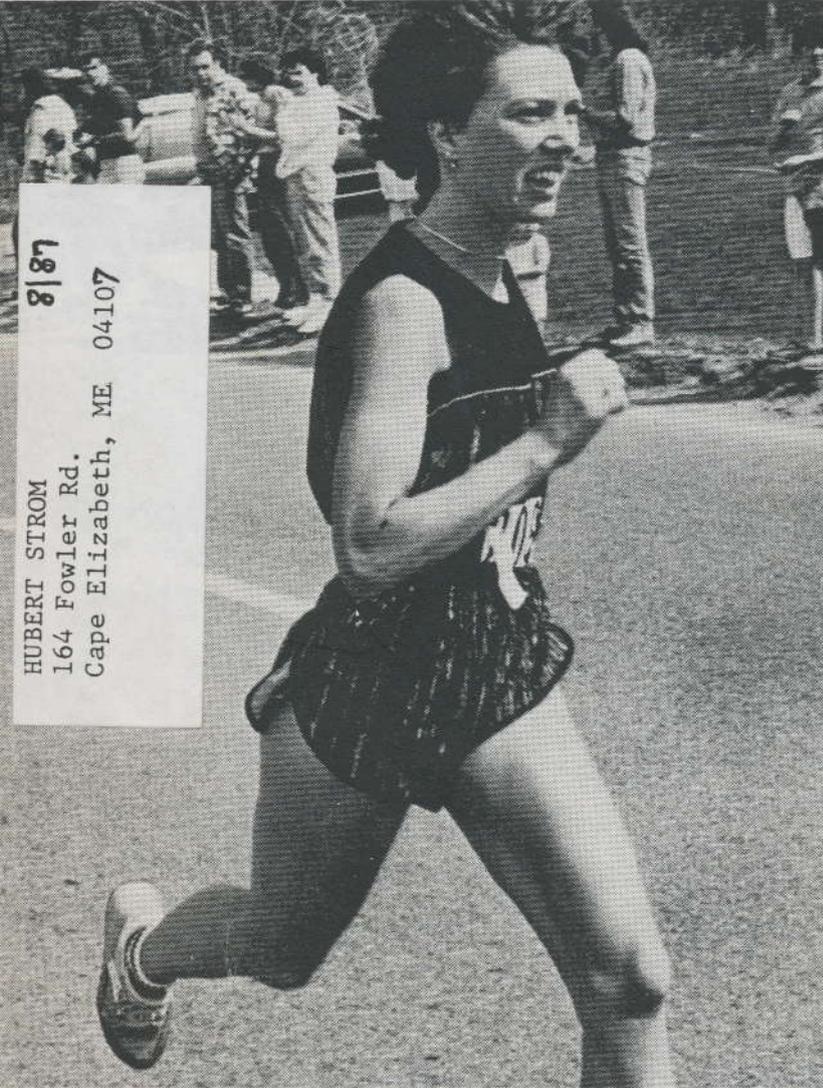


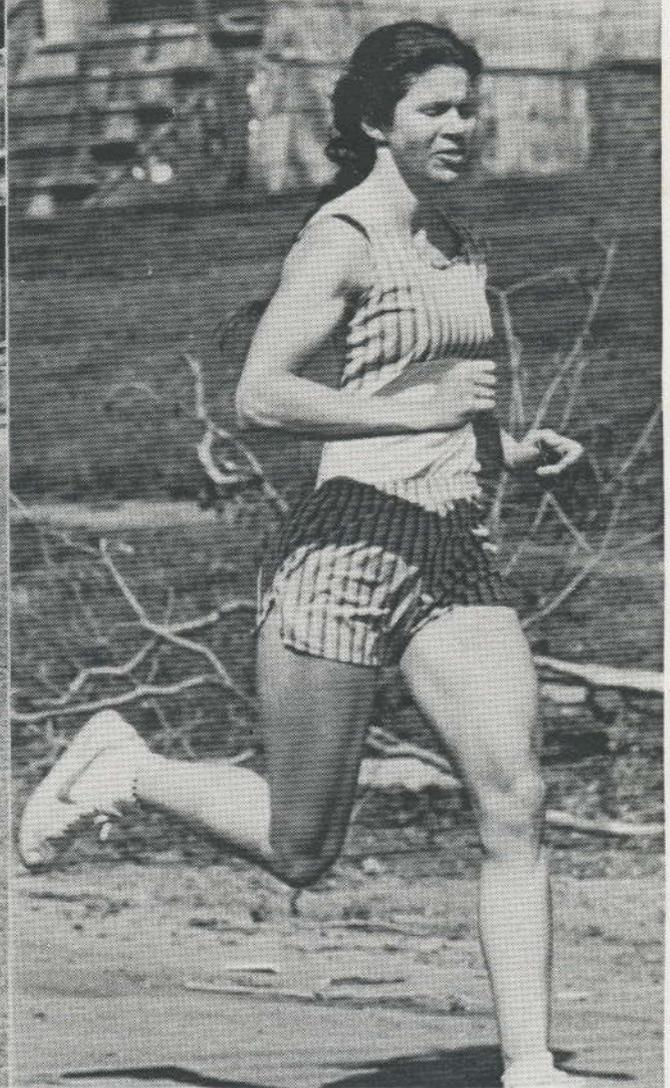
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Maine Running & Outing Magazine



HUBERT STROM 8/87
164 Fowler Rd.
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JUNE 1987

\$1.75

VOL. 8 NO. 6



One of the finest, friendly rivalries is developing between Rose Morrison (nee Prest; cover left) and Cynthia Lynch. Rose has managed to win head-to-head competition at the MAINEiac and Epstein's, but watch for Cindy to challenge Rose for the rest of the season.

Rose was rated number three in the state last year at 5K while Cindy was #4 at the 10K distance. In the Maine Running & Outing Road Race Point System for '86, Cynthia finished third with 111.0 while Rose was fifth with 88.6. In fact, the top five women on that list (Robin Emery Rappa, Anne-Marie Davee, Cindy, Wanda Haney and Rose have met head-to-head several times already this spring at the MAINEiacs, Epstein's and Terry Fox races.

I hope this kind of competition is just the tip of the iceberg as far as "Joanie's Legacy" to Maine road racing women is concerned. Momentum has been established and great role-models such as the five named women above and young ones like Christina Snow, Virginia Connors, Michele Hallett and Susannah Beck will keep the ball rolling.

Maine's road racing women are a special breed, never afraid to lay it on the line against the best in friendly competition.

Bob

Maine Running & Outing is published monthly in East Holden, Maine.

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 Telephone: (207) 843-6262

JUNE & JULY ROAD RACE CALENDAR 2-4

As the weather heats up so does the calendar. Lots to choose from.

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THE PACK

THE PACK

Apr 4	25K Championship	32 participants
Apr 12	Oakhurst Milk Run 4 Mile	434 participants
Apr 18	Moosabec Rotary 3.3	28 participants
Apr 18	Moosabec Fun Run	24 participants
Apr 18	1040 After Tax Run Off 10K	28 participants
Apr 18	1040 After Tax 2 Mile	35 participants
Apr 20	58th Portland Boys Club 5	458 participants
Apr 22	Bulldog Shuffle One Mile	16 participants
Apr 25	11th April Amble 4 Mile	261 participants
Apr 25	Spring 5K at Unity College	48 participants
Apr	U of NE Half Marathon	115 participants
May 2	Operation Lift-Off 5K	
May 9	Rocky Coast 10K *TAC*	190 participants
May 10	Terry Fox 5K	474 participants

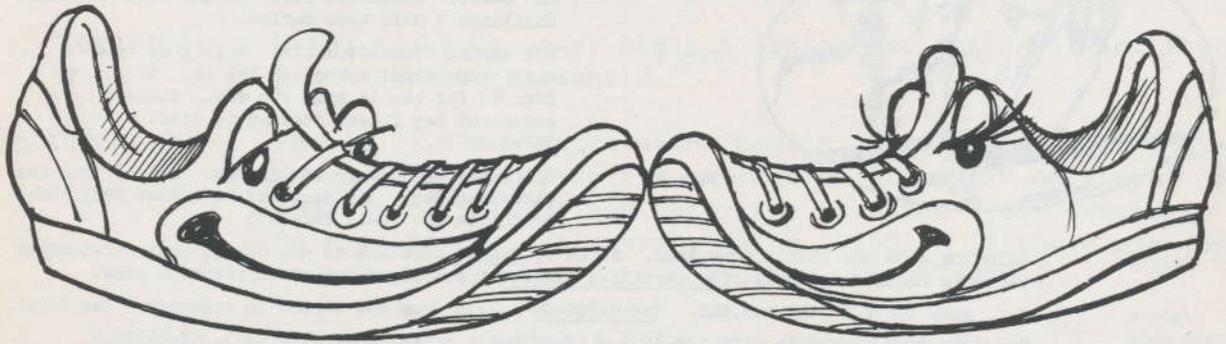
Cover photos by Jack Loftus (Rose Morrison) and Bob DeLong (Cynthia Lynch)

Photo of Steve Giles by Bob DeLong

Road Race Calendar

- June 6 RUN FOR THE ARTS. 1 mile fun run at 9:30 with a 5K at 10 from the Moulton Union on the campus of Bowdoin College in Brunswick. Contact the Center for the Arts, 804 Washington St., Bath, ME 04550 442-8455
- June 6 4TH ANNUAL BAR HARBOR SPRING 5K and FUN RUN. 9:45 for fun run with the 5K at 10:30. Proceeds to benefit the Bar Harbor Bicentennial Committee for the Constitution. See flyer in the May issue or contact MDI YMCA, 23 Mt. Desert St., Bar Harbor, Maine 04609
- June 6 3RD ANNUAL PIZZA OVEN SPRUCE RUN 5K. 10 a.m. from the corner of Union St. and West Broadway in Bangor. See flyer.
- June 6 5TH ANNUAL NUBBLE LIGHT RUNAWAY 10K and 5K. *ME-86006-GN* Fast, flat, certified course. A well kept secret. 9 a.m. for the 5K and 10:30 for the 10K. \$6 pre/\$8 post from York High School. Call 363-2723
- June 6 9TH ANNUAL JACKSON COVERED BRIDGE ROAD RACE. 10K at 10 a.m. from Jackson Covered Bridge in Jackson Village, New Hampshire. \$7.50 pre/\$8.50 post. T-shirts and barbecue to first 100 entrants. Contact Kevin Whitney 383-6886.
- June 7 FLEET FEET FIVE. 1:30 p.m. from the Caribou Recreation Department. Contact Aroostook Joggers, c/o Neal Genz, 32 Teague St., Caribou, ME 04736. Second (of five) in the Casco Northern Challenge 5 Mile Race Series.
- June 7 GREAT MAINE RACE 9 a.m. for this 15K run or 12 mile canoe race. Contact Robert Waddle, RD 2, Box 2152, Brunswick, ME 04011 725-6222
- June 7 OFFICER FRIENDLY FUN RUN. Contact the Maine Track Club, PO Box 8008, Portland, ME 04104
- June 7 PETER OTT'S 10K. 9 a.m. from the restaurant on Bayview Street in Camden. See flyer in May issue or contact Peter Ott's Camden 10K, PO Box 756, Camden, ME 04843. Note time change!
- June 13 BLOOD, SWEAT & CHEERS 5K. 10 a.m. from the American Legion, Main St., Fairfield. \$5 pre Run in front of the parade. Write Jerry Saint Amand, PO Box 1177, Waterville, ME 04901 873-6753
- June 13 THE GREAT BANDAID RACE. Massabesic High School, Waterboro, ME \$5 4 mile point-to-point scenic, mostly flat, black top. For more information call 247-4425. Sponsored by the Waterboro Fire Department Rescue Squad.
- June 14 6TH ANNUAL ANDROSCOGGIN TRIATHLON. \$40 team (3 or 4); \$25 for 2 person team or \$15 for individual. Great prizes! 10K run, 6.5 mile canoe; 25 mile bike. See flyer in May issue or contact the Fitness Connection, 76 Westminster St., Lewiston, ME 04240 786-2161
- June 14 HAMPDEN 8 1/2 MILER. 9:30 a.m. Contact Skip Howard, PO Box 562, Bangor, ME 04401 223-4715 Weatherbee School in Hampden
- June 14 HAMPDEN RECREATION SUMMER TRACK 1987 HIGHLANDS 5K ROAD RACE. 9:30 a.m. start from Weatherbee School in Hampden. See flyer. T.A.C. certified? (We have no confirmation of certification from Greg Nelson at this printing) See flyer

**It's 8 a.m. on July 4th.
Do you know where your
running shoes are?**



They should be in Bridgton at the
starting line of the 11th Annual
Bridgton 4 on the 4th Road Race.
Join Us!

- 4 Mile TAC Certified
- T-Shirts to First 500 Entrants
- 1986 — 648 Finishers

NEW FOR '87

Digital Clock, Computer Timing, Results, and Finish Line
Management by Granite State Race Services

Entries in *Maine Running & Outing* (June) or send SASE
to Jay Spenciner, RR2, Box 2, Bridgton, ME 04009.

Call 647-3347 For Information

- June 19 7TH ANNUAL DOC'S TAVERN 3 MILER. 7 p.m. from Doc's Tavern, behind Franklin Street Fire Station, Biddeford. \$4 pre only to Ken Dion, Maine Coast Road Runners, PO Box 233, Saco, ME 04072
- June 20 27TH MOUNT WASHINGTON ROAD RACE. 11 a.m. from Pinkham Notch, Gorham, New Hampshire. Entries closed for 1987.
- June 21 4TH ANNUAL APPLETON BIATHLON. 9:30 a.m. from Appleton Middle School. Contact the Trade Winds, 303 Main St., Rockland, ME 04841 596-6889
- June 24 6TH ANNUAL POTTLE HILL 10K and FUN RUN. 5:45 p.m. Fun Run/6:30 p.m. 10K. See flyer
- June 27 MOUNTAIN TO THE SEA TRIATHLON. 10K run; 2.5K Canoe; 16K Cycle. 12:30 p.m. start from the Blue Hill Fairgrounds. See flyer
- June 27 12TH ANNUAL TOUR DU LAC 10 MILE. 8:30 a.m. start from Bucksport High School. Contact Vaughn Holyoke, 414 Eastern Ave., Brewer, ME 04412 989-3221
- June 28 THE FITNESS CONNECTION BIATHLON SERIES. 9 a.m. from the Fitness Connection, Westminster St., Lewiston. Flat 5 Mile Run and moderate 20 Mile Cycle Race. See flyer in May issue or contact the Fitness Connection, Westminster St., Lewiston, ME 04240



- July 4 HOULTON 5 ON THE 4TH. 9 a.m. from Bill's Mini Mart in Houlton. Contact Fred Putnam c/o Aroostook Joggnauts, 32 Teague St., Caribou, ME 04736. Third (of five) in the Casco Northern Challenge 5 Mile Race Series.
- July 4 8TH ANNUAL STONINGTON SIX. 8:15 a.m. from Stonington Elem. School on Rte 15. \$5 for the 10K; \$2 for the 1 1/4 mile fun run. Contact Penobscot Bay Press, Stonington 04681 367-2200
- July 4 WISCASSET REC'S July 4TH 5K RUN. 8 a.m. from the Wiscasset Rec. Residents of Wiscasset FREE; Non-Residents \$1. Call 882-7533

