

Run with a friend...

www.mainetrackclub.com

September/October 2005

The Cons of Being a Bandit

by John Keeley

So they are just looking for a practice run? Maybe they are trying to keep a friend company or are training another runner. Whatever the reason, people who enter races unofficially are literally stealing from legitimate runners and everyone associated with the race. These thieves, or bandits as they are more innocently called, are causing more problems than many may realize. They have become more than just a simple annoyance, they are affecting times, adding to congestion and most disturbingly hurting race profits. What these bandits, or turkeys as they are often labeled, do not seem to realize is that many of these races they are stealing admission into are for charity or non-profit organizations. The fact that they do not pay the admission fee could be compared to stealing a donation jar off of a store counter! Not only do these turkeys have the audacity to enter the race for free, they often help themselves to refreshments meant for official runners.

Race directors do not intend to make their

See **BANDIT**, page 2

President's Corner...

by Mark Grandonico

What a summer! I think it was a textbook example of what summers in Maine should be. Yes, it was toasty for much of August, but every time I started complaining about heat, I just remembered what was around the corner. It always seems that summer transforms into fall like the flick of a switch. This spring and summer saw increased numbers of runners at the Patriot's Day Race, Back Bay 5K, Sea Dogs, and Peaks Island which saw an increase of nearly 200 runners from 2004. There were also several new events this summer which contributed to a great running season. Weekends were full of race choices.

Our annual trip down to Newburport for the Yankee Homecoming Days 10-Miler and 5K was a great time for the 20 of us who ran. As usual, it was about 86 degrees at gun time. PR's were tough in that heat, but the crowd support is always great by putting out numerous water stops, garden hoses, and misting sprays. Usually this event is on the Tuesday right before the B2B. I received a lot of feedback this year that we should consider changing the event to a weekend so more people could attend. It's hard for a lot of people to get out of work at 3:30 to meet the bus at 4:00 in the middle of vacation season.

The Tuesday Night Track Crew will wrap up on September 20th. It was another great season; my thanks to Coach Bob for all of his hard work and dedication to the club and the Tuesday Night Tick Stompers! Some of those workouts were pretty brutal. Just because it was 90+, Bob didn't let us slack off! The New Member Social at SMCC and the Club Cookout at Two Lights State Park were both well attended and a lot of fun this year. As I write this article, we are in the planning stages for the Annual Awards Banquet. The new button, Volunteer Opportunities, has been added to the MTC Homepage. Please check it out when you visit the club website homepage. It should make volunteering easier with better information about what is needed.



On that note, we have several positions that need filling. We need an Equipment Manager, Marathon Traffic Coordinator, Mt. Washington Volunteer Coordinator, Peaks Island Co-Race Director, Sea Dogs Co-Race Director, and a MTC Bus Trip Coordinator. If you can contribute to the club with any of these positions, please let myself or any Board member know. It is a minimal time obligation and significantly contributes to the success of the club. See page 3 for more details.

See **PRESIDENT**, page 2

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Material submitted to the newsletter by the
1st Friday of the month prior to the next issue
will be considered for publication as space permits.*

**The next deadline is
Friday, October 7, 2005**

PRESIDENT, continued from page 1

In my last Presidents Corner I invited feedback on the procurement of a "Chip Timing System." After numerous conversations from Club Members, Runners, Race Directors, Board Members and other folks in the business, your Board has decided to concentrate on upgrading our equipment needs before we look at a chip system. We are specifically looking at a new digital clock, mile markers, finish line truss, finish chute pylons, and banners. Our current mile markers are falling apart, too low, and many of the letters are missing. Our clock has been in the shop for repairs several times. It's time to upgrade. I'd like to have all of this new equipment in place for the start of the 2006 season which I consider the Patriot's Day 5-Miler with no disrespect to our Mid-Winter Classic folks!

The Board will also begin to look at sponsorship. Many running clubs throughout the country are partnering with local businesses to sponsor the club financially in exchange for advertising. I believe this would be a great benefit for club members but also believe some parameters need to be set. If you are a local business owner or authorized representative, I invite you to give me a call or email if you are interested.

Please drop me a line at Grandm@maine.rr.com if you have any thoughts on club business or events. I welcome your feedback. This is your club!

Quote of the Month:

"Running is a big question mark that's there each and every day.

It asks you, 'Are you going to be a wimp, or are you going to be strong today?'"

- Peter Maher, Irish-Canadian Olympian and sub-2:12 marathoner

Run Safe!

Mark Grandonico

MTC President

BANDIT, continued from page 1



events exclusive, thereby excluding someone who cannot afford the race. If that were truly the bandit's reason for illegal running, they could speak with race officials regarding options to allow their participation. Event directors would most likely rather reach a compromise than deal with the non-stop headaches caused by the bandits, including the nightmare of matching official tags with the number of punches on the timer.

So what can you do? Be an aware and courteous participant. Do not stop in the chute, continue walking at a swift pace. Be sure to go through the chute and do not allow anyone to pass you. Fold your pull tag and keep on walking. Do not go back onto the course for ANY reason.

Races are meant to be an enjoyable experience for both the participants and the people holding the event, if you know a bandit who thinks his or her actions are harmless, take a minute to show them the big picture. If we ignore the damage these turkeys do to our races, the next disappointing run could be yours.

Look for "The Honor of Wearing a Race Shirt" coming soon.

Question:

Is it okay to run under another person's bib & chip in a road race?

What do you think? This question came up because what had been going on at some of the Maine Races lately. See <http://sports.maintoday.com/running/stories/050807soll.shtml> Below is Bob Aube's reply:

In most races where there's no limit on entries, it's no big deal to transfer your bib number to another runner if you can't run, under two conditions: the original runner gives permission for the transfer (wouldn't want someone claiming they have permission when they don't), and they let the race organizers know what they're doing so that the entry info can be changed, and so that the new runner can sign a waiver. It gets a bit more complicated if there's an entry limit. I know Mt. Washington and Falmouth, to name two examples, prohibit bib number transfers. The issue hasn't come up yet for the marathon; my inclination, for now, would be to allow transfers, although I reserve the right to change my mind.

Under no circumstances should somebody run with another person's number without telling anybody. Even in the case of the two runners mentioned Aug 7, 2005, in Steve Solloway's column, where the bandits borrowed someone's bib but not the chip, it's still wrong, IMHO. One reason would be if something were to happen to the bandit, such as an accident or medical emergency, in which case race organizers would have no way of identifying the person.

Equipment Manager

Maintains and stores the Club Trailer and Equipment. Deb Lynch is the current E.M. and has asked to pass the baton at the end of the year. Other duties of this position include maintaining the club equipment, organizing the trailer after events, assisting in the procurement of new equipment, getting quotes, ordering, and delivering/picking up the trailer to and from Race Directors for races. The Equipment Manager is a Board Member and reports to the President, VP, and MTC Board. Contact Mark Grandonico Grandm@maine.rr.com or Cathy Burnie CBurnie@maine.rr.com if you are interested in this vital position.

Mt. Washington Volunteer Coordinator

Currently Mike Brooks has coordinated the volunteers for the last few years. In this Race, MTC is allotted 10 slots to Club Members who didn't get a slot through the race lottery. In return, we supply 10 volunteers for the race. The Volunteer Coordinator is responsible for drumming up those 10 people (with club assistance) and assigning their duties on race day. Usually volunteers assist in the food tent, handing out medals, or parking cars in the field. Contact Mike Brooks FMI on what the job entails. He may be reached at mjbruns@adelphia.net.

Maine Track Club Annual Bus Trip Coordinator

Currently filled by Howard Spear, Howard had indicated that his hands are pretty full with the Marathon and Sea Dogs races. We are looking for someone to send out the emails, and coordinate the bus rental, race entries, and finances. This trip has traditionally been down to Newburyport for the Yankee Homecoming Days 10 Miler & 5K. A new event may be chosen for next year. The MTC Directors have this event under review including a possible "Mystery Race". Please contact Howard Spear RaceDirector@MaineMarathon.com or Mark Grandonico Grandm@maine.rr.com if you are interested in coordinating the Annual Bus Trip Event.

Marathon Traffic Coordinator

The Sportshoe Center Maine Marathon/Relay/Half Marathon is seeking a Yarmouth Traffic Coordinator to replace Phil Meech, who is taking over as Finish Line Coordinator. The Yarmouth Traffic Coordinator is responsible for: gathering and assigning volunteers to various intersections in Yarmouth and Cumberland. Last year's volunteer list will be available to assist in lining up volunteers. The coordinator should be available to attend some committee meetings, especially in September; race-day duties are from approximately 7:00 a.m. until noon. Contact Howard Spear 856-6496 for more information.

Sea Dogs Mother's Day 5K Race Co-Director

The Sea Dogs Mother's Day 5K has grown, and is on a path to become the largest 5K in Maine. This race is directed by Howard Spear and Sandy Utterstrom. Sandy is stepping aside this year, so we are looking for Co-Director to work with Howard. Duties include the usual tasks such as volunteer coordination, set up, clean up, assisting with results, and chute/finish line support. Don't worry if you haven't had a lot of road race experience. It's a learn as you go job! If you would like additional information, or would like to volunteer, please contact Howard Spear at racedirector@mainemarathon.com or Mark Grandonico at Grandm@maine.rr.com.

Peaks Island 5 Miler Race Co-Director

Larry Dyer is the Race Director and needs help in all areas of the race so we have decided to add a Co-Director to this event. This year we saw over 200 new entries into the race. The Peaks race is a favorite of tourists visiting Maine and needs additional support. Duties include volunteer coordination, equipment coordination (we have a ferry to deal with), set up, clean up, and finish line coordination along with result assistance. If you would like additional information, or would like to volunteer, please contact Mark Grandonico at Grandm@maine.rr.com.

