



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

Tuesday, October 17, 2006
31 DOWN, 19 TO GO...

An excerpt from Dean Karnazes' blog



Maine Marathon, Maine
Number of Runners: 23
Elevation: 350'
Time: 4:12:37
Weather: 57 degrees, cloudy

During the past 30 days, there have been good mornings, and there have been not so good mornings. Today was not one of the good mornings. This nagging head cold of mine evolved into full body aches this morning for some reason. Thirty marathons haven't left me all that sore, but a measly little virus wreaked havoc on my muscle and joints in less than 24-hours.

On top of not feeling great, we had another blood draw this morning. So by the time I got to the starting line

See **KARNAZES**, page 6

President's Corner...

Seasons of Change

by Mark Grandonico

Joyce Kilmer wrote a poem called *Trees*. It opens with, "I think that I will never see a poem as lovely as a tree." To me, the beauty of this poem is the simplicity. It just makes a statement about the beauty of a tree. I'm reminded of this poem for two reasons, first because a framed print has hung in the bathroom of our camp in Fryeburg for the past twenty years. I think I had it memorized after my first ten trips.

It also reminds me of Fall. As usual, summer went by all too fast. There's snow on Mt. Washington, and my weekly emails from Sugarloaf remind me to get my skis tuned up. Fall is personally my favorite season.

I was in the Coast Guard for twenty years and was stationed from San Diego to Seattle to Milwaukee to New York to San Antonio. Live anywhere else than New England? No way! I think we are very fortunate to be within a few hours of Boston or New York for the big city excitement, when it calls. We have the mountains less than an hour west, and we have the lakes and beaches. You have to love New England. Yes I will admit, I do need to escape come about February for a week or so to recharge.

This year's foliage season was spectacular. The run up to Yarmouth during the Maine Marathon was beautiful. Dean Karnazes told me how much he enjoyed the course and the foliage just after he ran our race as Marathon #31 in his quest to run 50 marathons in 50 states in 50 days. That event, the Endurance 50, was coordinated by the MTC and went off without a hitch on October 17. Dean is a passionate runner and very dedicated to his cause which is to raise awareness of the newest epidemic in America, obesity. By bringing attention to his 50-state quest, Dean hopes to raise awareness of the issue and get people thinking about more healthy lifestyles through outdoor activity.

The Dan Cardillo 5K, Hall of Fame 5K, Maine Marathon, MTC 50K/50 Miler and the PT8K were all very successful this year. We had 31 members take advantage of the free entry for MTC members at the PT8K. The MTC Board hopes to offer this perk again next year. Thanks to Jerry LeVasseur for coordinating the first Grand Prix series.

Our next club event is the Annual Pasta Dinner and Board Elections. As I key this article, the Board for 2007-2009 is taking shape and almost final. There will be some changes, a

new VP and a few new Board Members, At-Large for example. I personally Thank everyone who has served and is now stepping up to the plate to move the club forward. It is a season of change. In addition to people changes, technology is all around us. We are looking at improving our website, and a chip timing system is still on the radar. That chip technology is rapidly evolving and becomes more cost effective every year. One of our main concerns with a chip system is not so much the cost, but the "people" aspect. Who is

See **PRESIDENT**, page 3

RRCA
ROAD RUNNERS CLUB OF AMERICA



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Printer/Circulation, Mailings Unlimited

**Submission Deadline for the
January/February News*Run
is Friday December 1, 2006.**



January:

Board Retreat

- Saturday the 13th, 8-Noon
Val Halla, Cumberland

Handicap Run

- Saturday the 20th, 8 a.m.
The Bungalow, Buxton

Annual Banquet

- Friday the 17th, 5-10 p.m.
Keeley the Katerer, Portland

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. 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 (and Bob Aube at 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.

going to learn it, teach it, run it, clean it, store it, and maintain it?

2006 was a particularly tough year for volunteers. A lot of our races struggled. It wasn't just an issue at MTC events. The Beach to Beacon and several other local races also wrestled with the issue. The cost of gas was a big factor. People tried not to drive so much, a simple fact, which affected volunteerism. The Maine Marathon is growing as proven by the record entries for the Half Marathon and Relay this year. With that growth also comes the need for more volunteers; it's simple math. We will look to new and creative ways to support the Marathon next year. Start thinking about it now!

Webster's defines a "club" as "a group of persons associated for a common purpose." I'm guessing that is because of running? Right now I'm climbing on my Soap Box. We need your help. Make 2007 a Season of Change for the improvement of the MTC. What am I asking for? Help with:

Volunteer for at least 3 races!
A few people to help on our Special Events Committee!
An Equipment Manager!
A Race Committee Director!
Co-Race Directors for the Breakway 5K and Patriot's Day 5 Miler
An Editor for our national award winning newsletter, News*Run

Can you help with any of these positions? Let me know and consider yourself asked!

Ok – you're probably trying to remember the poem. Here it is and see you at the Pasta Dinner November 17 and enjoy the Fall!

Trees

I think that I shall never see
A poem as lovely as a tree.

A tree whose hungry mouth is prest
Against the earth's sweet flowing
breast;

A tree that looks at God all day,
And lifts her leafy arms to pray;

A tree that may in Summer wear
A nest of robins in her hair;

Upon whose bosom snow has lain;
Who intimately lives with rain.

Poems are made by fools like me,
But only God can make a tree.

- Joyce Kilmer

Mark Grandonico
MTC President
RRCA Maine State Rep

Notices...

Memberships Expire December 31st!

As of December 13th, 50% of MTC membership households still need to renew. Please see page 43 for a membership form. A membership to the Maine Track Club is also a great gift for your running friends.

NewsRun Needs a new Senior Editor!

Our award winning newsletter needs someone to oversee the publication. It mostly involves layout design, editing, and gathering of the data we all read and enjoy. Sandy Walton is ready to pass the baton, hence the search. If you have the time, creativity, and skills. Contact: Sandy (846-6577) swalton2@maine.rr.com.

2007 Boston Marathon

We have 2 Invitational Entries into the Boston Marathon for MTC members. All you have to do is ask for them. Send a request if you would like one - mention your involvement with the club and some of your running highlights. Recipients are still required to pay the race fee which is \$200.00 for invitational entries. Again this year, I have received several request - Deadline for submissions is 1/19/07. Contact: Mark Grandonico (232-0232) grandm@maine.rr.com

RRCA's Footnotes

The latest edition is available for viewing at - <http://www.rrca.org/resources/footnotes/20061201footnotes.pdf>

For the love of running. For the love of running. For the love of running. For the love of running. For the love of running.

When you are investing in yourself
and not just buying a product.

When you need advice on proper fit.

When you want the latest on
nutrition, training, injury prevention
or healing.

When you know it's important
to "give back" to the running
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Independent Running Retailers Association.
Dedicated to the community, service and knowledge of running.

2008/2/2

Happy Birthday to These MTC Members...

November

- | | |
|-------------------------|---------------------|
| 1: Judith McMorrow | 17: Mike Brooks |
| 2: Dan Hogan | Donnajeane Pohlman |
| David House | 18: Suzy Ryan |
| 3: Andrew Baird | 19: Jan Conley |
| Chris Boynton | Jerry LeVasseur |
| 4: John McKenney | 20: Natalie Rand |
| Dan Thayer | 21: Bob Branson |
| Laura Vecchio | John Harrell |
| 5: Deb Lynch | Zach LaPointe |
| David Sproul | Mark Parker |
| 6: Susan Burtchell | Sandy Utterstrom |
| Kim LaPointe | 22: Melanie Collins |
| Janet Letalien | Donna DeWitt |
| Mac McKew | Jeannie Johnson |
| Tony Myatt | Dan Rogers |
| Jim Prosser | Robin Welch |
| 7: Brian Denger | 23: Leigh Mundhenk |
| Colleen Donovan | Margaret Ryan |
| 8: Al Butler | 24: Hugh MacMahon |
| Tammy Butler | 25: Joseph Cook |
| Ken Voorhees | Pam Peverini |
| 9: Stephanie House | 26: Bob Coughlin |
| Colleen Redmond | 27: Elyse Bonawitz |
| 10: Robert DeWitt | 29: Robbie Blair |
| Rick Smith | Debbie Howe |
| 13: Russ Bradley | Seamus Lynch |
| Jane Lathrop | Joseph Wright |
| Terri Morris | 30: Polly Kenniston |
| Gordon Scannell | David Roberts |
| 14: Kevin Robinson, Jr. | |

December

- | | |
|------------------------|-----------------------|
| 1: Les Berry | Eric Ellis |
| Lesley Whedbee Pluscec | 16: Ron Boucher |
| 2: Tom Wilson | Michael Pizzo |
| 3: Marc Dugas | Todd Walton |
| Chuck Thurber | 17: Victoria Quinlan |
| 4: Kaitlynn Saldanha | 18: Peter Rearick |
| 5: Mark Clinch II | 19: Emma Barclay |
| Maya Kasper | Jean Thomas |
| Mary Ann Randall | 20: Dan Greenstein |
| 6: Chris Harmon | Tom Noonan |
| 7: Liz Brown | David Tapley |
| Brittney Chadbourne | 21: Bill Davenney |
| Mike Lynch | Evie Strom |
| Ian Parlin | 23: Susan Cook |
| Mel Paul | 24: Thomas Kirner |
| Tom Walker | Kristie McLaughlin |
| 8: Cynthia Dexter | Beth Rand |
| Eileen Hamilton | Peg Rearick |
| 9: Lain Eldredge | 25: Kim Nute |
| 10: Josh Reali | 27: Sherry Grandonico |
| Kendra Skelton | Patty Medina |
| Willie Sproul | Kevin Kenerson |
| 11: Joseph Ryan | 29: Peter Dickson |
| 12: Scott Mercer | Kim Humphrey |
| 14: Michelle Durgin | Joan Lavin |
| Patti Gallant | 31: J.T. Wightman |
| 15: Michael Chadbourne | |

Happy Holidays!



New MTC Members...

Debra Barysh of South Portland
 Francis & Mary Bauer of Portland
 Laurie & Krystal Brooks of Lewiston
 Roxanne Cram of Scarborough
 Grant, Jeannie, & Tae Delaware of Westbrook
 Kathy Donnelly of Falmouth
 Erin Donovan of Saco
 Annie Gleason of Portland
 Dr. Jonathan Hallenbeck of Waterville
 Heather Keast of South Portland
 Lisa Lawrence of Cape Elizabeth
 Jeanne, Mac, Jimmy, John, & Stephanie McKew of Portland

Elizabeth Miller & David Body of Portland
 Melissa Mirarchi of Portland
 Debra Papps of Portland
 Don & Kristen Rogers of Gray
 Robert Stakel of Falmouth
 Bill Trommer of Leeds
 Linda Whitten of Gorham

Welcome Back

Kevin Kenerson of Portland
 Gordon, Amy, Gordon, & Emily Scannell of North Yarmouth
 Peter & Hilary Turhune of Windham

Membership Status...

- **Membership Growth:** We welcome 29 new members in this issue. As of December 13 we have 702 members in 399 households, the same as last year on December 9, 2005 at 702 members in 398 households, but up from 621 members in 373 households on December 10, 2004.
- **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 December 13, we have e-mail addresses for 360 of our 399 households for 90.2%. 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.

New Member Letters...



JILL PARKER... I am pretty new to running, but I have the bug. I just started running in April of this year. So far I have run two races. I ran my first race on July 15th, the Old Hollowell Days 4-miler. My big race of the summer was Beach to Beacon. My next races are the Race for Space in September and the Physical Therapy 8K in October. I am in the process of training for a half marathon. I am hoping to run the PF Chang Rock and Roll Half Marathon in January in Phoenix. I work full time as a Vice President with FISC Solutions in Lewiston and live in Harpswell with my husband Mark and our three children, Michaela, Kayleigh,

and Matthew. I joined the Maine Track Club because I am interested in meeting other people in the area with similar interests. I love being able to say "I am a runner." I love the fact that the MTC coordinates and assists with so many great races. I am happy to be joining this great community of people.



LISA LAWRENCE...

I have been a member of the Gate City Striders in Nashua, NH for the past 16 years. We just moved to Maine in October. I run a few marathons a year and would love to join the [Roasters Run] group for some Saturday morning long runs, as well as being part of a club that promotes the sport of running.



OUR OWN NUMISMATISTS

or

"What are those old people in jogging clothes picking up from the sidewalk?"

Perhaps you've recently seen an ad on TV put on by the U.S. Mint. It features, among other vignettes, a pretty realistic view of a road race in progress, people with bib numbers moving right along – except for the runner who suddenly drops to his knees, engrossed in examining what apparently is a coin on the road at his feet. He then slowly gets up from his reverie and shuffles back into the race pack. Well, we who are in the packs for real know that the idea of a fit young man stopping his race to gaze at a coin, or anything, on the road is completely nutty. The ad tells us that this lover of coins is called a numismatist. That's a new one on me. However, thinking about it, there are those in the MTC with a similar bent.

Yes, there are those in our midst who have for years interrupted their group runs to pounce on any penny, nickel, dime, quarter that they see as they amble along. The finding of one coin always sharpens the eyes of the others running and some competition sets in. As the run winds down, someone will say something like, "Gee, I found a dime and two pennies." But Ruth, often our sharpest-eyed, will trump that with, "Well, I picked up two quarters when we passed the Seadogs stadium..." And so it goes. All retrieved coins are given to ex-pres Mel to save.

The practice of coin collecting on the run started about 20 years ago with the "early morning group," which met every weekday at the USM gym. They found that the collected loot added up over the year as they ran by choice locations like Cumberland Farms, Hadlock Field, and the Post Office. (Even now, in Falmouth on Saturday mornings a certain small group running in a tight pack will suddenly fan out like a dragnet as we pass over the Wal-Mart parking lot.)

Eventually it was someone's very good idea to roll the collected coins, along with those from our own "piggy banks," and donate them at Christmas to the local Bruce Roberts Toy Fund. And so it has been that a "rolling party" takes place yearly at the Hefflefingers' house, with Mel providing the traditional turkey for sandwiches. (Once upon a time he would actually win the turkey as an age group award at the Turkey Trot, but those days are over.) At the end of an evening of clawing at an enormous pile of coins, weeding out the bent, tar-soiled pieces of "road-kill," there's a pretty good haul rolled and ready for donation.

So if you've seen a runner you think you know from the club bent over on the side of the road...no, they're probably not being sick; it may just be one of the "old guard" pawing at a bit of mangled coinage on the pavement.

-- Pat Buckley

Members of the "old guard" met on a recent evening and rolled the year's finds from the roads. Along with our own contributions, the final amount for this year's Bruce Roberts Fund will be \$350.00!



Howard Spear, Ron Pelton,
Mark Grandonico

Janice Gagnier,
Dora Rex



Dean Karnazes
runs the Maine
Marathon route
on October 17th
in Yarmouth
-- more than
halfway toward
his goal of
running 50
marathons
in 50 states
in 50 days.

Photos by Sandy Walton

KARNAZES, continued from page 1

(and we got lost on the way to boot), I was somewhat of a mess. There was a hole in my arm, and a dull pain in just about every bone in my body. It's not the way you want to greet 23 spirited runners and embark on a marathon.

But once we got going and started to talking, I almost immediately began to feel better. Instead of dwelling on my ailments, I immersed myself in the stories the other runners had to share. There were many familiar faces in the group today, too. A team of two great guys who had run with me the past three marathons were there. Another who had run with me in Boston was running with us again today. And a wonderful couple who are running six consecutive marathons with me (this was number four) was bright and cheery. There was a Brazilian runner in the group, and a number of few first-time marathoners, one a high school cross-country runner that wasn't sure if he was going to go the entire distance.

The course was challenging, but scenic. We ran through the hills of Maine, the fall colors in full blaze, along the Atlantic seafloor, through quaint little towns, and past lush green meadows that stretched merrily beyond view. The day started out sunny, but as things progressed the skies clouded in advance of a weather system that's sweeping across the eastern seaboard.

Support along the course today was superb. It seemed like we had people cheering and offering food and water around every corner. We hung together as group for most of the first half, then spread out a bit for the trip back home. It might have been just me, but the return journey seemed rough. The hills seemed steeper, and the flat sections seemed deceptively short lived. The entire group toughed it out though, and the first-time marathoners held remarkably strong, including the high schooler who ended up running the whole 26.2 miles.

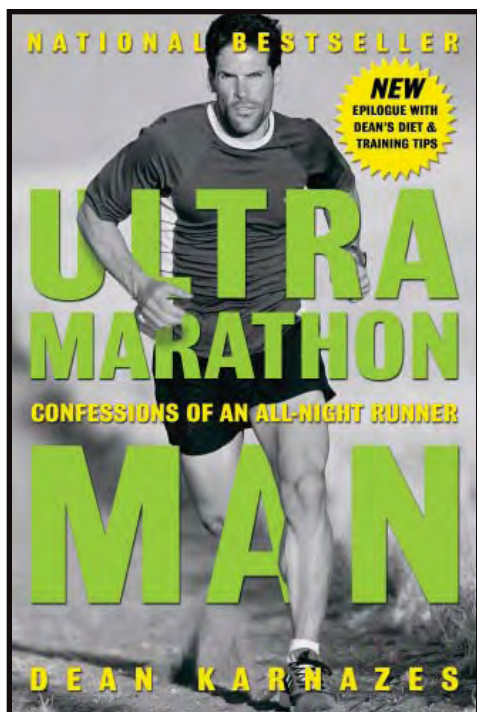
When we arrived at the finish line,

the street was lined with applauding supporters. In the crowd was the entire class of Whitefield Elementary School, who had ridden in a bus for two hours to get here. It was a great reception for a group of runners that had worked extremely hard to cross that finish line.

This was perhaps the most challenging marathon thus far. It wasn't due to the course or the weather, but to the way I felt. What got me through it? That's easy, the inspiration of all the terrific kindred spirits that carried me along today in their footsteps. The credit belongs to the other runners; I was just along for the ride, and loving every moment of it.

The nasty cold front that's heading our way tonight is no match for the warm smiles I left today in Maine. Rain, bring it on! After what I witnessed today, I feel ready for just about anything.

Always the best,
Dean



'Ultramarathon Man' Inspires Mainers

by Glenn Jordan

© Portland Press Herald

A year ago, Joe Dunton carried 217 pounds on his 5-foot-7-inch frame. He had been a cross country runner in high school, but in the working world fell out of his daily exercise routine.

Once he became a firefighter in Hermon, he returned to running and started lifting weights as well. As the weight dropped off, he began thinking about a marathon, though he had never run farther than 7.5 miles at a time.

Shortly after noon on Tuesday, Dunton trotted into Payson Park holding hands with 10 others who had just run 26.2 miles from Back Cove to Yarmouth and back in four hours, 12 minutes and 37 seconds.

"I've never been this tired in my life," Dunton said after passing through an inflatable red arch. "But mentally, I'm pumped. This won't be the last (marathon), I'm sure."

The inspiration for Dunton's midweek marathon was Dean Karnazes, a 43-year-old runner from San Francisco who finished with the group and is more than halfway toward his goal of running 50 marathons in 50 states in 50 days.

Last October, Karnazes ran 350 miles without stopping -- including three sleepless nights -- to raise \$10,000 for a girl who needed a heart transplant. He has won the Badwater Ultramarathon, a 135-mile race through 130-degree heat in Death Valley, mountain-biked for 24 hours

straight, swum across San Francisco Bay and run a marathon to the South Pole.

He describes his efforts to push the limits of human endurance in a book called "Ultramarathon Man: Confessions of an All-Night Runner."

"I view this as a once-in-a-lifetime experience," Dunton said. "This is like getting a chance to play basketball with Michael Jordan or getting to play a round of golf with Tiger Woods."

Karnazes checked Maine off his to-do list Tuesday morning by running alongside 15 men and five women who had signed up to be part of the Endurance 50 Tour. It wasn't clear, however, whether he was inspiring the runners around him, or vice versa.

"What I've learned is that it's a two-way road," Karnazes said. "I was hurting this morning and I started running with these guys and within a couple miles they had lifted my spirits. They carried me through."

Eight of the Endurance 50 marathons are normal races, with thousands of competitors. On those occasions, Karnazes runs at his own pace -- his fastest race was 3:20:04 in St. George, UT, finishing 21st. Otherwise, he throttles down and invites runners of all abilities to join him on established marathon routes. On Sunday he ran Boston. Monday was Rhode Island. Wednesday was Bristol, NH, and Thursday was Stowe, VT.

"I don't want it to be about me," Karnazes said of his quest, which tries to shed light on the national obesity problem and encourages active lifestyles. "I want it to be about inclusion."

As Karnazes and company jogged a lap around Back Cove, then headed north on Route 1 and Route 88 through Falmouth and Cumberland, barely a ripple wrinkled the protected waters of Casco Bay. As the pack thinned, Karnazes sidled up to each runner to chat. They asked about his previous

marathons, about the 94-degree heat in Mississippi two days before the driving rains in Kansas, about what he eats and how he trains. And he learned about them.

About Bruce Perry, 39, of Cumberland, who on Tuesday completed his goal of running Three Marathons (Maine and Boston were the others) in Three Weeks for Three Kids. "I'm hoping to raise between \$10,000 and \$20,000," Perry said, for the children left motherless from the Newry murders over Labor Day weekend.

