



NEWS*RUN

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

Spring 2026

2026 Maine Track Club Races

- June 21 - Field & Forest 5 Miler -New
- July 25 - Peaks Island 5 Miler
- October 4 - Maine Marathon, Half Marathon & Relay
- September 27 - Farm to Farm Ultra Run & Relay
- November 22 - MTC Turkey Trot 5K

2026 Maine Track Club Supported Races

- May 10 - Sea Dogs Mother's Day 5K
- July 19 - Pat's Pizza Clam Festival Classic 5 Miler
- Aug. 30 -Fairgrounds 5K, Mile & Market

**To check for updated MTC race dates and times, as well as register for races, visit www.mainetrackclub.com.*

President's Message

By Cadence Atchinson

In 2025 The Maine Track Club, Midwinter Classic and the Maine Community Bank Maine Marathon got together to donate \$140,00 to combat food insecurity in Maine. I am so proud of our club for doing this. The money went to the Good Shepherd Food Bank, Preble Street, Wayside Food Programs, The Locker Project, Cultivating Community and Mid-Coast Hunger Prevention Program. In all, the Maine Marathon and our MTC race events raised a combined total of over \$793,000 for charities in 2025! This impact is a tangible way that the club was able to give back to and support the community during a hard year.

Looking into 2026 I'm excited for our new race, the Field and Forest 5 miler to debut, and for all of our old favorites to be back in action, staffed by the many wonderful volunteers that make MTC's work possible. In addition to races, we'll get the opportunity to get together again I hope at some social events over the coming summer and fall.

I hope everyone is well and that I see you out there sometime soon! - Cadence

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Welcome, New Members

- | | | |
|--------------------|-------------------|--------------------|
| Stephen Amoroso | Richard Dunham | Emily McBrayer |
| Carolyn Arcand | Jo Geddis | Hilary Lynn McCabe |
| Kalim Armstrong | Mathew Grandonico | Alyssa Michaud |
| Lisa Banks | Jennifer Hanic | Angela Ostiguy |
| Darcy Berry | Rebecca Harvey | Emma Orson |
| David Broughton | Jen Hayward | Eric Orson |
| Tiffany Broughton | Samuel Hudspath | Lori Olson |
| Danielle Buchma | Valerie Hudspath | Seth Olson |
| Carla Burkley | Pat Ianni | David Phelps |
| Catherine Callahan | Jonathan LaBonte | Rebecca Redman |
| Madilyn Cassidy | Tyler Landman | Mariah Stember |
| Michael Cataldi | Kelsey Lantz | Huff Templeton |
| Brad Clarke | Michelle LeBlanc | Terry Walker-Brown |
| Lindsay Dickerson | Rebecca Lovejoy | Chris Whitney |
| Katie Beth Dunham | Charles Mallo | Wes York |



Board and Committee Members

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Bob Ayotte.

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Don't Miss These Maine Track Club's Summer Social Events!

MTC goats & snacks!

Where:

- Sunflower Farm 12 Harmon Way
Cumberland

Cost:

- Free

When:

- June 7 from noon to 2pm
Deadline to register: May 31



MTC Fall Casco Bay Lines Boat Cruise!

Stay tuned for the 2026 MTC boat cruise that is free and open to MTC members, your family and friends, as well as non-MTC members who are interested in learning more about the Maine Track Club.

Snacks, sandwiches, desserts and water available to all on board - at no charge. There is a full bar available to purchase soft and alcoholic drinks. Registration for the cruise is required and typically opens in July.

High-Altitude Running

By Sanath Srivastava, MD
Maine Medical Center



Running at high altitudes can be challenging if you don't already live at that altitude. That doesn't mean you can't enjoy a run in Denver or Mexico City, but it takes a bit of planning and caution to make for a safe, enjoyable experience.

Altitude is defined based on one's height above sea level. For reference, Portland (the better Portland, in Maine) is roughly at sea level, with an overall elevation close to 0 meters. In contrast, Bogotá, Columbia, a popular tourist destination, sits at 2620 meters (roughly 8596 feet)!

