



**2006 National Award Winner of the RRCA Outstanding E-Newsletter**

**2005 National Award Winner of the RRCA Outstanding (Mid-Sized Club) Newsletter**

## It's Only a Marathon

by Dan Levesque

I hate getting sick. Not only does it make me miserable, but I'm a lousy patient and tend to make everyone else around me miserable. Knowing that, I try to avoid sickness. I generally eat right, take vitamins and get plenty of exercise. So, you would think that training for my first marathon would be enough exercise to ward off a sudden cold or virus. Unfortunately, not! I came down with a virus two days before the 2006 Chicago Marathon and had to battle doubts about whether I could survive 26.2 miles. Support came from my family accompanying me in Chicago; inspiration came from others, thousands of miles away.

I knew that something was up when I attended the packet pick-up expo on the Friday before the race and started feeling a bit queasy. Maybe it's just hot in the building I thought, so I took off my jacket. After dinner I started having stomach cramps but brushed them off as nervousness – maybe the butterflies were starting to churn inside of me and I just needed to calm down. However, it soon became apparent that this was not a simple case of the butterflies. "This better pass quickly," I prayed, "or I'm going to be in trouble."

Sleep tends to cure most of my ills and so I went to bed early that evening. "Saturday

See **MARATHON**, page 8

## President's Corner...

### Where Are We Going?

by Mark Grandonico

I ask that question frequently. Where are we going as a club, a group of volunteers, and an organization that promotes and supports running and healthy outdoor activities?

Technology is evolving around us, and we must change with the times to be successful as a club and provide the benefits that a club provides. You ask, what are the benefits of the club? It's information, it's camaraderie, a sense of belonging, fun, track time, a reason to get off the couch, activities, gatherings, discounts, training, fun runs, seeing yourself on page 9. There are a bunch of reasons. As the President, I feel I have an obligation to keep us on track and moving forward with the Mission, Vision and Goals of the club which is: to promote and support running and healthy outdoor activities.

That reaffirmed, just what are we doing and where are we going? We have restructured our General Membership meeting. In March we held our first "new" meeting at the Rivalries Sports Bar in the Old Port. We had double the number of members we normally see at SMCC in the lecture hall. We had a ton of food and it was a great location. We plan on continuing these meetings/gatherings there. We are looking at partnering with Active.com to host and revamp our website. Stand by for some big changes. We are researching the possibility of partnering with the Maine Running Company to jointly purchase and share a chip timing system. This is exciting, but the biggest issue is the volunteers to maintain and run it. But I don't see obstacles, I see opportunity. Most of our races have gone chip. We are losing revenue that could be benefiting the club.

This publication you are reading NewsRun, is one of the best News Letters out there. Sandy Walton just picked up her second award from the RRCA for the best club E-newsletter. But when we got to the convention last week out in Chicago, I was immediately asked, "Why isn't our E-Newsletter on the Web?" It's a good question. The first answer is that the Newsletter is a benefit of being a club member. If we posted it on the website why join the club? I spoke with several clubs out in Chicago, and they found the opposite. By having it on their website, membership increased because people saw the photos, stories

and race reports and decided they wanted to be a part of that. We are looking at this issue. We also feel it's time to go green and stop printing hard copies of the NewsRun. We spend over \$4,000 a year to print and mail. That money could be spent in other areas to improve membership benefits.

The Maine Track Club also turns down many offers each year to assist with organizations that want to start new races, or simply have us assist with their event. I hate having to turn anyone down, but it's a matter of logistics. We only have a handful of people who do



**RRCA**  
ROAD RUNNERS CLUB OF AMERICA



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<b>Clothing</b> , Mike Doyle & Colleen Redmond mdoyle@mainecul.org.....	871-0051
<b>Newsletter</b> , Vacant swalton2@maine.rr.com.....	846-6577
<b>Webmaster</b> , Bob Aube bobaube@mainetrackclub.com.....	829-5079

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207-741-2084 ❖ [www.mainetrackclub.com](http://www.mainetrackclub.com)



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**Contributing Writers**, Mike Brooks, Dan Levesque, Mark Grandonico, Scott Mercer, Peter Sedgwick, MD, Maggie Soule, Harry White

**Printer/Circulation**, Mailings Unlimited

**Submission Deadline for the  
July/August News\*Run  
is Friday June 1, 2007.**

## MARK YOUR CALENDAR

May:

Member Meeting  
- Wednesday the 23<sup>rd</sup>, 6:00 p.m.  
Rivalries Pub, Portland

June:

Board Meeting  
- Tuesday the 12<sup>th</sup>, 6:00 p.m.  
Norway Bank, Falmouth

## How to Submit Materials for Publication

*NewsRun* is published bimonthly. Material submitted to the editor by the 1st of the month prior to the next issue will be considered for publication as space permits. Your articles, poems, photos, and cartoons, as well as letters to the editor are welcome. The editor reserves the right to correct spelling and grammar, and to edit for length and clarity when necessary. Letters written in anonymity are not accepted; bylines are standard.

Please submit via e-mail to Sandy Walton at [swalton2@maine.rr.com](mailto:swalton2@maine.rr.com). Most formats are acceptable. Photos should be a minimum of 300 dpi and should NOT be embedded in word processor documents.

## How to Advertise in NewsRun

*NewsRun* reaches more than 600 running enthusiasts around the Greater Portland area and the state of Maine. If you have something to tell or sell to active people, this newsletter will spread your message. Issues are published bimonthly.

Ad Sizes:	Measurements:	Rates:
Back Half-Page Ad	7.75" w x 4.5" h	\$110
Full-Page Ad	7.75" w x 10.125"h	\$150
Half-Page Ad	7.75" w x 5" h	\$ 75
Quarter-Page Ad	7.75" w x 2.5" h	\$ 50
Quarter-Page Ad	3.875" w x 4.5" h	\$ 50
Business Card Size	3.5" w x 2" w	\$ 25

**Race Entry Forms** -- \$60 includes promotion of your race as one full page in the newsletter and a link on the MTC website.

All fees are payable in advance. Prepared ad copy or race entry forms must be submitted by the 5th of the month preceding the next issue to Sandy Walton at [swalton2@maine.rr.com](mailto:swalton2@maine.rr.com) (and Bob Aube at [bobaube@mainetrackclub.com](mailto:bobaube@mainetrackclub.com) for race fliers) as well as a check or money order made payable to Maine Track Club, P.O. Box 8008, Portland, ME 04104-8008.

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



## MTC Roasters Run 3-Year Anniversary - Saturday, March 10, 2007...



Photos by Sandy Walton

### Francis J. Bauer

Certified Personal Trainer  
Certified Triathlon Coach  
Fitness Nutrition Consultant



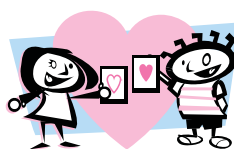
Phone: 207-409-7630  
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# Happy Birthday to These MTC Members...

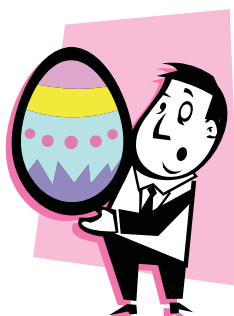
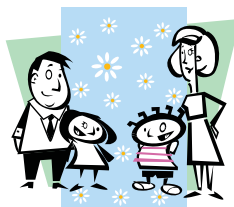
## January

- |                        |                         |
|------------------------|-------------------------|
| 1: Ken Dolley          | Hazel Wightman          |
| Margaret Fast          | 18: Caroline Clough     |
| Lydia Mundhenk         | 19: Rob Boudewijn       |
| 2: Randall Smith       | Janice Gagnier          |
| Robert Whelan          | 20: Donnie Foshay       |
| 3: Priscilla Jolicoeur | Heather Keast           |
| 4: Jereck Blair        | 21: Douglas Couper      |
| 5: Kitty Kelley        | Nate Rines              |
| Dale Lincoln           | 22: Gina Harmon         |
| 6: Loren Lathrop       | 24: Ethan Hepner        |
| Timmi Sellers          | Jimmy McKew             |
| 7: Carol Grant         | Thomas Mundhenk         |
| Rusty Vallee           | Pete Peters             |
| 8: Donna Davis-Rankin  | 25: David Rollins       |
| 9: Keilly Lynch        | 26: Jim Dunn            |
| Kevin Robinson         | Barbara Hintze          |
| 10: Hayley Barton      | Neil Martin             |
| 11: Scott Michaud      | Gerard Salvo            |
| 14: Rick Ackermann     | 27: Marilyn Mae Thurber |
| Jim Carroll            | 28: Becca Barton        |
| Robert Connolly        | Seth McKenney           |
| Paul Tukey             | John Watson             |
| 15: Russell Boisvert   | 29: Liz Henry           |
| Emily Levan            | 30: Connor Smith        |
| 17: Donna Dyer         | Judith Hardenbrook      |
| Lisa Harmon            |                         |



## February

- |                          |                        |
|--------------------------|------------------------|
| 1: Derek Dresser         | 14: Thomas Bottomley   |
| Jim Harmon               | Harry Fast             |
| Brigitte Laffin          | Melissa Smith          |
| Betty Rines              | 15: Don Conry          |
| 2: Mark Panaccione       | Howard Spear           |
| 3: Zac Doucette          | 17: Churchill Barton   |
| Corinne Keeley           | Karen Chadbourne       |
| Joel Russ                | Robert Jolicoeur       |
| 4: Sydney Ellen Atkinson | 18: Bob McArthur       |
| Gerard Bonawitz          | Olivia Noonan          |
| 5: Nathan Couper         | 19: Stephanie Atkinson |
| 6: Beth Fortier          | Donna Kitchen          |
| Tom Kramlich             | Michael Tracy          |
| John Woods               | 20: Valerie Abradi     |
| 8: Roberta Bass          | 22: John Howe          |
| Diane Daley-Kelley       | Elise Moody-Roberts    |
| Maureen Eckroth          | Stanis Moody-Roberts   |
| David Griffin            | Charlie Whitehead      |
| Denise Whitehead         | 23: Matt Flynn         |
| Terry Young              | Charles Iselborn       |
| 9: Judy Reilly           | Carol Weeks            |
| 10: Philip DiRusso       | 24: Rae Chalmers       |
| Tom Keith                | Steve Rollins          |
| Jane Sable               | 25: Karen Connolly     |
| 11: Devon Bottomley      | Annie Messinger        |
| 12: Melissa Gagnier      | Tom Peterson           |
| Bill Hansen              | Tom Shorty             |
| Kenneth Spirer           | 26: James Corbett      |
| 13: Mark Finnerty        | Gina D'Avignon         |
| Abbi Flynn               | Anita Hampton          |
| Elizabeth Hartford       | 27: Michael L'Abbe     |
| Robert Perkins           | 28: Robert Ayotte      |
| Allyssa Rollins          | Nancy Hewett           |
| Monique Wilson           |                        |



## March

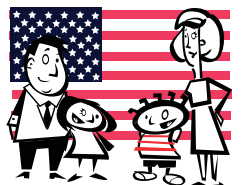
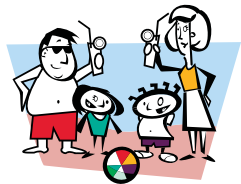
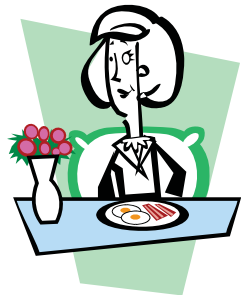
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|---------------------|------------------------|
| 1: Katie Harris     | Don Cross              |
| Linda Iselborn      | Roland Thibault        |
| 2: Scott Heffernan  | 16: Gordon Chamberlain |
| Sarah Kramlich      | Arabella Eldredge      |
| Mike Reali          | John Rogers            |
| 3: Gary Boilard     | Lloyd Slocum           |
| Mel Uchenick        | 17: Kathryn Whitehead  |
| Kathleen Whelan     | 18: Brady Foshay       |
| 4: Sophia Reali     | Laurie Nicholas        |
| Levi Walton         | 19: Betsy Barrett      |
| 5: Mark Coughlin    | Kaitlyn Graham         |
| Laura Greenstein    | Derek Levesque         |
| 6: Carolyn Thibault | Eric Ortman            |
| 7: Byron Cook       | Bill Vanderburg        |
| Stephanie McKew     | 20: Brendan Toohey     |
| 8: Jennifer Blastow | 22: Lauri Dugas        |
| Matthew Thompson    | 25: Janice Bilodeau    |
| Drew Wilson         | Sarah MacColl          |
| 10: Rory Sellers    | 26: Robert Randall     |
| Sherri Wakeling     | 27: John Fyalka        |
| 11: James Bottomley | Joan Tremberth         |
| Amy Scannell        | 28: Sherry Carll       |
| 12: Robert Burnham  | Harry Hunt             |
| Don Foshay          | Tom O'Connor           |
| Tia Hamilton        | Ronald Read            |
| 13: Lawrence DeHof  | 29: Marnie Flynn       |
| 14: Bruce Bilodeau  | 30: Mike Nixon         |
| Louise Bonawitz     | 31: Grant Delaware     |
| Dennis Smith        | Gayle Desjardins       |
| 15: Marge Aube      | Ruth Hefflefinger      |

## April

- |                      |                          |
|----------------------|--------------------------|
| 2: Pamela Kinner     | Georgia Vallee           |
| Kathleen Reid        | 16: Doug Henry           |
| 3: Dora Rex          | Tree Mercer              |
| Trevor Toohey        | 17: Larry Dyer           |
| 5: Zachary Goulette  | 18: Richard Bouthillette |
| 6: Jeff Rand         | 19: Sharon Bergeron      |
| Carlene Sproul       | 20: Robin Carlson        |
| Owen Whitehead       | Kelly Conley             |
| 7: Janna Rearick     | Phil Meech               |
| 8: Benjamin Atkinson | 21: Linda Abbott         |
| Charlie Scribner     | 22: Chuck Burnie         |
| 9: Isabel Brady      | Floyd Lavery             |
| Kim Finethy          | Katie Ryan               |
| Rachel Pickus        | 23: Sarah Boyne          |
| Matthew Robinson     | 24: Ginny Cross          |
| 10: Debra Papps      | Jay Hewett               |
| Frank Wright         | 26: Linda Hunt           |
| 11: Maureen Sproul   | Suzanne Umland           |
| 12: Keith Kitchin    | 27: Tae Delaware         |
| Al Mack              | 28: Meg Estabrook        |
| Karen Wright         | 29: Andrew Graham        |
| 13: Diane Meech      | Skip Kessler             |
| 14: Pat LaNigra      | James Lawlor             |
| 15: Beth Branson     | Shaun Smith              |
| Michelle Gagnier     |                          |



# Happy Birthday...



## May

- |                     |                    |
|---------------------|--------------------|
| 1: Philip Boyne     | Carol Perry        |
| Alex Hardenbrook    | 14: Lindsay Rand   |
| Jeanne McKew        | 15: Tony Vaccaro   |
| 2: Sam Berman       | 16: Joan Samuelson |
| Robert Hintze       | 17: Bethany Smith  |
| Abby Payson         | 19: Lisa Berman    |
| 3: Roxanne Cram     | Jeffrey Harmon     |
| Jack DiRusso        | Michael Payson     |
| Ron Paquette        | 20: Richard Bliss  |
| Norman Simard       | 21: John Wall III  |
| Lia Skleton         | 22: Jeff Crocker   |
| 4: Suzanne Blais    | Audrey Machowski   |
| David Paul          | 24: Jim Estes      |
| 5: Lucy Iselborn    | 26: Laurie Brooks  |
| 6: Dale Doody       | Ella Henry         |
| George Towle        | Matt Kramlich      |
| Tom Trytek          | 27: David Barnard  |
| 7: Bruce Fithian    | Jerome Watts       |
| Sean Ireland        | 28: Tom Carl       |
| 9: Mary Keith       | Jane Dolley        |
| Lincoln Slocum      | 29: Don Penta      |
| 11: Ben Burnham     | James Toulouse     |
| Kristin Cook-Center | 31: Jenny DiRusso  |
| 12: Rick Fortier    | Dina Potter        |
| 13: Dick Lajoie     | Morgan Sellers     |

## June

- |                       |                       |
|-----------------------|-----------------------|
| 1: Kevin Conley       | Neil Chivington       |
| Stephanie Ross        | Kristen Rogers        |
| Amy Young             | Pamela Tapley         |
| 2: Jay Wilson         | 17: Rick Abradi       |
| 3: Denise Brooks      | Penny Howard          |
| Devon Ertha           | Kelle Keeley          |
| Mallory Smith         | Katy MacColl          |
| 4: Mark Grandonico    | 18: Betsey Greenstein |
| Kathy Hepner          | Kim Moody             |
| 5: Carson Burnham     | 19: Gore Flynn        |
| Nicole Court-Menendez | Ryan Salvo            |
| Jill Greenstein       | Mallory Vaccaro       |
| Elwin Guthrie         | 21: Donna Beaulieu    |
| Leigh Longobardi      | 22: Jenn Vallee       |
| 6: Lindsay Beben      | 23: Al Utterstrom     |
| Sam Dresser           | 24: June Cowan        |
| 7: Eva Collins        | Rebecca Sproul        |
| Tiffany Weeks         | 25: Amanda Barton     |
| 8: Debra Barysh       | Erin Donovan          |
| Dave Cannons          | Dana Staples          |
| 9: Jacob Brady        | 26: Leslie Couper     |
| 10: Jill Marsh        | Barbara Hansen        |
| 11: Sam Abradi        | 27: Terry Clark       |
| Sarah McMahon-Boulet  | Melissa Mirarchi      |
| Betty Young           | 28: Karl Hepner       |
| 12: Zak Boisvert      | 29: Judith Berry      |
| Hayley Burnham        | Harry White           |
| David Wightman        | 30: Darci Foshay      |
| 14: David Edwards     | Evan O'Neill          |
| John McKew            | Debora Thurlow        |
| Zoe Sobel             | Nancy Walton          |
| 16: Linda Bernier     |                       |

## PRESIDENT, continued from page 1

most of the work for the club in terms of races, and we don't have a good system to recruit more people. We have a lot of talented people in the club who could be helping with computers, race results, editing, recruiting, organizing volunteers and such if only asked. We are working on this. There has been a few who have stepped up and are taking on new roles in the club and to those folks – Thank You.

March 22<sup>nd</sup> – 25<sup>th</sup> we were able to fund/partially fund five MTC Board Members to attend the Road Runners Clubs of America (RRCA) National Convention in Chicago. With five members representing their club, we were the 13<sup>th</sup> largest represented club at the convention. We were able to do this because the RRCA has partially funded my expenses for my duties as the RRCA State Representative and Sandy Walton as an award winner. The RRCA has asked Sandy to edit their Newsletter – FOOTNOTES. What a huge honor for Sandy – Congratulations!

So, that's some of the places we going. I've just outlined a few areas we are looking at. As always, I would greatly appreciate your suggestions and thoughts. We are always looking for a better way to improve the club. It's your club!

"Somewhere in the world someone is training when you are not. When you race them, they will win." - Tom Fleming's Boston Marathon training sign on his wall

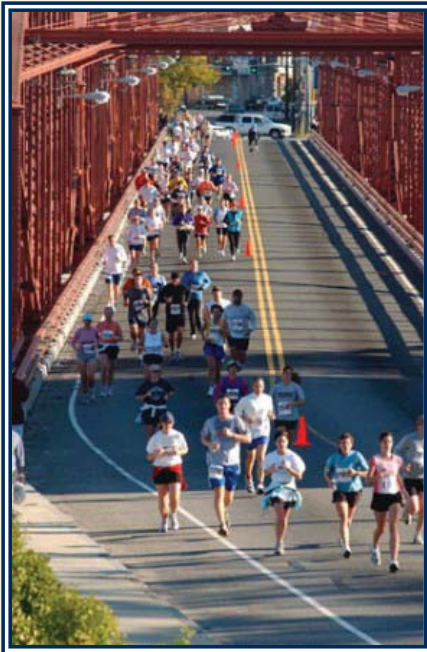
*Mark Grandonico*

MTC President

RRCA Maine State Rep

## Membership Status...

- **Membership Growth:** We welcome 84 new members in this issue. As of May 11 we have 681 members in 374 households, up from 619 members in 348 households on May 13, 2006 and 571 members in 316 households on April 17, 2005.
- **We Need Your Help:** Our greatest asset in recruiting new members is our existing members. Please try to persuade runners you know to support their sport by joining MTC. Your personal invitation is our most effective method to get new members. Please help support this effort. A special thank you to our members who have helped bring in new members.
- **Address Change:** Please remember that most MTC mail is via a non-profit third-class permit that is not forwarded to you nor returned to us. The post office throws it away! Please either mail, phone, or e-mail your CHANGE OF ADDRESS and PHONE NUMBER when you move, to Bonnie Topham (510-1335) AuntBLovesMe@aol.com.
- **Member E-Mail Addresses:** As of May 11, we have e-mail addresses for 339 of our 374 households for 90.6%. These e-mail addresses are used for club purposes only. If you have not sent us your e-mail address, or if it CHANGES, please send it to AuntBLovesMe@aol.com.



## Bay State Marathon

by Scott Mercer

Jack Kerouac, a son of Lowell once wrote "Run! Just cat feet sprinting, all the mothers of Lowell should have their sons show their fathers how they can run." Jack also wrote, "Go find your soul, Go smell the wind, Go far...." On October 15, we were prepared to go far, if not sprinting the whole way.

In early summer, my brother Brian approached me about running the Bay State Marathon in Lowell, Massachusetts. Brian began an ambitious training program designed to attain a time of 3:30 or faster, qualifying him for the 2007 Boston Marathon. I was interested, but was content in attempting and finishing a new marathon. If I had a goal beyond completion, it was to reach the finish in less than five hours. My last two marathons had taken me longer than five hours, so setting a goal to run below the five hour threshold looked reasonable.

My wife Tree registered for the Maine Marathon on October 1. I flirted briefly with the idea of running two marathons two weeks apart, but decided to enter the half marathon instead. The half was the perfect tune up for me, and Tree completed the full marathon in a personal best.

At 6:30am on October 15, I found myself sitting in a line of cars inching toward a multi-story parking garage adjacent to the Tsongas Center in Lowell. Once parked, I met Brian standing on the

See BAY STATE, page 21

## New MTC Members...

Rick Ackermann of Portland  
Alexia Adams of Auburn  
Lindsay Beben of Richmond  
Jean & Sharon Bergeron of Hebron  
Matthew Biggart of Kennebunkport  
Bruce Bilodeau of Auburn  
Jim Carroll of Tenants Harbor  
Robert, Carson, Hayley, & Ben Burnham of Portland

Caroline Clough of Freeport  
Kelly & Kevin Conley of Westbrook  
Robin Doughty of New Gloucester  
Rob, Margaret, Harry, & Tom Fast of Cumberland Foreside  
Carol Fournier of Cape Elizabeth  
Shawn Gilbert of South Portland  
Chris, Bruce, Zachary, Nathanael, & Elizabeth Goulette of Turner  
David & Diane Griffin of Cheshire, CT  
Tom & Tia Hamilton of Falmouth  
Judith & Alex Hardenbrook of Kennebunk  
Lisa & Jeffrey Harmon of Auburn  
Elizabeth & Lucas Hartford of Litchfield  
Liz, Doug, Leo, & Ella Henry of Auburn  
Alfred Hodson, III of Portland  
Dave & Penny Howard & Sarah McMahon-Boulet of Portland  
Harry Hunt of Gorham  
Dina Jellison & John Wall, III of South Portland

Brigette Laflin of Wells  
James Lawlor of South Portland  
Derek Levesque of Lewiston  
Chris & Tracey Lydon of South Portland  
Audrey & James Machowski of Wales  
Lawrence Mann of Portland  
Jill Marsh of Scarborough  
William Morgan of Kennebunk  
Laurie Nicholas & Mike Nixon of Gorham  
Ethan Norcross of Long Island  
Lori Perkins of Auburn  
Pete Peters of South Portland  
Joanne Petkus of Auburn  
Nina Rayer of Portland  
Bettina & Bliss Richard of Smithfield  
Brandy Rogers of Saco  
Kevin Ronan of Yarmouth  
Deborah, Robert, & Alex Russell of Gorham  
Denise Simard of Minot  
Melissa Smith of Yarmouth  
Jessica Stevenson of South Portland  
Suzanne Umland of Freeport  
Sherri Wakeling of Arundel  
Kathleen & Robert Whelan of Portland  
Monique Patterson-Wilson & Drew Wilson of Portland  
Frank Wright of South Portland  
Karen Wright of Brunswick

### Welcome Back

Misty Verma of Hopewell Junction, NY



Mary & Francis Bauer

**KAREN WRIGHT...** My running experiences include four marathons and a number of half marathons and 10K's all during the last three years. I have always been active, but the running bug bit me later in life. I enjoy the social aspect and camaraderie experienced with running and the racing scene. My goal (by joining) is to meet other runners for group runs especially when marathon training, as well as enriching my running experience with shared knowledge and enjoyment! Happy running!

**FRANCIS & MARY BAUER...** Mary & I sold the bed-n-breakfast in Poland Springs and moved to the Back Cove Estates in Portland. (Yes, right out the back door to the trail.) We've always admired MTC, and we thought once we move to Portland we will get very involved. Little did I know the first meeting I'd get talked into Secretary position. We've been running for about six years now. I was a hit-and-run victim early in life. It took 18 operations to get me to walk. I started running, but it was awfully hard on the leg, so I learned to swim and started triathlons. The cross training saved me; even qualified and ran Boston in '05. Three weeks after Boston though, disaster struck again. While training on my bike, I was attacked by a dog, fracturing my hip. (Yes, same injured leg.) But 16 months after that, I was able to do my first Ironman. We are excited about '07, getting back to shorter races, having fun, and being more involved in the community with MTC and Midcoast Multisport, the tri-shop on top Munjoy Hill, where I work part-time. I'm a Certified Personal Trainer and Certified Tri-Coach. Mary keeps fit working out and waitressing at DiMillo's restaurant (a lot of steps.) We are looking forward to meeting everyone at the races and group runs.

**DINA JELLISON...** I joined the Maine Track Club partly on the suggestion of a friend but mainly to connect with other runners and to learn more about the sport. I have been running for a while (between pregnancies) but have become more serious about the sport in the past year or so -- especially after completing the Beach to Beacon 10K.



## Member Letters...

**MIKE BROOKS...** The 50 States Club held a ceremony in Rhode Island on the eve of Breakers Marathon, October 20, 2006, to honor Mike for running a marathon in each of the 50 states for a **SECOND TIME!**

**JIM DUNN...** Near naked, skinny and FAST Roaster doesn't shut up for sixteen miles, then clams up, and grinds out a four minute marathon PR and **BEANTOWN QUALIFIER!!!!!!..... BOOORAHHH DUNNY!!!!!!**

**MARK BERMAN...** Greetings from a BQ! That's right, the deed is done! I qualified for the Granddaddy of them all, Boston! On Sunday, October 8, 2006, I ran the Steamtown Marathon in lovely Scranton, PA. It is a point to point race that starts in Forest City, PA and ends in Scranton, PA. I ran it in 3:12:54 and finished 164<sup>th</sup> overall. It was a challenging course and I had a great time. I was extremely emotional just before the finish line and for about 30 minutes afterwards as well. Thank you Sandy and all the folks I have met at the Maine Track Club. The runs (although there have not been that many) have been fun and informative.

**JANICE GAGNIER...** I'm still in shock... someone pinch me! Did I really read this correctly? I'm going to Boston!!! YES!!! Now, that I have stopped jumping up and down on my bed yelling, "I'm going to Boston!" **THANK YOU!!!** You'd think that I would have learned my lesson about jumping up & down on beds almost forty years ago when I split my head open by doing the very same thing. How does one begin to thank the MTC for giving me this incredible once in a lifetime opportunity? I'm sitting here looking at my framed poster of The Boston Marathon dreaming how my special day will be in just a few short months. I had the pleasure of running and talking to Bill Rodgers last summer. He had signed my relentless poster and one of his rare VHS videos that was part of a fitness series that he did. Bill told me that my VHS was rare that they had only made a limited amount of them. I look at these items when I need encouragement to run on those days that it's cold out or those days when I'm not feeling well, or just plain too lazy to do anything days. I have all the motivation that I need just thinking about Boston! I have been training for Hyannis Half Marathon & Eastern States 20 Miler with the help of John Rogers from The Maine Running Company. I've been using a schedule he has made up for me. I will have him adjust it for me for my Boston Marathon. Once again... Thank You!!!! What a great birthday present to me.

**RON DEARTH...** To say I was excited to get your email is an understatement!!!! I am psyched.....jazzed.....ecstatic..... pumped.....delighted.....etc. etc! Running Boston has always been a dream but one I felt I could never accomplish. You and the board of directors have given me my chance, and I will represent the MTC with pride. I hope to run sub 4 hours, but want to savor every delicious step of this glorious race, so I just may slow down a little and smell the roses. I will mail in my entry the day it arrives. Please pass on my profound thanks to everyone who had a voice in the decision to award me with an entry. I'm really happy!!

**JERRY LEVASSEUR...** It was a surprise and honor to receive the Special Achievement award. Thanks to all who recommended me. It reaffirms that the work I am trying to do is more than worthwhile. Thanks to David Colby Young for his help in making the Grand Prix successful as well as the race directors and participants. As I have said before the MTC is one of the best, if not the best running club I have been associated with.

*Tom Shorty & Jim Dunn*



*Mark Berman*



*Mike Brooks & Tom Adair*



*Coin Rolling Party for Bruce Roberts Fund*



*Charlie Scribner,  
Lisa Despres,  
Sandy Walton*

*Erik Boucher,  
Mark Grandonico*







## MARATHON, continued from page 1

will be a better day,” I assured myself. “I’m going to be fine.” To my despair I awoke at 2:00 a.m. sweating bullets despite feeling like I was sleeping in a walk-in freezer. I woke my wife and pleaded for more blankets. “I’m freaking out,” I told her. “I must have a fever – how am I going to run a marathon with a fever. Help me, I’m miserable.”

“Calm down,” she said. “You’re going to be OK. You can do this, you, but you need to get a grip. Here’s another blanket. I’ll get you some aspirin.”

She was helpful but unaware of the stream of negative thoughts flowing through my head. It was no longer a question of “can I do this?” I HAVE to do this! Otherwise, how could I show my face at the next Saturday morning Roasters Run if I bailed and didn’t even step up to the start line? How could I face guys like Jim Dunn and Tom Shorty – Boston qualifiers – and have to explain that I wussed out of my first marathon? And what about Mike Brooks? He had been emailing me throughout the week with words of encouragement. How do you tell a guy who has run a marathon in all 50 states that you caved because of a virus? And then there’s Jeff Galloway. He inscribed my copy of his book, *Marathon – You Can Do It*, with the words, “Dan, you CAN do it!” I can’t let him down. And don’t forget Dick and Rick Hoyt and their inspirational book called, *It’s Only a Mountain*. They are likely getting ready for the Hawaii Iron Man competition that starts in less than 12 hours. Dick will swim, bike, and run his way to another finish, all while pulling or pushing his quadriplegic son. Nothing stops those two guys from accomplishing their goals.

Then it hit me. Maybe I simply needed to frame my situation differently. Rather than view my predicament as insurmountable, I reasoned that it wasn’t cancer or life threatening – just a virus. I wasn’t doing an Iron Man, only a marathon. I repeated it: “It’s only a marathon. Yeah, I can do this, hell, it’s only a marathon.”

