

APRIL 1982 VOL. 3 NO. 4

# MAINE Running

BULK RATE  
U.S. POSTAGE  
PAID  
Bangor, Me. 04401  
Permit No. 7



## SOCKALEXIS

**\$1.50**



# MAINE Running

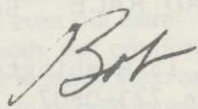
P.O. BOX 259, East Holden, Maine 04429 Telephone: 843-6262

April and the Boston Marathon go together like ham and eggs. Do you know what Maine runner has finished Boston better than any other? We all know that Joan Benoit won the women's division in '79, but do you know who from our state finished higher than any other?

It's the second guy in from the left kneeling in the cover photo. Andrew Sockalexis finished second at Boston in both 1913 and 1914. Read Mike Ranco's biography of the Penobscot runner. Others in the photo are Coach Smith (rear, left) and Clarence DeMar (beside Smith).

Marj Lalime revives the "Mainly About Women" column this month with her account of last falls Bonnie Bell 10k championship in Boston. Dr. John has some very late season thoughts about cross country skiing. Ed Rice updates the Fox runs and Skip has several pieces that we hope you will find interesting. Larry has an abbreviated column this month and we even had room for all the available race results.

Take heart. Spring is here! Look at the expanded calendar and the number of race flyers.



Maine Running is published monthly in Bangor

Editor/Publisher: Robert Booker  
PO Box 259  
E. Holden, Me.  
04429

Telephone: 843-6262

APRIL AND MAY CALENDARS 2

ANDREW SOCKALEXIS, MARATHONER 4

Mike Ranco's research into the life of one of the most famous of the Penobscots.

MAINLY ABOUT WOMEN 6

Marj Lalime relives the Boston Bonnie Bell.

FRACH-ATTACK\* 7

The story that asks the question "Will John Frachella ever run again?"

PEOPLE DIE, DREAMS DON'T 8

Ed Rice keeps us posted on the upcoming Terry Fox memorial races.

RUNNING ON... 10

Skip mixes a little philosophy with a book review.

THE MAINE LINE 11

Larry throws together the last scraps of the long winter in preperation of a big spring.

INTERVIEW 13

Skip interviews John Linscott, veteran of many Boston Marathons.

LETTERS 14

THE PACK 15

# April

## THE CALENDAR

4

ROMA RUN Still no further information available. Better ask one of the Rowdies about this one.

4

BOSTON PRIMER 12:00 noon - 15.2 miles around Maranacook Lake, Maranacook School. Contact Greg Nelson at 582-5607 (H) or 289-3223 (W)

10

CHINA 10K CLASSIC See Flyer

17

ST. JOSEPH'S SPRING RUN See flyer.

19

PORTLAND BOYS CLUB 5 MILE 53rd year. Cumberland Ave., Portland. Contact: Dave Paul 774-4089

24

UNITY COLLEGE 5K FUN RUN See flyer

# May

2

AMERICAN CANCER SOCIETY RUNS IN MEMORY OF TERRY FOX See Flyer

2

GLORIA STEVENS 6.2 MILE AND 2 MILE FUN RUN

Cooks Corner, Brunswick. Starts at 12 noon. Gift cert. for first male & female Contact: Jane Waddle 729-5544

8

BRUNSWICK ROTARY ROAD RACE See flyer

8

FOURTH ANNUAL ATHLETIC ATTIC 10K See flyer

9

5TH ANNUAL BIDDEFORD 15 MILER See flyer

15

2ND ANNUAL ROCKY COAST ROAD RACE See flyer

16

SRI CHINMOY 3 MILE ROAD RACE See flyer

16

WGAN 4 MILER at Channel 13 Washington Ave., Portland  
Contact: Bob Coughlin 773-0807

22

CHILDREN'S FUN RUN (tentative) Contact: Charlie Scribner

23

GREELY GRIND 10:00 4K for \$2 and 11:00 10k for \$3 at Greely High. Contact: Lou Lambert 829-6253. T-shirts to first 50 (maybe more) Proceeds to Chebeague Island Track Team.

24

MEMORIAL DAY 10K in Main St., Gorham. Contact Phil Cook 839-4245

29

JONESPORT SESQUICENTENNIAL RACES See flyer



30

## BACKSIDE RIDE

10.2 mile bike race. 1:30 p.m.  
Registration is 12:30 - 1:15 p.m.  
at Harbor House in Southwest Harbor.  
Rain date 31st. Contact: Harbor  
House, Southwest Harbor, Me. 04679  
244-3713.

