June 1993

Issue Number 23 $2.50

Mainely Running

Maine Endurance Sports Coverage

Joshua Tozier & Luke Roy at Togus

MAINELY RUNNING
2 Howards Hill Rd
Brunswick ME 04011

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Margaret W Soule
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EDITORIAL

Running in Maine took a big step forward in 1992 with the formation of ***Team Maine*** by USA T&F (formerly TAC). With primary sponsorship from Poland Springs, the enthusiasm within the women's running community has taken off. Not only have 6 women qualified and committed their team affiliation to Team Maine, but there is a large group of women who have set their sights on meeting the team qualifying standards. Two 5 woman teams are traveling to the Friehofer's 5K National Championship in Albany NY on June 5 to represent Maine.

* * * * * * * * *

Make this your summer to try track running as there will be opportunities galore! The USA T&F development meets are very low key events that provide the ideal opportunity for the back of the packers who may be a bit shy. Many runners treat these as speed workouts and run 3 or 4 events (meet fees are $1). The USA T&F State Championship in Orono on July 10 will offer more serious competition, but there is still much diversity in age and skill level. The Deering Oaks Track Festival (July 23) has become a favorite for the road runner as this evening event offers competition for all age groups. New this year, the Corporate Track Association (MECTA) is offering one running event at each of their meets that is open to the public.

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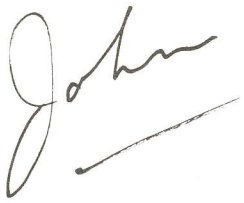
A free Mainely Running T-shirt can be yours. The first 25 to sign up a new subscriber on the form inside will receive a short sleeve T-shirt imprinted with "Friend of Mainely Running."



June 1993

CONTRIBUTORS

Joe Beets
Tim Corcoran
David Crawford
Anne-Marie Davee
Steve Fluet
Catherine Hoffman
Kerry Keenan
Rick Krause
John Mathieu
Gene Roy
Alan Schlemmer
Adrian Wadsworth

RACE RESULTS

Running

Terrier Trot 5mi
S Portland Dare 4mi
Unity College 5K
Star Trek 10K
Rocky Coast 10K
Patriots Day 5mi
Boston Marathon
Rape Crisis 5K
Togus 8K
April Amble 4mi

Bicycling

Alewives Road Race
Streaked Mountain
Rainbow Time Trials

ABOUT THE COVER: Fight to the finish; finish line that is! Try to tell Luke Roy of Oakland and Joshua Tozier of Waterville that this was only a "fun run." The obvious struggle was in the last few feet of the 1 mile fun run at Togus as Joshua, barely edged out Luke.

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Running Calendar

JUNE

4 "Doc's Tavern 3 Miler"-Biddeford-7pm
6 "CAMDEN 10K"-& 1 mile kids run-Camden-9am-Maine Sport-1-800-244-8799-certified-**flyer May & June**
6 "HELEN P KNIGHT"-5K-Caribou-1pm-Art Thompson-325-4979-certified
6 "COBSCOOK BAY 10K"-10am-Jonathan Aretakis-726-5858-certified-**flyer April**
9 "MECTA Meet"-Portland Expo-5:30pm-2mi open to public-Susan Olson-770-2516
12 "BAR HARBOR SPRING 5K"-Bar Harbor-10:30-1mi Fun Run at 9:45-MDI YMCA-288-3511-**flyer May**
12 "GORHAM TRAILS 5K"-Gorham-12 noon-2K for 12 & under at 11am-Robert Frazier-839-6828
13 "COUNTRY KITCHEN 10K"-Auburn-9am-Jim Lawler-YMCA-795-4095-certified-**flyer May**
13 "JOSEPH'S 5K & BICKFORD MILE"-Fairfield-8:00am-David Benn-873-0363-certified-**flyer May**
13 "TWO LAKES ESTATES"-Northfield-5 mile & 5k fun run-10am-Mike Carter-255-3843-**flyer June**
19 "PVH 20TH ANNIVERSITY 5K WALK/RUN"-Lincoln-10am-Paul Smith or Mike Corbin-794-3321-**flyer May**
19 "HARRINGTON HEALTH CENTER 5K"-Harrington-8:30am-Sheila Chretien-483-6512-**flyer June**
19 "MECTA Meet New England Regionals-10:30am-Thorton Academy
19 "Mount Washington Road Race- Gorham, NH- 10am-Granite State Race Services-(603)863-2537
20 "WELLS WEEK 10K"-10am-Wells Chamber of Commerce-646-2451-**flyer June**
20 "Hampden 8.5 Miler"-Hampden-8:30am-Skip Howard-223-4715
23 "HABITAT FOR HUMANITY"-Portland-4mi-7pm-Dan Hoffman-871-7054-**flyer June**
24 "POTTLE HILL 10K"-Mechanic Falls-10K at 6:30-1mi at 6:pm-Bill McCoy-345-3511-**flyer May**
26 "TOUR DU LAC"-10 mile-Bucksport-8:30am-Fred Merriam-469-2019-**flyer June**
26 "NUBBLE LIGHT Runaway"-10k-9am-York-York Recreation Dept-363-1040-certified-**flyer May**
26 "PARIS BICENTENNIAL"-Oxford Hills-8K-8am-John Titus-998-5274-**flyer May**
26 "QUIET-SIDE FESTIVAL 10K"-Southwest Harbor-8am-Harbor House-244-3713-**flyer June**
26 "Mapleton Dash"-Mapleton-6K-9am-Dave Rand-
26 "GARDINER COMMON 5 MILER"-Gardiner-8am-John Schwerdel-622-4507-certified-**flyer June**
27 "National Starch 5K"-Island Falls-10am-Steve Emery-757-8466-**flyer May issue**
27 "Grand Falls 5K"-Grand Falls NB-10am-Conrad Toner
27 "Run For The Pancakes"-Oromocto NB-5K & 10K-10am-422-2090-**flyer May**
27 "Pembroke-Iron Works"-5k-Jon & Pauline Stanhope-726-5553-
30 "USA T&F DEVELOPMENT MEET"-Brewer-6pm-Dave Jeffrey-825-3403
30 "USA T&F DEVELOPMENT MEET"-Saco-6pm-George Mendros-282-5065
30 "MECTA Meet"-Westbrook 5:30pm

JULY

1 "AIR CANADA DAY 5K"-Oromocto NB-Terry Goodlad-(506)357-6566
4 "4 ON THE FOURTH"-Bridgton-8am-Jay & Loraine Spenciner-certified-**flyer June**
4 "LL BEAN 10K & FUN RUN"-FREEPORT-7:30-Fun run 9am-Lilie Hall-865-4761 ext 2356-certified-**flyer May**
4 "FOUR ON THE 4TH"-York-4mi at 8am-roller blade at 9:30-1mi 10:30-York Recreation Dept-363-1040-certified-**flyer June**
4 "NEWPORT 5K"-Newport-9am-Gil Friend-368-4315-***flyer June***
4 "BANGOR 3K"-Brewer-11:45am-Dave Jeffrey-825-3403-**flyer June**
4 "INDEPENDENCE DAY 5K"-Livermore Falls-8:00-Mike Simoneau-897-4048-**flyer June**
4 "HOULTON 8K ON THE 4TH"-Houlton-9am-Houlton recreation dept-532-4231-certified
4 "HERITAGE DAYS RACE-BATH-1.5mi-7:45 & 5mi-8:30-Kevin Shute-443-8360
4 "JONESPORT 5K"-Dave Alley-497-2843-Certification pending
4 "CUTLER HARBOR 5K"-Andy Patterson-259-4484
4 "Cherryfield Salmon Run"-5K-William Kearns-546-7504
4 "PERRY TO EASTPORT 7.1 MILE ROAD RACE-5pm-Dennis Cline-853-4374-certified
6 "USA T&F DEVELOPMENT MEET"-Portland Expo-6pm-Scott Segal-774-9626
10 "MAINE COAST RUNNING CAMP 5K"-11am-Biddeford-U of New England-283-0171x122-certified-**flyer June**
10 "Veazie 3K-Newell Leweu-942-7275
10 "USA T&F State Championships"-U of ME Orono-11:30am-Roland Ransom-581-1079-**flyer June** (USA T&F newsletter)
10 "MUSTERD MILE"-1mile-Caribou-5pm-Bruce Freme
11 "BELGRADE LAKES"-10k 8am & 1mi Fun Run 8:10-Belgrade-Geoff Hill-495-2124-**flyer June**
11 "KBIA OCEAN SIDE 5K"-Kennebunk Beach-9am-Ann Barker-967-3894-certified
11 "FULL CIRCLE 5 MILER"-Blue Hill-8am-Susan Hawkins 348-2871
14 "USA T&F DEVELOPMENT MEET"-Brewer-6pm-Dave Jeffrey-825-3403-
14 "USA T&F DEVELOPMENTAL MEET"-Auburn-6pmDan Campbell-777-1601

14 "MECTA Meet"-Falmouth-5:30pm
17 "PAT'S PIZZA CLAM FESTIVAL"-Yarmouth-8am-5 mile-Don Kent-871-7870-certified-**flyer June**
17 "POTATO BLOSSOM"-5mile-Fort Fairfield-9am-Paul Lamereau-764-6517-certified
17 "MOLLYOCKETT DAY CLASSIC"-Bethel-5mile at 9am-1 mile youth 8:30-Robin Zinchuk-824-2282-**flyer May**
19 "USA T&F DEVELOPMENT MEET"-Portland Expo-6pm-Scott Segal-774-9626
23 "DEERING OAKS FESTIVAL TRACK & FIELD"-Portland-6pm-George Towle-878-8419-**flyer July**
25 "GRANT'S DAIRY MILK RUN"-5 mile-Bangor-9am-Bangor YMCA-941-2966-certified-**flyer June**
24 "OCEAN POINT 5K"-East Boothbay-9am-Steve Jones-633-4305-certification pending-**flyer July**
25 "MECTA State Championship Meet"-12noon-Colby College-Waterville
24 "JOE McGUIRE 10K"-Woodstock,NB-10am-Joe McGuire
25 "BERT 'n I - 5 Miler"-East Vasselboro-9am-Mert Dearnley-622-1502-**flyer June**
25 "Peace Run - Augusta to Portland"-9:30am-56mi-Debra Csenge-729-5825
26 "Peace Run - Portland to Kittery" 9am-50mi-Debra Csenge-729-5825
28 "USA T&F DEVELOPMENT MEET"-Brewer-6pm-Dave Jeffrey-825-3403
28 "RALPH THOMAS MASTER'S MILE & GERRY POULIN OPEN MILE"-Winslow-6pm-Gene Roy-465-7296
28 "DYER MEMORIAL 5K"-Winslow-Gene Roy-465-7296-certified.
31 "HANCOCK LOBSTER CLASSIC"-10 mi-Hancock-9am-kids 2.5k at 9:05-Bob Myers-244-9945-certified-**flyer July**
31 "FIRST CITIZEN BANK 10K"-Presque Isle-9AM-Paul Lamereau-764-6517-certified
31 "USA T&F MASTERS TRACK & FIELD CHAMPIONSHIPS"-Scarborough-Noon-Ron Kelly-883-2747-**Flyer July**

WEEKLY GROUP RUNS

- Auburn-Wednesday-6pm-Track intervals-Dan Campbell-777-1601
- Bangor-Y Running Club-Sundays-9am-Bill Shackelford-945-9497
- Brewer-Sub 5 Track Club-Mon & Thurs-5:30pm-Dave Jeffrey-825-3403
- Bridgton-Sundays-9am-12-14miles-Dennis McIver-647-2742
- Brunswick-fast paced long runs & intervals-Dale Dorr-729-5731
  Carmel-Saturday-9am & Wed at 5:30-varying pace-Kevin Vickers-848-3601
- Dexter-Sundays-9am-from park-Dave McIntyre-924-7536
- Farmington-Saturdays-social pace-Jack Paul-778-3962
- Guilford-Sundays-7:30am-10-15miles-fast-Myles Lemieux 876-4424
- Kennebunk-Thursday evenings-Steve Jacobsen-985-4107
- Lewiston-Wednesday-5:30-Hiltop-Bob Brainerd-786-4820
- Portland-Early mornings-USM-8-10 min pace-Bill Davenny-772-1787
  Portland-Rat Pack-wkdays & wkends-7 to 7:30 pace-John Gale-775-5017
- Portsmouth-Tuesdays-5:30pm-6 mile runs Joe Hayes-363-6035
- Sanford-Saturdays-8am-YMCA-Douneast Road Runners-324-4942
- So Portland-Weekday evenings-slow pace -Everett Moulton-799-2894
- Thomaston-Pen Bay Pacers-Sundays-Vern Demmons-273-2594
- Waterville-Colby College-6pm-Gene Roy-465-7296

Know of a group run or want to start one?
Call Mainely Running- 725-8680

Women's Running Camp
June 27th - 30th
Westbrook College - Portland

The Maine Track Club

July 10 **Maine Coast Running Camp 5K**
University of New England
283-0171 X 122

4th BDN CHARITIES, INC.
ROAD RACE SERIES

$1,000.00 in Prize Money!!

11 great Maine races

from Kingfield to Bar Harbor!

(Run 5 to qualify)

3,000-meters

to

13.1 miles

NEXT RACE:

June 26 Tour du Lac 10M

CALL 989-1696 FOR MORE INFO.

YOUTH CALENDAR

JUNE

6 **"CAMDEN KIDS RUN"**-1 Mile-9am-Maine Sport-800-244-8799-**flyer May & June**

12 **"BAR HARBOR SPRING 5K"**-1 Mile fun run-12 & under-9:45-MDI YMCA-288-3511-**flyer May**

19 **#"Bike-N-Dirt Fun Races"**-Somersworth, NH-youth 2mile-9:30-Brian Barrington-(603)692-4282-**flyer June**

19 **"PVH 20TH ANNIVERSARY 5K"**-Lincoln-13 & under division-10am-Paul Smith-794-3321-**flyer May**

24 **"POTTLE HILL ONE MILE FUN RUN"**-Mechanic Falls-12 & under-6pm--Bill McCoy-345-3511-**flyer May**

27 **"NATIONAL STARCH 5K"**-Island Falls-12 & under category-Steve Emery -757-8466-**flyer May**

JULY

4 **"FOUR ON THE 4TH"**-York-1 Mile Fun Run-York Recreation Dept-**flyer June**

4 **"LL BEAN 10K"**-Freeport-1 Mile Fun Run-all ages-9am-Lili Hall-865-4761-**flyer May**

4 **"INDEPENDENCE RUNS"**-Livermore Falls-5k at 8am-1K & 1mi follow-Mike Simoneau-897-4048-**flyer June**

17 **"MOLLYOCKET DAY"**-1 Mile-8:30am-14 & under-Bethel Chamber-**flyer May**

23 **"DEERING OAKS TRACK & FIELD"**-Portland-14 & under-5pm-Kathi Foye-854-9804-**flyer July**

25 **"GRANTS DAIRY MILK RUN"**-Bangor-1mi fun run-8am-Bangor YMCA-**flyer June**

31 **"HANCOCK LOBSTER CLASSIC KIDS RACE"**-2.5K-& 5k at 9:05am-Bob Myers-**flyer July**

AUGUST

8 **"MAINE LOBSTER FESTIVAL KIDS RUN"**-1mi-Rockland-7:30am-K thru 8th grade-Ken Sylvester-**flyer July**

7 **"PEAKS ISLAND KIDS K"**-Peaks Island-13 & under-9:45am-Sumner and Carol Weeks-774-3436 **flyer June**

21 **"MACHIAS BLUEBERRRY 1 MILE FUN RUN"**-8am-Mike Carter-255-3843-**flyer July**

If you know of any youth running groups or races that contain youth races, let us know.
For information on the USA T&F youth track & field programs see newletter in this issue

COASTAL SPORTS

Comprehensive Sports Medicine

BIKE CALENDAR

JUNE

2 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
5 "MS One Day Get-a-Way"-30K,50K, 100K rides-Falmouth-1-800-639-1330
6- "Firecracker Classic Road Race"-Bangor-25 to 30mi-Ann Mourkas-862-5990
6 #"Loon Mountain MTB"-Loon Mountain, NH-Greg Penuzzi-603-745-8111
9 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
13 "Rainbow Time Trial Series"-Augusta-9am-Larry Poulin Jr-784-7576 **flyer April issue**
13 "Regional Championship RR"-Hardwick MA-Al Kaifer-413-732-9530
16 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
19 #"Bike-N-Dirt Fun Races"-Somersworth, NH-youth 9:30 & Adult 10am-Brian Barrington-(603)692-4282-**flyer June**
19 "Sebago Classic"-Raymond-John Farr-674-3865
20 "Mid Coast Time Trial Series"-West Rockport-9am-Maine Sport-1-800-244-8799-**flyer June**
23 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
26-27 #"World Cup XC/DH-Mt Saint Anne, Quebed-
27 #"Quiet Side Mtn Bike"-Southwest Harbor-12mi-7:30am-citizen & non-technical- Harbor House-244-3713-**flyer June**
27 "Rainbow Time Trial Series"-Augusta-9am-Larry Poulin Jr-784-7576-**flyer April**
27 "Harvard 100K"-Harvard, MA-Ed Kross-508-872-4592
30 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
30 "Exeter Crit"-Exeter NH-John Gromek-603-778-2331

JULY

3-4 #"World Cup XC"-Bronont Quebec
4 "Four on the 4th"-Roller Blade Race-4 mile-York Recreation-363-1040-TAC certified-**flyer June**
7 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
11 #"No Name Race"-Shapleigh-Mike Macrum-324-5426
11 "Rainbow Time Trial Series"-Augusta-9am-Larry Poulin Jr-784-7576-**flyer April issue**
14 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
17 "Nubble Light Classic"-York-Bill Nichols-383-2453
18 "Tom Payson Race"-Yarmouth-USCF categories Sr 1,2,3 Wom-RW Laramee-363-5670-hosts-Portland Velo Club
18 "Mid Coast Time Trial Series"-West Rockport-9am-Maine Sport-1-800-244-8799-**flyer June**
18 #"Hillsboro Classic"-Hillsboro, NH-James McDonough-603-464-5286
21 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
24 #"Temple Mtn Stage Race"-Peterborough, NH-Laurie Kenney-603-924-6949
25 "Mid Coast Time Trial Series"-West Rockport-9am-Maine Sport-1-800-244-8799-**flyer June**
25 "Rainbow Time Trial Series"-Augusta-9am-Larry Poulin Jr-784-7576-**flyer April**
28 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE

GROUP RIDES

Auburn Wed -6pm-Rainbow Cycle-pace line riding-784-7576
Bath Tues 5:30PM and Sun 10AM-Mtn Bikes on trails-Bath Cycle-442-7002
Brewer Mon & Wed-6pm-brisk pace-Tue & Thurs-off road-Pat' Bike shop-989-2900
Brunswick Wed-5:30pm-Center St Bike-fast pace-729-5603
Portland Monday 5:45-Cycle Mania-instructional rides-774-2933
Portland Tuesday 5:45-Interval, hills,fast-CycleMania-774-2933
Portland Sat. 8AM-fast, sprints, paceline-28mile-leave Cyclemania Portland Velo Club-Tim Corcoran-774-2933
Saco Thurs 6pm-774-2933Mtn bike-time trial & ride-Saco Cycle-283-BIKE
Searsport Tues 6pm-Mtn bike-Wed 6pm-social road ride-Birgfelds Bike-548-2916
SW Hbr. Mon. 6PM-Mtn bike rides-Southwest Cycle-244-5856

Ride with us!

Wednesday night

"Training Road Races"

SPRING EXTRAVAGANZA

SACO

1993 TRIATHLON, BIATHLON, DUATHLON CALENDAR

June

19 **Hilltop Biathlon Series**-Lewiston-9am-5k run-15k bike-5k run-Bob Brainerd-786-4820-**flyer June**

July

3 Shipbuilder's Triathlon- Bath-7:30am 1mi swim, 25mi bike, 6.2mi run- Mike Clark - 443-9751

@17 **Hilltop Biathlon Series**-Lewiston-9am-5k run-15k bike-5k run-Bob Brainerd-786-4820-**flyer June**

August

1 Maine State Triathlon Classic-Bethel-1k swim,25k bike, 5k x-country run-John DeVivo-824-3000

8 **MATTANAWCOOK TRIATHLON**-Lincoln ME-9am-10k run,6 mi canoe, 20 mi bike-teams and individuals- Paul Smith 794-6638 or 794-3321x136-**flyer July**

8 **MACTAQUAC TRIATHLON**-Mactaquzc Provincial Park, New Brunswick-9am-1k swim-30k bike-7k run-Doug-(506)357-6447-**flyer June**

8 THE BANGOR STRIDE AND RIDE BIATHLON (Duathlon)-Bangor ME-5mi run, 20 mi bike-8am-Bangor YMCA 941-2966

14 **Hilltop Biathlon Series**-Lewiston-9am-5k run-15k bike-5k run-Bob Brainerd-786-4820-**flyer June**

15 **WESTERN MOUNTAIN BIATHLON**-Wilton-9am-6mi run, 20mi bike-Chamber 645-3932-**flyer July**

22 Androscoggin Triathlon-Lewiston/Auburn-8am-10k run, 6.4mi canoe,25mi cycle-L/A Chamber-783-2249

22 Star City Triathlon-Presque Isle-10am-5mi run,5mi canoe,20mi bike-Dick Gardiner-764-2545

September

6 **MAINE SPORT TINMAN TRIATHLON**-Camden-.5 mi swim, 26.5 mi bike, 6.6 mi run-MAINE SPORT-236-7120-**flyer July**

ESPN - TV SCHEDULE OF ENDURANCE SPORTS

Pacific 10 Track & Field Championships	June 3	Thursday	12:30 to 2 am
CYCLING: TOUR OF AMERICAS - Atlanta (rerun)	June 3	Thursday	3 to 3:30pm
FOOT LOCKER - Crescent City (rerun)	June 5	Saturday	5 to 5:30am
CYCLING: TOUR OF AMERICAS - Pittsburgh	June 5	Saturday	5:30 to 6pm

INTERVALS

Cross-Country Skiers

Maine Masters Cross-Country racing suits (you know, the ones with the moose on them) can still be ordered. The first run of 15 suits were worn in the National Masters Championships by lots of folks, and many other places, too. Sugarloaf Ski Touring Center and Gould Academy underwrote the cost of the artwork, so the suits are sold at cost. To order a suit, send a check for $80 to Kirk Siegel, 114 Intervale Rd, Bethel ME 04217. Kirk claims, "it's not too late (or too early) to think about skiing!"

Olympic Qualifying Standards

Qualifying standards for the 1996 women's US Olympic Marathon trials have been set. There are actually two standards. If you run a 2:42, or better, all your expenses will be paid for you to go to the trials. A time of 2:50 qualifies for the trials, but you must pay your own expenses. The qualifying run must be within 18 months of the trials. With all of the good women runners in Maine and Team Maine's efforts we should be well represented!

Hall of Famer Still Racing

Bob Hillgrove, 1992 inductee into the Maine Running Hall of Fame, is still running very well at age 48. Training 80 to 90 miles a week, he recently finished 9th overall and won the masters division with a 32:57 at the Evergreen 10K in Colorado. Steve Cram was the overall winner with a 30:27.

Saucony Walking Club

Saucony is offering free membership to their walking club with the purchase of a pair of their walking shoes. Members will receive a bevy of free materials including a handbook of information on walking workouts, a logbook, and a quarterly newsletter with training tips. A free video "Learn How to Speedwalk" is also available.

Welcome Rachel Anne

Peter and Ruth Hall of Gorham noted road runners, triathletes and hill runners became proud parents of a future athlete. Rachel Anne was born in March .

Youth Runs at Livermore Falls

July 4th offers the running community the biggest variety of races of any day in the year. At the Livermore Falls Independence Runs, youth runners are offered 3 races -a 5K that has 2-year age categories starting at age 14, a 1 miler that has 1-year age groups from age 9 through age 13, and a 1K that has 1-year age groups from 3 through 8. This looks like an ideal format for the youth. Don't forget to record times for all the finishers and send to *Mainely Running!!*

USM Alumni

George Towle sent in the following notes on a couple of ex-USM runners:

Kelly (Bennett) Rodrigue, 1986 State collegiate & ECAC X-C champion, is back training after the birth of her second child last August. Look for her in the fall racing season.

Veronica (Knight) Haskell, USM '90, is running better then ever. She picked up prize $$ for her 3rd place finish at Cherry Creek 5 mile in Denver with a time of 29:06. The event drew 11,500 runners. The winners were Pat Porter and Patty Murray a 3 time All-American at Western Illinois University.

Rainbow Time Trial Series

Because of highway repairs, the Rainbow Time Trial series course will start and end at the Augusta Elks Club located on Rt. 27 about 3/4 of a mile north of the Civic Center.

Age Group Newcomers Race More

It makes sense; runners at the older end of the age group race less then runners just entering an age group. It's no secret that runners are more competitive when first

A Real Bike Shop

Davis B. Carver, Owner

entering a new age group. Chances are you will take advantage of the situation and compete more. (Of course this is an argument for 5 year age groups and the new age graded system.) The age distribution at the races tends to prove this theory out. For example in the Epstein's race the average age of the men's 40 to 49 division was 43.6 and the 50 to 59 was 52.5

Cuyler Continues to Shine

Cuyler Goodwin of Mt. Ararat High School recently competed in the Luck Memorial Games in White Plains, NY. She won the 400 meter with a time of 58.1 in the trials and 58.01 in the finals.

Megunticook Canceled

The popular Maine Sport Megunticook Circuit Bike Race has been canceled. This year, however, Maine Sport of Rockport will be conducting the Mid Coast Time Trial Series. The series consists of 5 events starting on June 20th with the "Final" on August 29th. The 15 mile course starts and ends in West Rockport (near Camden). See flyer this issue.

Clarence Demar Marathon

The 16th annual Clarence Demar Marathon in Keene NH is set for September 19th. This course is a Boston marathon qualifier course and tends to yield good times. Buses take runners to the start in Gilsum, north of Keene. From there, it is mostly flat (overall downhill) except for a very notable hill at 20 miles. See race flyer in July & August.

Newly Certified Courses

Here is an update of the USA T&F (formerly TAC) certified courses. The last list was in the December, 1992 issue.

April Amble 4mi	ME93001WN	Dale Rines
Live Your Dreams 5mi	ME92026WN	Rob Spaulding
Kittery Trading Post 5K	ME93004WN	Wayne Nicoll
Togus 8K	ME93003WN	Gene Roy

*There is a new half mile calibration course in Gorham. Dave Rines has information.

Ice Age Trail 50 Miler

Maine was well represented at the 12th running of the "Ice Age Trail" 50 mile run. Joe Hayes of York & Phil Pierce of Falmouth, well known members of Maine's small ultra running community, had great runs in this race which is held in the South Kettle Moraine forest near Milwaukee, Wisconsin. Joe, 44, finished 29th in a time of 7:57. Phil, 51, finished first in his age group with a great 8:28:22. There were 450 starters and 396 finishers. Phil attributes his success to breaking through the psychological barrier of beating Bob Payne at this year's Boston Marathon.

Fairfield - Age Graded $$

The June 27th running of the Fairfield (CT) Half Marathon is the USA T&F national championships for both masters and women. Also of note, $1,200 of the $3,000 in masters awards are designated for "age graded" performances.

Run & Ride On the Quiet Side

A cross training event? A new concept in Duathlons?? The Quiet Side Festival in Southwest Harbor is holding a 10K run on June 26th and a 12 mile off-road bike race the next day - a good opportunity to spend the weekend on Mount Desert Island.

Youth Running Camps

Young runners need a break from their parents during the summer.(not to mention the parents' needs) Attending a running camp could provide the perfect solution. Youth camps will be held at the University of Southern Maine, Colby and Bates colleges. The **Bates** program is an intensive track & field program for athletes ages 13 to 17 and will be held from June 27 thru July 2nd (6 nights). The staff includes some big names like Dick Fosbury and Wyomia Tyus. Tuition of $295 includes room & meals. For more information, call 786-6077. **USM** will be holding a cross country camp for boys & girls grades 7 thru 12 on the Gorham campus Aug. 8-13. George Towle, coach of USM's women's cross country team will be the camp director. For information see ad this issue or call 780-5960. We were unable to obtain information on the **Colby** program.

Youth Bike Race

The "Everett Stackpole Memorial Bike-N-Dirt Fun Races", in Somersworth NH, will include a 2 mile Children's Race for ages 5-14 at 9:30 on June 19. For details see flyer in this issue or call Brian Barrington on (603) 692-4282

Peace Run

Maine will have it's own official spur in Peace Run '93 which will run from Augusta to Kittery. On July 25th the torch will leave Augusta at 9:00 p.m.and arrive in Portland at 8:00 p.m. The next day, July 26th, departure from Portland will be at 9:00 a.m. with scheduled arrival in Kittery at 6:20 p.m. The pace will be leisurely, allowing a 10 minute per mile pace, for the approximately 107 mile total distance. An entourage of vehicles will accompany the torch and provide shuttle service for runners and frequent stops for refreshments. There will be more information in the July issue with a detailed schedule and details of the route. Additional information can be obtained from Debra Csenge on 729-5825.

Canoe Race

A new canoe race, the "Mattawamkeag River Race" will be held on June 5th at 11:00 a.m. at the Mattawamkeag Wilderness Park. You can register on the day of the race for $15 per person. This may not be a race for the beginner as there will be class 3+ whitewater. For more information, contact the Boy Scout Council at 302 North Main St. in Brewer.

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Club News

The Run to Win Ladies Team held it's award banquet at the Roma restaurant in Portland on March 28th the photo at right shows some of the attendees. Awards and good food highlighted the evening.

