10th Annual BAR HARBOR 13 MILER

New England's Most Scenic Road Race

WHEN: Saturday, September 19, 1987. 10:00 a.m.

WHERE: Bar Harbor, ME., located on scenic Mount Desert Island, home of famous Acadia National Park, a runner's Mecca, with 52 miles of carriage paths winding through forests, mountains, ponds and by the Atlantic Ocean.

SPONSOR: Bar Harbor Chamber of Commerce

COURSE: Challenging loop course, start and finish at athletic field, nine miles on vehicle prohibited carriage paths, excellent running surface, race monitoring by Bar Harbor Police Reserves, Hancock County React and Acadia National Park Rangers. Distance: 13.109 miles - ½ marathon.

AWARDS:

Divisions	Awards
Men's Open	1-5
Men's (30-39)	1-3
Men's (40-49)	1-3
Men's (50 & over)	1-2
Women's Open	1-5
Women's (30-39)	1-3
Women's (40-49)	1-3
Women's (50 & over)	1-2
Under 16	1
Team - Men (top 3 times)	1
Team - Women (top 3 times)	1
1st MDI Man	1
1st MDI Woman	1

ENTRY FEE: $6.00
Deadline: 9:00 A.M., morning of race

ENTER EARLY!

FEATURES:
$50 TO FIRST MAN AND WOMAN
$750 TOTAL PRIZES
MANY SECOND CHANCE DRAWINGS
Aid stations
Splits
Finish times
Mile markers
Chronomix Timer

FREE T-SHIRTS FOR FIRST 250 ENTRIES

ENTRY FORM

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge the Bar Harbor Chamber of Commerce, Town of Bar Harbor, and other sponsors for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participating in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event. I also release the rights to all photographs and interviews to the Bar Harbor Chamber of Commerce for publicity purposes.

Signature _____

_____

If under 18 parent or guardian must also sign.

Print Name _____

Address _____

Club or School Affiliation _____

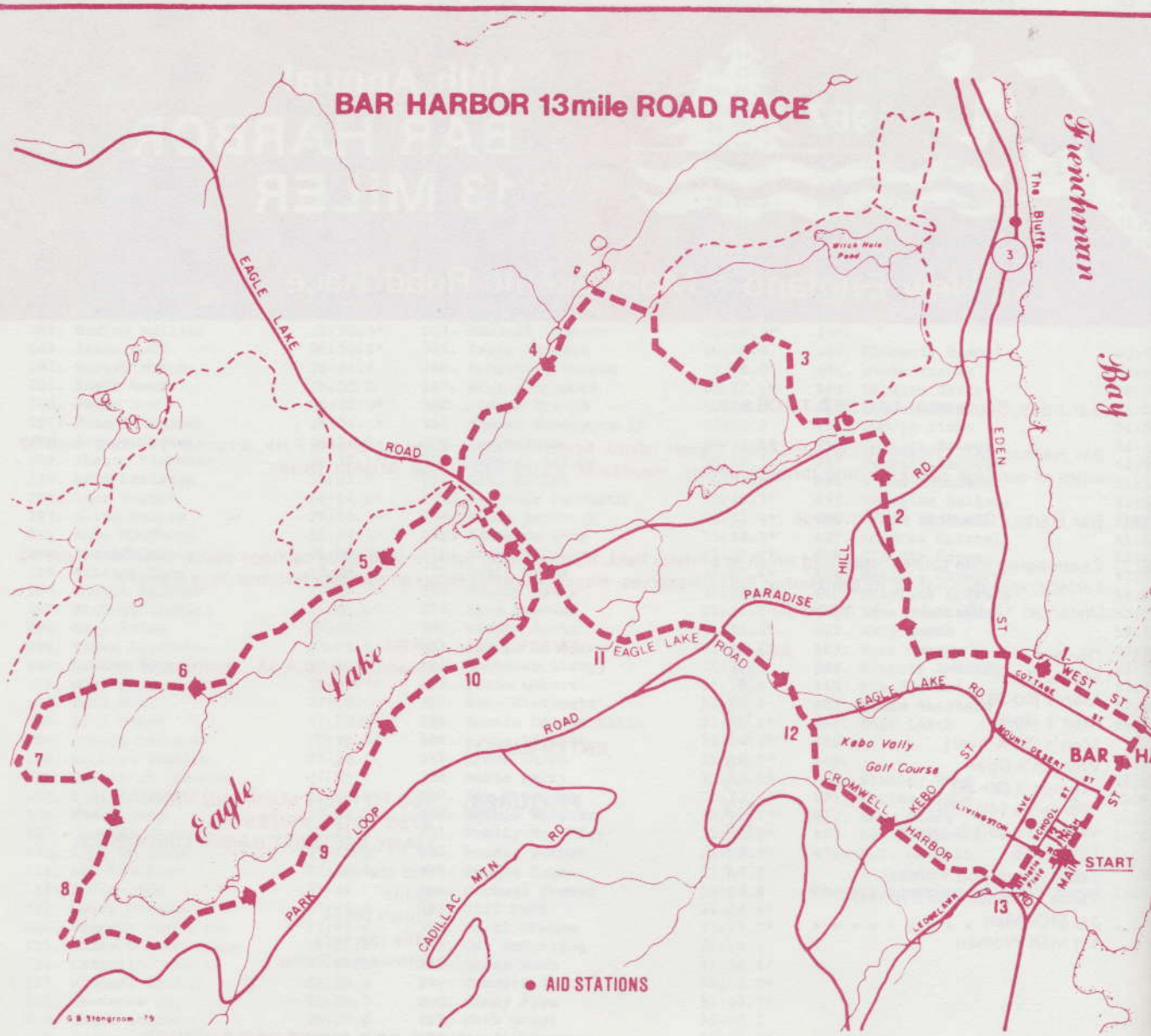
Age _____ Division _____ T-Shirt Size _____

RETURN ENTRY WITH REMITTANCE TO:

Bar Harbor Chamber of Commerce
Bar Harbor 13 Miler
Bar Harbor, ME 04609
Tel: 207-288-5103, for information. Entry fee $6.00

ENTER EARLY AND BE A PART OF A MAINE RACING TRADITION
Accommodations: Motels - 10% discount to runners

Additional T-shirts available
Haskell's Sporting Goods and Fashions
43 Cottage Street, Bar Harbor, ME 04609 ● 288-4532

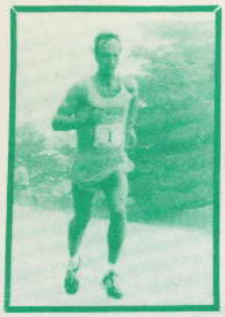


10th Annual
BAR HARBOR 13 MILER

1987

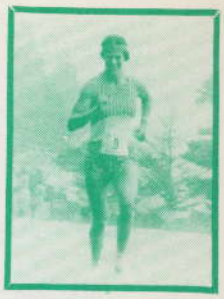
New England's Most Scenic Road Race

Enjoy Coke Trade-mark ®
THE NORTH FACE
BUD LIGHT
AVIA
Patagonia
Helly-Hansen
ASICS TIGER.



Bruce Ellis
1st Overall - 1986
46:38

Photos courtesy of Brown Photography
Searsport, Maine



Cynthia Lynch
1st female - 1986
56:09

LIFE SPØRTS
OF ELLSWORTH

SCHOODIC POINT 15K ROAD RACE

PLACE: Schoodic Point parking lot, Schoodic section of Acadia National Park, Winter Harbor.

DATE: Saturday, August 8, 1987

TIME: 7:00 A.M. to 8:00 A.M. PACKET PICK-UP • 8:30 A.M. Start.

COURSE: An out and back course, start and finish at Schoodic Point parking lot. 15K wheel measure, fairly flat along shore, cool and view of pounding surf. All miles clearly marked. TAC CERTIFIED.

COURSE RECORD: Bruce Ellis - 46:38 Cynthia Lynch - 56:09

ENTRY FEE: $7.00 pre-registration—*(Must enclose self addressed, stamped envelope-NO EXCEPTIONS)*—Limit 200 runners. Registration by August 5th.

AWARDS: 1st Male and 1st Female Overall
2nd Overall
3rd Overall
1st Male and 1st Female
For Each Category
14 - Under
15 - 19
20 - 30
31 - 39
40 - 49
50 - 59
60 - over

One Grand Raffle Prize; All finishers eligible.

RACE FEATURES: 1. Digital finish clock
2. Hot showers and changing facility
3. Time splits: all miles and ½ way
4. Water stations: 2 mile, 4.65, 7.3, finish
5. Restrooms: start and finish
6. T-shirts to all runners
7. Post race refreshments
8. LOBSTERS TO ALL FINISHERS
9. Free camping - same site as last year.

Complete race results in
Maine Runner & Outing Magazine

Make Check Payable To: Winter Harbor Chamber of Commerce Race Fund
C/O Al Groh
P.O. Box 8
Winter Harbor, Maine 04693

Please check one of the following:
☐Plan to camp ☐Do not plan to camp

OFFICIAL ENTRY FORM

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

Name _____

Address _____

Age _____ School or Club _____

Signature _____

MALE_____ FEMALE_____ SHIRT SIZE S M L XL

Parents Signature if under 18 _____

JOHNSON'S INTERNATIONAL FIVE MILE
ROAD RACE - 1987
T.A.C. APPROVAL PENDING

INTERNATIONAL FESTIVAL WEEK - SATURDAY, AUGUST 8TH - CALAIS, MAINE
Start Race at 9:00AM - Officiated By Calais Recreation Department
Start Location: Calais Main Street Park

RACE HIGHLIGHTS: VARIED AND BEAUTIFUL COURSE
COURSE IN CANADA AND USA
COMPETITORS FROM BOTH COUNTRIES RUN

Entry Fee: $5.00
Received By August 6th

Runners Report
at 8:30AM

Post Entries $6.00
Close at 8:45AM
Day of Race

ALL TIMES ARE USA .