YOUR FEEDBACK NEEDED

AT THE 8/18 CLUB BOARD MEETING, YOUR BOARD OF DIRECTORS VOTED TO MAKE SWEEPING IMPROVEMENTS TO CLUB'S EQUIPMENT. WE DECIDED TO PURCHASE:

A digital finish line clock	\$1500
6 mile markers, 2 finish line signs and 2 start line signs	\$1300
15 Pylons for the finish chute	\$1000
Finish line truss system (holds clock and banners)	\$1100

WHY? OUR CLOCKS ARE NEARLY 20 YEARS OLD AND IN NEED OF REPAIR; THE TRUSS SYSTEM WHICH HOLDS OUR "FINISH" BANNER IS FALLING APART; OUR MILE MARKERS ARE ALSO FALLING APART AND MANY ARE MISSING LETTERS; 100% OF THE PYLONS WE USE FOR THE CHUTE ARE CRACKED OR DAMAGED. THE BOARD FEELS STRONGLY THAT IN ORDER TO HOLD QUALITY RACES, WE NEED QUALITY EQUIPMENT. IN THE PAST, WE HAVE BEAT THIS SUBJECT UP REPEATEDLY. EVERYONE HAD BEEN HESITANT TO SPEND THE MONEY, BUT TIMES AND NEEDS HAVE CHANGED. I SUPPORT THE BOARD'S DECISION AND THINK THE TIME IS RIGHT FOR THIS "TEAR OFF THE BAND-AID" APPROACH.

WE HAVE THE FUNDS NECESSARY AND EVEN WITH THIS SIGNIFICANT PURCHASE, THE OVERALL BALANCE OF OUR FISCAL YEAR 05/06 BUDGET WILL NOT BE SIGNIFICANTLY IMPACTED. SO, HERE'S THE BOTTOM LINE... ACCORDING TO OUR CLUB BY-LAWS, NON-BUDGETED PURCHASES OVER \$1,000 REQUIRE MEMBERSHIP APPROVAL. PLEASE LET ME, OR ANY BOARD MEMBER (WWW.MAINETRACKCLUB.COM), KNOW IF YOU DISAPPROVE OF THIS PURCHASE! MANY OF YOU HAVE ALREADY SEEN THIS ARTICLE IN MY EMAIL ON FRIDAY, 8/19. WE ARE POSTING THIS IN THE NEWS*RUN FOR THOSE FOLKS WHO DO NOT HAVE EMAIL. WE HAVE SET A RESPONSE DEADLINE OF SEPTEMBER 9TH. PLEASE LET US KNOW IF YOU HAVE ANY CONCERNS ON THIS MATTER. YOUR FEEDBACK DRIVES THIS CLUB. AS ALWAYS, I CAN BE REACHED AT GRANDM@MAINE.RR.COM.

THANK YOU,
MARK GRANDONICO, MTC PRESIDENT

IMPORTANT!

Happy Birthday to These MTC Members...

September 2005

- | | |
|-----------------------|-----------------------|
| 2: Steve Colucci | 18: Courtney Marshall |
| Tyler Santero | Dottie Michaud |
| 3: Betty Disanza | 19: Kathy Foster |
| Dennis Morrill | Kathy Harris |
| Amber Sellers | Melissa Johnson |
| 4: Jeffrey Arsenault | Thomas Keating |
| 6: Samuel Dexter | Larry Perkins |
| 7: Ron Perry | 22: R.J. Harper |
| 8: Janet Crowe | Clara Mendell |
| Maxwell Payson | 24: Jonathan Gale |
| 9: William Dow | Heidi Graham |
| Jim Eckert | Michaela Lydon |
| 10: Kelsey Rex | 25: Don Bessey |
| 11: Carrie McCusker | 27: Colleen Salvo |
| 12: Randalyn Brocher | 28: John Lowell |
| Becky Foner | 29: Theresa Patten |
| Erich Reitenbach | 30: Mel Fineberg |
| Leanne Robbin | |
| 13: Terry Finnerty | |
| Harold Skelton | |
| 15: Eugene Longobardi | |
| Tyler Mercer | |
| 16: Karen Kisco-Tucci | |
| Maggie Soule | |
| Jim Tyrell | |
| 17: Glen Gallupe | |
| Emma Noonan | |



October 2005

- | | |
|---------------------|----------------------|
| 1: Jed Wright | Sandy Walton |
| 2: Mike Grant | 14: Alyson Grant |
| Malcolm Washburn | Kira Wigota |
| 3: Matt Rex | 18: Dino Joannides |
| Mike Vallee | 19: Connie McLellan |
| 5: George Campbell | Carlton Mendell |
| Karen Tuttle | 20: Peter Child |
| 6: Erin Lloyd | Theresa Gallupe |
| Sintayeha Taye | 21: Philip Meyer |
| Ellie Tucker | Dan Sobel |
| 7: Tom Ryan | 22: Robert Foster |
| 8: Bonnie Hoag | 23: Casey Walton |
| 9: Julie George | 24: Cathy Burnie |
| Caroline Young | Laura Cotton |
| David Young | Paul Letalien |
| 11: Cindy Morgan | 25: Ronald Chase |
| Sue Payson | 26: Ray Hefflefinger |
| Gretchen Read | 27: Rae Pierce |
| Susan Wiemer | Doug Schiller |
| 12: Peter Bottomley | 28: Pat Buckley |
| Brian Cliffe | Ben Dexter |
| Nancy Kneeland | 29: Kayla Bibeau |
| 13: Bob Aube | Whitney Bibeau |
| Jeanne Christie | Stewart Jordan |
| | Dennis Turner |
| | 30: Marty Lawrence |
| | Norman Morgan |



New MTC Members...

Suzanne Blais of Lewiston
Colleen Campbell of Sanford
Mark Clinch, Mark Clinch II, & Jesse Porter of Gorham
Mark Favolise of Sanford
John & Rilla Harrell of South Portland
Kate Harris of Falmouth
David & Stephanie House of Cape Elizabeth
Lorna (Tiki) & Charlie Humphries of North Yarmouth
Erin Lloyd of Thomaston
Eugene Longobardi of South Portland
Diane MacKinnon, Tom Byrne, and Elizabeth Byrne of Greene
Amy Morgan of Auburn
Ron & Carol Perry of Walpole
Jim & Pam Peverini of Oxford
Pamela & David Tapley of Portland
Karen Tuttle of Portland
Jessica & Elizabeth Wilcox of Topsham

MTC Membership Status...

- ♣ **Membership Growth:** We welcome 28 new members in this issue. As of August 22 we have 655 members in 369 households, up from 537 members in 340 households on August 12 one year ago.
- ♦ **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. Help support this effort. A special thank you to our members who have helped bring in new members.
- ♥ **Address Change:** Remember that most MTC mail is via a non-profit third-class permit, that is not forwarded to you or returned to us. The post office throws it away! Please either mail, phone, or e-mail your CHANGE OF ADDRESS and PHONE NUMBER to MTC c/o Sandy Walton when you move.
- ♠ **Member E-Mail Addresses:** As of August 22 we have e-mail addresses for 323 of our 369 households for 87.5%. 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 swalton2@maine.rr.com.



MTC General Membership Meetings
SMCC, Jewett Hall,
6:00-8:00 p.m. on:
Wednesday September 14th
Wednesday November 16th

Board Meetings
Norway Savings Bank,
Falmouth,
6:00-8:00 p.m. on:
Wednesday October 12th
Wednesday December 7th

Craig Wilson Wins Don't Run Boston 50K

by Mike Brooks

The "Don't Run Boston" 50K race was held April 17th in the Blue Hills Reservation just south of Boston. Although there is no major mountains in the race there are plenty of steep and rocky climbs and descents. This is a "no frills" race with very little aid on unmarked trails where just about everyone gets lost at least once. The day of the race turned out to be the warmest day of the year to date and was sunny.



Former Maine Track Club member, Craig Wilson, turned in a fine performance winning the race in a time of 5:54, finishing 32 minutes ahead of his closest competitor. Out of 19 starters only 9 finished this tough 50k. Race director Howie Brienan adds "Craig Wilson looked more like a 35 years of age than 55 in cruising to an easy win".

MTC Discounts and Clothing...

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

PEAK PERFORMANCE SPORTS

59 Middle St., Portland
15% ON SHOES
10% ON APPAREL

COASTAL ATHLETICS

84 Cove St., Portland
Call Ron Kelly 772-4530
ASICS SHOES EXCLUSIVELY
"TEAM PRICING" OFFERED

RUNNING DOG SPORTS

166 Narragansett St., Gorham
839-4RUN (839-4786)
10% ON SHOES AND APPAREL

MAINE RUNNING COMPANY

563 Forest Ave., Portland 773-6601
www.runwalkcompany.com
10% ON SHOES AND APPAREL

GEORGE & PHILLIPS INC.

Rt. 1 Kittery • 295 Water St., Exeter, NH
20% ON SHOES

LAMEY WELLEHAN

Auburn • Augusta on Water St. • Bangor
Mid-Mall • Cook's Corner • Falmouth
Shopping Ctr • Maine Mall • Waterville
10% ON RUNNING SHOES

SAUCONY FACTORY OUTLET

83 Farm Rd., Bangor, 942-7644
10% ON ALL NON-CLEARANCE
ITEMS

RUNNER'S ALLEY

104 Congress St., Portsmouth, NH 03801
603-430-1212 • www.runnersalley.com
10% ON SHOES AND APPAREL



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.



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



Photos by David C. Young

Winter Hat, \$8.00: Blue with white embroidery.

Where Do I get MTC Clothing?

To order: contact Mike Doyle
(871-0051)
mdoyle@mainecul.org
or
Maine Track Club
Attn. Mike Doyle
P.O. Box 8008
Portland, ME 04104



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



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



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



SAVE \$10

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www.sportshoecenter.com

Valid thru: 10 - 05 . 82

Advertise in NewsRun

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1/2 Page Ad \$75.00
1/4 Page Ad \$50.00
Business Card Size \$25.00

The Maine Track Club reserves the right to reject flyers and ads that are judged not to 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.

Goals Met - Thank You!

Last year I set out to complete the 135-mile Badwater Ultramarathon, buckle (finish in 48 hours or less), and climb Mt. Whitney at the end of the race. I did achieve these goals last year but I also had another goal. I told the people at Camp Sunshine that I would raise \$25,000 for them. This turned out to be the goal that took the longest but was the most rewarding. Camp Sunshine is located on Sebago Lake, Maine and is a retreat for critically ill children and their families. Anyone who visits Camp Sunshine goes away realizing what a wonderful and important place it is.