Standing l-r: Mary Martin, Marjorie Haney, Carrie Croft, Erin MacLean, Carol Hogan, Brigett Edquid, Jeanne Hackett &Bob Winn. Seated: Ray Shevenell, Nancy Lund & Coach Brian Gillespie

The Maine Track Club's April membership meeting featured Rick Perry, a natural foods enthusiast and head chef of Hurricane Island's Outward Bound Program. Rick spoke on what foods you should be eating and why.

The White Mountain Milers of Conway New Hampshire decided it was time to upgrade the old typewriter that was being used for the club's newsletter to a computer. Good idea but as is the problem with most of the Clubs around Maine and New Hampshire, how were they going to pay for it? They decided to initiate a "computer fund drive". The response from club members was immediate and generous as over $3000 was raised within a few weeks.

The Central Maine Striders are making plans for at least two informal Strider gatherings this summer. These will be similar to the famous winter social run and feeds held by the Wilsons in Stockton Springs and the Merriams and Clappers in Bucksport. Sounds like fun.

The Sub 5 Track Club of the Bangor area have elected the following officers and executive committee members for 1993:

President	***David Torrey***	*Secretary*	***Glendon Rand***	*Members-At-Large*	***Serena Morris***
Vice President	***Gary Higgins***	*Membership*	***Frank Bragg***		***Rene Collins***
Treasurer	***Michael Gaige***				***Ann Fleischman-Williams***

The Rochester (New Hampshire) Runners held their first annual Spring Banquet on May 21st. Guest speaker was Ron Johnston who spoke on ultras and many awards were given including the "Sleaze Runner Awards".

The Sub 5 Track Club has announced that they will be conducting the Bangor Daily News Charity (BDNC) series again this year. Over the years this popular series has grown to it's current size of 11 races.

The Sunrise County Roadrunners out of Washington County win the prize for having the most races per population. If you look at the schedule, you'll see they have around 30 events throughout the year. When asked why they have so many races downeast, President Bill Case said that runners downeast want to race every weekend. He indicated that they may be lagging behind the rest of the state and are now going through their running boom. The club is tying some of the races together into a series.

The Sub 5 Track Club will be awarding the second annual college scholarship to a track and field athlete in the Penobscot Valley Conference. Applications are available through the coaches in the conference or from Serena Morris, 20 Pendleton St., Brewer, ME 04412. For more information contact Serena or club president David Torrey on 942-1988.

Your running headquarters in Central Maine

Fort Western SPORTS

Wells Wins 50-mile Trail Run

by Rick Krause

Rick Wells, a Pittsfield native and one of the founding members of the central Maine Striders, recently won a 50 mile trail run in California where he has lived for several years. Wells, now a resident of San Diego, overhauled a field of 32 competitors in a race that was originally set for 52.4 miles, but the route was shortened to 50 miles when poison ivy was discovered along a section of the course.

"I certainly never imagined I would win my first ultra," said Wells, 33, who was an excellent runner while at MCI in Pittsfield, winning the Penquis League Cross Country Championship in his senior year. Well's winning time in the recent ultra was 7:35 "which I was also very happy with, given the difficulty of the terrain," he said.

"We started out on a beach and moved up into the hills following the coast north of San Francisco. Only two miles of the course was on the roads. The rest passed up and down forest rails and fire roads, over fields and cow pastures and, in some sections, through some very sloppy mud. Altogether, I walked less than one mile of the 50, mainly on the steepest portions of some of the hills over the last ten miles. I moved into the lead after about 20 miles and had a chance to talk with several runners at various stages up to that point. I didn't even know I was leading until about 30 miles when I asked a woman at one of the aid stations how many runners were up ahead."

"I had been feeling strong and was pushing hard to try and catch up to whoever might be in front of me. But she said, 'You're the first one through.' Overall, it was a great experience. Everyone was very friendly after the race."

Wells said he plans to run a few shorter races this summer before preparing for a 100-miler in December in Baton Rouge on a course which follows the Mississippi River to New Orleans.

Wells will be returning to Maine on vacation in mid June.

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Value of Training with a Heart Monitor - Part III

by David Crawford and Steve Fluet

In Part I, we presented a method for approximating one's heart rate as it relates to pace or intensity. In Part II, we described the use of the Conconi test and its usefulness in determining pace versus heart rate and identification of the anaerobic threshold. This month some training and racing examples are provided to illustrate the use of the heart monitor. (See the April and May issues of *Mainely Running* for Parts I and II.)

Application to Training and Racing

Lactate tolerance training is done in the region of the AT. The athlete seeking improvement in endurance racing performance must train at intensities or efforts near the AT, so for our purposes the AT becomes a "reference pace" by which high-effort training paces are determined. Training in this region provides higher levels of tolerance for lactate accumulation and can also tend to raise the AT. Ultimately, this results in improvements in your ability to race at faster pace. Training at paces well below the AT is reserved for recovery runs or easy days. The following serves as a guide in setting paces.as described in the graph in the May issue

Racing:

5K racing: above AT (about 10 percent faster than AT pace). Shorter races allow paces that result in some accumulation of lactate.

10K racing: above AT (about 5 percent faster than AT pace). Less buildup of lactic acid should be allowed at the slightly longer distance.

15K racing: at AT (same as AT pace). One should be able to hold the AT pace for about an hour of racing, with adequate training.

Marathon racing: evenly paced at just below the AT is the most effective performance (about 5 percent slower than AT pace).

Triathlon, cycling racing: for races much longer than an hour, treat like a marathon; race just under AT pace.

Training (assume AT is 85% max HR):

Run pace	*Intensity*	*Duration*
easy, long run	well-under AT (65-70% max HR)	90 -120 mins
easy, recovery	well-under AT (70 - 75% max HR)	50 - 90 mins
intermediate, moderate	under AT	30 - 50 mins
fast	just under AT (80 <85% max HR	20 -30 mins
fast intervals	at AT (85% max HR	6 - 12 mins
very fast intervals	above AT (>85-90% max HR)	3 - 6 mins

Marathon training example:

The workout is divided into blocks of 15 minutes repeated three times, with recovery period of 5 - 10 minutes between each block. This trains the body to become accustomed to holding near-AT pace for extended periods of time, the goal of marathon racing. It is important in this workout not to exceed the AT to avoid significant deterioration in the 3rd block of 15 minutes.

warm-up: 15 mins (65 - 70% max HR)
3 blocks of: 15 mins run under AT (about 75 - 80% max HR);
5 - 10 mins recovery (65% max HR)
cool down: 10 - 15 mins (65 - 70 max HR)

Total time: 80 - 95 mins (10 - 13 miles depending on pace). As conditioning improves, reduce the recovery intervals and run closer to AT pace. Watching the heart monitor closely helps control the workout so the pace is uniform during the intense effort. Running too fast in the first effort will defeat the purpose of the workout.

Cycling workout example:

The above marathon workout is easily converter to a cycling workout. It is equivalent to doing 3 short time trials on the road to simulate race conditions in a longer than 1 hour race. Follow the same plan for the workout and you will end up with a 20 - 30 mile bike ride with near- AT training effects. The heart monitor is used to control the pace on the bike, not the speedometer.

Marathon "speed workout" example:

This can include short tempo runs, such as 1000 meter (or 880 - 1320 yd runs) done at slightly above the AT and keeping recovery intervals short to build lactate levels to a high level. This type of workout will tend to raise the AT and build tolerance for lactic acid accumulation.

- *15 mins warm-up (65 - 70% Max HR)*
- *3x 1000 meter (880 - 1320 yds) at above AT (>85-90 % max HR) with 1.5 to 2 mins recovery.* Each run is at the same pace; if the latter ones are slower, the early ones were done too fast. The heart rate won't immediately reflect the fast pace, so some experimentation will be necessary to gage the right pace in the early stages of the interval. The important indicator is whether your heart rate reaches the target range just above the AT at least near the end of each hard effort.
- *cooldown: 10 - 15 min (65 -70% max HR)*
- *Total time: 40 - 60 mins (6 - 9 miles).* As conditioning improves, build to 10 runs. Don't go too far above the AT or you won't be able to finish the latter runs effectively.

Cycling speed workout:

For an equivalent cycling speed workout, the above hard interval equates to riding for about 1 mile with a half mile recovery interval. The heart monitor measures the effort, not the speedometer.

Triathlon racing example:

Olympic distance event, 1.5k swim, 40k bike, 10k run, taking about 2-3 hrs. This should be viewed as a marathon effort, with a pace that is just under the AT throughout. Once on the bike, track your heart rate so you are just under the AT (<85% max HR). For example, if the AT is a heart rate of 162, then most of the race should be held to a heart rate of 154-158 bpm. Back off hill climbs (on the bike and run) to keep the heart rate under control, which will help keep your lactate levels under control. It may be difficult to maintain your heart rate under the AT once on the run, but avoid urges to take off too hard. Maintaining the right heart rate will let you finish the race strongly instead of at a survival shuffle. The same comments apply to the marathon, of course.

In summary, the heart monitor is an excellent tool to help you maintain proper intensity of effort in endurance training and may help you increase the effectiveness of your training. It is not intended as a replacement for self knowledge gained through years of training and racing. However, it can help you refine and target your training, teach you some things about your body that will help you avoid overtraining, improve the specificity of your workouts, all of which should lead to faster racing. For more detailed treatment of the above topics, see "Training Lactate Pulse-Rate," Peter G.J.M. Janssen, 1989. Polor Electro Oy, Oulu, Finland. Much of the information in this article is drawn from his book.

NEW HEIGHTS FOR CLUB

by Alan Schlemmer of the Rochester Runners of NH

"I wanted to give Dennis a chance to feel the rush of the starting gun going off, and the exhilaration of crossing the finish line."

To hear Mark Chrusz say it, one can feel a great sense of pride. Mark and Dennis Crandall have now been a team in at least a dozen races across Northern New England, and have their eyes on someday teaming up to do a triathlon. We have all seen them race, and their picture has shown up in several local newspapers. This is a special story, about two very special people. A proud part of the Rochester Runners.

Dennis Crandall is a senior at Spaulding High. As a student, he is a member of the National Honor Society and is currently eyeing college, with his sights on Keene State. No doubt he will make it. Dennis is determined to make the most of his life, even though he is wheelchair bound due to Cerebral Palsy.

Mark Chrusz is a long standing member of the club. Mark is also a practicing dentist in Rochester and is affiliated with Health Fit in Storeyville Plaza. Among his racing accomplishments, he includes the Boston Marathon, several triathlons, and a host of shorter distance races. Mark also claims to be the inspiration behind several new Triathletes in the club, including the writer.

Mark and Dennis at the Berwick Dare race in 1992

Mark met Dennis when he became a patient in Mark's dentistry practice in Rochester. Later, Mark became neighbor to Dennis's family. From there the race idea started. "I would come home from races and triathlons and Dennis would be outside, so I'd throw him my race T-shirts. As his interest in my racing grew, I wanted to come up with a way to share the race experience with him" tells Mark in a recent interview. The obstacle was coming up with a functional race wheel chair.

Together with a friend and engineer from; Thompson Tools, Vince Bober, the pair developed special removable front race wheels that could be added to Dennis's wheel chair. Mark provided the concept and Vince provided the design and end product. The end result is a "quick change" system that allows Mark to convert the existing chair into a "racing machine" in about 5-10j minutes.

In 1992, the pair raced 49.2 race miles in eleven races, with a 100% success rate. Mark and Dennis claim the Live Your Dreams five miler in Kennebunk as their best race, with a 7:01 per mile pace. As their most difficult, the Somersworth 10K, which Mark also says was the most "ungratifying experience of the year with its 'slightly rolling hills!!!???" The pair averaged a 9:56 pace. But, by far the easiest race position is "the auto to and from the race" adds Mark.

Dennis is as much a part of the team as Mark. His excitement for the races is often the force that keeps Mark in stride on the tougher courses, such as Somersworth. But, the two have had their rough spots, such as "yelling at Dennis half way through a tough race for putting on so much excess weight, only to discover we had blown a back tire on the wheelchair."

As a training program, pushing a wheel chair and 163 pounds, has its pluses and minuses. "When you finish, you realize you've had the best overall body workout." But that is quickly overcome by "pain and soreness in muscles you never realized existed, not to be overshadowed by experiencing your aerobic and anaerobic threshold hit 'head-on' without any warning." Mark also is quick to share the two worst race positions, which are pushing 163 pounds up hill,' which is not quite as awful as trying to hold back those same pounds while going downhill.

And then there is the training itself. When Mark first thought of this idea, he needed to work on running and pushing weight. No problem. With the use of a shopping cart loaned to him by Shop and Save and some weights (130 lbs) from Health Fit, Mark was off and running, so to speak. The training worked, although many of his patients passing him as he ran with shopping cart down Rt. 202 may have been concerned he was exposed to too much Novocain.

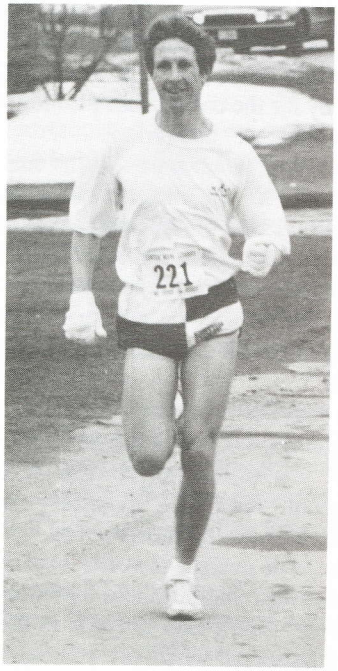
In wrapping up this story, Mark points out the team's most memorable part of the past year. "The support from fellow racers, organizers, and spectators who talk to and congratulate Dennis at every race, making him feel and experience the sense of competition and fellowship among athletes."

And just maybe, our inspiration is that which we take from them.

RUN AWAY II

Enjoy the miles of wooded carriage trails and ocean views in

Giles Norton



Mainely Running Athlete of the Month

June Athletes of the Month

Mainely Running readers who were at the Boston Marathon will appreciate that this month's awards go to Joan Samuelson and Giles Norton for their fine performances of 2:35:43 and 2:36:56 under extremely difficult conditions. The 1993 Boston Marathon may go down as the "Year of the IV" as bright sun, high temperatures and a following breeze made for very warm condition and dehydrated runners. Couple these conditions with a very cold and snowy Maine winter make their feats even more remarkable. It was under these conditions that Giles and Joan were the first Maine runners and deserve to receive the coveted Mainely Running Athlete of the Month sweat shirt.

Joan Samuelson

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What's in Store for Food Labels?

by Anne-Marie Davee, M.S., R.D.

Grocery store aisles will soon serve as avenues of nutrition knowledge. By May of 1994 nearly all food packages will display "Nutrition Facts," nutrition labels that adhere to the new regulations established by the Food and Drug Administration.

The link between diet and health is clearer than ever. Reading the food labels enables you to make informed food choices in the supermarket. Here are a few tips to assist you in choosing foods that are healthful:

1. ***What's in it?*** Look first at the ingredient listing. Product ingredients must be listed in descending order by weight. More specifically, when the amount of each ingredient is weighed, the ingredient that weighs the most is listed first. If you do not recognize more ingredients than you do, give it a second thought.
2. ***What's a serving?*** This will be listed on the nutrition information panel. Ask yourself, is this my serving size? You may need to double or triple the nutrition information which follows depending on the answer to this question. The new food labels will standardize serving sizes so that they are the same for similar products.
3. ***Focus on the Fat.*** Look for the fat content which is listed in grams. As a reference, remember that five grams of fat is the equivalent of one teaspoon or one pat of butter. The recommended total daily fat allowance for a 2000 calorie diet is 65 grams/day and this will be listed on the new food labels.
4. ***Check out the Calories.*** Remember, the calories listed per serving may be a multiple of what your serving size is. A product can be considered "Low Calorie" if it contains less than 40 calories per serving. You can determine the amount of calories that come from fat by multiplying the total amount of fat in grams by nine. The new food label will have this computed for you.
5. ***How about the sodium?*** The sodium content per serving is listed in milligrams (mg). The current recommended daily intake is 2,400 mg. A low sodium product is one which contains less than 140 mg per serving.

And there's more good news. Terms like **"Light," "Lean," and "Fat-free,"** will now have meaningful definitions. Health claims like **"May Reduce the Risk of Heart Disease"** will also be closely regulated by the new law. Only seven health claims pertaining to food-health relationships will be allowed.

And lastly, a change will occur at the bottom of the nutrition label. The current Recommended Daily Allowance listing which specifies ten vitamins and minerals will be substituted with **Daily Values**. The Daily Values will appear for those nutrients which address our biggest health concerns; **total fat, saturated fat, cholesterol, sodium, total carbohydrate, dietary fiber, vitamins A and C, calcium and iron.**

The purpose of the new food label is to make it easier for you to choose a healthful diet. So, read the food label and set a better table!

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Boston Marathon History

Native Americans - two from Maine, played big roles

by Rick Krause

Over its colorful 96 year history, two Native Americans have crossed the finish line first. In the 1907 race, Canadian Thomas Longboat took top honors with a little help from a slow freight train. Longboat was running alone out front at the five mile mark in Framingham when he passed over some railroad tracks just as a freight train was approaching. He was the only runner who got by before the train blocked the roadway. All the other runners had to wait in what must have been a scene of disgust. Longboat went on to win the race in 2:24, breaking the course record by five minutes in his solo effort.

The second Native American to win Boston, Tarzan Brown, won the race on more legitimate terms. In 1936, Brown, of the Narraganset Tribe, won his first of two Boston Marathons when he sprinted off to a huge lead from the starting line in Hopkintonl He started so quickly, in fact, that the got ahead of the press vehicle, and it was only later in the race that spectators informed the press crew that there was a runner ahead of them. The reporters and cameramen sped off in their jalopies and eventually caught up to Brown who won the race easily in 2:33:40. Brown returned three years later to win a second time in 2:28:51.

The first Native American from Maine to make a name for himself in the Boston Marathon was Andrew Sockalexis, born in 1896. A Penobscot, Sockalexis had grown up on Indian Island in Old Town. When he was 10 years old his father built a track around their home and encouraged Andrew to run. As the young boy matured he found other longer running routes on the island, and during the winter he would train on the frozen Penobscot River. After running under the watchful eye of University of Maine track coach, Arthur Smith, considered by some to be the best coach of that era, Sockalexis entered the Boston Marathon at 20 years of age. An unknown, he astounded the world by finishing second. Then in the Olympics in Stockholm, Sweden, later in the year, Sockelexis was considered America's best hope for a medal in the marathon, but the Mainer made the mistake of holding back too long and finished in fourth place. The Boston Post later described him as "fresh and strong like the champion he should have been." But the young and gifted runner never had a chance again to prove his true potential in the marathon. He contracted tuberculosis and died in 1919 at age 27.

As if to finish what was left undone, 56 years later in 1975 a Penobscot named Ralph Thomas from Gardiner, who said he had heard stories of Sockalexis when he was growing up in Old Town, entered the Boston Marathon and set a 39-year-old national age group record of 2:23:30, finishing 45th overall in a field that numbered over 2,000 runners.

Thomas, who was almost 20 years older than Sockalexis when he ran the Boston Marathon, had run the distance more than 20 minutes faster than his predecessor. Thomas' time also qualified him for the Olympic trials held the next year in the state of Washington. Runners from all over Maine gave money so that he could make the trip. At 40, he was the oldest qualifier at the trials. He would finish out of contention for a spot on the Olympic team, but in a fine time of 2:29, running on a terribly windy day that kept times slow.

A dark, muscular man of 5' 6" and 146 pounds, Thomas amazed athletes everywhere because he was a man who really worked for a living, doing heavy physical labor often 14 hours a day. And to be able to train and run so well on top of his work was a monumental feat that put this family man on a pedestal by his fellow runners. During his running career, which started late at the age of 33 in 1969, Thomas ran at least a dozen marathons under 2:30. Not unexpectedly, both Thomas and Sockalexis are members of the Maine Running Hall of Fame.

Runners, Look Your Best!

My Favorite Run

by Gene Roy

Ed note: Gene Roy is a strong advocate of trail running. He personally puts in much of his mileage off the roads and encourages others to do the same. He currently coaches the cross country team at Thomas College and of course has them run on the trails. For more information on trail running see Gene's article Les Coureurs de Bois *in the July issue of* Mainely Running.

Colby College Trails

The college has many miles of trails with a good mix of woods and fields, hills and flats. Most of the trails are loops which can be combined to individualize your workout. All the trails are wide and offer good footing. The trails are well used and you are likely to meet many other runners.

Park near the field house. The trailhead can be found between the baseball field and tennis courts. Or you can park at the foot of the hill below the campus on the south side, the trail crosses the road at this point.

Mt. Blue State Park Trails

Several years ago the staff at the park developed trails which were intended for use by all terrain vehicles (ATV's). The trails are very rough, the footing is good on some old tote roads but none of the streams have bridges. The ATV trails never caught on with the public so maintenance of the trails has been discontinued making staying on the trails even more of a challenge. There are several loops you can take, the longest is about twenty miles. These trails are maintained in the winter for skiing and snowmobiling.

Parking is accommodated across the road from park headquarters at the Center Hill location in Weld. Walk past the farmhouse and attached garage and find an outhouse there. The trail begins at the edge of the field.

Race Directors - Advertise Your Race - Quarter Page - $30

church of the lake

dripping wet in searing heat
sweat pours down to soak the feet
each new step to one more mile
endorphins make solid smiles
got it bad this healthy sickness
dual act mind body fitness
it's sure to give all you can take
heaven sent church of the lake

heartbeat loud and breath undone
safe to say this morning's won
laughing talk or serious jive
does not show what goes inside
dare not miss the partnership
this is the drug that makes one hip
the road exists just for our sake
lord above church of the lake

footsteps echo in the snow
forward the only way to go
clockwise action circle route
this run is what it's all about
three sick dudes on a morning jaunt
try to get just what they want
killer wind ice on the cake
primal scream church of the lake

silent steps in cold cold rain
every drop erases pain
running done fall to your knees
vomit now gods to appease
testing strength no place to hide
demonstrate what lives inside
spirit knows when try to fake
sacrifice church of the lake

Joe Beets

The lake refers to Lake Auburn, a traditional site of Sunday morning distance runs for Lewiston - Auburn runners.

PADDLESPORT

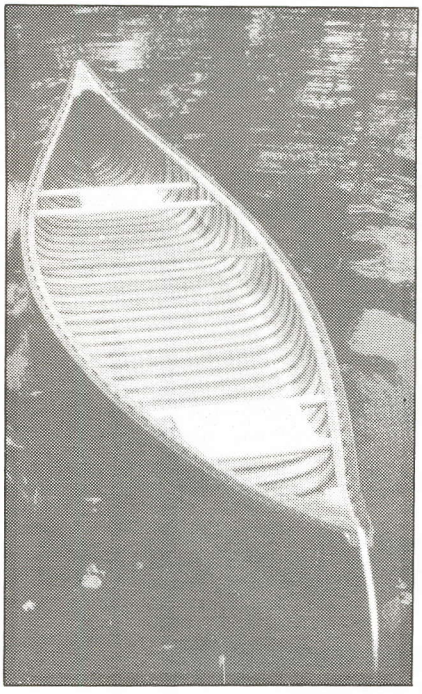
by John Mathieu

It can be difficult for a person to get good information when it comes to advanced canoeing. This is not just with racers in mind; athletes who are paddling as an alternative aerobic workout may want to go beyond the merit badge level and into more proficient canoeing.

* For people who cannot spend time with an experienced canoeist for instruction, the next best thing is a video. The best instructional video is by Mike Fries and called **"LONG DISTANCE CANOE RACING: TECHNIQUE & TRAINING"** (available through Tanna Fries @ 506 Shore Drive, West Henrietta, NY 14586). Although the video is geared toward racers, the information is applicable to anyone who wants to be little more serious with the sport.

* The next great information source is a book by Dick Mansfield and Peter Heed called **CANOE RACING** (Acorn Publishing, Box 7067, Syracuse, NY 13267). This book includes chapters on technique, equipment, race strategies, and tactics to use the river to your advantage. The pictures in this book are like a scrapbook of North American canoe racing.

* Finally, a race schedule! The best race schedule for Maine races is produced by the MAINE CANOE AND KAYAK RACING ORGANIZATION (a.k.a. MaCKRO, PO Box 366, Orono, ME 04473). This newsletter will list most Maine races. The New England schedule can be purchased for $1 through the American Canoe Association (A.C.A. New England Division, 687 Montgomery Rd, Westfield, MA 01085).



RUNNING, BOATING, CAMPING:

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Shop Talk: Affordable Upgrades - Part ll

Wheels....

by Tim Corcoran

The last article (April '93) dealt with lightweight rims and tires as possibilities to lighten our wheels. This time we will cover the wheel itself. Wheels come in a variety of different sizes, different spoke patterns, and different numbers of spokes. For simplicity, this article is based on the standard road wheel (700c) and the standard ATB wheel (26").

First we'll cover rims and hubs, and the number of spokes that they use. They are available in several different drillings, or number of holes. A few years ago, bikes came with 36 hole (36 H) hubs and rums, but now 32 hole (32 H) are standard. And it is not uncommon to see lighter riders using 28 H. At the extremes are 24 H front wheels used in time trials, and 40 H wheels on touring bikes and tandems. Now, 36 H rims or hubs may actually weigh less than 32 H ones because there are more holes drilled in them. However, that logic ends when you fill those holes with spokes. So, for our purposes, rims and hubs weigh the same amount regardless of their number of holes. If you haven't guessed it yet, the lighter wheel is the one with fewer spokes, not the one with more holes.

Now we can take this another step by using not only fewer spokes, but also lighter ones. Spokes come in a variety of different lengths and sizes. For sizes there are 14 gauge, 15 gauge, and Double Butted. The 14 gauge (14 G) spokes are 2mm in diameter, 15 gauge (15 G) spokes are 1.8mm in diameter, and Double Butted (DB) have two gauges or diameters. A 14/15 DB spoke is 2mm in diameter on the ends and 1.8mm in the middle. There are also 15/16 DB spokes and even 15/17 DB spokes. So, what does all this mean? Here are some weights of the different sizes: 32 - 298mm 14G spokes weigh 242 grams; 32 - 298mm 15G spokes weigh 193 grams; 14/15G weigh 187 grams; and 15/17G weigh 144 grams. These weights do not include the spoke nipples, which provides us another opportunity to save some weight. Standard spoke nipples are made of brass and weigh 1 gram each. For a little more money you can get alloy ones that weigh only .33 grams each.

The length of spokes used in a particular wheel depends on the hub and rim combination. Different hubs and rims require specific length spokes to build up the wheel. However, wheels can be built using different lacing patterns which require different spoke lengths. A radial wheel uses the shortest possible spoke uses the shortest possible spoke length because they go straight from the hub out to the rim, as a result the radial wheel is the lightest. A wheel that is laced with a three-cross pattern, (the spoke crosses three others on its way to the rim) uses longer spokes and is thus heavier. So that I don't mislead you, it must be noted that lightweight does not mean stronger.

As is the case with all parts and components, some degree of caution should be used in determining how light is right for you. Hopefully this article will give you some ideas on how to lighten your bike. If nothing else, you should at least know that all wheels are not the same.