About Kim White, 44, of Falmouth, whose job it was to lead the field around the course at a roughly 10-minute pace and make it to Cape Elizabeth by 2 p.m. to teach a gymnastics class.

About Cory Elowe, 17, of Nobleboro, who missed a day of classes at Lincoln Academy to run with the author who taught him about "breaking down the mental box and enduring beyond what you think you can," said Elowe. He ran the full 26.2 miles Tuesday after assuring his cross country coach he would "probably only do about half of it."

About Kyla Harrison, 31, of Old Town, who quit her accounting job Monday -- she's moving to Brunswick next month anyway -- because she wasn't given permission to miss work Tuesday to run.

About Adam Towers, 35, a police officer from Topsham who told Harrison after they started dating, "You'll never get me to run a marathon. That's crazy." Tuesday marked the second marathon in three weeks for Towers, who ran his first with Harrison Sept. 30 in New Hampshire.

Inspiration or inspired? On a clear and crisp Tuesday along the Maine Marathon route, it was a two-way road.

"I'm a little sore," admitted Elowe, the high school senior, as he stretched on the grass of Payson Park after the race. "But it's nothing compared to how I feel. I'm ecstatic."



Race Results and Photos...

Maine Track Club Finishers -- For complete results, please visit www.MaineTrackClub.com

Casco Days Country Run 4 Miler Casco, ME July 29, 2006

Place	Name	Div	Time	Pace
9	Thomas Noonan	2/26 M34	23:31	5:53
12	Floyd Lavery	1/45 M49	24:00	6:00
57	Paul Letalien	7/45 M49	28:31	7:08
66	Jennifer Blastow	2/28 F34	29:08	7:17
127	Bonnie Hoag	1/13 F54	31:46	7:57
173	Bob Payne	1/11 M68	34:06	8:32
190	Ron Chase	2/11 M65	34:53	8:44
204	Robert Jolicoeur	3/11 M69	35:27	8:52
256	Robbie Blair	34/89 M10	37:24	9:21
330	Kenneth Spierer	6/11 M63	41:23	10:21
363	John Painter	7/11 M62	43:33	10:54
486	Don Penta	11/11 M60	77:12	19:18

Strawberry Festival 3 Miler Farmington, ME July 29, 2006

Place	Name	Div	Time
19	Jeff Arsenault	M49	20:40.9
77	Byron Cook	M59	28:33.9

Peaks Island 5 Miler Peaks Island, ME July 29, 2006

Place	Name	Div	City	Time	Pace
8	Abby Iselborn	F17	Portland	30:37*	6:08
20	Tony Myatt	M19	Portland	34:16	6:52
31	Rick Smith	M38	New Gloucester	35:22	7:05
32	Dino Joannides	M51	Round Pond	35:25	7:05
33	Jeanne Hackett	F47	Scarborough	35:28	7:06
41	Michael Juneau	M39	Portland	36:29	7:18
46	Mark Finnerty	M47	Portland	37:00	7:24
55	Susan Weimer	F40	Freeport	37:37	7:32
58	Charles Iselborn	M49	Portland	37:43	7:33
71	Jamie Harmon	M16	Portland	39:08	7:50
72	Karen Fagan	F35	Portland	39:13	7:51
73	Chris Harmon	M22	Portland	39:16	7:52
78	John Keeley	M54	Portland	39:46	7:58
81	David Young	M53	Danville	40:03	8:01
85	Lloyd Slocum	M73	Hollis Center	40:17	8:04
107	Shauna Franklin	F24	Scarborough	41:24	8:17
120	Thomas McLaughlin	M42	Gorham	42:22	8:29
129	Rae Chalmers	F49	Gorham	42:40	8:32
130	John Pursel	M35	Portland	42:42	8:33
141	Ron Dearth	M50	Falmouth	43:28	8:42
152	Gary Boilard	M45	Auburn	43:59	8:48
158	Geoffrey Ryan	M37	Scarborough	44:11	8:51
172	Liz Sylvester	F46	Winthrop	44:50	8:59
226	Tom Wright	M47	Yarmouth	47:28	9:30
235	Bob Branson	M65	Scarborough	47:45	9:33
240	Kelle Keeley	F31	Portland	47:56	9:36
249	Cynthia Barnard	F62	Yarmouth	48:23	9:41
263	Eugene Longobardi	M40	South Portland	49:09	9:50
264	Donna Davis-Rankin	F44	Manchester	49:17	9:52
278	John McKenney	M49	Portland	50:01	10:00
292	Gina D'Avignon	F39	Auburn	50:59	10:12
293	Beth Branson	F65	Scarborough	51:03	10:12
296	Elwin Guthrie	M70	Walpole	51:31	10:18
318	David Barnard	M64	Yarmouth	53:18	10:40
348	Yumi Dearth	F50	Falmouth	56:22	11:16
354	Lois Martin	F56	South Portland	56:51	11:22
395	Patti Gallant	F35	Auburn	1:10:06	14:01

* Under USATF Age-Group Guideline

Yankee Homecoming Newburyport, MA August 1, 2006

10 Miler					
Place	Name	Div	Town	Time	Pace
205	Mark Foley	23/106 M41	Portland	1:21:25	8:09
686	Ron Pelton	44/68 M53	Freeport	1:41:47	10:11
984	Carlton Mendell	4/4 M84	Windham	2:28:04	14:49

5K					
Place	Name	Div	Town	Time	Pace
29	Tony Myatt	14/46 M19	Portland	19:50	6:24

Weekly Back Cove 5K Portland, ME August 2, 2006

Place	Name	Time
6	Ian Parlin	21:49
13	Sean Ireland	23:51



Beth Branson



Ron Dearth



Geoffrey Ryan



Yumi Dearth



Gene Longobardi



High Five Mark & Lois



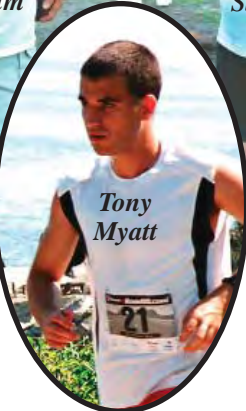
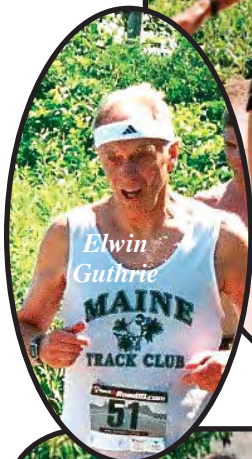
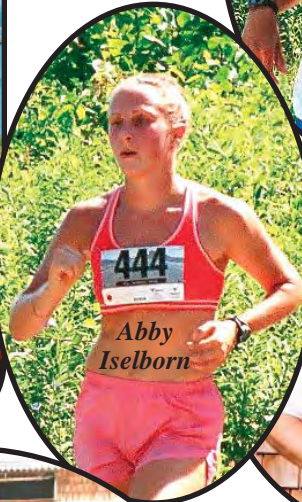
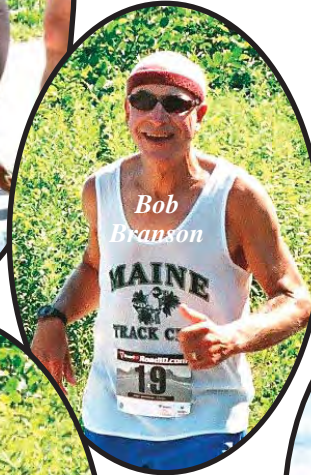
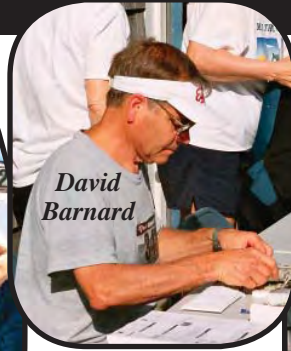
Gary Boilard

Peaks Island Photos this page by David Young

Peaks Island 5 Miler...



Peaks Island Photos
this page
by Lisa Despres



Race Results and Photos...

USA Masters Outdoor Track & Field Championships Charlotte, NC August 3-6, 2006

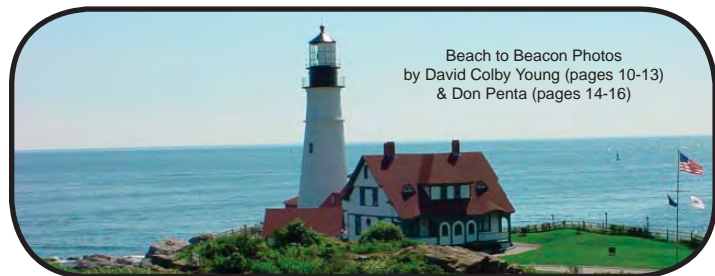
5000 Meter Run				
Place	Name	Div	City	Time
8	Jerry LeVasseur	M68	Brunswick	25:28.11

Short Hurdles 30"				
Place	Name	Div	City	Time
4	Susan Wiemer	W40	Freeport	14.68

Long Hurdles 30"				
Place	Name	Div	City	Time
1	Susan Wiemer	W40	Freeport	1:12.31

2000 Meter Steeplechase				
Place	Name	Div	City	Time
5	Jerry LeVasseur	M68	Brunswick	10:12.09

Steeplechase Photos
of Jerry LeVasseur
Courtesy www.usatf.org



Beach to Beacon Photos
by David Colby Young (pages 10-13)
& Don Penta (pages 14-16)

TD Banknorth Beach to Beacon 10K Cape Elizabeth, ME August 5, 2006

Place	Name	Div	City	Time	Pace	Place	Name	Div	City	Time	Pace
62	Tom Ryan	M5054	Cape Elizabeth	34:38	5:35	489	Abby Samuelson	F1519	Freeport	43:25	7:00
70	Chris Harmon	M1519	Scarborough	35:04	5:39	517	Cheryl Rogers	F4044	Yarmouth	43:41	7:02
73	Peter Bottomley	M4044	Cape Elizabeth	35:12	5:40	520	Richard Mulhern	M5054	Falmouth	43:42	7:02
75	Michael Payson	M4044	Falmouth	35:25	5:42	562	Kaitlynn Saldanha	F1519	Scarborough	44:08	7:07
77	Marc Dugas	M4044	Scarborough	35:26	5:43	564	William Sproul	M4549	New Gloucester	44:08	7:07
81	Stanis Moody-Roberts	M1519	Cape Elizabeth	35:37	5:44	577	Stephanie Atkinson	F3539	Hollis	44:17	7:08
82	Emily Levan	F3034	Wiscasset	35:37	5:44	614	David Sproul	M4549	New Gloucester	44:35	7:11
83	Evan Embrey	M1519	Buxton	35:49	5:46	638	Kathy Hepner	F4549	Gorham	44:53	7:14
102	Philip Dirusso	M3034	Freeport	36:30	5:53	640	Derek Dresser	M3539	Cape Elizabeth	44:54	7:14
113	Thomas Noonan	M3034	Steep Falls	36:51	5:56	643	Sarah MacColl	F5054	Cape Elizabeth	44:54	7:14
122	Ryan Salvo	M1519	Portland	37:22	6:01	682	Paul Letalien	M4549	Portland	45:19	7:18
128	Dave Roberts	M5054	Cape Elizabeth	37:32	6:02	687	Scott Samuelson	M4549	Freeport	45:20	7:18
143	Matt Rand	M1519	Cape Elizabeth	38:02	6:08	710	James Nute	M3539	Dover, NH	45:31	7:20
147	Tike MacColl	M1519	Cape Elizabeth	38:12	6:09	712	Kimberly Nute	F3539	Dover, NH	45:31	7:20
169	Brendan Flynn	M1519	Cape Elizabeth	38:40	6:14	750	Peter Rearick	M5054	Hebron	45:49	7:23
187	Tony Myatt	M1519	Portland	39:04	6:18	781	Anders Samuelson	M1519	Freeport	46:06	7:26
188	Zak Boisvert	M1519	Portland	39:05	6:18	826	Gretchen Read	F6064	Portland	46:22	7:28
202	Bill Reilly	M5559	Brownfield	39:14	6:19	847	Kevin Kenerson	M3539	Portland	46:36	7:30
210	David Edwards	M4549	Pownal	39:28	6:22	848	Tom Brady	M4044	Cape Elizabeth	46:36	7:30
213	Gordon Scannell	M5054	North Yarmouth	39:32	6:22	881	Nikki Dresser	F3539	Cape Elizabeth	46:56	7:33
238	Ellie Tucker	F5054	North Yarmouth	40:12	6:29	884	Kevin Gaydar	M4549	Deerfield, IL	46:57	7:34
248	James Toulouse	M5559	Cape Elizabeth	40:25	6:31	901	Jan Conley	F4044	Topsham	47:01	7:34
278	Charlie Whitehead	M4044	Gorham	40:52	6:35	924	Beth Rand	F4549	Cape Elizabeth	47:12	7:36
281	Sean Ireland	M3034	Portland	40:53	6:35	931	Mark St. Pierre	M4549	Brunswick	47:13	7:36
289	Jeff Rand	M4549	Cape Elizabeth	41:01	6:37	932	Kathy Donnelly	F4044	Falmouth	47:14	7:36
297	Tom Shorty	M4044	Gorham	41:14	6:39	948	Patricia Dionne	F3034	East Waterboro	47:19	7:37
302	Jeff Walker	M4044	Falmouth	41:15	6:39	969	Maureen Sproul	F5054	New Gloucester	47:24	7:38
304	Brian Denger	M4549	Biddeford	41:17	6:39	987	Stephen Lauritsen	M4549	Saco	47:29	7:39
322	Jeff Crocker	M4044	Saco	41:33	6:42	1019	Janet Letalien	F4044	Portland	47:46	7:42
340	Dina Potter	F4044	Yarmouth	41:51	6:45	1035	Kevin Robinson, Sr.	M5054	North Yarmouth	47:54	7:43
366	Paul Toohey	M4549	Scarborough	42:09	6:48	1042	Mark Panaccione	M4549	Falmouth	47:57	7:43
390	Mark Finnerty	M4549	Portland	42:26	6:50	1045	Bonnie Hoag	F5054	Portland	47:59	7:44
425	Jeanne Hackett	F4549	Scarborough	42:50	6:54	1057	Kimberly Moody	F5054	Cape Elizabeth	48:04	7:45
430	Harry Nelson	M5054	North Yarmouth	42:52	6:54	1068	Nate Graham	M3539	North Yarmouth	48:09	7:45
447	Michael Juneau	M3539	Portland	43:04	6:56	1114	Joel Russ	M6064	Cape Elizabeth	48:26	7:48
459	Don Foshay	M4549	South Portland	43:09	6:57	1164	Evan O'Neill	F4044	Yarmouth	48:41	7:51
475	Carrie McCusker	F3539	Cape Elizabeth	43:18	6:59	1171	Peter Turhune	M4044	Windham	48:43	7:51

Beach to Beacon 10K...



*Bob
Jolicoeur*



Bob Payne



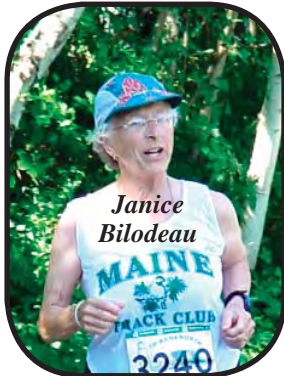
*Janice &
Michelle
Gagnier*



*John
Painter*



*Beth
Rand*



*Janice
Bilodeau*



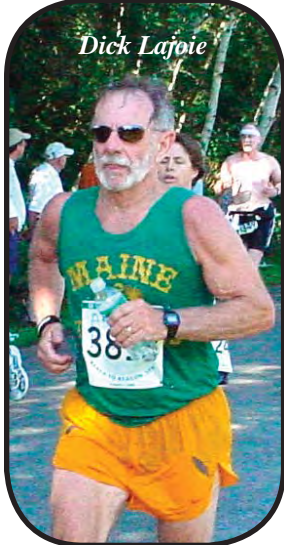
*Denise
Brooks*



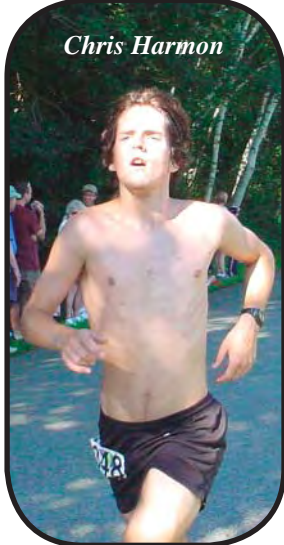
David Roberts



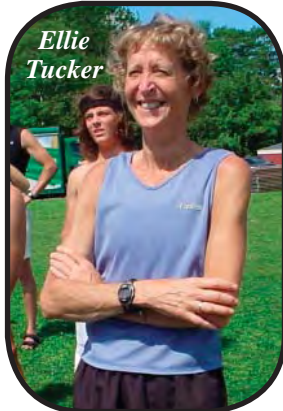
Beth Birch



Dick Lajoie



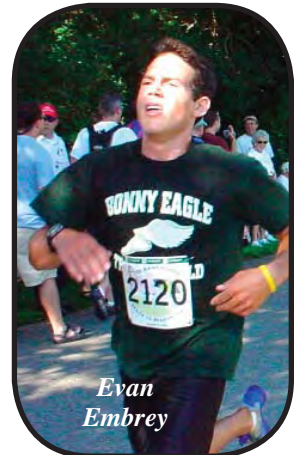
Chris Harmon



*Ellie
Tucker*



*Kathleen
Reid*



*Evan
Embrey*



*Deb
Lynch*



John Keeley



*Max
Sobel*

*Kira
Wigoda*

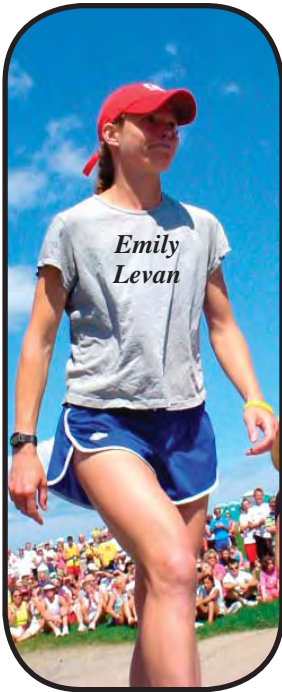


*Bob
LaNigra*

Beach to Beacon 10K...



Michael Tracy



Emily Levan



Roland & Carolyn Thibault



Polly Kenniston



Tom Ryan



Judy Reilly



Nancy Hewett



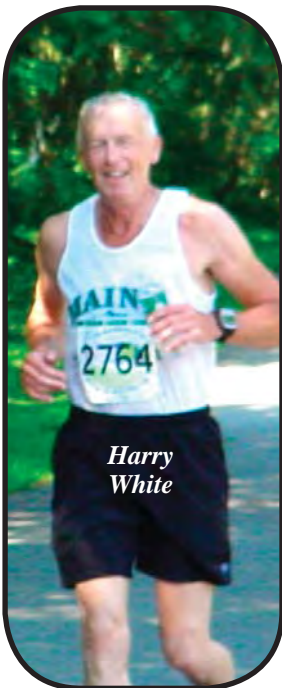
Kathy Bowe



Michael Pizzo



Nancy Walton



Harry White



Linda Bernier



Ray Shevenell



Ron Chase



Mel Fineberg



Thomas Carll

Beach to Beacon 10K...