OFFICIAL 1987 T-Shirts For First 25 Entries Received
TROPHIES For The Following Groups:

Male Open - Places 1-5
Male 30-39 - Places 1-3
Male 40-49 - Places 1-3
Male 50+ - Places 1-3
Female Open - Places 1-5
Girls Under 18 - Places 1-3
Boys Under 18 - Places 1-3
Calais/St. Stephen - Places 1-3

ILITIES/AWARDS - CHANGING ROOMS ARE AVAILABLE IN THE CALAIS COMMUMITY CENTER
AWARDS WILL BE PRESENTED WITH REFRESHMENTS AT THE COMMUNITY CENTER
The Community Center (no showers) is Located on Academy Street

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OFFICIAL ENTRY FORM

MAIL COMPLETED FORM/$5.00 ENTRY FEE TO:

T.A.C. APPROVAL PENDING

John Rogers
Recreation Director
P.O. Box 413
Calais, Maine 04619

deration of this entry being accepted, I hereby for myself, my Heirs, Executors, Administrators, waive and release any and all Rights and Claims for Damages I may have against the organization holding this event, its Agents, Representatives, Successors and Assigns for any and all injuries suffered by me at said meet.
Parents MUST sign for runners under the age of 18.

PRINT NAME _____
SIGNATURE _____
ADDRESS _____ CITY _____
SCHOOL or CLUB _____ DATE OF BIRTH _____
PLEASE CHECK: _____ MALE _____ FEMALE _____ AGE ON DAY OF EVENT

THE RIGHT TO REJECT ANY ENTRY IS RESERVED
Complete Results In the "Maine Outing & Running Magazine."

NORTHERN BAY
ATHLETIC CLUB

"WOODS RUN" 3-MILER

(Off-Road, Cross-Country Foot Race)

__ SATURDAY, JULY 25, 1987, RACE STARTS @ 10:30 A.M.

__ SCENIC, SHADED, GROOMED TRAILS

__ START AND FINISH: ALTON GRAY FIELD, OUTER UNION ST., BLUE HILL

__ 3 AWARDS IN THE FOLLOWING AGE CATEGORIES FOR BOTH MALE AND FEMALE: ⩽14, 15-19, 20-29, 30-39, and 40⩾. ALSO OPEN WALK RACE**

__ TRADITIONAL DRAWING FOR MERCHANDISE PRIZES FOLLOWING THE RACE

__ T-SHIRTS FOR THE FIRST 30 REGISTRANTS.

__ REGISTRATION $7.00/PERSON, AT THE FIELD. (NBAC MEMBERS/$4.00)

__ PRE-REGISTER BY MAIL: NORTHERN BAY A.C.
RFD 1, BOX 30
N. PENOBSCOT, ME 04476

OR CALL 326-9097 EVENINGS

**SPECIAL EVENT: WALK RACE STARTS AT 9:00 A.M. SHARP
AWARDS TO TOP THREE FINISHERS OVER 50 YEARS OF AGE

COMPLETE RESULTS IN MAINE RUNNING AND OUTING MAGAZINE

FULL NAME _____

AGE _____ SEX _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

T-SHIRT SIZE S__ M__ L__ XL__, CHILD _____.
(Additional T-Shirts $5.00/each)

In consideration of your accepting this entry I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims of damages I may have against any sponsor, their representatives, successors and assigns for any and all injuries suffered by me at said race.

Signature: _____

Parent's Signature (participants under age 18): _____

Return with payment to: NBAC, RFD 1, Box 30, Penobscot, Maine 04476

3RD ANNUAL 10 K

BELGRADE LAKES COUNTRY FAIR 10-K RUN

IN MEMORY OF MARIE MACARTHUR

SATURDAY, JULY 18, 1987, 9:00 A.M.

TROPHIES 1ST AND 2ND PLACE IN 9 CATEGORIES - FREE T-SHIRTS FIRST 50 ENTRANTS.

COURSE: 10 Kilometer, 6.2 miles - certified course - through beautiful Belgrade Lakes Area.

SPONSOR: Belgrade Lakes Regional Health Center

FACILITIES: Changing facilities & restrooms at Belgrade Lakes Recreation Center - medical assistance - water & aid stations - splits - results published in Maine Runner.

ENTRIES: $5.00 - payable to:
Belgrade Lakes Regional Health Center

Entries $6.00 on day of race.

Registration in front of Day's Store, 8:00 A.M., July 18, 1987

Send entry form and fee to: Bob Garrett
P.O. Box 11
Belgrade, Maine 04917

NAME_____

ADDRESS_____

Sex M__ F__ (Age___on July 18, 1987) T-Shirt S__M__L__XL__

WAIVER

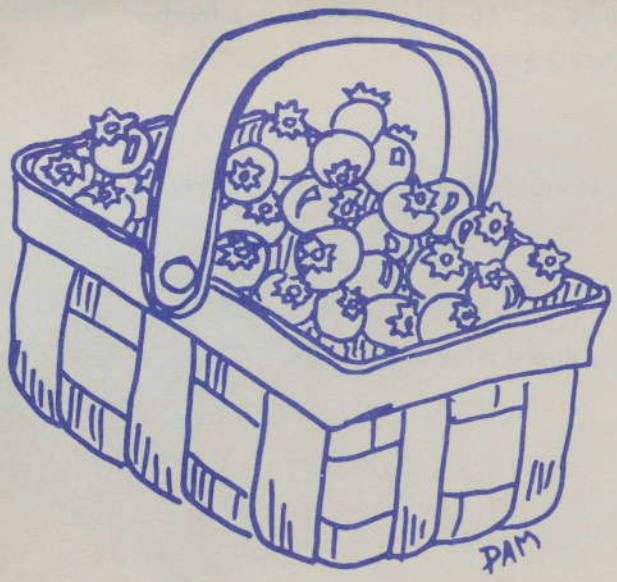
I for myself and my heirs, executors and administrators, waive and release any and all rights on claims for damages I might have against the organization hosting the Belgrade Lakes Country Fair 10 K Road Race, its agents, representatives, successors and assigns, including the members of the Board of the Belgrade Health Center, the race director, for any and all injuries suffered by me at said road race

Signature_____

Parent Signature_____

(if under 18, necessary)

amber of Commerce
501
laine 04294



THE ANNUAL
BLUEBERRY FESTIVAL
WILTON, MAINE
August 14, 15, & 16, 198

Sponsored By
Wilton Chamber of Commerce
Backus Garage Inc.
Wilton Lions Club

SUMMARY OF EVENTS

FRIDAY

10:00a.m. Blueberry Bazaar at Congregational Church.

10-4 Book Sale-Wilton Public Library

5-6:30p.m. Chicken Barbecue at Congregational Church.

6:45p.m. Game Night at Legion Hall.

7:00p.m. Blueberry Festival Pageant at Academy Hill School.

SATURDAY

9:00a.m. One mile race starts at park.

9:10a.m. 10K Race starts near park.

9:15a.m. 4K Race Walk starts near park.

11:00a.m. Parade starts across from Legion Hall thru Downtown to the Lake.

All Day Golf Open

12:30p.m. Swim Meet at park.

2:00p.m. Croquet Tournament at park.

3:00p.m. Children's Program at park.

6:30p.m. Alumni Dinner, Acad School.

8:00p.m. Alumni Pageant.

8 - 11p.m. Street Dance at Bass Par

SUNDAY

Golf Open continues...

9 - 4 Art Show at Bass Park.

1:00p.m. Concert at Bass Park.

10 - 1 Model Boat Show.

for further details continue

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for further details continue

WILTON BLUEBERRY FESTIVAL

August 14, 15, & 16, 1987

FRIDAY, AUGUST 14, 1987

10:00a.m. Blueberry Bazaar, 1st. Congregational Church, UCC, Main Street. (Come early for best choices.)
Blueberry breads and cakes featured at food table. Tables for: Paintings, Tinware, Photography, Quilts, Stuffe Animals, Knitted Goods, Plants Flowers, Fresh Vegetables and White Elephants.
Children's world with Games, Crafts and other Activities for Children.

10-4 Book Sale, at Wilton Public Library - New, used books, records, magazines & puzzles.

5-6:30p.m. Chicken Barbecue, 1st. Congregational Church. (eat in or take out).

6:30p.m. Drawing of Prizes, 1st. Congregational Church.

6:45p.m. Game Night at Wilton Legion Hall, E. Wilton Road.

7-9p.m. Blueberry Festival Pageant at Academy Hill School.

SATURDAY, AUGUST 15, 1987

7:45 - 8:45a.m. REGISTRATION for all Races at Kineowatha Park Lodge in Wilton.
PREREGISTRATION by mail. Shirts for Racers given out by registration order.

BLUEBERRY FESTIVAL RACES

Sponsored by BACKUS GARAGE, East Wilton, ME
TAC CERTIFIED 10K COURSE

9:00a.m. KIDS ONE MILER starts near Kineowatha Park entrance and ends in downtown Wilton. BLUE-BERRY FEST T-shirts to the first 100 entrants. Popsicles for all finishers. Prizes for winners. (see below)

9:10a.m. BLUEBERRY FESTIVAL 10K starts. The TAC certified course circles Wilson Lake. BLUEBERRY FESTIVAL T-sh first 70 entrants. Popsicles for all finishers. Prizes for winners. (see below).

