



NEWS*RUN

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

Spring 2023

2023 MTC Races

- Peaks Island 5 Miler Saturday, July 29

MTC Supported Races

- Portland Sea Dogs Mothers Day 5K Sunday, May 14
- Pat's Pizza Clam Festival Classic 5 Miler July 22

WELCOME, New Members

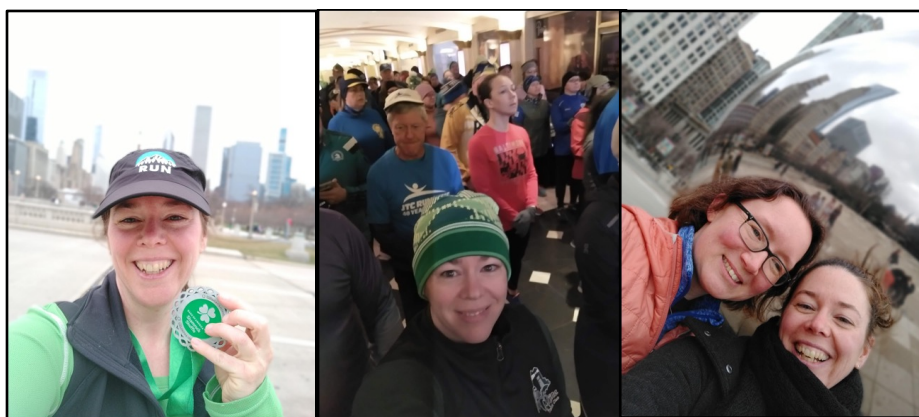
Michael Abbatiello	Erik Martin
Parker Adelson	Jill Matthews
Deb Aseltine	Erin McGann
Michelle Bailey	Jennifer McIntire
Abigail Britt	Danielle Milliken
Eliza Britt	Michael Milliken
Ian Britt	Jason Murray
Theodore Britt	Chamali Narawgoda
Peter Burke	Ross Nova
Daniel Chuhta	Britt Noyes
Charlie Collins	Kristy Perkowski
Timmy Collins	Raffaella Peters
Patrick Connolly	Eleonara Pinna
Erin Cooke McAllister	Samantha Posey
Gabe Dakowicz	Laura Reading
Aja Darak	Elena Resnick
Anya Davidson	Michael Riegelman
Joe DiSalvo	James Robbins
Kelsey DiSalvo	Lindsay Roskelley
Bethany Dodge	Marian Sagona
Erin Doyle	Marian Sales
Steven Fritzsche	Sean Sevey
Casey Gallant	Shay Sevey
Ryan Gallant	Abigail Smith
Ajeet Grover	Dakowicz
Kelley Herzog	Regan St. Pierre
Pat Ianni	Jonathon Stinson
Kevin Jensen	Betsy Tomlinson
Sam Lariviere	Elizabeth Turner
Lori Lindner	Jennifer Van Allen
Keven Ludena	Kelly Whetstone
Ansel Mallonee	John Willcox

President's Message

By Cadence Atchinson

Hello and Happy Spring

I had the good fortune to go to the RRCA convention in Chicago this past week. It's great to get to focus on running and running group planning, to get to hear how other groups are doing things and facing and overcoming challenges.



One of the neat things about the conference is that there are group runs every morning as part of the program of events, so I got to run every day I was in Chicago and see so much in addition to learning more about insurance, event management and non profit governance and succession planning.

The track club is in a great position and has done an exceptional job of building a really strong set of races and a great group of dedicated runners and volunteers. The people really make the club work

At the end of the conference was the Shamrock Shuffle 8k, an event that kicks off the racing season for the run clubs of Chicago. It was only after the mile 3 marker that I realized I'd only googled 'how long is an 8k' once and could no longer remember how much more than 4 miles it was. I thought about asking one of the other runners around me- in a race that had 34000 participants there were plenty of people around to ask, but it felt like something I should have known so I kept my mouth shut and my pace conservative in case it was closer to five then to four (it was, 8k is 4.9 miles, turns out. Why don't they just do a 5 miler, since they mark the course out in miles anyway?) . I was glad to reach the finish and felt good coming over the line, despite being unsure if the actual distance and likely under trained. I'm very much still making my way back into running after having my first kid, and really glad to feel good running any distance these days. Hooray for hobbies, hope to see you out there soon!



Inside This Issue

MTC Board & Info.....	2
Doctor's Corner	2-3

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Physical Activity Guidelines for School-Aged Children and Adolescents

By Emma Cronk, MD



Regular physical activity in children and adolescents promotes health and fitness, and with the help from the CDC Healthy Schools webpage, both parents and teaching staff can reference and implement these recommendations. Furthermore, the Physical Activity Guidelines for Americans, 2nd edition, issued by the US Department of Health and Human Services, has great recommendations that are listed in their comprehensive online textbook for ease of information access.



For children aged 6-17 years old, the ideal time of physical activity is at least 60 minutes of moderate-to-vigorous physical activity/day and of vigorous-intensity on at least 3 days/week. For children ages

3-5 years old, the amount of activity per day is not well defined for this younger age group, but the target that is most referenced in the literature is up to 3 hours/day, which includes activity of all intensities. At this age, the most important aspect is that physical activity should be promoting a fun environment, which could include active play as well as structured activities.

Physical activity can be divided into three different categories:

1) Aerobic: is a form of physical exercise that combines rhythmic movements for a continual period of time.

2) Muscle-strengthening: strength training or resistance training involves the performance of physical exercises that are designed to improve strength and endurance. It can be more structured, like lifting weights or using resistance bands, but can also be unstructured play.

3) Bone-strengthening: defined as activities that produce a force on the bones that promotes bone growth and strength, in which this force is mostly produced by ground impact.

Examples of moderate-intensity aerobic exercises:

Preschool-aged children: tag, follow the leader, walking, running, jumping, swimming, gymnastics

School-aged children: bicycle riding, hiking, baseball, softball, swimming

Adolescents: kayaking, hiking, brisk walking, video games with continuous movement

Examples of vigorous-intensity aerobic exercises:

Preschool-aged children: playing on the playground, walking, running, dancing, swimming, throwing

School-aged children: running, tag, flag football, jump rope, cross-country skiing, basketball, martial arts

Adolescents: running, flag football, soccer, basketball, swimming, tennis, vigorous dancing, martial arts

Examples of muscle strengthening exercises:

Preschool-aged children: tug of war, climbing on playground equipment, gymnastics

School-aged children: resistance exercises using body weight or resistance bands, rope or tree climbing, climbing on playground equipment

Adolescents: resistance exercises using body weight, resistance bands, weight machines, hand-held weights, tug of war, some forms of yoga

Examples of bone strengthening exercises:

Preschool-aged children: hopping, skipping, jumping, jump rope, running, gymnastics

School-aged children: hopping, skipping, jumping, jump rope, running, sports that involve jumping or rapid change in direction.

Adolescents: jump rope, running, sports that involve jumping or rapid change in direction

References:

https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

<https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>

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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