Victoria Quinlan



Carlton Mendell



Kevin Robinson



Lisa Despres



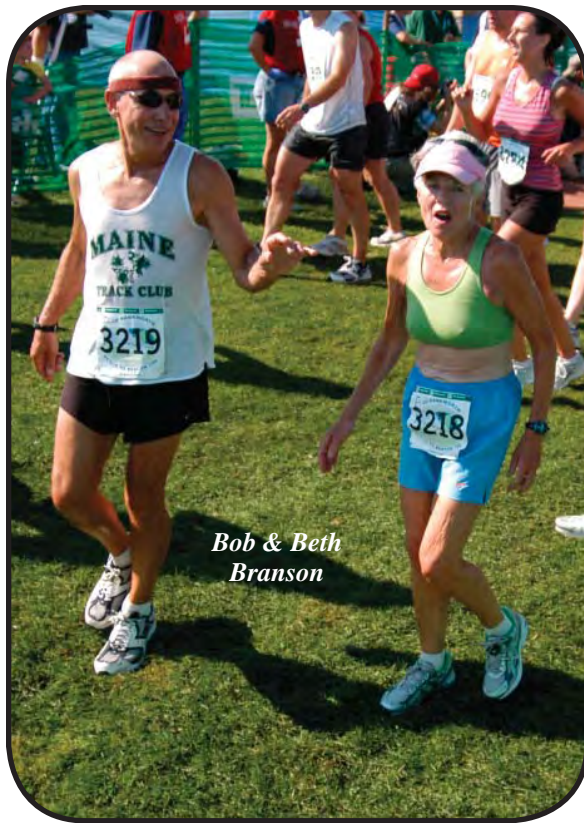
Stephen Lauritsen



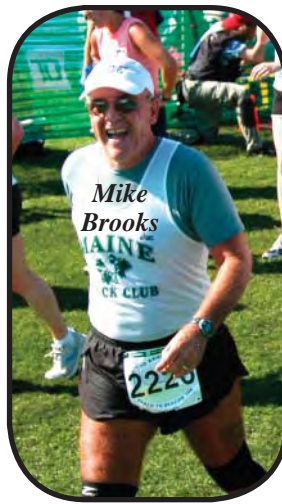
Scott, Abby, Joan, & Anders Samuelson

Place	Name	Div	City	Time	Pace	Place	Name	Div	City	Time	Pace
1189	Peggy Bensinger	F5054	Portland	48:49	7:52	1914	John Pursel	M3539	Portland	52:35	8:28
1211	Rob Boudewijn	M5559	Portland	48:55	7:53	1946	Joseph Cook	M5559	Westbrook	52:47	8:30
1225	Joan Lavin	F5559	Portland	49:00	7:54	1984	Patty Medina	F4549	Cape Elizabeth	52:55	8:32
1240	Harry White	M6064	Scarborough	49:04	7:54	1987	Ronald Chase	M6569	Durham	52:56	8:32
1256	Alburn Butler	M5054	Portland	49:12	7:56	1996	James Corbett	M4044	Cape Elizabeth	52:59	8:32
1275	Glen Gallupe	M4549	Scarborough	49:18	7:57	2006	Jim Prosser	M6064	Portland	53:01	8:32
1308	Robert Foster	M4549	Portland	49:31	7:59	2026	Gordon Atkinson	M3539	Hollis	53:09	8:34
1319	Matt Flynn	M4044	Cape Elizabeth	49:34	7:59	2149	Betty Rines	F4549	Gorham	53:53	8:41
1322	Marnie Flynn	F4044	Cape Elizabeth	49:35	7:59	2179	Gerard Salvo	M5054	Portland	54:03	8:42
1340	John Keeley	M5054	Portland	49:40	8:00	2191	Steve Lagasse	M4549	South Portland	54:07	8:43
1341	Norman Morgan	M3539	Lisbon Falls	49:41	8:00	2214	David Laclair	M3539	Westbrook	54:13	8:44
1363	Dan Levesque	M5054	Falmouth	49:47	8:01	2215	Linda Whitten	F4549	Gorham	54:14	8:44
1365	Julie George	F2024	Portland	49:48	8:01	2244	Dick Lajoie	M6569	Saco	54:25	8:46
1419	Theresa Gallupe	F4044	Scarborough	50:07	8:04	2282	Gregory Welch	M5559	South Portland	54:43	8:49
1463	John Boyne	M5559	Freeport	50:23	8:07	2294	Don Conry	M5054	Waterville	54:47	8:49
1490	Katie Harris	F3539	Cumberland	50:31	8:08	2322	Laura Vecchio	F4044	Cape Elizabeth	54:53	8:51
1494	Ron Pelton	M5054	Freeport	50:32	8:08	2349	Georgia Vallee	F3539	Turner	54:59	8:51
1516	Bonnie Topham	F3539	Scarborough	50:41	8:10	2362	Mary Bauer	F5054	Portland	55:03	8:52
1518	Rae Chalmers	F4549	Gorham	50:41	8:10	2374	Liz Wyman	F4044	Falmouth	55:05	8:52
1521	Geoffrey Ryan	M3539	South Portland	50:42	8:10	2387	Robert Jolicoeur	M6569	Esteros, FL	55:08	8:53
1549	Kelsey Rex	F0114	Gorham	50:49	8:11	2388	Zoe Sobel	F1519	Cape Elizabeth	55:08	8:53
1560	Eileen Hamilton	F5559	Scarborough	50:50	8:11	2441	Kelle Keeley	F3034	Portland	55:27	8:56
1563	Thomas McLaughlin	M4044	Gorham	50:52	8:12	2443	Jim Harmon	M4549	Scarborough	55:28	8:56
1576	Bob Payne	M6569	Raymond	50:54	8:12	2450	Diane Dusini	F4044	Portland	55:31	8:56
1640	Leslie Couper	F4044	Falmouth	51:12	8:15	2468	Polly Kenniston	F6569	Scarborough	55:34	8:57
1641	Douglas Couper	M4549	Falmouth	51:12	8:15	2482	Helen Cheney	F5054	Cumberland	55:38	8:58
1672	Michael Lynch	M3539	Lyman	51:22	8:16	2483	Jeanne McKew	F4044	Portland	55:38	8:58
1675	Deborah Lynch	F4044	Lyman	51:22	8:17	2570	Kim Finethy	F4549	Brunswick	56:06	9:02
1707	Gail Saldanha	F5054	Scarborough	51:32	8:18	2592	Heidi Graham	F3539	North Yarmouth	56:17	9:04
1712	Scott Michaud	M5559	Scarborough	51:34	8:18	2593	Sarah Kramlich	F3539	North Yarmouth	56:18	9:04
1762	Richard Durgin	M3034	Westbrook	51:52	8:21	2603	Judy Reilly	F5559	Brownfield	56:21	9:05
1822	Skip Kessler	M5559	Cape Elizabeth	52:08	8:24	2632	Eugene Longobardi	M4044	South Portland	56:29	9:06
1831	Kristin Cook-Center	F3539	Freeport	52:11	8:24	2702	Mac McKew	M4549	Portland	56:52	9:10
1850	Katie Ryan	F2529	Yarmouth	52:16	8:25	2704	John McKew	M0114	Portland	56:53	9:10
1861	Bob Lanigra	M6064	Scarborough	52:19	8:26	2819	Michael Tracy	M7074	Cape Elizabeth	57:32	9:16
1865	Michelle Durgin	F3539	Westbrook	52:20	8:26	2826	Jonathan Hallenbeck	M4549	Waterville	57:37	9:17
1913	Donald George	M5054	Portland	52:35	8:28	2894	Gayle Desjardins	F4044	Portland	58:02	9:21

Beach to Beacon 10K...



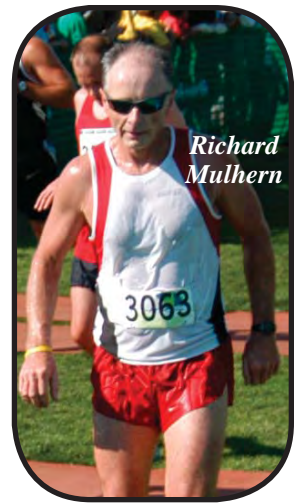
*Bob & Beth
Branson*



*Barb
Hintze*



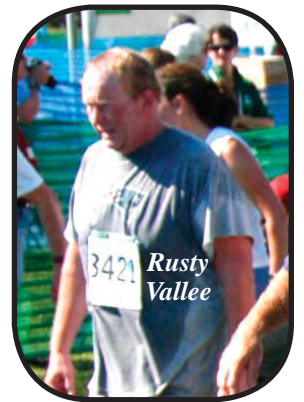
*Gina
Harmon*



*Richard
Mulhern*



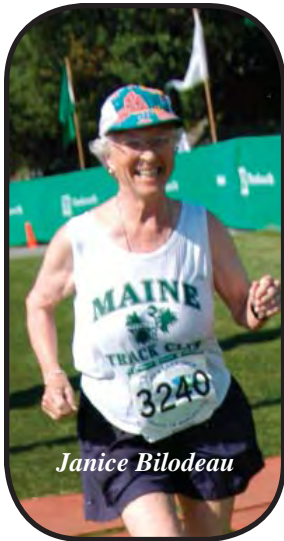
*Ron
Pelton*



*Rusty
Vallee*

Place	Name	Div	City	Time	Pace	Place	Name	Div	City	Time	Pace
2984	Jennifer Noonan	F3539	Steep Falls	58:33	9:26	3942	Robert Dewitt	M6064	Lisbon	1:05:43	10:35
2993	Missy Gagnier	F1519	South Portland	58:35	9:26	3998	Jill Parker	F3539	Brunswick	1:06:28	10:42
3051	Nan Cumming	F4549	Portland	58:55	9:29	4021	Kathryn McMann	F2529	Lewiston	1:06:43	10:45
3115	Suzy Ryan	F4044	Cape Elizabeth	59:17	9:33	4024	Hugh MacMahon	M6569	Falmouth	1:06:43	10:45
3125	Les Berry	M5559	Gardiner	59:18	9:33	4026	Michelle Gravel	F3539	Lewiston	1:06:43	10:45
3145	Gina Harmon	F4549	Scarborough	59:26	9:34	4027	Donna Beaulieu	F4044	Poland Spring	1:06:43	10:45
3155	Hannah Shorty	F0114	Gorham	59:31	9:35	4036	John Painter	M6064	Casco	1:06:51	10:46
3157	Lynn Shorty	F4044	Gorham	59:32	9:35	4114	Eli Sobel	M0114	Cape Elizabeth	1:08:01	10:57
3183	Rusty Vallee	M4044	Turner	59:42	9:37	4123	Anita Hampton	F5054	Scarborough	1:08:05	10:58
3197	Beth Branson	F6569	Scarborough	59:50	9:38	4222	Barbara Hintze	F6064	Cumberland	1:09:13	11:09
3198	Bob Branson	M6569	Scarborough	59:50	9:38	4250	Margaret Rearick	F5054	Hebron	1:09:46	11:14
3228	George Spatoulas	M5559	Scarborough	1:00:00	9:40	4258	Kathryn Foster	F4549	Portland	1:09:56	11:16
3230	Mike Brooks	M6064	Danville	1:00:01	9:40	4263	Nancy Hewett	F5559	Cumberland	1:10:02	11:17
3267	Meg Estabrook	F3539	Yarmouth	1:00:16	9:43	4282	Matthew Thompson	M3539	Portland	1:10:27	11:21
3327	David Tapley	M3539	Westbrook	1:00:44	9:47	4318	Kate Harris	F6064	Falmouth	1:11:09	11:28
3328	Pamela Tapley	F3539	Westbrook	1:00:44	9:47	4348	Abigail Flynn	F0114	Cape Elizabeth	1:11:38	11:32
3361	Kathleen Reid	F3539	South Portland	1:00:56	9:49	4351	Victoria Quinlan	F4549	Kennebunk	1:11:39	11:32
3373	Mallory Vaccaro	F3034	Yarmouth	1:01:03	9:50	4353	Katherine MacColl	F1519	Cape Elizabeth	1:11:40	11:32
3395	Hilary Terhune	F3034	Windham	1:01:11	9:52	4368	Michael Pizzo	M6064	Portland	1:11:53	11:35
3419	Robin Carlson	F3539	Gorham	1:01:23	9:53	4411	Kathy Bowe	F3034	Gorham	1:12:36	11:42
3435	Cathy Burnie	F5559	Cumberland	1:01:29	9:54	4479	Beth Birch	F6064	New Gloucester	1:14:26	11:59
3503	Dottie Michaud	F4549	Scarborough	1:02:00	9:59	4502	Max Sobel	M0114	Cape Elizabeth	1:15:01	12:05
3570	Daniel Sobel	M5559	Cape Elizabeth	1:02:34	10:05	4508	Kira Wigoda	F5054	Cape Elizabeth	1:15:14	12:07
3611	Neil Chivington	M5559	Gardiner	1:02:57	10:08	4513	Sandra Walton	F4044	Yarmouth	1:15:21	12:08
3637	Debbie Papps	F4044	Portland	1:03:10	10:11	4651	Carlton Mendell	M8099	Windham	1:20:46	13:00
3658	Denise Whitehead	F4044	Gorham	1:03:18	10:12	4671	Sandy Utterstrom	F6064	Falmouth	1:22:31	13:17
3700	Donna Bisbee	F4549	Portland	1:03:42	10:16	4712	Marilyn Thurber	F5559	Buxton	1:25:36	13:47
3709	Thomas Carll	M6064	Gray	1:03:44	10:16	4713	Susan Cook	F5054	Westbrook	1:25:37	13:47
3715	Charles Iselborn	M4549	Portland	1:03:47	10:16	4731	Suzanne Ellis	F4549	Portland	1:27:34	14:06
3719	Lois Martin	F5559	South Portland	1:03:49	10:17	4733	Janice Gagnier	F4044	South Portland	1:27:36	14:06
3754	Sherry Carll	F5559	Gray	1:04:07	10:20	4735	Mel Fineberg	M7074	Portland	1:28:09	14:12
3767	Loren Lathrop	M5559	South Portland	1:04:16	10:21	4738	Nancy Walton	F5054	Mechanic Falls	1:28:46	14:18
3835	Gerard Bonawitz	M5054	Old Town	1:04:49	10:26	4758	Denise Brooks	F4549	Danville	1:30:44	14:37
3836	Elyse Bonawitz	F1519	Old Town	1:04:49	10:26	4792	Janice Bilodeau	F7074	Auburn	1:37:05	15:38
3867	Betsey Greenstein	F5054	Portland	1:05:06	10:29	4794	Leonard Stack	M7074	Westbrook	1:37:46	15:45
3876	Laura Greenstein	F1519	Portland	1:05:09	10:30	4804	Ruth Heffelfinger	F7579	Portland	1:42:45	16:33
3928	Linda Bernier	F3539	South Portland	1:05:36	10:34						

Beach to Beacon 10K...



Janice Bilodeau



Geoffrey Ryan



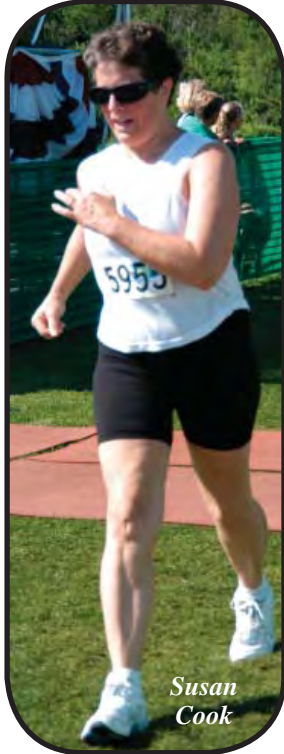
Les Berry



Joan Lavin,
Maureen Sproul,
& James Toulouse



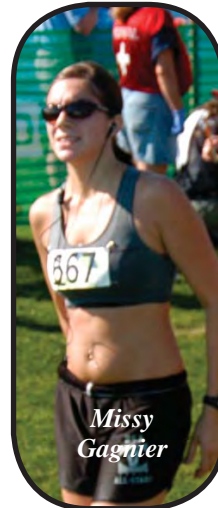
Katie Harris



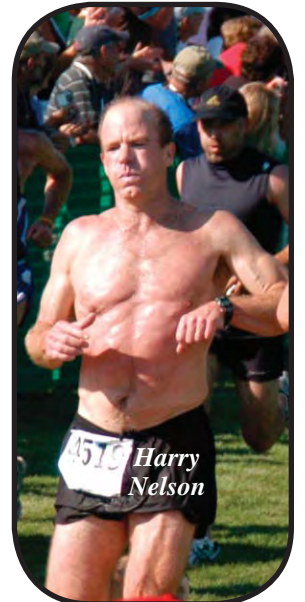
Susan Cook



Sandy Walton



Missy Gagnier



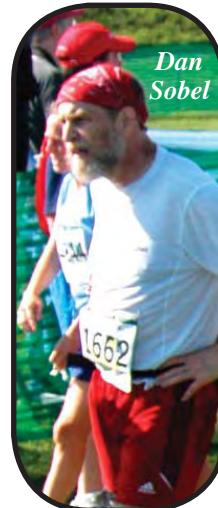
Harry Nelson



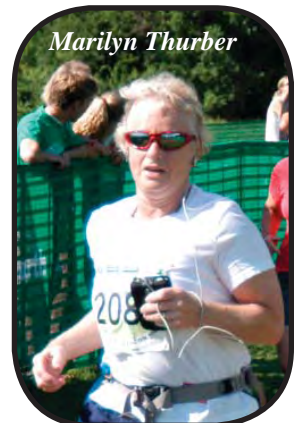
Kathy McMann, Donna Beaulieu, & Michelle Gravel



Julie George



Dan Sobel



Marilyn Thurber

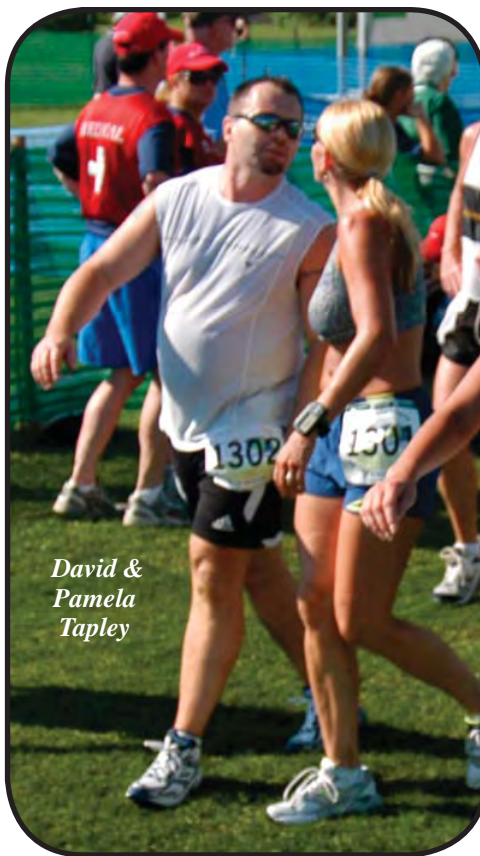
Beach to Beacon 10K...



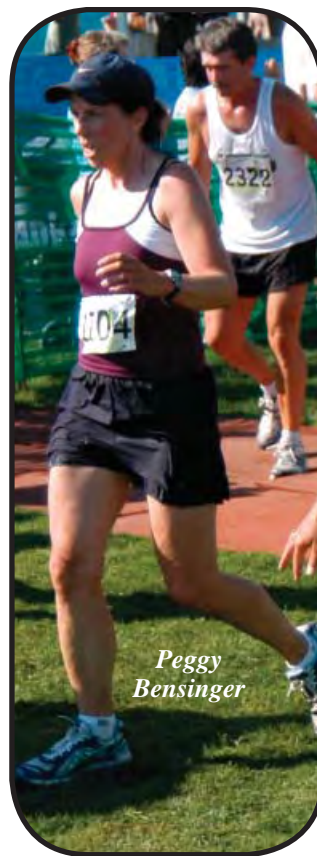
John Pursel



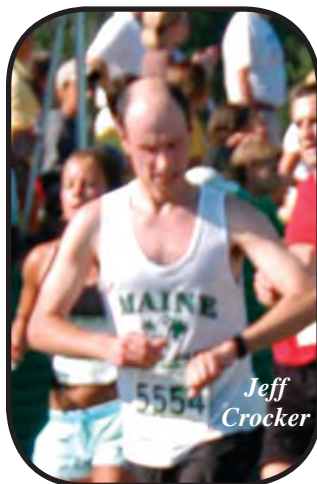
James Corbett



David & Pamela Tapley



Peggy Bensinger



Jeff Crocker



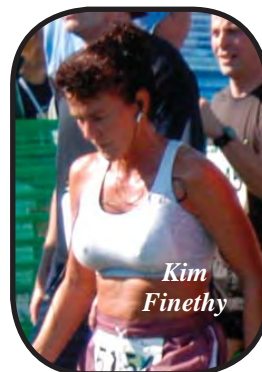
Cathy Burnie



Gretchen Read



Dottie Michaud



Kim Finethy



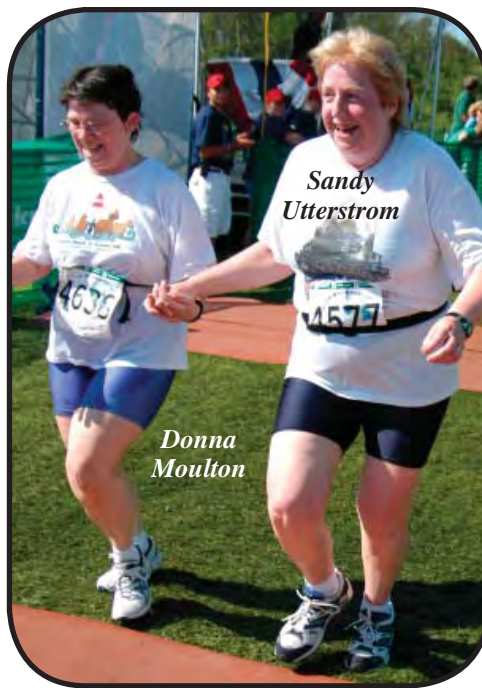
Leslie & Douglas Couper



Neil Chivington



Mark Grandonico



Sandy Utterstrom

Donna Moulton

Race Results and Photos...

