



President's Corner

Our first events of 2004, the Handicap Fun Run and the Annual Awards Banquet, helped to reaffirm for me why I enjoy my involvement with the Maine Track Club. I find I always have fun with other runners. Since high school, I have always felt that runners are some of the nicest people there are.

The Handicap required special fortitude for all involved this year. It is usually very cold at this event. But this year it barely made it past zero degrees. And we had 13 runners show up! I know you might think that is a paltry number. But after looking at the thermometer, I was sure there would be only three or four. We always feed everybody very well after the run. If you haven't tried this event, put it on your calendar next year.

The Annual Awards Banquet was very nice this year. It was held at the Val Halla Banquet Center in Cumberland. I believe it was universally appreciated for the great food and wonderful atmosphere. The Special Events Committee made a fine choice to hold our event here. And as usual, we had lots of pictures and historical memorabilia laid out on tables for all to explore, thanks to Maggie Soule and Don Penta. And as he did last year, Ron Pelton did an outstanding job as Master of Ceremonies.

Please see President's Column on page 2 and Photo Album on page 3.

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2004 MTC Handicap Fun Run

By Cathy Burnie

On Saturday, January 24th, 2004, a group of thirteen runners gathered at the Bungalow to participate in what is now a tradition known as the Handicap Fun Run. The race, as usual, was held the morning of our annual banquet. Yes, we all agreed we would have rather slept in on this frigid morning but by the start time, we were all eager to hit the road. But why is the weather for this event always so cold? I figure Phil Meech, who organizes this Fun Run, always wants to challenge us.



Cathy Burnie

It is a great opportunity to experience leading a pack of runners who normally leave you in their dust. The idea that I finished the run before Lloyd "Smokem Slocum" is as unlikely as Mel Fineberg not being concerned about what's to eat after the run. You see, it's not how fast you run but how precisely you can predict your 5K finishing time. The catch is that no watches are allowed! Runners started the race staggered with the individuals with the slowest predicted finishing time starting first. That means if your name is David Colby Young, you have a long cold wait before you begin your challenge! The idea is that all thirteen runners would have a close finish.

Thanks to the assistance of Chuck Burnie and Phil Meech, our times we carefully calculated. Mark Grandonico was the first place male finisher with a time of 22:25, 1.05 seconds faster than predicted. Coming in second place for the men was David Colby Young who finished in 21:34 and was 21 seconds faster than predicted. The first place female finisher was Karen Connolly with a time of 31:23,

See MTC Handicap, page 6.

**Maine Track Club
Officers
And
Committee Chairs**



- Phil Meech, *President* 839-4946
- Mark Grandonico, *Vice President* .. 773-2576
- Mel Fineberg, *Past President*..... 774-8868
- Ward Grossman, *Treasurer* 985-4966
- Cathy Burnie, *Secretary*..... 829-5208
- Sandy Walton, *Membership* 846-6577
- Chuck Burnie, *Race Committee*..... 829-5208
- Charlie Scribner, *At-Large* 781-5585
- Mike Brooks, *At-Large* 783-3414
- Hazel Wightman, *At-Large* 784-8517
- Equipment* Vacant - Help!
- Don Penta, *Statistician*..... 892-4526
- Mike Doyle and Colleen Redmond
Clothing..... mdoyle@mainecul.org
- David Colby Young, *Newsletter*.....
..... DavidColbyYoung@aol.com
- Bob Aube, *Webmaster*..... 829-5079

Contact us at:
Maine Track Club
PO Box 8008
Portland, ME 04104
207-741-2084
www.mainetrackclub.com

The newsletter is published bimonthly.

The deadline for submitting articles and material to the newsletter is the
2nd Friday of the month
prior to the next publication.

The next deadline is April 9, 2004

Virginia Wilder Cross, *New Run layout*

President's Column, from page 1

I would like to congratulate all of our fine members who received awards:

Runners of the Year:

- Overall..... Gretchen Read and Michael Payson
- 19-and-under Elise Moody-Roberts and Matt Rand
- 20-39 Carrie McCusker and Scott Hefferman
- 40-49 Dottie Michaud and Floyd Lavery
- 50-59 Cathy Burnie and Bill Reilly
- 60-69 Polly Kenniston, Beth Branson and Phil Pierce
- 70-79 Terri Morris and Lloyd Slocum
- 80+ John Woods
- Comeback Runner Howard Spear
- Most Improved..... Mark Grandonico

Other Categories:

- First-time Marathoners..... Michael Chadbourne, David Colby Young and Bob Connolly
- Outstanding Contribution to Maine Running.....Sandy Utterstrom
- Outstanding RaceDirectors Chris Boynton, Eric Ortman, Don Penta and Ray Shevenell
- Spirit of the Club..... Ruth and Ray Hefflefinger
- Volunteer of the Year Erik Boucher
- Special Achievement..... Mike Brooks and David Colby Young
- MTC Lifetime Achievement Carlton Mendell
- John Fyalka Award Ward Grossman
- President's Award Cathy Burnie and Bob Aube

The MTC held their first board meeting of 2004. We scrutinized the budget for last year and compared it to actual incomes and expenses.

Happily, we exceeded our budgeted income by around \$700 and were \$5,000 under our expense budget. Careful accounting of last year's incomes and expenses have hopefully given us an accurate picture of what the 2004 budget should look like. Please look it over in this issue or on our MTC website.

We will be discussing and voting on this proposed budget at the March 24th Membership Meeting in Jewett Auditorium at SMCC. Please try to be there. Your vote always counts.

Look for a new regular social running group this year as well as weekly coaching for members starting in April or May at (we are quite certain) no additional cost for you.

I believe 2004 is going to be a great year to belong to the Maine Track Club. Be sure to put in the effort to help out in at least three races. See you on the road.

2004 Maine Track Club Budget

	Item	Income	Expense
1	Race Management	\$11,500.00	\$650.00
2	Newsletter/Website	\$500.00	\$3,435.00
3	Mail Mailing		\$400.00
4	Club Telephone		\$750.00
5	Special Events	\$350.00	\$500.00
6	Scholarships	\$700.00	\$1,800.00
7	Equipment		\$1,000.00
8	Equipment Insurance		\$300.00
9	Technology Items		\$2,000.00
10	Membership	\$8,000.00	\$2,500.00
11	RRCA Convention		\$2,000.00
12	Annual Awards Banquet	\$1,300.00	\$4,500.00
13	Photography		\$1,000.00
14	Clothing	\$2,000.00	\$2,000.00
15	Refreshments		\$250.00
16	Coaching		\$500.00
17	General Expenditures		\$2,000.00
	TOTALS	\$24,350.00	\$25,615.00

Phil Meech

Maine Track Club Awards Recipients

Maine Track Club Runners of the Year

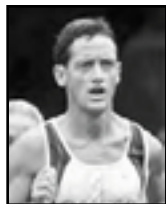
This award celebrates the man and woman who have demonstrated the highest level of competitive performance while making positive and substantial contributions to the club. These individuals are dedicated, disciplined, collegial toward other runners, and motivate others to become better athletes.

