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www.mainetrackclub.com

May / June 2003

RRCA Convention

By Phil Meech and Bob Aube

The Road Runners Club of America held its annual convention April 3-5 in Arlington, Va., timed to coincide with the Cherry Blossom 10-Miler in Washington. Many of you may already be aware that the RRCA has gone through much internal turmoil over the past year, brought on mainly by some serious financial problems, so this convention figured to be eventful. We weren't disappointed, though we were pleasantly surprised by the developments.

We attended with at least a few questions that we hoped would be answered. First, we wanted to see if the leadership of the RRCA could get past all its recent bickering and move the organization back in a direction that would benefit the MTC and other running clubs across the nation. Second, we wanted to know if the RRCA leadership was ready to listen to its member clubs, who were almost unanimous in their objection to a proposal that would have resulted in a big increase in our dues and insurance premiums. Finally, we hoped to come away from the convention with enough information to determine whether we should remain an RRCA club after this year or pursue other options to obtain affordable race insurance, perhaps by joining the recently established American Association of Running Clubs.

By the time we arrived Friday afternoon, the business meeting was almost over and new officers had been elected. Fortunately, the elected officers were the ones for whom we intended to cast our votes, since they had the support of several past RRCA presidents who have been dismayed by the organization's recent failures. But Phil did make it to the meeting in time for the discussion

See RRCA on page 12



Slocum Sets World and National Records for Age 69 and 70

By #1 Fan

On March 15, one day before his 70th birthday, MTC member Lloyd Slocum broke the world record for age 69 in the indoor 2-mile event at the Maine USA T&F Meet at Bowdoin College. He ran 12:08 to better the old record of 12:55. This meet is annually attended by a wonderful team of young female runners from Canada who on that day became a screaming cheering section as Barry O'Neil announced Lloyd's pace and progress as he raced the clock. MTC friend, David Colby Young assisted as rabbit along with competing in all other events possible. Following the record run, the Canadians approached Lloyd for a photo op and autographs and have since been in touch. One runner requested a sweaty hug. Another opted for a handshake.

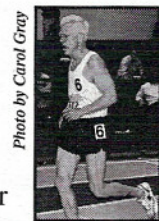


Photo by Carol Gray

On March 28th and 29th, as a 70 year old, at the USA Masters Indoor Track and Field Meet in Boston, he broke the American record in the 3000m, running 11:09:53 to better the old 11:27.6; then ran the race of his dreams to win the mile in 5:36:39 after passing and holding off the Great Earl Fee of Canada. Congratulations Lloyd.

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Maine Track Club Officers & Committee Chairs



MTC Officers

Phil Meech, *President* 839-4946
Mike Brooks, *Vice President*..... 783-3414
Mel Fineberg, *Past President* 774-8868
Carlton Mendell, *Treasurer*..... 797-7806
Cathy Burnie, *Secretary* 829-5208
Sue Slocum, *Membership* 799-5781
Brian Houston, *Race Committee*
Mark Grandonico, *At-Large*
John Martis, *At-Large* 783-3414
Jason Hill, *At-Large* 632-0931
Chuck Burnie, *Equipment* 829-5208
Don Penta, *Statistician*..... 892-4526
Mike Doyle, *Clothing*
Colleen Redmond, *Clothing*
Newsletter, *David Young*
Bathany Hanley, *Promotion* 829-4568
Bob Aube, *Webmaster*..... 829-5079

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newsletter is the 15th of
the month prior to the next
publication.*

*The next deadline is
June 15, 2003*

President's Corner

As it has been for the last few years, the RRCA Convention was filled with some very interesting moments. Bob Aube and I attended this year's version held in Washington D.C. And, it seems there are always some battles between the Board and the membership. Bob and I weren't disappointed; there was enough controversy to keep things exciting.

The RRCA has had some major (and I do mean MAJOR) financial problems over the previous four years or so. Member clubs have been alarmed at what could be interpreted as poor management. A slate of nominees to fill five openings on the RRCA Board of Directors was presented and recommended by the RRCA Nominating Committee. These nominees were offered as individuals "extremely committed to restoring the RRCA to its prior position of respect in the running community." I was happy to see that all five were elected. They include:

Tom Downing of Annison, Alabama - Southern Region Director
Lisa Paige of Littleton, Colorado - Western Region Director
Bee Andrews of Norfolk, Virginia - At-Large Director
John Farrow of Albuquerque, New Mexico - At-Large Director
David Epstein of Anchorage, Alaska - At-Large Director

There was also a very heated discussion and debate regarding a proposed by-law change that would alter the way member clubs report the number of their club's members to the RRCA. The proposal would define a member "as an individual, 13 or older, on September 30." Sounds innocent enough. However, clubs like ours currently report our members as either individuals or households, depending upon how you as members have registered your membership. And that is how it has always been done. The effect of the proposed change would almost certainly have a large negative impact on the expense of our liability insurance that we procure through the RRCA. Well, nobody representing his or her club at this meeting was happy about this. After lots of really aggravated people got up to say their piece, it was suggested that the by-laws be amended to read that membership will be considered "households" The "Yes" was almost unanimous.

What a relief. I thought I was going to see everybody packing up to run off and join the American Association of Running Clubs - a competing organization. For now, it seems that the feeling is to stay put with the RRCA - at least for this year. We will see how insurance rates go up after the current contract expires at the end of this year.

Racing season is really here. And what a great start with one of our own, Lloyd Slocum, breaking USA records in his age group. Be sure to congratulate Lloyd when you see him. Thank you to all you new members for joining and existing members for renewing your membership. We officers and directors are working hard to make the Maine Track Club an organization that will be beneficial and enjoyable for you. Make sure to give us your advice regarding how to make the MTC even better.

Phil Meech

May 21 Membership Meeting to Feature Lia Angelini

Lia Angelini, a national and state certified massage therapist who has a practice in Saco, will be the guest speaker at the May 21 membership meeting. She will be discussing and demonstrating the many benefits of massage therapy for runners and non-runners alike.

Some of the benefits of massage therapy for runners are quicker recovery from hard workouts and injuries; also some injuries may be prevented by massage therapy.

Take advantage of one of benefits of being a MTC member, join us at the membership meeting May 21 6:30 pm at S.M.T.C.'s Jewet Auditorium, refreshments will be served after meeting.

Dear Members,

The following is the proposed 2003 Budget for the Maine Track Club. The Board of Director has made a strong effort to estimate or income and expenses. We have also developed a system of accounting that will help us determine the accuracy of this budget so it can be improved in accuracy for 2004.

May we ask you to be sure to attend our next Membership Meeting on May 21, 2003 at SMTC Jewett Auditorium for discussion of this budget and a vote? Thank you.

