



President's Corner

The 2004 version of the Maine Track Club coaching sessions in Auburn are rigorous and tend to be difficult. But our coach, Bob Brainerd, has helped a number of our members to extend their performance to give them new PRs. This was especially true in the Beach to Beacon. While working just beyond the finish line, I saw lots of very tired but happy members coming through.



Phil Meech

I was attending those Auburn coaching sessions without fail. Getting back out there on the race circuit was my goal. At one point, David Colby Young came up to me and asked, "When are you going to enter a race? It seems like the President of the club should be involved in a few of them." He was right. I continued the training.

But as it always seems, hard work sometimes shows you where your weaknesses lie. The soreness in my right Achilles tendon returned in full force. Suffering with this for the past few years, I had gone to two different doctors and had numerous sessions with the physical therapist. If the pain subsided, it would always return when the intensity of my workouts increased. Bob Brainerd mentioned that, if I hadn't had an x-ray yet, I should do it.

Another doctor, but this time, x-rays. The problem

See President on page 2.

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Badwater to Mt. Whitney Summit

by Mike Brooks



I got the urge to do the Badwater ultra after crewing for Mike Smith in 2002. I filled out an application that was more like a runner's resume for the 2004 race and was lucky enough to be picked for one of the 80 or so slots.

My first job was to assemble the best team to help me finish the race. The team consisted of Bob Brainerd from Maine my coach, trainer and he is a triathlete. Carl Hunt from CT.

ultrarunner. Walt Prescott from NH, ultrarunner, pace and crew person at Badwater 2002 and 2003 and ultrarunner. Mike Smith from IN, Badwater finisher 2002, crew person 2003. Andy Velazco from GA, orthopedic surgeon, 2003 Badwater finisher, crewed Badwater 2002. These five people are all very close friends of mine who gave up their time and worked under extremely hard conditions to help me at Badwater.

The crews would be with me supplying food and drinks, moral support and much more constantly for over 85 hours. They would pace me from mile 17 until the finish. They put up with my vomiting, diarrhea and hallucinations. They also kept me motivated, taped my feet, treated

my blisters, changed my shoes and socks etc.

This incredible team gave me the confidence I needed to take on Badwater and Mt Whitney. Another motivating factor was the goal of raising \$25,000 for Camp Sunshine and knowing that if I finished Badwater, I would raise even more money.

See Badwater, page 3.

Maine Track Club Officers And Committee Chairs



Phil Meech, <i>President</i>	839-4946
Mark Grandonico, <i>Vice President</i> ..	773-2576
Mel Fineberg, <i>Past President</i>	774-8868
Ward Grossman, <i>Treasurer</i>	985-4966
Cathy Burnie, <i>Secretary</i>	829-5208
Sandy Walton, <i>Membership</i>	846-6577
Chuck Burnie, <i>Race Committee</i>	829-5208
Charlie Scribner, <i>At-Large</i>	781-5585
Mike Brooks, <i>At-Large</i>	783-3414
Hazel Wightman, <i>At-Large</i>	784-8517
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Don Penta, <i>Statistician</i>	892-4526
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*The newsletter is published bimonthly.
The deadline for submitting articles and
material to the newsletter is usually the
2nd Friday of the month
prior to the next publication.*

***The next deadline is
Friday, October 8, 2004***

Virginia Wilder Cross, *News•Run* layout

Membership Drive

The Maine Track Club's membership drive is in full swing for 2005. New applicants registering after September 30th can take advantage of an extended membership good through to the end of December 2005. Current members can renew their membership at this time to extend through next year as well.

Maine Track Club offers many benefits to members such as free coaching April through October, the bi-monthly newsletter, *NewsRun*, discounts on running apparel and footwear, Roasters Run and other group runs, members-only races, eligibility for MTC awards, scholarships to college and running camps, membership meetings, organized outings and socials, membership to the Road Runners Club of America, MTC apparel, youth running programs, etc.

Anyone interested in joining or renewing their membership can register online at www.mainetrackclub.com or www.active.com, or by completing the application on page 7 of this issue. For more information, please contact Sandy Walton at swalton2@maine.rr.com or 846-6577.

President, from page one.

was obvious. Bone spurs and a curious calcification called a Haglund's Deformity in my heel bone. The only solution seems to be surgery. This has been scheduled for October 11th and will require about 6 months rehab. So David, I'll be back next spring.

Now for some folks that don't seem to ever come up with an excuse. We have two members that will be honored this year by entering the Maine Running Hall of Fame. They are Carol Weeks and Lloyd Slocum. The news release reads as follows:

Carol Weeks of Kennebunk- A Past President of the Maine Track Club, past member of the Board of Directors of the Maine Running Hall of Fame, and a very outstanding distance runner since 1980. She has been named the top age group runner in Maine numerous times and was twice named Female Masters Runner of the Year by New England Runner.

Lloyd Slocum of Hollis- Holder of world age group records in the 2-mile at age 50 and again at age 70. Winner of several national age group records at distances up to 10 miles. Elected to the New England 65+ Running Hall of Fame in 2003.

Congratulations to you, Carol and Lloyd. The Maine Track Club is honored to have you as members.

There are just a few things to think about as we wind down 2004. There are still a few races that need helpers. These give you the opportunity to fulfill our request that each member do what they can to assist in at least 3 races during the year. We are also beginning a search for new officers and board members for 2005. If you are interested, please call me at home at 207-839-4946.

And a last thought.... I met one of our new members, Charlie Bickford, who came all the way down from Lincolnville, Maine to run in the Peaks Island Road Race on a Saturday, and then ran in the Beach to Beacon on Sunday. Charlie was very proud to run as a Maine Track Club member and made a strong effort to obtain a MTC singlet and hat before the first race. Thanks, Charlie, for your enthusiasm.

As always, I'll see you on the road.

Phil Meech

Badwater, continues.

My “dream team” and I all met in Las Vegas July 10th 2004 and proceeded to Furnace Creek, Death Valley, CA for what turned out to be a most memorable four days of challenging myself.

The first challenge was the Badwater Ultramarathon. This race is 135 mile footrace from Badwater, 282 feet below sea level to Mt Whitney ending at 8,400'. These two places are the lowest point in the Western Hemisphere and the highest mountain in the lower 48 states. There is no food or water on the course you have to supply your own.

I had the 8:00 am start on Monday July 12th. There are three starts 6, 8 and 10 am each consisting of about 25 runners. It was about 85-90 degrees at the start. By mile 13 I was already in trouble suffering from the “runs.” I had been taking in drinks with too much sugar, this continued to bother me for the next six hours or so. By 28 miles into the race a temperature of 123 degrees had been reached as we traveled over the rolling asphalt road through Death Valley. At mile 42 I took my longest break of the race at a motel in Stove Pipe Wells. I spent about 15 minutes in the pool trying to cool down my body. Then I had a pasta dinner as Andy partially retaped my feet in an effort to prevent blistering. In less than an hour I was back on the course starting up a 5,000 feet climb for 18 miles. Around mile 53- I “blew lunch” in front of my crew and lost my pasta dinner and anything else that was in my stomach. The guys were great about putting up with my disgusting bodily functions, keeping me hydrated and moving forward.

Reaching Town Pass summit at mile 59 and starting the 8 mile downhill towards Panamint Springs I knew that I had the hottest portion of the race and one of the Mountain ranges

behind me.

I ran the first 17 miles without a pacer, but had someone with me from that moment on. At about mile 70 I started another mountain climb to Father Crowley’s 5,050', reaching the 90 mile mark on July 13th at 2:30 PM. 30.5 hours into the race, I had climbed 2 mountain ranges and descended a long downhill to find a flat stretch of road ahead of me. This took me to mile 122 where I would start another long climb up to 8400' to Mount Whitney Portals and the finish line.

Darkness arrived for the second time around mile 112 (about 36 hours into the race) this brought on some hallucinations, I was seeing things that I now know were not there. There are miles of the race that I don't remember, but as Bob started pacing me at mile 122 (at 1215AM) up toward Mt Whitney portals I was again hallucinating in 3D. When I would stop, the asphalt road would move, becoming 3-dimensional and mosaic. This was not a frightening hallucination, just worrisome that I would lose my balance and fall.

With Mike Smith there with the SUV, moving it just ahead by 1/2 mile at a time, and Bob there to encourage me and keep me moving forward, I knew that if I didn't stop too often or for too long, I would “buckle.” To receive the coveted “Badwater belt buckle” would mean that I would need to finish this in under 48 hours.

Forty Six hours and seventeen minutes after starting out at 282' below sea level, I crossed the finish line with my crew of 5 at my side. I was exhausted, filthy and in pain but I was happy as hell. After a few pictures were taken with my crew and with the race director I called my wife at work to share my victory with her. We then headed to Lone Pine CA for a shower, some food and some sleep.

Three of my crew members Andy, Walt and Mike S headed back to Las Vegas that afternoon to fly to Vermont and run in the Vermont 100 mile trail race. (they all successfully completed this race with Mike buckling).

I hadn't told many people this, but I was hoping that if I finished the 135 mile of Badwater I would then be able to climb Mt Whitney. This would take me from the lowest point in the US to the highest point in the continental US. At 8:30 that evening we (Bob, Carl and myself) started out on this journey. At about 9:30, 1 hour later we realized we had taken a wrong turn and had to back track, this cost us an hour of precious time.

The first part of the trail was easy with many switchbacks (Z's) and brook crossings, where the worst that could happen is you would get your feet wet if you fell off a log.

In my training for Badwater I had used trekking poles in the hopes that this would help me during the difficult parts of the race, however, the poles were not allowed into the race this year. My training did pay off now as I used the poles to help me keep my balance and saving my knees and back from the jolts of jumping off rocks.

There were many places where it would've been easy to get off track but we managed to keep on the trail. When we stopped to eat, drink or just take a break we would turn off our headlamps and look at the millions of stars above us, this sight was spec-

See Badwater on next page.

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.

Badwater, from page 3.

tacular and I will never forget it. As the sun came up we were surprised to see the many drop offs that we didn't know were there in the darkness. This is not a technical mountain climb, but there were many 500' and 1000' drop offs as we traversed the 96 switchbacks to trail crest. On our way up we met Marshal Ulrich and Art Webber on their way down. They, too, had finished Badwater and climbed to the summit of Mt Whitney, Webber to write the name of a fellow Badwater finisher, who had passed away, in the log book at the summit. Ulrich had also climbed Mt Everest one month prior to this. Art was staggering and looked in bad shape but they continued on. Ulrich mentioned that it had been "a tough night on the mountain."

The three of us continued on totally exhausted but enjoying the spectacular views that daylight was bringing to us. We were now at 12,000' of altitude and there were large areas of snow. This was quite a contrast from the desert heat of 123 degrees!!!

