

May 1993

Issue Number 22 \$2.50

Mainely Running

Maine Endurance Sports Coverage



Some of Maine's Hardest - Ready for Boston!

MAINELY RUNNING
2 Howards Hill Rd
Brunswick ME 04011

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EDITORIAL

Yes the Bud Light Marathon & 15K at Sugarloaf are scheduled for May 23rd, not on the 16th as other publications have reported. While everyone tries to publish accurate information, it is difficult not to mess up now & then. I wish that I could say that you can always count on Mainely Running to "get it right", but I can't. We screw up occasionally too. We try to list a contact person in the calendar - so readers can call if there is a question.

* * * * *

The early spring races were impacted by the lagging wintry weather. Killarney's and Sully's were rescheduled because of the "blizzard of 93" and the 25K Championship Run from Union to Rockland was canceled 3 weekends later because of unsafe road conditions. Numbers have been down at many of the early races; the Presidential which drew an amazing 431 finishers for it's debut in 1992 had only 305 finishers this year despite having almost ideal conditions on race day. Lets hope that participation is down due to the difficult weather and that we will see an increase in the numbers for the peak racing season.

* * * * *

People continue to tell me how much they appreciate Mainely Running and feel that it ties runners in Maine together. "Without it, what would we do?" As a runner, I agree. In fact, that is one of the reasons I decided to pick up the tradition of a Maine running magazine. Continuation of this publication, or one like it, is important and I am doing my best to ensure that this tradition continues. Everyone knows, of course, to support the advertisers and let them know you appreciate them advertising in your magazine. However, something less obvious that you as a Mainely Running reader can do is quit being so reluctant to cut out race applications from the magazine when you want to enter a race! I know how you feel; you don't want to deface your precious "collector's item" copy of Mainely Running, so you use a race flyer you picked up at one of the races. **I know** that most participants at the races are Mainely Running readers. Let the **race directors know** by using the race applications from your magazine.



ABOUT THE COVER: Some of Maine's contingent to the Boston Marathon, photographed in the middle of a snow storm at the start of the Boston Primer.

May 1993 CONTRIBUTORS

David Crawford
Steve Fluet
Bob Gillespie
Catherine Hoffman
Kerry Keenan
Deb Merrill
Chris Prickitt
Adrian Wadsworth
Alfred Wakeman

RACE RESULTS

Running

'93 Presidential 5mi
Black Bear 5K
Boston Primer 15mi
Frostbite "Two" 3.5mi
Katahdin Trust Snow Run
Killarney's 10K
MTC Memorial 5K
Sully's 5K

Cross-Country Ski

Black Bear
Lepprechaun Loppett 12K
Sugarloaf Ski Marathon

Plus:

Best of 92 Equivalent 10K
Team Maine Series



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Running Calendar

MAY

- 1 "SOUTH PORTLAND DARE RACE"-4mile-10:30am-youth run-10am-Everett Moulton-799-2894-course certified
 1 "ROCKY COAST ROAD RACE"-10K-Boothbay-10am-Neal Verge-633-2855-certified-flyer April
 1 "STARK TREK 10K"-Conway, NH-10am-fun run at 8:30am-Bob Parrish-(603)447-2655
 2 "NEW BRUNSWICK HEART MARATHON"-Fredericton NB-Terry Goodlad-(506)357-6566-flyer April
 2 "WATERVILLE RAPE CRISIS 5K"-8:30am-Jerry Saint Amand-873-6753-flyer April
 2 "Run For HOEM 5K"(formerly Terry Fox)-Bangor-10am-Glendon Rand-825-3396
 2 "Cannon Ball Run"-Caribou-5K & 10K-10am-Ron Sirois
 8 "FAMILY CRISIS SHELTER RACE"-Portland-5K-9am-Crisis Center-767-4952-
 9 "EPSTEIN'S FIVE ACES"-5K-Brewer-11 am-Tom Manship-989-7950-certified-flyer Feb, April & May
 9 "MOTHER'S DAY ROAD RACE"-5k-Rockland-8:30AM-Coastal Day Care-594-2591-flyer April
 15 "JAYCEES 10K"-Skowhegan-10am-Walter Crockett-474-7179-
 15 "HOSPITAL WEEK"-5K-York-9:30-York Recreation Dept-363-1040
 15 "YMCA 5K ROAD RACE"-Ellsworth-11am-fun run at 10:15-Down East Family Y-667-3086-flyer May
 23 "BUD LITE MARATHON"-Kingfield-7am-Chip Carey-265-2273-certified-flyer April
 23 "SUGARLOAF 15K"-KINGFIELD-7:30am-Chip Carey-265-2273-certified-flyer April
 23 "WOODY ALLEN MEMORIAL 5K"-Norway-5k at 1pm, 1 mi at noon-Oxford Hills Y-743-7184-flyer May
 23 "OAKHURST DAIRY MILK RUN"-S. Portland-4 Mi-10am-Youth .25mi 9am-Charlie Scribner-772-5781-certified
 26 "MECTA Meet"-Westbrook High School-5:30pm
 28 "BACK BAY 5K"-Portland-7pm-KeeKee Bailey-874-1111-certified flyer May
 29 "DEXTER SHOE 8 MILER"-Dexter-10am-youth 1mi at 10:05-Tom Tillson-924-7359-flyer May
 30 "VERMONT CITY MARATHON"-Burlington VT-8am-1-800-642-5154-certified-flyer February issue
 30 "LIVE YOUR DREAMS"-5 mile run-9am-3 mile walk-8:40-Kennebunk-Rob Spaulding-985-8057-Certified-flyer April
 31 "APPLE BLOSSOM 15K & APPLE BUD 4 1/2 MILER"-Monmouth-8am-Doug Ludewig-933-4416-certified-flyer May

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
 12 "BAR HARBOR SPRING 5K"-Bar Harbor-10:30-1mi Fun Run at 9:45-MDI YMCA-288-3511-flyer May
 13 "COUNTRY KITCHEN 10K"-Auburn-9am-Jim Lawler-YMCA-795-4095-certified-flyer May



Epstein's
5K

Mother's Day
May 9, 1993

The Best Race Value In Maine

The Maine Track Club

- May 1 South Portland Dare - 4mi
Everett Moulton 799-2894
 May 8 Family Crisis Shelter - 5K **
Shelter 767-4952
 May 23 Oakhurst Dairy- 4mi
Charlie Scribner-772-5781
 May 28 YMCA Back Bay - 5K **
Kee Kee Bailey 874-1111

** MTC responsibility limited to finish line results
 When you run a Maine Track Club race, you are responsible for your own safety and the safety of others.

JUNE (continued)

- 13 "JOSEPH'S 5K & BICKFORD MILE"-Fairfield-8:00am-David Benn-873-0363-certified-flyer May
- 19 "PVH 20TH ANNIVERSITY 5K WALK/RUN"-Lincoln-10am-Paul Smith or Mike Corbin-794-3321-flyer May
- 19 "HARRINGTON HEALTH CENTER 5K"-Harrington-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 "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
- 30 "MECTA Meet"-Westbrook 5:30pm

WEEKLY GROUP RUNS

- Auburn-Wednesday-6pm-Track intervals-Dan Campbell-777-1601
- Bangor-Y Running Club-Sundays-weekdays-Sarah Gehrt 942-9940
- 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
- Gardiner-Saturdays-8:30-Joe Meehan-582-1540, Ray Johnson 582-1122
- Guilford-Sundays-7:30am-10-15miles-fast-Myles Lemieux 876-4424

- Lewiston-Wednesday-5:30-Hiltop-Bob Brainerd-786-4820
- Oakland-Sunday AM-long fast runs- Peter Lessard's house-465-9011
- Portland-Early mornings-USM-8-10 min pace-Bill Davenny-772-1711
Portland-Rat Pack-wkdays & wkends-7 to 7:30 pace-John Gale-775-5011
- 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-799-2111
- 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**

*Run and train on unspoiled island.
Stay in affordable B&B run by a runner.*

The



**P.O. Box 451, Carver St.
Vinalhaven, Maine 04863**

BIKE CALENDAR

May # indicates off road event

- 1 "Falmouth ME Road Race"-9am-USCF all cats + citizen-CCCoP-773-6906
- 2 "Maine Freewheelers Time Trial Series"-Old Town-10mi-10am-Ann Mourkas-862-5990
- 2 "Streaked Mtn Spring Classic"-Buckfield-John Farr-674-3865
- 5 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
- 9 **"Rainbow Time Trial Series"-Augusta-9am-Larry Poulin Jr-784-7576-flyer April**
- 12 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
- 19 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
- 22 "Tulip Trek"-Lewiston-10mi & 50mi-800-482-7412
- 23 **"Rainbow Time Trial Series"-Augusta-9am-Larry Poulin Jr-784-7576-flyer April issue**
- 23 # "Spring Runoff" MTn Bike-Camden-9am-Maine Sport-Chris Shotwell-1-800-244-8799
- 23 # "Temple Mtn #1"-Peterborough, NH-Laurie Kenney-(603)-924-6949
- 23 "Tour of the Valleys RR"-Putney, VT-Neil Quinn-802-387-5718
- 26 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
- 30 "Spindle City Crit"-New Bedford, MA-Mike Madore-508-586-1818

JUNE # indicates off road event

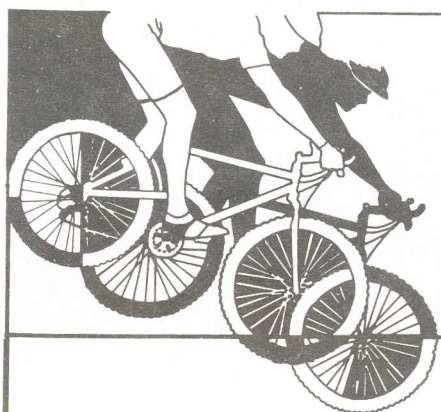
- 2 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
- 5 "MS One Day Get-a-Way"-30K,50K, 100K rides-Falmouth-1-800-639-1330
- 6- "Firecracker Classic Road Race"-Bangor-25 to 30mi-Ann Mourkas-862-5990
- 6 # "Loon Mountain MTB"-Loon Mountain, NH-Greg Penuzzi-603-745-8111
- 9 "Kennebunk 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 "Sebago Classic"-Raymond-John Farr-674-3865
- 20 "Mid Coast Time Trial Series"-9am-Maine Sport-1-800-244-8799
- 23 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
- 26-27 # "World Cup XC/DH-Mt Saint Anne, Quebec-
- 27 **# "Quiet Side Mtn Bike"-SW Harbor-12mi-7:30am-citizen & non-tech.- 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

- 4 **"Four on the 4th"-Roller Blade Race-4 mile-9:30-York Recreation-363-1040-TAC certified-flyer June**
- 11 **"MAINE SPORT Megunticook Circuit"-Camden-9am-35mi & 12 mi novice-1-800-244-8799-flyer July**

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's 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, pacerline-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 |



**MAINE
OFF-ROAD
BICYCLE
POINT
SERIES
1993**



Cross country circuit mountain bike events open to all NORBA licensed pro/expert and sport competitors.

- May 23** **Spring run-off**, Camden, Maine
Contact: Chris Shotwell, Maine Sports, 207-236-7120
- August 14-15** **Widowmaker Challenge**, Sugarloaf/USA, Maine
Contact: Marcia Macdonald, 207-237-2000 ext. 5070
- August 22** **Black Mountain**, Rumford, Maine
Contact: Roger Arseneault, 207-364-3966
- September 19** **University Challenge**, Orono, Maine
Contact: Dave Klopp, Bangor Ski Rack, 207-945-6474

Points accumulated in the top three finishes will determine off-road series class champions who will receive winners jerseys and awards at the final race at Orono. NORBA competitors who are Maine residents will also be eligible for overall sport class championships — the Maine Master of Mud and Duchess of Dirt.

Classes eligible for off-road point series — mens and womens: pro/expert, sport, (junior, senior, vets and master).

Note: you must finish the event to be awarded series points, however each rider who starts an event will receive 5 points.

YOUTH CALENDAR

MAY

- 1 **"FORT COLLIN BUNNY RUN"**-Boothbay-8:45am-1mi-K thru 8th grade-free-Boothbay YMCA-633-2855-flyer April-
- 1 "South Portland Dare"-1/4 mile youth run-10am-Everett Moulton-799-2894
- 9 **"EPSTEIN'S FIVE ACES"**-5K-Brewer-11 am-has 12 & under prize category-Tom Manship-989-7950-certified-flyer April
- 9 **"MOTHER'S DAY ROAD RACE"**-5K-Rockland-8:30am-parent and children categories-flyer April
- 23 "Oakhurst Dairy Milk Run"-South Portland-Youth 1/4mi-9am-12 & under-Charlie Scribner-772-5781
- 23 **"WOODY ALLEN MEMORIAL 5K"**-Norway-1pm-1 mile Fun Run at noon-Oxford Hills Y-743-7184-flyer May
- 29 **"DEXTER SHOE "**-1 mile-10:05am-Tom Tillson-924-7359-flyer May

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 **"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

ESPN - TV SCHEDULE OF ENDURANCE SPORTS

DANSKIN RUNNING & RACING (rerun)	May 3	Monday	1:30 to 2 am
TOUR DuPONT #1.....	May 6	Thursday	6 to 7pm
TOUR DuPONT #1 (rerun)	May 7	Friday	3 to 4am
FOOT LOCKER - St Patrick's Day 10K(rerun).....	May 7	Friday	4:30 to 5am
TOUR DuPONT #2.....	May 7	Friday	6:30 to 7pm
TOUR DuPONT #2 (rerun)	May 8	Saturday	3 to 3:30am

INTERVALLS

National Bike to Work Day May 18th

Ever thought about riding your bike to work? Tuesday May 18th may be the day to try it because you will have plenty of company. It's National Bike to Work Day and cyclists across Maine will be out showing motorists that there is a cleaner healthier way. Call a regional coordinator to find out more.

Bar Harbor	Al Minatilo	288-3886
Biddeford	Rose Dewman	283-9036
Brewer	Pat Pelletier	989-2900
Camden	Beth Tracy	763-3205
Ellsworth	Nate Masson	800-400-4950
Presque Isle	Sue Darling	762-4001
Saco	Amy Gallagher	284-6145
Skowhegan	Dale Holden	474-3732
Waterville	Chris McMorro	873-5490

As part of Bike to Work Day, there will be a celebration at 8 a.m. on Monument Square in Portland. There will be orange juice and bagels plus guest speakers.

Terry Fox Run renamed

According to race director, Glendon Rand, the Terry Fox 5K in Bangor has been renamed The Run For HOEM 5K. This became necessary when the Terry Fox Foundation in Canada established restrictions that would prevent proceeds from the race going to agencies like the American Cancer Society or Jackson Lab. The Sub 5, decided that they wanted the race to benefit a local organization and chose the Hospice of Eastern Maine which services mostly cancer patients in the Bangor area.

Mainers at National High School Meet

During the blizzard of '93, 4 Maine High School athletes competed in the National Interscholastic T&F Championship in the Carrier Dome at Syracuse University. Farmington's race walkers Kevin Eastler and Mike Hersey finished 2nd (6:29.96) and 4th (7:05.43) in the 1 mile racewalk. In the Pentathlon James Cook of Kennebunk captured a 4th with 3637 points. Cheverus's Ryan McCalmon set a personal record, 4:22.79, & come home with 5th place honors.

Another 8K in Maine

John Titus will be directing a new 8K race for the Paris Bicentennial celebration which sounds especially attractive. Not certified, but is wheel measured and is downhill starting at the top of Paris Hill ending with an Olympic finish around the track at the Oxford Hills High School. And, to my liking, post registration fees are less than pre-registration.

Bike Races Needs Help

John Farr director of the Streaked Mtn. and Sebago Classic needs marshals, support

vehicles and drivers for these races. John can be reached on 674-3865 after 5 PM.

Youth Mtn Bike Camp

The Portland Vela Club will conduct a Junior development mtn bike camp for youths ages 13 through 18. The camp will be held at Sunday River on June 25, 26 & 27. Training techniques, handling skills, race tactics, etc. will be covered. The camp's fee of \$125 includes lodging and meals. Call Nathan Mills on 761-0817 for more information.

Youth Running

The Coastal Running League has announced their spring schedule with meets starting May 5th. The league conducts a series of cross-country "fun runs" in both the spring and the fall for youth ages 6 through 12. The recreation departments of 6 towns are organizing teams (clubs) which will compete on Wednesdays at 4 p.m. in dual meets with the season ending with a championship meet for all clubs. Kevin Shute, league organizer, says that they downplay competition, stressing the fun aspects of running. If you are interested, call the coach in your town. You need not be a resident of these towns to participate.

Bath	Kevin Shute	443-8360
Cumberland	Ellen Bowden	829-2208
Falmouth	Katie Harris	781-5255
Freeport	Ruby McDermott	865-6171
Pownal	Jim Donoghue	688-4832
Yarmouth	Carol Nale	846-2406

Giasson Runs Again

A note from Albert Giasson, age 73, of Auburn: "I hope to see you people when I run in Portland on Patriot's Day in the 5 miler. It means a lot to me because it will be like an anniversary. I ran it in 1944 the first time and this will be 50 years in 1993. I hope I can complete it despite all my injuries. I forgot how many times I've run this race but the last 11 times I did consecutive from 1984 to the present"

1993 National Wheelchair Championships

A five day combined event series featuring athletes from around the world will be held in Boston July 19 through 24th. The host of this championship, the New England Wheelchair Athletic Association, is looking for volunteers. If you are interested in participating or volunteering, call Jay Tangney on (617)536-2829.

Attention Race directors:

The USA T&F (formerly TACSTATS) has some new forms which are somewhat simpler to fill out. If your race is certified, be sure you use one for your race and submit it to Don Penta, 54 Sebago Ave. Windham ME 04062.

Don has a supply of forms and will send you one if you call him on 892-4526.

SportsEast 10 Mile News

Barry O'Neil, race director for the Sports east 10 Miler in Brunswick, has announced that this year's race will be dedicated to Sue Blood, who was killed in a tragic automobile accident last year. Sue was an avid sports person, having been an active runner early in the running boom. She has served actively in the Appalachian Mtn Club and in many conservation and environmental causes.

Big Prizes at New Brunswick Race

The Canadian Forces Gagetown base in Oromocto New Brunswick will have \$5000 in prizes at their "Run For the Pancakes" 5 & 10K races on June 27th. All runners also receive a free pancake breakfast as part of the registration fee (Canadian \$s).

Triathlon Canceled

The Oxford Hills YMCA will not hold the Oxford Hills Triathlon this summer due to insurance difficulties. In recent years triathlons and citizen bike races have decreased significantly in Maine due to the difficulty of obtaining affordable insurance for these events.

From the Past

Chistine Snow-Reaser has made intermittent returns home to OOB and continues to show us her great abilities. At the Presidential she was nosed out of a win only 1 month after having her 2nd child. In her childhood in Maine she won running championships ranging from the 200 at age 14 to the National Jr Olympic 10k championship in 1984 with a 35:20. She was the Class C 800, 1600 and 3200 state champion and set a state record in the 2 mile with a 10:52.4. She plans to run many of the races in Maine this summer.

MECTA Opens Events

Maine Corporate Track is opening some events in their corporate track & field meets to the public. On May 26th at Westbrook High School participation in the 1600 by non MECTA members will be allowed. On June 9th at the Portland Expo track the 2 mile run will be open. Both events will start at 5:30. A fee of \$2 will be charged for USA T&F members and \$4 for others. MECTA's hope is to expose more runners to the fun of Corporate Track. For more information call Susan Olson on 770-2516.

Crawford Honored

Flash: David Crawford of Cumberland has been selected Male Master triathlete of 1992 by Tri-Fed/USA. More on this next issue.



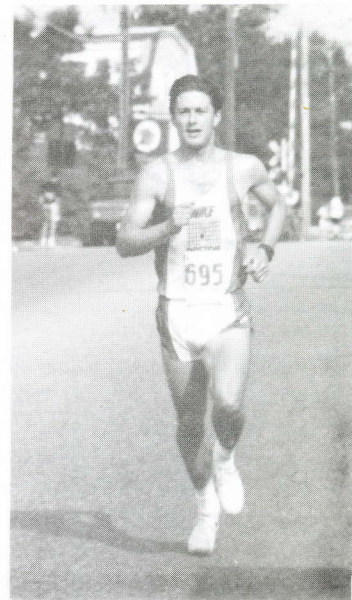
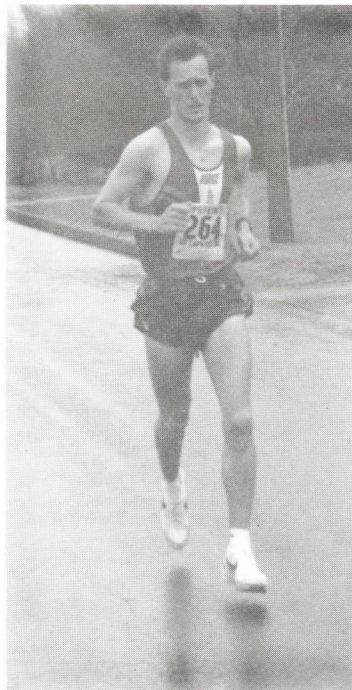
Todd & Stan

May Athletes of the Month

If you follow Maine road racing, you won't have to ask: Todd, who? Stan, who? For Maine's elite runner it's common to use first names like Edie (Dubord), Bobby (Winn), Tina (Meserve), Greg (Hale), Michel (Hallet), Sally (Perkins) and of course Carlton (Mendall). Even the casual runner knows who you are talking about if you ask, "Is Joan here?" So this month we are honoring two of these "first name" elites: Todd Coffin of Bath and Stan Bickford, temporarily living in Wellesley MA.

When Todd does his speed work on the Bowdoin College tracks, he appears to "fly". His speed and running ability is evident. His record proves this observation as his name appears on the wall of Colby's gym as a NCAA National champion and school record holder in the steeplechase. An injury at the 1992 Houston Tenneco Marathon in January kept him away from the races until late fall. Since then, he has won the PT8K, Shop & Save Turkey Trot 10K, January Thaw, & Killarney's 10K. He set course records at the January Thaw & Killarney's and also won Team Maine's Indoor Track Series.

Stan Bickford is originally from Benton, Maine but has been residing in the Boston area to train with Nike Boston. His training and commitment to his running have paid off. In Maine, he wins whenever he ventures back home for a race: Sports East 10 Miler, Kingfield 10K, Jingle Bell 5K, and a course record at the recent 1993 Presidential race. Stan has also been doing very well with the 'big boys' at out-of-state races. He finished 19th at the national cross country championship & won the New Year's Eve race in New York. Stan appears extremely fit and continues to improve. I won't be surprised to see him in the 1996 Olympics.




*Left: Stan Bickford
Above: Todd Coffin*

Athlete of the Month - previous winners


I created this list of past winners to help me decide on the May winner(s) of the Mainely Running Athlete of the Month. It shows considerable diversity: triathletes, ultra-runners, men, women, old, young, north, south, east, & west runners (except for the 3 winners from the small town of Livermore Falls) The 1st 10 winners (through June '92) received their choice of Nike shoes from Goldsmith's. Beginning in October 1992 the winners have received a *kelly green sweat shirt emblazoned with the Mainely Running Athlete of the Month logo.*

April '93	Erik Nedeau	Kennebunk	June '92.....	Tina Meserve	Livermore Falls
	Carlton Mendell	Portland	May '92.....	Mike Avery	Bangor
February '93	Jeremy Howard	Farmington	April '92	Greg Hale	Waterville
	Jody Lake	Livermore Falls	February '92.....	Katherine Chabot	Livermore Falls
January '93	Wayne Stewart	Fredericton, NB	January '92	Michele Hallett	Yarmouth
	Rosalyn Randall	Portland	December '91....	Carlton Mendell	Portland
December '92 ...	Ron Kelly	Scarborough	October '91	Bob Winn	Ogunquit
	Mike Gaige	Bangor	September '91...	Conrad Walton	Caribou
October '92.....	David Crawford	Cumberland	August '91	Veronica Knight	Sebago Lake
	Carol Weeks	Portland	July '91	Jim Toulouse	Cape Elizabeth



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Club News

Sunrise County Roadrunners

The Sunrise County Roadrunners, known for seeing the morning sun before the rest of the country, are also known for some off beat activities and races - like the "Carter Cove Polar Bear Triathlon" - an event that includes a dip into the depths of Bog Lake on January 1st. They also have a more serious side with some of the most well run races (many of them certified) in the state. At the club's year end banquet, Bill Case received the most improved runner of 1992 and the club's presidency for 1993. The photo on the right shows Bill receiving the "most improved" trophy from the '92 president, Mike Carter.

Rochester Runners Join RRCA

Mike Dubois, President of the Rochester Runners of New Hampshire, has announced that the club has applied for membership in the Road Runners Club of America. During the past couple of years membership has increased in this very active club based just across Maine's border.



Red Sox Trip

The Maine Track Club has scheduled a bus trip to Fenway Park on June 13th to watch the Red Sox play Baltimore.

Sub 5 Track Club Officers

The Sub 5 Officers for 1993 are:
President, David Torrey; Vice President, Gary Higgins; Treasurer, Michael Gaige; Secretary, Glendon Rand; Membership Director, Frank Bragg, At Large, Serena Morris and Anne Williams

Sub 5 Updates Equipment

The Sub 5 Track Club has decided to purchase its own timer for use at its races and rent to others.