Phil Meech

ITEM	INCOME	EXPENSE
1 Race Management	\$9,500.00	\$1,500.00
2 Newsletter		3,000.00
3 Bulk Mailing		250.00
4 Club Telephone		720.00
5 Web Site	300.00	380.00
6 Special Events	250.00	400.00
7 SMTC Scholarship		500.00
8 Equipment		1,500.00
9 Equipment Insurance		294.00
10 Technology Items		1,500.00
11 Membership	10,625.00	2,157.34
12 RRCA Convention		1,500.00
13 Banquet	1,500.00	4,200.00
14 Photography		500.00
15 Clothing	500.00	500.00
17 Refreshments		250.00
16 General Expenditures		3,000.00
18 TOTALS	\$22,615.00	\$19,027.76

Maine Corporate Track seeks runners

Once again this year the Maine Corporate Track Association (MECTA) is inviting individual athletes to align themselves with a company for the purpose of competing in five Maine track meets. More information is available on the MECTA Web site — <http://home.maine.rr.com/pjs/mecta> — or you can contact Tom Blake at TEBlake@aol.com or 799-5723 for more information.

Group Runs

The Maine Track Club includes all kinds of runners doing many different distances and paces... Whatever your pleasure may be (social, speed, long distance), we have a running/training group near you.

KENNEBUNK Every Thursday night year-round, rain or shine. Group size ranges from 7 to over 20. Pace ranges from 7's to 8-9's. Distance is up to 6.5 miles. Following the run, a trip to Federal Jack's Brew Pub in K'port for libations and dinner, and home by 9. Several of the group run Sunday mornings, too. Contact Steve Jacobsen (985-4107 pm or 985-3244 daytime).

PORTLAND *The Rat Pack* runs Sunday mornings at 7 a.m. from Payson Park. Ron Deprez (722-4312) 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 the Back Cover across from Hannafords on Saturdays at 9 a.m. Contact Jim Estes (761-2059)

SOUTH PORTLAND *South Portland Road Runners* run Thursday nights at 5:30 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).



Cherry Blossom 10-Miler

By Bob Aube

While attending the Road Runners Club of America convention in Arlington, Va., Phil Meech and I ran in Washington, D.C.'s version of the Beach to Beacon 10K — *the Cherry Blossom 10-Miler*. Like Beach to Beacon, the Cherry Blossom race attracts several of the world's top runners, many of them Kenyans. The race has a 7,000-runner limit, and entries were closed a couple months beforehand. Everyone who participated in the convention was guaranteed a spot, though, even after regular entries closed, so Phil and I took advantage of the offer, even though neither of us was really in shape to race 10 miles.

As you might guess from the name of the race, the cherry blossoms were in bloom, which made for a picturesque course. The race is held on a course that's mostly flat and winds past the Jefferson and Lincoln monuments in the early miles. The course then crosses a bridge toward Arlington National Cemetery and immediately returns via the same bridge. Miles 4-9 are on the beautiful Rock Creek Parkway, and then the course re-enters the park where we started near the Jefferson Monument.

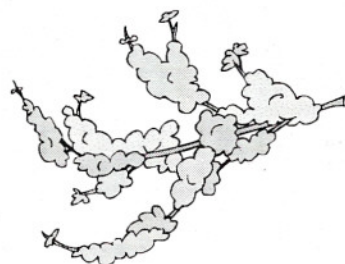
When Phil and I arrived at the airport to fly to the convention, the first people we ran into were Mike Doyle and Colleen Redmond, who were also headed to the race. A while later, we saw a group of women runners, including MTC members Barbara Hintze, Joan Lavin, Betsy Barrett and Linnea Olsen, who were on their way to D.C. for the race and to meet up with former club president Jane Dolley for the weekend.

While it snowed back here in Maine, the weather was awesome in D.C. It was in the 70s the day we arrived and stayed nice throughout the weekend, though it was cooler on race day (which was good). More about this later.

Saturday afternoon, Phil and I intended to take a bus from the convention in Arlington, Va., to the race's host hotel in downtown D.C. so that we could pick up our bib numbers and browse around at the race expo. Unfortunately, the bus left 15 minutes earlier than it was supposed to, so we missed it and had to take the Metro (Washington's subway). By the time we arrived at registration, we only had about 30 minutes before we had to catch the bus going back to our hotel. That left just enough time for Phil to stand in line for Bill Rodgers' autograph. He made it to the front of the line just in time, and after chatting with Bill for a minute or two, he and I headed back to our hotel.

Sunday, the buses were scheduled to leave the hotel for

the race at 6:30. Given our experience the day before, we wanted to make sure we were there well ahead of schedule, so we woke up early and went down to meet the bus at about 6:15. This time the bus left on time, and we made it to the race's start/finish area with about 80 minutes to kill before the 8 a.m. start.



Because there wasn't a good place to stash a bag if you brought one to the start area, Phil and I brought no extra clothes, and it was cold waiting for the start, probably in the mid-40s when we first arrived. Fortunately, we found a tent that was unoccupied, so we went inside to get out of the wind. It turned out to be the elite runner tent, so we felt right at home. When race officials began to arrive, they were kind enough to let us stay in the tent until the real elite runners showed up, and by then it was warm enough to wait outside.

Finally, it was time to start the race. It had been a couple years since Phil last ran 10 miles, and while I've been running regularly of late, my pace these days is excruciatingly slow. As a result, neither one of us cared much about our time. Phil decided to keep me company and we plodded our way around the course near the back of the pack. Shortly after we passed the 4-mile mark, Phil mentioned that Bill Rodgers would likely be coming past us soon in the opposite direction (near Mile 9), so we moved over to the center of the road to watch for him. Sure enough, Bill approached moments later. We shouted some encouragement (he was trying to win the 55-59 age group), and he looked over and waved back.

We continued on toward the turnaround on Rock Creek Parkway at 6 1/2 miles and headed back to the finish. Eventually we made it to the end shortly before the 2-hour mark. Our chip time was 1:53:08, which was somewhat slower than I had hoped for, but we enjoyed ourselves nevertheless.

Glancing at the results, I believe Mike and Colleen were the fastest of the Maine contingent. Mike finished in the top 1000 with a chip time of 1:13:07, and Colleen was 301st among the women with a chip time of 1:17:36. Betsy, Linnea and Joan also ran well, all finishing under 1:30, and Barbara was pleasantly surprised with her race.

All in all it was a good weekend, and the race was a perfect way to conclude it. I'm told this is a fast course, and I tend to believe it despite my slow time. It's also a scenic course with lots of spectators, so this is a race that I highly recommend.