As altitude increases, the proportion of Oxygen in the air decreases, leading to "thinner" air. At heights above 1500 meters (roughly 4921 feet), VO₂max decreases approximately 1% for each subsequent elevation of 100m. Muscle fatigue also increases with elevation. Therefore, the higher you are, the more difficult it is to breathe and perform physical activities, such as running.

Our body usually has a backup plan for this, including making more red blood cells in order to deliver more Oxygen to our tissues. After 3-5 days of exposure to altitude, the body shows some level of adaptation, but maximal exercise capacity remains overall reduced compared with that at sea level.

You might have heard the term "Altitude sickness" before. It is also known as "Acute Mountain Sickness," and is seen especially at altitudes greater than 2400 meters (roughly 7874 feet). It occurs when the body cannot adapt enough to make up for the changes noted above. This condition can range from mild to severe, and includes symptoms such as headache,



dizziness, nausea, fatigue, and shortness of breath. Anyone experiencing these symptoms while at an elevation should seek medical care. In order to prevent Altitude Sickness, it is important to discuss with your Primary Care Provider prior to traveling to high-altitude destinations. They might recommend certain measures to help your body adapt.

The most important part of preventing Altitude Sickness is allowing adequate time for the body to adapt to the new environment. It is recommended that one participates in only mild exercise for the first 48 hours of altitude exposure. The American College of Sports Medicine recommends that athletes exercising at higher altitudes maintain adequate nutrition, including carbohydrates, protein, and fluids. Iron-rich and antioxidant rich foods are also important for successful adaptation to high altitudes. Alcohol should be avoided during acclimatization.

All this being said, running at high altitudes can help you stay active while traveling and even provide a fun way to explore new sights and nature. When done safely, it's amazing how well the body can adapt to such drastic changes in environment!



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Sugar and Salt: Nutrition During a Marathon

By Collin Leibold - Fellow, Primary Care/Sports Medicine
Maine Medical Center

When I was growing up in the sport of high school cross country, older runners encouraged me to “carbo load” before big competitions—in other words, eat a large volume of simple carbohydrates the night before the race. Current recommendations support this advice for longer events: the American College of Sports Medicine (ACSM) recommends carbohydrate loading prior to events lasting longer than 90 minutes ([Thomas, et al. 2016](#)). Specifically, they recommend a 36 to 48-hour period prior to the race in which carbohydrate intake increases to 10-12 g of carbohydrates per kg of body weight in a 24-hour period. For context, people who do moderate exercise for about 1 hour each day are recommended to consume 5-7 g/kg daily.



Current research also focuses on carbohydrate intake during prolonged exercise. The evidence is clear that higher amounts of carbohydrates ingested during prolonged exercise (i.e. longer than 2.5 hours) improve performance up to at least 60 g per hour. The carbohydrates should be a mix of glucose and fructose in about equal concentrations.

I recommend finding out what type of carbohydrates will be available at your upcoming marathon and then practicing using this food/gel/drink during your own training. For example, when I was training to run the Marine Corps Marathon last year, I checked their website and saw that they were offering gels from UnTapped at several aid stations; I

purchased a few to try out during long runs (in addition to a sports drink mix that I liked) and tried to stick to the same fueling strategy on race day. In essence, I was training my stomach to absorb the same food it would see on race day. If you deviate from your fueling strategy on race day, you risk winding up in the porta-potty with the most common side effect of attempting to maximize carbohydrate intake during endurance activity—GI distress.

While carbohydrates are probably the most important macronutrient during your marathon, it is important to remember that you’ll need a hydration strategy as well. Both overhydration and underhydration carry risks: overhydration can increase the risk of exercise-induced hyponatremia whereas underhydration can worsen performance. One strategy to thread this needle is to estimate your [sweat rate](#) in similar conditions to your expected race conditions. You can then plan to drink an amount of fluid that would see you losing 2-3% of your body weight during the race. If you don’t want to estimate your sweat rate (I didn’t!), you could drink the amount that keeps your urine pale yellow at the end of your long runs. Most of the fluid you consume during the race should contain some sodium to help maintain the sodium balance in your blood.

