

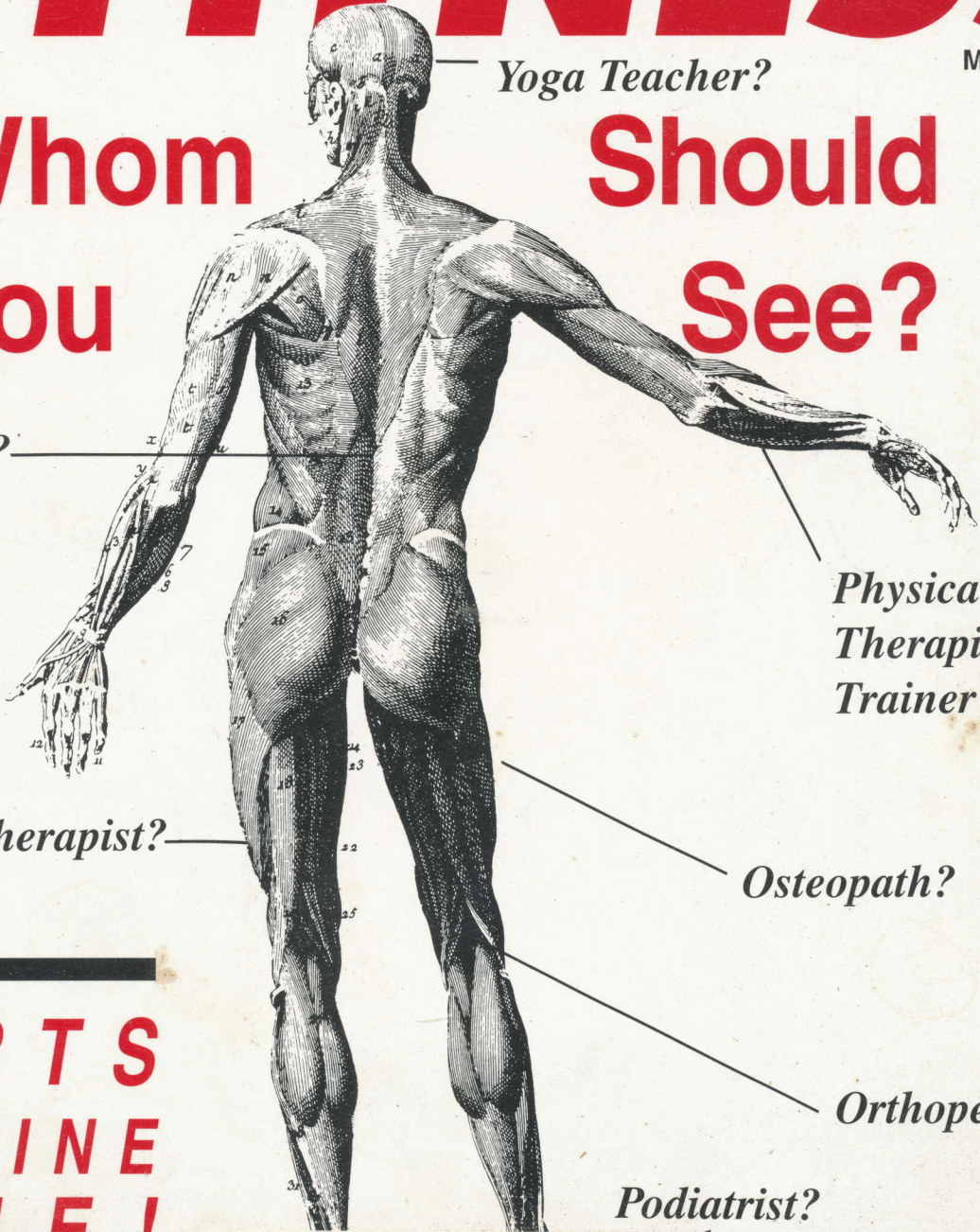
M A I N E

# RUNNING & FITNESS

\$3.00

MARCH 1995

## Whom Should You See?



*Yoga Teacher?*

*Chiropractor?*

*Physical Therapist/Trainer?*

*Massage Therapist?*

*Osteopath?*

*Orthopedist?*

*Podiatrist?*

**SPORTS  
MEDICINE  
ISSUE!**

FEB96  
Philip S. Pierce  
79 WAITES LANDING RD  
FALMOUTH ME 04105-1939

MAINE RUNNING & FITNESS  
7 ELM STREET

SECOND CLASS  
POSTAGE PAID



# Thanksgiving 4-Miler-Portland-Nov. 24

## Men's Results

1	Sam Wilbur	22	19:56	96	Stephen Coolidge	22	27:06	191	Richard Cavanaugh	61	30:49
2	Bruce Bridgham	34	20:14	97	Benjamin Morse	22	27:10	192	Joe O'Donnell	43	30:50
3	Kevin Way	25	20:46	98	Clyde Coolidge	55	27:11	193	Dave Conley	54	30:59
4	Eric Goodwin	19	20:49	99	Bill Gros	30	27:12	194	Paul McCourt	59	31:11
5	Pete Borttomley	33	20:59	100	Andrew McCourt	29	27:12	195	Bill Dowd	46	31:21
6	Roland Thibault	26	21:17	101	Wayne Smith	32	27:15	196	Doug Baird	50	31:24
7	Justin Curtis	32	21:21	102	John Golham	48	27:17	197	Mike Bryant	43	31:25
8	Michael Lyons	23	21:32	103	John Morse	49	27:19	198	John Watson	50	31:27
9	Thomas Szumita	20	21:45	104	Gary Johnson	43	27:21	199	Deerfoot	48	31:29
10	David Howe	20	21:55	105	Neil Martin	51	27:22	200	Dick Black	39	31:31
11	Graydon Stevens	42	22:02	106	Tony Brizendize	33	27:25	201	Ed Donohue	24	31:35
12	Paul Johnson	17	22:12	107	Ted Kirchner	46	27:27	202	John Maxell	39	31:39
13	David Libby	29	22:14	108	James Kilburn	25	27:29	203	Dan Broderick	31	31:41
14	Thomas Bennett	37	22:23	109	Evan Hennessey	15	27:34	204	Ronald Stone	52	31:44
15	Jeff Anderson-Tidd	29	22:24	110	Dan Edwards	27	27:34	205	Barry Kern	36	31:49
16	Parker J Morse	20	22:30	111	Derek Columbe	15	27:39	206	Stephen Dalvet	32	31:57
17	Brian McCrea	34	22:34	112	Peter Bass	49	27:40	207	Tim Marr	33	31:57
18	Mike Payson	31	22:37	113	Eric Bowden	12	27:41	208	Dennis Columbe	40	31:59
19	Joseph Wagnis	21	22:43	114	John LeRoy	57	27:42	209	Larry Dwyer	47	32:03
20	Shawn Green	21	22:43	115	Dale Rines	42	27:43	210	Richie Gannett	45	32:03