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Streaked Mountain Classic - Buckfield - May 2nd

Results courtesy Maine Bicycle Racing

Senior Women USCF

1	Dorrie Bowley	3:13:25	Lowell, MA
2	Kathy McDonnell	3:13:25	Newbury, VT
3	Suzy West	3:13:25	Brattleboro, VT
4	Heather Tallman	3:14:10	Cambridge, MA
5	Joan Poirier	3:14:14	Chelmsford, MA
6	Sharon Jacobsen	3;23:04	Brocton, MA
7	Juie Michals	3:25:23	Brighton, MA
8	Jan Proctor	3:27:19	Enfield Ctr, NH
9	Beth Burchill	3:28:17	Malone, NY
10	Katherine Olney	3:28:33	Newton, MA
11	Jo Ann Groesbeck	3:30:06	Sharon, NH
12	Melinda Wendling	3:32:50	Boston, MA
13	Kerry Keenan	3:34:55	Portland
14	Deborah LeBlanc	3:42:08	Manchester, NH
15	Lisa Lindley	3:45:29	Brookline, MA

Citizen Women - 31 Miles

1	Marion Ortel	1:56:39	Block Island, RI
2	Susan Batchelder	1:59:14	Montpelier, VT
3	Ewa Karazim	2:03:15	Lewiston

Senior Men Cat 1&2 - 85 miles

1	Heath Leavitt	4:08:39	Kezar Falls
2	Luke Rice	4:09:01	New Haven, CT
3	Bill Yarbroudy	4:11:07	Pawtucket, RI
4	Bill McDonnell	4:11:07	Newbury, VT
5	John Funk	4:11:07	Putney, VT
6	Bill McCarrick	4:11:07	Maynard, MA
7	Brian White	4:11:07	Merrimack, NH
8	Dan Massucco	4:11:07	Northborough, MA
9	Joseph Brenner	4:11:33	Hooksett, NH
10	Ben Haydock	4:15:00	Shelburne, VT
11	Tim McElman	4:17:09	Portland
12	Paul Richard	4:17:09	Amesbury, MA
13	Patrick Gray	4:19:14	Charlestown, RI
14	Steve Kowalski	4:20:20	Keene, NH
15	Joseph Bucciaglin	4:21:24	Nawgutuck, CT
16	Machael Barrett	4:24:25	North Easton, MA
17	Chris Graham	4:24:25	Ledyard, CT
18	John Tomlinson	4:29:09	NY, NY

Senior Men Cat 3 - 85 miles

1	Eric Bowker	4:12:10	Essex Jct, VT
2	Marthew Domnarski	4:12:10	Ware, MA
3	David Mancuso	4:12:10	Malone, NY
4	Charles MacLaughlin	4:12:10	Burlington, VT
5	Robert Lesmerises	4:12:10	Franconia, NH
6	Jorge Fernandez	4:12:59	New Bedford, MA
7	Paul Dick	4:13:23	Melrose, MA
8	Christopher Bennett	4:16:45	Simsbury, CT
9	Brian Motylenski	4:18:46	Mendham, NJ
10	Andrew Whelan	4:19:00	Norway
11	Neil Fitch	4:19:59	Falmouth, ME
12	Chris Munro	4:20:01	Dallas, TX
13	Edward Kross	4:20:32	Framingham, MA
14	Bob Ledwith	4:20:32	Charlestown, MA
15	Jerrold Barth	4:20:32	N Andover, MA
16	Ian Blue	4:20:32	Portland
17	Sam Robinson	4:20:35	S Portland
18	Gardner Desroberts	4:21:32	NY, NY
19	Eric Hansen	4:21:55	Woodside, NY
20	Gerald Bouchard	4:23:31	Taunton, MA
21	Steve Swan	4:23:31	Sterling, MA
22	Geoff Wade	4:24:46	Putney, VT
23	Jon Gallagher	4:26:00	Orlando, FL
24	Randolph Beecham	4:27:14	Portsmouth, NH
25	Daniel Collins	4:28:27	Watertown, MA
26	David Foley	4:39:36	N Easton, MA
27	Jeff Sampson	4:43:00	S Burlington, VT
29	Eric Marro	4:52:53	Nashua, NH

Senior Men Cat 4 58 miles

1	Paul Collins	2:58:24	Worcester, MA
2	Kevin Besner	2:58:24	Fredricton, NB
3	Forest Reid	2:58:24	Plainfield, VT
4	Richard Bodwell	2:59:39	Brewer, ME
5	David Baur	3:01:25	Medford, MA
6	Charles Hyland	3:01:25	Otis AFB, MA
7	Luc Arseneau	3:01:45	Petit, NB
8	Steve Mlujeak	3:04:11	Otis AFB, MA
9	Richard Legault	3:05:17	Providence, RI
10	Pete Swin	3:07:42	West Dover, VT
11	John Blandino	3;07:45	Boston, MA
12	Stephen Jablonski	3:07:59	Allston, MA
13	Joel Page	3:08:01	Montpelier, VT
14	Andrew Feld	3:13:12	Boston MA
15	Evan Ide	3:15:05	Hampton Falls, NH
16	Clifford Hepburn	3:16:13	Watertown, MA
17	Mareh Ryniejski	3:20:58	Malden, MA
18	Philip Coffin	3:20:58	N Yarmouth
19	Steve McGrath	3:35:00	Portsmouth, NH

Senior Men Cat 5 & Citizen A - 58 miles

1	Roger Baiguy	2:56:05	Portland
2	William Yeo	2:56:05	Freeport
3	Martin Hodge	2:56:15	Brighton, MA
4	Brian McLaughlin	2:56:24	Norway
5	Joe Emmendorth	2:56:30	Dover, NH
6	Jason Rossi	2:56:30	Glocester, RI
7	Kent Sutcliffe	2:56:05	Tilton, NH
8	Scout Seymour	2:59:05	Brewer, ME
9	Kevin Mullens	2:59:10	West Acton, MA
10	Charles Bourdages	2:59:40	Portsmouth, NH
11	Robert Kramer	3:01:16	Stowe, VT
12	Jason Pettingill	3:02:31	Freeport
13	Jeff Longfellow	3:02:32	Lewiston
14	Stephen Morse	3:04:10	Gray
15	Danny Smith	3:04:32	Buckfield
16	Rick Grendell	3:05:02	White River, VT
17	Mark Donovan	3:05:20	Sherborn, MA
18	Jim Dowling	3:06:37	Buckfield
19	Mark Burns	3:07:38	NY, NY
20	John Short	3:07:58	Merrimack, NH
21	David Falkenham	3:09:16	Lancaster, NH
22	John Grenier	3:12:42	Lewiston
23	Daniel King	3:13:25	Shelburne, VT
24	David Harkless	3:21:41	Lincoln, NH
25	Danny Cahill	3:21:41	Springfield, MA
26	Jan-Martin LeBlanc	3:23:14	Dieppe, NB
27	Richard Iverson	3:52:15	Londonderry, NH
28	Gary Turgeon	4:01:15	Dover, NH
29	Gilman Cole	4:05:02	Hollis, ME
30	Robert Gonzales	4:21:45	Rye, NH

Men Masters 35 - 58 miles

1	Thomas Lewis	2:49:24	Sullivan, NH
2	William Von Thaden	2:49:27	East Orleans, MA
3	Graydon Stevens	2:52:26	Cape Elizabeth
4	Brett Murray	2:54:43	Lincoln
5	Brad Tanner	2:56:33	Henniker, NH
6	Mike Madore	2:56:46	Brockton, MA
7	Bob Donahue	2:58:35	Acton, MA
8	Sean Folley	3:09:13	Morrisville, VT
9	Arthur Lusignan	3:09:48	Riverside, RI
10	Tom Vinson	3:11:37	Wollaston, MA
11	Gary Kamieneski	3:14:49	Hampton, NH
12	Micheal Beshey	3:15:10	Dover, NH
13	Jim Proctor	3:25:10	Enfield CTR NH

Men Masters 45 - 58 miles

1	William Hartwell	3:00:45	Topsham
2	William Shenk	3:08:03	Clarksville, MD
3	Art LeBlanc	3:21:10	Concord, NH
4	Nicholas Hrycaj	3:34:30	Warren, RI
5	Richard Martin	3:34:30	Attleboro, MA

Junior Men

1	Chris McDonald	2:57:13	Hampden, MA
2	Roberto Dapice	2:57:22	Concord, MA
3	Kurt Hackler	3:03:00	Bolton, MA
4	Adrian Frank	3:03:51	Vasselboro
5	Brian Moriarty	3:10:25	Chelmsford, MA
6	Jason Gannon	3:14:50	Merrimack, MA
7	David Lipman	3:17:19	Andover, MA
8	Troy Scott	3:21:47	Hanover, NH
9	Jonathan Whitney	3:24:15	New London, NH
10	Steven McDonnell	3:29:36	Newbury, VT
11	Stephen Flynn	3:54:23	Merrimack, NH

Citizen Men B - 31 miles

1	Robert Knapp	1:36:04	Brunswick
2	Michael Claus	1:42:20	Naples
3	Paul Falcone	1:43:27	Montpelier, VT
4	Kevin Whitney	1:45:15	New Market, NH
5	David Santomenna	1:48:05	Cambridge, MA
6	Peter Grube	1:50:50	Nashua, NH
7	Brian Cullen	1:52:00	Brunswick
8	Ronald Collier	1:52:43	Naples
9	Ken Sessions	1:57:56	Portsmouth, NH

Citizen Junior Men - 31 miles

1	Derik Luke	1:34:02	Scarborough
2	Henry Haeberle	1:34:39	Fitzwilliam, NH
3	Jesse Bastide	1:36:01	Falmouth
4	Jamie Brooks	1:37:31	Alna
5	Dana Hartwell	1:39:05	New Gloucester
6	Matt Ouellette	1:40:30	Lewiston
7	Ryan Crocker	1:40:30	Lewiston
8	John Mauro lll	1:40:41	Auburn
9	Christipher Roy	1:42:47	Casco
10	River Linquist	1:50:25	Kingfield
11	Kevin Goff	1:50:27	Bellport, NY
12	Damon Bayles	2:40:06	Kingfield

Alewives Road Race - West Kennebunk - April 23rd

by Kerry Keenan

All of the race were held on a relatively flat 9.4 mile loop but were made challenging by the strong gusting winds. From the word go of the men's 56 mile category 123 race, constant attacks made for a brisk pace averaging over 25 mph for the 1st four laps until finally slowing down to regroup for the finish. The deciding break was formed during the start of the 3rd lap when 4 riders rode off the front. The Portland Vela Club reacted by setting a pace aimed at reeling in the lead riders. The chase group's efforts brought the pack close enough to allow Graydon Stevens (PVC) and Randy Beecham (Saco Cycles) to bridge up to the lead group. However, that 15 second gap was as close as the chase group would come as the lead pack (now 6 riders) put their heads down and hammered out a 2.5 minute lead. By the 6th and final lap the race was destined to end in 2 field sprints with Lenny Desouza (Nashbar) pulling out the overall win. For the chase group Duane Skolfield (Team B.O.B.) took the sprint placing him 7th overall.

Unlike the first race the CAT 4/5 riders were unable to launch any successful attacks and remained together for the entire 28.2 miles. Although Bob Baiguy (CCCP) and Craig Bradbury (Saco Cycles) kept the rest of the group on their toes with an occasional attack, most of the time was spent with riders fighting to stay out of the wind. On the final straight-away, fans saw a crowded field sprint where Charlie Bourdoges (Exeter Cycles) nipped Brian Linscott (PVC) at the line for the win.

The citizens race saw Scott Seymour of Brewer ride off the front on the first of two laps. The rest of the field kept up a steady chase but was never able to catch Scott. The rest of the pack had to settle for a field sprint with Adrian Frank and David Brink (both of PVC) leading out the sprint and taking 2nd & 3rd respectively.

Sr Men Cat 1,2,3 - 56 miles

1	Lenny Desousa	Nashbar
2	Randy Beecham	Saco Cycles
3	Graydon Stevens	Portland Velo
4	Paul Richards	CCB
5	Todd Mion	Saco Cycles
6	John Garfi	Team B.O.B.
7	Duane Skolfield	Team B.O.B.
8	Neil Fitch	Saco Cycles
9	Ian Blue	Portland Velo
10	Tim Corcoran	Portland Velo

Sr Men Category 4,5 - 28.2 mile

1.	Charlie Bourdoges	Exeter Cycles
2	Brian Linscott	Portland Velo
3	Steve McGrath	Exeter Cycles
4	Robert Baiguy	CCCP
5	Jim Casazza	Team B.O.B.
6	William Casazza	Team B.O.B.
7	Mark Hewes	Portland Velo

Sr Women

1	Kerry Keenan	Portland Velo
2	Deb LeBlanc	NHCC
3	Sue Hibbard	NHCC
4	Geri Cormier	NHCC

Citizens

1	Scott Seymour	Brewer
2	Adrian Frank	Portland Velo
3	Dave Brink	Portland Velo
4	Joe ?	Dover, NH
5	John Short	Unattached
6	Jesse Bastide	Portland Velo

results courtesy of Saco Cycle

Rainbow Cycles Time Trial Series - May 9th

David Crawford	44	37:59
Steve Fluet	34	39:06
Danny Smith	32	39:30
Dave MacNair	36	39:54
Jeff Longfellow	26	40:30
Jamie Brooks	15	40:33
Bill Cochran	46	40:37
Rocky Freeman	46	40:42
Adrian Frank	16	40:56
Raymond Kusche	38	41:04
Gene Lagomarsino	31	41:07
Ed Mendes	39	41:11
Kirk Jurgelevich	40	42:13
John Levesque	29	42:22
Josh Freeman	17	42:58
Brian St Louis	35	43:48
Kyle Warren	18	43:54
Jim Witherell	39	44:28
Chuck Hillier	41	44:39
Bob Bachorik	49	44:49
Jeff Hawksley	43	45:08
Doug Dolan	30	45:14
Jeff Harrison	35	45:15
David Rotford	45	45:22
Steve Oliveri	39	45:25
David Miller	39	45:26
Geof Finkels	37	45:28
Harry Schmitke	55	45:56
Ralph Good	42	46:54
Patty Titcomb	35	47:21*
Russ Probert	44	47:22
Dave Gugan	56	47:25
Matthew Richard	20	47:52
Carolyn Lockwood	26	47:54*
Tom Morrell	32	48:04
Barb Rattigan	35	49:09*
Lisa Knobel	28	49:15*
David Hatch	70	50:47
Mike Spiotta	42	51:04
Bryn Doiron	31	51:30*
Pat Hawksley	13	52:45
Eliza Kinney	15	53:06*
Peter Behrman	13	53:58
Dean Read	45	55:19
Ruth Jolicoeur	50	59:05*
Patrick Spiotta	12	62:01

There's A Word For Craftsmanship

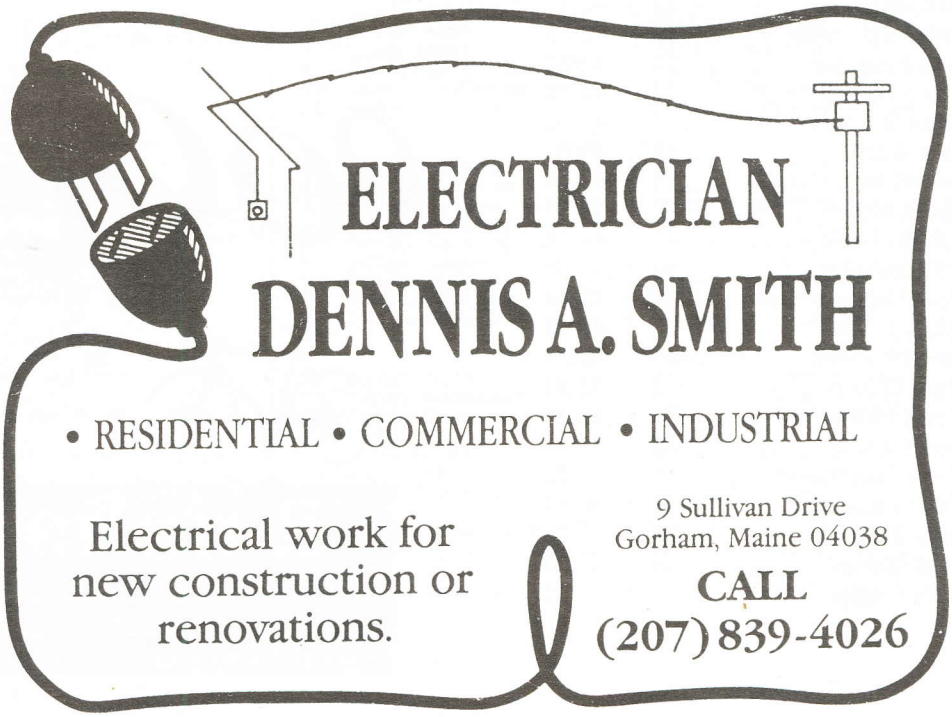
This Advanced. Yeee

Patriots Day 5 Miler - Portland - April 19

The temperatures were in the high 50s to low 60s, but the sun made it feel even warmer; only a bit above ideal for singlets and shorts. The wind was not as bad as some years but was dead against runners during the tough 4th mile. Stan had the company of Rusty Snow for a mile and Andrew Gerard from Dartmouth College to the 3 mile mark before he pulled away. Jennifer Rolfe, 1987 graduate of Westbrook High ran alone (except for men) for an easy win. Both Stan and Jennifer run for the Nike Boston team. The TV cameras, people, and general urban setting added a note of excitement to this race. Certified

results courtesy of Ted Cunningham

1	STANLEY BICKFORD	29	24:16
2	ANDREW GERARD	24	24:50
3	RUSTY SNOW	23	25:19
4	ANDY SPAULDING	22	26:37
5	ALLAN MUIR	38	26:41
6	STEPHEN CARLE	38	27:09
7	ROLAND THIBAULT	25	27:11
8	STU HOGAN	31	27:47
9	DENNIS MCIVER	42	27:59
10	PAUL FAGAN	40	28:01
11	BRUCE NICHOLSON	31	28:13
12	JENNIFER ROLFE	23	28:19*
13	LAMECK RINGO	31	28:21
14	RICHARD BROOKS	26	28:28
15	ANDREW BLACK	31	28:28
16	DAVID CRAWFORD	43	28:29
17	THOMAS BENNETT	35	28:30
18	ERIC GOODWIN	17	28:32
19	BARRY FIFIELD	36	28:36
20	STEPHEN FLUET	34	28:40
21	GUY SEGARS	32	28:42
22	RAYMOND KUSCHE	38	28:52
23	MATTHEW LANE	15	29:04
24	WILLIAM BOUCHER	34	29:05
25	AARON BALISTRERI	18	29:12
26	GEORGE TOWLE	42	29:15
27	MICHAEL RICE	17	29:20
28	JESSE RANDALL	17	29:21*
29	DANE DWYER	35	29:27
30	MICHAEL BROSNAN	28	29:35
31	TED HUTCH	28	29:36
32	TOM HOWARD	16	29:45
33	JOHN GLEASON	35	29:46
34	RICHARD DAVEE	37	29:49
35	ROSS CAMERON	26	30:05
36	ROGER CLEMENT	29	30:12
37	DENNIS SMITH	43	30:13
38	WALTER CROCKETT	34	30:15
39	CONRAD WALTON	54	30:16
40	THOMAS MENENDEZ	39	30:24
41	GARY LA FRENIERE	32	30:29
42	ROB BROOKS	28	30:29
43	RICK LIGHT	33	30:33
44	JOE RICHARDS	49	30:36
45	GERRY MYATT	41	30:41
46	ANDREW WORTH	16	30:45
47	WARD BOUDREAU	17	30:49
48	ALEX AGNEW	34	30:50
49	JAMES FLAKER	29	31:00
50	PAUL GADBOIS	39	31:01
51	FREDERICK SARGENT	38	31:02
52	BARRY WIGHT	34	31:03
53	JAY LINDSEY	29	31:05
54	CHRISTINE SNOW-REAS	27	31:08*
55	JULIE MILLARD	29	31:14*
56	KEVIN CARLEY	38	31:16
57	TIM REID	39	31:18
58	RONALD DEPREZ	48	31:20
59	DOUG LUDEWIG	53	31:22
60	SCOTT SCHNAPP	37	31:24
61	KEVIN GILE	35	31:29
62	WANDA BINETTE	26	31:30*
63	ERICH REITENBACH	42	31:36
64	ROBERT MCCORMACK	41	31:39
65	MARK BOUCHER	34	31:45
66	MICHAEL SIMONEAU	45	31:46
67	CATIE DEAN	23	31:51*
68	MIKE CARTER	42	32:02
69	MARTIN MAINES	16	32:07
70	BRUCE TWOMBLY	40	32:08
71	WADE BOUDREAU	17	32:08
72	GEORGE CAMPBELL	46	32:10
73	ROBERT DOW	48	32:10
74	JIM MUTHIG	28	32:11
75	GEOFF RUSHLAU	38	32:13
76	TIM CUMMINGS	42	32:14
77	KIRK JURGELEVICH	40	32:15
78	STEVE ROSS	38	32:15
79	DANIEL HUTCHINS III	32	32:17
80	BILL SKERRITT	33	32:18
81	BRIAN FLYNN	32	32:18
82	WALTER WHITCOMB	41	32:19
83	LLOYD LAFOUNTAIN	30	32:19
84	AUSTIN CONRAD JR.	37	32:18
85	NORM WORKS	32	32:24
86	CHRIS VARNEY	16	32:25
87	JOHN TITUS	37	32:25
88	THOMAS ALLEN	37	32:26
89	STEPHEN MORSE	29	32:26
90	JODY KING	32	32:30*
91	JIM HARMON	32	32:31
92	DAVID DOWLING	39	32:32
93	ROBERT GLERIE JR	36	32:33
94	ANDREW INGALLS	34	32:34
95	JEANNE HACKETT	34	32:35*
96	KARL BRANTNER	38	32:36
97	ROGER FOSTER	46	32:39
98	DEREK AVERY	20	32:40
99	DUCKY NEMMERS	14	32:44
100	RUSS CONNORS	60	32:45
101	ROBIN EMERY-RAPPA	46	32:45*
102	JONATHAN TOOF	46	32:46
103	DAVID RODICK	37	32:47
104	DAVID SILK	35	32:48
105	ROBERT GILLESPIE	54	32:52
106	JAMES SIEBEN	19	32:53
107	BRIAN MILLIKEN	39	32:55
108	JEFF TINDALL	41	32:56
109	ERNEST JOHNSON	31	32:58
110	BILL GORDON	27	33:00
111	PETER GULEZIAN	15	33:01
112	JONATHAN KELLEY	16	33:01
113	CARLOS PHILBRICK	40	33:04
114	KEN BUZZELL	35	33:04
115	PETER MERRILL	33	33:05
116	HAYDN TOWLE	35	33:05
117	NICHOLAS MOULTON	15	33:05
118	TRAVIS CAVALLARO	14	33:06
119	ROBERT DEMERS	36	33:06
120	TIMOTHY HIGGINS	33	33:10
121	DEB RASZMANN	40	33:10*
122	ERIC NEVERS	28	33:13
123	MATTHEW STOKES	30	33:18
124	MICHAEL BEAUDOIN	50	33:19
125	HOWARD CHADBOURNE J	39	33:22
126	BOB STUART	38	33:22
127	CARL FOGG	45	33:23
128	TORY KENDRICKS	17	33:24
129	DAVID BENN	47	33:27
130	JOHN BRENNAN	17	33:28
131	JAMES MCCORKLE	38	33:30
132	CAROL HOGAN	42	33:33*
133	ERIC GARON	14	33:35
134	JOHN JAMES	40	33:37
135	JAMES BRIGHT	43	33:39
136	PETER BASTOW	56	33:40
137	PETE SONTAG	27	33:40
138	JOHN LAMBERT	38	33:42
139	LARRY WALDEN	40	33:42
140	DAVID MASON	39	33:43
141	NATHANIEL MASON	44	33:44
142	JOHN LONG	46	33:45
143	GEORGE CARPENTIER	34	33:46
144	MIKE PAULHUS	16	33:46
145	SHEILA HODGES	38	33:46*
146	MICHAEL BOYSON	39	33:47
147	TOM SHORTY	31	33:49
148	YUN CHONG	32	33:55
149	JACK PRINGLE	43	33:57
150	DOUG MOODY	44	33:57
151	TOM KIRBY	36	34:05
152	BILL MCCALMON	51	34:05
153	WILLIAM SPEAR	29	34:06
154	RICK DEFILLIP	46	34:07
155	LES BERRY	45	34:08
156	ELIZABETH HANDY	35	34:08*
157	CLYDE PARKER	40	34:09
158	ANNEMARIE DAVEE	36	34:11*
159	BLAIR DWYER	38	34:12
160	NICHOLAS TROUT	30	34:15
161	K. SCOTT HINCKLEY	35	34:15
162	DALE RINES	40	34:16
163	TERRANCE ALLEN	31	34:16
164	NEIL MARTIN	50	34:17
165	NANCY LUND	41	34:19*
166	PAUL EDWARDS	40	34:19
167	STEPHEN HARRIMAN	43	34:20
168	MYLES COURTNEY	11	34:20
169	DAVID GREEN	35	34:21
170	MERT DEARNLEY	44	34:22
171	REBECCA RYAN	14	34:23*
172	OWEN CISA	14	34:25
173	DOUGLAS HODGKIN	53	34:26
174	RICHARD WHITING	37	34:26
175	LARRY TAYLOR	47	34:27
176	ERIC BOWIE	33	34:28
177	CHIP CATHCART	35	34:29
178	STEPHEN ASSANTE	40	34:30
179	WILLIAM JOHNSTON	38	34:30
180	GEORGE COOPER	37	34:31
181	RICHARD ROBINOV	33	34:31
182	JIM SHAVER	39	34:33
183	DAVID PAUL	47	34:34
184	BRUCE HELPER	23	34:35
185	JEFFREY ROSENBLUM	24	34:36
186	MATT STETSON	27	34:36
187	DON ANDRUS	45	34:37
188	MARK STEEGE	38	34:41
189	RICK MEINKING	32	34:42
190	NANCY COOPER	38	34:46*
191	CRAIG HAGGETT	38	34:46
192	AMANDA HOUSTON	27	34:47*
193	JACK REAGAN	40	34:47



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197	WAYNE AYERS	38	34:50
198	ALEX MARK	33	34:50
199	SCOTT SPILLER	21	34:52
200	DAVID COURTNEY	38	34:53
201	DAVID TURNER	29	34:55
202	ROCCO CORSETTI	45	34:56
203	ROD JORDAN	37	34:56
204	CARRIE MCCUSKER	23	34:57*
205	PETER GAGNON	49	34:58
206	DAVID RAY	40	34:59
207	CARL REILLY	40	35:00
208	DAVE STANKOWICZ	46	35:01
209	MANDO ISELBORN	36	35:03
210	JAMES BOSISVERT	36	35:04
211	BETH SCHILLER	17	35:04*
212	BETTY RINES	36	35:05*
213	SCOTT CUSHING	39	35:05
214	MARK GIROUX	24	35:07
215	GREG LAMB	39	35:08
216	KRISSY COLLINS	17	35:08*
217	WAYNE FORDHAM	48	35:10
218	DOMINIC REALI	50	35:10
219	MEG RANDALL	16	35:11*
220	GEOF FINKELS	37	35:11
221	KATHERINE TAUDVIN	29	35:12*
222	MIKE MURPHY	33	35:13
223	PAUL LESSARD	35	35:16
224	BOB BROSIUS	40	35:16
225	KELLY RODRIGUE	29	35:17*
226	GARY GIFFARD	34	35:18
227	DAVID HASKELL	47	35:19
228	BRIGETTE EDQUID	45	35:20*
229	NORAL ENGHOLM	24	35:21*
230	LAURIE ALLARD	31	35:23*
231	DILLON GILLIES	53	35:25
232	LEE CROCKER	41	35:26
233	JOHN MORSE	47	35:26
234	JIM NEAL	35	35:27
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236	DEBBIE BROWN	30	35:30*
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238	JOHN ROLFE	38	35:42
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240	PAUL MCDONOUGH	42	35:49
241	EDWARD HOWELL	44	35:51
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244	NANCY BEEBE	47	35:56*
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247	GEOFFREY HILL	46	36:07
248	LEIGH EATON	41	36:13
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255	FAYE GAGNON	48	36:26*
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261	CAMERON BRIGHT	32	36:33
262	JOSEPH MONTIMURRO	35	36:35
263	WENDY CATHCART	35	36:36*
264	DAN D'ENTREMONT	42	36:37
265	SARAH ANDRUS	38	36:39*
266	DANIEL POUCRETTE	34	36:42
267	DANIEL HOGAN	42	36:42
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269	JOSEPH CONRAD	20	36:49
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277	RUSSELL WEBSTER	38	37:03
278	PHILLIP POTENZIANO	25	37:05
279	SUE HIGHT	34	37:06*
280	JAMES WASHINGTON JR	36	37:07
281	KELLY JOHNSON	34	37:07*
282	KEN SYLVESTER	48	37:08
283	ELIZABETH WOODHEAD	23	37:11*
284	ART PORTER JR.	49	37:12
285	MICHAEL DOYLE	28	37:13
286	JOSEPH LOUGHLIN	39	37:13
287	ROBERT MOULTON	29	37:15
288	RICK RECORD	31	37:15
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290	DONALD GEORGE	39	37:18
291	KARL GEIB	34	37:21
292	MALCOLM CHASE	15	37:21
293	MICHAEL STONE	40	37:21
294	LORI JOHNSON	34	37:23*
295	ROBERT KLINE	41	37:24
296	LOREN LATHROP	44	37:24
297	PAUL YATES	42	37:31
298	RUSS BRADLEY	69	37:32
299	BRYAN WIGGINS	34	37:32
300	CHARLES FREDERICK	30	37:33
301	JONATHAN DIETZ	46	37:33
302	NATHAN NICKERSON	36	37:34
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308	MICHAEL SKERVITT	37	37:52
309	ERIN RAY	29	37:54*
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312	THOMAS BLAIR	40	38:06
313	NIKKI RAGAN	36	38:07*
314	JOSEPH COOK	43	38:07
315	JESSICA PLOURDE	15	38:08*
316	JOHN WHIPPLE	47	38:08
317	KATHRYN TOLFORD	38	38:09*
318	Timothy FLAHERTY	44	38:11
319	RICHARD DOUGHTY	34	38:13
320	STANLEY LEAR	40	38:14
321	AMANDA RUSSELL	34	38:15*
322	BRIAN ADAMS	31	38:16
323	JOANNA POLITO	13	38:19*
324	ART MCDERMOTT	35	38:22
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327	ERIC KELLEY	48	38:25
328	BOB BRANSON	52	38:26
329	LAWRENCE GORTON	37	38:27
330	MICHAEL GORDON	31	38:30
331	DAVID WAITE	45	38:31
332	LAURIE DUMAIS	30	38:32*
333	MURIEL HARMON	33	38:33*
334	DANIEL ADERMAN	12	38:34
335	BRUCE GRIDLEY	38	38:36
336	JOHN YATES	40	38:37
337	GEORGE YOUNG	51	38:38
338	MARY PECK	34	38:40*
339	THOMAS MCMILLAN	46	38:41
340	JAMES TOLAN	33	38:43
341	EDMUND LEADBETTER	39	38:43
342	GARY STEVENS	32	38:44
343	LYNNE CRANDALL	30	38:45*
344	KATHY VENTURA	27	38:51*
345	DON RUSSELL	55	38:52
346	DAVID YOUNG	41	38:53
347	CANDICE WILLS	29	38:58*
348	MATTHEW BATTEN	33	38:59
349	WARREN WILSON	59	39:00
350	PETER POMPEO	47	39:00
351	MARION THAYER	31	39:01*
352	JAMES BONNVIE	28	39:01
353	GREGORY IVES	35	39:02
354	MICHAEL VIGUE	28	39:03
355	TRACY HALL	29	39:05*
356	KIM LYNCH	33	39:05*
357	ST. JOHN HALL	32	39:06
358	JOSEPH PASKVAN	48	39:11
359	BI TRAN	41	39:13
360	ROBERT MATHEWS	37	39:13
361	J. P. LAVOIE	37	39:15
362	PHILLIP HOOSE	45	39:16
363	BILL RIDLON	44	39:17
364	JEANNINE LAROCHILLE	30	39:17*
365	RODERICK GREENWOOD	30	39:17
366	ANGELA FLANAGAN	27	39:18*
367	ORLAND DELOGU	56	39:19
368	DON O'HALLORAN	45	39:19
369	DONNA HOLTBY	39	39:21*
370	MARK SUTHERLAND	26	39:21
371	CHRIS RODGERS	27	39:22
372	ALBERT RICHARD	48	39:22
373	JABIN SELBY	16	39:22
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375	HONEY SWINBURNE	15	39:24*
376	RENEE BUNKER	29	39:25*
377	WILLIAM ELGEE	48	39:26
378	TED MCCARTHY	51	39:27
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381	SUSAN OWENS	30	39:31*
382	MIKE CHITWOOD	40	39:32
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386	RALPH BUTTS	32	39:36
387	JOHN PASQUARIELLO	37	39:38
388	PETE PETERS	28	39:46
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390	MARGARET MCDEVITT	32	39:51*
391	NEAL WORKMAN	38	39:51
392	JIM BUNNELL	35	39:52
393	EMILY STUART	34	39:52*
394	BOB MCARTOR	53	39:52
395	KEVIN PLUNKETT	30	39:53
396	ERIC NEMITZ	13	39:56
397	PATRICIA SEYMOUR	14	39:59*
398	BILL NEMITZ	38	40:00
399	JOHN NUGENT	33	40:01
400	ANN NEMI	38	40:01*
401	JULIE CIRALDO	34	40:03*
402	FRED STONE	56	40:04
403	CAROLYN LOCKWOOD	26	40:05*
404	JOE RICCHIO	41	40:07
405	SUSAN CLAUSON	34	40:08*
406	ANN BILODEAU	30	40:09*
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422	BETSY WILSON	29	40:30*
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433	SUZANNE HURWITZ	35	40:51*
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436	RALPH BAXTER	61	40:57
437	ORMOND IRISH	60	40:58
438	STEVEN REECE	29	41:02
439	PETE O'DONNELL	31	41:02
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441	MARYBETH MATHEWS	38	41:04*
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444	RALPH HUGHES	44	41:07
445	DUANE HINDS	17	41:07
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457	JAMES DUMONT	38	41:27
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459	DAVID BOYER	34	41:29
460	ABBY HOLMAN	31	41:30*
461	ANDREW HASLAM	33	41:31
462	PHIL TINKHAM	46	41:32
463	JUSTINA MCGETTIGAN	29	41:34*
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466	TIM QUEENEY	34	41:49
467	PAUL WORTH	50	41:50
468	DAVID CHADBOURNE	26	41:51
469	DAVID MATTESON	28	41:52
470	MICHAEL WOODHEAD	27	41:54
471	LINDA RICHARDS	30	41:56*
472	PAUL MILLER	30	41:57
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474	SHANNON SEGARS	14	41:58*
475	ELLEN WING	29	41:59*
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477	KENNETH LOVEITT	46	42:02
478	TIMOTHY ROBBINS	31	42:04
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480	JAMES CRAWFORD	41	42:05
481	JENNIFER REALI	17	42:06*
482	STEVE MADDOCK	39	42:06
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485	FRED RADKE	42	42:14
486	KRISTEN CAHILL	18	42:16*
487	GERARD CONLEY	39	42:17
488	JOSEPH PEARSON	14	42:17
489	LEISA REQUIA	34	42:19*
490	BOB SEVERINGHAUS	28	42:21
491	CHARLIE HEWS	46	42:23
492	ULRIKE STEWART	23	42:26*
493	KARL VERTZ	46	42:35
494	JOHN VOORHEES	40	42:36
495	PAUL DOWE JR.	44	42:37
496	MARYANNE STRAND	38	42:37*
497	PATRICIA BRUNS	38	42:38*
498	JOAN LEE	20	42:41*
499	PETER BOLAND	35	42:41
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501	DEAN LESLIE	27	42:54
502	KEVIN THOMAS	38	43:01
503	DALE WING	34	43:02
504	TESS NACELEWICZ	40	43:08*
505	SUSAN HADLOCK	36	43:09*