30

NIKE MAINE COAST MARATHON Contact: MSRC, 9  
Colonial Dr., Saco 04072.

---

## AT THE RACES

### THE ICEBERG MARATHON

Bangor Mar 6th

---

This years Iceberg was a tweener. It wasn't nearly as cold and awful as the 1980 race, and it wasn't quite as warm and balmy as last year's contest. Mark Dorian, competing in his 26th marathon finally chalked one up in the winners column. He sat on the early leader, Eric Ellis and took off when Eric began to flag. Kim Beaulieu of Standish jogged and talked her way through for an easy victory. Second place female Barbara Plank was halted for 1 minute by a train so we adjusted her time at the finish line. Nineteen runners held on to finish and it appeared that everyone had a good time. Mickey Lackey, not wanting to be the only inhabitant of 24 Parkview not overinvolved in race directing, stepped forward and offered his services as the race director in 1983. I gladly give up the reins and may just run the thing for a change.



# MAINLY ABOUT WOMEN



## RUNNING THE BONNE BELL

by Marj Lalime

I was scared.

Completely surrounded by a sea of excited, stomping females, I said 'Hi' to the stranger beside me and we became instant buddies. Everyone in our seed was talking nervously, half-listening for the starting gun. Suddenly a hush enveloped the crowd and music wafted its way back from the starting line. Looking at one another in surprise, we too picked up the lyrics and sang in unison:..." and crown thy good with sisterhood from sea to shining sea". That was the most exhilarating moment of my running experience. Tears of joy ran down my cheeks. I wasn't scared anymore.

Seven thousand women inched up to the official starting line on Charles Street in Boston last October to run the Bonne Bell 10K. I reached the line at two minutes into race time. Rocky's theme song blared from the PA system and seemed to stimulate adrenaline as well as elbows as Charles Street narrowed to two lanes. I quickly learned the meaning of 'squeeze' and cursed the Mayor at every pot hole. I worked hard not to trip or be tripped...the stampede of feet was awesome. Sidewalks were lined with spectators and even their feet were in danger. At the far end of Longfellow Bridge, the cheering became overwhelming. Noise from what I thought was thousands of spectators turned out to be the voices of preceding runners, hollering as they passed through the underpass. I cheered and sent my echo reverberating to racers behind me.

The excitement and kinetic energy of those beginning moments carried me through the race. It was impossible to keep a steady pace even along flat Memorial Drive, but we all tried. The trick was to surge ahead between two runners, shouting 'Squeeze' keeping elbows tucked in and hoping they would too. What a thrill to pass hundreds of runners even though you knew hundreds of others were passing you at the same time. The Boston skyline was still on my left when Alison and Jan passed me on the other side of the oil barrel sentinels, flying back towards Harvard Bridge, their loop completed. That bridge seemed extremely long to me when I discovered it had an uphill grade. Funny I'd never noticed in a car. I made it to the Elliot Lounge and turned down Comm. Ave. where my daughter and friends were cheering and taking photos. The rest of the route should be easy, I thought. About all I remember was a huge group of Girl Scouts in uniform encouraging us to go faster, and one drunk leaning into the street with a perplexed look on his face saying "My God, where are they coming from?"



By the time I rounded Boylston, heading for Charles Street, my lungs and legs were exhausted. The FINISH line loomed ahead and I sprinted for it. Every woman behind me was pushing towards the finish, a bottleneck of people and ropes and confusion...will I be able to stop?...will the racers behind me be able to stop?...will there be a wild crush of legs and arms?

Suddenly it was over. I slowed down, I walked. I kept on walking to the water stop. I drank. I observed thousands of tired but contented runners eating yogurt and comparing notes. Then it hit me: I'd done it, too. I'd finished. I ran the Bonne Bell in Boston!

I was elated.

## FRACH-ATTACK

by Dr. John Frachella

I've been taking the winter off... from running that is. I remember when I first met Mike Gaige a few years ago and he told me how he seldom ran in the wintertime. I thought the idea was slightly enticing, however I never had the guts to do it...till now. In the last 2 months I haven't run as much as a quarter of a mile. I've been skiing instead.

It seems to me that there's a lot of folks nowadays who say they're into cross-country skiing and, hey look, it's a great sport: pack a light lunch and take off right from the farm or take off for the carriage trails on the Island. One way or the other, it's kick, glide, kick, glide, take in the sights, maybe take a few pictures, eat lunch...all in all, a great way to spend the day.

But there's another way. Ski a hilly, twisted course, non-stop for 1 hour. Run up the hills with your skis by lifting your knees, much like you do when you're running on the road. On the flats, give your legs a break and double-pole 20 or 30 strokes without stopping. Kick around those tight corners and drive with your knees on every turn. Throughout your ski, adjust your momentum to a constant velocity regardless of the terrain.

If you feel like running later on that day, then you're likely to be skiing slowly or you're likely to be

the kind of person who road-runs double sessions as a steady diet. But I defy those who claim cross-country skiing work-outs aren't of the same intensity or quality of equivalent lengths of time spent running. Granted, the day after a 2½ hour non-stop ski you aren't as sore as you are the day after a hard 2½ hour run. Is that because skiing isn't as demanding or because skiing isn't as traumatizing or as stressful as running. I think the latter is closer to the truth.

Of all outdoor sports, cross-country skiing is generally recognized as the most beneficial activity, working both the upper and lower body. The arm-swinging motion exercises the same shoulder muscles that are used when swimming the crawl and the leg movement works the hamstrings, calf and quadriceps.

\*A Frach-attack is a disease that affects few of us, thank God. It's characterized by an acute desire to experience pain in everything we do. Maybe that's why John's a dentist.





## PEOPLE DIE, DREAMS DON'T

by Ed Rice

It was late Sunday afternoon, June 28, 1981, and the television sports commentator, with his \$25 haircut and artificially sweetened smile and voice, suddenly was not railing on in his usual ludicrous, urgent tones about this player's muscle pull or that player's contract squabble. He was saying that Terry Fox was dead.

Over and over the image of the curly-haired youth, with the affably shy Huck Finn grin or the gritty, determined look persisted, run-skipping his way on one good leg and one artificial limb along some lonely, country road...turning adversity into something positive and uplifting. A victim of cancer no more. An inspirational hero to millions.

And even though the one-legged Canadian did not officially complete his 1980 transcontinental run, he did break a spiritual finish line tape few of us are privileged enough to even approach.

A tear-filled run that June 28th inspired a dream, a hope that maybe there was a way to keep the very special spirit and dream of a very special young man alive. His blueprint was an easy one to follow: to run and raise money for cancer research. Terry Fox said it best, from his death bed, "People die, dreams don't." And now all the running clubs of Maine have banded together to help prove him right.

Statewide runs, on behalf of the Maine Division of the American Cancer Society, are set for Sunday, May 2 in Portland, Augusta, Bangor-Brewer and Caribou. All proceeds will go for cancer research.

In Portland a 4-mile run will start and finish at the Portland Expo, beginning at 1 p.m. Four southern Maine running clubs are helping to construct the run: the Portland-

based Maine Track Club and Maine Rowdies, the Biddeford-Saco Marathon Sports Club and the Brunswick Good Sports Club. Acting as co-chairmen for the race are Bob Coughlin (MTC), Wayne Clark (Rowdies), Steve Mooney (Marathon Sports) and Rob Jarratt (Good Sports).

In Augusta, a 5-kilometer (3.1 mile) run will start and finish at the Augusta Civic Center, beginning at 2 p.m. Three running clubs are handling the logistics of the run: the Augusta-Gardiner Maine Road Ramblers, the Lewiston-Auburn Androscoggin Harriers and the Waterville Central Maine Striders. Co-chairing the Augusta run are David Baird (Striders), George Liming (Harriers) and Greg Nelson and Bob Jolicoeur (Ramblers), along with others from each group.

In Bangor-Brewer, a 5-kilometer run will start and finish near the Brewer Auditorium, beginning at 10 a.m. The Downeast Striders are constructing the run with Gary Coyne serving as run director.

In Caribou, a Sunday 1 p.m. run will take place at a distance and site yet to be determined. The Aroostook Joggers will create the run, with Conrad Walton serving as run director.

At each run a moment of silence in tribute to Terry Fox will precede the event, and the showing of the 28-minute documentary film "Terry Fox: I Had A Dream" will immediately follow. Each participant will receive a brief biography and drawing, suitable for framing, of Terry Fox. Based on the amount of sponsorship a run has, varying numbers of commemorative t-shirts will be given to pre-registrants.

Sponsorship to date finds the Portland run being backed by Hannaford Brothers. Augusta has support coming from the Bill Johnson Agency in Lewiston and the Augusta Kiwanis Club. The Bangor-Brewer run has Pepsi Cola. The Caribou sponsor is still undetermined.

Help, rolled-up sleeves as well as the financial kind, is still needed to make



the charitable project the complete success the runners would like to make it.

We could use more volunteers to help work at the finish line chutes. We'd like to be able to provide food and beverage refreshments afterwards. We'd like not to waste sponsorship money on awards, but rather have a few tasteful gifts for a handful of the first finishers; perhaps handicrafts from some generous Maine artisans or running gear donated from sporting goods enterprises. We'd like to take out at least a quarter-page ad space in the local paper, with a clip-out form, to insure that anyone who'd like to run can easily get an entry form... perhaps a few service organizations chipping in together can help us achieve this goal.

There's room to help, if you'd like to get involved.

Since September Ed Rice, journalist, runner and promoter for the tribute runs has been doing a free talk/film presentation for schools and service organizations. The presentation is still available to interested parties. Contact Ed Rice, 173 West Broadway, Bangor, Me. 04401 (942-4170) or the Maine Division of the American Cancer Society, PO Box 456, Brunswick, Me. 04011 (1-800-482-0113).

Support for the project has already manifested itself in several lovely ways. World class marathoner Bill Rodgers (four-time winner of both the Boston and New York City Marathons) has agreed to do both television and radio public service announcements to promote the statewide runs. The Canadian Cancer Society has provided ample materials and a glossy photo for promotional use. The Waterville Elks Club and another very generous "anonymous" donor made it possible for the Maine Division of the ACS to purchase outright two copies of the Terry Fox documentary film. Television stations throughout Maine have generously provided time to air the film (previously unseen in the United

States)...and several stations have had repeated showings. Further, several of the stations have booked the film again for sometime in late April, just before the tribute runs.

Also, the Phi Gamma Delta Fraternity from the University of Maine at Orono pledged all of the money raised from its 24-hour Fiji Relay Marathon in February to the Maine Division of the ACS, in support of this runners' project. The Fiji Marathon netted in the vicinity of \$9,000 this year.

Terry Fox's dream is still very much alive...come on out and be a part of it.

## TROPHIES & AWARDS



- \*Prompt service
- \*Engraving
- \*Trophies
- \*Plaques

Economy Trophy  
Bob Hagopian  
109 Main St.  
Madison, Me.  
04950  
696-5548



# THE MAINE LINE

by Larry Allen

NOTES FROM A MADMAN (resting for a marathon) in place of Maine Line

---

Madison Sq. Gdn. Feb 26th  
TAC/Mobil USA

---

Bruce Bickford ran fourth in the 3 mile race broadcast live on PBS nation wide after leading thru 1 mile (4:23) and 2 (8:44) off his PR and former American Record of 13:07 from 1980.

---

Mass Feb 10 Miler

---

Andy Palmer tied for first intentionally in 50:32. Roland Davide, the 1980 winner of the Shamrock Marathon held the course record of 51:17. Davide ran this record the same year he won Shamrock.

---

Miami Jan Orange Bowl Marathon

---

Leo Lachance a former Old Orchard resident and Cheverus standout ran the Orange Bowl Marathon in Miami in January in a PR 2:28:10. He will be running Boston. Leo is finishing four years in the Air Force and will be attending the University of Maine at Orono in the fall.

---

College Scene

---

Three UMaine women's distance runners have run extremely well this winter.

SUE ELIAS - Maranacook HS

UMO record 2:16 880

2:14 relay split

4th in Easterns

JOANNE CHOINERE - Cumberland, RI

UMO record 10:36 2 mile

won the Easterns

ROSE PREST - Central Aroostook

17:36 5,000 meters

10:53 2 mile

placed 3rd in the Easterns

UMO hosted the Women's Easterns (Div II) at Orono on Mar 6-7.

Villanova ran away with the team honors while UMO placed in a tie for fourth overall.

Bates Hosted Women's Easterns (Div III) in Lewiston on Mar 6-7. Results were not available at press time.

---

Sri Chinmoy Marathon Hampton, N.H. Feb 6

---

|                |         |
|----------------|---------|
| Arnie Clark    | 3:08:01 |
| Frank Morong   | 3:16:58 |
| Larry Barker   | 3:22:40 |
| Jim Swan       | 3:29    |
| Guy LaFlamme   | 3:29:30 |
| Don Berthiaume | 3:49:02 |
| Denise Coburn  | 3:57:03 |

Others ran between 13.1 and 20 miles as a workout.

Don Wilson; Marc Lessard; Marty Cardoza; Mike LaCroix; Jean Berthiaume; Joel Croteau; and Bob Provost.

---

Shamrock Marathon Va. Beach Mar 20

---

When we called Bangor after the race we heard about the sunny day and 50°. It made us all sick. Down south it was 44° at race time in a steady, hard downpour with 25 M.P.H. gusts of wind that never seemed to get at our back.

