

NEW MEMBER PROFILE: A running family: A common name within the finishers list is Cushman; Brenda, Bob and Mark. Brenda became hooked on running 4 years ago; her male companions two years later. The Cushmans are Mainers- born in South Paris and Lewiston, now living in Westbrook. Mark, age 12, attends Falmouth Jr. High. Bob teaches English to 7th graders; Brenda is a nurse at the Maine Medical Center. Their running mileage varies between 30-40 miles a week. Mark says he doesn't like the cold winter runs so he concentrates on indoor sprints recently acheiving a 5.6 seconds 40 yard dash! Bob lists the Cranberry Island and The Breakwater Race as his favorites. Brenda won her age group for the 10 mile Midwinter Classic while Bob set a PR of 72½ minutes. Bob has extended his goals to the marathon - Maine Coast, '84 while Brenda looks toward the half marathon.

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