506	STEPHEN DEWICK	53	43:09
507	TOM ATCHISON	44	43:12
508	PAMELA KANE	29	43:18*
509	HENRIETTA BEAUFAIT	39	43:22*
510	JOHN DONAHUE	37	43:23
511	ANN BLANCHARD	35	43:24*
512	ROGER ANDERSON	45	43:29
513	JANE MCCRODDEN	39	43:34*
514	PHIL BARTLETT	20	43:39
515	ANDREA SOLOMITA	23	43:43*
516	DOUGLAS PERLEY	31	43:44
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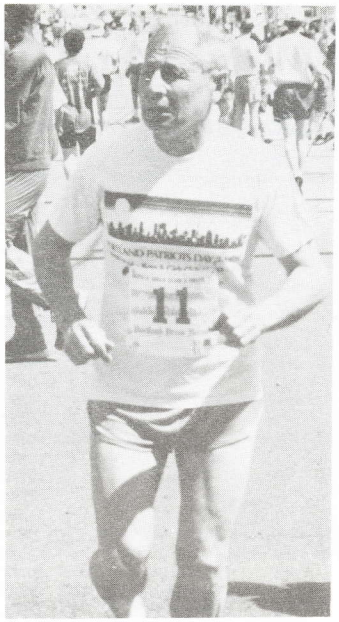
521	JAMES DANIELS	42	43:52
522	SCOTT KOOCHER	35	43:54
523	DENNIS GEARS	37	44:03
524	TONI MAUCK	30	44:15*
525	BROOKS AXELSON	32	44:16*
526	KATHY GREENLEAF	50	44:23*
527	ROSE STROUT	46	44:23*
528	JAY O'CONNOR	39	44:33
529	BRUCE ROHARIAN	49	44:36
530	DANNY MAHEUX	14	44:37
531	PHIL QUINN	41	44:42
532	JUNE SPILLER	44	44:44*
533	EMBER BROSIUS	13	44:47*
534	DAVID CLARK	41	44:47
535	TODD NICHOLSON	27	44:49
536	POLLY KENNISTON	56	44:50*
537	LARRY DYER	48	44:52
538	ROBERTA GREENFIELD	44	44:58*
539	CUSH ANTHONY	53	44:58
540	PAT MURPHY	47	44:59*
541	ANGELA LETIECA	18	45:01*
542	WILLIAM BARRON	34	45:08
543	THOMAS HOERTH	33	45:08
544	SALLY AMORY	67	45:10*
545	ANN LUDWIG	36	45:13*
546	THERESA MALONEY-KEL	37	45:21*
547	TODD MOLLOY	28	45:25
548	WAYNE MCGINTY	41	45:26
549	STANLEY HARMON	71	45:31
550	MARY SHERER	31	45:34*
551	STODDARD CHAPLIN	53	45:34
552	BILL MILLER	46	45:36
553	IRENE MORRIS	20	45:38*
554	MARYBETH JUDY	37	45:44*
555	MARK A. CLINCH	37	45:45
556	THOMAS CHADBOURNE	47	45:53
557	JIM PARKINSON	36	45:54
558	JONATHAN KOSNOW	38	45:56
559	ERIC KOBISCHEN	36	45:58
560	KAREN LIBBY	35	46:02
561	ROBIN LEIGHTON	28	46:03*
562	VIRGINIA MANUEL	46	46:23*
563	JIM CURRAN	46	46:27
564	AIMEE DEARMOTT	28	46:31*
565	BRUCE HART	35	46:40
566	ERICA BELYEA	82	46:41*
567	HERB LUDWIG	45	46:43
568	SALLY PATERSON	51	46:44*
569	JACK POULIN	27	46:45
570	MAGGIE SOULE	51	46:46*
571	REBECCA BISHOP	32	46:48*
572	ROBERT JOHNSON	47	46:52
573	CONNIE SISSON	43	46:54*
574	STEVE SISSON	43	46:55
575	RONNIE ROGERS	52	46:58
576	JULIE SAWYER	38	47:13*
577	DALE SANDS	41	47:14
578	DEBRA LOUSIN	39	47:19*
579	PAMELA TWOMBLY	43	47:31*
580	PAUL CHAMBERLAIN	63	47:32
581	THOMAS BROWN	35	47:34
582	MEAD BROWINELL	62	47:35*
583	LARRY BARRON	64	48:03
584	JANET SMITH	35	48:07*
585	CATHY SIEBOLD	40	48:11*
586	MARLENE HANDCOCK	39	48:19*
587	DAVID CLARK	44	48:27
588	ALBERT AYRE	51	48:31
589	TINA MARZUL	30	48:31*
590	ROBERT MARZUL	31	48:31
591	PAMELA RICHARDS	34	48:35*
592	SUE CARTER	30	48:41*
593	LISA BUZZELL	29	48:44*
594	SHANA WALSH	18	48:49*
595	ANNE BOUCHELLE	36	49:10*
596	BOB STURGES	45	49:10
597	JOSEPH BURKE	59	49:16
598	DANIEL FOLEY	60	49:17
599	SARAH MASON	16	49:27*
600	PHILIP BOYNE	68	49:31
601	CHERYL MULLEN	41	49:41*
602	TERESA GETCHELL	56	49:50*
603	WAYNE NEWLAND	55	49:51
604	DOUG BRAGG	45	50:28
605	RENEE VIOLETTE	23	50:30*
606	PAULA MCCONVILLE	35	50:38*
607	GEORGE HILLS	34	50:43
608	KELLY CORIGAN	24	50:45*
609	MAURICE HARMON	42	50:46
610	DEBRA SANDS	41	50:52*
611	WILLARD MARTIN	55	50:58
612	CHRISTINE CLARK	38	51:00*
613	THOMAS EDWARDS	29	51:00
614	DIANE DUSINI	30	51:02*
615	CAROL PIERCE	46	51:03*
616	DONNA THORPE	33	51:15*
617	MARC MARION	14	52:33
618	NANCY FREDERICK	42	52:40*
619	STEVEN MILLIGAN	14	52:53
620	CHARLES TIBBETTS	37	53:45
621	DONALD PENTA	46	54:34
622	MARY PLUNKETT	36	54:57*
623	FRANK LONG	75	55:22
624	LINDA CAMPEL	41	55:31*
625	RUTH HEFFLEFINGER	64	55:43*
626	JANET SIMMS	54	56:46*
627	JOCELYN RICHARD	15	57:14*
628	CUSHING HAYWARD	72	57:22
629	ALBERT GIASSON	73	58:36
630	SARAH STURGES	18	60:30*
631	JULIUS MARZUL	66	60:43
632	MARK PELLETIER	44	60:55
633	JAMES CARROLL	83	63:54
634	HARVEY MASON	59	67:39

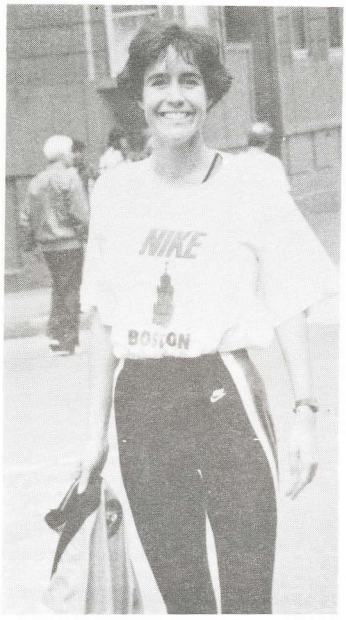
IT'S NOT NIKE

JUST DO IT.

Youth Race Winner Adam Bowden



Robert Perruzzi of Portland



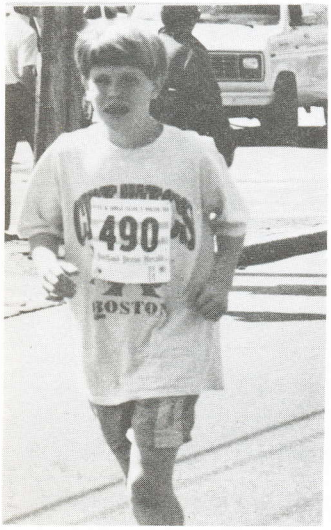
Winner - Jennifer Rolfe

Mike Carter of Machias

l to r: Don O'Halloran, Hampden's Sheila Hodges & Tim Read of Carmel

David Mason of Hebron & Nathaniel Mason of Stoneham

William Dunnett & Raymond's Michael Stone



Eric Nemitz of Cape Elizabeth

Jim Caroll brings tradition

Barry Fifield of Gray

Bill Green & Chief Mike Chitwo

Terrier Trot - 5mi - Waterville - April 10th

This course was remeasured by Gene Roy (but not certified) and significantly shortened from previous years. This is a difficult course with more then it's share of elevation changes as it follows some of the Pinetree Marathon course. Giles Norton and Sean Keenan showed everyone that they were prepared for Boston's hills.

results courtesy Central Maine Striders

1	Giles Norton	37	27:00
2	Seaun Keenan	31	27:28
3	Teague Dyer	17	28:27
4	Jesse Randall	17	28:29
5	Barrett Smith	21	28:34
6	Todd Murphy	26	28:48
7	Dave Dwyer	35	28:54
8	Shane Heathers	16	28:57
9	Rick Reaser	26	29:33
10	Peter Dauphinet	18	29:58
11	Larry Deans	36	30:17
12	Michael Thompson	34	30:24
13	Christine Snow-Reaser	27	30:29*
14	Courtney Parker	38	30:30
15	Joe Richards	49	30:32
16	Randy Wilson	40	30:47
17	Julie Millard	29	31:02*
18	Bill Paulisko	43	31:19
19	Paul Baillargeon	43	31:28
20	John James	40	31:34
21	Tim Reid	39	31:56
22	Jon Chapin	34	32:01
23	Eric Brown	25	32:03
24	Tim Cummings	42	32:04
25	John McDough	31	32:09
26	Richard Scribner	41	32:12
27	Steve Tosi	25	32:16
28	Gary Higgins	43	32:18
29	Bruce Williams	41	32:40
30	Brian Pickard	30	32:40
31	Gregory Herz	36	32:46
32	Robin Bates	15	32:53*
33	Bob Gillespie	54	33:21
34	John Paradis	37	33:26
35	Tom Shorty	31	33:30
36	Risa Cobb	33	33:42*
37	David Benn	47	33:45
38	Scott Hinckley	35	34:00
39	Sheila Hodges	38	34:10*
40	Frank Bragg	51	34:12
41	David Green	35	34:15
42	Erica Qualey	15	34:20*
43	Peter Geruais	39	34:30
44	Leslie Doolittle	35	34:48*
45	Doug Pennock	33	34:54
46	Tinia Dyer	16	35:05*
47	Dick Cummings	55	35:08
48	Ron Paquette	51	35:42
49	Carl Bowen	60	36:03
50	John Seegers	32	36:13
51	Bernice Stockley	29	36:26*
52	Mary Hendricks	33	36:31*
53	Robert Marquis	52	36:37
54	Rene Collins	51	36:50*
55	Bob Marden	39	37:02
56	Dick Miles	38	37:05
57	Louisa Dunlap	52	37:28*
58	Fawn Paradis	33	37:52*
59	Carlton Mendell	71	38:43
60	Keith Curtis	64	39:53
61	Gary Fisk	45	40:16
62	Robert Haskell	43	41:04
63	Linda Richards	30	41:36*
64	Joanie Rhoda	39	42:38*
65	Henrietta Beaufait	39	44:31*
66	Lloyd M Smith	44	45:52
67	Jane Smith	35	49:31
68	Michael Hross	44	54:41
69	Robert Bickford	40	54:41
70	Harvey Mason	59	62:30
71	Paul Paulson	66	64:18W

Unity College Spring 5K - April 17

This is a great course to build up your ego early in the season. The start is on a hill and although it is an out and back course, the finish line is at the bottom of the hill. Paula Emery set a new course record with a 18:02, bettering Bryn Doiron old record by 17 seconds. Cliff Rogers not only won his second year in a row but he shaved 26 seconds off last years time. A real "value race". Only $3 for race day registration!

results courtesy of Ed Raiola

1	Cliff Rogers	15:03
2	Teague Dyer	15:50
3	John Emerson	16:02
4	Jamie Good	16:02
5	Todd Knight	16:20
6	Steve Peterson	16:40
7	Michael Brosnan	16:41
8	J Moody	16:58
9	Michael Thompson	17:05
10	Rob Erskine	17:22
11	Tim Reid	17:29
12	Joe Richards	17:30
13	Paul baillargeon	17:45
14	Randy Wilson	17:52
15	John McDonough	17:52
16	Aron McMarrow	18:00
17	Paula Emery	18:02*
18	Robert Dow	18:07
19	Tony Hess	18:15
20	Mason Lowery	18:36
21	Robin Bates	18:37*
22	Steven Suoni	18:49
23	David Benn	18:49
24	David Wilson	18:55
25	Doug Pennock	18:57
26	Mike Parker	18:59
27	Gary Hildreth	19:01
28	Sheila Hodges	19:25*
29	Pat Duperry	19:29
30	Ken Hooper	19:33
31	Jonathan O'Neil	19:42
32	Carl Bowen	19:46
33	Tina Dyer	19:48*
34	Ron Paquette	19:54
35	Chris Smith	19:55
36	Fred Merriam	20:06
37	Ken Mevers	20:10
38	Stan Drinkwater	20:27
39	Bob Gillespie	20:46
40	Tom McCarthy	20:58
41	Beth Crichlow	21:00*
42	Joan Merriam	21:02*
43	Mitch Spaulding	21:03
44	Morgan Lowe	21:09
45	Luc Roy	21:21
46	Gene Roy	21:22
47	Gary Zane	21:29
48	Robert Haskell	21:39
49	Louisa Dunlap	21;44*
50	Carlton Mendell	21:46
51	Barbie Beal	21:55*
52	Keith curtis	22:01
53	Brad Marden	22:08
54	Josh Moody	22:10
55	Bob Marden	22:12
56	Becky Roy	22:33*
57	Hank Welzel	22:58
58	Linda Richards	23:02*
59	Michell Belanger	22:04*
60	Mark Kibler	23:30
61	John Hodges	23:34
62	Katherine Wilson	23:53*
63	Melissa McCalla	24:01*
64	H Beaufait	24:32*
65	Janet Smith	26:20*
66	Joanna Dall	26:52*
67	Nancy Vosburg	27:14*
68	Russell Rogers	29:08
69	Eva Nevers	30:01*
70	Casey McMarrow	30:02*
71	Jill Raben	31:16*
72	Donna Leland	31:16*
73	Kelly Canney	32:02*
74	Linda Benn	33:29*
75	Paul Paulson	37:22W

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Bernice Stockley of Lincoln

Farmington's Risa Cobb

Rick Reaser of OOB

Gary Higgins of Bangor

l to r: Janet Smith &Brian Pickard of Waterville & Joanie Rhoda of Union

Winslow's Teague Dyer leads Jesse Randall of Bath and Barrett Smi

Bruce Williams of Vassalboro

Keith Curtis of Waterville

l to r: Teague Dyer, Robin Bates & Tinia Dyer

April Amble - 4mi - Portland - April 24th

The 2 winners were also the first to reach the 1 mile mark and both collected $25 plus the $100 for the win. This classic 17 year old course is now USA T&F certified and only had to be lengthened by about 200 ft. Dry conditions in the woods and cemetery made for good conditions. The heavy winds had little impact because of the protection of the woods. The results were ready 20 minutes before advertised. Adam Bowden, Patriots Day youth winner continued his winning streak in the popular 1 mile youth run.. Many thanks to Maureen Sproul for photos. USA T&F ME93001WN

1 MILE YOUTH RUN

results courtesy of Charles Scribner

1	Adam Bowden	12	6:55
2	Matt Bailey	13	6:56
3	Tim Merritt	13	6:57
4	Jeffrey Beaulieu	14	7:12
5	Kenneth Whitney	11	7:13
6	Rikki-Leigh Gaudet	12	7:34*
7	Pamela Murchie	13	7:56*
8	Eric Bowden	10	7:57
9	Sam Koenigsburg	9	8:07
10	Ethan Powell	11	8:11
11	Daniel Feder	10	8:14
12	Rebecca Bean	12	8:14*
13	Nathan Keegan	9	8:18
14	Andrea Gegere	12	8:28*
15	Mandy Bowden	8	8:29*
16	Patricia Bean	8	8:43*
17	Missy Motejunas	10	8:48*
18	Bobby Donnelly	7	8:58
19	Sasha Corsetti	13	9:12*
20	Elizabeth Koenigsbe	12	9:13*
21	Marisa Corsetti	10	9:22*
22	Mason Motejunas	9	9:43
23	Samantha Bowden	7	9:45*
24	Giana Corsetti	11	9:50*
25	Tommy Blake	8	10:01
26	Katie Donnelly	6	10:05*
27	Tim Nicholas	11	10:07
28	Eileen Jenkins	7	10:08*
29	Rebecca Sproul	7	10:10*
30	Demitra Corsetti	6	10:38*
31	Bethany McCorkle	7	10:53*
32	Rebecca Keegan	11	11:03*
33	Brendan Rogan	8	11:14
34	Steven Parker	7	11:29
35	Ben Grant-Roll	6	11:43
36	Lisa Barker	6	11:55*
37	Brian Keegan	5	12:12
38	Emily Jenkin	5	13:36*
39	Kayla Parker	4	15:29*

4 MILE RACE

results courtesy Ted Cunningham

1	STAFFAN ELGELID	32	20:52
2	JEFFREY MESERVE	34	21:20
3	KEVIN WAY	24	21:21
4	ROLAND THIBAULT	25	21:28
5	DAVID LIBBY	27	21:41
6	STU HOGAN	31	21:45
7	ANDREW BLACK	31	21:54
8	DENNIS MCIVER	42	22:03
9	MARK SNOW	26	22:05
10	PETER HAM	31	22:17
11	PAUL FAGAN	40	22:24
12	KEVIN MCDONALD	43	22:37
13	RICHARDS BROOKS	26	22:45
14	TIMOTHY JOHNSON	29	22:46
15	TINA MESERVE	26	22:57*
16	RAY KUSCHE	38	23:10
17	MATT LANG	15	23:12
18	ROBERT HOOVER	38	23:20
19	LARRY THOMPSON	39	23:42
20	DENNIS SMITH	43	23:43
21	JOHN ELDREDGE	38	23:44
22	JOEL TITCOMB	34	23:48
23	MICHAEL SIMENSKY	30	23:51
24	DALE DORR	45	23:52
25	STANLEY WEBB	20	24:02
26	RONALD PLOURDE	23	24:13
27	DAVID DREW	28	24:23
28	PAUL GADBOIS	39	24:25
29	JOE RICHARDS	49	24:31
30	ERICH REITENBACH	42	24:43
31	BRIAN MCCREA	33	24:47
32	JOHN ERIKSSON	42	24:53
33	JERRY MULLIN	38	24:56
34	RONALD DEPREZ	48	25:13
35	ROGER FOSTER	46	25:22
36	BILL PAVLISKO	43	25:23
37	BERT JORDAN	35	25:31
38	LARRY BARKER	43	25:32
39	RAY SHEVENELL	52	25:37
40	GREG DUGAS	38	25:45
41	DAVID MASON	39	25:49
42	RICHARD SCRIBNER	41	25:55
43	NATHANIEL MASON	44	26:02
44	ERIC NEVERS	28	26:04
45	JAMES MCCORKLE	38	26:05
46	MARJORIE HANEY	25	26:09*
47	JOSEPH DOANE	32	26:10
48	MIKE MARINO	49	26:15
49	MICHAEL BEAUDOIN	50	26:17
50	DENNIS MCCANN	25	26:18
51	JOHN POWELL	39	26:21
52	MICHAEL CIRILLO	27	26:29
53	J. BETTEHCOURT	25	26:30
54	CLYDE COOLIDGE	54	26:30
55	DEB RASZMANN	40	26:32*
56	LISA LACOMBE	27	26:35*
57	KATHY JENKINS	33	26:38*
58	RONALD CROSBY	21	26:39
59	YUN CHONG	32	26:40
60	PETER BASTOW	56	26:43
61	TOM SHORTY	31	26:44
62	JOHN TOLAN	34	26:49
63	GARY GIFFARD	34	26:49
64	JAMES BOISVERT	36	26:51
65	K.SCOTT HINCKLEY	35	26:55
66	KENDALL PRESTON	38	26:59
67	ANNE HENDRIX	36	27:09*
68	DEANNA HODGKIN	26	27:14*
69	BILL MCCALMON	51	27:20
70	MARK GIROUX	24	27:23
71	JONATHAN RUNDELL	33	27:24
72	RICHARD ROBINOV	33	27:28
73	ANDREW WORTH	17	27:30
74	MARY MARTIN	36	27:31*
75	DALE RINES	40	27:32
76	ROCCO CORSETTI	45	27:38
77	STEPHEN ASSANTE	40	27:39
78	GEOF FINKELS	37	27:44
79	RICHARD MARINO	45	27:46
80	TIMOTHY KINNE	42	27:48
81	EDDIE BIMERLY	27	27:49
82	PETER WASHBURN	31	27:51
83	DOMINIC REALI	50	27:54
84	JOHN ROLFE	38	27:55
85	CRAIG KOMULAINEN	30	27:57
86	REBECCA GOLDFINE	17	28:00*
87	BENJAMIN BARR	38	28:03
88	KEVIN KILBORN	33	28:04
89	STUART WELCH	47	28:05
90	MICHAEL BARTON	11	28:05
91	DONALD BARTON	44	28:10
92	BILL COOPER	31	28:14
93	ROSALYN RANDALL	43	28:15*
94	PHIL POTENZIANO	25	28:17
95	STEVE WOODSUM	37	28:23
96	JOHN HOWE	58	28:26
97	DONALD GUNSTER	29	28:29
98	RICHARD RENO	44	28:34
99	CHRISTOPH RIEDEL	22	28:36
100	JOHN MERRITT JR.	42	28:40
101	HOWARD SPEAR	43	28:41
102	CHARLES ISELBORN	36	28:43
103	JOSEPH VOKEY	36	28:45
104	RICHARD DOWNS	47	28:50
105	KENNETH NEVERS	33	28:54
106	DAVID SMITH	51	28:56
107	JAMES LEPICH	27	29:00
108	WARREN MAYBERRY	35	29:04
109	MATTHEW HARRIS	25	29:06
110	ROBERT GAVIH	37	29:18
111	DAVID TOOTHAKER	30	29:23
112	BILL WOOD	40	29:23
113	PHILIP GOODRUM	26	29:25
114	MICHAEL STONE	41	29:27
115	DANIEL ROY	35	29:29
116	ED CROCKETT	31	29:32
117	COLIN MACK	31	29:32
118	RON DUBOIS	38	29:36
119	STEPHANIE LEBLANC	17	29:39*
120	STEPHEN BEALE	50	29:40
121	ERIC COTE	45	29:40
122	JAMES GRAFFAM	43	29:42
123	SUE HOUSER	29	29:45*
124	THOR NILSEN	45	29:48
125	JOE LAROSE	29	29:50
126	PETE PETERS	28	29:50
127	RUSS BRADLEY	69	29:51
128	PAUL MCCOURT	57	30:00
129	MICHAEL BEAN	35	30:05
130	JOHN LEGERE	50	30:06
131	WILLIAM DUNNELL	36	30:06
132	DANIEL SULLIVAN	27	30:11

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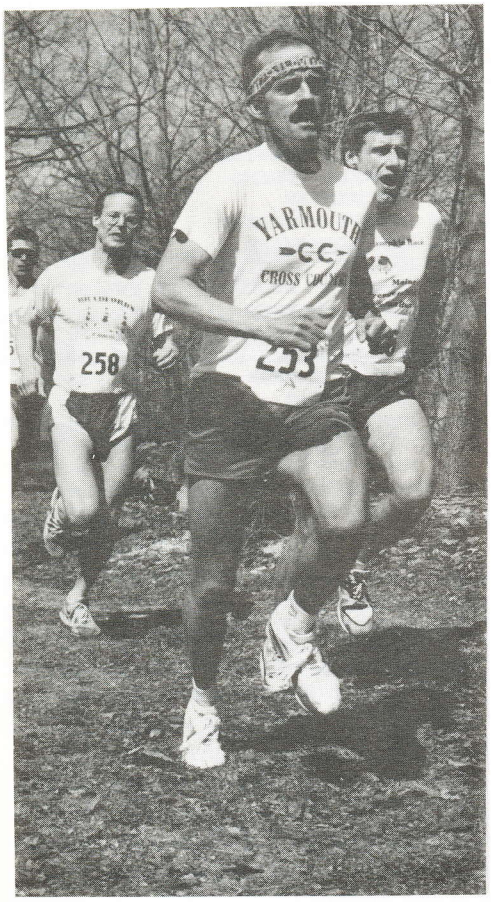
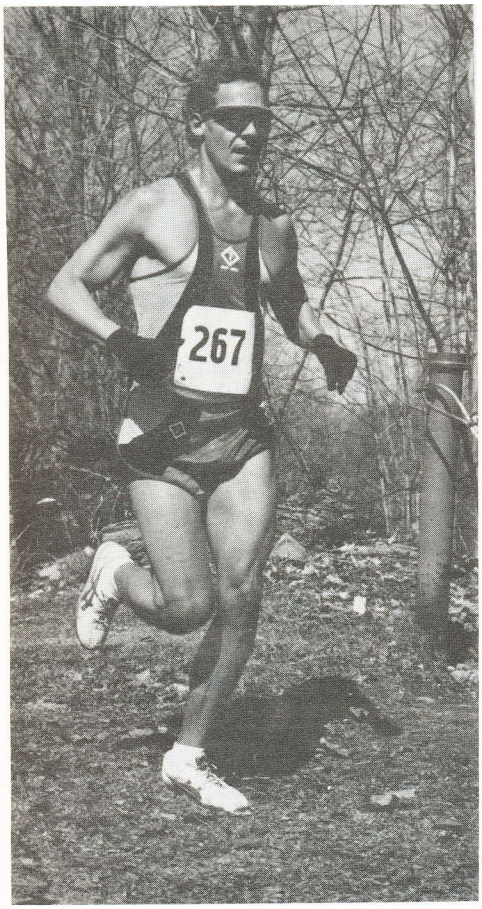


Dennis Smith leads Larry Thompson, John & John Eldredge (258)

