

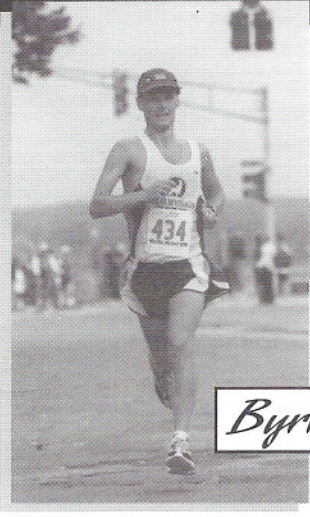
Run with a friend...

www.mainetrackclub.com

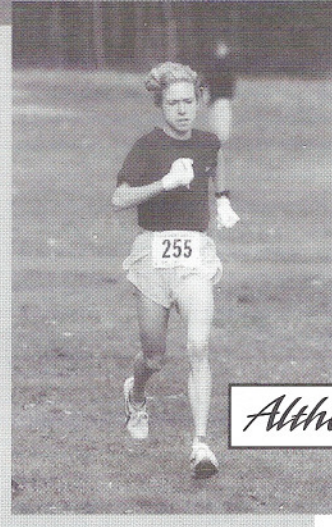
February 2000

20th Annual Maine Track Club Awards Banquet Recipients

MAINE RUNNERS OF THE YEAR



Byrne Decker



Althea Schmid

MAINE TRACK CLUB RUNNERS OF THE YEAR



Jeanne Hackett



Steve Reed

Additional Award Recipients and photos inside

Presidential Message

February 2000

Dear MTC Members

I have heard that the banquet was a success. Al and I were flying to get there, but got stuck in Cincinnati because of a snowstorm. I walked through the door just before it ended. I am still getting rave reviews on Carlton's talk (he got a standing ovation). Thank you Carlton.

Congratulations to all of the 1999 award winners.

I especially want to comment on the John Fyalka award. This is the award for service to the Maine Track Club. This award had never gone to an officer of the club before, but it did this year. Recipients won by nomination and earned it by helping to hold this club together in 1999.

When we started in 1999 we did not have a Treasurer, Secretary, Vice President, a person to do Clothing or an Equipment Manager. That is a lot of unfilled positions! Marge (President) and Bob Aube (Race Chair Person), Colleen Redmond and Mike Doyle (Newsletter); in addition to their positions took on filling these duties. Thank you and congratulations on winning The John Fyalka Award for 1999.

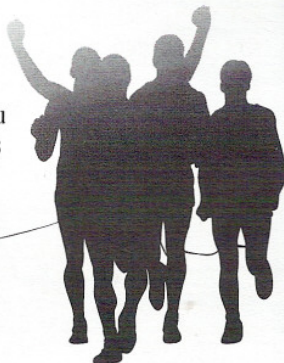
Eric Ortman stepped up to be Vice President in the summer and did what he could while juggling work and school. Thank you Eric. Kate Meyers lended support as secretary and in November Lorraine Paradis volunteered for the position. Thank you Kate and Lorraine. Carlton stepped up to be Treasurer. Thank you Carlton. Howard Spear has helped with the equipment along with Bill Devou. Thank you Howard and Bill. I want to welcome our new board members Lorraine Paradis, Secretary, Eric Ortman, Vice President. Welcome back to Everett Moulton, Membership person and Charlie Scribner, Member at Large. Thank you to the rest of the board for staying on with me. (Marge & Bob Aube, Carlton Mendell, Howard Spear, Maureen Sproul, Don Penta, Dale Rines, Colleen Redmond and Mike Doyle). We have a good board this year and I look forward to working with all of you.

I plan to have a board meeting on the 1st Tuesday of each month. The newsletter will be mailed by Friday of the 1st full week of each month. The membership meeting will be in the 3rd week of each month. The next membership meeting will be on Wednesday, February 16th at the Falmouth Memorial Library at 6:30 p.m. The speaker is Dana Thurston, who will have a slide show on hiking the Appalachian Trail.

On March 4th at 10:30 a.m. we will have a Race Director Clinic at The Portland Boys Club at 277 Cumberland Avenue (open to all Race Directors and anyone interested in seeing how a race is put on and how results are done). We will be getting new manuals for all Race Directors. You will see some new clothing and new columns in the newsletter. We will have committees on: Direction of the club, future officers, awards, budget, technical equipment, banquet, and refreshments for meetings and activities. If you would like to have some fun, come and join us and volunteer for one of our committees or projects for this year.

Remember, you only get out of a club what you put into it!

Sandy Utterstrom



The Maine Track Club's 20th Annual Awards Banquet

The annual banquet for the Maine Track Club was held on Saturday, January 22nd, at the Val Halla Country Club in Cumberland. Included in the 75 or so people in attendance were a few well-behaved children who added their spontaneity and good cheer to the evening. The evening commenced with a social hour where running may have been the major topic of conversation but certainly was not the only topic. The banquet provides an opportunity for us to see each other in our non-running attire and is conducive to a wide range of conversations beyond running. It is also a time to reacquaint ourselves with members of the running community that we may have lost touch with.

After the social hour, Mel Fineberg led the invocation and the banquet unofficially began. A somewhat different approach was used this year with a partial pot luck dinner. Banquet goers were asked to bring salad, dessert, or beverage depending on what letter of the alphabet their last name started with. The main course was provide by the Club and consisted of lasagna, either with or without meat, garlic bread, and meatballs. The meat lasagna was a nice blend of cheese, sausage, and pepperoni giving it a nice bit of spice. While there were too many salads to remember, a carrot salad does stick out in my mind. I seem to remember more about the desserts, which included a bread pudding, a pineapple upsidedown cake, and a rich chocolate cake to satisfy a chocolate lovers cravings.

