



NEWS*RUN

National Award Winner of the RRCA Outstanding eNewsletter & Mid-Sized Newsletter

Spring 2024

2024 Upcoming Races

- Portland Sea Dogs Mother's Day 5K - May 12
- Pat's Pizza Clam Festival Classic 5 Miler July 20
- Peak's Island 5 Miler - July 27
- Maine Track Club Turkey Trot Nov. 24
- Farm to Farm Ultra Sept. 29
- Maine Marathon, Half & Relay October 6

Welcome, New Members

Jacob Strickland
Kery Strickland
Jennifer Strickland
Tony DeLois
Ava Gleason
Ralph Carmona
Sarah Lapine
Zachary Cox
Nicole Gaidis
Cindy Perkins
Linda Lawson
Margaret Bradbury
Vivienne Geyerhahn
Brittany Millsap
Casey Jennison
Sonia McGrath
Kimberly Gallagher
Christine Johnson
Emma Cost
Mike Anderson
Chris Woods
Colleen Salvo
Gerard Salvo
Svetlana Myagkova
Bob Kennedy
Anne Broussard
Chris Salamone
Bob Mayo
Robert Randall

President's Message

By Cadence Atchinson

It feels like spring is finally here and I am excited about all the things that are coming up this spring and summer, we've got a bunch of good stuff happening in May, the MTC member picnic (5/22) at Sebago Brewing next to the Shaw Cherry Hill trails. There is also the opportunity to learn a bit more about ways to support your running through functional strength training, that session is happening at Starting Line Run Studio (5/9). A sure sign of summer, the beginning of our coached speedwork sessions will start May 13th and run weekly on Mondays through September, Coach Alice will be back and we'll be meeting at the South Portland Track on Mondays at 6pm.

Our summer racing season is right around the corner! There are lots of opportunities to get out and train for or volunteer at, including The SeaDogs Mother's day 5k (5/12 and registration is open), Back Cove 5k series (start 5/29) & the registration is also open for the Peaks Island 5 miler, which is happening July 27.

I hope you're able to get out and enjoy the weather, running or volunteering at one of our events and look forward to seeing many of you in the coming weeks!

Do you have an idea for a fun MTC group activity or event?

We are looking for your ideas for an activity that brings members together that you would like us to coordinate or you would be interested in helping us organize! It could either be running related, or an entirely different activity or socialization event! Please email Stan Rintz, the NewsRun Editor at stan@activitymaine.com with your ideas, we would love to hear from you!

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Striding Forward: Wearable Devices Role in Running Performance

By Paul Kehoe

Sports Medicine Fellow, Maine Medical Center



“Wearable Devices for Ambulatory Cardiac Monitoring: JACC State-of-the-Art Review” explores the advancements, challenges, and future prospects of wearable devices in the realm of cardiac monitoring. The article, published in the Journal of the American College of Cardiology (JACC), provides a comprehensive overview of the current landscape, emphasizing the potential of these devices in improving patient care and outcomes.

Ambulatory cardiac monitoring can be significant when diagnosing and managing various cardiac conditions, including arrhythmias, heart failure, and syncope. Traditional monitoring methods, such as Holter monitors and event recorders, have limitations in terms of duration, convenience, and patient compliance. Wearable devices offer a promising alternative, enabling continuous monitoring over extended periods while allowing patients to maintain their daily activities.

Wearable cardiac monitoring devices have evolved from early prototypes to their current generation of sophisticated sensors and algorithms. These devices come in various forms, including patches, wristbands, and clothing, providing flexibility and comfort to users. They utilize a combination of sensors, such as electrocardiography (ECG), photoplethysmography (PPG), and accelerometry, to capture physiological data and detect cardiac events.



One of the key advantages of wearable devices is their ability to provide real-time data to both patients and healthcare providers. Continuous monitoring allows for the early detection of arrhythmias, which is crucial for timely intervention and prevention of adverse outcomes. Moreover, the integration of wireless connectivity enables remote monitoring, facilitating telemedicine and remote patient management, particularly in underserved or rural areas.

Clinically, wearable devices can help to monitor various cardiac conditions. For example, in the diagnosis of atrial fibrillation (AF), these devices offer superior sensitivity and specificity compared to traditional monitoring methods. They also play a vital role in risk stratification and guiding treatment decisions in patients with heart failure and other cardiovascular diseases.

Despite their potential benefits, wearable devices face several challenges that need to be addressed for wider adoption and integration into clinical practice. These include issues related to data accuracy, reliability, and interpretation. Additionally, there are concerns regarding data privacy, security, and regulatory oversight, particularly concerning the storage and transmission of sensitive health information.

It is important for there to be collaboration between clinicians, engineers, and regulatory agencies to overcome these challenges and optimize the utility of wearable

devices in cardiac care. Future directions in research and development include the refinement of sensor technology, the integration of artificial intelligence and machine learning algorithms for data analysis, and the validation of these devices in large-scale clinical trials.

In conclusion, wearable devices represent a promising frontier in ambulatory cardiac monitoring, offering continuous, convenient, and real-time monitoring for patients with various cardiac conditions. While significant progress has been made in device technology and clinical applications, further research and innovation are needed to address existing challenges and realize the full potential of these devices in improving patient outcomes and enhancing the delivery of cardiovascular care.

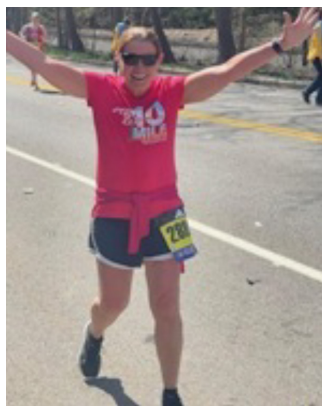


**119 Gannett Dr. So Portland, Maine
207-773-0040**

Maine Track Club represents at the 2024 Boston Marathon

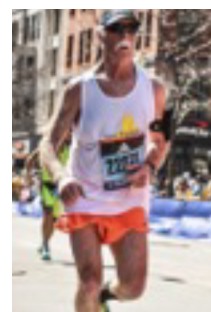


Volunteers at Hydration Station Mile 14. A Strong contingent set up station and handed out water and Gatorade and offered cheers and support to the thousands of runners.



Cindy Hilton club recipient of this year's Boston Marathon bib! Cindy says "So happy to run my 5th Boston thanks to the MTC! It was hot and not my best time but I love that race! The support at mile 14 was awesome."

Bob Mackinnon set a marathon PR running 3:44.51. When asked to comment on his run, Bob noted "It was an amazing experience! I had a lot of very good advice and had my race plan based on that. I tend to go out faster than I should but stuck to the race plan which conserved energy for the Newton Hills. It was truly amazing to look ahead on the course and see runners everywhere, hard to believe almost 30,000."



Other MTC finishers:

Ward Boudreau. Gardiner. 3:23.51

Steve Conley. Falmouth. 4:05.50

Bob Dunfey. Portland. 5:37.18 *Century Club Member ran his 34th consecutive Boston

Michele Duval. Falmouth. 4:11.11

Patty Higgins. York. 4:16.21

Jessica Johnson. Biddeford. 6:24.32

Bob Kennedy. 4:49.48

Travis Kroot. Portland. 3:05.38

Ernie Milner. Scarborough. 3:45.38

Nicole Nevulis. Cumberland. 6:03.02

Kristy Perkowski. Falmouth. 4:25.55

Erin Wolf. Falmouth. 4:09.41

Bruce Rayner. 5:02.23