Gretchen Read



Gretchen has been one of the club's most consistent runners, not just at the master's level but also among all women in general. Her highlights for the year included age-group wins at the Portland Seadog's Mother's Day 5K, Maine Half Marathon (1:36:18), Clam Festival Classic and the LL Bean 10K. She was also won her age group at the Beach to Beacon this year with an amazing time of (43:46). She was disappointed that she would be unable to attend tonight due to a prior commitment, but please join me in a round of applause celebrating her achievement.

Michael Payson



Michael Payson The top men's runner truly has had an amazing year with an overall win the New England X-Country Master's championship in the 8K, overall wins at the Peak's Island 5 miler, the Sportshoe Center Maine 1/2 Marathon, and at the Great Pumpkin 10K. Michael is one of those gifted runners who get to enjoy the thrill of cutting through the winner's tape often. He also was the second place master at the People's Beach to Beacon, the Eliot Fest 5K and the Covered Bridge Half Marathon. With the times that he logs, it's hard to believe that he is a master runner. Michael the Maine Track Club is proud to call you one of our own,

and we congratulate you on all of your achievements.

Comeback Runner of the Year

Some people define winning as being able to capture the trophy for the fastest time - others find inspiration in watching those who have had to overcome obstacles to achieve personal triumphs. This award recognizes one such special runner who has demonstrated mental and physical toughness in order to overcome some medical issues - and in the process, has served as a positive example to others.



Howard Spear receives award from Phil Meech

Howard Spear has been super involved in the club as co-director of the Marathon and is always available to help in any way. Along the way he was able to log competitive times in the Mid Winter 10miler the LL Bean 10k and the Portland Trails 10K among others. Please come forward to accept your well-deserved award, Howard.

Most Improved Runner of the Year

This award gives special recognition to the runner who has improved running performance through hard work, training, discipline and perseverance.

Mark Grandinoco A comparison of Marc's 2003 time to his 2002 time alone qualifies him for this award - in 2002 he ran it in 4:13:41 and in 2003 finished in an amazing 3:36:26. But the



Mark Grandinoco

improvements were not in the Marathon alone. He shaved almost 2 minutes off his time in the Sea Dogs 5K, and over 2 minutes at the Burn off the Turkey 5K. You must have been doing something really right with your training this year, Mark - perhaps you were inspired because you were elected as the new Vice President of the Club? Congratulations on an outstanding year, Mark.

Outstanding Contribution to Maine Running

Sandy Utterstrom



This award is presented to the person who consistently shares his/her personal talents in an effort to support running in Maine, and assists runners throughout the state. Through her leadership, willingness to share her expertise, and unwavering dedication to helping with races, **Sandy Utterstrom** has made a substantial and enduring contribution to the sport. Sandy has been one of the club's most active volunteers since its inception in 1979. She's a past club president and race committee chairperson, and she consistently volunteers for most MTC races. In addition, she has offered her expertise to help many smaller races get off the ground. It has been said that the Breakaway 5K would not exist today if it were not for her, and she undoubtedly can be counted on to help with any event. She scares us every year by threatening that she might retire - we'll be grateful for another 25 years of tremendous service. Thank you for all you do, Sandy.

Watch the next issue for more award recipients....

Address Corrections

Please let us know if your address changes. The newsletter is usually mailed by bulk mail and will not be forwarded to you or returned to us. Thank you.

Jamaican memories and Jackson's mammary (*Editorial*)

By Mike Doyle

I witnessed the heinous super bowl halftime show and participated in the hellish Reggae Marathon [Negril, Jamaica 12/6/2003] therefore I am qualified to comment on both. Let me start by saying, on both accounts, we were hoodwinked. Tricked and deceived, blatantly lied to. Janet's "miss Jackson if your nasty" stunt was rather obvious, the set up for the Reggae Marathon and the skullduggery involved was truly "rock your body" deception at its finest. I have watched enough halftime shows and run enough marathons to realistically judge both. Firstly and lastly on Janet's attribute. Honey, I was in Jamaica for a week, granted I did not witness any armor festooned bosoms however I did see my fair share of breasts and what you showed wasn't all that impressive.

Ok, now the comparisons. The marathon advertising malfunction, was about as truthful as the infamous unplanned wardrobe malfunction.

Both the halftime and the marathon hype proved unsupported. Our steamy 5:15am marathon start preceded a trip to the overflowing porta-potties, where as our halftime show assimilated the horrific potty contents. The Reggae Marathon promised Gatorade and eleven GU water stops, the show promised entertainment. Result: No GU, fake Gatorade, and read further for the entertainment comparison. The Super Bowl had a helicopter fly by, the Marathon advertised a closed road course. Only tourist transport vehicles were allowed on the road, which made almost as much sense as a closed dome stadium helicopter fly by. In addition to the flat scenic course we were also promised four misting stations and iced towel wraps. Shocker, not a towel to be seen and as for the misting stations, a stoned dude holding an open ended hose at mile 18 hardly qualifies. Touted as an "out and back course along the scenic coastline from Negril to Green Island". We were treated to roll-

ing hills and perhaps one total mile of scenic coastline. While dodging speeding tour busses we did observe burning brush, burning pot, kids on bikes buzzing us like black flies, and if I was not hallucinating, a scary looking guy sharpening a machete grinning at me as I passed closely by. Both events promised entertainment: Marathon inspirational reggae music along the course was provided by mostly downtrodden vehicles blasting loud distorted bass booming noise. Just my luck "the best" sound system was cranking "don't worry be happy" as I shuffled along. In retrospect, the reggae noise was still better than P Diddy, Janet and Justin "performing" during the Super Bowl extravaganza.

Both "the Show" and I thankfully completed our events. In my case it was my slowest marathon to date. As for Janet and Justin, at least I can say that I did something that ultimately I was proud to say I did.

New MTC Members and changes

Don & Jennifer Ettinger of Limerick ME
Donna Beaulieu of Poland Spring ME
Deb Moore of West Bath ME
Deborah Moulton of South Portland ME
Kevin Kenerson of Portland ME
Robin Carlson Family (Morgan Carlson, Tyler Santero)
of Gorham ME
Jim Steinmark of Windham ME
Terry Young of Portland ME
Rebecca Wright of Marlborough CT
Diane Meech of Scarborough, ME

Marge Aube 03-15change
Lauri & Marc Dugas Scarborough ME
Michael Greene Falmouth ME
Ward Grossman
Debra Hapgood Kennebunk ME
Jay Hewett Cumberland ME
Dino Joannides Round Pond ME
Sean O'Hare Portland ME
Tiffany Weeks Kennebunk ME added to family
Ben Maynard Cape Elizabeth ME

So, Ya Wanna Run a Marathon In Afghanistan? (Editorial)

By Howard Spear

Don't get too excited now (yes, you Mike Brooks) cause there ain't no flights available.

That's right, a marathon in Afghanistan organized by our own John McKenney, a club member and National Guardsman who volunteered to go to Afghanistan for one year. Hey, no entry fee....can ya believe it!!!

This marathon, "A run to remember" will run on April 17th at Camp Phoenix, Afghanistan with a 6am start. Also included are two and five person relays. Results will be rolled over and posted in the concurrently run Oklahoma City Memorial Marathon, which is not about running, it is about life, honoring the memory of life lost through tragedy.

