



THE PACK

**"RUNNERS ARE SMILERS" SERIES
Brunswick Saturdays**

As all of you probably know, the Sri Chinmoy Marathon Team sponsors a weekly 2-mile race known as "Runners Are Smilers" in Brunswick on Saturday mornings (see race calendar). These races are attended by a loyal group of regulars from Lisbon Falls, Bath, Brunswick, Topsham and Augusta. Runners enjoy a flat, fast course, good food, and lots of encouragement. We have two age categories, open under 50 and 50 & over. Winners in their age categories for September and October were:

Sep 6	Pat O'Malley open	10:54
Sep 13	Jim Cox open	11:45
Sep 27	Conrad Walton open	11:11
	Alice DeMars open	16:23*
Oct 4	Abram Rosenthal open	12:41
	Alice Goodwin open	14:04*
Oct 11	Abram Rosenthal open	12:44
	Harry Giddinge 50+	16:19
	Alice Goodwin open	14:10*
Oct 18	Gary Cochrane open	11:46
	Harry Giddinge 50+	15:17
	Alice Goodwin open	13:47

On October 25, "Runners Are Smilers" runners participated in the 41 Mile Peace Relay in Brunswick.

**SHAW'S THANKSGIVING DAY 4 MILER
Portland Expo Nov 27th**

Wanda Haney (20, 23:57, S. Portland) picked up her 4th straight win besting a field of 49 women. Ruth Hall (28, Yarmouth), Lisa Ware (24, Durham, N.H.), and Sasha Goodwin (15, Cumberland) followed.

In the men's division George Bockus (20, 19:35, Auburn) was just 5 seconds off the course record. Myron Whipkey (29, Portland) and Michael Turner (19, Sanford) were 2nd and 3rd. A number of young Maine runners placed well including Jason Burrill (16, Yarmouth), David Wong (16, S.P.), and David Moors (16, Peaks Island, Portland). Another noteworthy performance was turned in by 63 year old Russ Bradley (28:46, Cape Elizabeth).

Special thanks to Charlie Scribner, on loan from the Maine Track Club and Donna Hubert, now running for USM, for their help once again at the finish line.

1.	George Bockus	20	19:35
2.	Myron Whipkey	29	20:00
3.	Mike Turner	19	20:17
4.	Stu Hogan	24	20:19
5.	Mike Hersom	19	20:26
6.	Tom LaRose	18	20:32
7.	Andy Kimball	20	20:44
8.	Ken Botting	26	20:48
9.	Rick McDonald	24	20:57
10.	Jason Burrill	16	21:10
11.	Barry Fifield	29	21:13
12.	Steven McGrath	31	21:22
13.	Greg DiBiase	24	21:48
14.	David Wong	16	21:49

15.	George Lawson	29	21:49	109.	Richard Cavanaugh	33	27:43
16.	John Tarling	35	21:58	110.	Dennis Morrill	47	27:44
17.	Graydon Stevens	34	22:09	111.	S.M. Hall	26	27:48
18.	Gary Fluet	20	22:15	112.	Carl Smith	45	27:48
19.	Frank Brume	46	22:18	113.	Richard Scribner	35	27:53
20.	Peter Hall	25	22:26	114.	Cindy Vokey	28	27:52*
21.	Joel Titcomb	28	22:29	115.	Nelson Gray	15	27:53
22.	Mike Desautels	28	22:31	116.	Tim Tarboi	15	27:57
23.	David Moors	16	22:38	117.	Al Mack	36	28:00
24.	Phil Vezina	27	22:47	118.	Scott Segal	16	28:04
25.	Sam Merrill	36	22:50	119.	Claire Irvin	25	28:06*
26.	Scott Martel	18	22:52	120.	Barbara Coughlin	43	28:11*
27.	Greg Dugas	32	23:00	121.	Tim Gribbon	20	28:14
28.	David Bernard	15	23:10	122.	Bill Richards	15	28:17
29.	Jamie Harvie	17	23:16	123.	Dr. John Hayes	38	28:20
30.	Randy Jordan	37	23:16	124.	Carrie Jordan	14	28:24
31.	Ron Cedrone	37	23:24	125.	James Graham	16	28:26
32.	David Smith	45	23:28	126.	Lori Towle	13	28:28*
33.	Brad Blackstone	17	23:28	127.	Mike Towle	38	28:28
34.	Jon Denham	23	23:32	128.	Phil Tinkham	37	28:29
35.	Chris Smith	16	23:45	129.	William Davenny	41	28:31
36.	Steve Robertson	27	23:46	130.	Don Penta	40	28:36
37.	Jon Chalmers	18	23:51	131.	Rick O'Brien	40	28:39
38.	Wanda Haney	20	23:57*	132.	Russ Bradley	63	28:41
39.	Curtis Knaub	25	24:05	133.	John Harrigan	23	28:45
40.	Chase Pray	43	24:07	134.	Dan O'Leary	22	28:47
41.	Paul Syvester	17	24:10	135.	Steve Collins	49	28:48
42.	George Liming	35	24:11	136.	Bill Elgee	41	28:49
43.	Seth Denning	13	24:12	137.	Barbra Footer	34	28:30*
44.	Darrel Dennison	17	24:18	138.			
45.	David Dowling	34	24:26	139.	Ray Brunelle	26	28:54
46.	John Balicki	37	24:29	140.	Bill Morris	30	28:58
47.	Paul Casey	32	24:51	141.	Stephen Fluet	28	28:59
48.	Ruth Hall	28	24:53*	142.	Rebecca Harkavey	14	29:02*
49.	Bill Paulisko	37	25:00	143.	Stephen Depalmer	31	29:08
50.	Richard Marrino	38	25:03	144.	Peter Pompeo	40	29:11
51.	Charles Probert	42	25:10	145.	Ted Pratt	18	29:13
52.	James Haddow	27	25:14	146.	Dave Conley	46	29:14
53.	Lee Crocker	35	25:18	147.	Stephen Condon	36	29:15
54.	Rick Strout	48	25:20	148.	Brian Duppreyn	13	29:22
55.	Gerry Myatt	34	25:21	149.	William Whitten	37	29:24
56.	Dick Brink	32	25:29	150.	David Sproul	27	29:25
57.	Robert Kramer	43	25:32	151.	Karen Robinson	28	29:26*
58.	Bob Peacock	40	25:33	152.	Bill Ridlon	38	29:27
59.	David Hause	36	25:35	153.	Mark Lons	26	29:35
60.	Frank Brawn	39	25:40	154.	Tina Buffington	20	29:36
61.	Joe Bean	41	25:42	155.	S. Pratt	48	29:36
62.	John Kimball	26	25:46	156.	Patty Rulman	29	29:40*
63.	John Gale	30	25:48	157.	Mike Grant	13	29:41
64.	Jay Manning	25	25:57	158.	Warren Wilson	53	29:42
65.	Dick Lajore	46	25:58	159.	Richard Lemieux	41	29:47
66.	Dan Fitzgerald	26	25:59	160.	Warren Alpern	37	29:54
67.	Doug Baird	42	26:03	161.	Cathy Collins	18	29:56*
68.	Roger Berle	43	26:10	162.	Heidi Hanscom	17	29:57*
69.	Lisa Ware	24	26:11*	163.	Jean Thomas	50	30:01*
70.	Lee Nicely	47	26:12	164.	Thomas Hebert	27	30:02
71.	Lawrence Boyd	44	26:18	165.	Paul D'Amboise	56	30:04
72.	Richard Littlefield	38	26:20	166.	Jamie Brawn	10	30:05
73.	David Paul	41	26:21	167.	Bruce Crockett	30	30:06
74.	Dale Rines	34	26:21	168.	Peter Adams	42	30:09
75.	Bill Skerritt	27	26:22	169.	Teri Maloney	31	30:12*
76.	Kevin Gribbin	16	26:23	170.	Mort Soule	41	30:15
77.	Jon Huff	31	26:30	171.	Everett Davis	48	30:17
78.	Peter Vachon	26	26:34	172.	Michael Wright	32	30:22
79.	Mark Nordli	36	26:37	173.	Lee Allen	31	30:23
80.	Sasha Goodwin	15	26:37*	174.	Bruce Koharian	44	33:33
81.	Michael Millett	33	26:41	175.	Susan Davenny	38	30:35*
82.	Mary-ellen Thacher	32	26:42*	176.	Philip Meyers	42	30:46
83.	Ronald McCall	44	26:43	177.	Charles Harlow	40	31:46
84.	Joan Lavin	38	26:45*	178.	Joseph Nappi	24	31:14
85.	Maurice Cloutier	45	26:50	179.	Maura Malia	12	31:15*
86.	Norman Locke	27	26:58	180.	Wayne Creelman	35	31:19
87.	Verleen Fletcher	29	27:00*	181.	Bob Perkins	43	31:29
88.	Chris O'Neal	26	27:02	182.	Sarah Stuckey	13	31:33*
89.	Ernest Dieckmann	44	27:03	183.	Maureen Sproul	30	31:34*
90.	Maidli Townsend	32	27:04	184.	Walter Stureon	45	31:17
91.	Ron Stone	44	27:08	185.	Deanna Smalley	13	31:39
92.	Sandra Wyman	30	27:09*	186.	Robert Gilberton	60	31:41
93.	Mark St. Germain	26	27:10	187.	Mike Christiansen	33	31:43
94.	Carl Booth	36	27:15	188.	Heidi Cameeron	20	31:46*
95.	Gary Barton	40	27:16	189.	Pat Monteivio	28	31:48*
96.	Wendy Buffington	16	27:17*	190.	Earle Harvety	54	32:02
97.	Walter Smith	44	27:18	191.	Sandra Utterstrom	43	32:12*
98.	Woody Woodbury	37	27:21	192.	Bill Lovett	45	32:14
99.	Missy Grant	14	27:22*	193.	Raymond Neveu	43	32:20
100.	Gorden Chamberlain	48	27:26	194.	Maggie Soule	45	32:21*
101.	Frank Gray	26	27:27	195.	Elaine Goodrich	39	32:37
102.	Dirk Witham	42	27:31	196.	Ray Labonte	25	32:42
103.	Terri Jordan	14	27:34*	197.	David Cohen	44	32:49
104.	Bruce Little	31	27:35	198.	Tim McBradly	32	32:54
105.	Peter Walker	26	27:38	199.	Mel Fineburg	51	33:02
106.	Jason Stevens	13	27:40	200.	Julie McPherson	24	33:06*
107.	Becky McGovern	24	27:41*	201.	Mark Clinch	30	33:08
108.	Bob Cushman	44	27:42	202.	Don Atkinson	39	33:36

203. Cathleen Kilburn	20	33:38*	28. Bruce Pooler	39:45
204. Dee Nicely	46	33:39*	29. Kevin Shute	39:46
205. Janet Morris	32	33:40*	30. Richard Mosley	40:01
206. Rod Stanley	53	33:52	31. Arthur Tome	40:07
207. Iwona Liberska	33	34:09	32. Dick Brink	40:23
208. Terry Gordon	63	34:16	33. Fordie Madiera	40:30
209. Brenda Cushman	45	34:17*	34. Ruth Hall	40:31*
210. Mike Davis	27	34:35	35. David Brink	40:40
211. Francine Currier	49	34:37*	36. Wayne Harlow	41:02
212. Bob Currier	52	35:00	37. Roy Morejon	41:38
213. Dana Fluet	25	35:07	38. Blair Dwyer	41:46
214. Bambi Crane	48	35:14*	39. Jeff Nichols	43:02
215. Pauline Kilburn	49	35:32*	40. Dale Rines	43:12
216. Anthony Harvey	28	35:48	41. Carol Weeks	43:19*
217. Ruth Hefflefinger	57	36:03*	42. Forest Driggs	43:33
218. Ted Sylvia	59	26:13	43. Steve Doran	43:34
219. Stanley Hermon	64	36:18	44. Brian Dodwell	43:40
220. Gerald Davis	50	37:09	45. David Wheaton	43:42
221. Ginny O'Farrel	33	37:09*	46. Art Porter, Jr.	43:55
222. Richard Forrester	32	37:28	47. Ken Brennan	44:00
223. Pam Sullivan	27	41:26*	48. Justin Standish	44:14*
224. Larry Kinnerr	37	41:27	49. Max Pritikin	44:15
225. Joe Wildman	48	47:55	50. Walter Smith	44:29

Results courtesy of George Towle
Race Director

GREAT OSPREY ROAD RACE
Wolf's Neck Nov 16th

The annual Great Osprey Road Race, a 10K race held at Wolf's Neck State Park, was held on Sunday, November 16. The race is sponsored by Freeport Community Education. The male winner was Patrick O'Malley, 33:15. The female winner was Leann Warren, 38:39.

