

APRIL 1982 VOL. 3 NO. 4

MAINE Running

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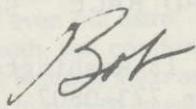
P.O. BOX 259, East Holden, Maine 04429 Telephone: 843-6262

April and the Boston Marathon go together like ham and eggs. Do you know what Maine runner has finished Boston better than any other? We all know that Joan Benoit won the women's division in '79, but do you know who from our state finished higher than any other?

It's the second guy in from the left kneeling in the cover photo. Andrew Sockalexis finished second at Boston in both 1913 and 1914. Read Mike Ranco's biography of the Penobscot runner. Others in the photo are Coach Smith (rear, left) and Clarence DeMar (beside Smith).

Marj Lalime revives the "Mainly About Women" column this month with her account of last falls Bonnie Bell 10k championship in Boston. Dr. John has some very late season thoughts about cross country skiing. Ed Rice updates the Fox runs and Skip has several pieces that we hope you will find interesting. Larry has an abbreviated column this month and we even had room for all the available race results.

Take heart. Spring is here! Look at the expanded calendar and the number of race flyers.



Maine Running is published monthly in Bangor

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Telephone: 843-6262

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April

THE CALENDAR

- 4
ROMA RUN Still no further information available. Better ask one of the Rowdies about this one.
- 4
BOSTON PRIMER 12:00 noon - 15.2 miles around Maranacook Lake, Maranacook School. Contact Greg Nelson at 582-5607 (H) or 289-3223 (W)
- 10
CHINA 10K CLASSIC See Flyer
- 17
ST. JOSEPH'S SPRING RUN See flyer.
- 19
PORTLAND BOYS CLUB 5 MILE 53rd year. Cumberland Ave., Portland. Contact: Dave Paul 774-4089
- 24
UNITY COLLEGE 5K FUN RUN See flyer

May

- 2
AMERICAN CANCER SOCIETY RUNS IN MEMORY OF TERRY FOX See Flyer
- 2
GLORIA STEVENS 6.2 MILE AND 2 MILE FUN RUN
Cooks Corner, Brunswick. Starts at 12 noon. Gift cert. for first male & female Contact: Jane Waddle 729-5544
- 8
BRUNSWICK ROTARY ROAD RACE See flyer
- 8
FOURTH ANNUAL ATHLETIC ATTIC 10K See flyer
- 9
5TH ANNUAL BIDDEFORD 15 MILER See flyer
- 15
2ND ANNUAL ROCKY COAST ROAD RACE See flyer
- 16
SRI CHINMOY 3 MILE ROAD RACE See flyer
- 16
WGAN 4 MILER at Channel 13 Washington Ave., Portland
Contact: Bob Coughlin 773-0807
- 22
CHILDREN'S FUN RUN (tentative) Contact: Charlie Scribner
- 23
GREELY GRIND 10:00 4K for \$2 and 11:00 10k for \$3 at Greely High. Contact: Lou Lambert 829-6253. T-shirts to first 50 (maybe more) Proceeds to Chebeague Island Track Team.
- 24
MEMORIAL DAY 10K in Main St., Gorham. Contact Phil Cook 839-4245
- 29
JONESPORT SESQUICENTENNIAL RACES See flyer

30

BACKSIDE RIDE

10.2 mile bike race. 1:30 p.m.
Registration is 12:30 - 1:15 p.m.
at Harbor House in Southwest Harbor.
Rain date 31st. Contact: Harbor
House, Southwest Harbor, Me. 04679
244-3713.

30

NIKE MAINE COAST MARATHON Contact: MSRC, 8
Colonial Dr., Saco 04072.

AT THE RACES

THE ICEBERG MARATHON

Bangor Mar 6th

This years Iceberg was a tweener. It wasn't nearly as cold and awful as the 1980 race, and it wasn't quite as warm and balmy as last year's contest. Mark Dorian, competing in his 26th marathon finally chalked one up in the winners column. He sat on the early leader, Eric Ellis and took off when Eric began to flag. Kim Beau-lieu of Standish jogged and talked her way through for an easy vic-tory. Second place female Barbara Plank was halted for 1 minute by a train so we adjusted her time at the finish line. Nineteen runners held on to finish and it appeared that everyone had a good time. Mickey Lackey, not wanting to be the only inhabitant of 24 Parkview not overinvolved in race directing, stepped forward and offered his services as the race director in 1983. I gladly give up the reins and may just run the thing for a change.



MAINELY ABOUT WOMEN



RUNNING THE BONNE BELL

by Marj Lalime

I was scared.

Completely surrounded by a sea of excited, stomping females, I said 'Hi' to the stranger beside me and we became instant buddies. Everyone in our seed was talking nervously, half-listening for the starting gun. Suddenly a hush enveloped the crowd and music wafted its way back from the starting line. Looking at one another in surprise, we too picked up the lyrics and sang in unison:..." and crown thy good with sisterhood from sea to shining sea". That was the most exhilarating moment of my running experience. Tears of joy ran down my cheeks. I wasn't scared anymore.

