



# MAINE TRACK CLUB ULTRA 50 MILER/50K SATURDAY, OCTOBER 15, 2005



**Ray-Key to Energy**  
Integrated Energy Therapy  
Reiki Practitioner  
**Sandy Utterstrom IARP**  
Tel: 207-797-4710  
sureiki@maine.rr.com

## BRUNSWICK, MAINE

\*\*\* RACE STARTS AT 6:30 A.M. \*\*\*  
Sponsored by:

**B H MILLIKEN**  
Electrical Contractors  
B H Milliken Inc. 175 Anderson Street  
Portland, ME 04101 207-879-1877  
Fax 207-774-1482

**Course Description:** USA TRACK & FIELD-CERTIFIED 50M (ME-85011-GN) Flat, scenic four-mile loop. NEW 50K certification. 50 mile Runners go out one mile and back one mile, then 12 loops. 50K Runners go out 1.6 miles and back 1.6, then 7 loops. Water, Coke, and Gatorade every two miles; food and splits every four miles. Bathroom every four miles. Extensive course monitoring and support.

### Course records 50 Miler:

Male	Bernd Heinrich	5:22:48
Female	Ellen McCurtin	6:19:59

**Registration:** By mail before October 1st or on race day at 6:00 a.m. Packet pick-up at the start line beginning at 6:00 a.m. For the Pre-Registered, additional race information and list of accommodations will be mailed prior to race day.

**Preparation:** All participants are expected to have trained for a 50M.50K race. The race director reserves the right to remove any competitor from the race at any time. Competitors are expected to complete the event in 11 1/2 hours or less. The course will be closed at 6 p.m.

**Entry Fee \$25.00 (\$35.00 after October 1st):** Long sleeve t-shirt guaranteed if registered by October 1st. Entry fee includes all refreshments.

Mail this form with your \$25 (\$35 after October 1st) check payable to the Maine Track Club to MTC 50/Ned Vadakin, 61 Lambert Road, Freeport, ME 04032. Questions call Ned before 8:00 p.m. at 207-865-6617

50 MILER ☐ 50K ☐ SEX M ☐ F ☐ DATE OF BIRTH \_\_\_\_\_

NAME \_\_\_\_\_ AGE RACE DAY \_\_\_\_\_

ADDRESS \_\_\_\_\_ EVE PHONE \_\_\_\_\_

TOWN \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

T-SHIRT SIZE S ☐ M ☐ L ☐ XL ☐

### NO RADIO HEADSETS

### NO BABY STROLLERS

### NO REFUNDS

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 or contact with other participants, the effect of the weather (including wind, rain, and snow!), traffic and the conditions of the road, 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, Race Staff, the Town of Brunswick, B.H. Milliken, and all other sponsors, their representatives and successors from all claims or liabilities arising out of my participation in this event.

SIGNATURE (PARENT if under 18) \_\_\_\_\_

The 37th Annual

# Hannaford

## ***TURKEY TROT***

**5K Road Race and Kids Fun Run  
Sunday, November 20, 2005**

**Cape Elizabeth Middle School Cafetorium  
Cape Elizabeth, ME**



**8:30 a.m. Children's Fun Run  
9 a.m. 5K Race & Walk**  
(USATF Certified Course #MEO3003RF)



**T-Shirts to first 300 Entrants  
Kids Register (free) on Race Day**

**Awards to male & female 1st & 2nd finishers as follows: Overall, 12 & Under, 13-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, Over 70; also, first male & female Hannaford employees and first male & female walkers.  
50% of race proceeds will be shared between CapeAbility Enrichment and Sports Camps and Camp Sunshine.**

**NO REFUNDS, EXCHANGES OR TRANSFERS; PLEASE, NO DOGS, STROLLERS OR SKATES.**

**DIRECTIONS:** From ME Turnpike (95) N or S, take Exit 45 (for the Maine Mall). Go straight from the toll booth to the Broadway, South Portland exit. Go right onto Broadway (toward South Portland). Follow Broadway to Rte. 77 (about 4 miles). Turn right on Rte. 77 towards Cape Elizabeth. At the 4-way stop at the two gas stations in CE (about 4 more miles), turn right onto Scott Dyer Rd. The middle school entrance is on the left about 1/4 mile down Scott Dyer.

=====

### Hannaford Turkey Trot 5K Race Application

Name

Last

Male ☐ Female ☐ Date of Birth

First

Age on Race Day

Runner ☐ Walker ☐

Address

State

Zip

Telephone

E-Mail

If you are a Hannaford employee, please check here ☐

**\$8.00 PRE-ENTRY FEE: \$10 on race day.** Please make your check payable to the Maine Track Club and mail to: MTC Turkey Trot, c/o Maggie Soule, 142 Portland Street, Yarmouth, ME 04096. FMI: Call 207-846-3631. Online, contact: [www.mainetrackclub.com](http://www.mainetrackclub.com).

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 effect of weather (including rain, wind, and snow) traffic and the conditions of the road, inconsideration of your accepting my entry. I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, the Town of Cape Elizabeth, Hannaford Bros., the Road Runners Club of America, and all other sponsors, their representatives, and successors from all claims of liabilities arising out of my participation in this event.

Signature

Parent (if under 18)

## Race Results and Photos...



Kristie McLaughlin



Lauren Emerson

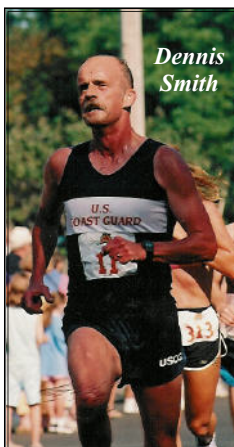


Dale Lincoln



Eileen Hamilton

### Clam Festival Classic 5-Miler



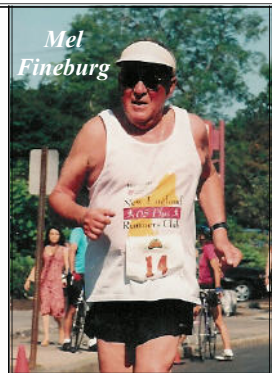
Dennis Smith



Kathleen Reid



Christel Hamilton



Mel Fineburg



Catherine Salz



Lisa Despres

454 Thomas McLaughlin	92	M4049	Old Orchard Beach	41:30	8:18
472 Mike Lynch	83	M3039	Lyman	42:05	8:25
473 Robert Jolicoeur	7	M6069	Old Orchard Beach	42:07	8:26
481 David Laclair	85	M3039	Westbrook	42:15	8:27
501 Tom Ryan	98	M4049	Yarmouth	42:43	8:33
524 Heidi Graham	52	F3039	N Yarmouth	43:14	8:39
530 Polly Kenniston	2	F6069	Scarborough	43:24	8:41
539 Kelle Keeley	41	F2029	Portland	43:40	8:44
541 Liz Sylvester	44	F4049	Winthrop	43:45	8:45
548 Carol Blakeney-Watts	46	F4049	Cumberland	44:01	8:49
557 William Dow	94	M3039	Falmouth	44:20	8:52
572 Mallory Vaccaro	65	F3039	Yarmouth	44:40	8:56
573 Tony Vaccaro	95	M3039	Yarmouth	44:41	8:57
579 Mike Brooks	55	M5059	Danville	44:48	8:58
582 Bob Boothe	103	M4049	Portland	44:56	9:00
596 Walter Fletcher	59	M5059	Freeport	45:23	9:05
603 Joseph Cook	60	M5059	Westbrook	45:34	9:07
644 Michelle Gravel	78	F3039	Lewiston	46:53	9:23
650 Michele Flynn	15	F5059	Cape Elizabeth	47:03	9:25
668 Mary Kay Kasper	64	F4049	Falmouth	47:34	9:31
674 Kathleen Reid	87	F3039	S Portland	47:46	9:34
715 Donna Bisbee	70	F4049	Portland	49:19	9:52
718 Mike Pugh	13	M6069	York Beach	49:24	9:53
720 Robert Dewitt	14	M6069	Lisbon	49:26	9:54
726 Shelly Laclair	102	F3039	Westbrook	49:43	9:57
757 Kristie McLaughlin	16	F0115	Old Orchard Beach	51:39	10:20
758 Lauren Emerson	81	F4049	Portland	51:47	10:22
806 Sally Paterson	4	F6069	Yarmouth	56:42	11:21
812 Dale Lincoln	20	M6069	Falmouth	58:18	11:40
822 Peter Dickson	77	M5059	Freeport	1:00:30	12:06
824 Eileen Hamilton	26	F5059	Scarborough	1:01:00	12:12
830 Mel Fineberg	22	M6069	Portland	1:06:05	13:13
843 Heather Sargent-Plante	128	F3039	Lewiston	1:21:29	16:18



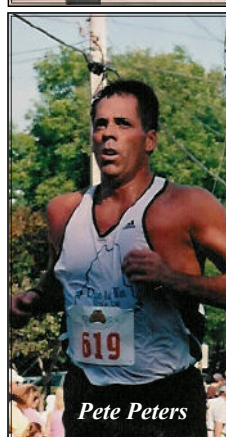
Deb Lynch



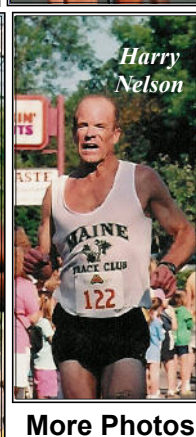
John Rogers



Gretchen Read



Pete Peters



Harry Nelson



Sally Paterson

More Photos on Page 34



## Race Results and Photos...

### Old Hallowell Day 4-Miler & Fun Run Hallowell, ME July 16, 2005

One Mile Fun Run		
Place/Name	Age	Time
30 Allyssa Rollins	F9	9:51.34

Four Miler		
Place/Name	Age	Time
17 David Rollins	M15	25:27.16
19 RJ Harper	M58	25:50.04
21 Steve Rollins	M43	26:22.48
61 Jerry LeVasseur	M67	30:14.94
157 Carlton Mendell	M83	54:06.04