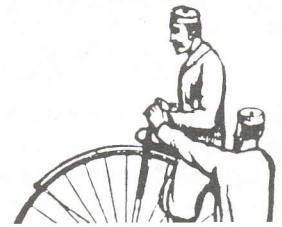
MTC Marathon Panel

The March meeting of the Maine Track Club featured a panel discussion about marathon training. The very diverse group differed considerably in their training methods and provided everyone in the audience with ideas. Panel members were Nancy Kneeland, Carol Pierce, Bob Winn, Carlton Mendell, and Steve Jacobsen.

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ODYSSEY ADVENTURES



1993 Maine Running Camps

by John LeRoy, Editor - Mainely Running

Have you been thinking of improving your running? Want to meet new people who share your passion for running? Or maybe you just want to have a good time on your vacation this year! In any case, one of Maine's three running camps may be just the thing for you. They will all help you improve your running but in some respects they are quite different.

The **Maine Running Camp**, directed by Andy Palmer, is in its 15th year and each year runners from all over the US come to the ideal vacation location - Bar Harbor and Acadia National Park. I spent 2 days at this camp last year and can attest to its many attributes. I especially enjoyed the daily group runs. The camp attracts all levels of runner, so there is always someone who runs the ideal pace for you. The runs are held on the carriage trails in Acadia National Park; if you haven't run on them yet it is something you must add to your "absolutely must do" list. I elected to do double running sessions, but many of the campers mixed running with one of the cross-training activities that were planned; kayaking, bike riding, mountain hiking, etc. There is a feeling of closeness and camaraderie among the campers. Many return year after year, but rookies are quickly accepted and made to feel like veterans almost from the start. Other social activities from dancing to sitting on the porch watching the ferry boat to Nova Scotia dock provide opportunities to get to know runners from all parts of the country and from a variety of backgrounds.

Andy is well known in Maine for his own running record as well as for coaching some of the top runners in Maine. He and his staff have a low key, flexible and personal approach to coaching. Although there are lectures and planned group runs and training sessions, you set your own pace when it comes to how serious you want to be. And the food? Absolutely delicious! (See ad this issue.)

The University of New England, in conjunction with the Maine Track Club is offering their 2nd annual **Maine Coast Running Camp** starting July 7th. The camp will feature daily clinics, seminars and group runs. The program is being directed by Carol Weeks with a team of top runners and coaches from Maine and special sessions with Olympic runner, Bruce Bickford. Each day's schedule will run from 8:30 to 5:30 with optional evening programs, permitting both commuter and resident participation. Modestly priced room and board is available on campus. This year the camp begins Wednesday at 7:00 p.m. and ends with a road race at 11:00 a.m. on Saturday.

The Westbrook College **Women's Running Camp** is in its first year with Brian "Ziggy" Gillespie as director. It will be a 3 day camp running June 27 thru June 30 (see flyer this issue) and will utilize the college dorm rooms and dining facilities. Brian has designed the camp to be a unique learning experience for women of all ages and running levels and with his highly successful staff, Bob Winn and Carol Weeks, the camp will surely be a success from the start. Brian's long list of coaching credentials include his 146 - 11 record and 4 New England Cross-Country Championships at St. Joseph's College. His unique ability to work with all levels of runners is illustrated by the many success stories that come from his "Run To Win Ladies Team".

All three camps offer commuting & residential rates, but Maine Running Camp with two sessions of 1 week each tends to attract mostly the overnight camper while the MTC/UNE camp is more conducive to the commuter. The Westbrook College Camp expects to attract women from both categories.



Campers cool off in Eagle Lake after a group run at Andy Palmer's Maine Running Camp

Andy Palmer's MAINE RUNNING CAMP

Two sessions:

June 20 - June 26

*A camp for adults, located in Bar Harbor.

*The "Ideal" Running Vacation - Camp for Women

Value of Training with a Heart Monitor - Part II

by David Crawford and Steve Fluet

In last month's article, we presented a method for approximating one's heart rate as it relates to pace or intensity. It is based on establishing a maximum heart rate by formula (220 minus age) to serve as the starting point for calculating percentages of maximum heart rate to represent decreasing intensity of effort. The disadvantage of using the formula is that some people have lower or higher maximum heart rates than what the calculation shows. This can result in less accurate estimates of proper paces for training. In this article, we describe the use of the Conconi test and its usefulness in determining pace versus heart rate and

identification of the anaerobic threshold. Next month some training and racing examples will be provided to illustrate the use of the heart monitor.

The Conconi test is a protocol developed by the Italian coach as a non-invasive determination of the anaerobic threshold. In the past, blood tests were necessary to determine rising blood levels of lactate (a byproduct of energy production in the absence of oxygen) to clearly establish the anaerobic threshold for an individual. Conconi has shown that increasing heart rates as a function of increasing running pace over specific distance intervals can be plotted

on a graph to estimate where the individual's anaerobic threshold may lie. A "break" in the curve plot, representing the rapid accumulation of lactate in the blood and called the deflection point, serves to identify the region of the anaerobic threshold. There is some controversy as to whether this technique shows the true threshold or not. However, the testing protocol still has value in two ways even without successful determination of the threshold: it provides a direct measure of heart rate versus pace (intensity), and it should result in determination of maximum heart rate if you take the test to your limit

The Conconi Test

The objective is to establish your anaerobic threshold (AT) and heart rate as it relates to pace (intensity). The AT is the highest intensity of exertion which can be maintained for a long period of time, without significant deterioration of performance. The AT occurs at a percentage of VO_2^{\max} (maximal oxygen uptake - the maximum rate at which your body utilizes oxygen in energy production). Exceeding the AT level of exertion results in lactic acid accumulation via anaerobic energy production, which negatively impacts performance: the AT level is represented by the deflection point on the graph of results of the Conconi test.

Procedures:

1. Takes place on a track: a 200 meter indoor track makes it easy for measuring pace at each 200 meter interval; or use an outdoor 400 meter or 440 yd track, with readings taken at 200 meter (220 yds) intervals.
2. You need two people: the runner, and a timer. Use a clip board and a sheet with the table shown below (use blank version), which shows an example of the possible results. The timer does the recording of data, the runner does the work. This table assumes you find a 440 yd track. The timer will take a reading on a stopwatch every time the runner passes the 200 meter (220 yds) mark, and records the time in minutes and seconds. The heart rate (beats per minute: bpm) is recorded as well (runner yells out the rate at end of each segment).

Distance (yds)	Pulse (bpm)	Cum. Time	Segment Time	Pace
220	140	0:59	:59	7:52
440	142	1:52	:58	7:32
660	149	2:50	:53	7:04
880	155	3:42	:52	6:56
1100	163	4:31	:49	6:32
1320	166	5:19	:48	6:24
1540	170	6:05	:46	6:08
1760	172	6:49	:44	5:52
1980	178	7:31	:42	5:36
2200	183	8:11	:41	5:28
2420	186	8:41	:40	5:20
2640	186	9:21	:40	5:20
2860				
3080				

3. The runner warms up for 10 - 15 minutes of easy running. Don't do any hard or long workouts in the two days prior to this test, which is a speed workout unto its own. Start the test warmed up, at a slow pace that puts the heart rate at 110/120 bpm or below normal, easy pace. Stabilize this low-heart rate/easy pace before you start the timing. The first 220 yd segment is done at this very easy pace. At the end of the segment, the runner yells out the heart rate and the timer records the time. The runner increases the pace slightly (2-3 secs per 220 yds) at the

beginning of the next 220 yd segment and holds the new pace for the 220 yds.

4. This increase in pace for each 220 yd segment is repeated until the runner is running nearly at full speed. Concentrate on maintaining the new pace as evenly as possible during each 220 yd segment, and expect to reach a state of breathlessness. You are attempting to run increasing pace that eventually exceeds your AT and that will be stressful. Your limit will probably be reached in about 1.5 miles or 12 segments (220 yds). Try to at least reach that to obtain enough points to graph. You also want to be near your maximum effort long enough to adequately determine your maximum heart rate, which should be obtained in the last one or two segments.

5. Calculate individual lap times (in seconds) from the recorded segments. Calculate the pace (mins/mile) by using:

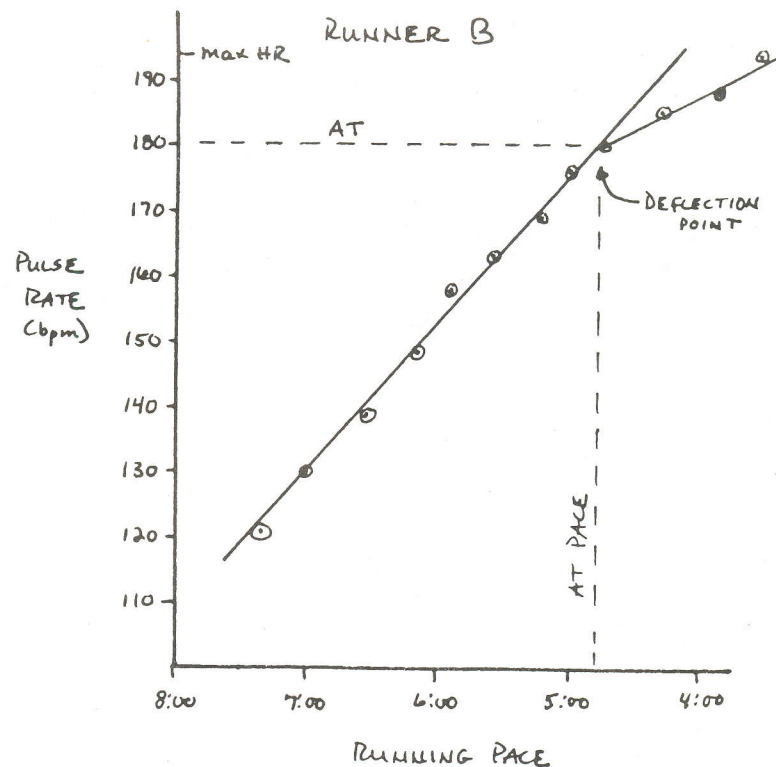
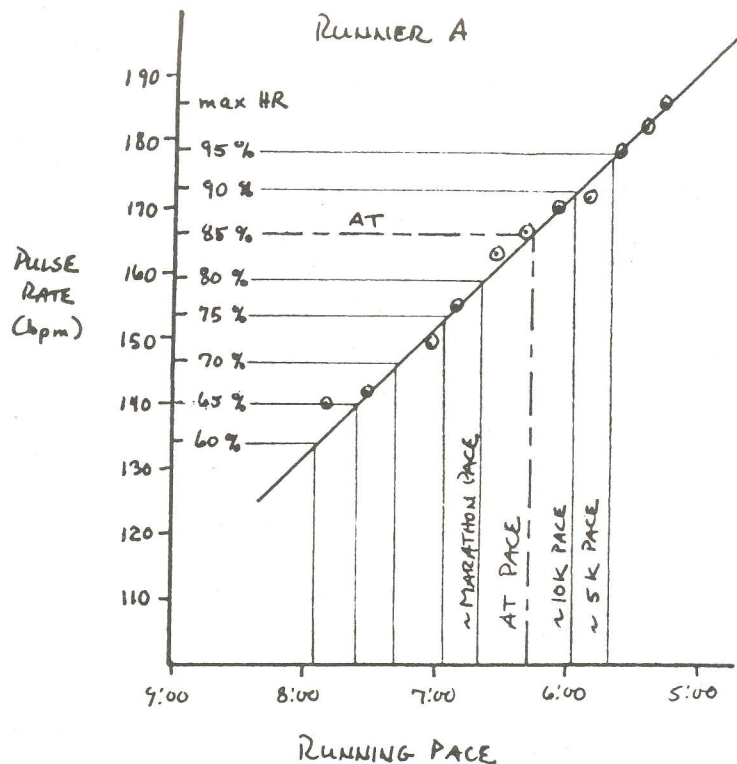
$$\frac{(\text{segment time}) \times (1760 \text{ yds})}{(220 \text{ yds})} \times \frac{(1 \text{ min})}{(60 \text{ secs})} = (\text{mins})$$

For Example (1st segment):

$$\frac{59 \text{ secs} \times 1760 \text{ yds}}{220 \text{ yds} \times 60 \text{ secs}} = 7.87 \text{ mins.}$$

(convert the decimal portion to seconds by multiplying the decimal by 60; e.g. 7.87=7:52 min per mile)

6. Plot the results on a graph as illustrated on the next page. If the results work as Conconi expects, then you can observe a deflection in the curve, as for runner B. However, runner A has no discernible deflection point. But runner A does have a relationship established between heart rate and pace, and the maximum heart rate has been determined. Using 85 percent of maximum as an estimate of the AT serves as a guide for runner A to plan specific paces for training (refer to article 1, April issue). If you have an observable deflection point, then this serves to represent your AT.
7. Training paces can now be set in reference to your AT. Also, as conditioning improves, it may be helpful to repeat the test to detect any shifts in the AT and as a means of measuring progress.



Next month David & Steve will reveal some terrific ways to apply all this information to our training and racing. In part 111 they discuss some specific examples for runners and bicyclists utilizing heart rate monitor.



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LIGAMENT SPRAINS

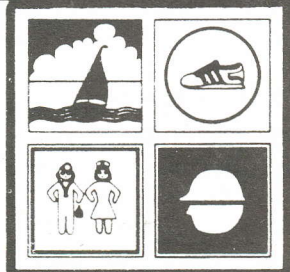
by Alfred Wakeman, ATC -- Coastal Sports Care Plus

A ligament sprain is the most common ankle injury, and also happens in the knee and shoulder. It occurs suddenly with a single accident or misuse. The term "sprain" refers to a injury to a joint where ligaments are stretched or torn, but the joint is not completely dislocated. Sprains can be divided into 3 levels: Grade I, mild, occurs when the ligament is stretched but not torn. Grade II, moderate, occurs when the ligament is partially torn. Grade III, severe, occurs when the ligament is completely torn. In the most severe sprain there is instability in the joint which the ligament secures. A ligament tear is commonly seen when a joint is forced beyond its normal ROM.

A diagnosis of a ligament sprain is made by a doctor or athletic trainer. Some symptoms of examination are: tenderness over the injured ligaments, swelling, a lost of stability and even a loss of use due to pain. An x-ray may be used as supplemental information in a severe sprain.

The management of a ligament sprain depends on the degree of injury. All 3 grades are treated with rest, ice, compression and elevation. A second degree sprain may also require immobilization of the injured area, and a third degree sprain may require immobilization such as a cast, or even surgical intervention.

Rehabilitation following ligament sprains is very important. A program of strengthening, flexibility and proprioceptive or balance activities is essential. When adequate strengthening is achieved, normal functional activities may be worked in. It may be necessary, especially during athletic activity, to wear protective equipment, (taping or bracing) on the injured joint for several months after injury.



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Running Demographics 1992

These statistics were taken from the computer file which contained all of the race results run on certified courses. A couple of the races that didn't list ages were not included. The data could be helpful for race directors in determining the number of awards to be given in each category or just to see how your race compares to the average. For most of the readers, it provides some interesting trivia to discuss on your next long run. Remember that these #s differ considerable from race to race. Generally, the shorter races, 5ks, will attract more women. Races in Portland and the southern part of the state also seem to attract more women. (The Bud Light 5K - Women's Distance Festival (women's only race) was included in the calculations.)

Female Runners

age group	% of Females	% of Total
Under 19	22.4%	6.4%
19-29	21.5%	7.8%
30-39	32.5%	9.3%
40-49	17.5%	5.0%
50-59	4.4%	1.3%
60+	1.7%	.5%
Total females		28.6%

Male Runners

age group	% of Males	% of Total
Under 19	22.2%	15.7%
19-29	10.9%	7.8%
30-39	30.2%	21.6%
40-49	25.2%	18.2%
50-59	8.9%	6.3%
60-69	1.8%	1.3%
70+	.66%	.47%

Mainely Running Cycling Profile

by Kerry Keenan

Name	Andy Whelan
Age	31
Address	Norway ME
Occupation:	Teacher, 8th grade history
Years cycling	3
Favorite race. Why?	Stowe RR, Vermont, Likes the course - hilly
Least favorite race. Why?	Biddeford Crit. Dislikes course
Favorite pre-race meal:	Diet pepsi, bagels
Favorite training ride:	60 mile loop in Waterford ME. Hilly, great views.
Road bike:	Trek 2500, Campy Chorus 7-speed friction shifting
MTN bike:	Bridgestone MB-3

When I told Andy that I wanted to do a profile on him, the one request he made was that I not make him sound like a jerk - to which I agreed to try. I'm not sure if comparing him to a vegetable would qualify as sounding like a jerk, but I have to admit the more I think about it the more this analogy works - Andy Whelan is like an onion! I say this because to look at an onion you would not guess the many layers that lurk beneath it's rather ordinary exterior. In fact, it's not until you begin to peel the onion that you can appreciate its depth and complexity. Aside from the rather unpleasant notion of peeling Andy, the similarities are there. Underneath his quiet, unassuming, nonchalant exterior is a talented, diverse individual. In fact, some readers may recognize Andy's name from his running days not too long ago. He started out as a runner in high school and continued on to Clark University with a partial scholarship where he made All New England 2 years in a row. In Maine Andy competed in some of the well known local races; winning Yarmouth in '88, and Shaw's Thanksgiving Day Race, etc. After 5 knee operations his physician recommended cycling as a form of rehabilitation, but it eventually became a permanent replacement for



running. Aside from these interests, Andy is also an experienced hiker, sailor, and rock climber. He also possesses an extensive knowledge of Maine's history as anyone who goes mountain biking or hiking with him can attest to.

Andy and I started cycling about the same time 3 years ago. We have a unique friendship that developed from being split out the back of Cycle Mania's Saturday morning rides. Most anyone who has gone on this ride knows what a humbling, often degrading experience it can be. It's "survival of the fittest" and there is no mercy for the weak or out-of-shape! Which meant Andy and I spent a lot of Saturday morning chasing the other riders out to Prout's Neck in Scarborough.

Of course a lot has changed since then and in the course of 3 years Andy has progressed from a new rider to a solid cat 3 with enviable climbing abilities. Part of his rapid improvement has to be attributed to his year round training schedule. Unlike most cyclists who change sports or switch to an indoor trainer when the snow flies, Andy trains outside all year round. Which means he is either incredibly motivated or crazy when it comes to cycling!

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Team Maine Development Series

Marjorie and Steve Podgajny's concept of providing a series of competitive winter races for Maine's top and near-the-top athletes proved successful. This series and the invitational races at the Deering Oaks track meet will do much for the future of Maine running. There is currently discussion regarding a similar series involving the Deering Oaks invitational races and ME TAC Outdoor Championship meet.

There were great races exciting competition for participants and spectators alike. Each race was unique in itself as the participants and distances changed from race to race. The finales of both the men's and women's series were at the TAC state championships where the fields were the largest and the most competitive.

In the men's races Todd Coffin won each of the 3 races he entered, but was pushed by Tim Wakeland and Alan Muir. Jeremy Howard, although only 16, displayed great talent and maturity in his performances.

In the women's races, every athlete found the competitive push that the development series was designed to provide. The largest

margin of victory was Tina Meserve's 9 seconds in the 5,000 meters at Bates College. Lest Tina get complacent, Edie Dubord pushed her to the wire in a one tenth of a second victory in the 1500 meters at Colby College. In the finale, Michele Cormier of Canada out-kicked everyone with a wicked final lap stealing a win over New Hampshire high schooler Danielle Wood by 2 seconds while Tina and Edie hung on for their best performances of the series, 10:02.2 and 10:09.9 respectively.

Consistency paid off for the rapidly improving Marjorie Haney who toed the line in each event, not in the least intimidated by her rapid rise into the ranks of a burgeoning Maine elite runner. By running all three meets Marjorie took home \$75 for 3rd place, edging out talented Julia Kirtland of Brunswick who is on her way back from a long competitive layoff to focus on her work. Julia missed the 1,500 and found herself missing \$25 at the awards ceremony for the lack of one point!

Men January 30th - 5K - Bowdoin

1	Todd Coffin	14:54
2	Tim Wakeland	15:01
3	Alan Muir	15:38
4	Jeremy Howard	15:45
5	Tom Dann	16:09
6	John Rose	16:16

February 5th - 3000meter - Bowdoin

1	Todd Coffin	8:41.7
2	Alan Muir	9:07.71

February 25th - 1500 meters - Colby

1	Todd Coffin	4:04.5
2	Alan Muir	4:06.3
3	Jeff Meserve	4:23.2
4	Randy Fisher	4:45.5

February 27th - 5000meter - Bowdoin

1	Harris Hardy	15:23.1
2	Alan Muir	15:45.5
3	Jeremy Howard	15:50.7
4	Pete Churney	16:01
5	Justin Valliere	16:21
6	Paul Fagan	16:47.2
7	Kevin McDonald	16:56.8
8	Eric Richard	17:10.7
9	R Hemmingway	17:49.3
10	Jesse Randall	17:52.0
11	Kirby Reddin	18:52.5
12	Bill McCalmon	20:40.0

Women

February 5th - Bates - 5K

1	Tina Meserve	17:50.4
2	Edie Dubord	18:00.0
3	Julia Kirtland	19:29
4	Katie Dean	19:31

5	Jody King	19:32
6	Marjorie Haney	19:34

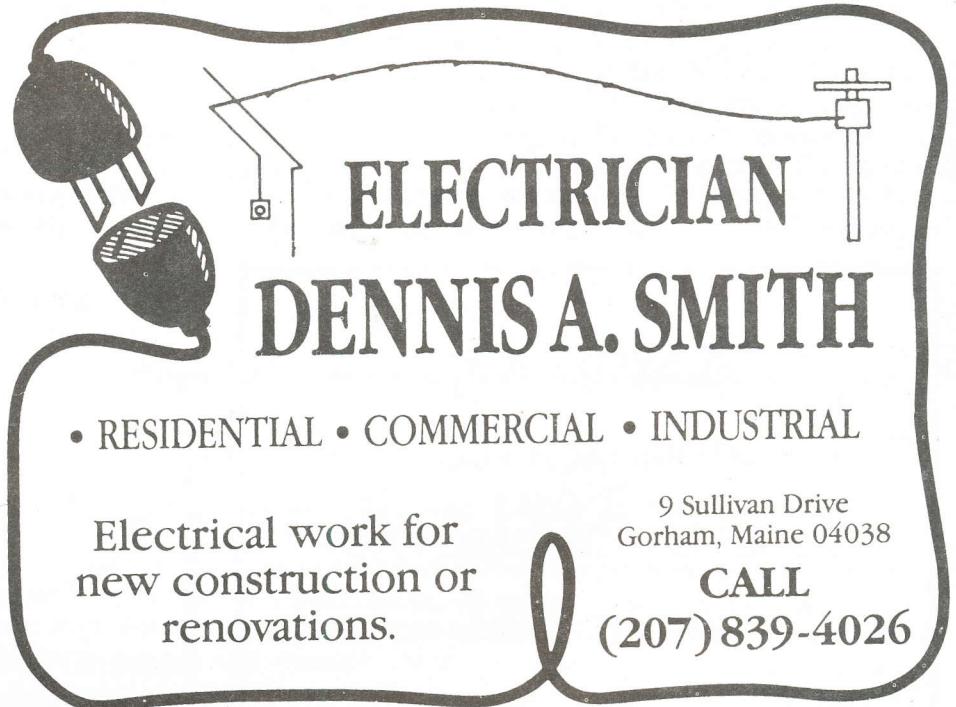
February 25th - 1500 meter - Colby

1	Tina Meserve	4:45.9
2	Edie Dubord	4:46.0
3	Marjorie Haney	5:09.9
4	Jeanne Hacket	5:13.3

February 27th - 3000 meter - Bowdoin

1	Michele Cormier	9:56.5
---	-----------------	--------

2	Danielle Wood	9:58.9
3	Tina Meserve	10:02.2
4	Edie Dubord	10:09.9
5	Julia Kirtland	10:20.6
6	Marty Shue	10:25.3
7	Joanne Neely	10:26.6
8	Katie Dean	10:59.7
9	Marjorie Haney	11:14.8
10	Jennefer Phillips	12:06.0



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TAC's "Team Maine" Performance Standards

Men's

Women's

Distance	Team	Traveling Team	Team	Team
1500	3:53.6	3:45.6	4:40	4:25
Mile	4:13	4:04.5	5:06	4:48
3K	8:26.7	8:08	10:10	9:39
2 Mile	9:07	8:48	11:05	10:25
5K	14:40	14:07	17:40	16:45
5 Mile	24:20	23:28	29:30	27:49
10K	30:43	29:36	36:59	35:13

Men's

Women's

Distance	Team	Traveling Team	Team	Team
15K	47:23	45:39	57:30	54:26
10 Mile	51:06	49:14	61:40	58:43
20K	1:04:25	1:02:03	1:17:30	1:14:03
Marathon	2:23:24	2:18:04	2:54:15	2:45:20
25K	1:21:44	1:18:43	1:37:30	1:34:00
30K	1:39:18	1:35:38	1:59:30	1:54:18

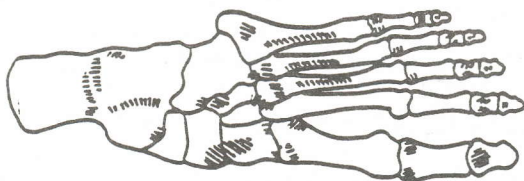
All times must be run on a TAC certified course

FEET

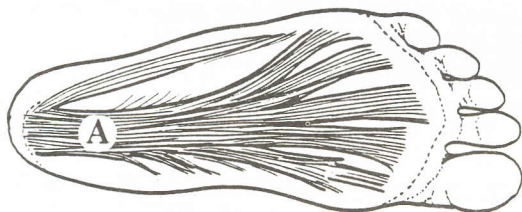
by Deb Merrill

Your foot is under your full body weight with every step.