As we reached trail crest we thought that we were almost to the summit when we spotted an "8" painted on a rock indicating that we still had 3 miles to go. As far as elevation goes these 3 miles are relatively easy but the trail was only wide enough for 1 hiker to walk through at a time and there was a sheer drop off of hundreds of feet. This along with the fact that I was exhausted and dizzy, from the lack of oxygen at this altitude, made me concerned about one of us tumbling down the mountain. Even the spectacular views couldn't ease my mind about this.

With about 1/2 mile to go we reached a snowfield about 60-80 yards long that was easy to pass because there was a 3-4' deep path that was created by other hikers before

us. A short time after crossing this I almost "lost it" I was bent over my poles, totally exhausted, both mentally and physically, I felt the tears well up in my eyes as I tried to pull myself through this moment of self pity. I then straightened up and followed my crew to the summit, arriving at 10:15 AM--13 hrs and 45 minutes after entering the trail. We half heartedly celebrated having summited, knowing that we had to hike back down, and were even more tired than when we started. We ate, rested, signed the log book and headed back down after about 45 minutes.

The skies were now cloudy and all that I could think of was "a violent thunderstorm is not what we need being above the treeline!"

We were a sorry sight descending that mountain, I noticed other hikers looking at me strangely and wondering "what happened to this old man?" One of my crew members would explain what I had been through and this was all it took to answer their questioning looks.

Going downhill is supposed to be easier than going uphill but I was moving very slowly, being very cautious about possibly falling. On occasion I would fall back only to be caught by either Bob or Carl. I slipped many times and did actually do one good "face plant" but somehow managed to avoid going over the edge. The fear of needing to be helicoptered out passed as we went down the infamous 96 switchbacks, now seeing places that we had missed in the darkness the night before.

The last three miles seemed endless. As it started to get dark again we thought that we were about 10 minutes from the trail head but we didn't actually get there until 9:20PM. At this point my feet hurt so badly that I wasn't sure I could make it the car. WHAT CAR!?

As Bob went ahead to get the car he arrived to find it gone!! After asking around we discovered that for a reason still unknown to us, the car was moved to another parking lot!!

Exactly 85 hours and 20 minutes after starting the Badwater Ultramarathon at 282' below sea level I had achieved all of the goals that I had set for myself, except for one.

I had finished the Badwater 135 miler, "buckled", summited Mt Whitney and returned. I had run, walked and crawled from the lowest point in the Western hemisphere to the summit of the highest mountain in the lower 48 states.--This was a total of 157 miles including the 11 miles back to the portals.

I will never do this again. I regret having put my crew members in danger on the mountain, knowing too that I couldn't have done it without them. We have all agreed that doing the mountain climb after Badwater was a dangerous mistake--so the mountain after Badwater..never again. Badwater Ultra.....Maybe.

The one goal that has not yet been reached is raising the \$25,000 that I had hoped I could raise for Camp Sunshine. I will continue to work towards that goal and hopefully reach it in the near future. The website www.runningonthesun.org will be open for another year for donations. There is also more info there regarding the race.

Thank you Andy, Bob, Carl, Mike S and Walt for all that you did!!! I would also like to thank all the people who gave me moral support before, during and after the race. And a special thanks to everyone who contributed to Camp Sunshine, I never thought I would be so close to my goal at this point, you people are truly generous and thoughtful. Ten families plus are now going to Camp Sunshine thanks to your generosity.

Volunteers

Rock!

MT. Washington Volunteers at the Rocks

by Mike Brooks

On behalf of all the runners and the MTC I would like to thank Bob and Beth Branson, Karen Connolly, Nan Cumming, Kelly Fernald, Phil Meech, Nate Parsons and Don Penta for volunteering at the Mt. Washington Road Race this year. You all did a great job!

These people made it possible for the MTC to send ten of our runners to the race. You must provide volunteers in order to get these slots. I would



also like to thank Sherry Grandonico for providing transportation for some of our runners off the mountain.

It was a long day for the volunteers and the weather early on was lousy but I heard no complaining and I think everyone had a good time, runners and volunteers alike.

Hope to see you all next year at that race that has "just one hill."

MTC Volunteers at Beach to Beacon 10K

Connie Amnott of Auburn, ME
Paul Amnott of Auburn, ME
Emma Barclay of Portland, ME
Don Bessey
Karen Lynn Burns of Saco, ME
Peter Child
Reggie Conohan of So. Portland, ME
Wendi Cook of Scarborough, ME
Thom Courtney of Gorham, ME
Michael Darcy of So. Portland, ME
Daniel Darcy of Harrison, ME
Patricia Dionne of Saco, ME
Don Ettinger of Limerick, ME
John Fatula
Erin Fuller
George Goodwin of Trevett, ME
Siiri Gott of Scarborough, ME
Dan Hogan of So. Portland, ME
Kristy Johnson of Freeport, ME
David Juers of Cape Elizabeth, ME
Jeanne Manthorne, Port Charlotte FL
Drew Masterman of Portland, ME
Philip Meech of Scarborough, ME
Diane Meehof of Scarborough, ME

Warren Meech of Scarborough, ME
Bartley Parker of So. Portland, ME
Ian Parlin of Portland, ME
Nate Parsons of Medford, MA
Michael Pinette of Cape Elizabeth, ME
Sheila Pinette of Cape Elizabeth, ME
Robert Randall of Springvale, ME-
Becky Randall of Scarborough, ME
Annette Ranni of Sanford, ME
Richard Reid of Scarborough, ME
Richard D Reid of So. Portland, ME
Nancy Searsof Cape Elizabeth, ME
Peggy Shapiro
Steve Shapiro
Norman Simard of Portland, ME
Howard Spear of Westbrook, ME
Molly Tarleton of So. Portland, ME
Ann Marie Thomas of Portland, ME
William Thomas of Portland, ME
Diane Tyler of Cape Elizabeth, ME
William Tyler of Cape Elizabeth, ME-
Barbara William of So. Portland, ME
Ted Wilson of Brunswick, ME
Jeff Wilson of Brunswick, ME

Maine Marathon Update

By Howard Spear and Bob Aube,
Co-Race Directors

As time ticks down ever too quickly to October 3rd, it is great to report that entries as of August 7th are "through the roof." At current rate, we will easily reach our cap of 2,500 runners plus 50 relay teams.

Also happy to report that three clubs members have come forward and joined our race committee. Lisa Despres will be our Relay Coordinator, Mallory Vacaro will be our Food Coordinator and Erik Boucher's friend, Jennifer will be our Falmouth Traffic Coordinator.

We are still in need of a Portland Traffic Coordinator and Course Communications Coordinator, also with almost 400 volunteers for race day. It is never too early to sign up to volunteer, in fact this helps us greatly and causes less worry by our coordinators.

This will be the last newsletter before race weekend as a reminder, but no doubt you will be bombarded by emails asking for help.

Thanks! Hope to see ALL of you on race weekend....running....or volunteering!



"Oakie" the clam, tells us to see Yarmouth Clam Festival results on page 12. Lots of photos, too!

Maine Track Club Membership Application

If you would like to become a member or renew your current membership, you can register online at www.mainetrackclub.com or www.active.com, or return this completed form with a check to:

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

MEMBERSHIP TYPE & ANNUAL DUES

Membership is based on the calendar year, expiring on December 31st. Dues paid between September 30th and December 31st is good through December of the following year.

New *or* Renewal

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

Do you want your newsletter by:

E-Mail *or* Postal Mail

MEMBER INFORMATION

Last Name	First Name	Birthdate	M/F
P.O. Box/Street			
City	State	9-Digit Zip Code	Home Phone
E-mail Address			Business Phone
Occupation(s)	Employer	If Student, School	

List other household members below (attach additional sheet if necessary):

Last Name	First Name	Birthdate	M/F
Last Name	First Name	Birthdate	M/F
Last Name	First Name	Birthdate	M/F

PARTICIPANT/VOLUNTEER WAIVER

To be signed by each member in the household. Applicants under age 18 require a parent's signature.

I know that participating and volunteering to work in Maine Track Club events are potentially hazardous activities. And I know that I should not participate or volunteer in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete an activity safely. I assume all risks associated with participating in or volunteering at Maine Track Club events including, but not limited to, falls, contact with other participants, the effects of the weather (including heat and humidity), and dangers posed by road conditions and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself, and for anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Maine Track Club, and all sponsors and their representatives and successors from all claims of liabilities of any kind arising from my participation in Maine Track Club activities, even though a liability may arise from negligence or carelessness on the part of persons named in this waiver.

Signature	Date	Signature	Date
Signature	Date	Signature	Date

New MTC Members

Ross Bonney of Lewiston
 Kate Brown of Portland
 Matthew and Joanna Chaffin of
 Auburn
 Peter Child of Freeport
 Ronald Dearth of Falmouth
 Peter Dickson of Freeport
 Lynn, Michael, Chris, and Alexandra
 Kemna of Cumberland
 Allyson and Jonathan Koenig of
 Scarborough
 Eamon Lawless of Portland
 Joseph McMorro of Mechanic Falls
 Pam Reynolds of Poland
 Timothy Sickel of Bowdoin
 Norman Simard of Portland
 Harold Skelton of Lewiston
 Tony Sprague of Brunswick
 Georgia and Rusty Vallee of Turner
 Jay Wilson of Portland

MTC Membership Status

- **Membership Growth:** We welcome 23 new members in this issue. As of August 12 we have 537 members in 340 households.
- **We Need Your Help:** Our greatest asset in recruiting new members is our existing members. Please try to persuade runners you know to support their sport by joining MTC. Your personal invitation is our most effective method to get new members. Please help support this effort. A special thank you to our members who have helped bring in new members. Those who join between September 30 and December 31 will have membership through December of 2005!!
- **Address Change:** Please remember that most MTC mail is via a non-profit third-class permit, that is not forwarded to you or returned to us. The post office throws it away. *Please either mail, phone, or e-mail your CHANGE OF ADDRESS and PHONE NUMBER to us when you move.*
- **Member E-Mail Addresses:** As of August 12 we have e-mail addresses for 292 of our 340 households for 85.9%. These e-mail addresses are used for club purposes only. *If you have not sent us your e-mail address, or if it CHANGES, please send it to bobaube@mainetrackclub.com.*

Election time for 2005 MTC Board of Directors

Elections for the 2005 Maine Track Club officers and other board members will be held in November. You can make your nominations using our website www.mainetrackclub.com or you can clip and mail this form. Nominations must be turned in by November 1, 2004.

We are especially in need of someone to step forward as Vice President and Equipment Manager.

Thank you for your help with these.