1. Patrick O'Malley	33:15
2. Steve McGrath	34:49
3. Joshua Antrin	36:00
4. Alan Quinlan	36:19
5. Frank Donovan	36:26
6. Charles Hall	36:27
7. Peter Hall	36:47
8. Malcolm Kidd	37:06
9. Bob Thompson	37:15
10. Gordon Scott	37:33
11. David Smith	37:38
12. Robert Marquis	37:40
13. Peter Carr	37:51
14. Mike Desautels	37:55
15. Art Greif	38:11
16. John Watson	38:17
17. Fred Merriam	38:18
18. Bob Jolicoeur	38:13
19. Mike Thompson	38:29
20. Charlie Nichols	38:30
21. Leann Warren	38:39*
22. Nord Samuelson	38:40
23. Scott Samuelson	38:40
24. Frank Whittier	39:06
25. Joseph Meehan	39:08
26. William Sylvester	39:43
27. David Dowling	39:44

51. George D'Allessandro	45:17
52. Clint Merrill	46:06
53. William Donovan	46:12
54. Steve Collins	46:21
55. Clinton Goodenow	46:33
56. Dick Weirich	46:47
57. Russ Bradley	47:01
58. Richard Cavanaugh	47:03
59. David Body	47:04
60. Joan Samuelson	47:05*
61. David Horne	47:23
62. Rick O'Brien	47:30
63. S.M. Hall	47:45
64. Jim Graham	48:13
65. Daniel O'Leary	48:32
66. Donna LaPierre	48:40*
67. Jim Crawford	49:18
68. Katrina Van Dusen	49:28*
69. Ed Goodman	50:09
70. Jean Smith	51:30
71. Carlos McKenzie	52:14
72. Mary Pryor	52:14*
73. Jill Martin	52:17*
74. J.T. Pare	52:17
75. Kim Schroeter	53:01*
76. Margaret Soule	53:18*
77. Harry Giddings	53:40
78. Ted Sylvia	60:02
79. Albert Faulkingham	60:35
80. Fred Strong	60:56
81. Everett White	60:57
82. John Lorntz	60:58
83. Jane Weirich	60:59*
84. Irene Faulkingham	62:07*

Results courtesy of Gail Senese Wright
Freeport Community Education

SEASON'S GREETINGS ROAD RACE
Madison 4.2 mile Dec 6th

1. Chris Bovie	37	22:50
2. Larry Deans	30	24:12
3. Jerry Allanach	37	24:46
4. Duane Blometh	17	25:00
5. Gene Roy	40	25:02
6. Sam Mitchell	32	26:58
7. Nancy Lagin	36	28:12*
8. Ken Hilton	41	28:31
9. Doug Malloy	40	28:50
10. Jim Moore, Jr.	43	28:51
11. Jerry Saint Amand	43	28:51
12. Chris McGlockin	25	29:02
13. Drew Fales	34	29:28
14. David Benn	41	30:02
15. Allison Kuklinski	20	30:14*
16. Geoff Hill	40	30:15
17. Karen LaCasse	32	31:12*
18. Tim Holland	41	31:41
19. Jim Garland	38	33:54
20. Dora Anne Mills	26	34:49*
21. Richard Sabol	48	34:55
22. Leona Clapper	56	35:09*
23. Priscilla Giroux	39	36:10*
24. Linda Benn	38	44:28*

Race Director, Ron Paquette, was blessed with clear, sunny weather for this annual final race of the year in the central Maine area.

Veteran, Chris Vovie, pulled away from comebacking, Larry Deans at the 1 mile mark and breezed home to his 3rd win in 5 years here. The strong Nancy Lagin of Starks had no problem repeating as women's winner and all enjoyed the cider, hot coffee, and snacks afterwards!

Jerry Saint Amand



Course for
TAC
Certification
RICK KRAUSE
644-8735

Mon. - Fri.
11 a.m. - 10 p.m.

Sat. - Sun.
4:30 p.m. - 10:00 p.m.



For Reservations
942-1240