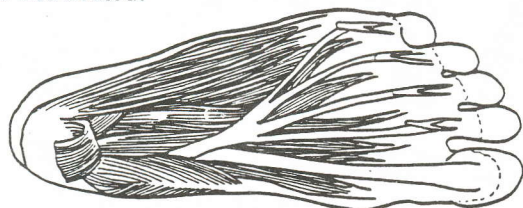
Its correct heel strike, arch support and straight push off are critical to pain free motion in your entire lower body. How many of us have corrected knee misalignment and pain by getting orthotics? Lots! Almost all the muscles in your lower leg exist to support and propel your foot properly. The foot itself is mostly bones, tendons (which connect foot bones to the calf muscles) and wide bands of retinaculum to hold everything together.



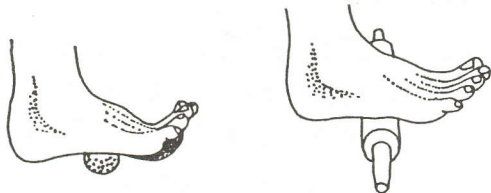
Shaded areas on the foot bones show where tendons attach (areas that may hurt if muscles are tight).



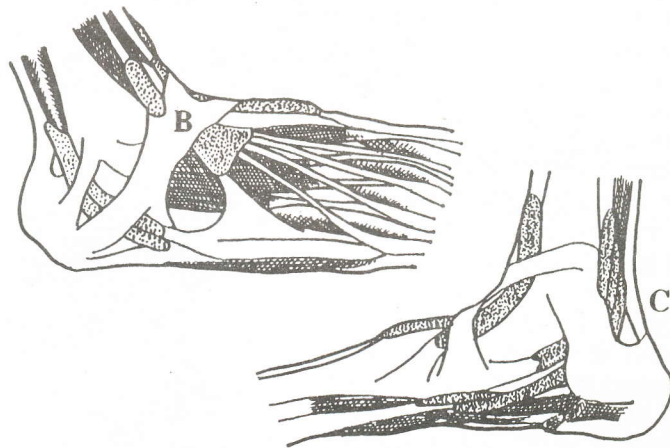
Plantar fasciitis is easily recognized by a sharp pain under the heel (A) when first planting your foot on the floor each morning. Arch supports (or orthotics), good support in shoes, constant ice regimen and cross fiber friction every two days can speed healing significantly. This is a tendonitis injury that can persist if not treated.



The deeper muscles and tendons of the bottom of the foot.



Self care for the feet include massage with a golf ball, tennis ball, rolling pin and your knuckles. While recovering from an injury, warm your foot before you exercise, massage and stretch before and after, and ice after you finish. Vaseline around your toes while racing, and trimmed toenails help keep blisters and black toenails at a minimum.



Pain occurring behind the ankle bone usually involves tenosynovitis, inflammation of the tendon sheaths under the retinaculum. Tendon sheaths are dotted, muscles are shaded, tendons and retinaculum are white. Note the retinaculum bands (B) holding the tendons and their sheaths in place around the ankle. Also notice the Achilles tendon insertion on the calcaneus bone on the heel (C). The two largest calf muscles insert on this one spot. Runners often suffer from tendonitis here. (Ice, stretch, cross fiber friction, rest).

The tendons of the peroneus longus and tibialis anterior create a "sling" supporting the arch. They descend from the calf and insert on the bottom of the foot as shown here. Weakness can result in pronation and supination patterns shown below. Orthotics or arch supports can help avoid injury to the foot, calf and knee in either case. Replace your running shoes regularly and let any twinges in your knees be a clue to take care of your foot strike.



◀ Pronation of right foot, fallen arch.

Supination of right foot, high arch. ▶



Deb Hewson Merrill runs Brunswick NeuroMuscular Therapy, treating chronic and acute pain. She is a Hawaii Ironman Triathlon finisher and has run a 3:15 marathon.

MEET TWO OF NORTH CENTRAL MAINE'S MOST DEDICATED

Myles Lemieux



David Wheaton, Sr.



by Chris Prickett

Until one afternoon in 1986, that is, when a friend enticed him along on a four mile run. "I was a heavy boy then. I lasted 3/4 of a mile and then it was like, 'Wait up! Wait up!' That got me thinking," Particularly after he finished 28th out of 29 the next week in a Sangerville 4-miler. "That really made me think." David ditched his Ames special junk sneakers and dove into a new sport, hunting down even the Wednesday evening races. "I was hooked: it got so I was dragging my rear end at work pretty bad."

He has fought through various physical problems: "Heel spurs, shin splints, whatever the weakest point. That's one thing about running. It starts right in your heel, works into your knees...until you get toughened up."

He's tough now. A ski accident is responsible for one leg being shorter--and too close at the knee--to the other. "When I was 15, back before safety bindings, I took a fall that wound me up like a clock spring. 'Course I didn't go to a doctor then. I don't trust doctors as far as I can throw 'em."

His distrust of doctors continued. Back in 1980 they insisted he undergo an operation for a likely blood clot on the brain after a bad motorcycle accident. David refused, escaping instead to Old Orchard Beach where he survived the "30 days tops" he'd been given to live

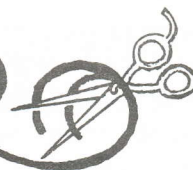
Every runner has his or her own (each worth telling) about when how it all started, and how and it all continues. Two inspiring characters in my story are North Central Maine runners David Wheaton and Myles Lemieux. I haven't known him long, but we have traveled to a few races together, and since this past November Sunday morning long runs in the Guilford area have allowed me to know them better.

Usually, for the first three miles of one of these runs, David will hang back and chat, but then he'll scoot ahead on an uphill and Myles and I won't see him again until we finish. One Sunday, David was all excited at how good he felt after our 18 miler. He's convinced the weights have helped him. A day earlier he'd given me the tour of his indoor workout room, complete with treadmill, and the free and cable weight stations. The room is adorned with enlarged photographs of David finishing several of the ten marathons he has run as well as road race prizes, cups, ribbons, and trophies.

Back in 1980 those pictures and trophies might have been connected to an earlier passion - race cars and motorcycles. Every Sunday he used to race at the Winterport Dragway. "That was my life."

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without such an operation. "It was just an insurance racket's all it was." He did suffer a bad sunburn. (It confined him to a chair for a week.) "My son had to feed me! I try to stay tan all the time now. It's an awful experience getting burned like that!"

He's his own doctor and nutritionist now. During those first few miles on the long runs, he'll sometimes speak to Myles and me about what to eat and when. "Right now I'm eating a lot of egg whites and chicken, Just plain chicken (without the skin)." he says, "but I've always had a problem holding my iron." (Myles scoffs aloud at David's vitamin intake. Says Myles, "I've never taken a vitamin pill in my life, and never missed a day of work because of sickness!") It's hard to follow, but I listen politely to David's explanation of the value of vitamins and how they allow the proteins and carbohydrates to do their work, and how you've got to teach your body to use fat for energy, and ... " Still, despite his enthusiasm for sharing with us orally the literature on training and nutrition, David is the first to admit, "It's what anybody wants to write. We're all different. You've got to find out what works best for you."

David is a spin room overhauler for Guilford Industries. He keeps the machinery going. He's a representative for his fellow employees and last year was chosen to go with a few others to Mexico to observe a model-of-efficiency company at work. Both in his work and in his running, he has the same attitude: "Nobody tells me I can't do it." He just turned forty, so he's excited about the competitive challenges this season. He'll put in the high mileage, weight work, and as he counts down for Sugarloaf Marathon (and hopefully a sub three hour effort), he'll get out there and do "some ungodly Speedwork." If he can only learn to pace himself a little better earlier in the races. (He accomplished his fastest 10-miler, 62 minutes, at the beginning of the Marine Corps Marathon!) He admits, "I like to go out there with the big boys."

I'd say one of the big boys he is out there with already is his buddy from down the road, Myles (Bud) Lemieux. I doubt there are many runners in Maine who work the hours, or the occupation, of this 51 year old veteran of 98 road races in the last five and a half years. He typically rises at 3 am, and by 3:30 he's in his trailer truck the (sixth he's owned and operated full time since 1969) and headed further north for the first of two, sometimes three loads of tree length pulpwood. He's truly something of a legend in the world of trucking wood. "Other than a brief spell in the woolen mill, I've worked in the woods most of my life."

He's working on the roads now, too, as a runner, and has been since 1987. "I was down in Florida (vacation), and * saw people running, and tried it a little. I weighed 187 pounds then (152 now). When I got back up here, a neighbor (Ernie Henderson) tried to get me to run with him, but I wouldn't run out on the roads with him. I was too embarrassed. I ran on the school track all that summer; eventually I got up to 10 laps... about 2:08 a lap. I ran my first race that summer, the Guilford Days 5-miler. I beat Ernie, but I said I'd never race again. Weren't I beat!"

Perhaps it was beating Ernie, though, that put him out on the road, for 2200 miles one year soon after his start. He knows, for he keeps accurate logs safely in a living room cabinet. Just this past November he turned an excellent 18:06 in the Brewer Turkey Trot. "I got in shape. That was the fastest I'd run it in five years." He injured his leg jumping off his truck a few weeks before last April's Boston Marathon, but still ran a 3:16:09 (just behind his ecstatic friend, David. It was the first time he had beaten Myles in a marathon.) But the next day it was crutches for Myles and a long stretch of limited, painful training. Like many times before, though, he ran through the injury, peaking again at Brewer. Perhaps that kind of reward for his grit is what kept him going through this frustrating winter; he's been unable to run much due to his working sometimes 80 hours a week hauling more wood than ever. "This is the worst winter I've had. I've been getting home at 7:30 at night, but you've got to make money while you can."

He'll continue to run, though. He enjoys getting out to races meeting and talking to people. He speaks with reverence of the veteran runners (like Conrad Walton and Carlton Mendell) and the race organizers. "Without the clubs and race organizers we'd have no races. I doubt I'd be running if I didn't have the races to look forward to." He

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loves the competition. To see him run, -he's not very efficient - you might wonder how he can go so fast. It's mental toughness. Once in the middle of a twenty-miler, I suggested we change our plan and only go 16. "Oh no," he said. "It's a mind game. If you plan to run twenty, you run twenty. And like in a marathon, if you tell yourself you're going out to run 26 miles at a seven-minute pace, you just do it. You go about as fast and far as you make up your mind to do."

You may not get in the four or five weeks of 70 miles (and all of the speedwork) he thinks someone ought to have in the buildup to a marathon, but he'll likely continue with his quest for the elusive (so far) sub 3- hour effort. About Sugarloaf he says, "You watch. I'll be there."

For both of these men running is now a part of their daily routine; It's something they just do, "like brushing my teeth," says David. "I feel guilty if I don't." Perhaps some of us wondering why we're in the midst of intense training might be 'soothed' by Myles's explanation. He's motivated by the challenge and the competition. Still, there's something else. A few weeks ago Myles's wife Maxine had to pour hot water over his mask, so he could take it off. The thirty below temperature had frozen it pretty well to his beard! There's a little craziness here. Myles (and certainly Maxine) will admit that, but as he also says, "Who knows? Maybe down the road when we're 65, we'll be that much healthier."

The stories of these two runners continue, and my own running story has become a little richer, having known them. By the way, regarding the upcoming season, both David and Myles believe they can top their PR's. Check the race results this summer and fall!

	David's PR	Myles's PR
5K	17:54	17:52
5 Miles	29:27	29:48
10K	36:56	37:31
Half Marathon	1:26:15	1:27:47
Marathon	3:06	3:01:42

In the Right Path-A profile of Louisa Dunlap

by Bob Gillespie

From the snug house perched in a clearing on Toad's End off, Louisa Dunlap can't see more than the first 50 yards of the 5-mile course she runs around Belfast. In the summer, the only thing visible, other than trees and sky, is her garden, which looks as though it were laid out by astrologers. Walkways connect geometric islands of oregano, garlic, basil, parsley, thyme, and arborvitae and curve through kale, broccoli, peas, beans, corn, squash, pumpkins, carrots, and sweet potatoes. It's no surprise that she's a strict vegetarian and bakes her own bread, no surprise that she has a greenhouse. She even designed the house.

Along with the house on the hill, along with the greenery, the garden, the vegetarian diet, and even the smiling little dog named Jake, a run down Toad's End Road on the loop around Belfast is part of Dunlap's road to good health. Traveling this road has taken her to more than 200 races, including a couple of dozen marathons and a good many of the races in Maine. Back in 1987, the year she ran 2,716 miles, she did Epstein's 5k in 21:06 and clocked a 33:59 in the Brooks 4th of July 5-miler and a 41:57 at the Rockland Lobster Festival 10k. Last year she took most of the 50-59 age-group awards in more than two dozen races. At Mt. Washington she won her division and for the second year in a row set an age-group record.

She downplays her times, but the fact is that Dunlap has few competitors in the senior division. Her 37:05 in the Gardiner Common and 37:27 in the Run o' the Irish were the second and third fastest 5-mile times of 1992 in her age group in certified Maine races. She ran a 36:42 in the tough Brooks 5-miler. After logging 1,945 miles and all those victories, she was a contender, for the 2nd time, for the Central Maine Striders' runner of the year award. She has logged over 20,000 miles.



Louisa Dunlap, Bob Gillespie, and Jake

"I always do a big run on Monday at 6 a.m., maybe 6:30 in January," she says. It's nice to be out when the sun's just coming up and there aren't a lot of cars. I like the fresh air, the river, the clouds. I think I need to get out in the open."

Even though her three children are all gone from home now, a run after work is still out of the question. As executive director of the Belfast Area Child Care Services, Dunlap deals with people who simply need support in coping with children all the way to businesses trying to set up child care as part of their programs, and her average day lasts from 9:30 to 6:30 or 7 (and even 8 and 9), from her office at the Belfast area Children's Center, she directs the child-care program and writes grant proposals for a \$400,000 annual budget, but she is also on the go for the federal Children's Food Program, so a run at noontime is out, too.

Early mornings find her moving down Toad's End Road onto the hilly Kaler Road, where she heads off on one of her loops of 6, 13, or 17 miles. On the shorter course, she runs one side of the Penobscot River, crosses the footbridge, and comes back the other side toward home. The 17-miler takes her to Waldo and Swanville, in part on a dirt lane. She has no access to indoor facilities. Sun, rain, or snow, she's out there on the morning roads.

Dunlap came to Maine in 1974 from Massachusetts, where she taught preschoolers, and bought a one-room school house in North Monroe. While living with her three children in a tent, she built a foundation back from the road, moved the building, and fixed up a house. When her ex-husband moved in again (They'd known each since grade school and married in 1962, shortly after she graduated from Russell Sage College.) they needed more space. On a remote piece of land in Monroe they built another home and eventually married again. It didn't work out a second time.

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A friend told her she looked "really stressed out" and recommended running. She took the first step on the 4th of July in 1980 at the age of 39.

"I remember that first run," she says. "I felt 'gromby'. I couldn't run a mile." But she continued to run and walk every day. And, a smoker since high school, she quit cigarettes just before her 40th birthday in September. She ran her first race that fall in Castine, a 5k in 28 minutes.

"I thought I was going to die," she says. "but I won my age group! I didn't smoke a lot, but that's the first addiction I ended in the summer of 1980. I also stopped drinking shortly after that."

Growing up in Lexington, Mass., with a strict father and a mother who experienced migraine headaches and appeared to spend all of her time at the ironing board, she started drinking, she says, when she was "really young. I just couldn't conform. It was too restrictive. I just had this streak in me - a little wild, not quite tame." She well remembers that first can of Ballantine ale. She didn't like it, she says, but felt drawn to it. Vodka and orange juice became the choice in high school.

"Being healthy has always been important to me, in spite of the irony," she says. "I always baked bread and made good food - with a cigarette and Jack Daniels at my hip. It's amazing to me that I didn't pick up on the contradiction. What I hear about people going on smoking, I wonder how anybody can be that stupid. But I was."

Some might say that running is just another addiction - a positive one, but an addiction nonetheless. "I don't like to think of myself that way. I'm an athlete," she says. "I like doing athletic things."

In the winter she cross-country skis. In the summer she swims, a skill she developed while rehabilitating a quadriceps she tore in the Maine Coast Marathon in 1982. Last summer when she had back pain, she says, "I did a lot of yoga to get my back back." She also rode her bike. And she kayaks up the tidal river near her house or out into Penobscot Bay. At 5'2" and 108 pounds, she says running is an easy thing to do. All you need is shoes and a door to get out.

"And it's meditation for me," she says. "Other than times doing a short distance for speed, I'm in and out of a meditative state. Sometimes I can't

remember where I am and have to bring myself back to reality. It's very much a part of my spiritual life. And it sets me up for the day. I'm energized and centered by it. I have a groundedness....."

Meditation, which slows the metabolism and regenerates like deep sleep, is a part of being on the right path, but even that can lead to trouble. In February she suffered frostbite on her neck when her shirt iced up on a 3 hr. run. The skin on her cheeks developed white spots, turned brown, and peeled off in thin layers like the skin of an onion. "I've done this before," she says matter of factly. "It's part of my thing. I do love to run when snow is coming down. I've never not done it because it was snowing. You get used to it."

Although she keeps track of distance and time in her runs and totes up her mileage by the week and the year, high mileage isn't a goal any longer.

"I have no desire to do that again," she says. "I'd much rather do more quality. As I get older, mileage goes down, I feel too brittle. I'd be faster at shorter races if I did 30 a week, but I tend to be wedded to 40. I go up easily for marathons, though to about 55 a week."

She has run all but three of her marathons under four hours. She has run Boston every year between 1987 and 1993 and has done all of the Maine marathons - Maine Coast, Great Downeast, Paul Bunyan, Sugarloaf, Casco Bay and Pine Tree. Her 3:20 PR was set at Sugarloaf in 1987.

Preparing for her annual Boston Marathon in April - and doing most of those February and March 20-milers in snow, which keeps the muscles tight and the runs slow - she has to pay closer attention than usual to getting enough sleep and to eating well. But as hard as it is to go for three hours in snow, those runs give her, she says, "the feeling of being strong, really being able to cope with whatever comes my way."

Of course the runs down Toad's End Road and beyond, along with the house and garden and vegetarian diet, are a good part of the road to health.

"It's like I'm more kicked into the discipline I want to have," she says of her marathon training. "It keeps me on the right path."

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Best of '92 - Equivalent 10K

This listing is an attempt to identify the best performances of 1992 by converting the best times run on certified courses to an equivalent 10K time. The conversion was done using a formula obtained from USA T&F. Obviously it doesn't take into account flat course vs hilly courses, weather conditions or level of competition. You, the reader, will have to factor these in to arrive at your own list of the top Maine runners for 1992. To better understand, look under the TOP OPEN MALE. This tells you that the fastest 10K equivalent time was run by Bob Winn. He ran a 24:13 at Pat's Pizza 5 Miler which is the the equivalent of a 30:28 on a 10K course. I am sure I missed some performances and I apologize in advance of discovery. Please let me know of any mistakes that you find so that I can correct my records. It may be of interest that if we had counted track races, the Deering Oaks invitational 5K for men & 3K for women would have dominated the Open categories. These races were so competitive that many of the runners ran their best times of the year there. If I get time I may do a shorter list using age graded times for a future issue...

The top Open Male

Bob Winn	33	24:13	30:28	Pat's Pizza 5mi
Stan Bickford	28	51:24	31:06	Sports East 10mi
Greg Hale	29	14:59	31:08	Epsteins 5K
Todd Coffin	31	25:56	31:22	PT8K
Kevin Lyons	21	25:01	31:28	Pat's Pizza 5mi
Walter Murphy	38	25:06	31:34	Live Your Dreams 5mi
Tom Dann	35	26:08	31:37	Live Your Dreams
Mike Bunsey	28	25:10	31:40	PT8K
Byrne Decker	25	25:14	31:45	Live Your Dreams 5mi
Bill Solimine	32	25:18	31:50	Live Your Dreams 5mi
Tim Wakeland	27	15:19	31:50	Epsteins 5K
Jason Barnes	29	25:23	31:56	Live Your Dreams 5mi
Peter Lessard		49:30	32:16	Sugarloaf 15K
Kim Wettlaufer		15:34	32:21	Family Crisis 5K
Chuck Morris	29	32:26	32:26	Kingfield 10K
Todd McGraw	27	15:37	32:27	Epstein's 5K
Jeremy King	28	32:31	32:31	Maine Sport's 10K
George Bockus Jr	25	25:37	32:14	Pat's Pizza
Mike Grigware	38	25:55	32:36	PT8K
Robin Robinson	36	25:56	32:37	Pat's Pizza 5mi
Scott Loomis	20	54:29	32:40	Sports East 10mi
Andrew Spaulding		26:01	32:44	Machias Blueberry
Danny Paul	38	32:47	32:47	Sentinel 10K
Stephen Warren	31	26:09	32:54	Peaks Island 5mi
David Libby	26	26:10	32:55	Pat's Pizza 5mi
Jeremy King	26	26:11	32:56	Patriot's Day 5mi
Alan Muir		15:52	32:58	Family Crisis 5K
Jeff Meserve	33	15:56	33:07	Epstein's 5K
James Doane	34	54:53	33:12	Sports East 10mi
Dan Deering	30	16:02	33:19	Epstein's 5K
Jim Garster	25	16:02	33:19	Epsteins 5K
Brent Leighton	22	16:02	33:19	York 5K
Charles Violette		16:03	33:21	Epsteins 5K
David Weatherbie	24	33:30	33:30	Citibank 10K
Lance Guliani	33	55:45	33:44	Sports East 10mi
Cliff Rogers	33	56:25	34:08	Hancock Lobster 10mi
Scott Ellis	29	56:27	34:10	Sports East 10mi
Roland Thibault	24	56:28	34:11	Sports East 10mi

MEN - 19 & UNDER

Jeremy Howard	15	33:55	33:55	LL BEAN 10K
Brett Bennett	19	27:15	34:17	Patriot's Day 5mi
TJ Sprague	16	16:46	34:50	Sunrise Run 5K
Joe Dana	15	16:53	35:05	Epsteins 5K
Scott Butterfield	17	16:53	35:05	Epsteins 5K
Pat Mulready	18	27:54	35:06	Presidential 5mi
Eric Goodwin	17	27:57	35:10	Pat's Pizza 5mi
Geoff Bates	18	58:11	35:12	Sports East 10mi
Abe Rogers	18	35:14	35:14	KILLARNEY'S 10K
Tim Miller	17	28:05	35:20	PT8K
Zachary Laidley	19	28:07	35:22	Pat's Pizza 5mi
Awani Love	18	17:07	35:34	Epsteins 5K
David Howe	17	35:40	35:40	LL BEAN 10K
Jamie Good	18	28:26	35:46	Houlton Almost 5- 8K
Steve Connor	19	55:00	35:52	Schoodic 15K
Shawn Jalbert	17	28:36	35:59	Patriot's Day 5mi
Dan Berube	17	28:38	36:01	Presidential 5mi
Jason Leclerc	15	36:07	36:07	Kingfield 10K
Andrew Worth	16	28:47	36:13	Pat's Pizza 5mi
Jesse Randall	16	36:15	36:15	LL BEAN 10K
Melvin Taylor	19	28:50	36:17	Potato Blossom 5mi
Carroll Lane	16	28:57	36:26	Peaks Island 5mi
Bronson Kneeland	16	17:33	36:28	Sunrise Run 5K
Chris Hood	18	29:11	36:29	Patriot's Day 5mi
Joseph Wagnis	19	36:29	36:29	TURKEY TROT 10K
Steve Connor	19	29:12	36:30	Patriot's Day 5mi
Clay Glover	15	29:15	36:32	Patriot's Day 5mi
Jeff Mills Jr	18	36:38	36:38	KILLARNEY'S 10K
Tony Murphy	19	36:40	36:40	PRESQUE ISLE 10K
Eric Goodwin	17	36:42	36:42	LL BEAN 10K
Chris Hood	18	36:49	36:49	LL BEAN 10K
Mathew Lewis	18	29:24	36:59	Pat's Pizza 5mi
Derek Avery	19	29:25	37:00	Patriot's Day 5mi
Bruce Bender	18	37:00	37:00	LOBSTER FEST 10K

MEN 40+

Mike Gaige	40	25:46	32:25	PT8K
Ron Newbury	42	26:31	33:21	Live Your Dreams 5mi
Bob Sholl	45	55:28	33:34	Sports East 10mi
Jim Toulouse	44	33:43	33:43	SENTINEL 10K

Roly McSorley	41	33:44	33:44	CITIBANK 10K
Ken Houle	45	27:17	34:19	Live Your Dreams 5mi
Michael Cryans	41	16:31	34:19	KBIA 5K
Steve Reed	44	27:21	34:25	Pat's Pizza 5mi
Jim Sturges	43	34:32	34:32	LL BEAN 10K
George Towle	42	57:09	34:35	Sports East 10mi
Rusty Taylor	40	27:40	34:48	Patriot's Day 5mi
Ralph Fletcher	42	34:50	34:50	Kingfield 10K
Peter Blomquist	40	16:54	35:07	York 5K
Guy Berthiaume	46	58:13	35:13	Sports East 10mi
Dennis McIver	41	35:14	35:14	Kingfield 10K
Dennis Croteau	41	35:16	35:16	ROCKY COAST 10K
David Renault	43	54:24	35:28	Schoodic 15K
Kevin McDonald	42	28:23	35:42	Live Your Dreams 5mi
Don Drozd	42	35:42	35:42	LL BEAN 10K