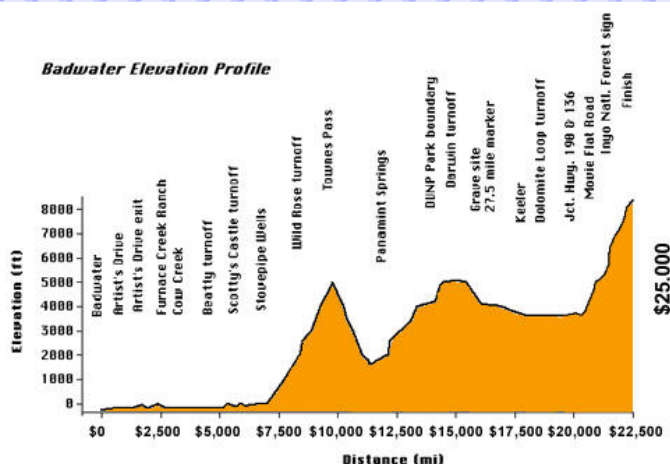
The Badwater race was only part of the fundraising effort to raise \$25,000. Camp Sunshine set up a website for me www.runningonthesun.org. Then there was a bake sale put on by City of Auburn employees that also got the ball rolling. Next I did a 12-hour walk/run on the quarter mile track at the Auburn high school where students were let out of class to join me if they donated \$5. This was a rewarding experience for me meeting these students who are just a great bunch of young adults. It made me realize you usually only hear about the bad ones. Black Bear Graphics heard about the fundraiser and donated "Running On The Sun" t-shirts that we sold.

The Auburn YMCA started to help me by setting up a Camp Sunshine table at their Wellness Weekend in June. Gary Dow of the Auburn Y made posters for me and also wrote an article about the Badwater/Camp Sunshine Fundraiser. Tish Caldwell started selling t-shirts, helped get donations at a motorcycle ride for C.S., and along with Katie Hunter arranged for me to get a large amount of free Advocare health products for the Badwater run. Tish also helped keep me healthy by attending her yoga classes at the Auburn YMCA.

Fitness World donated the use of their sauna so I could heat train for the 120+ degree temperatures. Ken Richards, my massage therapist who works out of Fitness World, sold t-shirts, gave me a free massage, and arranged for me to speak to a group of firefighters who donated to C.S.

Next came Badwater and without the crew I had out there keeping me "fed, watered, and healthy," I never would have finished the race. The Lewiston Sun Journal carried my race progress daily in the paper which helped raise additional funds.

The Sportshoe Center Maine Marathon arranged on their website for donations to be made directly to my fundraiser. They also donated \$40,000 directly to Camp Sunshine!!!! The New Balance 5K road race in Skowhegan along with the Turkey Trot 5K in Cape Elizabeth donated proceeds to Camp Sunshine. The Clam Festival Classic 5-Miler in Yarmouth also donated.



After all this I still had about \$5,000 to go so I decided to do a 24-hour race in June 2005 at Minneapolis, Minnesota. This race brought in a little over \$4,000. Quite a few people and businesses who donated once already donated again! This was one of the many pleasant surprises I had doing this fundraiser. I was now at \$24,300 and decided to send out an email to the Portland Rotary Club telling them how close I was to my goal. I know two of the members because they put on a pasta feed the night before the Sportshoe Maine Marathon that I was also involved with. Almost immediately I got a positive response and a few days later received a check for \$750, I finally made it!

I have raised money for different charities on a yearly basis since 1992 but never this much. At first this seemed an awesome task but it turned out to be not a task but an awesome experience. I met the nicest people; their generosity with both their time and money was inspiring. The time the lady on social security stopped me with a donation. The guy who handed me a large sum of cash just before the start of a road race saying "this is for Camp Sunshine" (he drove an old beat up car). The soldier I met at a marathon in Nebraska who was going to Iraq but made a donation before she left. I had friends and relatives that helped raise money from their friends and businesses where they worked. When I went to some businesses and told them I was raising money for critically and terminally ill children they would get out their checkbooks. It was the same with many of the firefighters throughout the state, Auburn and Lewiston firefighters especially. At the Industry Fire Dept. I met with fire departments from around the area, and they all made donations along with the County sheriff.

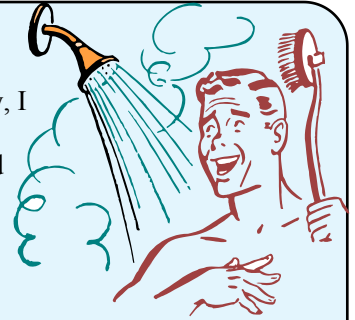
Above are just some of the people who helped me and just a few of the donations I received. There are just so many people to thank. For a partial list of sponsors, to learn more about the Badwater race and Camp Sunshine go to www.runningonthesun.org.

Thanks to everyone for their help,

Mike Brooks

Where Have All The Showers Gone?

Way back in the dark times before I joined the Maine Track Club, when I lived and raced away, I recall the typical race application being somewhat different from one of today. Well, there were the \$2 to \$5 to outrageous \$8 race fees. Waiver statements tended to be quite lengthy and heavy with legalese. In the 60's and 70's you might be informed on the race app that the finish order would be calculated by the handing in of numbered popsicle sticks, or if it were the more evolved 80's by the "sophisticated" Rainbow system, finish-order and gender color-coded stickers posted on a large sheet of paperboard - circles for the girls, squares for the boys, of course.



I also recall that most race applications of the 70s and early 80s featured prominently the availability of post-race showers, often announced right up there with race distance, date, time and place. And those showers were used! Post-race you would see sweating folks, still with number on and towel in hand, heading for the facilities. Personally, I don't mind standing around in my own sweat, enjoying my endorphins. But for the need to rush off right over the finish line to a wedding, funeral, bar mitzvah, first date, I never quite understood why some would want to wash off the race so quickly. So I never availed myself of the cleansing, preferring to stand around swapping stories and excuses: "How'd ya do?" "I didn't really race, it was just a training run," etc., etc., etc. These days I rarely see shower availability noted on an application. I'm told, though, that on finishing the Monday noontime Patriots' Day 5-miler and having to return to the office, a quick visit to the Boys' & Girls' Club locker room facilities is still a good idea. Okay.



Still, in the old days I always thought it a shame during awards to hear someone's name called and a buddy striding up, saying, "I can pick up his award - he's over taking a shower..."

Pat Buckley

RACE VOLUNTEERS NEEDED: PLEASE CONTACT THE RACE DIRECTORS BELOW TO VOLUNTEER AT UPCOMING MTC EVENTS.

Event	Location	Date	Time	Contact	Available positions
Maine Running Hall of Fame 5K	Portland	September 2	6:30 p.m.	Phil Pierce philip.pierce@med.va.gov	Registration, finish line
Dan Cardillo 5K	Portland	September 11	9:00 a.m.	Jeanne Hackett jhackettEbdmp.com	Registration, traffic, finish line
Sportshoe Center Maine Marathon/Relay/Half Marathon	Portland	October 2	7:45 a.m.	Bob Aube bobaube@mainetrackclub.com	Registration, water stops, traffic, course communications, chip removal, course setup/cleanup, trail vehicle
MTC 50-Miler and 50K	Brunswick	October 15	6:30 a.m.	Ned Vadakin 865-6617	Lap counters
Physical Therapy 8K	Brunswick	October 16	9:00 a.m.	Mark Grandonico grandm@maine.rr.com	Finish line (8:00-10:30 a.m.)
Hannaford Turkey Trot 5K	Cape Elizabeth	November 20	8:30 a.m.	Maggie Soule mwsoule@maine.rr.com	Registration, traffic, finish line



Doctor's Corner: Stretching is Good for You -- Fact or Fiction?

by Christina Smith, MD, Sports Medicine Fellow



Do you stretch before you run? How about afterwards? Or do you warm-up first, and then stretch before running? Do you stretch at all? Should you?

There are many misconceptions and conflicting reports when it comes to stretching and its benefits. It was long thought that stretching does the following things:

- 1) Increases flexibility
- 2) Improves performance
- 3) Reduces the risk of injury.

Stretching has been promoted for years as integral to runners, despite lack of evidence that it is beneficial in preventing either acute or chronic injuries. So should you stretch?

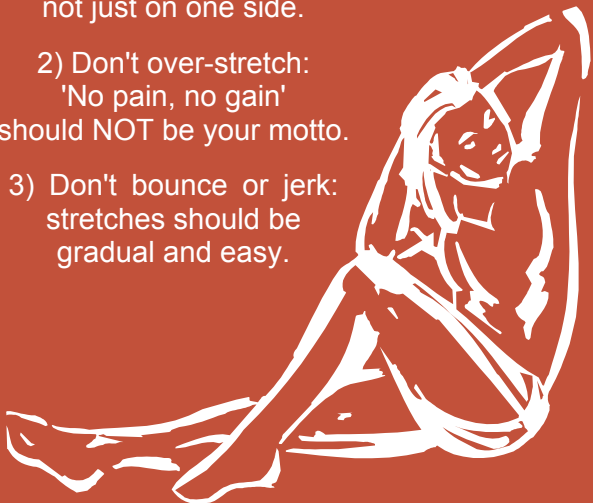
Recent studies have not shown a reduction in acute or overuse injury with stretching immediately before exercise. Clinical research on stretching minutes per day is inconclusive. So why stretch?

Although stretching may not prevent injuries, stretching has been shown to increase flexibility. More flexible muscles require less energy and are more efficient with movement. In order to properly stretch, it is recommended that a static stretch be held until no additional benefit is obtained. You should stretch until you feel slight tension (not pain), then hold the stretch, and as relaxation occurs in the muscle, deepen the stretch to achieve slight tension again. This can take 10-60 seconds, but on average takes 30 seconds. This improves your pain-free range of motion. And if you are going to incorporate stretching into your regimen, follow these suggestions:

1) Stretch the muscles on both sides of your body, not just on one side.

2) Don't over-stretch: 'No pain, no gain' should NOT be your motto.

3) Don't bounce or jerk: stretches should be gradual and easy.



Though the studies did not show injury reduction with stretching, the studies have found a decreased injury rate in runners who warm-up prior to running. An active warm-up is a brief period of light running to allow your muscles to prepare for the activity, before speeding up to your desired pace for the day.

Although stretching has not proven to reduce injuries, it is not recommended to stop a tried and true routine of pre-run stretches if it has been working for you. Instead, create a light warm-up routine before a run, which can be combined with a pre-existing stretching routine to increase flexibility and reduce pain and injuries. Happy trails.....