9:15a.m. RACE WALKING - young and old, fast and slow, all welcome. BLUEBERRY FESTIVAL T-shirts to first 20 regist Prizes for winners. (see below).

9:20a.m. One Miler awards presented near finish line. Raffle prizes drawn by entry forms, awards for 10K and Race Walk fol 10:30.

Race Award Catagories, Male & Female: 10K - (56 & over) (40-55) (30-39) (19-29) (18 & under).
One Mile - (7 & under) (10-11) (12-14), lst. Wilton Resident.
Race Walk - (16 & under) (17-35) 36-54) (55 & over).

Grand prize for 1st. Man and 1st. Woman in 10K - A pair of Hersey Custom Running Shoes.
Other prizes two deep in Men's 10K divisions, one deep in Women's divisions. Special prize for oldest finisher.

Complete Results in Maine Running & Outing Magazine

10:00 - noon WILTON FARM AND HOME MUSEUM open at Kineowatha Park.

11:00a.m. Parade starts at Park and Maple Streets, ending at foot of Wilson Lake. Hosmer-Edwards Post No. 117 American Legi provide color guard and color bearers for parade.

FOOD VENDORS at most events Saturday and Sunday.

12:30p.m. INVITATIONAL SWIM MEET - Kineowatha Park Beach.
Wilton White Caps, and other area Recreational Swim Teams under the direction of David Trask.

2:00p.m. Croquet Tournament at Soccer Field, Kineowatha Park.

3:00p.m. Children's Program at Kineowatha Park.

6:30p.m. Alumni Dinner, Academy Hill School.

8:00p.m. Alumni Pageant in Academy Hill School Alumni Gym.

8:00 - 11:00p.m. Street Dance at Bass Parking Lot, sponsored by Wilton Volunteer Fire Department.

SUNDAY, AUGUST 16, 1987

18 HOLE BLUEBERRY GOLF OPEN - Saturday 15th & Sunday 16th. Point play open to men & women. Prizes give Gross and Net, pool split in accordance with the number of entries in each division. If you have a handicap bring your ca will play Calloway System.

10:00 - 1:00p.m. MODEL BOAT SHOW on Wilson Lake.

11:00 - 4:00p.m. ART SHOW by Local Artists. Registration 9-11, Show 11-4, Judging at 11.

1:00p.m. CONCERT IN THE PARK. Bring your lunch and enjoy the music and view of Wilson Lake on the grass at Bass Pa

1:00 - 4:00p.m. WILTON FARM AND HOME MUSEUM open at Kineowatha Park.

DOWNTOWN SPECIALS (check windows)

SAILBOARDS AND SAILBOATS WELCOME TO SAIL THE LAKE

WILTON BLUEBERRY FESTIVAL APPLICATION FORM

For Road Races, Race Walking, Parade, Golf & Croquet
August 14, 15, & 16, 1987

NAME: _____ AGE _____ SEX _____

ADDRESS: _____ PHONE: _____

Use separate entry form for each event you wish to enter. **FEEL FREE TO DUPLICATE THIS ENTRY BLANK.**

Please check:

Tee Shirt Size: Adult - ☐ Meduim ☐ Large ☐ X-Large (Shirts run small)
Childrens - ☐ 10 - 12 ☐ 14 - 16 ☐ Small adult

☐ CROQUET, Fee $2.00/person 16 & over - $1.00/person 15 & under. (Shirts donated by Forster Mgf. Co.)
☐ 10K ROAD RACE, Fee $5.00, send fee and form to Bill Yates, Box 525, Wilton, ME 04292, Tel. 645-4623.
☐ ONE MILER (14 and under), Fee $2.00 - send fee and form to Bill Yates.
☐ RACE WALKING, Fee $3.00 - send fee and form to Bill Yates.
☐ GOLD OPEN, Fee $2.00 + Green Fees for non-members. Rick Davis Tel. 645-2431.
☐ PARADE, Send form to Lucy LaRoche, Box 528, Wilton, ME 04294, Tel. 645-3363 or leave at V&S Variety Store.

Risk of personal injury from participating in any of the events is assumed by the registrant.

Signature _____
(Parent or Guardian of Entrants under 18 must sign)

PAT'S PIZZA

5 5

presents

CLASSIC 1987

Five Mile Run

SATURDAY JULY 18th @ 8:00 a.m.

T-SHIRTS TO ALL REGISTRANTS

PRIZES FOR FIRST - 5 MALES & 3 FEMALES

COME WITH FAMILY OR FRIENDS AND ENJOY THE DAY OR WEEKEND AT THE *YARMOUTH CLAM FESTIVAL*

LOCATION

Yarmouth, Maine: Start and finish in front of Town Hall on Main Street. Course is mostly flat, with a few rolling hills and a scenic half mile along the forested foot path beside the Royal River.

— CERTIFIED —

- SHOWERS AND LOCKER ROOMS AVAILABLE AT YARMOUTH HIGH SCHOOL -

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Age Categories

15 & Under	Male/Female
30 - 34	45 - 49
35 - 39	50 - 59
40 - 44	60 - up

RACE LIMITED TO 500 RUNNERS

Refreshments served after the race.

Results will appear in Maine Running and Outing Magazine.

Held in conjunction with the Maine Track Club.

COUNTY CYCLE CLASSIC

Van Buren to Caribou, Maine

"24 Miler"

Sunday, 12 July 1PM Start; Registration 11:30 AM

Gateway School, Van Buren

$8 Pre-register, $10 Race Day

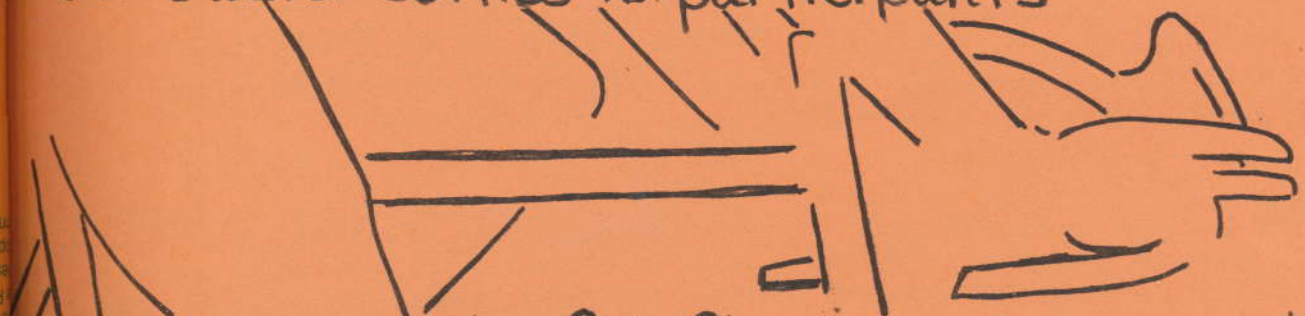
T-Shirts first 50 Registered

Awards: Male/Female Winners — $50 gift certificates at the "SKI (Cycle) Shop", Van Buren, Maine

Divisions: Male - 18 & under, 19-39, 40-59, 60 & over (1st & 2nd)