John is one of the organizers and a member of the Pol-e-Choekhi Running Club. Think it is tough training in Maine for a spring marathon? Well, not nearly as tough as in Camp Phoenix. With their busy schedules, there is not a whole lot of spare time for training. Lots of treadmill miles long before the sun comes up and after the sun goes down AND they MUST run with a weapon at all times for protection. And ladies, I am not talking about a small tube of pepper spray. Hell, running with "one" weapon now, can't imagine "two". (Sorry ladies, tis a male ego thing)



Picture of the Pol-e-Charkhi Running Club at Camp Phoenix, Afganastan in a training run for the 1st. Annual MTC Afganastan Marathon. John McKenney, a MTC member is shown in the middle of the pack.

Here are some facts: Registration at 32, temperatures will be in the sixties at the start, no paved roads, no shady tree lined streets, in fact no shade, no friendly children handing out water or candy, no great Maine volunteers cheering them on. Course is 30.7 loops around Camp Phoenix.... talk about boring? Ah, but those mountain views, yep, the same view, over and over and over and over and over and over and over and over and over and over and....No good looking gals in tights and sport bras.... oh damn. Think we can get some pictures together and mail? They can

post them on the mile markers. So who wants to volunteer self-pictures? It sure would be a shame iffing they have to settle for playboy pictures. Right? Hey, maybe they have a female running, we can mail off some tights and a sports bra....hell, she won't come in last that's for sure.

We'll post the results in the next newsletter with a picture or two. John, a truly dedicated patriot should be commended for giving up one year of his life away from his family and the safe comforts of home. Mucho thanks to John and all of his comrades that do keep us all safe here at home.

Mt. Washington

The Mt. Washington Road Race will be held June 19, 2004. Instructions for gaining entry are at www.gsr.com This is a lottery for runners and you MUST register for the lottery between March 1 and March 15, 2004. The Maine Track Club MIGHT have some slots available at a later date. To be eligible for one of these slots you have to be a MTC member and should also try to get a slot through the lottery first. Good luck in the drawing.

We will also be needing volunteers for this race — if interested please get in touch with me.

Mike Brooks 207-783-3414 mjbruns@adelphia.net

MTC Handicap Run from page 1.

which was 37 seconds faster than estimated. The second place female was Cathy Burnie who finished in 27:28 and was two seconds faster than her anticipated time.

Runners with frosty cheeks thawed out after the race while Phil provided breakfast fare for everyone. We were all thankful for the warmth and hospitality of the dedicated crowd who came out to run that day. The MTC invites all members to consider the challenge next year. It is a great way to meet other members and share running experiences in a casual setting.



Results of the 2004 Pre-Banquet 5K Handicap Race January 24, 2004

Weather Conditions: Clear, Breezy, 0 Degrees F.

Runners' times are estimated based upon recent best performance

Staggered start based upon this estimation with slowest estimated time starting first

Theoretically, all runners should finish very close to each other

Women's Division

1st Place Karen Connolly
2nd Place Cathy Burnie
3rd Place Cathy McKenney

Men's Division:

1st Place Mark Grandonico
2nd Place David Colby Young
3rd Place Matt Flynn

Overall:

Place	Name	Estimated Time	Actual Time	Variance
1	Mark Grandonico	23:30	22:25	+1:05
2	Karen Connolly	32:00	31:23	+ :37
3	David Colby Young	22:00	21:34	+ :26
4	Cathy Burnie	27:30	27:28	+ :02
5	Matt Flynn	21:45	21:58	- :13
6	Dennis Morrill	31:32	31:45	- :13
7	Cathy McKenne	33:00	33:21	- :21
8	Howard Spear	23:16	24:17	-1:01
9	Lloyd Slocum	23:00	24:34	-1:34
10	Lisa Despres	27:50	30:30	-2:40
11	Pat Buckley	36:31	39:46	-3:15
12	Mel Fineberg	37:00	41:38	-4:38
13	Herb Strom	47:00		DNF



Karen Connolly



Mark Grandonico



Herb Strom and Matt Flynn



Chuck Burnie



Howard Spear



Matt Flynn



Mel Feinburg



Cathy McKenney



Pat Buckley

MTC Roasters Run

The weekly Maine Track Club Roasters Run will begin on Saturday March 6th at 7:00AM

This is a great opportunity to discover the social aspects of running!

All ability levels are welcome.

Every Saturday morning (come rain, shine, or blizzard!), a group of Maine Track Club runners and friends get together in the parking lot of Maine Roasters Coffee on Route 1 in Falmouth for informal distance runs. Runners of all skills and abilities come out and group themselves based on pace, and then go out for runs ranging from 5-20 miles through Falmouth and Portland. The courses are well laid out, and a map of individual routes by mileage are available at the start of each group run and on the MTC web site, www.mainetrackclub.com. MTC members volunteer weeks in advance to put out water at three locations.

The runners congregate back at Maine Roasters Coffee after finishing to continue discussions or to get a cup of Joe to go. The runs are very informal, with the only formality being that they always start at "exactly" 7:00AM all year long. This is an especially great way to train for the marathon distance... running in the company of friends.

Please note that the courses are on public streets or trails and thus caution should be exercised while running; the Maine Track Club assumes no liability for runners making use of the group runs.

For more information about the Roasters Runs and/or to sign up to put out water, contact Sandy Walton at swalton2@maine.rr.com

Race Results / Photo Clips

2003 Physical Therapy 8K -- Brunswick, Maine -

October 19, 2003

Maine Track Club Finishers:

Place/Name	Ag/S	Town	Time	Pace
9 Floyd Lavery 3,40-49	46 M	Gorham	30:19	6:06
13 Tom Menendez 1,50-59	50 M	Lewiston	31:10	6:17
27 David Colby Young	51 M	Danville	33:38	6:46
32 Carol Weeks 1,50-59	54 F	Kennebunk	34:35	6:58
39 Mallory Vaccaro	30 F	Yarmouth	35:33	7:10
44 Lloyd Slocum 1,70&+	70 M	Hollis	35:55	7:14
45 Paula Jean Lunt	37 F	Tenants Harbor	35:57	7:14
49 Jeffrey Preble	49 M	Gardiner	36:09	7:17
51 Valerie Abradi 2,40-49	43 F	Lisbon	36:10	7:17
61 Bob Whitney	50 M	West Bath	37:23	7:32
67 Ron Pelton	50 M	Freeport	37:43	7:36
75 Getty Payson 3,40-49	42 F	Falmouth	38:51	7:49
85 Ronald Chase	62 M	Durham	40:12	8:06
108 Jim Tyrrell	56 M	Cape Elizabeth	41:59	8:27
112 Cathy Burnie 3,50-59	54 F	Cumberland	42:17	8:31
123 Laura Tyrrell	56 F	Cape Elizabeth	44:09	8:53
127 Robert DeWitt	59 M	Lisbon	44:19	8:55
137 Ryan Abradi	15 M	Lisbon	47:28	9:33
140 Beth Branson 2,60-69	62 F	Scarborough	48:04	9:41
141 Bob Branson	62 M	Scarborough	48:05	9:41
150 Roberta Bass	51 F	South Portland	49:32	9:58
153 Deb Riggins	43 F	Brunswick	50:27	10:09
154 Karen Connolly	44 F	Hollis	50:47	10:13
170 Catherine Saltz	39 F	Portland	55:34	11:11
171 Carlton Mendell 2,70&+	82 M	Portland	56:46	11:26
173 Julius Marzul	77 M	Gorham	70:10	14:07
174 John Woods	85 M	Harpswell	70:35	14:12
175 Robert Connolly	48 M	Hollis	78:36	15:49