The Maine Track Club "Late-Winter" Classic

By Eric Ortman, Race Co-Director

Inclement weather forced a race-morning postponement of this year's Mid-Winter Classic 10-mile Road Race in Cape Elizabeth on 2 February. What started as rain at 4:00 a.m. race day turned into several inches of slushy snow necessitating the postponement. Runners' safety was uppermost in the minds of the directors when they made this decision around 8:00 a.m. The Maine Track Club and the four Mid-Winter co-directors are very appreciative of the prevalent understanding of the decision. Next year, we will have a better information system in place so that runners may be better informed in the case of inclement weather, although this will not help if the race requires postponing an hour or two before the start.

So instead of a Mid-Winter we had a Late-Winter road race. On 2 March, 300 runners turned out to run the race under threatening skies. Thankfully, the weather cooperated for the most part; light rain began to fall after the race was well under way and did not turn into heavy rain until nearly everyone had finished running. Mike Caiazzo of Gorham was the overall winner in a time of 54:55 (5:30 per mile); Christine Snow-Reaser was the overall woman's winner with a time of 1:01:51 (6:12 per mile).

The four race directors would again like to thank all of those who volunteered to help at this year's race. Without you there would be no races. Yes, without the volunteers, there would be no races. Food for thought for those who run races but who do not volunteer. Please consider this; helping at races is easy, social, and often fun too.

Bruce Ellis Running Camp

In keeping with the mission of the Maine Track Club to promote the spirit of running, proceeds from the Mid-Winter race are used to send children to running camp during the summer. Children are selected on their desire to run; the ability to run far or fast is not considered in the selection. This year, the Club will be able to send two children to camp. If you are between the ages of 13 and 17, and would like to be considered for a campership, please send an essay stating why you run, and why you think you should be selected. The essay should be no more than 500 words and must be postmarked no later than 1 June 2003. Essays should be sent to:

Eric Ortman • 311 Turkey Lane • Buxton, ME 04093

Urgent: Maine Marathon Needs You

By Bob Aube and Howard Spear

A key volunteer position for the Sportshoe Center Maine Marathon/Relay/Half Marathon needs to be filled as soon as possible as we prepare for the 12th edition of the event in October. Jack Nichols, our water stop coordinator, has been accepted to law school and will be unable to continue in his current capacity. As a result, we're looking for a successor who can take over from Jack in time for this year's race.

Our goal is to make the transition as painless as possible. All the files have been maintained from previous years, so the new water stop coordinator only needs to be able to follow the script and check regularly with team leaders of the various water stops to make sure we'll have enough volunteers at each location. Jack will be available for a while to help his replacement learn the ropes.

If you think you might be willing to take on this important job, please contact Jack Nichols at 781-3529 or jnichol2@maine.rr.com. He'd be happy to answer any questions you might have.



Irish Road Rover 5K

By Bob Aube

The weather forecasts leading up to the Irish Road Rover 5K on March 9 weren't very promising, as it looked as though we'd be dealing with rain, snow or something in between. When race day arrived, though, we caught a break. The expected storm missed us, so we had a great day for the race — windy, but mild for early March.

Thanks to the nice weather, we wound up with a record turnout for the race. About 150 runners registered on race day, so we had 390 finishers, easily surpassing the previous record.

First-place honors were captured by a couple of relative newcomers to the southern Maine road racing scene. Mike Roads, 20, of Verona was the first to cross the finish line, with a time of 16:41 — good enough for an 11-second victory over Colby College student Peyton McElyea. Nathan Huppe of Berwick was another eight seconds back in third.

The women's division was won handily by Vanessa McGowan, 25, of Portland. McGowan, a former University of Maine track star, finished in 18:57 to beat Kim Tobin (20:03) of Newton Highlands, Mass., by more than a minute. April Wernig (23:17) of Portland placed third.

Because of the record field, the race raised more than \$2,000 for Habitat for Humanity of Greater Portland, despite the loss of the major sponsor. Thanks to following MTC members who volunteered for the race and helped make it a success: Phil Meech, Ron Pelton, Mark Grandonico, George Towle, Erik Boucher, Barbara Hintze, Marge Aube, Jill Lorom and Chuck Burnie, who brought the equipment into town and helped set up the course despite a bout of bronchitis.

Attention Youth Runners

Bruce Ellis Memorial Scholarship Awards

Part of the mission of the Maine Track Club is to promote the spirit of running to everyone who is interested. In keeping with this mission, the proceeds from the Maine Track Club Mid-Winter 10-mile Road Race are used to send deserving children to running camp.

The Bruce Ellis Memorial Scholarship was created after the untimely and too early death of Bruce Ellis, one of the state's fastest runners and a person of very fine character. In his honor, scholarships are awarded to deserving youths who demonstrate both an interest in running and fine character. An ability to run far or fast is not required. These scholarships help to encourage and support young runners both in running and in building character.

The criteria to be eligible to receive a scholarship, applicants must:

- Be between the ages of 13 and 17 and must be a Maine resident;
- Applications must be postmarked by June 1, 2003;
- Previous recipients are ineligible;
- Preference will be given to Maine Track Club family members;
- Selection will be based on:
 - o Enthusiasm for running;
 - o Personal character; and
 - o Financial need of parents.

Scholarships will be awarded to running camps in the Greater Portland area. Should the recipient wish to attend a camp different than the ones being offered, the Maine Track Club will pay an amount equal to the cost of one of the camps selected by the Club and the recipient will be responsible for paying any balance in advance. The camp must also be appropriate for a child between the ages of 13 and 17.

To apply for a scholarship, send an essay that covers your character, why you run, why you want to attend a running camp and why you think you should be selected. Essays must be written by the young person, must be no longer than 500 words and should be sent to:

Eric Ortman

311 Turkey Lane • Buxton, ME 04093

(774-9891W or 727-3762H for any questions)

Welcome New MTC Members

Sandy and Casey Walton, Yarmouth

Skip Kessler, Cape Elizabeth

Robert Ayotte, Medfield, MA

Meredith Finn, Portland

Mona Stearns, Thomaston

Matthew and Elizabeth Grandonico, Kensington, MD

MTC Children's Running Program

In 1999, the Maine Track Club started a Children's Running Program. The purpose was to get children started in a fitness program to enhance their lifestyle for the future, and running is one way to accomplish that goal.

We knew that children are vastly affected by learning in their first 10 years of life, so we targeted youngsters in grades K-5. The goal was to have the school athletic department work with the youngsters in their weekly program for four weeks. The Maine Track Club would work with them on four consecutive Saturdays to stress such things as Proper Stretching, Running Form, Nutrition, and Racing Strategies, all taught by quality instructors. There were also hopes of having an Olympian Class Athlete visit the Children during the program.