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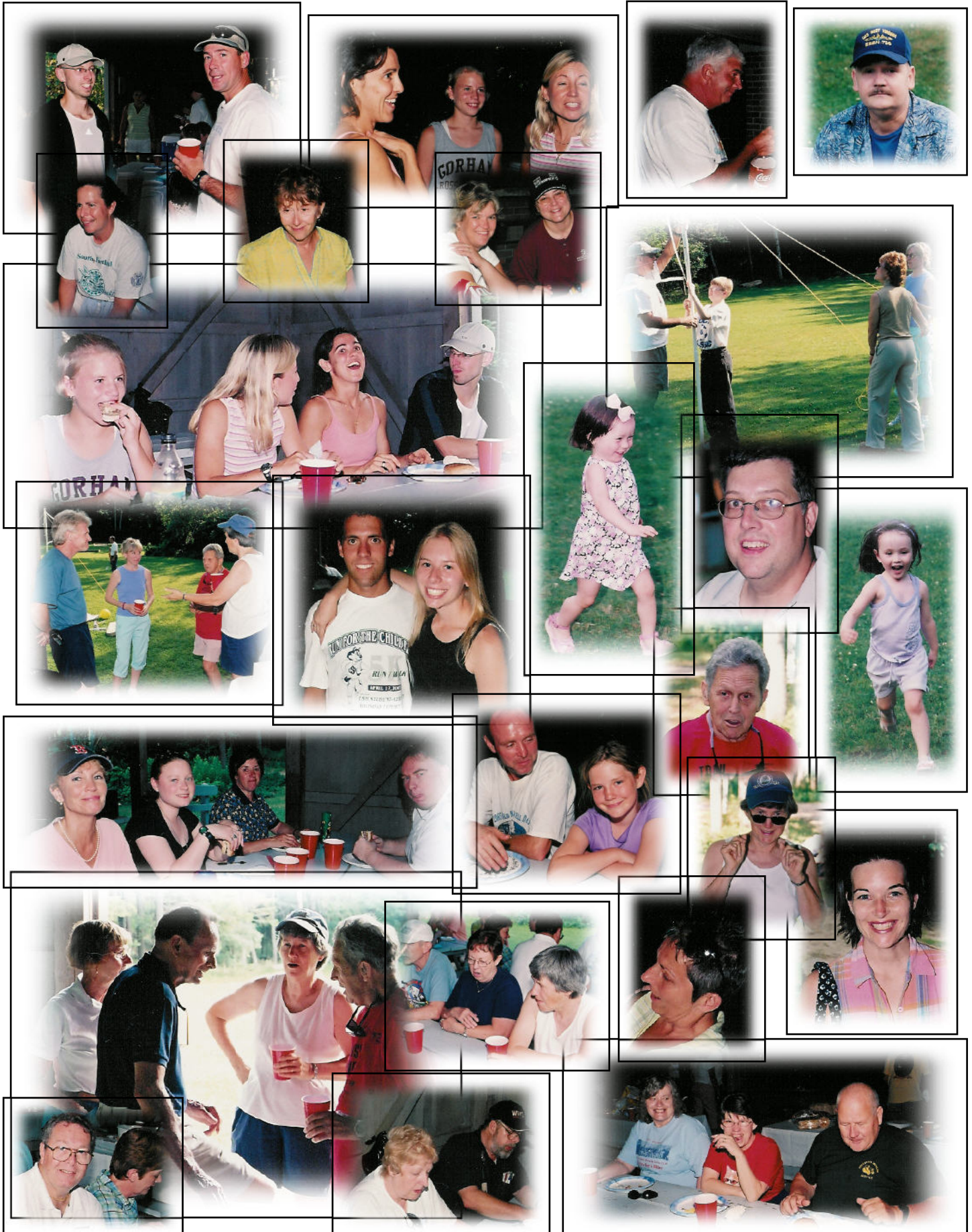
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Maine Track Club Receives 10% Discount

Annual Picnic & BBQ Photos...



Race Results and Photos...

Oops!! We missed Dick Lajoie, a long time member of the Track Club, in the Sea Dogs Mother's Day results this past May 2005. He did a great job in that race, coming in 2nd in his age group. *Photo by David C Young*

Place/Name	Div/Age	City	Time	Pace
252 Dick Lajoie	2/13 M6064	Saco	24:40	7:57

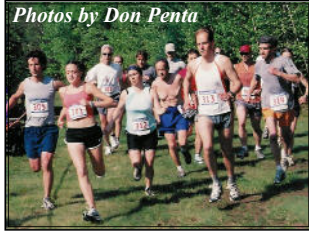


*Dick Lajoie
Sea Dogs 5K*

MECTA

MECTA Corporate Track Meet #1 Westbrook, ME June 7, 2005

Photos by Don Penta



Bradbury Mtn. (l. to r.) Rick Abradi,
Valerie Abradi, Kathy Hepner

Bradbury Mountain 7 Mile Challenge Pownal, ME June 5, 2005

Place/Name	Div/Age	City	Time	Pace
11 Rick Abradi	3 M46	Lisbon	:59:13	8:27
15 Valerie Abradi	2 F45	Lisbon	1:03:51	9:07
16 Kathy Hepner	3 F45	Gorham	1:09:23	9:54

Pond Cove 5K Challenge Cape Elizabeth, ME June 5, 2005

Place/Name	Age	Time	Pace
1 Devin Shaw	M22	16:48	5:25
3 Pete Bottomley	M43	17:06	5:31
5 Tom Ryan	M49	17:30	5:39
7 David Roberts	M50	18:19	5:54
8 Marc Dugas	M41	18:22	5:55
14 Brian Cliffe	M44	20:15	6:32
15 Matt Rand	M13	20:29	6:36
17 Matt Flynn	M43	20:45	6:41
25 Lloyd Slocum	M72	21:58	7:05
41 Ogden Williams	M49	22:59	7:24
65 Robert Randall	M69	24:33	7:55
66 David House	M55	24:36	7:56
88 Robert Jolicoeur	M68	26:23	8:30
91 John Morse	M60	26:31	8:33
93 Thomas Bottomley	M11	26:37	8:35
140 James Bottomley	M07	29:10	9:24
148 Martha Lippa	F44	29:35	9:32
153 Kristin Cook-Center	F34	29:45	9:35
159 Bob Flynn	M59	29:54	9:38
164 Mel Uchenick	M74	30:02	9:41
188 Michele Flynn	F56	31:08	10:02
193 Lauren Emerson	F47	31:22	10:06
256 Eileen Hamilton	F55	36:02	11:37



*Kim
Moody*



*Lois
Martin*



*Polly
Kenniston*



*Ray Shevenell
& David Roberts*

MECTA Photos by David C Young

200 Meter Dash				
Place/Name	Age	Team	Time	Points
1 Susan Wiemer	W40	USM	30.5	10
1 Kim Moody	W50	USM	37.5	10
1 Beth Birch	W64	Unum Provident	47.8	10
2 Terri Morris	W77	Unum Provident	55.7	8
11 David Young	M53	City of Portland	38.7	0
1 Ray Shevenell	M64	Unum Provident	34.8	10

400 Meter Dash				
Place/Name	Age	Team	Time	Points
1 Susan Wiemer	W40	USM	1:07.9	10
2 Kim Moody	W50	USM	1:23.6	8
1 Beth Birch	W64	Unum Provident	1:53.9	10
6 David Young	M53	City of Portland	1:16.3	1
1 Ray Shevenell	M64	Unum Provident	1:19.8	10
2 Jerry Levasseur	M68	BIW	1:24.4	8

800 Meter Run				
Place/Name	Age	Team	Time	Points
1 Robin Carlson	W34	Td Banknorth	2:46.7	10
1 Polly Kenniston	W69	Unum Provident	3:50.1	10
2 Beth Birch	W64	Unum Provident	4:40.8	8
1 David Roberts	M51	USM	2:26.9	10
5 Tom Kirner	M57	Unum Provident	3:15.6	2
1 Jerry Levasseur	M68	BIW	3:09.0	10
2 Ray Shevenell	M64	Unum Provident	3:28.1	8

1600 Meter Run				
Place/Name	Age	Team	Time	Points
2 Robin Carlson	W34	Td Banknorth	6:01.5	8
2 Kim Moody	W50	USM	6:24.7	8
5 Betsy Barrett	W54	Unum Provident	7:39.0	2
8 Lois Martin	W55	Maine Health	9:17.5	
1 Polly Kenniston	W69	Unum Provident	8:09.9	10
1 David Roberts	M51	USM	5:20.6	10
3 David Young	M53	City of Portland	6:13.3	6
6 Tom Kirner	M57	Unum Provident	6:43.6	1
1 Jerry Levasseur	M68	BIW	6:51.9	10
3 Ray Shevenell	M64	Unum Provident	7:28.9	6

High Jump				
Place/Name	Age	Team	Height	Points
2 Pamela Swan	W42	BIW	4-02.0	8
1 Ray Shevenell	M64	Unum Provident	3-08.0	10

Shot Put				
Place/Name	Age	Team	Distance	Points
1 Susan Wiemer	W40	USM	29-10.0	10
6 Pamela Swan	W42	BIW	23-08.5	1
2 Kim Moody	W50	USM	22-07.0	8
1 Beth Birch	W64	Unum Provident	20-02.0	10

Discus Throw				
Place/Name	Age	Team	Distance	Points
2 Pamela Swan	W42	BIW	63-02.0	8
1 Beth Birch	W64	Unum Provident	31-06.0	10
6 David Roberts	M51	USM	64-08.5	1

Race Results and Photos...