2003 34th Annual Turkey Trot 5K - Cape Elizabeth, Maine - November 15, 2003

Maine Track Club Finishers:

Place/Name	Ag/S	Town	Time	Pace
9 Tom Ryan 2,45-49	48 M	Cape Elizabeth	17:26	5:37
10 Hans Brandes	45 M	Falmouth	17:28	5:38
15 Scott Heffernan 2,35-39	37 M	Scarborough	18:01	5:48
20 Steve Reed 1,55-59	55 M	Wiscasset	18:20	5:54
22 Floyd Lavery	46 M	Gorham	18:35	5:59
24 Aaron Bishop	31 M	Falmouth	18:44	6:02
32 Jeff Rand	43 M	Cape Elizabeth	19:19	6:13
33 Joseph Wagnis	30 M	Steep Falls	19:21	6:14
35 Brendan Flynn	15 M	Cape Elizabeth	19:24	6:15
40 Will Lund	48 M	Portland	19:53	6:24
42 Michael Musca	46 M	Falmouth	20:05	6:28
45 Carrie McCusker 2,over.	34 F	Cape Elizabeth	20:19	6:33
46 David Young 2,50-54	51 M	Danville	20:22	6:33
49 Richard Bryant	45 M	Cape Elizabeth	20:30	6:36
57 Brian Cliffe	43 M	Cape Elizabeth	20:47	6:42
62 Lloyd Slocum 1,70&+	70 M	Hollis	20:56	6:45
64 Bob Coughlin	64 M	Cape Elizabeth	20:58	6:45
66 Stephanie Atkinson 2,30-34	32 F	Hollis	21:00	6:46
73 Phil Pierce	62 M	Falmouth	21:19	6:52
89 Matt Rand	12 M	Cape Elizabeth	21:46	7:01
92 Carol Weeks 1,50-54	54 F	Kennebunk	21:53	7:03
102 Jeffrey Preble	50 M	Gardiner	22:09	7:08
111 Harry White	61 M	Scarborough	22:19	7:11
112 Mark Grandonico	44 M	Portland	22:21	7:12
114 Beth Rand	43 F	Cape Elizabeth	22:26	7:14
121 Michael Mills	41 M	Arundel	22:40	7:18
127 John O'Brien	38 M	Portland	22:50	7:21
129 Terence Musca	14 M	Falmouth	22:53	7:22
135 Robert Randall 1,65-69	66 M	Springvale	23:03	7:26
137 John Morse	58 M	Phippsburg	23:06	7:26
139 Valerie Abradi	43 F	Lisbon	23:14	7:29
142 Howard Spear	53 M	Westbrook	23:21	7:31

150 Loren Lathrop	54 M	South Portland	23:36	7:36
159 Getty Payson	42 F	Falmouth	23:48	7:40
160 Ogden Williams	47 M	Cape Elizabeth	23:49	7:40
164 Stacy Cimino	29 F	Cape Elizabeth	23:53	7:42
166 Martha Lippa	44 F	Cape Elizabeth	23:56	7:42
167 Ronald Owens	60 M	Scarborough	23:57	7:43
168 Rick Abradi	45 M	Lisbon	24:00	7:44
175 Tony Salamone	54 M	Gorham	24:13	7:48
192 Becky Foner	16 F	Cape Elizabeth	24:42	7:57
231 Cathy Burnie 1,55-59	55 F	Cumberland	25:52	8:20
242 Kathleen Reid	34 F	South Portland	26:08	8:25
244 Joan Tremberth 2,55-59	58 F	Scarborough	26:15	8:27
250 Jim Tyrrell	56 M	Cape Elizabeth	26:33	8:33
257 Bob Branson	62 M	Scarborough	26:40	8:35
262 Nan Cumming	42 F	Portland	26:52	8:39
270 Michele Flynn	55 F	Cape Elizabeth	27:13	8:46
273 Thomas Whitcomb	45 M	Cape Elizabeth	27:15	8:47
276 Laura Tyrrell	56 F	Cape Elizabeth	27:17	8:47
287 Michelle Durgin	32 F	Westbrook	27:33	8:52
295 Ryan Abradi	15 M	Lisbon	27:44	8:56
299 Patti Whitcomb	41 F	Cape Elizabeth	27:49	8:57
306 Georgia Smith	13 F	Yarmouth	28:04	9:02
310 Lawrence Perkins	59 M	Portland	28:10	9:04
312 Ray Shevenell	62 M	Cape Elizabeth	28:15	9:06
313 David Barnard	61 M	Yarmouth	28:21	9:08
326 Michael Chadbourne	49 M	South Portland	28:42	9:15
333 Katy MacColl	12 F	Cape Elizabeth	28:55	9:19
334 Sherry Carll	56 F	Gray	28:59	9:20
348 Sandra Walton	39 F	Yarmouth	29:57	9:39
363 Mel Uchenick	72 M	Kennebunk	30:44	9:54
364 Abbi Flynn	11 F	Cape Elizabeth	30:49	9:56
370 Anne Marie Cooke	38 F	South Portland	31:15	10:04
380 Cynthia Barnard	59 F	Yarmouth	31:53	10:16
390 Beth Branson 1,60-64	62 F	Scarborough	32:21	10:25
396 Dennis Morrill	64 M	Portland	32:27	10:27
397 Carlton Mendell	82 M	Portland	32:33	10:29
398 Sandy Utterstrom	59 F	Falmouth	32:35	10:30
403 Cathy McKenney	46 F	Portland	33:07	10:40
406 Sarah Collins	38 F	Portland	33:18	10:43
416 Catherine Saltz	39 F	Westbrook	34:03	10:58
439 Terri Morris 1,70&+	75 F	Scarborough	38:32	12:25
455 William Marzul	79 M	Gorham	41:23	13:20
473 Julius Marzul	77 M	Gorham	47:54	15:25

The 24th Annual Running of the 4.5 Miler "the Thaw" Belgrade, Maine 17 Jan. 2004

Results courtesy of the Central Maine Striders

Maine Track Club Finishers:

Name	Age	Time
6. Ben Maynard	27	0:30:17
11. David Colby Young	51	0:31:35
12. Phil Pierce	62	0:31:37
14. Jeffrey Preble	50	0:32:46
15. Carol Weeks	54	0:32:48
26. Mike Brooks	58	0:38:50
32. Denny Morrill	64	0:47:15
35. Carlton Mendell	82	0:55:14
36. Hazel Wightman	37	1:02:10
37. Julius Marzul	77	1:08:03

9th Boston Prep 16 Mile Race Derry, NH, January 25, 2004

www.coolrunning.com/results/04/nh/Jan25_9thBos_set1.shtml

137 Phil Pierce	1093	62	2/12	M6069	Falmouth Maine	2:03:13	7:43
486 Julius Marzul	1053	77	4/4	M7099	Gorham Maine		

The 7th Martha's Vineyard 20 Miler

Feb. 14, 2004 Vineyard Haven, Edgartown, and Oak Bluffs, MA
 Timing: Granite State Race Services racetime@gsrcs.com www.gsrcs.com
 Maine Track Club Finishers:
 17 7/42 M3539 2:14:01 6:43 David Saltmarsh 39 M 253 Springvale Me