Volunteers from the Maine Track Club were on hand to help with necessary organizational skills. The Maine Track Club was responsible for Water, Gatorade, and other refreshments. The speaker for each session offered special training in such areas as Stretching, Nutrition, Race Form, and Strategies.

The Maine Track Club is thrilled to announce they once again are holding the program with the assistance of the South Portland Recreation Department. The Program starts May 10 and runs through May 17, 24, and ends May 31 with a 1 Mile Fun Run for any youngsters whether a program attendee or not.

Each Child will receive a special commemorative Medal at the completion of the program as well as a completion certificate. Hopefully this will bring new members into the Maine Track Club, after seeing how valuable an organization we are to the community.

This is a great opportunity for the Maine Track Club to inspire youths to obtain a more fulfilling lifestyle and could incorporate the existing Bruce Ellis Memorial Campership Scholarship program into this endeavor.

The Maine Track Club is getting the community involved to help support this venture to make a lasting impression on the youth of our city. The South Portland Parks & Rec Dept are involved already and are using this program in place of the Summer Rec Running Program they have offered in the Past. Registration can be done through their office on Nelson Road and the training will all be done there and on the South Portland Running Track next door.

Any and all parents are invited to observe or help in this venture. Please contact Donna Moulton at 799-2894 for more info.

Everett Moulton • <http://hometown.aol.com/moultonsmowing/myhomepage/>

VOLUNTEERS NEEDED — Free Food, T-shirt and World Class Runners

This is what awaits the volunteers at one of the top mountain races in the world. Mt. Washington draws both international runners and news attention.

The Maine Track Club needs a minimum of ten volunteers to meet our obligation to the race. This race counts as one of the three races all M.T.C. members should volunteer for each year. If you can help June 21 please contact me as soon as possible with your t-shirt size so race director can order shirts.

Thank You Mike Brooks, mjbruns@adelphia.net or 783-3414

Celebrate! MTC Birthdays

May

- 2: Cynthia Sargent
- 3: Shirley Chamberlain, Liz O'Connor, Larry Wold
- 4: David Paul
- 5: Real Deprez
- 6: Chris Reed, George Towle
- 7: Kevin Callahan, Kelly Ann Musca
- 8: Bob Poirer
- 9: Lincoln Skelton
- 11: Julia Dunfey, Stephen J. Fox, Harry Fullerton
- 12: Don Burnham, Ruth Conly, Claton Conrad
- 13: Larry Barker
- 16: Joan Samuelson
- 17: Alyce Schultz
- 19: Michael Payson
- 21: Laurie Bowring
- 22: Lisa Barker
- 24: Jim Estes, Everett Moulton, James Snow
- 26: Mary Anne Champeon
- 28: Tom Carll, Jane Dolley
- 29: Don Penta, Jim Toulouse

June

- 1: Karen Curtis
- 3: Denise Brooks
- 4: Mark Grandinico, Kathy Hepner
- 5: Benjamin Parsons
- 7: Harry Nelson, Denise Robertson
- 8: Nelly Hall, Will Lund
- 9: Julius Marzul
- 10: Ron Deprez
- 13: Ron Pelton
- 16: Neal Chivington
- 17: Merle Hartford, Katy MacColl, Susan Snow
- 19: Daniela Daggy, Gore Flynn, Ryan Salvo
- 21: John Lavin, 2: Jody King
- 23: Al Utterstrom
- 24: Katie Meyers, Rebecca Sproul
- 26: Leslie Couper
- 27: Terry Clark, Russ Connors
- 28: Ken Cotton, Brendan Crowe
- 29: Harry White
- 30: Darci Foshay

July:

- 1: Gregory Kesich
- 2: Kevin Gordon
- 3: Ward Grossman, Dave Howard, Tike MacColl, Bob Payne, Dale Rines
- 7: Alison Crowe
- 8: Helen Cheney
- 14: Beverly Doughty, Nate Parsons, Deb Stewart



MAINE TRACK CLUB FINISH LINE

MidWinter Classic



22nd Annual Mid-Winter Ten Mile Classic

March 2nd, 2003 (Postponed from February 2nd), Cape Elizabeth

Maine Track Club Finishers:

Place/Name	Town	Age/Sex	Time	Pace
6 Charlie Humphries 1,40-44	No. Yarmouth	42M	1:01:04	6:07
7 Steve Podgajny 1,50-54	Harpwell	52M	1:01:08	6:08
12 John Lee 3,50-54	Yarmouth	50M	1:02:47	6:17
13 David Chamberlain 2,40-44	Falmouth	41M	1:02:59	6:18
15 Floyd Lavery 2,45-49	Gorham	45M	1:04:06	6:25
16 Aaron Bishop	Falmouth	31M	1:05:10	6:31
17 Michael Kimball 3,45-49	Rye, NH	49M	1:05:38	6:34
20 Mike Grant	Scarborough	45M	1:06:56	6:42
24 Ellie Tucker 4, overall	No. Yarmouth	48F	1:07:22	6:45
30 Richard Bryant	Auburn	45M	1:08:39	6:52
31 John Morey	Portland	52M	1:08:49	6:53
34 Alison Kisch 1,35-39	Portland	37F	1:09:09	6:55
48 Craig Wilson	Kittery Pt.	53M	1:10:48	7:05
50 Ken Cotton	Bristol	53M	1:10:52	7:06
52 Dave Cannons	Portland	35M	1:10:57	7:06
54 Michael Musca	Falmouth	45M	1:11:08	7:07
57 Julie Garber	Portland	27F	1:11:54	7:12
58 Bob Coughlin 1,60-69	Cape Eliz.	64M	1:12:02	7:13
59 Joseph Wagnis	Steep Falls	29M	1:12:05	7:13
67 Lloyd Stocum 2,60-69	So. Portland	69M	1:12:51	7:18
70 Philip Pierce 3,60-69	Falmouth	61M	1:13:27	7:21
74 Vicki Bryant 2,45-49	Auburn	45F	1:14:40	7:28
75 Kim White 1,40-44	Falmouth	40F	1:14:42	7:29
79 Richard Bissonnette 1,55-59	Auburn	55M	1:14:50	7:29
80 David Colby Young	Darville	50M	1:14:53	7:30
84 Paul Letalien	Portland	46M	1:15:11	7:32
85 Harry White	Scarborough	60M	1:15:15	7:32
90 Erik Buucher	Portland	30M	1:16:12	7:38
110 Willie Sproul	New Gloucester	45M	1:17:39	7:46
113 Mary Brandes 2,40-44	Falmouth	44F	1:17:57	7:48
115 Tom Noonan	Steep Falls	31M	1:17:58	7:48
116 Keith Holland	Springvale	47M	1:17:59	7:48
119 Mike Doyle	Portland	38M	1:18:14	7:50
121 John Keeley	Portland	51M	1:18:19	7:50
122 Colleen Redmond	Portland	38F	1:18:19	7:50
125 Peter Rearick	Hebron	51M	1:18:48	7:53
126 Patty Kenney	Portland	39F	1:18:52	7:54
128 Greg Kesich	Portland	40M	1:18:58	7:54
130 Carol Hogan 1,50-54	Portland	52F	1:19:01	7:55
134 Jeffrey Preble	Augusta	49M	1:19:20	7:56
140 Charley Garber	Portland	33M	1:19:34	7:58
149 Eileen Dunfey	Cape Eliz.	46F	1:20:01	8:01
150 Terry Clark	Windham	58M	1:20:20	8:02
151 Rachel Landry	Cumberland	34F	1:20:36	8:04
156 Betty Rines	Gorham	46F	1:21:27	8:09
163 Chief Neil Williams	Cape Eliz.	49M	1:22:08	8:13
164 Kathleen Harris 3,40-44	Portland	40F	1:22:20	8:14
172 Mallory Brouwer	Portland	29F	1:22:59	8:18
182 Gregory Welch	So. Portland	51M	1:23:41	8:23
185 Mark Grandonico	Portland	43M	1:24:05	8:25
186 Jim Dunn	Falmouth	35M	1:24:12	8:26
187 Janet Letalien	Portland	39F	1:24:14	8:26
193 D. Scott Hamilton	Wells	51M	1:25:05	8:31
196 Howard Spear	Westbrook	53M	1:25:30	8:33
215 Roger Burduas	Biddeford	51M	1:29:57	9:00
220 Cathy Burnie	Cumberland	54F	1:31:16	9:08
222 Loren Lathrop	So. Portland	54M	1:31:47	9:11
225 Ronald Chase	Durham	62M	1:32:23	9:15