Carlton Mendell, who all of us know, and who is known in running circles that extend beyond the reach of Maine and even New England was our guest speaker that evening. Carlton's speech, for which he received a standing ovation, was a mixture of humility, humor, and life with a healthy dose of running thrown in for good measure. Many were touched by Carlton's speech and personally commented their thoughts to him. How many marathons has Carlton run? I think he is up to around 132 not counting his ultra-marathons. Carlton counts some 2,000 races in his running career with one of his proudest moments being the overall victor in an ultra-marathon in the early 1980s. Way to go Carlton.

The awards ceremony followed with past president, John Gale, acting as MC as he had all evening. Awards were given to runners in various age groups based on performances over the last year. Awards were also given out in recognition of outstanding service and dedication to the club over the last year. Howard Spear, our tireless co-director of the Maine Marathon was the well deserving recipient of our volunteer of the year award.

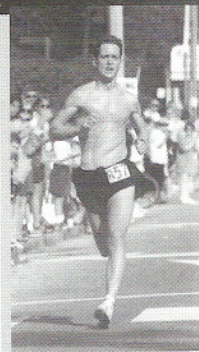
The evening concluded with more socializing and a joint effort in cleaning up. The clean up went smoothly and quickly due to the ready volunteers at hand. As there was a lot of food leftover, no one must be planning on running a marathon in the immediate future. The Prebble Street Resource Center was the happy recipient of all food and beverage that was not eaten or taken home by a banquet goer. I do not know how many people Prebble Street serves for lunch but, judging from the cook's comment that lunch had just been taken care of, I think our donation was put to good use.

I hope to see everyone again next year, and hope that more of you will decide to attend next year. It is a nice evening with good food and friends. As always, the Club welcomes members, non-members, and children alike to the banquet as well as to all club events. The more the merrier.

Eric Ortman

1999 M.T.C Award Recipients

MTC Open Runners of The Year



Michael Payson



Gayla Underkoffler

MTC Master Runners of the Year



Ken Cotton



Ellie Tucker

MTC Senior Runners of the Year



Phil Pierce



Ruth Hoffefinger

Outstanding Contribution to Maine Running:
Steve Podgajny and Mary Tennyson

MTC Volunteer of the Year:
Howard Spear

John Fyalka Award for Service to the MTC:
Marge and Bob Aube
Mike Doyle and Colleen Redmond

2000 MTC RACE SCHEDULE

March 12 - Irish Road Rover 5K, Portland, 11 a.m. Contact: Dan McKeown 885-1234.

April 17 - Patriots Day 5-Miler, Portland, noon. Contact: Portland Boys & Girls Club 874-1069.

May 26 - YMCA Back Bay 5K, Portland, 6 p.m. Contact: Greater Portland YMCA 874-1111.

July 15 - Pat's Pizza Clam Festival Classic 5-Miler, Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084.

July 29 - Peaks Island 5-Miler. Contact: Maine Track Club 741-2084.

September 1 - Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Maine Track Club 741-2084.

September 17 - Harvard Pilgrim Women's Fitness 5K, Portland, 9 a.m. Contact: Maine Track Club 741-2084.

October 1 - Sportshoe Center Maine Marathon & Casco Bay Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084 or marathon@maine.rr.com.

November 23 - Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.

"Please call any of the phone numbers listed above to volunteer for any of these races"

"Run with a Friend" is more than a slogan

I learned that first hand this past week. I am a new Maine Track Club member and joined to meet other runners in Portland. After a couple of calls last summer, I found a running group who runs my speed and distance. We have run six days a week together ever since. I would never have had the will power to get in shape on my own, and it has been a wonderful experience from both a physical fitness perspective and on a friendship level.

My "running buddies" were there for me last month at a tough point in my personal life. My grandfather was in a tragic single car collision on December 29, 1999 where he was killed instantly. I was unable to make my regular runs with the group for a week, but my Maine Track Club friends stayed in touch with me the whole time. They did not know my grandfather, yet they were at the wake and funeral to support me. When I got back into running with them, they still had lots of encouraging words and thoughts for me. Not only is running therapeutic, but running with a friend makes all the difference. If it wasn't for my running group, I have a feeling I would have not returned to running for a long time after the accident. Thanks to my friends in the club. I am really doing well considering this setback.

Special thanks to Bill and Susan Davenny, John Gale and Barbara Coughlin for becoming such good friends. I've learned that relationships developed through the Maine Track Club are everlasting ones. You never know when we'll need to be there for each other. They were all certainly there for me. Thank you guys and see you on the road!

Sincerely,
David Everest



Race Director Clinic

Saturday, March 4th, 2000

10:30 AM to 3:00 PM

at the Portland Boys & Girl's Club
277 Cumberland Ave., Portland

Open to all MTC Club Members - No Fee
Persons attending will receive a race directors manual.

Items to be covered:

- How to setup a race, a video on setup and working the chute
- How to enter registrants and input and tabulate results
- How to put results and race applications online.

Lunch will be provided.

Please RSVP by March 1st. Call 797-4710



GROUP RUNS

The **Maine Track Club** includes all kinds of runners doing many different distances and paces ... from the weekend jogger to the daily 20-minute runner to the serious road racer. Whatever your pleasure may be (social, speed, long distance), we probably have a running/training group near your area. For more information, contact any of the following:

Kennebunk

The Kennebunk Thursday Night group runs every Thursday night year-round, rain or shine. Welcome to MTC members and fellow runners. Our group size ranges from 7 or 8 to over 20 depending on the weather and time of year. Pace ranges from some running 7s to several running 8s to 9s 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 K'port for libations and dinner and we are always home by 9. Several of the group also run Sunday mornings in Kennebunk or in No. Berwick. Please try to join us, We would love the company. For more info Steve Jacobsen, 985-4107 PM or 985-3244 Days.