And so I lied awake formulating a new plan in my mind: “Step 1 – forget about any time

goal. I’m just going to finish, no matter what it takes. I have 6.5 hours to be an official finisher and receive a medal. Damn right, I’m not leaving Chicago without that medal. Maybe I can walk the entire distance if necessary. Let’s see, 26.2 times 16 minutes per mile. Two times six is twelve, carry the one – I can’t do this in my head. How about a system of run one minute and walk one minute? About two and a half hours of running, four hours of walking, yields a six and a half hour finish. Geez, that’s a long time on my feet. Maybe five hours makes more sense. Yeah, five hours – no, just under five hours. I can do that. I just need to break this fever and stay hydrated. And get some sleep...”

I slept much of Saturday. In the afternoon my wife urged me to “eat something” but somehow nothing seemed appetizing. Maybe I could handle some chicken soup – that always cures things. Fortunately, I was staying with family and not in a hotel, so there were plenty of food choices. The soup did help and coupled with lots and lots of water this unwelcome virus seemed to be flushing its way out of my system. “Go out and take a walk,” my wife insisted. “Fresh air will do you good and will put some color back in your face,” she claimed. I walked a mile or so and kept reminding myself that “it’s only a marathon.”

Sunday, October 22<sup>nd</sup> was brutally windy in Chicago. Standing on the Red Line “El” platform awaiting the 6:05 train with my wife, daughter, and sister-in-law, I was feeling better. The cold air seemed to invigorate me. Nevertheless, it would be a 40 minute ride into the Grant Park start area, and I was happy that the subway wasn’t crowded so I could sit down. Soon the train’s windows appeared to be wet. Rain. What else can go wrong?

Grant Park was abuzz with anticipation. Runners went through their final preparations, while spectators jockeyed for position. I lined up just ahead of a five hour pace group and rationalized, “If I feel OK by mile five, I’ll shoot for 4:30; feel good at mile ten, maybe I can do 4:20; feel lousy, and I’ll stick with the five hour plan. Pass out from exhaustion – not to worry, I have my medical insurance card in my Fuel Belt.” I was ready to start.

The twelve minute walk to the start line after the gun sounded seemed like an eternity. But soon the moment of truth arrived. Music speakers were blasting Bruce Springsteens’ “Born to Run” soon followed by Clapton’s “Sweet Home Chicago” as I crossed the timing mat. I was running, and it felt pretty good. No queasiness or light-headed feeling. Mile 1 was slow, but every mile thereafter was faster – until mile 15.

My family was cheering me on with signs and noisemakers, and I stopped to hug and kiss them around mile 9. Then came some disheartening news: Robert Cheruiyot had just won the race in a little over two hours and seven minutes, and I had only reached mile 10 (little did I know he had fallen and injured himself at the finish line.)

All I remember about the half-way marker is that my time was under 2:30. Five hours seemed doable. Mile 14 was my best, and the only sub-10:00 segment, but maybe it was a mistake. By mile 16 I was feeling light-headed. I had just taken an energy gel, but I popped another one anyway. I was slowing down. The dreaded “wall” was in sight, and I had little energy in reserve. Up until then I had stuck to my 6 minutes run/1 minute walk Galloway system. I cut it back to 5:1 then to 4:1. By mile 20, it was down to 3:2.

Around mile 22 I came upon a guy who appeared to be struggling more than I was. “How you holding up?” I asked.

“Cramping up bad,” he replied. I offered to walk with him a while, and we struck up a conversation. This was his first marathon also – drove in from Ohio. I asked what inspired him to do this. “Don’t know, really,” he responded. “Guess I just wanted to prove I could do it. What about you?”

“Same reason,” I said. “Except I once saw this show about a guy who runs marathons pushing his kid in a wheelchair. I figured if he can do that, I can do this at least once.”

My new friend seemed intrigued. “What’s his name?”

“They go by the name of Team Hoyt – Dick and Rick Hoyt. I met them this past summer. Believe me, if they were here today, they’d be kicking our sorry butts.” And as I spoke, I envisioned the Hoyts whizzing by me – Rick strapped in his chair; his spastic arm seemingly motioning me to get moving again. I became re-energized and absolutely determined to finish this race.

Throughout my training I visualized myself running up Michigan Avenue surrounded by some of the world’s tallest skyscrapers. With less than a mile to go, I was barely moving, but I owned this massive street for a moment. I was about to become a marathoner. Up over the Roosevelt Street bridge and approaching the finish at Buckingham Fountain, I could see the official clock displaying 5:04:33. “Wait, that can’t be right. Oh yeah, I have to subtract the 12 minute walk to the start line. Let’s see, four minus two is two – I can’t do this in my head.” I looked at my watch as I crossed the finish line: 4:53:54. “I’ll take it – and the medal that comes with it.”



# Sportshoe Center Maine Marathon - Relay - Maine Half Marathon...

**Maine Track Club Finishers -- For complete results, please visit [www.MaineTrackClub.com](http://www.MaineTrackClub.com)**  
**For photos, please visit <http://journals.aol.com/davidcolbyyoung/MaineRunningPhotos/>**

## Maine Marathon, Half Marathon, Relay Portland, ME October 1, 2006

Marathon					
Place	Name	Div	City	Time	Pace
23	Floyd Lavery	M4549	Gorham	3:05:05*	7:04
34	Eric Ortman	M4549	Gray	3:10:09*	7:16
39	Tom Shorty	M4044	Gorham	3:12:21*	7:21
41	Charlie Whitehead	M4044	Gorham	3:12:59*	7:22
44	Jim Dunn	M3539	Falmouth	3:13:35*	7:23
53	James Toulouse	M5559	Cape Elizabeth	3:17:24*	7:32
60	Tom Trytek	M5054	Harpwell	3:20:04*	7:38
136	Jen Blastow	F3034	Otisfield	3:37:53*	8:19
176	Dan Thayer	M4549	Auburn	3:46:43	8:39
209	Patty Kenney	F4044	Portland	3:52:27	8:52
214	Roxanne Cram	F4044	Scarborough	3:53:03	8:54
220	Sarah MacColl	F5054	Cape Elizabeth	3:54:26*	8:57
231	Shauna Baxter	F3539	Gorham	3:56:02	9:01
278	Kevin Robinson, Sr.	M5054	North Yarmouth	4:02:30	9:15
327	Ronald Dearth	M5054	Falmouth	4:10:17	9:33
368	Mark Grandonico	M4549	Portland	4:16:21	9:47
389	Gregory Welch	M5559	South Portland	4:19:13	9:54
393	Betty Disanza	F5559	Limington	4:19:30	9:54
395	Gerard Bonawitz	M5054	Old Town	4:20:03	9:56
406	Robert Foster	M4549	Portland	4:22:25	10:01
436	Rick Smith	M5054	New Gloucester	4:27:42	10:13
445	Georgia Vallee	F3539	Turner	4:28:39	10:15
461	Tree Mercer	F4549	Cape Neddick	4:31:55	10:23
474	Harry Center	M4044	Freeport	4:34:36	10:29
528	Dana Staples	M2029	Auburn	4:43:25	10:49
542	Paul Serrano	M3539	South Berwick	4:45:53	10:55
549	Beth Branson	F6569	Scarborough	4:47:18	10:58
610	Mike Brooks	M6064	Danville	5:11:41	11:54
611	Ronald Paquette	M6569	Albion	5:11:41	11:54
697	Grant Delaware	M3539	Westbrook	6:02:18	13:50

\* Boston Marathon Qualifier

Marathon Relay			
Place	Team/Name	Time	
8	Trimainiacs: Carrie McCusker	3:06:47	
22	Bears: Abby Samuelson	3:22:19	
23	The Fitness Edge: Carol Blakeney-Watts/ Susan Wiemer/Devon Eartha/Paul Tukey	3:22:37	
33	All 4 One: Patty Medina	3:45:37	

Half Marathon					
Place	Name	Div	City	Time	Pace
1	Michael Payson	M4044	Falmouth	1:13:10	5:35
8	Marc Dugas	M4044	Scarborough	1:19:00	6:02
9	Andrew Baird	M3034	Portland	1:19:04	6:02
32	Tom Noonan	M3034	Steep Falls	1:25:52	6:33
38	Kendra Hodder	F3539	Yarmouth	1:26:31	6:36
47	Ellie Tucker	F5054	North Yarmouth	1:27:54	6:43
61	Mark Foley	M4044	Portland	1:29:25	6:50
69	Sean Ireland	M3034	Portland	1:30:32	6:55
71	Brian Denger	M4549	Biddeford	1:30:39	6:55
73	RJ Harper	M6064	Portland	1:30:56	6:57
136	David Sproul	M4549	New Gloucester	1:36:39	7:23
145	David Cannons	M3539	Portland	1:37:28	7:27
160	Derek Dresser	M3539	Cape Elizabeth	1:38:48	7:33
180	Jay Wilson	M4549	Portland	1:40:28	7:40
182	Roland Thibault	M3539	Westbrook	1:40:41	7:41
201	Gretchen Read	F6064	Portland	1:41:40	7:46
259	Maureen Sproul	F5054	New Gloucester	1:44:08	7:57

262	William Sproul	M4549	New Gloucester	1:44:09	7:57
266	Melissa Johnson	F4044	Minot	1:44:17	7:58
269	Lisa Lawrence	F4549	Cape Elizabeth	1:44:19	7:58
312	Janet Letalien	F4044	Portland	1:45:31	8:03
313	Paul Letalien	M4549	Portland	1:45:32	8:03
324	Kathy Donnelly	F4044	Falmouth	1:46:00	8:06
338	Dennis Graves	M5054	Rochester, NH	1:46:38	8:08
365	Norman Morgan	M3539	Lisbon Falls	1:47:34	8:13
409	Randall Smith	M3034	Saco	1:48:59	8:19
430	Nathan Graham	M3539	North Yarmouth	1:49:50	8:23
446	Joseph Wright	M2029	South Portland	1:50:14	8:25
451	Gerard Salvo	M5054	Portland	1:50:23	8:26
480	Rob Boudewijn	M5559	Portland	1:51:13	8:30
483	Bob Payne	M6569	Raymond	1:51:19	8:30
505	Pamela Tapley	F3539	Westbrook	1:51:50	8:32
530	Jerry LeVasseur	M6569	Brunswick	1:52:53	8:37
535	Bonnie Topham	F3539	Scarborough	1:53:06	8:38
540	Heather Keast	F3539	South Portland	1:53:11	8:39
546	Geoffrey Ryan	M3539	Scarborough	1:53:25	8:40
555	Ron Boucher	M5559	Wallingford	1:53:44	8:41
681	John Boyne	M5559	Freeport	1:57:56	9:00
691	Kacie Herrick	F2029	Auburn	1:58:09	9:01
707	Ronald Chase	M6569	Durham	1:58:41	9:04
736	Michelle Durgin	F3539	Westbrook	1:59:51	9:09
787	Jeannie Johnson	F5054	Brunswick	2:01:27	9:16
796	Jane O'Brien	F4549	North Waterboro	2:01:39	9:17
813	Stephen Lauritsen	M4549	Saco	2:02:17	9:20
833	Jeanne McKew	F4044	Portland	2:02:51	9:23
867	Kelle Keeley	F3034	Portland	2:03:52	9:27
893	Elizabeth Sylvester	F4549	Winthrop	2:05:13	9:34
900	Polly Kenniston	F6569	Scarborough	2:05:25	9:35
933	John McKenney	M4549	Portland	2:07:01	9:42
938	Betty Rines	F4549	Gorham	2:07:19	9:43
954	Eugene Longobardi	M4044	South Portland	2:07:55	9:46
957	Meg Estabrook	F3539	Yarmouth	2:08:00	9:46
975	Hilary Terhune	F3034	Windham	2:08:56	9:51
977	Jennifer Noonan	F3539	Steep Falls	2:09:01	9:51
991	Francis Bauer	M4549	Portland	2:09:28	9:53
992	Mary Bauer	F5559	Portland	2:09:28	9:53
1046	Donna Beaulieu	F4044	Poland Spring	2:12:12	10:06
1048	Walter Fletcher	M5559	Freeport	2:12:22	10:06
1057	Rory Sellers	M5559	Portland	2:13:25	10:11
1074	Karen Wright	F4044	Brunswick	2:14:30	10:16
1085	Anita Hampton	F5054	Scarborough	2:15:01	10:18
1104	Timmi Sellers	F5559	Portland	2:16:06	10:23
1109	Mary Kay Kasper	F4549	Portland	2:16:32	10:25
1121	Carson Burnham	F3539	Portland	2:17:00	10:27
1126	Debora Thurlow	F4549	New Gloucester	2:17:05	10:28
1134	Cathy Burnie	F5559	Cumberland	2:17:32	10:30
1170	Bill Davenney	M6064	Portland	2:19:01	10:37
1171	Melissa Mirarchi	F5054	Portland	2:19:01	10:37
1192	Tom O'Connor	M5559	Westbrook	2:21:18	10:47
1196	Derek Levesque	M3034	Lewiston	2:21:46	10:49
1197	Dan Levesque	M5054	Falmouth	2:21:47	10:49
1203	Scott Mercer	M5559	Cape Neddick	2:22:13	10:51
1224	Tracey Lydon	F3034	South Portland	2:24:19	11:01
1227	Chris Lydon	M3034	South Portland	2:24:28	11:02
1242	Loren Lathrop	M5559	South Portland	2:25:42	11:07
1270	John Painter	M6064	Casco	2:30:31	11:29
1278	Yumi Dearth	F5054	Falmouth	2:32:07	11:37
1285	Janice Gagnier	F4044	South Portland	2:32:46	11:40
1311	Lois Martin	F5559	South Portland	2:36:28	11:57
1332	Elizabeth Miller	F5054	Portland	2:39:09	12:09
1337	David Body	M6569	Portland	2:41:18	12:19
1356	Marcy Tierney	F5054	Brunswick	2:44:50	12:35

# Race Results...

## Medtronic Twin Cities Marathon Minneapolis/St. Paul, MN October 1, 2006

Place	Name	Div	Sex	Place	Time	Pace
50	Emily Levan	3/557	8/3380		2:39:18	6:05

## Windham Lions 5K Windham, ME October 1, 2006

Place	Name	Div	City	Time
2	Jeff Crocker	M42	Saco	20:22
24	Erin Donovan	F32	Saco	23:32
33	Harry Hunt	M64	Gorham	25:18

## Presidential Road Race Kennebunkport, ME October 7, 2006

Place	Name	Div	City	Time	Pace
2	Tom Noonan	1 M3039	Steep Falls	29:26	5:54
15	Robert Parent	2 M5059	Manchester	36:13	7:15
20	Carol Weeks	1 F5059	Kennebunk	37:03	7:25
42	Carson Burnham	4 F3039	Portland	39:38	7:56
53	Jim Prosser	4 M6069	Portland	41:46	8:22
61	Robert Jolicoeur	5 M6069	Cape Elizabeth	43:18	8:40
73	Jen Noonan	7 F3039	Steep Falls	44:43	8:57
114	Rob Burnham	18 M4049	Portland	55:45	11:09

## Craig Cup 5K XC Race Series #3 Cumberland, ME October 7, 2006

Place	Name	Div	City	Time
2	Michael Payson	M43	Falmouth	6:39
3	Pete Bottomley	M44	Cape Elizabeth	7:47
16	Floyd Lavery	M49	Gorham	20:03
17	Jeff Walker	M40	Falmouth	20:11
21	John Eldredge	M52	Cumberland	20:58
27	Paul Tukey	M13	Cumberland	22:02
30	Susan Wiemer	F40	Freeport	22:35
31	Peter Rearick	M54	Hebron	22:36
32	Stephanie Atkinson	F35	Hollis Center	22:44
33	Mark Finnerty	M47	Portland	22:44
37	David Colby Young	M53	Danville	23:21
40	Bob Payne	M68	Raymond	24:55
43	Jerry LeVasseur	M68	Brunswick	26:21
44	Carol Blakeney-Watts	F45	Cumberland	27:54
48	Mike Brooks	M60	Danville	30:51

## Manchester Apple Festival 5K Manchester, ME October 7, 2006

Place	Name	Div	Time
6	Tom Menendez	M4059	20:09

## Close to the Cows Wales, ME October 8, 2006

10K					
Place	Name	Div	City	Time	Pace
4	Tom Menendez	M53	Lewiston	43:24	7:00
5	Steven Rollins	M44	Bowdoinham	43:43	7:02
14	Mike Brooks	M60	Danville	57:24	9:15
16	Ron Paquette	M65	Albion	58:22	9:24
18	Donnajean Pohlman	F55	Albion	1:00:52	9:48
22	Lois Martin	F56	South Portland	1:11:57	11:35
25	Mark Clinch	M50	Gorham	1:24:31	13:36

Calf One Mile Fun Run					
Place	Name	Div	City	Time	
9	Allyssa Rollins	F10	Bowdoinham	9:38	

## Steamtown Marathon Scranton, PA Oct. 8, 2006

Place	Name	Div	City	Time	Pace
165	Mark Berman	M41	Missouri City, TX	3:12:54	7:22
1028	Peggy Bensinger	F51	Portland	4:05:31	9:22

## TUFTS Health Plan 10K for Women Boston, MA October 9, 2006

Place	Name	Div	Time	Pace
36	Joan Benoit-Samuelson	5/1348 F49	37:26*	6:02
135	Jeanne Hackett	26/1348 F47	44:20	7:09
156	Judith Hardenbrook	2/138 F60	45:10*	7:17
667	Diane Daley-Kelley	21/678 F50	52:28	8:27
5363	Virginia Wilder Cross	90/138 F63	1:27:19	14:04

\* Under USATF Age-Group Guideline

## Medomak Valley 5K Waldoboro, ME October 14, 2006

Place	Name	Div	City	Time
7	David Colby Young	M54	Danville	21:01

## Saco Bay PT 5K Cure for Breast Cancer Saco, ME October 14, 2006

Place	Name	Div	City	Time	Pace
11	Joseph Wright	M27	South Portland	19:40	6:20
12	Brian Denger	M45	Biddeford	20:03	6:28
20	Judith Hardenbrook	F60	Kennebunk	21:14	6:51
27	Bob Coughlin	M47	York	21:42	7:00
44	Erin Donovan	F32	Saco	22:45	7:20
60	Harry Hunt	M64	Gorham	23:32	7:35
63	Don Bessey	M61	Kennebunkport	23:40	7:37
69	Robert Randall	M69	Springvale	24:03	7:45
73	Stephen Lauritsen	M46	Saco	24:15	7:49
77	Nancy Kneeland	F52	Bar Mills	24:37	7:56
78	Dick Lajoie	M66	Saco	24:53	8:01
138	Lois Martin	F56	South Portland	29:11	9:24
166	Deborah Crocker	F42	Saco	31:07	10:01
167	Jeff Crocker	M42	Saco	31:08	10:02
175	Karen Connolly	F47	Hollis	32:16	10:23
201	Robert Connolly	M51	Hollis	55:07	17:45

## New Beginnings 5K Lewiston, ME October 15, 2006

Place	Name	Div	City	Time	Pace
11	Tom Menendez	M53	Lewiston	19:46	6:23
32	Derek Levesque	M30	Lewiston	27:01	8:43
58	Janice Bilodeau	F73	Auburn	36:23	11:44

## Mount Desert Island Marathon Mount Desert Island, ME October 15, 2006

Place	Name	Div	City	Time	Pace
31	RJ Harper	1 M60	Portland	3:19:39	7:37
60	Tom Trytek	7 M51	Harpwell	3:33:35	8:09
110	Rick Smith	14 M38	New Gloucester	3:52:21	8:52
235	Jonathan Hallenbeck	26 M48	Waterville	4:25:59	10:09
317	Donna Beaulieu	14 F44	Poland Spring	4:57:15	11:21
352	Mike Brooks	11 M60	Danville	5:11:58	11:54
353	Ronald Paquette	4 M65	Albion	5:11:58	11:54
379	Debora Thurlow	20 F48	New Gloucester	5:26:44	12:28
401	Victoria Quinlan	23 F46	Kennebunk	5:47:00	13:15



# Race Results...

## Physical Therapy 8K Brunswick, ME October 15, 2006

Place	Name	Div	City	Time	Pace
6	Floyd Lavery	M49	Gorham	29:12	5:53
10	Mike Grant	M49	Scarborough	31:27	6:20
15	Tom Shorty	M44	Gorham	31:55	6:26
34	Peter Rearick	M54	Hebron	34:54	7:02
35	David Cannons	M39	Portland	34:55	7:02
37	Kathy Hepner	F46	Gorham	35:13	7:05
39	David Colby Young	M54	Danville	35:32	7:09
41	Michael Doyle	M42	Portland	35:48	7:12
44	Susan Wiemer	F41	Freeport	36:00	7:15
46	Judith Hardenbrook	F60	Kennebunk	36:07	7:16
48	Ron Pelton	M53	Freeport	36:15	7:18
49	Stephanie Atkinson	F35	Hollis	36:20	7:19
50	Shauna Baxter	F37	Gorham	36:25	7:20
58	Carol Weeks	F57	Kennebunk	37:10	7:29
64	Norman Morgan	M37	Lisbon Falls	37:50	7:37
65	Lia Skelton	F35	Brunswick	38:02	7:39
67	Doug Couper	M45	Falmouth	38:16	7:42
68	Peter Child	M63	Freeport	38:31	7:45
72	Leslie Couper	F43	Falmouth	38:47	7:49
76	Mark St. Pierre	M48	Brunswick	40:11	8:05
77	Ron Chase	M65	Durham	40:12	8:06
83	Robert Randall	M68	Springvale	40:53	8:14
86	Jim Prosser	M61	Portland	41:11	8:17
102	Elwin Guthrie	M70	Walpole	43:57	8:51
112	Robert Jolicoeur	M69	Old Orchard Beach	45:03	9:04
116	Hilary Terhune	F32	Windham	45:27	9:09
118	David Skelton	M49	Brunswick	45:45	9:13
119	Neil Chivington	M59	Pittston	46:08	9:17
124	Kim Finethy	F49	Brunswick	45:50	9:26
129	Beth Branson	F65	Scarborough	47:36	9:35
130	Bob Branson	M65	Scarborough	47:37	9:35
134	Peg Rearick	F54	Hebron	48:12	9:42
137	Donna Bisbee	F50	Portland	48:24	9:45
140	Robert DeWitt	M62	Lisbon	49:18	9:55
163	Mark Clinch	M50	Gorham	1:03:03	12:41
164	Carlton Mendell	M84	Windham	1:11:42	14:26

## Penobscot Bay YMCA Pumpkin 5K Run Rockport, ME October 21, 2006

Place	Name	City	Time
4	David Colby Young	Danville	22:25

## St. Andre's Church Jack O'Lantern 5K Biddeford, ME October 21, 2006

Place	Name	Div	City	Time	Pace
10	Erin Donovan	F32	Saco	22:40	7:19
26	Kim Finethy	F49	Brunswick	27:10	8:46
43	Tyler Mercer	M58	Capr Neddick	34:58	11:17
44	Scott Mercer	M12	Cape Neddick	35:02	11:19
46	Mark Clinch	M50	Gorham	35:51	11:34

## America East Conference XC Championships University of Maine, ME October 28, 2006

Men 8K			
Place	Name	School	Time
49	Chris Harmon	University of Maine	26:35.9

## Great Pumpkin 10K Saco, ME October 29, 2006

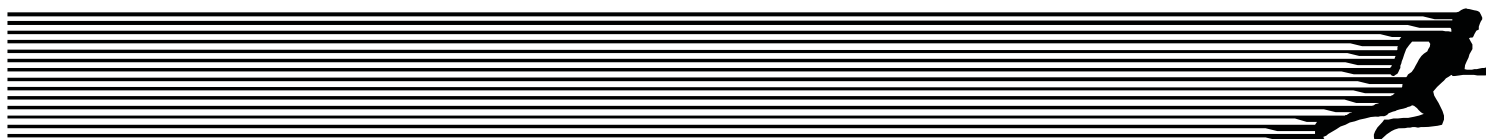
Place	Name	City	Time	Pace
3	Marc Dugas	Scarborough	35:52	5:47
6	Floyd Lavery	Gorham	37:34	6:03
11	Mike Grant	Scarborough	39:41	6:24
13	Jim Toulouse	Cape Elizabeth	40:27	6:31
14	Roland Thibault	Westbrook	40:27	6:31
16	Tom Shorty	Gorham	40:30	6:31
20	Brian Denger	Biddeford	41:16	6:39
25	Tom Menendez	Lewiston	41:42	6:43
27	Jeff Walker	Falmouth	41:46	6:44
28	RJ Harper	Portland	41:47	6:44
29	Jim Dunn	Falmouth	41:57	6:45
47	David Cannons	Portland	44:14	7:08
57	Harry Nelson	North Yarmouth	45:15	7:17
61	Michael Doyle	Portland	45:43	7:22
66	Mark Panaccione	Falmouth	46:30	7:30
70	David Colby Young	Danville	47:07	7:35
83	Colleen Redmond	Portland	48:35	7:50
85	Dianne Daley	Casco	48:42	7:51
104	Thomas McLaughlin	Gorham	50:27	8:09
122	Gregory Welch	South Portland	51:51	8:22
124	Dick Lajoie	Saco	52:08	8:25
125	Rae Chalmers	Gorham	52:11	8:25
126	Bonnie Topham	Scarborough	52:12	8:26
127	Ronald Paquette	Albion	52:16	8:26
134	Joseph Cook	Westbrook	53:21	8:37
135	Linda Whitten	Gorham	53:37	8:39
143	Howard Spear	Westbrook	55:07	8:54
148	Jim Prosser	Portland	55:14	8:55
159	Dennis Kelley	Casco	56:49	9:10
160	Nan Cumming	Portland	57:04	9:13
171	Derek Levesque	Lewiston	58:36	9:28
175	Daniel Levesque	Falmouth	59:04	9:32
177	Beth Branson	Scarborough	1:00:09	9:43
178	Bob Branson	Scarborough	1:00:18	9:44
180	Christopher Lydon	South Portland	1:00:36	9:47
184	Donna Bisbee	Portland	1:01:44	9:58
204	Kim Finethy	Brunswick	1:06:58	10:48
205	Elizabeth Miller	Portland	1:08:51	11:07
207	Janice Gagnier	South Portland	1:10:54	11:26
208	David Body	Portland	1:12:55	11:46
209	Kathy Bowe	Windham	1:12:55	11:46
212	Mark Clinch	Gorham	1:18:54	12:44

## Biddeford Free Clinic Turkey Trot 5K Biddeford, ME November 11, 2006

Place	Name	Time
19	Erin Donovan	22:09

## Capitol City Veterans Day 5K Race Results Augusta, ME November 11, 2006

Place	Name	Time
13	Tom Menendez	20:02
30	Zach Cost	22:12
61	Mark St. Pierre	26:15
67	Mike Brooks	26:47
73	Kim Finethy	28:20
106	Carlton Mendell	41:28



# Race Results...

## Great Osprey Ocean Run 10K Freeport, ME November 4, 2006

Place	Name	Div	City	Time	Pace
6	Phil DiRusso	2 M30	Freeport	36:59	5:58
17	Jeff Walker	5 M40	Falmouth	39:30	6:22
20	Ken Voorhees	1 M50	Litchfield	39:43	6:24
21	Kendra Hodder	1 F36	Yarmouth	39:45	6:24
23	David Edwards	9 M47	Pownal	39:59	6:26
26	Tom Shorty	11 M44	Gorham	40:19	6:30
27	Ellie Tucker	1 F52	North Yarmouth	40:54*	6:35
31	Tom Trytek	2 M51	South Harpswell	41:55	6:45
42	Jim Dunn	12 M38	Falmouth	42:45	6:53
55	James Corbett	19 M42	Cape Elizabeth	43:44	7:03
62	Harry Nelson	6 M52	North Yarmouth	44:20	7:09
76	Skip Kessler	8 M59	Cape Elizabeth	45:35	7:21
83	Grant Delaware	21 M37	Westbrook	45:57	7:24
92	Susan Wiemer	5 F41	Freeport	46:55	7:33
97	Philip Pierce	4 M65	Falmouth	47:12	7:36
120	Janet Letalien	6 F43	Portland	49:00	7:54
123	Peter Child	6 M64	Freeport	49:11	7:55
147	John Boyne	16 M59	Freeport	51:50	8:21
155	Peggy Bensinger	5 F51	Portland	52:15	8:25
158	Gregory Welch	20 M55	South Portland	52:24	8:26
171	Carol Fournier	6 F57	Cape Elizabeth	52:56	8:31
173	Harry Center	40 M44	Freeport	52:57	8:32
175	Betty Rines	10 F49	Gorham	53:07	8:33
201	Carol Blakeney-Watts	15 F45	Cumberland	57:16	9:13
209	Mike Brooks	9 M61	Danville	58:25	9:25
215	Julie George	24 F25	Portland	58:48	9:28
238	Byron Cook	27 M59	Livermore	1:01:33	9:55
244	Mallory Vaccaro	37 F33	Yarmouth	1:02:53	10:08
259	Debbie Papps	26 F43	Portland	1:07:29	10:52
270	Beth Birch	1 F65	New Gloucester	1:11:31	11:31
274	Mark Clinch	31 M50	Gorham	1:21:56	13:12
275	Carlton Mendell	13 M85	Windham	1:26:53*	13:59
280	George Spatoulas	32 M55	Scarborough	1:51:29	17:57

\* Under USATF Age-Group Guideline

## Turkey Trot 5K Road Race Brewer, ME November 19, 2006

Place	Name	Div	Time	Pace
9	Chris Harmon	3 M18	16:20	5:16
185	Gerard Bonawitz	17 M52	24:06	7:46

## Hannaford Turkey Trot 5K Cape Elizabeth, ME November 19, 2006

Place	Name	Div	City	Time	Pace
2	Mike Payson	1 M43	Falmouth	15:58	5:09
3	Peter Bottomley	1 M45	Cape Elizabeth	16:21*	5:16
4	Stanis Moody-Roberts	1 M17	Cape Elizabeth	16:26*	5:18
8	Matt Rand	3 M15	Cape Elizabeth	17:16	5:34
10	Thomas Noonan	3 M34	Steep Falls	17:26	5:37
15	Tike MacColl	6 M17	Cape Elizabeth	18:11	5:51
25	Tony Myatt	3 M20	Portland	18:43	6:02
26	David Roberts	2 M51	Cape Elizabeth	18:49	6:04
32	Mike Grant	3 M49	Scarborough	19:00	6:07
43	Thomas Shorty	6 M44	Gorham	19:29	6:17
45	Roland Thibault	5 M38	Westbrook	19:31	6:17
59	Derek Dresser	8 M37	Cape Elizabeth	20:37	6:39
69	Jeanne Hackett	1 F48	Scarborough	20:54	6:44
72	Jeff Crocker	14 M42	Saco	20:59	6:46
94	David Colby Young	5 M54	Danville	21:53	7:03
102	Sarah MacColl	1 F50	Cape Elizabeth	22:09	7:08
105	Philip Pierce	1 M65	Falmouth	22:14	7:10
127	Kimberly Moody	2 F51	Cape Elizabeth	23:01	7:25
135	John Pursel	15 M35	Portland	23:20	7:31

138	Stephen Lauritsen	19 M46	Saco	23:23	7:32
168	Bob Coughlin	2 M67	Cape Elizabeth	24:03	7:45
176	Robert Randall	3 M69	Springvale	24:19	7:50
188	Carson Burnham	10 F37	Portland	24:41	7:57
189	John Keeley	3 M55	Portland	24:42	7:57
192	Ronald Chase	4 M66	Durham	24:48	7:59
199	Gregory Welch	4 M55	South Portland	24:58	8:03
205	Ray Shevenell	5 M65	Cape Elizabeth	25:10	8:06
218	Don Conry	14 M52	Waterville	25:35	8:14
230	Michelle Durgin	11 F35	Westbrook	25:48	8:19
240	Eugene Longobardi	27 M41	South Portland	25:55	8:21
251	Jim Prosser	5 M62	Portland	26:13	8:27
256	Bruce Fithian	6 M58	Gorham	26:21	8:29
269	Mary Bauer	1 F55	Portland	26:44	8:37
276	Joan Tremberth	1 F61	Scarborough	27:19	8:48
282	Harry Hunt	6 M64	Gorham	27:26	8:50
285	John McKew	26 M13	Portland	27:31	8:52
287	Howard Spear	8 M56	Westbrook	27:34	8:53
289	Cathy Burnie	2 F58	Cumberland	27:37	8:54
295	Mac McKew	31 M47	Portland	27:40	8:55
298	Jeanne McKew	11 F44	Portland	27:44	8:56
300	Nan Cumming	7 F45	Portland	27:49	8:57
311	Chris Lydon	17 M33	South Portland	28:18	9:07
339	Sherry Carll	3 F59	Gray	29:25	9:29
343	Jane Sable	4 F59	Saco	29:32	9:31
364	Mel Uchenick	1 M75	Kennebunk	30:19	9:46
375	Natalie Rand	4 F10	Cape Elizabeth	30:45	9:54
378	Tree Mercer	12 F48	Cape Neddick	30:47	9:55
379	Scott Mercer	10 M58	Cape Neddick	30:48	9:55
388	Lori Perkins	13 F45	Auburn	31:14	10:03
392	Robert DeWitt	10 M63	Lisbon	31:23	10:06
418	Michael Chadbourne	24 M53	South Portland	32:50	10:34
426	Debbie Papps	32 F43	Portland	33:27	10:46
441	Elizabeth Miller	11 F53	Portland	34:57	11:15
445	David Body	7 M69	Portland	35:27	11:25
457	Erin Donovan	20 F32	Saco	36:12	11:40
464	Pat Buckley	1 F69	Portland	36:51	11:52
480	Janice Bilodeau	1 F73	Auburn	38:31	12:24
483	Terri Morris	2 F78	Scarborough	39:30*	12:43
487	Tyler Mercer	21 M12	Cape Neddick	40:33	13:04
497	Sandy Utterstrom	3 F62	Falmouth	41:07	13:14
499	Riley Donovan	10 F9	Saco	41:16	13:17
512	Carlton Mendell	5 M85	Windham	43:28*	14:00
516	Rebecca Conry	42 F44	Waterville	44:17	14:16

\* Under USATF Age-Group Guideline

## Thanksgiving Day 4-Miler Portland, ME November 23, 2006

Place	Name	Div	City	Time	Pace
7	Michael Payson	M4044	Falmouth	20:42	5:11
17	Peter Bottomley	M4549	Cape Elizabeth	21:30	5:23
25	Tom Ryan	M5054	Cape Elizabeth	22:06	5:32
34	Ryan Salvo	M0119	Portland	22:47	5:42
35	Marc Dugas	M4044	Scarborough	22:56	5:44
42	Floyd Lavery	M4549	Gorham	23:22	5:51
51	Brendan Flynn	M0119	Cape Elizabeth	23:51	5:58
61	Tony Myatt	M2024	Portland	24:21	6:06
63	Abigail Iselborn	F0119	Portland	24:22	6:06
68	Ken Voorhees	M5054	Litchfield	24:32	6:08
89	Mike Grant	M4549	Scarborough	25:16	6:19
102	Jeff Rand	M4549	Cape Elizabeth	25:35	6:24
116	Brian Denger	M4549	Biddeford	26:02	6:31
123	Dina Potter	F4044	Yarmouth	26:14	6:34
147	Mark Foley	M4044	Portland	26:49	6:43
169	J.J. Real	M2529	North Yarmouth	27:15	6:49
171	Steve Rollins	M4044	Bowdoinham	27:18	6:50
180	Maxwell Payson	M0119	Falmouth	27:39	6:55
188	Matt Flynn	M4044	Cape Elizabeth	27:49	6:58



# Race Results...

194	Peter Rearick	M5054	Hebron	27:55	6:59
204	Susan Weimer	F4044	Freeport	28:07	7:02
206	Charles Iselborn	M4549	Portland	28:08	7:02
210	Mike Doyle	M4044	Portland	28:19	7:05
225	Gordie Scannell	M0119	North Yarmouth	28:32	7:08
226	Sarah MacColl	F5054	Cape Elizabeth	28:32	7:08
240	Gordon Scannell	M5054	North Yarmouth	28:55	7:14
247	Michelle Reali	F3034	Portland	29:08	7:17
250	Phil Pierce	M6569	Falmouth	29:15	7:19
252	Michael Chadbourne	M5054	South Portland	29:19	7:20
263	Beth Rand	F4549	Cape Elizabeth	29:31	7:23
268	Erin Donovan	F3034	Saco	29:37	7:25
278	Scott Samuelson	M4549	Freeport	29:47	7:27
284	Brady Foshay	M0119	South Portland	29:51	7:28
330	Randall Smith	M3034	South Portland	30:36	7:39
357	Lauri Dugas	F4044	Scarborough	30:58	7:45
383	Cheryl Rogers	F4044	Yarmouth	31:24	7:51
415	Tom Keating	M5054	Brunswick	32:02	8:01
416	Bob LaNigra	M6064	Scarborough	32:02	8:01
424	John Pursel	M3539	Portland	32:07	8:02
436	John Keeley	M5559	Portland	32:16	8:04
439	Jerry LeVasseur	M6569	Brunswick	32:22	8:06
440	Rae Chalmers	F4549	Gorham	32:22	8:06
446	Matt Rand	M0119	Cape Elizabeth	32:25	8:07
460	Thomas McLaughlin	M4044	Gorham	32:40	8:10
461	Katie Harris	F3539	Cumberland	32:41	8:11
471	John Rogers	M4549	Yarmouth	32:54	8:14
474	Lindsay Rand	F0119	Cape Elizabeth	32:55	8:14
517	John Boyne	M5559	Freeport	33:27	8:22
523	Shauna Franklin	F2024	Scarborough	33:29	8:23
531	Gregory Welch	M5559	South Portland	33:21	8:23
545	Ron Chase	M6569	Durham	33:44	8:26
572	Abby Samuelson	F0119	Freeport	34:10	8:33
576	Eugene Longobardi	M4044	South Portland	34:12	8:33
583	Harry Center	M4044	Freeport	34:14	8:34
587	Robert Whitney	M5054	Brunswick	34:16	8:34
590	Jim Prosser	M6064	Portland	34:18	8:35
597	Patty Medina	F4549	Cape Elizabeth	34:22	8:36
605	Bruce Fithian	M5559	Gorham	34:29	8:38
609	Michelle Durgin	F3539	Westbrook	34:30	8:38
610	Richard Durgin	M3034	Westbrook	34:30	8:38
623	Joan Tremberth	F6064	Scarborough	34:43	8:41
625	Linda Whitten	F4549	Gorham	34:44	8:41
673	Michael Juneau	M3539	Portland	35:24	8:51
685	Polly Kenniston	F6569	Scarborough	35:33	8:54
696	Grant Delaware	M3539	Westbrook	35:43	8:56
706	Byron Cook	M5559	Livermore	35:58	9:00
712	Emily Scannell	F0119	North Yarmouth	36:09	9:03
732	Mac McKew	M4549	Portland	36:29	9:08
757	Nan Cumming	F4549	Portland	36:52	9:13
785	Liza Iselborn	F0119	Portland	37:14	9:19
790	John McKew	M0119	Portland	37:17	9:20
796	Colleen Donovan	F4549	Falmouth	37:23	9:21
797	Jeanne McKew	F4044	Portland	37:24	9:21
829	Julie George	F2529	Portland	37:54	9:29
839	Walter Fletcher	M5559	Freeport	37:59	9:30
857	Bob Branson	M6569	Scarborough	38:17	9:35
883	Kitty Kelley	F5559	Portland	38:39	9:40
885	Mike Brooks	M6064	Danville	38:40	9:40
910	Kim Nute	F3539	Dover	39:01	9:46
949	Lois Martin	F5559	South Portland	39:46	9:57
953	Hugh MacMahon	M6569	Falmouth	39:52	9:58
974	Beth Branson	F6569	Scarborough	40:05	10:02
982	Ryan Abradi	M0119	Lisbon	40:20	10:05
995	Betsey Greenstein	F5054	Portland	40:36	10:09
1008	Robert DeWitt	M6064	Lisbon	40:58	10:15
1047	Gerard Salvo	M5054	Portland	42:17	10:35
1078	Kenneth Spirer	M6064	Portland	44:01	11:01
1095	Sam Abradi	M0119	Lisbon	44:46	11:12

1136	Janice Gagnier	F4044	South Portland	49:13	12:19
1137	Michelle Gagnier	F0119	South Portland	49:13	12:19
1152	Carlton Mendell	M8099	Windham	55:10	13:48

## Kennebec Savings Bank Gasping Gobbler 5K Augusta, ME November 23, 2006

Place	Name	Div	City	Time	Pace
147	Connor Smith	7 M0112	South Berwick	27:54	8:59

## Burn Off The Turkey 5K Gorham, ME November 25, 2006

Place	Name	City	Time	Pace
6	Tom Noonan	Steep Falls	17:05	5:31
8	Floyd Lavery	Gorham	17:38	5:42
11	Tony Myatt	Portland	18:09	5:52
14	Roland Thibault	Westbrook	18:57	6:07
15	Tom Shorty	Gorham	19:07	6:10
25	Robin Carlson	Gorham	20:51	6:44
27	Kathy Hepner	Gorham	21:10	6:50
32	David Young	Danville	21:48	7:02
40	Lisa Despres	South Portland	22:30	7:16
41	Phillip Pierce	Falmouth	22:34	7:17
43	Dale Rines	Gorham	22:45	7:21
46	Diane Daley	Casco	23:10	7:29
53	Rae Chalmers	Gorham	23:38	7:38
61	Syler Conley	Gorham	24:06	7:47
64	Thomas McLaughlin	Gorham	24:17	7:50
73	Mark St. Pierre	Brunswick	25:02	8:05
77	John Howe	Waterford	25:25	8:12
89	Linda Whitten	Gorham	26:04	8:25
96	Mike Brooks	Danville	26:26	8:32
101	Cathy Burnie	Cumberland	26:42	8:37
104	Kim Finethy	Brunswick	26:56	8:42
114	Betty Disanza	Limington	27:30	8:53
116	Jen Noonan	Steep Falls	27:56	9:01
123	Owen Whitehead	Gorham	28:42	9:16
124	Charlie Whitehead	Gorham	28:46	9:17
125	Denise Whitehead	Gorham	28:52	9:19
134	Beth Branson	Scarborough	29:09	9:24
135	Bob Branson	Scarborough	29:09	9:25
143	Marla Keefe	Casco	30:04	9:42
145	Donna Bisbee	Portland	30:11	9:44
178	Pat Buckley	Portland	34:57	11:17
184	Sandy Utterstrom	Falmouth	35:54	11:35
189	Janice Bilodeau	Auburn	36:40	11:50
195	Mark Clinch	Gorham	38:07	12:18
203	Carlton Mendell	Windham	41:30	13:24
214	Maggie Soule	Yarmouth	46:50	15:07

## York Rotary Club Turkey Trot 5K York, ME November 25, 2006

Place	Name	Div	City	Time	Pace
7	Abby Iselborn	1/17 F17	Portland	18:17	5:54
133	Liza Iselborn	10/17 F14	Portland	27:16	8:47
185	Mel Uchenick	2/3 M75	Kennebunk	30:00	9:40

## USATF Masters Men's 10K San Francisco, CA December 9, 2006

Place	Name	Div	City	Time
51	Michael Payson	37 M4044	Falmouth	35:31
53	Pete Bottomley	15 M4549	Cape Elizabeth	35:32
60	Tom Ryan	2 M5054	Cape Elizabeth	35:44

\* Under USATF Age-Group guideline

# Race Results...

## Jingle Bell Run for Arthritis 5K Freeport, ME December 3, 2006

Place	Name	Div	City	Time	Pace
5	Philip DiRusso	M30	Freeport	17:28	5:38
7	Abby Iselborn	F17	Portland	17:59	5:48
8	Tony Myatt	M20	Portland	18:21	5:55
13	David Edwards	M47	Pownal	18:33	5:59
26	Tom Trytek	M51	Harpswell	19:44	6:22
50	Erin Donovan	F32	Saco	21:43	7:00
56	Lisa Despres	F44	South Portland	22:11	7:09
57	Norman Morgan	M38	Lisbon Falls	22:12	7:09
58	Susan Wiemer	F41	Freeport	22:17	7:11
65	Scott Samuelson	M48	Freeport	22:35	7:16
76	Stephen Lauritsen	M46	Saco	23:04	7:26
89	Laurie Nicholas	F38	Gorham	23:38	7:37
92	Maureen Sproul	F50	New Gloucester	23:42	7:38
93	Nate Graham	M39	North Yarmouth	23:43	7:38
99	Brady Foshay	M11	South Portland	24:03	7:45
106	Carson Burnham	F37	Portland	24:27	7:53
107	Greg Welch	M55	South Portland	24:32	7:54
112	Jerry LeVasseur	M69	Brunswick	24:52	8:01
113	Kristin Cook-Center	F35	Freeport	24:53	8:01
120	John Boyne	M59	Freeport	25:07	8:06
129	Anders Samuelson	M	Freeport	25:51	8:20
134	Jeannie Johnson	F51	Brunswick	26:04	8:24
135	Harry Center	M44	Freeport	26:04	8:24
137	Elizabeth Hartford	F34	Litchfield	26:06	8:24
139	Audrey Machowski	F30	Wales	26:06	8:24
142	Byron Cook	M59	Livermore	26:23	8:30
149	Robert Burnham	M44	Portland	26:39	8:35
150	Eugene Longobardi	M41	South Portland	26:43	8:36
153	Heidi Graham	F39	North Yarmouth	26:55	8:40
156	Cathy Burnie	F58	Cumberland	26:58	8:41
166	Bob Branson	M66	Scarborough	27:02	8:42
182	Liza Iselborn	F14	Portland	27:42	8:55
186	Melissa Mirarchi	F53	Portland	27:48	8:57
193	Walter Fletcher	M59	Freeport	28:02	9:02
216	Mary Kay Kasper	F49	Portland	29:07	9:23
227	Beth Branson	F65	Scarborough	29:45	9:35
231	Michelle Gravel	F39	Lewiston	30:03	9:41
237	Bill Davenny	M61	Portland	30:20	9:46
246	Lucas Hartford	M33	Litchfield	30:57	9:58
248	James Machowski	M31	Wales	31:11	10:03
264	Robert DeWitt	M63	Lisbon	31:36	10:11
273	Kathy Bowe	F35	Gorham	32:33	10:29
288	Janice Gagnier	F42	South Portland	33:32	10:48
297	Brenda Trytek	F49	Harpswell	33:53	10:55
298	Donna Beaulieu	F44	Poland Spring	33:53	10:55
308	Janice Bilodeau	F73	Auburn	35:18	11:22
311	Pat Buckley	F69	Portland	35:49	11:32
324	Carlton Mendell	M85	Windham	41:34	13:23

## Epic Finale 5K Bangor, ME December 31, 2006

Place	Name	Div	Time	Pace
28	David Young	2/9 M54	23:02	7:25
77	Mike Brooks	1/2 M61	27:00	8:42

## The Thaw 4.5 Miler Belgrade, ME January 13, 2007

Place	Name	Div	Time
6	Brigette Laffin	F29	29:13
12	David Colby Young	M54	32:23
41	Neil Chivington	M59	42:07
47	Donajean Pohlman	F56	44:25
48	Ron Paquette	M65	44:26

## 7th Annual Frostbite 15K Mid-Winter Classic Invitational Raynham, MA January 14, 2007

Place	Name	Div	City	Time	Pace
159	Philip Pierce	M65	Falmouth	1:10:23	7:35

## MTC Annual Pre-Banquet Handicap Fun Run Buxton, ME January 20, 2007

Rank	Name	Estimate	Variance
1	Nancy Kneeland	24:45	- :02
2	Cathy Burnie	28:00	+ :06
3	Bruce Fithian	26:00	- :10
4	Kathy Bowe	34:12	+ :17
5	Chris Lydon	28:00	+ :18
6	Karen Connolly	33:00	+ :22
7 (Tie)	Stephen Lauritsen	24:55	- :24
7 (Tie)	Tracy Lydon	31:00	+ :24
8	Dan Levesque	24:54	- :30
9	Janice Gagnier	31:46	+ :40
10	Kathy Harris	28:30	- :44
11	Mike Brooks	28:38	- :46
12	Pat Buckley	41:18	+1:12
13	Terry Clark	31:10	-1:27
14	Harry Hunt	26:50	+1:43
15 (Tie)	Sandy Utterstrom	40:00	+2:13
15 (Tie)	David Colby Young	22:30	+2:13
16	Dennis Morrill	35:05	-2:51
17	Mel Fineberg	42:00	+3:22
18	Janice Bilodeau	44:00	-4:27
19	Herb Strom	50:00	-4:59

## 2nd Annual MECTA Indoor Track Meet Gorham, ME January 20, 2007

55 Meter Dash				
Place	Name	Div	Team	Time
1	Susan Wiemer	W-Master	USM	8.3
5	David Young	M-Senior	Port	10.7
3	Richard Bouthillette	M-Veteran	Unum	9.9
1	Jerry LeVasseur	M-Bronze Veteran	BIW	10
200 Meter Dash				
Place	Name	Div	Team	Time
1	Susan Wiemer	W-Master	USM	30
6	David Young	M-Senior	Port	41.4
3	Richard Bouthillette	M-Veteran	Unum	41.7
1	Jerry LeVasseur	M-Bronze Veteran	BIW	41.8
400 Meter Dash				
Place	Name	Div	Team	Time
1	Polly Kenniston	W-Bronze Veteran	Unum	03:56.0
2	David Young	M-Senior	Port	01:33.2
3	Richard Bouthillette	M-Veteran	Unum	01:35.0
1	Jerry LeVasseur	M-Bronze Veteran	BIW	01:29.2

800 Meter Run				
Place	Name	Div	Team	Time
1	Betsy Barrett	W-Senior	Unum	03:40.0
1	Jane Sable	W-Veteran	MH	04:10.0
1	Polly Kenniston	W-Bronze Veteran	Unum	03:56.0
3	David Young	M-Senior	Port	03:16.0
1	Jerry LeVasseur	M-Bronze Veteran	BIW	03:07.0

1600 Meter Run				
Place	Name	Div	Team	Time
1	Betsy Barrett	W-Senior	Unum	07:42.0
1	Jane Sable	W-Veteran	MH	08:14.0
1	Polly Kenniston	W-Bronze Veteran	Unum	08:12.0
3	David Young	M-Senior	Port	06:44.0
1	Jerry LeVasseur	M-Bronze Veteran	BIW	06:52.0



# Race Results...

Shot Put				
Place	Name	Div	Team	Distance
1	Susan Wiemer	W-Master	USM	29' 6"
1	Beth Birch	W-Veteran	Unum	19' 1"
4	Richard Bouthillette	M-Veteran	Unum	25' 9"

Long Jump				
Place	Name	Div	Team	Distance
5	Betsy Barrett	W-Senior	Unum	7' 1"
1	Richard Bouthillette	M-Veteran	Unum	8' 10.5"
2	Jerry LeVasseur	M-Bronze Veteran	BIW	8' 5.5"

## Wild Katahdin Trust Snow Run 5K Houlton, ME February 3, 2007

Place	Name	Div
23	Connie McLellan	F56

## Mid-Winter 10-Mile Classic Cape Elizabeth, ME February 4, 2007

Place	Name	Div	Time	Pace
12	Michael Payson	1/63 M4044	56:44	5:41
17	Andrew Baird	4/34 M3034	1:00:03	6:01
19	Rob Fast	3/63 M4044	1:00:25	6:03
25	Philip DiRusso	5/34 M3034	1:01:23	6:09
33	Floyd Lavery	3/54 M4549	1:03:40	6:22
50	James Toulouse	1/34 M5559	1:05:53	6:36
63	Ellie Tucker	1/20 F5054	1:07:25*	6:45
64	Marc Dugas	8/63 M4044	1:07:25	6:45
68	Tom Shorty	10/63 M4044	1:07:57	6:48
79	Charlie Whitehead	13/63 M4044	1:09:03	6:55
81	David Drew	14/63 M4044	1:09:05	6:55
97	Brigitte Laffin	2/36 F3034	1:09:49	6:59
109	Mike Grant	11/54 M4549	1:10:31	7:04
119	Brian Denger	14/54 M4549	1:11:15	7:08
122	Michael Juneau	23/59 M3539	1:11:22	7:09
125	Ken Voorhees	13/48 M5054	1:11:28	7:09
131	Dora Rex	2/45 F4044	1:12:02	7:13
147	Jim Dunn	6/56 CLYDE	1:12:53	7:18
152	Jeanne Hackett	1/28 F4549	1:13:30	7:21
153	Paul Toohey	16/54 M4549	1:13:30	7:21
157	Matt Flynn	29/63 M4044	1:13:51	7:24
164	R.J. Harper	1/12 M6064	1:14:13	7:26
177	Tom Menendez	17/48 M5054	1:15:10	7:31
180	Paul Letalien	18/48 M5054	1:15:17	7:32
182	James Corbett	32/63 M4044	1:15:25	7:33
192	Judith Hardenbrook	1/5 F6064	1:15:56*	7:36
196	Kathy Hepner	3/28 F4549	1:16:13	7:38
210	Peter Rearick	21/48 M5054	1:16:47	7:41
212	Sarah MacColl	2/20 F5054	1:16:50*	7:41
229	Dan Thayer	27/54 M4549	1:18:25	7:51
236	Lisa Lawrence	4/28 F4549	1:18:44	7:53
239	Philip Pierce	1/6 M6569	1:18:47*	7:53
241	David Cannons	33/59 M3539	1:18:52	7:54
245	Maureen Sproul	4/20 F5054	1:18:59	7:54
249	Erin Donovan	9/36 F3034	1:19:03	7:55
256	Evan O'Neill	8/45 F4044	1:19:16	7:56
268	Susan Wiemer	10/45 F4044	1:19:41	7:59
276	Skip Kessler	11/34 M5559	1:19:56	8:00
284	Colleen Redmond	11/45 F4044	1:20:19	8:02
291	Tom Hamilton	39/63 M4044	1:20:32	8:04
292	Rick Abradi	32/54 M4549	1:20:33	8:04
300	Dottie Michaud	5/20 F5054	1:21:08	8:07
301	Randall Smith	22/56 CLYDE	1:21:11	8:08
318	Stephen Lauritsen	33/54 M4549	1:22:01	8:13
319	Bob Coughlin	2/6 M6569	1:22:01	8:13
322	Nate Graham	27/56 CLYDE	1:22:03	8:13

327	Mike Doyle	42/63 M4044	1:22:15	8:14
336	Janet Letalien	13/45 F4044	1:22:41	8:17
340	Gerard Salvo	35/48 M5054	1:23:01	8:19
349	Ron Pelton	36/48 M5054	1:23:34	8:22
397	Ron Dearth	33/56 CLYDE	1:26:19	8:38
398	Norman Morgan		1:26:21	8:39
402	Valerie Abradi	9/28 F4549	1:26:27	8:39
410	Peggy Bensinger	8/20 F5054	1:27:11	8:44
416	Betty Rines	9/20 F5054	1:27:43	8:47
423	Carol Fournier	3/8 F5559	1:28:03	8:49
429	Thomas McLaughlin	35/56 CLYDE	1:28:08	8:49
436	Rob Boudewijn	6/12 M6064	1:28:22	8:51
442	Carson Burnham	19/33 F3539	1:28:41	8:53
449	Gregory Welch	24/34 M5559	1:29:28	8:57
456	Rae Chalmers	12/28 F4549	1:29:37	8:58
458	John Keeley	3/5 F6064	1:29:53	9:00
480	Joan Tremberth	4/5 F6064	1:31:36*	9:10
482	Michelle Durgin	11/33 FILLY	1:31:38	9:10
499	David Colby Young	43/48 M5054	1:32:51	9:18
512	Cathy Burnie	4/8 F5559	1:33:58	9:24
513	Kristen Rogers	12/33 FILLY	1:34:02	9:25
524	Lawrence DeHof	44/56 CLYDE	1:35:16	9:32
533	Polly Kenniston	2/2 F7099	1:36:02*	9:37
534	Bruce Fithian	26/34 M5559	1:36:07	9:37
555	Linda Enos Whitten	22/28 F4549	1:38:11	9:50
557	Kathy Harris	34/45 F4044	1:38:13	9:50
561	Meg Estabrook	26/33 F3539	1:38:26	9:51
564	Betty Disanza	5/8 F5559	1:38:40	9:52
566	Howard Spear	29/34 M5559	1:38:48	9:53
569	Diane Dusini	36/45 F4044	1:39:19	9:56
579	Anita Hampton	14/20 F5054	1:40:20	10:02
583	Chris Lydon	49/56 CLYDE	1:40:58	10:06
586	Tree Mercer	23/28 F4549	1:41:17	10:08
587	Jane Sable	6/8 F5559	1:41:31	10:10
590	Dina Jellison	39/45 F4044	1:42:04	10:13
596	Rory Sellers	30/34 M5559	1:43:38	10:22
601	Timmi Sellers	8/8 F5559	1:43:59	10:24
603	Mike Brooks	10/12 M6064	1:44:12	10:26
605	Scott Mercer	32/34 M5559	1:44:17	10:26
607	Thomas Noonan	56/59 M3539	1:44:35	10:28
612	Al Mack	33/34 M5559	1:45:45	10:35
613	Bill Davenney	11/12 M6064	1:45:48	10:35
617	Melissa Mirarchi	16/20 F5054	1:46:30	10:39
618	Beth Branson	1/1 F6569	1:46:38*	10:40
620	Georgia Vallee	32/33 F3539	1:47:26	10:45
621	Donna Beaulieu	41/45 F4044	1:47:29	10:45
628	Donna Bisbee	17/20 F5054	1:49:42	10:59
629	Ron Boucher	53/56 CLYDE	1:49:54	11:00
630	Janice Gagnier	26/33 FILLY	1:49:56	11:00
631	Mary Kay Kasper	18/20 F5054	1:50:03	11:01
632	Lori Perkins	26/28 F4549	1:50:18	11:02
635	Lindsay Beben	36/36 F3034	1:50:43	11:05
649	Deb Papps	45/45 F4044	1:53:35	11:22
657	David Body	6/6 M6569	2:09:13	12:56

\*Exceeds USATF Age-group Performance Standard

## 16th Bradford Valentine Bradford, MA February 10, 2007

5 Miler					
Place	Name	Div	City	Time	Pace
154	Mike Brooks	9/15 M61	Danville	44:46	8:58

6K					
Place	Name	Div	City	Time	Pace
23	David Colby Young	2/15 M54	Danville	27:49	7:31
44	Harry Hunt	2/11 M64	Gorham	30:27	8:14
84	Frank Wright	5/11 M61	South Portland	34:34	9:21

# Race Results...

## Somesville Winter 10-Miler Somesville, ME February 11, 2007

Place	Last	Div	City	Time
2	Thomas Noonan	M35	Steep Falls	1:06:58
8	Jen Noonan	F35	Steep Falls	1:37:28

## 10th Annual Martha's Vineyard 20-Miler Martha's Vineyard, MA February 17, 2007

Place	Name	Div	City	Time	Pace
56	Tom Shorty	9/46 M45	Gorham	2:26:48	7:21
59	Jim Dunn	12/42 M39	Falmouth	2:27:06	7:22
153	Philip Pierce	1/2 M65	Falmouth	2:43:20	8:10
229	Jeanne Hackett	7/24 F48	Scarborough	2:54:34	8:44
230	Paul Toohey	31/46 M49	Scarborough	2:54:35	8:44

## Sheraton Hyannis Marathon, Half Marathon, 10K Hyannis, MA February 25, 2007

Marathon					
Place	Name	Div	Nettime	Pace	
114	Tom Trytek	11/41 M5059	3:39:56	8:24	
230	Ronald Dearth	5/7 CLYM1	4:15:34	9:45	

Half Marathon					
Place	Name	Div	Nettime	Pace	
794	Carson Burnham	103/247 F3039	1:56:25	8:53	
1149	Loren Lathrop	77/99 M5059	2:06:41	9:40	
1236	Donna Beaulieu	93/144 F4049	2:09:53	9:55	
1525	Janice Gagnier	25/29 F1LYM	2:33:07	11:41	

10K					
Place	Name	Div	Nettime	Pace	
343	Brenda Trytek	43/49 F4049	1:10:34	11:22	
345	Robert Burnham	23/28 M4049	1:11:24	11:30	

## New England Indoor Track & Field Championships Boston, MA March 2, 2007

Girls 1 Mile Run			
Place	Name	Year	Finals
5	Abby Iselborn	SR	5:12.99

Girls 1000 Meter Run			
Place	Name	Year	Finals
3	Kaitlynn Saldanha	SR	2:59.28

Girls 4x800m Relay			
Place	Team		Finals
4	Scarborough - Chamberlain/Curtis/Saldanha/Jesseman		9:27.08

## Irish Road Rover 5K Portland, ME March 4, 2007

Place	Name	Div	City	Time	Pace
7	Peter Bottomley	M45	Cape Elizabeth	17:19	5:35
8	Tom Ryan	M51	Cape Elizabeth	17:28	5:39
9	Philip DiRusso	M31	Freeport	17:51	5:46
10	Thomas Noonan	M35	Steep Falls	17:58	5:48
13	Floyd Lavery	M49	Gorham	18:28	5:58
14	Dave Howard	M40	Portland	18:29	5:58
22	Abby Iselborn	F17	Portland	18:54	6:06
55	Brian Denger	M46	Biddeford	20:34	6:38
66	Steve Rollins	M45	Bowdoinham	21:12	6:51
98	Judith Hardenbrook	F61	Kennebunk	22:06	7:08
116	David Colby Young	M54	Danville	22:45	7:21
122	John Pursel	M35	Portland	22:57	7:25
126	Erin Donovan	F32	Saco	23:06	7:27

130	Lisa Despres	F44	South Portland	23:14	7:30
149	Caroline Clough	F18	Freeport	23:58	7:44
165	Kevin Robinson Sr.	M51	North Yarmouth	24:16	7:50
167	Kevin Conley	M37	Westbrook	24:19	7:51
169	Dana Staples	M27	Auburn	24:23	7:52
176	Harry White	M64	Scarborough	24:32	7:55
202	Jerry LeVasseur	M69	Brunswick	25:08	8:07
209	Sandrine Micoleau	F35	Portland	25:23	8:12
210	Rae Chalmers	F50	Gorham	25:26	8:13
211	Thomas McLaughlin	M42	Gorham	25:26	8:13
224	James Lawlor	M32	South Portland	25:39	8:17
240	Liza Iselborn	F14	Portland	25:55	8:22
241	Rick Ackerman	M59	Portland	25:58	8:23
245	Peggy Bensinger	F51	Portland	26:03	8:24
256	Greg Welch	M55	South Portland	26:22	8:31
277	Eugene Longobardi	M41	South Portland	26:55	8:41
279	Sherri Wakeling	F31	Arundel	26:58	8:42
281	Jim Tyrrell	M59	Cape Elizabeth	27:05	8:45
287	Harry Center	M44	Freeport	27:18	8:49
300	Jim Prosser	M62	Portland	27:35	8:54
323	Christopher Lydon	M33	South Portland	28:20	9:09
329	Robert Russell III	M15	Gorham	28:26	9:11
344	Frank Wright	M61	South Portland	28:40	9:15
346	David Skleton	M49	Brunswick	28:43	9:16
374	Walter Fletcher	M59	Freeport	29:27	9:30
422	Kathleen Reid	F37	South Portland	31:02	10:01
435	Tracey Lydon	F34	South Portland	31:51	10:17
444	Mel Uchenick	M76	Kennebunk	32:01	10:20
478	William Morgan	M62	Kennebunk	34:26	11:07
501	Bettina Richard	F34	Smithfield	38:18	12:21
503	Beth Birch	F65	New Gloucester	38:33	12:27
504	Deborah Russell	F37	Gorham	38:52	12:33
514	Brandy Rogers	F28	Saco	46:00	14:51