Polly Kenniston



Susan Wiemer

### Mollyockett Day Classic 5-Miler Bethel, ME July 16, 2005

Place/Name	Age	City	Time	Pace
8 Tom Menendez	M50	Lewiston	32:58.0	6:35
11 Jeffery Arsenaault	M40	Rumford	33:47.3	6:45
41 John Howe	M60	Waterford	43:05.2	8:37
73 Suzanne Blais	F40	Lewiston	51:53.5	10:22

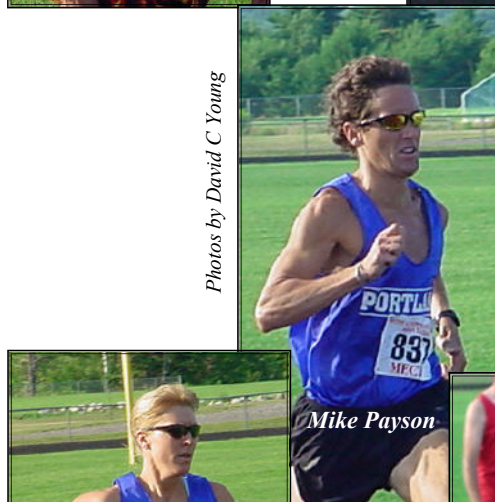
### MECTA Corporate Track Meet #5 Falmouth, ME July 20, 2005

200 Meter Dash				
Place/Name	Age	Team	Time	Points
1 Susan Wiemer	W40	USM	29.3r	10
6 Lois Martin	W55	Maine Health	45.0	1
2 Terri Morris	W77	Unum Provident	52.3	8
1 Ray Shevenell	M64	Unum Provident	33.2	10

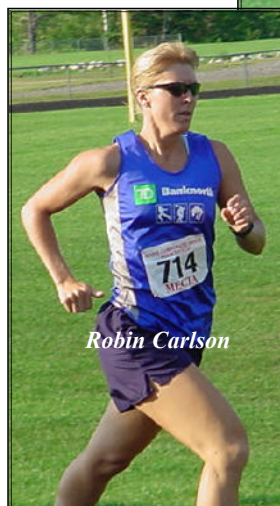
400 Meter Dash				
Place/Name	Age	Team	Time	Points
1 Susan Wiemer	W40	USM	1:08.3	10
2 Laura Tyrell	W58	Unum Provident	1:36.0	8
3 Sherry Grandonico	W52	Maine Health	1:38.4	6
1 Polly Kenniston	W69	Unum Provident	1:50.9	10
2 Beth Birch	W64	Unum Provident	2:03.7	8
3 Terri Morris	W77	Unum Provident	2:19.2	6
5 Mike Payson	M42	City of Portland	1:01.3	2
10 David Young	M53	City of Portland	1:18.0	0

800 Meter Run				
Place/Name	Age	Team	Time	Points
3 Robin Carlson	W34	Td Banknorth	2:49.1	6
2 Laura Tyrell	W58	Unum Provident	3:44.3	8
1 Polly Kenniston	W69	Unum Provident	3:52.9	10
3 Beth Birch	W64	Unum Provident	4:49.3	6
1 Mike Payson	M42	City of Portland	2:11.5	10
4 David Young	M53	City of Portland	2:48.4	4
7 Tom Kirner	M57	Unum Provident	3:06.7	

1600 Meter Run				
Place/Name	Age	Team	Time	Points
2 Robin Carlson	W34	Td Banknorth	5:53.5	8
2 Laura Tyrell	W58	Unum Provident	7:52.9	8
3 Sherry Grandonico	W52	Maine Health	8:38.1	6
1 Polly Kenniston	W69	Unum Provident	8:01.7	10
2 Beth Birch	W64	Unum Provident	9:21.9	8
1 Mike Payson	M42	City of Portland	4:39.0	10
3 David Young	M53	City of Portland	6:06.4	6
6 Tom Kirner	M57	Unum Provident	6:39.2	1



Photos by David C Young



Robin Carlson



Laura Tyrell

Shot Put				
Place/Name	Age	Team	Distance	Points
2 Susan Wiemer	W40	USM	28-08.0	8
3 Pamela Swan	W42	BIW	23-03.5	6
1 Beth Birch	W64	Unum Provident	18-03.5	10
5 David Young	M53	City of Portland	16-01.0	2

Discus Throw				
Place/Name	Age	Team	Distance	Points
1 Pamela Swan	W42	BIW	73-01	10
1 Beth Birch	W64	Unum Provident	34-07r	10

High Jump				
Place/Name	Age	Team	Height	Points
1 Pamela Swan	W42	BIW	4-08	10
2 Susan Wiemer	W40	USM	4-02	8

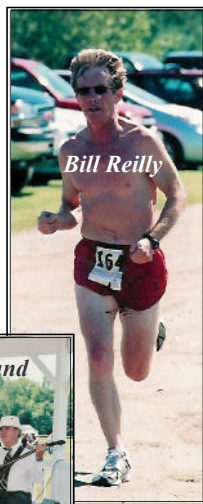
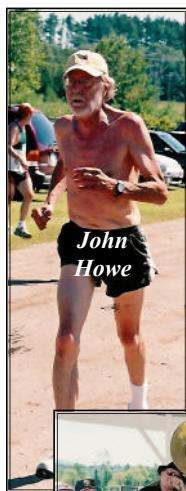
## Race Results and Photos...

### The Library Race 5K Kennebunk, ME July 22, 2005

Place/Name	Age	Time	Pace
2 Devin Shaw	M22	16:22	5:17
18 Eric Ortman	M46	20:13	6:32
43 Carol Weeks	F50+	22:00	7:06
54 Nancy Kneeland	F50	22:31	7:16
57 Deb Lynch	F39	22:42	7:20
64 Randalyn Brocher	F19	23:17	7:31
65 Robert Randall	M68	23:18	7:31
121 Ron Perry	M67	28:31	9:12
127 Karen Connolly	F46	28:59	9:21
128 Mark Favolise	M46	29:04	9:23
181 Carlton Mendell	M83	39:21	12:42
183 Carol Perry	F58	39:57	12:54
198 Robert Connolly	M50	46:59	15:10

### Lovell Old Home Days 5K Lovell, ME July 23, 2005

Place/Name	Time	Pace
6 Bill Reilly	18:20	5:55
14 Steven Rollins	19:59	6:27
36 Robert Randall	22:52	7:23
42 John Howe	23:48	7:41
85 Carlton Mendell	37:17	12:02



### Ocean Park 5K Ocean Park, ME July 29, 2005

Place/Name	Age	City	Time	Pace
2 Chris Harmon	M17	Scarborough	16:09	5:12
4 Evan Embrey	M18	Buxton	16:40	5:22
10 Floud Lavery	M48	Gorham	17:29	5:38
14 Mike Grant	M47	Scarborough	17:53	5:46
20 Tony Myatt	M18	Portland	18:20	5:54
27 Tom Menendez	M52	Lewiston	19:09	6:10
32 Matt Flynn	M43	Cape Elizabeth	19:35	6:19
39 Stephanie Atkinson	F34	Hollis	19:53	6:24
42 Kaitlynn Saldanha	F16	Scarborough	20:01	6:27
49 Stu Palmer	M43	Brunswick	20:26	6:35
55 Zachary Cost	M12	Waterboro	20:45	6:41
60 Stephen Lauritsen	M44	Saco	20:58	6:45
63 Harry White	M63	Scarborough	21:11	6:49
68 Carol Weeks	F56	Kennebunk	21:37	6:58
88 Harry Center	M43	Freeport	22:45	7:20
101 Thomas McLaughlin	M41	Old Orchard Beach	23:43	7:38
106 Dick Lajoie	M65	Saco	24:15	7:49
107 Rae Chalmers	F48	Old Orchard Beach	24:16	7:49
151 Carolyn Court	F51	Lewiston	26:54	8:40
173 Jeneka Embrey	F19	Buxton	28:55	9:19
178 Denny Morrill	M65	Portland	29:26	9:29
181 Emma Cost	F07	Waterboro	29:52	9:37
192 Sarah Cost	F10	Waterboro	32:49	10:34
198 Carlton Mendell	M82	Windham	36:21	11:42
199 Mitch Adams	M12	Auburn	36:33	11:46
201 Janice Bilodeau	F72	Auburn	36:39	11:48



### Casco Days 4-Miler Casco, ME July 30, 2005

Place/Name	Div/Age	Time	Pace
27 David Rollins	15/75 M1419	26:21	6:36
33 Steve Rollins	4/45 M4049	26:57	6:45
104 Juan Bustamante	9/24 M3039	30:36	7:39
117 Bob Payne	1/8 M6099	31:06	7:47
338 John Painter	2/8 M6099	40:42	10:11
350 Dennis Morrill	4/8 M6099	41:35	10:24
413 Virginia Wilder Cross	3/3 F6099	47:03	11:46
419 Mark Clinch	43/45 M4049	48:34	12:09
425 Carlton Mendel	6/8 M6099	49:40	12:25
493 Don Penta	24/24 M5059	1:10:49	17:43

