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Vol. 5 No.4 APRIL 84

MAINE Running

HUBERT STROM 7-84
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MAINE NATIONAL GUARD MARATHON TEAM

$1.50

MAINE Running

P.O. Box 259, E. Holden, Me. 04429

It's March 25th and I am sitting here looking at the foot of snow on my lawn. Believe it or not the big racing season has already begun.

The folks on the cover represent the first ever all-Maine National Guard Marathon Team. Five of the seven will be traveling to Lincoln, Nebraska to take part in the National Guard Bureau Marathon on May 6th. Good luck to (in the front kneeling) Marlin Conrad, Tim Marquis, and Ken Newsome. In the back are Lee Nicely, Ed Rice, Dave Freeman and Bob Salisbury. These guardsmen were chosen as part of the Great Lite Beer Downeast Maine Half Marathon. See the details and results inside.

Also in this issue we answer the question, "What is a Maine runner?" Maine Running is in the business of hyping everyones race from Benjamin's and the Maine Coast down to tiny four family affairs like the Harbor House St. Patrick's Day race. I'm proud that runners from all over New England and the Northeast have learned that racing in Maine is better than anywhere else. I want to see more and more out-of-staters in our races. What do you think?

Subhakara Csenge of Topsham lets us in on the Sri Chinmoy Marathon Team; Don Wismer is at his zany best; Kathy Dall takes us skiing and Frach takes us on the open white water. Where are the bikers?

Boston is on us again. Last chance for the trials. Maine Coast trainers are everywhere. Have a nice April.

Bob

Maine Running is published monthly at Bangor.

EDITOR: Robert Booker
PO Box 259
E. Holden, Maine 04429

Telephone: 843-6262

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30 races to help wear off the winter layer of fat.

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Cover photo and UMO Relay Team by Bob Haskell, Bangor Daily News

April

1 MAINE MILK RUN II 1:00 p.m. from SMVTI 5 Miler See flyer in March issue or contact: Maine Milk Run, c/o Jackson Corp., 5 Milk St., Portland, ME 04101

7 THE 15 MILE CHAMPIONSHIP RUN 11:00 a.m. from Rockland District High School. Sponsored by the Pen Bay Pacers. See flyer in March issue or contact: Susan Schmitke, Spruce Head, Maine 04859

7 SAINT JOSEPH'S COLLEGE 3 MILE RUN 10 a.m. from the college in North Windham. Splits at 1 and 2 miles. $3.00 entry fee. Proceeds go to St. Joe's X-C Team. Contact: Brian T. Gillespie, St. Joseph's College North Windahm, ME 04062

8 WEBBER HOSPITAL RACE 1 & 4 miles. Webber Hospital, Biddeford. Contact: Dick Roberge, 110 Union Ave., Old Orchard Beach, ME 04064 934-5390

14 3.3 BY THE SEA 1 p.m. from Jonesport Amb Bldg. $3.50 Contact: Dave Alley 497-2843

16 55TH ANNUAL PORTLAND BOY'S CLUB 5 MILER No responce to our inquiries for the fourth straight year. Sorry!

16 BAA MARATHON Boston

28 COUNTY BANK CLASSIC 11 a.m. 5 miler from Gouldville Elem. School, Presque Isle. Moved back from Aug 4. Contact: Dave Rand, PO Box 386, Mapleton, ME 04757 455-4850

28 4TH ANNUAL CHINA 10K CLASSIC 11:00 a.m. from the China Elem. School See flyer

28 MAD WITCH HALF MARATHON Brewer Auditorium. Contact: Brewer Parks & Rec Dept., Brewer, ME 04412

ATTENTION!!! REMEMBER THE PROVERBIAL ELEVENTH HOUR? Well, consider this eleven-thirty. I have just been informed that the Portland Terry Fox race will not be run on Sunday but on Saturday. Confused? Check with the folks from the MTC they know what they are doing.

Bowdoin College
July 22, 1984 - July 27, 1984

The Maine Running Camp '84

The 1984 Maine Running Camp will begin Sunday, July 22, 1984 at Bowdoin College. The participants will be housed in luxurious campus residence halls. Each participant must furnish his or her own bed linens and towels.

The first meal will be dinner on the 22nd of July and the last meal will be the noon meal on Friday, the 27th.

The participants will receive daily instruction in running techniques from some of the areas leading runners and coaches.

– ANDY PALMER –

Andy Palmer returns to the Maine Running Camp for his fourth straight year after a sensational year in which he coached cross country at Brandeis University and walked away with the laurel wreath at the first ever Bostonfest Marathon. Andy continues to coach many Maine high school champions through the mail and over the phone. Let him help you perform at your very best too.

There will be many more outstanding runners and coaches in attendance.

Each runner should bring: At least a half dozen T-shirts. Make them race shirts and swap! Three or four pairs of nylon shorts. Toilet articles. Two pair of socks for each day. This is a must! We don't have any athlete's foot. A jacket or warm sweater for the evenings.

Maine Running Camp Costs: The fee for the Maine Running Camp, including lodging and meals is $155.00. Commuting students will be charged $100.00. A deposit of $50.00 must be received by July 1, 1984.

Medical Policy: Parents of participants under 21 years of age must have written evidence of a recent physical examination of their child. In addition, parents must indicate in writing that the participant is covered by a family health insurance policy (Blue Cross, etc.. The physical examination results, statement of health insurance, must be returnd by June 23, 1984. The appropriate forms will be sent to you for your signature when we send your application confirmation. TAC Membership is recommended to take advantage of their excellent insurance policy. Ask for membership application.

The Maine Running Camp is sanctioned by:

THE ATHLETICS CONGRESS TAC USA

Registration Form

Maine Running Camp

Name.....Sex.....

Street Address.....

City.....State.....Zip.....

T-Shirt Size.....Telephone Number.....

A deposit of $50 must accompany this form. If there are not sufficient registrants to warrant having the running camp, the deposit will be refunded. Please make the check payable to:

Maine Running Camp
PO Box 259
East Holden, Maine 04429
(207) 843-6262

Please register by June 23, 1984

Additional Information:
Registration will be between the hours of 3 and 4 on the 22nd of July. Please try to show up at that time. If you come in straggling things are difficult for everyone involved. See you on the 22nd!

The Maine Running Camp

August 19 thru 24, 1984

For Adults

With ANDY PALMER
DR. PETER MILLARD
BOB BOOKER
TOM MULVEY
DR. JOHN FRACHELLA
and more!

The Maine Running Camp For Adults is open to anyone 18 and over who is looking for a great running vacation on Mount Desert Island in Acadia National Park. The camp's curriculum is open to the camper. There will be lectures, planned long runs, beautiful easy runs over the hundreds of carriage trails that criss-cross the island, sessions on technique, wonderful food and plenty of time to get out and enjoy the island as well: the beaches, the rocky coastline, the mountains, lakes and even the nightlife.

Campers will be housed in one of six residence halls on the College of the Atlantic campus. Our meals will be taken in the beautiful Turrets pictured above. Campers are asked to bring their own bed linens as well as toilet articles, towels, plenty of race T-shirts for trading and extra shoes and socks.

Campers who will need transportation from Bangor International Airport should indicate that fact on their application. Let us know the flight to be met as soon as possible.

The week will begin with a traditional Downeast Lobster Feed on Sunday night and end after the noon meal on Friday the 24th.

Maine Running Camp Costs: The fee for the Maine Running Camp, including lodging, meals and instruction is $250.00. Commuting campers will be charged $185.00. A deposit of $50.00 must be received by August 1, 1984.

The Maine Running Camp
is sanctioned by:

THE ATHLETICS CONGRESS
TAC
USA

College of the Atlantic

REGISTRATION FORM

Name.....Sex.....

Street Address.....

City.....State.....Zip.....

T-Shirt Size.....Phone ( ).....

A deposit of $50.00 must accompany this form. If there are not sufficient registrants to warrant having the running camp, the deposit will be refunded. Please make check payable to:

Maine Running Camp
P.O. Box 259
E. Holden, ME 04429

Please register by Aug. 1, 1984.

Registration will be between the hours of 3 and 4 on the 19th of August. Please try to show up at that time. If you come in straggling, things are difficult for everyone involved. See you on the 19th.

How to Get Here

Driving from Boston, take Interstate 95 north to Augusta. Route 3 to Belfast and Routes 3 and 1 toward Bar Harbor bear left after crossing the bridge onto Mount Desert Island. College of the Atlantic is on the ocean side of Route 3, about nine miles from the bridge and one-quarter mile beyond the CN ferry terminal. This drive usually takes from five to six hours. For a more scenic drive, take Interstate 95 to Brunswick and coastal Route 1 from there to Ellsworth.

Bar Harbor and Delta Airlines provide regular service to the Bar Harbor and Bangor Airports, respectively. In addition, Greyhound Bus Lines provides regularly scheduled transportation from Boston and New York to Bangor and from Bangor to Bar Harbor.

May

5 5TH ANNUAL BURNSWICK ROTARY ROAD RACE. 10 a.m. from Brunswick Jr. High School. $4 pre - $5 post. Contact: Brian Perkins, 163 Park Row, Brunswick, ME 04011 725-4327

5 WINDHAM ROTARY FOUR MILE CLASSIC 10 a.m. start from Windham High on Rte 202. See flyer

5 "People Die, Dreams Don't" TRIBUTE RUN TO TERRY FOX. 3 p.m. start from the airport in Auburn. Contact: Ed Libby

6 "People Die, Dreams Don't" TRIBUTE RUN TO TERRY FOX. 10 a.m. from the Bangor Motor Inn in Bangor. See Flyer

6 "People Die, Dreams Don't" TRIBUTE RUN TO TERRY FOX. 10 a.m. from the U.S.M. gym. NOTE THE DATE ON THE FLYER IS INCORRECT Sponsored by the MTC. See Flyer

6 DOWNEAST - DOGTROT 11 a.m. from Wm. Gribbel's house on Calderwood Lane in Rockport. See Flyer

6 BIDDEFORD 15 MILER MSRC, PO Box 1131, Biddeford, ME 04005

12 ATHLETIC ATTIC 5 MILER 8:30 a.m. from the Bangor Mall. Contact: Athletic Attic 947-6880

12 RUN FOR THE HILLS From Oxford Hills See flyer

12 4TH ANNUAL ROCKY COAST ROAD RACE 10K. 10 a.m. from the Boothbay Region YMCA. See Flyer

12 PENOBSCOT VALLEY HOSPITAL RACE. Tentative date Call 794-3321 for Michael Corbin

13 MOTHER'S DAY ROAD RACE 3.1 miler for women only. Contact: Skywood 594-9508

13 THE FALMOUTH LITTLE LEAGUE BENEFIT RACES Race #1 for 9 and under; Race #2 for 10-15; and Race #3 Falmouth Four Miler. See flyer

13 MOTHER'S DAY FUN RUN Tremont Community Center, Tremont, Maine 04690 1 p.m. Distance 2 or 4 miles. $1.50 adult/$1.00 child fee. Ribbons, 1st, 2nd, and 3rd place.

19 KENNEBEC VALLEY YMCA COUPLES REALY AND OPEN 5K 9 a.m. from the Hodgkins Junior High in Augusta. See Flyer

20 2ND ANNUAL BENEFIT RUN FOR SPECIAL OLYMPICS 10 a.m. from the Saco Defense Systems, North St. in Saco. See flyer

20 VOLKSMARSCH A walking event sponsored by Blue Cross/Blue Shield of Maine. On the Portland Campus of USM. 10K or 6K event. Fun for the whole family. Contact: Volksmarsch, c/o Blue Cross and Blue Shield of Maine 110 Free St., Portland, Maine 04101

20 FRANK SABASTEANSKI MEMORIAL POLAR BEAR RUN!! 10:30 a.m. from the Polar Bear on the campus of Bowdoin College. See flyer

27 3RD ANNUAL MEMORIAL DAY BACKSIDE BICYCLE RACE. Harbor House SW Harbor 1 p.m. 10 miler $5 pre - $6 post. T-shirts to first 75 registrants.

27 5TH ANNUAL MAINE COAST MARATHON 7 a.m. from the Kennebunk HS Gym Maine's fastest, Maine's largest field! Don't miss it! See flyer in March issue or contact: MCM, PO Box 1686, Biddeford, ME 04005

See Cranberry Island Road Race flyer in this issue. ENTER NOW!!!

The First Annual Great Lite Beer Downeast Maine Half Marathon was quite successful in spite of the adverse weather conditions. Colonel Roy Martin of the MAINEiacs Charities presents the trophy symbolic of National Guard supremecy to Marlin Conrad of Limestone. Marlin led the National Guard Marathon Team selection by turning in a 1:13:49.1 performance good enough for 4th place overall. Misa Fossas of Brandeis University ran away from the field from the start to post a 1:07:57.7 victory.

Over $660 was raised from the run with the generous participation of many Bangor area merchants, especially the folks from Haffenreffer Beverage in Brewer. The Miller Lite people provided the T-shirts, start/finish banners, numbers, mile markers, refreshments and advertising. Mike Dolley and Steve Coutts are to be thanked for making this event what it was.

We plan to move the race forward one week next year to avoid the St. Patrick's Day races and hopefully to encounter better weather.

Eddie Brissette of Otis turned out to be the big winner on the day. He won his age group and a gift certificate to A.J. Cole Tire for $25 and then my step-daughter, Brooke pulled his number out of a hat and he won a round-trip ticket for two anywhere Bar Harbor Airways flys. I wonder where Eddie's wife Helen will decide he should go?

I'd like to wish the State of Maine National Guard Marathon good luck as they go now to Lincoln, Nebraska to compete against the rest of the nation's State National Guard units. My money is on our Maine team finishing very high in that competition this year.

Bob Booker

Photo

Ann Blumer of Orono wins yet another road race

Misa Fossas of Boston floats to the finish line with no one in sight behind.

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What, Me Run?

Last time we began an interview with noted running psychiatrist, Dr. Hector "Tagalong" Weibach, author of Dr. Weibach's Fee-Based Running and other classics. I had spent sixty minutes on his office treadmill pitched at forty-five degrees, which the Doctor required in order to put me in the proper frame of mind for the session. Finally, though, I convinced him that I was interviewing for Maine running publications and not trying to sneak in as a free patient. So he let me off the treadmill, and after release from the hospital I returned to his office and we resumed our conversation.

Weibach: Maine, you say?

Me: Hey, what a classic line! Do you mind if I use it in print?

Weibach: I beg your pardon.

Me: Never mind.

Weibach: You're certain that the megalithic, liberal national running media will not be picking up on this, ah, "interview" as you call it?

Me: They never have yet.

Weibach: OK, then, I have nothing to hide. I am completely open to any question. Please feel free to ask anything, no matter how sensitive, and I will provide a candid and forthright answer.

Me: Well...

Weibach: I hate people who are less than honest in interview situations, don't you? Politicians, especially. Incredible how they can prevaricate and fabricate and waffle and avoid questions, how they interrupt and run on and on until you think they'll never stop. Well, Don, let me make it perfectly clear that your psychiatrist is not one to run on and on and on. You just go ahead with your questions and I'll answer them forthrightly, honestly, candidly...

Me: Excuse me, Doctor. Getting to running..."

Weibach: You're interrupting, Don! As I was saying...

Well, after a few hours the Doctor seemed to pause for breath, and I inserted a question:

Me: Doctor Weibach, how many miles have you yourself run in the course of your fee-based running career?

Weibach: Well, Don, mileage is a relative thing. For example, if you run twenty miles in five and two-thirds days, and sixteen kilometers in six and nine-eighths days, how many miles have you run on the average per hour per day?

Me: Er...

Weibach: Exactly! Next question.

Me: OK, how did you gain the affectionate appellation, "Tagalong"?

Weibach: You dare to call me that to my face? Why, you dirty...

Me (after effusive apologies): How about this: you've been accused of using running strictly for personal profit without regard to the spiritual and self-developmental aspects of the activity.

Weibach: Yes, and Genghis Khan was accused of conquering Asia. So what? It's a sign of a sick mind to be constantly preoccupied with tautologies. Is the Pope Catholic? Who is buried in Grant's tomb? When did you stop beating your wife? Does the bear...

Me: Doctor, please. About running...

Weibach: Yes, about running. Is it a sign that you hated your mother? Does it speak to the masochism in us all? In men, does it increase in direct ratio to the diameter of the bald spot? If the practice is so universally beneficial, why don't more infants and arthritics engage in it? It be those types of vital questions that occupy us professionals in the running game.

Me: That's not what Dr. Sheehan says. He says...

Weibach: Dr. Sheehan? I don't recognize the name.

Me: Oh. Well, anyway... Here's the key question. Are you the exploitative, fat, deceptive, oily and corrupt phony that your critics have called you in their eighty-six lawsuits and court appearances?

Weibach: I believe I've already answered that.

And so the conversation continued. Have I mentioned that the Doctor's name is pronounced "way-back"? That's where running leaves me, too.

Copyright 1984
by Donald Wismer

RUN AND BECOME: A LOOK AT THE SRI CHINMOY MARATHON TEAM

by Subhakara Csonge

One of the most well-respected clubs in the running scene today is the Sri Chinmoy Marathon Team, a worldwide organization with especially strong membership in North America, Europe and Australia. This international team, with a chapter in Brunswick, Maine, now sponsors more than 200 races a year on 5 continents, from two-milers through marathons, 24-hour ultras and triathlons. Lauded by many as some of the best public running events being sponsored today, the Sri Chinmoy races try to provide ideal performance conditions with emphasis on safe, flat, fast, certified courses and an abundance of services including water, ERG and time splits at every mile and sumptuous post-race meals and refreshments.

Sri Chinmoy, an athlete of the spirit, has encouraged members of his team to embark on some extraordinary athletic endeavors, striving not for name and fame, but for the goal of self-transcendence--to go beyond one's imagined limitations to experience the satisfaction of discovering one's own hidden unlimited potential. For example, in 1976 to honor America's Bicentennial, 31 members of the Sri Chinmoy Marathon Team completed the historic "Liberty Torch Run", carrying a flaming torch nearly 9,000 miles through all 50 states, symbolizing the high ideals on which America was founded. In 1980 some 100 Sri Chinmoy Team cyclists in the "USA Bicycle Relay" zoomed across 18 states from New York to San Francisco carrying the message of spirituality and physical fitness through the heartland of America, in a 22-day adventure to honor Sri Chinmoy's contributions to sports in America. "Sri Chinmoy stands for those very values that represent the essence of the American Spirit", said Neil Vineberg, organizer of the event. "We rode to express our love for our country and our spiritual teacher, and our faith in the vision they both seek to manifest." The cyclists were welcomed on June 5, 1980 by members of Congress, the President's Council on Physical Fitness and Sports and the U.S. Secretary of Transportation as the caravan passed through Washington, D.C., led by Sri Chinmoy himself. At the close of the event in San Francisco, the inauguration of the "Sri Chinmoy Cross Country Bicycle Trail" was completed.

In 1981 another team member, 23-year-old Trishul Cherns, dedicated his "Canada-America Oneness-Run" to Sri Chinmoy, a 700-mile solo run from Toronto to New York City, saluting the high ideals that Canadians and Americans share. Expressing the spirit of harmony between these two great nations, this run emphasised the importance of physical fitness in the development of the human spirit and character. Last year, Trishul placed Sixth overall

RUN AND BECOME...

in the New York Road Runner's Club 6-day race.

In 1982, 40-year-old Tarak Kauff, a veteran of the "Liberty Torch Run", completed an 11 month, 9,000-mile solo run through the 50 states averaging 30-50 miles per day and later declared, "Sure, I was a good runner and all that, but 9,000 miles is mind boggling. Then Sri Chinmoy made me realize that we have inner resources beyond the mind, and when we draw on them, there's no obstacle we can't overcome. This is really Sri Chinmoy's vision: every individual trying to transcend his own limitations to realize his highest self, and inspiring everyone else, until eventually there's a chain reaction and the whole world is transformed."

Another team member, Kanchan Stott, completed a record-breaking ultra-distance event last year when she ran solo across Canada from Victoria to Halifax, some 4,300 miles in seven months. Speaking about her run, Stott said: "I wanted to test myself. I wanted to see if I could run across Canada. I'm also doing this to honor my meditation teacher, Sri Chinmoy...I hit the marathon wall every day. You hurt and you're tired and all you want to do is rest. That's when you need the inner resource that comes from meditation..."