## 9th Annual Kerryrmen Pub 5K Saco, ME March 11, 2007

Place	Name	Div	Time	Pace
6	Tom Ryan	1/56 M51	16:54*	5:27
9	Tom Noonan	3/75 M35	17:22	5:36
15	Floyd Lavery	3/70 M49	18:09	5:51
31	Abby Iselborn	1/26 F17	19:16*	6:12
41	Brian Denger	10/70 M46	19:40	6:20
91	Robert Parent	5/56 M50	21:31	6:56
102	David Colby Young	9/56 M54	21:47	7:01
113	Erin Donovan	7/97 F32	22:08	7:08
127	Ronald Paquette	10/56 M55	22:35	7:16
144	Stephen Lauritsen	27/70 M45	23:03	7:25
149	Laurie Nicholas	8/97 F38	23:08	7:27
157	Jerry LeVasseur	3/27 M69	23:17	7:30
164	Kevin Conley	26/75 M37	23:25	7:33
202	Thomas McLaughlin	32/70 M42	24:16	7:49
206	Rae Chalmers	4/35 F50	24:20	7:50
215	Don Bessey	5/27 M61	24:43	7:58
217	John Keeley	20/56 M55	24:48	7:59
233	Harry Hunt	6/27 M64	25:03	8:04
257	Bonnie Topham	23/97 F39	25:35	8:14
262	Kristin Cook-Center	24/97 F35	25:39	8:16
275	Jeff Crocker	43/70 M42	26:01	8:23
278	Jim Tyrrell	28/56 M59	26:05	8:24
287	Jen Noonan	26/97 F36	26:12	8:26
293	Keith Kitchin	43/75 M30	26:14	8:27
298	Michael Brooks	8/27 M61	26:24	8:30
300	Sherri Wakeling	27/97 F32	26:27	8:31
329	Polly Kenniston	1/2 F70	26:56*	8:40
331	Jeanne McKew	20/58 F44	27:02	8:42
339	Deborah Russell	34/97 F38	27:11	8:45
347	Frank Wright	9/27 M61	27:17	8:47
354	Robert Randall	10/27 M69	27:27	8:50



## Race Results...

363	Joseph Cook	38/56 M57	27:35	8:53
373	Byron Cook	11/27 M60	27:43	8:56
407	Betty Disanza	15/35 F58	28:14	9:05
414	Harry Center	54/70 M44	28:24	9:09
418	Walter Fletcher	42/56 M59	28:28	9:10
423	Mike Nixon	43/56 M53	28:32	9:11
552	John Painter	22/27 M63	31:31	10:09
586	William Morgan	23/27 M62	32:57	10:37
607	Robert Russell	41/41 M16	34:32	11:07
621	Janice Gagnier	53/58 F43	35:39	11:29
643	Robin Doughty	96/97 F33	38:35	12:26
647	Janice Bilodeau	2/2 F74	39:00	12:34
648	Bruce Bilodeau	70/70 M48	39:00	12:34

### 30th New Bedford Half Marathon New Bedford, MA March 18, 2007

Place	Name	Div	Time	Pace
238	James Toulouse	1/98 M58	1:27:00.4	6:39
538	Peter Rearick	23/98 M55	1:39:10.9	7:34
551	Robin Carlson	15/111 F35	1:39:32.0	7:36
748	Philip Pierce	1/13 M65	1:45:38.3	8:04

### Papa's St. Patrick's Day 5K Oakland, ME March 24, 2007

Place	Name	Time
5	David Colby Young	21:54
16	Mike Brooks	25:42
19	Ron Paquette	27:16

### Eastern States 20-Miler Salisbury, MA March 25, 2007

Place	Name	Div	Time	Pace
77	Charlie Whitehead	23/106 M45	2:31:04	7:34
86	Tom Trytek	6/49 M51	2:33:25	7:41
211	Lisa Lawrence	13/59 F46	2:49:23	8:29
232	Skip Kessler	23/49 M59	2:51:37	8:35
335	Caroline Clough	1/1 F18	3:05:36	9:17
350	Rae Chalmers	6/13 F50	3:08:49	9:27
363	Gregory Welch	37/49 M55	3:10:22	9:32
373	Thomas McLaughlin	82/106 M42	3:11:56	9:36
468	Donna Beaulieu	48/59 F44	3:37:16	10:52
502	Janice Gagnier	57/59 F43	4:05:32	12:17

### Run to the Border Half Marathon Salisbury, MA March 25, 2007

Place	Name	Div	Time	Pace
41	Richard Durgin	8/25 M34	1:43:18	7:54
97	Michelle Durgin	19/39 F36	1:58:53	9:05
112	Linda Whitten	14/26 F49	2:04:13	9:29
116	Lawrence DeHof	12/15 M56	2:05:37	9:36
153	Christopher Lydon	22/25 M33	2:16:37	10:26
171	Lori Perkins	22/26 F45	2:26:04	11:09

### USATF National Masters Indoor Track & Field Boston, MA March 25, 2007

Name	Div	Event	Place	Final
Susan Wiemer	W41	60m Dash	4	9.25
		60m Hurdles	3	11.1
		Shot Put	1	9.50m
		Indoor Pentathlon	1	2839
Jerry LeVasseur	M69	1 Mile Run	6	06:36.5
		800m Run	5	03:02.1
		Triple Jump	3	6.80m

### Flattop 5K Lamoine, ME March 31, 2007

Place	Name	Div	City	Time	Pace
69	Ron Paquette	6/13 M65	Albion	26:43	8:38
82	Donnajean Pohlman	6/21 F56	Albion	28:44	9:17

### 9th Annual Gilmanton 5K Gilmanton, NH March 31, 2007

Place	Name	Div	Time	Pace
49	David Colby Young	6/26 M5059	22:54	7:22

### Great Bay Half-Marathon Newmarket, NH April 1, 2007

Place	Name	Div	City	Time	Pace
17	Floyd Lavery	M49	Gorham	1:24:35	6:28
57	Brian Denger	M47	Biddeford	1:30:32	6:55
161	James Corbett	M43	Cape Elizabeth	1:39:52	7:38
265	Randall Smith	M35	South Portland	1:44:59	8:01
302	Shauna Baxter	F37	Gorham	1:46:48	8:10
357	Michael Doyle	M43	Portland	1:49:06	8:20
377	Francis Bauer	M46	Portland	1:50:08	8:25
378	Lisa Despres	F44	South Portland	1:50:08	8:25
382	Rachel Landry	F39	Cumberland	1:50:16	8:26
459	Daniel Levesque	M54	Falmouth	1:53:02	8:38
555	Peggy Bensinger	F52	Portland	1:56:20	8:53
754	Kelle Keeley	F32	Portland	2:02:41	9:22
775	Don George	M54	Portland	2:03:37	9:27
777	Ron Pelton	M54	Freeport	2:03:41	9:27
809	Jim Prosser	M62	Portland	2:05:17	9:34
838	Kathleen Harris	F45	Hopkinton	2:06:26	9:40
859	Jill Weybrant	F38	Bath	2:07:47	9:46
861	Mark Grandonico	M47	Portland	2:07:48	9:46
870	Bonnie Topham	F40	Scarborough	2:08:07	9:47
941	Lawrence DeHof	M57	Windham	2:12:21	10:07
994	Howard Spear	M57	Westbrook	2:16:00	10:23
1071	Eugene Longobardi	M42	South Portland	2:21:08	10:47
1078	Deb Papps	F44	Portland	2:21:42	10:49
1097	Walter Fletcher	M60	Freeport	2:22:54	10:55
1099	Donna Beaulieu	F45	Poland Spring	2:23:06	10:56
1150	Scott Mercer	M59	Cape Neddick	2:30:42	11:31
1192	Janice Gagnier	F43	South Portland	2:38:50	12:08

### Pi Run 3.14 Miler Albion, ME April 7, 2007

Place	Name	Age	Time
17	Donnajean Pohlman	56	28:39

### Luv2Run 5K Portland, ME April 7, 2007

Place	Name	Div	Time	Pace
3	Dave Howard	M40	18:01	5:49
18	Steven Rollins	M45	20:27	6:36
23	Erin Donovan	F32	21:35	6:58
34	Norman Morgan	M38	22:45	7:21
36	Nancy Kneeland	F52	22:47	7:21
64	Frank Wright	M61	26:44	8:38
72	Deborah Russell	F37	27:23	8:50
103	Robert Russell	M15	37:49	12:12
104	Robin Doughty	F33	37:50	12:13

### Spring Runoff 5K - University of Maine Presque Isle, ME April 14, 2007

Place	Name	Div	Time
47	Connie McLellan	F56	24:03

# Race Results...

## 16th Annual XTERRA Merrimack River Trail Race Andover, MA April 14, 2007

Place	Name	Div	City	Time
39	Ian Parlin	M31	Portland	1:16:32
48	Emma Barclay	F32	Portland	1:17:50

## 4th Annual Save Our Bridge 5K Topsham, ME April 15, 2007

Place	Name	Div	City	Time	Pace
31	Mike Brooks	M61	Danville	26:23	8:30
15	David Colby Young	M54	Danville	21:51	7:02
39	Elwin Guthrie	M70	Walpole	28:59	9:20
27	Jerry LeVasseur	M69	Brunswick	24:18	7:50
20	Norman Morgan	M38	Lisbon Falls	22:55	7:23

## Unity College Spring 5K Unity, ME April 21, 2007

Place	Name	Div	Time
19	David Colby Young	M54	21:34
42	Mike Brooks	M61	25:24
45	Ron Paquette	M65	26:08
51	Byron Cook	M60	27:10

## Joshua's Book of Dreams 5K York, ME April 21, 2007

Place	Name	Div	City	Time	Pace
4	Brigitte Laflin	2/3 F30	York	20:16	6:32
25	Nancy Kneeland	1/4 F52	Bar Mills	23:36	7:36
38	Robert Randall	1/1 M70	Springvale	25:39	8:16

## 26th Annual Red's Shoe Barn 5 Mile Dover, NH April 22, 2007

Place	Name	Div	City	Time	Pace
8	Floyd Lavery	1/34 M50	Gorham	29:45	5:57
43	Robin Carlson	1/46 F36	Gorham	34:52	6:59
82	David Colby Young	9/34 M54	Danville	37:43	7:33
198	Robert Randall	1/3 M70	Springvale	44:20	8:52
211	Mike Brooks	6/9 M61	Danville	45:18	9:04

## Muddy Moose Trail Races Wolfeboro, NH April 22, 2007

14 Miler				
Place	Name	Div	City	Time
4	Andrew Baird	M34	Portland	1:42:51
16	Ian Parlin	M31	Portland	2:00:35
20	Emma Barclay	F32	Portland	2:04:34
41	Jim Dunn	M39	Falmouth	2:19:36
53	Eric Boucher	M34	Portland	2:34:29
81	Evan O'Neill	F41	Portland	3:01:05
82	Mark Grandonico	M47	Portland	3:01:12

4 Miler				
Place	Name	Div	City	Time
27	James Lawlor	M32	South Portland	39:13
43	Jill Weybrant	F38	Bath	45:36

## 3rd Safe Passage 5K Cumberland, ME April 28, 2007

Place	Name	Div	Time	Pace
10	Philip DiRusso	5/37 M31	17:13	5:33
12	Tom Noonan	6/37 M35	17:27	5:37
17	Abby Iselborn	1/40 F17	18:02	5:49
33	John Eldredge	2/49 M52	19:12	6:11
39	Gordon Scannell	3/49 M54	19:51	6:24

51	Charles Iselborn	7/49 M50	20:16	6:32
60	Francis Bauer	13/58 M46	20:55	6:44
80	Susan Wiemer	6/64 F41	22:09	7:08
89	Erin Donovan	4/62 F32	22:43	7:19
106	James Lawlor	18/37 M33	23:21	7:31
109	Kevin Robinson	17/49 M51	23:30	7:34
110	Harry White	1/16 M64	23:31	7:35
113	Harry Hunt	2/16 M65	23:43	7:38
139	Kelle Keeley	23/37 M31	24:25	7:52
161	Ronald Chase	3/16 M66	25:23	8:11
168	Jen Noonan	14/62 F35	25:29	8:12
170	Carson Burnham	15/62 F37	25:30	8:13
173	Carol Blakeney-Watts	17/64 F45	25:35	8:14
181	Sherri Wakeling	17/62 F32	25:55	8:21
192	Shawn Gilbert	26/37 M37	26:17	8:28
222	Helen Cheney	12/62 F52	27:13	8:46
227	Mary Bauer	15/62 F55	27:26	8:50
275	Robert Burnham	45/58 M45	28:48	9:16
296	Kathleen Reid	36/62 F38	29:21	9:27
325	Mel Uchenick	2/4 M76	30:28	9:49
327	Hilary Cheney	21/55 F15	30:39	9:52
360	William Morgan	11/16 M62	33:32	10:48
370	Kathryn Harris	1/11 F61	34:25	11:05
373	Nancy Hewett	2/11 F60	35:43	11:30
374	Pat Buckley	3/11 F69	35:54	11:34
387	Rachel Pickus	30/62 F58	37:53	12:12
407	Janice Bilodeau	1/2 F74	39:21	12:40
409	Brandy Rogers	26/34 F28	39:27	12:42
453	Ruth Hefflefinger	2/2 F78	46:01	14:49
531	Arabella Eldredge	56/62 F53	54:07	17:25

## Boothbay Region YMCA 27th Annual Rocky Coast 10K Boothbay Harbor, ME May 5, 2007

Place	Name	Time
3	Matt Thompson	39:43
6	Bill Reilly	40:50
9	Tom Menendez	43:09
23	William Sproul	46:54
25	Maureen Sproul	47:00
29	Philip Pierce	47:17
30	David Colby Young	47:55
37	Betty Rines	50:51
40	Jerry LaVasseur	51:20
46	Joan Tremberth	54:11
69	Elwin Guthrie	1:00:31

## UMFK Run for the Nurses 5K Fort Kent, ME May 5, 2007

Place	Name	Time
5	Connie McClellan	23:32

## May Day 5K Fun Run/Walk Kennebunk, ME May 5, 2007

Place	Name	Div	City	Time	Pace
12	Carol Weeks	1/4 F58	Kennebunk	22:41	7:19
18	Dan Bessey	1/7 M61	Kennebunk	23:51	7:42
46	Mel Uchenick	4/7 M76	Kennebunk	29:52	9:39
50	Brandy Rogers	2/6 F28	Saco	30:42	9:54

## 5th Annual Orrington 10K Orrington, ME May 5, 2007

Place	Name	Div	City	Time	Pace
84	Kathy Bowe	F35	Gorham	1:12:18	11:39



*Emily Levan*  
*Twin Cities Marathon*  
*(10-01-06)*  
Photo by Action Sports Int'l



## Race Results and Photos...



**Sea Dogs  
Mother's Day 5K Start  
(05-13-07)**

Photo by Bob Fitzgerald,  
New England Runner



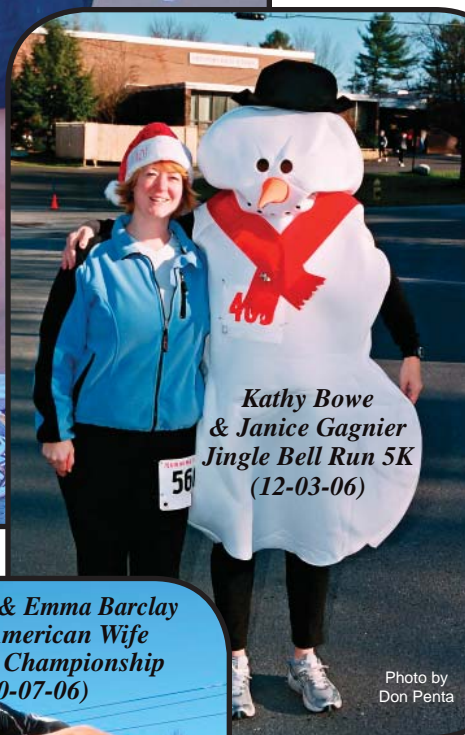
**Back Cove  
Weekly 5K  
Start  
(05-09-07)**

Photo by Erik Boucher



**Rachel Walton offering  
flowers to moms.  
Sea Dogs Mother's Day 5K  
(05-13-07)**

Photo by Casey Walton



**Kathy Bowe  
& Janice Gagnier  
Jingle Bell Run 5K  
(12-03-06)**

Photo by  
Don Penta



**Lisa Despres  
Shamrock  
Shuffle 8K  
Chicago  
(03-25-07)**

Photo by  
Sandy Walton

### Hot Pusuit 5K Brunswick, ME May, 6, 2007

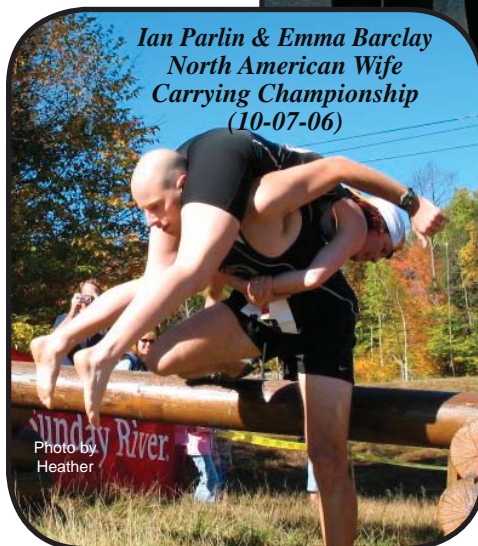
Place	Name	Div	Time
8	Tom Trytek	M52	19:37.8
55	Dan Hogan	M56	23:44.7
121	Byron Cook	M60	27:57.8

### Back Cove Weekly 5K Portland, ME May 9, 2007

Place	Name	Time
6	Tom Ryan	18:33
9	David Edwards	19:12
31	Eugene Longobardi	24:38
32	Harry Hunt	25:06
40	Diane Dusini	27:17
41	Jim Prosser	27:20
52	Pat Buckley	38:03
53	Rachel Pickus	38:03
54	Herb Strom	42:38

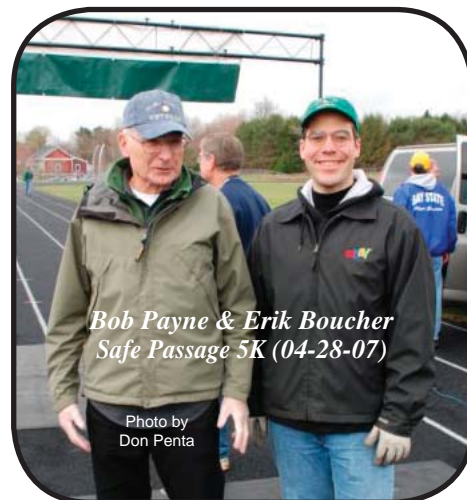
### United Valley's 1st Annual Run for Relief 5K Lewiston, ME May 12, 2007

Place	Name	Div	City	Time	Pace
1	David Colby Young	M54	Danville	25:42	8:17
4	Norman Morgan	M38	Lisbon Falls	29:38	9:33
8	Mike Brooks	M61	Danville	30:57	9:58



**Ian Parlin & Emma Barclay  
North American Wife  
Carrying Championship  
(10-07-06)**

Photo by  
Heather



**Bob Payne & Erik Boucher  
Safe Passage 5K (04-28-07)**

Photo by  
Don Penta



# Sea Dogs Mother's Day 5K...

## Sea Dogs Mother's Day 5K Portland, ME May 13, 2007

Place	Name	Div	Time	Pace
4	Chris Harmon	1/43 M19	15:49	5:06
6	Michael Payson	2/68 M43	16:02	5:10
10	Stanis Moody-Roberts	2/43 M18	16:31	5:19
18	Philip DiRusso	3/54 M31	17:14	5:33
19	Marc Dugas	3/68 M43	17:20	5:35
23	Tom Ryan	1/60 M51	17:35	5:40
26	Floyd Lavery	2/60 M50	17:40	5:42
32	Tike MacColl	5/43 M17	17:55	5:46
43	David Roberts	3/60 M52	18:16	5:53
45	David Edwards	5/68 M47	18:21	5:55
47	Dave Howard	7/68 M40	18:24	5:56
61	Charlie Whitehead	7/68 M45	18:57	6:06
66	Jim Toulouse	2/30 M56	19:09	6:10
67	Mike Grant	8/68 M49	19:11	6:11
70	Jeanne Hackett	1/87 F48	19:19*	6:13
73	Michael Juneau	6/58 M39	19:22	6:14
84	Brian Denger	10/68 M46	19:40	6:20
91	Charles Iselborn	7/60 M50	19:58	6:26
96	Carrie McCusker	4/157 F37	20:07	6:29
97	R.J. Harper	1/25 M60	20:07	6:29
108	Brigitte Laffin	4/123 F30	20:19	6:33
122	Tom Menendez	9/60 M53	20:36	6:38
139	Judith Hardenbrook	1/17 F61	20:59*	6:46
158	David Colby Young	11/60 M54	21:17	6:51
174	Erin Donovan	8/123 F32	21:32	6:56
198	Matt Flynn	14/68 M45	21:54	7:03
206	Susan Wiemer	6/121 F41	22:00	7:05
208	Pete Peters	28/68 M42	22:02	7:06
212	Kimberly Moody	1/57 F51	22:04	7:06
219	Stephen Lauritsen	16/68 M46	22:10	7:09
222	Sarah MacColl	2/57 F51	22:12	7:09
235	Alburn Butler	17/60 M53	22:24	7:13
237	Ronald Paquette	6/30 M55	22:24	7:13
242	Jessica Stevenson	14/123 F34	22:28	7:14
243	Douglas Couper	19/68 M46	22:29	7:14
247	Leslie Couper	8/121 F43	22:31	7:15
251	Pamela Tapley	10/157 F36	22:34	7:16
285	Dana Staples	24/47 M27	23:07	7:27
292	Jerry LeVasseur	2/17 M69	23:18	7:30
296	Connie McLellan	2/37 F56	23:20*	7:31
299	Gretchen Read	2/17 F64	23:25*	7:33
300	Harry White	4/25 M64	23:26	7:33
313	Sandrine Micoileau	16/157 F35	23:44	7:39
322	Nathan Graham	23/58 M39	23:50	7:41
340	Jim Estes	11/30 M57	24:07	7:46
345	John Howe	1/9 M72	24:09	7:47
365	Eugene Longobardi	38/68 M41	24:18	7:50
368	Dale Rines	28/60 M54	24:19	7:50
370	Bob Coughlin	3/17 M68	24:20	7:50
373	Harry Hunt	4/17 M65	24:23	7:51
389	Bob LaNigra	6/25 M64	24:30	7:53
397	Rick Abradi	28/68 M48	24:38	7:56
406	Don George	30/60 M53	24:45	7:58
434	Kelle Keeley	29/123 F31	25:07	8:06
442	Dick Lajoie	5/17 M67	25:12	8:07
444	Terry Clark	7/25 M62	25:12	8:07
448	Carol Blakeney-Watts	16/87 F45	25:19	8:09
455	Jim Prosser	8/25 M62	25:25	8:11
462	Jim Tyrrell	13/30 M59	25:27	8:12
472	Gary Boilard	33/68 M46	25:38	8:15
480	Bruce Fithian	14/30 M59	25:50	8:19
485	Cathy Burnie	3/37 F58	25:53	8:20
493	Rhonda Juneau	25/121 F40	25:58	8:22
494	Bonnie Topham	32/157 F39	25:59	8:22
520	Jeanne McKew	18/87 F45	26:17	8:28
537	Liza Iselborn	10/66 F14	26:28	8:31
557	Robert Jolicoeur	2/9 M70	26:49	8:38
565	Gregory Welch	18/30 M55	26:51	8:39
580	Francis Bauer	40/68 M46	27:02	8:42
581	Mike Brooks	12/25 M61	27:02	8:42

582	Keith Kitchin	32/54 M31	27:03	8:43
592	Richard Bouthillette	13/25 M60	27:06	8:44
598	John McKew	34/76 M13	27:12	8:46
608	Mary Bauer	4/37 F55	27:19	8:48
612	Sheri Wakeling	44/123 F32	27:24	8:49
620	Robert Burnham	43/68 M45	27:28	8:51
621	Carson Burnham	51/157 F37	27:29	8:51
633	Polly Kenniston	1/8 F70	27:35*	8:53
658	Anita Hampton	8/37 F55	27:55	9:00
676	Deborah Russell	57/157 F37	28:05	9:03
686	Jimmy McKew	37/43 M16	28:12	9:05
722	Robbie Blair	38/76 M11	28:28	9:10
723	Laura Tyrrell	10/37 F59	28:28	9:10
738	Christopher Lydon	39/54 M33	28:34	9:12
741	Julie George	31/73 F25	28:35	9:12
748	Sherry Carll	5/17 F60	28:41	9:14
749	Frank Wright	15/25 M62	28:41	9:14
752	Colleen Donovan	34/87 F46	28:43	9:15
771	Betsey Greenstein	19/57 F53	28:54	9:18
776	Nicole Court-Menendez	16/66 F12	28:55	9:19
801	Tracey Lydon	61/123 F34	29:07	9:23
813	Kathleen Reid	84/157 F38	29:17	9:26
826	Carolyn Court	24/57 F52	29:32	9:31
856	Robert DeWitt	18/25 M63	29:49	9:36
858	Beth Branson	1/6 F66	29:50	9:36
860	Bob Branson	8/17 M66	29:50	9:37
871	Denise Whitehead	64/121 F44	29:55	9:38
916	Brandy Rogers	44/73 F28	30:26	9:48
964	Mark Coughlin	56/68 M43	31:15	10:04
966	Hilary Terhune	80/123 F33	31:15	10:04
967	Peter Terhune	57/68 M42	31:15	10:04
983	Lori Perkins	51/87 F45	31:27	10:08
997	Kelly Edwards	31/66 F13	31:43	10:13
1001	Bliss Richard	50/54 M34	31:48	10:15
1003	Sarah Kramlich	112/157 F39	31:49	10:15
1053	Donna Kitchin	93/123 F34	32:53	10:36
1065	Kenneth Spirer	20/25 M64	33:13	10:42
1076	Janice Gagnier	88/121 F43	33:25	10:46
1077	Michelle Gagnier	30/49 F15	33:25	10:46
1078	Suzanne Blais	57/87 F49	33:27	10:46
1080	Kate Harris	7/17 F61	33:38	10:50
1093	Dennis Smith	26/30 M57	33:52	10:54
1106	Sam Abradi	56/76 M13	34:15	11:02
1107	Valerie Abradi	61/87 F47	34:15	11:02
1108	William Morgan	22/25 M62	34:16	11:02
1117	Robert Russell, III	42/43 M15	34:37	11:09
1121	David Body	11/17 M69	34:48	11:12
1130	Kaitlyn Graham	41/66 F8	34:57	11:15
1132	Heidi Graham	130/157 F39	34:58	11:16
1138	Lizette Eckert	131/157 F38	35:01	11:17
1153	Sandy Utterstrom	9/17 F63	35:21	11:23
1183	Bettina Richard	104/123 F34	36:25	11:44
1201	Robin Doughty	109/123 F33	36:55	11:53
1213	Karen Connolly	72/87 F48	37:19	12:01
1221	Pat Buckley	2/6 F69	37:40	12:08
1223	Janice Bilodeau	2/8 F74	38:00	12:14
1224	Bruce Bilodeau	61/68 M49	38:01	12:14
1226	Debora Thurlow	74/87 F48	38:08	12:17
1253	Stephanie McKew	55/66 F11	38:58	12:33
1254	Mac McKew	63/68 M47	38:58	12:33
1277	Sarah McMahon-Boulet	38/49 F15	40:06	12:55
1278	Penny Howard	147/157 F38	40:06	12:55
1300	Mel Fineberg	7/9 M71	41:29	13:21
1308	Carlton Mendell	8/9 M85	41:58*	13:31
1325	Alexia Adams	40/49 F16	44:48	14:25
1343	Elizabeth Miller	47/57 F53	46:25	14:57
1356	Nancy Walton	49/57 F51	46:59	15:08
1359	Ruth Hefflefinger	5/8 F78	47:30	15:18
1374	Robert Connolly	58/60 M52	50:06	16:08
1377	Denise Brooks	82/87 F46	51:12	16:29
1398	Leigh Longobardi	118/121 F43	53:45	17:18
1421	Marilyn Mae Thurber	34/37 F57	56:18	18:08
1439	Bob Payne	17/17 M68	1:02:20	20:04

\*Exceeds USATF Standard Performance Age-Group



# BAY STATE



## MARATHON

and

## THE SUN

### 1/2 Marathon

Lowell, Massachusetts

#### BAY STATE, continued from page 6

steps of the Center, his packet in hand. I had completed packet pickup the day before, so we headed upstairs to stretch and relax while watching two pee wee hockey teams have at it on the ice below.

At 8am, the first announcements were made for runners to begin gathering across the street for an 8:30 start. The finish was at nearby LeLacheur Baseball Park, home of the Class A Red Sox affiliate Lowell Spinners. Because the courses for the half and full marathons are different, runners lined up parallel, but separated by a rope.

At 8:30 after the customary bullhorn announcements heard by virtually no one, and the National Anthem, the gun was shot, and off we went. Once we cleared the start pad and our chips were activated, both races merged and we went down the street together. A short time into the run, the half marathon course veered to the right, and a noticeable drop in both noise level and runners resulted. The half marathoners have their own loop course. The marathoners continued on down the road enroute to the marathon loop which is run twice before heading back and into the ballpark.

The back of my brother's head had long since been assimilated into the sea of swifter bobble heads before me. I moved through the crowd for position, searched for a comfortable pace, and readied for the long haul. We continued on a straight route, before taking a hard turn to the left, curved around a few corners and ran parallel to the Merrimack River. We were moving uphill, so I assumed we must be headed west. Hydration stations were positioned every two miles at the even miles, with one extra at mile 25. The stations were staffed with volunteers made up mostly of cheering squads and running teams from area schools. The teams were in competition for a cash prize to be awarded to the most enthusiastic group, so there was some very inspired entertainment, complete with chants and cheers that revolved around the approaching runner's bib number. All runners were given a ballot at registration to be mailed into the race committee after the race. At about mile eight, with a water table and at the base of a bridge, two men sat at a table, one with binoculars and a list of registered runners, and the other with a microphone. As we approached the tables, our name and hometown were announced. Because this was a twice run route, we were announced twice at this location. This was a unique touch with a nice bit of humor and particularly welcome, especially when we came back around at mile sixteen. The two bridges that we journeyed over, twice, one upstream, the other downstream, featured narrow pedestrian

walkways separate from the roadway part of the bridge, which kept us out of the flow of vehicles, and suspended us over the river, visible through the metal grid. These undulated and swayed slightly from the vehicular motion and the movement of the stream of runners.

The downstream bridge by the announcers was the larger of the two and the bridge featured on the logo of the Bay State Marathon. It was right after leaving this bridge on my first loop, that I was passed by the lead runner and eventual winner (2:30:21). Accompanied by a motorcycle escort, he passed by my local group handily, followed within two minutes by the second place runner.

When we ran over this bridge the second time, our river passages were ended. Here we took a right turn and began our trip back toward Lowell. During the first loop, runners continue straight on the road to complete the second round trip. On this second loop, around mile 23, runners turn left to head for the ballpark and the finish.

Think of the routes as two elongated and narrow shaped balloons on a single string. From the start, all runners commence up the string together, until the half marathoners turn right onto their own balloon for a one loop run, finishing near the start within the ballpark. Marathoners continue up to the end of the string, turning right onto their own narrow balloon (remember, it follows the banks of the Merrimack), running it twice, before turning left back onto the string, and to the finish in the ballpark.

Upon entering the ballpark between third base and left field, we ran along the outfield wall to right field, then down the foul line across first base toward home plate and the finish line. At the finish, several volunteers meet each runner with the finisher's medal, offers to walk you, and a choice of drinks including water and soft drinks like Mountain Dew, Ginger Ale, Coke and Diet Coke. Garment bags were trucked to the finish and a baggage claim crew member took note of each bib number before you reach the table, so your bag is waiting for you.

I reached the finish line with a clock time of 4:59:05. My net time was 4:58:12. I had achieved my dual goals. Most importantly was finishing, and then, that I had finished in under five hours. My wife Tree met me outside the stadium and ran along with me to the entrance, as I began my trek around the outfield. She and Brian then greeted me at the finish. Brian had completed the 26.2 miles in 3:36. He was just six tantalizing minutes shy of his goal of being a Boston qualifier. Brian is now on a Holy Quest, and considering running the Cape Cod Marathon in late February after running the Mid-Winter Classic 10 Miler in Cape Elizabeth.

The Bay State Marathon is well run. The topography is varied and mostly flat, although not quite as flat as advertised. The upstream portions are gradual uphill and long. On the second loop I found this long uphill to be very tiring, and therefore slow as my pace dropped. The tradeoff is crossing the upstream bridge and running the same distance downhill on the opposite side of the Merrimack. And remember, you do everything two times. I prefer a varied course so I'm not slamming the same muscles over and over.

The pottie stops were well spaced and the hydration tables had an abundance of cups already filled with Gatorade and water, served up with humor and enthusiasm.

With a mid-October date, the foliage down in the Merrimack Valley was spectacular. The weather this day was sunny, with some large cumulus clouds, and a light cool wind. Temperatures were in the 50s.

Finish line food featured sandwiches, homemade chicken noodle soup, bagels, bananas, oranges, and melon.

## 27th Annual Awards Banquet - Saturday, January 20, 2007...

**FIRST TIME MARATHONERS :** This year the Maine Track Club is pleased to honor 11 members who completed their first marathon. We recognize the dedication and determination required to complete a marathon and salute you in your accomplishment.

**MARK BERMAN** - Houston Marathon 3:25:25  
**CHRIS RYAN** - Sugarloaf Marathon 3:10:49  
**EUGENE LONGOBARDI** - NY City Marathon 4:48:15  
**MICHELLE DURGIN** - NY City Marathon 4:31:18  
**DAN LEVESQUE** - Chicago Marathon 4:53:54  
**JANICE GAGNIER** - Bermuda Marathon 5:13:14  
**BETH BRANSON** - Maine Marathon 4:47:18  
**KEVIN ROBINSON** - Maine Marathon 4:02:30  
**BRIAN DURGIN** - Disney World Marathon  
**DANA STAPLES** - Maine Marathon 4:43:25  
**KELLE KEELEY** - Country Music Marathon 5:15:47

**AGE GROUP AWARDS:** The following athletes had great years in 2006. They have demonstrated a high level of competitive performance while making positive contributions to the Maine Track Club in other areas.

19 and Under Male - **STANIS MOODY ROBERTS**  
19 and Under Female - **KAITLYNN SALDANAH**  
20-39 Male - **TONY MYATT**  
20-39 Female - **STEPHANIE ATKINSON**  
40-49 Male - **MARC DUGAS**  
40-49 Female - **SUSAN WEIMER**  
50-59 Male - **DAVID COLBY YOUNG**  
50-59 Female - **SARAH MACCOLL**  
60-69 Male - **BOB PAYNE**  
60-69 Female - **BETH BRANSON**  
70-79 Male - **ELWIN GUTHRIE**  
70-79 Female - **JANICE BILODEAU**  
80 and Over Male - **CARLTON MENDELL**

**MAINE TRACK CLUB RUNNER OF THE YEAR:** This award celebrates the man and woman who have demonstrated the highest level of performance while making positive and substantial contributions to the club. These individuals are disciplined, collegial toward other runners, and motivate others to become better athletes.

**TOM RYAN** - This runner was Maine's most dominant 50-59 age group road racer, winning his age group in ten Maine races including the Irish Road Rover 5K, Kerryman's Pub 5K, Sea Dogs Mothers Day 5K, Key Bank New England Mile, LL Bean 10K, Clam Festival Classic 5 Miler, Eliot Festival 5K and Thanksgiving Day 4 Miler. He also won first overall honors at the Pond Cove 5K in Cape Elizabeth and the Maine Running Hall of Fame 5K. His fastest times at distances in Maine were: 4:35.45 at the Key Bank New England Mile, 16:20 at the Eliot Festival 5K, 22:06 at the Thanksgiving Day 4 Miler, 27:47 at the Clam Festival 5 Miler and 34:37.9 at the TD Banknorth Beach to Beacon 10K (finishing 2nd in his 50-54 age group out of 241 total). He also was a nationally recognized competitor at USATF National Masters Championships.

**ABBY ISELBORN** - This woman was the top Maine H.S. track 1600 meter runner: 5:01.71, and second fastest 3200 meter runner: 11:08.05. She was the second fastest 5K high school cross country runner at the state Class A cross country championships with a time of 19:53.4. Abby was a highly competitive road racer in 2006, winning the Peaks Island open women's division in

30:37, the Portland Trails 10K in 39:00 and the Freeport Jingle Bell Run 5K in 17:59; finishing 2nd overall woman at the 30th Annual Bridgton 4 on the 4th in 24:20, and the first 19 and under at Portland's Thanksgiving Day 4 Miler in 24:22.

**MOST IMPROVED RUNNER:** This award is intended to give special recognition to a runner who has improved his/her performance through hard work, training, discipline, perseverance, and determination.

**PAT BUCKLEY** - This female runner extraordinaire is very active in the club, volunteering at races, assisting with special events and always giving support and praise to other members. This past year she worked hard to improve her 5K running time by as much as 6 minutes and she did so with love and enthusiasm for the sport of running.

**OUTSTANDING CONTRIBUTION TO MAINE RUNNING:** This award celebrates the individual who consistently shares their personal talents in an effort to support running in Maine and thereby serves as an inspiration to other runners in the state. Through his/her leadership, good example, and unwavering dedication, this person has made a substantial and enduring contribution to the sport.

**IAN PARLIN** - This year's recipient has advanced running in Maine at many different levels. He used his skill and proficiency with Photoshop to design a full page ad in New England Running Magazine that promoted all Maine Track Club events. He worked closely with the marathon planning committee to redesign the logo. Through his leadership and willingness to share his expertise, he coordinated, planned and marketed the Pineland Farms Trail Challenge, one of Maine's most challenging races. In addition, he was instrumental in advancing trail running by organizing a weekly group run that met at a different location each time. This required weekly emails to a growing list of trail runners to let them know the time and location of the next group run.

**SPIRIT OF THE CLUB:** This award celebrates that special club member who personifies the value of "Running With a Friend" through his/her encouragement of others, willingness to share his/her talents and gifts, and his/her ability to inject fun and good cheer in Maine Track Club events and social activities.

**JANICE GAGNIER** - This female runner stood out this past year by her fun antics at races and events. She might be one of the most noticeable members of the Maine Track Club, but at the same time few people may not know her because she takes on different personas. She appeared as a turkey at the Cape Elizabeth Turkey Trot and also ran the race, which was a challenge in itself. Some previous appearances have been made as a cookie and a snowperson. She makes us smile and laugh, and without question is someone who supports the Maine Track Club with her fun-loving spirit.

**RACE DIRECTOR OF THE YEAR:** This award recognizes the race director who did an outstanding job carrying out all the requirements of race preparation and execution - directing volunteers, safety, marketing, refreshments, results, post-race activities, and added something extra to the race through his/her creativity and leadership.

**IAN PARLIN & ERIK BOUCHER** - The two honored individuals combined their talents to put together two extremely successful races in the past year. Trail racing in Maine was almost



## 27th Annual Awards Banquet - Saturday, January 20, 2007...

non-existent until May when the Pineland 25K and 50K was held together. The 50K attracted 85 runners and was the largest ultramarathon ever held in Maine. The 25K had over 140 runners. Both races received many positive comments from runners. There was plenty of food and drink on a well-marked course supported by many friendly volunteers. The post-race barbeque was a big hit with runners.

**SPECIAL ACHIEVEMENT:** This award is intended to give special recognition to a club member's outstanding achievement or notable accomplishment that might not be properly covered by other awards.

**JERRY LEVASSEUR** - This recipient is being awarded the "Special Achievement Award" largely for his efforts to make the First Annual Maine USATF Grand Prix series happen. Not only did it happen, it was an incredibly successful event involving some of the best runners in Maine. Jerry took the initiative to work with the ME USATF and get the Sea Dogs 5K, NE Mile, LA Bridge Run, Craig Cup and the PT8K sanctioned. He coordinated the sanctioning by working with the Race Directors for those events. Jerry provided the ME USATF registration forms for runners who wanted to be part of the series, tabulated results and tracked down runners times all to get this event off the ground. Not only did it get off the ground, it was a success and laid the foundation for the 2nd annual Grand Prix series. The 2007 Series starts in February with the Mid Winter Classic and includes the Sea Dogs Mother's Day 5K, New England Mile, Clam Festival Classic 5 Miler, Craig Cup Final 5K XC, and the Great Pumpkin 10K.

Additionally, Jerry is an active runner in Road Racing, Cross Country, Snowshoeing and Track and Field not to mention a retired dogsled racer! Jerry is an active volunteer for the USATF, National & Maine Senior games, Maine Corporate Track Association and even volunteers at Bowdoin College for the Cross County and Track seasons.

**MAINE TRACK CLUB LIFETIME ACHIEVEMENT AWARD:** This award is the highest honor that the Maine Track Club can bestow and acknowledges the extraordinary efforts of an individual who has made profound and substantial contributions to the Maine Track Club and the sport of running. The recipient of this award represents the ideals of the club, exemplifies camaraderie and good sportsmanship and through his/her dedication to the sport of running is an inspiration to other club members.

**MIKE BROOKS** - Our award winner this year has earned this recognition for his timeless dedication to all aspects of the club and to running in Maine and around the country. He tirelessly serves on the board of directors, consistently volunteers for the club, recruits friends for races, assists with special events and most of all is always there to support and encourage other runners and walkers.

Even with his vast accomplishments as a marathoner and ultramarathoner, he never looks down or intimidates other runners of less capability. He has often said his favorite spot in a race is in the back of the pack. He will tell you one of his biggest and most rewarding experiences was using his talents as an ultramarathoner to raise a large amount of money for Camp Sunshine. We often think of him as being a little crazy, but he has the love and respect of all that know him. The Maine Track Club is very fortunate to have him as part of our running community. Mike Brooks is truly an inspiration and is now a legend in running!

**PRESIDENT'S AWARD:** This award is presented at the discretion of the club president in order to recognize an outstanding club member's contribution.

**JOHN MCKENNEY** - John is recognized for his Can-Do Club spirit. John has volunteered for numerous races in the past year. Despite the pouring rain, freezing cold or blistering heat, John is there, ready to tear a tab and spindle it, click a runner over the finish line or help repack the trailer. All with a smile and a kind word.

Lt. Col. McKenney is also recognized for his dedication and service to our military. John completed a tour in Afghanistan and while stationed there, organized a synchronized marathon in conjunction with the Oklahoma City Marathon. 32 runners and 19 teams raised money for Camp Sunshine, enough for one family to spend a week. John's better half, Cathy, is now stationed in harms way - Iraq. We send Cathy our well wishes and hope for a speedy and safe return.

**JOHN FYALKA AWARD:** This award is presented to a club member who has given outstanding service to the club, taking into consideration the individual's contributions this year as well as in previous years.

**JOHN KEELEY** - This 50-ish year old male who doesn't look that old is a cheerful runner and volunteer. Described by others as a positive person who is always willing to help out in any way that he can for the club. He was very supportive of the weekly Maine Track Club Roasters Runs, welcoming others and sharing a few philosophical thoughts.

Known as a master electrician, he is hot stuff wired for reliability with little burn out according to his dear friend Howard Spear. The Maine Track Club is grateful for all the ways you serve the club.

**VOLUNTEER OF THE YEAR:** This award is given to the individual who has made the most significant overall contributions to the club during the year. It recognizes the volunteer who has demonstrated outstanding and sustained contributions, taking into account the amounts of time spent, the enthusiasm and creativity exhibited by the individual and/or results achieved. The Maine Track Club is fortunate to have so many dedicated, enthusiastic, and energetic volunteers, and our two selections are examples of individuals who go above and beyond and expect little in return.

**BONNIE TOPHAM** - Our first recipient is often seen volunteering at races, helping out with club activities, and working very hard behind the scenes. This past year she agreed to take on membership for the club which requires a lot of hard work and energy. She brings a positive energy to the club.

**RON BOUCHER** - Our second recipient started volunteering at Maine Track Club events after running the Maine Half Marathon in 2002. Since then he's volunteered at every Maine Marathon starting at 3:30 in the morning with a crew of people who set up the water stops. He usually works all day handing water to runners as they pass by the first water stop, and then again after they cross the finish line. At last year's Mid Winter 10-Mile Classic, he was the official moose-handler, helping to create a bit of folklore by introducing runners to "Manny the Moose." Then in May, he volunteered all day long at the Pineland Farms Trail Challenge in New Gloucester. He proudly wears his singlet at races. Not bad for a guy who lives in Wallingford, Vermont - a four-hour drive from Portland!

# A Word of Advice

by Harry White

By way of introduction, I'm a 64 year old male. I'm a runner and I'm outside putting in some miles about four days a week no matter what the weather. I run in maybe 15 – 20 races a year, from 5K's to marathons. I am not, by any measure, an elite runner.

I have been running, and racing, for a little over ten years. Way back when I decided to start, I had a very stressful job, I was a little overweight, I had to take blood pressure medication, and I had a poor family medical history regarding adult-onset diabetes and heart disease. It wasn't difficult to decide that I really should do something for myself if I wanted to enjoy a long, healthy retirement.

After four years of running alone, and doing just so-so, I joined a team in 2000; Run to Win, and great things happened. First and foremost, I now had other people to run with, and that makes a huge difference. It can be a long and lonely road out there, and running with others makes it a lot more enjoyable. On the health side, I dropped about thirty pounds and got off my blood pressure medication. My pressure was now normal. My family medical doctor had never known anyone to get off BP medication once they started it. On the performance side, I PR'd in all my race distances and qualified for and ran the Boston Marathon.

So this past summer, I am the picture of health, right? There was just one issue over which I had no control, my poor cardiac medical family history, i.e., what is in my genes. My heart was extremely healthy; I could recover in seconds after a hard run. The heart is a muscle and exercising it is good for it. But what about my arteries, they are just passages for blood to flow through. No amount of exercise will "clean them out" or make them healthier.

I got a warning that all was not well while running the Beach to Beacon 10K on August 5<sup>th</sup>. My plan was to run the race at 7:20 minutes per mile, a pace I felt I could do, based on my training. At the one mile mark, I felt terrible, like I had pushed too hard and run a 6:30 mile. I had actually run a 7:15, pretty much on-target. I knew I could not maintain my desired 7:20 pace and had to back way off to around 8:00 miles. Needless to say, the race was a disaster for me with hundreds and hundreds of people passing me, all the way to the finish line.

I felt fine; I just could not run the speed I should be able to run. I confirmed that I was suddenly an 8:00/mile runner at the St. Peter's Four Miler one week later. It was suggested that I was just tired so I

took a complete week off from running, and then most of a second week. There was no improvement.

After thinking it over and over, it all pointed to one thing, a lack of VO<sub>2</sub> uptake. I was not getting enough oxygen into my bloodstream as I was running. There could be two main problems, pulmonary, or blood flow. I saw my doctor and had him refer me to a cardiologist I know. At the same time, my doctor ordered a nuclear stress test. I'm sure you've all heard of a stress test where you get all wired up to an ECG machine and run on a treadmill. A nuclear stress test adds a nuclear dye so your heart can be photographed before and after the stress test. No, you do not glow in the dark later, but I did read in the newspaper that you may set off alarms at airport security stations. Check with your doctor if you need to travel immediately after a nuclear stress test.

I failed the test, which it is claimed, is 96% accurate. A few days later I met with my cardiologist and he recommended a cardiac catheterization, which was performed the following week. It is 100% accurate. It confirmed that I had blockages in two major arteries, one of them being in an area where there is a "Y". The single blockage was 98 – 99%, the "Y" was over 80%. Stents would work, if I led a sedentary lifestyle, but all four doctors consulted recommended open heart surgery for me in order to keep me a runner. A triple bypass was performed on September 28 at MMC.

In retrospect, I had almost two years of

warnings; granted, they were subtle at the beginning, but they were there.

I ran the Boston Marathon in 2002 and 2003. I did not run it in 2004; I took it off, for reasons lost to history. During that summer of 2004, I PR'd just about every distance I ran at the age of 61/62. As usual, I took some time off from running during the Christmas and New Year holidays of 2004. When I started running again, it was a little tougher. I had to train for the 2005 Boston Marathon, the weather was miserable, and all my training was just a little bit slower than in previous years. After the marathon, I noticed that my race times, for the rest of the year, were consistently 1–2 minutes slower. There were no PR's in 2005. None. I chalked it up to being tired from Boston. Marathons do take a lot out of you.

I took my usual time off around Christmas and then started training for the 2006 Boston Marathon. While the weather was much more agreeable this year, my running just sucked! I simply could not keep up with my running partners, and I had no explanation other than I was another year older. I was struggling to do 8:30 miles for months. Only in the week before Boston did I see any improvement, some light at the end of the tunnel. After much discussion with my fellow runners, I decided to run a smart marathon, rather than my usual kamikaze style where I would go out fast and then try to hold on in the last miles. Those last miles can be miserable. This time I ran around 8:20's for the whole thing and did a respectable 3:39:09. That time put me in the top eleven percent of my age group. I have my running friends, who paced me, to thank, but an angel must have been looking over me too.

My training this year after Boston was mostly short distances and intense, 100, 200, and 400 meter sprints. It did not highlight my decreasing ability to run mile or more distances. My long Sunday runs were just plain slower. And then I ran Beach to Beacon and apparently the blockages had increased dramatically, to the point of physically slowing me down.

Three points of interest: 1) Your heart pumps about five quarts of blood per minute during normal activities and twenty five quarts during periods of intense workout; running, swimming, biking, etc. That's a fivefold increase so naturally; blockages would become more noticeable during workouts. 2) Your arteries are way oversized for what they do. They need to be seventy percent blocked before it can be detected through non-invasive means. 3) I had NO symptoms other than my slow running. I never experienced any chest pain, numbness, ankle swelling, etc. If it were not for my being so in touch with my body through



Photo by Don Penta



my running, I would be continuing to lead a normal life..... until I had a heart attack. Fifty percent of men who have a heart attack only have one... because it kills them.

What does this all mean? For me it means you really have to pay attention to your family medical history regarding your heart. Does a poor history guarantee you a heart problem? No. Does it mean you have a tendency towards heart/artery disease? Yes. Are there things you can do, through diet and medication, that can slow the onset of clogged arteries? Yes. Can you prevent clogged arteries in the first place? No. Will exercise unclog arteries? No.

If you have a history of heart disease within your family, then before you reach the age where your relatives started having heart issues, you should talk to your doctor. If your doctor feels it necessary, he will refer you to a cardiologist. You have the right to choose your own cardiologist, if you wish. Remember, you are the one paying the bills. Some cardiologists finished at the head of their class, some were at the bottom. Ask around, talk to people who have had heart issues, get advice, find the best cardiologist you can.

Do not, I repeat, do not decide that you will just keep running until your body tells you to slow down, just like Harry's did. There simply are too many variables, and your first indication of a problem could be severe, to say the least. We are all different, and our bodies react differently to problems. Remember, you need seventy percent blockage to produce symptoms. At that level of blockage if you were to suffer a coronary artery spasm or plaque rupture, you might experience a total occlusion of an artery resulting in heart attack or sudden death.

I decided to write this article after talking to people and realizing that there are a lot of misunderstandings about heart health and artery health. The gene pool you come from has the greatest effect on whether or not you are prone to "hardening", or blocking of the arteries. No amount of exercise and diet will change that. On the other hand, I am not a doctor and while all of this is written with the best of intentions, it is not the final word on the subject. Careful research on your part is recommended.

As this is written it is only about a week and a half since my surgery. I am told it will be six to eight weeks before I can run. Time will pass and I will be back out there. Racing is over for me for 2006 but I hope to be at the Brian Boru race in 2007. See you there!

[Editor's note: Harry finished the Irish Road Rover 5K in 24:32, winning his age group!]

## *MTC NewsRun Going Green!*

After some "Heavy Discussion" the MTC Board has decided that the time has come to Go Green with the NewsRun. The club spends over \$4,000 a year on printing and mailing this publication. It has been proposed that we make the publication available on-line and stop printing all together. More and more clubs are moving in this direction and saving money for the club, as well as paper. The board understands that there are a few members out there who do not have Internet access - so we are asking for feedback on this proposal. Please let me know if you are for or against this Proposed Change. The money saved could be used for additional member benefits like a club shirt per household, for example. Contact Mark Grandonico (232-0232) grandm@maine.rr.com with your views on these matters.



## *Help Wanted: Newsletter Editor!*

Many Hands Make Light Work! No experience is necessary, just an interest in the club and making our events happen. If you or someone you know is curious about what is involved and/or interested in taking over the newsletter, please contact Sandy Walton (846-6577) swalton2@maine.rr.com. Sandy has accepted the position as Managing Editor of the RRCA newsletter, FOOTNOTES, so the Maine Track Club is in desperate need of an editor!

## *Moms on the run and the beat goes on!*

7<sup>th</sup> Annual Portland Sea Dogs Mother's Day 5K & FREE Kids Fun Run Truly an amazing weekend! 1,150 pre-registered, 51 on Saturday a whopping 449 race day giving us a total of 1,650 registered runners and 1,439 finishers. Now the largest 5K in Maine, the 3<sup>rd</sup> largest race in Maine behind Beach to Beacon and the Maine Half Marathon. Also, now one of the largest 5K's in all of New England! Also, our largest kiddie run with 299 registered. A huge thanks to Co-Directors Robin Carlson and John Keeley and all of the great volunteers; for without you, this race and all MTC races would cease to exist. Also a special thanks to the Portland Sea Dogs.....they are truly a class act.

*Howard Spear*

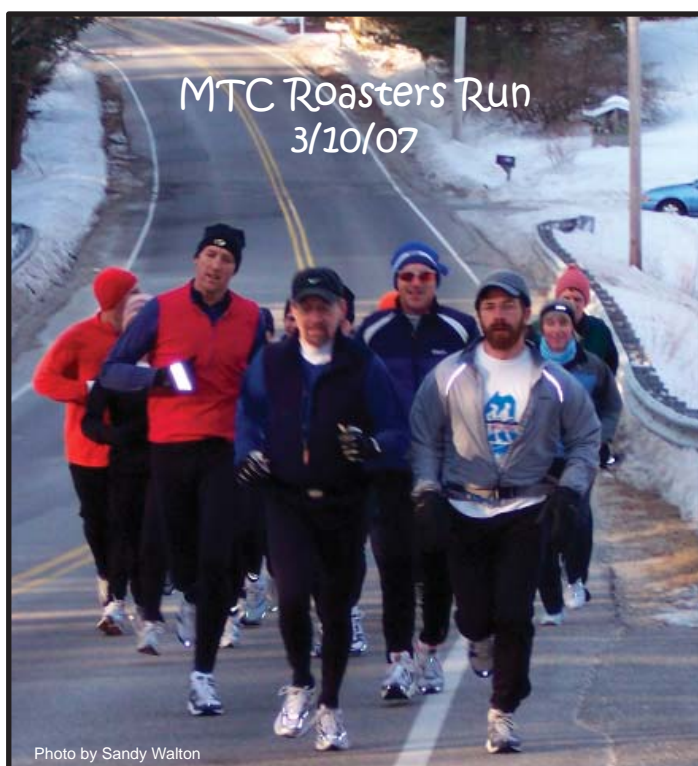
## *The Turkey Thanks You!*

A record 530 runners completed the 2006 Hannaford Turkey Trot 5K last November 19, with an unusually large number of children taking part in the Fun Run earlier that morning. After expenses, the race garnered \$1960 for MTC and \$975 each for our charities, Camp Sunshine and the Cape-Ability Sports Camp. Many thanks are due to Hannaford Bros., our long-time sponsor, who contributed generously toward race applications, T-shirts, awards, and post-race refreshments. At least 63 volunteers gave of their time and energy to make things happen on race day. I would like to convey my appreciation to Marge & Bob Aube, Scott Badger, Francis Bauer, Beth Birch, Beth & Bob Branson, Pat Buckley, Chuck Burnie, MaryAnne Champeon, David Colby Young, Christina Corson\*, Scott Dalrymple, Bill Davenney, Martha DePrez, Lisa Despres, Mike Doyle, Peter Drivas, Mel Fineberg, Janice Gagnier, Glenn & Terri Gallupe, Mark Grandonico, Ward Grossman, Nicki Griffin\*, Barbara & Charlie Grunden, Ruth Hefflefinger, Cathy Hepner, Janice Higgins, Dan Hogan, Mark Hoidal\*, Chenine Johnson\*, Brianna Mara\*, Phil Meech, Dottie Michaud, Kim Moody & Dave Roberts, Dennis Morrill, Vanessa Moura\*, Terri Morris, Andrea Nykiel\*, Dave Paul, Don Penta, Bob Perkins, Rae Pierce, Gretchen & Ron Reed, Kathleen Reid, Kristine & Margaret Rich\*, Charlie Scribner, Ashlee Seidel\*, Susan Slocum, Evie & Herb Strom, Bonnie Topham, Joan Tremberth, Jim Watson, Harry White and Sandy Wyman. Thanks also to the Cape Elizabeth Public Safety Department and fire police for their excellent help on traffic detail.

\*Camp Sunshine staff members

*Maggie Soule*

## Group Runs...



## Kennebunk

**The Kennebunk Thursday Night Group** runs year round, rain or shine. The group size ranges from 7 or 8 to over 20 depending on the weather and time of year. Pace ranges from 7-minute miles to several running 8's to 9's and sometimes slower. Distance is up to 6.5 miles. Following the run, tradition insists on a trip to Federal Jack's Brew Pub in Kennebunkport for libations and dinner, which always wraps up by 9:00 p.m. Meet at Meserves Market Place, Lower Village at 6:00 p.m. Contact: Steve Jacobsen (985-4107 - nights) or (985-3244 - days)

## Biddeford - Saco

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

## Portland - South Portland

**Wednesday Night Running Group** meets at 6:00 p.m. at 593 Washington Avenue in Portland. Distance is anywhere from 5 to 8 miles. Call ahead to confirm meeting place. Contact: John Keeley (756-5309) jkeele595@aol.com

**Maine Running Company** hosts group runs around the Back Cove starting at 6:00 p.m. come winter, spring, summer or fall. We meet Thursday evenings at the store on Forest Avenue. The run usually includes a 4-mile loop around the Back Cove, and all levels are invited. Contact: John Rogers (773-6601) info@runwalkcompany.com

**The Rat Pack** runs Sunday mornings at 7:00 a.m. from Payson Park. Contact: Mike Reali (829-2014) mreali@crossagency.com

**The Maine Front Runners**, a gay and lesbian running club, meets at Back Cove across from Hannaford every Saturday morning at 9:05 a.m. Everybody welcome. Contact: Jim Estes (415-3329) jim.estes@fairchildsemi.com or dcannons@hotmail.com

**Maine Mall** A group of 4-6 runners meet weekdays at 1:00 p.m. in the area of Darling Avenue and Foden Road near the Maine Mall. The group usually runs 4-6 miles at 8- to 9-minute pace. Contact: Marla Keefe (773-8854) marla.keefe@ctcnet.com

## Falmouth - Cumberland - New Gloucester

**MTC Roasters Run** The Maine Track Club hosts a weekly "Roasters Run" on Saturdays at 7:00 a.m., starting from the parking lot of Maine Roasters Coffee on Route 1 in Falmouth. Runners group themselves based on pace and then go out for runs ranging from 2-20 miles through Falmouth, Portland. The group size averages 18-24, so you can usually find someone in your pace range (from 7-minute miles to walking.) The runners congregate back at Maine Roasters Coffee after finishing to continue discussions over a cup of Joe. The runs are very informal, with the only formality being that they always start at exactly 7:00 a.m. all year long. Not a Saturday has been missed since its inception on March 6, 2004. Contact: Sandy Walton (846-6577) swalton2@maine.rr.com

**New Gloucester Group** meets Sundays at 7:00 a.m. The "road" gang meets in the Pineland YMCA parking lot, and the "trail" gang meets in the Pownal Hall lot for runs of various distances. It might be helpful to add your name to the e-mail list for weekly updates, as times and places sometimes change. Contact: Maureen Sproul (926-4681) msproul@unumprovident.com



# 5<sup>th</sup> Annual House to Hope 5K

To benefit the  
Habitat for Humanity  
of Greater Portland



**Saturday, May 19<sup>th</sup> 2007**

Registration Starts @ 7:30 AM

Race Begins @ 9:00 AM

## Race Details

- **Location:** Gorham High School - 41 Morrill Ave, Gorham, ME.
- **Check In & Registration:** Begins 7:30 AM
- **5K Road Race Start Time:** 9:00 AM
- **5K Walk Start Time:** 9:00 AM
- **Entry Fee:** Pre-Registration: \$10; Race Day: \$15
- Chip Timing and Mile Splits for Runners
- First 100 pre-registered runners receive a T-shirt IF registered before May 1<sup>st</sup>, 2007
- No Refunds, Radio Headsets or Baby Strollers allowed
- 13 awards for runners
- Free Pre and Post race massage

### Awards Awarded for the Following Age Groups (Both Male & Female)

- 13 and under
- 14-19
- 20-34
- 35-49
- 50-65
- 65 and up

The Julius Marzul award is also awarded each year to the runner with the most "heart." Julius was a longtime Gorham resident with a lifetime commitment to running. This award honors his love of the sport and gentle spirit.



## About the Race

The House to Hope 5K is one of the Springtime Walk series for Habitat for Humanity of Greater Portland.

It is a relatively flat course, great for either a first time or seasoned runner.

5K is an abbreviation for 5 kilometers, which equals just over 3 miles.

For more details on the House to Hope 5K Road Race, registration, or links to training for a race, please visit:

[www.vineyardpromos.com/house2hope](http://www.vineyardpromos.com/house2hope)

FMI Contact: Elisa Doucette,  
Race Director

E-mail: [elisa@vineyardpromos.com](mailto:elisa@vineyardpromos.com)  
(207) 233-7805

## Sign-up Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Age (on race day) \_\_\_\_\_ Sex \_\_\_\_\_

Circle Shirt Size: S M L XL (First 100 runners)

Additional Donation to Greater Portland Habitat for  
Humanity \$ \_\_\_\_\_

Please mail payments with registration form to:

Vineyard Promotions PO BOX 545 Gorham, ME. 04038

### Method of Payment

Check (payable to \_\_\_\_\_) Money Order (payable to \_\_\_\_\_)  
☐ Vineyard Promotions) ☐ Vineyard Promotions)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. In consideration of this entry being accepted to participate in this charitable event, I, for my heirs, personal representatives and assigns waive and release any and all claims I may have as a result of my participation in the House to Hope 5K Road Race against the organizers and sponsors, including (but not limited to) House 2 Hope 5K, Gorham Ecumenical Commission, Vineyard Promotions, and Habitat for Humanity of Greater Portland.