Maine State Triathlon Classic Bethel, ME August 6, 2006

Place	Name	City	Swim	S Place	Bike	B Place	Run	R Place	Time
38	Relay: Lisa Despres/ Kristen Grandonico/Mark Grandonico	South Portland	16:54.0	48	47:19.2	45	27:18.7	72	1:31:31.9
42	Tom Trytek	Harpwell	17:29.4	58	49:20.7	82	25:34.1	36	1:32:24.3
61	David Drew	Litchfield	21:54.1	178	44:53.4	23	27:21.9	74	1:34:09.4
120	Robert Brainerd	Lewiston	18:35.5	83	50:55.9	112	32:31.6	173	1:42:03.1
164	Betsy McGrail	Leeds	19:40.9	111	55:37.4	187	31:22.9	149	1:46:41.1
181	Colleen Donovan	Falmouth	20:42.9	153	56:04.2	200	31:53.8	157	1:48:40.9
192	Gary Boilard	Auburn	24:42.7	221	53:40.1	159	32:21.4	167	1:50:44.2

Rockland Photo by David Colby Young



**Carol
Blakeney-
Watts**

Maine Lobster Festival 10K Rockland, ME August 6, 2006

Place	Name	Div	City	Time
31	David Colby Young	M53	Danville	45:49
155	Carlton Mendell	M84	Windham	1:20:00

Moose Milers 5K Trail Race Series #18 Nashua, NH August 7, 2006

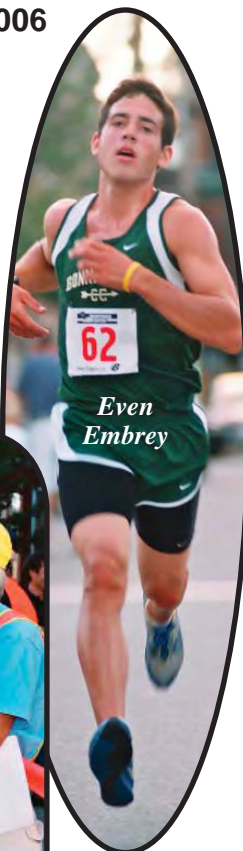
Place	Name	Div	Time	Pace
9	Robert Parent	5/5 M49	21:52	7:03



**Howard Spear, Ron Pelton, John
McKenney, Mike Brooks, Stephen
Lauritsen, & John Keeley**

Back Cove Weekly 5K Portland, ME August 9, 2006

Place	Name	Time
15	Mark Finnerty	22:14.20
25	David Cannons	22:38.73
49	Jeannie McKew	26:13.94
50	Bob Jolicoeur	27:04.36
53	Bryon Cook	28:56.18
56	Jim Tyrell	30:10.85
57	Laura Tyrell	30:11.12
59	John McKew	30:26.42
61	Steph McKew	32:00.11
66	Pat Buckley	36:29.47
69	Rachel Pickus	37:36.68
70	Mark Clinch, Jr.	37:38.90



**Even
Embrey**



**Bob
Jolicoeur**

**Mike
Reali**

St. Peter's Photos
by Don Penta

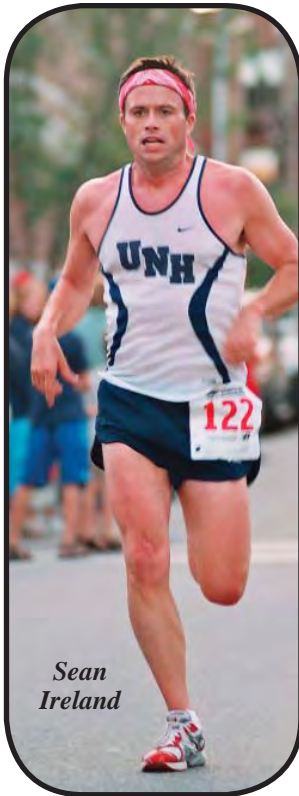
St. Peter's Festival 4 Miler Portland, ME August 11, 2006

Place	Name	Div	City	Time	Pace
1	Tom Ryan	1/10 M50	Cape Elizabeth	21:45	5:27
7	Evan Embrey	2/25 M19	Buxton	22:52	5:43
10	Floyd Lavery	1/13 M49	Gorham	23:35	5:54
15	David Edwards	2/13 M47	Pownal	24:32	6:08
17	Tony Myatt	3/25 M19	Portland	24:37	6:10
23	Sean Ireland	1/11 M34	Portland	25:20	6:20
25	Zac Boisvert	5/25 M18	Portland	25:29	6:23
27	Josh Reali	6/25 M15	Cumberland	25:43	6:26
47	Gordon Scannell	11/25 M16	North Yarmouth	27:41	6:56
54	David Young	4/10 M53	Danville	28:01	7:01
55	Steve Rollins	6/19 M44	Bowdoinham	28:04	7:01
56	David Cannons	7/24 M39	Portland	28:10	7:03
81	John Pursel	9/24 M35	Portland	29:38	7:25
82	John Boyne	2/7 M58	Freeport	29:41	7:26
85	Norman Morgan	10/24 M37	Lisbon Falls	29:50	7:28
94	Ron Dearth	6/10 M50	Falmouth	30:17	7:35
111	Harry White	2/12 M64	Scarborough	31:09	7:46
135	Joseph Cook	5/7 M56	Westbrook	32:41	8:11
145	Carol Blakeney-Watts	2/4 F45	Cumberland	33:20	8:20
148	John Scala	19/24 M39	Portland	33:28	8:22
156	Jim Tyrell	6/7 M58	Cape Elizabeth	33:54	8:29
158	Ryan Abradi	21/25 M17	Lisbon	33:55	8:29
159	Eugene Longobardi	13/19 M40	South Portland	33:56	8:29
167	Emily Scannell	11/15 F16	North Yarmouth	34:46	8:42
170	Laura Tyrell	3/8 F59	Cape Elizabeth	34:57	8:45
181	Mike Brooks	7/12 M60	Danville	36:35	9:09
195	Denise Whitehead	13/15 F43	Gorham	38:49	9:43
197	Yumi Dearth	1/1 F50	Falmouth	39:17	9:50
200	Mark Coughlin	16/19 M42	Old Orchard Beach	39:25	9:52
201	Kathleen Reid	7/9 F37	South Portland	39:31	9:53
214	Robert DeWitt	11/12 M62	Lisbon	41:10	10:18
217	Denny Morrill	3/4 M66	Portland	42:10	10:33
218	Lois Martin	8/8 F50	South Portland	42:13	10:34
224	Julie Scala	15/15 F34	Portland	44:55	11:14
225	Sam Abradi	25/25 M13	Lisbon	46:30	11:38
228	Carlton Mendell	4/4 M84	Windham	49:30	12:23

St. Peter's 4-Miler...



Tom & Suzy Ryan



Sean Ireland



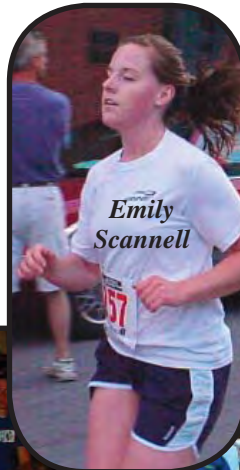
Zak Boisvert



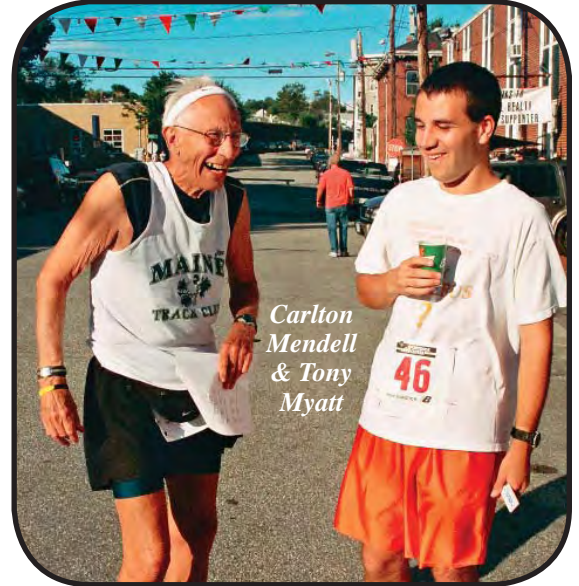
David Colby Young



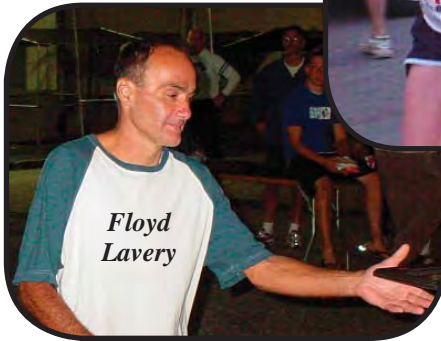
Harry White



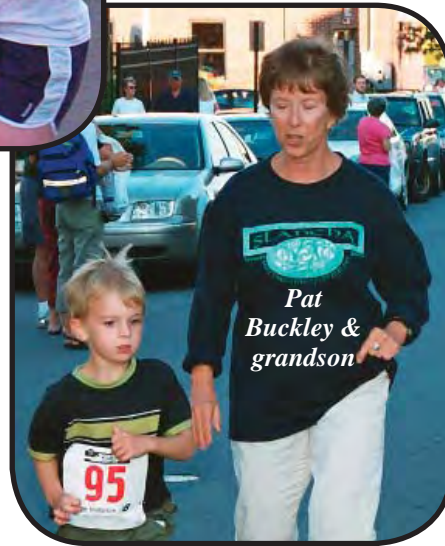
Emily Scannell



Carlton Mendell & Tony Myatt



Floyd Lavery



Pat Buckley & grandson



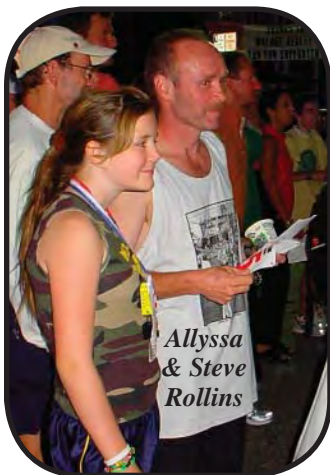
Norman Morgan



Ruth Hefflefinger



Robin Carlson



Allyssa & Steve Rollins



Ward Grossman

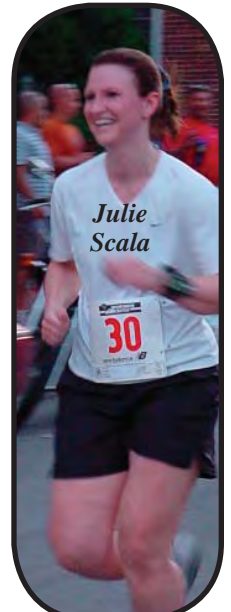
Ron Pelton

Tom O'Connor

Bill Davenny



Ethan & Kathy Hepner



Julie Scala

St. Peter's Photos
by Don Penta
& David Colby Young

Race Results and Photos...

County Open Half Marathon Houlton, ME August 12, 2006

Place	Name	Div	Time
34	Fran Prest/Connie McLellan	Relay	1:45:16
43	Connie McLellan	F55	1:52:51
49	Jody McMorro	M56	1:56:59

Johnson's International 5 Miler Calais, ME August 12, 2006

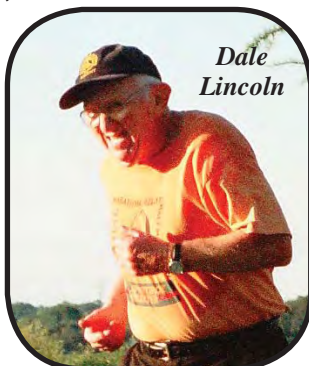
Place	Name	Time
19	Rebecca Barton	36:15

Alvin Sproul Samoset 10K Bristol, ME August 13, 2006

Place	Name	Div	City	Time	Pace
17	Dino Joannides	M51	Round Pond	43:26	7:00
50	Tom Keith	M60	Damariscotta	48:57	7:53
74	Jim Prosser	M61	Portland	53:59	8:42
79	Kim Finethy	F49	Brunswick	54:55	8:51
88	Elwin Guthrie	M70	Walpole	57:17	9:14
90	Mike Brooks	M60	Danville	58:18	9:23
123	Carlton Mendell	M84	Windham	1:20:22	12:56

Back Cove Weekly 5K Portland, ME August 16, 2006

Place	Name	Time
6	David Edwards	19:15
8	Zak Boisvert	20:10
12	David Colby Young	21:45
13	Mark Finnerty	21:46
39	Jim Prosser	27:40
50	Pat Buckley	36:26
51	Denny Morrill	36:44
52	Mark Clinch	38:32
53	Rachel Pickus	41:59



Dale
Lincoln



Jim
Prosser



Mark
Clinch

Back Cove Photos
by Don Penta

Scarborough Summerfest Scarborough, ME August 18, 2006

5K					
Place	Name	Div	City	Time	Pace
1	Chris Harmon	M18	Scarborough	16:22	5:17
5	Zak Boisvert	M18	Portland	18:49	6:04
11	Tony Myatt	M20	Portland	19:52	6:25
21	Mark Finnerty	M47	Portland	21:11	6:50
29	Joel Russ	M62	Cape Elizabeth	21:58	7:05
36	Kristin Cook-Center	F35	Freeport	23:25	7:33
41	Harry Center	M44	Freeport	24:02	7:45
49	Bob Payne	M68	Raymond	24:32	7:55
58	Sarah Dugas	F13	Scarborough	25:13	8:08
61	Marc Dugas	M42	Scarborough	25:17	8:09
74	Bryon Cook	M59	Livermore	27:04	8:44

Kids 1 Miler					
Place	Name	Div	City	Time	
5	Robbie Blair	M10	Raymond	6:46	
28	Sophie Dugas	F7	Scarborough	11:42	



Harry Center & Kristin Cook-Center

Cyndy
& Byron
Cook

Sophie
Dugas

Sarah
& Marc
Dugas

Joel
Russ

Scarborough Photos
by David Colby Young

Wild Bear Sprint Triathlon/Duathlon Poland, ME August 19, 2006

Duathlon									
Place	Name	City	Run 1	R Place	Bike	B Place	Run 2	R Place	Time
6	Norman Morgan	Lisbon Falls	14:04.0	8	0:52:27.2	51	23:43.8	84	1:30:14.9
9	Janna Rearick	Hebron	13:03.3	4	0:58:59.9	115	22:43.5	62	1:34:46.6
10	Lisa Despres	South Portland	13:35.1	6	1:00:33.5	125	22:53.7	66	1:37:02.2
17	Howard Spear	Westbrook	17:44.7	17	1:11:55.5	163	27:57.3	150	1:57:37.5

Triathlon									
Place	Name	City	Swim	S Place	Bike	B Place	Run	R Place	Time
16	Kendra Hodder	Yarmouth	08:11.4	14	0:51:39.8	45	18:47.7	5	1:18:39.0
26	Dina Potter	Yarmouth	10:08.2	73	0:51:39.6	44	19:26.1	12	1:21:13.9
35	Michael Juneau	Portland	12:14.3	125	0:49:57.5	26	20:26.1	30	1:22:38.0
37	Bob Brainerd	Lewiston	09:34.0	56	0:51:23.4	42	21:48.1	47	1:22:45.5
80	Gary Boilard	Auburn	11:28.4	116	0:54:17.8	68	24:50.6	107	1:30:36.8
97	Katie Harris	Cumberland	11:29.9	117	0:58:14.7	111	24:00.1	88	1:33:44.7
101	Mark Grandonico	Portland	12:59.7	136	0:56:42.9	92	24:44.8	104	1:34:27.5
107	Patty Medina	Cape Elizabeth	09:28.3	50	1:01:39.1	133	24:26.4	100	1:35:32.9
112	Meg Estabrook	Yarmouth	08:59.7	32	1:02:29.2	141	27:06.5	136	1:38:35.4
126	Marty Lawrence	Auburn	11:11.3	107	1:00:47.6	129	29:14.0	162	1:41:13.0
130	John Boyne	Freeport	16:38.9	160	1:00:25.2	123	25:30.8	120	1:42:35.0
137	Renee D'Alessandro	Lewiston	12:54.7	135	1:04:44.6	147	28:27.3	154	1:48:06.6
144	Peg Rearick	Hebron	11:09.2	106	1:08:35.9	157	32:48.0	169	1:52:33.1
149	Betsey Greenstein	Portland	14:36.9	151	1:19:03.2	174	27:30.0	143	2:01:10.0

Race Results and Photos...

Merrimac Lions Club Run for Charity 5K Merrimac, MA August 19, 2006

Place	Name	Div	Time	Pace
28	Bob Randall	M6569	24:41	7:55

Washburn August Festival XC Washburn, ME August 19, 2006

Place	Name	Time
15	Connie McLellan	25:03

Jefferson Annual Troop 216 Boy Scouts 5K Jefferson, ME August 19, 2006

Place	Name	Time
9	Dino Joannides,	20:29

Breakaway 5K Old Orchard Beach, ME August 19, 2006

Place	Name	Div	City	Time	Pace
8	Tom Noonan	2/6 M34	Steep	17:25	5:37
11	Floyd Lavery	1/15 M49	Gorham	17:59	5:48
14	Tony Myatt	2/27 M19	Portland	18:02	5:49
16	Abby Iselborn	1/17 F17	Portland	18:08	5:50
36	Zach Boisvert	10/27 M18	Portland	19:29	6:17
50	Eric Smith	5/14 M38	New Gloucester	19:51	6:24
53	Tom Menendez	2/14 M53	Lewiston	19:59	6:26
79	Ronald Paquette	2/11 M55	Biddeford	21:42	6:59
106	Mark St. Pierre	4/15 M47	Brunswick	22:47	7:20
154	Carol Blakeney-Watts	2/14 F45	Cumberland	24:36	7:55
156	Ron Chase	1/5 M65	Durham	24:42	7:57
159	Dick Lajoie	2/5 M66	Saco	24:58	8:03
179	Jen Noonan	9/19 F35	Steep	25:45	8:18
194	Mike Brooks	2/4 M60	Danville	26:15	8:27
207	Polly Kenniston	1/1 F69	Scarborough	26:57	8:41
233	Mark Coughlin	25/29 M42	Old Orchard Beach	28:32	9:11
269	Barbara Hintze	2/2 F63	Cumberland	31:50	10:15
290	Sandy Utterstrom	4/4 M62	Falmouth	34:33	11:08
295	Mark Clinch	14/14 M50	Gorham	36:58	11:54
297	Rachel Pickus	2/2 F57	Falmouth	39:08	12:36
298	Carlton Mendell	1/2 M84	Windham	39:22	12:41
301	Mel Fineberg	2/2 M70	Portland	40:23	13:00

Dixfield 5K Dixfield, ME August 20, 2006

Place	Name	Div	City	Time	Pace
5	David Colby Young	M53	Danville	21:47	7:01

Moose on the Loose 10 Mile Trail Race Nashua, NH August 20, 2006

Place	Name	Div	City	Time	Pace
38	Emma Barclay	3/18 F31	Portland	1:10:58	7:06

Timberman Half Ironman Lake Winnepesaukee, NH August 20, 2006

Place	Name	Div	City	Swim	Tran1	Bike	Tran2	Run
992	Shaun Smith	755/968 M35	South Berwick	52:44	5:58	3:15:05	5:17	2:00:39
1197	Colleen Donovan	312/400 F45	Falmouth	40:29	6:30	3:28:36	4:08	2:29:31
1284	Karen Connolly	357/400 F47	Hollis Center	44:23	3:24	3:29:47	3:06	2:53:15

Moose Milers 5K Trail Race Series #20 Nashua, NH August 21, 2006

Place	Name	Div	Time	Pace
8	Robert Parent	3/3 M49	22:03	7:06



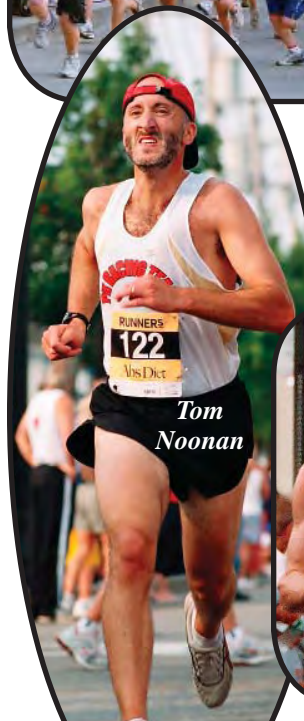
Rachel
Pickus



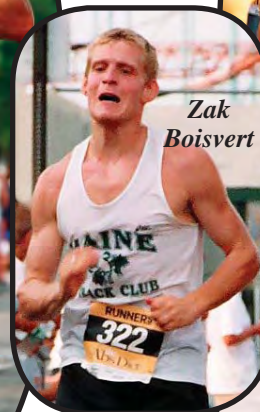
Sandy
Utterstrom



Breakaway 5K
Photos by
Don Penta



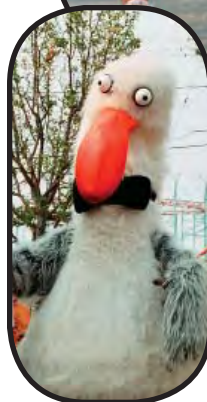
Tom
Noonan



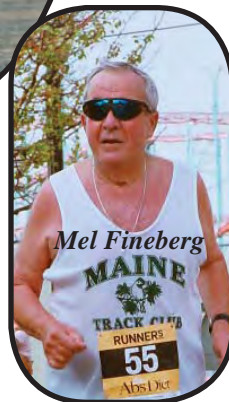
Zak
Boisvert



Polly
Kenniston



Mel Fineberg



Abby
Iselborn

See RACE RESULTS, page 24

Maine Track Club's 26th Annual

Mid-Winter 10-Mile Classic

Sunday, February 4, 2007 @ 9:45 A.M.

Cape Elizabeth High School
(showers available)



Entry information

RACE ENTRY FEE:

\$15.00 non-refundable. \$18.00 on day of race.

MAIL ENTRIES TO:

Don Penta • 183 Smith Road
Windham, ME 04062

RACE DAY REGISTRATION:

Cape Elizabeth High School cafeteria, 8:00 A.M. - 9:30 A.M.