Female - first 4 finishers

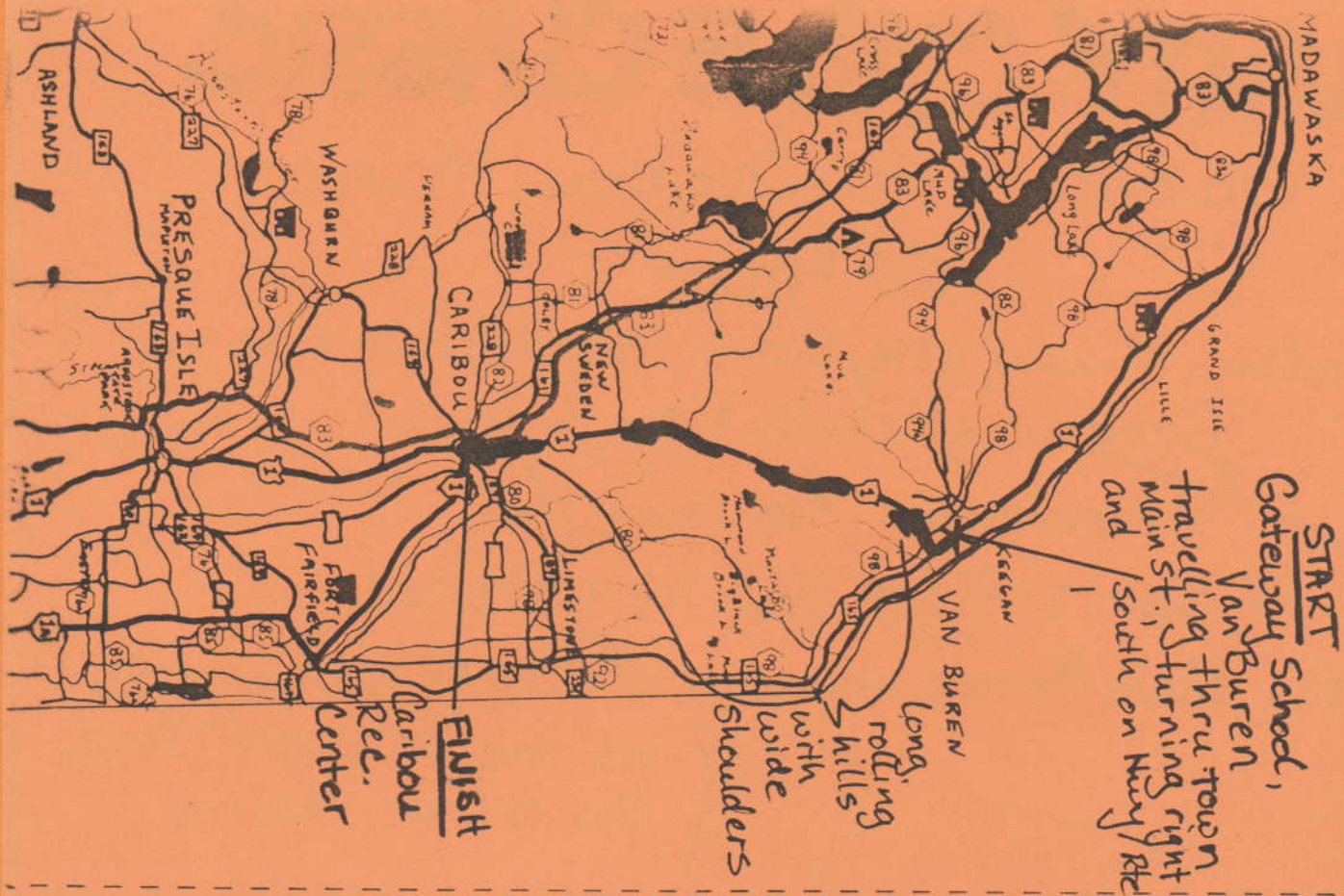
Coca-Cola water Bottles to participants



Sponsored by: The SKI Shop, Van Buren and Coca-Cola, Presque Isle

Organized by:

Caribou Parks & Recreation Department



COUNTY CYCLE CLASSIC
REGISTRATION FORM

NAME _____ AGE _____ SEX _____ DIVISION _____

ADDRESS _____ PHONE _____

_____ T-SHIRT SIZE: S M L XL

RELEASE FORM

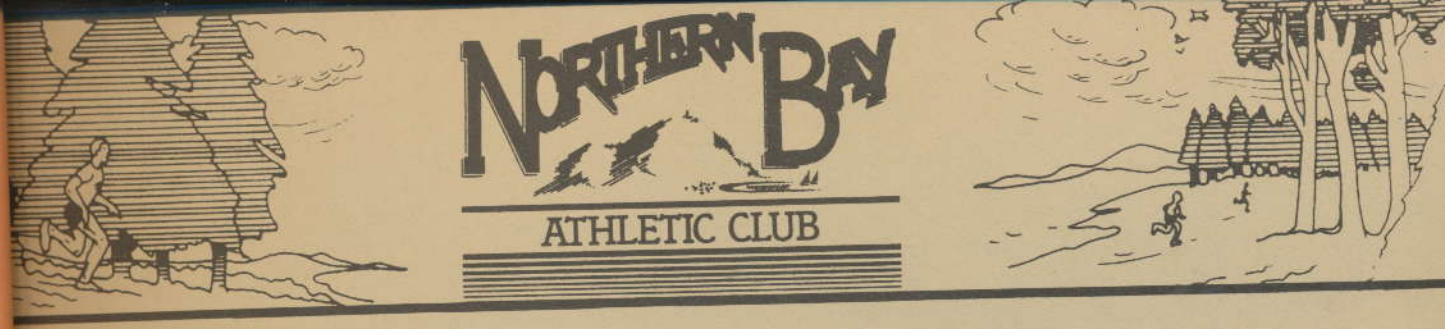
I, _____ of _____
do hereby remise, release and forever discharge the City of Caribou, its
bitants, agents or employees, of and from any and all manner of actions,
of actions, suits, proceedings, debts, dues contracts, judgements, damag
claims and demands whatsoever in laws or equity, which against have or
my heirs, executors or adminstrators hereafter can, shall or may have,
or by reason of my participation in the so co-called County Cycle Classi
I further acknowledge that no representations as to the conditions, natu
or hazards of the County Cycle Classic course has been made to me by the
of Caribou, its representatives, agents or employees, and assume all ris
responsibilities for injury to myself and others and any property damage
may result from my particiapation in said event. I also certify that I
AMATEUR.

_____ _____
Witness Applicant

_____ (parent of guardian if participant is
parent/guardian under 18 yrs. of age)

Make checks payable to: Caribou Parks & Recreation Dept.; send to: 59 Dr. Caribou, ME 04736 For furtherinformation, (207)498-3158/59

Complete results will be in the Maine Running & Outing Magazine



SCRIVELSBY
4 MILE CROSS-COUNTRY
CRITERION!

- SATURDAY, JULY 11, 1987, RACE STARTS @ 10:30 A.M.
- START AND FINISH: SCRIVELSBY ESTATE, PETERS POINT, BLUE HILL. GORGEOUS SETTING — OUR MOST REFRESHING RACE!
- 3 AWARDS IN THE FOLLOWING AGE CATEGORIES FOR BOTH MALE AND FEMALE: <14, 15-19, 20-29, 30-39, and 40 >, SPECIAL OPEN WALK RACE.**
- SLIDE SHOW OF RACE PRECEDING AWARD CEREMONY. COLOR ACTION PHOTOS $10.00/EACH.
- GOLD TRI-COT RUNNING SHORTS FOR THE FIRST 30 REGISTRANTS.
- SHRIMP FEED AND COMPLIMENTARY GLASS OF CHAMPAGNE (ALCOHOL FREE) FOLLOWING THE RACE.
- SEA-SIDE ESTATE SWIMMING POOL.
- REGISTRATION $8.00/PERSON (NBAC MEMBERS /$6.00).
- PRE-REGISTER BY MAIL: NORTHERN BAY A.C.
  RFD 1 BOX 30
  N. PENOBSCOT, ME. 04476

OR CALL 326-9097
EVENINGS

SPECIAL EVENT: WALK RACE STARTS AT 9:00 A.M. SHARP
AWARDS TO TOP THREE FINISHERS OVER 50 YEARS OF AGE

COMPLETE RESULTS IN MAINE RUNNING AND OUTING MAGAZINE

L NAME _____

_____ SEX _____

LING ADDRESS _____

_____ STATE _____ ZIP _____

RT SIZE S__ M__ L__ XL__.

Scrivelsby CROSS COUNTRY Criterion! BLUE HILL ME

onsideration of your accepting this entry I, intending to be legally bound, hereby for myself, heirs, executors and administrators, waive and release any and all rights and claims of damages y have against any sponsor, their representatives, successors and assigns for any and all ries suffered by me at said race.

Signature: _____

ent's Signature (participants under age 18): _____

rn with payment to: NBAC, RFD 1, Box 30, Penobscot, Maine 04476

THE FIFTH ANNUAL SHIPBUILDERS TRIATHLON

WHEN? Sunday, July 5th, 1987 at 9:30 A.M.

WHERE? City Waterfront Park in Bath, Maine.

WHO? Anyone 13 years of age or older. You may enter as an individual of as part of a three-person team.

WHAT? The race consists of three parts;

SWIM - approximately 2 kilometers in the Kennebec River. Mean temperature for this date is 64 degrees and the tidal current averages 3-4 knots in the direction of the swim. Lifeguards and lifeboats will be provided.

BICYCLE - 40 kilometers (about 25 miles) through north and west Bath. Terrain is hilly with some sections of rough pavement. Water and aid stations will be provided approximately every 3 miles, and all intersections will be controlled and guarded. Course length will be marked in kilometers. Race leaders will be preceded by a squad car. Course map provided with race packets. Helmets will be mandatory.

RUN - Ten kilometers (about 6.2 miles) through north Bath. All intersections will be guarded and controlled with water and aid stations approximately every two kilometers. Course will be marked in kilometers. Terrain is hilly and pavement is good. Course map provided with the race packets.

WHY? Because! (or why not?)

Race packets will be mailed out by June 15th and will include course maps, directions, and itinerary. Entry fees are $15.00 per individual and $40.00 per team. All proceeds go to Bath Heritage Days. Please make checks payable to Bath Area Chamber of Commerce. Awards will be presented in the following categories and many others:

TEAMS	MEN	WOMEN
Mens	13-18	13-18
Womens	19-29	19-29
Mixed	30-39	30-39
	40-49	40-49
	50 up	50-up

1st Place Individual - Male and Female.

For more information, please write or call: (207-443-9751)

The Shipbuilders Triathlon,
c/o Bath Area C/C
45 Front St., Bath, Me. 04530

FIFTH ANNUAL SHIPBUILDER'S TRIATHLON
JULY 5TH, 1987, 9:30 A.M.
BATH, ME.

Name_____

Address_____

_____

_____

Age on 7/1/87_____ Sex_____ Shirt size (S,M,L,XL)____

Category (check one) Individual___ Team____ Mixed Team___

If you are entering as part of a team, enter classification below;

Swim_____ Bicycle_____ Run_____

If you plan to enter as a team, please send three entry forms filled out individually by each member of the team. Each form must be signed. Team entry fee is $40.00.

Entry fee for individuals is $15.00. Fees are non-refundable after June 13th, 1987. Please make checks payable to Bath Area Chamber of Commerce. Send completed entries to THE SHIPBUILDERS TRIATHLON, c/o Bath Area Chamber of Commerce, 45 front St., Bath, Me. 04530.