Raymond Day 5K Raymond, ME June 11, 2005

Kids 1K			
Place/Name	Age	Time	Pace
1 Blair Robbie	M09	Raymond	04:30.4

5K			
Place/Name	Age	Time	Pace
3 Floyd Lavery	M48	Gorham	18:27.6
7 Tom Peterson	M46	Honolulu, HI	20:45.3
19 John Howe	M70	Waterford	25:59.4
20 Brett Doney	M45	Oxford	26:01.1

2005 National Senior Games Pittsburgh, PA June 8-17, 2005

10K Road Race			
Place/Name	Age	Time	Pace
18 David Young	M5059	49:02	7:54
7 Bob Payne	M6569	50:12	8:05
10 Jerry Levasseur	M6569	54:43	8:49

5K Road Race			
Place/Name	Age	Time	Pace
17 David Young	M5054	21:13	6:50
14 Dennis Smith	M5559	20:55	6:45
6 Jerry Levasseur	M6569	23:39	7:38
9 Janice Bilodeau	F7079	38:24	12:23

1500 Meter Run			
Place/Name	Age	Time	
12 David Young	M53	5:28.58	
10 Dennis Smith	M55	5:20.73	
6 Jerry LeVasseur	M66	6:05.78	
7 Robert Payne	M66	6:07.07	

1500 Meter Race Walk			
Place/Name	Age	Time	
7 David Young	M53	12:21.78	
1 David Baldwin	M62	7:25.43	

(Did a great job!, but not a MTC member)

800 Meter Run			
Place/Name	Age	Time	
15 Dennis Smith	M55	2:35.90	
10 Jerry LeVasseur	M68	3:02.96	

I think those that don't participate in the Senior Games are missing out on a great event, both in the state and nationally. This is where you compete against those in your own age group from all over the country. I enjoy meeting and running against new people. The evening entertainment was really super and just adds much more to the games. I had a great time attending these events with all of the people from Maine.

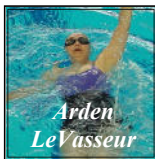
Bob Payne



New England Runners



National Senior Games Photos by David Colby Young



MECTA Corporate Track Meet #2 South Portland, ME June 18, 2005

100 Meter Dash				
Place/Name	Age	Team	Time	Points
1 Susan Wiemer	W40	USM	14.7	10
5 Lois Martin	W55	Maine Health	20.1	2
1 Terri Morris	W77	Unum Provident	24.7	10
2 Sandy Utterstrom	W62	Unum Provident	28.5	8
6 David Young	M53	City of Portland	17.8	1
1 Ray Shevenell	M64	Unum Provident	17.7	10

200 Meter Dash				
Place/Name	Age	Team	Time	Points
5 Lois Martin	W55	Maine Health	44.3	2
1 Terri Morris	W77	Unum Provident	54.7	10
2 Sandy Utterstrom	W62	Unum Provident	1:00.1	8

400 Meter Dash				
Place/Name	Age	Team	Time	Points
3 Laura Tyrrell	W58	Unum Provident	1:35.4	6
1 Polly Kenniston	W69	Unum Provident	1:49.5	10
2 Sandy Utterstrom	W62	Unum Provident	2:11.5	8
6 David Young	M53	City of Portland	1:18.2	1
1 Ray Shevenell	M64	Unum Provident	1:23.0	10

800 Meter Run				
Place/Name	Age	Team	Time	Points
1 Robin Carlson	W34	Td Banknorth	2:51.4	10
2 Laura Tyrrell	W58	Unum Provident	3:37.9	8
1 Polly Kenniston	W69	Unum Provident	3:54.1	10
3 David Young	M53	City of Portland	2:45.0	6
6 Tom Kirner	M57	Unum Provident	3:10.7	1
1 Ray Shevenell	M64	Unum Provident	3:05.7	10

1600 Meter Run				
Place/Name	Age	Team	Time	Points
1 Robin Carlson	W34	Td Banknorth	6:15.2	10
1 Laura Tyrrell	W58	Unum Provident	7:52.9	10
1 Polly Kenniston	W69	Unum Provident	8:18.7	10
4 David Young	M53	City of Portland	6:03.4	4
5 Tom Kirner	M57	Unum Provident	6:52.6	2
7 Jim Tyrrell	M58	Unum Provident	7:23.5	
1 Ray Shevenell	M64	Unum Provident	7:21.6	10

5000 Meter Run				
Place/Name	Age	Team	Time	Points
1 Robin Carlson	W34	Td Banknorth	20:27	10
1 Kim Moody	W50	USM	21:52	10
1 Polly Kenniston	W69	Unum Provident	26:33	10
1 David Roberts	M51	USM	18:02	10
5 David Young	M53	City of Portland	21:11	2
7 Tom Kirner	M57	Unum Provident	22:48	
8 Jim Tyrrell	M58	Unum Provident	24:34	
1 Jerry Levasseur	M68	BIW	23:50	10

High Jump				
Place/Name	Age	Team	Height	Points
1 Pamela Swan	W42	BIW	4-08.0	10
1 Ray Shevenell	M64	Unum Provident	3-06.0	10

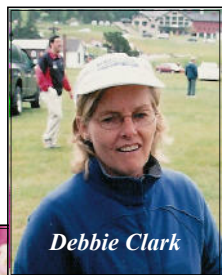
Shot Put				
Place/Name	Age	Team	Distance	Points
2 Susan Wiemer	W40	USM	26-06.0	8

Discus Throw				
Place/Name	Age	Team	Distance	Points
1 Pamela Swan	W42	BIW	71-03	10
3 Dick Bouthillette	M58	Unum Provident	70-01	6

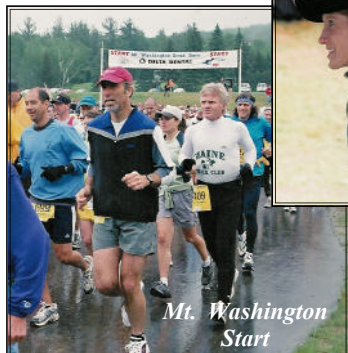
Race Results and Photos...



Mike Brooks & Carlton Mendell



Debbie Clark



Mt. Washington Start



Ann Darling

All photos
this page
by Don Penta



Ruth & Ray Hefflefinger



Sherry Grandonico
Nate Parson
& Terry Young

Friendly's New England Mile Portland, ME June 19, 2005

Place/Name	Div	Age	City	Time
12 Devin Shaw	9/20	M22	S. Portland	4:42.75
15 Tom Ryan	1/13	M49	Cape Elizabeth	4:45.25
19 Tony Myatt	2/8	M18	Portland	4:53.75
29 Abby Iselborn	2/5	F15	Portland	5:17.65
32 Kaitlynn Saldanha	3/5	F16	Scarborough	5:24.75
33 Stephanie Atkinson	1/10	F34	Hollis	5:24.85
34 Allyson Koenig	3/9	F19	Scarborough	5:26.65
39 Seth McKenney	4/8	M17	Portland	5:37.35
40 Ian Parlin	17/20	M29	Portland	5:37.85
42 John Keeley	1/8	M53	Portland	5:38.55
45 Emma Barclay	4/9	F28	Portland	5:43.15
51 Kathy Hepner	2/8	F45	Gorham	5:58.05
54 Lloyd Slocum	1/1	M73	Hollis Center	6:02.15
59 Erin Fuller	5/9	F27	Portland	6:06.85
68 Harry White	1/1	M62	Scarborough	6:18.55
76 Randalyn Brocher	6/9	F19	S. Portland	6:42.45
82 Thomas Bottomley	3/4	M11	Cape Elizabeth	6:49.95
83 Kitty Kelley	1/3	F58	Portland	6:50.95
86 Gail Saldanha		F49	Scarborough	6:59.85
90 Sarah Dugas	2/3	F12	Scarborough	7:11.65
91 Marc Dugas	10/13	M41	Scarborough	7:11.65
98 James Bottomley	5/7	M07	Cape Elizabeth	7:31.15
99 Laura Tyrrell	2/3	F58	Cape Elizabeth	7:31.25
103 Eileen Hamilton	3/3	F55	Scarborough	8:29.75
109 Matthew Swan	8/8	M17	Bowdoin	9:51.35
110 Pat Buckley	1/1	F67	Portland	10:00.25
114 Joe Ryan	7/7	M06	Cape Elizabeth	11:51.45
115 Suzy Ryan	8/8	F41	Cape Elizabeth	11:51.95
116 Sophie Dugas	3/3	F06	Scarborough	12:00.75
117 Lauri Dugas	10/10	F39	Scarborough	12:01.15

45th Annual Mount Washington Road Race Mt. Washington, NH June 18, 2005

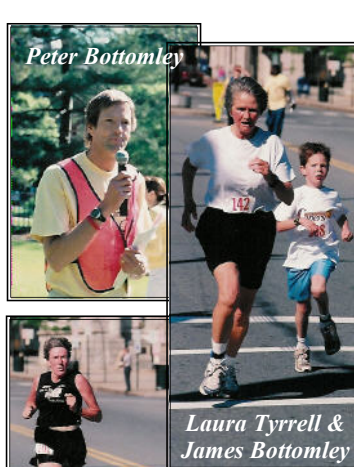
Place/Name	Age	City	Time
40 Andrew Baird	M32	Yarmouth	1:16:45
71 Floyd Lavery	M48	Gorham	1:21:57
176 James Toulouse	M57	Cape Elizabeth	1:33:31
240 Jonathan Rundell	M45	Scarborough	1:38:30
247 Tom Menendez	M51	Lewiston	1:39:06
502 Robert Giroux	M46	Wales	1:54:48
544 John Keeley	M53	Portland	1:57:25
548 Robert Coughlin	M66	Cape Elizabeth	1:57:45
610 Alburn Butler	M51	Portland	2:03:00
655 Brett Doney	M45	Oxford	2:07:01
678 Howard Spear	M55	Westbrook	2:09:49
694 Ann Darling	F38	Portland	2:10:54
724 Karen Connolly	F46	Hollis Center	2:13:45
742 Ronald Pelton	M52	Freeport	2:16:36
743 Mike Brooks	M59	Danville	2:16:45
805 Carlton Mendell	M83	Windham	2:49:19

On behalf of all the runners who ran Mount Washington this year, especially the ten MTC volunteers who made it possible for them to get into the race, a big thank you to Bob and Beth Branson, Debbie Clark, Mark and Sherrie Grandonico, Ray and Ruth Hefflefinger, Phil Meech, John McKenney, Nate Parson, Don Penta and Terry Young. Also thank you to Karen Connolly and her brother for providing MTC members a ride down the mountain and looking for other runners who needed a ride. The turnout of volunteers was great despite the weather. I hope you all enjoyed volunteering and thanks again for a job well done.