### Emily K. Fletcher Memorial 5K Auburn, ME July 23, 2005

Place/Name	Age	Time
40 David Colby Young	M50	21:39
60 Dana Staples	M20	23:22
83 Mike Brooks	M50	26:20
97 Georgia Vallee	F30	27:57
100 Michelle Gravel	F30	28:09
116 Dennis Morrill	M60	31:09
129 Caroline Ann Young	F20	36:08
136 Janice Bilodeau	F70	39:37
137 Mitch Adams	M10	39:37

### 12th Annual Friendship Day 5K Friendship, ME July 30, 2005

Place/Name	Age	Time
50 Ron Perry	M67	28:26.6
70 Carol Perry	F58	38:32.0

### Fosters Downeast 5K York, ME July 30, 2005

Place/Name	Age	Time
48 Ron Chase	M64	24:59



# Race Results and Photos...

## MECTA Corporate Track State Meet South Portland, ME July 30, 2005

### 65 Meter Hurdles Low

Place/Name	Age	Team	Time	Points
1 Susan Wiemer	W40	USM	10.6	10

### 100 Meter Dash

Place/Name	Age	Team	Time	Points
1 Susan Wiemer	W40	USM	14.6	10
1 Terri Morris	W77	Unum Provident	23.9	10
3 Sandy Utterstrom	W62	Unum Provident	28.0	6
1 Ray Shevenell	M64	Unum Provident	15.9	10

### 200 Meter Dash

Place/Name	Age	Team	Time	Points
1 Susan Wiemer	W40	USM	30.3	10
4 Lois Martin	W55	Maine Health	43.7	4
1 Terri Morris	W77	Unum Provident	53.9	10
2 Sandy Utterstrom	W62	Unum Provident	1:01.4	8
5 Devon Ertha	M19	USM	27.0	2
6 David Young	M53	City of Portland	41.8	1
1 Ray Shevenell	M64	Unum Provident	33.4	10

### 400 Meter Dash

Place/Name	Age	Team	Time	Points
1 Susan Wiemer	W40	USM	1:07.4	10
4 Betsy Barrett	W54	Unum Provident	1:36.0	4
1 Polly Kenniston	W69	Unum Provident	1:45.2	10
3 Sandy Utterstrom	W62	Unum Provident	2:00.0	6
1 Ray Shevenell	M64	Unum Provident	1:16.2	10

### 800 Meter Run

Place/Name	Age	Team	Time	Points
2 Robin Carlson	W34	Td Banknorth	2:44.9	8
4 Lauria Tyrrell	W58	Unum Provident	3:33.5	4
1 Polly Kenniston	W69	Unum Provident	3:54.3	10
3 Sandy Utterstrom	W62	Unum Provident	4:45.1	6
4 Devon Ertha	M19	USM	2:23.2	4
6 David Young	M53	City of Portland	2:51.0	1
1 Ray Shevenell	M64	Unum Provident	3:00.7	10

### 1600 Meter Run

Place/Name	Age	Team	Time	Points
2 Robin Carlson	W34	Td Banknorth	6:48.6	8
2 Betsy Barrett	W54	Unum Provident	7:48.6	8
1 Polly Kenniston	W69	Unum Provident	8:27.6	10
5 David Young	M53	City of Portland	6:56.4	2

### 5000 Meter Run

Place/Name	Age	Team	Time	Points
1 Kim Moody	W50	USM	22:06.8	10
3 Betsy Barrett	W54	Unum Provident	24:34.6	6
5 Laura Tyrrell	W58	Unum Provident	27:06.4	2
1 Polly Kenniston	W69	Unum Provident	26:24.0	10
2 Beth Birch	W64	Unum Provident	31:46.9	8
1 David Roberts	M51	USM	18:43.6	10
5 David Young	M53	City of Portland	21:45.0	2
6 Jim Tyrrell	M58	Unum Provident	25:12.6	1

### Shot Put

Place/Name	Age	Team	Distance	Points
2 Susan Wiemer	W40	USM	28-01	8
4 Kim Moody	W50	USM	21-05	4
2 Beth Birch	W64	Unum Provident	17-04	8
11 Dick Bouthillette	M58	Unum Provident	23-03	

### Discus Throw

Place/Name	Age	Team	Distance	Points
1 Pamela Swan	W42	BIW	82-11r	10
2 Beth Birch	W64	Unum Provident	34-09.50	8
6 Dick Bouthillette	M58	Unum Provident	65-06.75	1

### Long Jump

Place/Name	Age	Team	Height	Points
2 Pamela Swan	W42	BIW	13-04.25	8
2 Lois Martin	W55	Maine Health	6-09.50	7

### High Jump

Place/Name	Age	Team	Height	Points
1 Pamela Swan	W42	BIW	4-08	10
2 Ray Shevenell	M64	Unum Provident	4-00	8



### MECTA State Meet #6

(l. to r.) Beth Birch, Sandy Utterstrom,  
Polly Kenniston, & Terri Morris  
Photos by David C Young



### Peaks Island 5-Miler & Kids Fun Run

Photos by Lisa Despres



## Race Results and Photos...

### Peaks Island 5 Miler Peaks Island, ME July 30, 2005

Place/Name	Div/Age	City	Time	Pace
20 Jeff Rand	5/58 M45	Cape Elizabeth	32:41	6:33
24 Abby Iselborn	1/21 F16	Portland	33:03	6:37
32 Matt Rand	8/39 M13	Cape Elizabeth	33:44	6:45
33 Dino Joannides	4/43 M50	Round Pond	33:49	6:46
40 Charles Iselborn	10/58 M48	Portland	34:14	6:51
82 John Keeley	9/43 M53	Portland	37:11	7:27
83 Beth Rand	5/64 F45	Cape Elizabeth	37:16	7:28
87 Dan Hogan	10/43 M54	South Portland	37:32	7:31
94 Peter Child	3/29 M62	Freeport	38:03	7:37
113 Philip Pierce	4/29 M63	Falmouth	38:57	7:48
129 Charles Sawyer	7/29 M63	Concord, NH	39:40	7:56
141 Terry Clark	8/29 M61	Windham	40:03	8:01
164 Eugene Longobardi	41/76 M39	South Portland	41:20	8:16
175 Rae Chalmers	10/64 F48	Old Orchard Beach	41:42	8:21
183 Ronald Dearth	29/58 M49	Falmouth	42:05	8:25
221 Thomas McLaughlin	33/58 M41	Old Orchard Beach	43:10	8:38
238 Kelle Keeley	22/61 F30	Portland	43:56	8:48
245 Bob Branson	16/29 M64	Scarborough	44:17	8:52
263 William Dow	54/76 M34	Falmouth	45:04	9:01
278 Paula Sawyer	10/29 F56	Concord	45:43	9:09
298 Cathy Burnie	11/29 F57	Cumberland	46:40	9:20
339 Nan Cummings	28/64 F44	Portland	48:47	9:46
342 Beth Branson	3/8 F64	Scarborough	48:55	9:47
355 Donna Bisbee	31/64 F48	Portland	49:23	9:53
358 Elwin Guthrie	21/29 M69	Walpole	49:26	9:54
363 Kristie McLaughlin	13/21 F13	Old Orchard Beach	49:35	9:55
370 Mike Pugh	24/29 M66	York Beach	49:56	10:00
435 Yumi Dearth	52/64 F49	Falmouth	54:17	10:52
463 Eileen Hamilton	22/29 F55	Scarborough	57:56	11:36

### 27th Annual Phippsburg Firemen's 10K Phippsburg, ME August 7, 2005

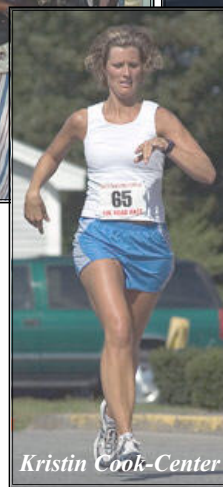
Place/Name	Time
5 Emma Barclay	42:52
11 Ian Parlin	45:21
15 Lisa Despres	47:45
19 Gregory Welch	50:50
24 Bob Jolicoeur	53:24

### Rockland Lobster Fest 10K Rockland, ME August 7, 2005

Place/Name	Age	City	Time
12 Dino Joannides	M50	Round Pond	42:24
31 David Colby Young	M52	Friendship	46:05
58 Kristin Cook-Center	F34	Freeport	51:58
136 Carlton Mendell	M83	Portland	1:16:34



Carlton Mendell



Kristin Cook-Center



David Young

Photos this page by David C Young

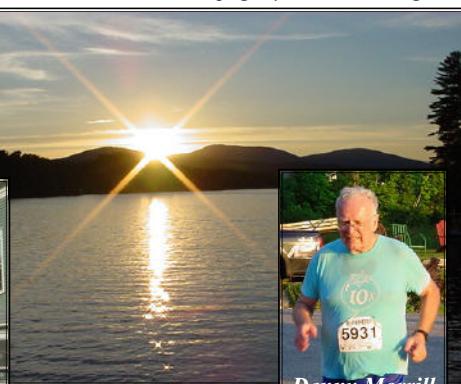
### 45th Yankee Homecoming Newburyport, MA August 2, 2005

5K				
Place/Name	Div/Age	City	Time	Pace
36 Tony Myatt	9/52 M1519	Portland	19:00	6:08
1184 Donald Penta	25/25 M5559	Windham	53:18	17:12

