

Arnold Frechette-Age 41-363 Highland Ave. So.Portland,Maine. Works for F.M.H.A. Phone 780-3287. Arnold is coming off an injury and is running about 30 miles a week. He does one 10 miler and the rest 4-5 miles. Arnold runs for enjoyment, blood pressure control, weight control, and to meet (quality) people. He runs also for the competition and has many excellent races behind him. Arnold wants to run a marathon under 3 hours. He would like to join others who are currently doing a moderate pace. He is easy to recognize with his always friendly smile.

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