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DECEMBER 83 Vol. 4 No. 12

MAINE Running

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MAINE Running

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

No, this isn't a box of your favorite breakfast food, so don't expect any toy surprises inside. What you can expect inside is an article by Bob Haskell of the Bangor Daily News on George Murray, Millinocket's renowned wheelchair athlete. Seems George is going to have his picture on the cover of thousands of boxes of Wheaties.

Wheaties is starting there second search for gifted amateur athletes to grace their boxes. Any suggestions? How about Joan Benoit, or Kim Beaulieu. It would be nice to see Maine put two in a row on the cover. Check out a box for the details. Also this month, we have a bunch of clubs checking in. Nice to see some photos from the County. How about Portland, Lewiston-Auburn, Central Maine and the Mid-Coast? Downeast and Southern Maine we want to picture your runners as well.

Steve Vaitones is with us again to explain how road race courses become certified.

Sandra Negrini of Portland writes about someone we all know and love - the proverbial injured runner.

There is St. Joe's news, "And in the Rest of the World..." and of course the Pack. You'll find the calendar very thin, so take some time to get back into those beautiful long easy winter runs.

Tanya, Brooke and I are awfully pleased to announce the birth of our newest family member - Ethan Robert Booker. He joined the staff here at Maine Running on Nov 14th at 1:14 in the afternoon. It will be a while before he can help his dad colate the magazine.

Bob

Editor: Robert Booker
PO Box 259
E. Holden, ME 04429

Telephone: 843-6262

DECEMBER and JANUARY CALENDAR 2

Slim pickings for December, but look for some indoor track in the January issue.

BREAKFAST OF CHAMPIONS 3-4

Bob Haskell pays tribute to "Maine's most inspirational athlete." George Murray gets richly deserved recognition from the people at General Mills.

ST. JOE'S NEWS 5

Maine's nationally ranked cross-country team has an award winning coach.

METAMORPHSIS 6

Sandra Negrini takes a sympathetic look at an injured runner. Quite a lady who stands by her man.

CLUB NEWS 7-11

From Hog Bay to Baxter Boulevard. All the club news from around the state, and especially the Great White North.

THE LONG AND THE SHORT OF IT 12-13

Our friend, Steve from the Bay State, lets us know what "certified" means. It means a lot when you are running as one of the fastest in the land in your age group.

AND IN THE REST OF THE WORLD... 14-15

Bill keeps tabs on Mainers around the world.

The Pack

I still haven't received the results of several big fall classics. If you have the results of some races we're missing send them off to us. It's never too late.

We would like to welcome the Athlete's Foot to our inside back cover. We hope they will be there for a long time to come.

December

There are no races scheduled for December that I am aware of. Check your local newspaper.

January

29 6TH ANNUAL SNOPEST 5 MILE ROAD RACE. 12 noon from the University of Maine at Augusta. $3. Contact Joanie Rhoda, RFD 2, Box 1092, Union ME 04862 (207) 845-2437.

CORNER KICK SCORING BID is a header shot by Billy Robinson as teammate Jon Clark (13) collides with Telstar defender Pat McKinney in front of the net. Watching the close chance is reserve Bill Blakemore. The Bears won 3-1. Staff Photo by Tom Maider

MAINE RUNNING

Preparing For Cold Weather Running

by Bob Bowker

You can't fight it because it's inevitable. We've had it easy so far, but sooner or later it's gonna get here -- winter, that is.

It's been wonderful running in the early morning, listening to the song birds and seeing the neighborhood wake up. Or running in the midday heat with the sweat glistening on your tanned skin. Or best of all, running after dinner, when the traffic dies down and the sun sinks into the west.

That's all behind us now. Recently, the cold sun rose at 7:01 and set some colder at 5:51. The wind drizzle seemed to bore into you and chill you to the marrow. This was a taste of things to come. But how do you cope with winter running?

Well, first off, you don't consider this time of year as winter running. That will come much later when there is snow and ice on the ground and the temperature rarely rises above 30 degrees. But, there are things to consider this time of year, especially if you are new to the sport and haven't run through cold weather yet.

First off, make sure you are highly visible when you run before 7 a.m. or after 5:30 at night. Reflective vests, mittens and shoes help motorists see you from a distance. Make sure you realize what time you are going out in the late afternoon. If you are planning a long run, make sure you finish before dark. Or wear reflective clothing. If you want a good workout for your upper body, try carrying a couple of flashlights.

Remember to sacrifice the urge of the pavement when cars are coming at dawn or dusk. These are the hardest times of day for motorists to see.

Learn through trial and error what clothing to put on. You run the risk of dehydrating if you wear thermal underwear when it's 10 or 20 below zero. It's the time of year. If it's this time of year, you have them. If you have them, put them only down to your ankles over them. If you're wearing cuffed pants are a great anything below 40 degrees

NANCY'S TAKEOUT
Classics for the Winter

WABI-AM 91

MAINE RUNNING INTO OTHER MEDIA

In an effort to reach more of the state's runners, Maine Running has expanded it's scope into newspapers and radio. Maine Running a weekly newspaper column is sumitted to many of the state's dailies and weeklies. Maine Running the newspaper column now appears on a frequent basis in the Valley Times of Pitsfield, the Courier-Gazette of Rockland, and the Bar Harbor Times. Has it appeared in your paper yet? Why not find out.

Every Friday at 5:50 p.m. Maine Running Magazine is heard over the air on WABI AM 91 in Bangor. Veteran George Hale and Rich Kimble have given me a lot of help in producing this informative 10 minute show. Hopefully, by spring, we will be in a position to market the show state-wide.

If you would like to more about Maine Running - the magazine, the newspaper column, or the radio show, feel free to contact us.

We're growing to serve the running community of Maine better.

MURRAY

by Bob Haskell
of the Bangor Daily News Staff

George Murray, who two years ago pused his wheelchair from Los Angeles to his native Millinocket and into our hearts during the International Year of Disabled Persons, is about to wheel his way onto the breakfast tables of America.

Murray's picture next year will be featured on more than 1 million boxes of Wheaties according to Mary Ticle, a publicity assistant for General Mills, which is celebrating the 50th anniversary of the cereal's affiliation with famous sports personalities ant the slogan "The Breakfast of Champions."

At 36, Murray is the oldest of six amateur athletes selected to appear on the Wheaties boxes beginning next June, the spokeswoman explained. "George will be one of the first, if not the first, to be pictured," she added. Each of the six will be featured for between two and four months, Tickle said.

The Maine native, who has been paralyzed from the waist down since he was 14 as the result of a hunting accident, will join an elite cast of athletes who have been pictured on boxes of Wheaties since 1933. That group includes Babe Ruth, Willie Mays and Bruce Jenner.

Amateur athletes, however, are being emphasized for this golden anniversary celebration. Murray, winner of the 1978 National Wheelchair Marathon in Boston and the 1981 World Wheelchair Marathon in Miami, Fla., is the only handicapped athlete among the chosen six.

Three men and three women were selected from among 50 finalists, Tickle explained. The other men are Sammy Chagolla of Peoria, Ariz., a four-time state high school wrestling champion, and Christopher Spielman of Massillon, Ohio, a star

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linebacker and running back for his high school's football team.

The women are: Jody Bearman, Fort Wayne, Ind., Indiana's Miss Basketball for 1983; Leslie Deniz, Gridley, Calif., holder of the American women's discus record; and Mary T. Meagher, Louisville, Ky., a world-class butterfly swimmer.

The 50 finalists emerged from a group of 6,400 contestants who received ballots during a nationwide voting campaign which began last January, Tickle explained. The final six were selected from among the 50 by a panel of seven judges who included Bob Mathias, Willie Mays and Newsweek columnist Pete Axthelm.

The athletes will "absolutely not" be paid for appearing on the Wheaties boxes, Tickle stressed. But the organizations that sponsor them will profit to the tune of $2,000 apiece.

In Murray's case, the organization is the International Wheelchair Road Racers Club, Inc., located in Champaign, Ill. That is where Murray, the club's president, is living while pursuing a graduate degree at the Universtiy of Illinois, Champaign-Urbana. He has earned his bachelor's degree in physical education from the University of South Florida in Tampa where he was named the outstanding graduating senior for 1983.

Murray, however, will not have to wait until next June to again receive the national exposure that came his way two years ago while he and Phil Carpenter of Holiday, Fla., pushed from Los Angeles to New York during the five-month Continental Quest.

He and the five other new Wheaties athletes will be pictured in a national ad which Tickle said will run in Sports Illustrated before the grocery store shelves of America are stocked with boxes bearing their photos.

The six will be honored during a ceremony at the Tavern-on-the-Green in New York's Central Park on Nov. 17.

Beginning early next summer, when his picture begins appearing on breakfast tables in the 50 states, it will be hard to dispute George Murray's claim to the designation of Maine's most inspirational athlete.

BREAKFAST OF CHAMPIONS

Saint Joseph's College

St. Joseph's College Cross-Country Coach, Brian T. Gillespie, has been named N.A.I.A. New England Coach of the Year. St. Joe's recently won the N.A.I.A. New England Championship for the third year in a row under Gillespie's leadership. His 3 year coaching record is now 88-4. Gillespie is a graduate of Cape Elizabeth High School and the University of Southern Maine. Brian "Ziggy" Gillespie is a well known name in the area sports circles, as one of the State's top semi-pro baseball players and distance runners. In 1970 Gillespie organized and founded the Maine Track Club, which has become one of the best running clubs in New England. The Boston Globe recently rated St. Joe's as one of the top 15 teams in New England, which includes all divisions. St. Joe's is Division III, with a male enrollment of 110!

A CURIOUS YOUNG RUNNER

A young lady wrote recently to ask why Gary Cochrane always had an "(M)" next to his name. No it doesn't mean he's marvelous, though some people think so, it stands for master (40-49) runner. Similarly, (S) stands for senior (50-59) and (V) stands for vetpran (60-69). I'll try not to take as much for granted in the future. Thanks for the letter and the question.

Ed. (that means editor)

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10/12/83

METAMORPHSIS

Webster's New Collegiate Dictionary, copyright 1973 defines Metamorphsis as follows: "b. a striking alteration in appearance, character or circumstance"; all of the above apply to this istuation.

I was sitting on the front porch reading, as he approached.
"Hi, how'd it go?"
He smiled as beads of sweat rolled down his face and dripped onto the ground from the end of his nose. "Not bad for being down for two months. And, of course I used the exercise bike all that time."
"Great. Any pain?"
"Not too bad, babe, not too bad at all. An asprin free run and I can still move. I must be on the mend."
He smiled as he moved past me to go into the house. He wasn't the only one smiling. His sense of releif was great, but in a sense, mine was greater. Much greater!

It was great to have him "back on the road again". He had rested, done what the doctors had told him. He had even taken the medication they had perscribed. This fact alone was his first admittal to injury, to pain. If you know any serious runner, you know they do not admit to pain. They do not have time for injury. The are, for all intents and pruposes, an odd breed. A breed apart.

I was really quite amazed to see the man handle the injury, the serious injury, the way he did. It showed a maturing attitude. His personality through it all was, CALM. I kid you not, calm and not all THAT ILL-TEMPERED! Oh, there were a few bad moments to be sure, but in all reality, an even tempered, semi-well adjusted man was living under the same roof as I was, and he was unable to run. No small feat for a man who usually runs 90 - 100 miles a week.

It's hard to believe he missed the entire Summer racing season, and the Fall might still be shot to hell, because there is an all too real possibility he may have to continue to rest. If this is the case, I wonder how long his good humor can remain? With Spring the next attainable goal, I can not help but think of the long Winter months ahead. I feel sad. This injury has robbed him of a chance, and that is sad.

They aren't invincible you know, these thick legged people who you see out in all kinds of weather, plodding along the highways and byways. Most of them like to think they are, and they are HELL to be around when they find out they aren't. I had figured the personality change that would accompany this injury would be comparable to the after effects of an atom bomb. To my surprise, he was not the same person I had figured him to be. Two years ago he would have said the hell with it and run anyway. The possibility of injuring himself for good would not have occurred to him then:
METAMORPHSIS: The begining runner becomes the intermediate runner, who then goes on to be the advanced runner. Life becomes livable for all concerned. And, while he trains for that winning season, you the spectator, the support person, train also. He will cross the finish line first, and you will be there to see him do it.
METAMORPHSIS: You used to be glad just to see him finish, now, injury and all, you are ready to see him win.

Sandra Negrini

CLUB NEWS

HOG BAY TROTTERS

The trotters have had a busy race season in 1983; putting on, helping, or competing in most area races. Club Vice President, Jim Newett, lead the way with many fine races, including 1st place in the Bangor Labor Day race, 4th at Kingfield, and 25th at Benjamins.

On September 10th we had our first fun run and cookout with about 30 racers of all ages and many parents and friends watching and helping out.

We had good turnouts at our twice weekly runs and Steve Coffins speed workouts in Hancock.

Our high school members all ran very well this season. The girls finished 3rd in the State with strong races by Kellie Stratton, Sandy Emerson, and April Payson. The boys placed 5th with the help of Don Rae and Andy Strout.

The club is now taking orders for racing singlets and shorts. Please respond if any members are interested.

I would like to thank Jim, Jan, Sheldon, Steve, Mark and everyone else for helping this season.

Tom Kirby

MAINE TRACK CLUB

Belated congratulations to Laurie Munson for having a PR that was over 15 minutes better than her best marathon time at Nike Marathon, Eugene, Oregon, with a time of 2:52. That's what you call, really putting it together.

Congratulations to Kim Beaulieu for being winner of the open category with a time of 6:30 at the American Medical Joggers Association 50 Miler, Chicago, Ill., in 85 degree heat. She never fails to amaze me. Kim was headed for NYC Marathon and I haven't heard how she did, Margie Adams qualified for Boston at NYC with a time of 3:20. Great comeback after recently becoming a mother.

GRAMMER SCHOOL - David Manthorne - Winner of Lyman Moore Invitational

HIGH SCHOOL - Jeff Pomroy - Paced the Cape Elizabeth Cross Country to Championships at the Triple C and Regionals held at Riverside. Congratulations on an excellent 4 years. Sarah Connors was top runner for the girls team this year and has progressed significantly. Barry Strom,

who his old man forgot to mention for the club newsletter has gone out for the 4th year for C.E. and has worked at more than his share of MTC races. Lisa Wakem, Scarborough Cross Country Girl's Team has had another outstanding year as the Overall Girl's Cross Country Champion in Class B. Chris Kein, Outstanding year, his 4th at Cheverus leading his team in Class A at the State Championship at Waterville to come in 1st with a time of 16:29, Kevin Kein coming on strong in the top 3rd with a time of 17:47. Lisa Wakem had a time of 17:17 to win the State's in Class B and Sarah Connors led Cape for 8th with a time of 18:07. Jeff Pomroy really finished strong to lead Cape for 4th place with a time of 16:55.

COLLEGE - Virginia Connors came in 20th for Boston College as a freshman, to help secure their win of Big East and N.E. Championship. This is particularly outstanding when you consider the company she was running with.

Also I forgot to mention above that Kim won an expense paid trip to Western State's 100 Miler for her AMJA 50 Miler win.

BONNE BELL - 10K, Boston - Jerie Bugbee 43:21; Marian Leschey 48:30; and Pris Jolicouer time unknown.

Had a fantastic time at our 3rd Annual Pasta Party at Sprague Hall, Cape Elizabeth prior to Casco Bay Marathon. Had 81 or was 91 in attendance not counting all the youngsters. Helped out Russ and Joan Connors, Mike and Betty Worden, daughter Dina and friend, who have been holding down the fort for the last couple of years. Also had able assistance in serving from Jean Thomas, Al and Sandy Utterstrom, and clean-up from Bob Jolicouer, John Gale, Art Quint, Warren Wilson, and if I overlooked anyone, let me know. That same night while out settling his supper and trying to decide whether the body was ready for Casco Bay, one of our newest members, Orlando DeLogu was hit by a car even though he had on reflective gear, so you can't be to careful out here at night. Frankly, if you don't run with reflective gear, you may be inviting disaster and a little pen light will help them to see you and they will usually give you a lot more space.

HEARTBREAK HILL 10K - Steve Woodsum 38:08 - Great time on a tough course as Boston Marathon will attest to.

RECENT NEW MEMBERS who helped to push our membership to over 140 families are Tony Owens, Linda Durand, Sandra Phillips, Jill Van Hoogenstyn Raymond, Andy Pease, Orlando Delogu, William Black Paul Alpert, Bill Davenny, John Eldredge, Margaret Soule, John McGovern, James McGovern, Harry Nelson, Mike Reali, and Tammy Carter.

NEW OFFICERS for the coming year were elected at last meeting at Public Safety Building - Russ Connors, President; Bob Jolicouer, Vice-President; Dave Trussell, Treasurer; Barb Footer, Secretary; Charlie Scribner & Brian St. Pierre, directors of Race Directors. Other officers I'll give you next time around, since I am already way overdue. Next month I'll get organized and get this damn typewriter fixed.

See you on the road,

Herb Strom

GIVE MAINE RUNNING FOR CHRISTMAS!

WOODS RUNNERS

Ah yes - another column; my, my, how tempus does fugit! Wish my 10K times would

All is quiet in the woods. No one's running anyplace except on the hot top. Wit the influx of the good, old deerslayers and Nerdlie and Duane zapping around with rocket launchers mounted on their three wheelers, caution is the word!!

Even though three months must pass before the 3rd Annual Wild Katahdin Trust Snow Run, preparations are already under way; putting the anti-freeze to the buses, oiling Duane's shotgun, firing up the locals - and things and stuff.

There will be an added twist this year, taking a page out of the Great Down-east Marathon format. Katahdin High School currently has about a dozen graduates studying at the University of Maine in Farmington in different areas of special education. Ten of these young people spend their summers working at the Pine Tree Camp for the handicapped located in Oakland, Maine. One of the grads is Mike Noyes, who is currently working as a full time fund raiser for the camp. Whereas our area kids have such an attachment to the pursuit of helping other people, the Woods Runners and Katahdin Trust Co. felt they'd like to reach out and help a bit also. We will be making a local effort to help raise money through pledge sheets taken by high school students in our area. We will not be sending them outside of the "woods" unless someone should request them as we know you all have your own pet projects that you support so well and your registration and support of the race itself will be a big boost. We're shooting for 200 runners and if we can keep N and D downwind we could just make it!! Keep Saturday, February 11, 11:00 AM, in mind on your racing calendar. It's gonna be a dandy with the "mean runner" prize coming right out of Wacky Wheatleys' list of bizarre happenings!!

McLaughlin nailed a 2:48 at Casco, Tim Robinson a 3:03 (first one) Bruce Twombley had a 3:08. Nerdlie had a 77 hour, 23 minute, 14 second clocking. After the pre-race spaghetti feed he visited a few of the Old Port's finest and demolished what few brain cells he had left, finally turning up at the Expo the following Wednesday. Occupants of a local patrol car, wrought with pity and hell-bent on getting old Nerd out of there in some big hurry palmed him off to a passing trucker, who, in turn, rolled him out at the Sherman exit. When asked about his experience, Nerd replied "just so's I got back in time for the Snow Run!!

Have a good one,
Anon

Photos from Leona, Maine's favorite Running mother. Bill Pinkham, left, and Martin Schiff with race director Dave Alley at the Jonesport race.

AROOSTOOK JOGGERNAUTS

Carol McElwee was awarded the Sam Ouellet trophy as runner of the year by the Aroostook County Joggernauts at their annual banquet and awards ceremony October 20.

The Caribou woman is the third recipient of the trophy in its four-year history. Port Fairfield's Robert Everett was the first runner of the year in 1980. Conrad Walton of Caribou was awarded the trophy the past two years.

The rotating trophy is given in honor of Sam Ouellet of Ashland, a Maine racing legend. At the age of 79 Ouellet runs countless races throughout Maine each year.

As this year's winner, McElwee competed in 18 races, winning the women's division in nine of them and taking second place in eight others. As a member of the second-place Northern Challenge Series women's team at the Benjamin's 10K race in Bangor last month, she was the team's first finisher and won third place in the junior master's division. McElwee has served as vice president of the joggernauts for two years.

Runner-of-the-year awards also were given by the Joggernauts in the various racing divisions.

Caribou's Jeff Cyr was honored as runner of the year in the 12-and-under category. During the entire season, Cyr was beaten only one time in his age division.

Dan Bustard of the Presque Isle cross-country team and Kim May, lead runner for the Caribou girls' cross-country team, were named the male and female runners of the year in the 13 to 17-year-old category. May, who dominated the women's age division, had her first race win at the University of Maine at Presque Isle Homecoming Race. Bustard, who won the age division in every race he entered this year, came up with his first race victory at the Old River Run.

The 18 to 29-year-old division was dominated by former Presque Isle cross-country runners Emily Higgins and David Mangus. Higgins won her division in every race she competed in this summer--nine wins in all. Mangus, who had three race wins, finished fourth or higher in 17 of the 19 races he entered.

Named the junior master women's runner of the year was Nancy Jackson of Caribou. Jackson, who competed most of the season with an injury, ran the Katahdin Trust Snow Run in record time and was the women's winner of the Caribou Labor Day Road Race.

With seven race wins in the County this season, Marlin Conrad of Loring Air Force Base was named junior master runner of the year. In addition to his showing in the County, Conrad won a couple of out-of-state races.

Darlene Higgins was named the women's runner of the year in the master's division. The Presque Isle woman also was chosen as the most improved runner of the year. In her first year of competition, Higgins won two races and earned a spot on the Northern Challenge team. As a member of the Northern team Higgins took the team's only first place in an age division at Benjamin's 10K in Bangor.

Undefeated in the men's master's category, Conrad Walton was selected as runner of the year in that division. Walton, a Caribou runner, was the men's winner of the Northern Challenge Series.

Sam Hamilton of Caribou was named the master's division runner of the year for the second year in a row. Sidelined by an injury in the latter half of the season, Hamilton dominated the early season.

Presented a special award as race supporter of the year was Milton Bailey of Presque Isle. Unable to run most of the season because of an injury, Bailey, nevertheless, attended every race and assisted race officials.

Mileage plaques were given to individual runners. Those Joggernauts running more than 2,000 miles during the past year were: Mike Mendonca of Loring Air Force Base, 3,425; Rusty Taylor of Ludlow, 2,816; Conrad Walton of Caribou, 2,594; Howard Paradis of Madawaska, 2,475; and Bob Duprey of Caribou, 2,045.

RUNNERS OF THE YEAR - The Aroostook County Joggernauts held their annual banquet and awards ceremony Oct 20. Carol McElwee, center front, was chosen as the County's runner of the year and received the Sam Ouellet trophy. Runners of the Year in the various age divisions were, front row from left, Darlene Higgins, master's division; McElwee and Nancy Jackson, junior masters; back row, Sam Hamilton, senior masters; Dan Bustard, juniors; Marlin Conrad, junior masters; Conrad Walton, masters; Milton Bailey, race worker award; and Jeff Cyr, 15-and-under division. Also receiving runner-of-the-year honors but not present were Kim May, junior's division and Emily Higgins and David Mangus, 18 to 29-year-old division.

THE LONG AND THE SHORT OF IT

by Steve Vaitones, New England T.A.C.

The entry form reads "an accurate 5 miles" or "a carefully measured 10K", but how close to the actual distance is the race course? How can a runner be certain that the distance is "as advertised"? And, why should a race director care about course measurement? The only way one can be sure that the course is a true distance is to see the phrase "T.A.C. certified" on the entry.

To begin with, an accurate course makes comparison of results meaningful for tracking an individual's performance and for comparing strengths of fields and the relative difficulty of different courses. And, a certified course is required for any and all record distance and age group performances recognized by T.A.C. and the National Running Data Center.

Certification takes a little work and a little, time, but it gives the runner and the director an honest course. An automobile odometer can produce a measurement from 2 to 5% shorter than the actual length. To certify a couse, you must begin with a calibration course and a calibration device. The course should be ½ mile or 1 kilometer in length, straight and relatively flat, and either surveyed or measured with a steel tape with proper tension. This gives a true standard to use in measuring courses.

Secondly, a calibration device is necessary. The most accurate and widely accepted is a bicycle wheel counter known as a Clain Jones device (named after its maker). This device will record multiple counts for each revolution of the wheel when attached to the bike's front wheel. While a hand-pushed measuring wheel may also be used, it produces a less accurate measurement because of its tendency to bounce. If used, it must be pushed at a rate of 2 m.p.h. and it must also be calibrated the same as a bicycle counter.

Courses measured until January 1, 1985 are allowed a one-tenth of one percent tolerence, while those measured after that date will be allowed no short tolerence, i.e. the course must be at least the length or longer.

Before starting the actual measuring, the device must be calibrated over the calibration course. The course must be covered four times before measuring and twice after measuring to obtain an average constant to use for the day. The calibration must be done each time a course is measured because factors such as different riders, extreme weather conditions, and tire pressure differences can produce different constants. The course is ready to be measured.

Because a race generally wants to have a specific finish line rather than a set starting line, courses should be measured from finish to start. Before riding, calculate where all the intermediate splits will be; that is, the counter count for each mile or kilometer. Also, to make riding easier, have an assistant in a car to drive the approximate distance and do note taking and calculations.

Measure the course following the shortest possible path that a runner can take, including all short cuts. Measure 12 inches from curbs and do the riding when traffic is light to avoid swerving and adding extra and incorrect distance.

At each split, mark the location lightly and write a good description of the location. When this is complete, measure the course a second time, preferably the same day. (If a second day is necessary, the device must be calibrated again.) Mark the split locations again. Recalibrate the device, and, if it measures less,

add the difference to the course.

As an extra precaution, add .01% of the course distance to the end of the course (this is only about 10 meters over a 10K course). When the course is finalized, mark the start, finish, and splits with chisel cuts or masonary nails in the pavement, since paint easily wears away during New England winters.

The final step is to fill out a detailed form and return it to the regional certification chairman (so, take good notes). If everything is in order, the course will receive notice of certification in several weeks.

This is just a brief overview of the certification process. The northeast regional T.A.C. certification chairman is Allan Steinfeld, 9 E, 89th St., New York, N.Y. 10028. You can obtain instructions and certification applications from him- but please enclose a large, self addressed, stamped envelope with two stamps, as this is a strictly volunteer position for him.

The Clain Jones measuring device can be obtained from Bill Noel, New York Road Runners Club, Box 881, F.D.R. Station, New York, N.Y. 10150. The device costs $16.00 and includes instructions for certification.

Certified Courses in Maine

3 Mile	Brunswick	Sri Chinmoy Race
10 K	Augusta	Gasping Gobbler
	Bangor	Benjamin's
	Kingfield	Kingfield
	Lewiston	1981 National Racewalk
	Portland	Bob Rice Memorial
	Saco	Great Pumpkin
25 K	Lewiston	1981 National Racewalk
Half Marathon	Augusta	Great Kennebec River Run
	Portland	Celebration 350 Race
Marathon	Bangor	Great Downeast Maine Marathon
	Bangor	Paul Bunyan Marathon
	Biddeford	Maine Coast Marathon
	Portland	Casco Bay Marathon

From 1983 edition and spring 1983 update of National Running Data Center certified course listings. Forward any additions to Maine Running Magazine.

And in the Rest of the World . . .

Bill Peabody 7 Nancy Drive Brunswick, ME 04011

For the second year, Jane Welzel was the victor at the Avon/Ottawa 20K. Fighting off an early challege from Karen Cosgrove, she eventually knocked over a minute off her '82 time by finishing in 1:12:34. Cosgrove was second in 1:13:21. Jane's time puts in the fourth spot on the annual 20K list; there should be no need to name the top runner with 1:09:10.

America's Marathon in Chicago offered prize money this year in its quest for big-time status. This allowed a Maine man and New Hampshire woman to pick up a few bucks. Hank Pfiffle was 15th overall, his 2:17:46 being only 12 seconds behind Greg Meyer. Hank netted $900 for his efforts. Karen Dunn was 5th woman and first American woman, picking up $3,000. Her time was 2:34:24.

The Boston College women annexed the Big East cross-country title at Franklin Park in mid-October. This despite Georgetown's Suzanne Girard, who set a meet record of 16:22:5 in winning this 5K race. BC was led by none other than Michelle Hallett, who ran 16:58 for 3rd place. The Eagles also have some new Maine blood in freshman Virginia Conners out of Cape Elizabeth High.

The newest addition to the marathon scene, the Bostonfest, has come and gone, proving itself to be a worthwhile event. It certainly was a showcase for

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some talented runners with Maine connections. The winner was Andy Palmer, who took over the lead around the 19-mile mark and cruised home in 2:16:25. In addition, Paul Operawski and Paul Hammond were fourth and seventh respectively. Operawski qualifying for the Olympic trials with a 2:19:11 and Hammond, a couple of minutes back, at 2:21:31. Another name familiar to Maine running fans was Gary Wallace, who placed 33rd (2:33:28). Among the women, Ann Marie Daree finished seventh in 2:51:13, also below the Olympic qualifying standard. Marjorie Podgajny was a little further back in 21st place (3:12:05).

Last month I mentioned that the IAAF was planning a 10K Championship road race for women. Latest word is that the race will be held in San Diego in early December. Speaking of interesting 10K's, Jack Grimm, a Texas oilman, sponsored a 10K in Buffalo Gap, Texas that paid a $20 entry fee to each applicant, $50 to each finisher, and $250 to division winners. The race was only promoted by word of mouth and he is planning more such races, so if you have family in Buffalo Gap, I'd stay in touch with them.

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'THE PACK'

CAMDEN FINMAN TRIATHLON
Camden — Sep 11th

1.	Pierre Boldue	2:11:24
2.	Marc Trombley	2:16:56
3.	Paul Merrill	2:17:50
4.	David Roberts	2:19:44
5.	Steve Johnstone	2:21:52
6.	Sam Teuddel	2:22:06
7.	Philip Ludwig	2:23:14
8.	Steven Moser	2:23:28
9.	Kit Roberts	2:24:22
10.	David Oakes	2:25:44
11.	Chuck Pray	2:26:46
12.	Jacques Fauteux	2:27:10
13.	Parker Johnson	2:27:56
14.	David Ericson	2:29:13
15.	Jim Hoffmeister	2:29:24
16.	Paul Howard	2:30:14
17.	Mark McLellan	2:30:18
18.	Scott Sawyer	2:30:25
19.	Terry Towne	2:30:35
20.	Bill Johnson	2:30:42
21.	Dave Andrus	2:30:46*
22.	Matt Levasseur	2:31:03
23.	Stephen Jordan	2:32:44
24.	Richard McFaul	2:33:07
25.	Robert Prieffer	2:33:36
26.	Charlie Woodworth	2:35:53
27.	Don Coughlin	2:36:00
28.	Joshua Antrim	2:36:33
29.	Karen Snyder	2:37:08*
30.	William Milkoff	2:38:11
31.	Marcucia Podgajny	2:38:41*
32.	Todd Tinkham	2:38:44
33.	Alfred Strout	2:39:40
34.	Pauline Rivard	2:40:23*
35.	Ricky Mahon	2:43:32
36.	Steve Knudsen	2:43:41
37.	Philip Genca	2:44:45
38.	Katherine Hilbert	2:45:42*
39.	Robert Kipp	2:46:10
40.	Ted Dishner	2:46:34
41.	Roland Morin	2:46:35
42.	Lester Berry	2:46:38
43.	Tom Mulvey	2:47:24
44.	Jody King	2:48:07
45.	John Mulcahey	2:48:29
46.	Joe Tesco	2:48:37
47.	Brian Leary	2:49:27
48.	Hal Nelson	2:49:51
49.	Larry Lunn	2:50:41
50.	David Lunn	2:50:41
51.	Jeff Stevenson	2:51:19
52.	Skip Brown	2:51:40
53.	Pat Lambert	2:52:22
54.	Rob Sturgess	2:52:39
55.	Marilyn Milkoff	2:53:39*
56.	S. Grannell	2:53:41
57.	Howard Chamberlain	2:54:02
58.	Bill Hughes	2:55:04
59.	Sarah Hughes	2:55:04*
60.	Hubert Strun	2:55:46
61.	William Fitzsimmons	2:58:16
62.	Leonard Olsen	2:58:58
63.	Craig LaPierre	3:00:45
64.	Carole Cifrino	3:01:02*
65.	Richard Cook	3:01:07
66.	Gordon Chamberlain	3:01:55
67.	Barbara Hamaluk	3:02:22*
68.	Jerie Hughes	3:02:48*
69.	Elizabeth Lamoureux	3:03:27*
70.	Maurice Cloutier	3:01:45
71.	Virginia Vandrell	3:02:06*
72.	Barbara Coughlin	3:06:07*
73.	Larry Dutch	3:07:39
74.	Bob Crocker	3:10:17
75.	Theresa McGlauflin	3:10:43*
76.	Jeff Austin	3:11:49
77.	Steve Bliss	3:11:50
78.	Gerry Grannel	3:15:23
79.	Stephen Roberts	3:18:17
80.	Kathy Dishner	3:20:19*
81.	Wanda McNett	3:20:42*
82.	Larry Van Petersen	3:27:59
83.	John Bates	3:28:42
84.	Peter Gateay	3:29:51
85.	Jeannette Strickland	3:14:00*

Results courtesy of Hal Nelson
Triathlete

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

2ND ANNUAL "RUN FOR DIABETES" 10K
Waterville — Oct 10th

1.	Fred Judkins, Jr.	33:49
2.	Mike Ward	36:49
3.	Terry Towne	37:28
4.	Dan Pennock	37:42
5.	Jerry Allanach	37:56
6.	Geoff Hill	38:31
7.	Doug Flewelling	39:01
8.	Alfred Kartes	39:04
9.	Bob Cromwell	40:14
10.	Paul Dali	40:41
11.	Al Fortin	40:48
12.	Jeff Moore	41:35
13.	David Blair	41:57
14.	Bill Pullen	43:25
15.	Bruce Powerleau	44:16
16.	Geff French	44:36
17.	Tom Daggett	45:39
18.	Bruce Forsley	46:26
	Ben Rosenburg	46:26
20.	Mike McLellan	47:15
21.	Mike Dudek	47:18
22.	Mike Laverdiere	48:25
23.	Jerry Saint Amand	48:27
24.	David Pierce	48:42
25.	Peter Borgher	50:30
26.	Gerard Austin	54:32
27.	James Sullivan	55:11
28.	Brian Powerleau	55:56
29.	Megan Largarmarino	56:21
30.	Paul Michaud	62:35
31.	Mike Wakfield	62:36

Results courtesy of Jerry Saint Amand
Central Maine Striders

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AUTUMN GOLD 10K ROAD RACE
Ellsworth — Oct 22nd

1.	Steve Carle	32:16
2.	Jim Wescott	33:04
3.	Alan Bain	33:22
4.	Arthur Johnson	34:10
5.	Marc Chasse	34:29
6.	Glen Holyoke	34:31
7.	Brian Morrea	34:37
8.	Dana Makin	35:02
9.	Mac Noyes	35:34
10.	Mike Farnsworth	35:35
11.	Bob Wlanosky	35:41
12.	Mark Luebbers	35:48
13.	Alex Hamer	35:49
14.	Tim Cowan	35:52
15.	Phil St. Pierre	36:35
16.		
17.	Greg Desgroseilliers	36:47
18.	Glen McFadden	36:49
19.	Calvin Cousins	36:57
20.	David Alley	37:02
21.	John Perkins	37:14
22.	David Tree	37:20
23.	Dick Powell	37:22
24.	Mike Doore	37:35
25.	Peter Bergeron	37:45
26.	Cliff Rogers	37:52
27.	Brent Leighton	37:55
28.	Jorge Leon	37:56
29.	Norman Hawes	38:06
30.	Joe Lynch	38:13
31.	Robert Mansonno	38:19
32.	Dave DeAngelis	38:31
33.	Robin Emery	38:31*
34.	Tim Neale	38:39
35.	Bill Pinkham	38:42
36.	Greg Hildreth	38:52
37.	Kenneth Curtis	38:59
38.	Jeff Gordon	39:10
39.	Cliff Olson	39:15
40.	Steve Talley	39:20
41.	Kevin Caldwell	39:36
42.	Don Ardine	39:37
43.	James Barr	39:44
44.	Ron Nietzke	39:44
45.	Mike St. Pierre	40:07
46.	Paul Grossweiler	40:08
47.	Larry Goodfield	40:13
48.	Mark Hardison	40:19
49.	Ken Shea	40:20
50.	Tom Kirby	40:22
51.	Ann Bisner	40:40*
52.	Allan Labazzo	40:41
53.	Andy Beardsley	40:45
54.	Tony Beardsley	40:47
55.	Martin Schiff	40:56
56.	Barney Swith	41:00
57.	Eric Ward	41:06
58.	Garrett Long	41:08
59.	Ken Awalt	41:20
60.	Roberta Sharo	41:49*
61.	Craig Baker	41:56
62.	Mike Fournier	42:28
63.	Richard Miles	42:31
64.	Lawrence Ludwig	42:34
65.	Donald Richardson	42:58
66.	Forrest Hart	43:03
67.	Sam Auerbach	43:10
68.	Joel Fellows	43:15
69.	James Mroch	43:24
70.	Diane Wood	43:32*
71.	Kevin Pottle	43:40
72.	Terry Cousins	43:42
73.	Doug Wood	43:53
74.	Andrew Saslan	43:58
75.	Cole Sargent	44:05
76.	Richard Weirich	44:09
77.	Barbara Beal	44:29*
78.	Lenny DeMuis	44:44
79.	John Albee	45:01
80.	Jim Maillett	45:10
81.	Jerry St. Amand	45:10
82.	Jill Baroody	45:11*
83.	Jeaney Barthelette	45:34*
84.	Peter Gott	45:36
85.	Marie Johnson	45:57*
86.	Matt Coffin	45:58
87.	Jack Richards	46:07
88.	Cynthia Mroch	46:19*
89.	Braden Alley	46:46
90.	Di Ravenaker	46:47
91.	Marc Soto	46:51
92.	Don Osborn	46:52
93.	Barbara Greenstone	46:56*
94.	Wayne Smith	47:07
95.	Frank Donaldson	47:11
96.	Todd Eaton	47:13
97.	Linda Bedard	47:18*
98.	Ken Hodsdon	47:43
99.	Aurele Ouellet	48:17
100.	Norman Fitzgerald	48:34
101.	Neil Dyer	48:36
102.	Winifred Wood	49:18*
103.	Harry Trask	49:51
104.	Ken Blaisdell	49:55
105.	Ben Van Pelt	50:58
106.	Kerry Shea	51:46
107.	Noelle DeCourneaux	51:48
108.	Daniel Merrill	55:38
109.	Jim Gilbert	55:38
110.	Unknown	

Results courtesy of the Ellsworth
Chamber of Commerce

VILLAGE CAPE 7 MILE HALLOWEEN CLASSIC
St. Joe's College Oct 30th

1.	Ralph "Wabbit" Fletcher	15:49
2.	Danny Smith	16:41
3.	Mike Kimball	16:47
4.	Robert MacDonald	17:17
5.	Terry Dostie	17:40
6.	Steve Cain	18:28
7.	Mike Beaudoin	18:45
8.	Ken Pickett	18:58
9.	Bob Peacock	19:07
10.	Jeff Daggett	19:32
11.	John Reali	19:42
12.	Chris Grant	19:52
13.	Jim Bishop	19:55
14.	Kevin Chute	19:57
15.	Danny Cooper	20:04
16.	Sam Elliot	20:10
17.	Warren Wilson	20:14
18.	Bob Cushman	20:15
19.	Denise Harlow	20:16*
20.	Lloyd Cook	20:21
21.	Dave Wood	20:40
22.	Ralph Roberts	20:48
23.	Mike Reali	21:02
24.	Fred Stone	21:40
25.	Pat Roy	21:48
26.	Bert Gendron	21:53
27.	Brian Gordon	21:54
28.	Lauri Towle	21:57*
29.	Mike Goodbody	22:00*
30.	Steve Crockett	22:02
31.	Andy	22:11
32.	Dick Lepore	22:28
33.	Frank Sutter	22:48
34.	Kim Nielsen	22:53*
35.	Ralph Bartholomew	22:54
36.	Dennis Morrill	23:15
37.	Brenda Merriman	23:22*
38.	Tammy Carter	23:48*
39.	Hanna Gibbs	23:57*
40.	Mark Clinch	24:02
41.	Shelley Bishop	24:13*
42.	Sister Debbie	24:16*
43.	Ralph Bartholomew, Jr.	24:17
44.	Pam Twombly	24:20*
45.	Steve Konan	24:31
46.	Janet Fontaine	24:32*
47.	Helen Richard	24:46*
48.	Winged Victory	24:49
49.	Annie Snyder	25:04*
50.	Sharon Cole	25:09*
51.	Sandi Foss	25:45*
52.	Tresa Pickett	25:50*
53.	Kristy Murray	26:02*
54.	Susan Stone	26:09*
55.	Mark Cushman	26:12
56.	James Folsom	26:26
57.	John Hagan	26:32
58.	Brenda Cushman	26:41*
59.	Jill Litchfield	27:18*
60.	Ann Chenard	27:32*
61.	Bruce Hanlin	27:48
62.	Joyce Cook	28:51*
63.	Sister Mary	30:00*
64.	Martha Sulter	33:09*
65.	Pete Howell	34:05

Results courtesy of Ziggy Gillespie
Race Director

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T.A.C. MEET AT ELLSWORTH
Oct 30th

3K

1.	David Dorr 11-12	11:59
2.	Bradan Alley 8-9	11:59
3.	Eric Hall 11-12	12:01
4.	Melanie Lounder 11-12	12:05*
5.	J.T. Lavy 11-12	12:12
6.	Todd Gray 11-12	12:17
7.	Mike Day 11-12	12:26
8.	Chris Coffey 11-12	12:29
9.	Kristy Bryant 9-10	13:05*
10.	Adam Sala 11-12	13:08
11.	Brian Roach 11-12	13:22
12.	Sandy Collier 11-12	13:26*
13.	Jennifer Shepard 11-12	13:27*
14.	Shannon Downey 11-12	13:33*
15.	Becky Bragg 11-12	13:52*
16.	Dora Raymaker 11-12	15:03*
17.	Robin Jacobs 9-10	15:14*
18.	Wendy Gilbert 11-12	16:12*
19.	Amy Hughes 11-12	18:37*

4K

1.	Gary Hallett 15-16	13:59
2.	Brent Leighton 13-14	14:04
3.	Robbie Pendergist 13-14	14:31
4.	Greg Vokes 15-16	14:45
5.	Chris Boyle 13-14	15:03
6.	Shallee Page 15-16	15:41*
7.	Tom Emery 13-14	15:52
8.	Rodney Hisler 13-14	16:21
9.	Brad Newbegin 13-14	16:44
10.	Jeanne Higgins 13-14	16:52*
11.	Buddy Cousins 13-14	16:59
12.	Ben Van Pelt 13-14	17:14
13.	Doug Sargent 13-14	19:04
14.	Michelle Shadeck 13-14	19:26*
15.	Heather Smith 13-14	19:49*

5K

1.	Steve Carle 19-29	16:19
2.	Bill Pinkham 40-49	19:38
3.	Tom Kirby 19-29	19:46
4.	Barney Smith 30-39	20:19
5.	Terry Cousins 40-49	22:17

Results courtesy of Jim Kennett
Race Director

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STATE HIGH SCHOOL X-C CHAMPIONSHIPS
Waterville Nov 5th

Class A Boys

Cheverus 49, Westbrook 91, South Portland 97, Bangor 115, Waterville 118, Edward Little 154, Portland 178, Brewer 196, Lawrence 222, Bonny Eagle 227, Skowhegan 231

1.	Chris Kein, Chev	16:29
2.	Mike Marson, Sanford	16:35
3.	Chris McMann, Chev	16:37
4.	Andy Kimball, West	16:39
5.	Jim Kimball, West	16:42
6.	George Bockus, EL	16:44
7.	Dan Bustard, PI	16:46
8.	Kevin Wolfe, Water	16:49
9.	Larry Maletta, Chev	16:55
10.	Tim Marquis, OT	16:59
11.	Richard Brooks, BE	17:05
12.	Tim Parritt, Brew	17:16
13.	N. Barron, Morse	17:17
14.	Doug MacDonald, Water	17:18
15.	Keith Johnston, EL	17:22
16.	Pat Richards, S. Port	17:25
17.	Reid Crossman, S.Port	17:26
18.	Warren Caruso, Bang	17:27
19.	Brian Hurst, Bang	17:28
20.	Mike Gordon, Lawrence	17:29
21.	Barry Batey, Bang	17:31
22.	Randy Wilcox, PI	17:32
23.	Eric Kruger, Chev	17:33
24.	R. Fritz, Mt. Ararat	17:35
25.	Randy Gardella, Gard	17:38
26.	Mike Harrigan, Port	17:45
27.	Steve Sarkozy, S. Port	17:46
28.	Kevin Kein, Chev	17:47
29.	Mike Piacentini, West	17:49
30.	Matthew Tefft, Port	17:51
31.	Tom LaRose, S. Port	17:52
32.	Tim Quirion, Water	17:55
33.	Greg Bishop Cheverus	17:58
34.	Bruce Jardine, Skow	18:02
35.	J. Martin, Deering	18:09
36.	Steve Cooper, S. Port	18:12
37.	Preston Kennie, West	18:14
38.	Mark Stover, Bang	18:15
39.	Doug Reilly, EL	18:16
40.	Tom Jankowiak, Chev	18:17
41.	Ron Khalor, West	18:18
42.	Daniel Ruby, Port	18:19
43.	Troy Cutler, Gard	18:20
44.	Glenn Miles , Brew	18:22
45.	Marc Bourgoin, EL	18:23
46.	Ben Millis, Water	18:24
47.	Todd Bulte, Winslow	18:26
48.	Ron Lowell, S. Port	18:28
49.	Patrick Bouchard, Bang	18:30
50.	Ralph Knight, Water	18:31
51.	John Caine, Brewer	18:32
52.	Dan Taylor, Lawrence	18:33
53.	Dave Elias, Lawrence	18:34
54.	David Libby, BE	18:35
55.	J. Larochelle, Winslow	18:36
56.	Chris Metcalf, Skow	18:37
57.	Jim Burrill, West	18:39
58.	Peter Joseph, Water	18:40
59.	Bill Brazier, Water	18:41
60.	James Harrigan, Port	18:43
61.	Tim French, BE	18:46
62.	Barry Hopkins, Skowhegan	18:47
63.	Steve Christmas, Skow	18:48
64.	Frank Smith, Port	18:51
65.	Doug DeAngillis, Brew	18:52
66.	Alan Kitchen, Bang	18:54
67.	Boyd Snowden, Skow	18:55
68.	Matt Ewing, Brewer	19:00
69.	Tom Scaglierini, Brewer	19:01
70.	Jim England, Bang	19:02
71.	Mark Dare, Lawrence.	19:05
72.	Tim Fitch, Lawrence.	19:08
73.	Charles Slade, BE	19:10
74.	Todd Boothby, BE	19:16
75.	Mike Arseneault, West	19:26
76.	Chip Littlefield, Law	19:28
77.	Tim Grant, Bonny Eagle	19:32
78.	Bob Silvius, Lawrence	19:38
80.	Andrew Rosen, Port	19:44
81.	Ethan Mattor, BE	20:21
82.	Dave Goding, EL	20:37
83.	Paul Martel, EL	21:03
84.	Arthur Dickinson, Skow	unknown

Class B Boys

Scarborough 85, Maranacook 88, Cape Elizabeth 96, Greely 103, Ellsworth 117, Medomak Valley 126, Mt. Desert 184, Mattanawcook 185, Lake Region 198, Hampden 221, Gray-N.G. 264

1.	Scott Roberts, Maranacook	16:25
2.	Stacey Bryant, Medomak V	16:32
3.	Dave O'Connell, Ellsworth	16:43
4.	Jeff Powroy, Cape Eliz	16:55
5.	Mike O'Reilly, Scarborough	17:01
6.	Erich Reed, Lake Region	17:06
7.	Pat Dinick, Scar	17:09
8.	Bill Hansen, Greely	17:10
9.	David Hankwa, Mattanacook	17:16
10.	Andy Peacock, Marana	17:17
11.	Rick Reed, Marana	17:18
12.	Mike Cirillo, Greely	17:19
13.	Paul Arseneault, Greely	17:20
14.	Chris Comstock, Scar	17:21
15.	Matt Turek, Dexter	17:22
16.	Marty Mullen, Cape	17:23
17.	Steve Hawes, Hampden	17:26
18.	Troy Amundsen, Cape	17:27
19.	Barry Peabody, Medomak	17:27.5
20.	Randy Marchant, Mt. Desert	17:29
21.	Andy Dolby, Hampden	17:31
22.	Mike Norman, Ells	17:32
23.	Todd Elwell, Medomak	17:33
24.	Richard Clonan, Cape	17:35
25.	Jason Elliott, Medomak	17:36
26.	Kevin Hall, Marana	17:37
27.	Billy Gordon, Mt. D	17:40
28.	Sean Doody, Scar	17:44
29.	Mac Wash, Fryeburg	17:45
30.	Stan Smith, Messalonskee	17:46
31.	Tom Luttrell, Rockland	17:48
32.	Todd Doane, Kennebunk	17:49
33.	Dennis McCann, Gray-NG	17:49
34.	Gary Hallett, Ells	17:53
35.	Jeff Porter, Greely	17:54
36.	Bill Barter, Ells	17:54
37.	Art Drisco, Scar	17:58
38.	David Terry, Buckeport	17:59
39.	Jason Merrill, Belfast	18:00
40.	Andy Strout, Ells	18:01
41.	Ron Katka, Mattanaw	18:04
42.	Patrick Boss, Mattanaw	18:08
43.	Darren Allen, Lake R	18:10
44.	Tom Rich, Cape	18:13
45.	Alvin Goodrich, Noble	18:17
46.	David Weatherbie, Cape	18:19
47.	Kevin Stephens, Cape	18:21
48.	David Brown, Greely.	18:25
49.	Walter McKee, Marana	18:27

30. Chet Garrison, Mt. D 18:30
31. Mark McKeff, Marana 18:32
32. Gary Vear, Ells 18:33
33. Brian Clements, Lake 18:34
34. Jason Wilson, Gray-NG 18:35
35. Keith Graves, Mt. D 18:36
36. Don Libby, Gray-NG 18:37
37. Brian Leonard, Mattanaw 18:41
38. Chris Farley, Mt. D 18:42
39. Shawn Chandler, Greely 18:43
40. Dave Greeley, Marana 18:44
41. Robert Mezzanotte, Greely 18:50
42. Clifford Noyes, Mt. D 18:45
43. Mark Snow, Lake 18:56
44. Mike Mageles, Lake 18:57
45. Don Westover, Belfast 19:05
46. Mike Rideout, Hampden 19:06
47. Tim Barker, Mattanaw 19:07
48. Don Rae, Mills 19:08
49. Conrad Skov, Medomak 19:09
50. James Skillings, Soar 19:10
51. Warren Bishop, Hampden 19:19
52. Keith Berry, Soar 19:13
53. Leif Abrell, Mt. D 19:16
54. Steve Roberts, Medomak 19:18
55. Tim Spencer, Hamp 19:27
56. Chris Weed, Mattanaw 19:30
57. Prescott Paine, Hamp 19:32
58. Dan Bisson, Gray-NG 19:41
59. James Keene, Medomak 19:45
60. Kevin Nidlon, Lake R 19:48
61. Larry Ferguson, Mattanaw 19:59
62. Dean Sprague, Gray-NG 20:00
63. Glenn Snow, Lake R 20:03
64. Bob May, Gray-NG 20:10
65. Ron Berry, Gray-NG 20:11
66. Mike Lowe, Hamp 20:25

Class C Boys

Carrabec 50, Falmouth 64, Georges Valley 76, Sumner 119, Monmouth 175, Searsport 179, Traip 180, Winthrop 187, Old Orchard 188, Schenck 199, John Bapst 206

1. Greg Gray, George Stevens 17:27
2. Robert Hillgrove, G.V. 17:28
3. Lennie Woodie, Carrabec 17:42
4. Joe Anderson, Falmouth 17:51
5. T. Sawyer, Falmouth 17:58
6. Mike Wilson, Falmouth 18:02
7. Harvey Springer, Sumner 18:08
8. Tom Shyka, John Bapst 18:10
9. Tim Childs, Winthrop 18:11
10. Ron Mitchell, Oak Hill 18:13
11. Jody Bonarrigo, GV 18:14
12. Mike Ridley, Carra 18:15
13. Dana Hayden, Carra 18:22
14. Jeff Ashby, Fort F 18:23
15. Bob Gordon, Carra 18:24
16. Carl Young Sumner 18:26
17. Alan Childs, Winthrop 18:27
18. Rick Shea, Wiscasset 18:28
19. Tim White, Woodland 18:29
20. Norman Jackson, Carra 18:35
21. Chris Cash, Old Orchard 18:36
22. Jim Johnson, Plymouth 18:37
23. Kevin Steward, Monmouth 18:44
24. Rusl Moon, G.S. 18:51
25. Omar Whalen, Sumner 18:56
26. Erik Anderson, GV 18:57
27. Mike Williams, Wood 18:58
28. Rick Stacey, Traip 18:59
29. Greg Fenro, GV 19:00
30. Lenny Stevenson, JB 19:09
31. Richard Koshak, GV 19:12
32. Jack Frost, Sacopee V 19:13
33. Kevin Whalen, Sumner 19:15
34. Kermit St. Pierre, Sears 19:19
35. Mike Steward, Monmouth 19:22
36. David Sewell, Schenck 19:23
37. Richard Hale, Schenck 19:24
38. Warren Southworth, Sears 19:26
39. Dan McCullough, OOB 19:28
40. Dale Robeck, Traip 19:30
41. Greg Fany, GV 19:33
42. Bryne Butterfield, Jay 19:34
43. Eric Seekins, Sears 19:35
44. Preston Galarneau, Fal 19:36
45. Mark Cheesman, Carra 19:37
46. Brian Corcoran, OOB 19:41
47. John Byrne, Traip 19:43
48. Garry Peaso, Monmouth 19:44
49. Brian Probert, Sears 19:45
50. Willis Thomson, Fort F 19:46
51. Dan Snowman, Schenck 19:50
52. Dassy, Monmouth 19:52
53. Eddie King, Traip 19:53
54. Mark Nisbett, Schenck 19:54
55. Jeff Asaa, Winth 19:56
56. Dan Terrence, Traip 19:57
57. John Bousquet, Mon 19:59
58. Mike Cahill, Carra 20:01
59. John White, Sears 20:04
60. Steve Winder, OOB 20:06
61. Dave House, Traip 20:07
62. Ken Swapp, Sumner 20:08
63. Darin Hersom, Searsport 20:09
64. Robert English, Mt. Abram 20:10
65. Joe Kline, OOB 20:12
66. Todd Verow, JB 20:13
67. Tim Burrill, Lee 20:15
68. Todd Thurlow, Lee 20:16
69. Frederick Grant, Sears 20:19
70. Bobbie Waite, Schenck 20:20
71. Steve Labreque, Oak Hill 20:21
72. Jeff Hachey, Winthrop 20:24
73. Jon Ross, Falmouth 20:26
74. Jay Henderson, JB 20:27
75. Kevin Bate, JB 20:29
76. Mike St. Laurent, Winth 20:30
77. Dave Robeck, Traip 20:31
78. Eric Thurlow, Lee 20:32
79. Robert Wilson, Schenck 20:33
80. Joe Bourgault, Winth 20:34
81. Shawn McMaster, Fal 20:35
82. Joshua Barstow, OOB 20:36
83. Chris Cameron, Winth 20:37
84. Wally Gray, Lee 20:38
85. Tim Morin, Schenck 20:39
86. Don Ardine, JB 20:40
87. Gary Cleaves, Mon 20:43
88. Scott Delong, Mon 20:44
89. Ryan News, JB 20:46
90. Isaac Poe, GV 20:47
91. Christian Berter, Schenck 20:48
92. Robert Gentle, Sumner 20:49

Class D Boys

Upper Kennebec 31, North Yarmouth 65, Forest Hills 77, Greenville 78

1. Nate Smith, North Yar 18:33
2. Larry Bigelow, Upper Ken 18:50
3. Mike Collins, Green 19:05
4. Chris Greene, Forest 19:10
5. Andy Jacques, Upper 19:14
6. Danny Hilton, Upper 19:51
7. Jann Moore, Upper 19:54
8. Bowdie Austin, North Yar 19:55
9. Jeff Bell, Greenville 20:06
10. Danny Morehead, North Y 20:08
11. Peter Malloy, Upper 20:12
12. Dave Weimouth, North Y 20:14
13. David McCarthy, Lubec 20:15
14. Tim West, Upper K 20:20
15. Mike Putnam, North Y 20:24
16. Tim Bent, Forest Hills 20:57
17. Jim Collins, Greenville, 20:59
18. Gus Cloutier, Forest H 21:05
19. Darin Miller, Upper K 21:09
20. Willy Thomas, N. Yar 21:14
21. Ryan Griffin, Forest H 21:35
22. Jamie Shelley, Forest H 21:40
23. Matt Jeton, N. Y 21:50
24. Jim Hegarty, Forest H 21:58
25. Wayne Nersinis, Green 23:20
26. Tim Lessard, Forest H 23:51
27. Walter Gray, Green 24:25
28. Boyd Kronholm, Green 25:06
29. John Hawkins, Green 25:19
30. Y. Toles, Lubec 25:23

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Class A Girls

Westbrook 61, Biddeford 69, Portland 96, South Portland 109, Waterville 128, Mt. Blue 138, Bangor 141, Lewiston 162, Brewer 173

1. Beth Marquam, Skowhegan 17:20
2. Terri Gousse, Lawrence 17:41
3. Leslie Wells, Biddeford 17:45
4. Julie Frita, Biddeford 17:53
5. Rachel Dunn, Lawrence 18:14
6. K. Tracy, Sanford 18:18
7. Jennifer Rolfe, West 18:19
8. Laura Patria, Lew 18:20
9. Jill Shaive, Water 18:26
10. Kelley Feeney, Port 18:37
11. Cate Dean, Bangor 18:41
12. Margot Savigny, Bidde 18:44
13. Deanna Hodgkins, Lew 18:48
14. Christine Bradbury, West 18:49
15. Brenda Haller, West 18:56
16. Jennifer Mayion, S. Port 18:57
17. K. Hawkins, Mt. Ararat 19:59
18. Donna Hubert, Port 19:05
19. Christine Ivers, Mt. Blue 19:07
20. Angela Corson, Water 19:08
21. Michelle Cayer, West 19:09
22. Melanie Fleming, Mt. Blue 19:12
23. Lynn Bay, Port 19:15
24. Tina Whitney, Mt. B 19:19
25. Mary Mayo, Lawrence 19:24
26. Wanda Haney, S. Portland 19:28
27. L. Turner, Sanford 19:32
28. Kim May, Caribou 19:33
29. Sue Chayer, West 19:39
30. A. Kurlinski, EL 19:41
31. Lori Holyoke, Brewer 19:42
32. Rachel Veilleux, Port 19:46
33. Jennifer Wilson, S. Port 19:48
34. Terri Darling, S. Port 19:51
35. Michele Drapeau, Bidde 19:51
36. Anissa Sanborn, Bangor 19:59
37. Emily Wilson, S. Port 20:00
38. Dawn Fraser, Brewer 20:01
39. Elizabeth Griffin, Skow 20:02
40. Michelle Charland, Bidde 20:09
41. Amy Curtis, Old Town 20:12
42. Kim Hamm, Bangor 20:13
43. Dawn Vericel, Brew 20:13
44. Pam Genary, Waterville 20:18
45. Kim Fleming, Mt. Blue 20:19
46. Lauren Zanchi, Bang 20:22
47. Theresa Iaconeta, Port 20:25
48. Nancy Lyford, Water 20:26
49. Katy Roy, Water 20:39
50. Amy Bowden, Port 20:42
51. Kelly Murphy, Port 20:43
52. Lisa Hotie, Old Town 20:54
53. Ronda Winship, Bang 20:56
54. Cathy Conley, S. Port 21:03
55. Sandra Beal, Brew 21:04
56. Linda Roberts, Water 21:05
57. Anna Carroll, Bang 21:14
58. Carolyn Champagne, Lew 21:18
59. Susan Reynolds, GT 21:21
60. Lisa Spellman, Brewer 21:26
61. Bridget Dupre, Lew 21:28
62. Rhonda Haney, S. Port 21:33
63. Linda Gallagher, West 21:40
64. Carrie Mitchell, West 21:52
65. Hope Mills, Brewer 22:07
66. Wendy Hooper, Brewer 22:14
67. Joanne Martin, Mt. B 22:17
68. Yvonne Dubois, Lew 22:22
69. Arlene Redmond, Bidde 22:31
70. Lynn Bonner, Lew 22:32
71. Melinda Seavard, Water 23:09
72. Alicia Davis, Bangor 23:31
73. Kristie Sweet, Mt. Blue 23:48
74. Anne Bagley, Lewiston 24:33
75. Lisa Dalrymple, Mt. B 25:19