10-Miler				
Place/Name	Div/Age	City	Time	Pace
483 John Keeley	34/100 M5054	Portland	1:21:05	8:07
487 Dan Hogan	35/100 M5054	South Portland	1:21:07	8:07
494 Pete Peters	76/162 M4044	South Portland	1:21:14	8:08
626 Philip Pierce	8/28 M6064	Falmouth	1:24:03	8:25
806 Mark Grandonico	83/133 M4549	Portland	1:28:20	8:50
995 Howard Spear	33/48 M5559	Westbrook	1:33:13	9:20
1097 Mallory Vaccaro	75/101 F3034	Yarmouth	1:36:11	9:38
1256 Mike Brooks	43/48 M5559	Danville	1:42:02	10:13
1272 Sherry Grandonico	18/28 F5054	Portland	1:43:52	10:24
1276 Cathy Burnie	6/12 F5559	Cumberland	1:44:06	10:25
1285 Donna Bisbee	39/47 F4549	Portland	1:44:37	10:28
1435 Carlton Mendell	5/5 M7099	Windham	2:14:35	13:28

### Wilton Blueberry Fest 10K Wilton, ME August 5, 2005

Place/Name	Age	City	Time
18 David Colby Young	M52	Danville	46'40
64 Dennis Morrill	M65	Portland	1:06'30
66 Mark Clinch	M49	Gorham	1:24'49



Denny Morrill



## September - November Races...

*Please always contact the race event ahead of time to make sure the race has not been changed or called off.*

- Aug 31 Twilight Trail 5K Running Series, New Gloucester, Pineland Farms, 6:00 p.m. Contact: Kurt Perham (780-8200) kurt@fastsplits.com
- Weekly Back Cove 5K, Portland, Back Cove parking lot, Baxter Blvd & Preble St, 6:00 p.m. Contact: Stu Palmer (725-5178) palmerstu@hotmail.com or 29 Boody St, Brunswick, ME 04011
- Sept 2 7th Annual Maine Running Hall of Fame 5K, Portland, Back Cove Running Path, 6:30 p.m. Contact: Phil Pierce (781-3769) philip.pierce@med.va.gov or 79 Waites Landing Road, Falmouth, ME 04105
- Sept 5 43rd Annual Bangor Labor Day 5-Miler, 9th Race in the TradeWinds MarketPlace/Sub5 Track Club Road Race Series, 9:00 a.m. Contact: Bangor Parks and Rec (992-4490)
- Labor Day 8K, Caribou H.S., 11:00 a.m. Contact: Leo Kashian (498-3995)
- Sept 7 Twilight Trail 5K Running Series, New Gloucester, Pineland Farms, 6:00 p.m. Contact: Kurt Perham (780-8200) kurt@fastsplits.com
- Weekly Back Cove 5K, Portland, Back Cove parking lot, Baxter Blvd & Preble St, 6:00 p.m. Contact: Stu Palmer (725-5178) palmerstu@hotmail.com or 29 Boody St, Brunswick, ME 04011
- Sept 10 Ogunquit Beach Lobster Dash 5-Miler, Ogunquit, 8:30 a.m. Contact: Charlie Farrington (978-609-8518) cf\_runs26@hotmail.com or P.O. Box 397, Ogunquit, ME 03907
- Sept 11 Bangor's Run for Hope 5K & Walk, Hermon, Best Western White House Inn, 11:30 a.m. Contact: Peter Daigle (862-8008) pdaigle@adelphia.net or 155 Littlefield Ave, Bangor, ME 04401
- YMCA September Stampede 5K & Kids Fun Run, Sanford-Springvale YMCA, 1 Emile Levasseur Dr/ River St, 9:00/8:30 a.m. Contact: Becky Harkema (324-4942) bharkema@sanfordymca.org or P.O. Box 249, Sanford, ME 04073
- Dan Cardillo 5K, Falmouth H.S., 9:00 a.m. Contact: Jeanne Hackett (541-2265) or Marsha Greenberg (766-2602)
- Sept 14 Weekly Back Cove 5K, Portland, Back Cove parking lot, Baxter Blvd & Preble St, 6:00 p.m. Contact: Stu Palmer (725-5178) palmerstu@hotmail.com or 29 Boody St, Brunswick, ME 04011
- Sept 17 Craig Cup XC Series - Race 2 of 3, Cumberland, Twin Brook Recreation Area on Tuttle Rd, 9:00 a.m. Contact: Karl Small (780-8200) info@fastsplits.com or 59 Middle St, Portland, ME 04101
- Manchester Apple Festival 5K, Manchester, Lakeside Orchard, Rte 17 & Readfield Rd, 9:00 a.m. Contact: Alyson Root (621-1811) Rooters3@aol.com or 12 Jamison Pl, Manchester, ME 04351
- Bar Harbor Half Marathon, Mt. Desert Island YMCA, 8:30 a.m. Contact: Lisa Tweedie fitness@mdiymca.org
- Sept 18 Portland Trails 10K, Portland, Eastern Prom Trail, 9:00 a.m. Contact: Nan Cumming (775-2411) nan@trails.org
- Sept 21 Weekly Back Cove 5K, Portland, Back Cove parking lot, Baxter Blvd & Preble St, 6:00 p.m. Contact: Stu Palmer (725-5178) palmerstu@hotmail.com or 29 Boody St, Brunswick, ME 04011
- Sept 24 Eliot Festival Day 5K Road Race, Eliot Fire Station, Rte 103 (Race followed by Party, Parade, & Festival), 8:30 a.m. Contact: Randy Bartlett (439-3707) eliot5k@comcast.net or 10 Garrison Drive, Eliot, ME 03903
- Sept 25 Waterford Fall Foliage 5K Country Road Race & Kids 1 Mile Fun Run, Main St & Rte 37, Noon Contact: George or Roxanne Ames (583-2603) geoames@adelphia.net or Rte 118, Waterford, ME 04088
- Edgar Paradis Fall Foliage Classic: Half Marathon, 5-Miler, & Kids 1 Mile Fun Run, Frenchville/St. Agatha, St. John Valley in Aroostook county, Contact: JJ or Michelle Roy (543-6391)
- Common Ground Country Fair 5K, Unity, Maine 8:00 a.m. Contact: Chris Bovie (622-1267) Christopher.Bovie@mac.com or Skip Howard (223-4715)
- Sept 28 Weekly Back Cove 5K, Portland, Back Cove parking lot, Baxter Blvd & Preble St, 6:00 p.m. Contact: Stu Palmer (725-5178) palmerstu@hotmail.com or 29 Boody St, Brunswick, ME 04011
- Sept 30 12th Annual Rise N' Shine 5K, Augusta, Kennebec Savings Bank, 150 State St, 6:35 a.m. Contact: Nick Daigle (626-3488 ext 203) ndaigle25@hotmail.com or 33 Winthrop St, Augusta, ME 04330



- Oct 1 Eliot Fall Classic Duathlon, First Congregational Church, 1361 State Rd (3 mile run/17 mile bike/ 2.6 mile run), 9:00 a.m. Contact: Kristin Orr (752-1528) eliotduathlon@yahoo.com or 64 Dow Highway, Eliot, ME 03903
- Race to End Domestic Abuse 5K & 12K, Guilford, Piscataquis Community M.S., 10th Race in the TradeWinds MarketPlace/Sub5 Track Club Road Race Series, 9:00 a.m. Contact: Karen Prescott (564-8165)
- Oct 2 Sportshoe Center Maine Marathon, Relay, & Maine Half Marathon, Portland, University of Southern Maine, 96 Falmouth St, 7:45 a.m. Contact: The Maine Marathon (741-2084 mailbox 4) racedirector@mainemarathon.com or P.O. Box 10836, Portland, ME 04104
- Oct 5 Weekly Back Cove 5K, Portland, Back Cove parking lot, Baxter Blvd & Preble St, 6:00 p.m. Contact: Stu Palmer (725-5178) palmerstu@hotmail.com or 29 Boody St, Brunswick, ME 04011
- Oct 8 1st Annual Pownal Pumpkinfest 5K, Pownal E.S., 587 Elmwood Rd, 9:00 a.m. Contact: Heidi Cushman (688-9030) bluebryme@yahoo.com or 93 Allen Rd, Pownal, ME, 04069
- Presidential 5-Miler & Kids 1K Fun Run, Kennebunkport, Consolidated School, 25 School St (Rte 9), 10:00/9:15 a.m. Contact: Paul Wolf (985-8300) paul.wolf@lpl.com or P.O. Box 62, Kennebunk, ME 04043
- Oct 9 13th Annual Pancake 5K, Belfast Area H.S., Waldo Ave, 9:30 a.m. (Flat-as-a-pancake course with free pancake breakfast afterwards.) Contact: Anna Wood-Cox (342-5204) annawood@pivot.net or 87 Higgins Hill Rd, Morrill, ME 04952
- 3rd Close to the Cows Country 10K & The Calf One Mile Fun Run, Wales Central School, 9:00 a.m.
- 4th Annual United Kingfield Bank Moose on the Run 5K & Kids Fun Run, Greenville H.S., Pritham Ave & Rte 615, 9:00/8:30 a.m. Contact: John Simko (695-2421) or Jonathan Pratt (280-0588)
- Oct 15 Craig Cup XC Series - Race 3, Cumberland, Twin Brook Recreation Area on Tuttle Rd, 9:00 a.m. Contact: Karl Small (780-8200) info@fastsplits.com or 59 Middle St, Portland, ME 04101
- Maine Track Club 50-Miler and 50K, Brunswick, Pennelville Rd, 6:30 a.m. Contact: Ned Vadakin (865-6617)
- Oct 16 New Beginnings 2nd Annual 5K Run/Walk, Lewiston, Veteran's Park, Main St, 7:00 a.m. Contact: Bob Rowe (795-4077) dawnekh@megalink.com or 436 Main St, Lewiston, ME 04240
- Physical Therapy 8K, Brunswick H.S., Maquoit Rd, 9:00 a.m. Contact: Jill Weybrant (373-6175) weybrant@maine.rr.com or Maine APTA, P.O. Box 1783, Portland, ME 04104
- MDI Marathon, Bar Harbor to Southwest Harbor, 8:00 a.m. Contact: information@mdimarathon.org
- 16th Annual Hannah Jackson Harvestfest 5K Run, York H.S., 1:00 p.m. Contact: York Parks & Recreation (363-1040) 186 York St, York, ME 03909
- Oct 22 Jack O'Lantern 5K, Biddeford, St. Andre's Church, Bacon & Sullivan St, 8:00 a.m. Contact: (284-1592)
- Oct 23 Black Bear 5K, University of Maine Orono, 11th Race in the TradeWinds MarketPlace/Sub5 Track Club Road Race Series, 11:00 a.m. Contact: Thad Dwyer (581-1081)
- Oct 30 Great Pumpkin 10K, Saco, Wormwood's Restaurant, Cape Ellis, 9:30 a.m. Contact: Bob LaNigra (883-8662) runnar@gwi.net or 7 High Bluff Lane, Scarborough, ME 04074
- 2nd Annual Sebago Halloween 5K & 2.5 Mile Walk, Windham H.S., Rte 202, Noon, Contact: Rick Garcia (892-3966) rick@thefitnessbarn.com or 456 Roosevelt Trail, Windham, ME 04062
- Nov 5 Great Osprey Ocean Run 10K, Freeport, Wolfe's Neck State Park, 10:00 a.m. Contact: (865-6171)
- Nov 6 Black Mountain of Maine 5K Trail Race & 1K Kids Fun Run, Rumford, Black Mountain Headquarters, End of Glover Rd, 9:30 a.m. Contact: Paul Jones (562-7172) paj2@megalink.net or P.O. Box 451, Dixfield, ME 04224
- Nov 20 Hannaford Turkey Trot 5K & Kids Fun Run, Cape Elizabeth, Pond Cove M.S., 9:00/8:30 a.m. Contact: Maggie Soule (846-3631) mwsoule@maine.rr.com 142 Portland St, Yarmouth, ME 04096
- Brewer Turkey Trot 5K, 12th Race in the TradeWinds MarketPlace/Sub5 Track Club Road Race Series, 1:00 p.m. Contact: (825-3403)
- Nov 26 9th Annual York Turkey Trot 5K, York Village E.S., 11:00 a.m. Contact: York Parks & Recreation (363-1040) 186 York St, York, ME 03909
- Caribou Turkey Trot 5K, Caribou H.S., 10:00 a.m. Contact: Dan Harrigan (498-3226)
- Dec 4 Jingle Bell 5K Run for Arthritis, Freeport H.S., 10:00 a.m. Contact: Arthritis Foundation 1-800-639-2113.