MEN 50+

Conrad Walton	53	27:43	34:52	Pat's Pizza 5mi
Lawson Noyes	50	27:56	35:08	Pat's Pizza 5mi
Bob Payne	54	29:31	37:08	Pat's Pizza 5mi
Doug Ludewig	52	37:43	37:43	SENTINEL 10K
Bob Coughlin	53	63:05	38:10	Sports East 10mi
Myles Lemieux	51	38:36	38:36	SENTINEL 10K
Clyde Coolidge	53	30:34	38:27	Pat's Pizza
Dick McKenney	50	18:44	38:56	York 5K
Gerald Barney	59	60:07	39:12	Schoodic 15K
Jon Bell	53	31:11	39:14	Live Your Dreams 5mi
Bob Gillespie	54	39:17	39:17	SENTINEL 10K
Phil Pierce	50	31:16	39:21	Peaks Island 5mi
Bion McFadden	52	18:59	39:27	Sunrise Run
Greg Hildreth	50	19:00	39:29	Cutler 5K
Peter Bastow	55	31:24	39:30	Pat's Pizza 5mi
HM Opitz	53	19:06	39:41	Epstein's 5K
Erv MacDonald	50	39:44	39:44	PRESQUE ISLE 10K
Bill Pinkham	50	19:09	39:48	Sunrise Run 5K
Clyde Coolidge	53	39:48	39:48	LL BEAN 10K

MEN - 60+

Russ Connors	60	31:50	40:03	Peaks Island 5mi
Arnie Green	60	66:17	40:06	Sports East 10mi
Hap Hazzard	60	40:18	40:18	LL BEAN
Bob Green	60	20:00	41:34	Dyer 5K
Walter Webber	62	69:22	41:58	Sports East 10mi
John Parker	60	34:28	43:22	Live Your Dreams 5mi
Carl Bowen	60	43:26	43:26	Kingfield 10K
Charlie Wood	60	34:33	43:28	PT8K
Russ Bradley	68	68:03	44:22	Sugarloaf 15K
Hubert Strom	62	35:20	44:27	Live Your Dreams 5mi
John Chandler	65	44:44	44:44	Kingfield 10K
Peter Scontras	63	21:52	45:36	KBIA 5K
Gary Downs	60	36:43	46:11	Live Your Dreams 5mi
Art Young	62	46:16	46:16	KILLARNEY'S 10K
Dick Church	61	46:19	46:19	Kingfield 10K
TOM CURRIER	66	46:50	46:50	Kingfield 10K
George Merrill	61	37:33	47:14	Pat's Pizza 5mi
BOB URIE	63	47:18	47:18	Kingfield 10K

MEN 70+

Carlton Mendell	70	36:02	45:20	Live Your Dreams 5mi
Bill Tribou	71	36:17	45:39	Live Your Dreams
Nelson Soule	71	56:01	56:01	LL BEAN 10K
Edmund Stewart	70	40:39	51:08	Live Your Dreams 5mi
Don Osborne	70	43:02	54:08	Live Your Dreams 5mi
Stanley Harmon	50	45:43	57:31	Patriot's Day 5mi
Joe Bennett	72	47:33	59:49	Live Your Dreams 5mi
Henry Brown	72	61:59	61:59	LL BEAN 10K
Lester Rhoades	76	62:59	62:59	ROCKY COAST
Joseph Bennett	72	63:19	63:19	CITIBANK 10K
Jimmer Thompson	71	51:18	64:32	Katahdin Trust 5mi
Frank Long	74	52:17	65:46	Patriots Day 5mi
Haywood Cushing	71	52:27	65:59	Patriots Day 5mi
Albert Giasson	73	70:06	70:06	COUNTRY KITCHEN
James Carrol	82	57:29	72:19	Patriot's Day
Jim Bouchles	74	81:09	81:09	COUNTRY KITCHEN

OPEN WOMEN

Joan Samuelson	35	26:48	33:43	Pat's Pizza 5mi
Tina Meserve	25	35:17	35:17	SENTINEL 10K
EDIE DUBORD	34	36:21	36:21	Kingfield 10K
Veronica Knight	24	29:28	37:04	Patriot's Day 5mi
Joanne Scianna	38	29:29	37:05	Live Your Dreams 5mi

Joanne Nealey		29:35	37:13	Machias Blueberry
C Braceras	30	29:45	37:26	PT8K
Wanda Binette	26	18:08	37:41	Womens Distance 5K
Barb Addes		30:06	37:52	Machias Blueberry
Paula Emery	36	38:03	38:03	SENTINEL 10K
Christine Snow		18:22	38:10	Family Crisis 5K
Gail Turner	32	30:25	38:16	Pat's Pizza 5mi
Marty Shue	24	30:29	38:21	PT8K
Julie McGee	32	63:27	38:23	Sports East 10mi
Melissa Lockman		30:37	38:31	Machias Blueberry
Leslie Krichko	33	30:47	38:43	Peaks Island 5mi
Sue Hawkins	30	18:43	38:54	Epstein's 5K
Kathy Geary	35	18:48	39:04	York 5K
Sue Foster	34	31:10	39:12	Pat's Pizza 5mi
Katie Dean		18:54	39:16	Run For Their Lives
Gail Turner	32	31:14	39:17	Peak'ss Island
Shelly Antone	24	31:14	39:17	PT8K
Shelley Keeling	28	39:17	39:17	GREAT OSPREY 10K
Ellen Bowden	39	39:33	39:33	Killarney's 10K
Jeanne Hackett	33	19:02	39:33	Ebstein's 5K
Margaret Clapper	29	19:04	39:37	Turkey Trot 5K
Ellen Bowden	40	31:30	39:38	PT8K
Jodie Lake	16	39:40	30:40	Kingfield 10K
Jodie King	32	31:33	39:41	PT8K

WOMEN 19 & UNDER

Gladys Ganiel	15	17:53	37:10	Sunrise Run 5K
Cindy Morsehead	18	30:29	38:21	Peaks Island 5mi
Jodie Lake	16	39:40	39:40	Kingfield 10K
Katherine Chabot	19	19:31	40:33	Womens Distance 5K
Caitlin Hurley	16	32:23	40:44	Presidential 5mi
Kristin Lindholm	19	32:47	41:15	Pat's Pizza 5mi
Katie Jackson	16	32:57	41:27	Presidential 5mi
Kristin Pierce	18	33:02	41:33	Pat's Pizza 5mi
Jen Elliot	19	65:08	42:28	Schoodic 15K
Laura Hodnett	19	33:50	42:34	Presidential 5mi
Cynthia Miller	16	20:31	42:38	KBIA 5K
Mairi Crawford	17	42:52	42:52	Citibank 10K
Danielle Donovan	12	20:39	42:55	Helen P Knight 5K
Eleanor Anderson	15	20:43	43:03	Epsteins 5K
Cindy Toner	17	20:46	43:09	Helen P Knight 5K
Leah Evans	18	72:07	43:38	Sports East 10mi
Laura Dunzelmann	18	43:56	43:56	Killarney's 10K
Gail Toner	15	21:11	44:01	Henlen P Knight 5K

WOMEN 40+

Meredyth Ellis	43	19:02	39:33	York 5K
Ellen Bowden	40	31:30	39:38	PT8K
Robin Emery-Rappa	45	31:32	39:40	Patriot's Day 5mi
Carol Weeks	43	31:43	39:54	PT8K
Eunice Phillips	42	40:33	40:33	Great Osprey 10K

Jane Rau	42	66:57	40:30	Sports East 10mi
Carol Hogan	41	20:04	41:43	Women's Distance 5K
Gayle Nappi	40	20:07	41:49	Women's Distance 5K
Sharyn Kingma	42	69:27	42:01	Hancock Lobster 10K
Caril Mosel	42	20:17	42:09	Cutler 5K
Betsy Barrett	41	33:41	42:22	Pat's Pizza 5mi
Joan Lavin	44	34:02	42:49	Live Your Dreams 5mi
Joan Lavin	44	42:50	42:50	LL Bean 10K
Nancy Lund	40	20:37	42:51	Women's Distance 5K
Elizabeth Bugbee	47	70:50	42:51	Sports East 10mi
Faye Gagnon	47	34:09	42:58	Pat's Pizza 5mi
Faye Gagnon	47	42:59	42:59	Rocky Coast 10K
Nancy Lagin	42	43:03	43:03	Sentinel 10K
Brigitte Edquid	44	20:48	43:13	Epsteins 5K

WOMEN 50+

Leslie Doolittle	54	45:16	45:16	Sentinel 10K
Barbara MacArthur	51	36:34	46:00	Pat's Pizza
Louisa Dunlap	51	46:04	46:04	Camden 10K
Rene Collins	51	46:29	46:29	Kingfield 10K
Aletha Devos-Dunn	50	48:08	48:08	Sentinel 10K
Maggie Solomon	58	38:47	48:47	Peak's Island 5mi
Marg Comerford	52	23:43	49:17	KBIA 5K
Jean Thomas	56	40:05	50:26	Live Your Dreams 5mi
Jane Rasmussen	55	40:16	50:39	Presidential 5mi
Connie Towne	53	50:57	50:57	Killarney's 10K
Marcy McGuire	52	40:34	51:02	Patriot's Day 5mi
Eleanor Whitney	53	41:04	51:40	Pat's Pizza 5mi
Sally Paterson	51	88:00	53:14	Sports East 10mi
Wendy Sayres	58	25:52	53:45	Women's Distance 5K
Polly Keniston	55	42:55	53:59	Pat's Pizza 5mi
Kay Evans	51	27:17	56:42	Women's Distance 5K

60+

Nancy Stokes	65	24:42	51:20	York 5K
Nancy Baker	61	53:03	53:03	LL Bean 10K
Sally Amory	67	42:29	53:44	PT8K
Faun Peters	55	83:22	54:21	Schoodic 15K
Victoria Poole	64	45:17	56:58	Pat's Pizza
Leona Clapper	62	89:36	58:25	Schoodic 15K
Mead Brownel	61	28:09	58:30	Women's Distance 5K
Ashley Ryder	63	28:13	58:38	Women's Distance 5K
Terrie Morris	63	47:22	59:35	Presidential 5mi
Ashley Ryder	62	48:11	60:37	Peaks Island 5mi
Dolores Billings	62	29:40	61:39	Epstein's 5K
Cristine DeTroy	63	49:26	62:11	Presidential 5mi
Nora Stetson	64	50:23	63:23	Patriot's Day 5mi
Ruth Hefflefinger	63	50:39	63:43	Live Your Dreams
Nora Stetson	64	30:15	62:52	Women's Distance 5K
Mardie Brown	75	69:27	69:27	Sentinel 10K

STOP DOING THE WRONG TYPE OF RUNNING AROUND!

WE HAVE EVERYTHING YOU NEED UNDER ONE ROOF



Katahdin Trust Snow Run - 5mi - Houlton - March 27

Unbelievable weather for the Snow Run! Changing the race from February to March helped a lot. Reports are that it was a "shorts and singlet" day and that the Musters are thinking of adding a water stop. The Canadians had some great showings with the overall win and total domination of the men's field as well as the women's win; setting new men's and women's course records in the process. Wayne Stewart continues to amaze everyone. At 45, he finished 2nd overall with a 26:19 (5:16 pace) that would rank in the top 25 all time performances in the 45 - 49 category. Gladys Ganiel, age 16, from Washington County was well below the USA T&F standard for her age. Course is USA T&F certified.

results courtesy of Erv MacDonald

1 Gautreau	Gilles	33 26:01	41 Reddon	Tom	37 32:42	82 Rzewnicki	Matt	35 37:36
2 Stewart	Wayne	45 26:19	42 Arpin	Dennis	40 32:34	83 Michaud	Gerald	51 38:09
3 Quesnel	Rick	27 26:26	43 Rencsko	Christine	27 32:47*	84 Clark	Ralph	32 38:11
4 Lee	Patrick	37 26:44	44 Scott	Steve	46 32:48	85 Littlefield	Paul	44 38:14
5 Roster	Micheal	32 26:52	45 Hartnett	Dick	48 33:01	86 Brennan	Tom	40 38:27
6 Gallagher	Jack	25 27:06	46 Dow	Robert	48 33:08	87 Marquis	Robert	52 38:33
7 Fisher	Derek	39 27:14	47 Stuart	Phil	45 33:36	88 Cannizzaro	Ann	38 38:51*
8 Carle	Stephen	38 27:16	48 Ross	Mitch	33 33:37	89 Damboise	Rodney	29 38:52
9 Everett	Bob	32 27:35	49 Abrams	Bob	36 33:40	90 Nevers	Ken	33 38:56
10 Paul	Danny	39 27:45	50 Swallow	Doug	42 33:43	91 Cusman	Clint	52 39:18
11 Chasse	Mark	34 28:13	51 Ludwig	Fred	32 33:47	92 Shea	Dean	52 39:21
12 Freme	Bruce	36 28:17	52 Bailey	Brent	31 33:53	93 Green	Vonnie	29 39:40*
13 Aretakis	Jonathan	34 28:35	53 Putnam	Fred	50 34:00	94 Ross	Gene	29 39:40
14 Mendonca	Michael	36 28:46	54 Tetu	Tom	45 34:10	95 McQuarrie	Stephen	45 40:30
15 Rusty	Taylor	41 29:19	55 Stockley	Alan	43 34:19	96 Arpin	Cheryl	14 40:39*
16 Good	Jamie	18 29:23	56 Lamoureux	Ric	44 34:25	97 Oliver	Joel	35 40:47
17 Tree	David	38 29:32	57 Hodges	Sheila	38 34:37*	98 Donovan	Daniel	41 41:00
18 Gallant	Raymond	40 29:38	58 Duprey	Bob	49 34:47	99 Young	Lyn	39 41:01*
19 Hanscom	Alfred	18 30:02	59 Case	Bill	34 34:52	100 McElwee	Carol	47 41:06*
20 Stewart	Hal	31 30:12	60 Cuff	Pete	36 34:55	101 Bailey	Brenda	30 41:44*
21 Libby	Paul	44 30:19	61 Donato	John	46 35:14	102 Thompson	Art	59 41:46
22 Haines	Terry	42 30:33	62 Buehner	Morgen	14 35:15*	103 Middleton	George	43 41:53
23 Morley	Stephen	25 30:43	63 Harrison	Robert	34 35:17	104 McElwee	Darcie	20 42:18*
24 Teed	Clayton	33 31:01	64 Mendonca	Connie	42 35:38*	105 Richardson	George	46 43:00
25 Tucker	James	49 31:06	65 Thompson	Andrew	36 35:39	106 Scott	Carol	41 43:44*
26 Harrison	David	27 31:10	66 Donovan	Derrick	11 35:40	107 Adams	Paul	45 45:28
27 Stratton	Doug	35 31:23	67 Buehner	James	50 35:46	108 Goodwin	Rick	41 45:29
28 McFadden	Bion	53 31:3-	68 Bird	Dean	36 35:47	109 Knapick	Veronica	47 45:57*
29 Brooker	Phil	50 31:40	69 Anderson	Eleanor	16 35:48*	110 Lee	Shane	13 45:19
30 MacDonald	Erv	50 31:53	70 Howe	Nicholas	15 35:49	111 Harbison	David	38 46:59
31 Phillips	Eunice	42 31:56*	71 Crovo	Peter	32 36:13	112 Tree	Brenda	38 47:13*
32 Walton	Conrad	54 32:00	72 Rich	Larry	45 36:25	113 Bacon	Ann	45 49:25*
33 Cushman	Ken	23 32:05	73 Fraser	Art	55 36:26	114 Myers	Robert	36 49:27
34 Lavoie	Paul	44 32:09	74 Beasley	Joe	53 36:31	115 Sicker	Simone	22 49:28*
35 Barnes	Tom	31 32:13	75 Ayers	Wayne	38 36:45	116 Smith	Nancy	43 52:14*
36 Tonzi	Larry	46 32:15	76 Edgecomb	Angela	25 36:51*	117 Murphy	Jason	18 53:36
37 Ganiel	Gladys	16 32:16*	77 Young	Art	63 36:53	118 Wright	Bobby	10 56:53
38 Carter	Michael	42 32:24	78 Pennock	Doug	33 36:57	119 Pierce	Sue	39 57:39*
39 Hartford	Terrance	19 32:26	79 Barr	Benjamin	38 37:02	120 McQuarrie	Brian	37 57:47
40 Sharpe	Edward	34 32:30	80 Coombs	Jack	41 37:07	121 Aprin	Bernadette	38 64:29*
			81 Bowen	Carl	60 37:09			

Runners, Look Your Best!



T-Shirts, Tank Tops

& Shorts



At the start, applause for race starter Conrad Walton



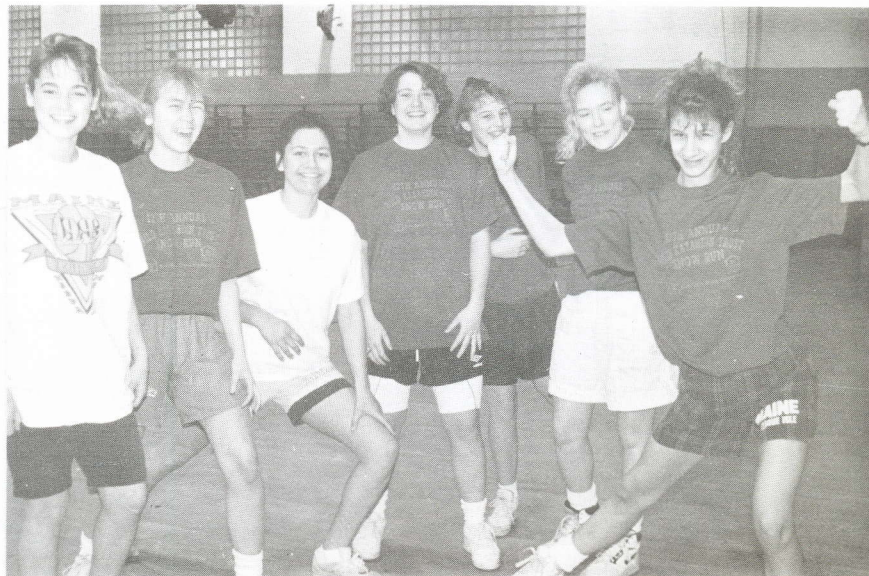
l to r: Clayton Reed (307), Erv MacDonald (214), Ken Cushman (221), Steve Marley (237), Phil Booker (243)



Lead Pack l - r: Wayne Stuart, Derek Fisher, Michael Roster, Patrick Lee (hidden), Rick Quesnel, Gilles Gautreau & Bob Everett



Tom Barnes finishes before Larry Tonzi & Washington County star runner Gladys Ganiel



One of the relay teams, l - r: Jennie O'Leary, Spring Shea, Rhonda London, Amber Watson, Holly Thompson, Tanya Durland & Jennifer Cray

Sugarloaf Ski Marathon - 40K - March 21st

results courtesy of Sugarloaf Ski Touring Center																			
1	John Sackett	33:57	34:20	34:57	1:43:14	Lyndonville VT	21	Gordon Scannell	39:56	42:11	44:11	2:06:18	N Yarmouth						
2	Ron Newbury	36:45	37:45	37:22	1:51:52	Auburn	22	Alain Perreault	39:15	39:53	47:43	2:06:51	LacMegantic QUE						
3	Chris Perreault	36:26	37:45	39:06	1:53:17	StHubert QUE	23	Michael Simoneau	40:55	42:17	43:59	2:07:11	Jay						
4	Robert Bradley	36:59	38:03	38:43	1:53:45	Reading MA	24	William Schwartz	43:23	42:23	43:08	2:08:54	Carr Valley						
5	John Mathieu	37:25	38:10	38:45	1:54:20	Bath	25	Susan Foster	43:45	43:00	43:39	2:10:24*	Bar Harbor						
6	James Doucett	37:36	38:08	38:58	1:54:42	Andover MA	26	Dick Trafton	41:49	43:22	46:08	2:11:19	Auburn						
7	Raul Siren	37:05	38:17	40:26	1:55:48	Solon	27	Alice Goodwin	44:17	43:31	44:55	2:12:43*	Norway						
8	Doug Armstrong	38:00	39:06	40:13	1:57:19	N Conway NH	28	Ben Loonsbury	43:18	44:01	45:30	2:12:49	Auburn						
9	John Tarling	38:26	38:46	40:11	1:57:23	Cumberland	29	David Duncanson	44:09	45:04	45:31	2:14:44	W Newbury MA						
10	Sean Scaling	38:01	38:51	41:12	1:58:04	Waterville	30	Bob Salesi	44:28	44:45	48:16	2:17:29	Penobscot						
11	John Eldredge	38:23	39:30	41:24	1:59:17	Cumberland	31	Thomas Page	47:39	46:47	46:31	2:20:57	York						
12	Karl Johnson	38:59	40:17	40:41	1:59:57	Bar Harbor	32	Ben Trafton	45:33	47:22	49:31	2:22:26	Auburn						
13	Ken Woodward	39:01	39:53	41:11	2:00:05	Carr Valley	33	Peter Gagnon	45:27	48:09	50:26	2:24:02	Auburn						
14	Bill Yeo	40:23	40:28	39:17	2:00:08	Freeport	34	Chase Pray	48:24	47:56	49:05	2:25:25	Auburn						
15	Mike Yeo	40:05	41:17	41:05	2:02:27	Freeport	35	George Hall	47:57	48:46	49:37	2:26:22	Bolton MA						
16	Jeff Libby	40:01	40:42	41:53	2:02:36	Hartland	36	Owen Haskell	50:31	51:18	51:50	2:33:39	New Gloucester						
17	Chris Dorion	41:34	41:15	41:33	2:04:22	Brewer	37	Gilbert Roderick	40:14	51:27	52:16	2:33:57	Bangor						
18	Bruno Roy	40:27	41:06	43:35	2:05:08	LacMegantic QUE	38	Jeff Foltz	49:45	51:26	55:11	2:36:22	Rangleley						
19	Mark Danyla	40:30	41:58	43:04	2:05:32	Auburn	39	Deb Duncanson	52:53	55:48	60:27	2:49:08*	W Newbury MA						
20	Richard Chalmers	38:34	42:37	444:41	2:05:52	Orono	40	Bob Massucco	54:34	dnf			Bar Harbor						

Black Bear 5K - Orono - Nov 1st

results - Thad Dwyer																			
1	Robert Ashby	16:12	18	Mike Bourque	18:45	36	Dick Miles	21:48	54	Robert Myers	25:40								
2	Giles Norton	16:22	19	Robert Dow Sr	18:50	37	John Grover	21:59	55	Sheila Lawlor	25:41*								
3	Dave Irving	16:51	20	Michael Tompson	18:58	38	Cole Sargent	22:06	56	Kim Farley	25:44*								
4	Rob Erskine	16:58	21	Ryan Hines	19:04	39	Robert Gunderson	22:21	57	Lisa Miller	25:47*								
5	Antonino Blandino	17:09	22	John Hwalek	19:08	40	Donna Just	22:30*	58	Debbie Dwyer	25:51*								
6	Dana Maxim	17:22	23	Bill Pinkham	19:09	41	Nancy Quimby	22:48*	59	Sue Baker	26:15*								
7	Ron Pelletier	17:36	24	Tom Kirby	19:10	42	Kenneth Nevers	22:51	60	Bill Baker	26:16								
8	William Emerson	17:49	25	Tony Roy	19:15	43	Barbi Beal	23:11*	61	Joanne Limanec	26:37*								
9	Steve Peterson	17:50	26	Ray Quimby	19:22	44	Michelle Nash	23:24*	62	Mary Alice Bruce	27:13*								
10	Newell Lewey	18:06	27	Steven Travers	19:30	45	Daniel Dwyer	23:38	63	Ann Bacon	27:16*								
11	Tim Reid	18:10	28	Rod White	19:42	46	Becky Roy	23:41*	64	Robin Hughes	27:42*								
12	Robert Jordan	18:16	29	Ted Carey	19:53	47	Gene Roy	23:41	65	Fran Smith	28:33*								
13	Jim Wiltgen	18:20	30	Joe Bennett	20:19	48	Dieter Aichele	23:48	66	Diane Hussey	29:26*								
14	Ken Croinin	18:24	31	Sheila Hodges	20:28	49	Eileen Carey	23:53*	67	Janice Gran	29:33*								
15	Richard Flagg	18:31	32	Frank Bragg	21:03	50	John St Peter	23:59	68	Eva Miller-Nevers	32:58*								
16	Bruce Bierce	18:41	33	David Sameulian	21:13	51	Rachel Roy	24:54*	69	Ginger Hwalek	37:52*								
17	Stephen Colson	18:44	34	Dave Atwood	21:15	52	Judy Finchum	25:00*	70	Paul Paulson	39:28*								
			35	Cindy Mitchell	21:41*	53	David Lawlor	25:14											

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THE BLISTERED FOOT

Maine TAC's Newsletter

President: Adrian Wadsworth - 224-8240

Vice-President: Ron Kelly - 883-2747

Membership & Sec.: David Thornton - 623-3682

Treasurer: Paul Boulanger - 783-0206

Adult T & F: Jon Sinclair - 780-3623

Male Athlete Rep: Roland Ranson - 581-1079

Female Athlete Rep: Martha Thornton - 623-3682

Masters Chair - Kevin McDonald - 925-1864

Team Maine: Marj & Steve Podgajny - 725-87

Racewalking Chair: Tom Eastler - 778-6703

Officials Registration: Pat Droney - 353-5927

Communications: John LeRoy - 725-8680

The President's Corner

by Adrian Wadsworth

By the time this newsletter reaches you we will have a new name, the Maine Association of USA Track and Field. It will seem strange to no longer have to go into a lengthy explanation of what TAC is. Although the new name will solve some of our identity problem on the national level, we will need to keep people reminded of the large number of members that runs the roads and the trails.

Congratulations to Dave Watson on another successful Indoor Track and Field Championships. On February 27 over 170 athletes from all over New England and Canada met at Bowdoin College. This meet continues to enjoy increasing popularity and we intend to gradually improve the format so that it will be able to fill the needs of athletes of all ages and abilities. Towards that end, any comments, either pro or con, would be appreciated.

As part of the indoor meet, we held two races for elite runners - a 5000 meter for men and a 3000 meter for women. These races were the last in a series that were held at several Maine colleges during this winter. We were able to offer prize packages due to the generosity of Olympia Sports. We are looking forward to another series of races this spring and early summer. Events of this nature would not be possible without the hard work of Steve and Marjorie Podgajny. Their work with TEAM MAINE and with coordinating these invitational races are bringing another dimension to athletics in the state.

We continue to benefit from the generous donation of time and expertise of Roger Provencher of Martel and Provencher of Auburn.

Roger audits our books each year and gives us financial advice needed. His assistance with year end federal reporting forms and all red tape that comes with non profit organizations has made our life much easier. Roger has been the perfect compliment to our treasurer Paul Boulanger, who has been keeping our books for many years. As an organization, we are lucky to have these two individuals safeguarding our finances.

This summer we are looking forward to another series of Junior Olympic meets, if you have young people under the age of 14 and want to know if there is a program near you feel free to give us a call. If there are no programs near you, we can give you information on forming your own club. Also there will be a series of developmental meets for adults. There is a division for those over 14, with our State Championship being held on July 10, at the track at UMO.

In this column I mentioned several individuals and organizations. These only represent a fraction of those that contribute to the maintenance and growth of athletics in Maine. However, without continued involvement of people and organizations such as these we would not be able to continue to expand the opportunities available to our athletes. In my mind that is the purpose of this association - to provide evolving opportunities to all athletes regardless of age or ability. If you have any questions or comments on any facet of our program feel free to call me at 224-8296 - between 6 and 8 at night is best.

Team Maine Indoor Development Series a Success

For the first time in Maine running history, a winter track development series was offered to Maine athletes. The goal of the series was to provide an opportunity for Team Maine members and athletes with potential to qualify for Team Maine, to maintain and improve their speed, enthusiasm and focus during the long winter months.

The individual races that made up the series were held as part of collegiate track & field meets with the last race occurring as part of the Maine State TAC Indoor Championships at Bowdoin College. A point system was used to determine the winners of the series with points given for each of the races in the series. Gift certificates from Olympia Sports were awarded to the top 4 in both the men and women's series.

Final results after 3 races for women at 5,000, 3,000, and 1500 meters and 4 races for men at 5,000, 3,000, 1,500 and 5000 meters were as follows:

<u>Women</u>			
1 Tina Meserve	50pts	\$175	
2 Edie Dubord	37pts	\$100	
3 Michele Coromier	20pts	Canada	
4 Marjorie Haney	17pts	\$75	
5 Julia Kirkland	16pts	\$50	
6 Danielle Wood	15pts	Canada	

7 Katie Dean	10pts		
8 Jeanne Hackett	7pts		
9 Jodie King	6pts		
10 Marty Shue	5pts		
11 Joanne Neely	4pts		
12 Jennifer Phillips	1pt	Canada	

<u>Men</u>			
1 Todd Coffin	60pts	\$175	
2 Alan Muir	55pts	\$100	
3 Haris Hardy	20pts	Canada	
4 Jeremy Howard	17pts	\$75	
5 Tim Wakeland	15pts	\$50	

6 Jeff Meserve	10pts		
7 Randy Fisher	7pts		
8 Pete Churney	7pts		
9 Justin Valliere	6pts		
10 Tom Dann	6pts		
11 John Rose	5pts		
12 Paul Fagan	5pts		
13 Kevin McDonald	4pts		
14 Eric Richard	3pts		
15 Rodney Hemingway	2pts		
16 Jesse Randal	1pt		

Women's 1500 Meters

1	Mimi DiPietro	5:03.2
2	Mary Martin	5:27.0
3	Janet Delahun	5:30.6

55 Hurdles heat 1		
1	Heather Wedon	9.1
2	Ulrike Lange	9.4
3	Jessica Bay	10.5
4	Rachel VanBuren	10.5

55 Hurdles heat 2		
1	Sarah Tsika	9.0
2	Tabatha Ror	9.2
3	Natasha Watson	9.3
4	Lindsay Carter	9.7

55 Hurdles Final		
1	Heather Weldon	8.9
2	Sarah Tsika	9.0
3	Tabatha Ror	9.2
4	Ulrike Lange	9.4
5	Natasha Watson	9.5
6	Jessica Bay	10.5

55 Dash heat 1		
1	Cuyler Goodwin	7.5
2	Sarah Tsika	7.8
3	Kate Johnson	7.9
4	Kathleen Pica	7.8

55 Dash heat 2		
1	Jennifer Curtis	7.8
2	Melissa Eaton	8.1
3	Ailei Byers	8.1
4	Lynn Rossi	8.4

55 Dash final		
1	Cuyler Goodwin	7.3
2	Jennifer Curtis	7.8
3	Kate Johnson	7.9
4	Melissa Eaton	8.0
5	Ailei Byers	8.0

The Maine Mile - Girls		
1	Cindy Pomerleau	5:45.0
2	Dristine Guaraldo	5:56.9
3	Kristine Dame	6:11.6
4	Erin Bull	6:20.7

Long Jump		
1	Sarah Tsika	16'2.5"
2	Catherine Till	15'6.75"
3	Jackie Fournier	14'8.25"
4	Ulrike Lange	14'6"

5	Lindsay Carter	14'3.25"
6	Danielle Mills	13'10.25"

Shot Put		
1	Micky Golarneau	26'6.5"

3000 meter		
1	Michelle Cormier	9:56.3
2	Danyelle Wood	9:58.9
3	Tina Meserve	10:02.2
4	Eddie Dubord	10:09.9
5	Julia Kirtland	10:20.6
6	Marty Shue	10:25.3
7	Joanne Neely	10:26.6
8	Katie Dean	10:59.7
9	Marjorie Haney	11:14.8
10	J Phillips	12:06.0

20 # Shot		
1	Mickey Golarneau	17'1"

600 meter		
1	Heather Weldon	1:47.9
2	Jessica Bay	1:54.2
3	Lynn Rossi	1:54.9
4	Laura Doyle	1:58.4

High Jump		
1	Trev Thomas	4'10"
2	Renee Laber	4'10"
3	Kate Johnson	4'8"
4	Laura Doyle	4'6"
5	Cindy Pomerleau	4'4"

300 meter		
1	Jerusha Murray	45.5
2	Kathleen Pica	46.9
3	Melissa Eaton	48.1
3	Tabatha Ror	48.1
5	Mimi DiPietro	48.1
6	Aimee Noel	48.8
7	Ailei Byers	48.8
8	Lynn Rossi	49.1

1000 meter		
1	Norm Pederson	3:17.2
2	Jerusha Murray	3:44.8

Racewalk		
1	Jennilee Warden	10:10.0

Triple Jump		
1	Cindy Pomerleau	31'7.75"
2	D Fournier	31'7.75"
3	Renee Laber	31'0.75"
4	Lucas Carter	30'7.25"
5	Rachel VanBuren	30'1"

6	Aimee Noel	27'7.75"
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MEN'S

1500 meter heat 1		
1	William Dye	4:17.1
2	Bradly Johnson	4:18.5
3	Adam Bourque	4:21.9
4	Robert Hoover	4:26.7

1500 meter heat 2		
1	Bill Sheel	4:00.5
2	Zachary Wright	4:04.3
3	Roly McSorley	4:04.3
4	Patrick Lee	4:04.4
5	Wayne Stewart	4:04.7*

* Canadian 45+ record		
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55 Hurdles Finals		
1	James Cook	8.2
2	Dan Crocker	8.3
3	D Hawes	9.0
4	Tom Webb	9.0

55 Dash Finals		
1	Michael Norman	6.6
2	Jason Wood	6.7
3	Brian Booth	6.8
4	Mony Keth	6.8
5	Ron Cummings	7.1
6	Jeremy Shorey	7.2

55 meter dash - heat 1		
1	Jason Wood	6.8
2	Mony Keth	7.1
3	S Gonzales	7.2
4	William Meehan	7.2

55 meter dash - heat 2		
1	Brian Booth	6.6
2	Ron Cummings	7.0
3	S Ovuchon	7.0
4	B Farris	7.1

55 meter dash heat 3		
1	Michael Norman	6.6
2	Jeremy Shorey	6.9
3	James Cook	6.9
4	D Hawes	7.0

Shot Put		
1	Chris Blanchette	42'2"
2	Cook	41'7.5"
3	Mark Porier	36'7.5"
4	Michael Norman	35'10.5"
5	Daniel Phillips	31'8"

The Maine Mile Men

1	Scott Fowler	4:46.4
2	Jesse Randall	4:54.0
3	D Hawes	5:31.0

High Jump		
1	Brian Elwell	6'2"
2	Neil Willey	6'2"
3	Mark Poirier	6'0"
4	Mike Hume	6'0"
4	Kenneth Hanscom	6'0"

Pole Vault		
1	Dale Nealy	11'0"
2	Adam Sawyer	9'6"

35# Weight		
1	Chris Blanchette	32'4"
2	Gonvalles	18'5.5"
3	R Hemingway	17'11"
4	Eric Richard	16'11"
5	R Hemingway	15'5"

5000 meter		
1	Harris Hardy	15:23.1
2	Alan Muir	15:45.5
3	Jeremy Howard	15:50.7
4	Pete Churney	16:01
5	Justin Valliere	16:21
6	Paul Fagan	16:47.2
7	Kevin McDonald	16:56.8
8	Eric Richard	17:10.7
9	R Hemingway	17:49.3
10	Jesse Randall	17:52.0
11	Kirby Reddin	18:52.5
12	Bill McCalmon	20:40.0

600 meter		
1	Jefferson Munn	1:22.5
2	G Brown	1:22.6
3	Wade Bourdeau	1:31.2
4	Chris Schueller	1:33.4
5	Marcus Worster	1:36.8
6	R Hemingway	1:37.6
7	S Gonzales	1:38.3
8	Tom Webb	1:41.8
9	R Hemingway	1:42.0
10	Christopher Cook	1:43.5
11	Eric Richard	1:49.6

300 meter		
1	Michael Norman	38.1
1	Jason Wood	38.1
3	D Hawes	38.3

IT'S NOT
FOR EVERYONE



JUST DO IT.

4	Brian Booth	38.5
5	Steve Leblant	39.4
6	Caseu Carter	39.6
7	S O'Buchon	41.9
8	Rod Hemmingway	42.1
9	S Gonzales	42.3
10	Ryan Parks	42.9
11	Rick Hemmingway	43.3
12	Ryan Pickard	43.3
13	Marcus Worster	44.1
14	Tom Hamilton	44.7
15	Brett Eisner	44.9

<i>1000 meter</i>		
1	Ryan McCalmon	2:39.1
2	Matt Lane	2:57.7
3	Dennis Smith	3:00.4
4	Brian Lougee	3:07.9

<i>Long Jump</i>		
1	Mike Hume	21'8.75"
2	James Cook	20'8.25"
3	Jeremy Shorey	20'2.5"
4	Dan Crocker	20'1.25"
5	Jason Wood	19'10.5"
6	Thomas Savage	18'7.5"

<i>Racewalk</i>		
1	Kevin Eastler	6:14.9
2	Bill Sheel	6:41.3

3	Mike Hersey	7:03.4
5	David Burns	7:21.4
<i>Triple Jump</i>		
1	Dan Crocker	43'3.5"
2	J Dennis	39'7.75"
3	Brian Elwell	38'1"
4	Richard Jordan	38'1.25"
5	Rick Provost	37'10.25"
6	Jason Horr	36'4"

Masters Events

<i>Shot Put</i>		
1	Vernon Mattson	18'2"
<i>55 meter dash</i>		
1	Vernon Mattson	8.5
2	Ed Pierce	9.0
3	S Sorley	9.4

<i>1500 meter</i>		
1	Dennis Smith	4:44.7
2	Bob Payne	5:05
3	George Devlin	5:08
4	John O'Brien	5:14.0
5	Ray Shevenell	5:20.1
6	Robert Gardner	7:41.1

<i>300 meter</i>		
1	George Devlin	48.2
2	Ray Shevenell	48.3

13 & 14 Events

<i>High Jump Boys</i>		
1	Byron Watson	4'8"

<i>High Jump Girls</i>		
1	Audrey Tikender	4'2"
2	Danielle Mills	4'2"

<i>55 meter Dash Girls</i>		
1	Audrey Tikender	8.2
2	Danielle Mills	8.7

<i>55 Dash Boys</i>		
1	Byron Watson	8.2

<i>600 meter Girls</i>		
1	Natalie Peterson	1:46.5
2	Kathleen McDonough	2:08.3

<i>600 meter Boys</i>		
1	Ryan Pickard	1:37.6
2	Byron Watson	1:57.8

12 & Under

<i>55 meter Dash - Girls</i>		
1	Jennelee Warden	10.21
2	B Howe	10.4

<i>55 meter Dash - Boys</i>		
1	Jim Pedersen	8.2
2	Ryan Campbell	8.5
2	Michael Lansing	8.5
4	B Caron	8.6

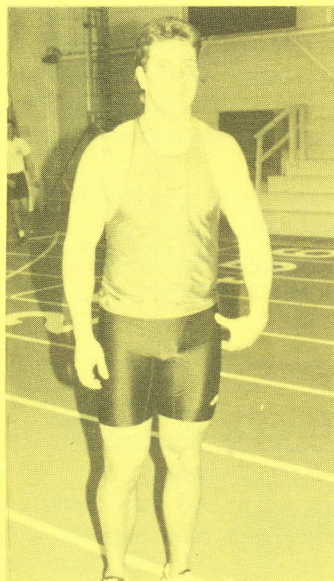
5	Brett Foster	8.6
6	Lucas Caron	8.7
7	Jerry Johnson	9.6
8	Noeh Tsika	9.8
8	Paul VerHoven	9.8
10	Neil Vanston	10.7

<i>Long Jump</i>		
1	Brandon Caron	13'7"
2	Jim Pedersen	12'8.5"
3	Ryan Campbell	12'7.7"
4	Jefferson Howell	11'9"
5	Brett Foster	11'4.5"
6	Michael Lansing	11'1.7"

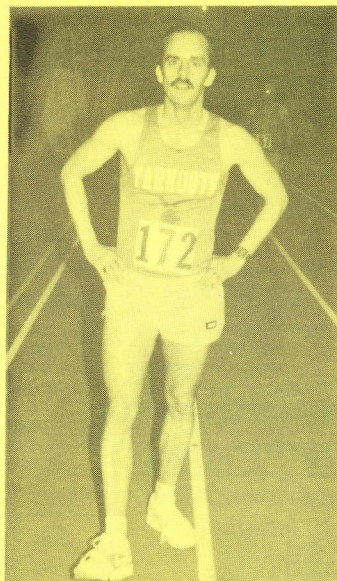
<i>300 meter Girls</i>		
1	Jennilee Warden	65.7
2	Rebecca Howell	71.2

<i>300 meter - Boys</i>		
1	Michael Lansing	53.3
2	Jim Pedersen	53.5
3	Jefferson Howell	56.9
4	Ryan Campbell	59.7
5	Jerry Johnson	69.3
6	Noeh Tsika	71.9
7	Neil Vanston	74.4
8	Paul VerHoeven	75.4

<i>results David Watson</i>		
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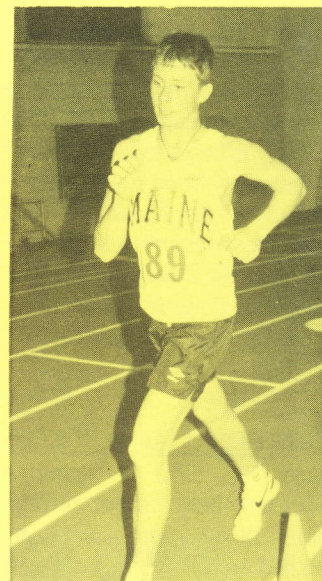
Micheal Norman of Bangor won the 55 & 300 & 4th in shot



Dennis Smith of Gorham won the Masters 1500



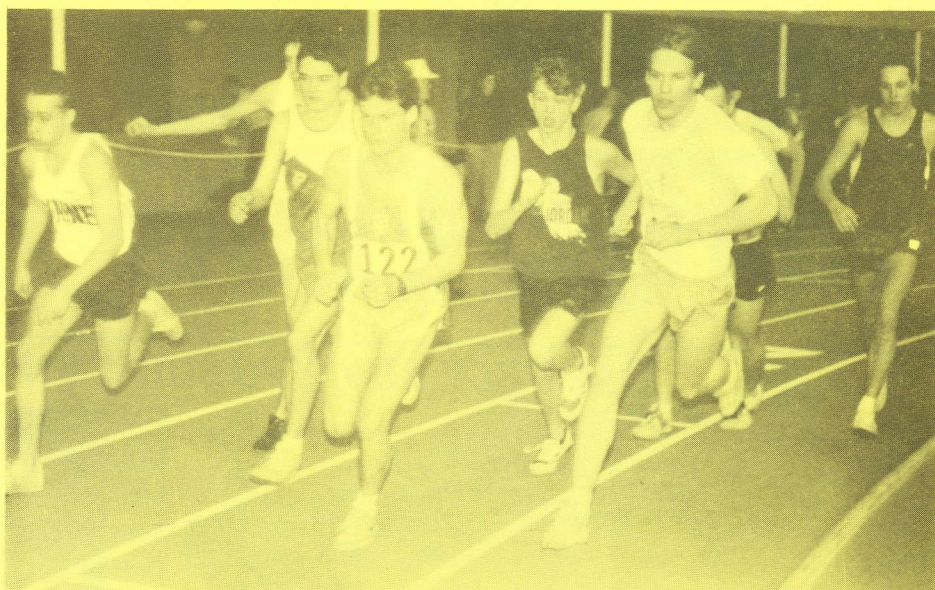
Cuyler Goodwin of Brunswick won the 55 dash



Mike Hessey of Farmington finished 3rd in the racewalk



Jim Pedersen of Brunswick & Mike Lansing of Scarborough were 2nd and 1st in the 300 meter



The 1st heat of the 1500 meters

Are you Fit?

Ask twelve different people what "fit" is and you'll get twelve different answers. Does it mean you can run a marathon or that you eat three balanced meals every day? Not necessarily. Many things that you decide to do or not to do in life determine how healthy you are. You may already be making many smart moves for your health. Most of us though have at least a habit or two we could change to be healthier, particularly in the areas of eating and exercise. What you eat and how much you exercise are often up to you. But it all boils down to this: looking good, feeling good and doing your best.

The decisions you make about food and exercise today can affect your fitness level tomorrow. Are you a fried food fan or do you love fruits, grains, vegetables and dairy foods? Do you drive or get driven almost everywhere you go or would you rather walk, ride your bike or skate somewhere? Questions like these can help you begin to look at your own fitness level honestly. Once you can pinpoint weak areas in your own fitness plan, you can begin to take steps to improve it.

Eating for fitness means getting the recommended number of servings from the five food groups: 6-11 grains, 2-3 fruits, 3-5

vegetables, 3-4 dairy and 2-3 meat. Not only will these servings give you the nutrients and energy you need for such basic functions as breathing, pumping blood and physical activity, but if eaten proportionally from each group, will keep you from getting too much of any one nutrient, such as fat.

Regular physical activity can help improve muscle tone and reduce the chance of developing a weight problem or other chronic diseases, such as heart disease. People who exercise regularly can realize other physical benefits too, such as stronger bones, improved posture and increased flexibility and stamina.

Remember, both physical activity and eating a nutritious diet are important components to maintaining good health and physical fitness.

Fit Eating Tips:

1. Give Me Five! Five food groups that is. They're the basis of any nutritious eating plan and can be used to help you lose, gain or maintain your weight.
2. Key in on breakfast to improve sports performance and grades.
3. Fight snack attacks with foods that count towards your daily intake from the five food groups, such as a microwaved potato topped

By Catherine Hoffmann, Maine Dairy & Nutrition Council

with chili, broccoli and cheese, frozen yogurt topped with strawberries, peaches and granola or a bowl of cereal, skim milk and a banana.

Fit Physical Activity Tips: Participating in a sport such as cross country is great, but the action doesn't have to stop there.

1. Get together with a group of friends and go roller skating or dancing.
2. Help someone else while exercising by raking a neighbor's leaves, walking someone's dog or washing their car.
3. Take the long way home from school while walking or ride your bike instead of taking the bus.

Wondering about your own fitness level? Or want tips to look and feel your best? Then the newly revised YOU booklet is for you! Packed with activities and information on topics such as weight control, exercise and nutrition, these magazine style booklets (there is a male and female version), are designed for young adults who want a guide to food, fitness and fun!

For a free copy (please specify male or female), contact the Maine Dairy and Nutrition Council, State House Station 97, Augusta, Maine 04333, 207-287-3621.

Summer Open Track Meets

Maine USA T&F is organizing it's 1993 track and field meets throughout Maine starting in mid June. Meets are open to all ages and are being planned in Auburn, Bath, Brewer, Portland and Scarborough. Except for the State Championship, meet registration fees are only a \$1 and USA T&F membership is not required. These meets provide an informal non-threatening setting for athletes new to T&F. Experienced T&F athletes frequently use these meets as time trials to test their training status. When available, the schedule will be published in Mainely Running and in the next newsletter.

Maine USA T&F Open Championships July 10th - Orono

Jr Olympic T&F Program

State Qualifiers - Maranacook School

June 19 - ages 10 thru 14

June 20 - ages 15 thru 18

(Heptathlon & decathlon for ages 15 thru 18 will be on 19th & 20th. Multi events for 14 & under will be June 19th)

June 25 - 27 - Region 1 - Bronx NY

July 27 - Aug 1 - Nationals - Baton Rouge

Jr Track & Field (15 & Under)

The 1993 meets will be held every Thursday in July. This is one of the most successful youth programs in the country. In 1992 there were over 30 teams and 1200 athletes participating from all areas of the state. Athletes age 15 & under train as part of a team and compete against other teams in weekly meets. Competitions are held in 2 yr. boys and girls age divisions, including a 8 & under category. If you would like more information or are interested in forming a team in your area, call Ron Kelly on 883-2747 after 5:00 PM. More information and local team contacts will be published in the next newsletter.

August 5th Qualifier Meet TBA
August 14 State Championship UMO

MAINELY RUNNING SUBSCRIPTION FORM

Name _____
Address _____
Telephone _____ Sex _____ US Citizen _____
Check Applicable Sport(s) T&F _____ LDR _____ RW _____
(Track & Field-Long Distance Running-Racewalking)
Signature _____

Todays date _____ Check the applicable box

One year subscription (10 issues) \$17.50 _____

Maine TAC membership \$10 _____ youth \$8 _____

Subscription & TAC \$25 _____ youth \$23 _____

Date of Birth _____ Club _____

TAC memberships are from January 1 through December 31

I certify that in accordance with the rules of TAC and the IAAF, I am eligible to compete in the indicated sports.

Send with check to: MAINELY RUNNING - 2 Howard's Hill Rd. - Brunswick ME 04011 (207)725-8680

Presidential - 5mi - Kennebunkport - March 28th

The winter took a break and gave us some spring-like weather for this race. Without last year's wind, the first 3 men finished under Bob Winn's record. Mick O'Brien (Cathy's husband) and Todd Coffin stayed with Stan Bickford for a couple of miles before his fabulous level of fitness allowed him to surge ahead. The women's race was a mob scene with so many women this close together. A strong 50+ men's field was led by a fine performance by Bob Coughlin. The Kennebunk contingent of the Maine Track Club proved that last year's great race wasn't a fluke and staged another excellent event. Well run - lots of extras. I totally forgot about the youth race and missed taking photos. I understand that many of the youth runners took their medals to school the next day. Course is USA T&F certified

results courtesy of Don Bessey	
1 STAN BICKFORD	29 24:49
2 MICK O'BRIEN	32 24:56
3 TODD COFFIN	31 25:18
4 STAFFAN ELGELID	32 26:04
5 MIKE GRIGWARE	28 26:19
6 TRAVIS LANDRETH	16 27:09
7 JIM TOULOUSE	44 27:18
8 DANIEL FEDER	29 27:30
9 PETE BOTTOMELY	31 27:40
10 DAVID HOWE	18 27:54
11 THOMAS WATKINS	34 28:01
12 STU HOGAN	31 28:15
13 GUY SEGARS	32 28:26
14 RICK REASER	26 28:59
15 MICHAEL RICE	17 29:03
16 TOM HOWARD	16 29:13
17 MICHAEL DINEHART	36 29:14
18 DANE DWYER	35 29:19
19 MITCHELL LOVERING	33 29:23
20 JOEL CROTEAU	49 29:24
21 AARON BALISTRERI	18 29:26
22 MICHAEL REALI	39 29:43
23 MICHAEL CYR	26 30:00
24 DALE DORR	45 30:02
25 ERIC MONTMINY	27 30:05
26 LARRY THOMPSON	39 30:11
27 JOANNE SCIANNA	39 30:13*
28 CHRISTINE SNOW-REASER	27 30:19*
29 JULIA KIRTLAND	28 30:23*
30 PRESTON NOON	18 30:25
31 ALBURN BUTLER	39 30:31
32 DAMON KIMBALL	19 30:38
33 BOB COUGHLIN	54 30:40
34 MOLLY DINAN	17 30:45*
35 MIKE HALLET	16 30:47
36 MARTY SHUE	24 30:51*
37 CATHY ALLEN	26 30:53*

38 TERRY CLARK	48 30:54
39 LAWSON NOYES	51 30:57
40 PETER LEONARD	38 31:02
41 DOUG LUDEWIG	53 31:08
42 MICHAEL SIMENSKY	30 31:25
43 SALLY PERKINS	30 31:25*
44 LARRY KINNER	43 31:26
45 JULIE MCGEE	33 31:27*
46 BILL PAVLISKO	43 31:33
47 PAUL GADBOIS	39 31:39
48 CHRISTINE BRACERAS	30 31:43*
49 ED DOUGHTY	44 31:44
50 BRIAN GEIGER	33 31:47
51 BOB MILLER	48 32:03
52 ROBERT MCCORMACK	41 32:05
53 CHRIS CROVO	34 32:14
54 RONALD PAQUETTE	41 32:18
55 RONALD CEDRONE	44 32:20
56 GREGG KIMBALL	42 32:22
57 JOHN McDONOUGH	31 32:22
58 RICHARD FECOWICZ	37 32:27
59 LARRY SWETT	34 32:29
60 PHIL PIERCE	51 32:31
61 DONALD WILSON	45 32:36
62 ERICH REITENBACH	42 32:38
63 LLOYD LAFOUNTAIN	30 32:42
64 ROBERT DUNFEY	41 32:44
65 RALPH BAXTER JR	30 32:51
66 PAUL CASEY	38 32:53
67 ROBERT HUNT	28 32:55
68 GREG HOLDREITH	30 33:01
69 JOHN BRADY	34 33:02
70 REX HOLTAN	41 33:03
71 WENDY LANE	34 33:04*
72 GEORGE CAMPBELL	46 33:05
73 LESLIE COUTURE	24 33:10*
74 DANIEL HUTCHINS	32 33:14
75 CLYDE COOLIDGE	54 33:18

76 RICHARD SCRIBNER	41 33:27
77 CAROLINE MEEHAN	25 33:31*
78 KENNETH MASHKE	30 33:32
79 CHRIS McDONALD	29 33:34
80 CHRIS ROLFE	30 33:41
81 JODY KING	32 33:46*
82 ANDREW LEIBS	29 33:47
83 PETER BASTOW	56 33:47
84 MARY ANN DOSS	33 33:48*
85 NICK TROUT	30 33:57
86 DAVID KNOX	52 33:58
87 CLINTON SWETT	16 34:03
88 MICHAEL MYRICK	47 34:04
89 BILL MILES	47 34:05
90 CLYDE PARKER	40 34:07
91 BILL MCCALMON	51 34:11
92 DAVID BENN	47 34:12
93 JOHN GRONDIN	24 34:15
94 LARRY ST PETER	48 34:17
95 ERIKA MCCAFFREY	39 34:20*
96 CARLOS PHILBRICK	40 34:21
97 ARTHUR SLOAN	37 34:22
98 GEOFF FINKELS	37 34:25
99 PETER BALETSA	46 34:26
100 STEVE PRZESLICKE	36 34:27
101 ERIC BOWIE	33 34:28
102 SID HAZELTON	31 34:28
103 PETER FLAHERTY	46 34:40
104 MICHAEL GORMAN	24 34:43
105 BETH BURRIS	33 34:46*
106 DAVID ZYGMONT	38 34:55
107 TOM SHORTY	31 34:57
108 JOHN PARKER	61 35:10
109 BRADFORD ADAMS	16 35:12
110 DAVID STEARNS	44 35:13
111 RICHARD FEDION	59 35:16
112 STEPHEN ASSANTE	40 35:21
113 LINDA HEIDAHLE	31 35:24*



**LIGHT AS A BUTTERFLY.
WELL, MAYBE A**



Presidential Race



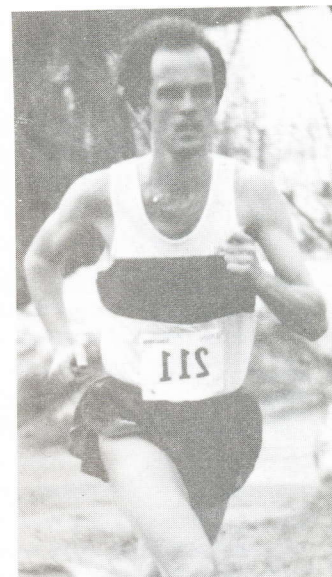
Linda Heidahl - Hooksett NH



Mary Ann Doss is back



Travis Landreth - Newburyport



Millinocket's Staffan Elgelid



Michael Simensky of Portland
& Brunswick's Julie McGee



Thor Nilsen (30) of Cape E & Thomas
Hyland of S Portland



l to r: Saco's Michael Myrick, Paul LeBlanc
of Kittery Pt & Biddeford's Richard Goulet



l tor: Geoff Finkels of New Sharon, Peter Balettra of
Swampscott MA & Arthur Sloan of Eliot



At start: l to r: Stu Hogan of OOB , Todd Coffin of Bath, & winner
Stan Bickford of Wellesley Hills MA

114	JOAN LEE	39	35:27*
115	JENNIFER LAPOINTE	24	35:28*
116	ARCHER WRIGHT	48	35:29
117	DANIEL DEFREES	38	35:31
118	MARK NOWAK	44	35:40
119	BETSY RENSA	37	35:41*
120	RICK BELLEMARE	35	35:42
121	JANET PARKINSON	41	35:56*
122	SARAH NICHOLSON	24	36:00*
123	GREG HARRISON	32	36:07
124	DAVID COOMBS	32	36:07
125	BRUCE WASLICK	32	36:10
126	MALCOLM SMITH	37	36:16
127	DONIC REALI	50	36:16
128	TIM DEMPSEY	27	36:22
129	WILLIAM REES	54	36:25
130	PAUL McDONOUGH	42	36:30
131	ERIC COTE	45	36:35
132	JULIE GAUVREAU	30	36:38*
133	DONNA JUST	36	36:45*
134	JONATHAN DIETZ	46	36:48
135	PAUL LEBLANC	41	36:51
136	ROBERT GREEN	45	36:52
137	RON BEARD	32	36:53
138	BRIGITTE EDQUID	44	36:55*
139	JOHN CHANDLER	65	36:56
140	RICHARD BROWN	39	36:58
141	ANDREW BRACERAS	30	36:59
142	HOWARD SPEAR	43	37:01
143	GEORGE CONLY	44	37:02
144	MICHAEL CROWLEY	42	37:03
145	DAVID NORFLEET	44	37:12
146	RUSS BRADLEY	69	37:23
147	MAUREEN SPROUL	36	37:26*
148	ROB GAVIN	37	37:31
149	RAY TURCOTT	50	37:39
150	GREG PARKER	35	37:43
151	BILL SCHEERER	31	37:46
152	RON PELTON	39	37:48
153	ED JACKSON	33	37:49
154	ROBERT SEDLER	30	37:50
155	BRADY ANDERSON	34	37:51
156	CONRAD WELZEL	39	37:53
157	TIM HARNOIS	10	37:53
158	ELISABETH GENDRON	29	37:59*
159	KATE BERGEN	21	38:03*
160	RON PERRY	55	38:11
161	GARY GIFFARD	34	38:14
162	JOE DYNAN	34	38:34
163	BRUCE MORSE	32	38:41
164	MICHAEL NOBILE	41	38:46
165	BILL WOOD	40	38:50
166	ROBERT HAMILTON	44	38:52
167	PETER SUTCLIFFE	43	38:56
168	CARLTON MENDELL	71	38:57
169	BI TRAN	41	39:01
170	SALLY HENDERSHOT	33	39:09*
171	BRIAN COSGROVE	36	39:14
172	WILLIAM HARRISON	38	39:14
173	JAYSON ESTY	32	39:15
174	STEPHEN EBLING	34	39:16
175	EDWARD JACCOMA	36	39:17
176	TOM COLLINS	49	39:18
177	STEVEN HENSON	43	39:20
178	MARY COOLIDGE	24	39:22*
179	ANDREW COFFIN	25	39:25
180	CHARLES GLOVER	55	39:29
181	CLYDE SCAGGS	44	39:33
182	DEAN FARRAR	40	39:35
183	ELAINE GUILLEMETTE	43	39:36*
184	ARLIN KENT	41	39:44*
185	PEGGY HOLDEN	35	39:52*
186	ALAN GAUVREAU	32	39:52
187	BETSY ROGERS-KNOX	43	39:54*
188	THOR NILSEN	45	39:56
189	THOMAS HYLAND	38	39:56
190	BRIAN WORMWOOD	41	40:13
191	JUDY MANNING	30	40:16*
192	WARREN WILSON	59	40:27
193	BOB CUSHMAN	55	40:32
194	MIKE TONKOVIC	43	40:35
195	ROB SHEEHAN	35	40:37
196	ERIN THOMPSON	17	40:37*
197	DON KENT	40	40:41
198	RICHARD GOULET	37	40:42
199	RICHARD CARON	39	40:44
200	EDWARD FRANCIS	50	40:45
201	THOMAS TIBBETTS	35	40:47
202	STEVE BURRIS	43	40:49
203	DONNA ELDRIDGE	28	40:51*
204	NORM HOWE	39	40:53
205	JANE RASMUSSEN	56	40:58*
206	ERIC LABELLE	29	40:59
207	DAVID SPOFFARD	42	41:08
208	DAVID GOLDSMITH	41	41:09
209	ALAN MADDAUS	47	41:28
210	JOHN GAGNE	34	41:37
211	CARL MOOERS	40	41:52
212	DAVID BREAUULT	48	41:52
213	JAMES DUMONT	38	42:00
214	MARGUERITE COMERFORD	53	42:02*
215	RALPH BUTTS	31	42:04
216	ELITE		42:05
217	SUSAN GILMAN	28	42:08*

218	SARAH MASON	16	42:14*
219	ANN BLANCHARD	35	42:15*
220	RICHARD JOYAL	29	42:17
221	PATRICIA BRUNS	38	42:24*
222	HANK WELZEL	66	42:25
223	WILLIAM SPROUL	35	42:36
224	ROLAND MICHAUD	45	42:36
225	ELIZABETH CROWLEY	17	42:39*
226	JEAN THOMAS	57	42:42*
227	MALCOLM WASHBURN JR	39	42:42
228	AMY LEVESQUE	25	42:43*
229	RACHEL HARTSTONE	24	42:46*
230	COLLEEN BRADY	29	43:01*
231	FRANCIS BEAUDOIN	42	43:09
232	JIM MACDONALD	42	43:14
233	PATRICIA MASTERSON	40	43:16*
234	MATT HOFFNER	37	43:20
235	NANCI DANNA	40	43:23*
236	LINDA HOWE	40	43:23*
237	TIMOTHY ROBBINS	31	43:23
238	STANLEY SIMPSON	45	43:29
239	ROBERT CROWELY	46	43:29
240	ROBERT WOODMAN	45	43:30
241	BRUCE BERGEN	51	43:30
242	PAULA LEPORE	45	43:39*
243	DEBORAH MAYS	24	43:39*
244	ROBERT CUSACK	32	43:48
245	CHRISSE ENGERT	26	44:06*
246	ROBERT McCLEARY	36	44:08
247	JOANN HERTFORD	33	44:09*
248	POLLY KENNISTON	56	44:12*
249	KATHRYN YATES	42	44:22*
250	KATHY CHABOT	47	44:40*
251	RICK McAVOY	27	44:59
252	DANNY MAHEUX	14	45:08
253	JESSICA MAHEUX	15	45:09*
254	SANDY UTERSTROM	49	45:10*
255	KEVIN HANLEY	33	45:34
256	PATTY BIRD	36	45:35*
257	TERRI GRIFFIN	32	45:38*
258	MARIANNE GAGNE	52	46:04*
259	ROBERT WYMAN	56	46:23
260	MAGGIE SOULE	51	46:25*
261	KELLY BEHEAR	31	46:45*
262	SHAWN LOOBY	37	46:45
263	ADDIE MYRICK	15	47:02*
264	MATHEW COSENZA	31	47:03
265	ASHLEY DOANE	11	47:22
266	STEPHEN DOANE	47	47:41
267	PAMELA KINNER	33	47:43*
268	KHALEEN BLAKE	52	47:57*
269	TODD SMITH	44	48:14
270	CHERYL GILBERT	44	48:15*
271	BEVERLY DOUGHTY	41	48:20*
272	ANDREA ESTY	27	48:23*
273	RONALD ROY	43	48:30
274	SUSAN SOULE	29	48:37*
275	CURTIS RICE	28	48:38
276	SUSAN SCHNEIDERS	24	48:56*

277	AMY WIRTH	24	48:57*
278	CAROL PERRY	45	49:06*
279	JOHN OPPER	60	49:27
280	DIANE DUSINI	30	49:40*
281	GEORGE HILLS JR.	34	49:54
282	NANCY PRIOR	26	50:09*
283	DONNA MOULTON	44	50:31*
284	DEBORAH MASON	40	50:58*
285	PATY STEWART	34	51:27*
286	DOLORES BILLINGS	62	51:32*
287	CARL LEE	49	51:42*
288	JOHANNE HASELTINE	39	52:57*
289	BARRY HAZEN	42	53:00
290	LISA AMENDOLARA	29	53:01*
291	DEE COUGHLIN	46	53:01*
292	CHRISTINE DETROY	64	53:07*
293	MARIE DERICE	39	53:33*
294	NANCY CAMERON	47	55:34*
295	MARY WOODMAN	42	55:35*
296	NANCY DANYICK	43	67:35*
297	MARY-LOU BERNIER	48	67:35*
298	DEBORAH MCGAREY	39	68:08*
299	AL WOODMAN	72	77:56
300	ROSE BEDARD	41	77:57*
301	CINDY DUES	35	82:24*
302	EVERLYN COLE	39	82:25*
303	MAGGIE GEE	54	82:25*
304	JANICE BOLDUC	41	82:26*
305	MARY COMPTON	33	82:28*

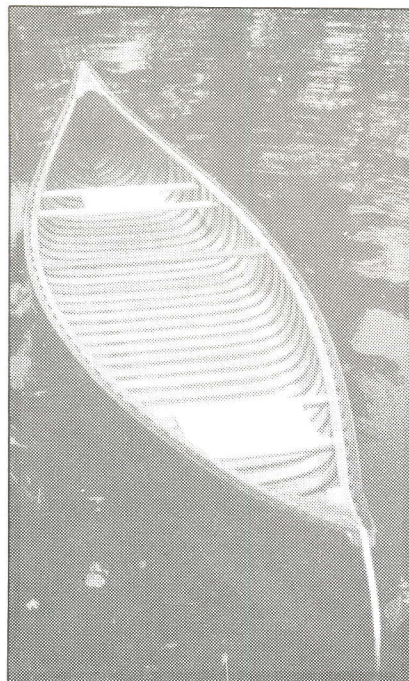
Kid's 1K

Girls

1	Molly Landreth	10	4:50
2	Maureen Parker	10	4:53
3	Katy Jackson	9	4:55
4	Rebecca Sproul	7	5:16
5	Morgan Welzel	8	5:27
6	Margaret Crowley	7	5:43
7	Kara Conly	9	5:51
8	Christa Jackson	7	5:53
9	Sarah Mahar	8	5:56
10	Jessica Parker	10	6:02
11	Jennifer Roy	10	6:47
12	Jennifer McDonald	5	7:20
13	Gabbie Just	4	7:51
14	Jackie Just	5	8:07
15	Kelley Monahan	9	8:41
16	Kayla Parker	4	10:33

Boys

1	Alex Dann	12	4:01
2	Kenneth Whitney	11	4:03
3	Dan Aderman	12	4:09
4	Jonathan Howard	9	4:16
5	Adam Bean	10	4:40
6	Chris Conly	11	4:47
7	Michael Crowley	9	4:51
8	Cory Bean	7	4:59
9	Christian Hancock	6	6:00
10	Patrick Kessell	8	6:42
11	Graham Hancock	9	9:24



RUNNING, BOATING, CAMPING:

THEY ALL FIT
TOGETHER AT



HIGH ST., Ellsworth

Killarney's 10K - Waterville - April 4th

Todd Coffin ran this race all alone but set a course record anyway. He even had to buck a strong head wind going out. This race was postponed from March 14th because of the "blizzard." The postponement coupled with poor weather forecast for the weekend kept numbers well below normal. Except for the finish, which goes around the hotel, the course was free of ice and snow. The transition to daylight savings time was successfully made by all except Louisa Dunlap. Showing up late, she ran the course anyway, with her dog, Jake. Course is USA T&F certified

results -race director Tom McGuire								
1 Coffin	Todd	31 32:29	24 Chapin	Jon	34 40:46	48 Pratt	Skip	39 46:21
2 Richardson	Jerry	36 34:07	25 Pinkham	Bill	50 40:50	49 Hendricks	Mary	33 46:28*
3 Rogers	Cliff	34 34:18	26 Twombly	Bruce	40 40:58	50 Drinkwater	Stan	52 46:42
4 Dearing	Dan	31 34:45	27 Bachorik	Bob	49 41:21	51 Moore	Jim	49 46:46
5 Keenan	Shawn	31 35:26	28 Brantner	Karl	38 42:00	52 Terp	Douglas	31 46:56
6 Strong	Ben	20 35:37	29 Scribner	Richard	41 42:34	53 Alex	Mark	33 47:06
7 Segars	Guy	32 35:54	30 Rossignol	Lee	38 42:42	54 Kneeland	Nancy	38 47:08*
8 Nicholson	Bruce	32 36:22	31 Pickard	Brian	37 42:45	55 Sproul	Maureen	36 47:33*
9 Lovering	Mitch	33 36:53	32 Gillespie	Bob	54 42:51	56 Atlee	Ed	53 47:34
10 Smith	Barnett	21 37:08	33 Mashke	Ken	30 42:58	57 Mendell	Carlton	71 48:22
11 Davee	Rick	37 37:31	34 Preble	Jeff	39 43:24	58 Goding	Ryan	15 48:37
12 Jordan	Robert	32 38:07	35 Brosius	Bob	40 43:49	59 Lynch	Kim	33 48:40*
13 Heathers	Shane	16 38:22	36 Hess	Tony	42 44:03	60 Aderman	Dan	12 48:45
14 Wheaton	David	40 38:25	37 Lynch	Lonnie	33 44:09	61 Kay	Mike	43 49:13
15 Mills, Jr.	Jeff	19 39:16	38 Randall	Jesse	17 44:32	62 Mills, Sr.	Jeff	46 49:21
16 Millard	Julie	29 39:28*	39 Schwerdel	John	47 44:43	63 Crosby	Rob	44 49:50
17 Spencer	Randy	31 39:35	40 Benn	David	47 44:57	64 Demmons	Vern	46 50:57
18 Larson	Gary	48 39:43	41 Doolittle	Leslie	35 45:05*	65 Washburn	Malcolm	39 50:59
19 Parker	Courtney	38 39:51	42 Sproul	Bill	35 45:08	66 Wilson	Warren	59 52:11
20 Ludewig	Doug	53 39:58	43 Login	Nancy	43 45:11*	67 Haskell	Bob	43 52:31
21 Wilson	Randy	40 40:12	44 Dall	Paul	51 45:18	68 Mancoux	Sherry	21 54:00*
22 Ellis	Jim	43 40:23	45 Lee	Bill	40 45:33	69 Hyer	Alton	45 58:48
23 Fone	Scott	32 40:39	46 Cummings	Dick	55 45:45	70 Clinch	Mark	36 60:51
			47 Hill	Geoff	46 45:59			

Frostbite "Two" 3.5 miles - Ellsworth - March 13th

This race beat the big winter of '93 storm by a couple of hours. The storm did, however, ruin my big plans to make this race and then head for Waterville for the Hall of Fame banquet that night, (which was cancelled after all) stay overnight and run Killarney's on Sunday morning. I will make one of these Ellsworth races yet! Bangor's Channel 2 weatherman Pete Churney and Steve Conner took an early lead. Steve soon dropped back and by the turnaround the finish order had been established. Cliff Rogers, who is running very well, had caught and passed Jim Newett at the halfway mark but knew he wouldn't be able to catch and pass middle distance specialist Churney. Cliff prefers the longer distance races.

results - Downeast Family YMCA								
1 Pete Churney	16:31		43 Brenda Bailey	25:26*		50 Phil Sawyer	28:55	
2 Cliff Rogers	16:41		44 David Lawler	26:01		51 George Hills Jr	29:56	
3 James Newett	16:50		45 Robert Myers	26:33		52 Albert Goodrich	31:20	
4 Rick Miller	16:58		46 Norman Fitzgerald	26:54		53 Andy Beardsley	31:40	
5 Steve Conner	17:18		47 Andrea Pelletier	27:22*		54 Erin Wilbur	31:43*	
6 John Emerson	17:37		48 Ann Bacon	28:15*		55 Brooke Newenham	34:02*	
7 Paul Turner	17:44		49 Lee Sawyer	28:55*		56 Anna Snow	34:19*	
8 Peter Dauphinee	17:45							
9 Jack Frost	17:47							
10 Robert Jordan	17:55							
11 Michael Thompson	18:10							
12 Chris Holt	18:17							
13 Larry Tonzi	18:32							
14 Dan Carter	18:46							
15 Christopher Jones	18:50							
16 Norm Hawes	18:58							
17 Bill Pinkham	19:12							
18 Tim Reid	19:15							
19 Catherine Galipeau	19:36*							
20 James Walls	19:41							
21 Dwight Brown	19:52							
22 Frank Bragg	20:01							
23 Rick Cegelis	20:06							
24 Greg Herz	20:12							
25 George Claude	20:24							
26 Brent Brailley	20:27							
27 Dale O'Neal	20:37							
28 Sheila Hodges	20:42*							
29 Sam Brown	20:43							
30 Nicole Stevens	20:46*							
31 Stephen Marquis	20:47							
32 David Hawes	20:53							
33 Tom Kirby	20:57							
34 Casey Dexter	21:03							
35 Dennis Wellman	21:14							
36 Larry Cobb	21:52							
37 Kenneth Whitney	22:01							
38 Stacy White	22:09*							
39 Mary Jane Ackley	23:05*							
40 Ed Raymaker	23:13							
41 Michelle Jewers	23:23*							
42 Doug Pennock	24:15							



EYE ASSOCIATES

Dr. Ronald M. Cedrone
Dr. Steven A. Goldstein
Optometrists

152 Middle Street
Portland, Maine
773-2020

Monday-Friday 8:30-5:00
Tuesday evenings until 8:00
Saturday 9:00-1:00

COMPLETE FAMILY VISION CARE

- specializing in contact lenses and pediatric optometry
- large contact lens inventory
- widest selection of fashion frames in Portland
- optical lab on premises for convenient service

Killarney's 10K



l - r: Bob Bachorik of Farmington, Karl Brantner of Lisbon, Warren's Vern Demmons & Portland's Dan Aderman



l - r: Colby College track team's Ben Strong & Barrett Smith break the wind for a pack



l - r: John Schwerdel, Dick Cummings & Stan Drinkwater - all Central ME Striders



l - r: Alton Hyer of Augusta & Rob Crosby of Manchester



Skowhegan's Jeff Mills Sr & Maureen Sproul of New Gloucester



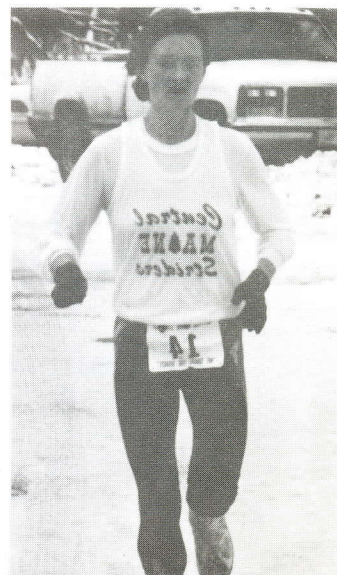
Jerry Richardson - Montpelier Vt



Leslie Doolittle of Belfast



Todd Coffin of Bath



Julie Millard of Waterville

Sully's 5K - Portland - March 21st

The "Blizzard of '93" forced the postponement of this race and then it was snowing and wet on race day. Last year's inaugural event attracted 270 finishers but having to reschedule, poor weather conditions and, perhaps, higher registration fees significantly reduced the turnout. This flat, out and back course run on Stevens Ave is fast. Certifying the course would make it an even more appealing race.