Seven thousand women inched up to the official starting line on Charles Street in Boston last October to run the Bonne Bell 10K. I reached the line at two minutes into race time. Rocky's theme song blared from the PA system and seemed to stimulate adrenaline as well as elbows as Charles Street narrowed to two lanes. I quickly learned the meaning of 'squeeze' and cursed the Mayor at every pot hole. I worked hard not to trip or be tripped...the stampede of feet was awesome. Sidewalks were lined with spectators and even their feet were in danger. At the far end of Longfellow Bridge, the cheering became overwhelming. Noise from what I thought was thousands of spectators turned out to be the voices of preceding runners, hollering as they passed through the underpass. I cheered and sent my echo reverberating to racers behind me.

The excitement and kinetic energy of those beginning moments carried me through the race. It was impossible to keep a steady pace even along flat Memorial Drive, but we all tried. The trick was to surge ahead between two runners, shouting 'Squeeze' keeping elbows tucked in and hoping they would too. What a thrill to pass hundreds of runners even though you knew hundreds of others were passing you at the same time. The Boston skyline was still on my left when Alison and Jan passed me on the other side of the oil barrel sentinels, flying back towards Harvard Bridge, their loop completed. That bridge seemed extremely long to me when I discovered it had an uphill grade. Funny I'd never noticed in a car. I made it to the Elliot Lounge and turned down Comm. Ave. where my daughter and friends were cheering and taking photos. The rest of the route should be easy, I thought. About all I remember was a huge group of Girl Scouts in uniform encouraging us to go faster, and one drunk leaning into the street with a perplexed look on his face saying "My God, where are they coming from?"

By the time I rounded Boylston, heading for Charles Street, my lungs and legs were exhausted. The FINISH line loomed ahead and I sprinted for it. Every woman behind me was pushing towards the finish, a bottleneck of people and ropes and confusion...will I be able to stop?...will the racers behind me be able to stop?...will there be a wild crush of legs and arms?

Suddenly it was over. I slowed down, I walked. I kept on walking to the water stop. I drank. I observed thousands of tired but contented runners eating yogurt and comparing notes. Then it hit me: I'd done it, too. I'd finished. I ran the Bonne Bell in Boston!

I was elated.

FRACH-ATTACK

by Dr. John Frachella

I've been taking the winter off... from running that is. I remember when I first met Mike Gaige a few years ago and he told me how he seldom ran in the wintertime. I thought the idea was slightly enticing, however I never had the guts to do it...till now. In the last 2 months I haven't run as much as a quarter of a mile. I've been skiing instead.

It seems to me that there's a lot of folks nowadays who say they're into cross-country skiing and, hey look, it's a great sport: pack a light lunch and take off right from the farm or take off for the carriage trails on the Island. One way or the other, it's kick, glide, kick, glide, take in the sights, maybe take a few pictures, eat lunch...all in all, a great way to spend the day.

But there's another way. Ski a hilly, twisted course, non-stop for 1 hour. Run up the hills with your skis by lifting your knees, much like you do when you're running on the road. On the flats, give your legs a break and double-pole 20 or 30 strokes without stopping. Kick around those tight corners and drive with your knees on every turn. Throughout your ski, adjust your momentum to a constant velocity regardless of the terrain.

If you feel like running later on that day, then you're likely to be skiing slowly or you're likely to be

the kind of person who road-runs double sessions as a steady diet. But I defy those who claim cross-country skiing work-outs aren't of the same intensity or quality of equivalent lengths of time spent running. Granted, the day after a 2½ hour non-stop ski you aren't as sore as you are the day after a hard 2½ hour run. Is that because skiing isn't as demanding or because skiing isn't as traumatizing or as stressful as running. I think the latter is closer to the truth.

Of all outdoor sports, cross-country skiing is generally recognized as the most beneficial activity, working both the upper and lower body. The arm-swinging motion exercises the same shoulder muscles that are used when swimming the crawl and the leg movement works the hamstrings, calf and quadriceps.

*A Frach-attack is a disease that affects few of us, thank God. It's characterized by an acute desire to experience pain in everything we do. Maybe that's why John's a dentist.



PEOPLE DIE, DREAMS DON'T

by Ed Rice

It was late Sunday afternoon, June 28, 1981, and the television sports commentator, with his \$25 haircut and artificially sweetened smile and voice, suddenly was not railing on in his usual ludicrous, urgent tones about this player's muscle pull or that player's contract squabble. He was saying that Terry Fox was dead.

Over and over the image of the curly-haired youth, with the affably shy Huck Finn grin or the gritty, determined look persisted, run-skipping his way on one good leg and one artificial limb along some lonely, country road...turning adversity into something positive and uplifting. A victim of cancer no more. An inspirational hero to millions.

And even though the one-legged Canadian did not officially complete his 1980 transcontinental run, he did break a spiritual finish line tape few of us are privileged enough to even approach.

A tear-filled run that June 28th inspired a dream, a hope that maybe there was a way to keep the very special spirit and dream of a very special young man alive. His blueprint was an easy one to follow: to run and raise money for cancer research. Terry Fox said it best, from his death bed, "People die, dreams don't." And now all the running clubs of Maine have banded together to help prove him right.

Statewide runs, on behalf of the Maine Division of the American Cancer Society, are set for Sunday, May 2 in Portland, Augusta, Bangor-Brewer and Caribou. All proceeds will go for cancer research.

