

## Good Late Eve MTC

# It's Here! with RECORD #'s Portland Sea Dogs Mother's Day 5K

Sunday, May 13, 2007, 9:15 a.m.; kids' run at 8:30 a.m.  
Location: Hadlock Field, Portland

- **Entry fee:** \$13 before April 1, \$15 thereafter; kids' run is free. Family rate is \$10 each through April 24 for families of 4 or more.
- **T-shirts:** First 700 entrants.
- **Other amenities:** Chip timing; coupon for free ticket to any Sea Dogs game in 2007, drawing by bib number for 30 Sportshoe Center gift certificates.
- **Registration/packet pickup:** Saturday, 8 to 11 a.m.; Sunday, 7 to 9 a.m.
- **Awards:** The overall male and female winners will receive a trophy, a pair of season tickets for the remainder of the 2007 season, and will throw out the first pitch prior to the next Sea Dogs home game. Additional awards go to the top three male and female finishers in the following age groups: 14-and-under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80+ (overall winners not eligible for age-group awards).
- **Course records:** Men -- Ethan Hemphill, 15:12 (2005); Women -- Kristin Barry, 17:26 (2006).
- **Information:** [Portland Sea Dogs](http://www.portlandseadogs.com) 874-9300 or [Howard Spear](http://www.howard-spear.com).

## Pineland Farms Trail Challenge 25k & 50k - Food Donations Requested!

We need your help feeding hungry trail runners and volunteers at the Pineland Farms 25k & 50k Trail Challenge. We'd like to augment our BBQ meal and free beer with healthy home-cooked dishes from the community.

We're looking for cold-dishes that would be appropriate for a Memorial Day picnic such as potato salads, pasta salads, green salads, vegetables, corn bread, cookies, brownies, and deviled eggs. Donations need to be delivered to the Pineland Farms YMCA in New Gloucester on Saturday afternoon (5/26), or by noon on Sunday (5/27).

We also need a few more volunteers to help out at the event.

<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 - 6 AM to 10 AM Aid Stations - 6 AM to 4 PM Flaggers /  
Road Traffic - 9:00 - 11:00 / 11:00 - 1:00 / 1:00 - 4

Finish Line - 11:30 - 1:30 / 1:30 - 4:00

Please contact Erik Boucher if you can help 207-210-8655 or

[eboucher@ebay.com](mailto:eboucher@ebay.com)

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

MaineRunning 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'sChoice" 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's* 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 and 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"

***Congrats John - From the MTC!***

## **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 world's 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](http://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.

## 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 are 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 whatever goal you are working for. 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!

## NewsRun! We Need A New Senior Editor!!!

It's coming - I apologize for the delay. Sandy is putting the final edits as I key. We hope to have it at the printer next week. If you are interested in helping edit, work on the NR - please contact Sandy Walton - [swalton2@maine.rr.com](mailto:swalton2@maine.rr.com)

MTC Members,

- As you may or may not be aware, the club has been searching for a new Senior Editor (Board Position) for the News\*Run since the turn of the year; as I, Sandy Walton, have decided to give more time to my two young children and my lifelong passion of oil painting. I am finishing up the May/June issue this weekend which will be taken to the printer on Monday. Printing/mailling typically takes roughly ten days, so you should be seeing it in your hands sometime around the 23<sup>rd</sup>. If you would like to receive the PDF version by email as soon as I am done this weekend (and you are not already on the list to receive it by email), please let me know ([swalton2@maine.rr.com](mailto:swalton2@maine.rr.com)).

This is the last issue I will be doing, so it will be necessary to find a new editor directly. It has been a very rewarding position for me, as I'm sure it will be for the next person. If you or someone you know is curious about what is

involved and/or interested in taking over the newsletter, please contact me (846-6577 or 807-0993).

- I have compiled a more comprehensive list of Maine races. Included are additional races not listed in Mark's Friday update. The following are races from this weekend through next...

## **May 12, Saturday**

Central Lincoln County YMCA Mother's Day 5K, Damariscotta, 525 Main St., 8:30 a.m.

Contact: Robin Maginn (563-3477) [rmillett@tidewater.net](mailto: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](mailto: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](mailto:goldberg@megalink.net); [www.bethelmaine.com](http://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](mailto:keith@endorfunsports.com); [www.biglakehalfmarathon.com](http://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) [kelleyvicks@yahoo.com](mailto:kelleyvicks@yahoo.com)

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](mailto:info@racingahead.com)

## **May 13, Sunday**

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](mailto:jbrooks@penquiscap.org) or Rachel Davis (596-0361) [rdavis@penquiscap.org](mailto:rdavis@penquiscap.org)

Saucony 5K, Bangor, Saucony Factory Outlet Store, 83 Farm Rd., 9:00 a.m. Contact: Jeremy Durost (842-7644) [jdurost@localnet.com](mailto: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 Iacuess (874-9300) or Howard Spear [racedirector@mainemarathon.com](mailto: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](mailto:information@crowrunning.com)

• Mother's Day Road Race (5K), Maine Eastern Railroad Station, Bangor, 8:30 a.m. Contact: [Rachael Davis](mailto:Rachael.Davis@maine.rr.com) 596-0361.