results courtesy Bill Skerrett		22 Lawson Noyes	20:21	44 Howard Speer	22:42	66 Ralph Butts	25:21
1 Mike Gregware	16:05	23 David Dowling	20:24	45 Jon Dietz	22:45	67 John Kennett	25:35
2 Roland Thibault	16:10	24 James McCorkle	20:25	46 Mike Nobile	22:55	68 Mike Moroney	25:39
3 Allen Muir	16:40	25 Carol Hogan	20:27*	47 Charles Carr	22:57	69 Sally Paterson	25:45*
4 Mike Megelas	16:59	26 Rick Meinking	20:41	48 Don George	22:59	70 Paul Michaud	26:01
5 William Boucher	17:44	27 Kerry Croft	20:43*	49 Dan Sullivan	23:09	71 David Mosley	26:03
6 Jim Bunnell	17:57	28 Jon Runell	20:53	50 Peter Walker	23:20	72 Ken Loveitt	26:26
7 Tom Howard	17:58	29 David Paul	21:07	51 Mark Franco	23:25	73 Ron Read	26:37
8 Ray Kusche	18:01	30 Frank Thiboutot	21:09	52 Richard Reno	23:27	74 Scott Rogers	26:48
9 Ray Sims	18:07	31 Dale Rines	21:11	53 Tom Fickersen	23:29	75 Joe Coyne	26:53
10 Joel Croteau	18:12	32 Rich Suter	21:14	54 Phil Jones	23:29	76 Stanley Simpson	27:35
11 Tim Jordan	19:17	33 Kathy Jenkins	21:19*	55 Eric Altholz	23:30	77 Norm Deschambeault	27:56
12 Bill Paulisko	19:19	34 Dan Fitzgerald	21:22	56 Fitzgerald	23:37	78 Charles Calli	27:59
13 Paul Gadbois	19:23	35 Garrett Seahill	21:30	57 Mike Auger	23:57	79 Steve Collins	28:42
14 Sam Tedford	19:27	36 Bill McCulmon	21:31	58 Sandra Little	24:02*	80 Al Melliken	28:49
15 Marjorie Haney	19:29*	37 Richard Downs	21:37	59 Philip Foley	24:08	81 Dave O'Donnell	31:00
16 Peter Cheney	19:32	38 Tom Shorty	21:39	60 Mauren Sproal	24:16*	82 Gavin Stone	32:12
17 Matt Stetson	20:00	39 Paul McDonough	21:48	61 Neal Workman	24:26	83 Ron Stone	32:12
18 Dan Barker	20:04	40 Chris Collins	21:52	62 Mike Violette	24:27	84 Don Penta	32:48
19 Jeff Paul	20:11	41 Nancy Lund	21:58	63 Ricky Meinking	24:54	85 Marsha Wood	34:37*
20 Larry Barker	20:14	42 Paul Edwards	22:01	64 Tom Hyland	24:56	86 Debbie Johnson	34:39*
21 Ralph Baxter	20:16	43 Peter Hall	22:36	65 Thor Nelson	24:57		

Lepprechaun Loppett - Sugarloaf - 12K Ski - March 28th

results courtesy Buzz Davis		14 Mark Danyia	39:57	28 Jeff Fultz	43:57
1 Ken Woodard	37:04	15 Mike Avery	40:21	29 Bob Pickart	45:11
2 Ben Dunlap	37:11	16 Douglas Zinchuk	40:42	30 Micum Davis	45:28
3 John Mathieu	37:56	17 Will Traffton	40:43	31 Tom Page	45:29
4 Karl Johnson	37:59	18 Jefferson Geothals	40:45	32 Alice Goodwin	46:24*
5 Raul Siren	38:00	19 John Frachella	40:58	33 Ron Cochrane	47:03
6 Dan Works	38:13	20 Tammy Andrews	41:03*	34 Owen Haskell	46:14
7 Bruno Roy	38:29	21 Russ Matlock	41:31	35 Scott Dolan	47:32
8 Sean Skaling	38:46	22 Sue Foster	41:46*	36 Ben Traffton	47:47
9 Mike Simoneau	39:05	23 William Schwartz	41:50	37 Lani Love	49:04*
10 Patrick Coke	39:36	24 Peter Gagnon	42:04	38 Darren Hartford	51:45
11 Ron Newbury	39:42	25 Chris Dorion	42:12	39 Jennifer Dorsey	52:41*
12 Dennis Corbeil	39:45	26 Brian Dumais	43:20	40 Burt Kettle	64:22
13 Jeff Libby	39:53	27 Eli Walker	43:46		

SPORTLINE

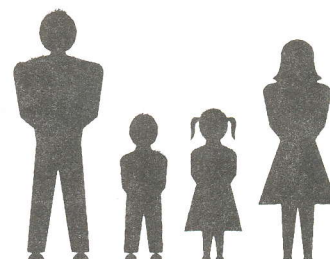


ROUTE 1 • P.O. BOX 253

WISCASSET, MAINE 04570



FIRST ANNUAL 5K ROAD RACE AND FAMILY FUN RUN/WALK



Please join us in this first annual 5K road race and family run/walk to benefit the YMCA equipment fund. We need your encouragement and support, so please help make this years race a huge success!

Date:

Saturday May 15, 1993

Start Times:

D

Fun run/walk starts at 10:15am

O

Road Race starts at 11:00am

W

Location

N

E

The Down East Family YMCA (located on Rt 1A in Ellsworth) 3.1 (5K) Miles course of flat and rolling hills along the shore road. Wheel measured - Out and Back course to the YMCA.

A

Registration Fee:

S

T

F

A

M

I

L

Y

Y
M
C
A

Fun run/walk: \$3.00

Road Race: \$6.00 Registration begins at 10:00am. T-Shirts to the first 25 to pre-register, for the road race. Checks should be made out to the Down East YMCA and be forwarded with the registration form to P.O.Box 25 Ellsworth, ME 04605.

Facilities:

Restrooms and showers at the YMCA. Hot and cold drinks available, and Awards will be given after the race.

Awards:

Medals to the top 5 runners Male/Female and ribbons to all fun run/walk participants.

10-under; 11-14; 15-18; 19-29; 30-39; 40-49; 50-59; 60-over

REGISTRATION FORM

In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against sponsors and official volunteers for any and all injuries suffered by me in the above named road race.

Name: _____ T-shirt size S M L XL (FIRST 25 PRE-REGISTERED)

MAILING ADDRESS: _____ AGE (as of May 15, 1993) _____

SIGNATURE: _____ MALE/FEMALE _____ PHONE # _____

Parent or guardian if under 18 years of age:

Y OXFORD HILLS YMCA

14TH ANNUAL WOODY ALLEN MEMORIAL ROAD RACE

(in memory of Woody Allen of South Paris, Maine)

FUN AND FITNESS FOR THE WHOLE FAMILY!

DATE: Sunday, May 23, 1993

TIME: 10:30 a.m. Check in and registration day of race
Noon: 1 Mile Fun Run • Fitness walk after
1:00 p.m. 5K Race

PLACE: Norway Savings Bank
132 Main Street
Norway, Maine - start & finish

ENTRY FEE: \$5.00 - 1 Mile Fun Run/Walk
\$8.00 - 5K Race

FEATURES : Free Massages
Water Stops
Computer Results
Results published in newspapers

**T-Shirts provided to first 100
who Pre-Register by May 7.**

FACILITIES: Restrooms in Town Office
First Aid Services On-Site

RACE DIRECTOR: Glenn Henderson

1 MILE FUN RUN OR FITNESS WALK:

12 & under
13 - 16
17 - 35
36 & over



5K (3.1 Mile)

15 & under
16 - 25
26 - 35
36 - 45
46 & over

AWARDS to 1st, 2nd, 3rd place in
each division/each race. Male and female,
and overall oldest and youngest participant.
Presentation following 5K Race.

EVERYONE WELCOME!

Those not interested in competitive
racing are welcome to register to walk
the courses for fun, fresh air and exercise!

**Special Thanks to our Corporate Champion, Norway Savings Bank
For Sponsoring this Community Event**

REGISTRATION FORM: 14TH ANNUAL YMCA WOODY ALLEN MEMORIAL RACE
TO AVOID DELAYS, PLEASE FILL OUT COMPLETELY!

1 MILE FUN RUN _____ 5K RACE _____ FITNESS WALK _____ NAME _____

ADDRESS _____ PHONE _____ WK _____

AGE _____ SEX: MALE _____ FEMALE _____ SHIRT SIZE _____ (sm, med, lg, x-lg)

I understand that the YMCA cannot be responsible for loss of personal property by theft, damage, or other casualty. By participating in this event, I acknowledge and assume the risk of injury associated with athletic events commonly called road races and in particular the Oxford Hills YMCA Woody Allen Races. I therefore waive any and all claims for myself, my heirs and assigns against the Oxford Hills YMCA, YMCA Woody Allen Race Officials, volunteers or corporate sponsors which may arise out of my own physical limitations, ability, conditioning or other personal negligence under the circumstances and risks of this competition. I certify that I am in good physical condition appropriate to the athletic event for which I am registering.

DATE _____

SIGNATURE (Parent/Guardian if under 18) _____

MAIL TO: OXFORD HILLS YMCA, P.O. BOX 208, NORWAY, MAINE 04268 • 207-743-7184

 **Norway Savings Bank**
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WE APPRECIATE YOUR SUPPORT:

All proceeds benefit your YMCA and enable
us to provide quality programs and services
for all ages in 8 Towns.

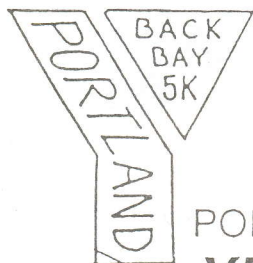


MTC Results

5th Annual

PORTLAND YMCA BACK BAY 5K RUN/WALK

FRIDAY EVENING MAY 28, 1993 7:00 P.M.
BAXTER BOULEVARD LOOP



PORTLAND
YMCA

Course Certified

SPONSORED BY:

Shop'n Save



PROCEEDS TO BENEFIT THE PORTLAND YMCA'S YOUTH SCHOLARSHIP FUND

RUNNERS AWARDS - MALE & FEMALE

18 and under	40-49
OPEN - 3 places	50-59
30 - 39	60 - over

Special award for youngest boy and girl finisher.

DOOR PRIZES: Drawn from the registrations of runners and walkers

WALKERS AND RUNNERS ENTRY FEE \$8.00

WOMEN — After the race enjoy a whirlpool, steam & sauna at the Y's new locker room.

T-SHIRTS TO ALL RUNNERS/WALKERS WHO REGISTER POSTMARKED BY MAY 20th, 1992.

Registration: Closes at 6:00 pm @ YMCA, and 6:30 @ Boulevard Parking Lot day of the race. Parking: Two hours free parking at the Gateway Parking Garage. Race Packets: Runners and Walkers may pickup number/button after 12:00 pm to 6:00 pm at the YMCA on day of run/walk. Facilities: Locker rooms at YMCA – available pre and post race/walk.

Refreshments and Awards ceremony held in YMCA gym following Run/Walk.

Director: Kee Kee Bailey (w) 874-1111 (h) 657-4739

Results will be in *Mainly Running*

ENTRY FORM

Name: _____
(please print)

Address: _____

City: _____ State: _____

School/Club: _____ Zip: _____

Age: _____ Telephone #: _____

Make checks payable to: Portland YMCA
Mail completed forms and payment to:

PORTLAND YMCA
P.O. Box 1078
Portland, ME 04104

Male ☐ Female ☐ Runner ☐ Walker ☐ T-Shirt Size: Sm. ☐ Med. ☐ Lg. ☐ X-Lg. ☐
NET Employee ☐

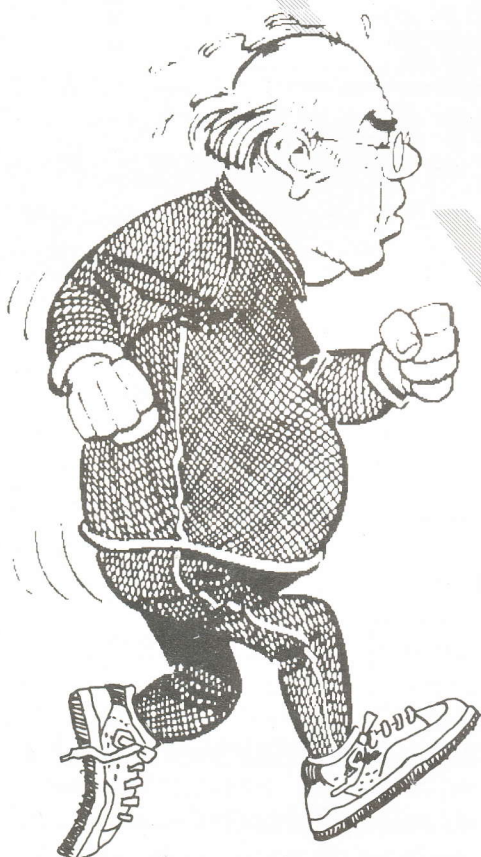
In consideration of this entry being accepted, I hereby for myself, my Heirs, Executors, Administrators, waive and release any and all rights and claims for damages I may have against the organization holding this event, its Agents, Representatives, Successors, and Assigns for any and all injuries suffered by me at said meet. Parents must sign for runners under age 18. The right to reject any entry is reserved.

Signature: _____ Date: _____

Come join the...

Dexter Shoe

8-Mile Run



10:00 AM
Saturday
May 29, 1993

Tillson True
Value Hardware

Main Street, Dexter

ENTRY FEE

\$5.00 Pre-registration
\$7.00 Day of the race.

RACE DAY REGISTRATION

9:00 - 9:45 a.m. in front of
Tillson True Value
Hardware, 386 Main
Street, Dexter.

AGE CLASSES Male and
Female categories for each:
19 & under; 20-39; 40-49;
50 and above.

PRIZES Awarded for
each age class category. No
duplication of prize.

RAFFLE All racers have a
chance to win; your bib
number is your ticket.

COURSE Approximately
8 miles of rolling terrain
circling scenic Lake
Wassookeag.

CO-SPONSORS Dexter
Merchants Association and
other local businesses.

CHILDREN'S RACE

10:05 a.m. - approximately
1 mile. 16 & under. \$2.00
registration fee. Divisions
will be announced. Prizes
will be awarded to all
participants.

RESULTS Published in
Mainly Running.

*T-shirts or hats to first
50 registrants. For
more information, call
924-7359.*

WAIVER & ENTRY FORM

In consideration of acceptance of this entry, I hereby for myself, my heirs, my executors, and administrators waive and release any and all claims for personal damage I may have against Dexter Shoe Company, Dexter Merchants Association and the Committee for the Dexter Shoe 8-Mile Run. I attest and verify that I have full knowledge of the risks in this event and I am physically fit to participate in this event.

NAME _____ AGE _____ SEX _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

FEE PAID _____

SIGNATURE _____

PARENT/GUARDIAN IF UNDER AGE 18

Please make checks payable to Dexter Merchants Association, 386 Main Street, Dexter, ME 04930.

© Dexter 1993



Club #137

CENTRAL MAINE STRIDERS, INC.

Proudly Announce The 12th Annual

"APPLE BLOSSOM 15-K"

& 4 1/2 Mile "APPLE BUD"

Monday, May 31, 1993 — 8:00 a.m.

Monmouth Academy — off Rt. 202



Club #480



On and on, year after year, Striders Doug & Nancy Ludewig keep this great tradition alive. It's been a few years since this was first held in 1976, but "the hill" at mile 6 in the 15-K remains one of Maine's legendary tests of your running spirit! The little 4 1/2 miler is perfect for those not ready for over 9 miles, and last year Dennis Croteau took 1st place over fellow strider Mitch Lovering while Julie McGee took women's honors.

ENTRY FEE: \$6.00 Both events — Pre-registration to May 26th (Free T-shirts to 1st 50 entries).

Race day registration 7 a.m. on -

RACE DIRECTOR: Doug Ludewig (933-4416 / 933-4677) Volunteers welcome!

SPONSOR: "CHICK ORCHARDS" of Monmouth

COURSE: 15-K Certified (ME 89003 GN) Starts/ends near academy, flat 1st half, rolling hills through 2nd half. / 4 1/2 Miler — Several short hills, both races same course for 1 1/2 miles!

FEATURES: Time splits, water stops, changing rooms, restrooms & cold showers available. Refreshments following race.

AWARDS: Both events — 1st Male & Female finisher — 1st Male & Female in various age groups.

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

RACE HISTORY — 15-K				★ Course Records
1976				
Ralph Thomas	50:12			
Rose Deblois	1:22:48			
1977		1980		
Bruce Freme	50:57	Ralph Thomas	50:45	
Wendy Davis	1:11:17	Marsha Giglio	1:05:27	
1978		1987		
Bruce Freme	50:47	John Fitzgerald	50:48	
Faye Gagnon	1:14:37	Anne-Marie Davee	1:10:21	
1979		1988		
Bruce Freme	48:29*	Neil Miner	56:29	
Marsha Giglio	1:05:21	Lynn Gentling	1:07:39	
		1989		
		Steve O'Connell	54:50	
		Connie McLellan	1:04:09	
		1990		
		Pat Sullivan	52:33	
		Lori Butterfield	58:47*	
		1991		
		Bob Winn	48:37	
		Rosalyn Randall	1:08:36	
				Master's record
				Ralph Thomas 50:12 (1976)
				Wendy Sayres 1:09:55 (1979)

Waiver & Entry Form — Apple Blossom 15-K

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: _____

_____ 15-K Event _____ 4 1/2 Mile Event

SIGNATURE

PARENT or GUARDIAN if under 18

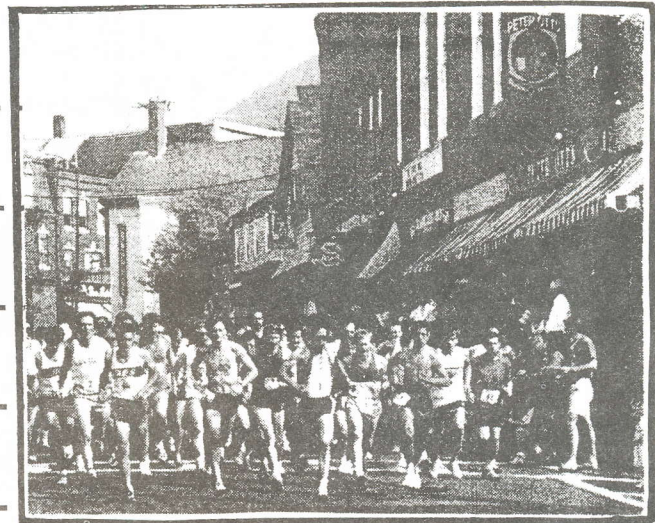
Monmouth Academy • RFD #1, Box 258 • Monmouth, ME 04259 • 933-4416

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 1 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

10th Annual Bar Harbor Spring 5K and Fun Run

Date: Saturday, June 12, 1993

Time: 9:45 a.m. 1 mile fun run for children 12 and under
10:30 a.m. 5K race

Course: 5K is wheel measured; in town course; flat terrain

Pre-registration: \$7.00 for 5K race (free t-shirt to first 100 entrants)
MDI YMCA \$5.00 for fun run (free t-shirt to first 100 entrants)
PO Box 51 Make check payable to MDI YMCA.
Bar Harbor, ME 04609

Race Day Registration: Fun Run 8:45-9:30 \$6.00
MDI YMCA 5K Race 8:45-10:15 \$8.00
23 Mt. Desert Street, Bar Harbor

All proceeds go to youth activities at Mount Desert Island YMCA.

Facilities: Showers, rest rooms and changing facilities available at Y.

Services to Runners: mile markers, 1 and 2 mile time splits, water at 1/2 way point and finish, refreshments at finish. All children receive an ice cream cone from local ice cream shops.

Prizes to 1st and 2nd place male and female in several categories.

Entry Form

In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against sponsors and officials for any and all injuries suffered by me in the Bar Harbor Spring 5K and Fun Run.

Name _____ T-shirt size Adult S M L XL
Child M L

Address _____

City _____ State _____ Zip _____

Signature _____ Age _____

Parent or Guardian _____
(if under 18)

How did you learn about this race? _____



COUNTRY KITCHEN[®]

10K ROAD RACE

&

1 MILE FUN WALK FOR THE YMCA

Stereo
1470
WLAN

SUNDAY, JUNE 13, 1993 9:00 AM

Great Falls Plaza (across from YMCA) - Auburn, Maine

Entry Fee: \$7 Pre-Registration to May 28
\$8 race day to 8:30 AM
\$2 fun walk \$3 per family

T-Shirt provided to first 100 who pre-register
for 10K race

Race Director: Jim Lawler

Facilities: Restrooms & showers available
at YMCA

Features: Certified Course
Professional Timer (Dick Roberge)
Computer-generated results
Results published in newspaper
& Mainly Running

1 MILE FUN WALK
OPEN TO ALL AGES
BRING THE WHOLE FAMILY
FEE \$2 PER PERSON
\$3 PER FAMILY

Awards: 1st & 2nd Overall Male & Female
1st & 2nd in Age Groups 19 & under, 20-29, 30-39, 40-49, 50 & Over

Give Away- Free drawing to all participants- new Schwinn 10 speed bicycle

REFRESHMENTS FOLLOWING EVENT

ALL PROCEEDS FOR THE BENEFIT OF YMCA SUMMER DAY CAMP "CAMPERSHIPS"

Map of course on reverse side

COUNTRY KITCHEN 10-K & 1 MILE FUN WALK

WAIVER ENTRY FORM

NAME _____ AGE _____

ADDRESS _____ SEX _____

T-SHIRT SIZE: Large ☐

X-large ☐

CHECK ONE: ☐ 10-K Race

☐ 1 Mile Fun Walk

(race participants only)

I realize road racing is a potentially hazardous activity and hereby waive and release all sponsors, it's officials and director of this race, and all volunteers, sponsors or town or city officials from any and all claims or liabilities arising from my voluntary participation in this event.

(Signature)

(Parent or Guardian if under 18 yrs. of age)

Mail to: YMCA, 62 Turner Street, Auburn, ME 04210

Phone: 795-4095



CENTRAL MAINE STRIDERS, INC.

Proudly Announce The **7th Annual**



Club #480

JOSEPH'S
CLOTHING & SPORTING GOODS

&

5-K

Bickford MILE



Bruce & Stan Bickford

SUNDAY, JUNE 13th, 1993

Events start at 8:00 a.m.
Lawrence High School
(off Exit 35, I-95)



Here is your chance to enjoy one of Maine's flattest, fastest certified 5-K's and also do a little speed work if you wish! The "Joseph's 5-K" course covers the same roads that both Bruce and Stan Bickford trained on early in their careers, and our special "on-the-track" mile race gives you a chance to really crank. This is one of 3 track races the Striders host throughout the summer and we hope you join us. Last year Todd McGraw picked up his 2nd win in this events 7 yr history, while Edie Dubord did the same.

ENTRY FEES: 5-K \$6.00 — Pre-registration to June 12th (Free T-Shirt to 1st 75 Entries).
Race day entries welcome — 7 a.m. on.
Open & Master's Mile \$2.00 — enter day of race.

SPONSOR: "JOSEPH'S CLOTHING" of Fairfield — Harold Joseph/Jon Eustis

RACE DIRECTOR: David Benn (873-0363)

FEATURES: Rest rooms, Changing Room & Showers available / Time splits / Refreshments following race

COURSE: Open & Master's Mile held on track.

5-K Starts/Finishes on Track, loop course very flat/certification pending.

AWARDS: Open & Master's Mile: 1st Male & Female / 5-K: 1st overall Male & Female / 1st and 2nd in Age Groups

RESULTS: Published in Morning Sentinel and "Interval" Newsletter & Mainely Running

RACE HISTORY

Master's Record
Steve Podgany 15:36 (1991)
Connie McLellan 19:50 (1991)

1987
Peter Lessard 15:53
Wendy Hosea 20:11
1988
Todd McGraw 15:06
Andri Smith 21:12

1989
Greg Hale 14:32*
Eunice Phillips 19:21
1990
Peter Lessard 15:14
Edie Dubord 17:48

1991
Steve Podgany 15:36
Lois Duquette 17:25
1992
Todd McGraw 15:49
Edie Dubord 17:30

Waiver & Entry Form — Joseph's 5-K

☐ 5-K \$6.00

☐ Bruce Bickford

Mile \$2.00

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 •



5k HEALTH TREK

*We care . . . about your care
1973-1993*

Saturday

June 19, 1993

3.1 Mile Run/Walk (Wheel Measured)
PVH, Transalpine Road, Lincoln, Maine
(Exit 55 off I-95)

To Benefit: Friends of the Lincoln
Memorial Library**

Registration: 9:00 a.m. at
Penobscot Valley Hospital. Pre-
register below.

Race Start: 10:00 a.m. Walkers
10:30 a.m. Runners

Post-Race BBQ by K of C # 5524

Course:

Out and back, basically flat on paved surface,
great view of Mt. Katahdin. Water stop midway.

Registration Fee:

\$8.00 per person (U.S.).* 100% Cotton long-
sleeved t-shirts for first 100 registrants.
BBQ meal not included in registration fee.

AWARDS

Walkers		Runners	
Male	Female	Men's Open	Women's Open
1st	1st	Top 3 Positions	Top 3 Positions
2nd	2nd	Top 2 Positions Men & Women	
3rd	3rd	13 & under, 14 thru 18, 19 thru 29, 30 thru 39	
(No duplicate award winners)		40 thru 49, 50 thru 59, 60 & over.	

****Please join us in celebrating 20 years of service to the Lincoln area, and at the same time benefit the Lincoln Memorial Library. 50% of registration fees will be donated to "The Friends of the Lincoln Memorial Library" for the purchase of health and wellness publications.**

For further information, contact Mike Corbin or Paul Smith at 794-3321

Waiver & Entry Form - PVH 20th Anniversary 5K Health Trek

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 to 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 Penobscot Valley Hospital 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: _____ Tel: _____
T-Shirt Sizes (100%cotton):(S) _____ (M) _____ (L) _____ (XL) _____ (XXL) _____

(Signature)

(Parent or Guardian if under 18)

Mail Entries to:

**Paul Smith, Penobscot Valley Hospital's 5K Health Trek
P.O. Box 368, Lincoln, ME 04457.**

***Please make check payable to Penobscot Valley Hospital.**

Pottle Hill ROAD RUN

10KM

"New England's Toughest 10km"

Event: Twelfth Annual Pottle Hill 10 KM and Fun Run

Proceeds: To benefit Pottle Hill programs for persons with disabilities.

Date: Thursday, June 24, 1993

Time: One Mile Fun Run (prizes 12 under - 6:00 p.m.
10 KM Road Run ----- - 6:30 p.m.

Course: A hilly, scenic run up and down Pottle Hill over secondary and dirt roads; well marked; wheel measured; water stations; split times.
Fun Run is a flat, straight one mile dash.

Time To Beat: 33:25 (Tom Dann, 1991)
39.09 (Tina Meserve, 1991)

Awards: Immediately following 10KM
\$75.00 First place - Male and Female
Bonus: \$25.00 break old record.

Facilities: There is limited room to change; no shower facilities.
Refreshments available after races.

Fees: Fun Run - \$3.00 10 KM Race - \$6.00
\$7.00 Day of the race.

Registration: Free T-Shirts to first 100 - 10 KM registrants.
Day of race - Fun Run 5:30 - 5:45 p.m.

Location: 73 Main St., (Mechanic Falls Town Square)
Mechanic Falls, Maine

TWELFTH ANNUAL POTTLE HILL 10 KM AND FUN RUN

JUNE 24, 1993

6:00 P.M. ONE MILE FUN RUN
6:30 P.M. MEASURED 10 KM ROAD RUN

Name _____ Age _____ Sex _____

Address _____

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

If under 18, parent/guardian

Signature

Make checks payable to: Pottle Hill Road Run
P.O. Box 96

Tel. 345-3511 Mechanic Falls, ME 04256

Enclosed: _____ \$3.00 for Fun Run _____ \$6.00 for 10 KM

The York Parks & Recreation Department Presents . . .

The 11TH Annual

RUN, RUN, RUN,
RUNAWAY RUN,

SATURDAY
JUNE 26, 1993

YORK HIGH SCHOOL
YORK, MAINE

COPY

NUBBLE LIGHT RUNAWAY



COURSE - 9:00 a. m., 10K Nubble Light Runaway

ENTRY FEE - \$7 pre-registration, \$8 race day

CHECK-IN & REGISTRATION - Opens 7:30 a. m. on race day

T-SHIRTS - To the first 150 registrants

PLUS - Water, Mile Markers, Splits, Professional Timing, Police & Ambulance

**TROPHIES AWARDED TO DIVISION WINNERS
AFTER-RACE REFRESHMENTS**

"Runaway"

REGISTRATION FORM

(Please Print Clearly)

NAME _____ AGE _____ SEX _____

ADDRESS _____ TOWN _____

STATE _____ ZIP _____ TEL # _____

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

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 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 Parks & Recreation Department

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.

The neighborly folk of the Oxford Hills invite you to:

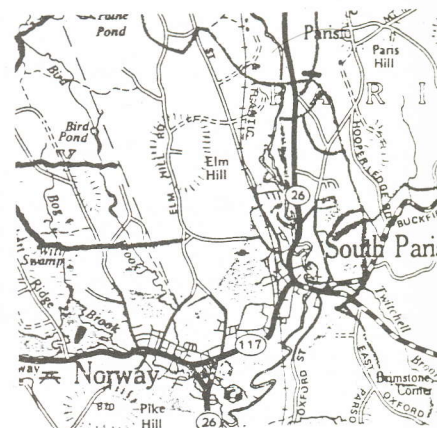
THE PARIS BICENTENNIAL ROAD RACE



An 8K (4.93 mile) scenic
tour of Historic Paris,
Maine

WHEN: Saturday, June 26, 1993

(The "flint-lock" goes off at
8:00 a.m. sharp!)



WHERE: The race starts at the top of Paris Hill, and ends with an "olympic finish" on the outdoor track of Oxford Hills High School. Transportation provided to Paris Hill.

FEE: \$8.00 if pre-registered by June 6th, \$6.00 post. Race day registration will be at the high school track.

PERKS:

- * All Pre-registrants will receive a commemorative t-shirt.
- * Refreshments and a no-wait awards ceremony
- * And stay for a post-race breakfast at the "Country Way"!
- * Water stations and split times
- * Wheel-measured, downhill course (sorry, can't certify this one!)
- * Experienced race organizers
- * Results in "Mainely Running"

AWARDS: * 3 deep in the following categories, male and female:
under 18, 18-29, 30-39, 40-44, 45-49, 50-59, 60 and over
1st Paris resident

For more information, contact: John Titus, 207-998-5274

Make checks payable to: Paris Bicentennial Committee

Town of Paris, Paris, ME 04281

Release and Registration

I certify that I am in adequate physical condition for competing in the Paris Bicentennial Road Race. In no way will I hold the Town of Paris, the Organizers, or Sponsors of this event liable for any injury or property damage resulting from participation in this event.

NAME _____ AGE _____ M/F _____

ADDRESS _____ SHIRTSIZE _____

SIGNATURE (Guardian if under 18) _____

**CFB GAGETOWN
4TH ANNUAL
RUN FOR THE PANCAKES**

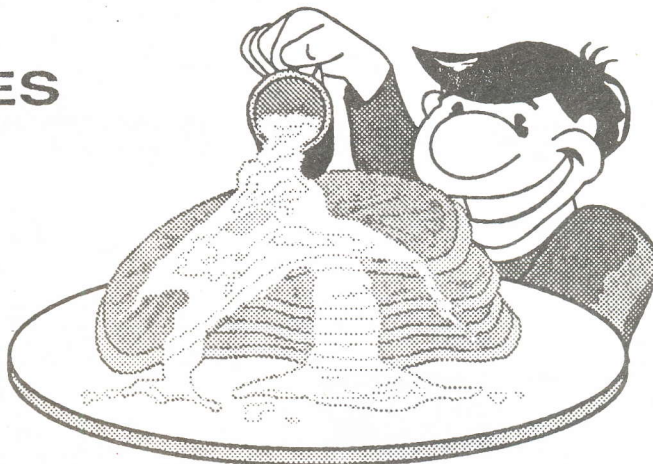
Sunday 27 June 1993

5 & 10 KM ROAD RACES

\$5,000 IN PRIZES

**T-Shirts for the First 250 Pre-registrants
(Deadline for pre-registration 14 June 93)**

**TIMEX & SUPER SERIES RACE
RACE STARTS AT
1000 HRS FROM BASE GYM
RACE DAY REGISTRATION 0800 - 0930 HRS
BASE GYM**



<u>PRE-REGISTRATION</u>	<u>DAY OF RACE</u>	<u>FAMILY PACKAGE</u>
\$ 8.00 - 5 km \$12.00 - 10 km	\$10 - 5 km \$15 - 10 km	\$30.00 (MAX 2 T-SHIRTS PER FAMILY) Pancake Breakfast included in Registration Fee Cost: \$4.00 (non runners)

FREE SWIM AFTER RACE - SHOWERS AVAILABLE

COMPLETE THE ENTRY FORM BELOW AND RETURN IT WITH YOUR ENTRY FEE TO:

**B PERO, BASE GYM,
CFB GAGETOWN, OROMOCTO NB E0G 2P0**

Make cheques payable to Base Funds Acct # 1202327.

For further info, contact 422-2090

Bib #	AMT PAID
--------------	-----------------

<div style="display: flex; justify-content: space-between;"> Last Name First Name </div>
--

Street Address

Town	Province	Postal Code
------	----------	-------------

Telephone

M	F	Age	Yr	Mo	Day
		DOB			

MEN

- 13 - 19 Youth ☐
- 20 - 29 Open ☐
- 30 - 39 Masters I ☐
- 40 - 49 Masters II ☐
- 50 - 59 Masters III ☐
- 60 - 69 Masters IV ☐
- 70 + Masters V ☐

WOMEN

- 13 - 19 Youth ☐
- 20 - 34 Open ☐
- 35 - 39 Masters I ☐
- 40 - 49 Masters II ☐
- 50 - 59 Masters III ☐
- 60 + Masters IV ☐

ATHLETE'S RELEASE

I, for myself, my executors, administrators and assignees, do hereby release and discharge the Canadian Forces, Base Gagetown, all sponsors and race officials for all claims, damages, demands, actions and anything on any matter arising from my participation in CFB Gagetown's Pancake Run.

Signed: _____
Date: _____



**3RD ANNUAL
NATIONAL STARCH & CHEMICAL
COMPANY 5K (3.1 MILES)
ROAD RACE & WALK**



- Proceeds:** To benefit United Way
- Date:** Sunday, June 27, 1993 - 10:00 a.m. Start Time
At Island Falls, Maine
- Entry Fee:** \$6.00 pre-registration - \$7.00 race day
- Awards:** Trophies to the overall winners male and female
in both the run and walk.
Trophies for the top 3 finishers male and female
in the 5K run for the following age groups:
12 & Under 30 - 39
13 - 18 40 - 49
19 - 29 50 & Over
Trophies to the top 5 finishers in the walk.
Trophies to the top 3 runners from National Starch.
- Refreshments:** Pizza
- Registration:** Make check or money order payable to "National
Starch & Chemical Company" Island Falls, Maine
04747, c/o Race. Further Info contact Race
Directors Bob King at 463-2346 or Steve Emery at
757-8466.

Name: _____ Address: _____
City _____ State _____ Zip _____
Phone _____ Age _____ Sex _____ T-Shirt Size (S,M,L,XL)
Check One: 5K Run _____ Walk _____ Circle One

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

Signature _____ Date _____
* _____ Date _____

CAMP SCHEDULE

JUNE 27

Noon - 3 p.m.	Check-in at gym for room assignment. Commuters sign in by 3:30 - 3:45.
4 p.m.	Camp welcome - introductions
5 p.m.	Supper
6 p.m.	Running movie
7 p.m.	Camp run

JUNE 28

8 a.m.	Breakfast
9 a.m.	Class/Nutrition
10 a.m.	Camp run
	Uphill-Downhill running
Noon	Lunch
1 p.m.	Class/Weight training
2 p.m.	Camp softball game
3:30 p.m.	Camp run
5 p.m.	Supper
6:30 p.m.	Running movie
8 p.m.	Class/Training schedules

JUNE 29

8 a.m.	Breakfast
9 a.m.	Class/Surprise Guest Speaker!
10 a.m.	Camp run
	Interval training techniques
Noon	Lunch
1 p.m.	Class/Race strategy
2 p.m.	Camp volleyball game
3:30 p.m.	Camp run
5 p.m.	Supper
6:30 p.m.	Surprise movie!
8 p.m.	Race handicap announcements

JUNE 30

8 a.m.	Breakfast
9:30 a.m.	Camp pictures - gym
10 a.m.	3000 meter cross-country camp
	handicap race
11 a.m.	Camp awards
Noon	Check-out

WOMEN'S RUNNING CAMP



THE RUNNING WILDCATS

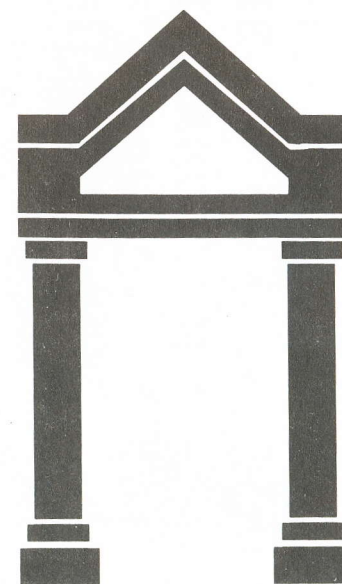
THE JOURNEY TO SUCCESS
BEGINS....

GETTING TO WESTBROOK COLLEGE

BY CAR: Exit the Maine Turnpike at Exit 8. Turn left onto Riverside Street and then left again at lights onto Brighton Avenue. Continue on Brighton to intersection with Stevens Avenue. Turn left onto Stevens at the light. Follow Stevens less than one mile. Westbrook College is on the left-hand side of Stevens Avenue.

DISTANCES BY CAR:	Bangor	2 1/4 hrs.
	Boston	2 hrs.
	Hartford	3 1/2 hrs.
	Manchester	2 hrs.
	New York City	6 hrs.
	Worcester	2 1/4 hrs.

BY PLANE AND BUS: Delta, United, Continental, and US Air all service Portland's International Jetport, located about four miles from the campus. Two major interstate bus systems, Concord Trailways and Greyhound, also service Portland.



11 a.m.
Noon

handicap race
Camp awards
Check-out

THE JOURNEY TO SUCCESS
BEGINS....

WESTBROOK COLLEGE WOMEN'S RUNNING CAMP

This camp is designed to be a unique learning experience for ladies of any age or level of running ability. A comprehensive four day schedule will include: nutrition, training schedules, race strategy, weight training, interval training, proper warm-up - warm-down, uphill-downhill running. This process will be accomplished through exposure of camp runners to our highly successful staff.

"LADY WILDCATS" CAMP STAFF

BOB WINN



Wells High School XC Coach
1991 Maine Runner of the Year
1992 New England Running
Magazine Maine Runner of the
Year
1992 Maine Marathon Champion
5K - 14:20
5 MILE - 24:13
10K - 29:22
10 MILE - 49:47

CAROL WEEKS



1991 New England Running
Magazine Maine Female Master
of the Year
1992 New England Running
Magazine Maine Female Master
of the Year
1992 Maine Track Club Runner of
the Year
5K - 19:07
5 MILE - 31:37
10K - 39:54
10 MILE - 1:06:06

A young high school girl wanting to prepare for fall cross-country; high school graduate wanting to prepare for college cross-country; novice runner, wanting to learn how to race successfully; the veteran racer, looking for new ideas and motivation: these are the ladies who should

June 27 thru June 30

Stevens Ave. • Portland, Maine 04103
797-7261

CAMP DIRECTOR

BRIAN "ZIGGY" GILLESPIE



Women's XC Coach Westbrook
College: Coach of the highly
successful "Run to Win Ladies'
Team"; St. Joseph's College Men's
XC Coach 1981 - 1987, 146-11.
Four New England
Championship teams, Coach of
the Year three times. Founder,
Past President of the Maine Track
Club.

FACILITIES: Beautiful Westbrook College Campus.
Regular college dorm rooms and meals. Gym, weight
room, tennis court, woods running trails.

WHAT TO BRING: T-shirts, running shoes, toilet
articles, socks, jacket, sweater, towels, sleeping bag.

LOCATION: Portland, Maine. Two hours from
Boston - off at Exit 8 Maine Turnpike - 5 min. to
Westbrook College on Stevens Avenue.

CHECK-IN: June 27th, Noon - 3 p.m. Overnite
campers sign in and get room assignments.
Commuters please sign in by 3:30.

CHECK-OUT: June 30th, Noon. A 3000 meter
handicap cross-country race will be held at 10 a.m.

COST: Overnite Camper: \$150.00
Covers tuition, room and meals.
Also camp t-shirt, notebook and
camp awards.

Commuter Camper: \$100.00
Covers tuition and meals.
Also camp t-shirt, notebook
and camp awards.

ENROLLMENT IS LIMITED!

TRAINING RUNS: All camp runs will be in three
groups, based on fitness and level of ability.
Controlled running, at a comfortable pace, distance
based on group level

GUEST SPEAKERS: Anne Marie Davee, M.S.R.D.
One of Maine's top ranked runners. Topic: Sport's
nutrition for the winning edge.

REGISTRATION FORM

Name _____
Age _____ Phone _____
Address _____
City _____ State _____ Zip _____
T-Shirt Size _____
High School _____
College _____
Overnite Camper ☐ Commuter ☐

I hereby authorize the staff of Westbrook
College Running Camp to act for me in their best
judgement in any emergency requiring medical
attention, and I hereby waive and release
Westbrook College Running Camp from any and
all liability for any injuries or illnesses while at the
Westbrook College Running Camp. I have no
knowledge of any physical impairment that would
affect the above-named runner's participation in
the Westbrook College Running Camp.

Signature _____
Parent or Guardian _____

Please accompany this application with a \$25.00
deposit to ensure enrollment. Make checks payable
to: Westbrook College Running Camp. Balance due
on June 27th.

Mail to: Westbrook College Running Camp
Brian Gillespie, Athletic Dept.
Stevens Avenue



10K PRIZES

SPONSORED BY L.L.BEAN, INC.

- \$150 - \$100 - \$50 L.L.Bean Gift Certificate:
Top three male finishers.
- \$150 - \$100 - \$50 L.L.Bean Gift Certificate:
Top three female finishers.
- \$50 - \$25 - \$10 L.L.Bean Gift Certificate:
Top three finishers all other divisions.
- Hand Carved Trophies
Top 3 finishers in each division.
- T-Shirts (100% Cotton) to the first 600 registrants in
either the 10K race or the "Fun Run".
- 10K awards in the town park as soon as available.

ALSO...

- Massages
- 1993 TAC Certified
- Electronic Timer
- Big Digital Clock At The Finish
- Restrooms
- Refreshments

TIME

- 10K race starts at 7:30 a.m. *SHARP!*
(Registration 6:00 - 7:15)
- 1 Mile race starts at 9:00 a.m. *SHARP!*
(Registration 6:00 - 8:30)

REGISTRATION

- 10K race: \$5.00 Fee. Register at the Retail Store by July 1st, by mail, postmarked no later than June 26th. \$6.00 day of the race.*
- The "Main Street Mile": \$3.00 Fee.
- Registration and Number Pickup on the day of the race at:
Freeport Town Park, Bow Street (See Map on back)

10K COURSE RECORD

MEN : Steve Spence, 29:47 (1991)

WOMEN: Joan Benoit Samuelson, 34:03 (1988)

SPECIAL BONUS

- \$150 L.L. Bean Gift Certificate:
First Male to break 29:47 and
First Female to break 34:03 in the 10K race.

DIVISIONS: for 10K

MEN'S

- Open
- Age 19 and under
- Age 20 - 29
- Age 30 - 39
- Age 40 - 49
- Age 50 - 59
- Age 60 and up
- L.L.Bean Employee
- Freeport Resident

WOMEN'S

- Open
- Age 19 and under
- Age 20 - 29
- Age 30 - 39
- Age 40 - 49
- Age 50 - 59
- Age 60 and up
- L.L.Bean Employee
- Freeport Resident

1 MILE "FUN RUN"

No times or places will be recorded. Prizes will be awarded through a random drawing of names. You must be present to win. Awards will be at 10:00 a.m. in the Freeport Town Park.

REGISTRATION FORM:

SIGNATURE _____

Name _____

Street Address _____

City _____ State _____ Zip _____

Phone _____ T-Shirt Size _____

_____ 1 Mile _____ 10K _____ L.L.Bean Employee

_____ Freeport Resident _____ Age _____ Sex _____

RACE WAIVER:

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

Signature (Parent or Guardian if runner is under 18)

FOR ADDITIONAL INFORMATION CALL:

Race Director: Lili Hall (207) 865-4761, Ext. 2356

*Make check payable and send to: L.L.Bean, Inc., Road Race, Freeport, ME 04033 (Map on back)

Mollyockett Day Classic

*a 5 Miler in Bethel, Maine
1 Mile fun race & Walker's Event*



SPONSORS Key Bank of Maine, Sunday River Ski Resort,
Central Maine Power, Pepsi, Groan & McGurn

COURSES Wheel measured - All start and finish near the Bethel Common -
Splits and water stations - Refreshments at finish

One Mile/ 14 years of age and under - single gentle loop on village streets

Five Mile/ Open - Challenging loop trail, a favorite of area runners, "Paradise Hill Challenge"

Walkers/ Open - 2½ to 3 mile loop

DATE Saturday, July 17, 1993

TIME 8:30 a.m. 1 Mile, 9:00 a.m. 5 Mile & Walker's Event

DIVISIONS

1 Mile - Boys & Girls
6-8, 9-11, 12-14

5 Mile - Men & Women
15-19, 20-29, 30-39, 40-49,
50-59, 60 & over

Walker's Event
Open Division

COURSE RECORD Kevin McDonald, Center Lovell, 27:07

ACCOMMODATIONS Toilets, showers, changing facilities available at Chapman Inn.
For lodging info, call Chamber of Commerce, 824-2282

PRE-REGISTRATION \$5.00/1 Mile \$9.00/5 Mile & Walkers (\$5.00 w/o T-Shirt): IF RECEIVED BY 7/13/92
\$5.50/1 Mile \$10.50/5 Mile & Walkers (\$5.50 w/o T-Shirt): 7:45-8:15 a.m. day of race

AWARDS & PRIZES T-shirts to first 150 registrants. Trophies to first 3 boys/girls in 1 Mile. Gift certificates
& Prizes to 1st in each category. Prize lottery open to all.

Commemorative tiles designed by

BONNEMA
potters

to top 3 men and women overall

SPONSORED BY:



Central Maine Power.



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 sponsors and directors of this race as well as their assigns and representatives for injuries and illnesses which directly or indirectly result from my participation in this race. I hereby certify that I am physically fit and have sufficiently trained for this event.

Name: _____ Male _____ Female _____ Age _____

Address: _____ 1 Mile _____ 5 Mile _____ Walkers _____

Signature: _____ T-Shirt Size: Adult S M L XL
No T-Shirt

Parent Signature if under 18 _____ Child S M L XL

Mail this form plus entry fee to the Bethel Area Chamber of Commerce, P.O. Box 439,
Bethel, ME 04217 by July 14, 1993

Race Directors Race Flyer Fees

For only \$40.00 per page, MAINELY RUNNING will print your flyer in the body of the magazine. This saves you printing and mailing expenses. Flyers must be 8 1/2 x 11. Send one **GOOD** black & white copy with payment to MAINELY RUNNING by the tenth of the month prior to issue date.

Advertising Rates

	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, with additional charges for ad layout.

For More Information Call: 725-8680

Mainely Running is available at the following Advertisers

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

Mainely Running MAGAZINE

Subscription Form and Maine TAC Memberships

Name _____
Address _____

Telephone _____ Sex _____ US Citizen _____

Check Applicable Sport(s) T&F _____ LDR _____ RW _____

(Track & Field-Long Distance Running-Racewalking)

Date of Birth _____ Club _____

I certify that in accordance with the rules of TAC and the IAAF, I am eligible to compete in the indicated sports.

Signature _____

Today's date _____ Check the applicable box:

One year subscription (10 issues) - \$17.50 ☐

Subscription - Maine TAC members - \$15.00 ☐

TAC membership - \$10 ☐ youth - \$8 ☐

Subscription & TAC \$25 ☐ youth - \$23 ☐

TAC memberships are from January 1 through December 31.

For information call MAINELY RUNNING at 725-8680

(For TAC only memberships, send with check to Maine Association of TAC, PO BOX 69, HALLOWELL ME 04347)

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

"The best road race in Maine"

- *Runner's World*

1992 Results — 913 Finishers

17TH ANNUAL
BRIDGTON

ON THE Fourth ROAD RACE

Top 10


- | | |
|--|---------------------------------------|
| 1) 19:20 Gerry Clapper – Columbia, MD | 22:07 Julie Peterson – Beverly, MA |
| 2) 19:23 Rusty Snow – Auburn | 22:23 Kathy Tracy – Auburn |
| 3) 19:28 Bob Winn – Ogunquit | 22:32 Charlotte Thomas – Denmark |
| 4) 19:36 Art Sorrell – Laconia, N.H. | 22:50 Susannah Beck – Eugene, OR |
| 5) 20:03 Jeffrey Young – Gorham | 23:07 Sally Perkins – Kennebunk Beach |
| 6) 20:07 Greg Hale – Waterville | 23:41 Wanda Binette – So. Portland |
| 7) 20:08 Ethan Crain – Windham | 24:19 Catie Dean - Poland |
| 8) 20:10 Mick Grant – Haverhill, MA | 24:52 Jamilyn Dunn – Casco |
| 9) 20:23 Michael Graham – Anchorage, AK | 25:01 Leslie Krichko – Bethel |
| 10) 20:28 Brian Stevens - New Boston, NH | 25:15 Molly Ware – Norway |

Come join your friends in Bridgton this year on July 4th.

Entries in the June issue of *Mainely Running*, at running stores, or:

Loraine & Jay Spenciner
RR 3, Box 1002
Bridgton, ME 04009
(207) 647-3347



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CUSHION THE ENTIRE
PLANET 
OR JUST YOUR FEET.**



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EVERY DAY
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**U.S. ROUTE 1
ROCKPORT, ME.**

JOIN US AT THE CAMDEN 10K ROAD RACE - JUNE 6TH