos
talked about enthusiastically
bought, sold, traded
since 1957

route 125 freepoint, maine 04032

Jeffrey C. Lunt
Account Executive

NORTHWEST MORTGAGE

Northwest Mortgage, Inc.
400 Southborough Drive
South Portland, ME 04106
Office 207-772-701
Toll Free 1-800-333-4701
FAX 207-772-411
Pager 207-761-262

PEAK PERFORMANCE SPORTS

- Trainers, Flats & Spikes
- Fuel, Vitamins & Supplements
- Great Clobbs
- All the gear to get the mosten your workouts
- Plus a staff of experts that in, coach and complete at endurance orts
- Open 7 Days a week

ASICS, adidas, Nike, Mizuno, New Balance, Reebok, Spalding, Wilson, Yonex

The Store For Performance Athletes-59 Middle St. Portland 780-8200

Ken Hatch
Certified
Reflexologist

IngharMethod

Reflexology

By Appointment Tel: (20) 892-1670

RRCA ROAD RUNNER CLUB OF AMERICA

EVERETT MOULTO
RRCA Eastern District
39 Bonny Bank Terra
South Portland, ME 04106
(207) 799-2894
eastdir@aol.com

Carlton E. Mendell
CLU, ChFC, LUTCF
Area Manager

The Franklin Life Insurance Co.
An American General Company
http://www.americangeneral.com/mendell

272 Ave. Ave.
Portland, ME 04103

Telephone (207) 774-0546

CHARLES A. ISELBORN, D.D.S.
Comprehensive Dental Care

Dana Seguin
Certified Public Accountant

Constance E. Grant, CPA
17 Commercial Street
Portland, Maine 04101 (207) 772-7722

GERARD P. CONLEY, JR.
ATTORNEY AT LAW

CLOUTIER, BARRETT, CLOUTIER & CONLEY
22 MONUMENT SQUARE
THIRD FLOOR
PORTLAND, MAINE 04101 (207) 775-1515

PAUL P. GADBOIS
Civil Engineering, Surveying, Land Planning,
Structural Engineering, Architectural Engineering

Paul P. Gadbois, P.E., P.L.S. P.O. Box 327
Saco, ME 04072 (207) 283-3980

PUBLIC HEALTH RESOURCE GROUP

120 Exchange Street Phone: (207) 761-7093
Portland, Maine 04101 Fax: (207) 871-7105
E-mail: phrg@portland.maine.com
Website: http://auburn.maine.com/people/phrg/

Community Health Needs Assessment;
Insurance Benefits Design;
Health Services/Strategic Planning.

DAVID EVEREST
AGENT

456 PAYNE ROAD
JACKSON FROM WALMART
PAYNE ROAD PLAZA
SCARBOROUGH, ME 04074
OFF (207) 883-0111
FAX 883-0810
HOME 761-1952

STATE FARM
INSURANCE COMPANIES
HOME OFFICES: BOSTON, WASHINGTON, CHICAGO

Like a good neighbor, State Farm is there.

AL & CARLENE SPROUL

THE NIELSON FAMILY

BROWN & MEYERS • Sten-Tel®
COURT REPORTING & TRANSCRIPTION SERVICES

KATE MEYERS
PRESIDENT

P.O. Box 937, YARMOUTH, ME 04096-0937
1-800-785-7505 (207) 846-0420
FAX: (207) 846-0541
E-Mail: kate@brownmeyers.com
INTERNET: www.brownmeyers.com

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 1999 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 EXCLUSIVE/
DISCOUNTS ACCORDING TO MODEL CAL
AHEAD FOR RON KELLEY 772-4531**

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

William W. Dexter, M.D.
Medical Orthopaedrist

Sports Medicine Center

Orthopaedic Associates
of Portland, P.A.

P.O. Box 1260
33 Sewall Street
Portland, Maine 04104-1260
(207) 828-2111
(800) 439-0274
(207) 828-2190 Fax
dextew@comcast.net

Repeat Performance, Inc.
adventure gear for outdoor pursuits

close-outs
samples
consignments

Kelly Fernald
Todd Forsyth
311 Marginal Way
Portland, ME 04101
owners
207.879.1410@repeatperformance.com