- July 4 BRIDGTON 4 ON THE FOURTH ROAD RACE. Rated by RUNNER magazine as one of the most outstanding races in America in 1987! *TAC Certified 4 Miler* See flyer and ad on previous page.
- July 4 L.L. BEAN 10K & 1 MILE FUN RUN. *ME-86005-GN* 7:30 from Bow Street in Freeport. See flyer.
- July 4 BATH HERITAGE DAYS ROAD RACE. 8:30 a.m. from Front Street near City Hall. See flyer.
- July 5 THE FIFTH ANNUAL SHIPBUILDERS TRIATHLON. 9:30 a.m. from the City Waterfront Park in Bath. See flyer
- July 11 SOUTHWEST HARBOR DAYS 10K FOOT RACE. 9 a.m. from the Harbor House Community Service Center, Main St., Southwest Harbor \$7 pre/\$8 post. Call 244-3713 or write H.H.C.S.C., PO Box 836, Southwest Harbor, ME 04679
- July 11 SCRIVELSBY 4 MILE CROSS-COUNTRY CRITERION! 10:30 a.m. from the Scrivelsby Estate, Peters Point, Blue Hill. Open walk race as well. See flyer
- July 12 MARK HOFFMASTER RACE 5 MILE. Maine Track Club, PO Box 8008, Portland, ME 04104
- July 13-17 ALL-STAR RUNNING CAMP. 8:30 a.m.-4:00 p.m. at the Camden Area YMCA. Murray Keatinge, Dave Murray - 1985 NCAA X-C Coach of the Year from Arizona; Mike Poehlein - 1985 Big 10 X-C Coach of the Year from Purdue; Mike Gilbert - Assistant track and field coach at Colorado. For Junior and Senior High School runners. \$75 for Y members; \$95 for non-members. Bring your own brown bag lunch - drinks will be provided. Contact Fred Kneidler at 236-3375 or 236-9010
- July 18 POTATO BLOSSOM 5 MILER. 9 a.m. from the Jenkins School in Fort Fairfield. Aroostook Joggnauts c/o 32 Teague St., Caribou, ME 04736. Fourth (of five) in the Casco Northern Challenge 5 Mile Race Series.
- *June 27* Almost forgot! UNION TRUST 4 MILER. 9 a.m. from the drive-in facility on State Street, Ellsworth. See flyer opposite!
- July 18 PAT'S PIZZA CLASSIC 1987. Five mile *TAC CERTIFIED* race starts at 8 a.m. from Town Hall on Main Street in Yarmouth. See flyer
- July 18 3RD ANNUAL BELGRADE LAKES COUNTRY FAIR 10K. 9 a.m. from Day's Store in Belgrade. See flyer
- July 25 NEW GLOUCESTER FUN RUN (2 Mile) 9:30 from Memorial Elem School, Rt 231, New Gloucester. \$3 Contact Beth Curtis, New Gloucester Rec Commission 926-4016, RR1, Box 137, New Gloucester, ME 04260
- July 25 WOODS RUN 3 MILER. 10:30 a.m. from Alton Gray Field, outer Union St., Blue Hill. See flyer
- July 26 9TH ANNUAL PHIPPSBURG FIRE DEPT FIVE MILE ROAD RACE. 9 a.m. from the fire house on Rt 209, 7 miles south of Bath. See flyer
- July 26-31 THE MAINE RUNNING CAMP '87. With Andy Palmer and Virginia Connors. This is the original Maine Running Camp started back in 1978 by Bob Booker and Anne Norton. Contact Andy or Maine Running Camp, PO Box 1217, E. Holden, ME 04429. Or check with your cross-country coach for flyers. 843-6262

ALSO IN THIS ISSUE: Flyers to the August 8th JOHNSON'S INTERNATIONAL FIVE MILE in Calais; August 8th LIFE SPORTS SCHOODIC POINT 15K ROAD RACE *TAC CERTIFIED*; August 15th WILTON BLUEBERRY FEST 10K; 1 mile fun run and 4K Race Walk *10K TAC CERTIFIED*; and the September 19th BAR HARBOR 13 MILER.

Cycling

- June 7 Poulin's of Augusta sponsored 20 to 30 mile ride.
- June 19-21 TREK ACROSS MAINE. Bethel to Rockland. Limit 300 so get signed up early. Call Maine Lung
- June 28 MAINE EVENT TRIATHLON. Contact Maine Road Ramblers
- July 12 COUNTY CYCLE CLASSIC. Van Buren to Caribou. 24 Miler. 1 p.m. from Gateway School in Van Buren. See flyer
- August 16 "A 25 MILE CYCLIST'S ADVENTURE BY THE SEA". 10 a.m. from Largay's IGA in Blue Hill. See flyer in July issue or contact the Northern Bay Athletic Club, RFD 1, Box 30, N. Penobscot, ME 04476.

UNION TRUST 4-MILER!

THIS YEAR'S PROCEEDS: HIGH SCHOOL ATHLETIC PROGRAM

DATE: June 27, 1987

TIME: 9:00 a.m.

LOCATION: Union Trust Company, start & finish, at drive-in facility on State Street, Ellsworth.

REGISTRATION: Fee is \$5.00. Registration begins at 8:00 a.m. Pre-registration is encouraged. T-shirts awarded to first 150 entrants. Send registration forms and entry fee to Union Trust Company, 66 Main Street, Ellsworth, Maine 04605. If there are any questions, contact Race Committee, at 667-2504.

COURSE: Run on back roads of Ellsworth and along Route 1A. The course of 4 miles is presently in the process of being certified.

RACE FEATURES: Chronomix timer and electronic time and place display at the finish line.

FACILITIES: Rest rooms will be available at the Bank and City Hall.

AWARD CATEGORIES: First male & female finishers
Youngest & oldest finishers
First three male & female finishers in the following categories:
Ages: 10 and under
11-14
15-18
19-29
30-39
40-49
50 and over

(Only one prize per person, except for youngest & oldest categor

COURSE RECORDS: Male: 1983, Andy Palmer 19:47; Female: 1981, Robin Emery 24:4

If you wish to participate, please detach the ENTRY FORM below and return to any office of the Union Trust Company or register on the day of the race. Hope to see you there!

.....
ENTRY FORM

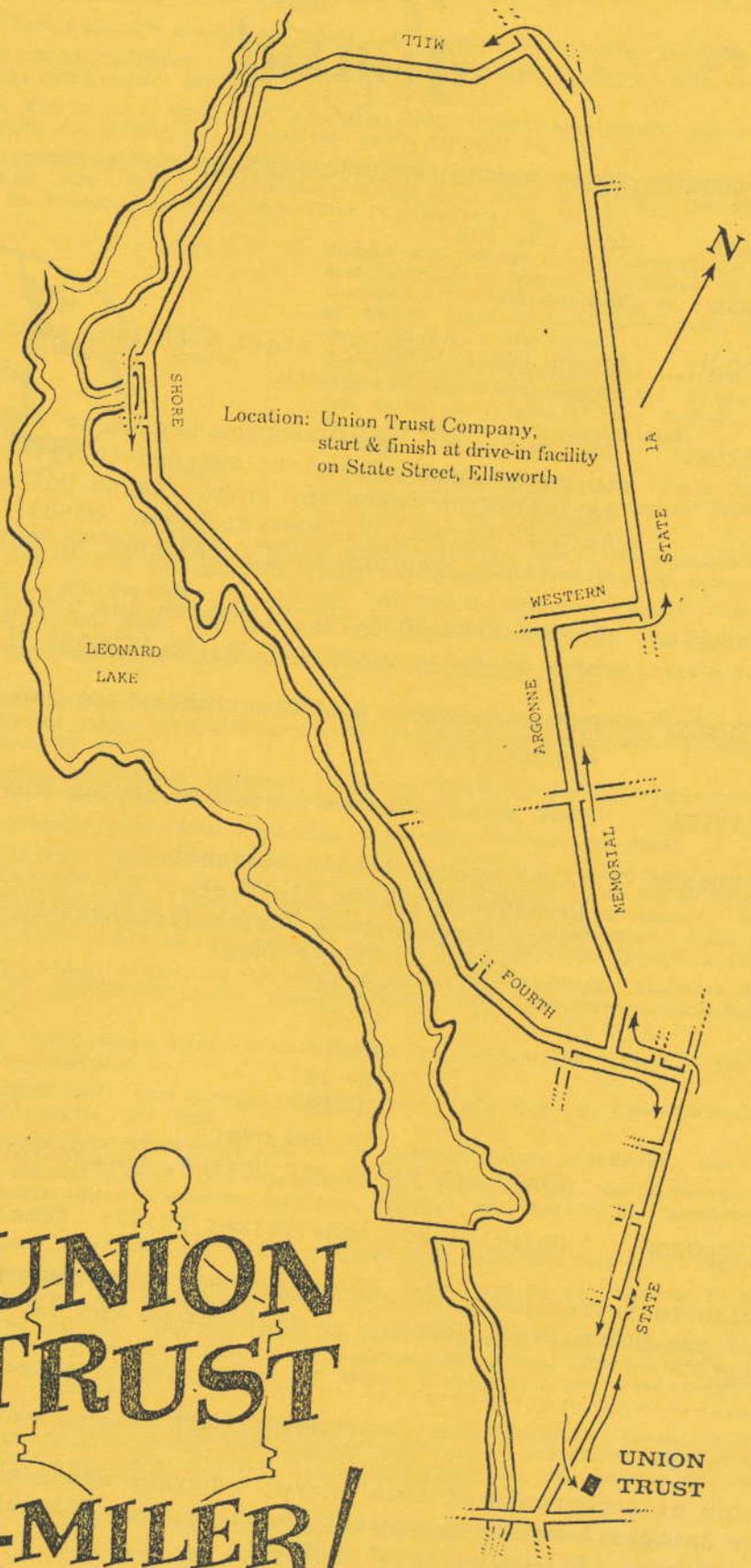
In consideration of acceptance of this entry, I hereby waive and release any and all right claims for damages I may have against sponsors and officials for any and all injuries incurred by me in the 1987 Union Trust 4-Miler.

SEX: M F T-SHIRT SIZE: XS, S, M, L, XL

ADDRESS _____ CITY _____ STATE _____ ZIP _____

SIGNATURE _____ AGE _____ CLUB/SCHOOL _____

(parent or guardian if under 18)



Location: Union Trust Company,
start & finish at drive-in facility
on State Street, Ellsworth

UNION TRUST 4 MILER!



1987 STATE OF MAINE CANOE RACE SCHEDULE by Adrian Humphreys

Key: WW = whitewater race OC = open canoe
FW = flatwater race K = kayak
SL = slalom race SK = sea kayak
TRI = triathlon (run, bike, canoe)

- June 7 THE GREAT MAINE RACE. (FW, OC, K, SK) 12 miles from Quahog Bay to Harpswell. 9 a.m. Bob Waddell, Pinkham Point Road, Brunswick, ME 04011 725-6222 See road race calendar
- June 13 ORONO FESTIVAL CANOE RACE. (FW, OC, K) 4 miles on the Stillwater River, Orono. Adrian Humphreys, PO Box 202, Orono, ME 866-5652
- June 14 MATTAWAMKEAG RIVER. (WW, OC, K) 10 miles from the Mattawamkeag Wilderness Park to town. Carl Stewart, 89 Lee Street, Lincoln, ME 794-6393
- June 14 5TH ANNUAL ANDROSCOGGIN TRIATHLON. (TRI, OC only) 6.5 mile canoe leg Lewiston/Auburn 10 a.m. James Costello, Jr., 104 Park St., Lewiston, ME 784-5411 See road race calendar
- June 19 WHITEWATER OPEN CANOE NATIONAL CHAMPIONSHIPS. (WW, S, OC) 9 miles in Tennessee. Doug Cameron, Route 1, Box 81, Sewanee, TN
- June 20 CANOEMANIA. (FW, OC, K) 8 miles on the Saco River @ Saco River Outfitters 9:30 a.m. Suzanne Umland, Box 106, Bar Mills, ME 929-5521
- July 4 SEBEC CANOE RACE. (FW, OC, K, Rec) 4 & 10 miles on Sebec Lake. 11:00 Bob Morris, PO Box 126, Sebec Village, ME 564-3920
- July 4 SOMES SOUND RACE. (SK) 4 mile race on the sound. Harbor House, PO Box 899, Southwest Hbr.
- July 10-12 ACA POLING CHAMPIONSHIPS. Farmington River, Tariffville, CT Nelson Walker, 81 Lorraine Dr., Storrs, CT (203) 429-8711
- July 11 KENNEBEC FIFTY (FW, OC, K) 46 miles from Carratunk to Norridgewock 8:00 a.m. Adrian Humphreys, PO Box 202, Orono, ME 866-5652
- July 12 DAMARISCOTTA RIVER OYSTER FESTIVAL (FW, OC, K) 12 miles on the Damariscotta River from Jefferson 11:00. Merle Parise, Box 103, Newcastle, ME 563-5778
- July 18 THE GREAT BAY RACE. (OC, K, Row) 9.2 miles on Penobscot Bay from Belfast Harbor, Town Park. Kip Brundage, 66 Union St., Belfast, ME 338-5210
- July 18 THE GREAT ROYALL RIVER CANOE RACE. (FW, OC, K, SK) 5 miles on the Royall & Cousins Rivers in Yarmouth 8:00 a.m. Saco River Canoe, PO Box 106, Bar Mills, ME 929-5521
- July 19 NEW ENGLAND MARATHON CHAMPIONSHIPS (Site of the '88 Nationals) (FW, OC) 19 miles on the Connecticut River from Hanover, N.H. Frank Muller, 79 Hartford Ave., #1, White River Jct, VT (802) 295-3795
- July 25 NATIONAL WAR CANOE CHAMPIONSHIPS (FW) 8 miles on the Schuylkill River, Philadelphia, PA Glen Green, 312 Duff Ave., Wenonah, N.J. (609) 468-4646



PARTING SHOTS

"OK, Tanya, this is my last editorial for MR&O. What would you like to say? Here it's always been my voice that spoke to the athletes out there, but it was always you who handled the phone calls about an issue that didn't arrive, or a race date that had to be included in the calendar, or the 'How many copies of the flyer do you want?' calls, and all the rest. What do you feel as we hand our project over to Chuck and Steve?"

(After five years of marriage, she's finally speechless!)
Embarrassed, self-conscious, humble-to-a-fault.

"Well, I really don't know how you've been able to do it with five years of me nagging and yanking and pulling at you. It's going to seem kind of sad and empty you know?"

"It's been such a constant part of our lives. Let's see if I can say this right...you've done an awful lot of work for seven years, it's had an awful lot of growth. With the expansion it seems like everyone's involved now."

"It's always nice to talk to someone who's nervous about putting on their first race. People have always felt free to call and pick your brain. Most people have been most appreciative. It's always nice to get people started."

"What do you think about getting your kitchen back?"

"The expansion has been rewarding, but it's taken over the WHOLE kitchen. It will feel kind of awkward when we have a complete kitchen again."

"Let's see. Did you say something about thanking so many people out there?"

"No."

"There's some special people out there who have appreciated the hard work here. There are so many people who have taken the time to write a special note, or to forward race results...people that have made it known to us that they have collected Maine Running Magazine from day one...I'm just glad that we've always kept it as humble as we can...we should sign it humbly yours."

"We're running out of space. Anything else? Want to say something about Maine Running Camp for Adults?"

"You do have something in there about it don't you?"

"No, I don't."

"You're gonna' have to pay for an ad next month, you know."

DREAMS ARE MADE IF PEOPLE TRY by Chuck Morris

From April 12 to September 1, 1980, Terry Fox, who grew up in British Columbia, ran 3,339 miles across Canada. Terry ran with one "good" leg and one artificial limb. He lost his right leg to cancer when he was 18. By 1980, as a 22-year-old, Terry began his Marathon of Hope, running the 5,300 miles across Canada to raise money for cancer research. Terry never made it to the ocean. The Marathon of Hope ended on that September day when it was diagnosed that cancer had spread to his lungs. Terry died on June 28, 1981, but his dream lives on. I talked to Terry's mother, Mrs. Betty Fox, after all the 530 runners had left the Bangor Motor Inn May 10, 1987. It was Mother's Day and it was the first time Mrs. Fox appeared at a race in honor of her son outside of Canada. We sat on a bench underneath the hot sun. She held three flowers in her hands. She was quiet, open, and free.

MR&O: What is the feeling you get when you see 530 runners, walkers, participate in a race like today to keep your son's dream alive?

Mrs. Fox: I feel very happy to be able to be part of what I saw today. It makes me feel good that people all over the world are continuing Terry's dream.

MR&O: Why did you pick the Bangor race as the first race you would attend outside of Canada in honor of your son?

Mrs. Fox: I've never been asked before. I met Ed a few years ago...in New Brunswick and we have corresponded a little the last few years. It is extra special to come here. I knew what (ED) had been doing the last few years. When he asked me if there was a possibility that I could come, I said I would love to. In a way it is a thank-you to him. I appreciate what he's done.

MR&O: Why do you think so many people come out to support Terry Fox? What was it about Terry that draws so many people?

Mrs. Fox: What Terry set out to do, everybody thought it was an unbelievable attempt to run. He inspired people all over the world to go on. Why? I'm not positive. Maybe his sincerity, his honesty. He did not run for himself, but for all the other cancer patients. I know Terry affected other people, but I don't know why. He's one of my four children. What he did, everybody could do. You just have to set your goals high and go after them. One of Terry's favorite sayings was 'Dreams are made if people try'.