## Member Letters...

### Mt. Washington Race Report

by Misty Verma

This was my 5<sup>th</sup> consecutive running of Mt. Washington, and this year was a bit nicer, as my dad drove out from Milwaukee to come with and support me for the race. All week I was checking the weather which varied from 70 and sunny to 55 and rain. I was hoping to have a decent day seeing he was going to be up top waiting for me, but luck wasn't with me. It was in the 50's and rain at the bottom, and 37 and rain at the top of the mountain. However, he held his promise and drove my car up to the top, later noting that he would've been much more nervous if he could've seen more into the distance, as the mountain was almost completely socked in by fog.



Hoping for the rain to stop, I waited under the tent of my friends from the Maine Track Club. I was disappointed to hear that my running buddy, Mark, whom I ran the entire race with last year was not running this year. This was the year we promised each other we'd break the elusive 2 hour mark!! So, I had to prepare to do it alone... As many of you know, I had my appendix out 2 months ago, and 1 month ago I fractured my hand, so my training has left a lot to be desired. I really wasn't expecting much out of this race, but was prepared to give it what I had to give.

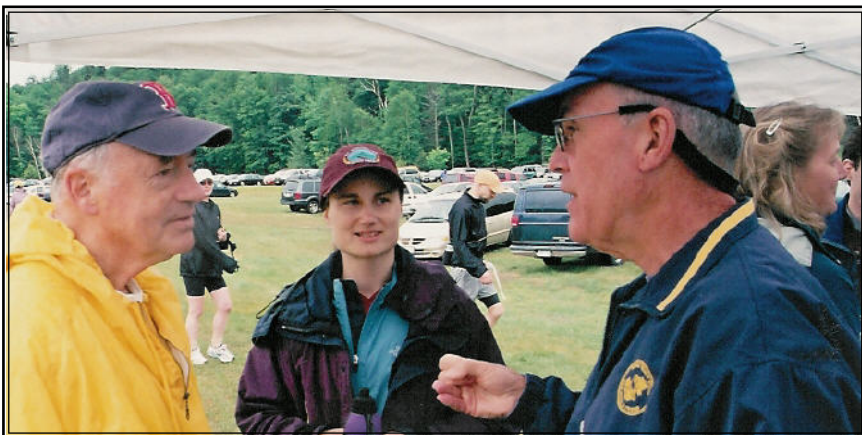
The rain did not stop, but all the runners lined up and the gun went off. The first 1/4 mile is the easiest because it is downhill and then flat. In past years, I usually do not run too far after the hill starts, but this year I was feeling good going uphill. Armed with my Garmin Forerunner GPS, I told myself I'd run up to the first mile. Once there, I felt good and there were some somewhat level areas ahead, so I kept running. After 1.4 miles, I came to my senses and told myself that I'd end up killing myself if I kept it up for too much longer, so I started my powerwalk. However, this year, I made myself jog on all the somewhat level areas to keep my legs loose. Last year I walked the entire thing up until the end where it levels out and my legs felt like Jello.

Things were going well, and what seemed like no time at all I reached half way at 53:00 on the nose. I was shocked - could this 2 hour mark be possible?? So I started running the stats through my head (even though my brain was not up to doing this kind of math) on what kind of mile times I would have to keep in order to do it. I knew the second half was tougher. No math was ever worked out, but I somehow convinced myself it was possible and to keep plugging and see how it goes. In this process, I had gone about 1/2 mile without hardly noticing.

The rain was steady at this point and getting cooler. I had a long sleeve shirt and windbreaker on, which were both completely soaked. I wasn't cold however. The main difference between this year and last is the absence of the wind. Winds were calm to about 10-15 mph at most, which is highly unusual for this mountain.

At one point around mile 6.3 (ok, exactly 6.3 - the GPS is great..), there is a hairpin turn that is really steep. I had a guy nearby asked if it's as bad as the last 50 yards of the race, which is 22% grade. I checked my Garmin which was set to show elevation and % grade. I watched as it climbed from 18% up to 21%... yep that turn is 21% grade. The road could smack you in the face if you weren't looking...

I kept track of my split times, and between mile 5 and 6 I clocked a 15:25 (yes, that's fast for me...) which I was thrilled with, and between 6 and 7 clocked a 14:15! When I reached mile 6, I knew I had 1.7 miles to go and looked at my watch - I had 36 minutes to do it to break 2 hours. A great feeling came over me and I thought - well geez, I could \*crawl\* in and still do it! OK, well, not really... but I think that motivated me even more and my pace picked up. After mile 7 it levels out and I ran again. I could hear the people at the top and I knew my dad was waiting up there with them. On the Garmin I saw 7.4 miles - almost done - time check - 1:45!! Wow - could I even break 1:50??



Then the last 50 yards comes up at a grueling 22% grade... I walked again and made the turn for the finish and saw the clock for the last 10 yards - 1:48.30... I ran in and crossed at 1:48.51 - a personal best by 14 minutes!!!

I couldn't believe my eyes and I still have a hard time believing it now. Put this one in the record books - I'll remember it for a long time. Hmmm... what other organ can I get removed before next year's race - I may be onto something here :-)

See page 14 for Mt. Washington Race Results.



## Member Letters...

The News\*Run welcomes letters and articles from Maine Track Club members to include in future publications. The next deadline is Friday, October 7<sup>th</sup> for the November/December issue. Please make your submissions to David Colby Young at Maine Track Club, P.O. Box 8008, Portland, ME 04104 or email DavidColbyYoung@aol.com

Dear Maine Track Club Members,

We would like to thank the many members of the MTC for their cards, emails, and calls concerning the untimely death of our beautiful daughter, Tina Turcotte. Tina was 40 years old and was killed by a trailer truck on the ME Turnpike on July 29.

Many of you had probably met Tina, who was an occasional runner and was always helping at the registration table at our family race, the Great Pumpkin 10K Road Race in Saco that we sponsor every year. This year the GPRR will honor Tina, and half of the monies will be given to the Breast Cancer Society. Tina was also a breast cancer survivor. The remainder of the monies will be given to the American Lung Assoc. of Maine.

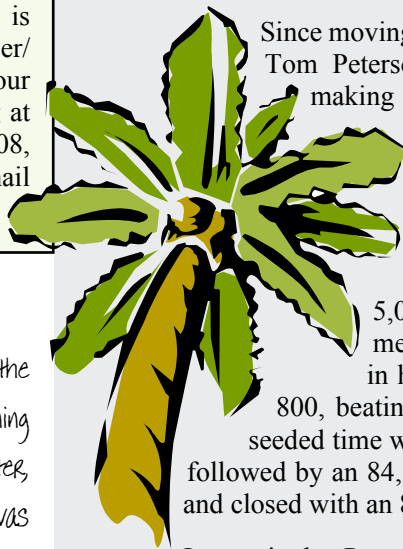
If you are interested in changing ME laws to keep the multiple driving offenders off the roads, please contact us at the following address.