Mike Brooks



Matthew Swan



Peter Bottomley

Laura Tyrrell & James Bottomley



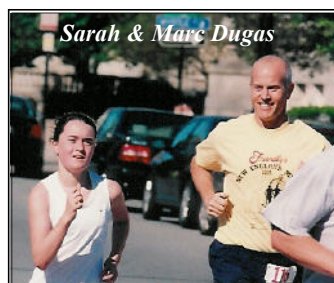
Erin Fuller



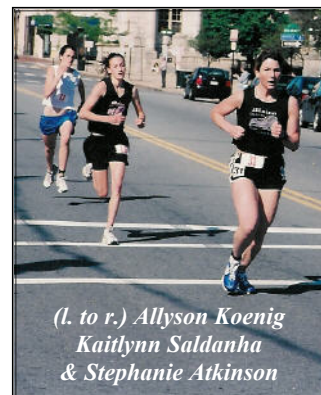
Brenda Day



Gail Saldanha

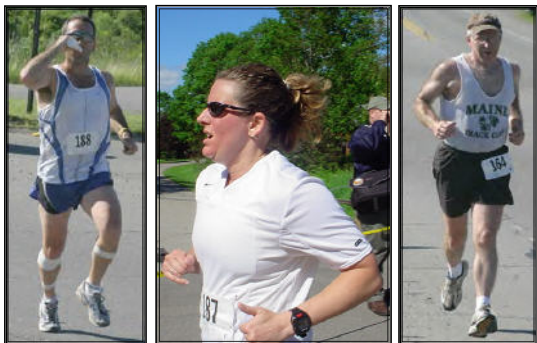


Sarah & Marc Dugas



(l. to r.) Allyson Koenig
Kaitlynn Saldanha
& Stephanie Atkinson

Race Results and Photos...



(l. to r.)
David
Drew,
Michelle
Gravel,
David
Colby
Young

Light to Light 7.5-Miler Rockland, ME June 19, 2005

Place/Name	Time
1 David Drew	47:32
13 David Young	56:30
35 Michelle Gravel	1:07:43

MECTA Corporate Track Meet #3 Portland, ME June 25, 2005

Shot Put				
Place/Name	Age	Team	Distance	Points
2 Pamela Swan	W42	BIW	22-03.00	8

Softball Throw				
Place/Name	Age	Team	Distance	Points
1 Pamela Swan	W42	BIW	138-00.50	10

Pole Vault				
Place/Name	Age	Team	Distance	Points
1 Pamela Swan	W42	BIW	8-06.00	10

Javelin Throw				
Place/Name	Age	Team	Distance	Points
1 Pamela Swan	W42	BIW	79-09	10

100 Meter Dash				
Place/Name	Age	Team	Time	Points
1 Ray Shevenel	M64	Unum Provident	16.72	10

200 Meter Dash				
Place/Name	Age	Team	Time	Points
1 Ray Shevenell	M64	Unum Provident	36.57	10

400 Meter Dash				
Place/Name	Age	Team	Time	Points
1 Ray Shevenell	M64	Unum Provident	1:18.80	10

800 Meter Run				
Place/Name	Age	Team	Time	Points
1 Ray Shevenell	M64	Unum Provident	4:20.77	10

1600 Meter Run				
Place/Name	Age	Team	Time	Points
1 Ray Shevenell	M64	Unum Provident	7:10.15	10

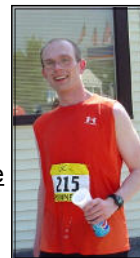
Harbor View 5K Camden, ME June 25, 2005

Place/Name	Age	Time
54 Ron Perry	67	30:59
65 Carol Perry	58	43:10

Pottle Hill 5K & 10K Mechanic Falls, ME June 25, 2005

5K Results					
Place/Name	Div	City	Time	Pace	
10 Norman Morgan	1/1	Lisbon Falls	24:03	7:46	
18 Dennis Morrill	2/2	Portland	32:28	10:29	
22 Mark Clinch	7/7	Gorham	44:31	14:22	
23 Debbie Jenkins	2/2	Mechanic Falls	47:13	15:14	

10K Results					
Place/Name	Div	City	Time	Pace	
2 Floyd Lavery	1/8	Gorham	39:37	6:24	
6 Bill Reilly	1/15	Brownfield	41:35	6:43	
10 Tom Menendez	4/15	Lewiston	44:30	7:11	
21 David Young	8/15	Danville	49:54	8:03	
22 Robin Carlson	1/1	Gorham	50:34	8:10	
(Robin peddled her bicycle 35 miles to the Race)					
23 Dana Staples	1/2	Auburn	53:54	8:42	
33 Bob Whitney	13/15	Brunswick	1:02:44	10:08	
38 Robert DeWitt	5/5	Lisbon	1:10:21	11:21	
39 Debora Clark	2/2	New Gloucester	1:14:18	12:00	
40 Carlton Mendell	1/1	Windham	1:24:39	13:40	



Dana Staples



Denny Morrill



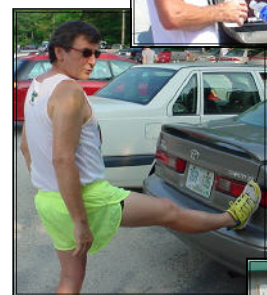
Bob DeWitt



(l. to r.) Bob Jolicoeur, Kristen
Cook-Center, Charles Sawyer



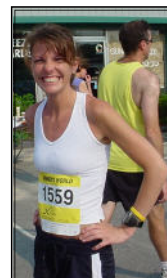
Norman & Cindy Morgan



All photos
this page
by
David Young

Literacy Volunteers 5K Falmouth, ME June 26, 2005

Place/Name	Time
8 Mike Pratico	18:50
16 John Eldredge	19:31
20 Harry Nelson	20:23
24 David Young	20:49
25 John Keeley	20:51
35 Kaitlynn Saldanha	21:58
49 Charles Sawyer	23:34
59 Dr. Philip Pierce	24:19
65 Thomas McLaughlin	24:38
67 Kristin Cook-Center	24:53
69 Ronald Chase	25:00
70 Kelle Keeley	25:14
77 Bob Jolicoeur	26:16
78 Rae Chalmers	26:20
94 Paula Sawyer	28:55
103 Denny Morrill	31:20
107 Caroline Young	37:23
110 Pat Buckley	41:46
113 Donald Penta	56:26



Kelle & John
Keeley

Don Penta, Pat Buckley, Dennis Morrill,
& Caroline Young



Race Results and Photos...



*Strawberry Shortcake Shuffle Start
Photo by David C Young*

1st Annual Strawberry Shortcake Shuffle 5K Damariscotta, ME July 2, 2005

Place/Name	Age	City	Time	Pace
5 Dino Joannides	M50	Round Pond	20:14	6:32
25 Charles Sawyer	M63	Concord NH	22:50	7:22
48 Elwin Guthrie	M69	Walpole	26:29	8:33
49 Ron Paquette	M64	Albion	26:37	8:35
56 Donnajean Pohlman	F54	Albion	27:47	8:58
65 Paula Sawyer	M55	Concord NH	28:32	9:12

York Four on the Fourth York, ME July 4, 2005

Place/Name	Div/Age	Time	Pace
102 Carol Weeks	1/10 F56	28:24	7:06
418 Scott Mercer	22/31 M57	38:05	9:32
417 Tree Mercer	39/58 F47	38:05	9:32

29th Annual Bridgton 4 on the Fourth Bridgton, ME July 4, 2005

Place/Name	Div/Age	Time	Pace
9 Peter Bottomley	1/60 M4044	22:00	5:30
23 Tony Myatt	4/123 M1418	23:50	5:58
34 Mike Grant	6/75 M4549	24:42	6:11
41 Tom Noonan	3/30 M3034	25:08	6:17
50 Allyson Koenig	1/76 F1924	25:33	6:24
53 Bill Reilly	1/40 M5559	25:49	6:28
74 Stephanie Atkinson	4/54 F3034	26:32	6:38
88 Kaitlynn Saldanha	2/151 F1418	27:09	6:48
116 Susan Wiemer	3/47 F3539	28:04	7:01
165 Zack Cost	4/82 M1113	29:22	7:21
264 Matt Grandonico	26/60 M4044	31:19	7:50
269 Philip Pierce	8/26 M6064	31:24	7:51
271 Gail Saldanha	2/57 F4549	31:27	7:52
320 Eugene Longobardi	27/55 M3539	32:29	8:08
337 Mark Grandonico	27/75 M4549	32:44	8:11
806 Denny Morrill	5/15 M6569	40:49	10:13
878 John Painter	21/26 M6064	42:11	10:33
1030 Sandy Utterstrom	10/17 F6064	46:33	11:39
1088 Carlton Mendell	3/6 M7599	49:11	12:18
1157 Mark Clinch	73/75 M4549	52:32	13:08
1375 Donald Penta	37/40 M5559	1:08:17	17:05

Friends on the 4th 5K Winthrop, ME July 4, 2005

Place/Name	City	Time
109 Cathy Burnie	Cumberland	27:10

Goose Rocks Beach Assoc. 11th Annual 5K Kennebunkport, ME July 4, 2005

Place/Name	Age	City	Time
11 Abby Isellborn	F15	Portland	18:09
35 John Keeley	M53	Portland	19:49
55 Mike Coughlan	M40	Kennebunkport	20:44
79 Paul Wolf	M48	Arundel	21:36
81 Lisa Despres	F42	South Portland	21:45
83 Deb Lynch	F39	Lyman	21:51
100 Robert Randall	M68	Springvale	22:11
116 Brian Flynn	M41	Kennebunk	22:52
136 Michael Lynch	M37	Lyman	23:34
151 Paul Coughlin	M49	Kennebunk	24:01
203 Robert Jolicoeur	M68	Old Orchard Beach	25:27
289 Linda Hunt	F58	Hollis	27:16
464 Pat Buckley	F67	Portland	34:54
542 Ruth Hefflefinger	F76	Portland	43:40