MR&O: When he originally told you of his plans for a trans-continental run, what were your thoughts?

Mrs. Fox: At first I said it was crazy. I said don't be foolish, like mothers do. (Terry originally told his mother that he was just training for a marathon, 26.2 miles, but after he completed an 18-mile race as a test of his endurance and strength, he confronted his mother with his real intentions.) He said, 'Mom, what I really had on my mind was running across Canada.' I said why don't you just run across British Columbia? He said, 'Mom, not only people in British Columbia have cancer, but all over.' Terry was always very determined.

MR&O: Was it a difficult time when he had to stop the run?

Mrs. Fox: (Betty and her husband Rolly were doing a fund raiser for the Marathon of Hope on September 1 when Terry had to stop. Terry had been phoning them all day from the hospital, but they did not get home until later in the day.) We didn't know he was sick. Just before we got home we turned the radio on and heard. The doctors did not want to tell him,

but he insisted if it was a return of cancer (to tell him). The cancer had returned, but he accepted it. He said many, many times he was not afraid to die, he believed in God. Every morning we would read the Bible. It's been six years since Terry died. It's still like he's still here because everywhere he's being talked about. It is like he's just gone away for a while. Terry and I were very close. A big part of my life is gone because he's not here to talk to.

MR&O: What were some of his accomplishments he was most proud of?

Mrs. Fox: When he was named the Canadian Athlete of the Year - that really made him proud because there was some controversy he wasn't an athlete because of the Marathon of Hope. Receiving the Companion Order of Canada was another great thrill , but seeing the support people gave him. They believed in him, in what he was doing - that was number one.

MR&O: What were you most proud about with Terry?

Mrs. Fox: Just the type of person he was. How could I be, but proud? My personal goal is Terry's goal (find a cure for the cause of cancer) and I will continue doing what I am doing on behalf of my family.

MR&O: Anything you would like to add?

Mrs. Fox: All the people all around who come to support Terry's dream - thank you for helping Terry's dream come true. Without them it would not be possible.



Sports Nutrition

THE SCOOP ON SUGAR by Anne Marie Davee

Do dreams of sugar plums, ice cream or twinkies dance in your head? Do the M&M's melt in your mouth or in your hand? If so, there is a reason for it - man was born with a sweet tooth! Today, sugar of one kind or another is found in the diets of most, if not all individuals. At present we consume nearly 32 teaspoons daily or slightly more than 100 pounds per year. (One 12-ounce can of regular soda contains about 10 teaspoons of sugar!) In fact, Americans now get approximately 25% of their calories from sugar. This is equivalent to a whopping 600 calories per day!

Why all the fuss about sugar? Well, if one quarter of your calories are consumed as sugar, the remaining 75% of your calories must supply all your nutritional needs. Chances are very good that you are missing out on vital vitamins, minerals and protein. Sugar has been blamed wrongly for many ills. It does not clog arteries, cause diabetes, contribute to cancer or make kids hyperactive.

We do know that sugar causes tooth decay and when it is consumed in excess, leads to weight gain and causes the scales to tip! Yes, this excess fuel will be formed into fat! Every time you snack on something sweet, sugar launches a new attack on your tooth enamel. The more often you eat sweets, the more cavities you are likely to have. You can help protect your teeth by brushing or rinsing your mouth with water, within 15 minutes after eating.

Any sweetener which provides calories, or food energy, is called a "nutritive sweetener". This is a rather misleading title. Sugar delivers one thing - and that's calories, period. All sugars provide approximately the same number of calories, gram for gram. (1 teaspoon of sugar provides 16 calories) Sugars occur naturally in fruits, vegetables, milk and honey.

Sweeteners come in a variety of forms each with their own pluses and minuses. Common table sugar is called sucrose, which is the most abundant. Fructose is the sweetest of all "natural" sugars and is generally found in fruits and honey. Honey has been attributed to have extra vitamins and even healing powers, for which there is no scientific evidence. Sorbitol is a sugar alcohol, used in many foods that are labeled "dietetic". It contains the same number of calories as sugar, however is absorbed much more slowly

ANNOUNCING A STUDY FOR WOMEN INCLUDING DIET AND HEALTH EVALUATIONS

ARE YOU FEMALE, AGE 20-29 YEARS?

Would you like to know:

- * Your percent body fat?
- * How much you should weigh for optimal health?
- * How many calories does your body need per day?
- * Is your present diet nutritionally adequate?

Come and participate in our study! FOR FREE!

To find out more:

Contact: Anne-Marie Davee, R.D. or Holly Lehnard, Ph.D.
166 Main St. Lengyl Gym
Orono, ME 04473 University of Maine
866-5605 Orono, ME 04469
581-2442

Aspartame (tradename is Equal) is considered a nutritive sweetener. It is about 200 times sweeter than sucrose. For this reason you don't need much, and that limits your calories. Under high temperatures it loses its flavor so it is not recommended in cooking.

Non-nutritive sweeteners are those sweeteners that do not contribute any calories and cannot be broken down by the body. Saccharin is presently the only non-nutritive sweetener available in the U.S. Research has shown that the use of saccharin is not without consequences. When it is consumed in large amounts over time, it may cause cancer. Saccharin's long standing popularity with those who are weight conscious, has kept it on the market.

The semi-sweet truth is - the perfect sweetener does not exist! It is best to use a variety of sweeteners, in moderation to maintain your health and satisfy your sweet tooth!

Here are some ways to cut down on the sugar in your diet:

1. Don't have sweets and candy ready to grab on your counter. Substitute fresh fruits, pretzels, crackers and popcorn.
2. When the craving for something sweet hits, make muffins or your own dessert. Cut the sugar in half and add more fruit or fruit juice.
3. Substitute water or half strength fruit juice for kool aid and regular sodas.
4. Read your labels. Look for these relatives of sugar; sucrose, corn syrup, maltose, honey, brown sugar, molasses, lactose, fructose, dextrose and sorbitol.
5. When you do eat sweets, cut your serving size in half. You'll get the wonderful taste without the "full" regrets!

Lastly, remember that an occassional sweet indulgence won't blow your diet. When your weak moment strikes, decide what you really want in a reasonable portion, eat it slowly and enjoy it to the utmost!

ANNE-MARIE DAVEE, R.D. SPORTS NUTRITIONIST, 166 MAIN ST., ORONO, ME 04473



Open 9 - 9 Mon. - Sat.
SUNDAY AFTERNOONS

ANNOUNCEMENT!

**THE FAMOUS BOWDOIN AND BACK TEN MILE RUN TO THE COAST
WILL CONTINUE!**

AUGUST 16 AT BOWDOIN COLLEGE

SPONSORED by: SPORTS EAST

Directed by Barry Lohnes, Rob Jarrett and the Maine Track Club.

Details will be available in Maine Running



CO-EDITOR: STEVE GILES

skiing vacation at one of Maine's many ski centers.

Maine is certainly a paradise for these sporting activities and we are glad to be here to enjoy them. We hope you will too.

Dear MR&O Readers,

Many of you are probably wondering what is going to happen to your favorite magazine. RELAX. It is only going to get better. We promise.

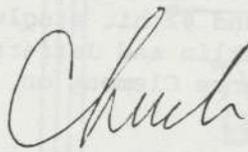
The format of MR&O will remain the same. It will still be a calendar, complete-results and applications publication, but seven-year founder and father, Bob Booker, also gave birth to other sports like paddling, skiing, biking, biathlons and triathlons. Under our direction and leadership, MR&O will mature in those areas. Running, however, will remain the nucleus of the magazine.

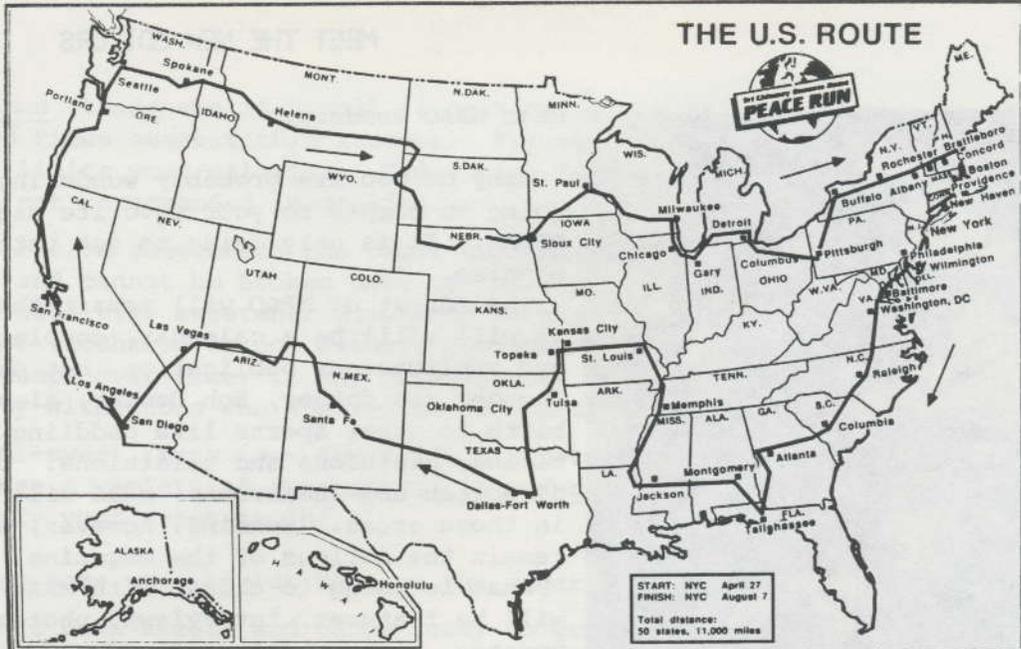
What is going to change with MR&O? There will be features, interviews, photographs, updates, high school, college and club news and various new columns that will remain a surprise for all of you. You will have to see the July issue for the beginning.

We are extremely excited about this endeavor, about the magazine and about meeting all of you Maine runners, bikers, skiers, and paddlers. MR&O is YOUR magazine and we consider it an honor to be your spokesmen. We feel privileged to be able to give something back to the sport that has given us so much. If anyone has questions, comments, advice, even warnings; please write to us. The mailing address is going to remain the same.

We want to make this a great magazine and we understand the work it will entail to accomplish this, but we are dedicated to Maine sports. We want MR&O to be something for everyone with a sporting interest to be proud of: whether you take a long, slow run down a country road or a bike tour along the ocean, a canoe trip on the West branch of the Penobscot, or a

See ya soon,



The Sri Chinmoy Oneness-Home Peace Run, history's longest relay run, is now under way with local runners carrying the Peace Torch as it makes its way across the 50 states in the U.S. leg of a 27,000 mile journey for peace on six continents.

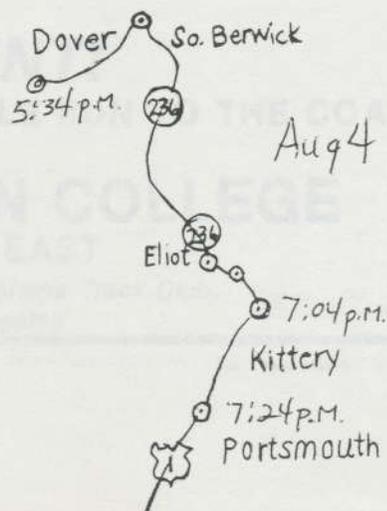
The Peace Run kicked off on April 27 in New York City when the Peace Torch arrived from its lighting at the Statue of Liberty, followed by a gala opening ceremony at the World Trade Center, covered live by NBC's Today Show. The ceremony featured performances by the 'Big Man' Clarence Clemons and Narada Michael Walden, and a recording of the Peace Run theme song sung by pop superstar Whitney Houston. Peace representatives for Maine, Polly Coffin of Brunswick and Subhakara and Sukanya Csenge of Topsham traveled to New York to participate in the opening ceremonies.

"Peace is the 'spirit of the eighties' and the phenomenal successes of WE ARE THE WORLD, LIVE AID, and HANDS ACROSS AMERICA have proven beyond a doubt that we - as a nation, as a people, and as a world - want and need peace and world solidarity," says Neil Vineberg, Peace Run Executive Director, who has organized cross country and 50-state bicycle relays, such as the 1982 America's Freedom Ride inaugurating the Bicentennial Celebration of the U.S. Constitution. "The Run provides an opportunity for people to demonstrate their own commitment to this spirit," he adds.

A variety of celebrities and prominent figures, including television host Dick Clark, Grace Slick and other members of Starship, concert pianist Andre Watts, and actor Eric Stoltz will be participating in the Sri Chinmoy Oneness Home Peace Run.

A theme song, "Oneness-Home Peace Run," has been specially composed and produced for the Peace Run by America's hottest record producer, (producer of the current #1 and #2 hit singles on the charts for Aretha Franklin and Jefferson Starship), and features Clarence Clemons on saxophone.

The Peace Torch will traverse a distance of just over 13 miles within the State of Maine and runners or interested citizens who would like to carry or escort the torch for part of this half-marathon distance or anywhere along the planned route are asked to contact the Peace Run Officials in Maine. Running Clubs and



schools throughout Maine, as well as civic organizations, scout troops etc. throughout Maine are being informed by area coordinators for the Peace Run from the Brunswick Sri Chinmoy Marathon Team, to encourage public participation.

Over the next 103 days, some 20,000 volunteer runners are expected to pass a series of peace torches, hand to hand, through a 27,000 mile route that crosses more than 55 countries. This is roughly equivalent to 47,520,000 paces and will take about 4,500 hours of total running.

Along the routes, thousands of local runners, community leaders, government officials and celebrities will participate in local ceremonies and relay the torch as it passes through their cities and towns.

A core team of American runners is carrying the torch along a continuous 11,000 mile route through each of the 48 contiguous states, passing through New York, Atlanta, Dallas, Los Angeles, San Fransisco, Seattle, Chicago, and Boston. Emissaries will fly to Alaska and Hawaii. A Canadian team will run 5,000 miles from Victoria to Halifax, and then join up the the Americans in Kittery, Maine, for the final leg to New York.

At the same time respective national teams will carry peace torches from The United Kingdom to Italy (5,000 miles)...from Adelaide to Brisbane in Australia (2,000 miles)...and from Sapporo to Nagasaki in Japan (1,300 miles).

An international running team will relay the torch along a 3,000 mile route through West Africa. Shorter runs by local running clubs are also being organized in East Africa, the Phillippines, South America, Mexico, Singapore, Burma, the Middle East, China and elsewhere.

The global event culminates August 7, with thousands of runners from different segments of the global route converging in New York for a 'victory run'.

The Peace Run is sponsored by the Sri Chinmoy Marathon Team. The Peace Run is not being held to raise money for any cause, and there is no charge for participation. According to Neil Vineberg "It is intended as a non-political statement that international peace is possible if we join with our fellow beings on our small planet."

You can take a step for peace by writing for more information on how you can become a part of this event and to run with or carry the Peace Torch. The address is THE PEACE RUN, 40 Main Street, Topsham, Maine 04086, Tel. 729-5825, or call toll-free 1-800-722-8252.