21	Peter Hall	33	22:46	116	Steve DiPalma	39	27:44	211	Keith Butterfield	25	32:05
22	Kyle Rhoads	25	22:57	117	John Rolfe	40	27:44	212	Steve Heinz	46	32:07
23	Bill Newton	39	23:13	118	Dan Kelleher	25	27:47	213	A.J. TT	28	32:08
24	Kevin Gile	36	23:18	119	Mike Towle	46	27:51	214	Kevin Butterfield	24	32:43
25	Graham Houghton	27	23:32	120	David Ray	42	27:52	215	Jack Randall	56	32:48
26	Joel Croteau	50	23:24	121	Bill Allen	27	27:54	216	Ronald Read	52	32:49
27	Jerry Mullin	39	23:38	122	Michael Cavanaugh	43	27:55	217	Alan Milliken	40	32:51
28	Alexander Ernst	17	23:38	123	Don Zillmen	50	27:58	218	John Reali	43	33:00
29	John Eldredge	40	23:58	124	Robert Arsenault	44	27:58	219	Ernie Salamone	32	33:00
30	Ron Deprez	50	24:00	125	Gary Coyne	37	28:01	220	Mike McLellan	48	33:02
31	Randy Bartlett	39	24:04	126	Ken Ray	35	28:02	221	Matt Grose	34	33:03
32	Harry Nelson	40	24:09	127	Jeffrey Pietrowicz	28	28:07	222	David Bancroft	20	33:03
33	Robert Fast	31	24:13	128	Jeff Small	22	28:11	223	Michael Flaherty	25	33:09
34	Richard Scribner	43	24:13	129	Joseph Valenza	47	28:13	224	Allan Drew	54	33:21
35	Terry Clark	50	24:22	130	Jon C Gale	27	28:15	225	John Ouillette	46	33:22
36	Blake Strack	33	24:24	131	Eric Lagios	35	28:18	226	Dylan Stark	22	33:25
37	Mike Pratico	28	24:25	132	Tim Kinne	44	28:20	227	Bill Christensen	50	33:33
38	Lonnie Reny	19	24:37	133	Ford Reiche	41	28:25	228	Peter Pomoepo	49	33:34
39	Hayden Towle	36	24:37	134	Brian MacLaughlin	14	28:28	229	Peter Flaherty	48	33:35
40	Mike Caiazzo	18	24:38	135	Kevin Conley	25	28:28	230	John Kelleher	26	33:36
41	Doug Darby	33	24:38	136	Michael Smith	10	28:34	231	Larry Perkins	50	33:40
42	Carlos Philbrick	42	24:42	137	Mike Maloney	47	28:35	232	Thom Bell	36	33:42
43	T.J. Hesler	26	24:48	138	Peter Smith	42	28:38	233	Jerome Dymond	16	33:42
44	Paul Rogers	42	24:49	139	Robert Moulton	30	28:41	234	David Peterson	49	33:50
45	Tom Shorty	32	24:55	140	Bill Elgee	50	28:45	235	Mike Connors	50	33:52