ALL ENTRIES MUST BE IN BY JULY 3rd, 1987 - NO LATE ENTRIES!

I, hereby, for myself, my heirs, and executor, waive and release any and all claims for damages I may have or acquire against promoters, sponsors, or staff of this event for any and all injuries suffered by me during this event. I also acknowledge that I have sole responsibility for my possessions during this event. I hereby agree that in the event of a race cancellation due to a storm, rain, inclement seas of weather, winds or other "Act of God" conditions my registration shall be forfeited.

signature_____

signature of parent or guardian if under 18;

_____

☐ The course is the same as last year, please check here if you wish to receive map packets.

11TH ANNUAL BRIDGTON

ON THE Fourth ROAD RACE

Come and enjoy a New England 4th of July celebration in Bridgton, Maine
RACE • FOLLOWED BY PARADE • FIREWORKS • CONCERT

"One of the world's 50 top summer races" — *Runner Magazine*

WHEN & WHERE: 8 A.M. July 4, 1987 at Main St. & Rte. 117.
Pick up runner's packets by 7:45 at Stevens Brook Elementary School.

SPONSORS: Sportshaus • Norway Savings Bank • Down East, Inc.
Chalmers Insurance Agency • Bridgton Pharmacy
Macdonald Motors • McIver's Electric • The Bridgton News • Pleasant Mountain

BENEFIT: Bridgton Library Children's Room

COURSE: 4 Miles — National TAC Certification no. ME-85019-GN
(See Map on Back)

FEE: $5.25 Pre-Registration • $6.25 Post-Registration

REGISTRATION: Pre-Reg. **By Mail** — Entries Must be received by July 1
In Person — At Sportshaus, Main St. by July 3
Post-Reg. 6:00-7:45 A.M., July 4 at Stevens Brook Elementary School

Digital Clock, Computer Timing, Results, and Finish Line Management by: **GRANITE STATE RACE SERVICES**

AWARDS: • Silk Screened T-Shirts To First 500 Entries

Generous Prizes To First 5 Men and Women (See Back)

- Plaques to First Three — Men & Women in the following age groups: 10 & under, 11-13, 14-18, 19-29, 30-39, 40-49, 50-59, 60 & up
- Free Massages at Finish Provided by Members of Maine Massage Guild

Many prizes will be given away from 9:00 until the awards ceremony is over. All runners are eligible. You must be present to win. (Save Your Racing Numbers.)

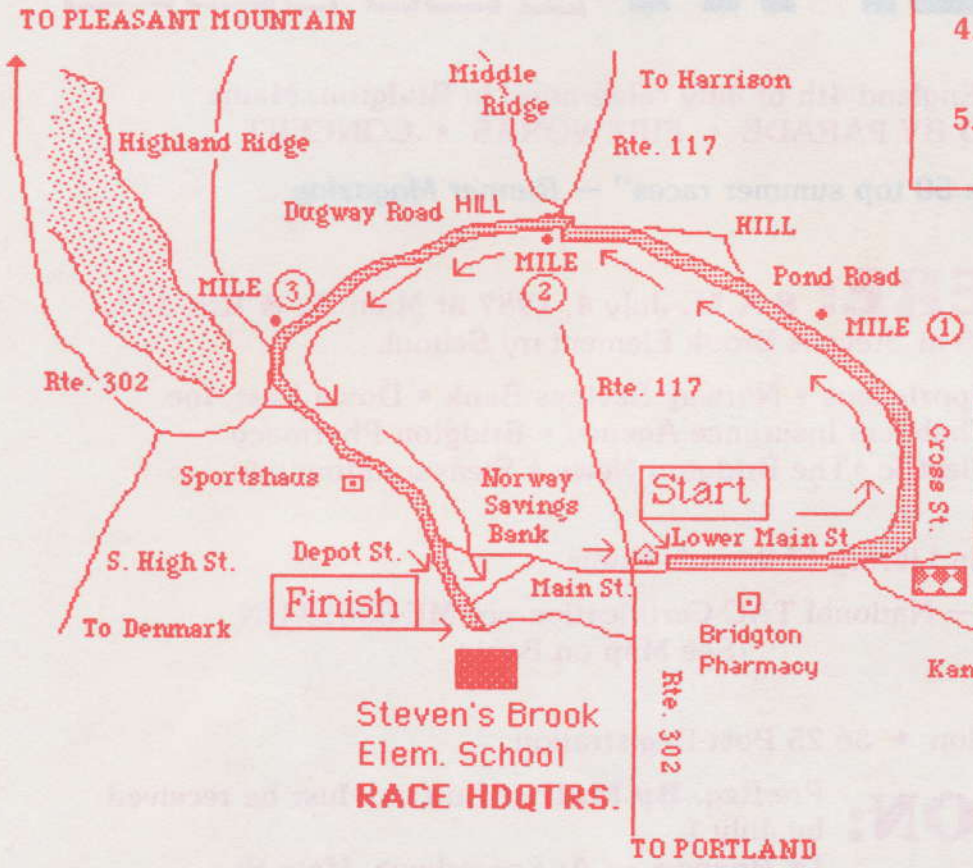
Sprays On Right After 1st and 3rd Miles
Splits At 1, 2, and 3 Miles
Water Available At 2 Miles And Finish
Complimentary Snack at Finish Line

Runner's Numbers Must Be Picked Up At
Stevens Brook Elementary School
6:00-7:45 Day Of Race

Finish Line Informati

1. Enter the chute after crossing th line.
2. Awards Ceremony — About 9:3
3. Complete Results Will Be Publis *Maine Running and Outing Mag*
4. Results Of All Runners Will Be At: Sportshaus, IME — No. Co
5. 1986 — 648 Finishers

4 Mile Certified Cours
Hilly Macadam Surfac



COURSE RECORDS

Misa Fossas — 19:21.9 (19
Leslie Bancroft — 22:46 (19

REFRESHMENTS SOLD TO BENEFIT
THE LAKE REGION YOUTH SOCCER ORGANIZATION

AWARDS:

BRIDGTON 4 on the 4th Entry Form — July 4, 1987

I consideration of acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators waive and release any and all claims for damages against the Bridgton Public Library, the sponsors, and the directors of the race as well as their assigns, representatives and successors for any and all injuries and illnesses which directly or indirectly result from my participation in this race. I attest and verify that I am physically fit and have sufficiently trained for this event. Further, I hereby grant full permission to any of the foregoing to use any photos, videotapes or any record of this event for any legitimate purpose.

NAME: _____ SEX: M F AGE: _____
As of 7-4-87

STREET: _____ CITY/STATE: _____

Runner's Signature _____ Parent or Guardian's Signature if Under 18 _____

SEND FORM & $5.25 ENTRY FEE TO:
(CHECK PAYABLE TO JAY SPENCINER)
Forms by mail must be received by July 1st

JAY & LORAINE SPENCINER, RACE DIRECTORS
RFD 2, BOX 2
BRIDGTON, ME 04009

BATH HERITAGE DAYS ROAD RACE

BATH, MAINE

SATURDAY, JULY 4th — 8:30 A.M.
1.5 MILE FUN RUN — 5 MILE RACE

REGISTRATION:

Pre-register by mail or at the Bath City Hall on Front Street the day of the race from 7:00 to 8:00 a.m.

COURSE:

5 mile course is very challenging. 5 mile race starts on Front Street near City Hall. 1.5 mile run begins at Municipal Boat Ramp on Bowrey Street. Both end at City Hall.

ENTRY FEE:

$6.00 Pre-Registration
$7.00 on race day
* Note: 60 and above free registration

T-Shirts will be given to the first 75 pre-registrants in the 5 mile race and the first 25 pre-registrants in the 1.5 mile fun run.

First and Second place awards will be given in the following Divisions for men and women in both races: (unless indicated)

DIVISIONS FOR 1.5 MILE FUN RUN

10 - under
11 - 14
15 - 19
20 - 29
30 - 39
40 - 49
50 - 59
60 - above

DIVISIONS FOR 5 MILE RACE

14 and under
15 - 19
20 - 29
30 - 39
40 - 49
50 - 59
60 - above

Refreshments available after the rac

Complete results in
Maine Running & Outing magazin

SPONSORED BY:

BATH RECREATION DEPARTMENT
(207) 443-4761

$2.00 from all entries will go to the Wendy Pooler Scholarship Fund at Morse High School

(PLEASE PRINT) OFFICIAL ENTRY FORM

Name _____

Address _____

City _____ State _____ Zip Code _____

Age _____ Sex _____ 1.5 _____ 5 mile _____

Return Entry Form With Fee To: Bath Recreation Department
4 Sheridan Road
Bath, Maine 04530

T-SHIRT SIZE S M L XL

In consideration of this entry being accepted I, myself, my heirs, executors, administrators wa and release any and all claims for personal dam I may have against officials and race sponsors. attest and verify that I have full knowledge of risks in this event and I am physically fit to participate in this event.

Signature: (Parent's signature if under 18 years

_____

L.L.Bean®

10KM & 1 Mile FUN RUN!
4th of July Road Races
Saturday, July 4th

PRIZES: SPONSORED BY L. L. BEAN, INC.

- **$100 L. L. Bean Gift Certificate:**
  For first male & female finisher in 10 km race.
- **Hand Carved Trophies:**
  Available to top three finishers in all other divisions.
- **T-shirts (100% cotton) to the first 600 registrants.**

SPECIAL BONUS:

$100 L. L. Bean Gift Certificate:
For first male to break 30.15 and first
Female to break 34.15 in the 10 km race.

