

Good Rainy Afternoon MTC

Safe Passage 5k

Is Tomorrow @ 8:00 Greely High School in Cumberland. Looks like a record number this year. We have over 400 runners signed up as of this moment. I also still need a few volunteers. Please let me know if you can help at the Finish. Grandm@maine.rr.com

Portland Sea Dogs Mothers Day 5k

We need a few volunteers for this one as well- contact Howard Spear racedirector@mainemarathon.com

Track Started Tuesday Edward Little High School In Auburn !!!!



We had nearly 50 people show up and it's not too late. The MTC is extremely pleased to once again offer Track Time and Coaching - at No Cost to MTC Members. This year sessions will start on 4/24 and end on 9/25. Coach Bob Brainerd is one of Maine's best. We warm up at 5:30 and usually start with a group stretching session followed by runs designed with your running goals in mind (5k to an ultra). Coach Bob will tailor your summer plan with what ever goal you are working for. These sessions are designed for help you get faster, meet other runners, prevent injury, improve your form, learn how to stretch and most importantly - Have Fun!

MTC NewsRun Going Green - Proposed Plan

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. We just won the award for the best E-Newsletter - the weekend before last at the RRCA Convention I was asked several times - You Won the award for best e-newsletter, Why isn't your newsletter on the web? It's a good question. 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 would be used for additional member benefits like a club shirt for all members (just another proposal) for example. The board would also like to pay a small stipend per issue to the editor (Sandy). Sandy spends hours, no days, no weeks - working on this award winning publication. It's time to recognize Sandy for the numerous hours she put into the publication. Contact Me grandm@maine.rr.com

Portland Sea Dogs Mother's Day 5K

Another record field is anticipated for the [Portland Sea Dogs Mother's Day 5K](#), with more than 1,000 runners likely to participate in the seventh edition of the event. Volunteers are needed to help with registration, traffic control and chip removal. If you're able to help, please contact [Robin Carlson](#), [John Keeley](#) or [Howard Spear](#) (749-9160). Don't forget that registration and packet pickup is available Saturday morning as well as race day, so you can volunteer on Saturday and still race on Sunday.

B2B Volunteers Needed!

The Beach to Beacon CLOSED! 4,700 people signed up in a record 9 days!. If you didn't get in, this is a great volunteer opportunity. Your club needs 70 volunteers to help with finish area security. This is a great way to see the elites and be in the thick of the action. Go online to the B2B website - **Online volunteer registration begins in May 1, 2007 - Please Help if you are not running!**

MTC Annual Bus Trip To The Races! Canceled!!!!

The MTC bus trip scheduled for Saturday June 9th is canceled. It was purely a #'s issue. Only a handful had signed up -maybe next year. Contact Howard for any refund issues.

This Weekend

Saturday, 4/28/07

Healthy Beaver 5k

Farmington, ME 10:30AM U maine farmington fitness and recreation center, 163 High Street
Contact: Phil Jackson (umf cross country), USA, 30127. 1-207-939-9257 philip.c.jackson@maine.edu
[> Yahoo! Maps](#)

The Country Music Marathon & Half Marathon, Nashville, Tn., 26.2M/13.1M Cert., 7 a.m., Centennial Park/The Coliseum, Participants start in Centennial Park and run throughout scenic Nashville. The course is flatter and faster this year and finishes outside of the Coliseum-home of the Tennessee Titans. Free post race concert for all participants with a headline. Bands very mile and hundreds of cheerleaders on the course. Free pair of comfort sport sandals at the finish. Awards 3 deep in 13 age divisions, and 3 deep in 15 age divisions for the 1/2 marathon. Country Music Marathon, Adam Zocks, (800) 311-1255, Email:cmmarathon@eliteracing.com, [WebSite](#)

Safe Passage 5K Run, 5K, Cumberland, Me., 8 a.m., Greely High School, Doug Pride, (207) 781-4391, email: doug_pride@msad51.org, www.safepassage.org

Marcel's Way Miles for Mito 5K Race & Walk, 5K/5k walk, Manchester N.H., 10 .M./10:30 a.m., Arms Park, email: info@marcelsway.org, www.marcelsway.org

Temple Half Marathon, 13.1M/4m walk, Temple, N.H., 10 a.m., John Tallarico, (603) 8787-4173, email: templehalfmarathon@yahoo.com, www.templenh.info

Sunday, 4/29/07

2nd Annual Main St. Mile

Westbrook, ME 8:30AM Stockhouse Station, 506 Main St. (*One mile run down historic Main St. in Westbrook, Maine*)
Contact: vince aceto, 54 Berkeley St, Westbrook, ME, USA, 04092. 1-207-854-2834
vaceto@westbrookhousing.org
[> Yahoo! Maps](#)

The Cawfee Hour & Decaf 1/2 Hour Run

Northeast Harbor, ME 9:30AM Northeast Harbor Marina, Sea St (*1 hr or 1/2 hour road race on a closed circuit at the Northeast Harbor marina*)

Contact: Crow Athletics, PO Box 117, Northeast Harbor, ME, USA, 04662. 1-207-276-4226
information@crowrunning.com
> [Yahoo! Maps](#)

28th Marblehead/Swampscott "Ring Around The Neck", Marblehead, Ma., 5M Cert., 2 p.m., M/S YMCA, Pleasant St., Relatively flat with breath taking views of the Marblehead Harbor and the Atlantic Ocean., Trophies for male & female and top 3 in different age categories, free refreshments, free raffles, t-shirts for the first 200., Marblehead Swampscott YMCA, Jeanne Smith, (781)631-0870, Fax:(781) 639-0190, Email:smithj@northshoreymca.org, [WebSite](#)

14th Annual "Cool Kids" 5K Road Race/Fun Walk N. Billerica, Ma., 5K Cert./5K walk, 1 p.m./12:30 p.m., New England Pediatric Care, 78 Boston Rd., Flat and fast residential course., Benefits the disabled children at NE Pediatric Care, New Balance gift certificates to top overall male and female. NE Ped. Care, Laura Pica/Brenda Conlon, (978)667-5123, Fax:(978) 663-5154, Email:nepccoolkids@yahoo.com

3rd Annual Mud-Muck-Moose 5M Trail Run, Bartlett, N.H., 5M, 11 a.m., Bear Notch Ski Tour Ctr., Two loops, hilly,muddy deep,cold stream crossings., Race is closed out at first 100 runners, no exceptions. In 2006 60% of entrants were female, Gary Howard, (603) 447-1974, Email:garyhoward@attitashmtvillage.com

19th Annual Bill McCaffrey Road Race, 5K/1M/1M walk, Lebanon, N.H., 10:30 a.m./10 a.m., Alice Peck Day Memorial Hospital, Karen Jackson, (603) 443-9569, email: jacksonk@alicepeckday.org

Street 'N Beach Run, 5K, Sandwich, Ma., 8:30 a.m., Sandy Neck Beach, Kate Naples, (508) 833-5073, Email: wknacles@comcast.net

Have a Great Weekend.....

Mtcmembers mailing list
Mtcmembers@mainetrackclub.com
http://mainetrackclub.com/mailman/listinfo/mtcmembers_mainetrackclub.com