Again thank you  
for your love and  
support.

Pat and Bob  
LaVigra  
7 High Bluff Lane  
Scarborough, ME  
04074  
883-8662



## USA Masters Outdoor Track and Field Championships



Since moving to Hawaii many years ago, longtime MTC member Tom Peterson has maintained his association with the club, making him the MTC's most distant member. Recently, Peterson had a chance to represent the club in his adopted home state when the University of Hawaii hosted the USA Masters Outdoor Track and Field Championships.

Peterson, 46, competed in two events -- the 800 and 5,000 meters. The 5K was held on the first day of the meet, and Peterson ran a time of 22:57.27, placing 8<sup>th</sup> in his age group. On Saturday, he ran a 2:44.81 in the 800, beating his goal time by more than four seconds, as his seeded time was 2:49. Shooting for an 85-second opening quarter followed by an 84, he instead went through the first lap in 83 seconds and closed with an 81, finishing 10<sup>th</sup> in his age group.

Interestingly, Peterson wasn't the only MTC member present for the meet. Jerry LeVasseur made the long trip, and also competed in the 5K, clocking a time of 22:21.46 for 6<sup>th</sup> place in the 65-69 division.

Well. Saturday's race went better than expected, but today's was slower than I had hoped for. Here's a race update on my weekend.

Saturday I was 10<sup>th</sup> of 11 competitors. Thursday I finished 8<sup>th</sup> of 8. My seeded time for the 800 meters was 2:49 and I was able to beat that time. I would have been happy with an 85 400 followed by an 84 second lap, but I managed an 83 second first lap and came home with a 81 second negative split in the final 400. I heard the split of the guy behind who ran 87 seconds and then he must have really fallen apart, because he finished slower than 3:07 (that would have been 100 seconds or a minute 20).

Camped out at my friend's place (Connie Comiso) in Honolulu Saturday night, and she and I went to see Owen Wilson and Vince Vaughn in the "Wedding Crashers". Funny film and we both enjoyed it.

We were up at 5:00am this morning for our 6:00am road 8K at Kapiolani Park. Things looked promising. I did my first 1K in 4:11 and my first mile in 6:32, but my second mile was 8:10 (running up Diamond Head). My last 1K was 4:19, and I finished as 6<sup>th</sup> best in the nation in my age division, running a super slow 37:49. That's something like a 4.44 per km average. I guess I must have won a ribbon or a medal, because Connie says they go six deep with awards. In three races she ran, she got a first, second, and third.

Aloha.  
Tom ;-)

P.S. They still screwed it up, because in the results I am listed as unattached. My USATF card mistakenly says Hawaii Assoc. It should read Maine Assoc. Met a guy from RI, a couple of women from VT, and Jerry LeVasseur? Is he 65+ (Yes) Is he MTC (Yes) He had a white singlet with blue lettering on that read MAAC. Did he move up to Maine from Massachusetts? (He moved up from CT) He said he knows Carlton Mendell. (Well, I know that Carlton Mendell runs all over New England, but is best known in Maine.)



## Marathon Notices...

### Sportshoe Center Maine Marathon Update

*By Howard & Bob, Co Race Directors*

We are almost in high gear now as October 2<sup>nd</sup> gets closer. Marathon entries are running slightly behind last year's record smashing, but half marathon entries are "booming." On line entries are picking up considerably and we just may see the marathon entries do a catch up. Plenty of spots still available for the marathon relay.

We have a new sponsor this year. The City of Portland is now on Board. This is great news and great for our event.

Ok, now the important part... VOLUNTEERS. Almost 400 are needed for race weekend so please contact us soon: [bobaube@mainetrackclub.com](mailto:bobaube@mainetrackclub.com) or [racedirector@mainemarathon.com](mailto:racedirector@mainemarathon.com). If you're running, please have a family member or friend to help.

- Portland, Falmouth, or Yarmouth Traffic
- Start/finish area
- Saturday registration
- Sunday morning registration
- Water stops
- Course set up and course clean up
- Start/finish area clean up
- Trail vehicle for half marathon (7:30 a.m. to approx. 11:00 a.m.)
- Trail vehicle for second half of marathon (11:00 a.m. to 3:00 p.m.)

Also, we are looking for someone to replace Phil Meech as the Yarmouth Traffic Coordinator. This is a fairly easy task as Phil has every detail down. Phil will be taking over Sandy Utterstrom's duties as start/finish area coordinator. And we would like a Clean-up coordinator for race day. Many of us will have been up since 4 in the morning, and when it comes time to clean up at 2 or so, we are about "dead".

Every year the club comes through, and every year this event gets better. We have a volunteer link on our web site [www.MaineMarathon.com](http://www.MaineMarathon.com). Thanks... we look forward to hearing from every club member.

### Marathon Lecture Series

*By Roger Knight*

Peak Performance Sports is proud to present the Marathon Lecture Series. This 7-week series features an all-star line up of medical experts speaking on a variety of running focused topics that include injury prevention and treatment, race medicine, gait biomechanics, physiology and more. These lectures are geared for running enthusiasts of ALL levels and abilities, so whether you are new to running, racing and occasional 5K, or doing the marathon, there is something here for everyone.

The lectures are free of charge and will take place at Peak Performance Sports in Portland on Tuesday evenings from 6:30-7:30 p.m. beginning on September 6<sup>th</sup>. All lectures will be followed by open Q&A sessions.

- September 6<sup>th</sup>, **Heart Anatomy and Physiology**, Scott Buchanan, MD, Maine Heart Surgical Associates. Dr. Buchanan, a heart surgeon at Maine Med, will be discussing basic anatomy of the heart and how exercise and training changes the physiology of this unique muscle. He will include basic warning signs for heart attack as well as discuss more uncommon heart ailments that can affect athletes.
- September 13<sup>th</sup>, **Knee Pain and Rehabilitation**, Tim Davoren, PT, ATC, Michael Mullin, ATC, Orthopedic Associates - Performance Therapy. Michael and Tim have over 30 years of experience rehabilitating athletes. They will be discussing common causes of knee pain and basic rehabilitation techniques to resolve pain and keep you injury free.
- September 20<sup>th</sup>, **Gait Biomechanics and Foot Assessment**, Kirsten Rossner Buchanan, PhD, PT, ATC, Impact Sports Medicine. Kirsten finished a PhD from the University of Virginia where her research centered on foot and gait biomechanics. Kirsten specializes in video gait analysis and her passion is helping people understand basic foot structure and lower extremity biomechanics that are unique to each individual. Her discussion will center on how these unique structures dictate function.
- September 27<sup>th</sup>, **Race Medicine**, Chris Troyanos, ATC, Sports Medicine Consultants. Chris has used his vast expertise in race medicine to help coordinate a number of large-scale athletic events including the Bay State Games, Atlanta Olympics, and Pan-Am Games. He has worked with the Boston Athletic Association for over 27 years and is the medical coordinator for the Boston Marathon. More recently he has lent his race medicine expertise to the Beach to Beach 10K. He will be discussing race medicine, hydration, over-hydration, and what you can do to stay out of the medical tent.
- October 4<sup>th</sup>, **Meniscal Injuries**, Eric Hoffman, MD, Orthopedic Associates. Dr. Hoffman completed his medical degree and medical residency training in orthopedics at Duke University. He has over 15 years of experience in treating knee injuries. He will be discussing cartilage problems within the knee joint - how to avoid them and what to do if you have an injury.
- October 11<sup>th</sup>, **Core Strength for Runners**, Greg Knapton, PT, ATC, Michael Smith, PT, ATC, Riverside Physical Therapy. Greg and Michael have over 26 combined years of experience rehabilitating athletes, including all levels of runners. They will be discussing what core strength is and how it can potentially improve your times as well as help you stay injury-free.
- October 18<sup>th</sup>, **Ankle and Foot Injuries**, Bill Dexter, MD. Director of Sports Medicine at Maine Medical Center. Dr. Dexter has vast experience in the area of sports medicine and is the director for the sports medicine fellowship program at MMC. He will be discussing foot injuries including plantar fasciitis, neuromas, and achilles tendonitis and how to avoid them.

For more information, including specifics about a particular lecture, contact Peak Performance Sports at 207-780-8200 or email [roger@fastsplits.com](mailto:roger@fastsplits.com)



## Notices...

Dear Race Committee Directors:

If you want your race fliers in the next mailing with the NewsRun, you need to deliver or mail 400 of your tri-folded race fliers to: Sandy Walton, 225 Lafayette Street, Yarmouth, ME 04096 The dead line is Friday the 7<sup>th</sup> of October, 2005 for the Nov/Dec issue.

Please send check or money order of \$60 made out to the Maine Track Club along with your fliers. The fee includes promotion of your race in the NewsRun and the web site. Therefore, we will also need a copy of the flier for the web site in PDF format sent to bobaube@mainetrackclub.com

We hope that this service will be a value to both the runners as well as the race committees. Please let me know if your fliers are dimensions other than letter-size tri-folded. If you have any questions, or if anything is still unclear, please e-mail DavidColbyYoung@aol.com or call 786-2129 without delay.

Sincerely,  
*David C. Young*

## See your running pictures online

David Colby Young has photos from numerous road races throughout the state, and beyond, posted on his personal Web site, so if you're a club member who ran any races since 2004, there's a good chance you'll find a photo of yourself.

Check out David's site at <http://journals.aol.com/davidcolbyyoung/MaineRunningPhotos>.