In Portland a 4-mile run will start and finish at the Portland Expo, beginning at 1 p.m. Four southern Maine running clubs are helping to construct the run: the Portland-

based Maine Track Club and Maine Rowdies, the Biddeford-Saco Marathon Sports Club and the Brunswick Good Sports Club. Acting as co-chairmen for the race are Bob Coughlin (MTC), Wayne Clark (Rowdies), Steve Mooney (Marathon Sports) and Rob Jarratt (Good Sports).

In Augusta, a 5-kilometer (3.1 mile) run will start and finish at the Augusta Civic Center, beginning at 2 p.m. Three running clubs are handling the logistics of the run: the Augusta-Gardiner Maine Road Ramblers, the Lewiston-Auburn Androscoggin Harriers and the Waterville Central Maine Striders. Co-chairing the Augusta run are David Baird (Striders), George Liming (Harriers) and Greg Nelson and Bob Jolicoeur (Ramblers), along with others from each group.

In Bangor-Brewer, a 5-kilometer run will start and finish near the Brewer Auditorium, beginning at 10 a.m. The Downeast Striders are constructing the run with Gary Coyne serving as run director.

In Caribou, a Sunday 1 p.m. run will take place at a distance and site yet to be determined. The Aroostook Joggers will create the run, with Conrad Walton serving as run director.

At each run a moment of silence in tribute to Terry Fox will precede the event, and the showing of the 28-minute documentary film "Terry Fox: I Had A Dream" will immediately follow. Each participant will receive a brief biography and drawing, suitable for framing, of Terry Fox. Based on the amount of sponsorship a run has, varying numbers of commemorative t-shirts will be given to pre-registrants.

Sponsorship to date finds the Portland run being backed by Hannaford Brothers. Augusta has support coming from the Bill Johnson Agency in Lewiston and the Augusta Kiwanis Club. The Bangor-Brewer run has Pepsi Cola. The Caribou sponsor is still undetermined.

Help, rolled-up sleeves as well as the financial kind, is still needed to make

the charitable project the complete success the runners would like to make it.

We could use more volunteers to help work at the finish line chutes. We'd like to be able to provide food and beverage refreshments afterwards. We'd like not to waste sponsorship money on awards, but rather have a few tasteful gifts for a handful of the first finishers; perhaps handi-crafts from some generous Maine artisans or running gear donated from sporting goods enterprises. We'd like to take out at least a quarter-page ad space in the local paper, with a clip-out form, to insure that anyone who'd like to run can easily get an entry form... perhaps a few service organizations chipping in together can help us achieve this goal.

There's room to help, if you'd like to get involved.

Since September Ed Rice, journalist, runner and promoter for the tribute runs has been doing a free talk/film presentation for schools and service organizations. The presentation is still available to interested parties. Contact Ed Rice, 173 West Broadway, Bangor, Me. 04401 (942-4170) or the Maine Division of the American Cancer Society, PO Box 456, Brunswick, Me. 04011 (1-800-482-0113).

Support for the project has already manifested itself in several lovely ways. World class marathoner Bill Rodgers (four-time winner of both the Boston and New York City Marathons) has agreed to do both television and radio public service announcements to promote the statewide runs. The Canadian Cancer Society has provided ample materials and a glossy photo for promotional use. The Waterville Elks Club and another very generous "anonymous" donor made it possible for the Maine Division of the ACS to purchase outright two copies of the Terry Fox documentary film. Television stations throughout Maine have generously provided time to air the film (previously unseen in the United

States)...and several stations have had repeated showings. Further, several of the stations have booked the film again for sometime in late April, just before the tribute runs.

Also, the Phi Gamma Delta Fraternity from the University of Maine at Orono pledged all of the money raised from its 24-hour Fiji Relay Marathon in February to the Maine Division of the ACS, in support of this runners' project. The Fiji Marathon netted in the vicinity of \$9,000 this year.

Terry Fox's dream is still very much alive...come on out and be a part of it.

TROPHIES & AWARDS



- *Prompt service
- *Engraving
- *Trophies
- *Plaques

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Bob Hagopian
109 Main St.
Madison, Me.
04950
696-5548

THE MAINE LINE

by Larry Allen

NOTES FROM A MADMAN (resting for a marathon) in place of Maine Line

Madison Sq. Gdn. Feb 26th
TAC/Mobil USA

Bruce Bickford ran fourth in the 3 mile race broadcast live on PBS nation wide after leading thru 1 mile (4:23) and 2 (8:44) off his PR and former American Record of 13:07 from 1980.

Mass Feb 10 Miler

Andy Palmer tied for first intentionally in 50:32. Roland Davide, the 1980 winner of the Shamrock Marathon held the course record of 51:17. Davide ran this record the same year he won Shamrock.

Miami Jan Orange Bowl Marathon

Leo Lachance a former Old Orchard resident and Cheverus standout ran the Orange Bowl Marathon in Miami in January in a PR 2:28:10. He will be running Boston. Leo is finishing four years in the Air Force and will be attending the University of Maine at Orono in the fall.

College Scene

Three UMaine women's distance runners have run extremely well this winter.