Heading the international Sri Chinmoy Marathon Team from his home in Jamaica, New York, is Sri Chinmoy, a 52-year-old spiritual master from India. Celebrating his 20th year living in the west this coming April, he is renowned as the leading exponent and foremost practitioner of the yoga of self-transcendence. Not a mere philosopher, but a living philosophy, he practices what he preaches in a remarkably creative and productive lifestyle. Running 50-60 miles a week himself and promoting sports and fitness as a compliment to inner spiritual development, Sri Chinmoy has earned several commendations from the President's Council on Physical Fitness and Sports, was named a chaplain of the 1980 Lake Placid Winter Olympics and in 1983 was a participating athlete in the Fifth World Master's Games in San Juan, Puerto Rico.

Among his many other achievements in creative pursuit he has: authored over 520 books of spiritual poetry, plays, essays and short stories; composed more than 3,700 devotional songs; created more than 140,000 paintings, selections of which have been shown at art galleries around the world; lectured at major universities around the world including colleges in all 50 states; received honorary citizenship in 25 states and over 100 proclamations of "Sri Chinmoy Day" in U.S. cities and states; and has been the director of "Sri Chinmoy: Peace Meditation at the United Nations" since 1970, where he has led diplomats and U.N.

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staff in twice weekly meditations for peace and other inspirational programs. His United Nations work has won broad approval including praise from three successive Secretaries-General, city and state officials and Popes Paul VI and John Paul II.

A lifelong sports entusiast, Sri Chinmoy was a champion sprinter and decathlete as a youth in India. In 1980 he was appointed to the Citizens Advisory Commission for the Los Angeles Olympic Games.

At the United Nations and elsewhere, Sri Chinmoy has made a frequent practice of paying public tribute to individuals whose great accomplishments have served to inspire others. To this end, the annual Sri Chinmoy Sports and Service Award was founded in 1980. The award is intended to honor once each year an individual who has demonstrated the qualities of courage, disicpline and heroic strength in body and mind and who has tempered these virtues with a heart of love and concern for humanity, demonstrated through inspirational, educational or philanthropic public service. The 1983 Sri Chinmoy Sports and Service Award was offered to "the father of American distance running", Ted Corbitt, first president of the New York Road Runners' Club and former president of the Road Runners' Club of America.

In Maine, we have a dynamic chapter of the Sri Chinmoy Marathon Team which has sponsored eleven roadraces in the past three years and is emerging as one of the most active sponsors of roadracing events in the state. Five events are planned for 1984 as follows:

March 25, 8 a.m., Second Annual Sri Chinmoy 5-K Run, Brunswick.
June 3, 8 a.m., 2nd Annual Sri Chinmoy 2-Mile Run, Topsham.
July 29, 8 a.m., Sri Chinmoy 5-K Run, Freeport.
October 14, 8 a.m., Sri Chinmoy 5-Mile Run, Falmouth.
October 24, 6:30 a.m., Sri Chinmoy 3.9-Mile Run for Peace, to honor the U.N.'s 39th Anniversary, Brunswick.

Around New England, members of the Maine chapter of the Marathon Team assist in sponsoring the annual "Inspiration Marathon" in Hampton Beach, New Hampshire and the annual Sri Chinmoy Triathlon in Misquamicut, Rhode Island, just to name a few. Of further interest to the runners of Maine, the Boston Sri Chinmoy Marathon Team will be hosting a 12-hour race in Arlington, MA on Saturday, May 26. This race, with registration limited to 45 runners, will be held from 8 a.m. to 8 p.m. on a composition ¼ mile track. Some of the

RUN AND BECOME...

best ultra-distance runners in New England are expected to race in this event.

The International Race-Sea-Smile, an authentic and official guide to Sri Chinmoy races around the world, is published annually, and can usually be obtained at official Sri Chinmoy Races. For race applications or further information about Sri Chinmoy or the Marathon Team and other activities in Maine sponsored by team members, write to the Sri Chinmoy Marathon Team, 40 Main Street, Topsham, ME 04086 or call 729-5825---and from all the members of the Sri Chinmoy Marathon Team in Maine---HAPPY RUNNING!

wick.

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Wicked Winter Ski Tour and Race
Bangor to Old Town 18K

The 2nd Great Caribou Bog Wicked Winter Ski Tour and Race proved to be a challenging experience. On February 11, my brother Banton, sister-in-law Inese, niece Chelsea, nephew Nathan and I entered the 18 kilometer race from Bangor to Old Town as a family team unknown to all as the "Flying Fosters" along with 353 healthy-looking and physically fit cross-country skiers. The sky was overcast, the temperature hovered at 32° and the enthusiastic crowd was ready to attack the course when a gun attempted to officially signal the beginning of the 11.16 mile cross-country ski race at Gilman Road & Stillwater Avenue near the Bangor Mall. The delayed reaction of the gun shot released the tension causing the racers to vault across the open field. Middle of the pack skiers immediately created a traffic jam and slowed down the pace considerably during the first mile as participants headed for the Old Veazie Rail Road bed and Caribou Bog. Lack of snow and an abundance of ice also kept the speed at a minimum pace for the inexperienced skiers. 30% of the course was extremely icy and a pair of ice skates would have been welcome. The first half of the course was rather flat and fairly well packed.

Why was I in the race? My goal was to finish the course before the 3½ hour deadline so that I could earn the coveted Kelly green and White Caribou Bog Ski Tour hat. All this pain and agony for a mere hat? Absolutely! I was determined! I knew that cross-country skiing would fall between walking and running. If I maintained a 16 minute mile pace, kept a consistent rhythm, I could beat the cut off time with a possible half hour to spare. I felt great during the first six miles. Banton was out of sight, Inese was my pacer and Chelsea and Nathan were trailing close behind. The violet wax that we used on our skiis was actually working! I felt very comfortable wearing a 100% cotton turtle-neck, cotton-polyester wind breaker, ski skins, jogging pants, 2 pairs of light weight cotton running gloves and a wool ski hat.

It was reassuring to see the large signs marking the kilometers along the course. It gave the skier a definite sense of time. When I reached the 5 kilometer point in 43 minutes, I knew that I could finish the race in approximately three hours. There was hope! The hat was in reach! When we hit Forest Avenue a little after 12:00, we were elated, because we had beaten the 1½ hour disqualification time. Before the mid-way mark, the first water stop was greatly appreciated. The water was not only delicious but extremely cold. It started to lightly rain, but it didn't seem to affect the snow conditions. Along the Caribou Bog, I almost stopped dead in my tracks when I spotted a gigantic pile of twigs in the distance blocking the entire course. At first I thought - how inconsiderate of the race committee, but when I approached the wood pile, I realized that it was a beaver hut. A caution sign would have been in order at this point, because the opening to the left was rather narrow and slippery. The flat course finally turned to the other end of the spectrum as we neared a short, steep uphill area. Time and energy was saved by taking off our skiis and running up the hill. Then the real challenge of the race began when we were confronted with the beginning of a few, "wicked" down hill sections. The first hill could be rated as an authentic "wicked" steep drop. It consisted of packed ice and snow with only a slight dusting of powder. After observing several brave skiers "fly" down the slope on their backs, I decided to take the safe way out by walking down the hill minus the skiis. After eliminating the first obstacle, I prepared myself for the second down hill - another area devoid of snow with a big

brick tower looming in the background. I panicked! My tired legs felt like rubber. Slowly I side-stepped and slid down the first section to avoid the tower. Then it was over the frozen Stillwater River and through the quiet woods with a gradual series of gentle moguls to contend with. A large caution sign warned racers about a "wicked" steep hill. I groaned loudly. This was hill number three. Approximately twelve skiers were gathered at the crest of the hill contemplating the course and encouraging others to take the challenge. Apparently the best technique was to scouch down low in a crouching position, drag your ski poles between your legs, close your eyes and pray! After watching three men and two women "wipe out", I again decided to quickly walk down the hill. In the process, I almost became a target when a skier lost control and barely missed my face with his pole (by a few inches) as he went crashing down the embankment. All this agony just for a mere hat? Absolutely!

Inese and Nathan were able to navigate the hills quite easily and went on without me. I could no longer spot Chelsea behind me, and lucky Banton was probably enjoying oranges and Chili at the finish line. When I spotted the next hill (number four) I cursed silently to myself, because Banton said there were only two hills. At least this one wasn't quite as icy and steep as the others. I slowly continued to follow the blaze orange streamers on the well-marked route. Volunteers were always present at the key points giving directions, shoveling snow on the well-worn course and offering encouragement to the "end of the pack plodders". This well-organized race was supported by the Bangor, Orono, and Old Town recreational departments, snowmobile clubs, Boy Scout Troop 74, Penobscot Valley Cross-Country Ski Club, and the Penobscot Paddle and Chowder Society.

The second water stop was located approximately 1.8 miles before the finish line. A few thirsty skiers jokingly shouted, "Where's the beer?!" However, the cold water was unexpected, greatly needed and certainly appreciated. The time was 1:33 - only a half hour to go before reaching the finish line & picking up the hat. Was it worth it? Well...at this point, I had definitely peaked. My legs were barely moving. A turtle could have passed me at the speed I was traveling. My shoulder muscles ached, my left foot was throbbing in pain, my aching thighs were gone, and the area between my index finger and thumb was beginning to blister. Would I be able to win the hat? Of course! I had endured for almost ten miles so I certainly would not give up now.

Skiing through the University Forest was serene and picturesque as I limped with exhaustion around snow-ladden evergreen trees. Suddenly my eyes were blinded by a temporary blast of sunlight. This unexpected distraction cheered me on as I slowly trudged onward to my destination. Voices could be heard in the distance with just a third mile to go. A smiling volunteer on skiis gave me the good word that the end was in sight. I could see the Old Town High School Football Field and I spotted a large group of students playing kick ball. As I approached a very slight slope, I immediately fell down. Quickly, I picked myself up, dug my poles into the frozen snow and glidded across the icy patches to the 18 kilometer point which marked the end of the 2nd Great Caribou Bog Wicked Winter Ski Tour and Race. I was number 299, and I completed the course in 3:03:50.7. Inese and Nathan's smiling faces greeted me at the finish line. They finished the race in 2:54:23.4 and 2:54:49.5 respectively. Poor Chelsea dropped out at the 8½ mile mark and Banton completed the race in 2:26:57.3. The "Flying Fosters" minus one were successful. Our family team placed fourth. The winner of the race, Eric McNett, zipped through the course in a record time of 1:08:12.2.

I tore off my skiis, raced into the high school and proudly claimed my Caribou Bog Ski Tour Hat. Was it worth it? Definitely, yes! How would I rate this race? A wicked challenge! Would I compete in the Third C.C.B.W.W.S.T.&R. next winter? Actually, one Caribou Bog Ski Tour Hat is quite enough for this novice x-country skier.

Kathy Dall, China, Maine

MEETING A HERO'S MOTHER

by Ed F

I imagine I must have made quite an amusing or bewildering sight, anxiously stalking the streets of Fredericton, New Brunswick on that sunny, languid afternoon, decked out in my Daliesque U.S. Army National Guard uniform with its camouflage, erratic checkered pattern design of greens, blacks and browns.

My twice-combed hair paid no attention to prescribed regimen and was now firmly matted in sweaty disarray across my forehead. I could feel flooding tides of perspiration ebbing through my shoulder blades and cascading into pools near the small of my back. My heartbeat quickened and stomach tightened. I tried to organize some ideas, some things I would say to her. I wasn't making it any easier on myself by suddenly deciding that all my other running heroes - from the great Bikila to Lindgren, O'Hara, Ryun, Rodgers - had never made the contribution to running and, indeed, to humanity, that her son had.

I went in one of the side entrances of the former hospital building, now converted to a number of small office areas for a myriad of municipal and non-profit organizations, and entered the headquarters for this province's annual Terry Fox tribute runs. Immediately, I was surrounded by wall photos and graphics of the courageous, young Canadian who ran 3,339 miles, on one good leg and an artificial limb, in an effort to inspire the handicapped to stop thinking of themselves as disabled...and in defiance of the cancer which had attempted to destroy the quality of his own life. Terry Fox's answer to his affliction was the celebrated Marathon of Hope in 1980, his transcontinental run of Canada with a goal of raising money for cancer research. Cut down by the further spread of cancer into his lungs, the 22-year-old youth died on June 28, 1981.

Now, in this office in the late summer of 1983, it warmed me to see that the young man was still revered, still much beloved. A large quantity of a colored drawing of Terry caught my eye and I moved deeper into the apparently empty front office to inspect it. As I reached down to pick up one of the sheets I was suddenly made aware, out of the corner of my eye, of the presence of another person, seated in a previously hidden-from-view alcove. Startled, I turned abruptly around...and it was as if she had leaped out from the screen at me, out from her prominent, touching role in the documentary film about her son. I was startled anew.

by Ed R

"Mrs. Fox..." I stammered as warmly as I could, and then proceeded to woefully bungle my way through an introduction that sputtered and went off into as many different directions as a fireworks display. I was trying to express just how much I'd admired her son, how proud I was of Maine's tribute runs on behalf of Terry - which I'd initiated, how exciting it was to meet her in person after seeing her in the film so many times - because I'd toured with a copy of the documentary telling Terry's story to schools and service clubs in Maine, how elated I was at my luck in having the opportunity to meet her... Gasp! When I finally came up for air, her face, as could well be expected, was personification of bewilderment though she offered me a nervous, kindly smile.

I quickly realized that while there was much to say, it all couldn't be done in one sentence. I tried to force myself to relax. I'd already verbally double-dribbled the ball off my foot. Hopefully there was time to recover before it rolled out of bounds. Members of the New Brunswick tribute run staff entered the office from another room and I introduced myself as the tribute run coordinator for the State of Maine. Then the Fredericton Daily Gleaner newspaper reporter and photographer arrived, for their scheduled interview with Betty Fox. I prepared to take my leave, assuring myself that I'd get off the mark better in the second heat - at the reception, for all tribute run directors in the province, at which she would appear next.

But the Gleaner photographer had different ideas. Dressed so unusually as I was I seemed to make an intriguing "prop" for the stock celebrity-with-local-official photograph he was about to take. The sternly serious, well-dressed province director seemed perturbed at the photographer's strong insistance that I be included in every frame of every shot he took of Mrs. Fox but he offered no resistance.

His resulting photograph - which I'll always treasure - finds three principals who almost comically appear ill-suited (literally and figuratively!) to appear with one another. The New Brunswick province director Joe Lehmann stands rigidly straight and stoically expressionless, demonstrating almost perfect miliary bearing...truly incongruous with the moment. Our celebrity and the central figure in the photograph, Mrs. Fox, offers the most fitting expression for the occasion, a warm smile...but to whom one wonders, as she demurely appears to be looking off into the distance rather than into the camera. And then there's me, with dishevelled hair and slouching posture, as much an anachronism to my military uniform at that moment as I was to this "Wizard of Oz" experience I'd suddenly thrust myself into. My broad, silly grin and vacuous eyes do reflect honestly what I best remember about the moment -- how dazed and out of place I felt, but how thrilled I was with this special opportunity. (This photo subsequently appeared on the front page of next day's newspaper).

The picture-taking completed I quickly slipped away from the office and took the short walk to the nearby park where the public reception for Mrs. Fox was to be held. Inside the little community building a number of people had already gathered and several television and radio crews prepared to do interviews. I learned the same 28-minute documentary film we'd used to promote our runs in Maine was to be shown following the reception.

The formal activities of the reception were late in unfolding, as the various press teams conducted their interviews with Mrs. Fox upon her arrival. Then, after representatives from the Canadian Cancer Society and the tribute runs spoke, she was introduced.

Speaking in a nervous, barely audible tone Mrs. Fox apologized because she would have to read a prepared statement. "I haven't learned to ad lib yet," she commented. Then she quickly read through a short message that

commended the tribute run directors for their support in the past. The 1982 Terry Fox runs had been held at 1,119 sites, she reported, with an overall sum of $2.4 million raised. In New Brunswick, the total topped $56,000. She exhorted the run volunteers to do everything they could to get as many people as possible out to the tribute runs "to run, walk, jog" and aid the fight against cancer. Calling the volunteers "the backbone" of the runs, she thanked them for their dedication and enthusiasm in helping "to keep Terry's dream alive."

Following her talk, nearly everyone in the room got into a receiving line and took turns shaking her hand and getting her autograph. Finally, she was alone again.

"Can the American press have its turn now?" I said smiling. She returned the smile and nodded.

She was actually happy to have my company at that time. The documentary film was about to be shown and she wanted to be absent from the room. She had seen it several times right after it was first released, but "it's too painful to see now," she said.

Asked if it weren't terribly difficult to "relive" the tragedy all over again by promoting the tribute runs, Mrs. Fox smiled wanly and her eyes filled with tears. "Yes, it is. It's just that I feel, in my small way -- and my family feels this way too -- we have to carry on where Terry left off."

She nervously bit at the corner of her lip, in just the manner I'd seen her do so many times in the film. I tried to lighten things up by asking, by name, about her other children and Doug, Terry's best friend who accompanied him on the Marathon of Hope.

It was scary, though Mrs. Fox showed no evidence of concern, to learn that Darrell, Terry's fun-loving, practical jokster younger brother, was now very closely shadowing his brother's footsteps. For Darrell, who joined Terry on the marathon run trip after his school year ended, is now attending Simon Fraser University and majoring in kinesiology -- just as Terry once did. With the mention of daughter Judith, Mrs. Fox laughs the time-honored weary chuckle of the beleaguered parent of an active, talkative teenager, but notes proudly that she's doing well in school. As for Doug, Mrs. Fox said he was working part-time as a psychiatric nurse at a medical center and going to college. Asked if Doug, a standout runner in his own right, was doing any running these days Mrs. Fox laughs and shakes her head. "He says he's not training right now, but he's probably just like he was with Terry...That means he probably is. They used to psych each other all the time like that."

Asked about reports that Terry's death caused Doug severe mental health problems, Mrs. Fox quickly grows protective. "I'd rather not discuss that," she says.

Though question after question is springing to mind I am quiet as I look intently into eyes which have known so much pain, eyes which well up with tears and register pain so easily, even as she smiles. As this pause seems interminable to me I decide to tell her what I'm thinking.

"I have so many questions I'd love to ask you, about Terry and the run... but I realize each of them would be awfully painful for you. I'll ask about other things." She nods and smiles appreciatively.

The trip across Canada to promote the tribute runs is truly a whirlwind one, as she is visiting one province per day.

"The family can't afford to do this. The sponsors felt it would be helpful to this year's effort, so here I am. Actually I'm the only one in the

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health

family who had the time to go right now," she says, explaining that she gave up her job managing at a card and gift shop a year ago because she got "too much pressure from the media. They knew where I worked and called quite often. I needed to get away from it all."

The Fox family still receives a great deal of mail from all over the world and I'm pround to learn that from the United States, Maine has ranked high among those to communicate love and respect for her son. That still large volume of mail also contains a great many requests. To handle these there is the Terry Fox Trust.

Comprised of Mrs. Fox, a businessman and an attorney, the trust was created "one month after Terry's run was completed, with Terry's sanction, to protect his name and the Fox family." Ideas that have ranged from putting Terry's name and portrait on t-shirts and coffee mugs to the renaming of a mountain in his honor have come to the Terry Fox Trust. "Fortunately most of the ideas --I'd say about 95 percent -- have been tasteful. It's been fantastic to have so much of the public behind us and so supportive," Mrs. Fox remarks.

Two ideas the trust had no control over were Leslie Scrivener's Biography of Terry and the much-publicized HBO film, both projects okayed by Terry himself. The book by Scrivener, a Toronto newspaper reporter, is termed "excellent" by Mrs. Fox, but her disdain for the HBO film is very clear as she once again says that she'd "rather not discuss it."