TIME:

10 km starts at 7:30 AM sharp (registration 6:00-7:15)
1 mile starts at 8:45 AM sharp (registration 6:00-8:30)

REGISTRATION:

10K: $5.00 Fee. Register at the Retail Store by July 2nd by mail, postmarked no later than June 27th.
$6.00 day of race.
The "Main St. Mile": $3.00
Registration and Number Pickup the day of race at:
Freeport Town Park, Bow St. (see map on back)

COURSE RECORDS:

10 km - Men: Hank Pfeifle, 30.25 (1983)
Women: Joan Benoit Samuelson, 34.25 (1985)

T.A.C. Certified Course
#Me-86005-GN

DIVISIONS:

FOR 10 KM RACE:

Men's Open
Men's 30-39
Men's 40-49
Men's 50-59
Men's 60 and up
Men's L. L. Bean Employee
Women's Open
Women's 30-39
Women's 40-49
Women's 50-60
Women's 60 and up
Women's L. L. Bean Employee

FOR 1 MILE FUN RUN:

No times or places will be recorded. Prizes will be awarded from a drawing of names out of a hat, must be present to win. Awards at 9:15am in the town park.

Organized by the
Maine Coasters,
L. L. Bean Running Club.

Wheel Measured | **Electronic Timer** | **Big Digital Clock At Finish** | **Rest Rooms** | **Refresh-ments**

Look for full race results in the August "Maine Running and Outing"

REGISTRATION FORM:

Signature _____

Name _____
Street Address _____
City _____ State ____ Zip _____
Phone _____

✓ If for 1 mile _____ ✓ If employee _____
T-Shirt size _____ Age _____ Sex _____

RACE WAIVER:

I agree to assume all responsibility for all risk or damage or injury that may occur to me as a participant in the L. L. Bean Road Race. I also state that I am physically fit and sufficiently trained for this event.

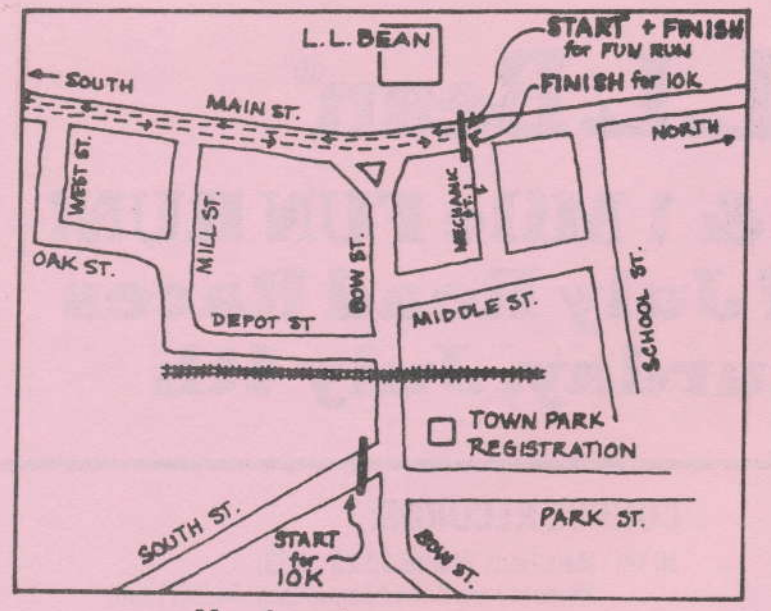
_____
Signature of (Parent or guardian if runner is under 18)

FOR ADDITIONAL INFORMATION CONTACT:

RACE DIRECTOR: Brian Hall (207)865-4761 (Ext. 2043 or 2356

*** Make Check Payable and Send to:** L. L. BEAN, INC., ROAD RACE, FREEPORT, ME 04033 (Map on Back)

ROAD MAP for L. L. Bean 4th of July Road Races

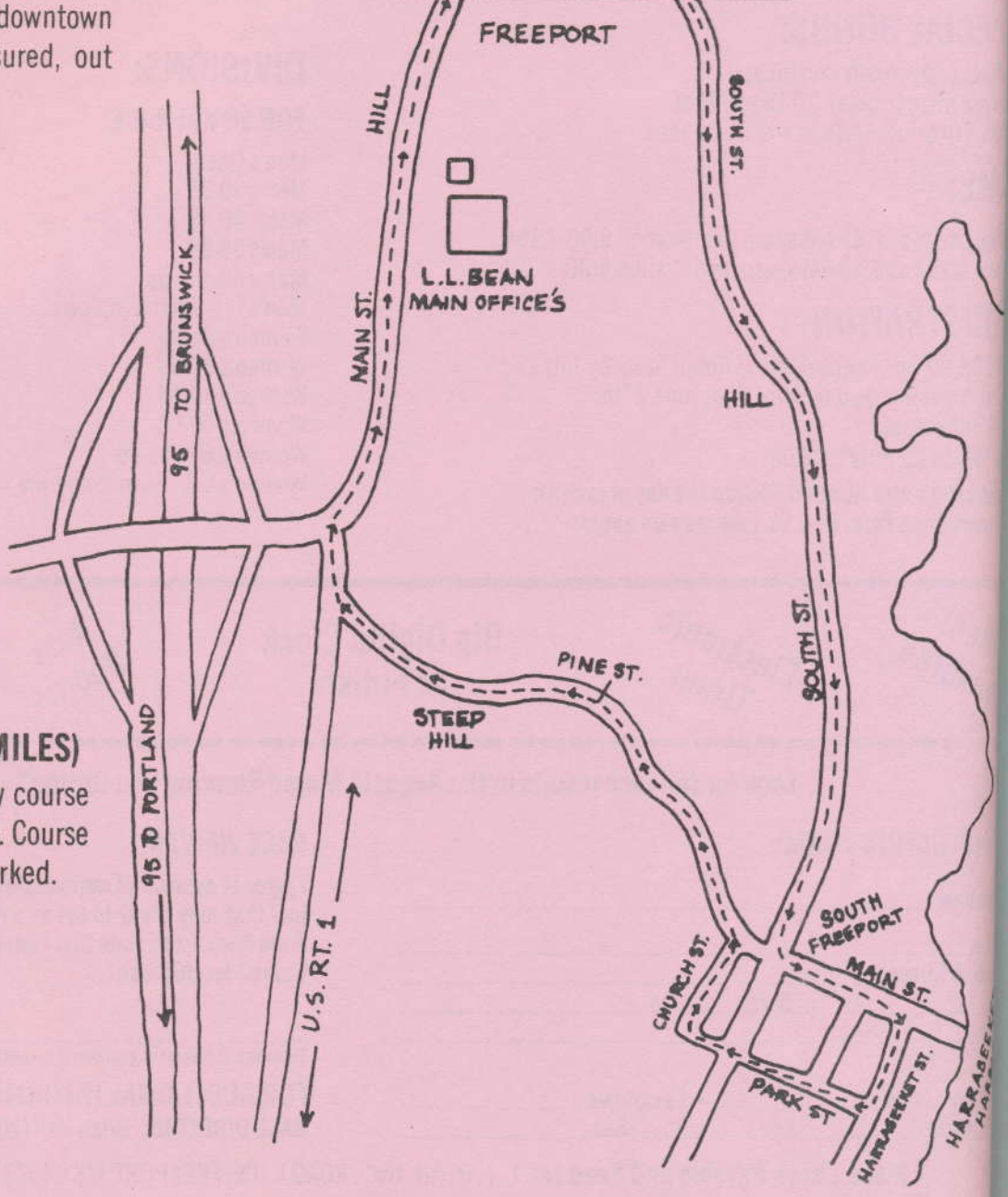


Map Insert

See Insert

1 MILE FUN RUN:

The "Main St. Mile" in downtown Freeport. A Tape measured, out and back course.



10 KM COURSE (6.2 MILES)

A scenic, moderately hilly course with plenty of water stops. Course clearly and accurately marked.

pottle hill ROAD RUN 10KM

"New England's Toughest 10 km"

Event:	Sixth Annual Pottle Hill 10 KM and Fun Run
Date:	Wednesday, June 24, 1987
Time:	One Mile Fun Run (prizes 12 under) - 5:45 p.m. 10 KM Road Run - - - - - - - - - - - - 6:30 p.m.
Course:	A hilly, scenic run up and down Pottle Hill over secondary and dirt roads; well marked; wheel measured; water stations; split times. Fun Run is a flat, straight one mile dash.
Time to Beat:	34:01 (Dennis McWhorter, 1985)
Awards:	Immediately following 10 KM
Facilities:	There is room to change; no shower facilities. Refreshments available after races.
Fees:	Fun Run - $2.00 10 KM Race - $5.00
Registration:	Use form on rear. Free Hats to first 50 registrants.
	Day of race - Fun Run 5:00 - 5:30 p.m. 10 KM 5:45 - 6:15 p.m.
Location:	73 Main St., (Mechanic Falls Town Square) Mechanic Falls, Me.

COMPLETE RESULTS IN MAINE RUNNING & OUTING MAGAZINE

SIXTH ANNUAL POTTLE HILL 10 KM AND FUN RUN

JUNE 24, 1987

5:45 p.m. ONE MILE FUN RUN
6:30 p.m. MEASURED 10 KM ROAD RUN

- -

Name _____ Age _____ Sex _____

Address _____

I hereby release the race sponsors and directors from any responsibility for my participation in these events.