229 Polly Kenniston 1,60-69	Scarborough	66F	1:32:40	9:16
238 Richard Cavanaugh	Freeport	69M	1:33:52	9:24
244 Janice Drinan 2,55-59	Scarborough	58F	1:35:38	9:34
245 Jim Estes	Portland	53M	1:35:51	9:36
250 Robert DeWitt	Lisbon	59M	1:36:41	9:41
257 Bill Davenny	Portland	58M	1:39:36	9:58
265 Judy Cotton	Bristol	53F	1:42:05	10:13
269 Donna Bisbee	Portland	46F	1:43:50	10:23
273 Sarah Gill	Kennebunk	42F	1:45:21	10:33
275 Lyn Suggs	So.Portland	44F	1:45:59	10:36
279 Clyde Coolidge	Rollinsford,NH	64M	1:49:39	10:58
280 David Coolidge	Rollinsford,NH	37M	1:49:40	10:58
285 Dennis Morrill	Portland	63M	1:53:03	11:19
289 Julius Marzul 1,70&over	Gorham	76M	2:46:14	16:38

**Sixth Annual Irish Road Rover 5K,
March 9th, 2003, Gorham's Corner, Portland
Maine Track Club Finishers:**

7 Hans Brandes 1,40-49	Falmouth	44M	17:46	5:43
10 Evan Embrey 2,15-19	Buxton	15M	18:07	5:50
11 Marc Dugas 3,30-39	Scarborough	39M	18:08	5:51
12 Claton Conrad 1,20-29	No.Yarmouth	20M	18:09	5:51
14 Pete Bottomley 2,40-49	Cape Eliz.	41M	18:46	6:03
15 Aaron Bishop	Falmouth	31M	18:51	6:05
16 Floyd Lavery	Gorham	45M	18:53	6:05
18 Vanessa McGowan 1,overall	Portland	25F	18:57	6:06
21 Bill Reilly 1,50-59	Brownfield	55M	18:59	6:07
24 Jeff Rand	Cape Eliz.	42M	19:10	6:11
37 David Colby Young 2,50-59	Danville	50M	20:19	6:33
44 Lloyd Slocum 1,60-69	Hollis	69M	20:34	6:38
48 Russell Oravec	Portland	33M	20:48	6:42
63 Harry White 3,60-69	Scarborough	60M	21:28	6:55
67 John Keeley 3,50-59	Portland	51M	21:39	6:59
70 Phil Pierce	Falmouth	61M	21:41	6:59
73 Keith Holland	Old Town	47M	21:46	7:01
74 Matt Rand	Cape Eliz.	11M	21:51	7:02
79 Beth Rand 2,40-49	Cape Eliz.	43F	21:56	7:04
89 Jessie Cotton	So.Portland	20F	22:17	7:11
99 Adam Perron	So.Portland	28M	22:25	7:13
110 Chris Boynton	Portland	28M	23:04	7:26
122 Janet Letalien	Portland	39F	23:19	7:31
123 Neil Williams	Cape Eliz.	50M	23:19	7:31
129 Peter Rearick	Hebron	51M	23:31	7:35
135 John Morse	Phippsburg	57M	23:50	7:41
137 Nathan Graham	No.Yarmouth	35M	23:51	7:41
151 Chris Drummery	Topsham	33M	24:16	7:49
160 Roger Borduas	Biddeford	51M	24:36	7:56
178 Harry Center	Freeport	41M	25:08	8:06
191 Kristin Center	Freeport	31F	25:42	8:17
195 John Nichols	Falmouth	39M	25:56	8:21
200 Mike Brooks	Danville	57M	26:17	8:28
211 Janice Drinan 2,50-59	Scarborough	58F	26:36	8:34
224 Bob Branson	Scarborough	62M	26:54	8:40
228 Kathleen Reid	So.Portland	33F	26:56	8:41
233 Richard Cavanaugh	Freeport	70M	27:05	8:44
238 Jim Tyrrell	Cape Eliz.	55M	27:21	8:49
263 Michele Flynn	Cape Eliz.	54F	28:25	9:09
277 Celine Frueh	Portland	31F	29:00	9:21
286 Margaret Rearick	Hebron	51F	29:12	9:24
295 Donna Bisbee	Portland	46F	29:35	9:32
301 Matt McKenney	Portland	16M	29:43	9:34
311 Mallory Brower	Yarmouth	29F	30:00	9:40

324 Jennifer McGowan	Portland	25F	30:35	9:51
329 Karen Connolly	Hollis	44F	30:43	9:54
340 Mel Uchenick	Kennebunk	72M	31:19	10:05
353 Beth Branson 1,60&over	Scarborough	61F	32:26	10:27
360 Patrick McKenney	Portland	37M	32:45	10:33
361 Sarah Collins	Portland	37F	33:02	10:38
372 Denise Locke	Biddeford	50F	35:59	11:35
382 Phillips Sargent	Yarmouth	56M	38:32	12:25
389 Don Penta	Windham	56M	44:37	14:22
390 Julius Marzul	Gorham	76M	45:15	14:34