So for your Fall marathon, I recommend training your gut to tolerate 30-60 g of carbohydrates per hour, carboloading for 1-2 days before the race, eating the same type and no more than the same amount of carbohydrates you trained with on race day, and drinking sodium-containing fluids based on your individual fluid needs. Happy training!

NEW MTC Race Event for 2026!

Field & Forest 5 Miler - Sunday June 21st 8:30AM

The 5(ish) mile trail race is limited to 50 participants and benefits the Brunswick-Topsham Land Trust.

Location: 277 Pleasant Hill Rd, Brunswick, ME.

Giveaway is a tech tank top and volunteers needed!

The Course: Portions of single track and some wood bridges. It’s a great area to run if you are new to trail running!

Register Online:

runsignup.com/race/register/?racelid=196904

Registration ends June 17, at 11:59pm

2026 MTC Weekly Coaching Sessions Details TBA!



Run with MTC: We are currently working on the details for our Portland-area MTC Coaching Sessions that are held at a local track from May through September.

Look for the coaching details, track location, weekday and time to be announced in our weekly MTC newsletter email. We look forward to you joining us and other members for some coaching time on the track!

No need to sign up - just show up ready to run (bring water!).

As always, this weekly session is open to all ages, all paces and all goals welcome - and a part of the MTC member benefits.

Run With A Friend :) Maine Track Club Memberships!



The Maine Track Club is a membership organization and includes a variety of benefits:

- Weekly Coaching & Training sessions (May - September)
- FREE fun social events throughout the year.
- New in 2026 Goats & Snacks! On June 7th
- In 2025 we hosted: a Casco Bay Lines Boat Cruise, bRUNch, picnic / pizza night at Sebago Brewing Co., book club & weekly group runs
- Race Bib Lotteries for access to entries into the TD Beach to Beacon 10K, Boston Marathon, and Mt. Washington Road Race
- Early Registration access for Maine Track Club's Mid-Winter 10 Mile Classic
- Running Swag & Active Wear
- Annual Membership Banquet & Awards
- Volunteering Opportunities
- Website & Newsletter with Run Calendars & Tips from Experts
- And much more!



Check your membership status, and join/ renew today!



MTC President Cadence Atchinson awarding the overall winners: Darren Winchenbach & Kimberly Powers.
Photo by Stan Rintz.

CONGRATULATIONS to the 2025 Grand Prix winners!!!

**Announced at Maine Track Club's bRUNch event
celebrating year-end awards and
Annual Meeting in January**

Grand Prix Overall Winners: Darren Winchenbach and Kimberly Powers

Age Group - Top Finishers:

1-19: Teddy Powers and Sarah Carven

20-29: Emma Schwartz

30-39: Tony Myatt and Katie Davis

40-49: Nedicus Swain and Eliza Britt

50-59: Greg Knapton and Laurie Nicholas

60-69: Peter Lodge and Robin Brown-Kulakowski

70-79: Bob MacKinnon and Sue Dubois

80+: Zeke Zucker and Joan Tremberth

\$140,000

Donation to
fight food
insecurity

Fueling Maine Families, One Mile at a Time

With federal SNAP funding facing uncertainty, the Maine Track Club is here to support our neighbors.

This year, we are proud to donate \$140,000 to combat food insecurity. Led by \$90,000 from the Maine Marathon and \$18,000 from the Mid Winter Classic, the donation is funded by runners, volunteers, and sponsors of the family of MTC races including the Turkey Trot, Farm to Farm Ultra Run, Peaks Island Road Race, and Longfellow Frostbite 2.5K



The following Maine organizations will receive donations:

\$65,000



Scan to make an
additional donation
to support Maine
families today

mainemarathon.com | mainemarathon@gmail.com

\$15,000

to each of the following organizations:

