

# M A I N E RUNNING & FITNESS

\$3.00

OCTOBER-NOVEMBER, 1994

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**HOW TO START  
ROAD RACING**

Formerly  
Mainely Running



## Brooks 5-Miler - July 4 - Brooks

1	Risto Saloranta	32:25
2	Steve Holabraker	34:16
3	Ron Paquette	35:46
4	Brian Horne	36:42
5	Mike Murphy	36:50
6	Ken Hooper	37:53

7	Ray Quimby	39:17
8	Nancy Quimby	39:17*
9	Bill Smith	40:24
10	Donnajeane Pohlman	40:32*
11	Robin Hughes	42:49*
12	John Fugavino	44:09

13	Ken Davenport	45:34
14	Harold Jones	47:56
15	Jean Goldfine	47:56*
16	Julie Johnson	51:35*
17	Ginger Chandler	56:51*

### *The Maine Running Hall of Fame*

The group has chosen Bruno Mazzeo, Amelio Mazzeo, Kim Moody, John Casavola, and (Maine Running & Fitness contributor) Rick Krause to be inducted at its meeting at the Holliday Inn in Waterville at 6:30 p.m., Nov. 12. The next day the Hall of Fame is sponsoring a 10K race on the Killarney's course. More details on the inductees in a future issue of this magazine. For more information on the festivities, contact Gene Roy, Box 1177, Waterville, Maine 04901.

### *A Prize Offered*

The Run of the Irish five-mile race in Carmel in October is offering a \$100 prize to anyone who breaks the women's or men's records. Invitations have been sent to all the top runners in the state.

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