SUE ELIAS - Maranacook HS
UMO record 2:16 880
2:14 relay split
4th in Easterns

JOANNE CHOINERE - Cumberland, RI
UMO record 10:36 2 mile
won the Easterns

ROSE PREST - Central Aroostook
17:36 5,000 meters
10:53 2 mile
placed 3rd in the Easterns

UMO hosted the Women's Easterns (Div II) at Orono on Mar 6-7. Villanova ran away with the team honors while UMO placed in a tie for fourth overall.

Bates Hosted Women's Easterns (Div III) in Lewiston on Mar 6-7. Results were not available at press time.

Sri Chinmoy Marathon Hampton, N.H. Feb 6

Arnie Clark	3:08:01
Frank Morong	3:16:58
Larry Barker	3:22:40
Jim Swan	3:29
Guy LaFlamme	3:29:30
Don Berthiaume	3:49:02
Denise Coburn	3:57:03

Others ran between 13.1 and 20 miles as a workout.

Don Wilson; Marc Lessard; Marty Cardoza; Mike LaCroix; Jean Berthiaume; Joel Croteau; and Bob Provost.

Shamrock Marathon Va. Beach Mar 20

When we called Bangor after the race we heard about the sunny day and 50°. It made us all sick. Down south it was 44° at race time in a steady, hard downpour with 25 M.P.H. gusts of wind that never seemed to get at our back.

The pre-race favorite quit at 4 miles when he saw the Seashore State Park trail was 4 miles of ankle deep water on top of slippery red clay.

Andy Palmer cut back after 12 or so and stayed in the race only for the "Run Maine" team to finish 7th in 2:28:27. O.J. was asking Tanya at eighteen if Andy was still in it. He said he too would have hung it up if it were not for the team. He finished in 2:39:59. Larry was once again on his sub-2:40 pace when he could not run any more at 24 miles. He had to be taken from the course, done in by the extreme

cold and damp.

Kurt Lauenstein was quoted in the local paper as saying, "I'll tell you my name, but I can't remember anything else.", as he stretched out on a cot in the postrace headquarters. Kurt ran 2:22:49 for third place and his friend Tony Quinn of Milton, Vermont ran 2:23 for fifth.

I ran as evenly as possible and finished in 2:59:30 something. "Team Maine" lost the team award by seven points to the Tidewater Striders of Virginia Beach.

Maybe next year!!!

Bob

BOSTON RUNNERS

Andy Palmer 2:17 best; 28; Mars Hill

Kurt Lauenstein 2:18; 31; Bangor

O.J. Logue 2:26; 25; vet of 23 marathons; Orono; hopes for a 2:25

Leo Lachance 2:28:10; 25; has run 2; Old Orchard; hoping for a 2:25

Howard Paradis 3:01:53; 49 of Madawaska has run 4.

James Moore 3:06:00; 42 from Cape Elizabeth has run 3 and is wishing for a 3:05

Herb Strom 2:56:33; 52 from Portland has run 9 marathons and thinks he can go sub-3

John Gasser 3:05:41; 40 from Bethel has run in 4 marathons and hopes to duplicate his Skylon effort of 3:05

Kevin McDonald of Lovell has gone 2:43:13 at Casco Bay and hopes to break 2:40 at Boston. He's 32 and has run in 13 marathons.

Good luck!!

Write: Larry Allen
24 Parkview Ave.
Bangor, Me. 04401
Tele: 942-4297

Come meet some people in love with the restaurant business.

"Run on over to Ben's" We've got something special for you!

APRIL

1-3 Brother Jump

4-6 Big 16

7-8 Scott Folsom Band

9-10 Rythmn Agents

11 Wildwood

12-14 Bijou, McCue & the Matinees

15-17 Cub Koda

18-20 Peter Galway Revue

21-22 Natural Boogie

23-24 Bliss

25-26 Waldo County Line

27-29 King B's

30 Randy Hawkes & the Overtones

BENJAMIN'S

123 FRANKLIN STREET BANGOR, MAINE 04401



JOHN LINSCOTT - MARATHONER

by Skip Howard

If you've run any of the Boston Marathons since 1958, you've been in the company of one John Linscott. Now a resident of Bucksport, John has run every Patriot's Day in Boston until 1975, and since then has been a checker at the Lake Street point in downtown Boston. Needless to say, his life on the roads carries with it a wealth of experiences and acquaintances that have bridged the time between the traditional BAA and the BAA as we know it today: glamorized by native son Bill Rodgers and now on the verge of the kind of corporate sponsorship which will undoubtedly transform, for better and worse, the only marathon in the world with a qualifying time. I recently spoke with John Linscott about his running career and views on the sport.

As a thirteen year old, John ran the New Hampshire hills on a thirteen-mile romp in two hours; as a high schooler he ran ten miles in an hour on a regular basis as his only training for the 1947 Boston Marathon. Intending to run just seventeen miles, he realized that the crowd was cheering for an older man just ahead of him, the legendary Clarence DeMar. Pulling alongside, buoyed by the cheers preceding him, Linscott had the temerity to say: "I hope I can stay with you, Mr. DeMar". A characteristic grunt was the only reply.

After this auspicious beginning, John then became involved in music school, the U.S. Navy, marriage, cigarettes, alcohol, and the sedentary lifestyle that accompanies many Americans before someone bets them they're

not in shape for some specific event. In John's case, it was New Year's Eve 1958: 193 pounds. By April 19th, he weighed 145 pounds, thanks to a 900 calorie diet and the inspiration of Jock Semple. A close friend of Semple's, John is outspoken in his admiration for the outspoken guru of the BAA Marathon; his poem honoring Jock Semple at a testimonial is a part of the Boston Marathon guidebook.

An accomplished jazz -usician, "mainsteam jazz" as he calls it, as well as a teacher, John Linscott has combined several careers with a love and dedication to running that has often caused some interesting juxtapositions: like the night he left Boston after playing a gig 'til the wee hours to run the Yonkers Marathon in New York the next day. Arriving at the Chippewa Club in Van Cortland Park at 7 a.m. the next morning (the race began at noon) he spied a beckoning cot: "So I'm thinking just a few hours sleep and maybe I can pull this off. No sooner does my head hit the pillow, but I hear Jock Semple's growling Scottish burr and up I get. Well, 15 miles in 1:30 and I was walking, beat, ten minutes later."

John's best marathon is a 3:00:42; he ran several times that seem relatively modest today, but back then, in the 50's and 60's ignorance of proper training prevented many athletes of similar caliber from realizing faster times. This warm and engaging man talks lovingly of the Boston Marathon; and intimately of the east wind at the top of the Newton Hills. And when his thoughts rest on the camaraderie and flavor of Boston, it's almost as if you've been there. There's something very nice about the modest way he says: "I hope I can stay with you."

March 22, 1982.

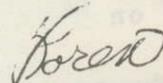
Letters

Robert Booker
Box 259
East Holden, Maine 04429

Dear Bob:

Unless someone in East Kittery has beat me to the Post Office on this windswept and sunny jour I have the pleasure of announcing the formation of the State's newest running club. As of 8:12 P.M. on the Eve of St. Patrick's, March 16, 1982, in a dubious state of sobriety and with mixed emotions the "Woodrunners" Running Club of T2R6 and other such tourist traps was born. This fledgling unit and it's initial enrollment of an even dozen has no charter, no philosophy, no sense, no officers and very little class, however, it hopes to recoup somewhat in it's promotion of fun runs, walks and jogs for children and grandparents of all ages with a heavy emphasis on family participation. I don't think that the Maine Track Club has anything to fear from our collective running abilities but rest assured that we'll be at peak form for the apres race activities. Should the media be clamoring for more information on the eager outfit kindly refer them to the scholarly gentleman seated outside the Matagammon Gate.

Thanking you in advance for the acceptance and publication of this hot little news item, I remain



Loren Ritchie
Local S.M.O.O.S.A.
Petition Burner

P.S. Our first Fun Run on Saturday, March 20, resulted in over 70 participants, from age 3 - 77. Stick it in your ear sunny California!!

"THE PACK"

THIRD ANNUAL ICEBERG MARATHON

Bangor Mar 6th

1.	Mark Dorian	2:42:53
2.	Bryant Bourgoin	2:48:43
3.	Bob Coughlin	2:51:11
4.	Ken Newsome	3:01:25
5.	Bill Leschey	3:05:37
6.	John Esposito	3:08:20
7.	Kim Beaulieu*	3:15:47
8.	Bill Gayton	3:15:48
9.	Bob Jolicoeur	3:17:13
10.	Steven Peterson	3:34
11.	Tim Drury	3:35:45
12.	Barbara Plank*	3:37:43
12a.	Arthur Greif	3:38:17
14.	Geraldine Schultz*	3:40:21
15.	Barb Coughlin*	3:43:28
16.	Julius Marzul	3:59:49
17.	Jan Pilotte*	4:09:20
18.	John Pluto	4:23:09
19.	Norj Ahrens*	4:26:30

Results courtesy of Bob Booker
Race Director

KERRYMEN'S PUB 4 MILER

Saco Mar 14th

1.	Ken Flanders	19:37
2.	James Goodberle	20:15
3.	J. Smith	20:24
4.	John Keller	20:30
5.	A. Leo Lachance	20:46
6.	Kenny Letourneau	20:59
7.	Kim Wettlauffer	21:00
8.	Rick Garcia	21:02
9.	Jim Babb	21:04
10.	Chuck Burrows	21:05
11.	George Towle	21:06
12.	Stuart Hogan	21:09
13.	Gene Coffin	21:15
14.	Sam Wimebaum	21:25
15.	Rick Shelton	21:36
16.	Joe LaRose	21:45
17.	John Wilkinson	21:48

18.	Jon Bemis	21:56
19.	James Cotsis	21:57
20.	Brian Flanders	22:07
21.	Sean Keough	22:07
22.	Lance Guliani	22:10
23.	Lawson Noyes	22:17
24.	Mark Hoffmaster	22:22
25.	Christopher Kein	22:25
26.	Dick McFaul	22:31
27.	Philip Wells	22:32
28.	Mike Kimball	22:33
29.	David Emerson	22:39
30.	Marc Bourassa	22:42
31.	Bill Lester	22:47
32.	Scott Card	23:09
33.	Stephen Harriman	23:11
34.	Bob Coughlin	23:13
35.	Larry Pelton	23:15
36.	John O'Malley	23:18
37.	Tom LaRose	23:19
38.	Joel Croteau	23:21
39.	Mike Gendron	23:26
40.	Jim Kein	23:32
41.	Mark Myles	23:33
42.	Bob Hunt	23:40
43.	John O'Brien	23:42
44.	Ron Poulin	23:45
45.	Barry Howgate	23:47
46.	Kent MacDonald	23:52
47.	Mike Barry	24:01
48.	Tony Harrigan	24:02
49.	Eric Ellis	24:09
50.	Guy LaFlamme	24:11
51.	Glenn Jones	24:12
52.	Tom Swan	24:13
53.	Douglas Moody	24:17
54.	Ken Jones	24:22
55.	Roland Moulin	24:26
56.	Joel Titcomb	24:28
57.	Michael Harrigan	24:32
58.	Albert Pulver	24:34
59.	Jeff Pomrov	24:35
60.	Dewain Wallace	24:38
61.	Russ Holm	24:39
62.	Herb Strom	24:41
63.	Peter Flaherty	24:43
64.	Kim Beaulieu*	24:45
65.	Peter Hanson	24:48
66.	Andrew Rosen	24:49
67.	Peter Orthmann	24:51
68.	David Fritz	24:51
69.	Paul Vinsel	24:52
70.	Paul Collier	24:53
71.	Daniel McCooley	24:58
72.	Clint Whiting	25:06
73.	Paul Rogers	25:18
74.	John Harrigan	25:25
75.	Tim Drapeau	25:30
76.	Carolyn Court*	25:33
77.	Bill Gayton	25:34
78.	Ted Saad	25:39
79.	John Harvey	25:39
80.	David Pinette	25:40
81.	Garret Clough	25:44
82.	Chad Gagnon	25:45
83.	Donald Wilson	25:47
84.	Phil Richardson	25:48
85.	Brad Goodale	25:49
86.	Karen Palermo*	25:51
87.	Edward Handlin	25:53
88.	Paul Riciputi	25:54
89.	Gary Hamilton	26:01
90.	Alan Sabake	26:03
91.	Tina Hogan*	26:18
92.	Walter Perrin	26:19
93.	John Chretien	26:21
94.	George Wells	26:22
95.	Norman Lemire	26:23
96.	Andrew Haslam	26:24
97.	Jeff Huntries	26:31
98.	Normand Brunelle	26:32
99.	Henry Wolstat	26:33
100.	John Ryan	26:46
101.	Steve Mooney	26:48
102.	Wayne Barton	26:49
103.	Frank Hemphill	26:55
104.	Scott Bemis	26:57
105.	Julie Fritz*	27:00
106.	Guy Furbush	27:02
107.	Kevin Pinette	27:03
108.	Peter Gagnon	27:04
109.	Fave Gagnon*	27:05
110.	Linda Emerson*	27:06
111.	Christian Gordon	27:07
112.	Billy Howard	27:14
113.	Paul Mondor	27:15
114.	Kevin Kein	27:21
115.	Maureen D'Amboise*	27:21
116.	Larry Frank	27:23
117.	Thomas Lindsey	27:23

118. Joe Mahoney	27:27
119. Tom Girard	27:31
120. Virginia Nichols*	27:32
121. William Nichols	27:33
122. Matt Gilligan	27:34
123. Clement Chorbouneau	27:39
124. Al Paquette	27:39
125. Bruce Brunelle	27:42
126. Don Youker	27:43
127. Ron Gaskell	27:49
128. Leighton Martin	27:56
129. John Rousselle	27:47
130. Nelson Parise	28:02
131. Steve Penna	28:05
132. John Ouillette	28:07
133. Brian Pennell	28:08
134. David Boothby	28:09
135. Rick Strout	28:10
136. Gilbert Cote	28:11
137. Greg Landry	28:19
138. Richard Monthorne	28:20
139. Roger Beaulieu	28:21
140. Richard Whetstone	28:22
141. Michael Ham	28:28
142. Gary Briggs	28:30
143. Bernard Ross	28:37
144. Don Tillotson	28:44
145. Robert Foisy	28:45
146. Jerie Bugbee	28:48
147. Greg Henaire	28:49
148. Richard Pinette	28:54
149. Richard Fritz	28:56
150. Robert Handy	29:06
151. Bernard Gaines	29:07
152. Robert Couture	29:09
153. Albert Frick	29:10
154. Billy Harrigan	29:12
155. Buddy Charity	29:13
156. Corinna Fritz*	29:24
157. Jason Millette	29:25
158. Jamie Chamberlain	29:26
159. Martha Shur*	29:31
160. Stoddard Chaplin*	29:38
161. Charles Towle	29:40
162. Steven Pennell	29:47
163. Leonard Mulligan	29:51
164. Anna Simic*	30:16
165. Eric Anton	30:34
166. Bonnie Cote*	30:35
167. Jon Doe	30:39
168. Don Guay	30:43
169. Don Landry	30:45
170. Ted Seymour	30:47
171. Robert Beaudette	30:48
172. Jeff Robey	30:50
173. Marcel Bouchard	30:51
174. Marguerite Comerford*	30:52
175. Donna Demmons*	30:58
176. Jean Smith*	31:03
177. Gary Duranceau	31:04
178. Timothy Chase	31:05
179. David Baston	31:07
180. George Furbush	31:09
181. Dave Pritchard	31:12
182. Mary King*	31:14
183. Mickey Beaulieu	31:26
184. Jesse McDougal	31:31
185. Gerry Milano	31:35
186. Robert Sprague	31:50
187. Don Croteau	32:05
188. Doug Doherty	32:09
189. Jayne Flaherty*	32:24
190. Chuck Shevenell	32:27
191. Cheryl Farrington*	32:33
192. Pam Plummer-Nelson*	32:38
193. Denis Morrill	32:40
194. Chris Lavoie	32:44
195. Judy True*	32:45
196. Glen Poland	32:45
197. Anthony Gordon	32:46
198. Howard Clifford	32:54
199. Bobby Thayer	32:58
200. Brian Duble	33:02
201. Carolyn Gayton*	33:10
202. Lynn Bohannon*	33:12
203. Dan Bean	33:16
204. Donny Tutino	33:31
205. Elizabeth Moulin*	33:40
206. Margaret Gallant*	33:47
207. Steve Maloney	33:51
208. Jessie Hemphill	33:58
209. Michael Newman	34:11
210. Mike Sukalas	34:11

