

Good Friday Afternoon MTC

HELP - Volunteers are needed - Consider yourself Asked!

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.

Pineland Farm Trail Challenge 25k & 50k



Volunteers needed at the Pineland Farms Trail Challenge -- Sunday May 27th

<http://www.mainetrackclub.com/pinelandfarms.html>

Volunteers will receive a free wicking T-shirt, BBQ meal, and Gritty McDuff's beer. You'll also be entered into the Maine Track Club's new Volunteer Recognition Program and receive 5 MTC Bucks!

Registration - (2 Volunteers) 6 AM to 10 AM

Aid Stations - (10 Volunteers) 6 AM to 4 PM

Flaggers / Road Traffic - (6 Volunteers) 9:00 - 11:00 / 11:00 - 1:00 / 1:00 - 4

Finish Line - (4 Volunteers) 11:30 - 1:30 / 1:30 - 4:00

Contact Eric Boucher if you can help eboucher@ebay.com

B2B



We need 70 people to help with the Finish Area Security. This is a great chance to help with a world class event and watch some of the worlds best runners finish. The B2B throws a great picnic for volunteers as well. If you are not running this year please consider helping out. Go to the B2b website (www.beach2beacon.org) to register. Click On the volunteer tab at the top then make sure you indicate Security, Finish Area are you requested assignment.

Mt Washington - Run To The Clouds



We have 3 slots available to run the rockpile. The deal is that you must provide one (or more) volunteers to get a slot. Contact Mike Doyle if you are interested MDOYLE@synergentcorp.com

Next General Membership Meeting

Will be Wednesday 5/23 at the Rivalries Sports Pub in the Old Port 6:00. Please put it on your agenda and stop by for a wing or two or three. There is also discounted beverages available.

**Track Sessions Have Begun! Edward Little High School In
Auburn
!!!!**



We had nearly 50 people show up and it's never 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!

Weekly back Cove 5k Series Starts Again next Wednesday!!!

6:00 - Back Cove - Lace em up for another great year.

Records set at Safe Passage 5K



Several records were smashed Saturday morning in Cumberland at the third annual Safe Passage 5K, both on and off the race course. For starters, a record field of 563 runners and walkers participated in the event, which raises money for the Safe Passage program founded by Greely High and Bowdoin College graduate Hanley Denning. As a result of the large turnout, approximately \$18,000 was raised for Safe Passage, another record. Finally, Ethan Hemphill of Freeport and Kristin Barry of Scarborough set course records on their way to victory.

Hemphill, 34, not only repeated as the race winner but also shaved 25 seconds off his 1-year-old record with a time of 15 minutes, 14 seconds. Claton Conrad, 24, of North Yarmouth was the runner-up, 32 seconds behind Hemphill, and Stan Pyle, 25, of Portland edged Christian Muentener, 33, of Yarmouth for third place, with both runners finishing in 16:07.

Barry, 33, lowered the women's mark set in 2005 by Joan Benoit Samuelson (17:38), as she finished 11th overall in 17:15. McAuley High senior Abby Iselborn, 17, of Portland took second in 18:02, followed by Christine Snow-Reaser, 41, of Dayton in 18:55.

This Weekend

May 5

- [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), Bowdoin College, Brunswick. Contact: [Will Thomas](#) 751-4482.
- Orrington 10K, Center Drive School, 9:30 a.m. (kids' fun at 9 a.m.). Contact: [Ryan King](#) 478-2381.

• • May Day 5K Fun Run & Walk

Kennebunk, ME 8:00AM Park Street, Park Street (*To Benefit The Child Abuse Prevention Council of York County*)

Contact: Sarah Dore Fairfield (Child Abuse Prevention Council), 62 Portland Road Suite 15, Kennebunk, ME, USA, 04043. 1-207-985-5975 education@kidsfreetogrow.org
[> Yahoo! Maps](#)

Run For Nurses

Fort Kent, ME 10:00AM UMFK Sportscenter, University Avenue

Contact: Susan (Student Nurses Organization), PO Box 897, Presque Isle, ME, USA, 04769. 1-

207-227-3933 susanplissey@fastmail.fm
> [Yahoo! Maps](#)

18th Annual Run/Walk for Empowerment Waterville, Me., 5K/5K walk, 9 a.m, Colby College Field House, All monies raised support the Rape Crisis Assistance & Prevention center. Rape Crisis Assistance & Prevention, (207)872-0601, Email:info@rape-crisis.com, [WebSite](#)

31st Annual Attleboro YMCA 5K and 10K Road Races, Attleboro, Ma., 5K/10K, 9:30 a.m/10:15 a.m., Balfour River Walk Park, Mostly flat course with 2 gradual uphill, 10K double loops part of the course Championship rings to the overall 10K male & female champions, 3 person teams in each race, overall and age group prizes. T-shirts to the first 150 registered. Attleboro YMCA, Bob Withers, (508)222-7422x115, Fax:(508)222-4288, Email:bwithers@attleboroyymca.org, [WebSite](#)

The Children's Museum of Portsmouth 22nd 5K Road Race & Fun Run, Portsmouth, N.H., 5K/1/2M/1/4M Cert., 9 a.m./10:15a.m, Corner of Marcy St. & Pleasant St., One hill, downhill going out; uphill going back, otherwise fairly flat. Lobster prizes for top overall & division winners. Great family fun, atmosphere with massages,, music, refreshments, and more. Children's Museum of Portsmouth, Heidi Duncanson, (603)436-3853, Fax:(603) 436-7706, Email:questions@childrens-museum.org, [WebSite](#)

27th Annual Rocky Coast Road Race, Boothbay Harbor, Me., 10K Cert., 10 a.m., Boothbay Region YMCA, One of Maine's most enjoyable and scenic courses with its unequaled panoramic newws of the rock-bound coast and a wooden footbridge traversing the inner harbor., Prizes by Anderson Design Pottery of East Boothbay. Boothbay Harbor YMCA, Neal Verge, (207)633-2855, Email:nverg2@gwi.net, [WebSite](#)

16th Annual Foot Health Road Race, 5K, Derry, N.H., 9 a.m., Gallien's Town Beach, Greater Derry TC., Colin O'Meara, (603) 434-5690, www.gdtc.org

3rd Annual Seven Hills of Somersworth 5K Race, 5K, Somersworth, N.H., 9 a.m., Somersworth Middle School, Darryl Cauchon, (603) 692-5828, email: dcauchon@fosters.com

- **May 6**

- [Hot Pursuit 5K](#), Old Brunswick High School, 9:30 a.m. Contact: [Shawn O'Leary](#) 725-5521 ext. 104.

- **Brunswick Police Benefit Association Hot Pursuit 5K Road Race**

Brunswick, ME 9:30AM Old Brunswick High School, McKeen Street (*Civilian and Law Enforcement Division with awards in each Division*)

Contact: Shawn O Leary (Brunswick Police Benefit Association), Brunswick Police Benefit Association, 28 Federal Street, Brunswick, ME, USA, 04011. 1-207-725-5521 x104

soleary@brunswickpd.org

> [Yahoo! Maps](#)

- Patricia Lynn Corbin Memorial Walk/Run (5K), Lee Academy, Lee, 1 p.m. Contact: [Michael or Robin Corbin](#) 738-4354.

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- John O'Brien III Memorial 5M Road Race, Woburn, Ma., 5M/3M walk, 11 a.m., Towanda Club, 19 Abbott St., Division awards, raffle prizes, and free cookout. The 22 Scholarship Fund, Joseph Maltacea, (781) 935-4675, Email:JPMalty16@aol.com

28th Annual Hazelwood Women's 5K Run/Walk, New Bedford, Ma., 5K/5K walk, 10 a.m., Hazelwood Park, Mostly flat, scenic. Women-only event, raffle and loads of goodies. GNBTC, Kate Collins, 00, Email:kfc41664@hotmail.com

9th Annual Flying Pig Marathon, Cincinnati, Oh., 26.2M/13.1M/10K/5K Cert., 6:30 a.m, Mehring Way/Yeatman's Cove, Scenic course through Cincinnati & Northern Kentucky. The course is not entirely flat, and includes three moderate bridges. Wheelchair division, 10K and 5K race as well run on Saturday. Prizes to the top 5 overall M/F and top three in 5 year age divisions. Fitness expo on Friday and Saturday. Cincinnati Marathon, Inc., (513) 721-7447, Fax:(513) 381-1484, Email:info@flyingpigmarathon.com, [WebSite](#)

7th Annual Officer Savage Memorial 5K Road Race & Fun Run, Wellesley, Ma., 5K/Fun run, 11 a.m., Babson College, Gentle hills starts & finishes at Babson College. Age divisions, law enforcement divisions, t-shirts fo first 300 entrants, Wellesley Police Running Club, Lt. Jack Pilecki, (781) 235-1212, Email:jpilecki@ci.welleslyma.gov, [WebSite](#)

45th Annual Walter Childs Memorial Race of Champions Marathon, 26.2M, Holyoke, Ma., 8 a.m., Mt. Tom, Greater Springfield Harriers, (413) 734-0955, email: fastfeetinc@comcast.net

Project Bread 39th Annual Walk for Hunger, 20M, Boston, Ma., 9 a.m., Boston Common, Dina Piran, (617) 239-2524, email: dina_piran@projectbread.org

Shirley Spring Sprint Race, 5K/1M/2M walk, Shirley, Ma., 9:30 a.m., Shirley Middle School, Susan Snyder, (978) 425-2480, email: lukeythere@aol.com

Hopkinton Duathlon, R:2M/B:12M/R:3.1M, Hopkinton, Ma., 8 a.m., Hopkinton State Park, Tim Richmond, (617) 663-5720, trichmond@maxperformanceonline.com

- **May 9**

- Back Cove Weekly 5K, Back Cove path, Portland, 6 p.m. Contact: [John Rogers](#) 773-6601 or [Stu Palmer](#) 725-5178.

Have a Great Weekend