Winner Staffan Elgelid of Millnocket

Brian Keegan, age 5, of Gorham



Ray Kusche of Portland

Race Director Brian Gillespie

Deb Raszmann of Portland

133	BECKY MCGOVERN	30	30:16*
134	ANN STRAHN	29	30:17*
135	KEITH PARSONS	36	30:20
136	ANDREW COFFIN	25	30:25
137	ROBERT MATHEWS	37	30:28
138	REB ROPER	47	30:29
139	PIERRE MAURICE	29	30:31
140	LORRAINE PARADIS	36	30:32*
141	FRANK DRIGOTAS	29	30:39
142	MARGARET OBRION-MCD	32	30:40*
143	ANN NEMI	38	30:42*
144	RENEE BUNKER	29	30:43*
145	ST.JOHN HALL	32	30:49
146	AMY PARKER	22	30:57*
147	DAVID HILLMAN	41	30:58
148	CARLTON MENDELL	71	31:09
149	CHARLES HEWS	46	31:09
150	CATHY BURNIE	43	31:13*
151	ORLANDO DELOGU	56	31:13
152	RICHARD HOLLEMAN	56	31:34
153	MARY COOLIDGE	24	31:36*
154	WARREN WILSON	59	31:37
155	ALANA MACDONALD	44	31:38*
156	HERB HOPPE	51	31:40
157	RICHARD CAVANAUGH	60	31:43
158	MARY ANDERSON-TIDD	25	31:45*
159	ROBERT ANDERSON	27	31:48
160	FRANK HASKINS	28	31:50
161	PAUL PISCOPO	26	31:54
162	LEE AKERLEY	57	31:58
163	TIMOTHY ROBBINS	31	32:04
164	MARCY MCGUIRE	53	32:07*
165	RALPH BAXTER	61	32:18
166	CHRIS BARCELOU	17	32:19
167	JOHN KENNETT	52	32:19
168	SAMUEL MINEVNNO	35	32:21
169	EMBER BROSIUS	13	32:22*
170	ROBERT WHITTEN	59	32:22
171	FRED STONE	56	32:22
172	ANDY BROSIUS	9	32:23
173	CHARLES CALLI	34	32:29
174	LINDA RICHARDS	30	32:31*
175	SANDRA LITTLE	34	32:33*
176	ELIZABETH BRYANT	23	32:41*
177	RONALD READ	51	32:43
178	DAVID RUMPF	46	33:03
179	FRANL MARSTON	46	33:04
180	PAUL WORTH	50	33:05
181	MARTIN LOSIER	70	33:10
182	SARAH MASON	16	33:12*
183	DAVID ANDERSON	50	33:19
184	MARK COUGHLIN	29	33:31
185	JUDY HAIRSINE	42	33:38*
186	DAVE CONLEY	53	33:48
187	BRIAN WALLACE	54	34:03
188	NATHANIEL MASON	13	34:12
189	DALE WING	34	34:34
190	DALE GRANT	34	34:37
191	LARRY PERKINS	48	34:42
192	JOYCE TURNER	29	34:49*
193	HERB LUDWIG	45	34:50
194	BOB PERKINS	50	34:55
195	ANN LUDWIG	36	34:57*
196	JACK GLEASON	49	34:58
197	DAVID O'DONNELL	36	35:13
198	DONALD JOHNSON	62	35:16
199	JANISE MONAGHAN	42	35:20*
200	WAYNE MCGINTY	41	35:52
201	NELSON SOULE	72	36:00
202	JOSEPH O'DONNELL	42	36:01
203	POLLY KENNISTON	56	36:13*
204	SHELLY HITCHCOX	31	36:14*
205	JOE LAGRECA	21	36:15
206	MAGGIE SOULE	51	36:18*
207	STODDARD CHAPLIN	53	36:19
208	STACEY CASALE	27	36:28*
209	LARRY BARRON	64	36:30
210	SUSAN BREWER	41	36:38*
211	JOHN BREWER	43	36:39
212	STANLEY HARMON	71	36:42
213	JIM CURREN	47	36:43
214	VIRGINIA MANUEL	46	36:49*
215	ALAN MILLIKEN	38	36:56
216	JOSEPH BURKE	58	37:13
217	BEVERLY WEBSTER	27	37:28*
218	SABRINA LORING	36	37:33*
219	PAM KINNER	34	37:59*
220	DIANNE MCCORKLE	33	38:09*
221	ANN BLANCHARD	35	38:10*
222	BARBARA BROSIUS	41	38:11*
223	JENNIFER GOULD	19	38:12*
224	ELLEN SELBERG	26	38:13*
225	JESSICA HAYES	43	38:20*
226	ASHLEY RYDER	63	38:27
227	JESICA PARKER	10	38:28*
228	LORI MORAN	23	38:38*
229	STEPHEN BOWDEN	36	38:49
230	LINDA HUNT	45	38:52*
231	MARY EDWARDS	44	39:17*
232	KIM ROSE	18	39:17*
233	CAROL PIERCE	46	39:18*
234	ELIZABETH DUBOIS	30	39:24*
235	MICAH BROSIUS	12	39:28
236	DEBORAH MASON	40	39:42*
237	LAURIE QUINT	32	40:26*
238	JENNIFER THIBEAULT	19	40:34*
239	ANGELA LAKE	23	40:37*
240	VIRGINIA CROSS	50	41:01*
241	PATTY STEWART	34	41:13*
242	GUNHILD GROSS	55	41:25*
243	EVA MILLER-NEVERS	29	42:07*
244	LORI GOUDREAU	20	42:16*
245	DEBORAH TOOTHAKER	28	43:14*
246	MARSHA WOOD	38	43:39*
247	MARLENE MANOOGIAN	61	43:47*
248	FRANK LONG	75	44:30

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The President's Corner

by Adrian Wadsworth

We recently received some great news, Perrier through their subsidiary, Poland Spring Water has agreed to be the primary sponsor of TEAM MAINE. Their support for this post-collegiate development program will mean that qualified athletes will have expanded opportunities to compete at events outside of the state and region. As this program continues to evolve, we hope that more athletes will utilize its structure so that they may live, work and train in Maine while developing into national caliber athletes. We are looking forward to a long, mutually satisfying relationship with Perrier.

The summer will soon be upon us and with it our summer track and field program. In addition to our Junior Olympic program we are continuing to improve our adult program. This year we will again be at Orono for our open championships on July 10, we are hoping to have a good representation from the rest of New England and also from Canada. The Masters Championships well be held a little later in the summer so that we might attract more road runners. Our 14 and under Junior Olympic State Championship well be held on August 14 at UMO and the week after on August 21 we will be holding a Race Walking Festival at the same location. As a part of the festival we will be hosting the National Junior Women's 3K and Men's 5K Championships. Those of you that have not had an opportunity to use the new track facility at UMO should take advantage of one of the above meets this summer. It is one of the best in the east and we are very grateful to the University and Rolland Ranson and Jim Ballinger for making it available to us.

George Towle deserves a word of thanks for organizing and conducting an officals clinic. It was held on April 10 at the USM gym. According to all it was a big success. On May 2 there was another clinic, this one was in the north at UMO and was conducted by Roland Ransom and Marty Thornton. These are part of our continuing effort to expand our officials program, if you have any desire to participate, please contact George, Marty, Roland or the officials chair - Pat Droney.

The Maine Association of USA Track and Field is an organization of clubs. This is your newsletter, if you have news of activities that your club is involved in or some other item relative to your group, please feel free to send it for inclusion in the next issue. If you are an individual interested in joining or forming a club, please contact me on 224-8240 (best time is 6 to 8pm).

USA T&F Development Meets

These meets are low key events which are open to all ages and ability levels. Meet fees are only $1 and USA T&F membership is ***not*** required. All meets start at 6PM. Registration is at the meets.

Auburn - Ed Little HS	Dan Campbell - 777-9626	July 14
Brewer - Pendleton St	Dave Jeffrey - 825-3403	June 30
		July 14
		July 28
Portland - Expo Track	Scott Segel - 774-9626	July 6
		July 19
Saco - Thornton Acad.	George Mendros - 282-5065	June 30

Team Maine at Freihofer's

In 1992 team Maine won the team event at the Freihofer's Run for Women in Albany. This year Maine USA T&F is sending 2 teams consisting of 5 women each to this June 5th national 5k championship. The following women will be representing Maine:

Wanda Binette* - York Beach
Edie Dubord* - Waterville
Christine Braceras* - Portland
Jody King - Portland
Julia Kirtland - Brunswick
Julie McGee - South Harpswell
Tina Meserve* - Livermore Falls
Jo-Ann Nealey* - Lincolnville
Christine Snow-Reaser - OOB
Kathy Tracy* - Auburn

** Members of Team Maine*

RUN WITH THE WINNERS

USM Cross Country Camp
August 8-13, 1993
Grades 7-12

USM Cross Country Camp will give young athletes a chance to learn from some of the top coaches and runners in the area.

Coach George Towle, the camp director, is the coach of the USM women's cross country team. Joining Coach Towle will be award-winning coaches Gary Grady, of Gardiner High School; Dan Paul, of Greely High School; and Michelle Hallett, two-time Big East Cross Country champion.

Features include: progressive training techniques; racing strategies; videotape analysis of form; instructional films and discussions; cross training techniques; injury identification, analysis and treatment; and varied running terrain.

University of Southern Maine

For more information or to register, contact the USM Department of Conferences at **(207) 780-5960**

Maine USA T&F Junior Schedule (15 & under)

	Group A - 2PM	Group B - 1PM	Group C - 2PM	Group D - 2PM
July 1	Scarboro HS	Mt Ararat HS	Lawrence HS	Hampden Academy
July 8	Fitzpatrick Staduim	Hebron Academy	Mt Blue HS	Ellsworth HS
July 15	Windham HS	Edward Little HS	Waterville HS	Pendleton St School
July 22	Kennebunk HS	Augusta Vocational Ctr	Carrabec HS	Bangor HS
July 29	Scarboro HS	Hosmer Field	Lawrence H.S.	Hampden Academy
		Qualifying Meets - Ages 14 & under - 10am		
Aug 5	Scarboro H.S.	Mt Ararat H.S.	Waterville H.S.	Pendleton St School

August 14 .....State Championship .....University of Maine at Orono .....14 & Under.....Parade 9:45AM.....Meet 10:15AM

[age groups: 8 & under, 9-10, 11-12, 13-14, 15 .(Note: Age 15 can compete in regular season meets only). Age 15 championships on June 19th]

YOUTH CLUBS....The heart of the Maine Junior Track and Field Program are the youth running clubs. The clubs organize and conduct the meets but also hold team practices in which the members receive training instructions. The following is a list of clubs. If there is not a club in your area and you wish to organize one or if you want more information, call Ron Kelly on 883-2747.

Windham Striders
Jeff Fish
3 Allen Dr
Windham, ME 04062

Wiscasset Recreation TC
Don Brewer
Wiscasset Recreation Dept
Wiscasset ME 04578

Portland TC
George Towle
52 Continental Dr
Portland ME 04103

Scarborough TC
Ron Kelly
105 Maple Ave
Scarborough ME 04074

Scots TC
Jack Wilkinson
PO Box 597
Standish ME 04084

MDI TC
Daniel Koch
14 Hillside Dr
Ellsworth ME 04605

Cadet TC
Warren Bown
PO Box 41
North Anson ME 04958

Bath Recreation TC
Kevin Shute
4 Sheridan Rd
Bath ME 04530

Topsham Recreation TC
Heather Higbee
16 Elm St
Topsham ME 04086

Waterville Parks & Rec
Jim Toner
130 Western Ave
Waterville ME 04901

Skowhegan-Norridgewock TC
Deborah Bowker
90 Water St
Skowhegan ME 04976

Brunswick Parks & Rec
Peter Bushway
30 Federal St
Brunswick ME 04011

Brewer Parks & Rec
Michael Martin
80 North Maine St
Brewer ME 04412

Lewiston Recreation Dept
Bud Raymond
65 Central Ave
Lewiston ME 04240

Capitol Area TC
Peter Marczak
16 Cony St
Augusta ME 04330

Double S T&F
Lori Hegarty
267 Main St
Sanford ME 04073

Lisbon Rec Striders
Roland Trottier
25 East Ave
Lisbon Falls ME 04252

Aroostock Co Express
Rick Cortis
Box 59A
North Amity ME 04465

Kennebunk Parks & Rec
Brian Costello
1 Summer St
Kennebunk ME 04043

Cape Elizabeth Community
Suzanne Weatherbie
Cape E High School
Cape Elizabeth ME 04107

Poland Panthers TC
Ray LaFreniere
RFD 1 Box 667
Poland ME 04273

Fairfield PAL
Richard McGee
105 Maine St
Fairfield ME 04937

York Recreation Dept
Michael Sullivan
PO Box 9
York ME 04909

Farmington Rec RR
Steve Shible
147 Lower Main St
Farmington ME 04938

Gorham TC
Mary Ridge
34 Chamberlain Ave
Portland ME 04101

Hampden T&F
Serena Morris
20 Pendleton St
Brewer ME 04412

Auburn Running Club
Douglas Beck
Pettengill Park
Auburn ME 04210

Orrington Rec
Peggy Donnell
RFD 2 Box 368
Orrington ME 04107

Twilight TC
Jane McMorrow
RFD 1 Box 240
Thorndike ME 04986

GRCC
Robert Anderson
50 Congress st
Rumford ME 04276

Yarmouth CC RC
Dennis Smith
9 Sullivan Dr
Gorham ME 04038

Old Town Track Club
Rod White
711 Stillwater Ave
Old Town ME 04468

Belfast Track Club
Jon Cox
RR 1 Box 1320
Morrill ME 04952

National Racewalk Championship

University of Maine, Orono - August 21

Big day for racewalking in Maine! Activities include:

- National Jr Women's 3K
- National Jr Men's 5K
- Maine State Open 5K Championship
- 2nd Annual Racewalking Carnival.

For more information call race director Thomas Easler - 778-6703

MECTA Hold Open Events

The Maine Corporate Track Association will hold one event at the beginning of each of their meets which will be open to the public. Registration fee will be $2 for USA T&F members and $4 for non members. Call Susan Olson on 770-2516

May 26	Westbrook HS - 1mile	June 30	Westbrook HS
June 9	Portland Expo - 2mile	July 14	Falmouth

Summer Track Series

Team Maine - Poland Springs

Date	*Location*	*Meet*	*Men*	*Women*
June 20	Readfield	Junior Olympic Qualifier	1500m	1500m
July 10	Orono	USA T&F Championship	3000m	5000m
July 23	Portland	Deering Oaks T&F	5000m	3000m

Prizes totaling $1000 will be awarded for the series. If interested in competing in any of these events call Steve or Marj Podgajny on 725-1864.

Rental Car Discount

USA T&F has a car retail discount program with National Car Rental. Members will receive a 25% discount off the current published daily business rate or 5% off the weekend, weekly or montly rate. Maine USA T&F members wishing a car rental discount card should send a sase to Dave Thornton, After July 1st,new members will automativall y receive the card with their membership card.

FAT - Fact & Fiction

By Catherine Hoffmann, Maine Dairy & Nutrition Council

Fat is where it's at these days. This nutrient and energy source has been the focus of consumer attention and is a catchword for anyone concerned with health and physical fitness. Most Americans, however, are still eating about 36% of their calories from fat, while health professionals continue to recommend less than 30%.. The chart below shows how 30% daily fat intake converts to fat grams.

Daily Calorie Intake	Daily Fat Budget
1,600	53 grams
2,200	73 grams
2,800	93 grams

Test your knowledge regarding how fat affects your health and well being with the following quiz.

Does a high fat diet contribute to these health problems?

(Circle - Yes or No)

Acne	Yes	No
Tooth Decay	Yes	No
Heart Disease	Yes	No
Reduced Athletic Endurance	Yes	No
Soft Fingernails	Yes	No
Excessive Body Fat	Yes	No
Osteoporosis	Yes	No
Obesity	Yes	No
Flu	Yes	No
Cancer	Yes	No

Answers to quiz:

Acne *No* - Several studies indicate that large amounts of fat (and also chocolate) in the diet have little effect on acne in most people.

Tooth Decay *No* - The American Dental Association states that foods containing carbohydrates (sugars and starches) are most often the culprits in tooth decay.

Heart Disease *Yes* - Research indicates a high fat diet contributes to the development of heart disease. The American Heart Association encourages a lowfat diet to help prevent heart disease.

Reduced Athletic Endurance *Yes* - Strenuous exercise depletes muscles of carbohydrate (glycogen) which is the primary source of energy. If athletes eat too much fat and not enough carbohydrate to replenish their muscle stores, fatigue will result.

Soft Fingernails *No*- Although fingernail strength can be related to variety of dietary deficiencies, excess fat has no effect.

Excessive Body Fat *Yes* - Fat provides more than twice the calories of carbohydrate or protein. Excess calories are stored in the body as fat.

Osteoporosis *No* - Osteoporosis is the loss of bone material which can lead to fractures. This disease is not affected by fat intake

Obesity *Yes* - Eating excess fat will result in consuming extra calories. Excess calories are accumulated as stored body fat.

Flu *No* - Influenza is an infectious viral disease characterized by inflammation of the respiratory tract, fever and muscular pain. It is not affected by fat intake.

Cancer **Yes** - Research indicates a high fat diet contributes to the development of breast, colon, and prostate cancer. The American Cancer Society encourages a lowfat diet to help prevent cancer

LW

THE FIT IS SO PERSONAL

Maine USA T& F Championships

July 10th - University of Maine at Orono

- Events are for both men & women unless specified
- Special invitation to Canadian athletes. USA T&F membership waived.
- Competitors must be USA T&F members. Memberships available at meet - adults $10, youth $8
- Pre-registration is encouraged. Athletes must register by 12 noon if not pre registered.
- Meet pre-registration fee $4
- Day of the meet registration fee $5
- Trophies to state champions (1st Maine finisher)
- Medals to 1st 3 places
- Award to top Maine USA T&F men's & women's clubs
- "Don Peverada & Tom Sharpe Awards" to outstanding Maine USA T&F male & female meet athletes
- Master competitions are not competing for Masters State Championship. Awards are to 1st two places.
- Competitors are expected to supply their own implements.
- UMO's new computer - televised timing system will be used
- New 400 meter, 8 lane all weather track - spikes 1/4" or less
- Shower & locker rooms available
- Information on housing, facilities etc. 581-1077 or 581-1078
- For more information: Adrian Wadsworth 224-8296 or Meet directors: Jim Ballinger &Rolland Ranson - 581-1077

Schedule of Events

TRACK EVENTS

11:30	Racewalk 5K
12:05	4x100 Relay
12:15	3000 Steeplechase *Men*
12:30	100/110 meter Hurdle Trials
12:50	100 meter Dash Trials
1:00	3000 meter Invitational Men
1:15	5000 meter Invitational Women
1:40	1500 meter Frank Glynn Memorial Run
1:50	100 meter dash finals
2:05	400 meter Joe Rundin Memorial Dash
2:15	100/110 Hurdles Finals
2:35	200 Meter Trials
2:45	800 Meter
2:55	400 Meter Intermediate Hurdles (sections)
3:10	200 Meter Finals
3:20	3000 Meter Run women
3:35	5000 Meter Run men
4:00	4x400 Ed Ryan Memorial Relay
4:10	10,000 Meter Run

FIELD EVENTS

11:30	Hammer Throw
12:00	Pole Vault Men
12:00	Long Jump
12:00	Javelin Throw
12:45	Shot Put
1:00	High Jump Women
2:00	Triple Jump
2:15	High Jump Men
2:15	Discus

MASTERS EVENTS

(not for state master's championship)

12:50	100 meter dash
1:40	1500 meter
2:05	400 Meter
3:20	3000 Meter Women
3:35	5000 Meter Men

(Start times are an estimate. Actual times will vary but events will *not* start *before* the estimated time)

The Poland Springs / Team Maine Invitational Series

3000 meter for men (1pm) - 5000 meter for women (1:15pm)

These events are part of the Team Maine Invitational Series. The series features team Maine members and other top runners competing for series prizes total $1000 in gift certificates to Olympia Sports. Other events are scheduled for June 20th (1500 meter) & July 23rd (men 5000 meter & women 3000 meter). Athletes who are interested in running these races should contact Steve or Marjorie Podgajny at 725-8767.

In consideration of my accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive any and all rights, claims, or damages I may have against the University of Maine, USA T&F, their representatives, successors, and assigns for any and all injuries suffered by me at meet. (If applicant is under 18, this waiver must be signed by a guardian.

Print Name _____ AGE: _____ Sex: _____ USA T&F # _____

Street: _____ Town _____

State _____ Zip: _____ Club: _____

Signature: _____ Parent Signature _____

Mail entry to: Rolland Ranson, Track & Field Office, Memorial Gym, U of Maine, Orono ME 04469 - Make check payable to Maine USA T&F

Rape Crisis 5K - Waterville - May 2nd

Clear & sunny but with a strong wind as over 100 entries made both Strider Jerry Saint Amand and Rape Crisis Director Sarah Marion al smiles! Tom Thibeau, who WON the "Rocky Coast 10K" in Boothbay Harbor the day before, gave Newbury a head to head race to the las 100 yds. Then Tom could do no more and Ron surged for the win, as improving Teague Dyer nipped Tom at the wire! Women's winne Rachel Lugar, a former Maine Track Club standout, has re-located to Winslow. *Results and write-up courtesy of Jerry Saint Amand.*

1	Ron Newbury	43	17:10
2	Teague Dyer	17	17:23
3	Tom Thibeau	35	17:23
4	Paul Fagan	40	17:30
5	Stephen Fluet	35	17:47
6	Duane Higgins	28	17:51
7	Barrett Smith	21	17:59
8	Roger Stevens	22	18:37
9	Dave Drew	28	19:13
10	Ray Johnson	45	19:37
11	Larry Deans	36	19:48
12	Chase Pray	49	19:54
13	Rachel Lugar	25	20:05*
14	Tony Hess	42	20:21
15	Richard Scribner	41	20:22
16	Daniel Taylor	25	20:34
17	Tom Swan	43	20:40
18	Charles Legg	19	20:46
19	Bob Gillespie	54	21:08
20	Ben Trevor	22	21:12
21	Ken Barber	25	21:12
22	Susan Clark-Whittier	35	21:15*
23	Jeffrey Preble	39	21:17
24	Robin Bates	16	21:29*
25	Pete Davidson	30	21:40
26	David Benn	47	21:46
27	Josh Tozier	9	22:05
28	Charles Weymouth	51	22:14
29	David Simard	35	22:20
30	Art Robinson	42	22:22
31	Charles Reinhart	21	22:24
32	David Rea	22	22:28
33	Leslie Doolittle	35	22:20*
34	Bill Lee	40	22:54
35	Joshua Bubar	22	23:07
36	Bab Marden	39	23:10
37	Mary Hendricks	33	23:13*
38	Ken Whitney	11	23:18
39	Jim Moore	49	23:20
40	Paul Dall	51	23:30
41	Adam Learner	21	23:37
42	Tinia Dyer	16	23:38*
43	Amy Partridge	21	23:38*
44	Larry Hopperstead	48	23:59
45	Rachel Zierzow	19	24:09*
46	Jonathan Rogers	39	24:11
47	Lousia Dunlap	52	24:16*
48	Linda Sinard	34	24:20*
49	Keith Curtis	64	24:57
50	Heather Dowds	23	24:58
51	Don Abrams	59	25:02
52	Dean McCaslin	35	25:14
53	Beth Bois	32	25:23*
54	Jen Biermirth	21	25:51*
55	Alan Swett	36	26:09
56	Melissa Weymouth	16	26:17*
57	Sally Harwood	40	26:17*
58	Brad Marden	11	26:20
59	Ed Raiola	46	26:24
60	Alica Anstatz	20	26:54*
61	Christa Riepe	20	26:54*
62	Nicole Keating	20	26:54*
63	Alison Fields	20	26:54*
64	Stepanie Draper	20	27:52*
65	Mark Clinch	37	27:56
66	Vikki Perry	39	28:01*
67	Suzanne Arnold	18	28:50*
68	Janet Smith	35	28;51*
69	Sarah Weiland	21	28:54*
70	Candace Kilmer	21	28:55*
71	Heather Hews	21	28:56*
72	Robert Myers	36	29:40
73	Robert Fields	54	29:42
74	Ann Bacon	45	29:46*
75	Peter Gorman	65	29:51
76	Derek Magee	31	30:04
77	Priscilla Giroux	46	31:00*
78	Susan Bickford	35	31:01*
79	Gerry Tipper	56	32:32
80	Patti Hopperstead	48	33:07*
81	Janet Preston	31	33:08*
82	Berit Freeling	52	35:56*
83	Thomas Brazier	62	35:56
84	Jim Bickford	34	38:50
85	Jerry cinnamon	52	42:54
86	Susan Shinn	37	42:54*
87	Helen Walker	20	42:59*
88	Linda Benn	45	43:08*
89	Laurie Alexander	34	43:08*
90	Mardie Brown	76	46:24*
91	Paul Greenwood	34	47:55
92	Jill Greenwood	29	47:56*
93	Elizabeth Labovitch	19	48:16*
94	Kim Valentine	19	48:16*
95	Allison Gath	20	48:16*
96	Pat Lynch	47	48:21*
97	Sarah Lynch	13	48:21*
98	Anne Marie Pulsifer	28	48:21*
99	Cheryl Lynch	24	48:21*
100	Diana Michaud	16	50:55*
101	Patti Dustin	29	51:37*
102	Lorri Farris	23	55:20*
103	Deborah Gates	40	55:22*
104	Nicole Levine	16	58:00*
105	Danielle Jones	15	58:01*

Star Trek 10K - Conway NH - May 1st

Maine Finishers

results courtesy Donna Holtby

3	Kevin McDonald	43	35:45
4	Mark Snow	26	35:57
7	Gary Silverblade	34	36:40
10	Bill Reilly	45	38:06
27	Kelly Brown	30	44:47*
30	John Howe	58	45:40
36	Steve Jacovino	37	47:17
37	Barbara Anderson	39	47:26*
38	Susan Martin	35	47:35*
44	Laura Mullin	32	48:02*
45	Anthony Mullin	33	48:03
47	Merle Johnson	43	48:31
55	Sandy Riggott	20	51:38*
60	Edward Jackson	32	53:57
67	Alicia Kostovick	25	56:59*
71	Richard Green	43	59:48
	A J Nepshinsky		Walker
	Dorothy Nepshinsky	60	Walker*
	Shirley Trimpop	63	Walker*

South Portland Dare - 4 Mile - May 1st

Course is USA T&F certified

results courtesy of Ruth Hefflefinger

1	Michael Grigware	28	21:45
2	Jim Toulouse	44	22:12
3	David Weatherbie	25	22:13
4	Thomas Watkins	34	22:23
5	Jim Willits	31	23:35
6	Paul Letarte	40	23:39
7	Frank Hague	29	24:16
8	Wanda Binette	26	24:37*
9	Christine Braceras	30	24:45*
10	Bill Pavlisko	43	24:49
11	Steve Ross	38	24:51
12	Christine Snow-Reas	27	24:57*
13	Paul Gadbois	39	25:06
14	Dan Hutchins	33	25:15
15	Ernie Johnson	31	25:30
16	Norman Works	32	25:53
17	Bill Skerritt	33	25:56
18	James McCorkle	38	25:57
19	Tom Shorty	31	25:58
20	John Powell	39	26:03
21	Carol Weeks	44	26:05*
22	Chris McDonald	29	26:05
23	Carl Fogg	45	26:09
24	Michael Beaudoin	50	26:20
25	Mike Marino	49	26:25
26	K. Scott Hinckley	35	26:26
27	Peter Washburn	31	26:32
28	David Green	35	26:38
29	Jacob Morrill	12	26:42
30	Paul Edwards	40	26:43
31	Paul Lessard	35	27:05
32	Anne Hendrix	36	27:09*
33	Larry St.Peter	48	27:12
34	Frank Marston	46	27:18
35	William McCalmon	51	27:28
36	Sumner Weeks	44	27:30
37	Carrie Croft	33	27:35*
38	Larry Barker	43	27:35
39	Christopher Riedel	22	27:36
40	John Rolfe	38	27:37
41	Dominic Reali	50	28:14
42	Geof Finkels	37	28:14
43	Lee Crocker	41	28:22
44	Warren Mayberry	35	28:23
45	Lawrence Gorton	37	28:29
46	Brian Nason	43	28:37
47	Richard Reno	44	28:39
48	Bryan Wiggins	34	28:42
49	Dick Downs	47	28:43
50	David Houser	42	28:53
51	James Graffam	43	28:56
52	Rob Gavin	37	28:58
53	Cathy Gresenz	31	29:06*
54	Dan Aderman	12	29:11
55	Pete Peters	28	29:22
56	Craig Fleming	26	29:28
57	Matt Fitzgerald	34	29:38
58	Brett Seekins	31	29:51
59	Mary Anderson-Tidd	25	29:54*
60	Russ Bradley	69	29:59
61	Thor Nilsen	45	30:02
62	Mary Anne Peck	34	30:15*
63	George Geranis	42	30:19
64	Richard Jewell	50	30:24
65	Alden Fertig	11	30:32
66	Jules Fertig	45	30:32
67	Robert Wyman	56	30:40
68	Thomas Gadbois	37	30:40
69	Tom Hyland	38	30:41
70	Sandra Little	34	30:56*
71	Francis Beaudoin	42	30:57
72	David Rumpf	46	31:06
73	Andy Haslam	34	31:11
74	Rodger Smith	47	31:11
75	Jennifer Cook	16	31:13*
76	Ronald Roy	43	31:18
77	Patty Medina	35	31:19*
78	Bob Luce	34	31:41
79	Lee Akerley	57	31:47
80	Richard Holleman	56	31:52
81	John Kennett	52	32:37
82	Don Peters	52	32:46
83	James Glidden	34	32:58
84	David Anderson	50	33:12
85	Stanley Simpson	45	33:47
86	Rosemary Clark	44	33:53*
87	Pamela Richards	34	34:58*
88	Thomas Brown	35	35:14
89	Sandy Brown	46	35:17*
90	Larry Zellers	39	35:29
91	Stephanie Hackworth	23	35:42*
92	Dianne Kazilionis	33	35:44*
93	John Kazilionis	45	35:44
94	Allen Pusch	58	36:13
95	Paul Chamberlain	64	36:43
96	John Willis	46	36:44
97	Carrie Andrews	13	36:47*
98	Amy Fuller	12	36:47*
99	Ronald Housley	46	37:20
100	Jocelyn O'Brien	14	37:37
101	Karen Willis	13	37:37
102	Albert Ayre	51	37:39
103	Wayne Newland	55	37:59
104	Lois Martin	42	38:10
105	Jessica Parker	10	39:12
106	Debbie Johnson	34	41:12
107	Frank Long	75	43:07