13th Bradford Valentine Race

Bradford, Ma, February 14, 2004
 Baystate Timing Service
 Maine Track Club Finishers:

6K

26 160 David-colby Young 3/18 M5059 Danville, Maine 26:17 5:16
 210 33 David Wightman 27/27 M3039 Auburn, Maine 47:25 9:29

5 Miler

Maine Track Club Finishers:
 57 211 Dr. Phil Pierce 2/14 M6069 Falmouth, Maine 35:34 7:07
 310 289 Carlton Mendell 2/2 M7099 Portland, Maine 1:02:47 12:34
 311 34 Hazel Wightman 38/38 F3039 Auburn, Maine 1:02:48 12:34

Husband/wife Team Results

31. Run2liv 47:25 1:02:48 = 1:50:13
 David Wightman M 6k, Hazel Wightman F 5miles

Fresh Pond 2.5 Miler

Cambridge, Mass Sat Jan 10th, 2004
 Maine Track Club Finishers:
 15. David Colby Young 19:28

Fresh Pond 5 Miler

At Cambridge, Mass Sat Jan 31, 2004
 Maine Track Club Finishers:
 6. David Colby Young 39:54

Fudgcicle Winter Race Series 5k

Tewksbury, Ma,
 Fudgcicle Winter Race Series 5k
 Maine Track Club Finishers:
 7. David C. Young 21:02 (Feb. 14, 2004)
 4. David C. Young 21:25 (Jan. 31, 2004)
 14. David C. Young 23:19 (Jan 10, 2004)

23rd Annual Bud Light Hangover Classic

Salsbury, MA, January 1, 2004
 10K
 Maine Track Club Finishers:
 13 Dave Saltmarsh 39 3/38 M 37:24 6:01
 37 Ellie Tucker 49 3/39 F 40:21 6:30
 75 David-colby Young 51 7/64 M 42:44 6:53
 95 Philip Pierce 62 4/13 M 43:55 7:04
 203 Richard Cavanaugh 70 1/3 M 49:50 8:01
 342 Carlton Mendell 82 3/3 M 1:28:45 14:17

5k

Maine Track Club Finishers:
 6 Steve Reed 56 1/45 M 18:01 5:47

23rd Annual Mid-Winter Ten Mile Classic - Cape Elizabeth, Maine - 02/01/04
 Maine Track Club Finishers:

Race Results / Photo Clips

Mid-Winter 10 Mile Classic

Photos by Don Penta



Don Penta, photographer extraordinaire!

Charlie Farrington and Peter Rearick



Mike Chadbourne, Loren Lathrop, Deb Belanger

Ellie Tucker



Dave Connors

Bill Reilly

Bob Coughlin

Race Results / Photo Clips

Place/Name	S/Div	Town	Time	Pace
32 Floyd Lavery	M4549	Gorham	1:03:12	6:20
34 Aaron Bishop	M4044	Falmouth	1:03:31	6:22
35 Bill Reilly 2,55-59	M5559	Brownfield	1:03:35*	6:22
37 Mike Grant	M4549	Scarborough	1:03:56	6:24
47 Steve Reed 3,55-59	M5559	Wiscasset	1:05:22*	6:33
63 Ellie Tucker 3,overall	F4549	North Yarmouth	1:07:43*	6:47
84 Michael Musca	M4549	Falmouth	1:10:48	7:05
87 Carrie McCusker 5,over.	F2034	Cape Elizabeth	1:11:13	7:08
89 Bob Coughlin 3,60-69	M6069	Cape Elizabeth	1:11:27*	7:0
91 Ronald Deprez	M5559	Portland	1:11:32	7:10
106 James Corbett	M3539	Cape Elizabeth	1:12:42	7:17
125 Erik Boucher	M2034	Portland	1:13:59	7:24
131 Phil Pierce	M6069	Falmouth	1:14:32	7:28
133 Matt Flynn	M4044	Cape Elizabeth	1:14:37	7:28
139 David Young	M5054	Danville	1:14:53	7:30
143 Lloyd Slocum 1,70&+	M7099	Hollis	1:15:20*	7:32
146 Mark Grandonico	M4044	Portland	1:15:23	7:33
152 Ronald Paquette	M5054	Biddeford	1:15:54	7:36
156 Peter Rearick	M5054	Hebron	1:16:04	7:37
161 Jeffrey Preble	M5054	Gardiner	1:16:24	7:39
168 Michael Doyle	M3539	Portland	1:16:55	7:42
169 Paul Toohey	M4549	Scarborough	1:16:58	7:42
170 Jeanne Hackett 3,45-49	F4549	Peaks Island	1:16:59	7:42
177 Paul Letalien	M4549	Portland	1:17:20	7:44
180 Rachel Landry 3,35-39	F3539	Cumberland	1:17:23	7:45
186 Colleen Redmond	F3539	Portland	1:17:51	7:48
195 Valerie Abradi	F4044	Lisbon	1:18:19	7:50
199 Richard Bryant	M4549	Cape Elizabeth	1:18:50	7:53
200 Joseph Wagnis	M2034	Steep Falls	1:18:52	7:54
207 Greg Welch	M5054	South Portland	1:19:08	7:55
229 Les Berry	M5559	Gorham	1:21:03	8:07
236 Thomas Kirner	M5559	Cape Elizabeth	1:21:29	8:09
238 David Cannons	M3539	Portland	1:21:32	8:10
241 Nathan Graham	M3539	North Yarmouth	1:21:35	8:10
243 John Brady	M4549	Biddeford	1:21:39	8:10
244 Patty Kenney	F4044	Portland	1:21:41	8:11
250 Neil Martin	M6069	Freeport	1:21:59	8:12
251 Terry Clark	M5559	Windham	1:22:01	8:13
257 John O'Brien	M3539	Portland	1:22:29	8:15
267 Beth Rand	F4044	Cape Elizabeth	1:23:04	8:19