Signature: \_\_\_\_\_

(Parents signature if under 18 on race day)

Date: \_\_\_\_\_

MAINE'S MOST CHALLENGING RACE

# PINELAND FARMS

50K  
&  
25K

## Trail Challenge

SUNDAY, MAY 27, 2007

### VOLUNTEERS NEEDED

Contact Phil DiRusso at the Pineland YMCA

pdirusso@cumberlandcountyyymca.org 207.688.2255

Name \_\_\_\_\_

Gender \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City/Town \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Club/Team \_\_\_\_\_

T-Shirt Size    S       M       L       XL

Make checks payable to:  
**Maine Track Club**

Mail entries to:  
Erik Boucher  
66 Grant Street #4  
Portland, ME 04101

before 5/12

after 5/12

50k Race

\$40 ☐

\$50 ☐

25k Race

\$25 ☐

\$35 ☐

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. I assume full and complete responsibility for any injury or accident which may occur during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the trails, and traffic. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, the Maine Track Club, Pineland Farms, Inc., Boulos Property Management, October Corporation, Libra Foundation, Cumberland County YMCA, sponsors, promoters, and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for my all liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

**NO DOGS ALLOWED ON PINELAND FARMS PROPERTY  
EXCEPT THOSE PARTICIPATING IN THE RACE**

Runner's Signature \_\_\_\_\_

Parents's Signature if under 18 \_\_\_\_\_





## 5K Race Series

**Saturday April 7, 2007 10:00 AM**

**Sunday May 27, 2007 9:00 AM**

**Saturday December 1, 2007 10:00 AM**

**Back Cove Trail, Portland, ME**

**Directions: Go to the Parking Lot at the intersection of Baxter Boulevard and Preble Street.**

**\$16 pre-entry fee --- \$20 post entry fee**

***Special Maine Track Club Offer: Pre-Enter all 3 races for \$42***

**Strict 250 runner limit per race**

**Multi-Color Luv2Run T-Shirts, gloves, caps, or Hanteens guaranteed to all runners!**

**Luv2Run Beer Mugs to top 3 Male and Female Overall and top 2 Male & Female in 7 Age Groups**

**Raffle Prizes Include: 2 Pairs of Vasque Trail Running Shoes, FuelBelts, RoadID Kits, and more.**

***Register On Line at <http://www.3CRaceProductions.com/Luv2Run2007.htm>***

For more information call (603) 429-8879; go to <http://www.3CRaceProductions.com/Luv2Run2007.htm>;  
or email: [michael@3CRaceProductions.com](mailto:michael@3CRaceProductions.com).

Make check payable to the 3C Race Productions

Mail to: Luv2Run Portland 5K, 160 Amherst Road, Merrimack, NH 03054

Name: \_\_\_\_\_ Circle Gender: M F Age: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Email: \_\_\_\_\_

Running Club: \_\_\_\_\_ Circle T-Shirt Size: S M L XL

**Circle race(s) entering: April 7 --- May 27 --- December 1**

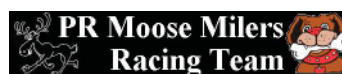
I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release 3C Race Productions LLC, Vasque, the City of Portland, ME, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature if under 18

### Additional Sponsors





**5K**

**Sunday May 27, 2007 9:00 AM**

**Back Cove Trail, Portland, ME**

**Directions: Go to the Parking Lot at the intersection of Baxter Boulevard and Preble Street.**

**5K Race on the beautiful trail around the Back Cove.**

**\$16 Pre Entry**

**\$20 Post Entry**

**Strict 250 runner limit per race**

**Multi-Color Luv2Run Tech T-Shirts to 1st 100 Entrants courtesy of the Maine Running Company!**

**Regular Multi-Color Luv2Run T-Shirts to all other entrants**

**Luv2Run Beer Mugs to top 3 Male and Female Overall and top 2 Male & Female in 7 Age Groups**

**Raffle Prizes Include: 2 Pairs of Vasque Trail Running Shoes, FuelBelts, RoadID Kits, and more.**

For more information call (603) 429-8879; go to <http://www.3craceproductions.com/Luv2Run2007.htm>;  
or email: [michael@3craceproductions.com](mailto:michael@3craceproductions.com).

Make check payable to the 3C Race Productions,  
and mail to: Luv2Run Portland 5K #2, 160 Amherst Road, Merrimack, NH 03054

Name: \_\_\_\_\_ Circle Gender: M F Age: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Email: \_\_\_\_\_

Running Club: \_\_\_\_\_ Circle T-Shirt Size: S M L XL

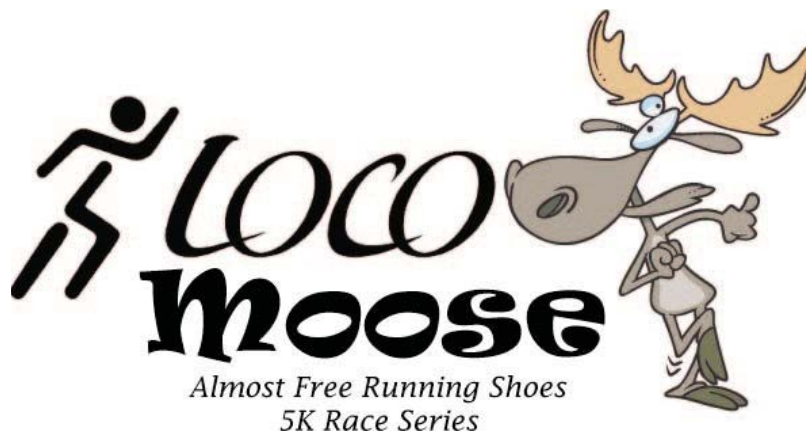
I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release 3C Race Productions LLC; Vasque; the City of Portland, its employees and agents; and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature if under 18





**Saturday June 30, 2007 9:00 AM**

**Back Cove Trail, Portland, ME**

**Directions: Go to the Parking Lot at the intersection of Baxter Boulevard and Preble Street.**

***The race where everyone is a winner of a free pair of Loco Running Shoes\****

***Mojo, Perfecto, Xpresso, Bandito, or Carumba***

***Go to [www.locorunning.com](http://www.locorunning.com) for a description of each shoe.***

***Entry Fee: \$36.00 – Post Entry Fee: \$40.00***

***Strict 125 Runner Limit!!!***



***\* Some restrictions apply. See below for details.***

For more information call (603) 429-8879; go to <http://www.3craceproductions.com/LocoMoose2007.htm>;  
or email: [michael@3craceproductions.com](mailto:michael@3craceproductions.com).

Make check payable to the 3C Race Productions,  
and mail to: Loco Moose Portland, 160 Amherst Road, Merrimack, NH 03054

Name: \_\_\_\_\_ Circle Gender: M F Age: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Email: \_\_\_\_\_

Running Club: \_\_\_\_\_ Circle T-Shirt Size: S M L XL

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release 3C Race Productions LLC; Vasque; the City of Portland, its employees and agents; and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature if under 18

# 1<sup>st</sup> Annual Dick Deery Run/Walk for MSA



**Sunday, May 27, 3:30 p.m.  
Main Street, Rangeley, ME**

Check-in and Event Day Registration begins 1:30 p.m.  
3 mile Run/Walk

Post-race food & refreshments and awards ceremony  
at Rangeley Chamber of Commerce.

T- shirts to the first 250 registrants - sign up early! Use this application to register.  
Contact friends and family for their support.

No registration fee: donations collected on Race Day at registration.



*All proceeds benefit the Michael J. Fox Foundation Dedicated to  
finding a cure for Parkinson's (MSA is a rare form of Parkinson's)*

---

## **2007 Dick Deery Run For MSA** **Registration one per person, feel free to copy**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

T-shirt size (Adult sizes M, L, XL): \_\_\_\_\_ (Kids will receive an alternate item)

**Please mail registration to H. Deery, P.O. Box 1185, RangeleyME. 04970, minimum tax deductible donation of \$25.00 per person. Children under 12 yrs. \$10.00 minimum donation\*. **Fun Run for kids at 3:00 p.m..****

In consideration of this entry being accepted to participate in this charitable event, I , for my heirs, personal representatives and assigns waive and release any and all claims I may have as a result of my participation in Dick Deery's Run/Walk for MSA against the organizers and sponsors, including , but not limited to, Dick Deery's Run/Walk for MSA, Team Fox, The Michael J. Fox foundation and the town of Rangeley. I further state that I am physically fit and have sufficiently trained to compete in this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Runners: No headphones, baby joggers, roller blades or animals allowed.

**\*DONATIONS: Each participant is encouraged to collect additional donations from friends and family. Keep track of donations (all to The Michael J. Fox Foundation) and turn in at check-in on Run/Walk day. Inquiries concerning the Run can be e-mailed to hdeery@maine.rr.com. Thank you in advance for you Support!**





SCARBOROUGH MARSH  
AUDUBON CENTER

# SNOWY EGRET 5K

## Run/Walk for the Marsh

&

### Kids 1K Fun Run

**Memorial Day, Monday, May 28, 2007**

Sponsored by Chiropractic Family Wellness Center  
in cooperation with the Eastern Trail Alliance to benefit  
Scarborough Marsh Audubon Center

- Time:** Kids 1K Fun Run starts at 8:30 a.m.  
5K Run/Walk starts at 9 a.m.
- Place:** Kids 1K Fun Run will start and end at the Pine Point end of the Eastern Trail. Please see reverse side for Eastern Trail information.
- 5K Run/Walk will start at Scarborough Marsh Audubon Center and end at Peterson Field.
- Entry Fee:** 5K Run/Walk is \$12 advance registration / \$15 race-day registration .  
Kids 1K Fun Run is free.
- Registration:** To register, contact Chiropractic Family Wellness Center at (207) 883-5549, or on line at [www.active.com](http://www.active.com), or mail in the entry form on reverse side.
- Advance registration, tee-shirt and bib pick-up at Scarborough Marsh Audubon Center Saturday, May 26 and Sunday, May 27.  
Race-day registration, bib and tee-shirt pick-up at Peterson Field.
- Awards:** Tee-shirts to the first 100 5K Run/Walk registrants  
Medals to all Kids 1K Fun Run participants  
Awards to all age groups

MAINE   
AUDUBON  
*Scarborough Marsh  
Audubon Center*



For more information about  
**Scarborough Marsh Audubon Center** contact Linda Woodard at  
 (207) 781-2330 ext. 213, or by e-mail  
 at [smac@maineaudubon.org](mailto:smac@maineaudubon.org), or at  
[www.maineaudubon.org](http://www.maineaudubon.org).

For information about the  
**Eastern Trail Alliance**  
 please contact John Andrews at  
 (207) 282-1979, or on the web at  
[www.easterntail.org](http://www.easterntail.org).

### Awards

Overall..... 1st  
 18 & Under..1-3  
 19-29..... 1-3  
 30-39..... 1-3  
 40-49..... 1-3  
 50-59..... 1-3  
 60-69..... 1-3  
 70+..... 1-3

### Race Day Services

- ☐ Therapeutic massage
- ☐ Spinal screenings
- ☐ Raffle
- ☐ Additional gifts and prizes
- ☐ Water stops, split times
- ☐ Bathroom facilities
- ☐ Mile markers
- ☐ Refreshments provided by Tim Hortons



### Directions to the Scarborough Marsh Audubon Center and Peterson Field

From the north via the Maine Turnpike, take Exit 42, Scarborough, to Route 1 south. Turn left onto Route 9. Scarborough Marsh Audubon Center is located .8 miles on the left. Continue for an additional .7 miles on Route 9 and take a right onto Old Blue Point Road. Peterson Field will be .1 mile on your right.

From the south, take Exit 36 to Route 1 north. Turn right onto Route 9. The Scarborough Marsh Audubon Center is located .8 miles on the left. Continue for an additional .7 miles on Route 9 and take a right onto Old Blue Point Road. Peterson Field will be .1 mile on your right.



### ENTRY FORM

#### Snowy Egret 5K Run/Walk for the Marsh



Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Signature: \_\_\_\_\_

(Guardian if under 18)

T-shirt size: M L XL (first 100 registrants)

**SEND ENTRY FORM TO:** CFWC, 243 U.S. Route One, Scarborough, Maine 04074

**Telephone:** (207) 883-5549

**CHECKS PAYABLE TO:** CFWC

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of weather (including rain, wind and snow, high heat or humidity), traffic and the condition of the road. In consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Chiropractic Family Wellness Center, Maine Audubon, Scarborough Marsh Audubon Center, and Eastern Trail Alliance and all other sponsors, their representatives, and successors for all claims of liabilities arising out of my participation in this event. FOR SAFETY'S SAKE, NO HEADSETS, NO PETS, NO BABY STROLLERS.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Participant and/or Guardian if under 18



Toe the line with some of New England's fastest milers in this fun family event!

New this year - Fathers, form a team with your child and receive a \$10 Friendly's gift certificate!

Raise money for Easter Seals Maine & enjoy FREE *Friendly's* ice cream.

Raffle includes a FREE family vacation.  
Courtesy of Hampton Inn and Suites,  
North Conway, NH (\$400 value)

Course drops 70', assuring fast times!



**Entry fee:** Under 18      \$8 (\$10 race day)  
                  18 and older    \$12 (\$15 race day)

**T-shirts:** Register by 6/1 for a free shirt.

**Portland, Maine**  
**June 17<sup>th</sup>, 2007**  
**9:00 A.M.**



**CERTIFIED**  
**ME05004RF**

**Where:** Race day check-in and registration at Lincoln Park - 360 Congress Street, Portland, Maine. This is also the finish and festival area. Find free on-street parking throughout the Old Port and convenient hourly rate spots in the "Top of the Old Port" parking lot, across from Lincoln Park.

**When:** Racers must check in at Lincoln Park by 8:30, then walk or jog to the start on upper Congress Street.

**Awards and raffle prizes:** There will be cash and gift prizes as well as age-group awards. Valuable raffle prizes, donated by local restaurants, hotels and sports stores, including a FAMILY WEEKEND GETAWAY GRAND PRIZE, will be drawn after the awards ceremony. **ADDITIONAL INFO @ [www.newenglandmile.com](http://www.newenglandmile.com)**

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**ENTRY FORM – Return to New England Mile c/o Easter Seals Society, 125 Presumpscot Street, Portland, ME 04103**

**Individual** (Younger than 18 = \$8 (\$10 race day), 18+ = \$12 (\$15 race day))

Print Name: \_\_\_\_\_ Gender: M F Age on race day: \_\_\_\_\_

Mailing Address \_\_\_\_\_ City & State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_ T-shirt size\* \_\_\_\_\_ \*Pre-registered only

### **Father & Child Team**

(Father fill out individual form and add child below - Younger than 18 = \$8 (\$10 race day), 18+ = \$12 (\$15 race day))

Print child's name: \_\_\_\_\_ Gender: M F Age on race day: \_\_\_\_\_  
Team name: \_\_\_\_\_ (Ex. Team Hathaway) T-shirt size\* \_\_\_\_\_ \*Pre-registered only

\*Team competition in two categories Father / Son and Father / Daughter and there are no minimum or maximum age limits

**Waiver:** In consideration of the acceptance of my entry, I for myself, my executors, administrators and assignees, do hereby release and discharge Easter Seals and the race sponsors for all claims of damages, demands and actions whatsoever in any manner arising or growing out of my participating in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and am physically fit and sufficiently trained to participate in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or guardian signature for runners under 18 \_\_\_\_\_

## 5<sup>th</sup> Annual!

**WEDNESDAY  
JULY 4, 2007**

**8:00 a.m.**

**Norcross Point  
Winthrop, ME**



## 5<sup>th</sup> Annual!

**WEDNESDAY  
JULY 4, 2007**

**8:00 a.m.**

**Norcross Point  
Winthrop, ME**

### Registration

You can guarantee yourself a **free T-Shirt** sporting the Friends mascot "Spotter the Otter" along with a stuffed **gift bag** by mailing \$15 along with a completed registration form below to:

**Friends of the Cobbossee Watershed  
PO Box 5003  
Augusta, ME 04332-5003**

Payment and registration form must be received by Saturday, June 30 in order to guarantee T-Shirt & gift bag. First 100 registrants will also receive a plush beach towel provided by Vallee Real Estate. Registration on race day begins at 7:00 a.m. at the American Legion on Bowdoin Street - \$17 entry fee and no guarantee of T-Shirt. Extra T-Shirts will be available on a first-come, first-served basis. Entry forms are also available on the web at: [www.watershedfriends.com/friends\\_5k.html](http://www.watershedfriends.com/friends_5k.html)

### The Course

"Friends on the 4<sup>th</sup>" 5K is open for all runners, joggers & walkers. After a loop through downtown Main Street, most of the course follows the beautiful eastern shore of Maranacook Lake.

### Other Info / Questions?

Contact Race Director Bob Moore by phone at 621-4100 or via email at: [mail@watershedfriends.com](mailto:mail@watershedfriends.com) **Parking is limited!** For the safety of the runners, parking is not allowed along the race route – attendants will be in place to guide participants and spectators to nearby parking areas provided by local businesses.

### Awards

Men & Women, 1<sup>st</sup> & 2<sup>nd</sup> place medals: 15 & under, 16-19, 20-29, 30-39, 40-49, 50-59, 60-65, 66+; trophy for overall M/F winners. In addition, gift certificates and prize items donated by area merchants will be raffled off with all entries eligible for prizes.

Clip here.....Clip here.....Clip here..... **ENTRY FORM AND WAIVER** Clip here.....Clip here.....Clip here.....

*I realize that participating in a road race may be a potentially hazardous activity. I assume all risks inherent with participating in this event. I have read this waiver and release the sponsors and representatives from all claims or liabilities arising from my participation in this event.*

NAME (print) \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ PHONE # \_\_\_\_\_

ADDRESS \_\_\_\_\_ T/S/ZIP \_\_\_\_\_ "T" SIZE: XL L M S XS

SIGNATURE (parent or guardian if under 18) \_\_\_\_\_

**Gold Sponsor**



**Silver Sponsors**

**Kennebec Savings Bank**   
*your community bank since 1870*  
Member FDIC

**TRANSCO**  **OFFICE SOLUTIONS**



# 26th Annual Pat's Pizza Clam Festival Classic Five Mile Race

**Saturday, July 21, 2007**

**8:00 a.m.**

**Main Street**

**Yarmouth, Maine**

Sponsored by



Managed by the  
Maine Track Club



## T-shirts for the first 700 registered runners

- \$150 Cash Prize for 1st Male and 1st Female
- \$75 Cash Prize for 1st Male and Female Masters
- Awards for Age Group Winners
- \$3.00 Pat's Pizza Gift Certificates for the first 700 registered runners
- Discount coupon to Maine Running Company
- Certified Course (ME98006WN)
- [www.mainetrackclub.com](http://www.mainetrackclub.com)
- \$18.00 entry fee for registrations postmarked by 7-14-07
- \$20.00 entry fee on Race Day
- Register online at [www.active.com](http://www.active.com)
- Chip timing by Bay State Race Services
- For more information: Send an email to [ronaldpelton@hotmail.com](mailto:ronaldpelton@hotmail.com)

## Entry Form

Name \_\_\_\_\_ Age on race day \_\_\_\_\_  
Street \_\_\_\_\_ Birthday \_\_\_\_/\_\_\_\_/\_\_\_\_  
Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ T-shirt size Sml Med Lrg XL  
Sex Male \_\_\_\_\_ Female \_\_\_\_\_

Mail your check payable to: **CLAM FESTIVAL CLASSIC**

Mail to: **PO BOX 406  
FREEPORT, ME 04032-0406**

**NO REFUNDS \* NO STROLLERS, PETS OR HEADPHONES**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, its contractors, the Town of Yarmouth, the Yarmouth Chamber of Commerce, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature \_\_\_\_\_

Date \_\_\_\_\_ Parent's Signature if under 18 years

## May Races...

**Maine Track Club races in bold. Check with contacts prior to race day to be sure of race details, especially if not pre-registering. The following listings are Maine races, therefore assume area code 207 unless otherwise specified.**

- May 5 18<sup>th</sup> Annual Run/Walk for Empowerment 5K, Waterville, Colby College Field House, 9:00 a.m. Contact: Rape Crisis Assistance & Prevention (872-0601) info@rape-crisis.com; www.rape-crisis.com
- Orrington 10K & 1 Mile Fun Run, Orrington, Center Dr., 9:30/9:00 a.m. Contact: Ryan King (478-2381 or 942-3597)
- Run For Nurses 5K/10K, Fort Kent, University of Maine Sportscenter, University Ave., 10:00 a.m. Contact: Susan Plissey (227-3933) susanplissey@fastmail.fm
- 27<sup>th</sup> Annual Rocky Coast 10K, Northern Lights Electric 5K/10K Walk, & Fort Cowan Bunny 1 Mile Run, Boothbay Harbor, 10:00/9:00/8:45 a.m. Contact: Neal Verge (633-2855) nverg2@zwi.net
- Iron Bear Tri/Duathlon (triathlon: 525-yard pool swim, 12-mile bike, 3-mile run; duathlon: 2-mile run, 12-mile bike, 3-mile run), Brunswick, Bowdoin College, 1:00 p.m. Contact: Will Thomas (751-4482) will@tri-maine.com
- May 6 5K Run for Global Health, Kennebunkport, Lower Village Park, off Rte. 9A, 9:00 a.m. Contact: (604-4171)
- Hot Pursuit 5K, Brunswick H.S., McKeen St., 9:30 a.m. Contact: Shawn O'Leary (725-5521 x104) soleary@brunswickpd.org
- Patty's Race - Patricia Lynn Corbin Memorial 5K, Lee Academy, 26 Winn Rd., 1:00 p.m. Contact: Michael & Robin Corbin (738-4354) corbin@fairpoint.net or Todd Thurlow (738-2089 or 738-2251) www.pattysrace.com
- May 9 Back Cove 5K (1<sup>st</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) info@runwalkcompany.com or Stu Palmer (725-5178) palmerstu@hotmail.com
- May 12 Central Lincoln County YMCA Mother's Day 5K, Damariscotta, 525 Main St., 8:30 a.m. Contact: Robin Maginn (563-3477) rmillett@tidewater.net
- 3<sup>rd</sup> Annual ERA/MDA 5K Race/Walk, Augusta, Maine State Housing parking lot, 353 Water St., 9:00 a.m. Contact: Diane Garcell (623-4182 x309) dianegarcell@realtor.com
- 3<sup>rd</sup> Annual Girls on the Run 5K, Bethel, Crescent Park E.S., 9:00 a.m. Contact: Kate Goldberg (824-3459) goldberg@megalink.net; www.bethelmaine.com
- 6<sup>th</sup> Annual Big Lake Half Marathon (2<sup>nd</sup> in the Tri-State Half Marathon Series), Alton, NH 9:00 a.m. Contact: Keith Jordan (603-293-8353) keith@endorfunsports.com; www.biglakehalfmarathon.com
- 1<sup>st</sup> Annual Run for Relief 5K, Lewiston, Red Cross Office, 1180 Lisbon St., 9:00 a.m. Contact: Victoria Kelley (795-4004) kelleylvicks@yahoo.com
- Wild Katahdin Trust Snow Run 5K #8, Houlton, Millar Civic Center, 11:00 a.m. Contact: Larry Tonzi (532-7548) ltonzi@yahoo.com or bull6@verizon.net
- May 12 Discover Portland Urban Adventure Race (New England Adventure Race Series #1), Portland, East End Beach, Eastern Promenade, Noon Contact: Tracey Olafsen (603-284-6368) info@racingahead.com
- May 13 17<sup>th</sup> Annual Mother's Day 5K & 250m Kids Mad Dash, Rockland, Eastern Railroad Station, Pleasant St., 8:30 a.m. Contact: Jennifer Brooks (973-3558) jbrooks@penquiscap.org or Rachel Davis (596-0361) rdavis@penquiscap.org
- Saucony 5K, Bangor, Saucony Factory Outlet Store, 93 Farm Rd., 9:00 a.m. Contact: Jeremy Durost (842-7644) jdurost@localnet.com
- 7<sup>th</sup> Annual Portland Sea Dogs Mother's Day 5K, Portland, Hadlock Field, 271 Park Ave., 9:15 a.m. (Largest 5K in Maine! Entry includes free game ticket. Free Kids Fun Run) Contact: Geoff Iacuesa (874-9300) or Howard Spear racedirector@mainemarathon.com**
- Crooked Road 5 & 10 Miler, Bar Harbor, Atlantic Brewing, Town Hill Market, Rte. 102, 9:30 a.m. Contact: Crow Athletics (276-4226) information@crowrunning.com
- May 16 Back Cove 5K (2<sup>nd</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) info@runwalkcompany.com or Stu Palmer (725-5178) palmerstu@hotmail.com
- May 19 Spring Sprint Sloan Critchfield 5K Memorial Run, Portland, Waynflete School, 360 Spring St., 8:30 a.m. Contact: Peg Thompson (767-5245) pegt@maine.rr.com
- 4<sup>th</sup> Annual House to Hope 5K, Gorham H.S., 41 Morrill Ave., 9:00 a.m. Contact: Elisa Doucette (233-7805) lilacupin@yahoo.com
- 5K Race/Run for Hope, Portland, Catherine McAuley H.S., 631 Stevens Ave., 10:00 a.m. Contact: Rita Yavinsky (781-3383) catherinemcauleyscholarship5k@yahoo.com
- Bayside Community 5K, Portland, Eastern Prom Trail, India & Fore St., 9:15 a.m. Contact: Jim McCormack (237-6876) or Amanda Stevens (949-3883)
- May 20 25<sup>th</sup> Annual Sugarloaf/USA Marathon & 15K, Marathon: Eustis, Cathedral Pines Campground, 7 Pine St., 15K: Carrabassett Valley, Ayotte's Country Store, Rte. 27, 7:00/7:15 a.m. Contact: Jami Badershall (237-6884) jbadershall@sugarloaf.com or Jim McCormack (237-6876)
- 1<sup>st</sup> Annual Jameson Tavern 25<sup>th</sup> Anniversary 5K, Freeport, 115 Main St., 9:00 a.m. Contact: Carol Roy (865-4196 x4) carolroy@suscom-maine.net; www.jamesontavern.com
- Kittery Fire Department 5K Run, Kittery, Gorges Road Fire Station, 9:00 a.m. Contact: Dan Hale (332-9125) kittery5k@hotmail.com
- Dragonslayer 6K, York H.S., 1 Stevens Dr., 10:00 a.m. Contact: Katie Prouty (363-8711) beanightslaythedragon@yahoo.com
- May 23 Maine Corporate Track Assoc. Meet, Falmouth H.S., 5:30 p.m. Contact: Puddy Holmes (575-6043) pholmes@unumprovident.com; www.maineorporatetrack.org
- Back Cove 5K (3<sup>rd</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) info@runwalkcompany.com or Stu Palmer (725-5178) palmerstu@hotmail.com



## May/June Races...

- May 27 **2<sup>nd</sup> Annual Pineland Farms 50K/25K Trail Challenge, New Gloucester, Pineland YMCA, 25 Campus Dr., 8:00 a.m. (Off-road rollercoaster on wide forest trails and across fields. Post race BBQ) Contact: Ian Parlin (775-6549) pinelandrace@yahoo.com**
- 16<sup>th</sup> Annual Live Your Dreams 5K, Kennebunk, Senior Center at Lower Village, Rte. 35, 8:15 a.m. Contact: Susan Pettit (967-8514) director@seniorcenterkennebunk.org
- Luv2Run Portland 5K #2, Portland, Back Cove, Baxter Blvd. & Preble St., 9:00 a.m. Contact: Michael Amarello, (603-429-8879) michael@3craceproductions.com; www.3craceproductions.com/raceapps/luv2runportlandii.htm
- 1<sup>st</sup> Annual Dick Deery 3 Mile Run/Walk for MSA & Kids Fun Run, Rangeley, Main St., 3:30/3:00 p.m. Contact: Holly Deery (883-9080) hdeery@maine.rr.com
- May 28 **3<sup>rd</sup> Annual Snowy Egret 5K Run/Walk for the Marsh & Kids 1K Fun Run, Scarborough Marsh Audubon Center to Peterson Field, 9:00/8:30 a.m. Contact: Bob LaNigra (883-8662) or Meg Pickering (883-5549) smac@maineaudubon.org**
- 12<sup>th</sup> Annual MSAD #51 Memorial Mile & Kids ½ Mile Fun Run, Cumberland, Greely H.S., 8:45/8:00 a.m. Contact: Ellen Hart (829-0925) jhart1@maine.rr.com
- May 30 **Back Cove 5K (4<sup>th</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) info@runwalkcompany.com or Stu Palmer (725-5178) palmerstu@hotmail.com**
- June 2 **9<sup>th</sup> Annual Bone Density Dash 5K & 1 Miler, Portland, Back Cove, Baxter Blvd. & Preble St., 8:30/9:30 a.m. Contact: Kelly Wood or Kathy Lakatos (828-1133) bestbone@maine.rr.com**
- Bath Area Family YMCA Longreach 5K & Kids 1K Fun Run, 303 Centre St., 9:00 a.m. Contact: (443-4112)
- York Hospital 5K Road & Cross Country 3.2 Mile Race, York Hospital, Strater Wing entrance, 15 Hospital Dr., 9:30 a.m. Contact: Friendraising Office (351-2228) cr@yorkhospital.com
- June 3 **Pond Cove 5K Challenge & Kids 1 Mile Fun Run, Cape Elizabeth M.S., 12 Scott Dyer Rd., 8:00 a.m. Contact: Allene Cooley (799-6581)**
- Camden 10K & Kids 1 Mile Fun Run, Camden, Peter Otts Restaurant, 16 Bay View St., 9:00/9:05 a.m. Contact: Sarah Andrus (236-8779) sarah@mainesport.com
- Get Fit 5K, Tenants Harbor Ball Field/Tennis Courts, Rte. 131, 9:00 a.m. Contact: Paula Jean Lunt (372-8195) paddlechic@verizon.net
- Noble Knights 5K, North Berwick, Noble H.S., 388 Somersworth Rd., 9:00 a.m. Contact: Lindsay Davis (676-2843) lindsay.r.davis@maine.edu
- June 4 **16<sup>th</sup> Annual Cobscook Bay 10K/5K, & Kids 1 Mile Run, Pembroke, 10:00/9:15 a.m. Contact: Jonathan Aretakis (726-5858) jaretakis@gwi.net**
- June 6 **Maine Corporate Track Assoc. Meet, Portland, Fitzpatrick Stadium, 6:00 p.m. Contact: Puddy Holmes (575-6043) pholmes@unumprovident.com; www.maineorporatetrack.org**
- June 6 **Back Cove 5K (5<sup>th</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) info@runwalkcompany.com or Stu Palmer (725-5178) palmerstu@hotmail.com**
- June 8 **Torch Run to Benefit the Special Olympics, Bar Harbor Pier to Orono, 7:00 a.m. Contact: Tim Bland tbland@barharbormaine.gov**
- June 9 **Margaretta Days 10 Miler & 3 Mile Fun Race/Walk, Machias, University of Maine, 8:00 a.m. Contact: Louise West (255-4402) info@machiaschamber.org**
- Family Fit Fest 5K & Kids Fun Run, Auburn, Festival Plaza, 100 Main St., 9:00/8:30 Contact: Doug McFarland (795-4095) dmcfarland@alymca.com
- 7<sup>th</sup> Annual Garelick Farms-Bangor YMCA Main Street Mile Milk Run, Bangor, Best Inn, Main St./West Market Square, 9:00 a.m. Contact: Tammy Hodgdon (941-2808 x334) thodgdon@bangory.org
- MDI YMCA Spring 10K & Kids 1 Mile Fun Run, Bar Harbor, Mount Desert Island YMCA, 21 Park St., 10:00/9:15 a.m. Contact: Lisa Tweedie (288-3511 x113) fitness@mdiymca.org
- Blue Planet Run Maine River 5K, Winterport, Abbott Park, 1 Park Dr., 10:00 a.m. Contact: MacKenzie Rawcliffe (617-417-6892) winterportrunner@gmail.com
- June 13 **Back Cove 5K (6<sup>th</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) info@runwalkcompany.com or Stu Palmer (725-5178) palmerstu@hotmail.com**
- June 15 **Docs Tiger 3 Miler, Biddeford, Docs Tavern parking area, Franklin St., 7:00 p.m. Contact: Leslie Mourmours (282-2631) coachm@maine.rr.com**
- June 16 **Harbor View 5K & Kids Fun Run, Rockport, Penobscot Bay YMCA, 116 Union St., 8:30 a.m. Contact: Sandra Bodamer (236-3375 x281) fitness@penbayymca.org**
- Close to the Coast 5K/10K, South Freeport, Winslow Park, Staples Point Rd., 9:00 a.m. Contact: Nelson Larkins (791-3222) nlarkins@preti.com
- Maine USAT&F Junior Olympic Championship, Scarborough H.S., 9:00 a.m. Contact: Ron Kelly (883-2747) rkelly01@maine.rr.com
- 47<sup>th</sup> Annual Mt. Washington Road Race (7.6 Miles), Gorham, NH 10:00 a.m. Registration closed.
- June 17 **West Kennebunk Fire Company Triathlon & AquaBike (triathlon: 1.5K swim, 40K bike, 10K run; aquabike: 1.5K swim, 40K bike), Kennebunk, Mother's Beach, 260 Beach Ave., 7:00 a.m. Contact: Jeff Cole (985-3361 x120) rd@wkfiretri.com**
- 5<sup>th</sup> Annual Light to Light 7.5 Mile Run/Walk, Rockland, Owls Head Lighthouse, 8:00 a.m. Contact: Sandy Clement (594-8855) www.rocklandlighthouse.com
- New England Mile, Portland, Lincoln Park, Congress St., 9:00 a.m. Contact: Peter Bottomley (807-1133) peteb@coastofmaine.com; www.newenglandmile.com**