L.L. Bean Fourth of July 10K Freeport, ME July 4, 2005

Place/Name	Div/Age	Time	Pace
2 Michael Payson	1/88 M4049	33:11	5:21
3 Devin Shaw	1/30 M2029	33:53	5:28
9 Tom Ryan	3/88 M4049	35:32	5:44
17 Joan Samuelson	1/44 F4049	37:16*	6:00
19 Floyd Lavery	6/88 M4049	37:25	6:02
54 Tom Menendez	6/80 M5059	41:16	6:39
59 R.J. Harper	7/80 M5059	41:38	6:42
65 Harry Nelson	9/80 M5059	41:50	6:44
70 Alison Kisch	3/55 F3039	42:09	6:47
74 Matt Flynn	18/88 M4049	42:33	6:51
81 Brian Cliffe	19/88 M4049	42:57	6:55
91 Dennis Flynn	21/88 M4049	43:41	7:02
103 Kathy Hepner	6/44 F4049	44:26	7:10
113 Harry White	2/34 M6069	44:51	7:14
117 Scott Samuelson	29/88 M4049	44:59	7:15
141 Gretchen Read	1/4 F6069	46:16*	7:27
166 Peter Child	4/34 M6069	47:30	7:39
180 Stephen Lauritsen	41/88 M4049	48:04	7:44
200 Erin Fuller	9/32 F2029	49:26	7:58
204 Alburn Butler	31/80 M5059	49:37	8:00
205 Jerry Levasseur	6/34 M6069	49:42	8:00
207 Harry Center	48/88 M4049	49:45	8:01
210 Bob Coughlin	8/34 M6069	49:55	8:02
223 Rosalyn Randall	3/21 F5059	50:18	8:06
236 Greg Welch	36/80 M5059	50:37	8:09
237 Ron Pelton	37/80 M5059	50:38	8:09
252 Dale Rines	41/80 M5059	51:33	8:18
277 Mallory Vaccaro	20/55 F3039	52:22	8:26
278 Howard Spear	44/80 M5059	52:22	8:26
279 Kristin Cook-Center	21/55 F3039	52:27	8:27
282 Ron Chase	14/34 M6069	52:35	8:28
307 Martha Lippa	21/44 F4049	53:58	8:42
321 Polly Kenniston	2/4 F6069	54:35*	8:47
325 Ron Dearth	70/88 M4049	54:52	8:50
333 Bob Branson	20/34 M6069	55:12	8:53
354 Mike Brooks	54/80 M5059	56:27	9:06
368 Elwin Guthrie	24/34 M6069	57:00	9:11
390 Robert Flynn	62/80 M5059	57:58	9:20
393 Walter Fletcher	64/80 M5059	58:06	9:21
397 Paula Sawyer	14/21 F5059	58:17	9:23
428 Michele Flynn	15/21 F5059	1:00:09	9:41
435 Donna Bisbee	34/44 F4049	1:01:10	9:51
445 Beth Branson	3/4 F6069	1:01:56	9:58
457 Robert Dewitt	30/34 M6069	1:03:42	10:16
458 Yumi Dearth	38/44 F4049	1:03:51	10:17
477 Bill Davenny	31/34 M6069	1:05:18	10:31

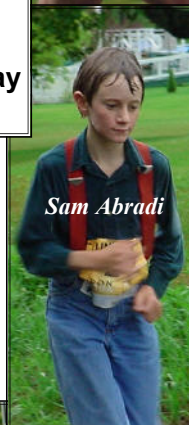
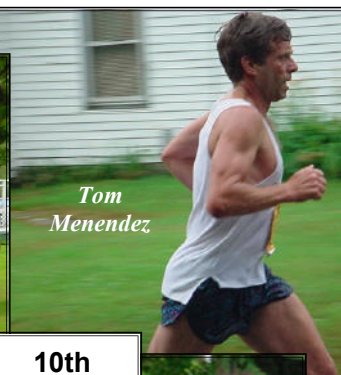
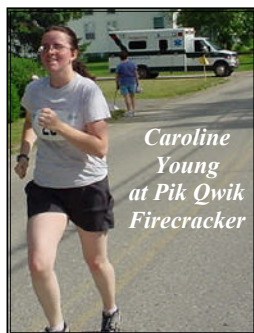
Race Results and Photos...

Pik Qwik Firecracker 5K Thomaston, ME July 5, 2005

Place/Name	Age	City	Time
15 David Colby Young	M52	Danville	22:00
66 Caroline Young	F22	Danville	33:23

10th Annual Moxie Day 5K Lisbon Falls, ME July 9, 2005

Place/Name	Time	Pace
24 Tom Menendez	19:03	6:09
44 Rick Abradi	21:11	6:50
51 Norman Morgan	21:44	7:01
58 Charles Sawyer	21:54	7:04
62 Peter Child	22:11	7:10
73 Valerie Abradi	23:01	7:26
88 Ron Chase	23:43	7:40
89 Kristin Center	23:44	7:40
112 John Morse	26:11	8:27
129 Paula Sawyer	27:01	8:43
145 Reggie Van Buckley (aka Dennis Morrill)	30:14	9:46
146 Robert DeWitt	30:38	9:53
155 Lois Martin	31:39	10:13
157 Heather Sargent-Plante	31:46	10:15
169 Sam Abradi	34:56	11:17
173 Carlton Mendell	36:40	11:50



Run for the Gym 5K Springvale, ME July 10, 2005

Place/Name	Div/Age	Time	Pace
3 Devin Shaw	1/3 M22	16:15	5:15
8 Floyd Lavery	1/16 M48	17:41	5:43
29 Eric Ortman	6/16 M46	19:50	6:24
54 Charles Sawyer	1/2 M63	22:09	7:09
61 Randalyn Brocher	3/6 F19	22:48	7:22
72 Jerry Levasseur	2/3 M67	24:08	7:47
98 Paula Sawyer	1/2 F56	27:08	8:46
130 Eileen Hamilton	2/2 F55	32:40	10:33
136 Janice Bilodeau	1/1 F72	37:17	12:02
137 Carlton Mendell	1/1 M83	38:04	12:17
138 Donald Penta	6/6 M59	51:02	16:28

All photos this page by
David Colby Young

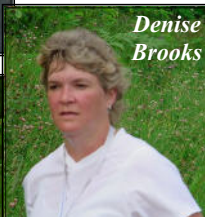


KBIA - A Day at the Beach 5K Kennebunk Beach, ME July 10, 2005

Place/Name	Div/Age	Time	Pace
130 Linda Hunt	1/2 F5559	29:47	9:35

4th Annual Oxford Hills 5K Run to the Lake Norway, ME July 10, 2005

Place/Name	Div/Age	Time	Pace
18 Thomas Menendez	3/14 M5059	19:29	6:17
25 Stephanie Atkinson	3/12 F3039	20:37	6:38
49 Dr. Philip Pierce	1/2 M6069	23:16	7:30
56 John Howe	1/2 M7079	24:11	7:47
58 Gordon Atkinson	10/14 M3039	24:14	7:48
103 Lois Martin	2/6 F5059	29:15	9:25
114 Heather Sargent-Plante	12/12 F3039	32:08	10:21
124 Carlton Mendell	1/1 M8099	38:29	12:24
126 Denise Brooks	11/11 F4049	43:34	14:02
127 Nancy Walton	6/6 F5059	43:38	14:03



Lake Winnecook Sprint Triathlon Unity, ME July 10, 2005

Place/Name	Age	Swim	Bike	Run	Total
4 David Drew	M41	11:13	39:59	24:20	1:15:31
19 Robin Carlson	F34	12:02	45:16	27:36	1:24:53
24 James Dunn	M43	13:11	44:57	29:11	1:27:18

Race Results and Photos...

MECTA Corporate Track Meet #4 Brunswick, ME July 13, 2005



MECTA Photos by David Colby Young



MECTA Meet #4 (l. to r.) Polly Kenniston, Mark Grandonico, Robin Carlson, Ray Shevenell, Sandy Utterstrom, Sherry Grandonico, Susan Wiemer



Photos by David Colby Young

(above) Charlie Scribner, Don Penta, Linda Hunt

Harrison Old Home Days 4-Miler

(below) David & Elizabeth Young, Georgia Vallee



Photos by Don Penta



Alfred Old Home Days 4-Miler

(l.) Paula & Charles Sawyer

Photos by David C Young



65 Meter Hurdles Low				
Place/Name	Age	Team	Time	Points
1 Susan Wiemer	W40	USM	10.5*	10

100 Meter Dash				
Place/Name	Age	Team	Time	Points
1 Susan Wiemer	W40	USM	14.5	10
1 Ray Shevenell	M64	Unum Provident	15.6	10
2 Kim Moody	W50	USM	18.2	8
7 David Young	M53	City of Portland	18.4	
4 Sherry Grandonico	W52	Maine Health	19.8	4
6 Lois Martin	W55	Maine Health	20.6	1
2 Terri Morris	W77	Unum Provident	24.5	8
3 Sandy Utterstrom	W62	Unum Provident	28.9	6

200 Meter Dash				
Place/Name	Age	Team	Time	Points
1 Susan Wiemer	W40	USM	1:06.9	10
2 Kim Moody	W50	USM	1:23.3	8
4 Betsy Barrett	W54	Unum Provident	1:30.8	4
5 Sherry Grandonico	W52	Maine Health	1:37.3	2
1 Polly Kenniston	W69	Unum Provident	1:50.1	10
2 Sandy Utterstrom	W62	Unum Provident	2:13.5	8
7 Mark Grandonico	M46	Maine Health	1:14.1	
8 David Young	M53	City of Portland	1:16.1	
1 Ray Shevenell	M64	Unum Provident	1:14.7	10
2 Jerry Levasseur	M68	BIW	1:18.8	8

800 Meter Run				
Place/Name	Age	Team	Time	Points
1 Robin Carlson	W34	Td Banknorth	2:52.7	10
2 Betsy Barrett	W54	Unum Provident	3:26.9	8
3 Laura Tyrrell	W58	Unum Provident	3:44.5	6
1 Beth Birch	W64	Unum Provident	4:41.3	10
8 Mark Grandonico	M46	Maine Health	3:10.6	
2 David Young	M53	City of Portland	2:56.6	8
4 Tom Kirner	M57	Unum Provident	3:15.4	4
1 Jerry Levasseur	M68	BIW	3:30.3	10

3200 Meter Run				
Place/Name	Age	Team	Time	Points
2 Robin Carlson	W34	Td Banknorth	13:07.2	8
3 Betsy Barrett	W54	Unum Provident	15:34.0	6
4 Laura Tyrrell	W58	Unum Provident	16:31.3	4
1 Polly Kenniston	W69	Unum Provident	17:00.4	10
2 Beth Birch	W64	Unum Provident	19:56.2	8
1 Mike Payson	M42	City of Portland	9:54.7	10
2 David Young	M53	City of Portland	12:49.0	8
4 Tom Kirner	M57	Unum Provident	13:58.5	4
6 Jim Tyrrell	M58	Unum Provident	15:20.3	1
1 Jerry Levasseur	M68	BIW	14:53.4	10
2 Ray Shevenell	M64	Unum Provident	15:52.2	8

Shot Put				
Place/Name	Age	Team	Distance	Points
2 Susan Wiemer	W40	USM	27-09	8
8 Pamela Swan	W42	BIW	16-11	
3 Kim Moody	W50	USM	20-03	6
1 Beth Birch	W64	Unum Provident	17-01	10

Discus Throw				
Place/Name	Age	Team	Distance	Points
2 Pamela Swan	W42	BIW	69-04	8
1 Beth Birch	W64	Unum Provident	33-01*	10

High Jump				
Place/Name	Age	Team	Height	Points
1 Pamela Swan	W42	BIW	4-10	10
3 Ray Shevenell	M64	Unum Provident	3-06	6

Race Results and Photos...