211. Leo Cote	34:36
212. Tom Pettingill	34:44
213. Romaine Caraivon	35:01
214. Liz Dunkerley*	35:28
215. Shelia Chaplin*	35:28
216. June Seymour*	35:50
217. Stacey Vanites*	35:51
218. Stephen Ledoux	35:52
219. Wendy Delan*	35:53
220. Margaret Guthrie*	35:59
221. Preston Powell	36:09
222. Molly Comerford*	36:10
223. Stephen Labbe	37:02
224.	
225. Cheryl Ridolfi*	37:06
226. Ken Guay	37:09
227. Holly Pulver*	37:14
228. Jan McLellan*	37:31
229. Dorothy Boothby*	37:31
230. Alan Pritchard	37:48
231. Joe Comerford	37:51
232. Tom McDonough	37:54
233. Charles Scribner	37:56
234. Art Quint	38:02
235. Karen Mondor*	38:08
236. Brian St. Pierre	38:11
237. Mary-Lou Ridley*	38:54
238. Diane Horvat*	38:55
239. George Shur	39:04
240. Aline Towle*	39:09
241. Valerie Olesky*	39:21
242. Peter Spaltro	39:31
243. Ian Kingston	39:36
244. Scott Knowles	39:53
245. Marianne Powell*	40:20
246. David Merlin	43:42
247. Annette Foisy*	43:47
248. Gloria Sheehan*	46:56

Results courtesy of Liz Moulin
Marathon Sports Running Club

ST. PATRICK'S DAY FUN RUNS
SW Harbor 2 & 4 Miles Mar 14

2 Mile Race

1. Robert Pendergast	13:16
2. Lee Henderson	13:28
3. Jennifer Shea*	13:30
4. Howard Richard	13:46
5. Chris Boyle	13:48
6. Pat Richard*	13:57
7. Jimmy Davis	14:07
8. Richard Henderson	14:28
9. Chris Turner	14:37
10. Buddy Cousins	14:39
11. Garret Long	14:59
12. Les Spurling	15:20
13. Beth Hatch*	15:30
14. Bernie Tate	15:58
15. Jennifer Wadman*	15:59
16. Missy Shea*	16:00
17. Dee Dee DeLong*	16:14
18. Mr DeLong	16:16
19. Tom Davis	16:29
20. Braden Alley	16:30
21. Jack Wadman	16:56
22. Amy Richard*	17:16
23. Dan DeLong	17:19
24. Vernon Elsemore	17:31
25. Will welles	18:58
26. Geric Worcester	20:30
27. Jenny Thurlow*	22:15
28. Ryan Elsemore	22:16

4 Mile Race

1. Chris Holt	23:13
2. Dirk Bradt	23:14
3. David Alley	24:28
4. David O'Connell	24:40
5. Calvin True	25:28
6. Robert Nelson	26:26
7. Frank Bragg	26:39
8. Tim Drury	26:40
9. Clifford Noyes	27:01
10. Bill Barter	27:05
11. Danny Haggan	27:47
12. Bill Pinkham	28:08

13. Terry Cousins	28:15
14. Richard Alley	28:47
15. Vicky Vendrell*	28:43
16. Andy Enman	29:53
17. Felice Worcester*	32:07
18. Duff Train	35:03
19. Brian Worcester	36:38
20. Nancy Alley*	39:25

Results courtesy of Marty Lyons
Race Director

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shin splints, Achilles tendonitis, sore knee joints and other orthopedic symptoms interfere with your running, tennis, racquet ball or other active sports.