List of Offices:

Your nomination

President

Vice President

Treasurer

Secretary

Membership Chair

Race Committee Chair

At-Large (need 3)

Equipment Manager

Statistician and Photographer

Clothing Director

Newsletter Director

Webmaster

Please mail this form to: Club Secretary • Maine Track Club • PO Box 8008 • Portland, ME 04104

Running the Rockpile

Mt. Washington, Pinkham Notch, N.H

By Mark Grandonico and Howard Spear

Running Mt Washington requires runners to consider three important factors, the distance (7.6 miles), the incline (11.5% average up to 25%) and most importantly, the weather. This was significantly demonstrated at the 44th running of the race on June 19th. The base temperature was a comfortable 60 degrees at the start time of 10:00 and the summit was a reported 45 degrees with 35 mph winds, bringing wind chills down to the 30's. It was raining on and off throughout the morning and a steady downpour minutes before the start ensured the runners were soaked for the start. As a veteran runner of the rockpile, I knew that dressing for the base and the summit was required. I was amazed at how many people didn't. Some of the steepest inclines occur during mile 2. Runners were tossing shirts aside as it quickly got warm with the exertion. During mile 3 you felt the winds start playing a factor and the temperatures steadily dropping. In mile 4, my windbreaker (tied around my waist) was a welcome addition to my attire, it was getting cold. During mile 5, you were in the clouds and the winds were gusting up to a reported 55 mph at times. Some switchbacks brought you into a headwind that on occasion, nearly brought my 190 pounds to a standstill. I witnessed a few runners getting blown sideways, and a few to a standstill. The lateral rain showers also added to the flavor of the event.

During miles 5 and 6, you were in pea soup fog, blowing 30 - 55 mph sideways. I estimated that visibility was about 6 feet. During these miles, I first noticed the pour souls who did not calculate the weather factor correctly. There were several people in soaked cotton t-shirts and run-

ning shorts who looked, and were undoubtedly cold. It didn't take my Paramedic training to tell me they were candidates for Hypothermia. I hoped they had a change of clothes and a ride down waiting at the finish.

The last half mile to the summit was the most challenging, on top of being cold, wet and tired, there is a particularly grueling last 25% incline just before the finish line, just enough to remind you what this race is all about.

World Mountain Running Champion Jonathan Wyatt of New Zealand, despite fog, clouds, rain and wind, pulled quickly ahead of one of the strongest fields in the race's history and stormed up the Auto Road in 56 minutes 41 seconds, breaking the record by an astonishing one minute and forty seconds.

While Wyatt was winning his Mt. Washington debut in awe-inspiring fashion, Anna Pichrtova of the Czech Republic was setting yet another record in this race, becoming the only woman to win it four times -- and in fact four times in a row. As she has for the past three years, Pichrtova led all women in the race from the starting cannon to the finish, and, despite the wind and the wet surface, she ran her fastest-ever time here, one hour 12 minutes 19 seconds.

Top masters (over 40) finishers were Andy Ames, of Boulder, Colorado, and Cathy Pearce, of Chelmsford, Massachusetts. Ames, 41, who finished fifth in this race nine years ago, was nearly as good today, taking sixth overall in 1:06:10. Pearce, a similarly seasoned Mt. Washington competitor, was fourth woman overall in 1:18:54.

Top finishers:

Men:

1. Jonathan Wyatt, 31, Wellington NZ, 56:41 - \$1000 plus \$5000 bonus
2. Paul Low, 30, Amherst MA, 1:03:12 - \$600
3. Simon Gutierrez, 38, Taos NM, 1:04:17 - \$400
4. Eric Blake, 25, Plattsburgh NY, 1:04:30 - \$200
5. Mark Werner, 32, Rochester MI, 1:06:02 - \$100
6. Andy Ames, 41, Boulder CO, 1:06:10 - \$300 (first master)
7. Joshua Ferenc, 22, Westmoreland NH, 1:06:21 - \$100 (first N.H. man)
8. Eric Morse, 39, Berlin VT, 1:06:46
9. Bill Raitter, 34, Bend OR, 1:06:56
10. Kevin Tilton, 22, Conway NH, 1:07:10

Women:

1. Anna Pichrtova, 31, Czech Republic, 1:12:19 - \$1000
2. Erica Larson, 32, Los Alamos NM, 1:14:17 - \$600
3. Laura Haefeli, 36, Del Norte CO 1:17:42 - \$400
4. Cathy Pearce, 41, Chelmsford MA 1:18:54 - \$200, plus \$300 (first master)
5. Kelli Lusk, 34, Amherst MA, 1:21:41 - \$100
6. Nikki Kimball, 33, Elizabethtown NY, 1:22:07
7. Kari DiStefano, 45, Telluride CO, 1:23:05
8. Lisa Goldsmith, 39, Nederland CO, 1:23:13
9. Cathy O'Brien, 36, Durham NH, 1:23:29 - \$100 (first N.H. woman)
10. Barbara McManus, 36, Worcester MA, 1:23:35

See Maine Finishers on the following pages...

Maine Finishers

14	BRIDGHAM, BRUCE	1:10:39	JONESEORO
844	WINN, BOB	1:12:03	OGUNQUIT
46	BERMAN, MARK	1:15:49	ELIOT
698	ROBERTS, DAVID	1:23:58	CAPE ELIZABETH
219	CARVEN, TIMOTHY	1:24:13	KITTERY POINT
668	POIRIER, BCB	1:25:33	MINOT
167	BLOOD, WENDELL	1:26:42	EAST DIXFIELD
458	JOSEPHSON, PAUL	1:30:29	WATERVILLE
690	REILLY, BILL	1:31:58	BROWNFIELD
225	CHAPIN, JON	1:33:39	OAKLAND
505	LARKINS, NELSON	1:34:30	FREEPORT
313	EVANS, RICHARD	1:36:06	YORK
843	WILSON, CRAIG	1:37:45	KITTERY POINT
W215	MULLIN, LAURA	1:41:59	SHAPLEIGH
372	GOSS, GARY	1:42:03	YORK
518	LEWIS, ALAN	1:42:26	NORTH BRIDGTON
506	LARSON, GARY	1:43:13	DOVER-FOXCROFT
347	FRIES, DON	1:43:21	PORTER
598	MULLIN, ANTHONY	1:43:34	SHAPLEIGH
W214	MOULTON, DEBORAH	1:43:43	SOUTH PORTLAND
W273	STOCKLEY, BERNICE	1:46:10	LINCOLN
W102	DANIEL, LORI	1:46:13	KITTERY
213	CANNONS, DAVID	1:46:24	PORTLAND
255	COUGHLIN, BOB	1:46:47	CAPE ELIZABETH
674	PREBLE, JEFFREY	1:47:57	GARDINER
311	ETTINGER, DON	1:48:31	LIMERICK
W177	KENNEY, PATTY	1:48:40	PORTLAND
469	KEELEY, JOHN	1:50:26	PORTLAND
W190	LARA ALBERT, MARIANA	1:51:49	DOVER-FOXCROFT
W161	HOWE, VIRGINIA	1:53:15	WATERFORD
807	TYLER, ERICKSON	1:54:06	MILO
682	RANDALL, ROBERT	1:54:21	SPRING VALE
W212	MORRILL, TERI	1:54:51	MILO
120	PAQUETTE, RONALD	1:57:04	ALBION
153	BENES, ROBERT	1:57:06	FRYEBURG
341	FOURNIER, RAY	1:57:30	BERWICK
256	COUPER, DOUGLAS	1:57:33	FALMOUTH
W194	LESLIE, COUPER	1:57:44	FALMOUTH
837	WHITON, CRAIG	1:58:18	PORTLAND
W128	GAGNON, FAYE	1:59:08	MINOT
661	PIERCE, LAWRENCE	1:59:11	SCARBOROUGH
W63	DUNLAP, LOUISA	2:01:54	BELFAST
520	LISCORD, THOMAS	2:03:04	WAYNE
377	GRANDONICO, MARK	2:03:23	PORTLAND
239	COLUCCI, STEVE	2:04:01	PORTLAND
351	GALE, JOHN	2:04:49	PORTLAND
W103	DARLING, ANN	2:04:58	PORTLAND





756	SPEAR, HOWARD		2:04:59	WESTBROOK
203	BURGESS, MATT		2:05:15	NO. BRIDGTON
267	CURTIS, KENNETH		2:06:03	GORHAM
315	EVERETT, STEPHEN		2:06:16	EAST WATERBORO
W253	ROY, AUTUMN		2:07:32	PORTLAND
W246	REILLY, JUDY		2:12:35	BROWNFIELD
829	WEBB, CHRIS		2:13:33	NORTH BRIDGTON
W88	COLE, SUSAN		2:15:21	BRIDGTON
536	MAGELES, MICHAEL		2:17:09	BRIDGTON
W163	HUNT, LINDA		2:18:08	HOLLIS
W286	TURNER, ADRIENNE		2:18:08	HOLLIS CENTER
697	ROBBINS, STEVE		2:18:14	SANFORD
193	BROOKS, MICHAEL		2:19:19	DANVILLE
654	PELTON, RCN		2:25:25	FREEPORT
451	JOHNSON, ROBERT		2:33:00	SOUTH FREEPORT
591	MORGAN, WILLIAM J		2:39:15	KENNEBUNK
W71	NEPUSHINSKY, DOROTHY		2:43:55	BROWNFIELD
82	MENDELL, CARLTON		2:47:58	PORTLAND



Kid's Running Program

By Donna Moulton

I would like to THANK everyone who came out to help with the kids running program. We had a great time this year with topics ranging from Safety by Everett Moulton of the South Portland Police Department to Nutrition by Dianne Kazillionis. In addition, the kids saw a film that included a motivational song that showed other children at a race.

The Race was led by South Portland Police Department's Officer Mcvane, who had a lot of fun with the kids. The race was for the children in the program only and they all received ribbons for their efforts.

I cannot thank everyone enough for their help. I will share a compliment that I received from note a father and mother of one of the kids in the camp. They approached me while I was shopping and said, "THANK YOU for letting our son run. He was so proud to have done a 1 mile race and now the whole family is up and running." And of course who cried? Well, you know.

Happy Birthday MTC Members...



September 2004

- 1: Lisa Cary
- 2: Steve Colucci
Tyler Santero
- 3: Nicole Cary
Betty Disanza
Dennis Morrill
- 6: Samuel Dexter
Paul Toohey
- 8: Janet Crowe
- 9: William C. Dow
- 11: Carrie McCusker
Andrew Tremberth
- 12: Becky Foner
Erich Reitenbach
Leanne Robbin
Rebecca Wright
- 13: Harold Skelton
- 15: Mark Cabelin
Tyler Mercer
- 16: Maggie Soule
Jim Tyrell
- 17: Glen Gallupe
Emilie Nielsen
Emma Noonan
- 18: Courtney Marshall
Dottie Michaud
- 19: Kathy Harris
Thomas Keating
Larry Perkins
- 22: Clara Mendell

- 24: Jonathan Gale
Heidi Graham
- 25: Don Bessey
- 26: John Nichols
- 27: Colleen Salvo
- 28: Richelle Dube
- 29: Amy Stevenson
- 30: Mel Fineburg

October 2004

- 1: Dino Joannides
- 2: Mike Grant
Malcolm Washburn
- 5: George Campbell
Peter Terhune
- 6: Ellie Tucker
- 7: Kurt Nielsen
Tom Ryan
- 8: Bonnie Hoag
- 9: David Colby Young
- 10: Gene Marquis
- 11: Cindy Morgan
Gretchen Read
Susan Wiemer
- 12: Nancy Kneeland
Chris Lyford
- 13: Bob Aube
Jeanne Christie
Kevin Keough
Sandy Walton

- 14: Alyson Grant
- 15: Adam McLaughlin
- 16: Matt Thayer
- 18: Jeanne Hackett
John Legere
Jean Nichols
- 19: Connie McLellan
Carlton Mendell
- 20: Peter Child
John Cullinane
Theresa Gallupe
- 22: David Chamberlain
- 23: Casey Walton
- 24: Julie Brown
Cathy Burnie
Stacy Cimino
Laura Cotton
Paul Letalien
- 25: Ronald Chase
- 26: Ray Hefflefinger
- 27: Rae Pierce
Doug Schiller
- 28: Pat Buckley
Ben Dexter
- 29: Kayla Bibeau
Whitney Bibeau
Stewart Jordan
- 30: Marty Lawrence
Norman Morgan

Newburyport Trip

By Howard Spear

Our annual bus trip to the Yankee Homecoming 5k & 10 miler was revived this year on August 3rd. The day before the bus was full, all 47 seats taken by runners and some that just wanted to go down for the ride and enjoy the company. Two cancelled at the last minute and 6 or 7 did not show.

It was, as usual, very humid. Almost 1,000 finishers in the 5K and 1,500 in the 10 miler. Great time, great race. Lots of spectator support, water hoses, and Popsicle's. Yup, Popsicle's. This cute little blonde at mile eight was off to the side holding out in each hand, a lime and an orange. Couldn't turn her down, stopped and said, "how in the world did you know my favorite Popsicle was orange?". Eyes wide open and a big smile appeared. Took the orange and said, "I think you deserve a big sweaty hug." Needless to say, she took a quick step back.

Thanks to the club for footing the bus bill as it made it very affordable for all of us. Had some non-club members attend, and actually may have a couple signed up. This does promote running, add a "bennie" for club members, and gets the club name "thrown" around some.

If the club is willing to add this bus trip to our 2005 budget, I will be happy to organize the trip again.

MTC Membership Meeting September 2004

6:30 p.m.

SMCC

Details on page 24.

Race Results / Photo Clips

*Ron, the race director
& Joan Samuelson,
Women's overall winner*



*Chris Harmon MTC
of Scarborough 3rd,
16-19*



*Michael
Payson MTC
of Falmouth
Overall Male
Winner*



*Sue Inches #858 of North
Yarmouth & Robert
Dewitt #172 MTC of
Lisbon*



*Katy Littlefield MTC
of Scarborough*

13th Annual Yarmouth Clam Festival Pat's Pizza 5 Miler July 17, 2004

Maine Track Club Finishers:

Place/Name	Adiv/Sex	Town	Time	Place	Pace
1 Michael Payson 1,overall	4049 M	Falmouth	25:40	25:40	5:08
13 Chris Harmon 3,1619	1619 M	Scarborough	28:44	28:44	5:45
17 Marc Dugas 3,4049	4049 M	Scarborough	29:05	29:05	5:49
23 Hans Brandes	4049 M	Falmouth	29:27	29:27	5:54
25 Joan Samuelson 1,over Hon MTC	4049 F	Freeport	29:35	29:35	5:55
27 Floyd Lavery	4049 M	Gorham	29:47	29:47	5:58
57 Will Lund	4049 M	Portland	32:12	32:12	6:27
61 Dottie Michaud 1,4049	4049 F	Scarborough	32:20	32:20	6:28
88 Chris Lyford	3039 M	Scarborough	33:22	33:22	6:41
92 Carrie McCusker	3039 F	Cape Elizabeth	33:31	33:31	6:43
111 Matt Flynn	4049 M	Cape Elizabeth	34:06	34:06	6:50
117 Jim Dunn	3039 M	Falmouth	34:21	34:21	6:53
119 Pete Peters	3039 M	South Portland	34:30	34:30	6:54
127 Dora Rex 2,4049	4049 F	Gorham	34:40	34:40	6:56
161 Edward Charbonneau	4049 M	Yarmouth	35:21	35:21	7:05
164 Harry White 2,6069	6069 M	Scarborough	35:23	35:23	7:05
169 John Keeley	5059 M	Portland	35:34	35:34	7:07
170 Harry Nelson	5059 M	North Yarmouth	35:34	35:34	7:07
177 Gretchen Read 1,6069	6069 F	Portland	35:43	35:43	7:09
179 Sarah MacColl	4049 F	Cumberland	35:49	35:49	7:10
184 Phil Pierce 3,6069	6069 M	Falmouth	35:57	35:57	7:12
187 Bonnie Hoag 1,5059	5059 F	Portland	36:06	36:06	7:14
211 Andrew Jordan	0115 M	North Yarmouth	36:38	36:38	7:20
213 Stewart Jordan	4049 M	North Yarmouth	36:39	36:39	7:20
222 Kevin Robinson, Sr.	4049 M	Yarmouth	36:56	36:56	7:24
250 Nathan Graham	3039 M	North Yarmouth	37:24	37:24	7:29
277 Dennis Smith	5059 M	Yarmouth	37:53	37:53	7:35
306 Terry Clark	6069 M	Windham	38:25	38:25	7:41
312 Gregory Welch	5059 M	South Portland	38:32	38:32	7:43
355 Thom Courtney	3039 M	Gorham	39:28	39:28	7:54
364 Janet Letalien	4049 F	Portland	39:35	39:35	7:55
375 Abby Samuelson	1619 F	Freeport	39:49	39:49	7:58
376 Scott Samuelson	4049 M	Freeport	39:49	39:49	7:58
380 Stacy Cimino	2029 F	Cape Elizabeth	39:52	39:52	7:59
402 Harry Center	4049 M	Freeport	40:31	40:31	8:07
435 Robert Jolicoeur	6069 M	Old Orchard Bch.	41:22	41:22	8:17
455 Brenda Day	4049 F	Brunswick	41:46	41:46	8:22
480 Kathleen Harris	4049 F	Portland	42:14	42:14	8:27
484 Carol Blakeney-Watts	4049 F	Cumberland	42:19	42:19	8:28
502 Polly Kenniston 2,6069	6069 F	Scarborough	42:42	42:42	8:33
506 Heidi Graham	3039 F	North Yarmouth	42:47	42:47	8:34
578 Bethany Hanley	3039 F	Cumberland	44:17	44:17	8:52
622 Mark Coughlin	4049 M	South Portland	45:21	45:21	9:05
627 Thomas McLaughlin	4049 M	Old Orchard Bch.	45:31	45:31	9:07
642 Kathleen Reid	3039 F	South Portland	46:00	46:00	9:12
652 Robert DeWitt	6069 M	Lisbon	46:17	46:17	9:16
682 Walter Fletcher	5059 M	Freeport	47:07	47:07	9:26
684 Shelly Millette	3039 F	Westbrook	47:11	47:11	9:27
708 Donna Bisbee	4049 F	Portland	48:02	48:02	9:37
720 Kristy Johnson	4049 F	Freeport	48:46	48:46	9:46
729 George Goodwin	6069 M	Trevett	48:56	48:56	9:48
751 John Littlefield	4049 M	Scarborough	49:45	49:45	9:57
752 Terry Young	4049 F	Portland	49:46	49:46	9:58
759 Janice Gagnier	4049 F	South Portland	50:20	50:20	10:04
767 Elissa Charbonneau	4049 F	Yarmouth	50:39	50:39	10:08
810 Sandra Walton	3039 F	Yarmouth	52:45	52:45	10:33
828 Sally Paterson	6069 F	Yarmouth	54:11	54:11	10:51
844 Katy Littlefield	4049 F	Scarborough	55:43	55:43	11:09
870 Charles Bickford	5059 M	Lincolnvile	61:41	61:41	12:21
893 Julius Marzul 2,70&over	7099 M	Gorham	75:58	75:58	16:12



Race Results / Photo Clips



*erry Young MTC #268 of
Portland & John Littlefield
#72 MTC of Scarborough*



*onna Bisbee #184
MTC of Portland*

photos on page 16.



*Todd Zsga #543 of
Scarborough*



*Kristy Johnson
MTC of Freeport*



*Sally Paterson MTC
of Yarmouth*

*Phil Pierce MTC of
Falmouth, 3rd, 60-69*



*Sandra Walton
MTC of Yarmouth*



*Richard Charest #671 of Freeport &
Bob Jolicoeur #154 MTC of OOB*



*Eric Knight
#790 of
Yarmouth
& Stacy
Cimino
#272 MTC
of Cape
Elizabeth*



*Elissa Charbonneau
MTC of Yarmouth*

Race Results / Photo Clips

28th Annual Bridgton 4 on the 4th Road Race July 4, 2004 – Bridgton, ME

Maine Track Club Finishers:

Place/Name	Age/Sex	Town	Time	Pace
16 David P. Chamberlain 2,404	42 M	Falmouth	23:21	5:51
17 Mike Grant 3,4549	46 M	Scarborough	23:23	5:51
29 Bill Reilly 1,5559	56 M	Brownfield	24:04	6:01
31 Tom Noonan	32 M	Steep Falls	24:08	6:02
54 Kaitlynn Saldanha 2,1418	15 F	Scarborough	26:16	6:34
100 Kathy Hepner	44 F	Gorham	27:37	6:55
107 Pete Peters	39 M	South Portland	27:44	6:56
145 Lloyd Slocum 1,7074	71 M	Hollis	28:38	7:10
151 Philip S. Pierce 1,6064	62 M	Falmouth	28:43	7:11
175 Jerry Levasseur 1,6569	66 M	Brunswick	29:07	7:17
190 Mark Grandonico	45 M	Portland	29:27	7:22
208 Bob Payne 2,6569	66 M	Raymond	29:54	7:29
209 Samuel Dexter	15 M	Cumberland	29:55	7:29
217 Dick Lajoie	64 M	Saco	30:07	7:32
326 John Howe 3,6569	69 M	Waterford	32:00	8:00
362 William Dexter	48 M	Cumberland	32:43	8:11
418 Judy Reilly	55 F	Brownfield	33:53	8:29
454 Ross Bonney	50 M	Lewiston	34:36	8:39
489 Carol Blakeney-Watts	42 F	Cumberland	35:17	8:50
743 Sherry Carlil	57 F	West Gray	40:32	10:08
828 Karen Connolly	45 F	Hollis	42:50	10:43
908 Kenneth Spirer	61 M	Portland	45:05	11:17
925 Thomas Carlil	60 M	West Gray	45:57	11:30
939 Sandy Utterstrom	60 F	West Falmouth	46:35	11:39
943 Carlton Mendell	82 M	Portland	47:03	11:46
1141 Donald Penta	58 M	Windham	58:38	14:40
1162 Robert Connolly	49 M	Hollis	60:33	15:09

2004 Peaks Island 5 Mile Road Race July 31, 2004 – Peaks Island, ME

Maine Track Club Finishers:

Place/Name	Age/Sex	Town	Time	Pace
15 Paul Toohey 1,4049	46 M	Scarborough	32:11	6:27
20 Tom Menendez 3,5059	51 M	Lewiston	32:55	6:35
23 Dino Joannides 3,4049	49 M	Round Pond	33:21	6:41
40 Ian Parlin	28 M	Stratham, NH	35:12	7:03
42 Jeanne Hackett 1,4049	45 F	Peaks Island	35:15	7:03
45 Chuck Radis	51 M	Peaks Island	35:30	7:06
48 John Keeley	52 M	Portland	35:33	7:07
50 Emma Barclay 2,2029	29 F	Portland	35:38	7:08
64 Chris Harmon	20 M	Portland	37:00	7:24
78 Erin Fuller 3,2029	26 F	Portland	38:49	7:46
177 Mallory Vaccaro	31 F	Yarmouth	45:25	9:05
178 Anthony Vaccaro	32 M	Yarmouth	45:25	9:05
186 Cathy Burnie	55 F	Cumberland	46:13	9:15
191 Mike Brooks	58 M	Danville	46:32	9:19
221 Mike Pugh	65 M	York Beach	48:41	9:45
308 Charlie Bickford	51 M	Lincolnville	61:05	12:13
324 Robert Marzul	43 M	Standish	75:46	15:10
325 Julius Marzul 3,70&over	78 M	Gorham	78:57	15:48

2004 LL Bean 10K – Freeport, ME – July 4, 2004

“**” following Time: under USATF age-group guideline

Maine Track Club Finishers:

Place/Name	Age/Sex	Town	Time	Pace
1 Michael Payson 1,overall	41 M	Falmouth	32:19*	5:13
20 Joan Benoit 1,4049 Hon MTC	46 F	Freeport	37:58*	6:07
28 Jim Toulouse	54 M	Cape Elizabeth	39:17*	6:20
36 Ellie Tucker 2,4049	49 F	North Yarmouth	40:27*	6:31
62 Richard Bryant	44 M	Cape Elizabeth	42:11	6:48
66 Chris Lyford	46 M	Scarborough	42:17	6:49
68 Tim Sickel	52 M	Bowdoin	42:18	6:49
80 Ian Parlin	28 M	Freeport	42:55	6:55
81 Alison Kisch	38 F	Portland	42:55	6:55
119 Bob Coughlin 1,6069	65 M	Cape Elizabeth	44:41*	7:12
120 Harry Nelson	50 M	North Yarmouth	44:42	7:12
121 David Sproul	44 M	New Gloucester	44:47	7:13
122 William Sproul	46 M	New Gloucester	44:56	7:14
124 Sarah MacColl	48 F	Cape Elizabeth	45:02	7:15
125 Harry White 2,6069	62 M	Scarborough	45:03	7:15
126 Gretchen Read 1,6069	61 F	Portland	45:05*	7:16
130 Scott Samuelson	46 M	Freeport	45:13	7:17
135 Maureen Sproul	48 F	New Gloucester	45:19	7:18
149 Stewart Jordan	47 M	North Yarmouth	45:57	7:24
172 Rachel Landry	36 F	Cumberland	46:45	7:32
173 Stephen Lauritsen	43 M	Saco	46:49	7:32
175 Stacy Cimino	29 F	Cape Elizabeth	46:56	7:34
176 Howard Skelton	45 M	Lewiston	46:57	7:34
180 Charles Garber	35 M	Portland	47:12	7:36
187 Bonnie Hoag 2,5059	52 F	Portland	47:27	7:39
195 Terry Clark	60 M	Windham	47:41	7:41
200 Nathan Graham	36 M	North Yarmouth	47:51	7:42
213 Erin Fuller	36 F	Portland	48:28	7:48
219 Howard Spear	54 M	Westbrook	48:49	7:52
226 Gregory Welch	52 M	South Portland	49:00	7:54
230 Peter Rearick	52 M	Hebron	49:12	7:55
231 John Rolfe	50 M	Portland	49:13	7:56
247 Kevin Robinson	48 M	Yarmouth	49:29	7:58
251 Joseph Wagnis	31 M	Steep Falls	49:42	8:00
256 Martha Lippa	43 F	Cape Elizabeth	49:47	8:01
257 Corie Learned	34 F	Poland Spring	49:50	8:02
260 Skip Kessler	57 M	Cape Elizabeth	50:01	8:03
262 Dana Staples	25 M	Auburn	50:03	8:04
269 Kitty Kelley	57 F	Portland	50:13	8:05
270 Dale Rines	52 M	Gorham	50:13	8:05
278 Kristin Cook-Center	33 F	Freeport	50:29	8:08
285 Ron Pelton	51 M	Freeport	50:54	8:12
294 Bob Jolicoeur	67 M	Old Orchard Bch.	51:15	8:15
302 Richard Bouthillette	57 M	Gorham	51:55	8:22
312 Betsy Barrett	53 F	Scarborough	52:12	8:25
325 Ronald Chase	63 M	Durham	53:34	8:28
332 Harry Center	41 M	Freeport	52:50	8:31
344 Heidi Graham	36 F	North Yarmouth	53:06	8:33
351 Polly Kenniston 2,6069	67 F	Scarborough	53:30*	8:37
357 Alburn Butler	50 M	Portland	53:50	8:40
362 Jim Steinmark	43 M	Windham	54:05	8:43
381 Abigail Iselborn	14 F	Portland	54:55	8:51
382 Charles Iselborn	47 M	Portland	54:55	8:51
384 Mike Brooks	58 M	Danville	55:00	8:51
394 Tom Littlefield	58 M	North Berwick	55:30	8:56
405 Cari Sherburne	27 F	Scarborough	56:13	9:03
421 John Gale	48 M	Portland	57:01	9:11
430 Elwin Guthrie	68 M	Walpole	57:33	9:16
438 Bob Branson	63 M	Scarborough	57:44	9:18
444 Robert DeWitt	60 M	Lisbon	58:14	9:23
466 Walter Fletcher	57 M	Freeport	59:20	9:33
503 George Goodwin	65 M	Trevett	62:08	10:00
508 Beth Branson	63 F	Scarborough	62:30	10:04
523 Janice Gagnier	40 F	South Portland	65:21	10:31
526 Margaret Rearick	52 F	Hebron	66:15	10:40
538 Bill Davenny	59 M	Portland	68:47	11:05
545 Sally Paterson	62 F	Yarmouth	71:32	11:31
559 Julius Marzul	78 M	Gorham	98:25	15:51

2004 Pottle Hill 10K – June 26, 2004 – Mechanic Falls

Maine Track Club Finishers:

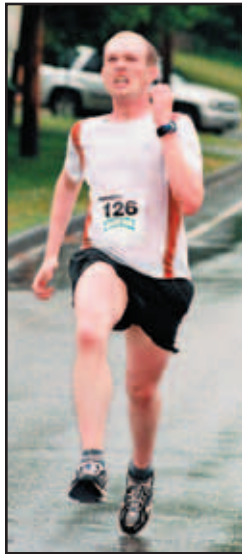
Overall/Div/Name	Sex	Town	Time	Pace
1 1 Floyd Lavery 1,overall	M	Gorham	37:52	6:07
4 1 Tom Menendez	M	Lewiston	42:21	6:50
7 1 Stephanie Atkinson 1,overall	F	Hollis	44:09	7:08
17 1 Dana Staples	M	Auburn	49:29	7:59
26 7 Mike Brooks	M	Danville	54:53	8:52
34 10 Neil Chivington	M	Gardiner	57:57	9:21
35 5 Robert DeWitt	M	Lisbon	59:15	9:34
37 6 Dennis Morrill	M	Portland	64:06	10:21
40 1 Carlton Mendell	M	Portland	76:28	12:20
42 1 Julius Marzul	M	Gorham	96:00	15:30

2004 Pottle Hill 5K

26 1 Debbie Danforth	F	Auburn	29:50	9:38
31 5 Hazel Wightman	F	Auburn	36:34	11:48



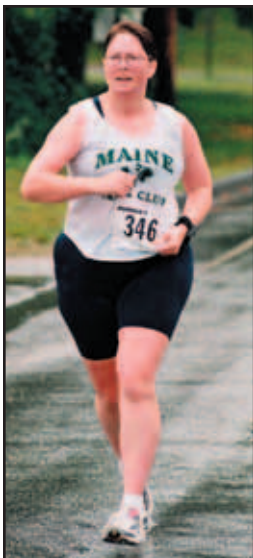
*Neil Chivington
MTC of
Gardiner /
Pottle Hill 10K*



*Dana Staples
MTC of Auburn /
Pottle Hill 10K*



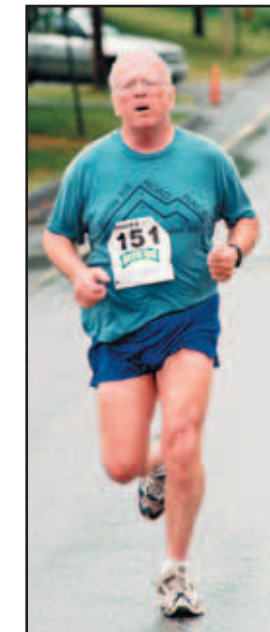
*Robert DeWitt
MTC of Lisbon /
Pottle Hill 10K*



*Hazel Wightman MTC of
Auburn / Pottle Hill 5K*



*Debbie Danforth MTC of
Auburn / Pottle Hill 5K*



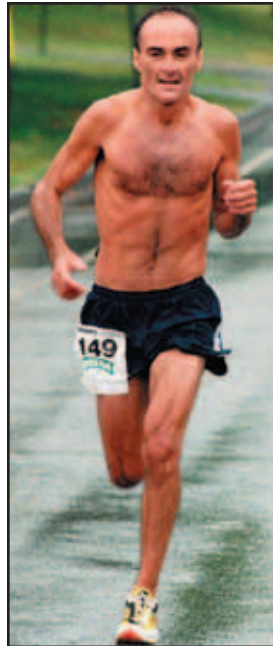
*Dennis Morrill MTC of
Portland / Pottle Hill 10K*



*Mike Brooks MTC of
Danville / Pottle Hill 10K*

Race Results / Photo Clips

Race Photos by Don Penta



*Floyd Lavery MTC of
Gorham 1st overall,
/ Pottle Hill 10K*



*Tom Menendez MTC of
Lewiston 1st, 50-59 /
Pottle Hill 10K*

Race Results / Photo Clips

UCC Coffee presents...The Eleventh Annual Kunitake Farms Kona Marathon, 1/2 Marathon and 10k/5k Family Fun Runs June 19-20, 2004 - Keauhou-Kona, Hawaii

Tim Sickle WAYNE/Bowdoin ME 50 - 54 M 51 3:57:33 201

Overall Place: 32

Place in Sex: 25

Place in Division (Age Group): 5

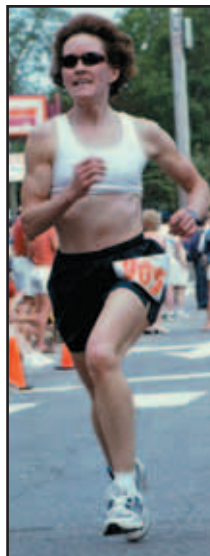
See <http://www.konamarathon.com/04results.html>

(We understand this is Tim Sickle's first Marathon. Congrats go to Tim!)

Tim Sickle, running his first marathon – see above results for Kona Marathon



Gretchen Read #61 MTC of Portland 1st, 60-69 Yarmouth Clam Festival Race



Dottie Michaud MTC of Scarborough 1st 40-49 Yarmouth Clam Festival



Harry White MTC of Scarborough 2nd, 60-69 Yarmouth Clam Festival Race



Hans Brades MTC of Falmouth

45th Annual Yankee Homecoming Races – Newburyport, MA – August 3, 2004

Maine Track Club Finishers:

10 Miler:

Place/Name	Age/Sex	Town	Time	Pace
69 David Chamberlain	42 M	Falmouth	1:03:23	6:21
385 John Keeley	52 M	Portland	1:16:58	7:42
486 Marnie Flynn	41 F	Cape Elizabeth	1:19:28	7:57
487 Matt Flynn	42 M	Cape Elizabeth	1:19:28	7:57
489 Mark Grandonico	45 M	Portland	1:19:29	7:57
527 Sarah MacColl	48 F	Cape Elizabeth	1:20:19	8:02
545 Dan Hogan	53 M	South Portland	1:20:44	8:05
568 Stacy Cimino	29 F	Cape Elizabeth	1:21:13	8:08
624 Bob Boothe	39 M	Portland	1:22:43	8:17
634 Howard Spear	54 M	Westbrook	1:22:54	8:18
686 Martha Lipa	43 F	Cape Elizabeth	1:23:50	8:23
688 Joel Titcomb (non-MTC)	45 M	Standish	1:23:54	8:24
762 Loren Lathrop	55 M	South Portland	1:25:19	8:32
911 Ron Pelton	51 M	Freeport	1:26:27	8:39
971 Bob Jolicoeur	67 M	Old Orchard Bch.	1:30:12	9:02
1033 Pamela Bither (non-MTC)	34 F	Portland	1:32:10	9:13
1164 Mike Brooks	58 M	Danville	1:36:39	9:40
1169 Nan Cumming	43 F	Portland	1:36:43	9:41
1194 Ann Darling (non-MTC)	37 F	Portland	1:37:25	9:45
1195 Kathy Richards (non-MTC)	36 F	Portland	1:37:25	9:45
1198 Ron Paquette (non-MTC)	63 M	Albion	1:37:34	9:46
1248 Sarah Stubbs	29 F	Gorham	1:39:30	9:57
1288 Michael Tracy	69 M	Cape Elizabeth	1:41:11	10:08
1358 Stanley Lear, Jr. (non-MTC)	51 M	Westbrook	1:45:36	10:34
1412 George Goodwin	65 M	Trevett	1:54:15	11:26
1433 Douglas Schiller	66 M	Rockport	1:58:00	11:48
1435 Carlton Mendell	82 M	Portland	1:59:00	11:54

5K:

139 Lisa Despres	44 F	South Portland	23:27	7:34
643 Donna Bisbee	47 F	Portland	30:47	9:56
646 Denny Morrill	64 M	Portland	30:52	9:58
913 Mel Fineberg	68 M	Portland	40:37	13:06
924 Phil Meech	53 M	Scarborough	43:02	13:53
926 Herb Strom	74 M	Cape Elizabeth	43:03	13:54
929 Don Penta	58 M	Windham	44:31	14:22

BIG LAKE HALF-MARATHON

Audi Allroad Quattro Race Series

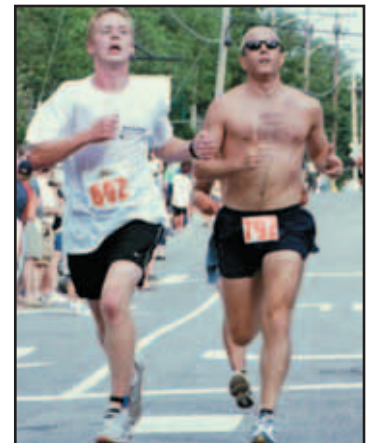
May 8, 2004 Half Marathon (USATF Certified

#NH03005RF) Alton Bay, NH

Directed By: EndorFUN Sports Timing: Granite State Race Services

Place	Div/tot	Nettime	Pace	Name	Age	sex	race#	Town
268	34/64	1:44:29	7:59	Mark Grandonico	44	M	450	Portland
304	19/87	1:46:09	8:06	Deborah Moulton	44	F	868	S Portland
898	7/14	2:13:57	10:14	Linda Hunt	57	F	581	Hollis
1024	40/44	2:27:24	11:15	Karen Connolly	45	F	215	Hollis ME
1120	77/78	3:34:39	16:23	Robert Connolly	49	M	216	Hollis METoi

Peter Mills # 692 of Brunswick & Marc Dugas #792 MTC of Scarborough 3rd, 40-49 Yarmouth Clam Festival



September / October Races

September

- 1 ...Back Cove 5K, Portland, 6 p.m. Contact: Stu Palmer 725-5178.
- 3 ...Maine Running Hall of Fame 5K, Back Cove path, Portland, 6:30 p.m. Contact: Maine Track Club 741-2084.
Senior Games 5K, Back Cove path, Portland, 6:30 p.m. Contact: 1-800-427-7411 or 207-396-6500
- 5 ...L/A 5K Bridge Run, Boys' & Girls' Club of Auburn/Lewiston, Auburn, 8 a.m. Contact: Mike Lecompte 777-3724.
Maine Sport Triathlon (.5-mile swim, 27-mile bike, 6.6-mile run), Barrett's Cove, Megunticook Lake, Camden, 9 a.m. Contact: Sarah Andrus 230-0221.
Acadia Trail Blazer 50-Miler, Mt. Desert Island. Contact: Annie or Pete Palmer.
- 6 ...Bangor Labor Day 5-Miler, Bangor Parks & Recreation, 9 a.m. Contact: Parks & Rec Dept 947-1018.
Caribou Labor 8K, Caribou High School, 11 a.m. Contact: Leo Kashian 498-3995.
St. Charles Children's Home 8th Annual 5K Road Race & Fun Run, Portsmouth, N.H., 5K Cert., 9 a.m. Pease International Trade Port, Flat & fast, Numerous raffle prizes, Awards to overall M/F 1st-3rd, and in age divisions, plus medals for setting a "personal best". St. Charles Childrens Home, Tracey Huppe, (603) 679-5844, (603) 818-9988, Email:stcharlesrace@hotmail.com,
- 8 ...Back Cove 5K, Portland, 6 p.m. Contact: Stu Palmer 725-5178.
- 9 ...Twilight Running Series (5K), Pineland Farms, New Gloucester, 6 p.m. Contact: Lori Munro 688-4800.
- 11 ...Lobsterman Triathlon (1.5K swim, 40K bike, 10K run), Winslow Park, Staples Point Road, Freeport, 8:30 a.m. Contact: Annie Fisher 781-3216.
Maine Senior Games – Track & Field, Events: 3k, 1500 meter, 800 meter, 400 meter, 200 meter and 100 meter. Also one mile race walk with field events: Shot put, discus and long jump. You have to be 50+ Contact: 1-800-427-7411 or 207-396-6500 All entries must be received before 16 Aug 2004.
Cathedral 5K Road Race "The Race Celebrating 140 Years" Cathedral School, Portland, 140yd dash for kids 4-12 at 8 am; 5K starts at 8:30. FMI Carolyn Brooks Ewald 878-0876 or roy@strategicadvocacy.com
North Yarmouth Fun Day Mile, 3 Gray Road, North Yarmouth. Race starts at 8 am. Timing: Split Time Management
- 12 ...Dan Cardillo 5K, Falmouth High School, 9 a.m. Contact: Jeanne Hackett.
September Stampede 5K, Sanford-Springvale YMCA, Sanford, 9 a.m. Contact: Bob Randall 490-1386.
Waterford Fall Foliage 5K, Waterford Flats, noon. Contact: Geo Ames 583-2603.
Eastport Salmon Festival 5K, behind Motel East, 9 a.m. Contact: Eastport Chamber of Commerce 853-4644.

September 12 (cont.)

- Wolfeboro Metric Marathon 26.2K Wolfeboro, NH 10:00AM Kingswood Regional High School, 396 South Main Street (Rt. 28) Contact: Fergus Cullen, 3 Juniper Green, Wolfeboro, NH, USA, 03894 603-569-9084 ferguscullen@aol.com
- Run for Hope. Continuing the tradition of Bangor's Terry Fox Run – Our 22nd year Time: 11:30 am, Location: Bangor, Maine: Best Western White House Inn, 155 Littlefield Avenue 04401, Exit 180 (former Exit 44) of I-95, 207-862-3737 or 862-8000 Contact: E-mail pdaigle@adelphia.net
- 15 ...Back Cove 5K, Portland, 6 p.m. Contact: Stu Palmer 725-5178.
Craig Cup XC Series, Twin Brook Recreation Area, Cumberland, 6 p.m. Contact: Peak Performance Sports 780-8200.
 - 18 ...Bar Harbor Half Marathon, MDI YMCA, Bar Harbor. Contact: Eileen Bartlett 288-3511.
Ricker Hill Orchard X-Country 5K, Turner, 10 a.m. Contact: Peter Ricker 225-3455.
4th Annual Oqunquit Beach Lobster Dash, Oqunquit, ME, 5M, 9 a.m. Main Beach, Out & back along Oqunquit & Wells Beach. Dead flat course on the sand. Lobster rolls & medals to all finishers. Charlie Farrington, (978) 686-6937, Email: cf_runs26@hotmail.com,
 - 19 ...Portland Trails 10K, Eastern Prom Trail, 8:30 a.m. Contact: isabel@trails.org 775-2411.
Komen Race for the Cure, Bangor. Contact: Susan Patten 947-9100 or Joanne Kimball 947-6573.
Lincoln Lakes 5K, Prince Thomas Park, Lincoln, 8:30 a.m. Contact: Michelle Wooley 794-6548.
3rd Annual Fox Point Sunset 5 Mile Road Race, Newington Village, N.H., 5M/Fun Run Cert., 5 p.m./6 p.m. Town Hall, Scenic course through historic Newington Village, water views and rolling hills. Cash prizes, refreshments and fun run for kids. Candice Cantalupo, Newington School Supporters, (603) 427-0762, Email:nss03801@yahoo.com
 - 22 ...Back Cove 5K, Portland, 6 p.m. Contact: Stu Palmer 725-5178.
 - 24 ... (Friday) 11th Annual Rise 'N Shine 5K Augusta, ME 6:30AM Kennebec Savings Bank, 150 State Street (to benefit the Kennebec Valley YMCA) Contact: Laura Hudson @ Kennebec Savings Bank, 207-622-5801 lhudson@kennebecsavings.com
 - 25 ...Eliot Festival Day 5K, Eliot Fire Station, 8:30 a.m. Contact: Randy Bartlett 439-3707.
Seahawk 5K, Boothbay Region High School, 10 a.m. Contact: 633-7203.
16th Annual Fred Brown Lake Winnepesaukee Relay, Weirs Beach, N.H., 66M, 8 a.m. Fun Spot, Eight legs around Lake Winnepesaukee, mostly hilly and very challenging., Race honors Fred Brown, one of the staples of New England racing., North Medford Club, Ken Robichaud, (603) 235-5452, (617) 232-8778, Fax:(617) 232-8772,

Race Schedule continues on next page.