## Membership Meeting Wednesday 9/14/05

### *ENERGY DRAINERS: HOW TO IDENTIFY AND ELIMINATE THEM*

Yes No

- ☐ ☐ Is there something missing in your life?
- ☐ ☐ Do you feel "stuck" in some way?
- ☐ ☐ Does your life look great from the outside, but seem to be missing something from the inside?
- ☐ ☐ Have you ever walked into your home at the end of the day and been drained by all the physical clutter around you?
- ☐ ☐ What about the emotional clutter that isn't visible but still affects you?

Answer 'Yes' to any of these questions? Then please join us for an uplifting discussion from Diane MacKinnon who will help us learn to identify the physical and emotional energy drainers that suck the vitality out of our days. Then we can start eliminating them from our lives, freeing up time, space, and love for the things that give us energy!

The Maine Track Club welcomes you to attend our Membership Meeting to be held at Southern Maine Community College on Wednesday 9/14/05 at 6pm. Our guest speaker, Dr. MacKinnon, is a life coach, step-mother, doctor, marathon runner, and Maine Track Club member. She graduated from medical school at the State of New York Health Science Center at Brooklyn. She practices family medicine in the Lewiston-Auburn area and lectures regularly at True North in Falmouth. A life coach is someone who is trained to help you articulate your deepest wishes and dreams, what's "missing," and to help you move toward your wishes and dreams.

Refreshments will be served!

Directions to Jewett Hall:  
At the end of Broadway, take a right onto Pickett St. and then the 2nd left. Jewett Hall is on the right off the parking lot.



## Clam Festival Classic 5-Miler Photos...



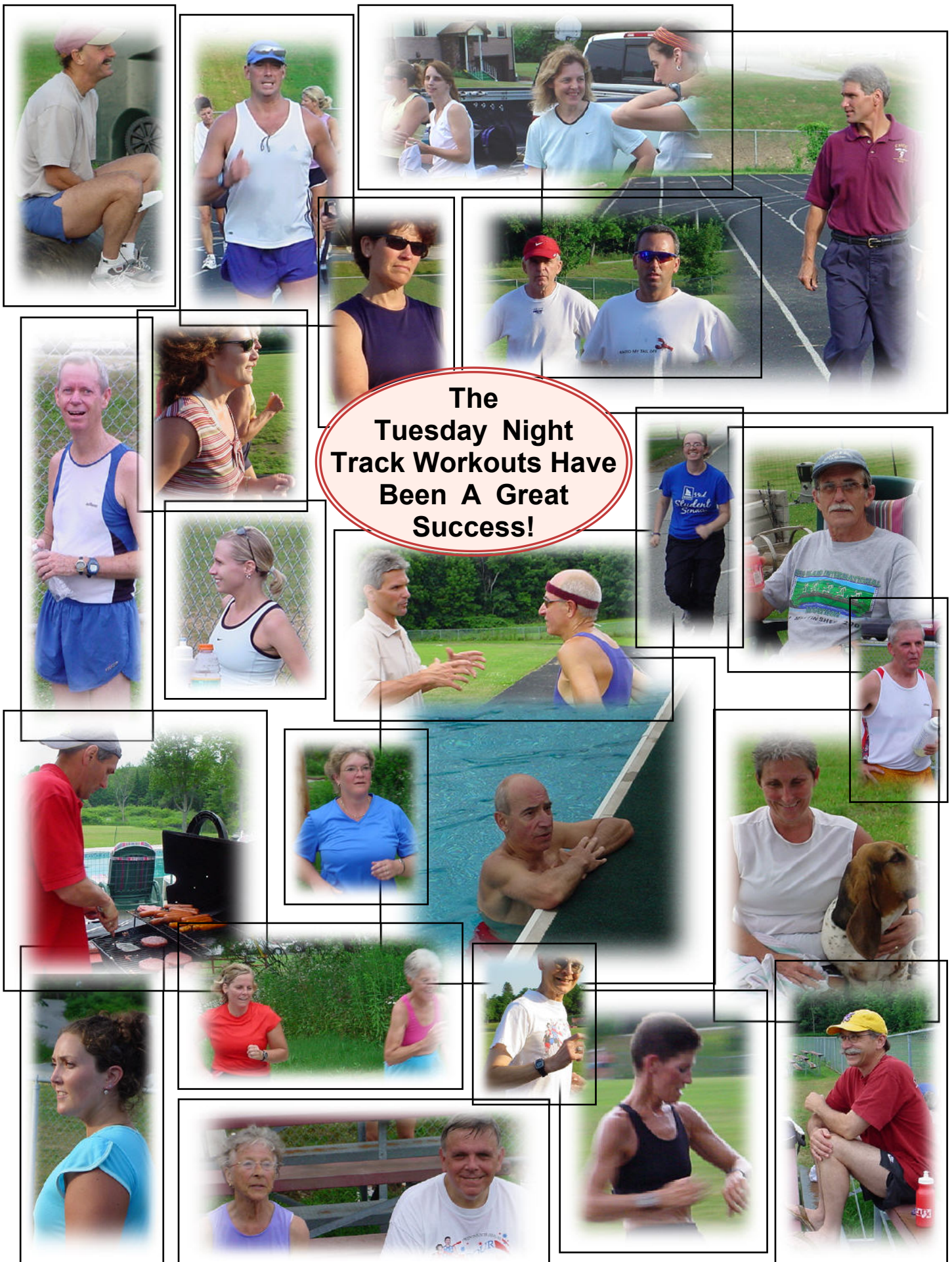
(1st row) John Eldredge, Marc Dugas, Ray & Ruth Hefflefinger, Mel Fineburg, Pat Buckley, Ron Pelton, Mallory Vaccaro, Mary Kay Kasper (2nd row) Matt Rand, Race Start, Robert Jolicoeur, Erin Fuller, Carol Blakeney-Watts



(3rd row) Peter Dickson, Harry White, Kathy Hepner, Shelly LaClair, Joseph Cook, Ron Chase  
(4th row) Katie Harris, Marnie Flynn, Gregory Welch, Heidi Graham, Liz Sylvester, Kevin Robinson, Jr., Matt Flynn,









Hi Gang.

The third edition of the (in)famous **Craig Cup XC series** is in the books, so dig out the spikes and ratty racing flats, and get ready for some real racing around the trails at Twin Brook. The dates this year are as follows:

**Sat. August 27 9 a.m. start**

**Sat. Sept. 17 9 a.m. start**

**Sat. October 15 9 a.m. start**

Pretty much the same format as last year with one fun exception. The final race will be a PURSUIT, with a handicapped start sequence based on past performances and the completely biased discretion of the overpaid race director. Slower runners start first. Payson starts last (unless Eric Giddings decides to show up). This way, everybody gets to be in the mix near the finish. It may not be perfectly accurate, but it should be fun.

Hope to see you all there. Drag some friends along too.

The races are up on Coolrunning and Active.com. Give me a shout if you have any questions, or call Peak Performance at 780-8200.

Steve Ballou

*MONSTER TRAIL RUNNING, MAINE'S PREMIER TRAIL RUNNING ORGANIZATION, WILL BE HOLDING A WEEKLY COLLECTIVE RUNNING EXPERIENCE AT TWIN BROOK RECREATION AREA IN CUMBERLAND EVERY WEDNESDAY EVENING AT 6:15 P.M.*

## TRAIL MONSTER



**RUNNING**

*BRING FRIENDS, BRING FAMILY, BRING GUTS. BUT DO NOT BRING WEENIES.  
ANKLES WILL BE TWISTED, KNEES WILL BE SCRAPED,  
AND A GOOD TIME WILL BE HAD BY ALL.*

## Like they say in New Hampshire, Run Trails or Die

*by R. Ian Parlin*

Running trails was part of the recommended method of recovery when I was diagnosed with a stress fracture in each of my femurs, from too much road running of course. Perhaps I should have asked for a bit of clarification from the doctor before heading out of his office and into the woods, because if he meant Back Cove then I really misunderstood. Real trail running is not the kind of thing one would normally associate with the healing process and I suspect he had no idea what I was about to put myself through. To paraphrase Runner's World Editor Amby Burfoot, a good trail race description should read like a Stephen King novel.

If road running is about keeping a steady rhythm, be it fast or slow, then trail running is about creating a melody of footfalls, varied stride lengths and sidesteps, your breathing working in harmony, all orchestrated by a constantly alert mind reading the micro-landscape and responding with split second reactions. Decisions are made so fast you don't even realize you had a choice, that is until you make a bad one and your ankle rolls or your knee buckles and the ground seems to suck you down. It's not uncommon to come away with a face full of mud, so it may be necessary to floss after a good trail run. Some of the best advice I ever received was to "look at where you want to go, not at what you want to avoid." A sentiment shared by trail runners around the world as I was once told by a hill-hardened Scotsman to "keep yer heid doon and yer arse up."

As the miles pass you get fatigued, both physically and mentally. Any experienced road runner knows the feeling of physical fatigue and chances are you've found a way to push yourself through it. But without constant mental alertness a trail runner is doomed. Your ability to predict your own agility begins to wear and you overestimate your capabilities. Your balance starts to go and you are forced to compensate with flailing arm movements and sudden jerks that have transformed what was once a wilderness ballet into a cacophony of mud-soaked full body hiccups. Its like you're drowning on land, gasping for air, kicking, grasping and clawing to keep from going down. Your mind begins to wander and you recall one of the stories that Jim told, the one about the runner who went right off a cliff and landed in a tree during the Escarpment Trail Race a few years ago. I bet he felt just like me before... You're shocked back into reality by the icy water up to your thighs. The water is refreshing, it numbs your aching muscles and revitalizes your mind. You are ready to attack the hill ahead with renewed focus and just a little fear.