## **May 15, Tuesday**

MTC Coaching Workout, Auburn, Edward Little H.S., 6:00-8:00 p.m. Contact: Mark Grandonico (232-0232) [grandm@maine.rr.com](mailto:grandm@maine.rr.com) This week: 6:00-7:00 Classroom, "Developing Your Training Program; 7:00-8:00 Form run – stretch/ 6x400 @ level 4 (90% effort) with quarter lap active recovery/ 10x100 yd striders – beep drill you will love this/ 6 surprise hill sets if we have time.

## **May 16, Wednesday**

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](mailto:info@runwalkcompany.com) or Stu Palmer (725-5178) [palmerstu@hotmail.com](mailto:palmerstu@hotmail.com)

## **May 19, Saturday**

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](mailto: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) [lilaclupin@yahoo.com](mailto:lilaclupin@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](mailto:catherinemcauleyscholarship5k@yahoo.com)

## **May 20, Sunday**

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](mailto: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

## **This weekend Out of State Races**

### **May 12**

- 13th Annual Hampton Falls Road Race, Hampton Falls, N.H., 5M/5K Cert., 8:30a.m., Lincoln Akerman School, Rolling loop through apple country. Cathy Golas,(603)926-1123, Email:hfradace@hotmail.com,[WebSite](#)
  - 6th Annual Big Lake Half Marathon, Alton Bay, N.H., 13.1M Cert., 9 a.m.,Alton Central School, Scenic run along the shores of Lake Winnepesaukee withthemed aid stations and music on the course. Entertainment on course with themedaid stations, post race band party and feast. Cash prizes. Endorfun Sports,Keith Jordan, (603) 293-8353, Email:keith@endorfunsports.com,[WebSite](#)
  - 5th Annual MMRF Race for Research, Boston, Ma., 5K Cert./5K walk, 9 a.m.,Carson Beach, A scenic loop through the Charles River Esplanade, which runsalong the banks of the Charles River. The Walk/Run begin at Lederman Fieldlocated on Storrow Drive. The overall 5K M/F race winners will receive trophies.The top 3 M/F in 5 year age groups will receive medals. Multiple MyelomaResearch Found., Shelley Terry, Email:terrys@themmrf.org,[WebSite](#)
- Williston Community Fun Run, Williston, Vt., 10M/5K/1/2M, 9 a.m./9:15a.m./10:30 a.m., Williston School, Flat, 1/2 mile road for th4e 5K. Hilly 10miler. All races loop around. Many prizes for many divisions. the 10 Milercourse partially runs through the Catamount OUtdoor Family Center. The RehabGYM,30 Hawthorne Place, (802) 876-6000, Email:sharon@rehabgym.com,[WebSite](#)

- B1st Peeper 5K Run/Walk, 5K/5k walk, Barrington, NH, 9 a.m., Calef's field, Barrington Chamber of Commerce, (603) 664-9972, Email: kmbart0250@aol.com

- **May 13**

- Medical Center 6K For the Kids, Nashua, N.H, 6K Cert., 9:25 a.m, So. NH Medical Center, Flat out to a hilly 1.5m loop, flat back to finish. 6K NH Staterecords to be set. open to all ages. Fun walks with theme oriented stops for kids. So NH Medical Center, Judy Bennett, 00, Email: healthmatch@snhmc.org, [WebSite](#)

- 1st Annual Mother's Day Stroller Run, Rutland, Vt., 5K, 3 p.m., Saint Joseph Campus, Out and back extremely flat and fast 10' elevation. To be run alongside the famous Otter Creek in the "Marble Valley" of Rutland, VT. See the "Green Mountains" all around you. The race is designed mainly for parents with strollers, and all others are welcome. There will be at least 4 divisions. Profits will go to the Rutland County Womens Shelter. Marble Valley Runners, Ron Boucher, (802) 446-2216, Email: runron67@aol.com, [WebSite](#)

- First Annual Moms on the Run Mother's Day 5K Run/Walk, Dover, NH, 8:30 a.m., Dover High School, Nicole Kurr, (603) 742-6350, [www.momsontherun.org](http://www.momsontherun.org)

- **May 16**

- Ocean National Rock 'N Race 5K Run/Walk, Concord, N.H., 6 p.m., \$20/\$25 post, (603) 225-2711x3076, [www.concordhospital.org](http://www.concordhospital.org)

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Mtcmembers mailing list

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