Togus 5 Mile - April 24th

This race is one of those "best kept secrets" on the road racing circuit. The registration fee of $8 is not increased on the day of the race, in fact if they run out of shirts or if you just don't want one, registration goes down to $6. The course is fast and truly flat with an elevation change of only about five feet. Great for spectators too! You can stand in front of the registration building and see the runners at .1 mile, 2 mile, 2.5 miles, and 4.5 miles. The Togus VA center makes for a nice setting for a race. The best race of the day was in the 1 mile fun run when 9 year old Joshua Tozier outsprinted Luke Roy for the win. This race also had some great prizes for the winners and an extensive assortment of items for the raffle drawing.- white water rafting trips, gift certificates for pizzas, running shoes .....It seemed that over half the runners won something! The race was run on a newly certified (ME 93003 WN) 8K course that was measured by Gene Roy. Times were fast despite a very strong wind.

results - director: Chris Bovie

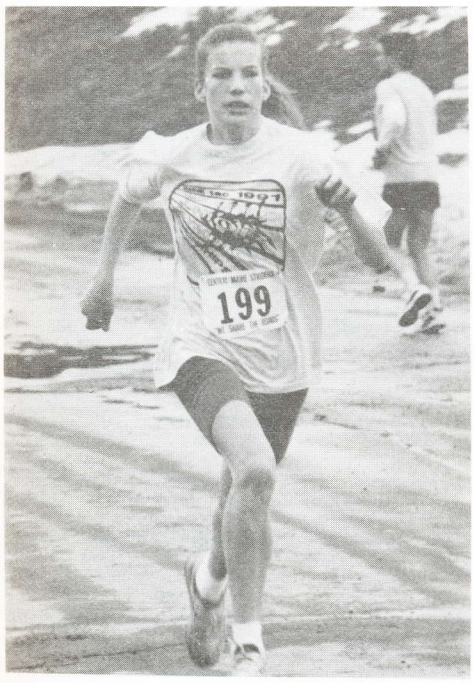
1	Frontin	Ronald	30	27:34
2	Buck	Dan	34	28:17
3	Dyer	Teague	17	28:37
4	Dwyer	Dane	35	28:48
5	Brosnan	Michael	38	29:03
6	Crockett	Walter	34	29:14
7	Peterson	Steve	43	29:15
8	Lovering	Mitch	33	29:23
9	Spencer	Randy	31	30:37
10	Poulin	Denis	32	30:52
11	Baillargeon	Paul	43	30:57
12	Ludewig	Doug	53	31:06
13	Fone	Scott	33	31:14
14	Dennons	Vern	47	31:36
15	Turner	Adam	18	31:51
16	Ellis	James	43	32:10
17	Williams	Bruce	42	32:13
18	Paradis	John	37	32:29
19	Hess	Tony	42	32:30
20	Lynch	Lonnie	33	32:42
21	Bates	Robin	15	32:42*
22	Dearnley	Mert	44	32:57
23	Roy	Gene	46	33:17
24	Preble	Jeff	39	33:33
25	Cyr-Mutty	Paul	29	33:35
26	Davee	Anne-Marie	36	33:41*
27	Sanborn	Donald	48	33:41
28	Gillespie	Bob	54	33:45
29	Cummings	Dick	55	33:48
30	Suagoury	Juliet	28	33:58*
31	Bies	Stephen	40	33:59
32	Golding	Pete	38	34:03
33	Pennock	Doug	33	34:04
34	Alex	Mark	33	34:07
35	Johnston	Mark	39	34:08
36	Hooper	Ken	43	34:11
37	Bowen	Carl	60	34:21
38	Best	Don	37	35:02
39	Laidlaw	Hank	50	35:38
40	Schwerdl	John	47	35:58
41	Dyer	Tinia	16	36:14*
42	Robinson	Art	42	36:17
43	Miles	Dick	38	36:36
44	Drinkwater	Stan	52	36:52
45	Sylvester	Ken	39	37:13
46	Parent	David	39	37:13
47	Paradis	Fawn	33	37:21*
48	Roig	Fred	44	37:31
49	Arbour	Norm	41	37:31
50	Arbour	Ray	43	37:40
51	Sims	Jack	49	37:41
52	Lynch	Kim	33	38:01*
53	Kay	Mike	43	38:31
54	Sweeney	Don	45	38:44
55	Pohlman	Donnajean	42	39:15*
56	Paquette	Ron	51	39:16
57	Irish	Ormond	60	39:35
58	Sweeney	Janet	18	39:35*
59	Stewart	Ulrike	23	40:18*
60	Vertz	Karl	46	40:19
61	Ludewig	Nancy	48	40:45*
62	Albert	Enoch	42	41:03
63	McFarland	Paul	49	41:45
64	Garrison	Don	50	41:55
65	Schillinger	Cathy	23	42:14*
66	Spring	Ellen	40	42:38*
67	Schillinger	Jim	51	42:53
68	Weber	Roger	53	43:51
69	Mutty	Larry	53	44:04
70	Clark	Ann	33	44:21*
71	Geis	George	44	44:53
72	Evans	Richard	59	45:52
73	Evans	Kay	52	49:58*
74	Hross	Mike	44	52:50
75	Bickford	Robert	40	52:50
76	Clapper	Leona	63	54:07*
77	Clapper	Charles	63	54:07
78	Mason	Harvey	59	59:07
79	Paulson	Paul	66	61:14
80	Doucette	Paul	49	63:00

Boston Marathon - April 19th

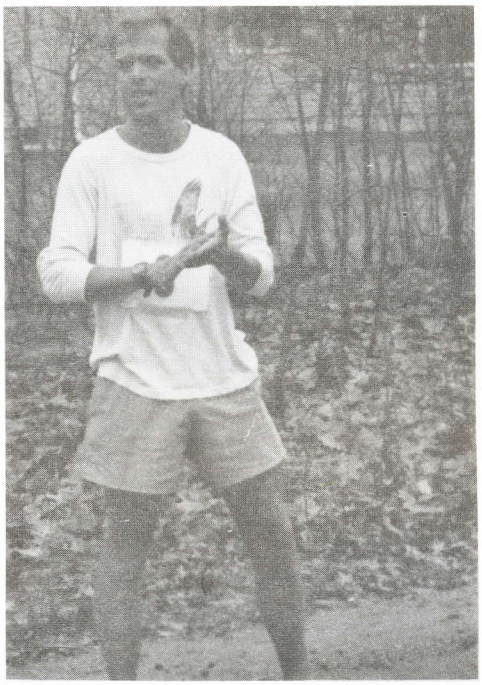
Only if you trained during this last winter can you appreciate what the runners listed below have accomplished. While training on ice and snow and in temperatures comfortable only to Arctic wildlife, these rugged Mainers were confronted with one of the warmest Bostons on record. The reports that I received indicate that the 1993 Boston Marathon may go down as one of the toughest in history. The 70 degree temperature doesn't nearly tell the story as the wind was on the runners backs and the sun was shining through that thin ozone layer to dehydrate the runners and blister those who didn't have on sun block. It was tougher on Mainers than on most as our cold snowy winter keep training miles down for some and acclimated everyone to running in sub-freezing weather. What a jolt to the system! Joan's performance was almost unbelievable as in addition to enduring the adverse training conditions everyone faced she was on antibiotics for weeks prior to the race. Great job Joan!

Maine Finishers

1	Samuelson	Joan	2:35:43*	Freeport
2	Norton	Giles	2:36:56	Orono
3	Coffin	Todd	2:40:27	Bath
4	Johnson	Ray	2:43:16	Gardiner
5	Kuprewicz	Bryan	2:43:39	Alfred
6	Miller	Richard	2:47:15	Ellsworth
7	St Germain	Thomas	2:47:34	Bar Harbor
8	Keenan	Shaun	2:50:19	Coopers Mills
9	Merrill	Paul	2:54:20	Portland
10	Allen	Gary	2:54:36	Cranberry Island
11	Hagerman	Peter	2:57:04	Gardiner
12	Soule	Stafford	2:57:04	South Freeport
13	Thibeau	Tom	3:02:10	Gardiner
14	Hinds	Rick	3:03:38	West Buxton
15	Reali	Michael	3:06:22	Cape Elizabeth
16	Scannel	Gordon	3:07:35	North Yarmouth
17	Butler	Alburn	3:08:22	Portland
18	Wilson	Craig	3:08:37	Kittery Point
19	Jacobs	Robert	3:08:55	Gardiner
20	Harwell	Gordon	3:09:54	Bingham
21	Goransson	Paul	3:16:02	Eliot
22	Mendonca	Michael	3;16:13	Sinclair
23	Bourgoin	Bryant	3:17:20	Winslow
24	Torrey	David	3:17:55	Veazie
25	Clemence	Tom	3:20:47	Falmouth
26	Pride	William	3:23:18	York
27	Pierce	Phil	3:23:36	Falmouth Foreside
28	Kinner	Larry	3:25:05	Old Orchard Beach
29	Sargent	Barry	3:25:06	West Buxton
30	Dunfey	Eileen	3:25:45	Cape Elizabeth
31	Reali	John	3:26:01	North Yarmouth
32	Casey	Jerry	3:27:16	Gardiner
33	Hertford	Steven	3:27:58	Kennebunk
34	Coughlin	Bob	3:29:04	Scarborough
35	Payne	Bob	3:29:41	Raymond
36	Quimby	Ray	3:29:47	Brooks
37	Jordan	Robert	3:29:55	Ellsworth
38	Ross	Laura	3:30:32*	Portland
39	Reed	Stephen	3:35:09	Wiscasset
40	Poirier	Robert	3:38:51	Mechanic Falls
41	Randall	Roz	3:38:30*	Portland
41	Kingma	Sharyn	3:39:52*	Bar Harbor
42	Hubert	Donna	3:55:02*	Portland
43	Dupont	Raymond	3:44:26	Scarborough
44	Moore	Randy	3:45:21	Gorham
45	Jenkins	Kathy	3:48:49*	Gorham
46	Mendell	Carlton	3:49:54	Portland
47	Nealey	Jo-Ann	3:50:32*	Lincolnville
48	Dunfey	Robert	3:53:06	York
49	Foster	Susan	3:53:34*	Bar Harbor
50	Mangiafico	D Scott	3:53:59	Kittery
51	Trafton	Richard	3:54:48	Auburn
52	Gallupe	Theresa	3:55:38*	Scarborough
53	Gallupe	Glen	3:55:38	Scarborough
54	Collins	Rene	3:55:46*	Brewer
55	Worcester	Felice	3:56:09	Southwest Harbor
56	Greif	Arthur	3:57:09	Hampden
57	McGurn	Joe	3:57:20	Thomaston
58	Webber	Walter	3:58:29	Walpole
59	Bartlett	Randy	3:58:57	Eliot
60	Miller	Edward	3:59:10	Farmingdale
61	Kneeland	Nancy	4:00:09*	Kennebunk
62	Strom	Hubert	4:03:35	Cape Elizabeth
63	Liscovitz	Stephen	4:03:49	Brunswick
64	Antone	Shelley	4:04:27*	Bangor
65	Tableman	Patti	4:06:48*	Brunswick
66	Duffy	Nancy	4:08:06*	Wiscasset
67	Savoie	Claire	4;11:37*	Sanford
68	Nelson	Harry	4:17:02	North Yormouth
69	Folger	Linda	4:23:12*	Falmouth
70	Mendonca	Connie	4:25:52*	Sinclair
71	Laskey	Diana	4:27:01*	Brunswick
72	Witcomb	Dianne	4:32:37*	Portland
73	Barton	Murray	4:35:10	Cape Elizabeth
74	Dunlap	Louisa	4:37:41*	Belfast
75	Spring	Ellen	4:42:04*	Thomaston



Robin Bates of Winslow

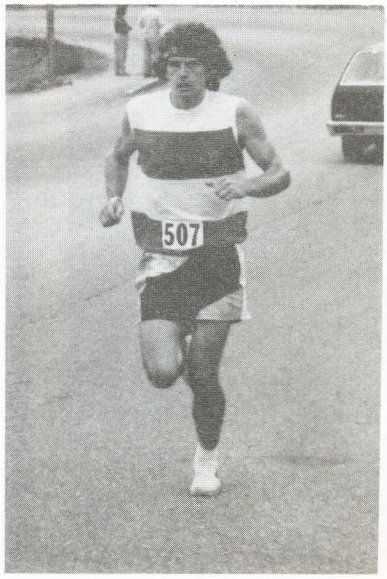


Litchfield's Mitch Lovering

Michael Brosnan of Lincolnville

Dick Cumming of Manchester

Steve Peterson leads Walter Crockett



Winner Ronald Frontin

Rocky Coast - 10K - Boothbay - May 1st

Clear skies and bright sun, but temperatures in the low 60s and a light cooling breeze off the water made for close to ideal conditions. The new 1 mile run for kids was a big hit. The youth remind you how much fun running is. Ember Brosius and Shannon Segars put forth a great effort mistakenly thinking they were competing for the huge stuffed bunny. Only 2 weeks since Boston but Tom Thibeau looked as strong as I have seen him. I consider this a moderately difficult course but I talked to some runners who have their PR on this course. They feel the gradual and short hills match their running style. Lawson Noyes led a very strong men's 50 to 59 division as he was first master. This race features a ship's cannon for the starting gun, great corn chowder, and ceramic animal sculptures for awards. A good event and a very good value. USA T&F certified

results courtesy Boothbay Region YMCA

Fort Cowan Bunny Fun Run - 1 Mile

1	Ember	Brosius	13	6:22	*
2	Shannon	Segars	14	6:30	*
3	Andy	Brosius	9	6:45	
4	Lucy	Tabbutt	12	7:17	*
5	Jason	Pfaff	10	7:17	
6	Micah	Brosius	12	7:37	
7	Will	Carwell	9	7:43	
8	Merideth	Frisco	12	7:51	*
9	Patrick	Smith	11	7:53	
10	Lilly	Meehan	11	7:54	*
11	Shannon	Ball	9	8:00	*
12	Kirk	Lynch	8	8:01	
13	Daniel	Coffey	9	8:02	
14	Tiffany	Segars	13	8:08	*
15	Julia	Dunfey	8	8:13	*
17	Doug	Tabbutt	8	8:18	
18	Daniel	Boyd	7	8:19	
19	Seth	King	8	8:47	
20	Alison	Dodge	9	9:03	*
21	Anna	Davis	10	9:07	*
22	Holly	Hodgdon	11	9:17	*
23	Brent	Brown	10	9:20	
24	Katie	Poe	8	9:22	*
25	Mary	Readenger	8	9:29	*
26	John	Andrews	7	9:29	
27	Mattheu	Higgin	7	9:30	
28	Melissa	Frost	8	9:30	*
29	Jessica	Hole	8	9:31	*
30	Shelley	Barter	8	9:32	*
31	Tyler	Coffey	9	9:33	
32	Craig	Barter	9	9:34	
33	Heidi	Davis	8	9:35	*
34	Sarah	Campbell	12	9:37	*
35	Amanda	Burter	12	9:43	*
36	Annete	Waller	9	9:50	*
37	Tracey	Gauthier	10	9:52	*
38	Karen	Townsend	10	9:53	*
39	Kelsey	O'Brien	9	10:00	*
40	Katie	Smith	9	10:04	*
42	Dan	Smith	6	10:24	
43	Abbie	King	6	10:25	*
44	Christina	Ivens	9	10:31	*
45	Rebecca	Sproul	7	10:41	*
46	Adrienne	Sexton	10	10:43	*
47	Jessie	Browne	8	10:49	*
48	Caitlin	Turndorf	6	10:54	*
49	Kate	Stevens	11	10:56	*
50	Katie	McLellan	9	10:57	*
51	Katie	Erbert	8	10:57	*
52	Emily	Miller	8	11:08	*
53	Katherine	Koch	7	11:11	*
54	Sara	Heyworth	5	11:13	*
55	Sarah	Nutt	4	11:14	*
56	Jasper	Nutt	2	11:17	
57	Julia	Irish	7	11:17	*
58	Matthew	Spurgin	12	11:25	
59	Asa	Kitfield	9	11:26	*
60	Sheldon	Arford	9	11:26	
61	Sean	Ivens	5	11:27	
62	Nick	Sellick	7	11:28	
63	Annie	Brown	9	11:28	*
64	Amy	Irish	5	11:29	*
65	Jeniffer	Long	6	11:32	*
66	Jerrod	Ham	5	11:38	
67	Joshua	Lewis	7	11:40	
68	Hilary	Hyson	7	11:40	*
69	Ericka	Carver	8	11:42	*
70	Anne	McLeod	7	11:56	*
71	Maggie	Pinkham	8	11:57	*
72	Peggy	Booker	6	12:01	*
73	Meredith	Grinnell	9	12:25	*
74	Lhea	Sellick	9	12:39	
75	Meaghan	Grinnell	7	12:47	*
76	Molly	Johnson	6	12:49	*
77	Elizabeth	Koch	5	12:50	*
78	Adam	Andrew	7	12:52	
79	Christopher	Brown	7	12:53	
80	Caroline	Jones	7	12:56	*
81	David	Nutt	4	?	
82	Andrew	Gleason	9	?	
83	Whitney	Greenleaf	9	?	
84	Jessie	Brewer	7	?	
85	Freddy	Booker	9	?	
86	Emily	Moore	6	?	*
87	Alexa	Morrison	5	?	*
88	Lindsey	Pinkham	11	?	*
89	Sarah	Duggan	9	?	*
90	Ashley	Sherman	7	?	*
91	Elizabeth	Tilton	7	?	*
92	Marshall	Farnham	11	?	
?	Nicholas	Irish	3	?	
?	Pamela	Frost	11	?	*

10K

USA T&F certified #ME 85002-GN

1	Thibeau	Tom	35	34:14
2	Nicholson	Bruce	31	35:20
3	Segars	Guy	33	35:44
4	Lovering	Mitchell	33	36:32
5	Barker	Dan	39	36:40
6	Davee	Rick	37	36:46
7	Fairfield	Schulyeler	20	37:04
8	Menendez	Tom	39	37:31
9	Thompson	Larry	39	37:33
10	Noyes	Lawson	51	37:44
11	Wight	Barry	34	37:49
12	Kayes	Joe	44	38:00
13	Lucewig	Doug	53	38:06
14	Coombs	Jim	36	38:08
15	Reitenback	Erik	42	38:17
16	McCrea	Brian	33	38:20
17	Thibeau	Doc	38	38:25
18	Clark	Terry	48	38:31
19	Benoit	Andre'	41	38:54
20	Meehan	Joe	46	39:05
21	Eriksson	John	42	39:06
22	Murray	Ray	28	39:15
23	Fone	Scott	33	39:26
24	Coughlin	Bob	54	39:29
25	Reed	Chris	16	39:29
26	James	John	40	39:38
27	Collett	Mark	29	39:43
28	Carter	Michael	42	39:45
29	West	Peter	29	39:57
30	Jurgelevich	Kirk	40	40:05
31	Bell	Bruce	54	40:08
32	Carpentier	George	34	40:12
33	Conrad Jr	Austin	37	40:25
34	Wilson	Donald	45	40:36
35	King	Jody	32	40:42*
36	Bachorik	Bob	49	41:02
37	Dunfey	Robert	41	41:07
38	Callan ll	John	27	41:09
39	Coolidge	Clyde	54	41:18
40	Benn	David	47	41:22
41	Tortorella	James	33	41:29
42	Turner	David	29	41:33
43	McDonald	Peter	33	41:33
44	Connors	Russ	60	41:34
45	Casey	Paul	38	41:36
46	Gorman	Michael	24	41:53
47	Pfaff	David	32	41:55
48	Russell Jr	William	35	42:01
49	Lynch	Lonnie	33	42:04
50	Brosius	Bob	40	42:06
51	Thibeau	Randy	29	42:23
52	Taylor	Larry	47	42:40
53	Weidner	John	30	42:41
54	Randal	Rosalyn	43	42:41*
55	McManus	Dave	35	42:44
56	Alex	Mark	33	42:51
57	McFaul	Dick	48	43:03
58	Dunfey	Eileen	37	43:05*
59	McCrea	Rhonda	27	43:15*
60	Sanborn	Donald	48	43:25
61	Coffin	Jeff	41	43:31
62	Hoffses	Keith	39	43:45
63	Reilly	Carl	40	43:53
64	Pennock	Doug	33	44:00
65	Sullivan	Daniel	35	44:32
66	Bennett	Tom	32	44:33
67	Gagnon	Faye	48	44:38*
68	Areson	Peter	43	44:39
69	Nadeau	Thomas	41	44:45
70	Lavin	Joan	45	45:07*
71	Smith	Clif	42	45:15
72	McKenna	Sean	19	45:18
73	Sproul	William	35	45:27
74	Schwerdel	John	47	45:33
75	Yates	Paul	42	45:42
76	Giglia	Michael	34	45:47
77	Edmondson	John	52	45:54
78	Vise	Alex	29	46:06
79	Bean	David	35	46:07
80	Nash	Susan	25	46:24*
81	Sylvester	Ken	48	46:33
82	Tremberth	Joan	47	46:42*
83	Nolan	Richard	52	46:55
84	Dunlap	Louisa	52	46:59*
85	Rice	Tim	30	47:04
86	King	Evelyn	35	47:09*
87	Murray	Donna	43	47:20*
88	Sproul	Maureen	37	47:23*
89	Schultz	Rex	23	47:29
90	Lynch	Kim	33	48:06*
91	Drigotas	Frank	29	48:38
92	Simmons	Dick	46	48:53
93	Mendell	Carlton	71	48:56
94	Hatch lll	Theron	53	49:03
95	Bean	Kathryn	35	49:23*
96	Dill	Cynthai	28	49:51*
97	Clarke	Tomas	34	49:56
98	Wheeler	Ginger	29	50:17*
99	Vise	Kathy	31	50:19*
100	Collins	Steve	56	50:32
101	Blane	Stan	50	50:36
102	Dolley	Jane	44	50:42*
103	Coolidge	Mary	24	50:49*
104	Cavanaugh	Richard	60	50:50
105	Stevens	Mary	30	50:53*
106	Matteson	David	28	50:57
107	Dodge	F Munro	39	51:08
108	Browne	Monica	38	51:09*
109	Kilmurray	James	48	51:20
110	Drinkwater Jr	Roger	36	51:31
111	Stein	Gordon	49	51:44
112	Calli	Charles	34	52:01
113	Costello	Brenda	39	52:04*
114	Stevens	Jim	38	52:04
115	MacDonald	Ruby	38	52:11*
116	Chadbourne	Wes	59	52:14
117	Welch	Katie	20	52:23*
118	Spring	Ellen	40	52:27*
119	Amsden	Mike	41	52:57
120	Deupree	Jack	46	53:40
121	O'Donnel	Dave	36	53:52
122	Towne	Connie	54	54:01*
123	Senders	Kathy	46	54:04*
124	Kahl	Tom	45	55:11
125	Dyer	Larry	49	55:38
126	Kenniston	Polly	56	55:52*
127	Nash	Tammy	29	56:14*
128	Martin	Ed	51	56:42
129	Sullivan	Lindy	32	57:47*
130	Dubois	Elizabeth	30	58:12*
131	Dubois	Ron	38	58:14
132	Kobischen	Eric	36	58:19
133	O'Brien	Elaine	32	60:14*
134	Richter	Gail	51	63:16*
135	Berry	Richard	32	64:52
136	Earle	Lorna	33	69:49*
137	Weidner	Nancy	28	70:56*
138	Penta	Donald	46	71:00
139	Marzul	Julius	6	72:15
140	Frame	Bart	49	75:01
142	Rhoads	Lester	77	75:01
143	Paulson	Paul	66	41:17W

□

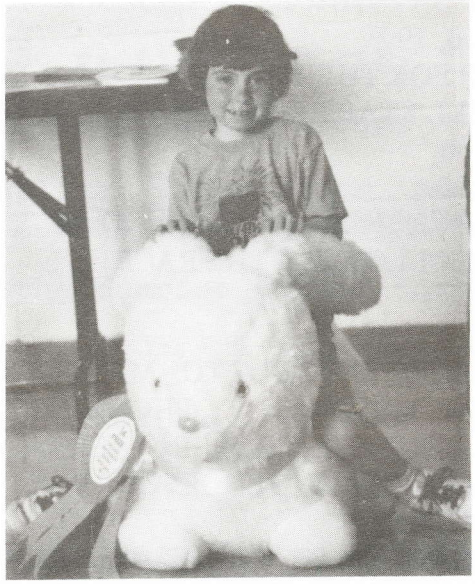
Katie Welch

Erich Reitenbach

Evelyn King

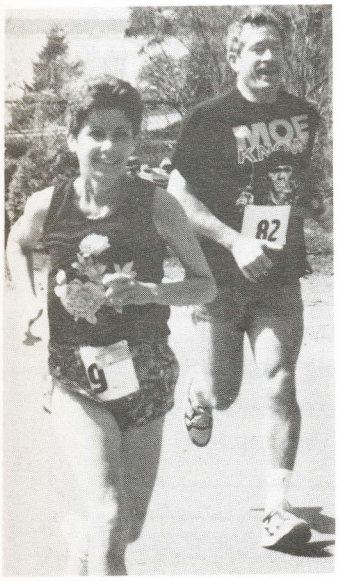
Bruce Nicholson

front to back: Tom Menendez, Joe Hayes, Barry Wight & Lawson Noyes



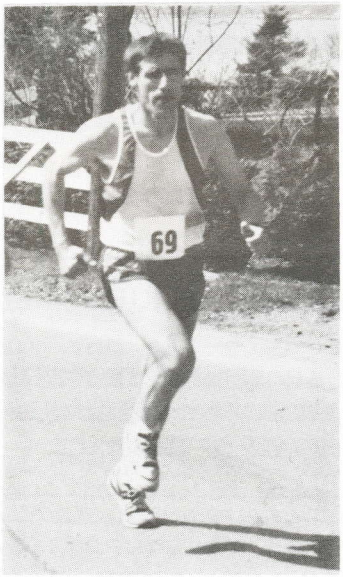
Becky Sproul won the Fort Cowan Bunny

Dick Simmon (#27) & Mike Amsden



Faye Gagnon and Peter Areson

Fairfiel Schuyler



Larry Thomson

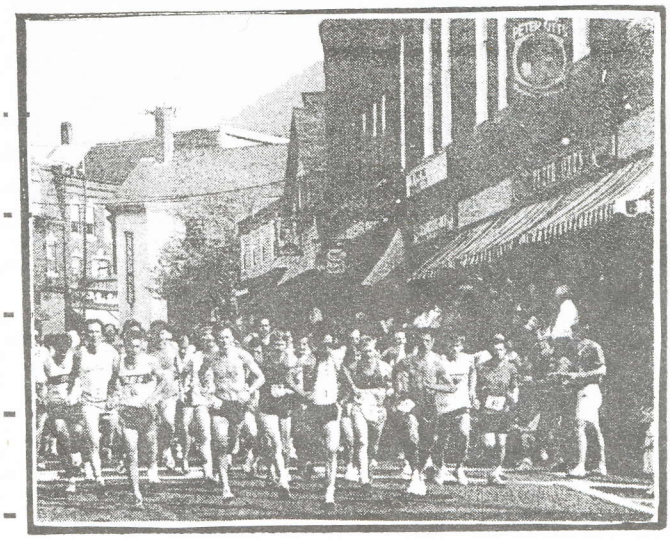
l-r: Liz Dubois & Lindy Sullivan

MAINE SPORT

PETER OTT'S

CAMDEN 10 K RACE

& KID'S FUN RUN



WHERE: PETER OTT'S AT BAYVIEW ST., CAMDEN, ME.
WHEN: SUNDAY, JUNE 6, 1993
TIME: 9:00 AM - SHARP FOR THE 10K
KID'S RACE WILL START IMMEDIATELY AFTER THE START OF 10K
FEE: PRE-ENTRY $8.00
RACE DAY $10.00
KID'S 1-MILE FUN RUN $5.00
AWARDS: IMMEDIATELY FOLLOWING THE RACE
T-SHIRTS: FIRST 100 ADULTS
FIRST 30 KID'S
REGISTRATION: SEND CHECKS PAYABLE TO: MAINE SPORT * P.O. BOX 956 * ROCKPORT, ME. 04856 * PHONE # 207-236-7120
10K COURSE DESCRIPTION: GENTLY ROLLING TERRAIN WITH SCENIC VIEWS OF CAMDEN HARBOR, MT. BATTIE AND PENOBSCOT BAY. ROADS ARE PAVED EXCEPT FOR ONE SHORT SECTION.
TIMING: COMPUTER TIMING
SHOWERS: SHOWERS WILL BE AVAILABLE AT THE LOCAL YMCA FREE OF CHARGE FOR ANY RACE PARTICIPANT FOLLOWING THE RACE.

TAC CERTIFICATION # ME92008WN

----------ENTRY FORM----------

NAME:_____AGE:____SEX:____

ADDRESS:_____PHONE:_____
CIRCLE ONE: 10K RACE KID'S I MILE FUN RUN T-SHIRT SIZE:_____

IN CONSIDERATION OF ACCEPTANCE OF THIS ENTRY, I, FOR MYSELF, MY HEIRS AND ASSIGNS, WAIVE AND RELEASE ANY AND ALL CLAIMS FOR PERSONAL DAMAGES I MAY HAVE AGAINST THE PERSONS AND OFFICIALS OF THIS RACE.

_____ _____
Signature (Guardian if under 18) Date

TWO LAKES ESTATES

TWO LAKES ESTATES

1ST ANNUAL TWO LAKES ESTATES

5 MILE ROAD RACE AND 5K FUN RUN

WHEN: Sunday June 13, 1993 10:00 A.M. START

WHERE: Northfield, Maine - Eastern Ridge Road Off US Rte 192
Follow arrows. 2 miles from US 192/Eastern Ridge Rd. Junction

DISTANCE: 5 Mile Road Race and 5K Fun Run/Walk - Gravel Rd
Heavy Training Shoes only please.

ENTRY FEE: $5.00 1st 50 receive T-shirts

AWARDS: 1st Male & Female plus age groups

RACE FEATURES: Mile splits, water stops, post race cash barbecue and light refreshment. BAKE SALE TO BENEFIT SCRR

PROCEEDS: To benefit the Sunrise County Roadrunners Club.

REGISTRATION: At the Gravel Pit - Beginning at 8 AM

Make checks payable to: Two Lakes Estates, Mail Registration to Michael E. Carter, P O Box 413, Machias, Maine 04654.
Telephone 255-3843

Team Competition: 5 Miler only 1st place Male & Female Teams
Top 3 Score based on comulative place. Must Pre-register for team competition. Unlimited number to compete.

*This is a Sunrise County Roadrunners Club event.

NAME:_____ AGE:_____ SEX_____ T-Shirt M L XL

ADDRESS:_____ PHONE:_____

5K_____ 5 Miler_____ TEAM NAME_____

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 or damages I may have against any sponsor, their representatives, successors and assigns for any and all injuries suffered by me at said race or event.

_____ _____

Signature Signature of Parent or Guardian (if under 18)

COMPLETE RESULTS PUBLISHED IN "MAINLEY RUNNING MAGAZINE"

HILLTOP 'S 2ND ANNUAL BIATHLON SERIES

SPONSER'S : TRYTEK & SON , ROGUE WEAR, GIPPER'S , ROY'S BICYCLE SHOP , HEALING TOUCH, THE CAGE , U.P.S., PEPSI, AUSTIN'S, PARIS APPRAISAL SERVICES, BERUBE'S CAR WASH

COURSE : ONE MILE FUN RUN AROUND THE INDUSTRIAL PARK, 5 K RUN FLAT , 15 K BIKE COURSE IS MODERATELY HILLY. THERE WILL BE SPLIT TIMES FOR THE RUN AND MILE MARKERS FOR THE BIKE.

DATE : MAY 15, JUNE 19, JULY 17, AUGUST 14
REGISTRATION - 7:30 a.m. FUN RUN - 8:30 a.m. BIATHLON - 9:00 a.m.

COURSE RECORD : TEAM- BROWN & CLOUGH 59:15 INDIVIDUAL- JURGELVICH 1:06 : 14

FACILITIES : SHOWERS, TOILETS, USE OF CLUB, FOOD

AWARDS : FUN RUN - HILLTOP WATER BOTTLES & CERTIFICATES

DIVISIONS: FEMALE- TEAM & INDIVIDUAL MALE- TEAM & INDIVIDUAL MIXED
AGES JR. 18 and under OPEN 19-34 MASTERS 35-49 SENIORS 50 and over

GRAND PRIZE : AWARDED TO HIGHEST ACCUMULATED POINT TOTAL TO EACH DIVISION AFTER 4th RACE
10 points for participation in each race, 15 points for first place, 14 for second .....

SEND TO : HILLTOP COMMUNITY SPORTS CENTER
74 WESTMINSTER ST. LEWISTON, MAINE 04240

COST : 10.00 per person T-SHIRT SIZE XL L M S
$ 7.00 ea. additional race 1 t-shirt per person per series

DIVISION : INDIVIDUAL TEAM

AGE GROUP : JR. OPEN MASTER SENIOR

SEX : MALE FEMALE MIXED

NAME :_____ (runner) ____ AGE

NAME :_____ (cyclist) ____ AGE

ADDRESS _____

WAIVER : IN consideration of this entry, I hereby, for myself, my heirs, my executors, and administration, waive and release any and all claims for damages against the sponser's and directors of this race, as well as their represenatives, for injuries and illnesses which directly and indirectly result from my participation in this race. I hereby certify that I am physically fit and have sufficiently trained for this event.

EVERETT STACKPOLE MEMORIAL

Bike-N-Dirt Fun Races

June 19, 1993

Official Somersworth International Childrens' Festival Event
Sponsored by the Somersworth Rotary Club
and Interact Club
(to benefit the Festival and local school projects)

CHILDRENS' RACE (ages 5-14):	2 Miles - Ribbons for All Entries
9:30 AM SHARP	Mountain Bikes and BMX Bikes
$2.50 Entry Fee	Divisions by Age/Sex
	HELMETS REQUIRED
	Staggered Starts - oldest starts first
	Age Groups: 5-7, 8-10, 11-14
ADULTS' RACE (ages 15-66):	15 Miles - Trophies for First Places (ribbons to place)
10:00 AM SHARP	Mountain Bikes
$8.00 Entry Fee	Divisions by Age/Sex
	HELMETS REQUIRED
	Age Groups: 15-18, 19-30,
	31-45, 46-55, 56-65 + 66

Hundreds of booths and events at the Somersworth International Childrens' Festival will fill the rest of the day!

PLACE: Highway Barn - Blackwater Road, Somersworth, New Hampshire (Exit 9 off Spaulding Turnpike), 108 North, right on Blackwater Road (across from "Pauls")

For more information please call Brian R. Barrington or Jeanette C. Gagne at (603) 692-4282 or write to Somersworth Rotary Club, Post Office Box 271, Somersworth, NH 03878

ENTRY FORM

In consideration of this entry form, I hereby for myself, my heirs, executors and administrators do assume all risks and waive all rights and claims for damages I may have against the organizers and sponsors of this race.

Signature: _____
(If under 18 Parent/Guardian must also sign)

Print Name: _____
Address: _____
_____
City/Town: _____

Age: _____ Sex: _____

Return entry form with remittance to: Somersworth Rotary Club, Post Office Box 271, Somersworth, N.H. 03878. For more information call 603/692-4282.

Pre-entry fee of $2.50 per child or $8.00 for adults must accompany this form.

HARRINGTON FAMILY HEALTH CENTER

JUNE 19, 1993
8:30 AM
from HFHC, E Main Street
Harrington, Me. 5K
Fairly flat, some gentle hills;
Loop course.

T-shirts to the first 25 entrants $5.00 entry fee

Age group awards (male & female):
19 & under, 20-29, 30-39, 40-49, 50+

****

NAME_____

ADDRESS_____

PHONE_____AGE_____SEX_____

In consideration of this entry, I waive any and all claims for myself & my heirs against officials or sponsors of the "HFHC Run for the Health of It" for injury or illness which may directly or indirectly result from my participation.

_____ _____

signature parent/guardian if under 18

Mail with $5 check (payable to HFHC) to: HFHC, PO BOX 82, Harrington ME 04643

Wells Maine
CHAMBER OF COMMERCE

presents
the first annual

WELLS WEEK 10K ROAD RACE

to benefit
WELLS HARBOR PARK
sponsored by

SPORTSHOE CENTER

SPORTSHOE CENTER

Sunday - June 20, 1993

Course:	Wheel-measured, moderately hilly, on paved, rural roads
Features:	Mile markers, 2 water stations, computer timing
Entry Fee:	$7 in advance, $8 on race day
Start:	10:00 AM - Wells Recreation Area
Check-In:	Beginning at 8:00 AM, race day
T-Shirts:	To first 100 registrants
Prizes:	To 1st and 2nd place finishers - all divisions

From Maine Turnpike Exit 2: Take Rt 109 North 1 mile to blinking light. Turn right on Rt 9A, go 1 mile Recreation area is on the left.

Men's and Women's Divisions

17 & under 18-29 30-39 40-49 50-59 60 & over

NAME: _____ AGE: _____ (ON 6/20/93)

ADDRESS: _____ SEX: _____

CITY/TOWN: _____ STATE: _____ ZIP: _____

Please specify T-Shirt size: M L XL

Checks may be made payable to: **Wells Chamber of Commerce**
Mail Applications to: **P. O. Box 356, Wells, Maine, 04090**
For information or applications call: **(207) 646-2451**

WAIVER (required):

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the Wells Chamber of Commerce, the Town of Wells, the race manager, and all sponsors, and their representatives and successors for all claims or liabilities of any kind arising out of my participation in this event.

Signature: _____ Date: _____

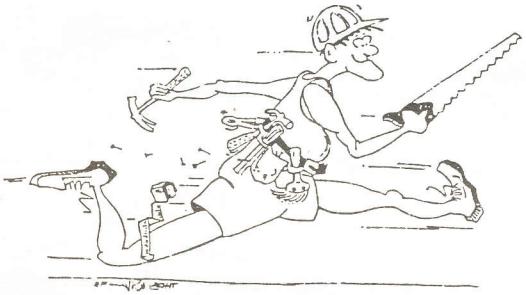
Parent: _____ (Required if under 18 years old)

Prudential Securities, WPOR FM101.9 AM1490 and The Regency Hotel

present

The First Annual
Habitat For Humanity Old Port Road Race

Wednesday, June 23, 1993
7 pm



Where: The Regency Health Club
Middle Street
Portland, Old Port

Entry Fee: Preregistration $7
Race day $8

Course: 4 Miles up the scenic Eastern Prom and back to The Old Port

Awards: Top Five Finishers Overall- Male/Female
Age Group- 1st and 2nd Place-Male/Female
18 & Under • 19-27• 28-36 • 37-44 • 45-54
55-65 • 65 & Over • 1st & 2nd place teams

Mail Entries To: Road Race
The Regency Health Club
20 Milk Street
Portland, ME 04101
(Checks payable To Habitat for Humanity)
Due June 14

- Registration starts at 6 pm followed by a pre-race stretch at 6:30.
- Changing and showering facilities available.
- Post Race Awards Ceremony featuring WPOR live coverage, refreshments & door prizes!
- **Free T-Shirts for the first 50 registrants!**
- **Enter as a business or team of 4 or more and get free T-shirts!**
- **Awards for 1st & 2nd place teams**

Name _____ Age _____ Sex _____
Address _____ Birth date _____
_____ T-shirt size _____

I waive and release any and all claims for personal damages against Prudential Securities, WPOR radio, The Regency Hotel, Habitat for Humanity and The City of Portland, arising out my participation in this event.

_____ _____ _____
Signature Date Parent's Signature if under 18 Years

Club #137

Club #480

18th ANNUAL TOUR DU LAC 10 MILER ROADRACE

Saturday, June 26, 1993 - 8:30 a.m. - Bucksport High School

Veteran Striders Fred and Joan Merriam once again invite you to one of Maine's legendary running events, the challenging "Tour du Lac" 10 miler around Silver Lake in Bucksport.This race is included in the **Bangor Race Series**. The course favors the distance runner with gradual hills in the 1st & 3rd miles and a "groanah" at mile 5. Aview of the mountains between miles 3-5, the smell of fresh strawberries at mile 6 and a run alongside Silver Lake at miles 7.5-9, make up for the hills. Of course nothing can top the famous post-race"potluck" picnic at Charlie & Leona Clappers - all are welcome for some great food and conversation.

ENTRY FEE: $5.00 - Register race morning - 7:15am - 8:15am
TEE SHIRTS : $5.00 - Purchase at registration table(traditional shirt)
RACE INFO: Call Fred or Joan Merriam after 6:00 pm 469-2019
COURSE: Starts/Ends in front of high school
FEATURES: Restrooms, changing rooms and showers at school/Time splits/4 water stops/ potluck picnic after the race
AWARDS: 1st Overall Male/Female,1st & 2nd male/female in following age groups: 19 and under, 20-29,30-39,40-49,50-59,60-69,70 +

*** Course Record**

RACE HISTORY

1995		*1994*		*1993*		*1992*	
						Tim Wakeland	53.12
						Jo-ann Nealey	62.44
1991		*1990*		*1989*		*1988*	
Jim Hartig	54:36	Stephen Fluet	56:39	Mike Sargent	56:44	Joe McGuire	54:13
Susan Hawkins	66:46	Julia Kirtland	62:33	**Deb Potter**	**61:03 ***	Kathy Wheeler	74:56
1987		*1986*		*1985*		*1984*	
Chris Jones	56:01	**Gerry Clapper ***	**50:48**	Dan Dearing	54:13	Gerry Clapper	51:45
Cynthia Lynch	61:07	Carol McElwee	73:40	Ann England	68:27	Ann Blumer	65:30
1983		*1982*		*1981*		*1980*	
Gerry Clapper	51:35	Gerry Clapper	53:30	Kurt Lauenstein	51:18	Mike Westphal	53:17
Robin Emery	66:30	Robin Emery	64:35	Robin Emery	67:30	Robin Emery	65:38
1979		*1978*		*1977*		*1976*	
Danny Paul	54:31	Fred Judkins	52:00	Rick Krause	56:08	Bill Pike	53:32
Robin Emery	65:07	Barbara Hamaluk	68:56	Marsha Giglio	67:36	Robin Emery	66:40

Waiver & Entry Form – Tour du Lac

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Maine Striders Club, City or Town officials and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____

TEAM or CLUB: _____

FOUNDED 1975 CENTRAL MAINE STRIDERS "WE SHARE THE ROADS"

_____ SIGNATURE

_____ PARENT or GUARDIAN if under 18

Club #137

CENTRAL MAINE STRIDERS, INC.

Club #480

Proudly Announce the 15th Annual

"GARDINER COMMON 5 MILER"

THE GREAT KENNEBEC WHATEVER RACE WEEK

Saturday, June 26th , 1993
8:00 a.m.
Gardiner Hospital

FOUNDED 1975 CENTRAL MAINE STRIDERS "WE SHARE THE ROADS"

Never say die! Although that's not the club motto, mayby it should be, as veteran director John Schwerdel refuses to let this popular Augusta area event die, despite the closing of the former "Gardiner Middle School" where it was held for 14 years. On the same course as before is the Gardiner Hospital, with ample parking behind it, and our race will start & end there! Please join John & Ed and our new sponsor as we continue one of the great traditions in central Maine.

ENTRY FEE: **$8.00**— Pre-registration to June 17th (Free T-shirt to 1st 75 entries).
Register race morning from 7 a.m. on.

RACE DIRECTOR: John Schwerdel (207) 622-4507. ("Big Ed" Atlee, Co-Director)

SPONSOR: **KENNEBEC VALLEY FOOT. & ANKLE ASSOCIATES**

FEATURES: Rest Rooms, Changing Rooms — no showers / Time splits / Water Stops / Refreshments following race.

AWARDS: 1st Overall Male & Female / 1st & 2nd, Male & Female in Age Groups — 19 & under — 20 to 29 — 30 to 39 — 40 to 49 — 50 to 59 — 60 & over.

RESULTS: Published in Kennebec Journal, Morning Sentinel, "Interval" Newsletter and Mainely Running.

RACE HISTORY

1991
Todd Coffin 24:49*
Amy Davis 32:01

1990
Tom Thibeau 26:52
Gail Turner 31:14

1989
Tim Wakeland 25:26
Sarah Andrus 34:05

1988
Tom Thibeau 27:16
inda LaRue-Keniston 32:10

1987
Tim Wakeland 24:54
Lori Johnson 31:06

1986
Ralph Duquette 26:12
Anne-Marie Davee 31:49

1985
Peter Lessard 26:51
Linda LaRue-Keniston 31:46

1984
Jeff Crocker 26:37
Marti Reed 34:00

1983
Chris Bovie 26:15
Kim Beaulieu 30:43*

1982
Steve Russell 26:38
Stacy Prescott 31:47

1981
Brad Brown 27:18
Marty Thornton 36:54

1980
Peter Hagerman 28:18
Katie Donavan 36:53

1979
Neil Lash 29:32
Marsha Giglio 38:07

★ COURSE RECORDS

Master's Records
Rick Lane 27:56 (1990)
Jane Rau 33:31 (1990)

Waiver & Entry Form — Gardiner Common 5 Miler

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Maine Striders Club, City or Town officials and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____

TEAM or CLUB: _____ T-SHIRT SIZE: _____

SIGNATURE _____ PARENT or GUARDIAN if under 18 _____

Central Maine Striders, Inc. • P.O. Box 1177 • Waterville, ME 04901

3rd Annual Quiet Side Festival Run and Ride

SATURDAY, JUNE 26 — 10K Run — Start 8:00 a.m. Registration time 6:45-7:45 a.m.
SUNDAY, JUNE 27 — 12 mile Ride — Start 7:30 a.m. (good beginner and intermediate course) Registration time 6:30-7:15 a.m.
PRE-REGISTRATION: Harbor House Community Service Center, P.O. Box 836, Southwest Harbor, Maine 04679, before June 15, 1993. Fee for each event is $7. Checks should be made payable to Harbor House.

REGISTRATION ON RACE DAY: $8 at Harbor House, Main Street, Southwest Harbor, Maine.

FREE T-SHIRT TO THE FIRST 25 ENTRIES!!

AWARD & PRIZE CATEGORIES:

Overall Male Trophy
Overall Female Trophy
Age Group Medals
Random Draw Prizes

Cross Training Event Sponsored by Harbor House, Bar Harbor Banking & Trust, Southwest Harbor-Tremont Chamber of Commerce, and Southwest Cycle.

Please tear off and send along with fee.

In consideration of this entry being accepted, I, for myself, my heirs, executors and administrators, hereby waive and release any and all rights and claims for personal damage I may have against the sponsors of this event.

SIGNATURE _____ DATE _____ AGE _____ M / F _____ PARENT SIGNATURE (if entrant is under 18) _____

PRINT NAME _____

SPONSORS: Bar Harbor Banking and Trust Company, Harbor House, Southwest Cycle, Horizon Printing and SWH/Tremont Chamber of Commerce

PROCEEDS TO BENEFIT HARBOR HOUSE COMMUNITY SERVICE CENTER 244-3713

Please check off which event(s) you will participate in:

Foot Race ☐ Bike Race ☐

York Rotary Club Presents

THE FIFTEENTH ANNUAL

COPY

SATURDAY
JULY 4, 1993

YORK HIGH SCHOOL
YORK, MAINE

FOUR ON THE 4th

8:00 AM Four Mile Tac-Certified Road Race
9:30 AM Roller Blade Race
10:30 AM One Mile Fun Run

- Entry Fee: $7 pre-reg. / $8 race day
- T-Shirts to the first 500 entrants overall
- After Race Refreshments
- Prizes Awarded to All Overall and Division Winners
- All Races Include: Water, Mile Markers, Splits, Professional Timing, Police and Ambulance.

REGISTRATION FORM

☐ 4 Mile Race ☐ 1 Mile Fun Run ☐ Roller Blading

(Please Print Clearly)

NAME _____ AGE _____ SEX _____

ADDRESS _____ TOWN _____

STATE _____ ZIP _____ TEL # _____

ROAD RACE DIVISION (Please Check One)

Men's:	☐ 12 & under	☐ 13-17	☐ 18-29	☐ 30-39	☐ 40-49	☐ 50-59	☐ 60 & over
Women's:	☐ 12 & under	☐ 13-17	☐ 18-29	☐ 30-39	☐ 40-49	☐ 50-59	☐ 60 & over

ROLLER BLADE (Please Check One)

	Junior	Open	Masters
Men's:	☐ 16 & under	☐ 17-29	☐ 30 & over
Women's:	☐ 16 & under	☐ 17-29	☐ 30 & over

WAIVER *(must be signed)*

In signing this entry, I for myself, my heirs, executors and administrators, release the manager of the race, all sponsors and promoters, York Rotary Club and the Town of York, for any and all liability in case of death or injury received during participation in this race. In the case of a minor, this entry must be signed by parent or guardian of entrant.

Signature _____ Parent or Guardian _____

Make checks payable to: **York Rotary Club**
Mail application to: **York Parks & Recreation Department, P.O. Box 9, York, Maine 03909**
For information or applications, call the York Parks & Recreation Department at 363-1040, Mon.-Fri., 8-4:30.

Would you like to be included on next years race mailing list. ☐ Yes ☐ No.

17TH ANNUAL BRIDGTON

ON THE Fourth ROAD RACE

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

"The best road race in Maine" – *Runner's World*" One of the world's 50 top summer races" – *Runner Magazine*

WHEN & WHERE: 8 A.M. (Wheelchair Racers 7:55 A.M.)
July 4, 1993 at Main St. & Rte. 117. Pick up runners' packets by 7:45 at Stevens Brook Elementary School. (1/4 Mile from Start)

SPONSORS: Sportshaus • Norway Savings Bank • McIver's Electric
Chalmers Insurance Agency • The Bridgton News
Seltzer & Rydholm, Inc. - Ocean Spray
Shawnee Peak

BENEFIT: Bridgton Library Children's Room

COURSE: 4 Miles – National TAC Certification No. ME-89008-GN (See Map on Back)

FEE: $8.00 Pre-Registration • $9.00 Post Registration

REGISTRATION: **Pre-Reg.** By Mail – Entries must be received by July 1st or in person at Sportshaus, Main Street by July 3rd.
Post-Reg. 6:00-7:45 A.M., July 4th at Stevens Brook Elementary School

1992
913 FINISHERS
Gerry Clapper
19:20
Julie Peterson
22:07
COURSE RECORDS
Colin Peddie (87)
18:46
Michele Hallet (87)
21:56

AWARDS:
T-Shirts To First 500 Entries
Generous Prizes to First 10 Men and Women

- Plaques to First Three
Men & Women in the following age groups and categories: 10 & under, 11-13, 14-18, OPEN, 40-44, 45-49, 50-59, 60-69, 70 & up, and wheelchair racers.

GRANITE STATE RACE SERVICES

- Free Massages at Finish Provided by Maine Massage Therapists 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.)

BRIDGTON 4 ON THE FOURTH ENTRY FORM – JULY 4, 1993
(No bikes, pets, baby strollers, skates or headsets allowed.)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat/or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Bridgton Public Library, the Friends of the Bridgton Library, the Town of Bridgton, M.S.A.D. #61, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. 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:___ Wheelchair Racer ☐
Please Print Clearly As of 7-4-93

STREET:_____ CITY/STATE:_____ ZIP:_____

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

Send form & $8.00 entry fee to:
(Check payable to Jay Spenciner)
Forms by mail must be received July 1st

Jay & Loraine Spenciner, Race Directors
RFD 3, Box 1002
Bridgton, ME 04009

THIRTEENTH ANNUAL GREATER BANGOR FOURTH OF JULY 3000 METRES

SUB 5
TRACK CLUB

DEAD RIVER COMPANY

"MAINE'S FASTEST ROAD RACE"
(ALL DOWNHILL)

Where: Brewer Auditorium
Wilson St.
Brewer, Maine

When: Sunday, July 4, 1993
Race Begins @ 11:45 A.M.

Entry Fee: $6.00 Includes free T-shirt for first 150 registrants.
Pre-registration is encouraged.

Awards: 1 - 3 in the following ages (M &F)
Open
10 and under
11 - 14
15 - 18
19 - 29
30 - 39
40 - 49
50 - 59
60 and over
Team (M & F)

Race Day Registration: 10:00 - 11:30 A.M. inside Brewer Auditorium.
Parking: In the Brewer Auditorium parking lot or Brewer Shopping Center.
Course Description: In a word *FAST*... The race starts on Wilson Street in Brewer and continues across the Chamberlin Bridge to Bangor. The first mile has been run in 4:07 and many others run under 5 minutes for the first time! The course continues down Main St. in front of thousands of spectators lining the street for the parade which follows. After a right turn on to State and Exchange Sts., the runners cross the footbridge over the Kenduskeag, the end of which marks the finish.
Course Records: Male - 8:10 Tim Wakeland (1987) & Gerry Clapper (1988)
Female - 9:28 Wendy Delan (1988)
This race is the fourth leg of the Bangor Daily News Race Series.

ENTRY FORM

Name: ..... Age: ..... Phone # ..... Sex: .....

Address: ..... Team: ..... Shirt Size: S M L XL

In consideration of this entry being accepted , I for myself, my heirs and assigns hereby waive and release any rights and claims I may have against sponsors and officials of the Greater Bangor Fourth of July 3000 Metre Road Race. I also attest that I am physically fit and trained for this event.

....

Signature *Signature of Guardian, if under 18*

Make **check payable and send to Sub 5, TC,** *c/o David W. Jeffrey, RR#3 Box 825, Orrington, Me. 04474*

12th Annual JAY, LIVERMORE, & LIVERMORE FALLS

INDEPENDENCE RUN

8:00 AM Sunday, JULY 4th, 1993

The Twelth Annual Independence Run is an old-fashioned family style event with 3 races and a Spirit Walk. The 5 kilometer Independence Run is an exciting 2-loop road race starting and finishing at the Gazebo in Livermore Falls. The Kids 1-kilometer Independence Run, and 1 - Mile Independence Fun Run are run in downtown Livermore Falls. Both children's races will be held right after the 5 K finishes. The Spirit Walk is a 2 or 4 mile event for all ages on the sidewalks in Jay and Livermore Falls.

Awards: Trophies to the first place female and male winners in each category up to the ages of 19. Awards to the 2nd and 3rd place. Recognition Awards to the 1st,2nd,& 3rd place winners in the 5 K Run.

T-Shirts to all finishers in each running race. Popsicles for all finishers are provided by the local Knights of Columbus Council #320. Rest rooms available at Livermore Falls Town Office. All races start and finish at the Gazebo behind the Municipal Building in Livermore Falls.

Categories for the Independence Run:
Ages 13 and younger, 14 - 16, 17 - 19, 20 - 25, 26 - 30, 31 - 35, 36 - 40, 41 - 45, 46 - 55, 56, and over

Categories for the Kid's K Run:
Ages; 3, 4, 5, 6, 7, and 8

Categories for the One Mile Fun Run:
Ages; 9, 10, 11, 12, and 13

ENTRY FEE FOR ALL RUNNERS IS $5.00 IN ADVANCE, $6.00 ON THE DAY OF THE RACE. Walkers have a $5.00 entry fee for T-Shirt
Make your checks payable to the INDEPENDENCE RUN and mail the entry form to:

THE INDEPENDENCE RUN 1993
LIVERMORE FALLS MUNICIPAL BUILDING
LIVERMORE FALLS, MAINE 04254

==========

NAME.....AGE .....

ADDRESS.....DATE OF BIRTH.....

TOWN.....STATE.....ZIP.....

<u>T-SHIRT SIZE</u>	**YOUTH:** S M L		**ADULT:** S M L XL	(circle one)
<u>EVENT:</u>	5-K	KIDS K	ONE MILE WALK	(circle one)

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

Signed..... Date.....

Parent's Signature (Runners 17 and under).....

Newport 5K Race

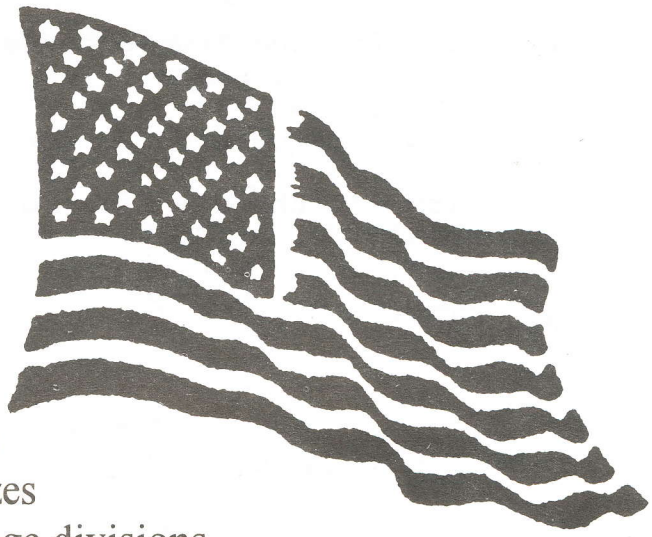
"Five On The Fourth!"

July 4 - 9am

Join with the Town of Newport in celebrating it's annual Fourth of July Festival.
From kite flying to boat parades to fireworks & food everywhere.
"Newport's the place to be for an old fashioned small town Fourth!"

Part of Newport's 4th of July Festival

This week long event includes a 5k race (3.1 mile), always run on Sunday morning starting at 9:00 A.M. to avoid the heat of the day. We are changing the race route this year to have it run through the streets of the town for more participation by spectators. But remember, this race is primarily for the casual, recreation runner. And because the course is quite level, you might just come up with a PR! It will start and finish at the American Legion grounds on the shores of the lake, at the corner of Elm and North Streets. Changing rooms and showers are available at the start/finish.



Race Date: Sunday, July 4th
Starting Time: 9:00 A.M.
Registration: 8:00 A.M.
Pre-registration fee: $7
Race Day Registration: $8
Fast, Flat, "in town" Course
Fruits & Juices available at Finish
FREE T-SHIRTS to ALL participants
Trophies, ribbons & merchandise prizes
Awards to male & female in various age divisions
Full Results in **MAINELY RUNNING** Magazine
Information: Gil Friend 368-4315 (days) 368-5584 (evenings)

Name _____ Phone _____
Address _____ Sex _____ Age _____
Town _____ State _____ ZIP _____

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, advinistrators, waive and release any and all rights and claims for damages I may have against the organizations holding this event, its agents, representatives, successors, and assigns for any and all injuries suffered by me at this event. Parents must sign for runners under age 18.