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Twin City Plaza
Brewer, Maine
989-2900



THE PACK

25K CHAMPIONSHIP ROAD RACE
Rockland Apr 4th

1.	Dennis Karamitros	27	1:28:57
2.	Steve Peterson	37	1:36:06
3.	Alan Aitken	36	1:37:06
4.	Bryant Bourgoin	36	1:37:30
5.	Rick Lane	40	1:38:19
6.	Mike Simoneau	39	1:42:07
7.	Harry Schmitke	49	1:42:19
8.	William McFarland	41	1:46:52
9.	Robert Bremner	28	1:47:19
10.	Joseph Washburn	42	1:47:40
11.	Ray Quimby	36	1:47:42
12.	Bob Jolicoeur	50	1:48:14
13.	Anne-Marie Davee	30	1:48:28*
14.	L.B. Deans	30	1:48:30
15.	Robert Jordan	27	1:49:37
16.	Bill Pinkham	54	1:52:23
17.	Carl Bowen	54	1:52:36
18.	Carol McRea	32	1:52:38*
19.	James Hogerty	32	1:53:14
20.	Perley Merrick	39	1:56:06
21.	Nancy Lagin	37	1:56:29*
22.	Louise Dunlap	46	1:56:31*
23.	Joan Merriam	38	1:57:23*
24.	Fred Merriam	39	1:57:24
25.	Peter Carr	39	1:57:24.3
26.	Carlton Mendell	65	1:58:12
27.	Susan Lundquist	15	2:08:29*
28.	Dale Turner	31	2:09:07
29.	Ron Paquette	46	2:10:28
30.	Jerry Saint Amand	43	2:10:28
31.	Georgianna Hogerty	32	2:31:23*
32.	Linda Crawford	39	2:46:57*

Results courtesy of Ken Sylvester
Pen Bay Pacer Race Director

OAKHURST MILK RUN 4 MILE
So. Portland Apr 12th

1.	Andy Palmer	33	19:18
2.	Myron Whipkey	29	19:43
3.	Stu Hogan	25	19:47
4.	Dennis Karamitros	27	19:51
5.	Danny Paul	33	20:28
6.	Michael Gaige	34	20:40
7.	Greg DiBiase	28	20:54
8.	Rick MacDonald	24	21:03
9.	Kenneth Flanders	35	21:09
10.	David Libby	21	21:19
11.	Guy Berthiaume	41	21:21
12.	Steve McGrath	32	21:25
13.	Jim Toulouse	38	21:33
14.	Paul Merrill	32	21:37
15.	Guy Martin	40	21:55
16.	Paul Cole (WC)	32	21:59
17.	Sarah Grant	19	22:01*
18.	Walt Chadwick	36	22:03
19.	Joel Croteau	43	22:04
20.	Larry Butler	36	22:07
21.	Joe Bennett	40	22:10
22.	Steve Sargent	16	22:11
23.	Lawson Noyes	45	22:14
24.	Dominic Adams	29	22:16
25.	Harry Nelson	32	22:22
26.	Richard Mulhern	33	22:25
27.	Alan Quinlan	31	22:28
28.	Guy Lindwall	40	22:31
29.	Al Claussen III	18	22:34
30.	Bob Poirier	31	22:36
31.	Bob Coughlin	48	22:40
32.	Michael Lally	32	22:43
33.	Bill Skerr III	27	22:48
34.	Bob Payne	48	23:03
35.	Larry Kinner	37	23:05
36.	Peter Hall	25	23:06
37.	James Haddow	27	23:07
38.	Kurt Nielsen	32	23:08

39.	Ron Cedrone	38	23:09	133.	Rick Abradi	28	26:33
40.	Don Wilson	39	23:10	134.	Jon Brown	32	26:35
41.	Brian Milliken	33	23:11	135.	Rick Strout	48	26:35
42.	Don Harden	36	23:15	136.	Zan Lopa	14	26:36
43.	Ray Johnson	39	23:19	137.	Michael Garland	15	26:40
44.	Tony Owens	38	23:21	138.	Joan Lee	33	26:40*
45.	Russ Connors	54	23:22	139.	Jerry Saint Amand	43	26:41
46.	Peter Flaherty	40	23:28	140.	Ryan Fordham	15	26:48
47.	Steve Gifford	32	23:29	141.	Wally Vickerson III	30	26:49
48.	Robert Marquis	48	23:30	142.	Mike Nixon	34	26:50
49.	Kelly Bennett	23	23:34*	143.	John Chandler	60	26:50
50.	Harry Schmitke	49	23:34	144.	Bernie Johnsen	42	26:51
51.	Matt Convery	16	23:34	145.	James Bergeron	26	26:51
52.	Joe Regali	33	23:36	146.	Jeff Hanson	27	26:52
53.	Mike Mosley	32	23:37	147.	Erika Maddalen	21	26:56*
54.	Frank Ferland	38	23:38	148.	Greg Dulac	22	26:59
55.	Peter Mullen	15	23:39	149.	J.P. Gagnon	16	27:00
56.	Phil Vezina	27	23:42	150.	Houghton White	50	27:02
57.	John Lunt	27	23:45	151.	Clint Merrill	38	27:05
58.	Scott Samuelson	29	23:46	152.	Bruce Little	32	27:06
59.	Lee Anderson	17	23:50	153.	Peter Holloway	44	27:07
60.	Per Henrikson	17	23:59	154.	Kip Jordan	35	27:09
61.	Bob Jolicoeur	50	24:00	155.	Dianne Walsh	34	27:10*
62.	Gary Salamone	29	24:01	156.	Kevin Pottle	30	27:11
63.	Conrad Labelle	32	24:03	157.	George Cooper	31	27:18
64.	Matt Green	16	24:06	158.	Gayle Nappi	34	27:19*
65.	Vin Skinner	25	24:09	159.	Bob Cushman	49	27:21
66.	Jim Dann	30	24:16	160.	Norman Locke	28	27:22
67.	Stephen McGinley	29	24:20	161.	Martin Weiss	30	27:25
68.	Diane Lounder-Wood	25	24:21*	162.	Philip Foley	28	27:27
69.	Cameron Brown	30	24:22	163.	Bob Tift	34	27:28
70.	Barry Sargent	42	24:32	164.	Roseanne Buldin	25	27:29*
71.	Robert Jordan	27	24:35	165.	David Breault	42	27:31
72.	Austin Farrar	39	24:38	166.	Hugh Barry	42	27:34
73.	Michael Loughlin	29	24:39	167.	John Cain II	25	27:37
74.	Joe Cesta	34	24:40	168.	Steve Harding	26	27:39
75.	Walt Whitcomb	35	24:41	169.	Woody Woodbury	37	27:39
76.	Don Best	30	24:41	170.	Rick Luksza	37	27:40
77.	Arnie Green	36	24:42	171.	Randall Tuttle	28	27:40
78.	Stephen Dubaord	42	24:45	172.	Terri Jordan	14	27:41*
79.	Joel Botler	32	24:50	173.	Mark Miller	31	27:41
80.	Dick McFaul	42	24:51	174.	Bill Pearson	27	27:41
81.	Cheryl Bascomb	26	24:52*	175.	Dana Thurston	33	27:42
82.	Peter Bastow	50	24:55	176.	Laurie Downey	30	27:42*
83.	Tom Carl	42	24:56	177.	Deb Hewson	31	27:43*
84.	Terry Clark	42	24:56	178.	Robert McCarthy	24	27:43
85.	Mark D'Amour	31	24:57	179.	Victor Tadford	30	27:45
86.	Bill Pavlisko	37	24:58	180.	Rick Dodge	29	27:47
87.	Anne Marie Davee	30	25:01*	181.	Cindy Vokey	29	27:50*
88.	Dick Lajoie	46	25:02	182.	Jane Dolley	38	27:51*
89.	John Eriksson	36	25:04	183.	John Love	35	27:54
90.	Peter Butryn	29	25:04	184.	Michael Quinlan	27	27:57
91.	Dick Cummings	49	25:05	185.	Alison Leavitt	24	27:57
92.	Philip Meech	35	25:07	186.	Dale Smith	38	27:58
93.	Fred Beck	53	25:10	187.	Joe St. Hilaire	40	27:58
94.	K. Scott Hinckley	29	25:11	188.	Douglas Wood	38	27:59
95.	William Shuttleworth	39	25:12	189.	Matt Hodges	13	28:00
96.	Nathaniel Mason	38	25:13	190.	Pete Miller	30	28:01
97.	Manuel Boothby	46	25:15	191.	J. Scott Davison	23	28:02
98.	Pete Simpson	30	25:16	192.	David Stearns	38	28:04
99.	Joseph Wathen	29	25:17	193.	S.M. Hall III	26	28:05
100.	Kevin Gordon	32	25:18	194.	Philip Bartlett	39	28:07
101.	David Dowling	33	25:20	195.	Walter Smith	45	28:11
102.	Kevin Shute	33	25:21	196.	Charles McCatherin	26	28:11
103.	Tracy Giles	32	25:22	197.	Greg Paul	29	28:12
104.	Steven Robertson	27	25:23	198.	Susan Martin	25	28:12*
105.	Jon Kraft	27	25:25	199.	Jeanine May	17	28:13*
106.	William Jackson	43	25:27	200.	Andre Benoit	66	28:14
107.	Richard Littefield	38	25:28	201.	Peter McDonald	26	28:14
108.	David Freeman	38	25:29	202.	Rick Defilipp	40	28:18
109.	Ruth Hall	28	25:30*	203.	Daniel Doyon	25	28:20
110.	Don Cole	19	25:34	204.	Charles Iseiborn	30	28:23
111.	Kevin Gile	29	25:35	205.	Cindy Tift	32	28:24*
112.	Larry Frank	31	25:39	206.	John Edwards	33	28:25
113.	Jimmy Lord	15	25:40	207.	Stoddard Chaplin	47	28:28
114.	Eric Ellis	34	25:43	208.	Glenn Berry	16	28:29
115.	Patrick Reny	26	25:45	209.	Raymond Arbour	37	28:29
116.	Michael Henry	16	25:45	210.	Norman Arbour	35	28:29
117.	Donna Hubert	19	25:46*	211.	J.P. Lavoie	32	28:30
118.	Jack Mercier	43	25:53	212.	Jane Chessie	31	28:30*
119.	Wayne Fordham	42	25:54	213.	Michael Hayes	48	28:31
120.	Laurence Boyd	44	26:10	214.	Richard Jewell	43	28:32
121.	Dale Turner	31	26:15	215.	James Oliver	41	28:33
122.	Harley Lee	33	26:16	216.	Peter Adams	42	28:35
123.	Roger Innes	35	26:20	217.	Nancy Lovetere	43	28:38*
124.	Dale Rines	34	26:21	218.	Robert Convery	40	28:39
125.	Ray Cooper	44	26:22	219.	Julie Klippert	29	28:41*
126.	Peter Hall	32	26:23	220.	Bill Thomas	37	28:42
127.	Steve Rabasca	30	26:24	221.	Carol Elstein	32	28:44*
128.	Earl Stetson	61	26:25	222.	Bill Epgee	42	28:45
129.	Jeff Carr	26	26:29	223.	Ed Bregman	30	28:46
130.	Art Marcoux	36	26:31	224.	Diane Collette	30	28:50*
131.	Tom O'Toole	31	26:32	225.	Marian Bouchard	27	28:50*
132.	Gary Barton	40	26:32	226.	John Vacari	25	28:52

227. Henry Wolstat	53	28:53	271. John Woods	69	30:14	315. Richard Letourneau	44	31:28
228. Bill Whelan	38	28:54	272. Thomas Hebert	27	30:14	316. Peter Drag	17	31:29
229. Gregg Hagerman	35	28:55	273. Richard Lepore	56	30:17	317. Philip Meyers	42	31:33
230. Kit Ross	17	29:04	274. Steven Desjardins	29	30:18	318. Linda Best	29	31:38*
231. Dick Black	31	29:04	275. Richard McGoldrick	45	30:19	319. Stephen Tewhey	38	31:40
232. Joseph Montimurro	29	29:08	276. Louise Desjardins	27	30:20*	320. Tom Birky	40	31:43
233. Gary Clarke	46	29:09	277. Gregory Tait	29	30:21	321. Rock Reckstone	33	31:44
234. Martha Schumann	13	29:09*	278. Brenda McCarthy	24	30:25*	322. Lynne Pierce	22	31:51*
235. Sara Pickett	16	29:10*	279. Laurent Gilbert Sr	41	30:26	323. Paul D'Amboise	57	31:55
236. Charles Baird	35	29:11	280. Gary Downs	55	30:27	324. William Sproul	29	31:56
237. Sandy Pickett	14	29:14*	281. John Ouillette	39	30:30	325. Peter Grannell	29	32:01
238. Kathryn Tolford	32	29:15*	282. Michelle Merry	17	30:30*	326. Susan Sullivan	36	32:05*
239. Bill Green	33	29:15	283. Laurie Nicholas	19	30:31*	327. Steve Grannell	38	32:09
240. Rick O'Brien	40	29:16	284. Jack Wallace	33	30:32	328. Ray Hefflefinger	60	32:12
241. Paul Lombardi	33	29:17	285. Jonathan Kosnow	32	30:35	329. Joe Bennett	67	32:13
242. Fred Thompson	40	29:19	286. Valerie Jean Abradi	27	30:40*	330. Larry Barron	57	32:16
243. John Driscoll III	18	29:20	287. Jean Thomas	51	30:41*	331. Wayne Creelman	35	32:18
244. Sherman Kendall	38	29:25	288. Kathy Gagne	32	30:44*	332. Ann McDonough	48	32:19*
245. Isa Silva	27	29:26	289. Joseph Sunday	26	30:45	333. Rich Garrett	38	32:20
246. Peter Greenwood	40	29:26	290. Cathy Collins	18	30:47*	334. Cheryl Gilbert	38	32:21*
247. John Driscoll	39	29:27	291. John Yohe	44	30:49	335. Pam Hetherly	32	32:21*
248. Douglas Aiken	34	29:28	292. Russ Bradley	63	30:50	336. Addy Harkavy	39	32:22*
249. Rosemary Ginn	33	29:29*	293. Barbie Albert	21	30:52*	337. Eugene Gendron Jr	64	32:23
250. John O'Donnell	34	29:35	294. Heidi Hanscom	17	30:53*	338. Rachel Nixon	16	32:25
251. Beth Pritchard	31	29:43*	295. Dick Manthorne	45	30:54	339. David Cohen	44	32:26
252. James Chase	55	29:46	296. Jim Nappi	39	30:55	340. Maria Kilbride	28	32:27*
253. June Sendrowski	30	29:47*	297. Ed Keiser	44	30:56	341. Tom Kilbride	29	32:29
254. Jean Smith	40	29:47*	298. Lisa Weymouth	21	30:57*	342. Carolyn Krahn	28	32:43*
255. Charles Irvin	25	29:51	299. Nate Frederick	12	30:57	343. Gayle Proman	28	32:44*
256. Mary Pryor	36	29:54*	300. William Bennett	35	30:58	344. Barbara Nelson	37	32:45*
257. Michele Langstaff	26	29:55*	301. Cathleen Eastman	28	31:00*	345. Marie Rogers	33	32:47*
258. Joseph Wagnis	13	29:56	302. Diane Aston	32	31:02*	346. John Saint Amour	32	32:48
259. Lloyd Cherry	56	30:00	303. Sandra Spears	33	31:04*	347. Brad Harris	24	32:49
260. Ed Stewart	65	30:01	304. Terry Jackson	37	31:05*	348. Jerry Quinlan	34	32:50
261. Eileen Granahan	30	30:01*	305. James Price	47	31:14	349. Michael O'Donnell	51	32:51
262. Felix Sepulveda	26	30:02	306. Steven Taylor	31	31:14	350. Lin Bell	47	32:54
263. Richard Lemieux	42	30:03	307. James Seidel Jr	41	31:15	351. Muriel Hendrix	49	32:55*
264. Stanley Bennett	40	30:04	308. William Donovan	44	31:15	352. Rodie Flaherty	29	32:55*
265. Maura Malia	12	30:05*	309. Paula Lepore	39	31:16*	353. Heidi McDonald	24	32:56*
266. Lori Towle	14	30:08*	310. Christopher Labonte	22	31:19	354. John Stedman	50	32:57
267. Brian Wallace	48	30:10	311. Richard Chong	39	31:22	355. Lisa Joseph	31	33:03*
268. Winifred Wood	33	30:12*	312. Karen Wood	38	31:25*	356. Wendy Arnold	28	33:07*
269. Andy Stromberg	32	30:12	313. Jerry Harkavy	44	31:25	357. Sara D'Amato	26	33:08*
270. Dave Horne	49	30:13	314. Mark Chellis	23	31:26	358. Warren Foye	39	33:09

