

**Bangor Five Mile Road Race
Championship (Labor Day)
September 1, 1969 | Bangor**



(RK Notes - 1969 Bangor Five Mile Road Race. Much of the 1969 pre-race road race report was duplicated from the 1967 road race. I typed only what was applicable for my revisionist history...)

**Hillgrove Defends Title In Bangor Road Race
(Bangor Daily News, September 1, 1969)**

With post entries eligible, the seventh annual Bangor Five Mile Road Race will be held today and a field comparable with that of a year ago is expected to answer the starter's gun in front of the Paul Bunyan statue at 2 pm.

Race Director George Searway said that as of Sunday 16 applications had been filed while a number of entries requested their names be added pending return of official entry blanks.

The event co-sponsored by the Bangor Parks and Recreation Department and Chamber of Commerce, sends the runners through downtown streets into residential areas and finishes at Bass Park.

(RK Notes - 1969 Bangor Five Mile Road Race post-race report.)

**Hillgrove Beats Heat, 28 Road Race Rivals
By Owen Osborne**

Losing a bit of his stride over the last half mile but with no contenders even close in the 90 degree heat, Bob Hillgrove of Rockland successfully defended his Bangor Road Race title Monday.

Hillgrove covered the five miles in 27:20.4, just seconds away from his 27:17.3 record of a year ago in spite of the grueling heat that claimed six of the 29 runners.

Second was Walter Renaud of Orono at 27:58 followed by Ken Flanders of Portland, first high school runner to finish in 28:38. Ralph Grant of Augusta

29:33; Ed Hayes of Washington, DC 29:36; Ralph Thomas, Gardiner and Daniel Bondeson, New Sweden.

John Knowlton in 12th position was the first Bangor runner to finish and 49 year old Bill Tribou of Sillsbury, Conn, was 14th and the first entrant over 40 years. All received trophies.

Hospital Treatment

After the finish Tribou and five others required hospital treatment for heat prostration. Harry Trask, 52 year old entry from Dixfield, managed to get within 100 feet of the finish line before he was forced to stop. He was assisted to the finish line, then was taken to the hospital for treatment. Four others were taken to a local hospital.

Three were treated at the Eastern Maine General Hospital and released. Still hospitalized are Harry Trask, Russell Taylor of East Millinocket and Clifford Hatfield of Bangor.

For the untiring Hillgrove it was his 18th victory in 20 starts this year including one loss to an Olympic contender. "I had set my best six-mile time of 29:52 earlier this year at Waterville," he said. As he started up Dutton Street for a lap around the Bass Park track and the finish line he asked how near his nearest competitor was. Told he was some distance back he said, "I've slowed a bit. I think I've lost it." Meaning the easy stride that kept him far in the lead.

He was in the front tier as the field left the Paul Bunyan statue and by the time he reached Railroad Street held a thin edge over Ralph Thomas and Philip Day of Medway. As he turned off Washington and Exchange Street he was ahead by 30 yards and at State Street widened it to 50 yards.

Wide Lead

Entering Valley Avenue it was 75 yards and up to 100 as he went up a grassy hill to Holland Street, 150 yards on Union Street and 200 on West Broadway. A splash of cold water from a friend gave him new life and several times he looked back. He took a lead of over 300 yards onto Buck Street's downhill grade but as he turned on Main and headed for the home stretch the terrific heat began taking its toll.

He was almost completely around the track before his nearest rival showed up, Walter Renaud looking trim crossing the line next.

Tribou appeared fresh at the finish but later was taken to a hospital. Trask was cheered from the time he appeared on the track until he collapsed but was barely

moving. Another entry finished but required treatment and three were picked up on the race route.

Trophies were presented the leads by the co-sponsoring Bangor Parks and Recreation Department and Chamber of Commerce, as medals went to the next six finishers of the AAU sanctioned race.

Order of finish were

1. Bob Hillgrove, Rockland
2. Walter Renaud, Orono
3. Ken Flanders, Portland
4. Ralph Grant, Augusta
5. Ed Hayes, Washington, DC
6. Ralph Thomas, Gardiner
7. Daniel Bondeson, New Sweden
8. Harold Burke, Gardiner
9. William Wilson, Bath
10. Glen Ayers, New Jersey
11. S. B. Goldberg, Tenants Harbor
12. John Knowlton, Bangor
13. Brian Manza, Woodland
14. Albert McCann, Portland
15. Bill Tribou, Sillbury, Conn.
16. Steve Ross, Lewiston
17. Mike Brennan, Bangor
18. Carl Bondeson, New Sweden
19. Dr. Joseph Henrich, Kennebunk
20. Allen Archer, Bangor
21. Carroll Frankland, Bangor
22. Francis Fullam, Princeton, NJ
23. Robert Edgar, New York
24. Harry Trask, Dixfield