She does offer a couple of general remarks about the film though, commenting that she felt the movie took too many things out of context, that it made her son appear "to be cranky and mean to people" without making it clear that it's easy for someone to be irritable when, say, he's running from pre-dawn night through to late afternoon. Easy for someone to be occasionally tired and off his normal personality when he's averaging 22 miles, at 14 minutes per mile, every day for almost five months. She nods in agreement when it is suggested that the film took too many liberties with the truth, often tieing two unrelated moments together to create greater dramatic tension. "I just wish," she says, "that people could see the documentary film instead. I'm really appreciative of the two independent, free-lance artists who made it," she states.

I'm surprised to learn that she's never read Terry's diary, written on the Marathon of Hope (and the basis for many sections of Scrivener's book). "I put it away and have never opened it. Maybe one day I will." I'm very pleased to learn that, in spite of many requests to "finish" Terry's run across Canada, the family considers the Marathon of Hope completed. Tears once again fill her eyes but she says firmly, "The run was finished when Terry stopped running."

Mrs. Fox notes it's been hard for the family to be the quiet, simple people they've always considered themselves to be. "We love meeting people... but we'd sooner it was the in-the-living-room kind of thing, not the out-in-public kind of thing." One dream Betty Fox and her husband Rolly, a railroad switchman, have for the future, once Rolly retires, is to travel across Canada on the route Terry ran. "We'd like to see some of the wonderful people he met and some of the things he saw," she says.

I thank her for all the time she's granted me, and she then thanks me "for all you've done to help keep Terry's dream alive." My turn for tears.

And just as suddenly as all of the events of the day, I'm back in a military vehicle, being transported the 28 miles to the Canadian Forces Base Gagetown, shaking my head in disbelief. What an incredible, lucky irony!

Mrs. Fox has never been in New Brunswick a day in her life and in about a half an hour would be flying into another province after a stay of only five-to-six hours total. I, too, had never been in New Brunswick before and it was only a coincidence of my Army National Guard two-week summer camp being held at Gagetown that had brought me to Canada. Then too it had been remarkable fortune for me that on the one and only day I had reason to seek out the Fredericton newspaper (to gather a newspaper clipping giving coverage on our military training) I turned a page to read a headline that read: "Terry's Mom to Visit N.B." I knew at that moment that nothing short of a court martial could keep me from bridging the slim 28 miles that would separate us on the day of her visit. Fortunately my luck ran even further: Mrs. Fox's Tuesday visit coincided with pack-up day for the Maine units, in preparation for our return to the U.S. the next day. My very small public affairs detachment wouldn't require nearly as much time as the other units to complete the task...and so everything has worked out as if by perfect design.

I thought of what a treat it had been to do a 20-mile training run with friend Marlin Conrad on Highway 7, a portion of Terry Fox's route through New Brunswick on the Marathon of Hope. And now this.

As he drove me back, Charlie must have found me as amusing puzzle as I sat there, shaking my bewildered head, for most of the ride back to the base.

(Journalist Ed Rice of Bangor coordinated the first series of Terry Fox tribute runs in Maine which are now annual events in Bangor, Caribou and Portland.)

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NEW ATHLETIC ATTIC IN PORTLAND

Starting March 20th, if you are running the Back Bay in Portland you can swerve off the path, cross Preble Street Extension, and enter the new Athletic Attic. If you are driving take the Forest Avenue exit off I-295. You will discover the Athletic Attic of Portland is different; it is a departure from the mall setting of the Auburn and Bangor Attics. The Athletic Attic of Portland is a return to the traditional storefront style.

The decision to locate on Preble Street is a bold and refreshing step for the Attic. Easy access is a given, and the panoramic view includes the Back Bay and Baxter Boulevard, the site of the well worn Boulevard running path.

Inside the new Attic you will find athletic shoes for all sports, an endless supply of shorts, socks to match and all kinds of shirts, sweats, nylon jackets and nylon pants. We even have Gore-Tex suits for athletes who demand the best equipment. But the Athletic Attic of Portland offers more than a great selection of athletic shoes, clothing and accesories. We offer the wisdom gained from the successful operation of our Bangor, Auburn and Methuen stores. Your athletic needs are appreciated by the staff at the Attic. Whether you are looking for advice and information on the latest developments in shoe technology or the current fashion colors and styles in running shorts come in and see us.

Beginning in April the Athletic Attic of Portland will host weekly fun runs from the store next to the Back Bay. We are also co-sponsoring the Roma Road Race on Sunday, April 8th at 10:00am. Check the Maine Runner Race Calender for details.

Hope to see you soon,

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To many of us, Spring signals the beginning of a new season for an old familiar sport - canoeing. But Spring canoeing calls for extra caution.

Remember, the quiet little streams of last summer are now full and raging with waters from all that melted snow and ice. That can mean serious trouble if you capsize. Hypothermia is a very real threat which is only lessened once the water and air temperature rise in the summer. A good rule to remember is that when the air and water temperatures a-d up to less than 100 degrees F, you should be wearing a wetsuit and if you're a novice, you're better off staying at home till the waters and temperatures are tamer and warmer - wetsuit or not! Statistics show that almost 50% of all canoeing accidents occur during the early season when the water's high and cold.

Also remember that instructions are very important to the novice boater. Actually, anyone who wants to get the most out of the sport safely needs expert advice before heading out. Here are some canoe clubs in Maine that know all about where and when to receive instructions:

Pejepscot Water and Ice Co., 21 Western Ave., Topsham 04004
Penobscot Paddle and Chowder Society, Box 121, Stillwater 04489
Appalacian Moutain Club, Box 108, Morton Rd., Yarmouth 04096
Androscoggin Canoe and Kayak Club, 13 Backkingdom Rd., Mexico 04257

The last, but most important safety rule is to always wear a proper fitting life jacket. The cushion type that sits in your boat is worthless - it's never there on your body when you really need it!

Dr. John Frachella

Maine Track Club

Although you would never know it from our recent spell of sub-freezing temperatures accompanied by a foot or more of snow, the signs of spring are unmistakeably here. No, the robins haven't arrived yet; the runners training for the Boston Marathon, however, can be seen everywhere you go. MTC runners preparing for the Patriot's day event are:

Greg Dugas	Bob Coughlin
Barbara Coughlin	Herb Strom
Russ Connors	Bob Payne
Bob Jolicoeur	Dick McFaul
Roz Randall	

Roz was one of our more recent qualifiers with a 3:15:48 at the Brandon Marathon in Florida. If I've left anyone out, I apologize. Drop me a note and I'll make sure your results are reported.

By the time this is read, John Conley and Dave Trussell will have fought the good fight at the Shamrock Marathon at Virginia Beach. Those two will go to any length to find a fast course. Best of luck to all MTC runners in the endeavors this month.

From the Many-a-Slip-From-the-Mouth-to-the-Tip (Of the Pen!) department. I owe the folks at the Athlete's Foot an apology. I inadvertantly listed a competitor as the sponsor of the Winged Foot 5 Miler on March 11. The Athlete's Foot put on a great race with 137 entrants, a very fast winning time, and plenty of awards distributed in 5 year age categories. It was a class event and the Athlete's Foot as well as MTC race directors Dick Lajoie and Al Butler deserve our congratulations. (See results in May issue of MR)

MTC runners were well represented in this race, the Kiwanis 5 miler, as well as the March of Dimes Triathalon at Pleasant Mountain recently. Congratulations to Bob Payne and his son for their third place finish in their category.

Arnie Clark, treasurer of the MOD as well as an MTC regular, reported that the event raised over $1200.00 to help fight birth defects in Maine.

Best of luck to Kim Beaulieu as she prepares for the Olympic Trials Marathon later this spring. Kim qualified for the trials last year at Boston with a 2:51.

Upcoming MTC events include the Maine Milk Run on April 1 at SMVTI. Also keep an eye out for the Bob Rice Memorial and the Terry Fox Run in early May.

Until next time,

John Gale

JUST ANOTHER COUNTY RACE

April 15	FORT KENT 5 MILER contact Jim Elias, UMFK 1 p.m. start
April 21	SPRING RUN-OFF contact Larry Mangus UMPI 10 a.m. start
April 28	COUNTY BANK CLASSIC contact Dave Rand Presque Isle 11 a.m. start
May 6	TERRY FOX 5K contact Conrad Walton Caribou 1 p.m. start
May 12	SUBLUXATION 10K contact Marlin Conrad Caribou 4 p.m. start
May 20	HELEN P. KNIGHT contact Conrad Walton Caribou 1 p.m. start
May 28	THE INN RACE contact Nancy Jackson Caribou 11 a.m. start

Sorry these weren't in the regular calendar section. I just saw the BIG moose staring at me!

MARATHON ♀

SEND MAINE RUNNING TO THE TRIALS

On May 12th Joan Benoit, Kim Beaulieu and Ann Marie Davee will compete in the first ever Olympic Marathon Trials. With your help, Maine Running can be there too, to record in words and film the performances of the Maine contingent. The whole world will be able to see how Joan Benoit does, but Kim, Ann, Jane Welzel, Karen Dunn, Linda Adams, Mary Ann Bray and other women with Maine connections will be missed in ABC's coverage, but with Maine Running there, the running community of Maine will have a ring side seat into their personal triumphs.

If you would like to help send MR to the trials, send $1 to P.O. Box 259, E. Holden, ME 04429 before the 1st of May and read all about it in the June issue.

NOW MAINE RUNNING SPONSORS TWO GREAT RUNNING CAMPS

THE 6TH ANNUAL MAINE RUNNING CAMP

For 50 youngsters 10-18
At Bowdoin College, Brunswick
July 22-27, 1984

With Bostonfest Marathon champ and Brandeis XC coach, ANDY PALMER

Also featuring...

Director - Bob Booker
Hermon XC Coach - Tom Mulvey

And special appearances from Brunswick area runners and coaches.

TAC approved.

THE MAINE RUNNING ADULT VACATION CAMP '84

For 40 adults 18 and up
At The College of the Atlantic in Bar Harbor, Maine
August 19-24, 1984

With ANDY PALMER, DR. PETER MILLARD, BOB BOOKER, TOM MULVEY, DR. JOHN FRACHELLA and many more area runners and coaches. A great break on Maine's most beautiful Island. Hundreds of miles of quiet carraige trails to run on.

Write to MAINE RUNNING for an application. $10 secures your participation in Maine's oldest on-going running camp.

Page 5

THE VALLEY TIMES

January 12, 1984

Maine Running

Stacking up

Eye health month

MAINE RUNNING THROUGH OTHER MEDIA

Read Maine Running, the newspaper article, in the Bar Harbor Times, the Valley Times of Pittsfield and other Maine newspapers. Is it in yours yet? Listen to Maine Running each week on WABI-AM 91 in Bangor. 5:50 in the evening Fridays.

UNIVERSITY OF MAINE INDOOR TRACK by Jon Rummler

The men's indoor track team at the University of Maine at Orono completed one of its most successful campaigns in the team's history this past season.

The team was undefeated in dual meets compiling victories over Colby, New Hampshir Bowdoin, Bentley, Vermont and Bates.

In the championship meets, Maine won the state, placed third in the Eastern, whic was held in Southern Connecticut, against 15 other schools, and finished ninth in th New Englands in Boston.

Head coach Ed Styrna felt the state meet was the best team effort of the season with the Easterns coming in a close second. He cited the highlight performance of Gerry Clapper's 2 mile victory in the Easterns as the finest of the season.

On an equal level with Clapper's run was the two mile relay team's performance at the New Englands. John Condon, Chuck Morris, Ken Letourneau and Steve Ridley (see photo) defeated the best in the East with their 7:39 victory.

Along with the team success, a few individuals managed to break school records. Clapper broke the two mile record twice. The first time at the state meet and later at the Easterns in 8:51. In the Vermont meet, Gerry broke the mile record with a new clocking of 4:10.1. Clapper also holds the official school records for the 3,000 (8:22) and 5,000 meters (14:35).

The two mile relay team, while winning the New Englands, broke the school record by four seconds. Steve Ridley also set a new 1,500 meter mark at Dartmouth in February with a time of 3:55.

Coach Styrna is not sure what's in store for the team next year since recruits are a little slower this year than last, but with some fairly good contacts made in Massachusetts and in Maine, he's optimistic.

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WHAT IS A MAINE RUNNER?

Dear Editor:

To rank Maine runners and select a "Maine Runner of the Year" is certainly a good idea. But I think your attempt to do so in the February issue of Maine Running was confusing, misleading, and of little informative value to those of us who regularly race in Maine.

First of all, you say in the table of contents of that issue that you've listed "Maine's top performers at the 10K and marathon distances". One does not have to be very familiar with the Maine running scene to realize that a large number of the runners listed for both distances are not Mainers, and indeed may have no more connection with Maine than the fact that they run one road race here this past year, e.g., Greg Meyer and Gillian Horowitz. To further confuse matters, you include people with Maine connections who didn't run a single race in the state this year, and thus their performances really have nothing to do with Maine, as such as we might want to claim them, e.g., Joan Benoit. (Come now, isn't it a bit ridiculous to list Benoit's world record marathon, as if somehow Maine had something to do with it?)

Somehow you seem to have missed the point in setting up such rankings. I'm assuming that your purpose was to let us real Maine runners and regular readers of Maine Running see where we, and those we normally compete with, stand overall among all runners in this state. However, when I read down through your rankings and recognized the names of non-Mainers and then saw times listed for out-of-state performances by those with vague Maine connections, I realized the rankings meant nothing to me, for I still do not know how I compare with those who frequent the Maine road races. How many persons listed above me are regular Maine runners?

As for the Maine Runner of the Year awards, I wonder whether the average reader of Maine Running cares very much whether Pfeifle beat out Palmer and Pelletier, or not. What do they really have to do with the rest of us who race in Maine every weekend from April to November? The only time those three fellows become visible to us real Maine runners is when they show up at Benjamin's, probably because they're paid to do so. And to include Joan Benoit as Maine's top female runner, comparing her to Kim Beaulieu and Anne Marie Davee, is totally bizarre. Benoit outshines not only Kim and Anne, but all the rest of the women runners in the world, as well. If you wish to recognize the great accomplishments of Benoit, Pfeifle, Palmer, and Pelletier, by all means, do so, but I'm not so sure you should call them "Maine runners".

I would like to make some suggestions for next year's rankings. How about setting up some kind of criteria for what a "Maine runner" is? I think you should run in at least three or four races in Maine each year. If that doesn't seem feasible, then perhaps two separate rankings are needed: one which lists the fastest times run in the state by anyone, Mainer or otherwise, and a second list of fastest times run by those who meet the criteria of being a "Maine runner". At the very least, the current rankings should be modified to include each runner's residency, so that we can see who our Maine competition really is. I would also like to see separate rankings of Master's level runners.

I realize it must be a great deal of work to compile the data for such rankings, but unfortunately all that work is a waste if the rankings are confusing, misleading, or overlook those who are truly the best runners in Maine. I am sure your rankings would be of much more interest if you listed more Mainers than out-of-staters, and if you gave more recognition to people like Peter Millard, Rock Green, Robin Emery, and others who truly dominate the Maine race scene. I believe it is these people, not the national- or world-class runners you've profiled, with whom we compare ourselves and realistically strive to overtake.

I wonder how other readers feel about your ranking system?

Sincerely,

A real Maine Runner

Editor's rebuttal:

FASCISM COMES TO JOGGING!!! Great! I agree! Let's start issuing passports and granting visas! Death to all who presume they can cross the Piscataqua River and maintain their citizenship as residents of the fascist State of Maine.

Of course Malewska's native son, Andy Palmer should be boiled in oil for pretending to be a Mainer. After all, he only ran in six or seven races in Maine last year. About as many as I did. His presence at the Maine Running Camp and his continued coaching of many Maine youngsters shouldn't influence our condemnation of this (Ugh!) Baystater. Armed guards should be staked out at the Kittery turnstile to guard the "real Maine runners" from contamination from such a cursed one.

And Joan Benoit... we all know she sold her soul to the pagan god Nike for a shot at the Olympic gold. It matters not that she actually lives in Freeport. She has been south of the border too many times to ever reestablish her citizenship.

Hank Pfeifle... he has sinned even more than Joan. Like Ms Bennit he lives in state, but he has committed the unpardonable sin of being injured throughout the spring of '83. He wasn't able to run in the Boy's Club, or Boothbay Harbor. No, his season began in the summer when race directors from across the country (the big one west of Portsmouth that is) were tempting him with evil offers of prize and expense money.

Sammy Pelletier did the unpardonable... he went away to school. But when did he start to be a non-Mainer? Was Greg Meie at Rhode Island, or Michele Mallett at Boston College, or Brian Pettingill, or Paul Plissey lost his or her citizenship? Do you lose it faster if you are really fast? I mean, if Emily Higgins ran sixty minute miles could she maintain her citizenship? Do these ex-high school greats lose their citizenship at graduation, the minute they cross the big bridge or only when they compete for the first time out of state?

Let's record the times of only Maine runners in the future. Throw the Benjamin's and Great Pumpkin and Kingfield results right out the window. Race directors beware! You may have a non-event if you keep letting "out-of-staters" enter. Jay Spencinar, how many of those "flatlanders" ran at Bethel's 4 on the 4th last year? Beware...beware.

I think that with some judicious pruning I could get my PR 35:00 10K into the top fifty performances in Maine's history! I'd sure like to know where this Mysterious letter writer's parents were born. As a matter of fact I want the family trees of all subscribers submitted before the May issue is mailed out. If you don't get your May issue you'll know why.

Perhaps we could tax Maine runners who run out of state. $50 for a PR at Boston; $25 for running in the Bonne Bell. We could make a killing on Joan if she should qualify for the Olympics. Anyone who saves their best performance for an out-of-state event is committing treason.

Of course it would never occur to anyone that runners perform better when faced with competition. Maine women run better at Bonne Bell because of the atmospheric conditions. PR's are turned in at the Boston Marathon because of the quality of the water and the gentle rolling hills near the finish. Chris Bovie PR'ed at Benjamin's because of a tail wind. Kim Beaulieu broke 2:51 at the Maine Coast because she skipped breakfast that day.

I'm glad we now know what a "real Maine runner" is. He's someone who is ashamed to sign what he writes.

Bob Hooker
Editor

Let ME know what you think on this subject. Should I include performances of Maine runners at Boston Marathon and Bonne Bell among the top Maine performances of the year? Should we exclude all performances run by non-Mainers? Would anyone like to keep a running log of Maine performances for me?

Letters

Dear Bob,

March 7, 84

I would like to wish you great success on your 5th year. I've enclosed $17.00 to cover a year's renewal and $2.00 to send MR to the trials. I read every word of Maine Running and would be lost without it. My wife recently gave birth to our first child so I will not be a race director of the Schoodic Pt. 15K. Being a race director has been a lot of fun and a challenge, maybe next year. Thank you for all your support and help with race. I will see you at some races this year.

Best regards,

Tom Severance

Gene Bayersdorfer
Director of Fitness
Arms Acres
Box X
Carmel, New York 10512
March 1, 1984

Robert Booker
PO Box 259
E. Holden, ME 04429

Dear Sir,

I had the pleasure to run in the Maine Seafood Festival Road Race this past August. While in Rockport I picked up your August issue of Maine Running and just found it while looking for my Maine vacation information. Thus this letter. I'd love to get a copy of the September issue just for a momento. Is it also possible to be put on a mailing list? I'd love to get some early info on races in the Mid-coast area for the summer season.

Your August editorial began "August is here already..." Well, thank goodness Spring is almost here already. I'm beginning to get the fever just thinking about Maine in August. Thanks for your publication.

Sincerely

Gene Bayersdorfer

PHILIP S. PIERCE, PH.D.
DIPLOMATE IN CLINICAL PSYCHOLOGY
AMERICAN BOARD OF PROFESSIONAL PSYCHOLOGY

March 8, 1984

Dear Bob,

Enclosed please find a check for $15 and 900 flyers for our Falmouth Little League Benefit Races. I have personally been running for just over one year and enjoy your publication immensely. As a person who publishes articles, papers, and newsletters, I can appreciate the personal dedication and attention to detail that goes into your magazine e.g., no typos, no non sequiturs, etc.

I would like the enclosed flyers included in the April issue of Maine Running. Thank you and congratulations on a fine publication.

Sincerely,

Philip S. Pierce

Editor's Note: This man obviously read Bill Green's letter last month.

3-7-84
School

Dear Bob -

Just a note to thank you for the great coverage on t Snow Run and our little area. It means a great deal to all of us. It's just a big, definite plus when it come to new people taking an interest in jogging/running. I exercise, good health, becomes identified with an area then people want to become a part of it and that's what is happening.

Thanks again. It's a great magazine and it couldn't have a better boss -

With warmest regards,

Loren
Duane?
Nord?

March 8, 198

Dear Maine Running:

We are very sorry you have taken so much heat for printi the results and the success of our XC Teams. If the oth schools only realized, all they hav- to do is send you t information, everyone would be happy. I make a very str effort to get my runners the coverage they deserve. I a very proud of our kids, both as runners and students. O team grade point average is 2.9 this past semester: Stu Hogan 3.0; Brian Flanders 3.8; Jeff Crocker 3.1; Joel Se enson 3.8; Pat Maguire 3.0; Steve Fearing 3.1; Rick Gar 2.9; Henri Bouchard 2.9. We are as proud of this fact, we are our won-lost record.

This past Fall was a fine year for Maine College XC. UM had a very strong team and ended our 47-0 win streak. Glendon Rand ran a tremendous race against us. Bates College had a great 5-man pack. Jamie Goodberlet came o very strong in the championship meets. Mark Hatch and John Fitzgerald were two of the best Freshmen in New England. Colby College had a great Fall, despite losing Edson, Coffin, and Dodge. Pickering and Feely ran strong races all Fall. Jim Wescott is one of the top coaches in New England. Bowdoin is rebuilding under Mike Brust, wh I know will have a fine program shortly. Larry Sitcawich ran a great race in the New England's. USM has a very strong team, led by talented Peter Grant. More depth and USM will be a very tough team. Maine Maritime Academy is getting stronger under their new coach.

We look forward to next Fall and competing in the Maine College Championships. We have our entire team returning again. As of this letter, 9 incoming Freshmen, also.

Sincerely,

Brian Gillespie

St. Joe's All-Maine Team

1. Jamie Goodberlet - Bates College
2. Glendon Rand - UMO
3. Tom Pickering - Colby
4. Mark Hatch - Bates College
5. Art Feeley - Colby
6. John Fitzgerald - Bates College
7. Peter Grant - USM

'THE PACK'

FIRST ANNUAL MDI LIONS - HARBOR HOUSE WINTER CARNIVAL "A LITTLE LONGER THAN 5K" ROAD RACE

Feb 19th

1.	Mike Westphal	18:59
2.	Steve Fredricks	19:26
3.	Bill Pinkham	19:51
4.	James Westphal	20:56
5.	Martin Schiff	20:56
6.	Gordon Graham	21:28
7.	Roberta Sharp	22:09*
8.	Roland Perry	22:46
9.	Douglas Wright	22:50
10.	James Mroch	23:03
11.	E. Raymaker	23:08
12.	Connie Gottland	23:24*
13.	Cynthia Mroch	24:13*
14.	Jane Barthelette	24:26*
15.	Todd Brophy	24:56
16.	Howard Richards	25:01
17.	Patricia Richards	25:04*
18.	John Bodin	25:14
19.	Frank Donaldson	25:14
20.	Delores Billings	30:33*
21.	Michella Brester	32:44*
22.	Phyllis Emerson	33:04*

Results courtesy of John Sharp
Race Director

* * * * * * * * * * * * * * * * * * *

DEMERS TRACK CLASSIC
Lewiston
Feb 26th

Women's Open Events

55 Low Hurdles

1.	Jodie Cranier ARAMAT	8.2
2.	Beth Gori	8.7
3.	Kris Kelsey	9.8
4.	Karen Crehore	10.4

55 Meters

1.	Yost UNA	7.6
2.	Breton ARARAT	7.6
3.	Tilley	7.8
4.	Beale	7.8
5.	Kelsey	8.0
6.	Haney	8.0
7.	V. Dike	8.3

300 Meters

1.	Breton ARARAT	37.5
2.	Sinica	38.5
3.	Haney	38.5
4.	Tilley	38.8
5.	Beale	39.5
6.	Terry	39.6

400 Meters

1.	Michetton ARARAT	63.1
2.	Rhonda Haney	63.4
3.	Leslie Van Dyke	64.8
4.	Karen Crehore	65.0
5.	Dawn Darling	65.5
6.	Brenda Monahan	65.9

800 Meters

1.	Tracey UNA	2:24.5
2.	Walls	2:24.6
3.	Johnson	2:37.4
4.	Tanguay	2:43.0
5.	Fournier	2:43.1
6.	Mahoney	2:43.8

1500 Meters

1.	Mari Podgainy 4 Corners	4:55.8
2.	Tracy	5:00.6
3.	Prime	5:06.0
4.	Haney	5:14.6
5.	Hubert	5:22.2
6.	Fournier	5:33.5
7.	Boyle	5:51.2

3000 Meters

1.	Maddy Butcher ARARAT	10:55.2
2.	Haney	11:10.4
3.	Fournier	11:37.6
4.	Knight	14:24.3
5.	Fritz	14:24.3
6.	Darragh	14:36.2

1500 Meter Walk

1.	Pathus ARARAT	9:51.8
2.	Kelly Darragh	11:55.5

4 x 200 Relay

1.	ARARAT Super Striders	1:50.6

4 x 400 Relay

1.	ARARAT Super Striders	4:31.8

High Jump

1.	Walker UNA	5'2"
2.	Beale	5'0"
3.	Crehore	4'10"
4.	Lessard	4'6"

Long Jump

1.	Williamson UNA	16' 3 3/4"
2.	Gori	15'4"
3.	Beale	14'6"
4.	Sicina	14'2" "
5.	Breton	14'3"
6.	Monahan	13'10"
7.	McIvor	11'4"

Triple Jump

1.	Williamson	34'1"
2.	Beale	31'9"
3.	Berry	29'10"
4.	Lessard	29'6"

Shot Put

1.	Rose UNA	42'7"
2.	Grenier	34'7"
3.	Sigler	30'7"
4.	Beale	27'11 3/4"
5.	Grisko	23'10"

Men's Open

55 Meters

2.	Daley	6.7
3.	Wagner	6.8
4.	Turner	6.8
5.	Roberts	6.9
6.	Maquinon	7.0
7.	Clay	7.2

55 Meter High Hurdles

1.	Gori UNA	8.0
2.	Jon Crocker	8.4
3.	Troy Griffin	8.5
4.	D. Spaswell	9.3
5.	Ian Brow	9.4
6.	Brian Johnson	9.8
7.	E. Wright	10.0

400 Meters

1.	Quintal YANKEE	52.6
2.	Turner	54.4
3.	Wrocosky	54.7
4.	Kelley	55.3
5.	Corriveau	55.7
6.	Griffin	56.0
7.	Griffis	56.3

800 Meters

1.	Lance Guliani Leeser Durham	2:00.1
2.	Swope	2:05.2
3.	Slovanski	2:09.3
4.	Bockus	2:11.0
5.	Libby	2:11.1
6.	Bourgoin	2:14.9

1500 Meter

1.	Kim Wattlauffer UNA	4:09.8
2.	Bockus	4:22.4
3.	Boyle	4:33.0
4.	McLaughlin	4:25.0
5.	Libby	4:32.0
6.	Bourgoin	4:33.9
7.	Hale	4:43.0

5000 Meters

1.	Ken Flanders 4 CORNERS	15:12
2.	Chris Boyle	15:40
3.	Tim Swope	16:01.7
4.	Reid Crowsman	16:03
5.	Floyd Wilson	16:12.2
6.	W. Blood	16:19

1500 Racewalk

1.	Steve Veitchman GBOC	7:01.6
2.	Larry Pelletier	7:07.2
3.	Frank Knight	9:14.0
4.	James Albert	9:19.2
5.	Robert Vinletta	10:20

4 x 200 Relay

1.	Portsmouth HS	1:37.1
2.	Lakers	1:42
3.	Yankee	1:42.4
4.	NMAC	1:45.1
5.	Baldwin	1:52.1

4 x 400 Relay

1.	Yankee	3:43.2
2.	Baldwin	4:39.3

200 Meters

1.	Eddie Roberts PHS	23.1
2.	Daley	24.2
3.	Turner	24.3
4.	Wagner	24.6
5.	Elliot	25.1
6.	Clay	25.3
7.	Griffin	25.5

High Jump

1.	Leonard UNA	6'4"
2.	Johnson	6'2"
3.	Dyer	6'2"
4.	Crocker	5'8"
5.	Albert	5'4"
6.	Guite	5'4"

Long Jump

1.	[illegible]	

3.	Cobbi	18'5¾"
4.	Wagner	18'3"
5.	Crocker	18'2"
6.	Roberts	17'11¾"
7.	Guite	17'8¾"

Triple Jump

1.	Crocker	44'4½"
2.	Johnson	42'6"
3.	Leonard	40'
4.	Sherrell	35'1"
5.	Savage	35'2"
6.	Guite	35'

Pole Vault

1.	Kimball SCRC	13'2"
2.	Dyer	10'0"
3.	Slovinski	9'0"

16 lb. shot put

1.	Nielson	52'2 3/4"
2.	Robichaud	39'4"
3.	Winchester	36'2"

35 lb. Weight

1.	Beaulieu	47'4 3/4"
2.	Robichaud	36'6½"
3.	Winchester	29'1 3/4"

Doner's Memorial 1500 Meter

1.	Lance Guliani UNA	4:12.6
2.	Hammond	4:00.7
3.	Guliani	4:07.2
4.	Crossman	4:25
5.	Blood	4:25.1
6.	Wisniewsky	4:28.9
7.	Nelson	4:29

Non Scoring Events

55 Meter 10 and under boys

1.	Tory Rau LAKERS	8.5
2.	Don Erickson	8.7
3.	Whittier	9.4
4.	Mark Perlano	10.5
5.	Donny Cummings	10.6
6.	McGough	10.7

55 Meter 10 and under girls

1.	Linda Whittier	9.1
2.	Abby Erickson	9.7
3.	Diane Murphy	10.0
4.	Blainor McGough	10.3
5.	Bridget Foley	10.5
6.	Alison Cary	10.6

55 Meter 11-12 boys

1.	Karosh SCAR	8.6
2.	D'Alfonso SCAR	8.6
3.	Reynolds BB	8.8
4.	Brian Pierce	8.9
5.	Dan Lambert	9.0
6.	Mike Ladner	9.0
7.	Jeff Porch	9.1

55 Meter 11-12 girls

1.	Susan Weirich	8.7
2.	Jill Dicker	8.9
3.	Gail Sanborn	9.0
4.	Heidi Haynes	9.7
5.	Barbara Thomas	9.8

55 Meter 13-14 boys

1.	Hank Richards	6.9
2.	Kevin Smith	7.2
3.	Bobby Rossi	7.4
4.	Mike Kane	7.5
5.	Jeff Holmes	7.6
6.	Matt Myatt	7.9

55 Meter 13-14 girls

1.	Susan Chamberlain	7.9
2.	Wendy Richardson	7.9
3.	Heather Killion	8.0
4.	Lauri Garvin	8.1
5.	Robin Snyder	8.2
6.	Cathy Robinson	8.7

55 Meter Masters

1.	Louis Talarico	7.8
2.	Gendron	8.5

55 Meter Jr. Masters

1.	Elliot	7.2
2.	Cake	8.3

400 Meter 10 and under boys

1.	Tory Rau LAKERS	77.5
2.	Eric Worcester	80.5
3.	Mike Miller	81.0
4.	Peter Lamb	82.7
5.	Steven Colucci	89.9
6.	Cummings	92.1

400 Meter 10 and under girls

1.	Linda Whittier CITC	83.1
2.	Lori Towle	85.6
3.	Bridget Foley	95.1
4.	Blainor McGough	99.3
5.	Beth Emery	99.6
6.	Abby Erickson	100.1

400 Meter 11-12 boys

1.	Brian Pierce BAM	75.6
2.	Dan Lambert	77.3
3.	Mike Ladner	79.5
4.	Chris Emery	83.4
5.	Ken Briggs	89.7
6.	Andy Pennington	92.0

400 Meter 11-12 girls

1.	Susan Weirich GMCC	72.8
2.	Jill Dicker	74.2
3.	K. Colucci	79.0
4.	Gail Sanborn	88.1
5.	Heidi Haynes	89.6
6.	B. Thomas	94.0

400 Meter 13-14 boys

1.	Kim D'Alfonso SCAR	57.5
2.	Mike Kane	62.6
3.	Matt Myatt	63.5
4.	Mike St. John	64.4
5.	Sachan Holloway	65.4
6.	M. Vance	65.6

1500 Meter 10 and under

1.	Mike Miller LSM T	5:41.7
2.	Eric Worcester	5:53
3.	Craig McBean	6:16
4.	Mark Ladner	6:34.1
5.	Kevin McLaughlin	7:11

1500 Meter 10 and under girls

1.	Laurie Towle SCAR	6:29

1500 Meter 11-12 boys

1.	Chad Magnon Hamara	5:09.3
2.	Peter Laroque	5:22
3.	Dan Lambert	6:07
4.	Jaime Wilson	6:16

1500 Meter 11-12 girls

1.	Jill Ricker CITC	5:32

1500 Meter 13-14 boys

1.	Mike Lyons SCAR	4:59.5
2.	John Jalbert	5:10
3.	Mark Weirich	5:12
4.	Jaime Harvie	5:15
5.	Joe Acato	6:10

1500 Meter 13-14 girls

1.	Allyson Jones CITC	5:27.1
2.	Lauri Sargeant	5:27.4
3.	Natalie McBean	5:51.0
4.	Leigh Barclay	6:00

1500 Meter Master

1.	Harold Hatch	4:37.1
2.	Cochrane	4:47.9
3.	Gendron	6:17.3

High Jump 10 and under boys

1.	Colucci CITC	3'4"
2.	Worcester	3'2"
3.	McBean	3'2"
4.	Whittier	3'0"

High Jump 10 and under girls

1.	Lori Towle SCAR	3'6"
2.	Linda Whittier	3'2"
3.	Beth Emery	3'0"
4.	Angela D'Alfonso	2'8"
5.	Alison Cary	2'6"

High Jump 11-12 boys

1.	Laroque MTC	4'6"
2.	D'Alfonso	4'3"
3.	Reynolds	4'0"
4.	Pierce	3'8"
5.	Porch	3'6"
6.	Mason	3'5"

High Jump 11-12 girls

1.	Lynn Colchrist CITC	4'0"
2.	Katrina Colucci	3'8"
3.	Gail Sanborn	3'8"

High Jump 13-14 boys

1.	Kane MTC	5'0"
2.	St. John	5'0"
3.	D'Alfonso	5'0"
4.	Vance	4'10"
5.	Hurley	4'8"
6.	Osgood	4'4"

High Jump 13-14 girls

1.	Kathleen Murphy BB	4'6"
2.	Susan Chamberlain	4'4"
3.	Natalie McBean	4'2"
4.	Michelle Podlaski	4'0"
5.	Kathy Robinson	4'0"
6.	Karen St. Louis	3'10"
7.	Leslie Cary	3'10"

Long Jump 10 and under boys

1.	Rau LAKERS	12'2"
2.	Erickson	11'11"
3.	Worcester	10'1"
4.	McBean	9'8"
5.	Colucci	8'10"
6.	Seidl	8'9"

Long Jump 10 and under girls

1.	Towle SCAR	10'3"
2.	Murphy	9'3"
3.	Cary	8'8"
4.	D'Alfonso	8'6"
5.	Erickson	8'4"
6.	Whittier	8'3½"

Long Jump 11-12 boys

1.	Reynolds Bald	11'6½"
2.	Laroque	11'6"
3.	D'Alfonso	11'1"
4.	Ladner	10'3"
5.	Pierce	10'2"
6.	Porch	10'3½"

Long Jump 11-12 girls

1.	Weirich GMCC	11'6"
2.	Colchrist	11'4"
3.	Sanborn	10'5½"
4.	Colucci	9'9"
5.	Haynes	9'9"

Long Jump 13-14 boys

1.	Richard	17'11"
2.	D'Alfonso	15'
3.	Rossi	15'8½"
4.	Holmes	14'10"
5.	Harvie	14'7"
6.	Hurley	14'

Long Jump 13-14 girls

1.	Chamberlain MTC	13'9"
2.	Pierce	13'3½"
3.	Murphy	12'7½"
4.	St. Louis	11'11"

5. Robinson 11'7¾"
6. Cary 11'6"

4 x 200 Relay 10 and under boys

1. CIYC A 3:56.8
2. CIYC B 3:08.5

4 x 200 Relay 10 and under girls

1. CIYC A 2:59.4
2. CIYC B 3:00.0

4 x 200 Relay 11-12 boys

1. BALD 2:23.8
2. CIYC 2:26.2

4 x 200 Relay 11-12 girls

1. CIYC 3:22

4 x 200 Relay 13-14 boys

1. SCAR 1:49.9
2. MTC A 1:50.8
3. MTC B 2:02

4 x 200 13-14 girls

1. SCAR 2:03.6
2. BALD 2:12.3
3. HAMP 2:12.4

400 Meter 11-14 girls

1. Wendy Dolan 66.0
2. Kim Pierce 68.8
3. Susan Chamberlain 69
4. Tanya Markovich 70.6
5. Wendy Richardson 70.8
6. L. Ziegler 74.2

400 Meter Master

1. Talarico 83.8
2. Cochrane 86.7

400 Meter Jr. Masters

1. Linine YARKER 80.4
2. Cake 82.2

Results courtesy of John LaFreniere

* * * * * * * * * * * * * * * * * *

THE GREAT LITE BEER DOWNEAST MAINE
HALF-MARATHON BANGOR Mar 17th

1. Mike Fossas 1:07:57.7
2. Ed McCarthy 1:12:42.7
3. Jonathan Williams 1:13:13.9
4. Merlin Conrad MG 1:13:49.1
5. Larry Deane 1:14:03.3
6. Jeff Keeton 1:14:24
7. Brian McCrea 1:15:05
8. Gary Allen 1:15:06
9. Jim Toulouse 1:15:18
10. Tim Marquis MG 1:15:39
11. Phil Stuart 1:16:18
12. Mark Chase 1:16:57
13. William Hine II 1:17:57
14. J. Patrick Strabras 1:18:20
15. Allan Pierce 1:19:13
16. Herman Pelletier (M) 1:19:17
17. Stanley Low 1:19:37
18. Charles Nichols 1:19:49
19. Tom Harrington 1:20:10
20. Gino Valeriani 1:20:29
21. Daniel Lemieux 1:21:41
22. Al Sproul III (M) 1:21:43
23. Mike Mendonca 1:22:23
24. Bob Cuthbertson III 1:22:44
25. Doug Craib 1:23:06
26. Rodney White 1:23:24
27. Craig Maker 1:23:44
28. Paul Cota 1:24:18
29. Ted Farrington 1:24:42
30. Ken Newsome MG 1:25:38
31. Lee Nicely (M) MG 1:25:39
32. Rick Fritz 1:26:20
33. Russ Stoppenmiller 1:26:21
34. Doug Swallow 1:26:27
35. Ann Blumer 1:26:31*
36. Dick Relentino 1:26:41
37. Gene Roy 1:27:00
38. Bruce Theriault 1:27:00
39. Ed Rice MG 1:27:03
40. Fred Merrima 1:27:07
41. David Frauzan MG 1:27:50
42. Joe Regali 1:27:50
43. Mike Doore 1:28:02
44. Steven Peterson 1:28:18
45. Chuck Allen 1:28:24
46. Bob Salisbury MG 1:28:59
47. Peter Cuff 1:29:14
48. Gerald Michaud 1:29:36
49. Philip Roberts 1:29:50
50. Fred Putnam 1:29:58
51. Robert Booker MG 1:30:47
52. Cliff Hatfield 1:31:34
53. Hector Pupo 1:31:54
54. Clarence Faulkner MG 1:32:39
55. Al Saboka MG 1:33:13
56. Ervin MacDonald 1:33:19
57. David Gillis 1:33:31
58. Jim Anderson 1:33:32
59. Lawrence Rich 1:33:52
60. Carl Bowen 1:34:17
61. Carol McRae 1:34:26*
62. Bill Kasabuski 1:34:26
63. Sam Mitchell 1:35:16
64. Al Sproul IV 1:35:45
65. Skip Howard 1:36:28
66. Hal Nelson 1:37:28
67. Don Beck 1:37:31
68. Neal Chamberlain 1:37:40
69. Carol McElwee 1:37:43*
70. Barry McLaughlin 1:37:45
71. Joan Merriam 1:38:24*
72. Doug Comstock 1:38:59
73. Carlene Sproul 1:39:59*
74. Bob Gaboury 1:40:23
75. Nancy Jackson 1:40:24*
76. Stephen Branan 1:40:27
77. Steve Campbell 1:41:42
78. Bill Belanger MG 1:40:27
79. Mike LaChance 1:42:49
80. Jerry Bates 1:44:30
81. Bob Johnson 1:44:21
82. James Booth 1:44:44
83. Bob Cushman 1:44:45
84. Connie McLellan-Cuff 1:44:46*
85. Mike Kay 1:46:33
86. Mike Bassi MG 1:47:58
87. Eddie Brissette (E) 1:48:33
88. Dave Wilson 1:51:52
89. Ron Otis 1:53:10
90. Unknown
91. Theresa McGlaurlin 1:56:51*
92. Ike Morgan 1:57:02
93. Lisa Page MG 1:57:11*
94. Dan Nicely 2:08:07*
95. Bob Bouchard 2:10:15
96. Roger MacLeod MG 2:12:07
97. Brenda Cushman 2:17:03

Results courtesy of Doug Damon
Race Director

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THE GREAT CARIBOU BOG WICKED WINTER
SKI TOUR & RALLY Feb 11th

WOMEN, AGE 13-15

113. Bethany Wiggen 1:56:57.5
270. Leigh Barclay 2:50:30.5

WOMEN AGE 16-17

49. Kristen Lindquist 1:38:01.5
75. Charlene Knight 1:47:32.8
81. Beth Casarjean 1:48:15.4
89. Kathleen Witt 1:51:02.0
110. Dawn Saith 1:55:07.2
213. Jenny Jacobs 2:25:15.7

WOMEN AGE 18-29

29. Dawn Pelletier 1:27:27.7
93. Constance Dunlap 1:52:28.8
102. Carmel Hardy 1:53:59.7
180. Barbara Bieniasz 2:14:15.8
222. Missy Burky 2:37:32.0
238. Mary Payner 2:34:20.3
239. Lisa Krall 2:34:34.6
250. Susan Vincent 2:40:36.7
256. Emily Wesson 2:47:53.3
282. Julie Michaud 2:55:31.0
330. Marie Saucier 3:34:24.8

WOMEN, AGE 30-39

78. Brenda Lopero 1:47:39.2
95. Anne Hanson 1:52:36.6
98. Roberta Hickman 1:53:00.1
124. Nancy Nicholson 1:59:36.6
144. Carol Bryson 2:03:55.5
147. Vicki Stevens 2:04:22.9
195. Joan Campbell 2:19:17.7
223. Kathy Dishner 2:28:00.1
242. Brenda Jordan 2:36:14.3
281. Patricia Kennedy 2:40:49.9
265. Debbie Spencer 2:46:46.0
296. Marguerite Coutu 3:02:27.4
305. Judy Finchum 3:06:55.8
311. Cynthia Chamberlain 3:14:00.5
312. Alison Wiggin 3:14:56.1
316. Brenda Hanson 3:17:16.7
325. Catherine Ramsay 3:31:24.7
328. Sheila Krauskemer 3:32:21.5

WOMEN, AGE 40-49

249. Lieve Brotsaert 2:38:49.5
317. Louisa Carr 3:18:55.1
327. Lyn Blass 3:32:32.9
331. Carolyn Grindal 3:34:44.9
334. F.C. Swallow 3:36:08.7

WOMEN, AGE 50-59

178. Pam Stearns 2:13:33.9
201. Marjorie Smith 2:21:39.2

MEN, AGE 13-15

34. Jeff Sander 1:30:18.9
82. Soren Sieen 1:48:20.4
112. Jeff Johnson 1:56:21.8
120. Gregory Siegfeld 1:58:08.1
128. Alan Macaulay 2:00:54.6
187. Robert Boyle 2:16:23.4
194. Matt Cohen 2:19:07.6
203. Tim Corcoran 2:21:42.3
206. Billy Vallaau 2:22:26.9
226. Bob Tomlinson 2:28:25.9
246. Budi Perkins 2:38:08.7
261. Mark Reed 2:46:59.4

MEN, AGE 16-17

11. David Beard 1:18:29.4
15. Mark Pelletier 1:19:49.0
16. Scott Dolan 1:19:52.0
38. Jonathon Merrill 1:34:17.1
111. Aaron Henderson 1:56:20.5
140. Tim Varney 2:03:07.1
165. Brian Powers 2:07:56.3
262. Derek Johnson 2:45:51.2
297. Scott Oliver 3:03:12.1

MEN, AGE 18-29

1. Eric McNatt 1:08:12.2
2. Tim Cowan 1:08:12.9
3. Peter Wiese 1:08:29.4
4. Jon Cowan 1:13:24.0
5. Paul Towle 1:14:46.7
6. Steve Dunlap 1:19:28.5
12. Jim Cotton 1:18:43.5
13. Paul Beanier 1:19:14.0
18. Ed LaSalle 1:21:32.1
20. David Oakes 1:22:32.9
21. William Turnbull 1:23:10.1
23. Chad White 1:23:33.5
24. John Norton 1:24:48.3
27. Steven Libby 1:26:45.9
33. Leland Merrin 1:29:10.1
35. J.C. Alten 1:31:40.4
41. Jeff Stevenson 1:35:23.8
42. Tom Jenkins 1:35:40.3
59. Douglas Dolan 1:38:36.1
61. Phillip Pelletier 1:42:18.0
66. Paul Hachey 1:43:07.9
70. Scott Latimer 1:44:17.3
77. David Stearns 1:47:38.2
83. Michael Siegert 1:48:21.4
87. Douglas Siegfeld III 1:49:51.2
90. Bob Pride 1:51:26.3
94. David Driscoll 1:52:30.3
99. James Hutton 1:53:07.9
104. John Daigle 1:54:19.0
106. David Marcoux 1:54:24.7
117. Mark Charron 1:57:51.8

118. Mark Michaels 1:58:37.6
133. Lee Powner 1:59:14.9
129. Joel Mawes 2:01:19.5
135. David Lobozzo 2:01:59.1
136. Greg Veilleux 2:02:09.6
146. Paul Chamberlin 2:04:10.5
152. Michael Dillard 2:04:49.2
156. Mitchell Michard 2:05:18.6
158. Robert Jackson 2:06:39.5
159. Steven Veilleux 2:07:03.2
160. Steve Williams 2:07:08.5
174. Rick Levasseur 2:11:32.6
182. John Evalek 2:15:17.3
207. Roger Marquis 2:22:37.6
215. Raymond Dubois 2:25:36.7
229. Russ McKenna Jr. 2:30:38.7
263. Thomas Sharno 2:46:34.9
288. William Heyenberg 2:58:07.9

MEN, AGE 30-39

8. Dean Gillett 1:17:09.6
9. Ken Benson 1:17:54.6
14. Raul Sieun 1:19:40.0
17. Andrew Macgillevary 1:20:35.7
19. Bob Lincoln 1:21:57.4
22. Bill Lopatro 1:23:32.3
25. John Frachella 1:25:06.3
26. Alfred Gallant Jr. 1:26:03.7
30. Thom Annette 1:28:11.0
40. Fred Johnston 1:34:59.7
43. Phil Garwood 1:36:05.6
44. Ted Dishner 1:36:15.4
47. Tom Malvey (40) 1:37:25.1
51. Ron Logan 1:38:52.6
54. Steven Gamt 1:39:24.1
59. Daniel Keller 1:40:02.4
68. Glen Porter 1:43:50.2
86. David Edson 1:52:43.1
101. Erich Reitenbach 1:53:26.9
106. John MacDonald 1:54:11.4
107. Dan Lever 1:54:17.5
114. Paul Howard 1:57:13.7
116. Rodney Hanson 1:57:42.2
117. Justin Poland 2:02:38.8
145. Elliot Fishbein 2:03:56.8
153. Bryan Pearce 2:04:53.1
155. John Wiebe 2:06:06.2
157. Robert Jaffe 2:06:55.8
163. Stephen LaChance 2:07:44.3
172. Andrew Frank 2:10:44.7
175. Gary Capehart 2:12:33.8
177. David Johnston 2:13:17.8
179. Richard Dwyer 2:13:41.5
185. Darrell Tracy 2:15:43.2
196. Phillip McFarland 2:21:01.9
199. Ronald Sandcourt 2:21:07.5
210. Stuart Clukey 2:23:39.0
214. Arvin Wievey 2:25:35.0
224. Dana Hunter 2:28:14.0
227. Dennis Duquay 2:29:07.2
228. Robert Borok 2:30:05.3
243. Ken Jordan 2:35:27.9
248. Dennis Klah 2:38:42.7
269. Jason Blackmore 2:49:20.9
283. Paul MacDonnell 2:56:36.1
314. P.C. Pawley 3:16:18.9
319. Kevin Cuddy 3:19:25.2
324. Gerald Holt 3:22:17.4

MEN, AGE 40-49

57. Willem Brutsaert 1:39:36.6
84. Russell Fries 1:48:58.3
92. Alan Stevens 1:51:53.6
100. Paul Macaulay 1:53:15.8
122. Rich Cole 1:59:29.3
130. Don Ardine 2:01:26.5
158. Robert Johnson 2:06:58.9
167. Larry Nicholson 2:08:08.5
196. David Wiggen 2:19:30.8
240. Tom Homsted 2:34:52.5
257. Bill Clark 2:43:48.6
272. Dwinnen Grass 2:51:00.7
277. Ron Daigle 2:52:46.7
287. J. Littlepage 2:57:22.1
289. Ron Johnson 2:58:41.5
298. David Platt 3:03:18.7

MEN, AGE 50-59

13. Gil Roderick 1:18:17.7
31. Galen Hayward 1:28:52.4
45. Edward Ouellet 1:38:19.3
64. Aurele Ouellet 1:42:32.7
69. Arne Nonnas 1:44:06.3
76. Anders Kotland 1:47:17.0
306. George Snow 3:07:52.8
333. L.E. Swallow 3:35:48.3

MEN, AGE 60+

60. John Roderick 1:40:03.6
119. Gerald Fauchar 1:59:02.9
234. Sam Ouellet 2:33:37.7
236. Winn Pike 2:33:46.0
322. Joseph Rosenstein 3:21:41.6

FAMILY TEAMS

"RAWCLIFFES"

37. Jerry Rawcliffe 1:33:36.6
80. Jack Rawcliffe 1:47:56.2
186. Rudy Rawcliffe 2:15:48.5
279. Mom Rawcliffe 2:54:14.6
703

"JURG & SONS"

169. Philip Jurgeleit 2:08:56.3
171. Glen Jurgeleit 2:09:54.3
205. Peter Jurgeleit 2:22:14.2
267. Sally Jurgeleit 2:48:33.7
545

"MUD CITY"

217. Robert Chase 2:26:49.3
218. Mary Chase 2:26:51.0
255. Mike Hackett 2:42:41.9
690

"FLYING FOSTERS"

219. Benton Foster 2:26:57.3
280. Inase Foster 2:54:23.4
281. Nathan Henderson 2:54:49.5
299. Kathy Dall 3:03:50.7
786

"THE THREE G's"

320. Andrew Graham 3:19:26.0
321. Carol Graham 3:20:18.2
332. Donna Giles 3:35:17.1
971

YOU-NAME-IT TEAMS

"SUPERSONICS" 81

7. John Lacey 1:15:47.7
28. Herman Cappelon 1:27:13.2
46. Per Fodnaess 1:36:36.5
72. Narongchai Sunayasakul 1:46:20.8
79. Willie Deckler 1:47:54.1

"OCC's" 184

55. Gary Cole 1:39:29.9
62. Robert Crawford 1:40:59.1
67. Stephen Oliver 1:43:21.8
73. Ray Owen 1:45:55.0

"CARBO" 197

58. Chris Mende 1:39:44.7
65. Andi Smith 1:42:55.3
74. David Tyler 1:46:50.3

"LINCOLN" 204

62. Sean McCahill 1:39:06.4
81. Carl Stewart 1:43:05.2
91. Alan Stockley 1:51:51.4

"BOG DOGS" 230

36. Hal Jordan 1:32:52.8
86. Walter Abbott 1:49:29.3
108. Bob Read 1:54:53.6
133. Thad Dwyer 2:01:44.0
168. Stan Blake 2:08:45.1

"RIVER RATS CANOE CLUB" 319

32. Dave Brouwer 1:29:05.9
139. Tom Feeney 2:02:59.0
148. Linwood Parsons 2:04:26.6
161. Cliff Daigle 2:07:12.3
200. Betty Ann Parsons 2:44:19.3

"MAGNIFICENT MATHEMATICIANS" 327

97. Bill Stearns 1:52:49.3
109. Paul Vansteenberghe 1:55:01.8
121. Don Sands 1:59:21.2
181. Bob Francoeur 2:14:36.1
190. Earl Beard 2:19:25.6

"OLD TOWN APPLICATORS" 159

"OLD TOWN APPLICATORS"
85. Barry Dana 1:
132. Vincent Norwood 1:
142. Rae Fournier-Wren 1:
188. Richard Love 2:
235. Richard Sagiel 2:

"FATLANDERS"

88 R.K. Dearborn 1:
183. Frank Roberts 1:
200. Blair Griffin 2:
204. Bob Bayer 2:
221. Bob Roxby 2:

"R.E. RACING TEAM"

127. Mert Dearnley 1:
197. Peter Catway 3:
216. Marilyn Catway 3:

"TOURING TEETOTALERS, RACING ETC"

162. Larry Berthiaume 2:
191. Scotty Polger 2:
225. Brian Gallant 2:
237. Steve Gardner 2:

"MAINE FREEWHEELERS"

131. Mike Avery 2:
193. Sharon Rank 2:
254. Doug Birgfeld 2:
329. Cerryann Bernard 3:

"WINPTONS"

170. Scott Cook 2:
208. Ron Horton 2:
220. Steve Kazmiermak 2:
247. Margaret Borton 2:

"CELESTIAL CITY CRAWLERS"

141. Tom Rowe 2:
192. Patty Treworgy 2:
270. Dick Rowe 2:
303. Sam Harwood 3:
304. Ed Huff 3:

"SNOWPOKES"

176 Philip Frassica 2:
209. Robert May 2:
232. Christopher Lamb 2:
276. Francis Lee 2:
307. Kessenich, Thomas 3:

"THE BOG BURNERS"

184. Mark Boyd 2:
230. Sally Jacobs 2:
231. Sue Owen 2:
300. Sarah Clark 3:
310. Mary Boyd 3:

"NIKKE BAG"

213. Mary Schrage 2:
258. Sandra Johnson 2:
259. Jenny Winship 2:
318. Carol Kelly 3:

"MDM"

211 Michael Profita 2:
273. Mike Desmarais 2:
278. Diane Vebee 2:

"BANGOR MINERESETS"

244. Mary-Kay Deighan 2:
271. Anne Gibson 2:
285. Jean Deighan 2:
301. Cheryl Wilson 3:

"FOUR MUSKETEERS"

253. Carole Mixon 2:
266. Carol Hollenbeck 2:
302. Nancy Clift 3:
309. Denise Wande 3:

"LADIES SEWING CIRCLE & TERRORIS

264. Harvey Lowman 2:
275. Roxanne Phillips 2:
284. Mary Phillips 2:
290. Gloria Banach 2:

"DOWNHILLERS" 884

253. Marlene May 2:41:27.3
308. Cathy Kennedick 3:09:47.0
723. Cathy Lee 3:22:38.1

"GMF" 882

293. Jan Gordon 3:02:12.5
294. Christy Raenger 3:02:13.7
295. Jean Mitchell 3:02:22.1

"WINTERFEST #2" 893

286. Zach Littlepage 2:57:15.9
292. Josh Reynolds 3:01:57.3
315. David Smith 3:16:37.9

"THE STRONG GARRYS" 997

326. David Garry 3:31:53.0
335. Kristin Strong 3:36:07.2
336. Pamela Garry 3:41:33.5
337. Robert Strong 3:41:31.9

"OUT-A-STATES" DNF

202. Enid Fernley 2:21:41.0
260. Cathy Jessup 2:48:55.6
DNF Maureen Largay

"WINTERFEST #1" DNF

291. Ethan Beard 3:00:04.3
313. Josh Platt 3:16:08.5
DNF Scott Cuddy

HIGH SCHOOL TEAMS

"OLD TOWN HIGH SCHOOL" DNF

245. Todd Harris 2:38:07.3
252. Janey Finchon 3:41:03.7
DNF Greg Comeau

COLLEGE & UNIVERSITY TEAMS

"MAINE MOOSETTES #1" 157

48. Kelly Goddard 1:37:28.4
53. Jane Meerow 1:39:07.4
56. Kathy Martin 1:39:35.7
71. Becky Eaton 1:44:53.8

"MAINE MOOSETTES #2" 340

39. Wendie Moore 1:34:44.2
150. Linda Nilsson 2:04:29.9
151. Donna Rynkowski 2:04:31.4

"THE GLACIAL CREEPS" 375

103. Steve Morse 1:54:05.9
134. John Biedarman 2:01:51.8
138. Robert Ackert 2:02:49.5
173. Ellen Shields 2:10:49.7
189. Dean Lindstrom 2:17:23.3

"ACID REINDEER" 394

125. Steve Kahl 1:59:54.0
126. Scott Denning 2:00:03.0
143. Marilyn Morrison 2:03:53.3
241. Myron Bock 2:36:12.4

"THE MOOR TOUR FOUR"* 428

115. Cary James 1:57:37.1
149. George Jacobson 2:04:28.2
164. Ron Davis 2:07:48.5
166. Chris Campbell 2:08:06.8
*We never tire in a mile

Results courtesy of the Penobscot Paddle & Chowder Society

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FROSTBITE 5K (Just shy of 3 miles)
Skowhegan Feb 11th

1. Chris Bovie 14:57
2. Fred Judkins 15:23
3. Jeff Brown 16:50
4. Ralph Thomas 17:00
5. Bob Hagopian 17:03
6. Linda Larue 17:52*
7. Reggie Lesperance 18:00
8. Rick Landry 18:03
9. Joe Clapper 18:14
10. Jim Lawrence 18:20
11. Mike Clapper 18:23
12. Roy Pelotte 18:29
13. Ron Paquette 18:31
14. Carl Bowen 18:46
15. Ed Thompson 18:52
16. John Albee 19:00
17. Sam Mitchell 19:18
18. Bob Johnson 19:19
19. Marty Keniston 19:20
20. Jeff Williams 19:27
21. Don Moser 19:36
22. Warren Newton 19:40
23. Alan Campbell 19:46
24. Barry Butterfield 19:56
25. Judy Marshall 20:16*
26. John Malek 20:26
27. Mark Soco 20:49
28. Ellen Spring 20:49*
29. Clark Davis 20:54
30. Karen LaCasse 21:01*
31. Don Abrams 21:02
32. Gary Fitzpatrick 21:04
33. Sheldon Kilkenny 21:07
34. Jerri Bushey 21:09*
35. Donnajean Pohlman 21:16*
36. Katy Roy 21:47*
37. Chuck Hodge 21:49
38. Ron LaFratta 22:03
39.
40. Peggy Clark 22:09*
41. Paul Thompson 22:12
42. Charles Clapper, Jr. 22:22
43. Leona Clapper 22:24*
44. Michael Riordan 22:13
45. Aaron Newton 22:38
46. Sean Lesperance 22:54
47. Jeff Williams 23:06
48. Betty Halma 23:08*
49. Eddie St. John 23:11
50. William Layman 23:27
51. Suzanne Fitzpatrick 23:59*
52. Marjorie Knuuti 24:26*
53. Mark LaCasse 24:58
54. Dorothy Chansky 25:08*
55. Marianne Steinhacker 25:19*
56. Chris Huntley 25:23
57. Laura Bernard 25:40*
58. Sharon Cayer 25:56*
59. Pat Roy 25:57
60. Jan Brown, Jr. 26:44
61. Darrell Bizzell 26:55
62. Robbie Buzzell 26:55