September / October Race Schedule

Sept.26 ...Common Ground Country Fair 5K, Unity, 8 a.m. Contact: Christopher Bovie 622-1267 or Skip Howard 223-4715.

Mars Hill Climb, Big Rock Ski Area, 9 a.m. Contact: 227-4114.

29Back Cove 5K, Portland, 6 p.m. Contact: Stu Palmer 725-5178.

Craig Cup XC Series, Twin Brook Recreation Area, Cumberland, 6 p.m. Contact: Peak Performance Sports 780-8200. August | September | November

October

2....Fall Foliage 5K, Pineland Farms, New Gloucester, 9:15 a.m. Contact: Lori Munro 688-4800.

Race to End Domestic Abuse (12K), Piscataquis Community Middle School, Guilford, 9 a.m. Contact: Carrie Cartwright 564-8165.

3....Sportshoe Center Maine Marathon, Baxter Boulevard, Portland, 7:45 a.m. Contact: Howard Spear or Bob Aube 741-2084.

Run for Shelter 5K (cross country), Saxl Park, Mount Hope Avenue, Bangor, 10 a.m. Contact: Karen Nichols 848-3575.

9...5th Jennifer's Run - 5k Lowell, MA 10:00AM UMass Lowell Track Parking Lot, Riverside and Sparks St Contact: Scott Damour, PO Box 2189, Methuen, MA, USA, 01844 617-448-1104 scottdamour@hotmail.com

10....The Runnin' Monks 5K Challenge, St. Joseph's College, Standish, 10 a.m. Contact: Windham Lions.

Moose on the Run 5K, Greenville High School, 10:30 a.m. Contact: Moosehead Lake Region Chamber of Commerce 695-2702.

Pancake 5K, Belfast Area High School, 9:30 a.m. Contact: Jon or Anna Wood Cox 342-5204.

Close to the Cows 10K, Wales Central School, 9 a.m. Contact: Michele Green 933-5119.

11th Annual Great Island 5K New Castle, NH 10:00AM Great Island Common (5K and Kid's Fun Runs) Contact: Guy Stearns, USA, 603-431-0839 info@greatisland5k.org

18th Annual Bobby Bell 5-Mile Road Race/Walk Haverhill, MA 11:00AM The Lasting Room Pub, 122 Washington Street Contact: David P. LaBrode, 40 Kathy Drive, Haverhill, MA, USA, 01832 978-373-3408 icky@mva.net

BAA Half Marathon Boston, MA 8:00AM Roberto Clemente Field (Fenway Neighborhood), Park Drive at Kilmarnock St Contact: Boston Athletic Association, One Ash Street, Hopkinton, MA, USA, 01748 508-435-6905 mile27registration@baa.org

11....(Monday) 28th Annual Tufts Health Plan 10K For Women/USATF Women's National Championship, Boston, Ma., 10K Cert, 12 Noon, Boston Common, Flat, fast scenic, certified course starting and finishing on Boston Common., Features celebration of health & fitness activities for the whole family. National 10K Championship for women, total prize purse of \$33,000, women's expo., Conventures Inc., Andrea Mrusek, (888) 767-RACE, (617) 439-7700, Fax:(617)439-7701, Email:tufts10k@conventures.com

13....Craig Cup XC Series, Twin Brook Recreation Area, Cumberland, 6 p.m. Contact: Peak Performance Sports 780-8200.

16....Maine Track Club 50-Miler and 50K, Brunswick, 6:30 a.m. Contact: Ned Vadakin 865-6617.

Apple-Pumpkin Festival 5K, Livermore Falls, 8:30 a.m. Contact: Chamber of Commerce 897-6755.

7th Annual Bridges 4 Friendship 10K Road Race/Walk, Portsmouth, NH, 10K/Kids Run Cert./2M walk, 10 a.m, 1145 Sagamore Ave., Seacoast Community Bridges, Wendy Segit, (603) 431-6703x3203, Email:bridges10k@seacoastmentalhealth.org

Eliot Fall Classic Duathlon Eliot, ME 9:00ta Eliot Town Hall, State Road (5K Run, 16 Mile Bike, 2.5 Mile Run) Contact: Kristin Orr, 155 State Road, Eliot, ME, USA, 03903 207-752-1528 eliotduathlon@yahoo.com

17....Physical Therapy 8K, Brunswick High School, 9 a.m. Contact: Jill Weybrant 373-6175.

Harvest Fest 5K, York High School, 1 p.m. Contact: Robin Cogger 363-1040.

MDI Marathon, Bar Harbor, 8 a.m.

BayState Marathon Lowell, MA 8:30AM Tsongas Arena, 300 Arcand Drive (Also featuring - Lowell Sun 1/2 Marathon) Contact: Mark Coddair, 118 Merrimack St., Lowell, MA, USA, 01852 978-323-4400 glrrmc@aol.com

New Beginnings First Annual 5K walk/run Lewiston, ME 8:30AM Memorial Bridge Park, Lewiston side of the Memorial bridge on Main St. Lewiston (5k walk/run) Contact: Dawne Kilbreth-Havenerc/oNew Beginnings, 436 Main St., Lewiston, ME, USA, 04240 207-224-2803 dawnekh@megalink

24....Black Bear 5K, University of Maine field house, Orono, 11 a.m. Contact: Thad Dwyer 581-1081.

White Mountain Milers 19th Half Marathon & Kids' Fun Run North Conway, NH 10:00AM Eastern Slope Inn, Route 302/16 (walk @ 9am / Kids' Fun Run 12:15) Contact: Barb Renda, 1664 Passaconaway Road, Albany, NH, USA, 03818 603 447 8933 half@whitemountainmilers.com

31....Great Pumpkin 10K, Wormwood's Restaurant, Camp Ellis, Saco, 9:30 a.m. Contact: Bob LaNigra 883-8662.

Sebago Halloween 5K, Windham High School, 10 a.m. Contact: Windham Lions.


Annual Children's International Summer Villages 5K Cross Country Race, Orono, 1PM. Race Day Registration: 11:30 - 12:45 A.M. in the Wooly Room at Doris Twitchell Allen Village (across from the University Credit Union on Rangeley Rd). Parking: At D.T.A. Village /across street at U. of Maine Credit Union. Peter Millard, 866-3503 (h), 973-8386 (w).

Halloween 5K and Family Runs, MDI YMCA, 21 Park Street, Bar Harbor. Kids 1 Mile Fun Run [at 3:30 PM and 5K at 4:00 PM?]. Contact Peter Keeney, PO Box 9999, Salisbury Cove, ME, 288-8381.

The Shirt Factory Five Salem, NH 11:00AM Boys and Girls Club, 3 Geremonty Drive Contact: Jeremy Flynn, 56A Kendall Pond Rd, Derry, NH, USA, 03038 603-425-1850 jeremy@lifeisgood.com

...and beyond

November

- 7....USATF-NE Cross Country Championships, Boston, Ma., 6K-women/10K-men/8K-masters m, 10 a.m, Franklin Park, Challenging xc terrain. Includes USA Masters National 8K for 2004., USATF-NE, Steve Vaitones, (617) 566-7600, Fax:(617) 734-6322, Email:office@usatfne.org,
- 13....Great Osprey 10K, Wolfe's Neck State Park, Freeport, 10 a.m. Contact: 865-6171.
- 14....Craig Cup XC Series, Twin Brook Recreation Area, Cumberland, 9 a.m. Contact: Peak Performance Sports 780-8200.
- 17....Tremont Wildcat 5K, Tremont School, 9:30 a.m. Contact: Heidi Kelley 244-7204 or Jennie Gray 244-9080.
- 20....Great Confluence Race, Mid Coast Hospital, Brunswick. Contact: 729-0181.
- 13th Wickers Turkey Trot Run, Wolfeboro, N.H., 3.2M/1.2M, 10:30 a.m./10 a.m. Railroad Depot, Part road/part x country, small hills, path through the woods., Wolfeboro Dept. of Parks & Rec., Sue Glenn, (603) 569-5639, Email: wolferec@worldpath.net
- Jingle Bell Run/Walk for Arthritis, Portsmouth, N.H, 10K Cert./5K walk, 10 a.m, Little Harbor School, New Castle loop., Prizes to overall top m/f, top three runners in 7 age categories and top fundraisers, airline tickets and get-aways., Arthritis Foundation, Janet Bourne, (603) 224-9322, (800) 639-2113, Fax:(603) 224-3778, Email:info.nne@arthritis.org,
- 21....Hannaford Turkey Trot 5K, Pond Cove Middle School, Cape Elizabeth. Contact: Maggie Soule 846-3631.
- Brewer Turkey Trot 5K & Kids 1 Mile Fun Run, Brewer High School, 12:30pm (Fun Run) 1:00pm (5K), Contact: Dave Jeffrey 825-3403 (Sub-5 Road Race Series)
- 25....Thanksgiving Day 4-Miler, 1 City Center, Portland, 9 a.m. Contact: George Towle 780-5595.
- 27....Burn Off the Turkey 5K at Gorham High School. Contact Race Director, Don Cross 851-9268 (pager) or Cindy Hazelton, Gorham Rec. Dept. 839-5034.
-  York Turkey Trot (5 kilometers), Village Elementary School, 11 a.m. Contact: Robin Cogger 363-1040.
- 28....25th Annual Andover Country Club X-Country Race, Andover, Ma., 3.5M, 12 noon, Andover Country Club, Rt 133, Standard golf course race, with fairways, rough and cart paths, "challenging", Numerous age categories, ACC member category, team competition, gourmet buffet to follow in the "banquet hall." Andover Striders, Dave LaBrose, (978)373-3408, Email:icky@mva.net

December

- 12...9th Annual Santa's Toy Trot & Kids Fun Run, Merrimac, Ma., 2M/4M/6M, Sweetsir School, Church St., Flat, fast, scenic 2 mile loop, repeat course. WCRC, Sharon Yu, (978) 521-9389, Email:shly17@msn.com
- 4th Annual Larry Robinson/Alex Miliotis 10M/5K-DFMC Barr Race Series, Andover, MA, 10M/5K Cert./5K walk, 9 a.m./9:10 a.m, Andover High School, Out & back course through suburban neighborhoods. 100% of registration fees are donated in Larry's honor to the Dana-Farber Cancer Institute. Roy Dennehy, (978) 937-4200, Email: info@larryrobinsonrace.com

Maine Track Club Discounts

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

Peak Performance Sports **15% on all purchases**
59 Middle St. Portland

Olympia Sporting Goods **10% on shoes only**
Maine Mall, S. Portland

Coastal Athletics **Asics shoes exclusively**
84 Cove St. Portland Call Ron Kelley 772-4530

George & Phillips Inc. **Shoes 20% off**
Rt. 1 Kittery • 295 Water St. Exeter, NH

Lamey Wellehan **10% on running shoes**
Maine Mall • Falmouth Shopping Ctr • Cook's Corner • Auburn Mall

Famous Footware **10% on running shoes**
330 Clarks Pond, S. Portland • Auburn • Kittery

All You Can Eat Pasta Dinner - Public Welcome!!!

