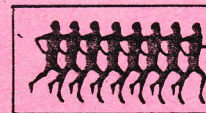




# UPCOMING RACES



- January 4: "Frostbite 4 Miler": Race Director Charles Scribner, 172 Bradley Street, Portland, Me. 04102. This is a Maine Track Club event, with a 1 pm starting time from S.M.V.T.I. in South Portland. Entry fee is \$5.00, payable to the M.T.C..
- " 11: "January Thaw" 4½ Miler and new 1 mile fun run. Race Director Gene Roy. Starting at the Central School in Belgrade at 12 noon, entry fee \$3 for the 4½ miler. A Central Maine Strider event, we hope to see all you winter runners there for a good training run. For info call Gene evenings at: 465-7296. Remember this is the same day as our annual Strider Banquet!!
- February 8: 9th Annual "Snowfest 5 Miler": Race Director Joanie Rhoda, RFD #2, Box 1092, Union, Me. 04862. This is a Maine Road Ramblers event, starting at 12 noon from the rear of the Augusta Civic Center. Entry fee is \$5.00, T-shirts to 1st 60 entries.
- " 8: 6th Annual "Mid-Winter 10 Mile Classic": A Maine Track Club event, starting at 12 noon from S.M.V.T.I. in South Portland. Entry fees are usually \$3 or \$4 for this challenging run.
- March 1: "Hyannis Marathon & Half-Marathon": \$6 Marathon/\$5 Half Marathon entry fee - Sponsored by Cape Cod AC, Contact Strider President for entry form. Temperature in middle 40's- coastal route.
- May 24: "Maine Coast Marathon": Kennebunk. \$13 entry fee, new course this year, starts and ends at New England College. Dick Roberge, 110 Union Avenue, Old Orchard Beach, Me. 04064. Not too early to start thinking!!



NEW/RE-NEWED MEMBERS : All the following Striders are on board at the end of '86 through all of 1987, and our ranks continue to swell with runners of all ages signing up. We all welcome you, glad to have you!

- CHRISTOPHER BEAN: This 37 year old Skowhegan area runner comes to us with only 2 road races under his belt and a desire to work his way down to a 44 minute 10-K in the coming year. Chris is an engineer and is among those of us who hope to control our weight and enjoy a little exercise by running. He was on hand for the "Kingfield 10-K" and just reached his 1st anniversary of running.
- SUSAN BENNETT: A student at the University of Maine in Farmington, Sue is from the Kennebunk area and is a 20 year old runner who also enjoys weight lifting and softball. She has set her sights on running in the Boston Marathon, and has done a 49:00 10-K. Since we have many Striders who run in the Farmington area, it would be great to organize a club run from the UMF gym some week-end and let Susan meet the likes of Red Dean, Randy Hastings, Nancy Lagin and others!!!
- DON CARTER: Here's another new runner, but not a teenager! This 44 year old North Vassalboro Strider is one who remembers the good old days at the former Thomas College campus when he had the misfortune of attending at the same time as your President! It seems we chased other things than runners in those hallowed days! Don has worked at Keyes Fiber for years, enjoys hunting and fishing, and is a late comer to running in a desire to get back into shape. He certainly did that in '86, as we saw him at nearly 20 races in his first year!! He's already down under the 42:00 10-K mark, and joins the ranks of those of us hoping to crack that sub-40 mark before we leave this earth!!
- DENNIS CROTEAU: Here is one of the fastest 36 year old speedsters in the state, and a former student of Red Dean's! He is a pharmacist for the LaVerdiere's Super Drug Store chain and is a serious competitor, having turned in a 34:34 6th place at the "Sentinel 10-K Classic" and recently trying his first long race, another 6th place in the "Veteran's Day Half-Marathon" in 1:16:39! Dennis enjoys tennis, fishing, basketball and fly tying among his hobbies, and we've spotted his wife accompanying him on her 10 speed cycle at some of the events!
- DIANE DOUMIT: Coming aboard is still another member of the Waterville Area YMCA who is a regular at aerobics and exercise classes and who recently decided to take up running to round out her conditioning. Diane is a registered nurse in the Waterville Regional Health Agency and took part in 3 10-K races in the fall as she works her way into the sport. She jogs daily, is trying to keep doing a little running this winter, but can't wait for spring!! Diane will turn 32 in a few days-happy birthday!
- TIA DUPPLER: You may remember the name Tia LaMarre in past race results, and this is the newly married lady who in an active 29 year old native of the Waterville area who has just re-located to the Wilton area with husband David. Tia is another R.N. who has turned in a 41:00 10-K mark when healthy and in top shape, and she is working her way back after an injury. She reports she passed up this year's big "Kingfield 10-K" as she was married that day, which of course is no excuse! Another marathoner, she loves the "Casco Bay" and enjoys easy runs around the Wilton area with Dave, who is a jogger.