FOR MORE INFO, CONTACT RACE DIRECTORS:

www.mainetrackclub.com/midwinterclassic.html

Don Penta • tel: (207) 892-4526
e-mail: wndhmlaker@aol.com

Ray Shevenell • tel: (207) 799-4556
e-mail: rays@maine.rr.com

Erik Boucher • tel: (207) 774-2654
e-mail: ebouche1@maine.rr.com

Mallory Vaccaro • tel (207) 846-3806
e-mail: mallorysmile@aol.com

New course records

Open Male: Kevin Gray, 53:01 (2005)
Open Female: Susannah Beck, 58:07 (2004)
Masters Male: Michael Payson, 55:42 (2006)
Masters Female: Christine Ganz, 1:05:45 (2006)

Runner amenities

A long sleeve t-shirt to the first 450 runners registered. Pizza, bagels, yogurt, fruit, hot coffee, juice and water after the race for runners only. Showers and changing rooms available in high school.

Awards

\$100 cash prize for new Open/Masters course records

1-5 Open men

1-5 Open women

Open awards winners are not eligible for age group awards.

1-3 men and women:

under 20	35-39	50-54	60-64
20-29	40-44	55-59	70+
30-34	45-49	65-69	

Clydesdale Open & Masters:

190-210 lbs.
211-225 lbs.
226 lbs.+

Clydesdale Senior Masters:

190 lbs.+

Filly Open, Masters & Senior Masters

140 lbs.+

Clydesdale and Filly entrants are also eligible for Open or age group awards.

Bruce Ellis Fund

The proceeds for this race will fund nonprofit organizations that develop healthful lifestyles among Maine's children through outdoor activities. Bruce Ellis, in whose memory this fund was established, was an excellent runner and active Maine Track Club member. Included in his many running achievements was a 2:17 marathon, which qualified him to run in the USA Olympic marathon trials in 1988.



Directions to Cape Elizabeth High School

From the south: I-95 north to exit 45 (formerly exit 7), South Portland. Through toll booth, take Broadway exit. Stay on Broadway (approx. 4 miles) to route 77. Turn right on 77 (Ocean St.) Stay straight into Cape Elizabeth (approx. 3-1/2 miles). Follow signs and instruction of parking guides to parking areas.

From the north: South on I-295 to exit 6A, Forest Ave. South. Bear right past Deering Oaks. This is State Street. Go up hill, cross Congress Street staying on State Street. Follow signs to South Portland, route 77. Cross Casco Bay Bridge into South Portland. Follow signs to route 77, Cape Elizabeth. Take route 77 (approx. 3-1/2 miles). Follow signs and instructions of parking guides to parking areas.

Incllement weather announcements

Maine Track Club website: www.mainetrackclub.com

TV: News Center 6, WCSH-TV, channel 6 • News 8, WMTW, channel 8

Radio: NewsRadio WMTW, 870 AM and 106.7 FM • WGAN 560 AM

Maine Track Club's 26th Annual

Mid-Winter 10-Mile Classic

Sunday, February 4, 2007 @ 9:45 A.M.

Race entry fee:

\$15.00 (non-refundable) before race day. \$18 day of race.

Mail entries to:

Don Penta
183 Smith Road
Windham, ME 04062

Make check payable to: Maine Track Club

name (first, last)

date of birth

age: day of race

gender M/F

street address

city/town

state

zip

please circle t-shirt size (if applicable): S M L XL XXL

e-mail address

home phone number

Please check the appropriate Clydesdale or Filly box if you are a Clydesdale or Filly:

Clydesdale Open (male)

- ☐ 190-210 lbs.
☐ 211-225 lbs.
☐ 226+ lbs.

Clydesdale Masters (male, 40-49)

- ☐ 190-210 lbs.
☐ 211-225 lbs.
☐ 226+ lbs.

Clydesdale Senior Masters (male, 50+)

- ☐ 190+ lbs.

Filly Open (female)

- ☐ 140+ lbs.

Filly Masters (female, 40-49)

- ☐ 140+ lbs.

Filly Senior Masters (female, 50+)

- ☐ 140+ lbs.

For safety's sake, no baby strollers, radio headsets, or dogs.

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 high heat and/or humidity, traffic, and the conditions of the road; all such risks being known and appreciated by me. Athletes who participate in this race may be subject to formal drug testing in accordance with TAC and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be treated, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medication contain banned substances. For more information regarding drug testing, call the USOC Hotline at 800-233-0393. 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, and 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 yrs.

9th Annual Mary's Walk and
Kerrymen Pub Road Race



Sunday, March 11, 12:00 p.m.
Thornton Academy, Saco

Check-in and Event Day Registration begins at 10:00 a.m.
5K Run (2.5 mile Mary's Walk also available)

Cash Prizes to Overall Male and Female, Medals to all age group winners!
Great food and refreshments following the race at the Awards Ceremony behind the Kerrymen Pub – FREE!

T-shirts to first 1,000 registrants - Sign up early! Use this application or register on-line at www.maryswalk.org
Create your own web page, e-mail friends and family for their support.
Donations encouraged, Slancha hat for \$150 in donations turned in or raised on-line.
Additional Top Fund-raiser awards. Teams welcome!



*All proceeds benefit the **Maine Cancer Foundation**, a nonprofit organization dedicated to funding cancer research, public and professional education and patient support programs throughout Maine. 100% of funds raised remain in Maine.*



2007 Kerrymen Pub Road Race **USATF CERTIFIED**

Registration One registration per person, feel free to copy.

Last Name: _____ First Name: _____ Age: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

If you are part of a Team, write Team Name here: _____

Please make checks payable to Mary's Walk. Mail to: Betty Goodwin, Treas., P.O. Box 1716, Biddeford, ME 04005

Entry Fee: Run \$20.00 Walk: \$15.00 *Sorry, no Refunds.* Note: children's sizes, not available. Children 12 and under: no charge.

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 Mary's Walk/Road Race against the organizers and sponsors, including, but not limited to, MCF, Mary's Walk, and the City of Saco. I further state that I am physically fit and have sufficiently trained to compete in this event.

Signature _____
Parent or guardian must sign if registrant is under 18

Date _____

Runners: For the safety of all participants, please no headphones, baby strollers/joggers, roller blades or animals allowed.

Walkers: We have had complaints of dog droppings along the route. If you would like to bring your well-behaved dog on a leash please be sure to bring a baggy and pick up after your pooch. Your fellow walkers appreciate it!

Additional Donations: Each participant is encouraged to collect additional donations from friends, neighbors and family. On a separate piece of paper with your name clearly written at the top, keep a record of donations collected, insert in an envelope and turn in when you check-in. Collect \$150 (not including registration fee) and receive a "Slancha" cap. Prizes to top fund-raising teams and individuals. Awards for male and female runners in 12 age categories.

Race Results and Photos...



**Bob
Brainerd**



**John
Painter**



**Carolyn
Court**



**Georgia Vallee, Bill Trommer
& Amanda Penley**

LA Bridge Run
Photos by
David Colby
Young
& Don Penta

Back Cove Weekly 5K Portland, ME August 23, 2006

Place	Name	City	Time	Pace
7	Dave Edwards	Pownal	19:01	6:08
8	Dave Roberts	Cape Elizabeth	19:05	6:09
16	David Cannons	Portland	21:42	7:00
19	Mark Finnerty	Portland	22:03	7:06
36	Rob Boudewijn	Portland	24:19	7:50
37	Kristin Cook-Center	Freeport	24:29	7:53
38	Harry Center	Freeport	24:32	7:54
52	Bob Jolicoeur	Old Orchard	26:34	8:34
59	Byron Cook	Livermore	28:55	9:19
75	Pat Buckley	Portland	35:33	11:28
77	Mark Clinch	Gorham	37:06	11:58
78	Rachel Pickus	Falmouth	39:14	12:39
79	Dale Lincoln	Falmouth	39:18	12:40

Camp Sunshine 5K Skowhegan, ME August 26, 2006

Place	Name	Div	City	Time	Pace
11	Don Foshay	M47	South Portland	19:53	6:24
31	Phillip Pierce	M65	Falmouth	22:51	7:22
52	Donnie Foshay	M14	South Portland	25:25	8:11
60	Brady Foshay	M11	South Portland	25:57	8:22
78	Neil Chivington	M59	Gardiner	27:41	8:55
126	Carlton Mendell	M84	Windham	39:57	12:53

Exeter Hospital/Kiwanis Charity Classic 5K Exeter, NH August 26, 2006

Place	Name	Div	City	Time	Pace
16	Abby Iselborn	1/6 F17	Portland	18:00*	5:48

* Under USATF Age-Group guideline

LA 5K Bridge Run Auburn, ME August 27, 2006

Place	Name	Div	City	Time	Pace
2	Pete Bottomley	M44	Cape Elizabeth	16:28	5:18
15	Floyd Lavery	M49	Gorham	17:41	5:42
26	Ken Voorhees	M50	Litchfield	18:53	6:05
40	Rick Smith	M38	New Gloucester	19:38	6:20
41	Tom Menendez	M53	Lewiston	19:42	6:21
54	Stephanie Atkinson	F35	Hollis	20:45	6:41
56	David Colby Young	M53	Danville	21:02	6:47
67	Peter Rearick	M54	Hebron	21:19	6:52
94	Norman Morgan	M37	Lisbon Falls	22:33	7:16
101	Mark St. Pierre	M48	Brunswick	22:44	7:19
108	Jerry LeVasseur	M68	Brunswick	22:56	7:23
115	Lloyd Slocum	M73	Hollis Center	23:19	7:31
116	Robert Payne	M68	Raymond	23:20	7:31
119	Tom McLaughlin	M42	Gorham	23:27	7:33
127	Kristin Cook-Center	F35	Freeport	23:49	7:40
134	Sean Ireland	M34	Portland	23:56	7:42
137	Rae Chalmers	F49	Gorham	24:01	7:44
142	Ronald Chase	M65	Durham	24:10	7:47
144	Bill Trommer	M56	Leeds	24:17	7:49
160	Ryan Abradi	M18	Lisbon	25:00	8:03
162	Jeannie Johnson	F50	Brunswick	25:15	8:08
166	Sarah Kramlich	F38	North Yarmouth	25:31	8:13
175	Kristie McLaughlin	F14	Gorham	25:54	8:21
176	Amanda Penley	F33	Auburn	26:01	8:23
177	Georgia Vallee	F39	Turner	26:03	8:24
199	Byron Cook	M59	Livermore	27:21	8:49
216	Laurie Brooks	F43	Lewiston	28:22	9:08
222	Robert DeWitt	M62	Lisbon	28:49	9:17
228	Carolyn Court	F52	Lewiston	29:13	9:25
242	Gina D'Avignon	F39	Auburn	29:59	9:39
258	John Painter	M63	Casco	30:55	9:57
281	Pat Buckley	F68	Portland	34:25	11:06
284	Sam Abradi	M13	Lisbon	34:45	11:12
285	Krystal Brooks	F21	Lewiston	35:19	11:22
288	Mark Clinch	M50	Gorham	36:13	11:41
293	Carlton Mendell	M84	Windham	40:36	13:05

Lewiston/Auburn 5K Bridge Run...



Laurie Brooks



Jeannie Johnson



Carlton Mendell



Bob Aube



Ron Chase

David Young



Lloyd Slocum

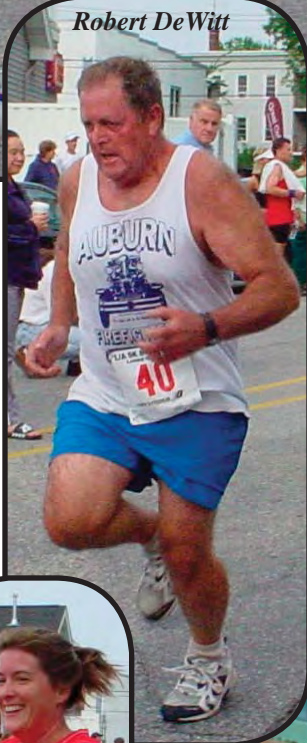


Bob Payne



Charlie Scribner

Walter Fletcher



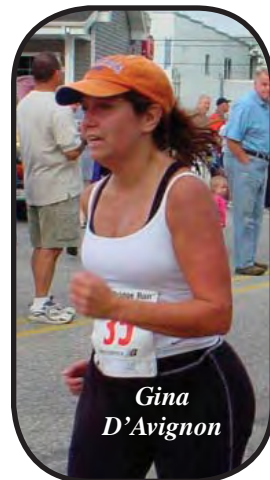
Robert DeWitt



Stephanie Atkinson



Krystal Brooks



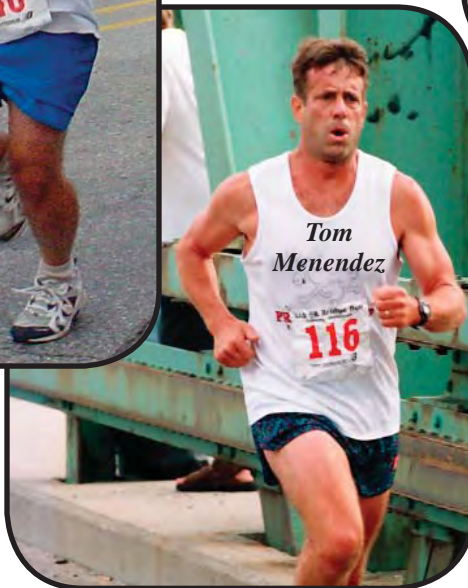
Gina D'Avignon



Ken Voorhees



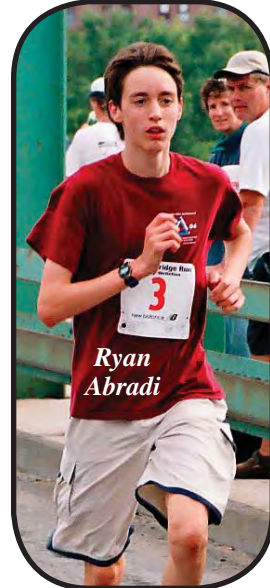
Sarah Kramlich



Tom Menendez



Sam Abradi



Ryan Abradi

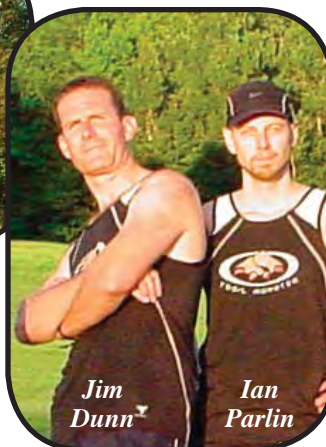
Race Results and Photos...

CHaD Outrun the Sun Half Marathon Hanover, NH August 26, 2006

Place	Name	Div	City	Time	Pace
271	Valerie Abradi	25/72 F46	Lisbon	1:53:00	8:38
506	Lois Martin	23/28 F56	South Portland	2:26:35	11:11

West Kennebunk Fire Company Triathlon Kennebunk, ME August 27, 2006

Place	Name	City	Swim	S Place	Bike	B Place	Run	R Place	Time
24	Carrie McCusker	Cape Elizabeth	11:07.0	61	42:35.5	24	22:18.9	51	1:18:33.4
36	Tom Trytek	Harpswell	10:46.1	37	46:39.3	73	21:31.9	34	1:20:58.2
84	Tom Brady	Cape Elizabeth	13:52.5	176	47:39.8	93	22:35.3	56	1:28:49.1
130	Patty Medina	Cape Elizabeth	12:13.3	110	52:33.5	187	26:07.4	134	1:34:26.0
238	Victoria Quinlan	Kennebunk	16:40.4	243	56:39.2	255	31:55.5	259	1:49:42.8
274	Marilyn Mae Thurber	Buxton	21:52.4	275	1:18:53.8	311	40:32.9	303	2:34:25.0



Lean Horse Hundred Ultra Marathon Hot Springs, SD August 27, 2006

Place	Name	Div	City	Time
51	Mike Brooks	M60	Danville	29:34:10

Moose Milers 5K Trail Race Series #21 Nashua, NH August 28, 2006

Place	Name	Div	Time	Pace
6	Robert Parent	3/3 M49	22:40	7:18

Back Cove Weekly 5K Portland, ME August 30, 2006

Place	Name	City	Time	Pace
14	David Cannons	Portland	22:04	7:07
33	Lloyd Slocum	Hollis	24:47	7:59
37	Jeanne McKew	Portland	25:39	8:16
39	Bob Jolicoeur	Old Orchard	26:06	8:25
56	Pat Buckley	Portland	35:29	11:26
57	Mark Clinch	Gorham	37:44	12:10
58	Rachel Pickus	Falmouth	39:44	12:49

Craig Cup 5K XC Race Series #1 Cumberland, ME August 30, 2006

Place	Name	Div	City	Time	Pace
1	Michael Payson	M4049	Falmouth	17:14	5:33
3	Pete Bottomley	M4049	Cape Elizabeth	18:01	5:48
7	Floyd Lavery	M4049	Gorham	19:16	6:12
10	David Roberts	M5059	Cape Elizabeth	19:38	6:20
17	Jeff Walker	M4049	Falmouth	21:03	6:47
26	Jim Dunn	M3039	Falmouth	21:59	7:05
27	Ian Parlin	M3039	Portland	22:11	7:09
31	David Colby Young	M5059	Danville	23:35	7:36
32	Susan Wiemer	F4049	Freeport	23:43	7:39
37	Mark Finnerty	M4049	Portland	24:01	7:44
39	Kevin Robinson	M5059	North Yarmouth	24:12	7:48
40	Shauna Baxter	F3039	Gorham	24:32	7:54
42	Bob Payne	M6069	Raymond	25:07	8:06
43	Rachel Landry	F3039	Cumberland	25:18	8:09
45	Jerry LeVasseur	M6069	Brunswick	27:50	8:58
46	Robbie Blair	M<19	Raymond	28:10	9:05
47	Carol Blakeney-Watts	F4049	Cumberland	28:25	9:10



Craig Cup Photos
by Don Penta &
David Colby Young

Race Results and Photos...

Maine Running Hall of Fame 5K Portland, ME September 1, 2006

Place	Name	Div	City	Time	Pace
1	Tom Ryan*	M50	Cape Elizabeth	16:39	5:22
5	David Roberts*	M51	Cape Elizabeth	18:03	5:49
12	Jeff Walker	M40	Falmouth	19:24	6:15
14	Gordon Scannell	M53	Yarmouth	19:56	6:25
16	RJ Harper	M59	Portland	19:58	6:26
17	Brian Denger	M45	Biddeford	20:01	6:27
23	Mark Finnerty	M47	Portland	20:39	6:39
25	Steven Rollins	M44	Bowdoinham	20:46	6:41
26	David Young*	M53	Danville	20:59	6:46
27	Peter Rearick	M54	Hebron	21:03	6:47
34	Dennis Smith*	M56	Yarmouth	21:35	6:57
36	Jay Wilson	M48	Portland	21:43	7:00
44	John Pursel	M35	Portland	22:24	7:13
46	Norman Morgan	M37	Lisbon Falls	22:26	7:14
54	Lloyd Slocum	M73	Hollis	23:07	7:27
59	Dale Rines	M54	Gorham	23:22	7:32
63	Jerry LeVasseur*	M68	Brunswick	23:45	7:39
66	Dana Staples	M27	Auburn	23:53	7:42
76	Robert Randall*	M69	Springvale	25:24	8:11
83	Emily Scannell	F16	North Yarmouth	26:38	8:35
90	Mike Brooks	M60	Danville	27:48	8:57
94	Mark Coughlin	M42	Old Orchard Beach	28:19	9:07
98	Linda Hunt*	F59	Hollis	30:17	9:45
101	Barbara Hintze	F63	Cumberland	31:51	10:15
106	Karen Connolly	F47	Hollis	32:43	10:32
115	Janice Bilodeau*	F73	Auburn	38:24	12:22
119	Denise Brooks	F46	Danville	43:04	13:52
120	Nancy Walton	F51	Mechanic Falls	43:07	13:53

*Maine Senior Games Participants

Mustang Stampede 15K Monmouth, ME September 3, 2006

Place	Name	Div	City	Time	Pace
2	Tom Menendez	M53	Lewiston	1:03:17	6:47
18	Ron Chase	M65	Durham	1:22:44	8:53

Maine Sport Triathlon Camden, ME September 3, 2006

Place	Name	City	Div	Time
15	David Drew	Litchfield	M42	2:19:28

Place	Swimmer	Biker	Runner	Time
10	Robin Carlson	Floyd Lavery	Peter Rearick	2:24:28

Musterd Labor Day 5 Miler Caribou, ME September 4, 2006

Place	Name	Time
35	Connie McLellan	39:04

Labor Day 5-Miler Bangor, ME September 4, 2006

Place	Name	Div	City	Time	Pace
38	David Young	M53	Danville	35:34	7:07
83	Mike Brooks	M60	Danville	45:06	9:02

Fired Up 5K Sugarland, TX September 4, 2006

Place	Name	Div	City	Time	Pace
14	Mark Berman	3/32 M4044	Missouri City, TX	19:07.8	6:10



Race Results and Photos...