Results from the Skowhegan Voice

* * * * * * * * * * * * * * * * * *

GIRL'S EASTERN STATES INTERSCHOLASTIC INVITATIONAL TRACK & FIELD MEET
Harvard U. Mar 3rd

60 YARD HURDLE

3. Jodie Grenier - Winslow 8.28

TWO MILE RUN

7. Lisa Makem - Scarborough 11:10.5

1000 YARD RUN Heat #1

6. Leslie Walls - Biddeford 3:48.9

MILE RUN Heat #1

5. Julie Fritz - Biddeford 5:13.9
7. Kathy Tracy - Sanford 5:20.3

Results courtesy of Bob Provost

* * * * * * * * * * * * * * * * * *

6TH ANNUAL HARBOR HOUSE COMMUNITY RECREATION CENTER FUN RUN IN HONOR OF ST. PATRICK
Southwest Harbor Mar 11th

1. Bill Pinkham 12:48
2. Braden Alley 14:20
3. Carrie Worcester 16:01
4. Greg Straub 16:16
5. Lucas Dunbar 19:03
6. Guy Dunbar 19:04
7. Trisha Alley 21:39
8. Nancy Alley 21:40

Results courtesy of Marty Lyons
Race Director

* * * * * * * * * * * * * * * * * *

AMERICAN HEART ASSOCIATION ST. PATRICK'S DAY RUN Waterville Mar 17th

1. Peter Lessard 33:02
2. Sean Nicholson 33:40
3. Scott Roberts 33:52
4. Kevin Wolfe 34:05
5. Rick Lane 35:22
6. Greg Nelson 35:54
7. Doug Ludewig 44 36:27
8. Jerry Allanach 36:57
9. Alfred Karter 37:00
10. Mike Harrigan 37:15
11. Todd Hews 37:43
12. Tim Quiriod 38:01
13. Barry Hopkins 38:17
14. Chris Lyford 38:46
15. Bob Croswell 38:55
16. Bernard Boisvert 39:01
17. Ralph Knight 39:12
18. Bob Jolicoeur 47 39:13
19. Peter Tozier 39:18
20. Todd Guite 39:31
21. Mike White 39:46
22. Chuck Munier 39:55
23. Gary Thornhart 39:59
24. Tim Rogers 40:49
25. Merton Dearnley 41:08
26. Dave Clinard 41:18
27. John Schwerdelm 41:22
28. Laurent Fortin 41:27
29. Ken Sylvester 41:32
30. Bruce Stetson 41:46
31. Beth Golden 41:49*
32. Charles Weymouth 42 41:52
33. Ron Paquette 42 42:29
34. Roy Pelotte 42:37
35. Rodney Rowe 43:11
36. Bobby Silvius 43:21
37. Larry St. Peter 43:25
38. Don Brewer 43:37
39. James Moore, Jr. 40 44:04
40. David Blair 40 44:04
41. Fredrick Symes 44:30
42. Alan Edmond 44:30
43. Cliff Hannon 44:43
44. Rich Abramson 44:45
45. Russell Martin 44:54
46. Eric Bowen 45:17
47. Craig Haggett 45:36
48. William Downing 45:51
49. Dave Hogan 47 45:57
50. Bruce Fanlason 46:03
51. Bruce Turcotte 46:16
52. Lucien Lessard 43 46:38
53. Allen Hersom 46:45
54. Doug MacDonald 46:50
55. Richard MacDonald 48 46:50
56. Dean Laurence 47:05
57. Jerri Bushey 47:09
58. Donna Jean Pohlman 49:15
59. Bob Boynton 44 49:19
60. Rex Nelson 53 49:58
61. William Tozier 56 50:47
62. Dolores Renard 51:04
63. Harold Jones 56 53:03
64. Michael Riordan 55:19
65. Patty Colleen 55:34
66. Sheldon Kilkenny 58:41
67. Claudia Tukeva 59:59*
68. Lisa Campbell 65:47*
69. Joe Massey 68:37

Results courtesy of Sara Marden

* * * * * * * * * * * * * * * * * *

MAINE ASSOCIATION OF THE ATHLETIC CONGRESS

Last year the Athletic Congress (TAC/USA) encouraged all TAC associations to participate in a Junior Olympics Road Running pilot program. The top ten from each association qualified to compete in their respective age divisions (15-16 and 17-18) at the 1983 TAC Junior Olympic Road Running National Championships which were held in conjunction with the TAC Junior Olympic Track and Field National Championships at Duke University at Durham, North Carolina. Unfortunately, the Maine TAC did not participate in this program. It proved to be very successful, nation-wide.

This year the program will be greatly expanded. Maine's TAC Association is making plans to hold an Association Championship in the 15-16 and 17-18 age divisions. The top ten boys and girls in each of the age groups will qualify to compete in the 1984 National Junior Olympics which will be held at Louisiana State University in Baton Rouge, Louisiana.

At LSU the heptathlon for girls and decathlon for boys will be held on July 17th and 18th. The track and field events will be held on July 19th, 20th and 21st. The road racing will take place on July 21st.

Tentatively it is planned to hold the Maine Association Road Racing Championships in the Augusta area, probably at the Maranacook Community School, on Saturday, June 23rd. The race will be over the 10K route. At present the details are being worked out in a co-operative effort by the Maine Road Ramblers, the Lakers Track Club and Stan Cowan the Maranacook cross country coach.

Final arrangements will be available for the May issue of Maine Running.

J. Frank Glynn

MAINE T.A.C. SPRING ROAD RACING

April 14	CUMBERLAND-GREELY J.H.-Rt. 9
April 21	YARMOUTH-ROWE SCHOOL-Off I-95
April 28	TO BE ANNOUNCED
May 5	SABATTUS-SABATTUS ELEMENTARY SCHOOL-No Name Pond Rd.-Off 202
May 12	YARMOUTH-COMMUNITY BUILDING ON COCHING ISLAND-Off Rt 88
May 19	LISBON FALLS-MARK'S VARIETY-Rt 196 (Championship Race)

DISTANCE: 1.8 Miles

TIME: 1:30 p.m.

AGE DIVISIONS: 8 and under, 9-10, 11-12, and 13-14

AWARDS: *Ribbons to all runners

*More substantial awards to individuals and teams in the championship race

FEE: 25¢ for the first five races

$1.00 for the Championship Race

TAC REGISTRATION: $7.00 individual TAC registration is necessary before participation. The TAC registration also includes an accident insurance policy. TAC forms will be available at all races.

For more information contact one of the following:

Irv Felker 846-4669 Lou Lambert 829-5253

Roland Trottier 353-8857

MAINE T.A.C. RACEWALK SCHEDULE 1984

April 28	5 Mile (Track)*	Open	Orono	1 p.m.
May 6	3 in 1 Road Race - 5K	Open	Lewiston	2
May 20	Maine T.A.C. Championships		Lewiston	10 a.m.
	15K	Men		
	10K	Women		
	5K	Junior		
June 13	Mountain Dew Classic 1 Mile	Open	Bangor	6 p.m.
June 23	Yankee AC 10K	Open	Lewiston	6 p.m.
July 8	Maine T.A.C. Championship		Lewiston	10 a.m.
	10K	Men		
	5K	Women		
July 14	Paul Bunyan Marathon	Open	Bangor	5 a.m.
July 28	Pine Tree Meet 1 Mile	Open	Lewiston	*
Aug 4	Maine T.A.C. Championships		Brunswick	Noon
	(Track)[1]	Men		
		Women		
Aug 25	5 Mile (Track)*	Open	Orono	4 p.m.
Sep 3	Buckfield - 5K	Open	Buckfield	Noon
Sep 22	Maine T.A.C. Championships		Lewiston	1 p.m.
	1 Hour (Track)	M.W.Jr.		
Sep 30	Benjamin's 10K	M.W.	Bangor	Noon
Nov 4	Maine T.A.C. Championships		Orono	1 p.m.
	20K (Track)	M.W.Jr.		

*Handicap race

1. Race open to ME TAC athletes only!

Sixth Annual
Great Cranberry Island
Road Race

5,000 meters

"The most coveted race number in Maine is for the Great Cranberry Island 5 kilometer road race. One of the best races in New England, it's also one of the most exclusive and unique." RUNNER'S WORLD ANNUAL '82

DATE: Saturday, June 16, 1984, 11:00 a.m. sharp

WHERE: Great Cranberry Island -- 15 minute ferry boat trip from Mt. Desert Island.

COURSE: 5 kilometers (3.1106 miles) wheel measured, out and back, rolling hills, paved roads.

RECORDS: Michael Gaige - 14:51, Sue Elliot - 18:06.

ENTRY FEE: $5.00 including T-shirt, $3.00 without T-shirt.

FEATURES: A scenic island village with a well organized race, unique awards and lots of fun.

1. Ale station midway
2. All miles marked
3. No traffic problems
4. Times at 1 and 2 miles
5. Immediate results posted
6. Digital display clock at finish
7. Famous Great Cranberry "Rock Awards" to all finishers
8. Optional post-race lobster feed, etc. (Indicate number below if interested)
9. Post-race party, free beer, lemonade, music
10. Lodging information (see back)

AWARDS CATEGORIES:

1. Youngest finisher
2. First 12 and under male/female
3. First 13-18 male/female
4. First 3 open male/female
5. First over 40 male/female
6. First over 50 male/female
7. First 3 person team male/female (based on combined place score)

IMPORTANT INFORMATION
Read information on back of form carefully

The race is limited to the first 300 entrants

ALL ENTRIES MUST INCLUDE:
A) A self-addressed, stamped envelope for confirmation or refund.
B) Entry fee.
C) A signed, completed entry form or a photocopied form.
Handwritten copies of the form will not be accepted.
ALL ENTRIES NOT COMPLETED PROPERLY WILL BE REJECTED.

INSTRUCTIONS FOR FERRY TRANSPORTATION TO RACE:
Ferry departs from the municipal pier in Northeast Harbor, Maine, on Mount Desert Island, 50 miles south of Bangor. Parking is plentiful at the pier. Due to limited capacity, indicate the number of non-runners for your reservation on the ferry (maximum 2 per entry).

WHEN: The first trip will be at 8:00 a.m., the last trip at about 10:00 return trips will begin at 2:00 p.m.

COST: Still being negotiated at press time, approximately $3.00 round trip.

Do not include payment for ferry transportation or post-race meal.
All correspondence to: Great Cranberry 5K Box 107 Cranberry Isles, ME. 04625

Read back of form

OFFICIAL ENTRY FORM

In consideration of this entry being accepted, I for myself, my heirs and assigns, hereby waive and release any and all rights and claims I may have against any sponsor of this race.

NAME: _____ ADDRESS: _____

AGE: _____ SCHOOL OR CLUB: _____

SIGNATURE (Parent, if entrant is under 18): _____

INDICATE NO. For Lobster feed: _____ INDICATE T-SHIRT SIZE S M L XL

INDICATE NO. OF NON-RUNNERS: _____

BUDWEISER LIGHT BRING OUT YOUR BEST

Entry Information

Read carefully and follow all instructions precisely if you plan to attend:

1. The first 300 correct applications we receive back via mail (one per envelope) will be accepted. Hand delivered entries will not be accepted. If accepted, confirmation will be returned immediately.
2. Important all entries which are incomplete, inaccurate or do not include a self addressed stamped envelope for confirmation, will be rejected and entry fees will not be refunded. Those entries which are correct, complete but not selected in the first 300 will receive a refund of their entry fee.
3. The necessity for these rules is based upon the 600 entries we received last year for a 300 runner limit, at least one third of those received were incomplete, inaccurate or didn't include a self addressed stamped envelope.

Lodging Information

There is no lodging available on Cranberry Island, there are numerous motels, campgrounds etc. on Mt. Desert Island. Write: Northeast Harbor Chamber of Commerce, Northeast Harbor, Me. 04662, Bar Harbor Chamber of Commerce, Bar Harbor, Me. 04609, Acadia National Park, Park Headquarters, Bar Harbor, Me. 04609 (for camping). There are also numerous restaurants, lobster pounds etc. on Mt. Desert Island.

Fun-Run

This will be our third year of holding a group non-competitive fun-run on the Sunday after the race on the beautiful traffic free carriage trails of Acadia National Park. We will be meeting on Sunday June 17, at 12 noon at the Eagle Lake parking lot on Rt 233, just 3 miles or so outside Bar Harbor. There will be two groups, one at 9 min. pace or slower for 4-6 miles, and one at 7:30 pace for up to 13 miles. If you're staying in the area, join us! You haven't seen Mt. Desert Island til you've run the carriage trails.

Give it a Try

Last year we received a tremendous amount of publicity in National magazines prior to the race. Without that publicity this year we may not receive nearly as many entries as the 600 from last year and entry into the race may be easier. Give it a try. Fill it out correctly and completely and early and you may be surprised. Good luck.

Gary Allen
Race Director

ANK SABASIEANSKI

MEMORIAL

POLAR BEAR RUN!!

DATE: Sunday May 20, 1984

LOCATION: Start and finish at the Bowdoin Polar Bear, Bowdoin College, Brunswick, Maine

TIME: 10:30 am start

COURSE: 10K Reasonably flat - See course map on reverse side of page.

REGISTRATION: 9:00 - 10:15 Sunday at the registration table (near the Polar Bear. FEE: $2.00

FACILITIES: Rest rooms available. Refreshments at the finish line.

AWARDS: A prize will be awarded to the first male and female in each category. Race T-shirts will be awarded to the second and third place finishers (male and female) in each category.

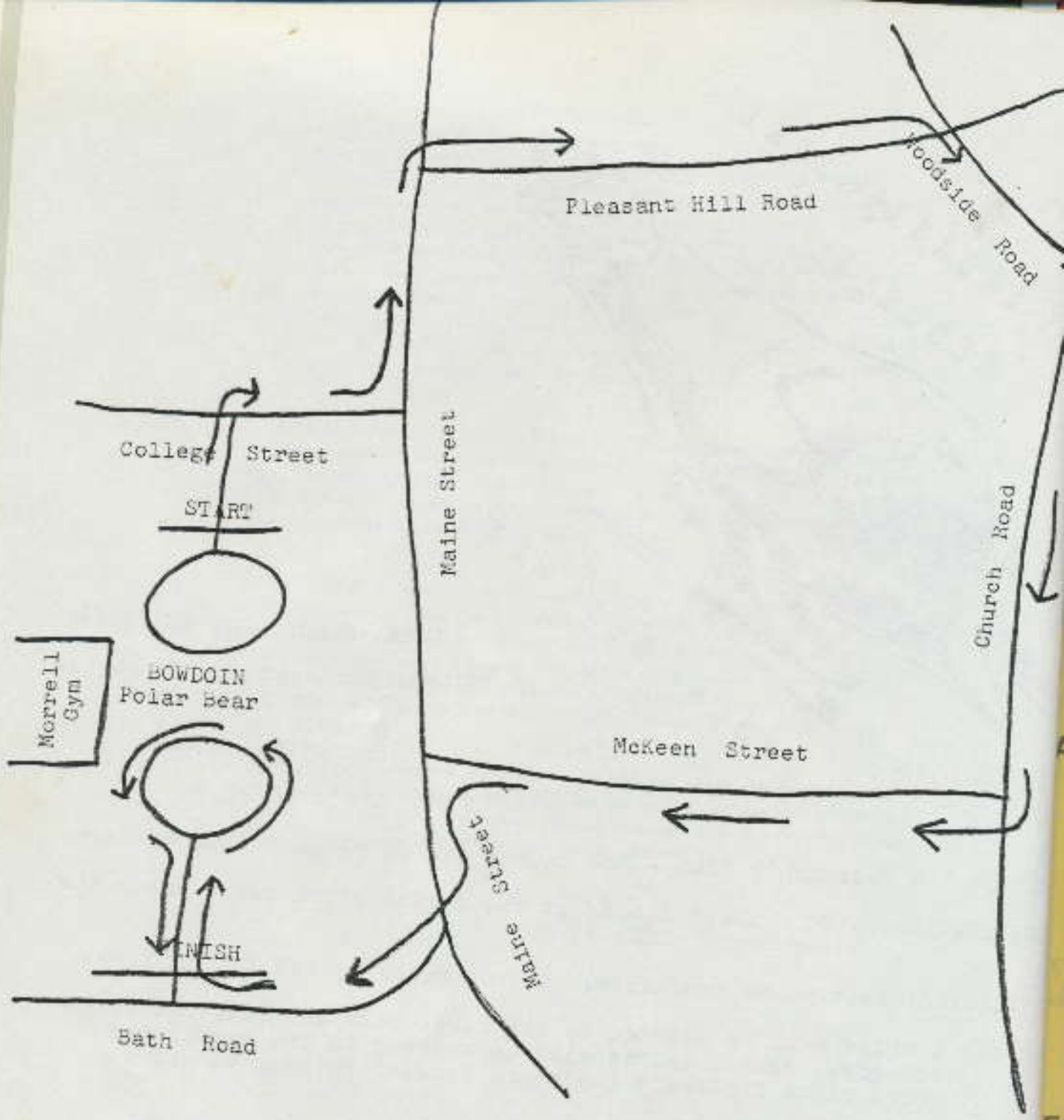
SPONSOR: Society of Bowdoin Women

- -

NAME ________________________ ADDRESS ________________________

MALE circle one FEMALE

___ 18 and under	___ 40 - 49
___ 19 - 29	___ 50 and over
___ 30 - 39	___ Bowdoin Faculty/Staff


Pleasant Hill Road
Woodside Road
College Street
START
Maine Street
Church Road
Morrell Gym
BOWDOIN
Polar Bear
McKeen Street
Maine Street
FINISH
Bath Road

Let's All
RUN FOR THE HILLS

Join us for this First Annual 10 K Road Race
Sponsored by the *Oxford Hills Area Rotary Club*
with help from *Central Distributors* of Lewiston
(Distributor of Stroh & Old Milwaukee beer)
and *Hancock Lumber* of So. Paris

WHERE: So. Paris Park, Route 26, So. Paris, Maine.

WHEN: Saturday, May 12th 11 a.m.

COURSE: Distance 10K, Up High Street 3 miles across to Elm Hill and return to park via Elm Hill and Nichol Street Extension. You'll find rolling hills on this challenging course.

FACILITIES: Locker rooms with showers at Oxford Hills Junior High School.

PRIZES

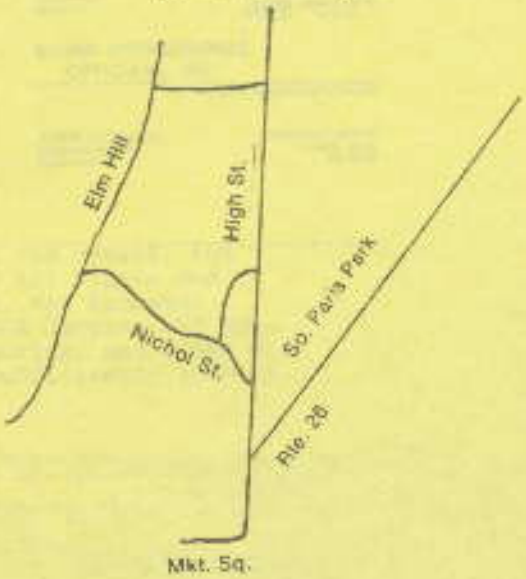
MEN
1st - Gortex running suit
2nd - Nike running sneakers
3rd - 1 pair of gym shorts

CHILDREN
1st - $25 gift certificate
2nd - $10 gift certificate
3rd - $5 gift certificate

LADIES
1st - Gortex running suit
2nd - Nike running sneakers
3rd - 1 pair of gym shorts

FREE T-Shirt to First 100 Finishers

Free Refreshments For All Runners



REGISTRATION:
$4 Pre-Race Day
$5 Day of the Race

For more info call:
Dennis Fournier, 743-2615
during business hours.

In consideration of acceptance of this entry, I, for myself, heirs and assigns waive and release any and all claims for personal damages I may have against the persons and officials of this race.

