

- JOSH HANNA: Here is one of the fastest young runners in the state, and a teenager who worked in some 12 races in addition to some excellent cross-country work in '86. Josh is another who tried many distances, from his winning 10:21 2 miler in Bath to his 15 mile "Union to Rockland" run in April. He came in with a 35:10 10-K best in Thomaston, and looks to be one of the coming factors in Maine road racing.
- FRED KARTER: Determination, hard work, and year-round training have brought this Waterville veteran into the top ten of most races he's in, and he was in nearly 20 of them last year! Fred worked down from a 39:10 10-K time in May to a 35:29 at "Benjamin's" in October, and has been consistent in the sub-36 area over the last six months. His 2nd place 28:55 in the "Common Ground 5 Miler" raised many eyebrows, and Fred keeps plugging away!
- TOM MCGUIRE: Here is a Strider whose goal in running was to someday break 40 minutes in a 10-K. Well, Tom certainly did just that, turning in a blazing 38:58 in Kingfield after a 39:02 in the "Sentinel". This Oakland Strider worked in just under 10 races in '86, and shocked us all in his first ever marathon effort, just skipping along with a 3:19 effort with plenty left at the end. A great year from a very friendly guy.
- LINDA BENN: Linda is another fine example of what steady training can do, as she went from over 70 minutes to a 65:20 10-K time in the "Sentinel Classic" in '86. Not a fast runner, but a steady, happy one, Linda and husband Dave are two of our most active newer Striders, traveling the state to join us at the races. Linda took in 6 races in '86 and keeps improving.
- SALLY GRANDE HARWOOD: "Sweet Sal" is one of those quiet, un-assuming Striders who runs at least 6 days a week, but who never really wanted to race. Well, she did a few road races in '85 and hoped to someday maybe break 50 minutes for a 10-K. That she has done, as '86 saw Sal steadily drop her times to a 48:55 10-K, and a great 1:13 at the Sugarloaf 15-K. The longer the race the better for this very strong Strider, and '87 could be her marathon year!
- RUTH HIGGINS: Here is a classic story - the accountant who decided to do something to lose a few pounds and took up running. Ruth was close to 70 minutes herself in the 1985 "Sentinel 10-K" and turned that around with an impressive 54:40 in the very hilly Skowhegan "Log Days 10-K" this year! Ruth had a string of 3 PR's in a row and increased her activity to 7 races in '86. A great showing for a spirited Strider!
- CONNIE TOWNE: No one will be more surprised at this entry than Connie herself, as this veteran Strider doesn't race that often, but got herself in excellent shape this year for an all-out effort at the "Sentinel 10-K Classic". Connie had done a 50:07 at the "Oyster Festival" in July, but came burning back in September with a 47:04 time at the Waterville race and gave everything she had. She added the "Gasping Gobbler" among her 5 races of '86, and is always a pleasure to have with us at the races.



"STRIDER STATS" - (as of December 10, '86)

5-K	Kevin Rolfe	16:15	Winslow	7/30/86
	Donna Davis	19:27	Winslow	7/30/86
5 Mile	Peter Lessard	25:06	Portland	4/14/86
	Nancy Lakin	33:27	Togus	5/10/86
10-K	Gerry Clapper	29:45	Benjamin's	10/5/86
	Donna Davis	38:18	Sentinel Classic	9/14/86
15-K	Peter Lessard	49:58	Sugarloaf	8/24/86
	Jo Comeau	1:02:59	Sugarloaf	8/24/86
10 Mile	Gerry Clapper	50:48	Tour de-Lac	7/6/86
	Sally Grande Harwood	1:23:24	Tour de-Lac	7/6/86
Half-Marathon	Peter Lessard	1:11:12	Bangor	3/29/86
	Donna Davis	1:29:28	Augusta	11/11/86
Marathon	Todd McGraw	2:35:58	Sugarloaf	8/24/86
	Jo Comeau	3:14:32	Casco Bay	10/12/86
Most Active	Ron Paquette/Jerry Saint Amand - 33 races			
	Leona Clapper - 20 races			