Terry Clark



Sue Beck



Sandy Walton



Richard Bryant



Rachel Landry, Scott Sweet



Ray Billingsley



Ogden Williams



Patty Whitcomb



Floyd Lavery



Peggy McCloskey



Neil Martin



Cathy Burnie, Joni Hewitt

268 Jeff Rand	M4044	Cape Elizabeth	1:23:04	8:19
270 Getty Payson	F4044	Falmouth	1:23:15	8:20
277 Leslie Couper	F4044	Falmouth	1:23:38	8:22
294 Ron Pelton	M5054	Freeport	1:24:44	8:29
298 Ogden Williams	M4549	Cape Elizabeth	1:24:57	8:30
314 Ray Shevenell	M6069	Cape Elizabeth	1:25:58	8:36
329 Howard Spear	M5054	Westbrook	1:27:12	8:44
357 Stacy Cimino	F2034	Cape Elizabeth	1:29:20	8:56
361 Peggy McCloskey	F4549	Portland	1:29:56	9:00
367 Polly Kenniston 2,60-69	F6069	Scarborough	1:30:22*	9:03
382 Thomas Brady	M3539	Cape Elizabeth	1:31:33	9:10
386 Neil Chivington	M5559	Gardiner	1:31:57	9:12
388 Betty Rines	F4549	Gorham	1:32:01	9:13
404 Nan Cumming	F4044	Portland	1:33:02	9:19
407 Thomas Whitcomb	M4549	Cape Elizabeth	1:33:29	9:21
411 Patty Whitcomb	F4044	Cape Elizabeth	1:34:07	9:25
422 Cathy Burnie 3,55-59	F5559	Cumberland	1:35:10	9:31
427 Michelle Flynn	F5559	Cape Elizabeth	1:35:34	9:34
431 Betty Disanza	F5559	Limington	1:36:42	9:41
434 Jim Tyrrell	M5559	Cape Elizabeth	1:36:52	9:42
435 Bob Branson	M6069	Scarborough	1:37:05	9:43
443 Ronald Chase	M6069	Durham	1:38:16	9:50
451 Scott Mercer	M5559	Cape Neddick	1:40:51	10:06
452 Tree Merce	F4549	Cape Neddick	1:40:51	10:06
455 Robert DeWitt	M6069	Lisbon	1:41:27	10:09
456 Loren Lathrop	M5559	South Portland	1:42:03	10:13
457 Michael Chadbourne	M5054	South Portland	1:42:03	10:13
463 Tom O'Connor	M5054	Westbrook	1:44:07	10:25
464 Beth Branson	F6069	Scarborough	1:44:10*	10:25
474 Margaret Rearick	F5054	Hebron	1:46:21	10:39
476 Donna Bisbee	F4549	Portland	1:46:54	10:42
484 Bill Davenny	M5559	Portland	1:52:28	11:15
485 Gerard Salvo	M4549	Portland	1:52:29	11:15
486 Sandra Walton	F3539	Yarmouth	1:52:36	11:16
487 Roberta Bass	F5054	South Portland	1:54:50	11:29
490 Cathy McKenney	F4549	Portland	1:58:14	11:50
497 Carlton Mendell 3,70&+	M70&+	Portland	2:15:44	13:35
498 Julius Marzul	M70&+	Gorham	2:23:38	14:22

“**” following time: runner beats USATF five year age group standard!



Bob Dewitt



Carlton Mendell



Leslie Couper



Greg Welch



Julius Marzul



Jeffrey Preble

Race Flyers

If you want your race fliers in the next issue of *New•Run*, you must deliver 400 of your race fliers to Full Court Press, 855 Main Street, Westbrook, Maine 04092 (For the NewsRun, MTC) attn. Amy Abildgaard, Production. The dead line is Friday, April 2, 2004 for the May/June issue.

We will also need a copy of the flier for the web site in PDF format. Send to bobaube@mainetrackclub.com

Mail your \$60 check or money order to MTC Treasurer; PO Box 8008; Portland, Maine 04104. The \$60 will give you promotion of your race in the *News•Run* and on the Maine TrackClub Web site.

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 different from letter size unfolded. If you have any questions and/or anything is still unclear, please contact me 786-2129 without delay. David C. Young, editor of *NewsRun* (Maine Track Club) PO Box 8008 Portland, Maine 04104.

Verizon Youth Progress Award

Get on the fast track with the Verizon Youth Progress Award. Verizon has partnered with USA Track & Field (USATF) to help student athletes get a “good start” with the Verizon Youth Progress Award program. Applicants must meet all eligibility requirements including:

- Be a high school senior graduating in Spring 2004
- Have a cumulative 3.0 GPA or higher (4.0 scale)
- Have participated as an athlete in a Verizon Youth Series track & field and/or cross country event within the past 24 months
- Reside or attend school in an area served by Verizon Communications or Verizon Wireless
- Plan to enroll in full-time study at an accredited two-year or four-year college in the U.S.

A total of \$20,000 will be awarded to four outstanding student athletes-so get on the fast track to higher education with the Verizon Youth Progress Award program. See below for an application and full eligibility requirements.

Applications and eligibility requirements can be found at <http://www.usatf.org/youth/VerizonYouthProgressAward.asp>

Perfect Timing . . .

By Dottie Michaud

I want to thank my peers of the MTC for recognizing me at the awards banquet January 24. I was sorry I was unable to attend, but I was recovering from surgery and still getting quite fatigued.

The award could not have come at a better time for me. Like all runners, I had two main concerns about not being able to run for 4-6 weeks. I was most worried my motivation would wane and that I wouldn't be able to improve on my times from last year.

Throughout my life, I have been a member of various clubs and organizations. Whether it was a horse, dog or labor organization, I have always seen the same trend. Very few paying members actually get involved in the running of the organization. Volunteering is difficult. I waited many years to join the MTC. I knew that I would not have the time to serve on any committees or volunteer for races or other activities. I wanted to be an involved member of the club. I probably missed out on a lot. The people of the MTC have been great to work with. They are motivated, organized and informed. I would encourage any member not serving on a committee or event to get involved and meet some new friends.

So, as I start running and training again, I know my first concern is not an issue. My friends and peers of the MTC will keep me motivated. As for my other concern, well only time will tell. Congratulations to all award recipients and good luck to all MTC members this coming season.

Dear Maine Track Club:

Sorry I couldn't attend the banquet; prior commitment caused a conflict.

Just wanted you to know how appreciative I am of the MTC award - a big surprise and honor to be recognized by club members.

Love the MTC hat - definitely my kind of hat!!!!

Gretchen Read



Mike Brooks, proudly wearing Maine Track Club singlet in the Across The Years 48 Hour Run, Nardini Manor, Litchfield Park, Arizona, Dec 30, 2003 to January 1, 2004. Mike did 492 laps on a 500 meter course for 152.86 miles or 246 kilometers finishing fourth. A sad note to the race, Mark Heinemann, finishing third, died shortly after the race.

Maine Corporate Track Association (MECTA)

By Dick Bouthillette, member of MTC & MECTA

The MECTA hosts track meets for about 20 Maine corporations from around the state. Its main goal is to help promote health and team work among the corporations in the state. MECTA holds captain meetings on the third Wednesday of the month at 5:30 at Anthem Blue Cross Blue Shield. The next meeting is March 17. For more information contact April Laverriere 423-2505 or email april@walch.com.

MECTA is gearing up at this time for a big event on July 17 and 18. The nationals relays will be held in Portland at Fitzpatrick stadium. The honorary chairmen for this years event is Bill Rodgers and we are hoping he will run the 10K. Anyone interested in joining or getting more information about MECTA or The National relays can check out our website www.maineorporatetrack.org. or Call the co-chairs Tom Blake 799-5723 teblake@aol.com or April Laverriere 423-2505.