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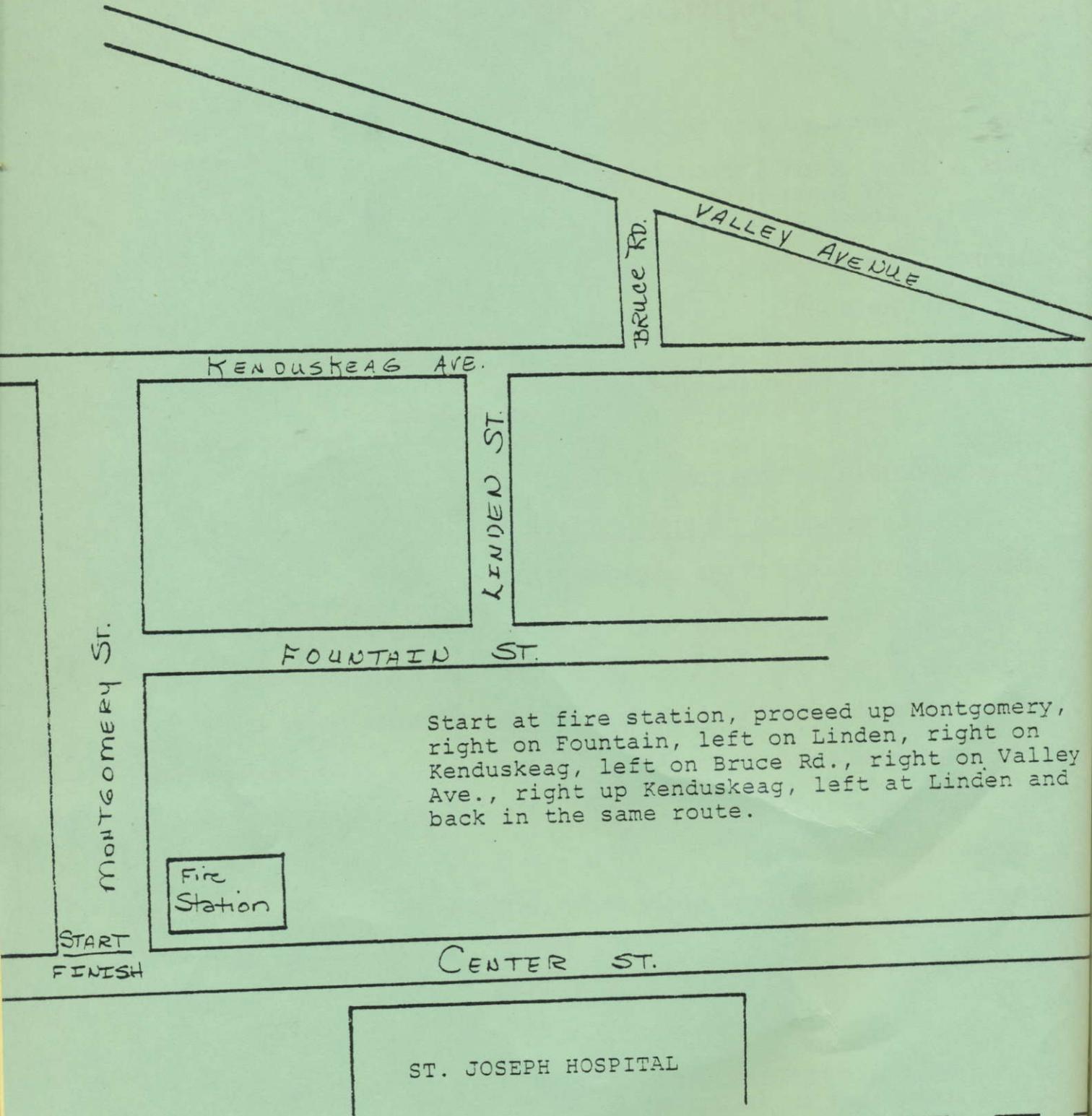
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VISA _____ MASTER CHARGE _____
EXPIRATION DATE _____
SHOE SIZE _____ M _____ F
Name _____
Address _____
City _____ State _____ ZIP _____

*Clinical Data available - \$1.00



CANCER CAN BE BEATEN

WELLNESS RUN
3.1 miles



KENDUSKEAG AVE.

BRUCE RD.

VALLEY AVENUE

LINDEN ST.

FOUNTAIN ST.

MONTGOMERY ST.

Fire Station

CENTER ST.

ST. JOSEPH HOSPITAL

START
FINISH

Start at fire station, proceed up Montgomery, right on Fountain, left on Linden, right on Kenduskeag, left on Bruce Rd., right on Valley Ave., right up Kenduskeag, left at Linden and back in the same route.

FLYERS IN MAINE RUNNING

Do you want to reach a great many runners without a great deal of hassle? Why not put your race application in Maine Running Magazine. Here's all you do:

Send me 700 flyers by the 20th of the month prior to the issue you want your flyer to appear in and a check for \$15. (Number of flyers will go up substantially in June, July and August) or...send us one photo ready copy of your flyer and \$50 and we'll print it for ya.

* * *

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Do you have a business that profits from physically active people? How about advertising in Maine Running? More than a 1,000 consumers read it each month.

full page \$50 a month; \$500 per year

half page \$30 a month; \$300 per year

¼ page \$17.50 a month; \$175 per year

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The logo for Chronomix features a stylized 'C' composed of three concentric, curved lines on the left, followed by the word 'chronomix' in a bold, lowercase, sans-serif font.

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\$50 per race

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*PETER WEBBER IN WATERTOWN

*NEW BALANCE SHOE FACTORY OUTLET
IN SKOWHEGAN

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