Portland

The **Rat Pack** runs Sunday mornings at 7 a.m. from Payson Park. Contact Ron Deprez (772-4312) or Mike Reali (829-2014).
YMCA Noon Runs from the YMCA on Forest Ave. Contact Marla Keefe (775-9620) or Mike Pratico (874-1111).

The Maine Front Runners, a gay and lesbian running club, runs from Back Cove across from Shop & Save on Saturday mornings at 9 a.m. Contact Jim Estes (761-2059).

South Portland

South Portland Road Runners run Thursday nights at 5:30 p.m. from the high school. Contact Russ Bradley (799-3864) or Donna Moulton (799-2894).

Biddeford, Saco

Anyone interested in weekly morning runs and weekend early afternoon runs, contact Guy Roy (284-8036). **If you know of a group run that isn't listed above, please contact either Colleen Redmond or Mike Doyle (871-0051) to let us know where, when and a contact person for inclusion in the monthly newsletter.**

2000 RACE SCHEDULE

Race dates and times may be subject to change. Please check with Race Director for accuracy

This schedule is published for your convenience. The Maine Track Club endorses and certifies only those races that are in bold below.

March 12 - Irish Road Rover 5K, Portland, 11 a.m. Contact: Dan McKeown 885-1234.

Boston Primer 15-Miler, Readfield, 9:30 a.m. Contact: Bob Brosius 395-2464.

March 19 - Killarney's 10K, Waterville, 9 a.m. Contact: Tom McGuire 465-2829.

March 26 - Eastern States 20M/10M, Kittery, 11:00 a.m. Contact: Don Allison 781-340-0616

April 1 - Championship 25K, Rockland, 11 a.m. Contact: Leo Smith 596-2010.

April 2 - Presidential 5-Miler, Kennbunkport, 11 a.m. (kids' 1K at 10:15 a.m.). Contact: Bill Smyth 985-3561 or 967-1203.

April 8 - Bert 'n I 5 miler, Vassalboro, 9 a.m. Contact: Mert Dearnley 923-3301.

April 15 - Unity Spring 5K, 9:30 a.m. Contact: Gary Zane 948-3131.
Earth Day 5K Fun Run, Brewer, 10:45 a.m. Contact: Peter Millard 866-3503.

April 17 - Patriots Day 5-Miler, Portland, noon. Contact: Portland Boys & Girls Club 874-1069.

April 22 - April Amble 4-Miler, Portland, 10 a.m. Contact: Brian Gillespie 828-3818.

April 23 - Animal Orphanage 5K Pet Run, Old Town-Orono YMCA, 10:30 a.m. Contact: L. Roberta Fowler 827-2658.

May 7 - YWCA 2nd Annual Race Against Racism 5K Run/Walk, Portland 9 a.m. Contact: Suzy Brewer 874-1130 x3009
Saucony Classic 5K, Bangor, 11 a.m. Contact: 942-7644.

MSSM Race for the Mind 5K, Limestone, 9:30 a.m. (1-mile fun run at 9 a.m.). Contact: Robert Gomez 325-3322 x7038.

May 10 - MMC Hospital Week 5K, Waterville, 6 p.m. Contact: Jane Wherren 872-4490.

May 13 - 9th Annual Covered Bridges Half Marathon, Queechee and Woodstock, Vermont. Contact: www.cbhm.com

May 14 - Mother's Day Road Race 5K, Rockland, 8:30 a.m. Contact: Nate Peasley 596-0361 or Sarah 594-7721.

Sugarloaf Marathon, Eustis, 7 a.m. Contact: Sue Foster 237-2000.

Sugarloaf 15K, Kingfield, 7:30 a.m. Contact: Sue Foster 237-2000.

May 21 - YMCA Longreach 5M, Bath, 10:00 a.m. Contact: John or Betsey Morse 443-3948

May 26 - YMCA Back Bay 5K, Portland, 6 p.m. Contact: Greater Portland YMCA 874-1111.

May 29 - Apple Blossom 15K and 4.7 Little Bud, Monmouth, 8 a.m. Contact: Doug Ludewig 933-4677.

June 3 - 21st York Hospital 5K Road and XC, York, 9:00 a.m. Contact: Robin Cogger 363-1040

June 4 - 8th Cobscook Bay 5K, 10K & 1-mile Fun Run, Pembroke, 10 a.m. Contact: Jonathan Aretakis 726-5858.

Camden/Maine Sport 10K, Camden Kids FR, 9 a.m. Contact: Sarah Andrus 236-7120.

June 10 - Close to the Coast 5K & 10K, Winslow Park, Freeport, 9 a.m. Contact: Nelson Larkins 791-3222.

MDI YMCA Spring 5K(10 a.m.) & 1 mile fun run (9:15 a.m.), Bar Harbor. Contact: ebart@mdiymca.org.

Joseph's 5K, Bruce Bickford Open Mile & Bruce Ellis Masters Mile, Fairfield, 8 a.m. Contact: David Benn 873-0363.

June 18 - Hampden 8.5 Miler, Hampden School Complex, 8:30 a.m. Contact: Skip Howard 223-4715.

June 23 - Gardiner 5 Miler, 8 a.m. Contact: John Schwerdel 623-8086.

June 30 - Tour Du Lac 10 Miler, Bucksport, 8:30 a.m. Contact: Fred or Joan Merriam 469-2019.

Pottle Hill 10K/5K and 1M ,E.R., Mechanic Falls, 8:30 a.m. Contact: Gina Valeriani 345-3511

July 4 - Walter Hunt Memorial 4th of July 3K, Brewer, 10:45 a.m. Contact: Dave Torrey 942-1988.

22nd Four on the Fourth 4M, York, 8:00 a.m., Contact: Robin Cogger 363-1040

July 15 - Pat's Pizza Clam Festival Classic 5-Miler, Yarmouth, 8 a.m. Contact: Maine Track Club 741-2084.

Hermon Fun Days 10K, 8 a.m. Contact: Steve Tuckerman 848-3485 (w) or 848-5447 (h).

July 19 - Summer Fun Run Series 5K Cross Country, Falmouth, 6:00 p.m., Contact 5K Sports 781-RACE

July 21 - Ocean Park 5K, Saco, 6:00 p.m., Contact: 5K Sports 781-RACE

July 23 - Fort Knox Bay Festival 3rd Annual Family 5K, Bucksport, 9 a.m. Contact: Bucksport Bay Area Chamber of Commerce 469-6818.

July 26 - Roland Dyer Memorial 5K, Winslow, 6:30 p.m. Contact: Gene Roy 465-7296.

July 29 - Peaks Island 5-Miler. Contact: Maine Track Club 741-2084.

23rd Annual Hancock Lobster Classic 10-Miler, 5K & Kid's 2.5K, 9 a.m.
Contact: Andrew Beardsley 667-7128.

August 6 - Lobster Festival 10K, Rockland, 8:30 a.m. Contact:
www.maine lobsterfestival.com.

19th York Days 5K, York, 9:00 a.m., Contact: Robin Cogger 363-1040

August 11 - St. Peter's Church 4-Miler, Portland, 7 p.m. (kids' fun run at 6:30 p.m.). Contact: Maine Track Club 741-2084.

August 12 - Schoodic Point 15K, Winter Harbor, 8:30 a.m. Contact:
Angela Summers 963-5534 ext. 293.

August 13 - Alvin Sproul Samoset 10K Road Race & 1-mile fun run, Bristol, 9:15 a.m. Contact: Carlene Sproul 677-2586.

August 19 - Machias Blueberry Run 5-Miler, 9 a.m. Contact:
Sunrise Opportunity 255-8596.

August 20 - 3rd Annual Maine Wild Blueberry Run 5K & 1-mile Fun Run, Union, 8:30 a.m. Contact: Al Robbins 785-4990.

August 26 - Northeast Harbor Road Race (5 miles), 9:30 a.m. Contact: Albert Hamor 276-3646.

NCTS Cutler CO's 5K, Cutler Naval Station, 8:30 a.m. (fun run at 8 a.m.). Contact: 259-8306.

6th Annual Robbinston Firefighter 5K, 9:00 a.m., Contact: Tom Brennan, P.O. Box 152, Calais, ME 04619

September 1 - Maine Running Hall of Fame 5K, Portland, 6:45 p.m. Contact: Maine Track Club 741-2084.

September 3 - 19th Annual Maine Sport Triathlon, Camden, 9 a.m. Contact: Sarah Andrus 236-8779 or Sue Chace 236-3549.

September 4 - 38th Bangor Labor Day Road Race (5 miles), 9 a.m. Contact: Bangor Parks & Recreation 947-1018.

September 10 - 17th Terry Fox 5K, Bangor, 11:30 a.m. Contact: 862-3737.

September 16 - 22nd Bar Harbor Half-Marathon, 8:30 a.m. Contact: ebart@mdiymca.org.

September 17 - Harvard Pilgrim Women's Fitness 5K, Portland, 9 a.m. Contact: Maine Track Club 741-2084.

Race for the Cure 5K, Bangor. Contact: Rosemary Baldacci 947-2582.

September 24 - Common Ground Fair 5K, Unity, 8 a.m. Contact:

Chris Bovie 622-1267 or Skip Howard 223-4715.

October 1 - Sportshoe Center Maine Marathon & Casco Bay Half Marathon, Portland, 8 a.m. Contact: Maine Track Club 741-2084 or marathon@maine.rr.com.

4th Annual Womancare 5K, Guilford, 9 a.m. Contact: 564-8165.

October 8 - Belfast Pancake 5K, 9 a.m. Contact: Sandra Gordon or Hugh McLean 338-1724.

October 14 - MTC 50-Miler, Brunswick, 6:30 a.m. Contact: Al and Sandy Utterstrom 797-4710.

October 15 - 11th Hannah Jackson Harvest Fest 5K, York, 1:00 p.m., Contact: Robin Cogger 363-1040

October 22 - Father Mac 5K, Old Town-Orono YMCA, 9 a.m. Contact: John Milligan 827-9622.

October 28 - Halloween 5K Run and Kids Fun Run, Bar Harbor, 9:30 a.m. (fun run at 9 a.m.). Contact: Bruce Weir 288-8369 or Beth Lawson 244-7251 (day), 244-9041 (evening).

October 29 - CISV 5K, Orono, 1 p.m. Contact: Peter Millard 973-8386.

November 11 - Capital City 5K, Augusta, 9:30 a.m. Contact: Tom Wells 685-3332.

November 18 - Turkey Trot 5K, Cape Elizabeth, 9 a.m. Contact: Maine Track Club 741-2084.

November 19 - Brewer Turkey Trot 5K, 1 p.m. Contact: Dave Jeffrey 825-3403.

November 23 - Thanksgiving Day 4-Miler, Portland, 9 a.m. Contact: George Towle 780-5595.

Gasping Gobbler 10K and Turkey Two-Miler, Augusta, 10 a.m. Contact: John Schwerdel 623-8086.

November 25 - Turkey Trot 5K, York, 11:00 a.m., Contact: Robin Cogger 363-1040

December 2 - Season's Greetings 5.5-Miler, Madison, 11 a.m. Contact: Ron Paquette 437-9237.

MTC Members Participating in the 12th Annual Lobster Dip at East End Beach in Portland

Sponsored by the Portland Rugby Club, the event drew 200 participants and raised \$12,000 for the Maine Special Olympics. Both figures are records.



L to R: Patty Medina, Don Penta, Pat Buckley, Rex Holton



Coming out of the frigid water, Don Penta and Pat Buckley

We Need Your Input

NEWS•RUN features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Mike Doyle at 871-0051, sending e-mail to mdoyle@mainecul.org, or by mail to:

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

Notice About Race Fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must provide the fliers and a payment of \$40. Fliers will not be included in any mailing if not accompanied by the \$40 service fee. The fee applies only to races not run by the MTC, so if the race fee is already being paid to the club, there is no charge for race fliers. Please call or e-mail Mike Doyle to arrange for flier inclusion.

The Maine Track Club in 2000

The holiday season has passed and spring is not far off in the future. Our minds are beginning to turn to races that we want to run this season. We look forward to these races with eagerness and anticipation. Perhaps we strive for a PR, or just to compete or run for the fun of it, or perhaps to become reacquainted with fellow runners. It is very comforting to know that on any given weekend there is a race that we can show up at and run. We cheerfully thank the volunteers, run our race, and depart for the day feeling good about having just completed another race.



As runners, we like challenges. I would like to pose one to you now. Think of your favorite race and what it means to you. Think of what running and racing means to you. Now imagine that there were no more races, or only a very limited number. While that may be a little far fetched, I am sure that you are aware of the significant decline in the number of races that the Maine Track Club puts on in a given year. This is due, in part, to a lack of volunteers, but more importantly, to a lack of individuals stepping forward to assume a position of leadership, be it directing or co-directing a race, or becoming involved as a coordinator or committee person.

The Maine Track Club strives to strengthen the running community and to appeal to all runners regardless of age or time. Our membership is over 400 strong, yet the number of active participants in performing the necessary tasks so that the races can go on is but a fraction of the membership. Last year, there were two long standing Club races that almost had to be canceled due to the lack of a director(s) and coordinator(s). Luckily one or more individuals stepped forward at the last minute and the races went on. In addition, several Club races have had the same director for a number of years, and these directors wish to pass the mantle to someone else. Could that someone be you?

We all have busy lives but we all find the time to do what is important to us. The Maine Track Club needs your help in order to be able to provide not only races but a running community that welcomes each and every one of you. Please take a moment to consider all that you receive from running, and what you could do to give back to help maintain the vitality and spirit of your club. The list of things that we need help with is long and you can choose whatever you like from this list.

So my challenge to you is this – consider becoming an active member of the Maine Track Club and running community. The rewards you receive will surprise you and far out-distance the effort donated. The ugly alternative is that your favorite race may be the next one that is canceled due to lack of a director or sufficient volunteers. For all of you who are already active members, I extend my thanks and gratitude. To anyone who is not yet an active member, feel free to call me or any other club officer, and we will be happy to answer any questions that you may have.

Below is a partial list of the some of the more pressing needs that we currently have:

- Equipment manager
- Committee members and chairs
- Overall volunteer coordinator for the marathon
- Overall traffic coordinator for the marathon
- Race directors

Eric Ortman
Vice President

RACE RESULTS

The University of Southern Maine Women's Cross Country And Track Teams With Assistance From The Maine Track Club Present

The 18th Annual Thanksgiving Day Four Mile Road Race

633 Finishers (233 Female & 430 Male) / 714 Entrants

Modified Double Loop Course In Portland's Scenic Old Port

9:00 A.M., Thursday, November 25th, 1999

Top Overall Finishers

Place/Name	Age	Time	Pace
1 Julia Kirtland 1,overall	34	23:03*	5:46
2 Christine Snow-Reaser (Hon.MTC)	33	23:11*	5:48
3 Penny Osborne 1,25-29	25	23:20*	5:50
4 Rose Prest-Morrison 1,35-39	37	23:44*	5:56
5 Michelle Marquis 1,19&under	16	23:50*	5:58
1 Kyle Rhoads 1,overall	30	20:30	5:08
2 Paul Johnson 2,overall	22	20:31	5:08
3 Darrell Veilleux 1,20-24	21	20:38	5:10
4 Michael Caiazza 2,20-24	23	20:43	5:11
5 Scott Brown 1,40-44	41	20:43	5:11

Other Top Divisional Finishers

9 Carol Hogan (MTC) 45-49	49	24:48*	6:12
10 Marjorie Graff 30-34	32	25:18*	6:20
14 Katherine Crowley 20-24	20	25:56*	6:29
18 Kimberly Moody (MTC) 40-44	44	26:39*	6:40
53 Sharon Gillighan 50-54	52	30:32*	7:38
101 Polly Kenniston (MTC) 60-69	62	33:11*	8:18
133 Althea Devos-Dunn 55-59	57	34:49*	8:42
10 Jorma Kurry 25-29	28	21:59	5:30
13 Kirby Davis 19&under	15	22:02	5:31
16 Don Legere 35-39	37	22:14	5:34
43 John Mollica (MTC) 45-49	47	23:46	5:57
68 Ronald Deprez (MTC) 55-59	55	24:59	6:15
80 Thom Gilulan 50-54	50	25:13	6:18
206 Robert Clark 60-69	60	29:42	7:26
380 Carlton Mendell (MTC) 70&over	78	35:56	8:59

Other Maine Track Club Finishers

19 Jennifer DeSena 2,45-49	45	27:00*	6:45
26 Sindee Gozansky	34	27:59*	7:00
27 Holly Killmer	23	28:05*	7:01
39 Elise Moody-Roberts	10	29:27*	7:22
40 Rosalyn Randall	49	29:27*	7:22
51 Laura Blanchard	11	30:29*	7:37
55 Judy Kane	41	30:34*	7:39
61 Laurie Bowring	36	31:21*	7:50
73 Mary Brandes	41	31:52*	7:58
102 Christin Burnham	25	33:15*	8:19
118 Deborah Dameron	32	33:57*	8:29
119 Melanie Collins	35	34:13*	8:33
149 Constance Barrett	42	35:24*	8:51
169 Karen Conolly	40	36:38*	9:10
170 Lori Dameron	36	36:41*	9:10
185 Gayle Desjardins	35	37:39*	9:25
189 Diane Dusini	37	37:47*	9:27
210 Sally Paterson 2,55-59	58	39:57*	9:59
216 Marby Payson 2,60-69	61	40:26*	10:07
222 Donna Moulton	50	42:40*	10:40
223 Beth Quinlan	40	42:51*	10:43
225 Debbie Howe Race Walker	53	43:16*	10:49
226 Tracy Weisberg	42	43:20*	10:50

20 Dave Howard	33	22:30	5:38
22 David Roberts	44	22:33	5:38
45 Britt Wolfe	34	23:55	5:59
46 Hans Brandes	41	23:57	5:59

59 Dick Graves	44	24:31	6:08
60 Jerry Conley, Jr.	46	24:33	6:08
87 Paul Toohey	42	25:29	6:22
89 Clay Whiting	29	25:30	6:23
94 Jim Harmon	39	25:40	6:25
106 Kajetan Gladstone	26	26:20	6:35
108 Philip Pierce	58	26:23	6:36
126 Rex Holtan	47	27:03	6:46
137 Michael Doyle	35	27:29	6:52
144 Dan DeSena	45	27:38	6:55
146 Stanis Moody-Roberts	10	27:40	6:55
153 John Morse	54	27:45	6:56
155 Tom Keating	43	27:47	6:57
162 Neil Martin	56	28:06	7:02
167 Dan Hogan, Sr.	49	28:19	7:05
175 Brent Graham	30	28:33	7:08
189 Tony Salamone	50	29:11	7:18
212 John Howe 2,60-69	64	29:56	7:29
217 Michael Cavanaugh	45	30:09	7:32
220 Greg Kesich	37	30:13	7:33
221 Larry Thomas	51	30:21	7:35
236 Ned Ayers	49	30:48	7:42
245 Tike MacColl	10	31:10	7:48
246 Sean O'Hare	32	31:12	7:48
248 Mike Brooks	54	31:14	7:49
282 BJ Gordon	45	32:12	8:03
283 Mark Grandonico	40	32:13	8:03
298 Joe Shinnick	30	32:47	8:12
313 Verne Weisberg	46	33:18	8:20
322 John Stevens	57	33:30	8:23
323 Larry Perkins	55	33:31	8:23
326 Jim Tyrrell	52	33:39	8:25
330 Bill Rice	45	33:43	8:26
351 Don Burnham	58	34:32	8:38
361 Steve Bremner	50	34:52	8:43
379 Robert DeWitt	56	35:46	8:57
391 Dennis Smith	49	36:58	9:15
407 Kenneth Spirer	56	39:16	9:49
429 Julius Marzul 2,70&over	73	49:15	12:19
430 Widge Thomas	75	49:51	12:28
431 Don Penta	53	51:36	12:54

Many thanks to Chief Computer Consultant Sandy Utterstrom for complete results!

The University Of Southern Maine Men's Cross Country And Track Teams, The Bay Club, And Maine Arts Present The New Year's Portland Millennium 5K, 268 Finishers (98 Female & 170 Male) Accurate Loop Course In Portland's Old Port & East End, 5:30 P.M., Friday, December 31st, 1999

Top Overall Finishers

Place/Name	Age	Time	Pace
1 Robert Ashby 1,overall	31	15:29	4:50
2 James Slagle 2,overall	19	15:42	4:54
3 Tom Howard 3,overall	22	16:29	5:09
4 Allan Muir 1,40-44	44	16:35	5:11
5 Christian Wiuentine 1,25-29	25	16:41	5:13
18 Kelly Rodrigue 1,overall	35	17:57*	5:37
23 Libby Christiansen 2,overall	37	18:15*	5:42
25 Carol Hogan (MTC) 3,overall	49	18:22*	5:44
30 Ellie Tucker (MTC) 1,45-49	45	19:03*	5:57
32 Kara Paterson 1,20-24	24	19:12*	6:00

Other Top Divisional Finishers

7 Dave Howard (MTC) 30-34	33	16:43	5:13
8 David Drew 35-39	35	16:58	5:18
9 Lucus Churchill 15-19	19	16:58	5:18
11 Scott Bennett 20-24	20	17:24	5:26
12 Steve Reed (MTC) 50-54	52	17:25	5:27
19 Steve Podgajny 45-49	49	18:05	5:39
26 Brandon Bonsey 14&under	13	18:32	5:47
37 Kate Meyers (MTC) 35-39	39	19:26*	6:04
46 Briana Neault 15-19	19	19:49*	6:12



RACE RESULTS (continued)

50 Heather Standish 14&under	13	20:03 ^o	6:16
51 Julie McGee 40-44	40	20:09 ^o	6:18
59 Bob Payne (MTC) 60-64	61	20:27	6:23
61 Charles Cahill 55-59	56	20:30	6:24
71 Jennifer Allen 30-34	33	20:48 ^o	6:30
190 "Hap" Hazard (MTC) 65-69	67	26:43	8:21
191 Janice Drinan (MTC) 55-59	55	26:49 ^o	8:23
202 Maggie Waugh 50-54	53	27:01 ^o	8:27
208 Carlton Mendell (MTC) 75-79	78	27:08	8:29
236 Dawn Carder 60-64	62	29:50 ^o	9:19
267 Julius Marzul (MTC) 70-74	73	37:41	11:47

Other Maine Track Club Finishers

17 Hans Brandes	41	17:50	5:34
20 Gerard PConley 2,45-49	45	18:09	5:40
21 Russell Boisvert	48	18:10	5:41
29 William Sproul	42	18:54	5:54
41 Paul Toohey	42	19:40	6:09
42 Kim White 2,35-39	37	19:44 ^o	6:10
79 John Morse	54	21:12	6:37
82 Colin Robertson	37	21:16	6:39
87 Will White	9	21:20	6:40
92 James Corbett	35	21:31	6:43
104 Mick McCall	45	22:16	6:57
105 Mike Cavanaugh	48	22:16	6:57
107 Denise Robertson	38	22:29 ^o	7:02
132 Mike Brooks	54	23:40	7:24
142 Mary Brandes	41	24:16 ^o	7:35
152 Anne Dudley	44	24:37 ^o	7:42
155 Susan Boucher	34	24:52 ^o	7:46
174 Harry Fullerton	51	25:39	8:01
177 Jeff Flynn	43	25:56	8:07
187 Robert DeWitt	56	26:33	8:18
193 Paul Drinan	36	26:49	8:23
196 Margaret Hazlett	33	26:52 ^o	8:24
197 Matt Thayer	35	26:53	8:24
251 Shelly Lathrop	23	30:53 ^o	9:39
268 Don Penta	53	40:59	13:11

Many thanks to Split-Time Race Management, Charles Scribner, and Race Director Mike Towle for complete results!



The Maine Marathon Race Committee is seeking new members for the following positions:

- Overall Volunteer Coordinator
- Traffic Control Volunteer Coordinator
- Relay & Traffic Cone Coordinator
- Sponsor Coordinator (someone to enlist local merchants to donate goods and/or services)

Our 8th Annual event had record turnouts. We need help to continue to make this a quality event. It's not too early to start. Please contact either Howard Spear (e-mail: marathon@maine.rr.com) or Bob Aube (e-mail: BobAube@mainetrackclub.com)

Please note our new sponsor for The Maine Marathon SPORTSHOE CENTER

Contributions made by the 1999 Aetna Maine Marathon & Relay & Casco Bay Half Marathon



Center for Grieving Children
December 15, 1999

L to R: Gail Cinelli, Center for Grieving Children Executive Director
Bob Stevens, CGC President

Anne Lynch, CGC Community Outreach Director
Dan Fishbein, Aetna General Manager

Howard Spear, Co-Director Maine Marathon and Maine Track Club Representative

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The Center for Grieving Children received a donation of \$4,000.00 from the Aetna Maine Marathon, Relay & Casco Bay Half Marathon. The Center's Director, Gail Cinelli, received the contribution from Dan Fishbein representing Aetna U.S. Healthcare and Howard Spear, Co-Director of the Maine Marathon and Maine Track Club board member. The Center was established in 1988 and serves the needs of children in the Greater Portland area. The funds will be used to enhance The Center's outreach program to schools and bereavement peer support program which just started a young adult group according to Gail Cinelli. The 8th Annual race took place on October 3rd and had over 1100 runners from across the country, Canada, Japan, and Germany. Sponsors of the race included Sportshoe Center (the new 2000 major sponsor), Saucony, Time Warner Cable of Maine, among others.



Maine Track Club's Interview with Joan Samuelson

by Michael A. Musca - bakoffpak@gte.net - January 2000

1. Congratulations on being selected as Sports Illustrated's "Maine Sports Person of the Century" and the Portland Press-Herald's "Maine Sports Moment of the Century" (1984 Olympic marathon victory). Have the 'millennium' questions and requests for information tapered off since the beginning of the new year?

There weren't too many interviews, mostly selections based on polls. Running is what I love to do. If people take pleasure in it, that's great. Many of the people on the Maine lists have been role models for me, so it was great reading the lists.

2. Thinking back twelve or sixteen years ago... did you envision yourself as being competitive in the open class in the year 2000?

No, I wasn't thinking that far ahead. I was just finishing college and thinking about what was ahead in the immediate future. As I said, running is what I love to do and I'm happy that it's gone on for as long as it has.

3. One of my favorite running books is "Running Tide". The book has such a Maine flavor. How has your decision to stay here and raise your family in Maine affected your longevity in the sport?

You need to be happy in your training environment and this is where I feel most comfortable. Before the LA Olympics, everyone told me I needed to train in the heat, humidity, high ozone and pollution. But I knew that I felt most comfortable training here at home.

4. Runners love their heroes. We also tend to fabricate stories that sometime reach legendary status. A few of the "Joanie" stories I've heard: Is it true that you were running 200 mile weeks at your peak? On your long runs, have you asked numerous partners to pace you for each segment of the run? Any good ones you've heard?

Believe about half, or quarter, of what you hear. No, I've never done a 200 mile week. The story about the long run pacing was just an idea that never happened. I don't really hear these stories but I'm sure they're out there.

5. How do you remain so seemingly healthy & injury free? Do you take time off for injuries or just run through the injuries?

I have aches and pains just like everyone else. I tend to back off when they happen. I also give lots of credit to Deb Merrill for her great massage work.

6. Do you stretch regularly as a part of your training program?

No, I don't stretch. But I also don't encourage other runners to follow my example. It just comes down to a lack of time issue.

7. Do you use a treadmill for training?

I own one but haven't turned it on this year. I use the treadmill maybe twice a year, when the weather is really bad. I just like to run outdoors.

8. What is your favorite workout?

Probably 'ladders' on the track at the Bowdoin field house. I also like long runs when I have someone to do them with.

9. Do you still keep a detailed daily training log? (I read a few pages from your training log in Boston's Nike Town and was amazed at the detail entry for each run).

I haven't kept a written training log since 1985. They're just too time consuming.

10. Readiness. Every runner knows when he/she is 'ready to race'. For some it's a certain workout that clicks. Others look for a time split on a long run. Still others know they're ready when their favorite jeans are a loose fit. When do you know that you're ready to race?

I know I'm ready when I can run certain loops at benchmark times. I know I'm there. There are lots of variables, though. Injuries, tapering, peaking, staying healthy, the flu - I haven't had the flu this year. That worries me.

11. Your best races seem to have been on U.S. soil. Is there any particular reason for this?

Sure. I like to be totally familiar with my surroundings. Otherwise it takes away focus from the race. That's why I trained in Maine for the Olympics and other races. I've had some good races in other countries but they were mostly English speaking: New Zealand, England. There was a good race in Norway, too. I've never raced well in Japan and I had a terrible race in France - but that was due to appendicitis.

Good luck to Joanie at the Olympic Trials in February!



"It's a pretty good race. They only allowed 1200 entrants, but I believe anyone who wanted in, was able to get in. I did the Aetna Maine Marathon in 3:50:29 so I can't say I'm fast anymore, but I am consistent."

- Bob Jolicoeur, Age 62

NOTICES

- New MTC Clothing For Sale
Heavy cotton embroidered Sweatshirts \$20.00 and Embroidered Hats \$8.00
Contact: Colleen Redmond 871-0051
- MTC is looking for storage space for the equipment trailer. If you have space to donate or know of space to rent, please contact Howard Spear 856-6496
- Walter Webber (773-2353) has a collection of running magazines (1980's and early 1990's) for anyone that would like them.
- There was a Falmouth Road Race mug and some MTC mugs that were used for decoration at the banquet. They were not meant to be taken, please return to Marge Aube 829-5079.

NEW MEMBERS

Bonnie Beach (48)	Portland
<i>Management Consultant, PricewaterhouseCoopers</i>	
Cameron Bonsey (40), Kimberley Bonsey (37)	
Brandon Bonsey (13), Kourtney Bonsey (9)	Falmouth
<i>Sales Executive, Morse, Payson & Noyes</i>	
<i>Mgr., Employment & Human Resources, Bowdoin College</i>	
Brian Cliffe (39)	Cape Elizabeth
<i>Sales Representative, WCSH-TV</i>	
Roger Conover (49)	Freeport
Gayle Desjardins (35)	Portland
<i>Executive Sec. to Chief, Portland Police Dept.</i>	
Linda Desarro (29), John Desarro (32)	Cape Elizabeth
<i>Guidance Counselor, Bonny Eagle H.S.</i>	
<i>Detachment Commander, ME Air National Guard</i>	
Janice Drinan (55)	Scarborough
<i>Sales, Granite Hill Estates</i>	
Katey Dydowicz (32)	Saco
<i>Admin. Asst., ME Medical Center</i>	
Michele Flagg (31)	Portland
<i>Admin. Assoc., USM College of Nursing & Health Professions</i>	
Mike Grant (42), Carol Grant (42)	
Alyson Grant (18)	Scarborough
<i>Salesman, Frito Lay</i>	
<i>Vet. Tech., Edgewood Animal Hospital</i>	
<i>Student/Sportsboe Center</i>	
Dave Howard (33)	Portland
<i>Installer, Bagala Windows & Wood Works</i>	
Gail Kolbe (46)	Cape Elizabeth
Rachel Landry (31)	Cumberland
<i>Teacher (Falmouth H.S.) & Mom</i>	
Byron Little (16)	
<i>Student, Cbeverus H.S.</i>	
Kristen Millar (29)	Brunswick
<i>Mom</i>	
Michael Morrison (41)	Falmouth
<i>Rolfing/Structural Integration</i>	
Jim Parkinson (42), Norma Cote (41), Lauren Parkinson (16)	
<i>Corporate Auditor, IDEXX Laboratories, Inc.</i>	
Anne Picard (34)	Kennebunk
<i>Pharmacist, NCS Healthcare</i>	
Tony Salamone (50)	South Portland
<i>Driver, UPS</i>	
Richard Sellinger (29)	Portland
<i>Fulltime Student, USM/Part-time Teller, Peoples Heritage</i>	
Elizabeth Shorr (47)	Portland
<i>Insurance, Blue Cross</i>	
Mark W. Steege (44)	Standish
<i>Professor, USM</i>	
Kerry Tobias (36)	Biddeford
<i>Medical Student, UNECOM</i>	
George Welch (35)	Portland
<i>Physician</i>	

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UPCOMING MTC BIRTHDAYS

HAPPY BIRTHDAY MTC MEMBERS!!

February:

- 15: Bob "Hap" Hazzard, Kerry Salvo, Howard Spear
- 16: Kim White
- 17: Amy Grant, Robert Jolicoeur
- 18: K. Scott Hinckley
- 21: Michael Cavanaugh
- 22: Katy Dudowicz, John Howe, Elise Moody-Roberts, Stanis Moody-Roberts
- 23: Charles Iselborn
- 24: D. Scott Hamilton
- 25: Karen Connolly, Tom Peterson, Tom Shorty, George Spatoulas, Louise Stone
- 27: Jonathan Rundell
- 28: Peter Brandes, M.F. Harmon, Nancy Hewett
- 29: Robert Green, Eric Tableman

March:

- 1: George Entwistle, John Gale, Linda Iselborn
- 2: Michael Reali
- 3: Mel Uchenick
- 4: Kevin Hubley, Kathy Norton
- 5: Gil Moreno
- 6: Ralph Butts
- 7: Michael Cavanaugh, Judy Cotton, Maryellen Fitzpatrick
- 8: Jenny Menendez
- 11: Gary Punsky
- 12: C.R. Davis, Donald Foshay, Jr., LeeAndra McAfee
- 13: Nicole Fontaine
- 14: Dennis Smith



If you would like to become an individual News•Run sponsor, please send \$10 to: Maine Track Club, P.O. Box 8008, Portland, ME 04104. Or, if you would like to have your business card included in News•Run, you can do so for just \$5 per month. Please send card and check to the above address.

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The following area sporting goods stores have agreed to give MTC members discounts on running shoes and running clothing. It is necessary that you show your 2000 club ID card 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
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Individual or Family = \$20.00 • Student = \$12.00