Harrison Old Home 5K Run/Walk Harrison, ME July 14, 2005

Place/Name	Age	Time	Pace
10 David Young	M52	20:54	6:45
74 Georgia Vallee	F38	28:31	9:12
75 Linda Hunt	F59	28:36	9:14
111 Carlton Mendell	M83	38:07	12:18

Alfred Old Home Days 4-Miler Alfred, ME July 16, 2005

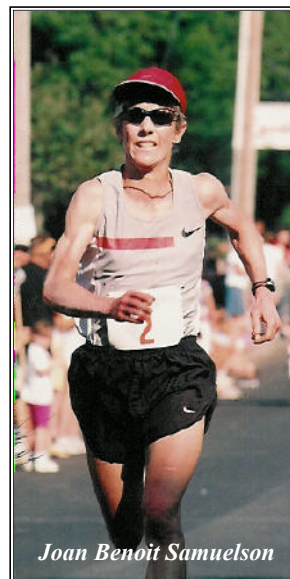
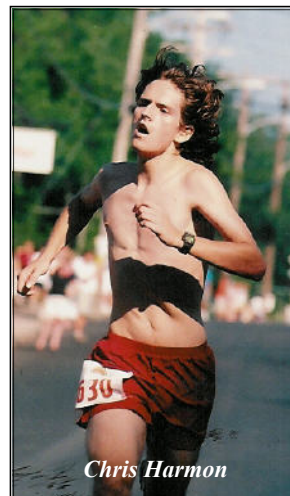
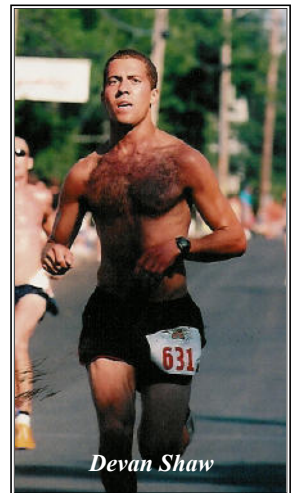
Place/Name	Age	Time
26 Charles Sawyer	M63	28:53
44 Paula Sawyer	F56	34:54
56 Mark Clinch	M49	48:29

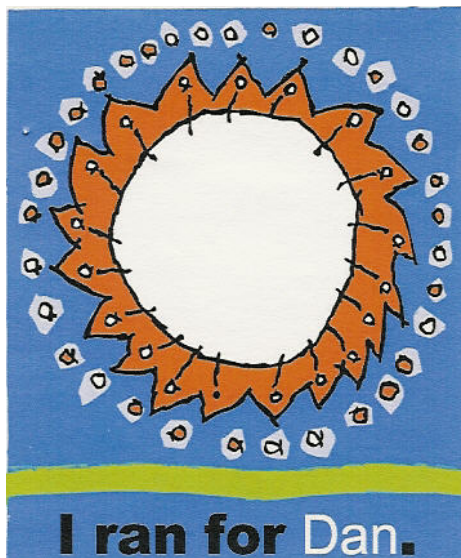


Clam Festival Classic 5-Miler Yarmouth, ME July 16, 2005

Clam Festival Photos
by Don Penta

Place/Name	Div/Age	City	Time	Pace
5 Michael Payson	1 M4049	Falmouth	25:57	5:12
10 Devin Shaw	4 M2029	S Portland	26:52	5:23
23 Chris Harmon	4 M1619	Scarborough	27:55	5:35
29 Tom Ryan	5 M4049	Cape Elizabeth	28:48	5:46
33 Floyd Lavery	6 M4049	Gorham	29:10	5:50
38 Marc Dugas	8 M4049	Scarborough	29:26	5:54
39 Joan Benoit Samuelson	1 F4049	Freeport	29:30	5:54
58 Tony Myatt	13 M1619	Portland	31:08	6:14
68 David Drew	12 M4049	Litchfield	31:38	6:20
73 Sean Ireland	15 M3039	Portland	32:02	6:25
79 Jeff Rand	15 M4049	Cape Elizabeth	32:12	6:27
85 Ethan Shaw	3 M0115	Falmouth	32:21	6:29
96 John Eldredge	6 M5059	Cumberland	32:41	6:33
98 Kevin Robinson	21 M2029	N Yarmouth	32:44	6:33
108 Harry Nelson	7 M5059	N Yarmouth	33:06	6:38
113 Brendan Flynn	19 M1619	Cape Elizabeth	33:11	6:39
130 Alison Kisch	6 F3039	Portland	33:37	6:44
137 Matt Flynn	28 M4049	Cape Elizabeth	33:53	6:47
139 Brian Cliffe	29 M4049	Cape Elizabeth	33:55	6:47
140 Robin Carlson	7 F3039	Gorham	33:57	6:48
145 Matt Rand	8 M0115	Cape Elizabeth	34:10	6:50
147 Pete Peters	32 M4049	S Portland	34:14	6:51
156 John Rogers	34 M4049	Yarmouth	34:38	6:56
157 Dennis Smith	12 M5059	Yarmouth	34:38	6:56
176 Kathy Hepner	6 F4049	Gorham	35:04	7:01
178 Emma Barclay	12 F3039	Portland	35:05	7:01
182 Mark Finnerty	43 M4049	Portland	35:07	7:02
191 Harry White	4 M6069	Scarborough	35:30	7:06
204 John Keeley	17 M5059	Portland	35:54	7:11
205 Cheryl Rogers	14 F3039	Yarmouth	35:56	7:12
209 Gretchen Read	1 F6069	Portland	36:02	7:13
232 Andrew Jordan	11 M0115	N Yarmouth	36:39	7:20
243 David House	23 M5059	Cape Elizabeth	36:52	7:23
246 Deb Lynch	17 F3039	Lyman	36:54	7:23
249 Anders Samuelson	14 M0115	Freeport	36:58	7:24
271 Beth Rand	13 F4049	Cape Elizabeth	37:33	7:31
279 Erin Fuller	12 F2029	Portland	37:40	7:32
316 Kevin Robinson Sr.	64 M4049	N Yarmouth	38:29	7:42
324 Juan Bustamante	70 M3039	Poland	38:36	7:44
325 Harry Center II	65 M4049	Freeport	38:37	7:44
327 Susan Wiemer	25 F3039	Freeport	38:38	7:44
350 Dana Staples	49 M2029	Auburn	39:07	7:50
354 Lisa Depres	18 F4049	S Portland	39:11	7:51
356 Douglas Couper	72 M4049	Falmouth	39:14	7:51
363 Leslie Couper	22 F4049	Falmouth	39:24	7:53
377 Getty Payson	24 F4049	Falmouth	39:49	7:58
379 Ron Chase	5 M6069	Durham	39:52	7:59
383 Katie Harris	31 F3039	Cumberland	39:56	8:00
392 Kristin Cook-Center	34 F3039	Freeport	40:06	8:02
395 Gregory Welch	37 M5059	S Portland	40:10	8:02
415 Marnie Flynn	30 F4049	Cape Elizabeth	40:41	8:09
451 Rae Chalmers	34 F4049	Old Orchard Beach	41:28	8:18





7th ANNUAL DAN CARDILLO MEMORIAL 5K

SUNDAY SEPTEMBER 11, 2005
9:00 A.M.
Certified Course!

SPONSORED BY:

Atlantic Sportswear / Bath Savings Institute / Berry, Dunn, McNeil & Parker / Daniel t. Haley
Downeast Mortgage Corp. / Earl Noyes & Sons / Grapheteria / Grondin / RE/MAX by the Bay
Shipyard Brewery / The Forecaster / The Greenshoe Group

Race Timing: Maine Track Club
Race Co-Directors: Jeanne Hackett (207) 541-2265 and Marsha Greenberg (207) 766-2602
Cost: \$15.00 Pre-registration by **September 9** (T-shirt for 1st 150 registrants)
Purpose: Dan Cardillo was a future Olympian and spirited youth who was loved by many. He died tragically in a skiing accident while training for the Junior Olympics. He loved life and always tried his best no matter what he did. In the spirit of Dan, come say, "**I Ran for Dan.**" 100% of the proceeds go to the Dan Cardillo Charitable Fund at the Maine Community Foundation, which provides scholarships for spirited young people.
Race Day Registration: \$20.00 7:00-8:30 a.m. **SAVE \$5 and register online early!!**
Running Awards 1st, 2nd Falmouth High School, 52 Woodville Road, Falmouth
Course: Open Overall Masters Division Team
Age Groups: 14-Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+
Starts in front of Falmouth Middle School. Woodville Road to Woods Road through The Woodlands and finishes on the track at Falmouth High School.
Showers Available



7th Dan Cardillo Memorial 5K Run/Walk

☐ Runner ☐ Walker

Consider online registration instead!!

www.active.com

First Name _____ Last Name _____ DOB _____ Age _____ Sex _____

Address _____ City _____ St _____ Zip _____ Tel _____

Team Name _____ (Members must pre-register individually) T-Shirt S M L XL

Pre-Registration: \$15.00 by September 9, 2005

\$20.00 if received after 9/10

Mail form to: Jeanne Hackett, c/o BDMP, P.O. Box 1100, Portland, ME 04104-1100

I understand that running a road race is a potentially hazardous activity. I further understand that I should not enter the road race 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 event. 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 or humidity, traffic and conditions of the road, all such risks being understood and appreciated by me. Having read this waiver and understanding 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, The Maine Community Foundation, Town of Falmouth, and all sponsors, their representatives and successors from any claims or liabilities or causes of action of any kind arising out of my participation in this event.

Signature _____ Date _____ E-mail _____

Parent's Signature if under 18 _____ **Checks payable to: Dan Cardillo Charitable Fund**