**2003 Kerryman Pub Four Miler, March 16th, 2003, Saco
Maine Track Club Finishers:**

11 Evan Embrey 2,18&under	Buxton	15M	23:38	5:55
13 Bill Reilly 1,50-59	Brownfield	55M	23:48	5:57
15 Michael Kimball 2,40-49	Kittery Pt.	49M	23:59	6:00
16 Floyd Lavery 3,40-49	Gorham	45M	24:03	6:01
24 Michael Iyer	Portland	35M	25:19	6:20
29 David Colby Young 2,50-59	Danville	50M	25:43	6:26
39 Eric Ortman 3,40-49	Buxton	43M	24:21	6:36
41 Carol Hogan 1,50-59	Portland	52F	26:35	6:39
43 Joe Lembo	Portland	39M	26:37	6:40
46 Curt Moulton	Sanford	39M	26:55	6:44
51 Mike Doyle	Portland	38M	27:11	6:48
55 Matthew Foss	Portland	33M	27:23	6:51
67 Kim White 2,40-49	Falmouth	41F	28:19	7:05
78 Carol Weeks 2,50-59	Kennebunk	54F	28:37	7:10
80 Nancy Kneeland	Bar Mills	48F	28:42	7:11
84 Colleen Redmond	Portland	38F	28:53	7:14
92 Betty Rines	Gorham	46F	29:08	7:17
100 Les Berry	Gorham	55M	29:32	7:23
120 Lisa Duperry	Portland	27F	30:39	7:40
122 Roger Borduas	Biddeford	51M	30:50	7:43
132 Karla Stockmeyer	Portland	15F	31:02	7:46
134 Erin Moore	Saco	35F	31:06	7:47
136 Theresa Gallupe	Scarborough	41F	31:11	7:48
137 Glen Gallupe	Scarborough	43M	31:11	7:48
156 Harry Center	Freeport	40M	31:53	7:59
164 Janeka Embrey	Buxton	17F	32:14	8:04
171 Stephen Lauritsen	Saco	42M	32:25	8:07
174 Kristin Center	Freeport	31F	32:32	8:08
175 Chris Boynton	Portland	28M	32:34	8:09
180 Judy Reilly 3,50-59	Brownfield	54F	32:49	8:13
194 Mike Brooks	Danville	57M	33:20	8:20
202 John Littlefield	Scarborough	47M	33:32	8:23
210 Cathy Burnie	Cumberland	54F	33:43	8:26
213 Polly Kenniston 1,60&over	Scarborough	66F	33:47	8:27
221 Kathleen Reid	So.Portland	33F	34:09	8:33
226 Stacy Cimino	Cape Eliz.	28F	34:22	8:36
226 Betty Disanza	Limington	54F	35:01	8:46
264 Brian Lathrop	So.Portland	22M	36:00	9:00
267 Loren Lathrop	So.Portland	54M	36:11	9:03
269 Marc Bouvier	So.Portland	38M	36:14	9:04
276 Patty Whitcomb	Cape Eliz.	41F	36:39	9:10
300 John Stevens 2,60-69	Wells	60M	37:12	9:18
309 Jen McGowen	Portland	26F	37:46	9:27
330 Katy Littlefield	Scarborough	44F	39:02	9:46
336 John Nichols	Falmouth	39M	39:30	9:53
352 Eric Wold	Freeport	11M	41:21	10:21
353 Larry Wold	Freeport	43M	41:22	10:21
358 Pam Dutremble	Portland	41F	42:48	10:42
367 Denise Locke	Biddeford	50F	46:35	11:45
377 Don Penta	Windham	56M	60:15	15:04