359. John Berry	43	33:10	401. Joan Brazier	37	35:29*	1987 MOOSABEC ROTARY 3.3 MILE RACE Jonesport Apr 18th		
360. Stephen Batista	24	33:13	402. Stacey Michaud	15	35:40*			
361. Michela Foster	16	33:13*	403. Lisa Paradis	16	35:42*			
362. Amanda Ross	14	33:14*	404. Chris McCann	26	35:44*			
363. Bill Wood	39	33:16	405. Jon Chamk	38	35:44		1. Robert Ashby	17:27
364. Barbara Gros	44	33:21*	406. Ruth Hefflefinger	58	35:45*		2. Mike Francis	17:49
365. Robert Davis	31	33:26	407. Debra Ringer	23	35:45*		3. Travis Beal	19:39
366. Tamis Kaplan	31	33:27*	408. Susan Pierter	27	36:13*		4. David Alley	19:40
367. Carol Swanson	24	33:43*	409. Richard Forrester	32	36:14		5. Bion McFadden	19:42
368. Stephanie Peters	15	33:44*	410. Amy Forrester	29	36:14*		6. Mike Worcester	20:21
369. Anthony Sullivan	36	33:45	411. Debbie Alpern	37	36:27*		7. James Spear	20:31
370. Susan Bates	38	33:46*	412. Daniel Pierce	31	36:28		8. Ivan Harper	21:52
371. Judy Elliot	47	33:46*	413. Ryan Paradis	12	36:28		9. Billy Harper	22:02
372. Karen Albert	25	33:54*	414. Peter Connell	34	36:29		10. Danny Green	22:50
373. Melissa Reynolds	21	33:57*	415. Virginia Frederick	37	36:33*		11. Isom Sargent	22:53
374. Terry McGovern	63	34:02	416. Bert Andrews	34	36:38		12. Mary Jane Ackley	23:31*
375. Rick Charest	25	34:03	417. Lloyd Holmes	60	36:42		13. James Young	23:47
376. Jason Gibbs	16	34:03	418. Donna Gagne	33	36:43*		14. Travis Young	23:52
377. Joe Tripi	27	34:06	419. Kathie McCatherin	27	36:58*		15. Chris Bishop	23:59
378. Glenn McAllister	38	34:12	420. Lori Robertson	23	36:59*		16. Sam Auerbach	24:03
379. Brenda Cushman	45	34:14*	421. Elizabeth Miller	33	37:11*		17. P.J. Presnell	25:29
380. Kimberly Monaghan	28	34:15*	422. Paula Sellick	43	37:13*		18. Wesley Gerrish	25:30
381. Michael O. Davis	27	34:17	423. Judy Kelly	45	37:35*		19. Andrea Pellitier	27:35*
382. Dee Nicely	47	34:24*	424. William Schoolcraft	42	37:51		20. Charles Clapper	27:35
383. Cindy Holleman	17	34:24*	425. Judy Gatchell	38	37:53*		21. Leona Clapper	27:35*
384. Leo Todd	37	34:28	426. Dan Gatchell	40	37:58		22. Cissy Newenham	30:31*
385. Alice Brechting	24	34:29*	427. Robin Norcross	26	38:20*		23. Wendy Swett	30:31*
386. Cindy Vaniten	23	34:32*	428. Theresa Cameron	26	38:20*		24. Cathy Carter	30:38*
387. Denise Kennie	25	34:33*	429. Kris Staggs	33	38:29*		25. Mike Carter	30:38
388. Albert Giasson	67	34:36	430. Anthony Harvey	28	38:30		26. Sean Harper	35:27
389. Shelley Metcalfe	35	34:40*	431. Bill Gardner	62	38:48		27. Sue Harper	35:27*
390. Joan Newkirk	26	34:43*	432. Jaylene Summers	45	38:52*		28. Genevieve Harper	35:40*
391. Rod Stanley Sr	53	34:47	433. Paul Wilson	13	39:01			
392. Mills William	26	34:50	434. Joe Wildman	49	39:06			
393. Priscilla Velentgas	17	34:51*					ONE MILE RACE	
394. Eric Nolin	23	34:58					1. Robert Alley	5:03
395. Leslie Bennett	16	34:59*	Results courtesy of Ted Cunningham				2. Jonathan Kunz	5:14
396. Jane Branson	21	34:59*	John Gale MTC Race Director				3. Braden Alley	5:24
397. Bob Branson	46	35:07					4. James Harmon	6:01
398. Nancy Rodda	34	35:17*	* * * * *				5. Justin Thaute	6:02
399. Pam Sullivan	27	35:22*					6. Chad Fenton	6:03
400. Peter Brazier	35	35:24					7. Jamie Wood	6:17

Eliot Peabody	6:37	22. Jeff Webb	42	49:13
Kelsie Young	6:39	23. Mike Levey	42	49:52
Philip Dobbins	6:40	24. Peter Golding	32	50:12
Jauna Thaute	6:51	25. D. Craig Canedy	49	50:31
Jeremy Beal	7:25	26. Allen L. Hersom	28	50:33
Wayne Dube	7:29	27. Fred Wingate	41	52:23
Trisha Alley	7:35*	28. Irving Faunce	41	54:22
Byron Carver III	7:37			
Jenny Carver	7:43*			
Danielle Silver	8:18*	2 MILE		
Cady Carter	8:22*	1. Rick Lane	40	10:59
Justin Look	8:27	2. Steve Peterson	37	11:08
Jodie Wood	8:30	3. David Smith	16	11:28
Courtney Bryant	8:48*	4. Daniel Berube	12	12:28
Donald Beal	8:49	5. Daniel Smith	14	12:42
Allan Alley, Jr.	8:57	6. Scott Lanpher	24	13:21
Kelly O'Connor	9:19	7. Kristen Berube	10	13:39*
		8. David Baird	35	14:07
		9. Paul Berube, Jr.	36	14:17
		10. William Hill	25	14:29
		11. Mary Rudd James	30	15:13*
		12. Graham Rae	35	15:21
		13. Eric Atkinson	22	15:39
		14. Cost Vafiades	38	15:43
		15. Harvey Mason	53	16:01
		16. Brian Christianson	10	16:11
		17. Nancy Rae	35	16:28*
		18. Valerie Morgan	25	16:42*
		19. Chuck Atkinson	50	17:16
		20. Carol Scheidegger	30	17:35*
		21. Amy Taranko	9	17:53*
		22. Mary Saunders	37	18:09*
		23. Joel Davis	37	19:43
		24. Sarah Morrill	9	20:28*
		25. Susan Cummings	39	20:31*
		26. Chris Godfrey	9	20:34
		27. Al Godfrey, Jr.	32	20:35
		28. Lesley Rae	11	21:12*
		29. Dean West	9	21:56
		30. Pamela Morrill	37	22:11*
		31. Jamie Morrill	38	22:12
		32. David West	11	23:02
		33. Paine Wingate	9	24:01
		34. Janice Morsehead	46	34:37*
		35. Nancy Schatz	42	34:38*

AFTER TAX RUN OFF

ista Apr 18th

Jerry Allanach	37	36:50
Jeff Arsenault	30	37:45
Michael Thompson	28	38:35
Francis Preshong	45	40:27
Dick Cummings	49	40:41
Jeff Preble	33	41:00
John Schwerdel	40	42:00
Andy Howard	18	42:35
Jerry Saint Amand	43	43:35
Mark Johnston	33	43:55
Robert Lutz	32	45:25
Daniel West	22	45:30
Dave Gugan	50	45:31
Bill Ford	48	45:58
Julie Ballard	24	47:14*
Clough Toppan	39	47:25
Roger Mills	37	47:32
Bruce Fowles	47	47:49
Edward McGuire	34	48:40
Richard Abramson	37	48:53
Jack Wallace	33	49:05

58th ANNUAL PORTLAND BOYS' CLUB 5 MILE

Portland Apr 20th

*long course		
1. Andy Palmer		24:34
2. Sammy Pelletier		24:40
3. Myron Whipkey		25:25
4. Andrew Whelan		25:27
5. Bruce Bridgham		25:37
6. Stu Hogan		25:48
7. Kim Wettlaufer		25:59
8. George Bockus		26:01
9. Lance Guliani		26:02
10. Dan Dearing		26:03
11. Stan Smith		26:04
12. Rock E. Green		26:14
13. Scott Roberts		26:36
14. Mike Gordon		26:45
15. Dick Hoisington		26:53
16. Richard Brooks		27:00
17. Ken Flanders		27:01
18. Greg DiBiase		27:17
19. George Towle		27:28
20. Paul Cole (Wheelchair)		27:29
21. Chris Bowie		27:49
22. Dennis Berard		27:52
23. Guy Martin		27:53
24. Joel Titcomb		27:55
25. Robert Camara		28:13
26. Rick Lane		28:13
27. Steve Peterson		28:17
28. Frank Brume		28:18
29. John Hallee		28:21
30. Peter Benoit		28:39
31. Phil Coffin		28:42
32. Per Henrikson		28:48
33. Richard Mulhern		28:54
34. Bill Skerritt		29:01
35. Fred Judkins II		29:02
36. Scott Loomis		29:05
37. Judson Kendall		29:06
38. Howard Chadbourne		29:12
39. Andre Benoit, Jr.		29:14
40. Bryan Corcoran		29:21
41. Guy Lindwall		29:22
42. John Gleason		29:24

Results courtesy of Barb Godfrey

43.	Darny Smith	29:30	111.	Michael Jones	32:30	179.	Jim Splude	34:36
44.	Laura Duffy	29:31*	112.	Stephen Jordan	32:33	180.	Ronald Stone	34:38
45.	Henry Petty	29:32	113.	David Whitney	32:35	181.	Donald McGilvery	34:41
46.	Larry Deans	29:33	114.	Richard Littlefield	32:36	182.	Terrance Allen	34:41
47.	James Desmond	29:35	115.	John Campbell	32:37	183.	Bill Pearson	34:43
48.	Jerry Myatt	29:40	116.	Tracy Giles	32:38	184.	Jeff Hanson	34:44
49.	Michael Perry	29:42	117.	Skip Blanchard	32:41	185.	Walden Vickerson III	34:45
50.	Doug Darby	29:45	118.	David Levesque	32:43	186.	Dave Goodwin, Jr	34:46
51.	Wanda Haney	29:47*	119.	Bill Pavliski	32:44	187.	Patrick Regan	34:49
52.	Adam Bellanger	29:49	120.	Tom Kriby	32:46	188.	John Willhoite	34:50
53.	George Waterhouse	29:50	121.	Ed Lopes	32:47	189.	Peter Walker	34:51
54.	Kurt Nielsen	29:58	122.	Dick Lajoie	32:49	190.	Dale Rines	34:51
55.	Ray Johnson	29:59	123.	Eric Lagois	32:50	191.	Jeff Babino	34:52
56.	Ronald Cedrone	30:00	124.	Doug Andrews	32:51	192.	Faye Gagnon	34:54*
57.	Wayne Clark	30:09	125.	Peter Gagnon	32:58	193.	Josh Gagnon	34:55
58.	Jeff Brown	30:14	126.	Lee Crocker	33:02	194.	Jim Neal	34:57
59.	Kelley Bennett	30:14	127.	Wayne Fordham	33:04	195.	John McDonnell	34:58
60.	David Smith	30:15	128.	Rick Yoder	33:05	196.	Ronald Benner	35:01
61.	Diane Wood	30:18*	129.	Lawrence Boyd	33:07	197.	Tim Haley	35:01
62.	Bob Hunt	30:22	130.	Ron Beedy	33:08	198.	Richard Dunham	35:02
63.	Joe Regali	30:25	131.	Tim Smith	33:10	199.	Henry Roper	35:03
64.	Chip Howe	30:28	132.	David Haskell	33:11	200.	Melissa Grant	35:07*
65.	Derrick Emmons	30:28	133.	Blair Dwyer	33:12	201.	Gerald Salvo	35:09
66.	Phil Vezina	30:29	134.	Lisa Arsenault	33:15	202.	Woody Woodbury	35:12
67.	John Long	30:30	135.	Joan Lee	33:19	203.	William Adams	35:12
68.	Fred Merriam	30:33	136.	Charles Probert	33:26	204.	Scott Titcomb	35:14
69.	Peter Flaherty	30:37	137.	Patrick Reny	33:27	205.	Donald Carter	35:16
70.	Richard Morrison	30:39	138.	Stephen Ebling	33:31	206.	Gary Johnson	35:17
71.	Tom Reilly	30:41	139.	Ernie Messer	33:35	207.	Don Brewer	35:19
72.	Dennis Smith	30:48	140.	Marjorie Adams	33:36*	208.	Victor Tedford	35:22
73.	Steve Gifford	30:50	141.	Mike Violette	33:37	209.	Rick Luksza	35:24
74.	Johnathan Chalmers	30:51	142.	Robert Benson	33:39	210.	James Dow	35:24
75.	Muzzy Barton	30:52*	143.	Norman Locke	33:39	211.	John Lambert, Jr.	35:25
76.	Jim Dann	30:53	144.	Steve Morris	33:40	212.	Raphael Deprez	35:27
77.	Ryan MacDonald	30:54	145.	Larry Waldin	33:42	213.	Jason Lewis	35:27
78.	Randy Jordan	30:58	146.	Michael Millett	33:46	214.	Arthur Porter	35:28
79.	Peter Carr	31:03	147.	Joseph Wagnis	33:50	215.	Bob Cushman	35:29
80.	John Ives	31:05	148.	Andrew Howard	33:51	216.	Fred Gifford	35:29
81.	Jeff Bewgtsson	31:11	149.	Andrew Ingalls	33:51	217.	Dave Steward	35:30
82.	Bob Ingerowski	31:13	150.	Bill Shea	33:53	218.	Phil Bartlett	35:34
83.	Joe Cesta	31:21	151.	Tom Norton	33:54	219.	Paul Severino	35:35
84.	Tom Allen	31:28	152.	Rick Strout	33:55	220.	S.M. Hall III	35:36
85.	Barry Sargent	31:29	153.	Eric Ellis	34:01	221.	James Haddow	35:39
86.	Robin Rappa	31:33*	154.	Ron Pelton	34:04	222.	Jeff Wax	35:45
87.	Don Best	31:34	155.	Tom Gadbois	34:05	223.	Berton Cleaves	35:47
88.	Ron McCollum	31:37	156.	Gary Barton	34:05	224.	Bill Muldoon	35:50
89.	Peter Yarborough	31:38	157.	Kathy Jurgelevich	34:06*	225.	J.P. Lavoie	35:50
90.	Cheryl Bascomb	31:40*	158.	Ann Stoops	34:06*	226.	Richard Marino	35:50
91.	Paul Sylvester	31:44	159.	Michael Boyson	34:10	227.	Paul Manoff	35:52
92.	Larry Frank	31:45	160.	Philip Soule	34:11	228.	Jan Semba	36:03*
93.	Peter Bastow	31:46	161.	Kevin Carley	34:13	229.	Gregory Dulac	36:06
94.	Robert Jordan	31:50	162.	Craig Haggette	34:14	230.	David Littlefield	36:07
95.	Mike Loughlin	31:52	163.	Tom Bennett	34:15	231.	Jim Whippie	36:09
96.	Donna Hubert	31:52*	164.	Bob Tiffit	34:17	232.	Deb Hewson	36:12*
97.	Sumner Weeks	31:56	165.	Mike Cloutier	34:18	233.	Peter Stoops	36:17
98.	Kevin Gile	32:00	166.	Chris Scontras	34:21	234.	Doug Bollen	36:27
99.	Joel Botler	32:01	167.	Mark Franko	34:22	235.	James Graham III	36:27
100.	Kevin Gordon	32:02	168.	Neil Martin	34:23	236.	Martin Pina	36:28
101.	Frank Whittier	32:03	169.	Steve Beale	34:24	237.	Gerald Poirier	36:29
102.	Terry Clark	32:04	170.	David Peterson	34:35	238.	Tim Drury	36:29
103.	Paul Conley	32:05	171.	Terry Ingalls	34:26	239.	Shawn Benn	36:30
104.	Les Berry	32:08	172.	John Whipple	34:28	240.	Stephen DiPalma	36:31
105.	William Shuttleworth	32:10	173.	Larry White	34:28	241.	Mark Thomsen	36:31
106.	Dale Dyer	32:11	174.	Joan Merriam	34:31	242.	Bill Green	36:32
107.	Dick Cummings	32:13	175.	Thomas McMillan	34:33	243.	Thomas McDonough	36:33
108.	Seth Denning	32:21	176.	James Hersom	34:33	244.	Salvatore Bonetti	36:34
109.	Ray Shevenell	32:22	177.	Bruce Little	34:35	245.	Todd LeMeuse	36:35
110.	Fred Beck	32:25	178.	Jerry St. Amand	34:35	246.	Andre Benoit	36:35