Class B Girls

Maranacook 67, Greely 70, Ellsworth 83, Mt. Desert 90, Cape Elizabeth 105 Gray - NG 151, Gorham 159, Medomak Valley 164, Hampden 218

1. Lisa Nakem, Scarborough 17:17
2. Becky Brown, Mt. Desert 17:28
3. Kelly Stratton, Ellsworth 17:37
4. Brenda Maguire, Ells 17:50
5. Beth Golden, Marana 17:51
6. Patti Clapper, Bucks 17:53
7. Kristen Linquist, Camden 18:00
8. Sarah Conners, Cape 18:07
9. Mary Meehan, Greely 18:11
10. Ann Golden, Marana 18:17
11. Christine Wilson, Marana 18:19
12. Jess Moore, Ells 18:24
13. Caroline Meehan, Greely 18:26
14. Kim Emerson, Massabesic 18:27
15. Kelly Blenkhorn, Cape 18:30
16. Suzy Chaplin, Mt. Des 18:33
17. Becca Bryer, Mt. Des 18:39
18. Missy Watkins, Lake R 18:41

19.	Alison Guistra, Medomak	18:42
20.	Karen Sprague, Gray-NG	18:45
21.	Beth Brume, Greely	18:46
22.	Michelle Johnson, Greely	18:50
23.	Melissa Kantkes, Nattan	18:59
24.	Lisa Kent, Gorham	19:07
25.	Veronica Knight, Gray	19:08
26.	Erika Maddaleni, Cape	19:10
27.	Adrienne Crowley, Greely	19:13
28.	Laurie Walters, Maranac	19:14
29.	Ellen Hale, Madawaska	19:20
30.	Colleen Gorman, Gorham	19:25
31.	Jeanne MacMillan, Medomak	19:26
32.	Lisa Crocker, Marana	19:29
33.	Sandy Emerson, Ells	19:30
34.	Tani Makeland, Foxcroft	19:31
35.	Stephanie Parland, Mt. D	19:32
36.	Jenni Gleason, Marana	19:33
37.	Carolyn Gross, Stearns	19:37
38.	Sharon Stevens	19:38
39.	Heather Hunt, Medomak	19:40
40.	Travis Ray, Gray-NG	19:41
41.	Tanya Seymour, Marana	19:43
42.	Nancy Dionne, Cape	19:50
43.	Sylvia Most, Cape	19:51
44.	Jennie Jones, Mt. D	19:52
45.	Carol Barnes, Cape	19:57
46.	Jennie May, Scar	19:59
47.	Karen McPherson, Greely	20:08
48.	Monica Knight, Gray-NG	20:18
49.	Donna Peck, Gorham	20:20
50.	Michelle Dodge, Medomak	20:22
51.	Jenny Cormier, Hamp	20:25
52.	April Payson, Ells	20:27
53.	Christina Meiniger, MD	20:31
54.	Kerry Taylor, Mt. D	20:32
55.	Erin Crowley, Hamp	20:35
56.	Stephanie Hill, Gray NG	20:36
57.	Laura Franch, Gorham	20:47
58.	Jill MacGregor, Hamp	20:50
59.	Brenda Sheehan, Hamp	21:00
60.	Irene Humphrey, Ells	21:02
61.	Kathy Bradley, Hamp	21:09
62.	Tammy Ray, Gray-NG	21:14
63.	Joi Lynn Bell, Gorham	21:17
64.	Karen Pagnano, Medomak	22:01
65.	Heidi Frank, Hamp	22:18
66.	Cindy Childs, Hamp	22:19
67.	Debbie Dodge, Medomak	22:43
68.	Janie Donany, Gorham	22:46
69.	Laura Jackson, Cape	23:19

Class C Girls

Oxbows Valley 48, Monmouth 69, Falmouth 87, Old Orchard 91, Central Aroostook 99, John Bapst 117, Oak Hill 178, Sumner 214, Schenck 246

1.	Christina Snow, OOB	18:35
2.	Merrily Preet, Central A	18:50
3.	Abbie Scholz, GV	19:00
4.	Sue Stroble, Cen Aroos	19:05
5.	Wendy Thorpe, Yar	19:06
6.	Michelle Merry, GV	19:06.5
7.	Kathy Wigan, Monmouth	19:18
8.	Theresa Withee, GV	19:25
9.	Lynn Vickery, John Bapst	19:26
10.	Diana Chute, Falmouth	19:27
11.	Stacey Richards,	19:28
12.	Lisa Seeley, Shead	19:29
13.	Penny Fleet, Telstar	19:32
14.	Denise Welton, Winth	19:33
15.	Kristin Cleaves, Mon	19:35
16.	Karen Cox, Mon	19:37
17.	M. Andrews, Traip	19:50
18.	Holly Prest, Cen Aroos	19:58
19.	Stacy Darragh, C S	20:00
20.	Gretchen Hardy, Fal	20:02
21.	Lisa Collins, OOB	20:04
22.	Lisa McKenna, Wisc	20:05
23.	Sandy Turcotte, Oak Hill	20:06
24.	Angela Bonarrigo, GV	20:09
25.	Carrie Billheimer, GV	20:13
26.	Vickie Corcoran, Jay	20:17
27.	Sarah Parker, JB	20:18
28.	Lorie Anderson, Fal	20:21
29.	Tanya Gott, Mon	20:23
30.	Alison Bramhall, Fal	20:26
31.	Dawn Phillips, Mon	20:28
32.	Melodie Vanasse, OOB	20:31
33.	Joyce Hour, Jay	20:35
34.	Robin Townsend, OOB	20:36
35.	Anna Chute, Fal	20:43
36.	Barbara Baker, JB	20:49
37.	Karen Boucher, Liv Falls	20:50
38.	H. Van Wagoner, Fort P	20:55
39.	Ellen Daggett CV	21:00
40.	Lisa Cordeau, Penquis	21:05
41.	Cardula Swett, Sumner	21:07
42.	Kathy Ross, OOB	21:11
43.	Mary Davis JB	21:14
44.	Jill Walker, Oak Hill	21:16
45.	Lindsay Whipple, Fal	21:16
46.	Brittany Walton, Mon	21:30
47.	Ann Dorian, Sumner	21:34
48.	Temple Parker, JB	21:39
49.	Denise Lipsett, OOB	21:48
50.	Cindy Wilber, JB	21:55
51.	Dana Nelson, Oak Hill	22:02
52.	Dawn Morrison, Fal	22:22
53.	Peggy Clark, Carrabec	22:29
54.	Linda Peter, Central A	22:34
55.	Debbie Speed, Penquis	22:37
56.	Joan Preet, Central A	22:40
57.	Laura Nickerson, Schenck	22:42
58.	Melissa Knutson, CV	22:46
59.	Brenda Ashby, Shead	22:48
60.	Lisa Trundy, Sumner	22:56
61.	Penny Lane, Oak Hill	22:57
62.	Lisa Sultzbeg, JB	22:58
63.	Shelly Kingsbury, C A	22:59
64.	Christina Nicholson, Sch	23:01
65.	C. Hutchinson, Calais	23:04
66.	Andrea Scattolini, CH	23:20
67.	Amy VanDine, Schenck	23:38
68.	Nancy Michaud, Schenck	23:42
69.	Mary Sednay, Sumner	23:42
70.	Shabe Fletcher, Oak Hill	23:46
71.	Nancy Hebert, OOB	24:01
72.	Leslie Gordon, Schenck	24:05
73.	Kelli Quigley, Schenck	24:15
74.	Katie Neal, Oak Hill	24:18
75.	Andrea Ward, Monmouth	24:43
76.	Marie Michaud, Schenck	24:45
77.	Dawn Harris, Sumner	24:52
78.	Becky Sutherland, Sum	25:05

Class D Girls

Forest Hills 15, North Yarmouth 45

1.	Susanah Beck, Waynflete	18:08
2.	Julie Simard, Forest Hill	20:31
3.	Allison Coro, Forest H	21:13
4.	Wendy Lamare, Forest H	21:18
5.	Farah Paradise, Forest H	21:23
6.	Chantal Simard, Forest H	21:24
7.	Chris Coleman, N. Yar	21:41
8.	Amy Anderson, N. Yar	21:47
9.	Kendra Paradise, Forest	21:49
10.	Kim Logo, N. Yar	22:00
11.	Leslie Frigon, Forest	22:03
12.	Jill Jardine, Greenville	22:27
13.	Jenna McEvoy, N. Yar	23:51
14.	Julia Noyes, N. Yar	25:41
15.	Dawn Nelson, N. Yar	27:16
16.	Mary Northrup, Lubec	27:20

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FALMOUTH LIONS 5.3 MILE RACE