May – August Race Schedule

- May 3 Nurse Day Run 5K, contract Mary Cornelio 768-2746 NMTC, Presque Isle 5K Run 10:00 & Walk 9:30 Children's 1.25 WOG 9:15
- May 3, Make-A-Wish Walk For Wishes & Dash For Dreams 5K, Payson Park, Portland (other races will be held at 9 a.m. in Biddeford-Saco, Ellsworth and Bangor, with additional walks in Augusta, Lewiston and Dennysville), 8:30 a.m. Contact: Make-A-Wish Foundation 1-800-491-3171.
- May 3 Rocky Coast Road Race 10K & Bunny Run/Reebok Walk, Boothbay Region YMCA, Boothbay Harbor, 10:00am, Contact: Boothbay Region YMCA 633-2855
- May 4 YMCA Race Against Racism 5K Run/Walk, YWCA of Greater Portland, 87 Spring Street, 8:30 a.m. (kids' fun run at 9:30 a.m.). Contact: Liz Clements 874-1130 ext. 3049.
- May 4 Patricia Lynn Corbin Memorial Walk/Run (5 kilometers), Lee Academy, 1 p.m. Contact: Michael and Robin Corbin 738-4354 or 794-3321 ext. 135.
- May 4 IronBear Sprint Triathlon (525-yard swim, 11-mile bike, 5K run), Farley Fieldhouse, Bowdoin College, Brunswick, 8 a.m. Contact: Will Thomas 751-4482.
- May 11 Portland Sea Dogs Mother's Day 5K, Hadlock Field, Portland, 9:30 a.m. (kids run at 9 a.m.). Contact: Kelli Heffley 1-800-936-3647.
- May 11 Mother's Day Road Race 5K, Train Station-corner of Pleasant & Union St., Rockland, 8:30am, Contact: Nate Peasley 596-0361(d) or 594-4365(n)
- May 17 Durham Dash 5K and 1 Mile Fun Run, Runaround Pond Rd., Durham, 9 a.m. Contact: Leigh Fisher 753-0361.
- May 17 Bone Density Dash, Back Cove path, Portland, 10 a.m. (1 mile walk at 9 a.m.). Contact: Kelly Wood or Kathy Lakatos 828-1133.
- May 17 Trek for Tradition 5K, Greely High School, Cumberland, 10 a.m. (kids' half-mile fun run at 9:30 a.m.). Contact: Alexis Heimann 846-0902.
- May 18 Sugarloaf Marathon & 15K, 7 a.m. marathon start at Cathedral Pines Campground, 3 miles north of Stratton on Route 27; 7:30 a.m. start for 15K from Ayotte's Country Store, Route 27, Carrabassett Valley. Contact: Sue Foster 237-6830.
- May 23 YMCA Back Bay 5K, Back Cove path, Portland, 6 p.m. Contact: Scott Holt 874-1111.
- May 24 Mid-Maine Homeless Shelter 5K Run, Colby College Field House, Waterville, 9:00am Contact: Jill Gilbert @ ajgilbert@gwi.net
- May 25 Live Your Dreams 5K, Senior Center at Lower Village, Kennebunk, 8:15 a.m.
- May 25 Moose Run 5-mile Road Race, Chamber of Commerce Building, 3:00 p.m. Rangeley Lakes Chamber of Commerce P. O. Box 317 Rangeley, ME 04970 or call Heidi Deery, P. O. Box Rangeley, ME 04970 207 864-3979
- May 26 Memorial Mile & 1/2 Mile Cumberland 8:00AM Greely Junior/High School, Main Street Contact: Maryellen Fitzpatrick, 14 Partridge Drive, Cumberland, ME, and USA, 04021. 207-829-4657 FiveKSport@aol.com
- May 28 Maine Corporate Track - Track Meet can contact Tom Blake at TEBlake@aol.com or 799-5723 for more information.
- May 31 Bath YMCA Long reach 5-Miler and Celebration 5K, 9 a.m., Bath YMCA. Contact: John and Betsy Morse 443-3948 or kevin@bathymca.org.
- May 31 Mount Merici Spring Day 5M Waterville 9:00AM Mount Merici School, 152 Western Ave (5M run, 1M fun run) Contact: Steve Inman, 152 Western Ave, Waterville, ME, USA, 04901. 207-873-3773 mmpvt-si@mount-merici.pvt.k12.me.us
- June 1 12th Annual Cobscook Bay 10K/5K for Downeast Hospice - 10am - riangle Store on Rte 1, Pembroke Kids 1 mile fun run - 9:30am
- June 1 Camden 10K, 9 a.m., Bay View St., Camden. Contact: Sarah Andrus 230-0221.
- June 7 Pond Cove 5K Challenge, Cape Elizabeth Middle School, 8:30 a.m. Contact: Martha Kelley 767-5089 or Jayne Hanley 799-1789.
- June 8 Auburn-Lewiston YMCA 5K, Turner St., Auburn, 10 a.m. (1.5-mile walk at 9 a.m.) Contact: Doug McFarland 795-4095.
- June 8 Women's Fitness Studio 5K Walk/Run/Crawl Brunswick 9:00AM Women's Fitness Studio, 21 Stanwood Street Contact: Kathleen Strickland, 21 Stanwood Street, Brunswick, ME 04011. 207-729-5544 FiveKSport@aol.com
- June 11 Maine Corporate Track - Track Meet can contact Tom Blake at TEBlake@aol.com or 799-5723 for more information.
- June 13 Red Storm Swarm 5K Scarborough 7:00PM Scarborough High School Track, 20 Gorham Rd @ USRT1/RT 114 intersection (FREE Kids 1K @ 6:30PM), Contact: Scarborough Lacrosse c/o Jamie Chamberlain, 1 Bickford St., Scarborough, ME, USA, 04074. 2078830458 jamiecham@msn.com
- June 14 Joseph's 5K & 1 Mile races Lawerance High School, Fairfield, Maine Contract Maine Striders, PO Box 1177, Waterville, Maine
- June 14 Close to the Coast 5K & 10K, Winslow Park, Freeport, 8 a.m. Contact: Nelson Larkins 791-3222.
- June 14 Bangor YMCA-Garelick Farms Main Street Mile Run and Family Fun Walk, 9am, Main St., Bangor Contact: Carrie Anderson-Paquette 941-2815 or email: canderson@bangorymca.org
- June 14 Spring 5K Road Race, MDI YMCA, 9:00am, Contact: Theresa Whitenburg 288-3511 (Crow Series)
- June 15 28th Hampden 8 1/2 miler - 8:30am, Weatherbee-McGraw School, Contact: Skip Howard 223-4715
- June 20 Doc's Tiger 3-Miler Biddeford 7:00PM Registration @ Doc's Tavern, Race Day Registration starting @ 5:30 PM, Franklin Street Contact: Karen Reardon. 207-282-3116
- June 21 Mt. Washington Road Race - Gorham, NH
- June 21 FEF's Falmouth Parkfest 4 Miler & 1K Kidz Fun Run, Falmouth, 8:30am (4Miler) & 9:45am (Kidz Fun Run), Contact: Michael Musca 781-8081

May – August Race Schedule



- June 22 Beech Mountain Trail Races 9.3m & 2m - 9:00am, Camp Beech Cliff, Mount Desert, Contact: Peter J. Keeney 288-8381 or email: keeney@midmaine.com (Crow Series)
24th Gardiner Road Race 5M & 2.5M, Maine General Medical Center, Gardiner, 8am Contact: Ormond Irish 724-3812
- June 28 Maine CTA - Track Meet can contact Tom Blake at TEBlake@aol.com or 799-5723 for more information.
Tour DuLac 10-Miler, Bucksport Community Pool, 7:30 a.m. Contact: Fred Merriam 469-2019.
Pottle Hill 5K & 10K (also 1-mile fun run), 1 North Main St., Mechanic Falls. Contact: Linda Morin 345-3511.
Strawberry Festival 5 Mile Run and 2.5 Mile Fun Walk South Berwick 8:00AM Marshwood Millde School (formerly MJHS), Academy Street, (just off Route 236) Contact: Katherine MacDonald, PO Box 93, Kittery Pt, ME, USA, 03905. 207 439-1033
- June 29 Literacy Volunteers 12th Annual 5K 9 AM, Portland Athletic Club, 196 US rte 1, Falmouth call 878-3907
- July 2 Maine USA Track & Field, - Topsham - Mt. Arrant HS 6:00PM contract Val Foss (207)474-8876 or e-mail metrkfld@kynd.com
- July 4 Goose Rocks Beach 5K Road Race & Walk Kennebunkport 9:00AM GRBA Community House, 5 Community House Way Contact: Michael Meagher, 10 Edgewood Ave, Kennebunkport, ME, USA, 04046. 207-967-4115
Freeport - LL Bean 10K 7:30am & 9:15am Fun Run/walk call 207-LLB-Race (552-7223) or race@llbean.com
Bridgton, Maine 4 Miler
Thomaston, Maine 5K
- Jul 6 S.W. Collins 5K, Jim Finnemore 429-8682/764-2720 S.W. Collins, Caribou Childrens 1K 8:30 5K Walk 9:30 Run 9:45
- July 9 Maine Corporate Track - Track Meet can contact Tom Blake at TEBlake@aol.com or 799-5723 for more information
- July 11 Maine USA Track & Field, - Lewiston HS Track Facility 6:00PM contract Val Foss (207)474-8876 or e-mail metrkfld@kynd.com
- July 12 Moxie Day 5K Road Race Lisbon Falls 7:30AM Lisbon High School, Rt. 196 (Parade, festivities following race!) Contact: Mark Stevens Lisbon Recreation Department, 300 Lisbon Street, Lisbon, ME, USA, 04250. 207-353-3000 mstevens@lisbonme.org
Run for the Gym 5K Springvale 8:15AM Nasson Community Center at Nasson Common, Main Street (Kids 0.5M Run), Contact: Bob Randall, 723 Hanson Ridge Rd, Springvale, ME, USA, 04083. 207-490-1386 runbob@metrocast.net
- July 13 8k Run to the Lake Norway 8:30AM Norway Savings Bank, Main St (8k Race/5k Fitness Walk/1k Contact: Libby Graffam/Healthy Oxford Hills, 181 Main St, Norway, ME, USA, 04268. 207-743-5933 GraffamE@wmhcc.org
- July 16 Maine USA Track & Field, Topsham - Mt. Arrant HS 6:00pm contract Val Foss (207)474-8876 or e-mail metrkfld@kynd.com
- July 19 Old Hollowell Day 4 Mile Road Race, Hollowell 8:00AM Hollowell City Hall, 3 Winthrop Street (New Course, new distance!! Also, 1 M Fun Run), Contact: R. J. Harper, 16 Vaughan Street, Hollowell, ME 04347. 207-626-3393 the.harpers@verizon.net
- July 19 Potato Blossom 5 Miler Paul Lamoreau 764-6517 Hillside IGA, Fort Fairfield 5M 9:00
Pat's Pizza Clam Festival Classic (5 miles), Yarmouth, 8 a.m. Contact: Ron Pelton 865-6919.
- July 25 Ocean Park 5K Ocean Park 7:00PM Ocean Park Recreation Hall, Colby Avenue (Also, 1K Kids Race) Contact: Gene Landry, POB 7552, Ocean Park, ME 04063. 207-934-5454, glandry3@maine.rr.com
Maine USA Track & Field, - Lewiston HS Track Facility 6:00 contract Val Foss (207)474-8876 or e-mail metrkfld@kynd.com
- July 26 Peaks Island Road Race (5 miles), Peaks Island Lions Club, 10:30 a.m. Contact: Larry Dyer 725-6962.
Maine Corporate Track - Track Meet can contact Tom Blake at TEBlake@aol.com or 799-5723 for more information
- July 27 Maine State Triathlon (1K swim, 25K bike, 5K run), Gould Academy fieldhouse, Bethel, 8 a.m. Contact: 824-2282.
- August 1 Wilton Blueberry Festival 10K Contract Phone: (207) 778-4726 or Email: info@fwcoc.org
- August 2 Peoples Beach to Beacon 10K, Fort Williams, Cape Elizabeth, 8 a.m. Contact: beach2beacon@banknorth.com or 1-888-480-6940.
Outdoor Championship Meet (Open & Master Athletes) at Lewiston HS Track Facility with the Race Walk Event to be held on Friday evening Aug. 1, 2003 - same site.
All "regular" scheduled meets will start at 6pm. Check the Maine USATF Web site for scheduled of the Championship meet. USATF Membership will be required at the state meet. Athletes may purchase their USATF Membership the day of the meet.
- August 3 Island Falls Summer Fest John Walker 463-3344 Rec. Center Island Falls 1M kids run, 4K walk 8:30
Maine Lobster Festival 10K, 8:30AM contract Maine Lobster Festival, P.O. Box 552, Rockland, ME 04841 Phone: 207-596-0376
- August 8 St. Peter's Road Race (4 miles), St. Peter's Church, Portland, 7 p.m. Contact: Michael Reali 829-2014.
- August 10 Alvin Sproul Samoset 10K & 1 Mile Fun Run, Bristol Consolidated School, Route 130, 9:15 a.m. (10K walk at 8:45, fun run at 8:30). Contact: Carlene Sproul 677-2586.
West Kennebunk Fire Co. Triathlon, Kennebunk High School, 7:30 a.m. Contact: 617-423-4317.
Casco Bay Challenge (19.1-mile bike, 5-mile run, 1-mile swim, 4.5-mile canoe, 4.5-mile kayak), East End Beach, Portland, 8:30 a.m. Contact: 1-800-639-7770.



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

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Next Membership Meeting
May 21, 2003
at SMTC
Jewet Auditorium

MTC Memberships 2003

Members who have not renewed for 2003 will not be receiving this newsletter. They will receive a post card inviting them to renew. If you know of anyone who has not renewed, please encourage him or her to do so. Renewal forms are available on the MTC website, through Active.Com and at MTC races.

New and Renewed Households: 220
Non-renewed: 239

Susan Slocum, Membership Chair

David & Elizabeth Young Family Esp 12-03
PO Box 152
Danville ME 04223

RRCA from page 1.

about the proposed by-law change that would have raised our dues and insurance premiums. To give you all some background, the RRCA bases its dues and insurance fees on the number of members in a club. So if the current insurance rate is \$1.50 per club member and we have 400 members, we would pay \$600 to obtain insurance for our races, along with an additional per-member fee for annual dues.

Historically, the RRCA has allowed its member clubs to determine the definition of a member, and most clubs count family or household memberships as one member. The RRCA leadership sought to change this, however, by adding a by-law that would have forced us to count every member of a family/household as a separate member. In other words, if this by-law had passed, a family with a husband, wife and three kids would count as five members rather than one, and our fees for dues and insurance would increase proportionately.

Needless to say, the member clubs were aghast at this proposal. The RRCA leadership realized they were fighting a losing battle and adjourned the meeting to rewrite the proposal. The revision essentially affirmed the status quo, and it was quickly accepted, much to our relief.

After the business meeting Friday and again on Saturday, we attended workshops on such topics as course measurement and certification; medical issues for race organizers; how to attract media coverage; and effective club communications. We had been looking forward to a scheduled roundtable discussion that was to include representatives of both the RRCA and AARC so that we could compare the two organizations, but it was mysteriously canceled.

The highlight of the weekend was the Cherry Blossom race, which we'll talk about in a separate article since this one is getting long already. Otherwise, we had a good time at the convention, and it was well-organized for the most part by the Montgomery County Road Runners, with the exception of a snafu that caused us to miss the bus to Cherry Blossom registration through no fault of our own (good thing the nearest Metro station was only a few blocks away). Most importantly, we came away with the sense that the RRCA is now headed in the right directions, thanks to the prodding of its member clubs. We'll continue to monitor the situation, but as of now we're hopeful that we'll be able to maintain our long association with the RRCA.