247. David Benn	36:35	317. Robert Neault	38:37	387. Cushman Anthony	40:58
248. Billy Bean	36:36	318. Sean Riley	38:38	388. Dennis Gears	40:59
249. Jeff Nixon	36:37	319. John Plante	38:38	389. Lynn Ritche	41:02*
250. David Body	36:38	320. Stephen Tewhey	38:39	390. Howard Richard	41:02
251. Jim Geary	36:38	321. Paul Wilson	38:40	391. Frank Doherty	41:06
252. Fred Thompson	36:39	322. Ronald Guevin	38:40	392. John Clark	41:10
253. Dennis Gervais	36:43	323. Roger Woodward	38:45	393. Karen Albert	41:12*
254. Carol Epstein	36:46*	324. Peter Foley	38:48	394. Addy Harkavy	41:19
255. Fred Stone	36:48	325. Steve Taylor	38:50	395. Ann McDonough	41:23*
256. Phil Tinkham	36:49	326. Don Billett	38:51	396. Don Johnson	41:24
257. John Pearson	36:49	327. Christopher Norton	38:53	397. Larry Banon	41:30
258. Joe Loughlin	36:50	328. Peter Minvielle	38:55	398. Daniel O'Leary	41:30
259. Dan Kidd	36:52	329. William Ridge	38:57	399. Andrea Cianchette	41:34*
260. Gladys Dewick	36:53*	330. Ralph Baxter, Sr.	39:03	400. Muriel Hendrix	41:35*
261. Bud Holland	36:55	331. Lee Ackerley	39:03	401. Bob Branson	41:39
262. Daniel Labbe	36:55	332. Dudley Dunphe	39:05	402. John Bride	41:41
263. Cindy Vokey	36:58*	333. Ross Hugo-Vidal	39:06	403. Norman Bracy	41:42
264. Orlando Deloague	37:00	334. Gregg Randall	39:07	404. Edward MacDonald	41:51
265. Ted Pratt	37:00	335. Maria Kilbride	39:09*	405. Everet Johnson	41:52
266. Carl Booth	37:03	336. Kevin McQuinn	39:13	406. Allen Puzch	42:01
267. Martha Kerney	37:07*	337. Jonathan Cosnow	39:14	407. Carolyn Hilaire	42:02*
268. Allen Hersom	37:08	338. Brian Duprey	39:15	408. Albert Glasson	42:10
269. Robert Kune	37:09	339. Rich McGoldrick	39:16	409. Jan Beckwert	42:19*
270. David Mosley	37:12	340. Jerry Quinlan	39:16	410. Kathy MacVane	42:21*
271. Martha Schumann	37:16*	341. Jennifer Wilson	39:18*	411. Coleen Flaherty	42:24*
272. Mark Morse	37:24	342. Gordon Chamberlain	39:18	412. J. O'Conner	42:26
273. Caitlin Jones	37:25*	343. Frederick Pape	39:21	413. Kim Poirier	42:27*
274. Dick Black	37:31	344. James Daniels	39:23	414. David Goodwin	42:32
275. Paul McDonough	37:32	345. Ed Cabral	39:24	415. Brenda Cushman	42:35*
276. James Bonnvie	37:34	346. Diane Carey	39:27*	416. Charmy Cutler	42:38*
277. Michael Reali	37:36	347. Kathy Canarie	39:28*	417. Herman Blumenthal	42:40
278. Bill Elegee	37:36	348. Steven Evrard	39:28	418. Al Brunell	42:44
279. Roger Anderson	37:37	349. Stephen Bither	39:29	419. Julie Davis	42:48*
280. Tim Monahan	37:39	350. Leon Libby	39:30	420. Dee Nicely	43:00*
281. Robert Cuture	37:41	351. Joseph Vokey	39:30	421. William Enscoe	43:01
282. Dominic Reali	37:42	352. Mike Shutts	39:32	422. Stanley Harmon	43:06
283. Steve Perry	37:45	353. Del Carlin	39:33	423. Pamela Farley	43:17*
284. Robert Clarke	37:46	354. Leah Babcock	39:33*	424. Ann Hodgetts	43:17*
285. Rick O'Brien	37:47	355. Benjamin Brewster	39:36	425. Harry Trask	43:18
286. Mark Terrison	37:58	356. Bernard Babcock	39:37	426. Dennis Morrill	43:19
287. Bruno Babin	38:03	357. Gina Perry	39:38*	427. Daniel Foley	43:20
288. Dick McCallum	38:06	358. Dennis Moran	39:39	428. Jodi Lewis	43:32*
289. Diane Collette	38:08*	359. Peter Foye	39:40	429. James Worthley	43:35
290. Roger Putnam	38:09	360. Joseph Aliberti	39:46	430. Bill Lovett	43:38
291. Claire Irmvin	38:10*	361. Kathryn Christie	39:46*	431. Rod Stanley, Sr.	43:42
292. Peter Carmichael	38:12	362. Alana MacDonald	39:47*	432. Cathie Crute	43:45*
293. Sally Hendershot	38:13*	363. Kenneth Dion	39:59	433. Mike Grant, Jr.	43:46
294. Bill Ridlon	38:14	364. Steve Crockett	40:03	434. Jan Prastek	43:47*
295. Sharon Boutet	38:14	365. Brian Turner	40:04	435. Widgery Thomas, Jr.	43:56
296. Dee Coughlin	38:16*	366. Neal Workman	40:06	436. Marla Keefe	43:56*
297. Rosmary Ginn	38:16*	367. Jim Nappi	40:07	437. Dianne Violette	44:04*
298. Jonathan Wolkow	38:16	368. Susan Farrington	40:11	438. Robert Wyman	44:06
299. Jim Bishor	38:17	369. Earle Harvey	40:12	439. Marianne Gagnon	44:47*
300. Dave Grant	38:17	370. Joseph Coyne	40:17	440. Walter Christie	45:06
301. Russ Bradley	38:17	371. Bruce Hart	40:19	441. Philips Walter Lee	45:10
302. Steve Dewick	38:20	372. Ray Fefflefinger	40:21	442. Deborah Beal	45:12*
303. Charles Baird	38:20	373. Terry McCollum	40:25	443. James Carroll	45:24
304. Ed Keiser	38:22	374. Cliff Ives	40:26	444. Suzanne Scott	45:54*
305. Joe Bernier	38:24	375. Jerry Harkavy	40:26	445. Gary Thorpe	45:54
306. Karl Gelb	38:25	376. Maura Malia	40:26*	446. Michael Connor	45:55
307. Jeff Marshall	38:25	377. R.B. Gilvertson	40:27	447. Ruth Hefflefinger	45:56*
308. Dave Horne	38:26	378. Joy Foster	40:36	448. Gary Nobel	46:01
309. Joesph Montimurro	38:27	379. David Flaherty	40:42	449. Carlo Andrews	46:01
310. Michael Moore	38:28	380. Keneth Lovett	40:42	450. Lloyd Holmes	46:14
311. Warren Alpern	38:29	381. Andrew Burbank	40:46	451. Gail Laughlin	46:29*
312. Richard Lemieux	38:30	382. Bill Wood	40:47	452. Hiram Burke	46:40
313. Gregory Tait	38:32	383. Joe Bennett	40:49	453. Dale Eichorn	46:44
314. Joseph Bennett	38:33	384. Lynn MacDonald	40:51*	454. Velinda Brown	47:36*
315. Diane Hanscom	38:34*	385. John Vierra, Sr.	40:52	455. Terri Moris	47:30*
316. Michael Flaherty	38:36	386. Glenn McAllister	40:56	456. Vivian Dougherty	47:36*

457. Suzanne Trudel 47:42
458. Steve Stetson

Results courtesy of Don Penta MTC
Dave Paul & Steve Muslawski
Co-directors

1987 BULLDOG SHUFFLE ONE MILE RACE
Machias Apr 22nd

	Grade		
1. Francis Houde	7	6:02	
2. Eric Houde	7	6:07	
3. Jason Williams	6	7:07	
4. Jeff Pritchard	6	7:10	
5. Jamie Wood	7	7:13	
6. Jana Poff	8	7:16*	
7. Joey Cherry	4	8:11	
8. Julie LaPointe	8	8:18*	
9. Gina Grange	4	8:49*	
10. Becky Tower	6	8:59*	
11. Bee Jay Cherry	7	9:05	
12. Gretchen Goding	5	9:24*	
13. Jeanette Berry	5	9:47*	
14. Justin Look	5	10:32	
15. Jodie Wood	3	10:34	
16. Mary McDonald	3	10:35*	

Results courtesy of Phil Stuart
Gwen Clark - Race Director

11th ANNUAL APRIL AMBLE 4 MILE
Westbrook Apr 25th

1. Dennis Karamitros	27	19:36
2. Stan Smith	20	19:57
3. George Bockus	20	20:12
4. Richard Brooks	20	20:28
5. Michael Gordon	21	20:31
6. Bob Sprague	16	20:50
7. Dennis Berard	19	21:00
8. John Hallee	21	21:01
9. Kenneth Flanders	35	21:05
10. Robert Camara	20	21:15
11. Peter Benoit	33	21:38
12. Robert Howe	32	21:41
13. Judson Esty-Kendall	37	21:48
14. Don Lary	20	21:53
15. Larry Greer	32	21:53
16. Philip Coffin	31	21:55
17. Richard Mulhern	33	22:01
18. Frank Brume	46	22:06
19. Peter Hall	25	22:11
20. Guy Lindwall	40	22:11
21. James Haddow	27	22:28
22. Sheldon Milligan	18	22:33
23. Michael Reagan, Jr	17	22:41
24. Roland Thibault	19	22:47
25. James Huebener	31	22:49
26. John Strout	26	22:50
27. Brian Delargey	31	22:52
28. Philip Vezina	27	22:52

29. Matthew MacDonald	19	23:02
30. Wanda Haney	20	23:02*
31. Ray Dunning	26	23:06
32. John Edwards	33	23:10
33. Bill Skerritt	27	23:11
34. Wayne Clark	40	23:16
35. Don Harden	36	23:20
36. Bruce Pooler	39	23:22
37. Mike Mosley	32	23:27
38. Don Best	31	23:28
39. Scott Samuelson	29	23:28
40. David Crawford	37	23:29
41. George Liming	35	23:30
42. Conrad LaBelle	32	23:37
43. Jake Laferriere	39	23:39
44. Bob Ingerowski	37	23:42
45. Michael Jones	19	23:44
46. Cameron Brown		23:46
47. John Eriksson	36	23:46
48. Douglas Pride	23	23:47
49. Kevin MacDonald	18	23:59
50. Michael Olsen	24	24:02
51. Peter Bastow	50	24:06
52. Donna Hubert	20	24:22*
53. Ray Shevenell	46	24:25
54. Stephen Jordan	32	24:26
55. Richard Littlefield	28	24:32
56. Steve Woodsum	31	24:37
57. Robert Benson	34	24:42
58. Dick Lajoie	46	24:47
59. Hans-Peter Krahn	29	24:47
60. Sean Campbell	15	24:54
61. Elizabeth Rand	25	24:58*
62. Charles Greenlaw	28	25:00
63. Harley Lee	33	25:01
64. Charles Probert	43	25:03
65. Geoff Rushlau	34	25:05
66. Ruth E. Hall	29	25:09*
67. Douglas Moody	38	25:12
68. Kevin Pottle	30	25:15
69. Tim Smith	29	25:18
70. Hugh Barry	43	25:26
71. Daniel Coons	32	25:32
72. Bill Shea	35	25:33
73. Reginald Grant	38	25:33
74. Neil Martin	44	25:35
75. Bert Cleaves	43	25:36
76. Tom Allen	31	25:41
77. Joseph Connolly, Jr	23	25:44
78. Eric Ellis	34	25:45
79. Clint Merrill	38	25:45
80. Mark Franco	28	25:46
81. Rosalyn Randall	37	25:48*
82. Shawn Coyne	16	25:49
83. Joan Lee	33	25:53*
84. William Pearson	27	25:54
85. Paul Severino	27	25:54
86. Bruce Little	32	25:57
87. William McAtee	30	25:58
88. Tom McMillan	40	26:00
89. Erika Maddaleni	21	26:09*
90. Kathleen O'Grady	19	26:15*
91. Robert White	38	26:17
92. Sumner Weeks Jr	38	26:20
93. Dale Rines	34	26:22
94. Ronald Benner	38	26:28
95. Cathy Jurgelevich	23	26:29*

96. Ted McCarthy	45	26:30
97. Deb Hewson	31	26:32*
98. Gladys Dewick	33	26:39*
99. Michael Quinlen	27	26:40
100. Bob Cushman	49	26:43
101. Brian Hall	40	26:46
102. John Roberts	31	26:47
103. Keith Parsons	30	26:48
104. Carlton Mendell	65	26:50
105. Joseph Vokey	30	27:01
106. Norman Works	26	27:01
107. Gerald Poirier	43	27:09
108. Steven Floyd	33	27:14
109. Manuel Alonzo	16	27:22
110. Kenneth Brennan	42	27:26
111. Thomas Szumita	13	27:28
112. Jane Dolley	38	27:29*
113. Scott Davis	37	27:29
114. David Hoops	28	27:31
115. John Hall III	26	27:33
116. Stan Lear, Jr.	34	27:36
117. Fred Stone	50	27:43
118. Woody Woodbury	37	27:44
119. Al Mack	37	27:46
120. Paul Burlin	40	27:47
121. Cheryl Pennell	23	27:49*
122. Stoddard Chaplin	47	27:51
123. Bill Green	33	27:52
124. Stephen Hanson	31	27:54
125. John Brennan	11	27:54
126. Dominic Reali	44	28:02
127. Kathryn Tolford	32	28:04*
128. Susan Martin	25	28:05*
129. Donald Penta	40	28:07
130. Michael Lacroix	30	28:09
131. Neal Workman	32	28:17
132. Michael Johnson	28	28:20
133. Victor Sanchez	17	28:21
134. Howard Havey	31	28:23
135. Eileen Harris	34	28:27
136. Ken Casey	34	28:28
137. John Pearson	25	28:30
138. Craig Hall	35	28:33
139. Rhonda Benner	14	28:34*
140. Chris McDonald	23	28:36
141. Roger Dutton	44	28:41
142. Carol Weeks	36	28:44
143. Felix Sepulva	30	28:48
144. Jeri Lynn Schroeder	39	28:49*
145. Diane Collette	30	28:49*
146. Peter Greenwood	40	28:50
147. Stephen Dewick	47	28:51
148. David Horne	50	28:54
149. David Rocray	21	28:55
150. Russ Bradley	63	29:00
151. Paul Marcinuk	54	29:02
152. Ralph Baxter	55	29:09
153. Lee Akerlley	51	29:11
154. William Thomas	37	29:14
155. Brian Wallace	48	29:15
156. Robert King	27	29:16
157. Edd Cabral	42	29:18
158. Lawrence Hart	23	29:21
159. Thomas Hebert	27	29:24
160. Richard Carter	28	29:37
161. Leon Gorman	52	29:40
162. Thomas Deloss	33	29:41

163.	James Kirsh	28	29:43
164.	Steve Donovan	27	29:43
165.	Brian Turner	31	29:46
166.	Daniel Coyne	25	29:47
167.	Anthony Shiffer	14	29:48
168.	Lisa Weymouth	21	29:51*
169.	Derry Rundlett	41	29:53*
170.	Richard Nealley	30	29:54
171.	Gina Perry	18	29:56*
172.	John Yohe	44	29:58
173.	Bob Perkins	44	30:07
174.	Johnathan Kosnow	32	30:10
175.	Christina Brennan	25	30:16
176.	Joseph Sudbay	26	30:16
177.	Maureen Puckett	39	30:17
178.	Danforth DeSena	32	30:18
179.	Jerry Goodall	47	30:19
180.	Jeroid Shaw	24	30:23
181.	Anne Matthews	34	30:27*
182.	Laurie Nicholas	19	30:27*
183.	Alana MacDonald	38	30:28*
184.	Tim Jordan	31	30:30
185.	Dave Malley	39	30:33
186.	John Ouillette	39	30:34
187.	R. Scott Springer	39	30:35
188.	Bob Brochu	50	30:41
189.	Al Brunelle	56	30:42
190.	Stephen Lunt	41	30:43
191.	Heidi Hanscom	17	30:46
192.	Philip Meyers	42	30:55
193.	John Flaherty	35	31:15
194.	Joseph Foran	37	31:24
195.	Charmg Cutler	28	31:31
196.	Earl Harvey	54	31:33
197.	Joseph Tripi	27	31:35
198.	Ann Desrosiers	40	31:35
199.	Peter Sowles	30	31:49
200.	Chris Hall	13	31:51
201.	Maloti Rollins	14	31:52
202.	Marc Meserve	22	31:57
203.	Edward MacDonald	54	31:59
204.	Carol Poirier	39	33:09*
205.	Ann Skelton	30	32:15*
206.	Clinton Skiffer	14	32:20
207.	Bonnie Hatin	37	32:29*
208.	Rodney Redstone	33	32:30
209.	Christine Corbin	24	32:31*
210.	Rosemary Flaherty	29	32:32*
211.	Edward Matthews	61	32:43
212.	Brenda Cushman	46	32:47*
213.	Raymond Nereu	48	32:51
214.	Sara Sloan	30	32:52*
215.	Lawrence Perkins	42	33:02
216.	Harry Trask	69	33:03
217.	Lynda Judge	19	33:12*
218.	Steven Palmer	27	33:14
219.	Dwayne Robinson	35	33:18
220.	Andrea Warner	40	33:19*
221.	Waldo Hayes	44	33:19
222.	Tammy Prince	25	33:30*
223.	Denis Gay	26	33:32
224.	Dawn Gay	26	33:33*
225.	Maggie Guthrie	36	33:35*
226.	Lori St. Pierre	28	33:42*
227.	Sally Patterson	45	34:02*
228.	David Jillson	20	34:08
229.	Rod Stanley	53	34:19
230.	Cindy Flanders	15	34:20*