Back Cove Weekly 5K Portland, ME September 6, 2006

Place	Name	City	Time	Pace
3	Dave Edwards	Pownal	18:53	6:05
5	Sean Ireland	Portland	19:51	6:24
12	Dave Cannons	Portland	22:06	7:07
18	Robert Parent	Manchester, NH	22:58	7:24
27	Harry Center	Freeport	25:15	8:08
28	Bob Jolicoeur	Old Orchard	26:35	8:34
30	Byron Cook	Livermore	28:37	9:13
33	Marcy Tierney	Brunswick	31:04	10:01
39	Mark Clinch	Gorham	43:51	14:08

Maine Senior Games Track & Field Portland, ME September 9, 2006

100 Meter Dash				
Place	Name	Div	Time	
7	David Young	M5054	17.94	

200 Meter Dash				
Place	Name	Div	Time	
4	David Young	M5054	37.83	

400 Meter Dash				
Place	Name	Div	Time	
1	Tom Ryan	M5054	58.00	
3	David Young	M5054	01:24.8	
1	Jerry LeVasseur	M6569	01:19.0	

800 Meter Run				
Place	Name	Div	Time	
1	Tom Ryan	M5054	02:14.5	
3	David Young	M5054	02:51.4	
2	Dennis Smith	M5559	02:41.1	
2	Jerry LeVasseur	M6569	03:05.5	

1500 Meter Run				
Place	Name	Div	Time	
1	Tom Ryan	M5054	04:34.3	
4	David Young	M5054	05:30.9	
2	Dennis Smith	M5559	05:27.9	
2	Jerry LeVasseur	M6569	06:19.7	
1	John Woods	M8589	13:45.7	

3000 Meter Run				
Place	Name	Div	Time	
1	David Young	M5054	13:43.4	
1	Dennis Smith	M5559	12:50.9	
1	Jerry LeVasseur	M6569	14:41.9	

1500 Meter Race Walk				
Place	Name	Div	Time	
1	David Young	M5054	12:04.6	

Triple Jump				
Place	Name	Div	Dist	
1	Jerry LeVasseur	M6569	21-01.0	

Shot Put				
Place	Name	Div	Dist	
6	David Young	M5054	14-08.0	

North Yarmouth Mile North Yarmouth September 9, 2006

Place	Name	Div	City	Time
2	Dave Edwards	M47	Pownal	5:19
16	Mike Brooks	M60	Danville	7:30
19	David Paul	M61	Portland	8:03

Bowdoinham Chicken Bowdoinham, ME September 9, 2006

5K		
Place	Name	Time
2	John Lund	19:52.52
4	Steve Rollins	21:12.80
5	Lia Skelton	23:12.58
20	Kendra Skelton	31:00.87
21	Dave Skelton	31:10.81

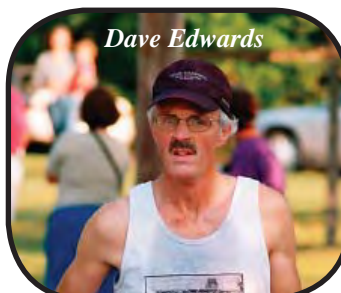
1 Mile Fun Run		
Place	Name	Time
5	Alyssa Rollins	10:12
7	Seth Rollins	10:20

Dan Cardillo Memorial 5K Falmouth, ME September 10, 2006

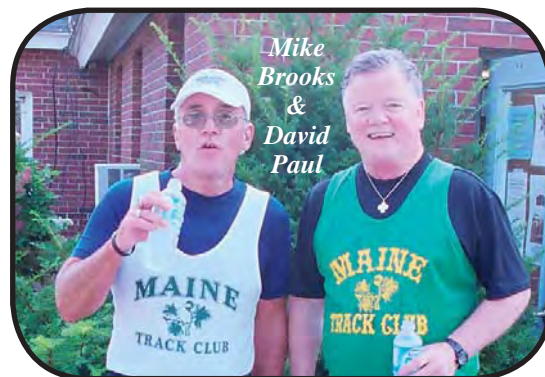
Place	Name	Div	City	Time	Pace
17	David Edwards	M47	Pownal	18:16	5:53
21	John Eldredge	M52	Cumberland	18:45	6:02
22	Roland Thibault	M38	Westbrook	18:46	6:03
25	Mark Foley	M41	Portland	18:59	6:07
27	Jeff Walker	M40	Falmouth	19:11	6:11
38	Joseph Wright	M27	South Portland	20:11	6:30
63	Susan Wiemer	F40	Freeport	22:03	7:06
65	Sam Walker	M13	Falmouth	22:05	7:07
69	Norman Morgan	M37	Lisbon Falls	22:22	7:12
71	Lloyd Slocum	M73	Hollis	22:32	7:15
72	Daniel Levesque	M53	Falmouth	22:34	7:16
79	Joan Lavin	F58	Portland	23:23	7:32
83	Dennis Graves	M51	South Portland	23:36	7:36
86	Ron Chase	M65	Durham	23:50	7:41
94	Kristin Cook-Center	F35	Freeport	24:17	7:49
99	Carol Blakeney-Watts	F45	Cumberland	24:25	7:52
104	Jeannie Johnson	F50	Brunswick	24:47	7:59
107	Jerry LeVasseur	M68	Brunswick	24:54	8:01
110	Liz Wyman	F43	Falmouth	25:00	8:03
111	Thomas McLaughlin	M42	Gorham	25:04	8:04
114	Jeanne McKew	F44	Portland		
119	Robert Jolicoeur	M69	Old Orchard Beach	25:19	8:09
142	Byron Cook	M59	Livermore	26:21	8:29
167	Mark Coughlin	M42	Old Orchard Beach	27:29	8:51
170	Polly Kenniston	F69	Scarborough	27:35	8:53
221	Hugh MacMahon	M68	Falmouth	30:47	9:55
228	Barbara Hintze	F63	Cumberland	31:06	10:01
230	Tom Walker	M12	Falmouth	31:35	10:10
234	Robert Stakel	M65	Falmouth	32:29	10:28
238	Kathryn Harris	F61	Falmouth	33:06	10:40
239	Pat Buckley	F68	Portland	34:14	11:02

Moose Milers 5K Trail Race Series #23 Nashua, NH September 11, 2006

Place	Name	Div	Time	Pace
7	Robert Parent	4/5 M49	22:22	7:12



N Yarmouth Mile Photos by Don Penta



Dan Cardillo Memorial 5K...



*Jeanne
Hackett*

Dan Cardillo Photos
by Don Penta



*Joan
Lavin*



Liz Wyman



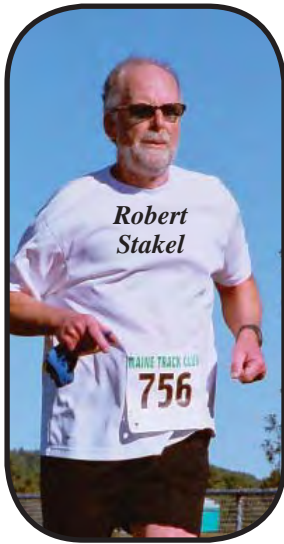
*John
Eldredge*



*Dan
Levesque*



*Mark
Foley*



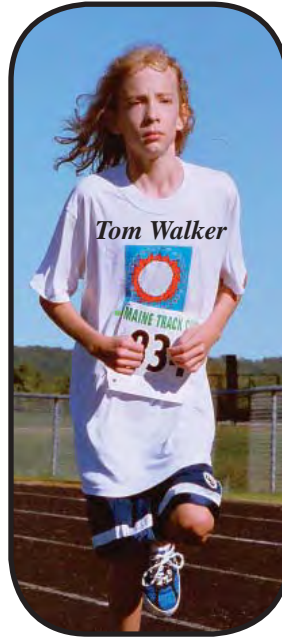
*Robert
Stakel*



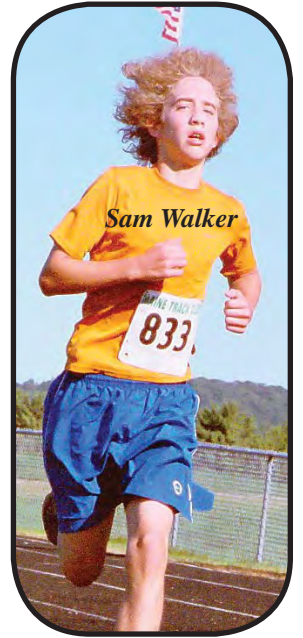
*Kate
Harris*



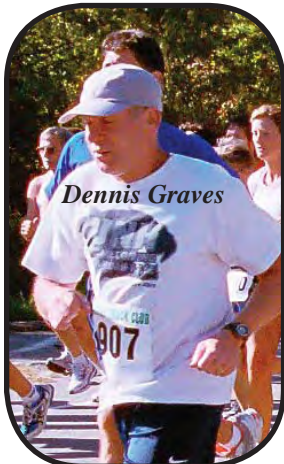
*Joseph
Wright*



Tom Walker



Sam Walker

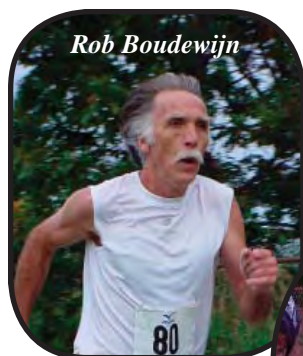


Dennis Graves

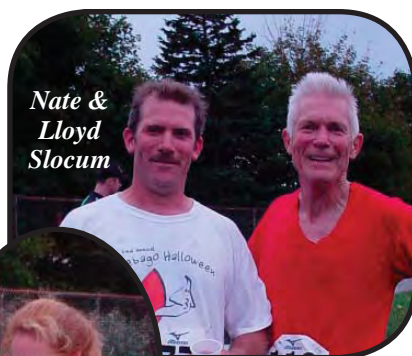


*Roland Thibault, Bob LaNigra,
Ray Hefflefinger, & Lloyd Slocum*

Race Results and Photos...



Rob Boudewijn



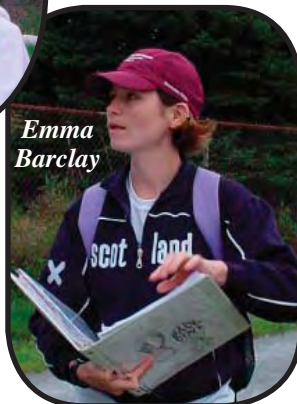
*Nate &
Lloyd
Slocum*



*Janice
Gagnier*



*Kathy
Hepner*

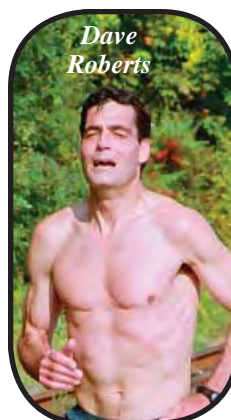


*Emma
Barclay*

Back Cove Photos by David Colby Young



*Andrew
Baird*



*Dave
Roberts*



*Abby
Iselborn*

Portland Trails Photos
by Don Penta



*Erin
Donovan*

*Laura
Tyrrell*



*Jim
Tyrrell*

Back Cove Weekly 5K Portland, ME September 13, 2006

Place	Name	City	Time	Pace
6	Dave Edwards	Pownal	18:44	6:02
8	Sean Ireland	Portland	19:13	6:11
19	David Colby Young	Danville	21:58	7:05
22	David Cannons	Portland	22:11	7:09
32	Lloyd Slocum	Hollis	23:21	7:31
35	Rob Boudewijn	Portland	23:46	7:40
39	Harry Center	Freeport	24:48	8:00
53	Janice Gagnier	South Portland	32:36	10:30
57	Pat Buckley	Portland	34:37	11:10
58	Mark Clinch	Gorham	36:57	11:55

Lobster Dash 5-Miler Ogunquit, ME September 16, 2006

Place	Name	Div	City	Time	Pace
17	Emma Barclay	1/19 F31	Portland	35:42	7:09
26	David Cannons	6/26 M39	Portland	36:45	7:21
29	Robert Parent	7/27 M49	Manchester	36:57	7:24
30	Ian Parlin	9/26 M30	Portland	37:12	7:27
35	Carol Weeks	2/18 F57	Kennebunk	37:49	7:34
46	Bruce Fithian	10/26 M58	Gorham	39:42	7:57

Lobsterman Triathlon Freeport, ME September 16, 2006

Place	Name	City	Div	Swim	Tran1	Bike	Tran2	Run	Time
47	Kendra Hodder	Yarmouth	1/27 F3539	19:44	1:45	1:17:22	1:33	41:45	2:22:07
75	Michael Juneau	Portland	13/43 M3539	26:14	2:35	1:09:18	2:00	48:10	2:28:17
78	Tom Trytek	Harpwell	8/20 M5054	23:48	2:00	1:16:57	1:07	44:56	2:28:46
111	Dina Potter	Yarmouth	2/11 F4044	28:44	2:41	1:16:38	1:34	43:44	2:33:19
162	Mark Grandonico	Portland	25/36 M4549	25:29	3:14	1:16:36	1:58	54:06	2:41:22
252	Katie Harris	Cumberland	17/27 F3539	29:32	3:10	1:27:01	1:50	57:39	2:59:11
274	John Boyne	Freeport	12/13 M5559	39:46	2:37	1:25:41	1:37	55:10	3:04:49
300	Karen Connolly	Hollis	11/12 F4549	27:58	2:35	1:30:39	1:52	1:17:55	3:20:56
312	Beth Birch	New Gloucester	1/1 F6569	31:36	5:42	1:42:02	2:29	1:17:10	3:38:57

MDI YMCA Bar Harbor Bank and Trust Half Marathon Bar Harbor, ME September 16, 2006

Place	Name	Div	City	Time	Pace
23	James Dunn	M38	Falmouth	1:32:06	7:02
31	Dino Joannides	M51	Round Pond	1:33:51	7:10
52	Carrie McCusker	F37	South Portland	1:38:35	7:32
59	Donald Foshay Jr.	M47	South Portland	1:39:41	7:37
62	Tom Brady	M40	Cape Elizabeth	1:40:01	7:39
76	Sarah MacColl	F50	Cape Elizabeth	1:42:55	7:52
80	Skip Kessler	M59	Cape Elizabeth	1:43:38	7:55
84	Paul Letalien	M49	Portland	1:44:04	7:57
104	Connie McLellan	F55	Sinclair	1:46:43	8:09
109	Rachel Landry	F38	Cumberland	1:47:29	8:13
119	Janet Letalien	F42	Portland	1:49:01	8:20
268	Donna Beaulieu	F44	Poland Spring	2:13:15	10:11
288	David Barnard	M64	Yarmouth	2:17:55	10:32
305	Cathy Burnie	F57	Cumberland	2:23:40	10:58
341	Jim Peverini	M57	South West Harbor	3:01:36	13:52
342	Pam Peverini	F53	Portland	3:01:36	13:52

Equinox Marathon Fairbanks, AK September 16, 2006

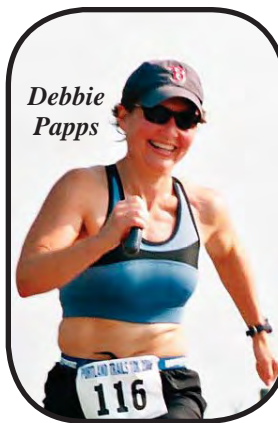
Place	Name	Div	City	Time	Pace
303	Mike Brooks	M6064	Danville	6:45:06	15:28

Portland Trails 10K...

Portland Trails 10K Portland, ME September 17, 2006

Place	Name	City	Time	Pace
4	Michael Payson	Falmouth	33:58	5:29
10	Tom Ryan*	Cape Elizabeth	35:53	5:48
13	Andrew Baird	Portland	36:26	5:53
17	Floyd Lavery	Gorham	37:42	6:05
18	David Roberts	Cape Elizabeth	37:51	6:07
22	Abby Iselborn	Portland	39:00	6:18
41	Mark Foley	Portland	41:33	6:42
69	Francis Bauer	Portland	44:58	7:16
73	David Young*	Danville	45:29	7:21
77	Dan Hogan	South Portland	45:47	7:24
81	Charles Iselborn	Portland	46:17	7:28
97	Mark Panaccione	Falmouth	47:23	7:39
111	Lisa Lawrence	Cape Elizabeth	47:52	7:44
129	Norman Morgan	Lisbon Falls	48:44	7:52
140	Rob Boudewijn	Portland	49:10	7:56
151	Al Butler	Portland	49:43	8:01
152	Michael Reali	Cumberland	49:43	8:02
158	Erin Donovan	Saco	50:07	8:05
159	Jerry LeVasseur*	Brunswick	50:11	8:06
194	John Pursel	Portland	51:45	8:21
219	Jim Tyrrell	Cape Elizabeth	53:02	8:34
229	Robert Jolicoeur	Old Orchard	53:29	8:38
239	Ron Chase	Durham	54:07	8:44
276	Bob Branson	Scarborough	56:05	9:03
284	Mallory Smith	South Berwick	56:27	9:07
290	Mary Bauer	Portland	56:55	9:11
291	Laura Tyrrell	Cape Elizabeth	56:56	9:11
312	Tom Mundhenk	Portland	57:55	9:21
316	Mark Coughlin	Old Orchard Beach	58:26	9:26
318	Walter Fletcher	Freeport	58:34	9:27
320	Jane O'Brien	North Waterboro	58:42	9:28
329	Zoe Sobel	Cape Elizabeth	59:16	9:34
332	John McKenney	Portland	59:35	9:37
354	Howard Spear	Westbrook	1:02:02	10:01
359	Debbie Papps	Portland	1:02:21	10:04
372	Donna Bisbee	Portland	1:03:58	10:19
379	Tree Mercer	Cape Neddick	1:04:35	10:25
380	Scott Mercer	Cape Neddick	1:04:35	10:25
409	Tony Vaccaro	Yarmouth	1:07:53	10:57
410	Mallory Vaccaro	Yarmouth	1:07:53	10:57
419	Eli Sobel	Cape Elizabeth	1:10:07	11:19
422	Janice Gagnier	South Portland	1:10:20	11:21
430	Lois Martin	South Portland	1:11:42	11:34
445	Sam Abradi	Lisbon	1:15:23	12:10
454	Karen Connolly	Hollis Center	1:20:43	13:02
456	Mark Clinch	Gorham	1:21:57	13:13
461	Max Sobel	Cape Elizabeth	1:23:25	13:28
462	Kira Wigoda	Cape Elizabeth	1:23:25	13:28
495	Marilyn Mae Thurber Buxton		1:54:11	18:25

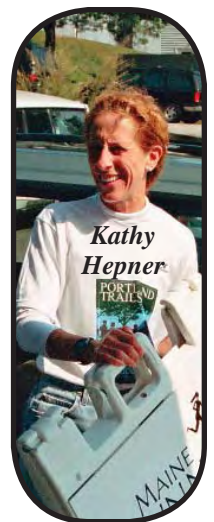
*Maine Senior Games Participants



Debbie Papps



Donna Bisbee



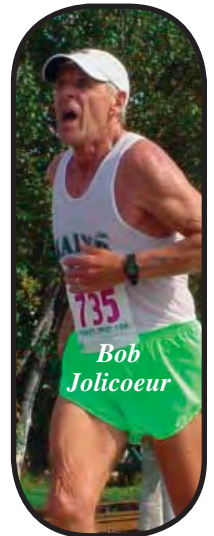
Kathy Hepner



Jane O'Brien



John Pursel



Bob Jolicoeur

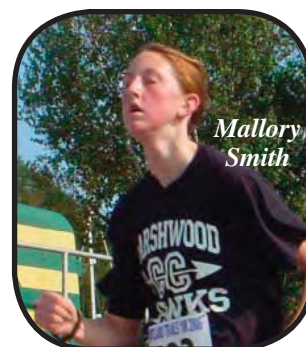


Zoe Sobel

Eli Sobel,
Kira Wigoda,
Max Sobel



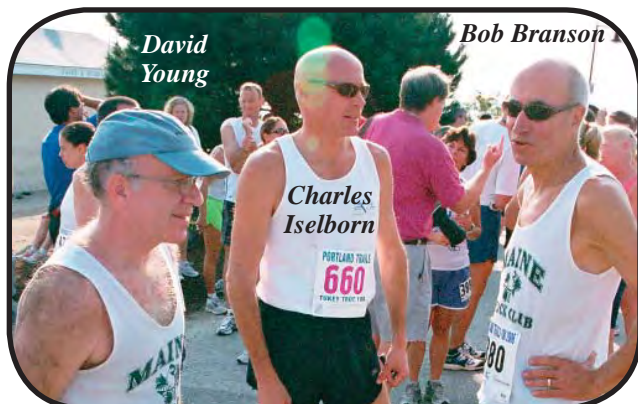
Lisa Lawrence



Mallory Smith



Portland Trails
Photos by
Don Penta &
David Colby Young



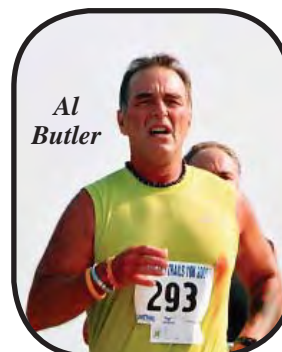
David Young

Charles Iselborn

Bob Branson



Mike Reali



Al Butler



Marilyn Mae Thurber

Race Results and Photos...