Nov 6th

1.	Dan Barker	27:48
2.	Warner Poboteschnig	27:55
3.	Jerry Crommett	28:33
4.	Marty Casey	29:21
5.	Dick McPaul	30:04
6.	Doug Craib	30:11
7.	Paul Merril	30:15
8.	John Eldredge	30:30
9.	John Long	31:18
10.	Dave Smith	31:21
11.	Lee Allen	31:36
12.	Tom Allen	31:50
13.	Peter Nastow	31:53
14.	Brian Milliken	32:08
15.	Bob Jollimour	32:56
16.	Leonard Saulter	33:01
17.	Don Cedrone	33:09
18.	Ed Doughty	33:28
19.	Don Stowell	33:37
20.	Doug Moody	33:41
21.	Randy Talbot	33:48
22.	Eric Ellis	33:53
23.	Peter Holloway	33:56
24.	Paul Lachance	33:59
25.	Jim Demint	34:09
26.	Denver Moorehead	34:16
27.	Thomas Bradley	34:26
28.	John Edwards	34:54
29.	Kent MacDonald	34:55
30.	Dana Bartlett	35:02
31.	Jacob Graves	35:08
32.	Rick Strout	35:10
33.	Alvin Bugbee	35:47
34.	Warren Wilson	36:14
35.	Robert Caron	36:21
36.	Peter Owen	36:55
37.	Gordon Chamburland	37:15
38.	John Bothby	37:21
39.	James Chamblin	37:31
40.	Dave Horne	37:36
41.	James Chase	37:51
42.	Barnard Ross	38:12
43.	David Sherry	38:21
44.	Jerie Bugbee	38:29*
45.	Phillip Pierce	39:21
46.	Russ Bradley	39:37
47.	Donna Graves	39:56*
48.	Maureen Sproul	40:24*
49.	Brian Gordon	41:06
50.	Jean Thomas	42:10*
51.	Donald Atkinson	43:04
52.	Matt Gary	43:05
53.	Lilly Stafford	43:25*

Results courtesy of Al Otterstrom
Maine Track Club Race Director

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35TH ANNUAL VETERAN'S MEMORIAL
Wiscasset Nov 6th

1 Mile Children's Race (12 & under)

1.	Mike Cellar	6:15
2.	Larry Wilson	6:52
3.	Jamie Wilson	6:54
4.	Scott Cumming	6:58
5.	Nate Clark	6:58
6.	Kevin McLaughlin	7:40
7.	Kelly DeCourcy	7:50*
8.	Jeffrey Cumming	8:04
9.	Karin Shea	8:11*
10.	Cynthia Flanders	8:19*
11.	James Hardman	8:33
12.	Steve Doran	8:35
13.	Mike Moser	8:45
14.	Neal Clark	9:11
15.	Nikki Decourcy	10:14*
16.	Abigail Antonioli	10:30*
17.	Jeremie Adams	10:35*
18.	Jaclyn Guillette	10:43*
19.	Leah Guillette	14:26*

4.5 Mile Race

1.	Floyd Wilson	23:55
2.	Mike Barnes	23:56
3.	Danny Smith	24:20
4.	Corby Moore	25:30
5.	Steven Petersen	25:32
6.	Richard Wells	26:13
7.	Terry Dostie	26:15
8.	Mike Abbott	27:07
9.	Art Shea	27:19
10.	Mark Bodner	28:28
11.	Arthur Toms (M)	28:38
12.	Matt Gordon	28:45
13.	Chris Hyde	28:59
14.	Chuck Shea (M)	29:08
15.	Dick Sabins (M)	29:56
16.	Ken Coecklein	30:12
17.	Benji White	30:15
18.	Tracey Pooler	30:27*
19.	Donald Moser (M)	30:36
20.	Chris Leavitt	30:45
21.	Bruce Lewis (M)	30:55
22.	John Rice	30:56
23.	Donna Taylor	30:58*
24.	Bruce Pooler	31:00
25.	Dean Shea (M)	31:22
26.	Scott Shea	31:25
27.	Donald Cellar (M)	31:26
28.	Lloyd Olsen	31:43
29.	Duncan Cumming	32:03
30.	Thomas Hart	32:15
31.	Craig Haggett	32:27
32.	Steve Shea	32:29
33.	Bud Cherry (S)	32:33

34.	John Ottiletta	32:38
35.	Allen Berson	32:43
36.	Denise Mossier	32:46*
37.	Elizabeth Poulin	33:01*
38.	Darin Flanagan	33:08
39.	Rick Shea	33:08
40.	Carol Wells	33:38
41.	Larry Sunkowski	33:48
42.	Tom Rankin (M)	34:35
43.	Lisa MacKenney	35:18*
44.	Bill Phillips	35:21
45.	Gloria Elliott	35:22*
46.	Andy Soares	35:59
47.	Bruce Pooler	36:17
48.	Wendy Pooler	36:27*
49.	Perry Barnard	36:32
50.	Betty J. Hahn (S)	36:41*
51.	Avis Ingalls	37:26*
52.	Ernest Moreau (M)	38:01
53.	Lisa Campbell	38:28*
54.	Shawna Geecklain	39:17*
55.	William Miller (S)	39:17
56.	Heather Davison	39:32*
57.	Cheryl Pooler	40:04*
58.	Ted Dalton	40:43
59.	Tim Flanagan	40:43
60.	Gail Antonioli	41:30*
61.	Patricia Flanders	42:30*
62.	Lucille Moreau (M)	43:53*
63.	Jack Winters (V)	45:03
64.	Rita Furbish (S)	50:19*
65.	Roger Furbish (S)	67:21

Results courtesy of Don Brewer
Race Director

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1ST ANNUAL TAC X-COUNTRY RACE
Wales, Maine Oct 30th

Boys 8 & Under

1.	David Stokes	11:38
2.	Chris Joslin	11:49
3.	David White	11:49
4.	Greg Popp	12:58
5.	Jed Beaulieu	13:09
6.	Mathew Porter	13:17
7.	Scott Whittier	13:20
8.	Lisa Owen	14:36
9.	Adam Drinan	15:26
10.	Erik McLellan	15:32

Girls 8 & under

1.	Carrie Derasmo	12:57
2.	Jennifer Seals	13:00
3.	Abby Erickson	13:25
4.	Sarah Owen	13:33
5.	Jovaile Decker	13:34
6.	Melanie McCoy	13:54
7.	Rachael Buffington	15:22
8.	Kristen McLellan	15:30
9.	Lisa Goulet	17:41

Boys 9 & 10

1.	Jason Hutchinson	10:28
2.	Seth Thornton	10:30
3.	Erik Worcester	10:40
4.	Brian White	10:59
5.	Chris Goulet	11:08
6.	Steve Colucci	11:27
7.	Bill Stiles	11:33
8.	Jason Davis	11:49
9.	Liam McCoy	11:55
10.	Dan Erikson	12:05
11.	Brian Leray	12:09
12.	Ken Wood	12:14
13.	Jeff Richard	12:22
14.	Derek Leslie	13:14
15.	Scott Wood	13:43
16.	Brian Bedard	14:01
17.	Phil Duff	14:20
18.	Kevin Ashton	14:39
19.	Tim Jameson	14:47
20.	Richard Rayko	15:04
21.	Jeoff Crain	16:27
22.	Seth LaPlante	22:44

Girls 9 & 10

1.	Amy Shaw	11:45
2.	Cathy Meehan	12:13
3.	Erika Doyle	12:21
4.	Julie Labrecque	12:25
5.	Sandy Roberts	12:26
6.	Karey Carson	12:28
7.	Brenda St. Amant	12:32
8.	Linda Whittier	12:48
9.	Jessica Pulver	13:24
10.	Heidi Soulo	14:02
11.	Melissa Parent	14:09
12.	Tonya Wilbur	14:22
13.	Nanci Stevens	14:36
14.	Jennifer Hioux	15:03
15.	Jenny Popp	16:57
16.	Veronica Scott	17:30
17.	Tammy Michaud	20:58
18.	Kristen Tuttle	21:25
19.	Kathy Lavigne	22:41

Boys 11 & 12

1.	Scott Loomis	10:01
2.	Casey Carroll	10:16
3.	Dan Lambert	11:08
4.	Jeff Hioux	11:24
5.	Peter Brown	11:43
6.	Mike Scott	11:54
7.	Steve Levasseur	12:41
8.	Jeff Porch	13:04
9.	Charles Robinson	13:43
10.	Steve Sinclair	14:46

Girls 11 & 12

1.	Lenora Folker	9:57
2.	Jill Decker	9:58
3.	Tracy Pooler	10:25
4.	Katie Doyle	10:35
5.	Katrina Colucci	10:38
6.	Lisa Fresling	11:21
7.	Lesslie Proulx	11:27
8.	Ellen Champlin	11:29
9.	Wendy Buffington	12:10
10.	Nicki Stoddard	12:14
11.	Deidra French	12:27
12.	Tanya Gauthier	12:38
13.	Heidi Haynes	12:40
14.	Linda Stiles	12:57
15.	Katie Ward	13:10
16.	Tammy Belanger	13:15
17.	Tina Tortin	13:37
18.	Wendy Long	14:07
19.	Nicole LaLiberty	14:35
20.	Theresa Turcotte	15:39
21.	Linda Behr	16:36

Boys 13 & 14

1.	Tim Berry	15:13
2.	Jeff Moore	15:46
3.	Jeff Young	15:46
4.	John Jalbert	16:17
5.	Marc Cloutier	16:26
6.	Danny Howe	16:30
7.	Scott Bolfa	17:07
8.	Clint Folker	17:25
9.	Ted Perrin	17:29
10.	Jeff Brown	17:46
11.	Steven Krause	18:43

Girls 13 & 14

1.	Allyson Jones	17:15
2.	Kaela Curtis	17:50
3.	Julia Hassert	19:15
	Tina St. Peter	19:15
5.	Diana Dolham	19:29
6.	Kristen Freeling	19:32
7.	Julie Walker	20:45
8.	Tammy Buffington	21:12

Boys 15 & 16

1.	Chris Lyford	18:39
2.	Stephane Pitch	17:06
3.	Eric Champlin	20:18
	John Mullin	20:18

Girls 15 & 16

1.	Laura Proulx	23:29
2.	Jill Jacobs	27:15

Boys 17 & 18

1.	Ralph Knight	18:13

Girls 17 & 18

None

Boys 19 to 29

1.	Mike Barrier	18:58

Boys 30 & Over

1.	Dean Gillett	18:01
2.	Mike McLellan	22:00

Results courtesy of Roland Trottier
Race Director

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