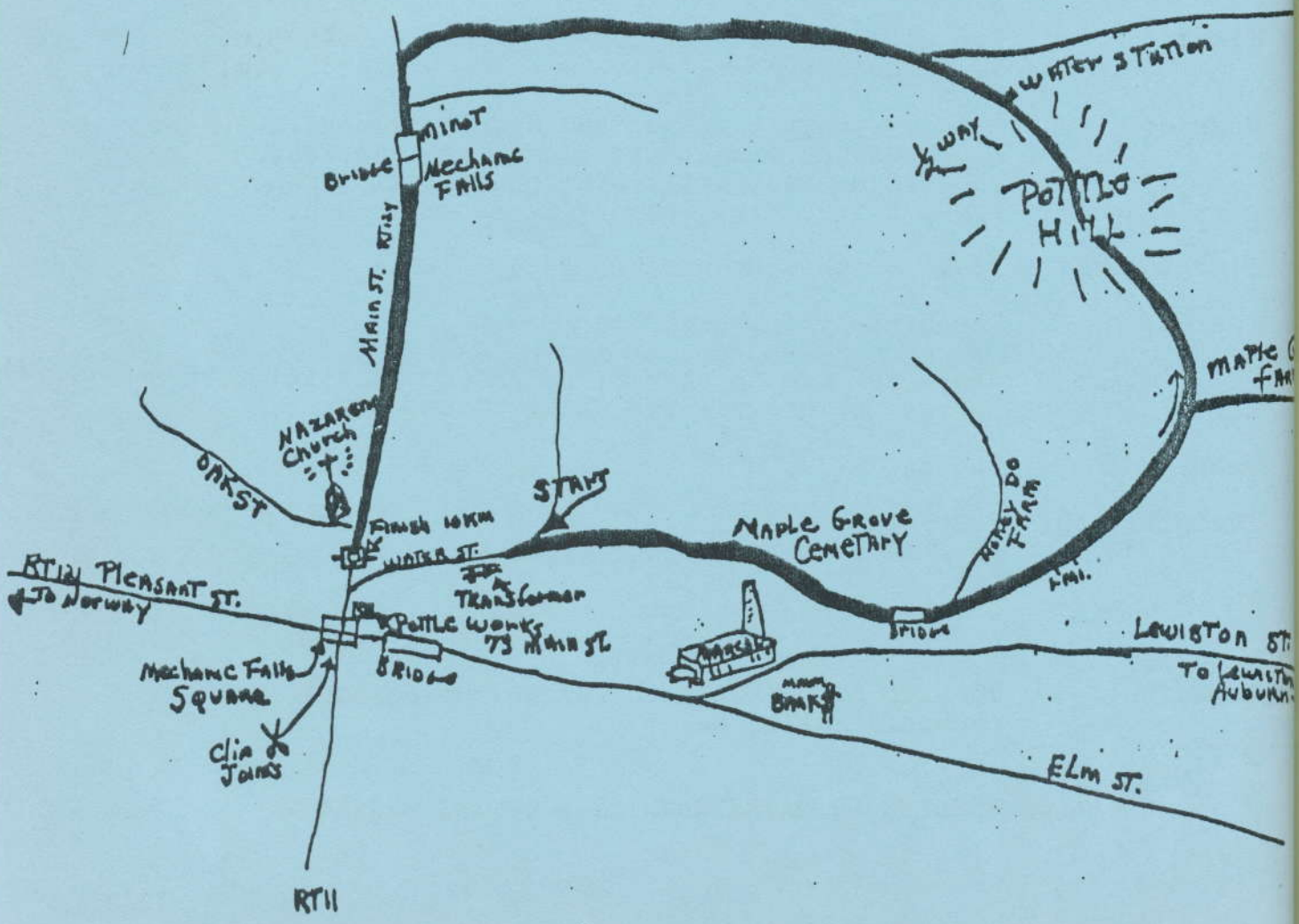
_____ _____
If under 18, parent/guardian Signature

Make checks payable to: Pottle Hill Road Run
P.O. Box 96
Mechanic Falls, ME 04256

Tel: 345-5851

Enclosed: _____$2.00 for Fun Run _____$5.00 for 10KM

- -



NORTHERN BAY
ATHLETIC CLUB

MOUNTAIN TO THE SEA

TRIATHLON

Blue Hill, Maine June 27, 1987

RUN-10K

Cross-Country, Moderately Hilly, 600 Ft. Drop in Elevation, On and Off Road

CANOE-2.5K

On Blue Hill Harbor, Out and Back Loop Around Inner Islands-Patrolled.

CYCLE-16K

Gradual Climb Out to Half Way Point, Rolli Hills All the Way Back Finish at Blue Hill Fairgrounds.

Note: Teams and Individuals Must Supply Own Equipment, i.e. Bicycle, Canoe, Safety Gear For Both.

EIGHT AWARD CATEGORIES

1. 1st Place Individual Masters-Special "Brass Orbs" Award
2. 1st Place Individual Male-Special "Brass Orbs" Award
3. 1st Place Individual Female-Special "Brass Orbs" Award
4. 1st Business Team
5. 1st Family Team (must be related)
6. 1st Women's Team-Open
7. 1st Men's Team-Open
8. 1st Mixed Team-Open (M & F)
9. 1st Junior Team-Open (18 & Under, M and/or F)
10. 1st Place Individual Junior-Special "Brass Orbs" Aw

NOTE: Commemorative T-shirts for all registrants. Indicate sizes with application.

INSTRUCTIONS

- Parking and registration at Blue Hill Fairgrounds (9:00 a.m.). Starting time 12:30 p.m.
- Participants must supply their own equipment including canoe, cycle, riding safety gear U.S.C.G. approved life preservers (mandatory).

NBAC MOUNTAIN TO THE SEA TRIATHLON
A First Class Event

The Triathlon made popular through national coverage of the "Iron Man" competition in Hawaii several years ago has grown in popularity across the country. Maine is no exception, though most of these are far less strenuous versions.

One of the finest events of it's kind offered in this state is Northern Bay Athletic Club's Mountain to the Sea Triathlon. Set in the enchanting coastal village of Blue Hill, this competition is a real gem worth pursuing. The Northern Bay Athletic Club, host for the five year old event, once again displays their reputation of excellent organization and course selection.

The MTS Triathlon begins at the Blue Hill Fairgrounds with a difficult Cross Country 10K run, softened by 3 miles of intermittent, groomed pine woods trails and mowed fields, including a rustic bridge across a mill stream.

Each segment of the race begins or ends in the village, sheltered in the cool shadow of Blue Hill Mountain. The canoe competitors voyage out onto the inner bay from the town park, looping a small island and returning to the town landing. A hearty 2.5 kilometers.

Cyclists will be pleased to know that the original course has been lengthened to 16K, beginning at the landing and finishing back at the Blue Hill Fairgrounds.

The same friendly attitude and aesthetically desireable atmosphere that pervades the tiny town of Blue Hill, carries through to this truly enjoyable event. On and off road trails, unusual awards, a post race drawing for merchandise prizes, and six **team** categories set this Triathlon a notch above some of the more publicized events.

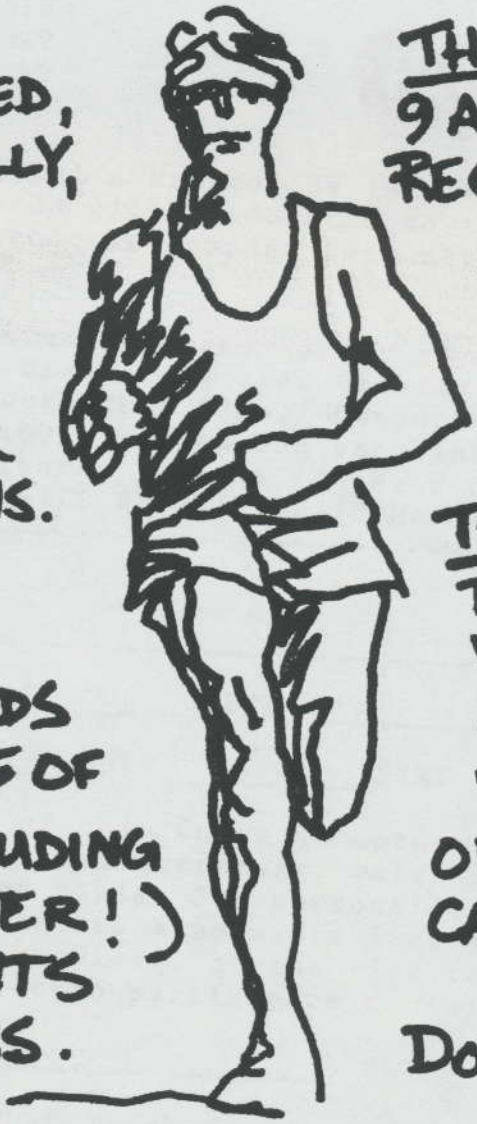
This year's race begins at 12:30 p.m. Saturday, June 27. Check in and registration begins at 9:00. Team categories include family, business, mixed team (male-female), junior team, all male, and all female. Individual categories are male, female, masters and junior. 1987 individual winners and individual record holders are Barry Fifield and Cindy Vokey both of Portland and junior Brian Greenlaw of Blue Hill. Entry fee is $40.00/team and $15.00 for individuals. Food and drink coupons are included in the race packet. Commemorative T-shirts are free to all competitors.

THE 9th ANNUAL PHIPPSBURG FIRE DEPT.

PRE-REGISTRATION (207) 443-3869

FIVE MILE ROAD RACE

THE COURSE:
WHEEL MEASURED, MODERATELY HILLY, SCENIC.
100% TRAFFIC CONTROLLED, SPLITS, WATER AND AID STATIONS.