September Stampede 5K Sanford, ME September 17, 2006

Place	Name	Div	City	Time	Pace
19	Lloyd Slocum	M73	Hollis	22:15	7:11

Craig Cup 5K XC Race Series #2 Cumberland, ME September 20, 2006

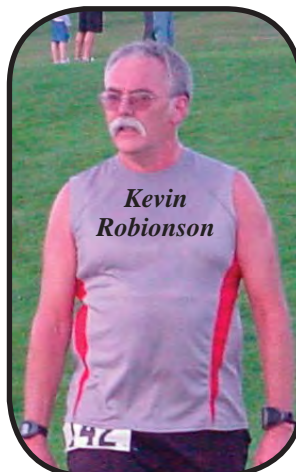
Place	Name	Div	City	Time
1	Michael Payson	M43	Falmouth	17:12
3	Pete Bottomley	M44	Cape Elizabeth	17:52
5	Floyd Lavery	M49	Gorham	19:18
10	Jeff Walker	M40	Falmouth	20:47
11	John Eldredge	M52	Cumberland	21:07
13	Ian Parlin	M30	Portland	22:00
18	Emma Barclay	F31	Portland	22:30
21	David Cannons	M39	Portland	22:36
22	Susan Wiemer	F40	Freeport	22:48
25	Stephanie Atkinson	F35	Hollis Center	23:10
27	David Colby Young	M53	Danville	23:23
28	Kevin Robinson, Sr.	M50	North Yarmouth	23:29
32	Shauna Baxter	F37	Gorham	24:03
36	Jerry LeVasseur	M68	Brunswick	26:43
37	Bob Payne	M68	Raymond	27:00
38	Carol Blakeney-Watts	F45	Cumberland	27:58



Susan Wiemer, Carol Blakeney-Watts, Shauna Baxter



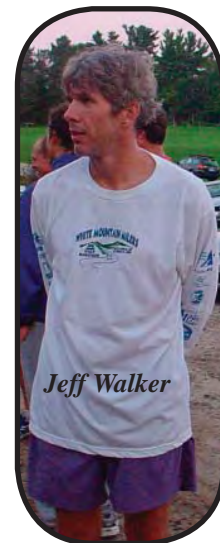
Michael Payson



Kevin Robinson



Stephanie Atkinson



Jeff Walker

Fall Foliage 5K Waterford, ME September 24, 2006

Place	Name	Div	City	Time	Pace
20	David Colby Young	M53	Danville	22:03	7:06
30	Joan Lavin	F58	Portland	23:42	7:38
33	John Pursel	M35	Portland	24:12	7:48
42	Ron Chase	M65	Durham	24:56	8:02
48	Robert Randall	M69	Springvale	25:52	8:20
58	John Howe	M71	Waterford	28:09	9:04
117	Rob DeWitt	M62	Damariscotta	42:04	13:33

29th Annual Clarence Demar Marathon Gilsum to Keene, NH September 24, 2006

Place	Name	Div	City	Time	Pace
77	Phil Pierce	1/15 M6099	Falmouth	3:44:16	8:34

Boulder Backroads Marathon Boulder, CO September 24, 2006

Place	Name	Div	City	Time	Pace
432	Mike Brooks	M6064	Danville	5:22:49	12:19

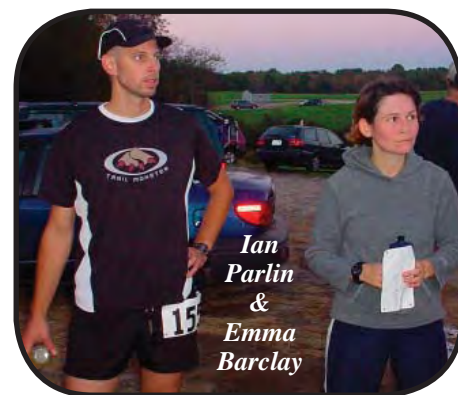
CELT Challenge - Cape Elizabeth Land Trust Triathlon Cape Elizabeth, ME September 24, 2006

Duathlon									
Place	Name	City	Run 1	R Place	Bike	B Place	Run 2	R Place	Time
3	Ian Parlin	Portland	10:26.9	7	44:44.7	24	22:40.3	44	1:17:51.9
8	Norman Morgan	Lisbon Falls	11:36.7	14	46:01.2	36	24:49.6	69	1:22:27.5
10	Kathy Donnelly	Falmouth	11:03.0	11	49:02.1	54	23:38.2	55	1:23:43.3
16	Lisa Despres	South Portland	11:25.4	13	55:32.9	99	26:48.2	85	1:33:46.5
24	Kate Harris	Falmouth	18:03.7	24	1:09:52.9	127	41:02.5	131	2:08:59.1

Triathlon									
Place	Name	City	Swim	S Place	Bike	B Place	Run	R Place	Time
20	David Roberts	Cape Elizabeth	8:09.1	57	46:00.8	35	18:05.7	5	1:12:15.6
22	Peter Bottomley	Cape Elizabeth	7:39.7	40	47:58.5	46	17:06.9	3	1:12:45.1
79	Lindsay Rand	Cape Elizabeth	7:09.3	30	57:15.2	106	26:50.5	86	1:31:14.9
83	Karen Connolly	Hollis	8:12.4	58	51:01.3	72	33:49.5	124	1:33:03.2
84	Janice Reale-Hattem	Cape Elizabeth	9:44.1	93	56:20.7	101	27:48.3	97	1:33:53.0



Jerry LeVasseur



Ian Parlin & Emma Barclay

Craig Cup Photos (above)
& Fall Foliage Photo (right)
by David Colby Young



John Howe

Race Results and Photos...

Pete Bottomley



CELT Challenge Photos
by Don Penta & Beth Rand



*Lisa
Despres*



*Beth
Rand*



*Shaun Smith
& Carol Weeks*



Norman Morgan



Janice Reale-Hatem



Lindsay Rand

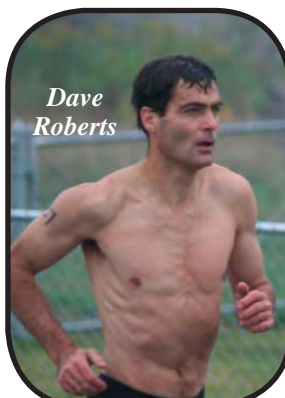
Elliot Festival Photos
by Don Penta



Ian Parlin



*Kathy
Donnelly*



*Dave
Roberts*



Karen Connolly



*Kate
Harris*



*Mel
Fineberg*

*Donna
Moulton*

*Sandy
Utterstrom*

Race Results and Photos...



Thomas Carll



Sherry Carll



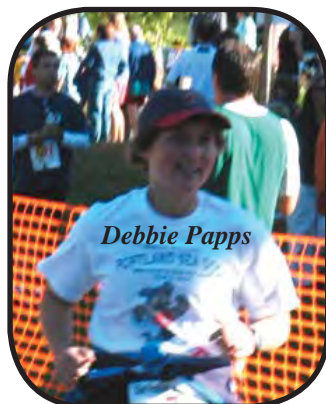
Mel Uchenick



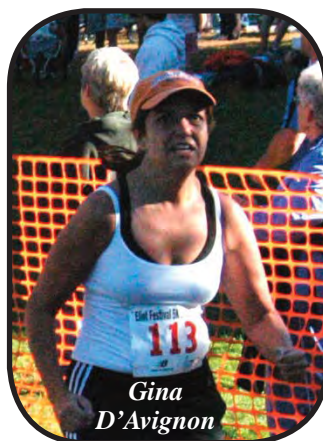
Tom Ryan



Marge Aube



Debbie Papps



Gina D'Avignon



Tyler Mercer



Barb Hintze

Mark Coughlin

Elliot Festival Day 5K Elliot, ME September 30, 2006

Place	Name	Div	City	Time	Pace
12	Tom Ryan	1/32 M50	Cape Elizabeth	16:20*	5:16
84	Rick Smith	14/65 M38	New Gloucester	19:46	6:22
91	Joseph Wright	22/40 M27	South Portland	19:54	6:25
115	Stephanie Atkinson	7/67 F35	Hollis	20:48	6:42
134	David Young	12/32 M53	Danville	21:06	6:48
140	Kathy Hepner	2/31 F46	Gorham	21:16	6:51
156	Carol Weeks	1/14 F57	Kennebunk	21:44*	7:00
157	Shaun Smith	21/65 M35	South Berwick	21:44	7:00
166	Dennis Graves	15/32 M52	Rochester	21:58	7:04
217	Richard Durgin	36/65 M34	Westbrook	23:47	7:39
231	Don Bessey	2/12 M61	Kennebunkport	24:05	7:46
260	Michelle Durgin	19/67 F35	Westbrook	24:31	7:54
273	Mallory Smith	5/22 F14	South Berwick	24:45	7:58
318	Robert Jolicoeur	7/17 M69	Old Orchard Beach	25:50	8:19
337	Richard Bouthillette	13/27 M59	Buxton	26:13	8:27
395	Mark Coughlin	29/36 M42	Old Orchard Beach	27:51	8:58
405	Gina D'Avignon	36/67 F39	Auburn	28:01	9:01
411	Sherry Carll	5/14 F59	Gray	28:10	9:04
427	Connor Smith	21/28 M11	South Berwick	28:27	9:10
465	Mel Uchenick	4/7 M75	Kennebunk	29:27	9:29
496	Hugh MacMahon	12/17 M68	Falmouth	30:02	9:40
518	Barbara Hintze	3/8 F63	Cumberland	30:43	9:53
585	Tyler Mercer	26/28 M12	Cape Neddick	34:03	10:58
586	Scott Mercer	24/27 M58	Cape Neddick	34:05	10:59
587	Debbie Papps	41/46 F43	Portland	34:10	11:00
592	Thomas Carll	25/27 M59	Gray	34:37	11:09
614	Janice Bilodeau	2/2 F73	Auburn	37:25	12:03
634	Mel Fineberg	4/4 M71	Portland	40:56	13:11
636	Sandy Utterstrom	6/8 F62	Falmouth	40:57	13:11
654	Ruth Hefflefinger	1/1 F77	Portland	45:22	14:36

* Under USATF Age-Group guideline

Pownal Pumpkin Festival 5K Pownal, ME September 30, 2006

Place	Name	Div	City	Time	Pace
6	Norman Morgan	M38	Lisbon Falls	22:59	7:24
9	Robert Randall	M69	Springvale	24:20	7:50

University of Maine Farmington Invitational Farmington, ME September 30, 2006

Men 4.97 Mile Run CC

Place	Name	Team
15	Tony Myatt	St. Josephs

Run for the Children 5K Gorham, ME September 30, 2006

Place	Name	Div	City	Time	Pace
14	Nancy Kneeland	F51	Bar Mills	22:39	7:18

New Hampshire Marathon Bristol, NH September 30, 2006

Place	Name	Div	City	Time	Pace
55	Phil Pierce	2/25 M6099	Falmouth	3:42:52	8:31
71	Jan Conley	4/28 F4049	Topsham	3:51:39	8:51

Elliot Festival Photos
by Don Penta

Those Thrilling Days of Yesteryear...

Compiled by Maggie Soule from the MTC archives

25 Years Ago: MTC finishers in the Casco Bay Marathon included Gene Coffin (2:30), Greg Parlin (2:46), Dick McFaul (2:48), Bob Coughlin (2:49), Russ Connors (2:52), Kim Beaulieu [now Kim Moody-Roberts] 2:54, Herb Strom (2:56), Bob Payne (3:00), Frank Morong (3:05), Barb Coughlin [now Barbara Hintze] 3:22, Dave Trussell (3:35), John Gale (3:38), Jane Dolley (3:41), Jeanne McDonald (3:41), Sandy Utterstrom (3:59), Rick Strout (4:13) and Al Utterstrom (4:25). Jamie and Rick Gildard, Werner Pobatschnig and Bob Coughlin won the Team Award (a case of beer) for MTC at the Great Pumpkin. Jean Thomas completed the NYC Marathon in 3:57. Kim Beaulieu won the Rowdy 100-miler and 50-miler, setting records for both and becoming “the superior candidate for [MTC’s] Female Runner of the Year.”

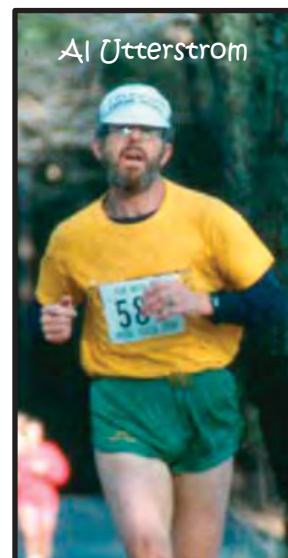
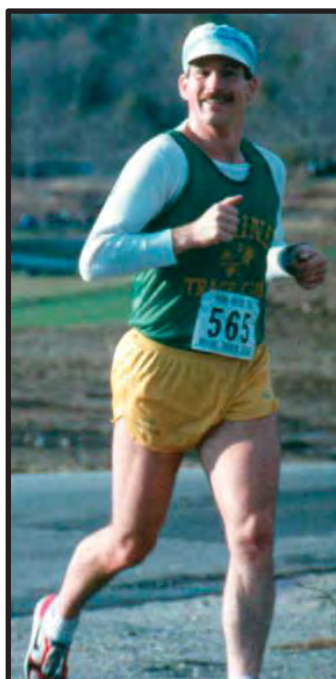
20 Years Ago: A progressive dinner took place in November, with cocktails and hors d’oeuvres at Linda and Fred Beck’s, appetizers at Anthony and Mary Salvo’s, an entrée at Ann and Rick Strout’s and dessert at Ruth and Ray Hefflefinger’s. Plans were underway for MTC’s annual banquet, set for December 7 at Michel’s. Renowned coach Bob Sevene, a mentor of Joan Samuelson and newly hired by Bowdoin College, was keynote speaker; Laura Duffy of Kennebunk and Matt Crook of Readfield received John Fyalka scholarships as the year’s outstanding high school runners. The second annual “predict-your-time” fun run preceded the banquet, with Brian Milliken correctly guessing his time at a precise 27:18. Sixty MTC runners participated.

15 Years Ago: MAINLY RUNNING declared Bob Winn October Athlete of the Month, based on his consistently great times for the year to date, including a near-record 50:29 at Bowdoin and Back. Heart-rate monitors were all the rage as an effective means of keeping runners from training too fast. LSD (long slow distance) advocate Carlton Mendell was honored at a surprise 70th birthday party hosted by the Hefflefingers. Farmington’s Tom Eastler held a race walking clinic at MTC’s December meeting. Bob Payne was nursing an injury and planning to challenge Phil Pierce at Boston in ’92. The injury did not keep Bob from his yearly hunting trip to Wyoming. Added John LeRoy: “MR has heard from reliable sources that Bob’s consumption of elk meat is the real secret of his running success.”

10 Years Ago: MTC members elected their 1997 officers during a November potluck supper at the Falmouth Congregational Church. Ron and Martha DePrez prepared to turn over the reins to Mike Reali and Terry Sutton, with John Gale moving up to Vice President. A Jingle Bell fun run preceded the December meeting at SMTc. Phil Pierce was promoting the second annual Fat Ass 50-Miler, set for December 28 in Brunswick. Ann McGovern, Marge Parsons, May Ann Doss and Martha DePrez made plans for the annual January awards banquet, to be held at the Italian Heritage Center.

5 Years Ago: Joan Lavin, profiled in the November NewsRun, described how she took up running: “I was overweight and a smoker.... [My husband John] took me to a running store in Kansas City where I bought my first pair of running shoes. They were men’s Tigers. They didn’t have a female running shoe in the store. I wore those shoes until they had holes in the bottoms. I started running from one telephone pole to the next, huffing and puffing all the way.” The NewsRun also published many thank-you letters from Maine Marathon and Casco Bay Half Marathon finishers, congratulating organizers on such amenities as “helpful volunteers, beautiful scenery, and cheering spectators.” Byrne Decker won the marathon men’s division in 2:30:51; Denise Jewell was first woman with 3:03:33. Race Director Howard Spear reported a record turnout, with \$18,000 in proceeds going to The Maine Children’s Cancer Program. The Hannaford Turkey Trot 5K boasted 497 registrants and 445 finishers. Ethan Hemphill (15:49) and Denise Jewell (18:43) were the overall winners.

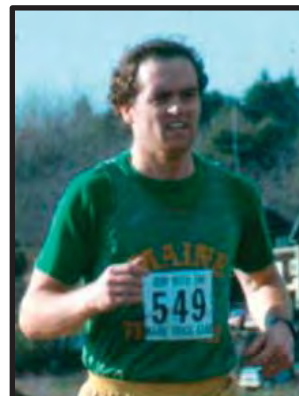
Cape Challenge Half Marathon



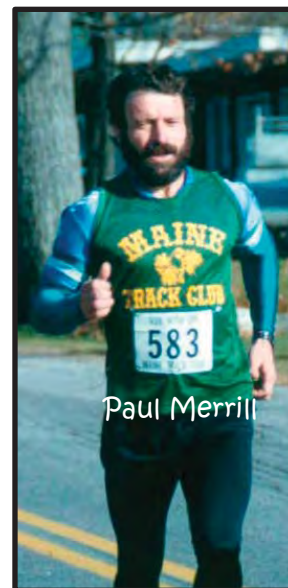
Al Utterstrom



Don Penta



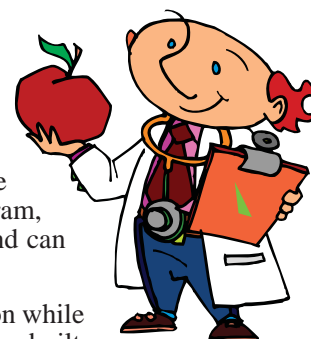
Carlton
Mendell



Paul Merrill

Doctor's Corner: Cross-train your way to running success...

by Peter Sedgwick, MS, MD



With the winter weather upon us, now is the perfect time to think about more variety in your training regime. Even for the most die-hard runner, cross-training is an essential component in overall fitness and injury prevention. It has been shown that runners who cross-train have lower injury rates, higher levels of happiness with their exercise program, and less mental fatigue (burnout). Cross-training is loosely defined, and can include organized sports, solo sports, and gym training.

Organized team sports are a fantastic way to get company and motivation while getting a workout. Soccer and Ultimate Frisbee both provide essentially a built-in interval workout, and provide strength and flexibility to supportive muscles not necessarily recruited in linear running. In the indoor realm, hockey and volleyball both provide similar advantages, with even more focus on burst speed similar to plyometric training. This type of burst-strength training has been shown in studies to improve athletic performance and decrease injury rates among runners.

Many runners use road cycling as a cross-training tool, either with the goal of competing in a triathlon or for general fitness. Cycling is a low-impact activity which provides excellent cardiovascular benefit, but its focus on hamstring/quad groups and linear motion does not make it the best choice for improving running performance. Swimming, on the other hand, works core muscles as well as provides improvement in upper body strength, and can deliver an all-body workout with much less time commitment than cycling. With the winter approaching, Nordic (cross-country) skiing and skate-skiing are highly recommended low-impact activities which provide fitness. For conditioning and flexibility, think about enrolling in a Pilates or yoga class, both of which provide essential flexibility and core strengthening many runners stereotypically lack.

Lastly, for any runner over 35 years of age, I recommend at least one day a week (two is better) of weight training in the gym to improve tone and strength of major muscle groups. Weight training has been shown to slow or reverse the age-induced physiologic changes that can lead to muscle injury and decreasing performance. Most gyms or community health fitness centers have extremely helpful staff who can help tailor a program to your specific needs.

In starting a cross-training program, as with any exercise program, start slowly in your new activity and be sure to warm up before and stretch fully afterwards. Even if you are the king or queen of the 10K in your county, I guarantee you will regret it if you try to keep up with the yoga instructor at your first time session! Remember that the whole goal is to have fun and be flexible - give a new sport a try and if you don't like it after the first several sessions, move on to something different. And, of course, remember to get out and run once and a while!



Maine Medical Center Sports Medicine Program

272 Congress Street, Portland Maine 04101-3637
(207) 662-7305 • Fax (207) 874-1918
www.mmc.org

The MaineHealth® Family



MTC Roasters Run 9/23/06

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

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

Twinbrooks/Pineland Fall & Winter running group meets every Monday Night through March from 5:45 to 7:00 p.m. at Twinbrooks in Cumberland on Tuttle Road in the first parking lot. We will move to the Pineland campus as we begin to lose light. All levels are welcome. Contact: Tiki Humphries (829-4707) lhumphri@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



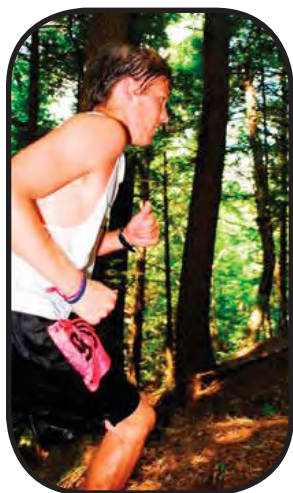


Jay Mountain Trail Marathon, Trail Half Marathon, and Jay Challenge Jay, VT July 29, 2006

First, let me say that the distances of these races vary from year to year. This year the marathon was 31.6 miles and the Half, 19 miles. If you like running in mud, up and down mountains, and on brook bottoms, this is the race for you. There are about three miles of brook that you run in, a steep climb where you can hold onto a rope and a river crossing with a rope. The mud is ankle deep, and if you "post hole" you can go deeper. There is a 4,000' elevation gain to get to the top of Jay Peak then you run straight down a double diamond ski trail. The brook running actually felt good on my feet, but the rocky bottom is slippery, and I slid on my butt down some of the mini waterfalls rather than taking a chance of falling. There is a cut-off time at the half marathon point (19 miles.) As hot as it was, I would have laid down in the brook to cool off if I knew I would not make it. This is the only marathon that I started and did not finish; I missed the cut-off time.



by Mike Brooks



I carried one water bottle; the aid stations were well stocked. The volunteers were friendly but some had little knowledge of the race or what was going on. You can put drop bags out on the course with whatever you think you will need. You are going to get wet and muddy. The course was well marked, but I still got lost. There are lots of mosquitoes and horse flies, so bring bug spray. If you have any doubts about which race you want to do, I would suggest trying the half. These are very difficult races, my friend finished the marathon in nine hours and he is normally a 3:15 marathoner. You MUST check out the runners' comments and what the race director has to say at www.jaychallenge.com before doing this race. Dan, the race director, does not exaggerate!! I thought something happened to my friend when he did not finish by 8 hours. Dan the Man helped track him down for me by checking

aid stations. Dan is a very likeable guy and really cares about the runners, but he does not baby you.