For anyone who has become disenchanted with road running or wishes to put a twist in their regular workout I extend the following invitation: Run trails or die trying; every Wednesday evening at 6:15 pm, Twin Brook Recreation Area, Cumberland. For more information contact Ian Parlin (775-6549) [iparlin@maine.rr.com](mailto:iparlin@maine.rr.com)



## 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. Several members of the group also run Sunday mornings in Kennebunk or in North Berwick. 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

**The Rat Pack** runs Sunday mornings at 7:00 a.m. from Payson Park. Contact: Ron Deprez (772-4312) or Mike Real (829-2014)

**YMCA Noon Runs** begin from the YMCA on Forest Ave. Contact: Mike Pratico (874-1111)

**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 (671-7733)

**The South Portland Road Runners** run Thursday nights at 5:30 p.m. from the high school. Contact: Donna Moulton (799-2894)

A group of 4-6 runners meet weekdays at 1:00 p.m. in the area of Darling Ave. and Foden Rd. near the Maine Mall. The group usually runs 4-6 miles at 8- to 9-minute pace. Contact: Marla Keefe (773-8854)

### MTC Roasters Runs

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 and Portland. Pace ranges 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 it's inception on March 6, 2004. Contact: Sandy Walton (846-6577) [swalton2@maine.rr.com](mailto:swalton2@maine.rr.com)

### New Gloucester

This group meets Sundays at 7:00 a.m. in the parking lot of the Pineland YMCA 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](mailto:msproul@unumprovident.com)

If you know of a group run that isn't listed above, please contact Bob Aube (829-5079) or e-mail [DavidColbyYoung@aol.com](mailto:DavidColbyYoung@aol.com)

#### MAINE RUNNING HALL OF FAME 5K

Friday September 2nd  
6:30 p.m.  
Back Cove Running Path.  
Portland

#### DAN CARDILLO MEMORIAL 5K

Sunday September 11th  
9:00 a.m.  
Falmouth High School.  
Falmouth

#### SPORTSHOE CENTER MAINE MARATHON. RELAY, & HALF MARATHON

Sunday October 2nd  
7:45 a.m.  
University of So. Maine, Portland

#### MTC 50-MILER & 50K

Saturday October 15th  
6:30 a.m.  
Pennelville Road.  
Brunswick

#### PHYSICAL THERAPY 8K

Sunday October 16th  
9:00 a.m.  
Brunswick High School

#### HANNAFORD TURKEY TROT 5K

Sunday November 20th  
9:00 a.m.  
Pond Cove Middle School.  
Cape Elizabeth

# MTC Board Meeting Minutes 8/18/05

## Attendance:

Mark G., Cathy B., Phil M., Ward G., Lisa D., Sandy W., Charlie S., Hazel W., Deb L., Don P.

## Secretary Report:

Board Meeting Minutes (6/8/05) accepted.

## Treasurer Report:

Account Balance as of 8/18/05: \$11,600.00.

## Membership:

Now have 649 members in 366 households, up from 537 members in 340 households total last year at this time. 22 new members have joined since 6/10/05.

## MTC Website:

The "Volunteer Opportunities" Tab is up and running. Click in at the green side bar to see what is needed, respond directly to the race director.

## Equipment:

Mark relayed his research into new cones, pylons, mile markers, Finish Line Truss, and clock. Approval from the General Membership is required for any purchase over \$1,000. The proposed expense (roughly \$4,900) will be circulated to the general membership for approval, as voted by the Board. Board voted to sell current clock to Charlie Scribner pending approval of new clock purchase. Mark will travel to MA to look at the whole system before final deal.

## Race Committee:

*Clam Festival:* Good turnout, went well.

*St. Peter's:* Went well.

*Peak's Island:* 200 more runners this year than last. Went well but needed more volunteers. Board discussed having a co-director to work with Larry Dyer next year, as this race involves a lot of work, and is a big money draw for the club.

*Beach to Beacon:* Had 50-60 volunteers for Finish Line Security. Bull horn would be a good idea to keep runners moving up the hill after finish. More volunteers were needed for the Kids' Race. Mark will talk to Maya, as MTC priority is Finish Line Security.

*Breakaway:* Need more volunteers.

Hall of Fame, PT 8K, coming up.

## Special Events Committee:

BBQ at Two Lights: Excellent turnout, plenty of food. General Membership Meeting is Wed., September 14th, 6:00-8:00, with guest speaker Diane McKinnon, a Life Coach. Committee to meet in September to discuss: Pasta Dinner in November, Banquet in January.

## Scholarships:

John Fyalka Scholarship: Received applications from two youth athletes, Tony Myatt and Allyson Koenig. Board reviewed their essays and voted to award \$300 to each.

## MTC Clothing:

Per State of Maine Revenue Service, club is required to pay 5% sales tax on any sale made in the state. Ward suggests doing this quarterly. Since we make less than \$7,500/year, we would not be subject to an audit. Discussion about adding new clothing items, possibly new singlets. Board voted to sell clothing to MTC members only.

## Sponsorships:

Club will entertain requests from companies/businesses, for donations in exchange for advertisements. All requests will be discussed and voted on by the Board. Donations could be used to enhance club membership package, including free singlet for new members. Ads could be placed on banners, possibly on mile markers, on trailer, etc.

## Board/Club Positions:

*Equipment Manager:* Deb Lynch will finish out the year in this capacity,

but is poorly located to feasibly do this job. This person would ideally live locally. Discussed storing the trailer in a central location.

*Mt. Washington Volunteer Coordinator:* Mike Brooks looking for replacement.

*Club Bus Trip Organizer:* Howard Spear would like to step down. Discussion to change the location to a weekend race somewhere with both a short and long distance race together, within a 2-2<sup>1/2</sup> hr. drive. Spring or Fall race. Maybe go to a different place each year.

*Newsletter Co-Editor:* Sandy Walton has expressed interest in co-editing the NewsRun, along with her Layout position.

*Maine Marathon, Clean-Up:* John Keeley has volunteered to fill this position.

*Co-Director, Portland Sea Dogs Mother's Day 5K:* John Keeley has volunteered to co-direct with Howard Spear.

## Other Business:

*Boston Entries:* Mark has made a request to Dave McGillivray, Director of Boston Marathon, for some free entries (3) to Boston for the MTC. If granted, Board will determine how best to distribute the spots (raffle, give to Runner of the Year, other). Club Raffle: Mark suggested having a club raffle, possibly a bike or kayak from LLBean, Maine Mtn Works, CycleMania, other.

*New Trailer:* Mark will be talking with Lee Family Trailer about donating a trailer to the MTC, which would have their name on it.

*Request for MTC help with Jingle Bell Run:* A request was received to help with this race, but due to conflict of interest, the Board voted no.

*Marathon Lecture Series:* Peak Performance Sports will be sponsoring a free, 7-week lecture series. Tuesday evenings, at Peak Performance, 6:30-7:30, beginning September 6th. Great topics to gear up for the Marathon. Board voted to include this in NewsRun and on Website.

*Thank You Letter, Camp Sunshine:* A letter of thanks was received from a family who was able to stay at Camp Sunshine with their son, thanks to the proceeds from the Maine Marathon.

## Topics for Next Board Meeting:

New Bus Trip/Race. Ideas for better attendance at membership meetings. Do we want to increase Club Size? More members? Offer Discount Membership Rates for 2- and 3-yr memberships?

**Next General Membership Meeting:** Wed. September 14th, Jewett Hall - SMCC, 6-8 p.m.

**Next Board Meeting:** Wed. October 12th, Norway Savings Bank - Falmouth, 6-8 p.m.

Submitted 8/25/05

*L. Despres*

MTC Secretary

## MTC Board of Directors for 2005



From left to right 1st Row: Phil Meech, Mark Grandonico, Ward Grossman  
2nd Row: Sandy Walton, Cathy Burnie, Lisa Despres, Hazel Wightman, David C. Young, Deb Lynch, Mike Brooks 3rd Row: Bob Aube, Don Penta, Charles Scribner, Mike Doyle, (not present: Colleen Redmond)



# Maine Track Club Membership Application

If you would like to become a member or renew your current membership, you can register online at [www.mainetrackclub.com](http://www.mainetrackclub.com) or [www.active.com](http://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. Dues paid between September 30th and December 31st is good through December of the following year.

☐ New **or** ☐ Renewal

☐ Household/Individual \$25 **or** ☐ Student (age 18 or under) \$17

Do you want your newsletter by:

☐ E-Mail **or** ☐ Postal Mail

## MEMBER INFORMATION

Last Name	First Name	Birthdate	M/F
P.O. Box/Street			
City	State	9-Digit Zip Code	Home Phone
E-mail Address		Business Phone	
Occupation(s)	Employer	If Student, School	
<i>List other household members below (attach additional sheet if necessary):</i>			
Last Name	First Name	Birthdate	M/F
Last Name	First Name	Birthdate	M/F
Last Name	First Name	Birthdate	M/F

## 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.

Signature	Date	Signature	Date
Signature	Date	Signature	Date

Maine Track Club  
P.O. Box 8008  
Portland ME 04104



Non-Profit  
Organization  
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**MEMBERSHIP MEETING**  
**WEDNESDAY SEPTEMBER 14TH**  
**6 P.M. AT SMCC, JEWETT HALL**  
**IN SOUTH PORTLAND**

**Energy Drainers:**  
**How to Identify and**  
**Eliminate Them**  
**BY GUEST SPEAKER, DR. DIANE MACKINNON**  
**SEE PAGE 33 FOR MORE INFORMATION.**