## June/July Races...

- June 17 Maine USAT&F Junior Olympic Championship, Scarborough H.S., 9:00 a.m. Contact: Ron Kelly (883-2747) rkelly01@maine.rr.com
- 2<sup>nd</sup> Annual Great Lobster 10K, Southwest Harbor, Harbor House, Main St., 9:30 a.m. Contact: Crow Athletics (276-4226) information@crowrunning.com
- June 20 Back Cove 5K (7<sup>th</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) info@runwalkcompany.com or Stu Palmer (725-5178) palmerstu@hotmail.com
- June 23 Gardiner 5 Mile Road Race, Gardiner, Maine General Medical Center, 150 Dresden Ave., 8:00 a.m. Contact: Orm Irish (724-3812) irishorm@aol.com
- WildBear Tri/Duathlon (triathlon: 1/3-mile swim, 16-mile bike, 5K run; duathlon: 2-mile trail run, 16-mile bike, 5K run), Poland, Range Pond State Park, 8:15 a.m. Contact: Will Thomas (751-4482) will@tri-maine.com
- 3<sup>rd</sup> Annual Christopher Scott Cash Memorial 5K, 2.5 Mile Walk, & Kids Fun Run, Old Orchard Beach H.S., behind the OOB Police Station, E. Emerson Cummings Rd., 8:30/8:40/7:45 a.m. Contact: Nancy or Robert Kelley (934-2360) runforcash\_04064@yahoo.com; www.runforcashoob5k.com
- Glenburn 5K, Glenburn Fire Station, Lakeview Rd., 9:00 a.m. Contact: Ray Cooke (949-0430) friendsofglenburn@yahoo.com or emmstl@yahoo.com
- Maine Corporate Track Assoc. Meet – New England Regionals, South Portland H.S., 9:00 a.m. Contact: Puddy Holmes (575-6043) pholmes@unumprovident.com; www.maineorporatetrack.org
- 26<sup>th</sup> Annual Pottle Hill 10K, 5K, & 1 Mile Fun Run, Mechanic Falls, 1 North Main St., 9:15/9:00/8:30 a.m. Contact: Debra Holden (753-1457 x11) dholden@pottlehill.org
- Maine Games State Track & Field Championships, Waterville H.S., Noon Contact: Jeff Scully (284-2003) info@mainegames.org
- Rockland Rotary Summer Solstice 5K, Rockland, Chapman Park, Park & Main St., 5:00 p.m. Contact: Michael Hersom (594-5500) mhersom@glencovedental.com
- June 24 S.W. Collins 5K, Walk, & Kids 1K, Caribou, 10:00/9:30/8:30 a.m. Contact: Jim Finnemore (764-2720) or Leah Ewing (496-6732)
- June 27 Back Cove 5K (8<sup>th</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) info@runwalkcompany.com or Stu Palmer (725-5178) palmerstu@hotmail.com
- June 30 Shipbuilders Triathlon & Aquabike (triathlon: 1.5K swim, 40K bike, 10K run; aquabike: 1.5K swim, 40K bike), Bath Waterfront Park, 7:30 a.m. Contact: Will Thomas (751-4482) will@tri-maine.com; www.tri-maine.com
- Tour du Lac 10 Miler, Bucksport, 7:30 a.m. Contact: Chris & Margaret Jones (469-9901 evenings)
- Reddy Family Chiropractic 5 Mile Strawberry Run & 2.5 Mile Walk, South Berwick, Marshwood M.S., Rt. 236, 8:00/8:10 a.m. Contact: Sharon Bressard or Kathy MacDonald (384-3306) rorsini@sbmaine.us; www.southberwickmaine.org
- June 30 Loco Moose Portland Almost Free Running Shoes 5K, Portland, Back Cove, Baxter Blvd. & Preble St., 9:00 a.m. Contact: Michael Amarello (603-429-8879) michael@3craceproductions.com
- July 1 Bath Heritage Days 5 Miler & 1.5 Mile Fun Run, Bath City Hall, 8:30/7:45 a.m. Contact: Bath Recreation Dept. (443-8360) visitbath.com/heritagedays/index.html
- 5K Run by the Lake, Poland, Wolf Cove Bed & Breakfast, Jordan Shore Rd., 8:30 a.m. Contact: Jamie Rothfus (732-613-0613) jamrunner564@aol.com
- Rotary River Valley 5K/10K & 1 Mile Fun Run, Rumford, Black Mountain of Maine Ski Lodge, 39 Glover Rd., 9:00/8:00 a.m. Contact: Paul Jones (562-7172) paj2@megalink.net
- 38<sup>th</sup> Annual Charles E. Davis 7 Mile Road Race, Perry Corner to Eastport, 9:00 a.m. Contact: www.eastport4th.com
- July 4 30<sup>th</sup> Annual L.L.Bean Fourth of July 10K & 1 Mile Fun Run/Walk, Freeport town park, Bow & Park St., 7:30 a.m./9:15 a.m. Contact: Jill Litchfield (552-2867) roadrace@llbean.com; www.cumberlandcountymca.org
- 5<sup>th</sup> Annual July 4<sup>th</sup> Around Mount Desert Island Relay, Bar Harbor, Maine Coast Brewing Co., 102 Eden St., 7:30 a.m. Contact: Crow Athletics (276-4226) information@crowrunning.com
- 31<sup>st</sup> Annual 4 on the Fourth, Bridgton Memorial School, Main St. & Rte. 117, 8:00 a.m. Contact: Fletcher Carr (647-3322) fouronthefourth@yahoo.com; www.4onthe4th.com
- 5<sup>th</sup> Annual Friends on the 4<sup>th</sup> 5K, Winthrop, Norcross Point, Bowdoin St., 8:00 a.m. Contact: Bob Moore (621-4100) mail@watershedfriends.com
- 28<sup>th</sup> Annual 4 on the Fourth & 1 Mile Fun Run, York H.S., Long Sands Rd., 8:00 a.m. Contact: York Parks & Rec. Dept. (363-1040) www.yorkruns.com
- 13<sup>th</sup> Annual G.R.B.A. 5K, Kennebunkport, Goose Rocks Beach Assoc. Community House, 9:00 a.m. Contact: Michael Meagher (967-4240) coachmeagher@yahoo.com; www.grba.info
- 27<sup>th</sup> Annual Walter Hunt Memorial 4<sup>th</sup> of July 3K, Brewer Auditorium, 10:45 a.m. Contact: Dave Torrey (989-2584) davidtorrey2004@yahoo.com
- Back Cove 5K (9<sup>th</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) info@runwalkcompany.com or Stu Palmer (725-5178) palmerstu@hotmail.com
- July 7 Aggieman Triathlon (1.75-mile kayak, 25-mile bike, 3-mile trail), Eliot Boat Basin, Piscataqua River, 8:00 a.m. Contact: Jeff Donatello (439-0577) s2snh@yahoo.com; www.aggieman.org
- The Bull Run 8K, Houlton Rec. Center, 9:00 a.m. Contact: Larry Tonzi (532-7548) larry.tonzi60@verizon.net
- 5<sup>th</sup> Annual Run for Gym 5K & Kids Fun Run, Springvale, Nasson Community Center, 457 Main St., 6:00/5:45/5:30 p.m. Contact: Bob Randall (490-1386) runbob@metrocast.net; http://xenia.unh.edu/wrc/gym2007.htm



## July/August Races...

- July 8 Maine Woods Trail Marathon, Weld, Mt. Blue State Park - Center Hill, 7:00 a.m. Contact: Gene Roy (465-7296) [generoy@prexar.com](mailto:generoy@prexar.com)  
6<sup>th</sup> Annual Oxford Hills 5K Run to the Lake & Kids 1K, Norway, Main St., 8:30/8:00/7:45 a.m. Contact: Libby Graffam (743-1562 x775) [graffame@wmhcc.org](mailto:graffame@wmhcc.org)  
16<sup>th</sup> Annual KBIA Day at the Baeach 5K & Kids 1K, Kennebunk, Lords Point, 260 Beach Ave., 9:00/8:30 a.m. Contact: Jeff Cole (985-3361 x120) [jdcote@coleharrison.com](mailto:jdcote@coleharrison.com) or (967-2180) [www.kbia.net](http://www.kbia.net)
- July 11 Maine Corporate Track Assoc. Meet, Bath H.S., 5:30 p.m. Contact: Puddy Holmes (575-6043) [pholmes@unumprovident.com](mailto:pholmes@unumprovident.com); [www.maineorporatetrack.org](http://www.maineorporatetrack.org)  
Back Cove 5K (10<sup>th</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) [info@runwalkcompany.com](mailto:info@runwalkcompany.com) or Stu Palmer (725-5178) [palmerstu@hotmail.com](mailto:palmerstu@hotmail.com)
- July 12 Harrison Old Home Days Run by the Lake 5K, Harrison Town Office, 20 Front St., 7:00 p.m. Contact: Chris Gatchell (515-0986) [prkenyan@gmail.com](mailto:prkenyan@gmail.com)
- July 13 The Library Race 5K: 10<sup>th</sup> Edition, Kennebunk Free Library, 112 Main St., 6:00 p.m. Contact: Jeff Cole (985-3361 x120) [jdcote@coleharrison.com](mailto:jdcote@coleharrison.com)  
Musterd Mile, Caribou H.S., 7:00 p.m. Contact: Bruce Freme (496-8731)
- July 14 2<sup>nd</sup> Annual Hermon Alumni 5K, Hermon H.S., 2415 Rte. 2, 10:00 a.m. Contact: Riley Donovan (615-1151) [donovanr@hermon.net](mailto:donovanr@hermon.net)
- July 15 2<sup>nd</sup> Annual Thompson Lake Off-Road Challenge (.8K swim, 20K bike, 5K run), Poland, 71 Agassiz Village Lane, 9:00 a.m. Contact: KD Rich (781-860-0200) [avsports200@yahoo.com](mailto:avsports200@yahoo.com)
- July 18 Back Cove 5K (11<sup>th</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) [info@runwalkcompany.com](mailto:info@runwalkcompany.com) or Stu Palmer (725-5178) [palmerstu@hotmail.com](mailto:palmerstu@hotmail.com)
- July 21 **26<sup>th</sup> Annual Clam Festival Classic 5 Miler & Kids Fun Run, Yarmouth Town Hall, Main St., 8:00/7:30 a.m. Contact: Ron Pelton (865-6919) [ronaldpelton@hotmail.com](mailto:ronaldpelton@hotmail.com)**  
10<sup>th</sup> Annual Harbor House Tremont 4 Mile Trot & Kids 1 Mile Fun Run, Tremont Community Center, Seawall Picnic Area, 8:30 a.m. Contact: Dawn Carroll (244-3713) [info@harborhousemdi.org](mailto:info@harborhousemdi.org)  
Mollyockett Day Classic 5 Mile, 1 Mile, & 3 Mile Walk, Bethel Town Common, 9:00/8:30/9:00 a.m. Contact: Robin Zinchuk (800-442-5826 or Fax: 824-7123) [info@bethelmaine.com](mailto:info@bethelmaine.com)  
Potato Blossom 5 Mile Run & Walk, Fort Fairfield, Hillside IGA, 9:00/8:30 a.m. Contact: Paul Lamoreau (764-6517)  
Lovell Old Home Days 5K, Center Lovell, Rte. 5 & Kimball Rd. near Lovell Historical Bldg., 9:45 a.m. Contact: Stanley Tupaj (925-2057) [stan@fairpoint.net](mailto:stan@fairpoint.net)
- July 25 Back Cove 5K (12<sup>th</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) [info@runwalkcompany.com](mailto:info@runwalkcompany.com) or Stu Palmer (725-5178) [palmerstu@hotmail.com](mailto:palmerstu@hotmail.com)
- July 28 Fort Knox Festival 5K, Bucksport, 8:00 a.m. Contact: Joan Merriam (469-2019)  
Maine Corporate Track Assoc. Meet - State Championship, South Portland H.S., 9:00 a.m. Contact: Puddy Holmes (575-6043) [pholmes@unumprovident.com](mailto:pholmes@unumprovident.com); [www.maineorporatetrack.org](http://www.maineorporatetrack.org)  
29<sup>th</sup> Annual Casco Days Country Run 4 Miler, Casco Public Library, Rte. 121, 9:30 a.m. Contact: Erin Leydon or Karla Swanson-Murphy (627-7676 x2053) [kswanson@hancocklumber.com](mailto:kswanson@hancocklumber.com); [www.cascodays.com/cdroadrace07.pdf](http://www.cascodays.com/cdroadrace07.pdf)  
**16<sup>th</sup> Annual Peaks Island 5 Mile Road Race, Kids 1K, & Lobster Bake, Peaks Island Lions Club, 10:30/10:15 a.m. Contact: Larry Dyer (725-6962) [dldyer@gwi.net](mailto:dldyer@gwi.net)**  
Great Cranberry Island Ultra Marathons (50K/50 Miler/100K), Great Cranberry Island Community Center, 11:30 a.m. Contact: Crow Athletics (276-4226) [information@crowrunning.com](mailto:information@crowrunning.com)
- July 29 24<sup>th</sup> Annual Amidon Family Dentistry York Days 5K & Kids Fun Run, York H.S., 8:00 a.m. Contact: York Parks & Rec. Dept. (363-1040) [www.yorkruns.com](http://www.yorkruns.com)  
2<sup>nd</sup> Annual Pine Tree Triathlon (½-mile swim, 13.4-mile bike, 3-mile run), Orrington, Brewer Lake Public Boat Landing, 186 Exchange St., 8:00 a.m. Contact: Ronald Lawson (990-2013) [ron@triathletesports.com](mailto:ron@triathletesports.com)  
5K Run by the Lake, Poland, Wolf Cove Bed & Breakfast, 5 Jordan Shore Dr., 8:30 a.m. Contact: Jamie (732-613-0613) [jamrunner564@aol.com](mailto:jamrunner564@aol.com)
- July 31 48<sup>th</sup> Annual Yankee Homecoming 10 Miler & 5K, Newburyport H.S., MA 6:35/6:25 p.m. Contact: Jon Pearson (978-376-5328) [www.yankeerace.com](http://www.yankeerace.com)
- Aug 1 Back Cove 5K (13<sup>th</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) [info@runwalkcompany.com](mailto:info@runwalkcompany.com) or Stu Palmer (725-5178) [palmerstu@hotmail.com](mailto:palmerstu@hotmail.com)
- Aug 2-5 USA Masters Outdoor Track & Field Championships, Orono, University of Maine, Contact: Rolland Ransom (581-1077) [rolland.ransom@umit.maine.edu](mailto:rolland.ransom@umit.maine.edu)
- Aug 4 10<sup>th</sup> Annual TD Banknorth Beach to Beacon 10K & Kids Run, Cape Elizabeth, 8:00/9:15 a.m. Contact: DMSE (888-480-6940) [beach2beacon@dmseports.com](mailto:beach2beacon@dmseports.com); [www.beach2beacon.org](http://www.beach2beacon.org) Registration closed.  
Island Falls Summer Fest 5K, 4K Walk, & Kids ½ Mile Fun Run, Island Falls Municipal Bldg., 9:00/8:45 a.m. Contact: John Walker (463-3344) [jswalkerinc@gmail.com](mailto:jswalkerinc@gmail.com)  
Maine State Kids Triathlon (200-yard swim, 2.1-mile bike, 1-mile run), Bethel, 3:00 p.m. Contact: Robin Zinchuk (800-442-5826) [info@bethelmaine.com](mailto:info@bethelmaine.com); [www.bethelmaine.com/maine-state-triathlon](http://www.bethelmaine.com/maine-state-triathlon)
- Aug 5 16<sup>th</sup> Annual Maine State Triathlon (1K swim, 25K bike, 5K trail run), Bethel, 8:00 a.m. Contact: Robin Zinchuk (800-442-5826) [info@bethelmaine.com](mailto:info@bethelmaine.com); [www.bethelmaine.com/maine-state-triathlon](http://www.bethelmaine.com/maine-state-triathlon)

## August Races...

- Aug 5 Maine Lobster Festival 10K & Kids 1 Mile Fun Run, Rockland, Main gate entrance to festival grounds, 8:30/7:30 a.m. Contact: Holly Sherburne (273-6249) holly@downeastdognews.com; www.maine lobster festival.com
- Aug 8 Back Cove 5K (14<sup>th</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) info@runwalkcompany.com or Stu Palmer (725-5178) palmerstu@hotmail.com
- Aug 10 **21<sup>st</sup> Annual St. Peter's 4 Miler & Kids Fun Run, Portland, St. Peter's Church, 72 Federal St., 7:00 p.m. Contact: Mike Reali (780-1677) mreali@crossagency.com or Jim Nappi (828-8484) jnappi8@maine.rr.com**
- Aug 11 7<sup>th</sup> Annual County Open Half Marathon & Half Marathon Relay, Houlton/New Limerick, Drews Lake Rd., 8:00 a.m. Contact: Joe Ewings (538-9893) countyopenhalfmarathon@hotmail.com; www.countyopen.com
- 6<sup>th</sup> Annual George Schaefer Memorial 5K & Kids 1 Mile Fun Run, Birch Harbor, Schoodic Point, 8:00/8:30 a.m. Contact: Becky O'Keefe (669-2187) www.acadia-schoodic.org/lobsterfestival.html
- Aug 12 18<sup>th</sup> Annual Alvin Sproul Samoset 10K & Fun Run, Bristol Consolidated School, Elliot Rd., 9:15 a.m. Contact: Carlene Sproul (677-2586) nannyc@midcoast.com
- Aug 15 Back Cove 5K (15<sup>th</sup> part of a FREE weekly 19-part series), Portland, Back Cove, Baxter Blvd. & Preble St., 6:00 p.m. Contact: John Rogers (773-6601) info@runwalkcompany.com or Stu Palmer (725-5178) palmerstu@hotmail.com
- Aug 18 Portland Urban/EPIC Triathlon (1.5K swim, 40K bike, 10K run), Portland, Casco Bay Lines ferries anchored at Fort Gorges, 7:00 a.m. Contact: Will Thomas (751-4482) will@tri-maine.com; www.tri-maine.com
- Aug 18 **12<sup>th</sup> Annual Breakaway 5K, Old Orchard Beach, Town Square by the pier, 8:00 a.m. Contact: Louie Ladakakos (590-1690) lladakak@maine.rr.com; www.breakaway5k.org**
- 32<sup>nd</sup> Annual Machias Blueberry 5 Mile & 1 Mile Run, Machias, Congregational Church Parsonage across from Washington County Jail, Court St., 8:00 a.m. Contact: Sunrise Opportunities (255-8596) www.machiasblueberry.com/race.html

## MTC Board Meeting Minutes 11/8/06

**Attendance:** Mark G., Cathy B., Ward G., Lisa D., Bonnie T., Mike B., Mike D., Erik B., Don P., Bob A., Erik B.

**Secretary's Report:** Board Meeting Minutes (9/20/06) were not reviewed.

**Treasurer's Report:** Ward reports account balance as of today, \$13,129 (\$2500 from Maine Marathon). Balance will likely be \$15,000 at end of 2006.

**Membership Report:** Bonnie reports membership is up 18 from last month, at 688 members in 386 households. Renewal forms for 2007 are processed. The 2- and 3-yr membership options have been popular. She thanks Kathy Bowe for her help on computer issues. The membership application will be re-vamped for a more modern look and updated content. Applications were handed out to Board Members to make changes and return to Sandy W.

**News\*Run Report:** Jan/Feb will be Sandy's last issue as Editor/Layout Manager. Ideas about how to replace her were discussed such as dividing duties among several members, paying someone to do it, or hiring a professional company. Mark researched companies who do this, and found cost to be about \$200-250 per issue. Resolution was to look for person(s) to take it over.

**Equipment:** Phil Meech has agreed to manage the club equipment. Thanks, Phil! Board still needs to come up with a feasible location to park the trailer or rent space to store the equipment.

### Race Committee Report:

Charlie S. has volunteered to chair this committee, the November elections will confirm his position if no others are nominated.

**PT 8K:** went well. 30+ members took advantage of the free MTC member entry fee.

**Dean Karnazes** marathon #31, here in Maine, went well. Howard, Mark, and Ron Pelton helped organize. Dean thanked the club.

**Turkey Trot 5K:** coming up.

**Thanksgiving Day 4-Miler:** will be directed by Sandy Utterstrom this year, as George Towle is in Kenya.

**Hall of Fame 5K:** Phil Pierce and Bob Payne report a decrease in registrants for this race. Suggestion made to drop the race and make a club donation to the Maine Running Hall of Fame instead.

**Beach to Beacon 10K:** will celebrate its 10<sup>th</sup> anniversary in 2007. Mark is on committee, so will keep us posted.

### Special Events Report:

**Pasta Dinner:** Nov. 17<sup>th</sup>. Cathy needs help setting up tables from 5-5:15. Bonnie and Erik volunteered. Thanks! Award nomination forms for the Annual Banquet will be on tables for members to nominate fellow members.

**Award Nominations:** Nominations will be reviewed and recipients chosen by a committee consisting of Cathy B, Mike B, David Y, Don P, and Mel F. The committee is working on a shorter award ceremony this year. Suggestion made to purchase trophies from a different local company. To be looked into.

**Annual Banquet:** Jan. 20<sup>th</sup>. Mark paid Keeley the Caterer \$1,000 down payment. Board voted to decrease the ticket price this year to \$15 (cost of meal is \$22 per plate). Total cost of Banquet is \$4,000-\$5,000.

**Clothing Report:** Mike reports that we are out of mugs.

**Website Report:** Bob reports new host for our website, with more space, the ability to post photos, a discussion board, free e-mail addresses for President and possibly Board Members.

### Open Floor:

Erik suggested that we put our race schedule for the year in a half-page ad in New England Runner, and online (such as on Cool Running) for 6 months, as the cost would be the same as one full-page ad.

**Next Board Meeting:** Board Retreat Sat. January 13<sup>th</sup>, Val Halla - Cumberland 8 a.m.-Noon

**Next Membership Meeting:** TBD

Submitted 1/03/07

*Lisa Despres*  
Secretary



# Annual MTC Board Planning Retreat Minutes 1/13/07

**Attendance:** Mark G., Ward G., Terry Y., Erik B., Charlie S., Don P., Francis B., Bonnie T., John K., Bob A., Mallory V., Lisa D., Mike D., and Colleen R. **Absent:** Phil M., Sandy W. (California), Mike B. (Hawaii)

**Secretary's Report:** Lisa passed duties over to Francis Bauer as the new Club Secretary. Thank you Lisa for a great job!

**Treasure's Report:** \$15,000+ balance in the account. Mark reported that we were right on target with 2006 expenditures and expenses. The 2007 budget worksheet was handed out for discussion and input later in the meeting

**Membership Report:** 715 members in 460 households. Bonnie discussed some issue she had with bulk mailings. Mark provided her postage and envelope which he had printed for the club. Membership rates indicate steady 3% (ish) annual growth.

**Coaching Sessions:** Bob Brainerd will continue to run the track workouts but not in Portland, only in Auburn at Edward Little H.S. The search will continue for a track time in Portland; not necessarily to have coaching, but just to make available to MTC members.

**RRCA Convention:** Mark and Erik will travel to Chicago for the National Convention in March. Mark's hotel and convention fees will probably be paid for by the RRCA as he is also the State Rep. Mark discussed the RRCA's Silent Auction to raise money for the Road Scholars program sponsored by the RRCA. Mark would like the MTC to participate in the auction to help the RRCA financially with the event. The items he would receive in the auction would be used by the club in the 2008 MTC Annual Awards Banquet. No financial limit was set on money to be spent although \$100-\$300 is ballpark.

**Boston Marathon:** Chosen were Ron Boucher, Janice Gagnier, and Ron Dearth. Charlie Iselborn is the stand-by in case one of the other three back out. Mark will notify everyone on Monday 1/15/07.

**Kids Running Program:** Is dead unless someone steps up to the plate. A couple of names were tossed around. South Portland Recreation Dept. should be inquiring next month if we will run this program again.

**Roasters Run Update:** All is well; 15-30 runners consistently are getting together for the run in Falmouth. The event remains very popular. A three-year anniversary celebration will be held on 3/10/07 signifying 157 consecutive weeks of the group run.

**News\*Run Report:** This is the second year in a row the NewsRun has won the Best Regional Club Newsletter. Our NR has also been submitted for the National Award consideration. Thank You Sandy and everyone else who donated time to put it together. The January/February issue will be combined with the March/April issue, and it will be Sandy's last. It is not etched in stone yet, but it looks like Jeanne Hackett will become Senior Editor. Janice Gagnier and Beth Rand have expressed an interest in helping as well. When Sandy gets back from CA all will meet to decide as how to split up the duties.

**Clothing Report:** Mike & Colleen are working hard to move singlets and shorts. They will continue to get prices for new club singlet and matching shorts. They also need to replenish our supply.

Erik presented a proposal in which the Maine Running Company (MRC) and shirt manufacturer such as Asics or Mizuno – would split the cost of (high-tech) shirts 3 ways. This would be a significant savings to the club, making it possible to essentially give all members a shirt (one per household) as our cost would be approximately \$3-\$5.00 a shirt. The shirts would be stored at the MRC, and members would stop by that location on Forest Avenue to pick it up. The benefit to the club is the significant cost savings and ease of the

process – no postage – mailing issues. John R. will store the shirts and also provide membership applications for those who may be interested. He will also ensure the 5% tax issue is covered. The obvious benefit to the MRC is the traffic into his store.

The issue of whether this conflicts with the SportShoe Center (SSC) as the primary sponsor of the marathon was discussed. A long and sensitive discussion ensued. It was finally decided that Bob A would speak with Howard S. about the proposal and that Ward G. would speak with Marc B. about it. Their feedback is important. However, the majority of feedback from the Board seemed to indicate that this would/should not be an issue. The SSC will always be given "priority" status, but it is time to expand and grow the club and most importantly provide better services for the members – such as a free shirt for joining. The Club should not be stagnated on issues such as these for fear of the SSC's response. The MTC is a running club and should partner with as many sponsors as possible as most clubs do throughout the country. The bottom line is the SSC is a priority and will continue to be recognized for their primary sponsorship role.

**Race Committee Report:** Just prior to the meeting, Charlie indicated that he would not be able to function as the Race Committee Chair because of his job constraints. Mark agreed to cover until April when Charlie will be done with Shawnee Peak. All races are covered, but we're always looking for co-race directors to help and learn the trade. It was approved to award Ray Shevenell a gift certificate for his 12 years of duty at the Mid-Winter 10 Mile Classic.

**Grand Prix series:** is set to run its second season after a very good first year. Thanks to Jerry L.. and David Y. for making it happen.

**Beach to Beacon:** Volunteers will be needed. People wishing to help can sign-up on Active.com once volunteer registration opens.

**Equipment:** Board approved purchasing a printer, laptop, timing machine, and orange cones, as well as components to make computers compatible with each other. We also need a longer chute. Mark & Phil will order equipment.

**Annual MTC Bus Trip:** The trip to Newburyport was cancelled last year due to limited attendance. The search continues for a new race! We will budget and plan on the Newburyport trip again in hope of better attendance. At least ½ of the 40-person bus needs to be filled.

**Budget Review:** Looking good; Ward says everything is on course. \$350 was approved to Don for his photography. Rates that MTC charges races for our services have not gone up in about ten years. Board approved that the \$250 flat fee will remain the same, but the \$1 per 100 runners will increase to \$1.50 starting in 2008.

**New Business:** Bob is looking into a new website design. Committee includes Bob as chair with David, Erik, Mark, and Lisa helping. The current web provider is doing a better job and they are being considered, along with active.com and others. A lot of exciting ideas were thrown around.

## Open Floor:

The Mid-Winter 10-Mile Classic has 400 signed up.

RRCA is sending us a banner to use at the races.

Terry Young, Kristen Jacobson, and Scott & Anita Hampton will start working with special events. They will all meet 1/30/07.

Submitted 01/13/07

*Francis Bauer*  
Secretary

**Race Photos Online:** [journals.aol.com/davidcolbyyoung/MaineRunningPhotos/](http://journals.aol.com/davidcolbyyoung/MaineRunningPhotos/)

**Newsletters Online:** [www.rootsweb.com/~meandrhs/mtcarchives.html](http://www.rootsweb.com/~meandrhs/mtcarchives.html)

The online MTC Archives contain many interesting and important collections of Maine's running history. The MTC newsletters starting with the 1979 hand-written issues by President Brian Gillespie are now online. All the back issues from 1979-2006 have been scanned and saved as PDF files courtesy of David Colby Young.

**Runners' Forum:** [coolrunning.com/forums/Forum10/HTML/004003-4.shtml](http://coolrunning.com/forums/Forum10/HTML/004003-4.shtml)

There is a running board on cool running for Maine runners where we can have discussions amongst ourselves. It is located in the community called The Neighborhood with the newest topics on the last page. Contact Richard Bouthillette (boothy) <http://www.boothysports.blogspot.com/>

## MTC Board Meeting Minutes 2/13/07

**Attendance:** Mark G., Erik B., Sandy W., Mike B., Bob A., Bonnie T., Don P., Mallory V., John K., Lisa D.

**Secretary's Report:** Board Retreat Minutes (1/13/07) were not reviewed.

**Treasurer's Report:** Account balance as of today, \$12,500.

**News\*Run Report:** Sandy will accept the RRCA Award for best National E-Newsletter at the RRCA Convention in Chicago in March for the club —thanks for all the hard work, Sandy!

Sandy is doing the layout for her final issue, which will come out in April. Jeanne Hackett has decided not to take this on, so others interested will meet to discuss how the News\*Run will be produced in the future. Sandy will set up a meeting with the interested members to facilitate the transition of her duties.