46	Richard McCauley	34	25:03	141	Howard Spear	44	28:51	236	George Robinson	43	34:01
47	Flemmig Overgaard	28	25:07	142	Mathew Osterrieder	15	28:55	237	Armand LaBrecque	46	34:02
48	Chris Varney	18	25:13	143	Charles Cary	51	28:57	238	Cliff Dupile	35	34:06
49	Erik McLellan	16	25:14	144	Richard Downs	48	28:58	239	Ryan Wade	12	34:10
50	Bob Payne	56	25:16	145	Sam Nelson	11	29:00	240	Dan Konieczko	46	34:15
51	Tom Allen	38	25:19	146	Charles Ouillette	49	29:01	241	Dan Murphy	46	34:19
52	Stu Palmer	32	25:24	147	Scott Cushing	41	29:03	242	Herb Ludwig	47	34:19
53	Jan Semba	35	25:29	148	Tony Stiker	29	29:05	243	Dennis Farrell	24	34:20
54	Don Conley	23	25:31	149	Sean Cooledge	27	29:07	244	Jeff Lanidonski	38	34:21
55	Kirk Jurgelevich	41	25:32	150	Bill Wood Jr.	18	29:15	245	Tom Howick	40	34:28
56	Brian Linscott	33	25:34	151	Michael Brennann	41	29:17	246	Scott Narbonne	32	34:29
57	Joseph Doane	34	25:36	152	Andy Flaherty		29:20	247	Dave Ryder	43	34:37
58	Jonathan Updike	25	25:41	153	Paul Lavangie	36	29:22	248	John Ciraldo	38	34:40
59	Greg Hall	30	25:41	154	Thomas Hebert	35	29:24	249	Robert Crowley	48	34:43
60	Jesse Allen	18	25:44	155	Brian Mavor	30	29:32	250	Armana Collins	20	34:48
61	Per Henrikson	25	25:51	156	Dana Seguin	41	29:33	251	John Flaherty	43	35:12
62	Michael Barton	13	25:52	157	Anthony Monaco	49	29:47	252	Robin McCarthy	53	35:26
63	John Hebert	37	25:54	158	Michael Reardon	40	29:48	253	Robert Pompeo	40	35:51
64	Don Barton	46	25:56	159	Bruce Maxell	45	29:49	254	Walter Power	51	36:07
65	Michael Bopp	30	26:01	160	David Littlefield	52	29:50	255	David Hews	37	36:08
66	John Powell	41	26:03	161	Brian Kinney	47	29:54	256	Peter Semenza	32	36:10
67	Bob Lilly	39	26:06	162	Stephen Beale	52	29:56	257	Thomas Gordon	9	36:11
68	David Dowling	40	26:07	163	Michael Skerritt	39	29:57	258	Travis Anthoine	11	36:25
69	Dave Polito	46	26:08	164	Larry Pierce	43	29:58	259	Kevin Gordon	40	36:26
70	Ed Doughty Jr.	45	26:10	165	Gibson Fay	20	29:59	260	Bon Anthoine	36	36:26
71	Jim Graff	34	26:12	166	Ben Roper	18	30:00	261	Bill Lovett	53	36:27



72	Scott Davis	44	26:14	167	Charles Salem	29	30:00	262	Brent Childs	31	36:34
73	Frank Marston	47	26:14	168	Scott Pease	43	30:01	263	Mark Hyson	29	36:46
74	Gerard P Conley Jr.	40	26:15	169	Bill Wood	42	30:15	264	Wayne Pallon	27	36:55
75	Ken Preston	40	26:19	170	Dan Wyman	36	30:16	265	Wayne Newland	56	37:00
76	Richard Conley	39	26:22	171	Tadem Gale	22	30:19	266	Alex Coyle	16	37:10
77	Dave Berrang	34	26:23	172	James McFarlane	38	30::20	267	Jarryd Holtan	9	37:24
78	Andrew Ingalls	35	26:24	173	John MnGettigan	32	30::21	268	Rex Holtan	42	37:47
79	Larry Barker	45	26:25	174	Roland Mercier	35	30::22	269	JP Evans	47	37:57
80	Tom Brannell	33	26:32	175	Don Messier	49	30::24	270	Ed St.John	55	38:18
81	Gordon Smith	36	26:33	176	Jim Hooper	36	30::25	271	Mark Clinch	37	38:19
82	Artie Robichaud	22	26:35	177	Neal Workman	38	30::25	272	Jim Cusack	58	38:27
83	Bill Laverty	43	26:37	178	Michael St. Laurent	40	30::26	273	Stephen Monaghan	67	38:46
84	Steve Douglas	34	26:39	179	Russ Bradley	71	30::29	274	Tom Conley	36	39:45
85	Jim Getchell	39	26:40	180	Chris Smith	17	30:30	275	James Roberts	62	40:48
86	Bill Skerritt	35	26:41	181	Michael Senechal	35	30:33	276	Mike McGee	47	40:53
87	J.P. Gagnon	23	26:41	182	Gabe Stampone	20	30:36	277	Mike Avery	39	41:52
88	Peter Serunian	35	26:34	183	Derry Rundlett	48	30:37	278	Julius Marzul	68	41:52
89	Don Duncanson	46	26:46	184	John Pearson	32	30:38	279	Pete Vankevich	41	41:59
90	Mike Marino	50	26:48	185	Daniel Profenno	34	30:39	280	Richard LeBlanc	48	42:30
91	Peter Bastow	58	26:48	186	John Balicki	45	30:41	281	Cedric Bull	34	42:46
92	David Santomenne	30	26:53	187	George Brounell	31	30:42	282	Don Penta	48	42:30
93	Brion O'Donnell	32	26:57	188	Chuck Snekvik	51	30:44	283	Tom Edwards	55	43:40
94	Ray McCann	39	27:00	189	John LeMieux	35	30:47	284	Brad Coyle	19	43:42
95	Scott Deschesne	38	27:04	190	David C Hillman	42	30:48	285	Patrick Donnelly	32	43:45
								286	Charles Lane	56	44:07

## Women's Results

1	Marjorie Graff	27	25:00	45	Cathy Locke	34	31:22	89	Elizabeth Crowley	19	34:40
2	Gretchen Read	52	25:22	46	Tess Nacelewicz	41	31:30	90	Sally Paterson	53	35:01
3	Carol Hogan	44	25:47	47	Kimberly Goodman	34	31:32	91	Audrey Earnshaw	15	35:10
4	Deb Raszmann	41	26:00	48	Sherron Small	48	31:42	92	Melinda Casey	28	35:14
5	Allison Kisch	28	26:43	49	Abigail Marr	29	31:45	93	Linda Gieringer	50	35:16
6	True McCannell	19	27:01	50	Jeannine LaRchlle	32	31:48	94	Jeri Schroede	46	35:22
7	Angela Small	24	27:14	51	Adrienne Turner	36	31:51	95	Joan Brady	38	35:30
8	Connie Hallett	35	27:20	52	Ann Ludwig	37	31:53	96	Carol Hooper	35	35:39
9	Amy Pease	26	27:26	53	Renee Violette	24	31:55	97	Linda Hunt	47	35:53
10	Megan Lane	20	27:29	54	Trina Lindahl	33	32:06	98	Jennifer Bay	23	36:09
11	Amanda Adams	17	27:57	55	Maureen Geer	46	32:06	99	Deanna Williams	20	36:09
12	Brigitte Edquid	46	28:03	56	Catherine McCourt	30	32:23	100	Sabrina Loring	37	36:17
13	Kathryn Tolford	40	28:16	57	Kathleen McDough	14	32:30	101	Chris Hillman	42	36:20
14	Stacey Bay	25	28::21	58	Kim Monaco	20	32:34	102	Monique Walker	25	36:22
15	Joan Lee	40	28::23	59	Tammy Hutchisen	31	32:41	103	Melissa Phillips	21	36:24
16	Mryann Knight-Ekbe	31	28::23	60	Justina McGettgan	31	32:47	104	Elizbth Jones-Dub	32	36:29
17	Cindy DiPalma	36	28::24	61	Laura Cary	22	32:48	105	Marlene Handcock	44	36:30
18	Patricia Burdo	28	28:27	62	Jennifer Reali	19	32:55	106	Shelly Hitchcox	33	36:36
19	Laura Hyson	26	28:50	63	Michelle Reali	18	32:56	107	Ann Murphy	27	36:48
20	Susan Owens	32	28:51	64	Megan McLellan	16	33:01	108	Cynthia Alvarez	18	36:50
21	Cindy Aiken	40	28:54	65	Linda Adams	44	33:29	109	Nancy Savage	31	36:58
22	Sally Perkins	31	29:02	66	Marguerite Lawler	39	33:34	110	Diane Dusini	32	37:06
23	Joanna Polito	16	29:08	67	Barbara Nickerson	33	33:38	111	Roberta Pearson	32	37:20
24	Kitty Kelly	47	29:09	68	Lisa Dacar	35	33:39	112	Cathy Siebold	43	37:21
25	Ona King	44	29:11	69	Marty Winslow	23	33:43	113	Chess Brownell	31	37:41
26	Betty Rines	37	29:12	70	Michelle Perkins	25	33:44	114	Kathy Nolan	36	38:24
27	Bridget MacLaghlin	18	29:16	71	Beth Thompson	34	33:50	115	Tamara Norris	14	38:28
28	Deb Merrill	38	29:26	72	Alyson Baker	22	33:55	116	Tamara Nrmndeau	32	38:37
29	Diane Lavangie	36	29:33	73	Stephanie Paterson	23	33:58	117	Betsy Turner	51	38:41
30	Tracy Hessel	33	29:34	74	Jean Strickland	33	34:03	118	Deborah Turner	28	38:42
31	Joy Cranshaw	15	29:55	75	Kilburn Cathy	28	34:04	119	Jaclyn Salvaggio	17	39:05
32	Melissa Coulombe	21	30:01	76	Kate Crowley	15	34:05	120	Christine Coyne	18	39:22
33	Elizabeth Newcomb	15	30:12	77	Tresa Brizendine	33	34:05	121	Sharon Gagnon	48	40:03
34	Cecile Fontaine	43	30:17	78	Julia Littlefield	41	34:07	122	Mary A Gresik	31	40:43
35	Carleen Davis	31	30:23	79	Polly Kenniston	57	34:08	123	Debra Jensen	36	40:44
36	Christy Hathaway	33	30:26	80	Kim Monaghan	35	34:09	124	Sharon LaPlante	41	40:50
37	Erin Ray	29	30:28	81	Bethany Scherpf	34	34:11	125	Kathy Abbott	41	40:54
38	Sarah Newcomb	19	30:32	82	Michela Adrian	13	34:18	126	Tina Clark		41:47
39	Alexis Rog	23	30:37	83	Martha Atherholt	25	34:22	127	Ruth Hefflefinger	65	41:59
40	Patty Medina	36	30:40	84	Elizabeth Cusack	25	34:23	128	Renee LeBlanc	20	42:00
41	Ingrid Snekvik	19	30:43	85	Judy Bastow	30	34:24	129	Abra Edwards	20	43:40
42	Alison Martin	28	30:55	86	Beverly Doughty	43	34:32	130	Marsha Wood	40	44:08
43	Mary Anderson-tidd	27	31:00	87	Kara Tierney	22	34:32	131	Debbie Johnson	35	44:40
44	Nancy Bartlett	37	31:10	88	Paulette Holtan	36	34:35	132	Sally Wigon	65	44:53