231. Holly Nason	28	34:29*
232. Charles Oransky	27	34:35
233. Mary Szumita	19	34:54*
234. Dee Nicely	47	34:59*
235. H.J. Ludwig	39	35:02
236. H. Douglas Pride	45	35:12
237. Stacey Horne	21	35:34*
238. Jennifer Dolan	28	36:03*
239. Alice Whitney	20	36:07
240. Don Fowles	45	36:15
241. Oswyn Hammond	62	36:20
242. Anne McNaughton	34	36:23*
243. Michaele St. Pierre	19	36:23*
244. Beverly Stout	35	36:37*
245. Sherry Whetstone	33	36:47*
246. Lloyd Holmes	60	36:55
247. Jude Golding	34	36:56*
248. Robin Morcross	26	36:58*
249. Teresa Getchell	50	36:59*
250. Belinda Voil	37	37:01*
251. Laura Krause	34	37:01*
252. Anthony Harvey	28	37:28
253. Sue Guillerault	32	38:15*
254. Aleta Kilborn	40	39:59*
255. Stanley Harmon	65	41:26
256. Robin Bowden	24	47:22*
257. Cynthia Lunt	28	48:39*
258. Richard Cote	9	52:28
259. W. E. Lazette	52	52:29
260. Carol Brush-Clemons	40	1:20:35*
261. Wayne Clemons	13	1:20:37

UNIVERSITY OF NEW ENGLAND HALF MARATHON
Biddeford

1. Stu Hogan	25	1:08:11	40. Robert Jolicoeur	50	1:29:28
2. Bruce Ellis	35	1:10:42	41. William Pavlisko	37	1:29:49
3. George Towle	36	1:13:07	42. Mike Lally	32	1:30:11
4. Andy Palmer	33	1:13:07	43. P. Casey	32	1:30:12
5. Rock Green	33	1:13:19	44. Paul Gauvin	33	1:30:18
6. Paul Merrill	32	1:17:08	45. David Whitney	26	1:30:28
7. Joel Croteau	43	1:17:29	46. Jack Mercier	43	1:30:42
8. Guy Martin	40	1:17:43	47. Steve Robertson	27	1:31:00
9. Keith Kennedy	35	1:18:13	48. Nancy Ellis	34	1:31:05*
10. Gary Cochran	45	1:19:58	49. Chris Mansfield	18	1:31:08
11. Joe Bennett	40	1:20:00	50. John Aegerter	42	1:32:04
12. Guy LaFlamme	32	1:20:30	51. Wally Fortier	59	1:32:26
13. Bob Coughlin	48	1:20:32	52. Scott Eaton	23	1:32:36
14. Larry Kinner	37	1:22:03	53. David Decois	39	1:32:44
15. Joel Titcomb	28	1:22:27	54. Wade Oliver	27	1:32:45
16. Peter Flaherty	40	1:23:25	55. Sally Perkins	24	1:32:49*
17. Don Wilson	39	1:23:27	56. Michael Frost	36	1:33:26
18. Bob Hunt	32	1:23:28	57. John Gale	31	1:33:26
19. Mike Daly	42	1:23:42	58. Gregg Walker	38	1:34:44
20. Dale Dorr	39	1:23:42	59. James Bergeron	26	1:34:53
21. Lance Strider	28	1:23:43	60. Butch Bradley	45	1:34:57
22.			61. Jerry Saint-Amand	43	1:35:02
23. John Edwards	33	1:24:16	62. Tom McMillan	40	1:35:14
24. John Lunt	27	1:24:34	63. Thomas Carli	42	1:35:48
25. Alburn Butler	33	1:25:14	64. George Moxham	30	1:36:21
26. Lawson Noyes	45	1:25:21	65. Thomas Piekarski	37	1:36:26
27. Bruce Pooler	39	1:25:24	66. Roger Smith	41	1:37:03
28. Conrad LaBelle	32	1:25:54	67. William Gayton	47	1:37:24
29. Joe Cesta	34	1:25:55	68. Art Marcoux	36	1:37:31
30. Tom Reilly	34	1:26:16	69. Philip Fearon	35	1:37:43
31. Frank Salvatore	47	1:26:33	70. Lee Anderson	17	1:38:15
32. Harry Schmitke	49	1:26:56	71. David Benn	41	1:39:07
33. Kaki Gould	24	1:27:20*	72. George Potter	48	1:39:22
34. Douglas Pride	23	1:27:26	73. Kitty Fair	31	1:39:39*
35. Rolland LaFlamme	33	1:27:39	74. Robert Spurrier	38	1:39:39
36. Michael Reali	33	1:27:56	75. Kenneth Newsome	38	1:40:20
37. John Long	40	1:27:57	76. Matthew Green	16	1:40:22
38. Barry Sargent	42	1:28:24	77. David Houser	36	1:40:37
39. Richard Littlefield	38	1:29:09	78. Richard Caswell	31	1:40:39
			79. Denise Blouchard	33	1:40:41*
			80. Thomas Garvey	26	1:41:00
			81. Michael Lacroix	30	1:41:52
			82. Stephen Crockett	33	1:42:48

Results courtesy of Don Penta MTC
Ted Perry, Race Director

SPRING 5K
Unity College Apr 25th

1. Robert Strout	15:30
2. Larry Deans	15:50
3. Kevin Payne	16:04
4. Fred Judkins	16:16
5. Mike Bard	16:26
6. John Wales	16:39
7. Michael Thompson	16:42
8. Bob Bremner	17:03
9. Jim Dowd	17:10
10. Risto Saloranta	17:22
11. Tory Rau	17:31
12. Sam Mitchell	18:04
13. Roy Rodgers	18:10
14. J.W. Smith	18:24
15. David Bucholtz	18:32
16. Robert Gillespie	18:37
17. Jamie Sincate	18:41
18. Chico Corsey	18:51
19. Jerry Saint Amand	18:59
20. Jay Pilgrim	19:23
21. Jane Rau	19:25*
22. Ed Raiola	19:29
23. Carl Bowen	19:37
24. David Benn	19:55
25. John Belanger	20:04
26. Louisa Dunlap	20:04*
27. Gary Clark	20:30
28. Bruce Fowles	20:34
29. Chris Schawn	21:11
30. Herb Robertson	21:16
31. Graham Buck	21:28
32. Alison VanKeuren	21:30*
33. Drew Fales	21:49
34. Cody Rau	22:52
35. DonnaJean Pohlman	23:02*
36. Ron Paquette	23:04
37. Jane McMorrow	23:27*
38. Sarah Smith	23:47*
39. Sheila Payne	23:59*
40. Mike O'Keefe	24:03
41. Hildy Curato	24:15*
42. Gina Boudreau	24:15*
43. Patricia Stultbere	24:34*
44. Joan Brazier	25:18*
45. Peter Brazier	25:32
46. Emery Fales	28:19
47. Diane Doumit	28:47*
48. Linda Benn	30:47*

Results courtesy of the Central
Maine Striders

Bicycles

**TREK • CANNONDALE • FUJI
DIAMOND BACK • UNIVEGA •
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CINELLI • CENTURIAN**

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Route 1, Woolwich 442-7002



Bath Cycle & Ski

9-5:30 Mon.-Sat. Fri. 9-8:88

57.	Skip Williams	40	40:56	106.	Kenneth Hooper	37	45:17	155.	Peter DeCourcy	40	53:30
58.	J.W. Smith	36	41:20	107.	Doug Baston	39	45:23	156.	Christine Ginn	35	53:37*
59.	Hank Fuller	41	41:25	108.	Don Carter	42	45:44	157.	Barbara Gros	44	53:47*
60.	Ken Gaecklein	40	41:27	109.	Karle Brantner	32	46:04*	158.	Jayne Sullivan	20	53:54*
61.	Robert Ganung	31	41:32	110.	Tim Smith	40	46:05	159.	Trevor Lewis	14	54:12
62.	Jerry St. Amand	43	41:32	111.	Donna Taylor	37	46:15*	160.	Bill Gerencer	23	54:41
63.	A. Wayne Newton	42	41:35	112.	David Bean	30	46:18	161.	John Clark	56	54:58
64.	Eric Ellis	34	42:00	113.	Julie Ballard	23	46:22*	162.	Connie Hayward	33	56:27*
65.	Rosalyn Randall	37	42:17	114.	Don Brewer	32	46:23	163.	Harvey Mason	53	57:35
66.	Carl Reilly	34	42:22	115.	Gary Hayward	34	46:31	164.	Lester Rhoads	71	57:52
67.	Harley Lee	33	42:27	116.	Chris Abaldo	18	46:45	165.	William Tozier	59	58:01
68.	Joan Lee	33	42:29*	117.	Ron Poulin	38	46:51	166.	Hannah Russell	21	58:11*
69.	Robert Rines	32	42:34	118.	Don Penta	40	46:57	167.	Tammy Blackman	15	58:22*
70.	Jane Rau	37	42:37*	119.	Allen Hersom	28	47:03	168.	Tammy Campbell	13	58:24*
71.	Michael Greenleaf	34	42:38	120.	Dara Jones	30	47:39*	169.	Stephen Palmer	27	59:57
72.	Ron Paquette	46	42:40	121.	Grace Houghton	27	47:40*	170.	Priscilla Lewis	40	1:00:06*
73.	Bill Gayton	47	42:42	122.	Bob Rheault	61	47:47	171.	Elvin Bryant	65	1:00:29
74.	Deb Hewson	31	42:44*	123.	D. Craig Canedy	50	47:48	172.	Laura Kraus	34	1:02:01*
75.	Craig Haggett	32	42:47	124.	Jerri Bushey	43	47:50*	173.	Rhonda Cyr	27	1:02:17*
76.	Cathy Jurgelevich	23	42:51*	125.	David Baird	35	48:10	174.	Paula Bean	23	1:03:12*
77.	Richard Quimby	33	42:53	126.	Larry Hess	30	48:13	175.	Stacey Miller	22	1:03:18*
78.	Howard Spence	34	42:54	127.	John Woods	69	48:25	176.	Eric Nolin	23	1:05:35
79.	Chris Kiger	36	42:57	128.	Martin Weiss	30	48:26	177.	Jan Barter	37	1:05:39*
80.	Chad Alley	15	43:00	129.	Scott Springer	38	48:50	178.	Vicki Carter	13	1:06:35*
81.	Wm. Russell	29	43:08	130.	E. Munro Dodge	33	48:56	179.	Sara Schick	16	1:07:06*
82.	Nolan Richard	47	43:13	131.	Cindy Schal	25	49:12*	180.	Dan Schick	43	1:07:07
83.	Paul Page	31	43:25	132.	Doug Wood	38	49:15	181.	Laurie Bean	34	1:08:30*
84.	Karin Tilberg	30	43:26*	133.	Rick O'Brien	40	49:32	182.	Pamela Mancuso	29	1:12:45*
85.	Faye Gagnon	42	43:29*	134.	William Donovan	44	49:35	183.	Phil McLellan	57	1:13:24
86.	Matthew Carter	15	43:30	135.	Carol Cantin	27	49:52*	184.	Gail McLellan	15	1:18:10*
87.	John Leonard	25	43:32	136.	James Hooper	29	49:52	185.	Jori Topinka	13	1:18:22
88.	Louisa Dunlap	46	43:44*	137.	Winifred Wood	32	49:54*	186.	Juli Haugan	14	1:18:22*
89.	John Belanger	35	43:48	138.	Don Colban	47	50:11	187.	Marie Clark	60	1:20:23*
90.	Daniel Kelly	32	43:50	139.	Mary Ellen Pecci	40	50:22*	188.	Regan Reed	12	1:41:19*
91.	Clint Merrill	38	43:57	140.	Laurie Smith	31	50:27*	189.	Lila Achor	53	1:41:20
92.	David Benn	41	44:00	141.	Ralph Lathe	48	50:44	190.	Jean Chenoweth	47	1:41:20*
93.	Geoffrey Hill	40	44:02	142.	Fred Wingate	41	50:54				
94.	David Gugan	50	44:15	143.	Karen Lacasse	32	51:07*				
95.	Joan Lavin	39	44:18*	144.	Donna Donald	37	51:18*				
96.	Steve Jones	29	44:24	145.	James Harvey	21	51:27				
97.	Dale Peabody	25	44:25	146.	Celeste Gagnon	27	51:43*				
98.	Cyndi Haselton	32	44:34*	147.	Malcolm Glidden	37	51:47				
99.	Dave McManus	29	44:45	148.	Mary Glidden	39	51:58*				
100.	Neal Bassett	35	44:47	149.	Betty Hahn	53	51:59*				
101.	Tim Burnham	26	44:52	150.	Kathryn Bean	29	52:20*				
102.	Stan Pride	55	44:53	151.	Douglas Munsey Jr	38	52:43				
103.	Alan Pfeiffer	33	45:02	152.	Ames Wright	12	52:58				
104.	David Blair	43	45:08	153.	Michael Giglia	28	53:24				
105.	Dale Smith	39	45:12	154.	J. H. Bristow	44	53:25				