If the marathon is not enough for you there is the "Jay Challenge". Day 1 is a 26-mile paddle, Day 2 the Marathon, Day 3 a 65-mile bike ride in the mountains. Hats off to anyone who can finish this!!!

There is no pre-race dinner, and you have to buy your food and water at the end of the race. There are post race massages at a dollar per minute. The outdoor showers are free.

We stayed at the English Rose Inn because of the price and breakfast which was excellent, but we had a shared bathroom, and the room was small. That's what you get when you chose a cheaper room. We ate our other delicious and reasonably-priced meals at the Jay Peak ski area.

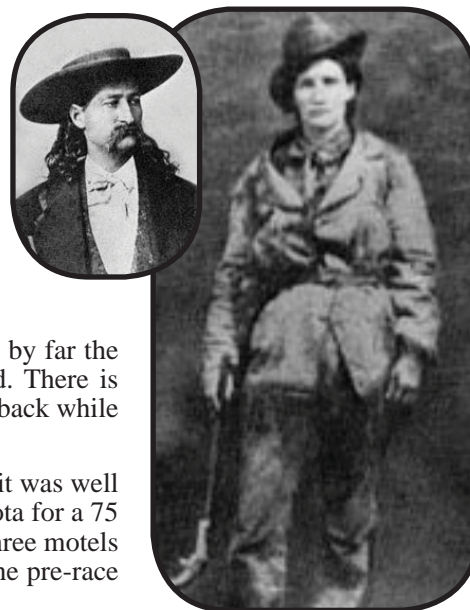
The Jay area has lots of hiking and biking trails plus water activities, but not much else. You are very close to Canada. When I got lost in the race, I might have made an illegal border crossing.

"The Easier Trail Ultras" - Lean Horse Hundred, Half Hundred and 50K Trail Races Hot Springs, SD August 27, 2006 (Also Deadwood Mickelson Trail Marathon, Mt. Rushmore Marathon, and a Ladies-Only Marathon)

I listed the Lean Horse races as easier because as far as trail ultras go they might be the easiest in the country, but in my mind there is no such thing as an easy ultra. Only 51 runners finished the Lean Horse Hundred out of about 80 which kind of proves this point.

My brother and I flew into Rapid City, SD arriving around 2:30 in the afternoon. This is by far the closest airport. We spent the rest of the day touring the towns of Deadwood and Lead. There is gambling here and lots of old west and mining history. Wild Bill Hickok was shot in the back while playing poker in Deadwood and is buried here next to Calamity Jane.

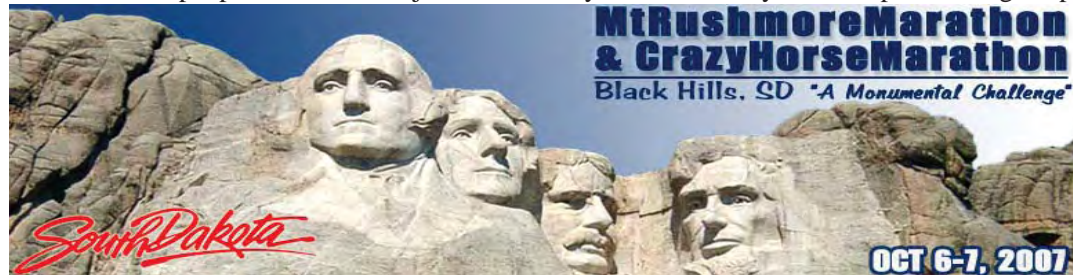
Day 2 we went to Devils Tower in Wyoming which is sacred to many Native Americans; it was well worth the two hour drive. From there we went to Wind Cave National Park in South Dakota for a 75 minute guided tour of the cave. Next we checked into the Riverside Inn which is one of three motels within walking distance of the Mueller Center where all race functions are held except the pre-race dinner. The other two motels are the Best Western and Budget Host.



On Day 3 we went to Custer State Park where we saw plenty of wild buffalo, Pronghorn antelope, white tailed deer and prairie dogs. We also enjoyed feeding the wild burros that roam the park. We then went to the Pioneer Museum and Mammoth Digs, both in Hot Springs. I went to packet pick-up, a mandatory runner's meeting, and left my drop bags all at the Mueller Center. Drop bags are left along the course with clothes, shoes and whatever else a runner might need during a race. The pre-race dinner was excellent with three pasta dishes, buffalo burgers, salad, drinks, and dessert.

At 5:15 the buses leave the Mueller Center for the 6 a.m. start. All three races start together and are run on the Mickelson Trail. The 100-Miler is an out-and-back. The 50-Miler and 50K are point-to-point. This is a rails to trails course with a gravel and crushed stone surface that has plenty of long gradual hills with a slight grade averaging 3%. The altitude is between four and six thousand feet. Aid stations are up to six miles apart averaging about three. In hot weather I would carry two water bottles. Last year it got up into the 90's, this year it rained most of the race and dropped to about 50 degrees and was very windy at times. It seemed much colder than that. All the aid stations have water and sports drink except one unmanned station with just water. Most aid stations have assorted ultra foods such as boiled potatoes, pretzels, orange slices, bananas, cookies, turkey and PBJ sandwiches, and salty stuff. At night some have hot soup and drinks. The volunteers at these stations are great and will assist you in any way they can, filling your bottles, getting drop bags etc.

This is a scenic course passing through small towns, prairie, and fields with horses and cattle grazing. There are also plenty of mountain views, Crazy Horse being one of the best. At night there are plenty of animals around, especially deer. The town of Custer had deer walking down the streets, on people's lawns, and just about everywhere else. My headlamp would light up



strange looking eyes staring at me from the sides of the trail as I trudged along. What types of animals these were I do not know but most were surely deer but some were not. Maybe strange beasts like the one in Turner, ME? One runner reported seeing a mountain lion which do frequent the area. I started to have some hallucinations as the sky lightened the second morning. Fence posts were moving in the distance and I saw people crossing the trail or looking towards me that were not there. After this happened a time or two I knew what was happening and just grinned the next time I saw a fence post start walking around.

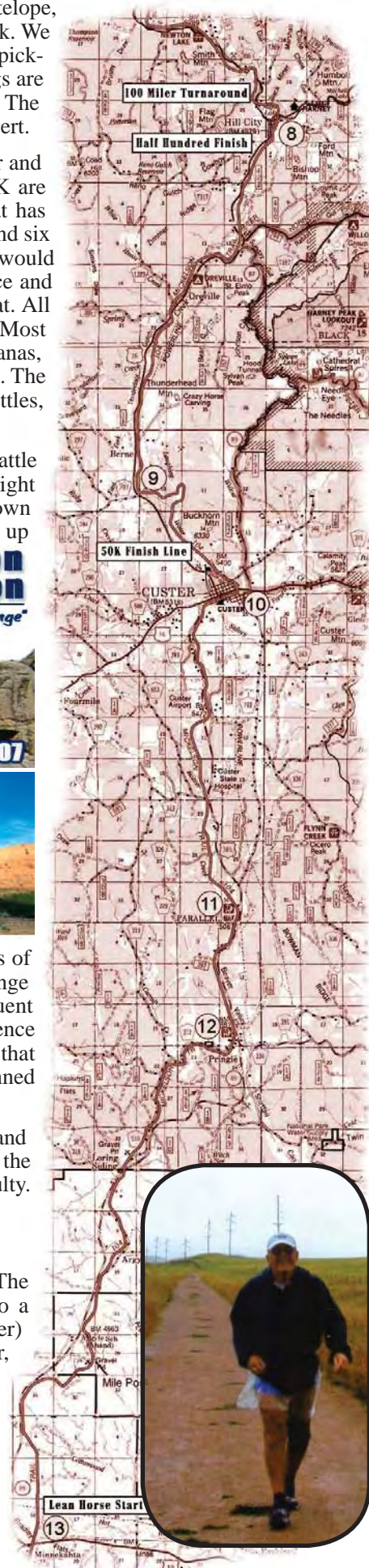
I was very cold, wet, and tired by the time I reached the finish. The hills seemed to get longer and steeper as time passed. The rain seemed endless, and as in any race, the last miles are always the longest. This is a nice course, and I am glad I did it even though the rain added to its difficulty. Maybe I was lucky that it wasn't the same 100 degrees as when we landed in Rapid City.

You get a nice polo-type shirt for the 100-Miler and an awesome belt buckle if you finish.

Other attractions you should not miss in the area are Mt. Rushmore and Crazy Horse. The Badlands are also within easy driving distance from Rapid City. If you would rather do a marathon than an ultra in the area there is the Mt. Rushmore Marathon in the fall (October) and the Deadwood Mickleson Trail Marathon in late spring (June). The same race director, Jerry Dunn, manages the Deadwood race and does a good job. His wife Elaine puts on the Leading Ladies Marathon in Spearfish, SD in August. This is a ladies-only race and is highly rated. After talking to Jerry while we ran part of the Bataan Death March Marathon in New Mexico together, I could tell anything he did would be done with 100% effort.

For more information on Lean Horse events go to www.leanhorse.com, for marathons go to www.marathonguide.com which also has other runners' opinions.

Happy Trails to You,
Mike



Maine Track Club Online...

Runners' Forum

There is a running board on cool running for Maine runners where we can have discussions amongst ourselves. The link is: <http://www.coolrunning.com/forums/Forum10/HTML/003476.shtml> with the newest topics on the last page. It is located in the community called The Neighborhood. Thanks, Richard Bouthillette (boothy) <http://www.boothysports.blogspot.com/>

Archives

www.rootsweb.com/~meandrhs/mtcarchives

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 1979-2005 have been scanned and saved as PDF files courtesy of David Colby Young and www.rootsweb.com. More MTC historical documents are being added, so keep checking back.

MTC Board Meeting Minutes 10/10/06

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

Secretary Report: Board Meeting Minutes (7/19/06) were not reviewed.

Treasurer Report: Ward indicated we had a \$15,000+ balance in the checkbook; expenses have been low and race income has been right on track.

Membership Report: Bonnie stated we had 687 members in 387 households. She also mentioned that there were no outstanding membership issues that need to be addressed. The Membership application is in need of a facelift. Mark gave everybody a copy and asked them to make suggestions/revisions and return them to Sandy. Everybody agreed that the photo on the front of the brochure needed to be replaced with the new club logo.

NewsRun Report: Sandy stated that the Jan/Feb 2007 issue will be her last due to family obligations. The Club needs to find a replacement now to start learning the ropes. All agreed that we need someone with some layout, design, and editing skills. Big shoes to fill. Sandy also mentioned that our newsletter has been nominated again for the RRCA Best Club E-Newsletter award!

Clothing Report: Mike D was absent.

Race Committee Report:

Hall of Fame Race: Bob and Phil P. have indicated that this was the last year that race will happen. They just don't have the attendance or support. While everybody agreed it was a shame to lose a race, it just doesn't have the support, and the date (Friday before a holiday weekend) is an issue.

Thanksgiving Day 4 Miler: George Towle is in Africa this year. The MTC will help oversee the race. George has agreed to donate \$300.00 to the club.

PT8K: is this Sunday and everything looks good. This was made a free race for MTC members. Pre-registered runners have exceeded expectations. It appears that MTC members are taking advantage of the club perk.

50 Miler/50K: Erik reports all is on schedule.

Maine Marathon: Another good year. There were some problems with the timing mats. The Board also discussed looking at additional support for the growing event.

E50: is 10/17. Volunteers are needed to help with the event.

MTC Board/Committee Positions: Elections will be held 11/17 at the Pasta Dinner for the 2007-2008 cycle. Now is the time to nominate people for the election.

Newsletter Editor: vacant

At-Large: vacant

Race Committee Chair: vacant

Social Events Committee Chair: vacant

Patriot's Day 5 Miler Race Director: vacant

Breakaway 5K Race Director: vacant

2007 Board & General Membership Meetings: There will be four Board Meetings per year, held on Tuesday nights. General Membership Meetings will be held every other month, except in a month where a MTC Social Event is scheduled. There will be no meeting in such months.

Web Site: The Board decided not to accept the Pemaquid proposal to re-vamp the website. The cost is too great. The Board felt we could pay someone to redesign the website and then maintain it ourselves versus paying someone a monthly maintenance fee.

Marathon/Club Tax Status Issues: A Tax Specialist has been consulted to sort out how the income from the Maine Marathon is to be reported. A decision needs to be made about whether to file it as a MTC Event, or to create a separate event fund with an exclusive Tax ID number, like the Beach to Beacon currently has. Several members expressed wish to file as a MTC Event.

Coaching/Track Sessions: Coaching sessions wrapped up for another year at Edward Little HS. Coach Bob Brainerd was presented with a \$100 gift certificate to Fore Street restaurant, courtesy of the MTC. He would like to coach again in 2007, but felt that the sessions at Cheverus broke up the flow of his group, so will not offer Portland sessions for the 2007 season.

50th Annual RRCA National Convention: Chicago, IL on March 21-25, 2007. Mark's expenses will be covered by the RRCA as he is a State Rep. Sandy expressed interest in attending again, as she will be preparing a presentation for the Awards Dinner.

Next Board Meeting: Wed. November 8th, Norway Savings Bank – Falmouth 6-8 p.m.

Next Membership Meeting:

Annual Pasta Dinner: Fri. November 17th, Columbia Club, 6 p.m.

Annual MTC Banquet: Sat. January 20th, Keeley the Katerer, 5 p.m.

Submitted 10/13/06

Mark Grandonico
President

Submitted 10/18/06

Lisa Despres
Secretary

Notices...

The 15th Annual Sportshoe Center Maine Marathon featured another record field and a familiar champion, as **Byrne Decker** of Yarmouth made a triumphant return to the race he used to dominate. It had been five years since Decker, 39, established the record for the current course on his way to winning the marathon for the fifth time in six years. Now, he has a sixth victory to add to his collection, along with a new course record. After overtaking early leader **Michael Downing** of Gorham midway through the race, Decker steadily pulled away and finished in 2 hours, 30 minutes and 25 seconds -- 28 seconds faster than his previous course record. Downing, 23, held on to finish second with a time of 2:35:45 in his first race longer than 15K.

The women's marathon, meanwhile, was dominated by **Dana Parrot**, 36, of Tampa, Fla. Parrot built a big early lead and was never challenged, finishing nearly three minutes ahead of runner-up **Sheri McCarthy-Piers**, 35, of Falmouth. Parrot completed the course in 2:53:54 to McCarthy-Piers' time of 2:56:40.

Another course record fell in the marathon relay, as the Spudland Racers of Caribou shattered the mark established in 2001 by PR Racing. **Jeffrey Sprague, Thomas Beckum, P.J. Gorneault** and **Scotty Dorrity** took more than three minutes off the old record (2:32:07), finishing in 2:28:40.

The half marathon drew nearly 1,800 entrants, and 1,495 runners and walkers completed the 13.1-mile course. And for the fourth year in a row, MTC member **Michael Payson**, 43, of Falmouth led the way, clocking a 1:13:10 for a 49-second victory over **Luke Wood**, 26, of Saco. **Erin Chlumsky**, 26, of Boulder, Colo., won the women's division in 1:20:03 -- 19 seconds ahead of Scarborough's **Kristin Barry**, 32.

Altogether, more than 2,200 runners completed either the marathon or the half, and another 300-plus participated in the marathon relay, which had a record field of 80 teams that finished the course. That represents a growth of more than 300% in the last 10 years.

Naturally, a race of this size couldn't be pulled off without the support of numerous MTC volunteers, all of whom deserve a heartfelt thank you for your support. We'd especially like to recognize the race committee members who dedicate so much of their time to make sure the event goes as smoothly as possible.

Next time you see some of the people listed below, please be sure to thank them for all their hard work.

Race Committee Members:

Erik Boucher -- Water-stop Coordinator
Eric Ortman -- Registration Coordinator
Phil Meech -- Finish-line Coordinator
Jennifer Goss -- Falmouth/Yarmouth Traffic Coordinator
Bob LaNigra -- Portland Traffic Coordinator
Mallory Vaccaro -- Food Coordinator
Lisa Despres -- Relay Coordinator
Kelly Fernald -- Awards Coordinator
John Keeley -- Finish Area Cleanup Coordinator
Ron Pelton -- Master of Ceremonies
Mel Fineberg -- Parking Coordinator
Charlie Scribner -- Course Clocks Coordinator
Mike Brooks -- Information/Pasta Dinner Coordinator

Al Utterstrom -- Course set-up
Mike Reali -- Road Barrier Coordinator
Michelle Durgin -- Sponsor Awards Coordinator
Don Penta -- Photographer
Sandy Walton -- Entry Form Designer
Dr. Bill Dexter -- Medical Director
Dr. Heather Gille -- Medical Coordinator
Dr. Peter Sedgwick -- Medical Coordinator
Carla Marcus -- WinterKids
Diane Smith -- TNT Campaign Manager
Allison Brouillette -- TNT Campaign Manager
Marc Brunelle -- Sportshoe Center
Frank Dirrigl -- Sportshoe Center
Ward Grossman -- Sportshoe Center

Thank you again to everyone who participated, as a runner and/or a volunteer, and we'll see you again next year.

Howard Spear and Bob Aube, Co-directors

Maine Marathon Relay Exchange:

A special thank you to the volunteers who helped at the relay exchange points. Spotting the relay runners and logging their times was a particular challenge due to spectator overload in these areas, and a ten-over-cap number of teams competing. Thank you to:

Maryanne Champeon -- for actually returning for another year at this post!

Colleen Donovan -- for running out for coffee, and the awesome homemade banana/Ghirardelli chocolate chip bread!

Ruth Hefflefinger -- for the diplomatic way that you handled the pesky crowd (at

least John said you were diplomatic)

Barb Hintze -- for the all-important feedback. Next year we will have it!

Rachel Pickus -- for bringing 5 pens, since I forgot to bring any.

John Stevens -- for risking your limbs by standing atop flimsy crates with swarming crowds all around you (all in the name of duty).

It wouldn't happen without you. Thanks!

Lisa Despres

Where NOT to pin your bib number...



Dan Cardillo Memorial 5K:

Jeanne Hackett and Marsha Greenberg wish to thank the following volunteers for their help:

Ted Asherman
Bob Aube
Cheryl Bascomb
Erik Boucher
Libby Christiansen
Sarah Christiansen
Jack Davis
Bill Dickson
Nancy Goldstein
Mark Grandonico
Ray Hefflefinger
Bonnie Hoag

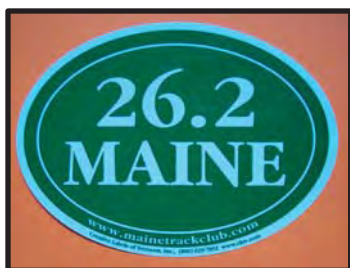
Bob LaNigra
Phil Meech
Brooke Palmer
Don Penta
Phil Pierce
Betty Rhines
Steve Schuit
Danielle Skillin
Paul Toohey
Jerry Waitts
Susan Weimer
Harry White

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.



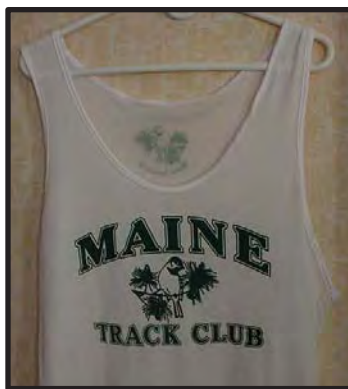
Maine Marathon Sticker, \$2.50: 6" x 4" Oval in white and green.



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

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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

EVEST LENDING

100 Larrabee Road, Suite 210,
Westbrook • Call Chris Boynton
831-3153

\$400 off Closing Costs on
Refinance, Purchase, or
Construction Loans

MAINE RUNNING COMPANY

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

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 December 1, 2006 - January 31, 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 or 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 31st.

- | | |
|---|------|
| <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
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RETURN SERVICE
REQUESTED



Annual Banquet

Saturday January 20th 5:00 p.m.

Keeley the Katerer • 178 Warren Ave. • Portland

There will be gifts for all attendees, door prizes, awards, great food, a slide show, and most importantly, fun!

MENU: Smoked Virginia Ham, Breast of Turkey, Top Round Beef, Italian Meatballs, Sirloin Tips, Haddock, Fromage, and Lasagne

COST: Adults \$15.00 • Children \$7.00

R.S.V.P. Cathy Burnie (829-5208) cburnie@maine.rr.com

MTC Handicap Run

Saturday January 20th 8:00 a.m.

The Bungalow • Corner of Rt. 22 & Broadturn Rd. • Buxton