Midwinter 2004, volunteers

Ray Shevenell, Race Co-Director

We simply cannot provide a racing experience this good without the volunteers !! I'd like to add to what you observed about non-Maine Track Club members helping as volunteers: most of them are my volunteers and they come from two very active running groups - the UnumProvident Corporate Track Team and my group of running buddies in the Town Of Cape Elizabeth. Each year I send them a request to help (if they are not running in the race) and each time several of them volunteer. From now on, I will suggest they join (rejoin) the MTC and take advantage of the excellent club benefits. *My apologies if I left anyone off the list.*

Parking Guides:

George, Conly
 Scott, Dalrymple
 Puddy, Holmes
 John, Lavin
 Tony, Oberley
 Mary Ann, Oberley

Warren, Heaps
 Chip, Kelley
 Martha, Kelley
 Skip, Kessler
 Bob, LaNigra
 Joan, Lavin
 Sarah, MacColl
 Jim, McFarlane
 James, Miller helped Ray & Don Penta pick up the cones before he left for home in Maryland on Saturday.
 Sandy, Morin
 Terri, Morris
 Sarah, Muscat
 Bob, Payne drove the lead vehicle
 Don, Russell
 Rita, Spinella
 Harry, White
 Julie, Wilson

Course Safety Guardians:

Carlene, Anderson
 Beth, Birch
 Brian, Blais
 Dick, Bouthillette
 Emily, Cooley-Snyder
 Doug, Couper
 Kelly, Fernald
 Becky, Foner
 Victoria, Foster
 Jayne, Hanley
 Kathy, Harris drove the follow-up vehicle.
 Shawn, Hayes

Registration/Food Volunteers

Jeff (last name missing)
 Cora, Bryant
 Nick, Bryant
 Chuck, Burnie
 Libby, Christensen
 Sarah, Christensen
 Lisa, Despres
 Jim, Estes
 Kathy, Harris
 Dan, Hogan
 Beth, Rand
 Jeff, Rand
 Molly, Soule from Cape Elizabeth
 Charles, Scribner
 Howard, Spear
 Steve, Wells
 Hazel, Wightman
 Kim, Williams
 David Colby, Young

Waterstop People

Roger, Bauderis
 Mary, Bauer
 Francis, Bauer
 Diane, Boynton
 Julie, Brown
 Robin, Carlson
 Miss, Carlson
 Kevin, Connolly
 Bob, Connolly
 Kristen, Grosso
 Chris, Riggot
 Donna, Hodge
 Mary Kay, Kasper
 Denise, Locke
 Tom, Mazza
 Phil, Meech
 Dennis, Morrill, at two water stops: (#1 & #3). (Could he be called a double dipper?)
 Danny, Wheatley

Marathon Race Committee Members Needed

- Portland Traffic Coordinator
- Falmouth Traffic Coordinator
- Course Communications Coordinator
- Relay Coordinator
- Finish Line Clean up Coordinator
- Post Race Course Clean up Sweep Coordinator
- Mile Marker and Signage Coordinator

With this events growth, it places added stress and much extra work on current committee members. We desperately need to fill these position. Because do not have enough volunteers, we were forced to place a cap on the number of entrants allowed this year....2,500.

Interested? Contract Howard Spear, 856-6496 or email: racedirector@mainemarathon.com, or Bob Aube, 819-5079 or email bobaube@mainetrackclub.com.

Thanks!

Maine Track Club Discounts

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

Peak Performance Sports 59 Middle St. Portland	15% on all purchases
Olympia Sporting Goods Maine Mall, S. Portland	10% on shoes only
Coastal Athletics 84 Cove St. Portland	Aasics shoes exclusively Call Ron Kelley 772-4530
George & Phillips Inc. Rt. 1 Kittery • 295 Water St. Exeter, NH	Shoes 20% off
Lamey Wellehan Maine Mall • Falmouth Shopping Center • Cook's Corner • Auburn Mall	10% on running shoes
MVP Sports 333 Clarks Pond, S. Portland	10% on non-sale running shoes and clothing
Famous Footware 330 Clarks Pond, S. Portland • Auburn • Kittery	10% on running shoes

Maine Runners do well at the Dartmouth Relays

Maine Masters do well at the Dartmouth Relays on Friday 9 Jan 200. Results courtesy of <http://www.lancertiming.com/>Lancer Timing Service. Bill Reilly and David Colby Young are both members of the Maine Track Club and did well in the distance events. Pam Swan is a member of Bath Iron Works Corporate Track Team. Joel Stinson of Harpswell with Betty Re of Waterville won silver medals in tennis playing mixed doubles in the 65 - 69 age group in Baton Rouge, LA July of 2003, but it looks like he is taking a break from his tennis game to get a jump start on track events for the up coming 2004 season.

W40 200 m Dash

Name	Age	Team	Finals
1 Swan, Pamela	W40	Bowdoin, ME	29.66
2 Fortuna, Paula	W43	Amesbury, MA	31.38

W40 High Jump

1 Swan, Pamela	W40	Bowdoin, ME	1.37m	4-06.00
2 Crutchfield, Cynthia	W41	Hanover, NH	1.12m	3-08.00

W40 Pole Vault

Name	Age	Team	Finals
1 Swan, Pamela	W40	Bowdoin, ME	8-06.00 2.59m

W40 Long Jump

1 Swan, Pamela	W40	owdoin, ME	4.67m	15-04.00
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M65 60 m Hurdles

1 Stinson, Joel	M68	Harpswell, ME	12.52
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M65 Long Jump

1 Stinson, Joel	M68	Harpswell, ME	3.75m	12-03.75
2 Mezzapelle, Edward	M66	Nashua, NH	2.66m	8-08.75
3 Hurley, John	M66	neonta, NY	2.48m	8-01.75

M50 3000 m Run

1 Young, David Colby	M51	Danville, ME	11:50.41
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M50 5000 m Run

1 Young, David Colby	M51	Danville, ME	21:19.97
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M55 5000 m Run

1 Reilly, Bill	M56	Brownfield, ME	18:11.89
2 Currier, Ray	M59	Lebanon, NH	21:25.16

Happy Birthday Wishes to these MTC Members

March

- 1 John Gale, Linda Iselborn
- 2 Sharon Bass, Scott Heffernan, Mike Reali
- 3 Mel Uchenick
- 4 Matthew Mills
- 7 Judy Cotton
- 10 Jim Steinmark, Eric Wold
- 12 Don Foshay
- 13 Anna Cushman, Lawrence DeHof, David Saltmarsh
- 14 Dennis Smith
- 15 Marge Aube, Don Cross
- 16 Arabella Eldredge, Lloyd Slocum
- 17 Patty Whitcomb
- 18 Brady Foshay
- 19 Betsy Barrett, Eric Ortman, Bill Vanderburg
- 21 Mary Brandes, Dick Hallstein
- 22 John Avedian, Lauri Dugas
- 24 Peter Grosso
- 25 Janice Bilodeau, Sarah MacColl
- 26 Robert Randall
- 27 Ellianna Kisch, Richard Robinov, Joan Tremberth
- 28 Sheri Carll, Tom O'Connor, Ronald Read
- 30 Ruth Hefflefinger, Catherine Saltz
- 31 Kelly Fernald

April

- 2 Pam Kinner, Kathleen Reid, Brian Wold
- 3 Eileen Brandes
- 6 Jeffrey Rand, Carlene Sproul
- 7 Charles Scribner
- 8 Janice Drinan
- 10 Margaret Hazlett
- 11 David Penta, Joshua Penta, Maureen Sproul
- 12 Al Mack
- 13 George Conly, Diane Meech
- 14 Scott Dalrymple, Meredith Finn, Pat LaNigra
- 15 Beth Branson, Martha Pulsifer
- 16 Theresa Mercer, Carlene Sproul
- 17 Cynthia Aiken, Larry Dyer
- 18 Richard Bouthillette
- 20 Robin Carlson, Sarah Collins, Kristy Johnson, Phil Meech, Phillips Sargent
- 21 Emily Crowe
- 22 Chuck Burnie, Floyd Lavery
- 24 Virginia Cross, Jay Hewett
- 25 Debra Hapgood, Spencer Hapgood
- 26 Patrick Connolly
- 27 Jerilyn Holcombe
- 28 Eileen Dunfey, Rachel Landry
- 29 Skip Kessler
- 30 Patricia Lefevre