Results courtesy of Jay Krouse
Race Director

TERRY FOX 5K
Bangor

May 10th

1. Bob Everett	15:18.6	86. Michael Sturgeon	20:16.8	175. Chris Bean	22:30.4
2. Dan Deering	15:23.7	87. Andy Howard	20:18.8	176. Mark Lothian	22:31.5
3. Roy Morris	15:31.4	88. Jerry Saint Amand	20:20.0	177. Rod Lambert	22:33.6
4. Bruce Bridgham	15:57.2	89. John Hwalek	20:21.9	178. David Miller	22:34.6
5. Steve Giles	16:48.6	90. Sean Leatham	20:26.9	179. Jim Burns	22:35.4
6. Mike Tuell	17:11.0	91. Timothy Doughty	20:27.2	180. Michael Pelletier	22:35.9
7. Charles Violette	17:11.5	92. Gerald Michaud	20:29.9	181. Judith Bjorn	22:36.2*
8. David Renault	17:18.2	93. Jorma Kurry	20:31.2	182. John McClay	22:37.0
9. Dave Clement	17:21.1	94. Michael Jeffrey	20:33.7	183. Rick Goyer	22:37.2
10. Gordon Hartwell	17:23.9	95. Wesley Gerrish	20:35.5	184. David Gelinas	22:39.1
11. Cliff Rogers	17:24.2	96. Isom Sargent	20:35.7	185. Benjamin Barr	22:41.1
12. Steve Peterson	17:35.9	97. Randall French	20:36	186. Douglas Knobloch	22:42.4
13. O.J. Logue	17:47.8	98. Russell Royal	20:36.4	187. Larry Collins	22:42.9
14. Chip Howe	17:50.8	99. Nick Pearce	20:36.7	188. David Samuelian	22:44.4
15. Tim Fortin	17:55.1	100. Sam Hamilton	20:38	189. Donald Hoxie	23:00.0
16. Pat Boss	17:56.2	101. Jane Rau	20:39.6*	190. Dan Pelletier	23:05.7
17. Mike Ginder	17:57.5	102. Cliff Hatfield	20:40.8	191. Steve Morin	23:06.6
18. James Barr	17:57.8	103. Aaron Himes	20:44.2	192. Arthur Joaquin	23:06.9
19. Robert Bremner	18:00.0	104. Brian Talon	20:45.4	193. Albert Faulkingham	23:09.6
20. Tony Beardsley	18:01.1	105. Mitch Spaulding	20:46	194. AnneMarie Fitzhenry	23:10.7*
21. Steve Emery	18:04.8	106. Ron Cote	20:50.9	195. Allan Weinrich	23:19.1
22. Paul Comeau	18:06.4	107. Charlie Curtis	20:51.3	196. Kerry Priest	23:22.7
23. Mike Thompson	18:08.5	108. Steve Coleman	20:51.5	197. Rae Fournier-Wren	23:24.6*
24. Gary Larson	18:08.8	109. Rusty Sweeny	20:51.8	198. Jim Pendergist	23:25.0
25. Mark Hardison	18:10.2	110. Marc Poulin	20:52.1	199. Joe Aubin	23:30.0
26. David Alley	18:10.4	111. Lisa Krall	20:54.4*	200. Edward Gould	23:31.1
27. Perley Merrick	18:13.1	112. Donald Smith	20:55.5	201. David Haskall	23:31.5
28. Gerald Sibley	18:18.5	113. Jason Harris	20:56.9	202. Jackie Rich	23:32.4
29. Brian Newbegin	18:19.0	114. Duane Hanselman	21:00.6	203. Larry Rich Sr	23:32.7
30. Rick Davee	18:19.8	115. Tony Flye	21:00.9	204. Carmen Sanford	23:33.1*
31. Andy Beardsley	18:20.6	116. Mark Ranco	21:01.8	205. Willie Poisson	23:35.0
32. Robert Betschner	18:22.4	117. Tom Bennett	21:03.8	206. Judy Lewald	23:37.1*
33. Rose Morrison	18:24.0*	118. Jim Limanek	21:07.3	207. Ryan Cowan	23:37.9
34. Bill Pinkham	18:28.8	119. Robert Dow	21:08.6	208. Jim Green	23:38.2
35. Robin Emery Rappa 40	18:31.2*	120. Sydney Massey	21:10.8	209. Bryan Pearce	23:42.8
36. Timothy Reid	18:33.9	121. Larry Alley	21:11.8	210. Janice Pilotte	23:44.3*
37. Don Goodness	18:34.8	122. Martin McCrea	21:12.9	211. Edward Leathers Jr	23:44.7
38. Bob Jordan	18:38.6	123. Edward Comeau	21:15	212. Andy Lounsbury	23:51.2
39. Jonathan Kunz	18:42.5	124. Kathleen Martin	21:16.1*	213. Robert Lumppio	23:53.6
40. Greg Hildreth	18:43.4	125		214. Joe Gallant	23:54.5
41. Ernie Campbell	18:52.2	126. David Benn	21:18	215. Joseph Landry	23:55.2
42. David Wilson	18:54.0	127. Daniel Green	21:18.8	216. Diane Carey	23:55.8*
43. William Comeau	18:57.1	128. Ed Delaware	21:19.3	217. Don Abrams	24:01.2
44. Anne-Marie Davee	18:58.9*	129.		218. Roy Dame	24:02.5
45. Andy Spaulding	19:00.0	130. Rene Collins	21:25.3*	219. Tom Snyder	24:03.8
46. Don Ardine	19:00.3	131. Ken Sevik	21:29.5	220. Don Osborne	24:04.5
47. Sam Mitchell	19:00.7	132. Peter Connell	21:30.4	221. Jamie Mulcahey	24:05.1
48. Scott Burnett	19:04.9	133. Dennis Dauphinee	21:31.0	222. Paul Le Blanc	24:07.7
49. Barney Smith	19:05.4	134. Richard Zajac	21:32.4	223. Ken Awald	24:08.5
50. Troy Kelley	19:06.2	135. David McManus	21:32.7	224. Mike McLaughlin	24:10.5
51. Richard Lindsay	19:06.9	136. Ron Paquette	21:33.1	225. Linda McDougall	24:10.8*
52. Roy Rodgers	19:07.4	137. Victor Zindel	21:35.3	226. Lisa Wren	24:11.3*
53. Barry Dana	19:09.8	138. Steve Marshall	21:36.3	227. Andrea Pelletier	24:12.8*
54. Mike Turner	19:14.7	139. Scott Mitchell	21:38.4	228. Kenneth Remsen	24:14.4
55. Newell Lewey	19:16.4	140. Daryl Corey	21:40	229. Erik Remsen	24:16.2
56. Mark Sonderund	19:19.2	141. Alex Clifford	21:41.1	230. Debbie Balyeat	24:16.5*
57. Cornelius Russell	19:30.5	142. Mark Roberts	21:41.7	231. Katherine Christie	24:17.2*
58. Denny Hamon	19:32.3	143. Don Carter	21:44.2	232. Vernon Brown	24:17.5
59. Anthony Frenette	19:36.1	144. Peggy Smith	21:45.4	233. William Fox	24:20.6
60. Ray Cormier	19:37.0	145. Robert Welch	21:47.2	234. Lisa Conroy	24:23.0*
61. Ronald Dupuis	19:40.5	146. Rory McCarthy	21:48.4	235. Scotty Folger	24:27.1*
62. Stephen Krichels	19:45.4	147. Rhonda Arsenault	21:52.2*	236. Katie Donovan	24:27.7*
63. Tim Potter	19:45.7	148. Deanna Wade	21:54.2*	237. Donald Benson	24:28.2
64. Tom Kirby	19:46.0	149. Paul Paradis	21:56.2	238. Tara McCarthy	24:35.2*
65. Orrin Faulkingham	19:47.1	150. Art Kotredes	21:58.6	239. Frank Breau	24:36.7
66. Paul Fick	19:47.8	151. Brian Horne	21:59.1	240. Cody Ruy	24:37.8
67. Braden Alley	19:48.9	152. Wayne Honeycutt	21:59.4	241. John Curry	24:38.4
68. Paul Hammond	19:49.4	153. Bob Quirk	21:59.9	242. Joey Rancourt	24:42.8
69. Davis Wheaton	19:50.8	154. Erv Dehmlow	22:00.2	243. Steven Hunt	24:43.4
70. John Skidgel	19:52.2	155. Chris Fick	22:04.6	244. Kevin Quackenbush	24:44.0
71. Jason Rush	19:53.7	156. Jerry Bates	22:06.1	245. Alexandra Makofsky	24:44.4*
72. K. Scott Hinckley	19:56.0	157. Tom Messervey	22:07.8	246. Frank Bednar	24:46.1
73. Larry Sandford	19:58.9	158. Mike Talon	22:09.4	247. Susan Kolakowski	24:52.3*
74. Greg Ames	20:01.8	159. John Cyr	22:11.1	248. Christopher Cowan	24:53.5
75. Dick Miles	20:02.1	160. David Powell	22:14.1	249. Ed Rice	24:54.1
76. Philip LeBreton	20:02.9	161. Bruce Brockway	22:14.5	250. Larry Rich Jr	24:56.6
77. John Haney	20:03.2	162. Lee Rush	22:14.9	251. Arnold Francis	24:58.1
78. Randy MacDonald	20:03.5	163. Joe Bennett	22:15.4	252. David Fletcher	25:05.9
79. David McIntyre	20:07.1	164. Howard Dunn	22:17.3	253. Rodney Haney	25:16.3
80. Ron Gelinas	20:08.3	165. Lauren Moors	22:17.7	254. John Rabbit	25:17.6
81. Joe Savage	20:10.9	166. Bruce Spaulding	22:19.5	255.	
82. Dick Powell	20:12.3	167. Art Fraser	22:20.1	256. Judy Fincham	25:21.2*
83. Chip Loring	20:14.5	168. Frank D'Amelio	22:20.5	257. Lynne Pierce	25:22.7*
84. Carl Bowen	20:15.1	169. C. Gary Lloyd	22:20.1	258. Gina Boudreau	25:26.5*
85. Don Preble	20:16.2	170. Michelle Snow	22:23.1	259. Louise Clement	25:30.2*
		171. Mike Picard	22:23.8	260. Tim Doughty	25:31.5
		172. Terri Rich	22:25.8*	261. Candace Jellison	25:32.2*
		173. Kevin Noyes	22:28.7	262. Dale Violette	25:34.6
		174. Robert Faucher	22:29.1	263. Christine Ginn	25:35.1*

264. Carol Crosby	25:36.1*	346. Roger MacLeod	29:18.1	428. Jennifer Sheehan	42:27.2
265. Laura Holmes	25:39.2*	347. Sandra Thomas	29:21.7*	429. Padrick Sheehan	42:38.9
266. Joseph Dana	25:48.1	348. Isaac McCarthy	29:23.8	430. Sandra Goyer	42:39.3
267. Fran McMahon	25:51.0*	349. Paul Doucette	29:24.3	431. April Ewer	42:45.8
268. Robert Bissell	25:52.2	350. Earle Tyler	29:25.0	432. Mali Dana	42:46.8
269. Andre Utzinger	25:54.2	351. Justine Michaud	29:27.8*	433. Gloria Dow	43:34.7
270. Ryan Paradis	26:03.9	352. Kerry Ackerman	29:28.7*	434. Angela Herbest	43:36.0
271. John Clark	26:08.9	353. Brett Johnson	29:30.4	435. Tammy Herbest	43:36.6
272. Jamie Young	26:12.8	354. Bob Johnson	29:30.7	436. Amanda Stevens	44:06.9
273. Emily Atkinson	26:15.1*	355. Scott MacDonald	29:31.1	437. Rebecca Rea	44:07.7
274. Tricia Fowler	26:16.4*	356.		438. Darrell Young	44:24.7
275. Kristin Violette	26:16.8*	357. Rudy Pelletier	29:34.2	439. Jonathan Bicknell	44:36.1
276. Brian Bachelder	26:17.2	358. Norman Pelkey	29:43.8	440. Marjorie Emerson	44:43.1
277. Pat Beane	26:26.0	359.		441. Brian Goodness	47:26.4
278. Charlene Wiseman	26:27.6*	360. Carol Mitchell	29:46.7*	442. Kate Comeau	47:27.2
279. Trond Hildahl	26:29.1	361. Joel Ackerman	29:52.2	443. Kristy Bowden	47:27.6
280. Leona Clapper	26:29.4*	362. Edward Geissler	29:55.0	444. Barbara Bowden	47:28.3
281. Carrie Achorn	26:29.7*	363. Hartley Russell	29:55.4	445.	
282. Nadine Bullion	26:30.0*	364. Theresa Cameron	30:04.3*	446.	
283. Janna Poff	26:30.2*	365. Perry Barnard	30:05.0	447. Kimberly Hammil	49:47.9
284. Harvey Mason	26:31.2	366. Aphrodite Pearce	30:16.0*	448. Moxie Tracey	50:06.4
285. Jamie Wood	26:32.0	367. Etta Davenport	30:17.1*	449. Barbara Tracy	50:06.8
286. Susan Dow	26:32.2*	368. Andrew Graham	30:20.0	450. Jesse Simko	51:00.1
287. Joanne Limanek	26:34.1*	369. Samuel Mondragon II	30:22.3	451. Bonnie Simko	51:00.3
288. Robert Haskell	26:34.8	370. Amy Turner	30:22.8*	452. Jessica Briggs	51:38.4
289. Sherry Fletcher	26:35.4*	371. Deborah Wilson	30:30.3*	453. Jessica Sanborn	51:48.1
290. Eric Atkinson	26:37.2	372. Gina Butler	30:38.6*	454. Aimee Babineau	51:50.8
291. Anne Wagner	26:54.0*	373. Danielle Danforth	30:40.7*	455. Georgina Bellamy	51:52.1
292. Alisa Harris	26:55.3*	374. Debra Bumbaugh	30:51.4*	456. Jason Bicknell	51:52.7
293. Anne Woodward	26:59.3*	375. Adrienne Soto	30:54.0*	457. Dolores Mitchell	51:53.0
294. Ronald Gastia	26:59.7	376. Cissy Newenham	31:07.0*	458. Claudia Noyes	52:05.1
295. Kristen Dame	27:00.1*	377. Holly Noyes	31:07.4*	459. Natalie Sanborn	52:05.8
296. Carmen Kelshaw	27:00.7*	378. Sherry Davis	31:09.6*	460. Kristina Andrade	52:06.1
297. Michael Higgins	27:01.0	379. Glen Bierman	31:19.4	461. Lena Cunningham	53:29.0
298. Kent Price	27:06.5	380. Sharon Smith	31:23.3*	462. Abby Leach	53:29.1
299. Steve Edgecomb	27:09.2	381. Dorion Le Blanc	31:23.7*	463. Teri Comeau	53:35.1
300. Denise Harmon	27:10.6*	382. Nicholas Slabyj	31:35.7	464. Beverly Andrade	53:45.1
301. Mary Muca	27:15.7*	383. Jason Hobert	31:38.1	465. Pam Stevens	53:46.1
302. Dave Kull	27:18.0	384. Sean Steinmetz	31:40.8	466. Shafe Heistand	55:47.1
303. Jill Weber	27:20.0*	385. Ronnie Delano-Ellis	31:51.1*	467. Edie Leach	
304. Janice Davison	27:20.3*	386. Joyce Edwards	32:14.2*	468.	
305. Michael Leathem	27:23.1	387. Linda Burns	32:18.5*	469.	
306. Zachariah Conover	27:25.7	388. Marie Perry	32:20.6*	470. Stanley Ward	56:53.1
307. Bill Leathem	27:35.8	389. Amy Stormann	32:22.7*	471. Martha Wiebe	1:00:51.1
308. Buz Laskey	27:38.7	390. Bobbie Worster	32:32.7*	472. Kate Wiebe	1:01:28.1
309. Charles Clapper	27:41.1	391. Shelly Worthley	32:35.9*	473. Kenny Hammill	1:01:38.1
310. Jill Le Blanc	27:42.2*	392. Bonnie Turner	32:49.9*	474. K.C. Hammill	1:01:48.1
311. Pat Hamilton	27:44.9	393. Ronald Logan	33:12.2		
312. Erica Dame	27:45.7*	394. Michael Fraser	33:12.8		
313. Terry Desmond	27:46.0	395. Jill Paul	33:14.4*		
314. Timothy Dauphinee	27:49.6	396. Carol Graham	33:17.6*		
315. Ellen Conant Krohn	27:55.0*	397. Cal McFarling	33:18.4		
316. Catherine Carter	27:58.9*	398. Linda Benn	33:54.6*		
317. Michael Carter	27:59.4	399. Candace Green	34:32.8*		
318. Lawrence Gay	28:00.7	400. Cindy Flye	34:43.7*		
319. Chuck Atkinson	28:03.6	401. Mark Guyer	35:00.2		
320. Andrew Geissler	28:05.0	402. Wendie Lagasse	35:32.9*		
321. Diane Doumit	28:05.4*	403. Bette Marie Townsend	35:41.7*		
322. Susan Emmerling	28:10.0*	404. Andy Whitehouse	35:42.2		
323. Ryan Wheaton	28:10.9	405. Jeff Carleton	35:53.8		
324. Ben Tardiff	28:14.7	406. Ian Torey	35:56.8		
325. Annette Smith	28:19.9*	407. David Torrey	35:57.1		
326. Lorna Rand	28:21.0*	408. Peter White	36:19.5		
327. Richard Crossman	28:21.7	409. Margaret Dunlap	36:19.9*		
328. Michael Giles	28:24.3	410. Billy Bates	36:23.5		
329.		411. Jessica Correll	38:15.0*		
330. Harold Michaud	28:28.7	412. Heather Jamieson	38:16.9*		
331. Frank Donaldson	28:29.2	413. Kristy Peavey	38:53.7*		
332. Lynn Hallsey	28:29.9*	414. Debbie Fraser	39:33.2*		
333. Susan Buchanan	28:33.0*	415. Carlene Fraser	39:34.5*		
334. Andy Buchanan	28:34.0	416. Marsha Mondragon	39:39.1*		
335. Jeff Bragg	28:40.7	417. Ryan Mitchell	39:40.2		
336. Linda Coleman	28:43.6*	418. Paul Paulson	39:50.8		
337. Hope Bates	28:44.4*	419. Ashley Le Blanc	40:17.6*		
338. Terry LaRochelle	28:46.7	420. Bonnie Lane	41:37.2*		
339. Kendra Michaud	28:49.3*	421. Mike D'Amelio	41:42.8		
340. Laura Negri	28:51.4*	422. Kellie Graham	41:44.4*		
341. Amy Allen	28:51.9*	423. Donna Giles	41:46.6*		
342. Jessica Hildahl	28:55.5*	424. Sarah Rea	42:04.1*		
343. Michaela McCarthy	28:55.9*	425. Chip Babineau	42:04.3		
344. David Clark	28:59.1	426. Josh Stevens	42:04.8		
345. Diana French	29:05.9*	427. Michael Beal	42:26.9		

Results courtesy of Sub 5 Track Club



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