### **Race Committee Report:**

**Mid-Winter Classic:** Very smooth, well organized, 660 finishers. High race-day registration caused some runners to run without chips, but this was handled well by directors.

**Patriot's Day:** Phil Meech will coordinate volunteers again this year. Race will be on chip timing.

**Safe Passage Race:** Club will prepare for big turnout this year, due to outpouring of support for the Safe Passage Charity. Mallory or Mark will e-mail the new director to suggest chip timing.

**Maine Marathon:** Named the Eastern Region RRCA Championship Race for 2007.

**USATF Championships:** 2/25, University of Maine, Orono

**Membership Report:** Bonnie reports 715 members in 409 households. We are growing!

**Special Events Committee Report:** After years of hard work and great events, Cathy Burnie has turned this duty over to a team of club members. Terry Young, Scott and Anna Hampton, and Kristen Jacobsen will share duties, with one contact person per event.

**Annual Banquet:** Record turnout this year, enjoyed by all. Lower ticket price was appreciated by club members.

**General Membership Meetings:** Board has voted to drop the old, poorly attended lecture hall format. First "social" General Membership Meeting will be at Rivalries Sports Bar in Portland on March 21<sup>st</sup>. Location will be moved periodically to accommodate club members throughout the area.

**Equipment Report:** Phil Meech will store the trailer/equipment at his house for now. Howard Spear is checking into possibility of trading U-Haul storage space for sponsorship in the Maine Marathon. Timers have been sent out for refurbishing. New clock has been dying at races, has been sent back for a new clock!

**Club Insurance Policies:** Mark reports that we are covered for 2007.

**Road Scholars:** MTC donated \$100 to this organization, which awards scholarship money to young runners in the US.

**RRCA Convention:** 3/22-3/25, Chicago. Mark, Erik, Sandy, Charlie, Lisa to attend. We are close to budget on this.

**Mrs. Maine Race United Valley Red Cross-L/A:** Kristen Cook-Center approached club for help with this race, to support her platform as Mrs. Maine. Club will be a resource, Mark gave referrals.

**Maine Youth Center Running Program:** Susan Szweid approached club for any help we could offer to get this started.

**"Duel In The Sun":** Maine Running Company and New Balance will present Dick Beardsley and John Brant, author of "Duel In The Sun" on Thursday, April 12<sup>th</sup>. Meet and run with Dick at 6 p.m., followed by presentation at the First Parish Church, 425 Congress Street, Portland. Cost is \$10 and all proceeds go to the Portland Public Library. Erik will approach the library about ad space (\$60 for half-page ad).

### **New Business:**

**MTC Shirts 3-Way Deal:** Erik re-presented his proposal for a Maine Running Company/Shoe Vendor/MTC shirt deal. Board voted to go forward with purchase of \$2,000 worth of technical white shirts. Majority to be printed with MTC logo, others for the Pineland Trail Challenge race. If successful, another order will be placed later, for future race t-shirts and club clothing. This looks to be a great deal for the club.

**Merchandise MTC Items:** in Maine Running Co. Store still under discussion by Board.

**Volunteer Recognition Program:** Board recognizes the need for greater incentives for volunteers, and will consider a new recognition program. Erik, Lisa, and Mallory will develop this. Possibility of creating a Board Position for this will be discussed after program is designed.

**USATF Membership:** Don requested that MTC members who want to participate in the Grand Prix Series be notified to join the USATF so that their points in the series will be counted. Membership is \$25 per year. Mike B. advised joining the Maine Track & Field club, as this is more user-friendly.

**Next Board Meeting:** Tues. April 10<sup>th</sup>, Norway Savings Bank - Falmouth 6-8 p.m.

**Next Membership Meeting:** Wed. March 21<sup>st</sup>, Rivalries Sports Bar - Portland 6-8 p.m.

Submitted 2/23/07

*Lisa Despres*  
Acting Secretary

# Maine Running Company Receives Specialty Retailer Awards From Runner's World!

Maine Running Company, located at 563 Forest Avenue, Portland, ME, has been selected as one of the 50 Best Running Stores in America, the #2 Running Specialty Store in New England and rated #1 in Maine, by Runner's World's "Runner's Choice" Specialty Retailer awards for 2007.

The award is based on customer service, community excellence and overall performance in each respective market and is voted on by Runner's World subscribers, readers and running vendors nationwide. There are approximately 400 running specialty stores nationwide.

"This is a testament to our focus on customer service and our commitment to the Running Community in Portland and Maine", stated John Rogers, owner of Maine Running Company. "From our Weekly Back Cove Series benefiting Portland Trails to our numerous clinics and training groups, the Maine running community has recognized that commitment."

Additionally, Maine Running Company was recently selected as one of the top three NEW Specialty Running Stores in the United States by "The Running Network."

## MTC Board Meeting Minutes 4/10/07

**Attendance:** Mark G., Erik B., Bonnie T., Sandy W., Bob A., Ward G., Don P., John K., Mallory V. (w/ baby), Mike B., Francis B., Lisa D., Mike D.

**Treasures Report:** Ward reports we are in good shape with a balance of \$16,580. Mark will meet with a CPA/Tax Specialist on May 1<sup>st</sup> with Howard and Erik. The club should be filing a 990 annually. The goal is to educate ourselves on the process and determine our tax status with the Maine Marathon.

Mark has also directed Ward to calculate our clothing sales total for 2006 and send the state 5% sales tax which we need to start paying.

**News\*Run Report:** Sandy received the RRCA National Award for Outstanding Electronic Newsletter in Chicago at the 50th RRCA Convention and announced that she has accepting a job with RRCA editing their quarterly publication - FOOTNOTES. Congratulations Sandy! It was decided that after this upcoming next issue of NewsRun plus one more that the club will go "Green", no more paper, The NewsRun will be sent via e-mail, it will be thrown out to the general membership to see how they feel about this. It costs over \$4,000 yearly to print and mail the NewsRun.

### Race Committee Report:

**Patriots Day Race:** Need volunteers.

**Safe Passage:** On track.

**Maine Marathon, Relay, & Half Marathon:** Designated as Eastern RRCA Championship Race.

**Paul Bunyan Marathon:** Cancelled.

**Mt. Washington:** Need runners and volunteers.

**Membership Report:** Bonnie Reports 354 households, 89 non-renewals. One donated membership.

**Coaching:** Bob Brainerd will have his first track workout up in Auburn April 24<sup>th</sup>. Also Tiki Humphries and Francis Bauer will submit proposals to the board within a month for track workout sessions in or near Portland.

**Clothing:** A new proposal was presented to the board by Erik, The deal is with Asics and MTC. All merchandise acquired will first be approved by Mark, there is a \$2,000 limit.

**Volunteer Program:** A new system to attract volunteers hopes to be in place by April 16<sup>th</sup> for the Patriot's Day race. Each volunteer will receive \$5 of MTC Bucks 'money' from the race director. The volunteer can then use this MTC money on MTC merchandise or on MTC race entries; it must be used within the year.

**Equipment:** Erik bought a couple of Easy-Up tents from L.L. Bean. The club now has 4, and they will be used at MTC races and events. Mark will buy a small microphone/speaker.

**Next Board Meeting:** Tues. June 12<sup>th</sup>, Norway Savings Bank - Falmouth 6-8 p.m.

**Next Membership Meeting:** Wed. May 23<sup>rd</sup>, Rivalries Sports Bar - Portland 6-8 p.m.

Submitted 4/12/07

Francis Bauer  
Secretary



**Voted Maine's BEST Running Specialty Store!**

**Runner's World "Runner's Choice" Awards 2007**

- #1 Rated Running Specialty Store in Maine
- #2 Rated Running Specialty Store in New England
- "Top 50" Best Running Stores in America

**Thank You Maine Runner's For your Vote!**

563 Forest Ave. Portland 773-6601

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





## October New England Coastal Marathons

### Maine Sportshoe Center Marathon, Half Marathon, and Relay Portland, ME October 1, 2006

I have written about this MTC marathon before so will limit my comments to what I thought of the race this year. Being on the marathon committee may slant my view of the race just a little, so be sure to check out [www.marathonguide.com](http://www.marathonguide.com) for other runners' comments.



Packet pick up went smoothly, and Sportshoe Center did a brisk business supplying runners' needs. They did run out of some shirt sizes but mailed runners the size shirt they wanted. The long sleeve shirts are made of a wicking material and all the runners I talked to liked them much better than the standard cotton shirts. Another improvement, I think, is the finisher's medal which is shaped like the state of Maine. There was no waiting at the pasta dinner when I was there, and the food was good, but not exceptional.

I ran the entire race with fellow MTC member and friend, Ron Paquette. Ron and I run a lot of marathons together because we run about the same pace and enjoy pushing each other to do our best. Ron is four years older than me, but I have a hard time keeping up with the old fellow. We thought the volunteers did an great job at the aid stations. Traffic control was excellent as was crowd support. Free massages were provided before and after the race. I got a massage before the race, and there were no lines.

There was a glitch with the timing mat at the start of the race, so there were only gun times. This did not effect the awards because they are figured by gun time.

This race seems to improve a little every year and has raised more money for charities than any other race in the state that I know of including Beach to Beacon.

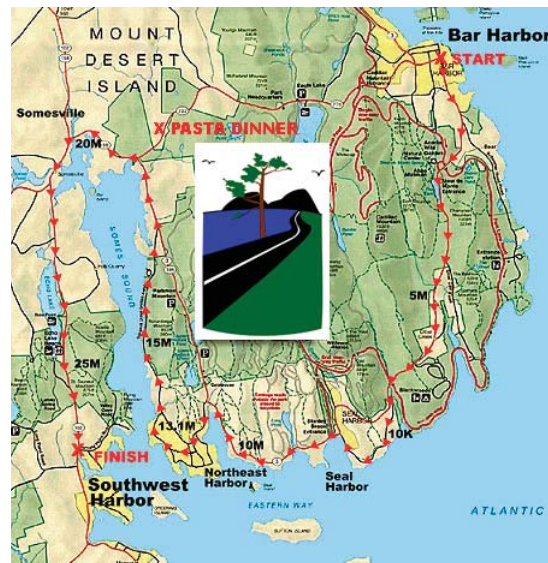
*by Mike Brooks*

### Mount Desert Island Marathon Bar Harbor, ME October 15, 2006

Packet pick up went smoothly; no lines and they had running supplies for sale. It was conveniently located at the host hotel. The pasta dinner was at the high school and was excellent as in the past. I stayed at Cromwell Harbor Motel (1-800-544-3201) which is an easy walking distance to the start and is a reasonably-priced, nice place to stay.

Although advertised as a hilly course, it is more like doing an ultra marathon than a marathon. Of the road marathons I have done in the east, this is definitely one of the tougher ones because of the hills. The race starts in Bar Harbor and ends in Southwest Harbor with buses available at the end for a return trip to the start area. It is a scenic 26.2 miles in one of the most beautiful areas on the east coast. If you have never been to Mount Desert Island this marathon would be a good reason to go.

Ron and I ran this marathon together also. The last time I did this with Ron we ran the MTC 50K the day before. I guess I must be getting old because this time it seemed even harder than the last time, and we finished slower even though we did not run the day before. We took advantage of the free massages and food at the end. This is a very well organized race. Gary Allen, Crow Athletics, and the rest of the volunteers put on a great race.



### Breakers Marathon and Nifty 50 Miler Newport, RI October 21, 2006

Packet pick up was easy and they had runner's supplies for sale there also. I stayed at the Pineapple Inn because of the price, it's location, and I had stayed there before. It's okay but wasn't as nice as I remembered. There was no pasta dinner associated with the race, but the race director will give you a list of local restaurants. The course for the marathon is three eight-mile loops with a two-mile out-and-back. The fifty miler is the same loop times five with the out-and-back times five. This is a scenic course with ocean views and a couple of long hills. Most of the race is in Middletown but does not go near the mansions. The race ends on a quarter-mile track Olympic style. There are free massages before and after the race. They also had a free lobster dinner at the end of the race this year. Newport is famous for it's mansion tours and cliff walk, among other things. You can easily spend a day or two taking in the sights.

## October New England Coastal Marathons

### Mystic Country Marathon, Marathon Relay, and 10-Mile Race Rocky Neck State Park, CT October 22, 2006



Packet pick up was in Niantic, a few miles from where the race starts. There were no lines and lots of vendors selling running gear and giving away free hats and T-shirts from the casinos in the area. There was also a festival there during packet pick up. Course tours are also given leaving from this area. I stayed in Waterford at the Oakdell Motel which is about a 20 minute drive to start and reasonably priced. There are closer motels to the start. We ate at the Olive Garden just a mile from the motel. There is no pasta dinner associated with the race.

This is another scenic course with ocean views. It is a combination of loops and out and backs. The race starts and finishes in Rocky Neck State Park. Parking there is limited, so I would advise getting there early or you will have to take a shuttle bus from another parking area. There are

three noticeable hills that you repeat from different directions on the course, but most of the course is flat. This is, in my opinion, an easier marathon compared to Mount Desert Island, Breakers, and Cape Cod.

There were free massages before and after the race. Plenty of free food including clam chowder and beer was also available after the race.

Niantic is a nice oceanside town to visit, and there are two huge casinos a short distance away that would just love to take your money.

### Cape Cod Marathon and Marathon Relay Falmouth, MA October 29, 2006

Packet pick up was at the school close to where the race starts. There is a large expo with at least 5 or 6 vendors selling running merchandise. This race has a cap, so sign up fairly early to guarantee you get in. I stayed with and ate at relatives homes about an hour away. There is no pasta dinner with this race but there are plenty of fine restaurants in the area.

I keep repeating myself on these October marathons but have to say this is another scenic marathon with ocean views. This year we were treated to seeing cranberries being harvested and huge ocean waves whipped up by 30+ mph winds. The winds also brought down some tree limbs and sandblasted runners a little along the shore.

The first ten miles of this loop-type course are mostly flat, then you hit rolling hills to mile 16 where the major hills start. By about mile 22 to the finish, the course is relatively flat. Most runners go out too fast on this course and pay for it when they hit the hills. Ron Dearth a MTC member and Portland firefighter must have run a pretty even 10 minute pace. I was with him off and on the first twelve miles or so. He finished slightly under that pace while I paid for my sins finishing much slower. I will never learn. There were free massages and plenty of food after the race. The clam chowder was excellent, as was the pasta.

This is off-season on Cape Cod, but you can still walk the beaches and take in the sights and not fight the traffic and crowds that come with summer on the Cape.



### October Marathons Summary:

As you can see all five of the above races have similarities. All are scenic with ocean views, have expos, food, and massages after the race and are in New England. Mount Desert Island and Cape Cod are hilly; Breakers, Mystic Country, and Maine Sportshoe Center marathons are the easiest in my opinion.

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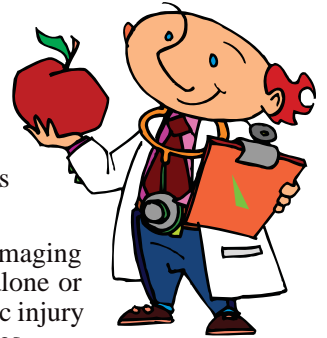
# MTC Meeting: May 23<sup>rd</sup> at 6:00 p.m. Rivalries Sports Pub in Portland

## Doctor's Corner: Exercise Dependence...

by Peter Sedgwick, MD

We all know the enormous medical and personal benefits of vigorous exercise. Even a brief list includes improvement in lipids (cholesterol), hypertension (high blood pressure), risk of stroke, depression, Metabolic Syndrome (also called Syndrome X), ADHD, and many other common medical conditions. Indeed, if anyone could create a pill with such properties, it would revolutionize medicine and earn millions for the pharmaceutical company who developed it. But as with any therapy, just because some is good does not mean more is better. When does this apply to exercise?

Exercise dependence is a psychological condition very similar to other forms of addiction, and can be as damaging to both patients and their loved ones. Most discussions separate exercise addiction as either existing alone or associated with an eating disorder (such as anorexia and bulimia). While it is often associated with chronic injury due to overtraining, exercise dependence is defined not by its physical effects but by its psychological ones.



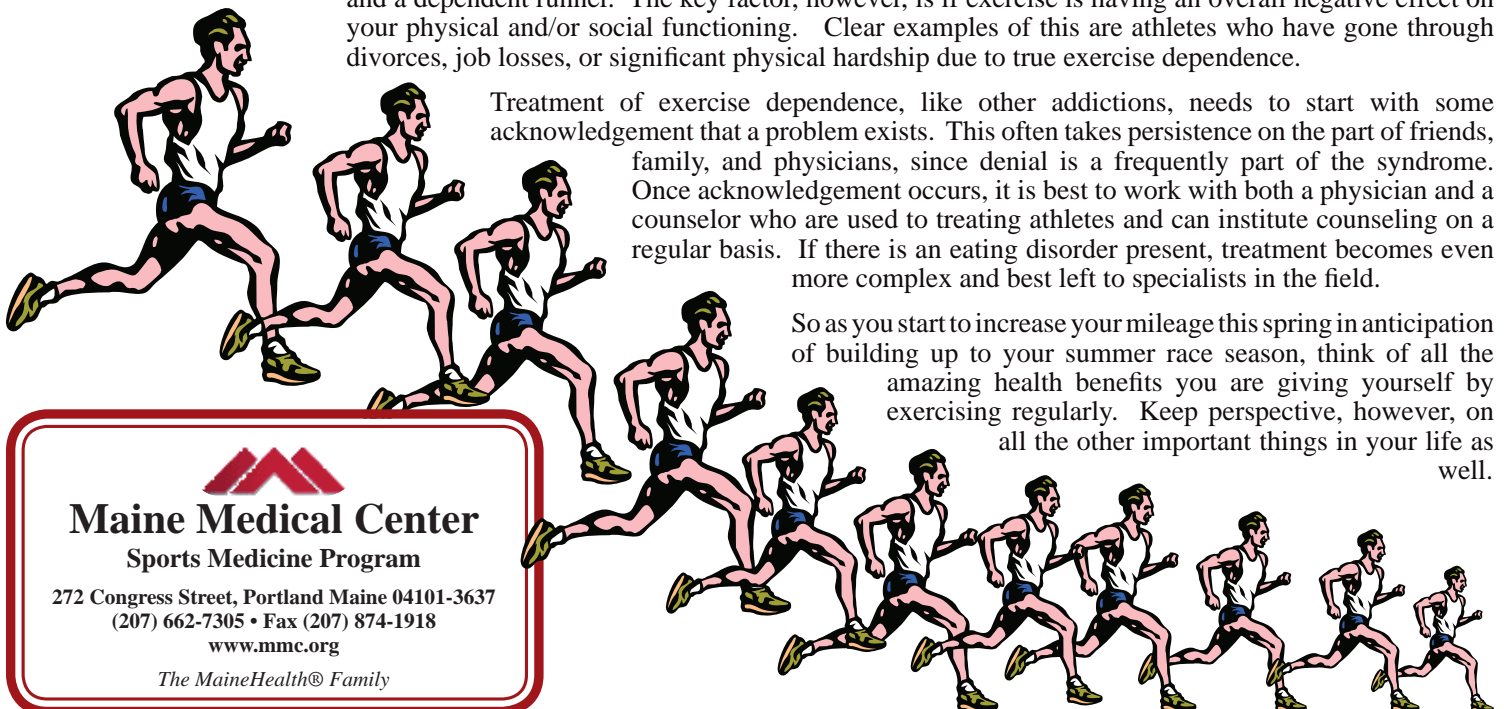
There are four fundamental characteristics which apply to exercise dependence (and to other forms of addiction), namely:

1. Habituation/tolerance, where more and more exercise is needed to reach prior "highs", or gratification levels.
2. Withdrawal, when a person exhibits significant psychological or physical distress when not able to exercise. This can include irritability, anxiousness, or depression and fatigue
3. Lack of control, where compulsive adherence to exercise patterns interferes with attempts to cut back or stop and may interfere with work or personal responsibilities.
4. Continuance, when exercise behaviors persist even in the face of negative physical (frequent or worsening injuries) or psychosocial consequences.

Many runners likely recognize the symptoms above and have experienced one or all of them in some degree. This is particularly true with endurance athletes due to the time commitment and training intensity. There is not always a clear line between a dedicated runner and a dependent runner. The key factor, however, is if exercise is having an overall negative effect on your physical and/or social functioning. Clear examples of this are athletes who have gone through divorces, job losses, or significant physical hardship due to true exercise dependence.

Treatment of exercise dependence, like other addictions, needs to start with some acknowledgement that a problem exists. This often takes persistence on the part of friends, family, and physicians, since denial is a frequently part of the syndrome. Once acknowledgement occurs, it is best to work with both a physician and a counselor who are used to treating athletes and can institute counseling on a regular basis. If there is an eating disorder present, treatment becomes even more complex and best left to specialists in the field.

So as you start to increase your mileage this spring in anticipation of building up to your summer race season, think of all the amazing health benefits you are giving yourself by exercising regularly. Keep perspective, however, on all the other important things in your life as well.





## Those Thrilling Days of Yesteryear...

*Compiled by Maggie Soule from the MTC archives*

**25 Years Ago:** Preparations were afoot for the 1<sup>st</sup> annual Mid-Winter 10-Mile Classic (Bob Payne, race director), set for February 7 from SMVTI. Over 60 people attended MTC's January meeting. Kim Beaulieu (now Moody) conducted a panel discussion on nutrition that included Roger Dutton, Marge Podgajny and Paula Allen. The Maine Rowdies planned a BYOB fundraiser at St. Patrick's Church. "It is one of the few times we can mingle—but don't wear MTC clothing," warned the MTC newsletter. "Phil Soule and John Noyes are easily upset by green and gold and have been known to use it for some unspeakable activities."

**20 Years Ago:** Club president Phil Pierce and his wife Rae hosted the annual New Year's Eve party, starting with a fun run at 9 P.M. from their home at Waites Landing in Falmouth. Laura Duffy of Kennebunk, MTC's scholarship winner for 1986, placed 14<sup>th</sup> at the Kinney Shoe Co.'s National High School Championships. Her 5K time was 17:55. MTC clothing chair Tom Norton was promoting "new lycra tights...that are Kelly Green and printed with MAINE TRACK down the right leg." John Gale and Barbara Footer sought volunteers to help with the Oakhurst Milk Run coming up in April.

**15 Years Ago:** It was revealed that past MTC president Bill Stuart worked 23 races and Sandy Utterstrom 21 races during the preceding year (1991). There were 143 finishers in February's "blustery" Mid-Winter Classic. Peter Bottomley won the race in 56:58. Out-of-state races on some members' schedules included the Hyannis Marathon and Half Marathon in March and the Amish Country Half Marathon in April. MTC member, Ironwoman and veterinarian Roz Randall gathered pledges for the Heifer Project as she trained for the upcoming Boston Marathon.

**10 Years Ago:** *New England Runner* magazine gave its top awards for 1996 to several MTC runners: Danny Paul (masters), Hap Hazzard (60 and over), Russ Bradley (70-74) and Carlton Mendell (75-79). Bob Winn placed 2<sup>nd</sup> in the 10K at the New Year's Day Hangover Classic in Salisbury MA, with a time of 32:06. Byrne Decker and Kristin Pierce were overall winners at the Mid-Winter Classic 10-Miler in Cape Elizabeth with respective times of 52:00 and 1:01:41. (All items courtesy of *Pine Tree Running Journal*.)

**5 Years Ago:** Colleen Redmond and Mike Brooks were named MTC Runners of the Year at the 22<sup>nd</sup> Annual Awards Banquet, held on a snowy night at the South Portland Eagles Club. Sue Davenny headed the banquet committee. Earlier that day, Phil and Diane Meech hosted the traditional Handicap Fun Run at the Bungalow in Buxton. Terry Philbin, D.O., addressed the February membership meeting on the subject of foot and ankle injuries. The Club voted to donate \$250 to ZAP Fitness in memory of Maine running legend Andy Palmer.



Mid-Winter  
10 Mile  
Classic  
1987



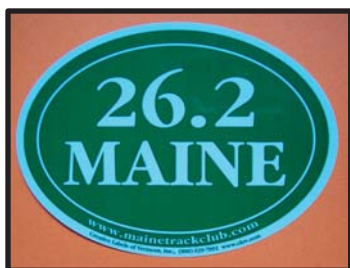


## MTC Discounts, Clothing, and Merchandise...



**NEW! High Performance Long Sleeved Shirt, \$20.00:** Teal with multi-color screen printing on the front.

Men's sizes S to XXL.



**Maine Marathon Sticker, \$2.50:** 6" x 4" Oval in white and green.



**Coffee Mug, \$3.00:** White ceramic with green screen print on front.



**White Lighthouse T-Shirt, \$8.00:** 100% cotton, multi-color screen printing on front. Unisex sizes M to XXL.



**100% Coolmax Singlet, \$15.00:** White with green screen printing on the front and back.

Women's sizes S to XXL.  
Men's sizes M to XXL.

### Where Do I Get MTC Clothing?

To order contact:

Mike Doyle  
(871-0051)

mdoyle@mainecul.org  
Maine Track Club  
Attn. Mike Doyle  
P.O. Box 8008  
Portland, ME 04104



**Sweatshirt, \$20.00:** 100% cotton, green with multi-color embroidery on left chest.



**NEW! Wicking Baseball Cap, \$15.00:** Royal Blue or Hunter Green, with multi-color embroidery.



**Baseball Style Hat, \$8.00:** Green pigment dyed, with multi-color embroidery.



**Winter Hat, \$8.00:** Navy with white embroidery.

# SAVE

# \$\$\$\$\$

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

### AON CENTER FOR INNOVATIVE BODYWORK

4 Fundy Road, Falmouth 781-2370  
Hours by appointment  
\$10 off first massage

### MAINE RUNNING COMPANY

563 Forest Ave., Portland 773-6601  
www.mainerunning.com  
10% on shoes and apparel

### MIDCOAST MULTISPORT

89 Maine Street, Brunswick  
Jim Favreau 721-9299  
10% discount

### PEAK PERFORMANCE SPORTS

59 Middle St., Portland 780-8200  
15% on shoes  
10% on apparel

### RUNNER'S ALLEY

104 Congress St., Portsmouth, NH  
603-430-1212 • www.runnersalley.com

10% on shoes and apparel

### SAUCONY FACTORY OUTLET

83 Farm Road, Bangor, 942-7644  
10% on all non-clearance items

### SPORTSHOE CENTER

Bangor • Kennebunk • Saco • Scarborough • South Portland • Topsham • Wells • MA • NH • VT • NY • www.sportshoecenter.com

Look for discount coupon in each newsletter and at local races.

## \$10 Off Your Purchase of \$50 Or More!

This coupon may not be combined with any other coupons, special offers, or sales; does not apply to previous sales or special orders; may not be used to purchase a gift certificate; and is valid at any Sportshoe Center location. While supplies last. Limit one coupon per customer.

Valid May 1 - June 30, 2007



# Maine Track Club Membership Application

*If you would like to Join the Maine Track Club or Renew your current membership, you can register online at [www.mainetrackclub.com](http://www.mainetrackclub.com) or [www.active.com](http://www.active.com), or return this completed form with a check to:*

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

## MEMBERSHIP TYPE & ANNUAL DUES

*Membership is based on the calendar year, expiring on December 31<sup>st</sup>.*

- |   |      |
|---|------|
| <input type="checkbox"/> 1 Year Household/Individual      | \$25 |
| <input type="checkbox"/> 2 Years Household/Individual     | \$45 |
| <input type="checkbox"/> 3 Years Household/Individual     | \$65 |
| <input type="checkbox"/> 1 Year Student (age 18 or under) | \$17 |

*Do you want your newsletter by:*

- ☐ E-Mail                      or                      ☐ Postal Mail



*For official use only*

- |   |
|---|
| <input type="checkbox"/> Amt. Pd _____    |
| <input type="checkbox"/> Chk # _____      |
| <input type="checkbox"/> Date Rec'd _____ |
| <input type="checkbox"/> Database         |
| <input type="checkbox"/> Birthday         |
| <input type="checkbox"/> E-mail/NR        |
| <input type="checkbox"/> Mailed WL        |
| <input type="checkbox"/> Mailed NL        |

First Name	Last Name	Birthdate(s)	M/F
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P.O. Box/Street

City	State	9-Digit Zip Code	Home Phone
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E-mail Address	Business Phone
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Occupation(s)	Employer (If Student, School)
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Additional household members:

First Name	Last Name	Birthdate(s)	M/F
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First Name	Last Name	Birthdate(s)	M/F
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First Name	Last Name	Birthdate(s)	M/F
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First Name	Last Name	Birthdate(s)	M/F
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## PARTICIPANT/VOLUNTEER WAIVER

*To be signed by each member in the household. Applicants under age 18 require a parent's signature.*

I know that participating and volunteering to work in Maine Track Club events are potentially hazardous activities. And I know that I should not participate or volunteer in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete an activity safely. I assume all risks associated with participating in or volunteering at Maine Track Club events including, but not limited to, falls, contact with other participants, the effects of the weather (including heat and humidity), and dangers posed by road conditions and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself, and for anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Maine Track Club, and all sponsors and their representatives and successors from all claims of liabilities of any kind arising from my participation in Maine Track Club activities, even though a liability may arise from negligence or carelessness on the part of persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of any club event for any legitimate purpose.

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

Non-Profit Organization  
U.S. Postage  
**PAID**  
Portland, ME  
Permit No. 403

RETURN SERVICE  
REQUESTED



## Coaching Every Tuesday!

*The MTC is extremely pleased to once again offer Track Time and Coaching - at NO COST to MTC Members. The first coaching session of 2007 began at 6:00 p.m. on Tuesday April 24<sup>th</sup> when Coach Bob Brainerd, one of Maine's best, kicked the season off at Edward Little High School in Auburn. The Tuesday night sessions will run for 23 weeks ending on September 25<sup>th</sup>. We warm up at 5:30 and usually start with a group stretching session followed by intervals designed with your running goals in mind (5K to ultra). Coach Bob will tailor your summer plan with what ever goal you are working toward. These sessions are designed to help you get faster, meet other runners, prevent injury, improve your form, learn how to stretch, and most importantly - Have Fun!*

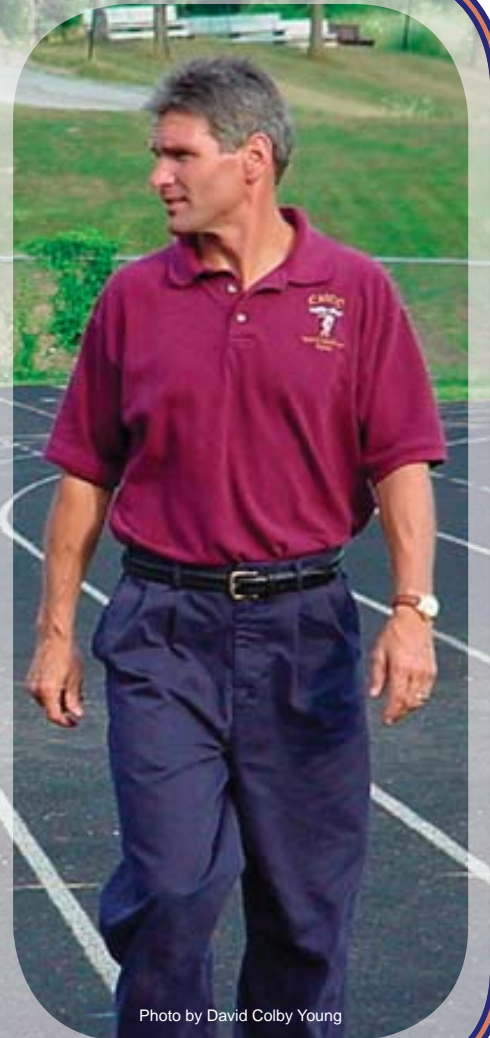


Photo by David Colby Young