THE TIME:
9 AM SUNDAY JULY 2
REGISTRATION OPENS AT 7AM AND IS LIMITED TO 200 RUNNERS.

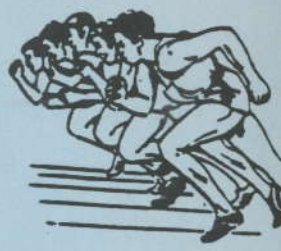
AWARDS:
VALUABLE AWARDS IN A FULL RANGE OF CATEGORIES (INCLUDING FIRST FIREFIGHTER!)
REFRESHMENTS FOR RUNNERS.

THE PLACE
THE PHIPPSBURG VOLUNTEER FIRE HOUSE ON RT 209 7 MILES SOUTH OF BATH (YOU CAN'T MISS IT)

DONATION: $5

RACE WILL BE FOLLOWED BY FIREMEN'S FIELD DAY

HAMPDEN RECREATION



HAMPDEN TRACK CLUB

SUMMER TRACK 1987

HIGHLANDS- 5 K -ROAD RACE

DISTANCE: 3.1 Miles - Certified by Maine T A C
Date: Sunday - June 14 at 9:30 a.m.
Place: Weatherbee School - Hampden, Maine
Entry Fee: $ 3.00 per individual

Prizes: Trophy to the first finisher in each age group male & female, medals to 2nd & 3rd..
12 & under
13 - 15
16 - 18
19 - 29
30 - 39
40 - 49
50 - up
* Special award to the 1st male & female...

SPONSORED by

Queen
SUPPLY COMPANIES, INC.

Proceeds: Proceeds will be donated to the Hampden Track Club and the Hampden Community Playground...

Registration:
Make check or money order payable to Hampden Track Club...Register the day of the race at the Weatherbee School-Hampden between 8:00 a.m. and 9:00 a.m. Map and race information will be distributed the day of the race..RUN FOR FUN...

*COMPLETE RESULTS WILL BE PRINTED IN MAINE RUNNING & OUTING MAG..

NAME: _____

ADDRESS: _____ CITY _____ STATE _____

PHONE: _____ AGE: _____ SEX: _____

In consideration of this entry accepted I, for myself, my heirs, executors, administrators, waive and release any and all rights and claims for personal damages I may have against officals and race sponsors I attest and verify that I have full knowledge of the risk in this event and I am physically fit to participate in this event.

SIGNATURE _____ DATE _____

*PARENTS SIGNATURE IF UNDER 18 years old
** 8.5 MILE RACE SAME DAY SAME TIME SAME PLACE **

ROAD RUNNERS CLUB
R·R·C·A
of AMERICA
Club #137

JOSEPH'S
CLOTHING & SPORTING GOODS

and

CENTRAL MAINE STRIDERS

THE ATHLETICS CONGRESS
TAC USA
Club #480

PRESENT THE 1 ST

"BLOOD, SWEAT & CHEERS 5-K"

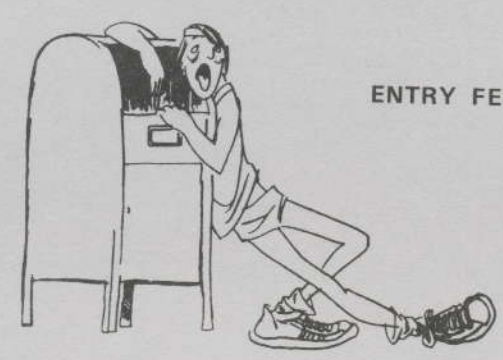
SATURDAY - JUNE 13, 1987

Join us in supporting The American Red Cross blood drive in downtown Fairfield on this flat and fast course that takes you right through Main Street past our sponsor's store, onto Western Avenue before finishing in back of Lawrence High School. There's also all kinds of fun for the family during this "Summer Festival" celebration day with a parade starting right after the race, chicken barbeques and outdoor sales taking place. See you there!

DATE: SATURDAY, JUNE 13th

DISTANCE: 5-K (3.1 miles)

TIME: 10 a.m.
(Race day registration 9 a.m. to 9:45)
American Legion - Main St. - Fairfield



ENTRY FEE: $5.00 (Free T-shirt to 1st 75 Entries)

LOCATION: Starts in front of Legion Hall, proceeds through Main Street left onto Western Avenue.
(Course map at start)

PRE-REGISTRATION	To: Central Maine Striders - P.O. Box 1177 - Waterville, Maine 04901
RACE DIRECTOR	Jerry Saint Amand - (873-6753)
FEATURES	Water at Start & Finish - Time Split at 1 Mile Mark Refreshments Following Race - Awards to 1st Male, Female & Age Group Prizes
FACILITIES	Showers and Changing Rooms at Lawrence High School

---

ENTRY FORM & WAIVER

Name _____

Address _____

Sex ☐ Female ☐ Male (Age _____ on June 13, 1987)

WAIVER

I for myself and my heirs, executors and administrators, waive and release any and all rights on claims for damages I might have against the organization hosting the "Blood, Sweat & Cheers 5-K" Road Race, its agents, representatives, successors and assigns, including the members of the Central Maine Striders, the race director, for any and all injuries suffered by me at said road race.

Signature _____

Date _____ Parent Signature _____
(if under 18 necessary)

The 3rd Annual
PIZZA OVEN SPRUCE RUN 5K

- All proceeds to benefit Spruce Run for Abused Women and Children
- Chronomix timing
- TAC certification applied for
- Mile splits and water stops

SPRUCE RUN
WORKS FOR PEACE AT HOME

- Traffic controlled
- Restrooms at finish
- Awards ceremony and music
- Very fast course, mostly downhill
- Course record, Gerry Clapper, 14:40:4

DATE: JUNE 6, 1987 at 10:00 a.m.

Start: Corner of Union St. and West Broadway in Bangor

REGISTRATION: Race Day from 8:30 to 9:45 a.m. at Union St. Pool

PREREGISTRATION: Mail to Pizza Oven, Spruce Run 5K, 33 Lincoln St., Bangor, ME 04401

ENTRY FEE: $5.00 Preregistration — $6.00 Day of Race

AWARDS: First two male and females in the following age groups:
15 and Under • 16 to 19 • 20 to 30 • 30 to 40 • over 40

Free Pair of Saucony Shoes
For First Place Man and Woman

Saucony

NAME:_____

ADDRESS:_____

CITY:_____ STATE:_____ ZIP:_____

PHONE:_____ AGE:_____ SEX:_____ T-SHIRT SIZE (S, M, L, XL)

In consideration of this entry being accepted I, for myself, my heirs, executors, administrators waive and release any and all rights and all claims for personal damages I may have against officials and race sponsors. I attest and verify that I am physically fit to participate in this event.

Signature _____ Date:_____

*Parents signature if under 18.

★ COMPLETE RESULTS IN MAINE RUNNING AND OUTING MAGAZINE ★

FLYERS IN MAINE RUNNING & OUTING MAGAZINE

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

Send us your flyer by the 10th of the month prior to the issue in which you wish your flyer to appear. The number varies depending on the time of year, but is usually between 900 and 1,200. The current rates are as follows:

$20.00 for 8½ x 11 flyer with the words "Complete results in Maine Running & Outing Magazine."
$25.00 for 8½ x 11 flyer without the above statement.
$30.00 for 8½ x 14 **pre-folded** only!
$30.00 for multiple page and loose insert flyers.
$60.00 for single side 8½ x 11 flyer that we print for you on colored paper.
$85.00 for front and back flyers.
Add $15.00 extra if professional lay-out work is desired.

Best advertising deal around for your race!

WHERE CAN I PICK UP A COPY OF MAINE RUNNING & OUTING MAGAZINE?

If anyone every asks you where they too can get a copy of **Maine Running & Outing Magazine**, steer them to one of the following advertisers:

- OLYMPIA SPORT in South Portland
- SPORTS EAST in Topsham
- THE STARTING BLOCK Hallowell
- THE ATHLETIC ATTIC in the Bangor Mall Auburn Mall,
- HASKELL'S in Bar Harbor
- JAMES BAILEY CO. in Portland
- BATH CYCLE and SKI in Woolwich
- LIFE SPORTS OF MAINE in Ellsworth, Bar Harbor
- GOLDSMITH'S in Bangor, Presque Isle, Auburn
- WIGHT'S in Brewer

Please patronize the stores that keep **Maine Running & Outing Magazine** afloat. We wouldn't be here without them!

ADVERTISING RATES IN MAINE RUNNING & OUTING MAGAZINE

The advertising rates in **Maine Running & Outing Magazine** are down-right incredible.

A full page $65.00 a month	$650 per year
Half page $37.50 a month	$375.00 per year
Quarter page $22.50 a month	$225 per year

There are special rates for 3 months; 6 months, and mixed packages as well.

Planning a large race? 200, 300 or more? Then you need. . .

chronomix

The only way to handle large race fields. $50.00 per race. Call 843-6262 to reserve the machine.

HOW DO I SUBSCRIBE TO **MAINE RUNNING & OUTING MAGAZINE?** All you need to do is send the bottom part of this page to the address on the title page along with a check for $17.50 and we'll send you the magazine for a year.

NAME: _____

ADDRESS: _____

_____ ZIP _____

MAKE CHECKS PAYABLE TO

Maine Running & Outing Magazine

MAINE RUNNING
P.O. BOX 1217
EAST HOLDEN, ME. 04429