What:.....Carb Up! Join us for a Pasta Buffet hosted by the Portland Rotary Club and Sportshoe Center Maine Marathon with proceeds to benefit local charities.

Where:.....USM Cafeteria, next to Sullivan Gym (registration/packet pick up) on Bedford Street, across from USM Campus Police.

When:Saturday October 2nd. 4 pm until 8 pm

Costs:Adults \$9; Children \$7; Marathon Volunteers \$6

Meal:Pasta, marina sauce or marina sauce w/meatballs, Italian bread, salad, dessert, beverage

Tickets can be purchased at registration/packet pick up on Saturday October 2 beginning at noon, or at the door beginning at 4 pm. A tentative RSVP (this is not a commitment on your part) would be great. This will give us an idea on the number of interested runners, family, friends, volunteers.

FMI call or email Mike Brooks at: (207) 783-3414 mjbruns@adelphia.net

Candids from MTC Training Session at Edward Little

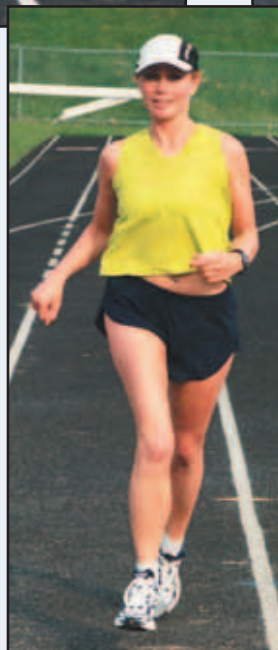
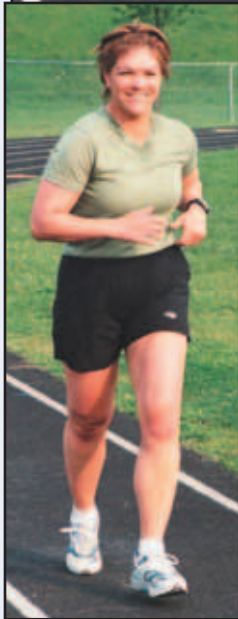


Photos By Don Penta

Candids from MTC Training Session at Edward Little



These training programs are open to MTC members during May through October. For information, contact Sandy Walton or Mike Brooks, 207-783-3414 or mjbruns@adelphia.net



The 36th Annual



TURKEY TROT

5K Road Race and Kids Fun Run
Sunday, November 21, 2004

Cape Elizabeth Middle School Cafetorium
Cape Elizabeth, ME

8:30 a.m. Children's Fun Run
9 a.m. 5K Race & Walk
(USATF Certified Course #ME03003RF)

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

Awards to Male & Female 1st and 2nd finishers as follows:

Overall, 19 & Under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, Over 70; and first two walkers.

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

DIRECTIONS: From 295 N or S, take Exit 45 (for the Maine Mall). Go straight from the toll booth to the Broadway, South Portland exit. Go right onto Broadway (toward South Portland). Follow Broadway to Rte. 77 (about 4 miles). Turn right on Rte. 77 towards Cape Elizabeth. At the 4-way stop at the two gas stations in CE (about 4 more miles), turn right onto Scott Dyer Rd. The middle school entrance is on the left about 1/4 mile down Scott Dyer.

Hannaford Turkey Trot 5K Race Application

Name _____
Last First

Male _____ Female _____ Date of Birth _____ Age on Race Day _____ Runner _____ Walker _____

Address _____ State _____ Zip _____ Telephone _____

E-Mail _____ If you are a Hannaford employee, please put check-mark here _____

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

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of weather (including rain, wind, and snow) traffic and the conditions of the road, inconsideration of your accepting my entry. I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, the Town of Cape Elizabeth, Hannaford Bros., the Road Runners Club of America, and all other sponsors, their representatives, and successors from all claims of liabilities arising out of my participation in this event.

Signature _____ Parent (if under 18) _____



The Maine Chapter
of the
American Physical Therapy Association
presents the

15th Annual

PT 8K

Sunday, October 17, 2004
Brunswick High School
Maquoit Rd., Brunswick

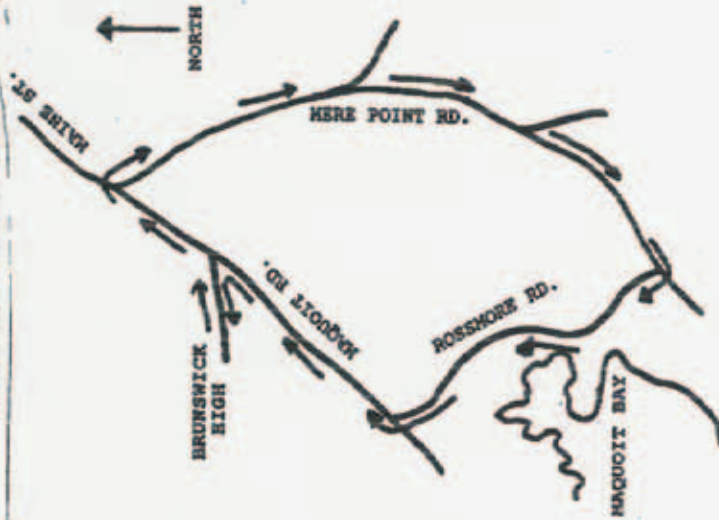
Registration: 7:30 to 8:30 a.m.
Stretching Clinic: 8:30 a.m.
Race Start: 9 a.m.
Post Race Sports Messages: 10 a.m.

Co-Sponsored by:

Coastal Orthopedics
HealthSouth
Highland Green
Mid Coast Hospital

New England Rehabilitation Hospital of Portland
Orthopedic & Sports Physical Therapy Clinic
Parkview Adventist Medical Center

RACE COURSE



Directions to

Brunswick High School on Maquoit Road

From the North: Take I-95 South to Exit 31 (Topsham), proceed East on Rt. 196 through Topsham and over the green bridge into Brunswick. Continue straight (south) on Maine Street for 1.5 miles then take the right fork onto Maquoit Road. School entrance is about a half mile on the right. Registration area will be at the rear of the school.

From the South: Take I-95 North to Exit 28 (Brunswick), follow exit onto Rt. 1 North and continue straight onto Pleasant Street into downtown Brunswick. At end, take a right onto Maine Street. Follow Maine Street for 1 mile then take the right fork onto Maquoit Road. School entrance is about a half mile on the right. Registration will be at the rear of the school.

For additional information about the race or registration information, call Race Director -
Bill M. Gubert (207) 273-6176

Registration / Entry Fees

Name _____
Address _____
Age _____ Sex _____ Phone _____

Entry Fees -- Check all appropriate boxes:

- Pre-Registration by Oct. 8 \$15
Includes long sleeve T-shirt--specify preferred size: Medium Large XLarge
 - Pre-Registration by Oct. 12 (no T-shirt) \$6
 - Day of Race Registration (no T-shirt) \$10
- Special Classes -- Check all appropriate boxes:

- Team: Name _____
- PT or PT Assistant
- Wheelchair Racer

T-Shirt Notice: Every attempt will be made to provide T-shirts to all who pre-register for \$15. However, *only those registrations received by October 8 are guaranteed.* A \$9 refund will be granted if we are unable to fulfill T-shirt requests.

Please make checks payable to: **Maine APTA**
And mail to: **c/o Jan Geyer, P.O. Box 1783,
Portland, ME 04104-1783**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, collisions with other participants, effects of the weather (including heat/humidity), traffic and road conditions, and all such risks known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Chapter of the APTA, Maine Track Club, the Brunswick High School, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

SPECIAL NOTE: Traffic control volunteers will be on the course but all roads will be open to traffic.

Signature _____

Date _____

(Parental Signature if under 18)

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



Maine Track Club General Membership Meeting

Thursday, 16 September 2004
SMCC – Jewett Hall 6:30 pm

Guest Speaker
Mike Brooks, MTC

Mike will talk about the Badwater Ultra-Marathon he just completed. See story on page 3. Refreshments will be available.

Please plan to attend!

Non-Profit
Organization
U.S. Postage
PAID
Portland, ME
Permit No. 403

Corporate Wellness

By Kevin P. Gildart Vice President of Human Resources & Public Affairs, Bath Iron Works

I have been asked to speak for two or three minutes on the issue of Corporate Wellness Program. That presents me with two challenges.

- 1) How can I keep the interest of a room full of people who have worked hard for upwards of three years on this track event including today, and
- 2) What can I say that will leave a lasting impression? Most people forget what a speaker says three minutes after it is said.

I want to ask a question. I like to have audience participation. What is the one common denominator in your wellness? Lots of different answers were given by the audience - energy, determination, exercise, nutrition, success, attitude, etc. All good responses. My view – the answer is personal behavior. Bath Iron Works and many other corporations work hard at developing employee wellness programs - all that we create really is a context and frankly if people don't choose to take advantage of it, it doesn't mean very much. Wellness is all about personal choices and personal behavior.

- Most Americans spend more of their waking hours at work than anywhere else.
- Most of the ten leading causes of premature death in the U.S. are linked to personal behavior; either contributing to disease development or exaggerate existing conditions.
- 70% of illnesses are considered preventable.

As we all age, we will all visit disease in some fashion. It's our behavior and our personal choices that will make a difference related to the outcome.

My message is wellness is all about personal choices not healthcare, or doctors, or hospitals or corporate wellness programs. They can help a little bit – your personal choices make a big difference.

Congratulations on the track meet and all your hard work. I hope you are all successful tomorrow and this week end. BIW is proud to be a sponsor of this event.

Editor's note: This is a short presentation Kevin gave at the 2004 United States Corporate Athletics Association Corporate Cup Relays.