Signature: _____ Date _____

Mail registration with $7 check (payable to "NAFA") to Gil Friend, PO BOX 158, NEWPORT ME 04953

University of New England
MAINE COAST RUNNING CAMP
July 7-10, 1993
&
5K ROAD RACE - Saturday, July 10, 11 am

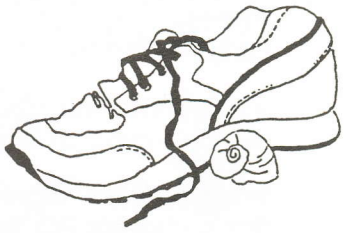
Run along the seaside for fitness, fun and the finish line! University of New England (UNE), recognized for its health education and fitness programs, in conjunction with the Maine Track Club (MTC), is pleased to host its second annual running camp and clinic plus a 5K Road Race, for runners of all ages, ability, and experience.

The **Maine Coast Running Camp** will feature daily clinics, seminars, and group runs emphasizing overall fitness, personal training strategies, stretching, injury prevention, sports psychology, and competitive skills as they relate to the runner. The program is led by Director Carol Weeks, Former Maine Track Club Co-President, with a team of expert runners and specialists, including: ♦Brian Bachelder, Head Athletic Trainer, UNE ♦Bruce Bickford, Olympic runner and American record holder ♦Stan Cowan, X-Country Coach, Maranacook High School ♦Joel Croteau, master runner; former coach, Biddeford High School ♦Tom Dann, Exercise Physiologist; President, Maine Track Club ♦Anne Marie Davee, M.S.R.D., top-ranked runner in Maine ♦Brian "Ziggy" Gillespie, Women's X-Country Coach, Westbrook College ♦Nanette Nero Zuke, Aquatics Director, UNE ♦Michael Sheldon, Assistant Professor, Physical Therapy, UNE.

The **Maine Coast Running Camp** begins **Wednesday, July 7 at 7:00 pm** and culminates Saturday with our very own seaside 5K Road Race. Each day's schedule runs from 8:30 am to 5:30 pm plus optional evening programs, permitting both commuter and resident participation. Modestly priced room and board is available on campus for non-commuters.

The **5K Road Race** (open to the public), a flat, fast out-and-back run from the campus along a paved beach road with ocean and island views, begins promptly at **11 am, Saturday, July 10 (registration opens at 9:30 am).** Following the Race, discuss running with our panel of some of Maine's winningest runners.

Maine Coast Running Camp *Includes all instruction, materials, lunches and dinners, use of athletic facility, and the 5K Road Race - 20% discount for MTC members*	*$195*
Bed and Breakfast (double-occupancy) *Dorm supervision provided for campers under 18*	*$50 additional*
5K Road Race Entry Fee *Includes refreshments and complimentary massage*	*$7*



For more information or to register call the University of New England, College of Professional and Continuing Studies (CPCS) at (207) 283-0171 x122 or use the form below.

- - - -

9th Annual Belgrade Lakes 10K
and One Mile Fun Run
In Memory of Marie MacArthur

When: Sunday, July 11, 1993

Where: Belgrade Lakes, Maine, Route 27
Start at **The Village Inn**

Time: Race Time 8:00 a.m. 10K
8:10 a.m. 1 mile run

Entry Fee: $10.00 10K pre-registered
$12.00 10 K day of race
$5.00 1 Mile Fun Run
(proceeds to benefit Belgrade Regional Health Center)

Registration: Entrants may pre-register prior to July 9th by sending the completed application and entry fee to **Belgrade Lakes 10K, P.O. Box 515, Belgrade, ME 04917**. Registration will be held at **The Village Inn** in Belgrade Lakes the day of the race from 7-7:50 a.m.

Divisions:

10K:	19 and under	Male and Female	**1 mile:**	5-8	Boys & Girls
	20-29	Male and Female		9-11	Boys & Girls
	30-39	Male and Female		12-14	Boys & Girls
	40-49	Male and Female		15-17	Boys & Girls
	50 & over	Male and Female			

Prizes: Special T-Shirts will be given to the first 70 entrants **in the 10K only.** New running shoes will be given to the overall winners and gift certificates to the division winners in the 10K and 1 Mile Fun Run.

Refreshments: There will be **3 water stops** along the 10K course and water hoses. **Refreshments** will be served at the finish line. Swimming available after the races, along with a prize giveaway.

Information: More information about the Belgrade 10K can be obtained by contacting Geoff Hill, Race Director, P.O. Box 515, Belgrade, ME 04917 or calling (207) 465-9639.

Sponsored by: THE VILLAGE INN in Belgrade Lakes, Belgrade Regional Health Center and the **Central Maine Striders.**

ENTRY FORM

Mail this form and check to: **Belgrade 10K Race, P.O. Box 515, Belgrade, ME 04917**

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

Name _____

Address _____ Zip _____

M/F_____ Age_____ 10K _____ 1 mile _____

Signature _____

Signature of parent or guardian if under 18 years of age

_____

Tee Shirt Size:

☐ Small
☐ Medium
☐ Large
☐ Extra Large

This flyer donated by ERA — Day's Real Estate and Belgrade Reservation Center

RACE FEATURES

- o Cited by *New England Runner* magazine for quality, size of field
- o Fast, flat, scenic course
- o Quality T-shirt to first 500 pre-registered runners (must be picked up by 7:30 race morning)
- o Awards for top overall male and female finisher, top three male and female finishers in age category:

15 & under	35-39	55-59
16-19	40-44	60-64
20-29	45-49	65+
30-34	50-54	

- o Well-monitored course with two water stations, splits and a scenic half mile along the forested foot path beside the Royal River
- o Post-race refreshments
- o Post-race massage by Carol Heath and associates near finish line
- o Showers at Yarmouth HS until 9:30 am
- o Complete results in *Mainely Running*

PRE-REGISTER TODAY

- o Guaranteed T-shirt (must be picked up by 7:30 am race day)
- o $3 Pat's Pizza gift certificate!
- o Lower entry fee!
- o Assured entry!

TO PRE-REGISTER: Complete entry form and send, along with $8.50 made payable to *Clam Festival Classic*, **prior to July 11**, to Clam Festival Classic, Maine Track Club, PO Box 8008, Portland ME 04104. **Pick up number race day at "Pre-registered runner" table.**

PAT'S PIZZA

Twelfth Annual

Clam Festival Classic

Five Mile Run

Saturday, July 17 1993

8:00 a.m.

Main Street

Yarmouth, Maine

USA Track & Field

USA T&F Sanctioned
Course Certified (ME-86009-GN)

TO REGISTER RACE WEEKEND: Sign up Friday evening at the Clam Festival information booth (Main Street, near Rt. 1 overpass) or Saturday morning beginning at 6:15 am. Cost: $10. You will **not** receive a $3 gift certificate and you **may not** receive a T-shirt (limited to first 500 runners).

THE COURSE

Start on Main Street near Hancock Lumber at Camp Hammond Restaurant sign; right onto East Elm Street/North Elm Street; right onto North Street; right onto Willow Road; left onto Bridge Street; right onto Walker's Path; left onto East Elm Street; left onto Main Street; finish in front of police headquarters.

RUNNER INSTRUCTIONS

You must run on the right side of the road unless told otherwise by race officials. Vehicular traffic on the road is light, but these vehicles have a right to be on the road. Please keep to the right to allow vehicles to pass. *Runners who do not obey this directive may be disqualified without refund.* Also, please note that, for the safety of all runners and in accordance with our insurance, **no headsets, baby strollers or pets are allowed at this event.**

Thank you for your cooperation!

Maine Track Club

RRCA

CUT ALONG DOTTED LINE

Mail to: **Clam Festival Classic**
Maine Track Club
PO Box 8008
Portland ME 04104

Do not write in this space

☐ **$8.50 by mail (must be mailed by 7/11)**
☐ **$10.00 race day**
☐ **Please send information about Maine Track Club**

NO REFUNDS, EXCHANGES or TRANSFERS

Last Name | First Name | Age on race day | Birth Date Mo. Day Yr. | Sex Male Female

Mailing Address Street | Include Apt. No. and/or C/O | Area Code Phone

City | State (or Country if not USA) | Zip Code

☐ **I would like information about the Maine Track Club**

Check T-Shirt size: M ☐ L ☐ XL ☐

NO PETS, BABY STROLLERS OR RADIO HEADSETS ALLOWED

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls contact with other participants, the effects of the weather, including high heat/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE _____ DATE _____ PARENTS SIGNATURE IF UNDER 18 YEARS _____

GRANT'S DAIRY AND THE BANGOR YMCA

Are Pleased to Announce The 4th Annual

"GRANT'S DAIRY MILK RUN"

5 Mile Road Race
and
1 Mile Family Fun Run

WHERE: Bangor YMCA
127 Hammond Street
Bangor, Maine 04401

WHEN: Sunday, July 25, 1993

STARTING TIME: 8:00 A.M. - Fun Run
9:00 A.M. - 5 Mile Run

ENTRY FEE: $3.00 up to Friday, July 23 - Fun Run
$6.00 up to Friday, July 23 - 5 Mile Run
$4.00 Race day registration - 7:00 to 7:45 A.M. - Fun Run
$7.00 Race day registration - 8:00 to 8:45 A.M. - 5 Mile Run

Tank Tops will be given to the first 100 entrants of 5 Mile Run
Hats will be given to the first 100 entrants of Fun Run

AWARDS:
For 5 Mile Run
Top 3 male and female finishers
Top male and female in each age category
First Grant's Dairy Employee

CATEGORIES:
For 5 Mile Run
14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over

MILK RUN WAIVER AND REGISTRATION FORM

I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Bangor YMCA, city or town officials and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I hereby permit free use of my name and picture in broadcasts, telecasts and the press as they pertain to this event.

PLEASE PRINT

Name _____ Telephone _____

Address _____

Please check the run you would like to participate in: ☐ 5 Mile Run ☐ 1 Mile Fun Run

Grant's Dairy Employee: Yes _____ No _____

Male _____ Female _____ Age _____ Shirt size S _____ M _____ L _____ XL _____

_____ _____

Signature Parent or Guardian if under 18

Please make checks payable to Bangor YMCA

Club #137

CENTRAL MAINE STRIDERS, INC.

Club #480

Proudly Announce the **15th** *Annual*

"BERT 'N I - 5 MILER"

SUNDAY - JULY 25, 1993 - 8:30 am

Vassalboro Public Library, East Vassalboro - (off Rt. 32)

It's hard to believe that 15 years have come and gone since the Striders started this little race near China Lake in East Vassalboro. Back then, Strider Bill Seekins handled the event, and it was a 7.1 miler for several years with Fred Judkins dominating the run. Now coach Mert Dearnley has taken over and is keeping this enjoyable little rund through the woods alive. 15 years ago Tim Sample and Marshall Dodge were making the "Bert 'N I" recordings popular all over the east coast, and this year's run is dedicated to the late Marshall Dodge. Please notice we've moved the starting time up a 1/2 hour to help avoid the July humidity!!!

Entry Fee: $5.00 —

Race Director: MERT DEARNLEY (622-1502)
(Volunteers welcome on race morning)

Features: Wheel measured course — double water stop — restrooms available — no showers — fruit & juices following race

Awards: 1st overall, male & female — 1st male & female in age groups: 19 & under — 20 to 29 — 30 to 39 — 40 to 49 — 50 to 59 — 60 & over

Results: Published in Morning Sentinel and "Interval" Newsletter

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COURSE RECORDS

OPEN			MASTERS		
GERRY CLAPPER	25:19	(1990)	GUY BERTHIAUME	28:15	(1989)
			STEVE REED	28:15	(1990
LINDA LaRUE KENISTON	31:54	(1989)	MARSHA GIGLIO	36:41	(1986)

Central Maine Striders Waiver & Entry Form — Bert 'N I - 5 Miler

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Maine Striders Club, City or Town officials and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____

_____ SIGNATURE

_____ PARENT or GUARDIAN if under 18

Central Maine Striders, Inc. • P.O. Box 1177 • Waterville, ME 04901 •

USA Track & Field

The 1993 Peaks Island Five Mile Road Race And Island Lobster Bake

New for "93"

KIDS K: Ages 13 and under
Each participant receives a medal, with additional awards going to the first 3 boys and girls to finish

STARTING TIME: 9:45 A.M.

ENTRY FEE: $4.00 per runner

* * * * * * *

Five Mile Race

Course: Paved road following the shore line of Peaks Island

STARTING AREA: Peaks Island Lions Club

CHECK IN: 8:30-10:00 A.M.

ENTRY FEE $8 with preregistration or $9 day of race

Please make checks payable to:
Peaks Island Road Race
P.O. Box 5069 Station A
Portland, Maine 04101

Please include Self-Addressed Stamped Envelope:
Directions to ferry terminal, a boat schedule and your race number will be sent to you.

Awards to the Following
Males and Females
Open 1st, 2nd, and 3rd

19 & under	1st and 2nd
20-29	1st and 2nd
30-39	1st and 2nd
40-49	1st and 2nd
50-59	1st and 2nd
60-69	1st and 2nd
70 & over	1st and 2nd

Prizes will be awarded immediately following the race, at the Peaks Island Lions Club.

* * * * * * *

Proceeds to Benefit the Peaks Island Lions Club

* * * * * * *

WHEN: Saturday, August 7, 1993
WHERE: Peaks Island, Maine
TIME: 10:15 A.M.

* * * * * * *

Race Limited to 350 Runners
REGISTER EARLY

Free T-Shirts Given to the First 100 Pre-registrants

* * * * * * *

Sponsored By:
Peaks Island Lions Club
and
Casco Bay Island Transit District

$100 PRIZE for New Course Record (Male-Female)

Course Records

Men	Bob Winn	24:58
Women	Christine Snow	29:58

Peaks Island Lions Club LOBSTER BAKE

M E N U

Meals served from Noon to 2:00 P.M.

Lobster **$11.00**
Includes clams, corn, rolls and coleslaw.

Steak **$11.00**
Includes corn, rolls, and coleslaw.

Chicken **$9.00**
Includes corn, rolls, and coleslaw.

Children's Meals **$5.00**
Includes hot dogs and hamburgers

* * * * * * *

Meal Order Form

# OF MEALS		TOTAL
_____	Lobster	$ _____
_____	Steak	$ _____
_____	Chicken	$ _____
_____	Children's	$ _____
	TOTAL	$ _____

* * * * * * *

Please make checks payable to:
Peaks Island Road Race
P.O. Box 5069 Station A
Portland, Maine 04101

Meal orders must be postmarked no later than July 31, 1993.

I know that running a road race is a potentially hazardous activity. I should not run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, the City of Portland, and all sponsors, their representative, and successors from all claims or liabilities of any kind arising out of my participation in this event.

Name _____ Age on race day _____

Address _____

Telephone _____

Signature _____ Male ❑ Female ❑

T-shirt size: S ❑ M ❑ L ❑ XL ❑

Mactaquac Triathlon

Swim 1 Km | Bike 30 Km | Run 7 Km

Sunday, August 8, 1993 Mactaquac Provincial Park, New Brunswick, Canada

Registration 7:00 to 8:30am - Start Time 9:00am Sharp

Entry Fees

Individual: Prior to July 25.....$17.00US
After July 25.....$26.00US
Team: Prior to July 25.....$51.00US
After July 25.....$78.00US

Please Note

* Approved bike helmets required.
* Wet suits and life preservers permitted.
* Drafting not permitted during biking leg.

Highlights

* Post-race BBQ with "lots" of great food
* Prizes in all categories
* Guaranteed T-Shirt - if pre-registered by August 1 - Please indicate size on application form

In its fourth year, The Mactaquac Triathlon is one of Atlantic Canada's favourite triathlons. It features a 1 km swim in the warm fresh waters of the Mactaquac headpond, followed by a 30 km bike ride along the scenic St-John river valley, and is concluded by a challenging 7 km run.

NORTHWEST *Airlink* | New Brunswick Fitness Council | Peter Allison's Pizza Hut | NB Tel Cellular/Cellulaire

Information: For more information on the event or on accommodations please call André at (506) 458-2886 or Doug at (506) 357-6447, or write to **The Mactaquac Triathlon, P.O. Box 20154, Fredericton, NB, Canada, E3B 7A2.**

Directions: From **Houlton, Maine,** take Route 95 North towards Woodstock, New Brunswick, then follow Route 2 (Trans Canada) East for 45 miles to the Mactaquac Dam. From the Dam, follow signs to the Mactaquac Park 4 miles North on Route 105.

* Please complete and mail along with a check or money order made payable to **The Mactaquac Triathlon**, P.O. Box 20154, Fredericton, NB, Canada, E3B 7A2.

-----cut here----------

	Individual or Swimmer	Cyclist	Runner
First Name:	_____	_____	_____
Last Name:	_____	_____	_____
Address:	_____	_____	_____
Town:	_____ State___	_____ State___	_____ State___
Zip Code:	_____ Tel. _____	_____ Tel. _____	_____ Tel. _____
T-Shirt:	S( ) M( ) L( ) XL( )	S( ) M( ) L( ) XL( )	S( ) M( ) L( ) XL(_)
	Age___ Sex M( ) F( )	Age___ Sex M( ) F( )	Age___ Sex M(_) F(_)

Waiver: In consideration of this entry being accepted, I hereby for myself, my heirs, executors and administrators waive all rights and claims for damages I may have against officials and race sponsors. I attest and verify that I have full knowledge of the risks in this event and that I am physically fit to participate.

Signatures: _____, _____, _____

(of guardians if under 18)

21st Year

1972 1993

Winter Harbor 5 & 10
SCHOODIC POINT 15K ROAD RACE

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

DATE: Saturday, August 14, 1993

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.

ENTRY FEE: $12.00 pre-registration — (Must enclose self-addressed, stamped envelope - NO EXCEPTIONS) — Limit 200 runners. Registration by August 10th.

COURSE RECORDS: Bruce Ellis – 46:38 Cynthia Lynch – 56:09

AWARDS:
1st Male and 1st Female Overall
1st Male and 1st Female for Each Category
- 13 - Under
- 14 - 18
- 19 - 29
- 30 - 39
- 40 - 49
- 50 - 59
- 60 - over

1st from Gouldsboro/Winter Harbor Area
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 1/2 way.
4. Water stations: 2 mile, 4.65, 7.3, finish.
5. Restrooms: start and finish.
6. Embroidered hats to all runners.
7. Post race refreshments.
8. LOBSTERS TO ALL FINISHERS.
9. Free camping: same site as previous years.

Complete race results in Mainely Running

Make Check Payable To: Schoodic Peninsula Chamber of Commerce Race Fund
C/O Tom Mapleton
P.O. Box 39
Winter Harbor, ME 04693

Winter Harbor 5 & 10

Fisherman's Inn

Chase's Restaurant
Winter Harbor, Maine

Enjoy Coke
Trade mark

MOUNT DESERT SPRING WATER

Fine Line Press
Quality Offset Printing, Design & Illustration

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.

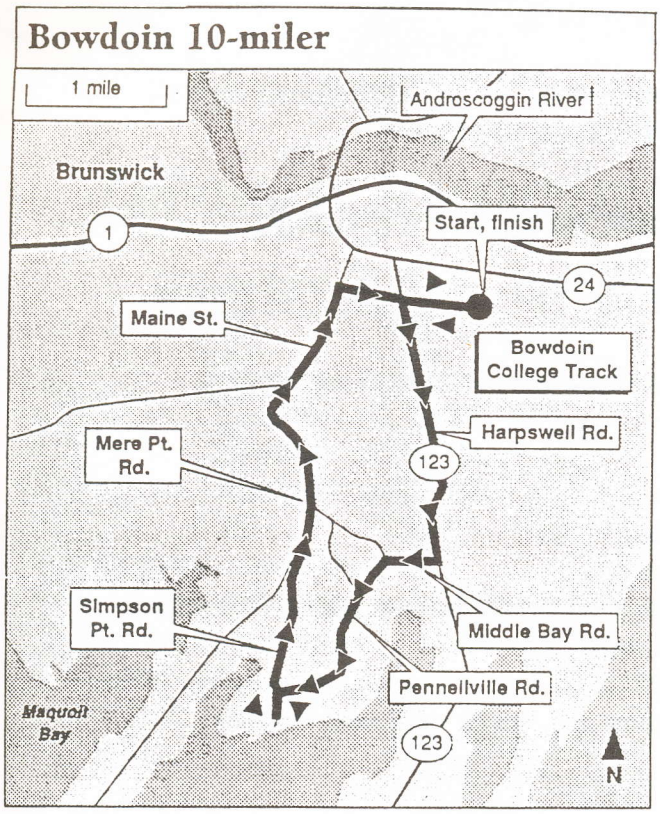
Name _____ Address _____

Age _____ _____ Male _____ Female _____

Signature _____ Parents Signature if under 18 _____

SPORTS EAST

TOPSHAM FAIR MALL
Topsham, Maine 04086
(207) 729-1800



The 16th ANNUAL BOWDOIN AND BACK 10 MILE RUN TO THE COAST

SUNDAY AUGUST 15, 1993 8:00 am

- Pre-Entry Fee: $10.00 (includes T-Shirt)
- Post-Entry Fee: $10.00
- Send entries to:
  Barry O'Neil
  Sports East
  Topsham Fair Mall
  Topsham, Maine 04086
- Make checks payable to:
  Sports East
- Race entry fee includes a donation to the Independence Association for Retarded Citizens

- **Pre-registration deadline:** Wednesday, August 11, 1993
- Colorful Race T-Shirts to **all** pre-registrants!

BOWDOIN AND BACK 10 MILE RUN TO THE COAST
August 15, 1993

Last Name | First Name | Age on race day | Birth Date Mo. Day Yr. | Sex Male Female

Mailing Address Street | Include Apt. No. and/or C/O (Check here if this is a change of address ☐) | Area Code Phone

City | State (or Country if not USA) | Zip Code

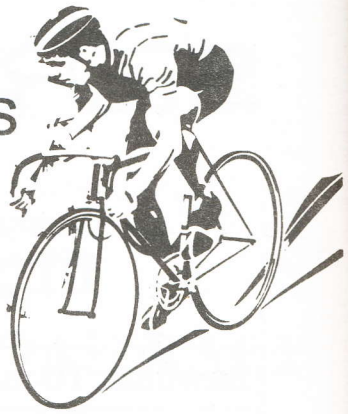
☐ **$10.00 Pre-entry fee (closes on August 11th)**
☐ **$10.00 Post-entry fee (closes at 7:30 am day of race)**

Check T-Shirt size: M ☐ L ☐ XL ☐

Assumption of risk agreement and release.(Please read carefully)
I agree to assume all responsibility for and all risk of damage or injury that may occur to me as a participant in this event. In consideration of being acccepted as a participant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge Sports East and all persons associated with this event from all claims, damages, causes of action, present or future, known or unknown, anticipated or unanticipated, which result from, arise out of, or are incident to my participation in this event. I hereby certify that I am physically fit and sufficiently trained for competition in this event.

Signature_____ Parent or Guardian_____(if under 18)

1993 MID-COAST TIME TRIAL SERIES



Sponsored by Maine Sport

DATES: June 20, July 18, July 25, August 15, August 29.

COURSE: 15 mile out and back course with some challenging hills, South out route 90 (7.5 miles) and back.

REGISTRATION: 8 A.M. to 8:45 at Danica Candleworks. 1/4 mile North of route 17 and 90 intersection on route 90. (West Rockport)

FIRST RIDER STARTS 9:00 A.M. (ONE MINUTE INTERVALS)

HELMETS ARE REQUIRED

AWARDS: 1st, 2nd, and 3rd for both men and women in each age group.

Divisions:

14-17 Jr. Men	14-17 Jr. Women
18-34 Sr. Men	18-34 Sr. Women
35-44 Vet. Men	35 + Vet Women.
45-54 Mast. Men	
55 + Grand Masters.	

Cumlative prizes for those who participate in four out of five races (this includes the August 29th race "The Final"). Your three best times are added for overall 1993 Mid-Coast Time Trial placing. This includes 1st, 2nd, 3rd, and most improved man and woman.

* Pre-registered cyclists are first to race.
* There will be a raffle at the awards ceremony following "The Final."
* For more information call Maine Sport at 236-7120, or 1-800-244-8799

(check race registering for)

June 20___ July 18___ July 25___ August 15___ August 29___

NAME_____ AGE_____ SEX_____

ADDRESS_____CITY_____STATE____ZIP_____

PHONE_____ SIGNATURE_____

*You will be asked to sign a release form when registering.
*Parental consent is needed if under 18.
*Pre-reistration fee $10 post marked one week prior to race / $13 day of race.
*Please make check payable to: Maine Sport, P.O. Box 956, Rockport, ME. 04856

Mainely Running is available at the following Advertisers

• Bath Cycle & Ski	Woolwich
• Cadillac Mtn Sports	Bar Harbor
• CycleMania	Portland
• Fort Western Sports	Augusta
• Goldsmith's	Bangor
	Presque Isle
	Scarborough
• Life Sports	Ellsworth
• Maine Sport	Rockport
• Northern Lights	Farmington
• Rainbow Cycle	Auburn
• Saco Cycles	Saco
• Sports East	Topsham
• Wights	Brewer
• Yankee Sports	Auburn
	Brunswick
	South Portland
	Windham
	No.Conway NH
	Rochester NH

Mainely Running Advertising Rates

Display Ads

	Single Issue	Five Issues	One Year
1/4 Page	$30	$135	$250
1/2 Page	50	220	380
Full Page	80	355	620
Covers	Call	Call	1000

These prices are for camera ready ads.
Quarter page ads are 7½ wide by 2½ high or 3¾ wide by 5 high.

Race Flyer Fees

Full page (8½ x 11) Only $40

A bargain! Less then 4 cents per copy & you save printing and mailing expenses. Send a GOOD copy (black & white is best) with check for $40.00 by the 12th of the month to Mainely Running, 2 Howards Hill Road, Brunswick ME 04011

Business Card Display Ad

For *"Subscriber Athletes"*

Let your fellow athletes know that you are in business. Mainely Running readers prefer to do business with people they know - let that be you! Your business card will be prominently displayed on a special page with other subscriber athletes.

Five Issues - $55 - One Year - $100

For more information about advertising in Mainely Running call 725-8680

Mainely Running Subcription Form

Name _____ Todays date _____
Address _____ Telephone _____
Town _____ ZIP _____ Birth date _____
Check Applicable Sport(s) T&F ___ LDR ___ RW ___ Club _____ Sex ____
(Track & Field - Long Distance Running - Racewalking)

One year subscription to MAINELY RUNNING (10 issues) $17.50 ____
Subscription plus USA T&F membership $25 _____ *Youth $ 23* _____

Send with check to: MAINELY RUNNING, 2 Howards Hill Road, Brunswick ME 04011 (207)725-8680

Congratulations To All Finishers

FULL RESULTS WILL BE IN THE JULY ISSUE OF MAINELY RUNNING

Women's Team Award

"Team Maine": Tina Meserve, Kathy Tracy & Julia Kirtland

Overall Female Winners

1st	Tina Meserve	17:22	Livermore Falls .
2nd	Kathy Tracy	18:00	Auburn
3rd	Julia Kirtland	18:03	Brunswick

13 & Under Female

1st	Danielle Donovan	21:06	Presque Isle
2nd	Jessica Smith	27:00	Old Town
3rd	Allison Gray	27:04	Brewer

14-18 Female

1st	Trina Smith	22:39	Old Town
2nd	Chris Oster	24:16	Stetson
3rd	Samantha Cohen	24:38	Bangor

19-29 Female

1st	Mary Meehan	19:57	North Yarmouth
2nd	Nichi Farnham	21:22	Bangor
3rd	Bernise Stockley	22:58	Lincoln Center

30-39 Female

1st	Jo-Ann Neiley	18:36	Lincolnville
2nd	Paula Emery	18:58	Atkinson
3rd	Jeanne Hackett	19:33	Portland

40-49 Female

1st	Robin Emery-Rappa	19:40	Bidgewater, MA
2nd	Peggy Smith	22:11	Old Town
3rd	Jeanne Butterfield	24:44	Bangor

50-59 Female

1st	Renee Collins	23:09	Brewer
2nd	Scotty Folger	26:10	Orono
3rd	Carolyn LaBossiere	31:38	Old Town

60+ Female

1st	Delores Billings	31:29	Cape Porpoise
2nd	Leona Clapper	34:53	Bucksport
3rd	Florence Just	52:33	Bangor

Mens Team Award

"Sub 5 TC": Giles Norton, Jim Newton & Jay Henderson

Overall Male Winners

1st	Steffan Elgelid	15:48	Millinocket
2nd	Bob Everett	16:01	Fort Fairfield
3rd	Brent Leighton	16:08	Hampden

13 & Under Male

1st	Zachary Capehart	20:26	Bangor
2nd	Derrick Donovan	21:07	Presque Isle
3rd	Adam Bowen	21:23	Cumberland

14-18 Male

1st	Cosman Bishop	17:25	East Holden
2nd	Aaron McMorrow	19:17	Thorndike
3rd	Edgar Sanborn	19:56	Bangor

19-29 Male

1st	Jay Henderson	16:58	Falmouth
2nd	Christiopher Jones	17:15	Bucksport
3rd	Todd Knight	17:20	Brewer

30-39 Male

1st	Pat Sullivan	16:12	Bangor
2nd	Giles Norton	16:38	Orono
3rd	Jim Newett	16:49	Ellsworth

40-49 Male

1st	Ken Gehrt	16:29	Bangor
2nd	John Emerson	17:12	Stillwater
3rd	Chris Prickett	18:26	Cambridge

50-59 Male

1st	Myles Lemieux	19:20	Guilford
2nd	Bob Gillespie	19:40	Benton
3rd	Bill Pinkham	19:44	Lamoine

60+ Male

1st	Carl Bowen	21:10	Merrill
2nd	Bill Lawlor	26:30	Brewer
3rd	Norman Pelkey	39:56	Old Town

EPSTEIN'S
of Maine

Brewer * Ellsworth * Millinocket * Presque Isle * Houlton * Searsport * Stonington