NAME: _____

ADDRESS: _____

Mail entry & fee to:
Larry Ketner
Attn: Oxford Hills Rotary Club
18 Whitman St.

Maine Road Ramblers

YMCA

Date: May 19, 1984; Couples Relay at 9:00 AM, Open 5k at 10:00 AM
Place: Hodgkins Junior High School, Augusta, Maine
Race Directors: Brad Brown, 11 Mayflower Road, Augusta, ME., Tel. 623-3949(Nights)
Steve Russell, Kennebec Valley YMCA, 33 Winthrop St., Augusta,ME.
Tel. 622-6391 (Days).
Registration: All entrants may register between 7:45 AM and 8:45 AM for the couples relay and 7:45 AM to 9:30 AM for the open race. Pre-registrations may be forwarded to Brad Brown. The first 100 to register will receive a commemorative T-shirt.
Entry Fee: $5.00 per individual. Refreshments will be served to all entrants after each race. Proceeds will go to the Kennebec Valley YMCA.

Couples Relay Format: Female will run 5 kilometers(3.1 miles) and then tag the male partner who also runs 5k. Times will be recorded at the midway point and at the finish. Running times will be given at the one and two mile marks.

Open Race: To cover a distance of 3.1 miles. Splits will be given at 1 and 2 miles.
Water Stop: Water will be available during both races near the 2 mile mark.
Complete Results in Maine Running

AWARDS:

Couples Relay		Open 5K	
Top 3		Male-Top 3	Female-Top 2
Plus 1st in age groups		Plus first in age groups	
(combined ages of partners)		18 and under	18 and under
36 and under	70-79	19-29	19-29
37-49	80-89	30-39	30-39
50-59	90-99	40-49	40 and over
60-69	100 and over.	50 and over	

Fort Western Tire Company, Inc.
5 Bowman Street
Augusta, Maine 04330
207-622-6268

PEPSI

MAINE PROFESSIONAL OPTICIANS, INC.

In consideration of this entry being accepted, I hereby, for myself, and my heirs, executors or administrators, waive and release all rights and claims for damages I may have against the race directors, the Kennebec Valley YMCA, Maine Road Ramblers, and sponsors of the YMCA Couples and Open 5K road race for any and all injuries incurred before, during, and after the race. I attest and verify that I am physically fit and sufficiently trained to participate in this event.

Name_____ Age____ Sex____ Signature_____
(If under 18, parent or guardian)
Street_____ Town_____ State_____ Zip_____
T-Shirt Size(circle one) Youth M Youth L Adult S Adult M Adult L
Partner's Name_____ Age____ Sex____ Signature_____
(If under 18, parent or guardian)
Street_____ Town_____ State_____ Zip_____
T-Shirt Size(circle one) Youth M Youth L Adult S Adult M Adult L

Please make checks payable to: Maine Road Ramblers
c/o Brad Brown, 11 Mayflower Rd., Augusta, Me. 04330

THE FALMOUTH LITTLE LEAGUE BENEFIT RACES

DATE: Sunday, May 13, 1984 - Mother's Day

PLACE: Parking lot at Legion Field; located on the backside of the Colony Cadillac Block on Route 1 in the Falmouth shopping center area.

REGISTRATION: Day of the race 9 A.M. up to 30 minutes prior to respective race. Please make checks payable to Falmouth Little League. Preregistration prior to May 10 by mailing check to:

Philip S. Pierce, Treasurer
Falmouth Little League
79 Waites Landing Road
Falmouth, Maine 04105

Race #1: 9 years and under: 1/2 mile out and back, flat course, at 10 A.M.
Entry Fee $1

Race #2: 10 years through 15 years: 1 mile flat around the block, at 10:30 A.M.
Entry Fee $3

Race #3: Falmouth Four Miler, out and back; light grade miles 2 and 3, flat miles 1 and 4. Water and splits available. Begins at 11 A.M.
Entry Fee $5

Awards: First Place each age Male and Female, 15 years and under.

First Place age group Male and Female, 16-19, 20-29, 30-39, 40-49, 50-59, 60 and over, and First Male and Female Finisher.

Information: Philip S. Pierce, 781-3769 evenings.
Gerald M. Davis, 797-5309 evenings.

Results: Complete results will be published in Maine Running Magazine.

- -

In consideration of this entry being accepted, I for myself, my children, my heirs and assigns waive and release any and all rights and claims or damages I may have against the Falmouth Little League, their representatives, the race director or others, for any and all injuries suffered by me or my children at said race.

AGE______ SEX________

NAME ____

ADDRESS ____

SIGNATURE ____

PARENTS SIGNATURE (for runners under 18) ____________________

The pursuit of health is a life-long endeavor

4th annual ROCKY COAST ROAD RACE 10k

Boothbay Harbor,
Maine
May 12, 1984

Fourth Annual
ROCKY COAST ROAD RACE

BOOTHBAY REGION YMCA

10,000 METER (6.2 Miles) WHEEL MEASURED COURSE/ELECTRONIC FINISH

Saturday, May 12, 1984 10:00 a.m. (rain or shine) at the Boothbay Region YMCA, Townsend Ave. Boothbay Harbor, Maine 04538.

REGISTRATION: 8:15 to 9:30 a.m. Pre-registration $6.00, $7.00 race day T-shirts first 200 registrations. Pre-registration packet may be obtained Friday 7-8 p.m.

RUNNER'S CLINIC: 7:30 p.m. Friday, May 11, 1984 at YMCA. Conducted by NIKE Technical Staff along with selected runners.

RACE DIRECTOR: Jay S. Krouse 633-2435; **Race Committee:** Ken Gaecklein, Rachel Jordan and Lew and Dot Pike. **Race Doctors:** Andre Benoit and Douglas Long.

FACILITIES: Boothbay Region YMCA; locker rooms - showers - bathrooms - saunas swimming pool, Fitness Center. **FREE BABYSITTING.**

AWARDS CEREMONIES: Noon.

AWARDS

MEN'S OPEN - Top 5 positions
- 12 yrs. & under - first 2
- 13-18 yrs. - first 3
- 19-29 yrs. - first 3
- 30-39 yrs. - first 3
- 40-49 yrs. - first 3
- Over 50 - first 3

WOMEN'S OPEN - Top 5 positions
- 12 yrs. & under - first 2
- 13-18 yrs. - first 3
- 19-29 yrs. - first 3
- 30-39 yrs. - first 3
- 40-49 yrs. - first 3
- Over 50 - first 3

Awards will also be given to: First Boothbay Region Finisher (male and female). Oldest finisher (male and female).

PRIZES: Andersen pottery and NIKE training flats, jackets and shorts.

REFRESHMENTS: bowl of fish chowder - oranges and orange juice - soda - coffee.

FOR FURTHER INFORMATION CONTACT THE BOOTHBAY REGION YMCA AT 633-2855.

REGISTRATION
FOURTH ANNUAL ROCKY COAST ROAD RACE

Name (Please Print) Age Sex Phone Address

_____ Check here if Boothbay Region Resident.

_____ Check here if Boothbay Region YMCA Member.

In consideration of Boothbay Region YMCA permitting me to participate in the Rocky Coast Road Race, I hereby, for myself, my heirs, administrators and assigns waive and release any and all rights and claims of any nature that I may have against Boothbay Region YMCA, and any organization connected with this event, their representatives, successors, and assign for any and all injuries or damages which I may suffer while taking part in my activities connected with the event.

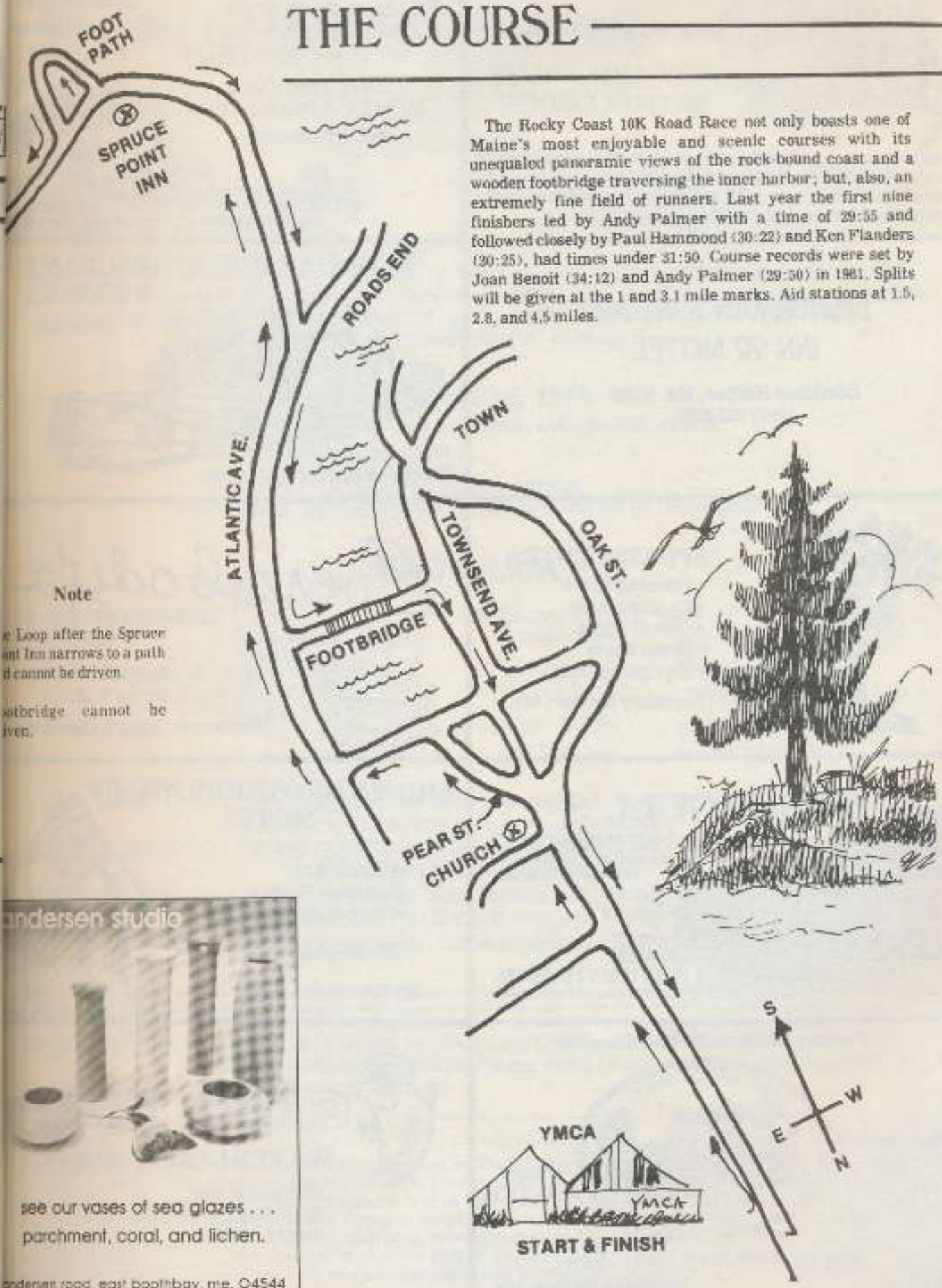
Signature of participant (under 18 signed by parent or guardian)

Make Check payable to Boothbay Region YMCA at above address.

Please circle shirt size: S M L XL

THE COURSE

The Rocky Coast 10K Road Race not only boasts one of Maine's most enjoyable and scenic courses with its unequaled panoramic views of the rock-bound coast and a wooden footbridge traversing the inner harbor; but, also, an extremely fine field of runners. Last year the first nine finishers led by Andy Palmer with a time of 29:55 and followed closely by Paul Hammond (30:22) and Ken Flanders (30:25), had times under 31:50. Course records were set by Joan Benoit (34:12) and Andy Palmer (29:50) in 1981. Splits will be given at the 1 and 3.1 mile marks. Aid stations at 1.5, 2.8, and 4.5 miles.



Note

e Loop after the Spruce
nt Inn narrows to a path
d cannot be driven.

otbridge cannot be
iven.

andersen studio

see our vases of sea glazes . . .
parchment, coral, and lichen.

andersen road, east boothbay, me. 04544

come stay with us at

HOWARD HOUSE MOTOR LODGE

Located ½ mile from YMCA on Rte. 27 Seven unique and luxurious rooms all with private bath and color T.V. Any two consecutive nights $46.00 dbl. thru May 24. Complimentary homemade continental breakfast. (207) 633-3933

Seagate MOTEL

State Route
Boothbay Har
Maine 045

Open Year Round
Mary Ev. & Howard Friant
Tel. 207-633-3900

FISHERMAN'S WHARF INN & MOTEL

Boothbay Harbor, Me. 04538
(207) 633-5090

TUGBOAT INN, RESTAURAN & MARIN

633-443

100 Commercial St.
Boothbay Harbor, Me. 04538

SPORTS CENTER

- Running Shoes
- Running Suits
- Casual Shoes
- Dress Shoes
- Equipment Bags

Boothbay Harbor, Me.

Everybody's RESTAURANT

Rt. 27 - Boothbay Harbor, M
¼ mile from the Y.M.C.A.
Homemade Soups & Chowde

McSEAGULL'S

BROWN BROTHERS WHARF MOTEL

Atlantic Ave.
Boothbay Harbor,
Maine 04538

207-633-5440

Off Season Rates Available

Famous for its old Fishing Dory Bar

Lunch served from 11:30 to 2:00 p.m.

Dinner 6:00 - 9 p.m.

and excellent Down-East Cuisine

Oak St. Boothbay Harbor, Me.

CAP'n FISH

WATERFRONT MOTEL

65 Atlantic Ave.
Boothbay Harbor, Me. 04538
(207) 633-3636

tate Route 27
thbay Harbo
Maine 04538

AURANT
MARINA
633-4434

dy's
ANT
Harbor, Me.
e Y.M.C.A.
& Chowders

RF

ISH'S
MOTEL
04538

RUNNING CLINIC

Cosponsored by

RUNNINGWELL & RUN FOR YOUR LIFE FITNESS CENTER

A Division of Adult Learning Systems

A Division of PLS Inc.

A program created for runners who want to learn more about their fitness and their bodies with the intent of becoming better and healthier runners. This program is designed for people who have already begun running but will meet the needs of runners at all levels: beginning, intermediate or advanced.

May 11 and 12, 1984

Run For Your Life Fitness Center, Manchester, Maine

FEE: $55.00 per person.
You must be 18 years of age or older in order to participate.

PROGRAM

Friday, May 11, 1984	
6:30-7:00 pm	Orientation, Introductions
7:00-9:00 pm	FITNESS SEMINAR Where are you at? Where are you going?

Saturday, May 12, 1984	
8:30-9:30 am	STRETCHING WORKSHOP
9:30-11:30 am	TRAINING RUNS
11:30-12:30 pm	UPPER BODY WORKSHOP
12:30-1:30 pm	A Nutritious Runner's Lunch
1:30-4:30 pm	INJURY SEMINAR

Gain valuable information about yourself and your running. Meet and interact with other runners. A learning and social experience.

DETAILED DESCRIPTION OF THE CLINIC'S WORKSHOPS AND SEMINARS AND PROGRAM FACULTY AND STAFF IS GIVEN ON REVERSE SIDE.

Space is limited, so please register early. Your registration will be confirmed by return mail along with directions to Run For Your Life Fitness Center.

Showers and lockers available. Come prepared to workout and run.

REGISTRATION FORM: Detach and return to Adult Learning Systems, Running Clinic, 20-B Myrtle Street, Auburn, ME 04210. Please make check or money order payable to: Adult Learning Systems.

Name _____ Telephone _____

Address _____ Age _____

I, the above named, in consideration of being enrolled in The Running Clinic, do, on behalf of myself and my heirs or executor, release and discharge Run For Your Life Fitness Center, A Division of PLS Inc. and all its agents and Runningwell, A Division of Adult Learning Systems and all its agents from any claims or demands which I may have now or at any time in the future resulting from any illness or injurous occurrences as a result of participation in this program. Please answer the following questions: Have you read this paper? _____ Do you know what you are signing? _____ Do you intend that the parties you are releasing can rely on your signature as indicating agreement to end every right or claim you may have for damages arising out of this program? _____

_____ _____

Participant's Signature Date

RUNNING CLINIC:

Detailed description of workshops and seminars, program faculty and staff.

Friday, May 11, 1984

6:30-7:00 pm — Introductions, Orientation

7:00-9:00 pm — **FITNESS SEMINAR**

Where are you at? Where are you going?

David Cannan
Anatomy and Physiology Instructor
Director of Athletics
Lewiston High School

An in-depth discussion of the meaning of fitness and how to set, and properly train for, your individual fitness goals.

Saturday, May 12, 1984

8:30-9:30 am — **STRETCHING WORKSHOP**

Alan Brown
Physical Therapist
Sports Medicine Clinic
Lewiston, Maine

A demonstration of appropriate stretching techniques for all levels of running.

9:30-11:30 am — **TRAINING RUNS**

Group runs of three, five or eight miles. Water stops will be available. Participants will choose the distance best suited for their running levels.

11:30-12:30 pm — **UPPER BODY WORKSHOP**

Alan Brown

A discussion of the importance of upper body development for runners along with a review of proper training schedules and techniques

Saturday, May 12, 1984

12:30-1:30 pm — **LUNCH**

A nutritious "runner's buffet" and a good t for informal interactio

1:30-4:00 pm — **INJURY SEMINAR**

Gerry Hussar
Physician's Assistant
Sports Medicine Clin
Lewiston, Maine

An in-depth discussi regarding the prevent treatment and rehabil of common running injuries. The focus w on the needs and con of the participants.

4:00-4:30 pm — **FEEDBACK**

Program Staff:
James E. Wright, Ph.D.
President, Adult Learning Se

Nancy C. Gordon, B.A., M.S
Adult Learning Systems

For further information call 662-98 784-2826.

"People Die, Dreams Don't"

rry Fox
8 - 1981

From April 12 to Sept. 1, 1980 Terry Fox ran his Marathon of Hope, a trans-continental run of Canada - on one good leg and an artificial limb.

He ran to prove to people that being handicapped doesn't mean being disabled ...that cancer can be beaten. He ran to raise money for cancer research.

Struck down by cancer again, after running 3,339 miles, Terry Fox's dream still deeply mattered to him. On his deathbed he told a reporter: "People die, dreams don't".

Help keep this very special young man's dream alive - come run and help raise money to fight cancer.

5 K (3.1 Miles) RUN

IN TRIBUTE TO TERRY FOX

SPONSORED BY
VILLAGE SUBARU
AND
BANGOR MOTOR INN

SUNDAY, MAY 6

10:00 AM

BANGOR MOTOR INN

ALL PROCEEDS
DONATED TO
MAINE DIVISION
AMERICAN CANCER
SOCIETY

T-SHIRT SIZE
CIRCLE
S M L XL

ME _____

DRESS _____

_____

Sex _____ Age _____

T-Shirt awarded to 1st 500 to Pre-register

Post-Registration at Bangor Motor Inn 8:30–9:30 AM (DAY OF RACE)
Registration: $5.00, recommended donation.

In consideration of this entry being accepted, I for myself, my heirs and assigns hereby waive and release any rights and claims I may have against the sponsors at this run.

_____ _____
signature parent's signature if under 18

Make check payable to: American Cancer Society

Mail To: Charles Summers, Bangor Motor Inn
701 Hogan Road, Bangor, Maine 04401

DOWNEAST ~ DOGTROT

A COMPETITIVE RUN OF 3 MILES, EACH RUNNER TO BE ACCOMPANIED BY A DOG ON A LEASH. The event is to benefit the CAMDEN-ROCKPORT ANIMAL RESCUE LEAGUE.

A FUN RUN of 9/10s mile, also with dogs on leashes, will be included.

DATE: Sunday, May 6, 1984. RAIN OR SHINE.

TIME: Race starts at 11 a.m. Fun Run at 11:10.

REGISTRATION: 9 - 10:30 a.m.

FEES: Prereg: $4.00. Race Day: $5.00.
Fun Run: $1.50 a head, whether human or canine.