March / April Race Schedule and More

- March 6 Morgan's Memorial 5K Run/Walk, Clifton Daggett Athletic Building, Bates College, Lewiston, 1 p.m. Contact: Suzanna Andrews.
- March 7 Irish Road Rover 5K, Brian Boru pub, Portland, 11 a.m.. Contact: Dan McKeown 730-1234.
- March 13 Mars Hill Winterfest 5K, Central Aroostook High School, Mars Hill, 10 a.m. Contact: Rae Walker 551-4222.
- March 14 Kerryman's Pub Road Race & Mary's Walk, Thornton Academy, Saco, noon. Contact: Mel Uchenick 773-2533.
- March 20 Maine USATF Open Indoor Championships, Bowdoin College, Brunswick, noon. Contact: Dave Watson 443-6171 or Diane Fournier 443-3678.
- March 27 Run for the Courts 5K, Poland Spring Preservation Park, 9 a.m. Contact: Kevin Mitchell 786-3937.
- March 28 Eastern States 20-Miler, Traip Academy, Kittery, 11 a.m. Contact: Don Allison (781)340-0616.
- April 3 Presidential 5 Mile Road Race & Kids 1K Fun Run 10:00AM Saturday Consolidated School, 25 School Street, Kennebunkport, ME Contact: Presidential Road Race PO Box 62 Kennebunk, ME 04043 207-985-2631 racedirector@presidentialroadrace.com (See Flier insert)
- April 4 23rd Annual April Fools 4 Miler 11:00AM Sunday Winners Circle Sports Bar, 211 Elm St/Rt 110, Salisbury, MA Contact: Rob Robertson 310 Great Bay Rd Greenland, NH 03840 207-490-1386 aprilfoolsrace@aol.com 2003 Results
- April 10 Spring Run-Off (5 kilometers), Wieden Gym, University of Maine at Presque Isle, 9:45 a.m. Contact: Chris Smith 768-9472.
- April 10 Hannaford's 2nd Annual 15K/5K Bow Lake Run 10:00AM Saturday Only certified active 15k in NH!!! Certified 5k and Kids Fun Run also on and around beautiful Bow Lake! Grange Hall at Bow Lake Dam in Strafford, Corners of Water Street and Province Rd in Bow Lake Village, Strafford, NH Contact: Chris Howe 94 Stevens Hill Road Nottingham, NH 03290 603-679-2451 cbna15k_5kmrthn@yahoo.com
- April 17 Unity College Spring 5K, Unity, 9:30 a.m. Contact: Gary Zane 948-3131 ext. 256.
- April 18 Red's Shoe Barn 5 Miler Time: 1:00 pm Contract: Red's Shoe Barn, 35 Broadway, Dover, NH, www.redshoebarn.com
- April 19 Patriot's Day 5-Miler, Portland Boys & Girls Club, noon. Contact: John Tracy 408-3971. (See flier)
- April 10 Spring Run-Off Contract: Chris Smith 768-9472 UMPI Wieden Gym Presque Isle 5K 9:45 Walk 10:00 Run
- April 24 Out of Hibernation 5K Portsmouth, NH time: 9:00 am contact Dan Silverman 603-433-2274
- April 25 Muddy Moose 14M/4M Trail Races 10:00AM Sunday Kingswood Regional High School, 396 South Main Street (Rt. 28), Wolfeboro, NH Contact: Fergus Cullen 3 Juniper Green Wolfeboro, NH 03894 603-569-9084 ferguscullen@aol.com
- May 1 Nurse Day Run Mary Cornelio 768-2809 NMTC Presque Isle 5K Run 10:00 & Walk 9:30 Children's 1.25 WOG 9:15
- May 2 Patricia Lynn Corbin Memorial Walk/Run 5K, Lee Academy, Lee, 1 p.m. Contact: Michael or Robin Corbin 738-4354.
- May 8 Iron Bear Triathlon - Brunswick, Maine
- May 9 Portland Sea Dogs Mothers Day 5K, Hadlock Field, Portland. Contact: Kelli Heffley 874-9300.
- May 12 Maine Corporate Track Association meet, site TBA, 5:30 p.m. Contact: Tom Blake 799-5723.
- May 16 Sugarloaf Marathon and 15K, Eustis to Kingfield, 7 a.m. (15K starts in Carrabassett Valley at 7:30). Contact: Sue Foster 237-6830.

USATF Indoor Track & Field Meet

Maine USATF will host the 2004 Indoor Track & Field Championship Meet at Farley Field House - Bowdoin College - Brunswick, Maine on March 20, 2004.

There are different events scheduled for the Youth, Open as well as for the Master athletes. (Youth athletes are limited to three individual events plus 1 relay, there isn't any limitations for the Open and Master athletes.) All age groups are contested together, but scored separately.

Meet check-in opens at 10 am with all events beginning at 12 noon. Prior meet registration is strongly recommended, but meet entries will be accepted the day of the meet. All entries close one hour prior to start of the meet.

2004 USATF athlete registration will be available the day of the meet and current USATF registration is required. For high school and college competitors, USATF registration is waived, but the meet registration fee is required.

For an entry form and more information, please go to www.meusatf.org.

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



Check the Expiration Date!

Please check the label on your *News•Run* to make sure your membership hasn't expired. If "12-03" appears, this issue will be your last one — unless you renew your membership!

If you cannot find your January/February issue (where you will find a renewal form), please call 207-846-6577 or 207-741-2084 to request a renewal form. You can also pay your dues through www.active.com.

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MTC March Membership Meeting

The MTC Membership Meeting will be at SMCC in the Jewett Auditorium (same location as usual) on March 24th for a 6:30 PM to 8:00 PM meeting.

Dr Buchanan will be the guest speaker at the 3/24 meeting. Dr Buchanan will also be performing "Foot Analysis" for anyone interested.

Dr. Buchanan has worked with athletes all her life. She has been involved in countless races including being part of the medical team for the Boston Marathon since 1991. As a runner herself, (Boston Marathon 1993, 1996, Marine Corps Marathon 1994) she can relate to running inju-

ries and the mentality of a dedicated runner.

Dr. Buchanan received her PhD with a Sports Medicine specialization from the University of Virginia. While at UVa she completed her research in foot and gait biomechanics at the Kluge Gait Lab. She helped teach in a number of courses at UVa including Emergency Medical Care, Advanced Athletic Training and research and statistical concepts in a Masters' Thesis Class. During her tenure at UVa she was also the graduate assistant athletic trainer for the men's soccer team (2000) and football team (1999).

Prior to obtaining her PhD, Dr. Buchanan worked at Spectrum Physical Therapy in Charlottesville, VA

where she specialized in rehabilitating athletes, particularly runners. While at Spectrum she focused on clinical gait analysis and making functional orthotics for athletes.

She received her masters in physical therapy from Boston University and her undergraduate degree (German, Phi Beta Kappa) from Colby College. She became a certified athletic trainer in 1993. She is a member of the American Physical Therapy Association (APTA), National Athletic Trainers Association (NATA) and is licensed in Maine and Virginia.