LOCATION: Beauchamp Pt., Rockport, Maine. Start and finish at the Wm. Gribbel's house, Calderwood Lane. (Directions: In the center of Rockport Village find Russell Ave. at a little triangle just uphill from the Opera House; follow it east 4/10s of a mile to Calderwood Lane. Follow Calderwood 1 mile and watch for Dogtrot signs. From Camden center take Chestnut St., go by post office and continue 1.6 miles to Calderwood Lane).

DESCRIPTION: A country course, mostly on dirt roads, with some hills. Permission has been obtained for use of private roads and driveways for the period of this run only; it in no way indicates authorization to use this privately-owned land at any other time.

FACILITIES: Basic bathroom facilities at house. Lotsa bushes for dogs!

WATER: At start, finish, and half-way point.

REFRESHMENTS: Served after the race.

AWARDS: Race: 1st and 2nd place prizes for men and women in each division.
Fun Run: One prize for each category; if there are ties in group entries, prize will be awarded to the first to finish.

DIVISIONS: Race: 5 each for men and women: 14 years and under, 15 - 25, 26 - 35, 36 - 50, over 50.
Fun Run: Most dogs, under STRICT control, attached to one person; most people attached to one dog (6' leash maximum); youngest human to complete course on his own feet; oldest human to finish; 1st male and female humans to finish.

RESULTS: Complete results will be published in MAINE RUNNING magazine.

T SHIRTS: Commemorative T shirts will be available.

RULES: 1) All dogs must be on a leash and under control at all times. The League reserves the right to exclude from the race anyone who cannot control his/her dog.
2) Discipline is one thing, but any flagrant abuse of a dog will result in the owner being disqualified.
3) Please don't bring a bitch in heat!

QUESTIONS? Call Margaret Emerson, 236-2597, or the Animal Rescue League, 236-8702.

ENTRY FORM: See reverse side of this flyer.

DOWNEAST DOGTROT ENTRY FORM

In consideration of the acceptance of my entry for "Downeast Dogtrot" or its associated Fun Run, I for myself, my executors, administrators, and assignees, do hereby release and discharge the Camden-Rockport Animal Rescue League, the Town of Rockport, the Megunticook Golf Club, the Gribbel, Ames, Dodge, and Chatfield families of Beauchamp Pt., any other sponsors or volunteers, and their agents and employees for all claims of damages, demands, or actions of any kind whatsoever in any manner arising or growing out of the participation of myself and my dog(s) in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event, and I, and my dog(s) are physically fit and sufficiently trained to participate in this event.

NAME:_____ AGE:_____ SEX:_____

ADDRESS:_____ TEL:_____

_____

SIGNATURE:_____
(Parent or Guardian if under 16)

DOG'S NAME:_____ BREED:_____ SEX:____ AGE:____

___RACE ___ FUN RUN, How many heads?_____

Please make checks payable to: Camden-Rockport Animal Rescue League.

Mail to: Margaret Emerson, RFD 1, Box 4876, Camden, Maine 04843.

"People Die, Dreams Don't"

rry Fox
58 - 1981

From April 12 to Sept. 1, 1980 Terry Fox ran his Marathon of Hope, a trans-continental run of Canada - on one good leg and an artificial limb.

He ran to prove to people that being handicapped doesn't mean being disabled ...that cancer can be beaten. He ran to raise money for cancer research.

Struck down by cancer again, after running 3,338 miles, Terry Fox's dream still deeply mattered to him. On his deathbed he told a reporter: "People die, dreams don't".

Help keep this very special young man's dream alive - come run and help raise money to fight cancer.

4-MILE PORTLAND RUN

aine Track Club & American Cancer Society

Pay Tribute to Terry Fox

en: SUNDAY, MAY 9, 10:00 AM
(wheel-measured course, diagram on race-day)
Pre-Registration
8:00 - 9:45AM

Where: U.S.M. GYM
Falmouth St
Portland

Sponsor MAINE TRACK CLUB

Benefit:

MAINE DIVISION,
AMERICAN CANCER SOCIETY

Registration:

$5.00 Donation

Awards:

Trophies for different catagories. T-Shirts will be awarded to the first 50 finishers. A brief biography and drawing, suitable for framing, of Terry Fox to each entrant. The T-shirts left will be sold for $5.00 each to finishers ONLY!

DDRESS _____ Sex _____ Age _____

_____

Registration: $5, recommended donation.

In consideration of this entry being accepted, I for myself, my heirs and assigns hereby ...ve and release any rights and claims I may have against the sponsors at this run.

_____ signature

_____ parent's signature if under 18

...ke check payable to: American Cancer Society

...nd to: Bob Coughlin, 23 High Point Rd, Scarboro, ME 04074

...sults of this race will be printed in full in Maine Running Magazines.

FREE BABYSITTING FOR TODDLERS AND UP AVAILABLE ON RACE DAY

EMERGENCY PHONE NUMBER FOR RACE DAY: 892-6721

Windham Rotary Four Mile Classic

WINDHAM HIGH SCHOOL ROUTE 202. JUST SOUTH OF THE ROTARY AT FOSTER'S CORNER

QUALITY T-SHIRTS TO THE FIRST 200 ENTRANTS

RDS: FIRST THREE PLACES

and under
-29
-39
-49
-59
and over
ROTARIAN

MALE AND MALE
ISIONS

CHANGING FACILITIES AND SHOWERS AVAILABL

SATURDAY, MAY 5, 1984
10:00 AM

ENTRY DONATION: $4.00

RESULTS PUBLISHED IN MAINE RUNNING

WHEEL MEASURED FOUR MILE COURSE

OLYMPIC STYLE START AND FINISH

REFRESHMENTS AVAILABLE AFTER THE RACE

SPLITS GIVEN AT EVERY MILE

RACE BEGINS AND ENDS ON THE NEW HIGH SCHOOL TRACK

REGISTRATION AND CHECK-IN ON THE DAY OF THE RACE BEGINNING 7:30 AM

Please circle
T-Shirt size.
-Med-Lg-Ex.Lg.

Registration Form

Make Checks Payable to Rotary Club of Windham

Mail to: Peter E. Connolly, Race Director
Windham High School
South Windham, ME 04082

ME _____ AGE _____ SEX _____

DRESS _____ TOWN _____ STATE _____

VER: In signing this entry, I release the director of this race, all sponsors, promoters, lunteers, Windham School Department, and the Rotary Club of Windham from any and all bility in case of death or injury received during the participation in the run. In case minor, this entry must be signed by a parent or guardian.

NATURE _____

FREE BABYSITTING FOR TODDLERS AND UP AVAILABLE ON RACE DAY

EMERGENCY PHO
NUMBER FOR RA
DAY: 892-672

Windham Rotary Four Mile Classic

WINDHAM HIGH SCHOOL
ROUTE 202. JUST
SOUTH OF THE
ROTARY AT FOSTER'S
CORNER

QUALITY T-SHIR
TO THE FIRST 2
ENTRANTS

ARDS: FIRST THREE PLACES
and under
-29
-30
-49
-59
-and over
ROTARIAN

ALE AND MALE
ISIONS

CHANGING FACILITIES
AND SHOWERS AVAILAB

SATURDAY, MAY 5, 1984
10:00 AM

ENTRY DONATION: $4.00

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REFRESHMENTS AVAILABLE AFTER THE RACE

SPLITS GIVEN AT EVERY MILE

RACE BEGINS AND ENDS ON THE NEW HIGH SCHOOL TRACK

RESULTS PUBLISHED IN MAINE RUNNING

REGISTRATION AND CHECK-IN ON THE DAY OF THE RACE BEGINNING 7:30 AM

---

ase circle
-shirt size.
-Med-Lg-Ex.Lg.

Registration Form

Make Checks Payable to Rotary Club of Windham

Mail to: Peter E. Connolly, Race Director
Windham High School
South Windham, ME 04082

E _____

RESS _____ AGE _____ SEX _____

_____ TOWN _____ STATE _____

ER: In signing this entry, I release the director of this race, all sponsors, promoters, nteers, Windham School Department, and the Rotary Club of Windham from any and all ility in case of death or injury received during the participation in the run. In case minor, this entry must be signed by a parent or guardian.

ATURE _____

4th Annual China 10K Classic

G & E Roofing Co Inc 1984

WHEN: April 28th, 1984 **WHERE:** China Elementary School, China, Maine

EVENTS: The China 10K Classic is comprised of two events; a 1 mile "Fun Run" and a 10 kilometer road race.

REGISTRATION: Entrants may pre-register prior to April 24th by sending the completed application and entry fee to CHINA 10K CLASSIC, Box 119, China, ME 04926. Registration will be held at China Elementary School on race day from 8:00 until 10:05. Pre-registrants enclosing a self-addressed stamped envelope can have their race numbers sent to them in the mail and avoid a last minute rush at the registration table.

PRIZES: Short-sleeved T-Shirts will be given to the first 100 entrants in the "Fun Run", and long sleeved T-Shirts to the first 150 entrants in the 10K race. In addition, 1st, 2nd, and 3rd prize awards will be made in the following categories: Kindergarten thru 8th grade and adults in both boys and girls divisions in the "Fun Run", and 14 and under, 15-19, 20-29, 30-39, 40-49, 50 and over, and 1st China Resident in the 10K race. Also, every participant in the "Fun Run" will receive a souvenior ribbon at the finish line. Awards will include trophies, ribbons, craft items, and homemade pies. After the awards are given out, a number of drawing prizes will be given away, including a 10-Speed Bicycle to some "lucky" entrant in the "Fun Run".

REFRESHMENTS: There will be at least one water stop along the 10K course. Juice and yogurt will be served to all finishers at the finish line. After the races FOCES will offer a lunch with hot and cold drinks while the race results are being tabulated.

SCHEDULE OF EVENTS:

8:00-10:05	Registration
10:15-	Fun Run Start
11:00-	10K Start
11:45-	Awards Presentation

RECORDS:

Bruce Bickford 31:28
Kim Beaulieu 40:25

RESULTS: All results will be posted on a large display board immediately after the race. In addition, entrants can view their time as they cross the finish line in each race on a Digital Display Clock conveniently placed above the finish. Complete results will be printed in the June issue of "Maine Running".

SPONSORSHIP: The task of organizing and presenting the CHINA 10K CLASSIC is under the direction of the Friends of China Elementary School (FOCES). All proceeds from the race are used to subsidize educational activities for the children of China Elementary School. FOCES is indebted to the G & E ROOFING CO. of Augusta, Maine for their support as the major sponsor of the event. Additional sponsors and patrons will be acknowledged on race day.

ENTRY FEES: Fun Run — $3.00 10K — $5.00 before April 24th
$6.00 after April 24th and on race day.

INFORMATION: Information regarding the China 10K Classic & Fun Run can be obtained by writing David Comeau, Race Director at Box 119, China, ME 04926 or by calling (207) 968-2511.

APPLICATION

Please enter me in the 1984 CHINA 10K CLASSIC roadrace. I agree to assume all responsibility for all risk or damage or injury that may occur to me as a participant in this event. In consideration of being accepted in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all sponsors of the CHINA 10K CLASSIC & FUN RUN including FOCES, the G & E Roofing Co., and all persons associated with FOCES and the CHINA 10K CLASSIC, its directors and volunteer workers from all claims, damages, rights of action, present or future, whether the same be known, anticipated or unanticipated, resulting from or arising out of, or incident to my participation in this event. I hereby certify that I am physically fit and have trained for completition in this event. I further understand that my entry fee is not refundable.

Name _____ Age (4/28) _____ Sex _____ # _____

Address _____

Signature _____ Signature _____
Parent must sign if entrant is under 18

Event: 10K _____ FUN RUN _____ Entry Fees: Fun Run $3.00
10K $5.00 before 4/24
T-Shirt Size: S M L XL (Circle One) $6.00 after 4/24

Mail Application & Entry Fee to: China 10K Classic
Box 119
China, ME 04926

St. Joseph Hospital Spring

297 Center Street
ST. JOSEPH HOSPITAL
Bangor, Maine 04401

DATE : Saturday, April 14, 1984

WHERE : ST. JOSEPH HOSPITAL (Parking Lot)
297 Center Street
Bangor, Maine 04401

DISTANCE : 5 Kilometers (3.1 miles)

TIME : 10:00 A.M.

ENTRY FEE: $2.50 Registration Fee-Payable with Registration - No T-Shirts
$5.00 Registration Fee with T-Shirts
Make Checks Payable To: St. Joseph Hospital
c/o Ambulatory Health Services Department

PRE-REGISTRATION & REGISTRATION: 9:00 A.M.

COMPLETE RACE RESULTS IN MAINE RUNNING MAGAZINE

RIBBONS WILL BE AWARDED IN THE FOLLOWING DIVISIONS:

1st - 3rd Men's Open

1st - 3rd Women's Open

1st - 3rd Men's Masters Over 40

1st - 3rd Women's Masters Over 40

Youngest Finisher

Oldest Finisher

1st - 3rd Girls (10 & Under)

1st - 3rd Boys (10 & Under)

1st - 3rd Boys (11 to 15)

1st - 3rd Girls (11 to 15)

1st - 3rd St. Joseph Employee-Men

1st - 3rd St. Joseph Employee-Women

FEATURES: One Aid Station At Midway Point (includes time)
Finish Time

Proceeds From Run Will Go To The Development Fund -

OFFICIAL ENTRY FORM

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I FOR MYSELF, MY HEIRS, AND ASSIGNS HEREBY WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS I MAY HAVE AGAINST THE SPONSORS OF THIS RACE.

NAME_____ ADDRESS_____ M___ F___

AGE_____ DIVISION ENTERING_____ SIZE S M L XL

SIGNATURE_____

SIGNATURE OF PARENT OR GUARDIAN FOR THOSE UNDER 18_____

Be a step ahead.

Come in and try on a pair of Etonic running shoes. There's one in the new 1984 Etonic Running Shoe Line for everyone, 11 different models in all. Every one designed to help you run longer and more injury free.
But come in soon. These shoes are moving out fast.

Etonic
Winning never felt better.

Congratulations on the new store!

BANGOR MALL
Skip Howard
(207) 947-6880

METHUEN MALL
Peter Brigham
(617) 683-5069

athletic attic®

AUBURN MALL
Paul Hammond
(207) 786-2507

PREBLE STREET EXTENSION
PORTLAND, ME.
Doug Ingersoll
(207) 775-6244

Saco Defense Systems Plant Controller Jack Mercier, presents Maine Special Olympic Director Mickey Boutilier with a check for $15,000!

Special Awards for those who raise money for

Special Olympics

FOR EVERY $100.00 IN DONATIONS FOR SPECIAL OLYMPICS. PARTICIPANTS MAY CHOOSE FROM THE FOLLOWING . . .

$20 GIFT CERTIFICATE FROM L.L. BEANS

$20 GIFT CERTIFICATE FROM SHOP 'N SAVE

$20 GIFT CERTIFICATE FROM SERVICE MECHANDISE

$20 GIFT CERTIFICATE FROM MacDONALDS

All race participants will be part of our $3000 merchandise drawing.

DONATION SHEET

SPONSOR'S NAME	ADDRESS	DONATION PER MILE	TOTAL COLLECTE

Pre-Registration
Entry Fee $3.00 for either race.
Make checks payable to Saco Defense Systems.
Day-of-race registration: $4.00 for either race.

Last Name
First Name
Mailing Address (include Apt. No. if applicable)
City
State Zip Code
Telephone
Age Sex M F
T-Shirt Size S M L XL
Employer

Send to: Benefit Run for Special Olympics
Saco Defense Systems
291 North St., Saco, Maine 04072
Attention: Jack Mercier

Self-addressed, stamped envelope **must** accompany race application. Runners packet will be sent promptly.

2-Mile Race ☐
5-Mile Race ☐
$3.00 for One
$6.00 for Two

Release Form

Please read the following

In consideration of acceptance of this entry, I the undersigned intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for losses and damages I may have against Maine Special Olympics, Saco Defense Systems, officials of said event, town and state police, fire department and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficient training for the completion of the event and my physical condition has been verified by a licensed medical doctor. Further I hereby grant full permission to any and all of the foregoing persons and photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever.

Signature of Participant
(Parent or guardian if under 18)

PRIZE RAFFLE

$3,000.00

worth of merchandise will be raffled. All participants are eligible.

All registered runners have an equal opportunity to win prizes that have been donated for this event.

- Electrical Appliances: TVs, Clocks, Radios, Toasters, etc.
- Merchandise Gift Certificates
- Automotive Supplies
- Athletic Equipment
- and more

Prize winners will be drawn at random from race numbers.

Race Awards

- **5-Mile Race**

  Open Category

  First Three Men & First Three Women
  1st prize - $100.00 grocery certificate
  2nd prize - $75.00 grocery certificate
  3rd prize - $30.00 grocery certificate

  Men and Women
  13 and under ..... Top 3
  14 thru 19 ..... Top 3
  20 thru 29 ..... Top 3
  30 thru 39 ..... Top 3
  40 thru 49 ..... Top 3
  50 and over ..... Top 3

- **2-Mile Race**
  First place male and female over all will receive a $25.00 food basket. First place in all the above age groups will be awarded special medalions.

Pre-Race Information

- **THE TWO-MILE** This run is fo
  who would like to help Special Olym
  ever you choose, to race, run, jog,
  invite you to participate.
  Two mile will start promptly at 10:0
  day, May 20th.

- **THE FIVE-MILE** race will follo
  mile and start promptly at 11:00 a.m.

- Each pre-registered participant wil
  Special Olympics T-shirt. Shirts may
  up on race day at the Saco Defens
  plant.

- Come ready to run
- Computeri
- Digital clock at finish
- Chronomix

Celebrity Runners

TO
CO
Last
celeb
and
last
Olyn
Tony
ning
the
land

Post-Race Activities

- **Food and Drink for all ru**
- **Special Olympians will d**
  strate their skills in Track
  Field.

PRIZE RAFFLE

$3,000.00

worth of merchandise will be raffled. All participants are eligible.

All registered runners have an equal opportunity to win prizes that have been donated for this event.

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2nd prize - $75.00 grocery certificate
3rd prize - $30.00 grocery certificate

Men and Women

13 and under	Top 3
14 thru 19	Top 3
20 thru 29	Top 3
30 thru 39	Top 3
40 thru 49	Top 3
50 and over	Top 3

- **2-Mile Race**

First place male and female over all will receive a $25.00 food basket. First place in all the above age groups will be awarded special medalions.

Pre-Race Information

- **THE TWO-MILE** This run is for everyone who would like to help Special Olympics. What ever you choose, to race, run, jog, or walk we invite you to participate.
Two mile will start promptly at 10:00 a.m. Sunday, May 20th.

- **THE FIVE-MILE** race will follow the two-mile and start promptly at 11:00 a.m.

- Each pre-registered participant will receive a Special Olympics T-shirt. Shirts may be picked up on race day at the Saco Defense Systems plant.

- Come ready to run
- Computerized results
- Digital clock at finish
- Chronomix timing

Celebrity Runners

TONY COLLINS

Last year's celebrity guest, and some of last year's Olympians. Tony is a running back for the New England Patriots.

Post-Race Activities

- **Food and Drink for all runners**
- **Special Olympians will demonstrate their skills in Track and Field.**

The Course

Fast and Flat

Start and finish at Saco Defense Systems' front entrance. Two-mile is a one loop course from North Street to Franklin Street to Bradley Street Tasker Street back to North Street.
Five-mile race will be two loops over the same course adding one mile on to Bradley Street to Shagadee Road and back to North Street.

Special Olympics

The mission of the Maine Special Olympics is to vide year round training and athletic competition variety of well-coached, Olympic style sports mentally impaired individuals. This program prov them with continuing opportunities to dev physical fitness, prepare for entry into school community sports programs, express courage, participate in the sharing of skills and friend with their families, other Special Olympians and community.

Today, Maine Special Olympics offers year-r programs. Programs for recreation, physical ed tion, conditioning, training and competition are part. The programs reach beyond the public school into activity centers, group homes and private ho of over 4,500 citizens.

Special Olympics offers individual competitio gymnastics, swimming, track and field, bowl soccer, skating, skiing and other winter sports. It offers the benefit and enjoyment of team competi through relay teams, volleyball, soccer, soft and basketball.