The pre-race favorite quit at 4 miles when he saw the Seashore State Park trail was 4 miles of ankle deep water on top of slippery red clay.

Andy Palmer cut back after 12 or so and stayed in the race only for the "Run Maine" team to finish 7th in 2:28:27. O.J. was asking Tanya at eighteen if Andy was still in it. He said he too would have hung it up if it were not for the team. He finished in 2:39:59. Larry was once again on his sub-2:40 pace when he could not run any more at 24 miles. He had to be taken from the course, done in by the extreme



cold and damp.

Kurt Lauenstein was quoted in the local paper as saying, "I'll tell you my name, but I can't remember anything else.", as he stretched out on a cot in the postrace headquarters. Kurt ran 2:22:49 for third place and his friend Tony Quinn of Milton, Vermont ran 2:23 for fifth.

I ran as evenly as possible and finished in 2:59:30 something. "Team Maine" lost the team award by seven points to the Tidewater Striders of Virginia Beach.

Maybe next year!!!

Bob

---

#### BOSTON RUNNERS

---

Andy Palmer 2:17 best; 28; Mars Hill

Kurt Lauenstein 2:18; 31; Bangor

O.J. Logue 2:26; 25; vet of 23 marathons; Orono; hopes for a 2:25

Leo Lachance 2:28:10; 25; has run 2; Old Orchard; hoping for a 2:25

Howard Paradis 3:01:53; 49 of Madawaska has run 4.

James Moore 3:06:00; 42 from Cape Elizabeth has run 3 and is wishing for a 3:05

Herb Strom 2:56:33; 52 from Portland has run 9 marathons and thinks he can go sub-3

John Gasser 3:05:41; 40 from Bethel has run in 4 marathons and hopes to duplicate his Skylon effort of 3:05

Kevin McDonald of Lovell has gone 2:43:13 at Casco Bay and hopes to break 2:40 at Boston. He's 32 and has run in 13 marathons.

Good luck!!

Write: Larry Allen  
24 Parkview Ave.  
Bangor, Me. 04401  
Tele: 942-4297

# Come meet some people in love with the restaurant business.

## "Run on over to Ben's" We've got something special for you!

#### APRIL

- 1-3 Brother Jump
- 4-6 Big 16
- 7-8 Scott Folsom Band
- 9-10 Rythmn Agents
- 11 Wildwood
- 12-14 Bijou, McCue & the Matinees
- 15-17 Cub Koda
- 18-20 Peter Galway Revue
- 21-22 Natural Boogie
- 23-24 Bliss
- 25-26 Waldo County Line
- 27-29 King B's
- 30 Randy Hawkes & the Overtones





## JOHN LINSKOTT - MARATHONER

by Skip Howard

If you've run any of the Boston Marathons since 1958, you've been in the company of one John Linscott. Now a resident of Bucksport, John has run every Patriot's Day in Boston until 1975, and since then has been a checker at the Lake Street point in downtown Boston. Needless to say, his life on the roads carries with it a wealth of experiences and acquaintances that have bridged the time between the traditional BAA and the BAA as we know it today: glamorized by native son Bill Rodgers and now on the verge of the kind of corporate sponsorship which will undoubtedly transform, for better and worse, the only marathon in the world with a qualifying time. I recently spoke with John Linscott about his running career and views on the sport.

As a thirteen year old, John ran the New Hampshire hills on a thirteen-mile romp in two hours; as a high schooler he ran ten miles in an hour on a regular basis as his only training for the 1947 Boston Marathon. Intending to run just seventeen miles, he realized that the crowd was cheering for an older man just ahead of him, the legendary Clarence DeMar. Pulling alongside, buoyed by the cheers preceding him, Linscott had the temerity to say: "I hope I can stay with you, Mr. DeMar". A characteristic grunt was the only reply.

After this auspicious beginning, John then became involved in music school, the U.S. Navy, marriage, cigarettes, alcohol, and the sedentary lifestyle that accompanies many Americans before someone bets them they're

not in shape for some specific event. In John's case, it was New Year's Eve 1958: 193 pounds. By April 19th, he weighed 145 pounds, thanks to a 900 calorie diet and the inspiration of Jock Semple. A close friend of Semple's, John is outspoken in his admiration for the outspoken guru of the BAA Marathon; his poem honoring Jock Semple at a testimonial is a part of the Boston Marathon guidebook.

An accomplished jazz -usician, "mainsteam jazz" as he calls it, as well as a teacher, John Linscott has combined several careers with a love and dedication to running that has often caused some interesting juxtapositions: like the night he left Boston after playing a gig 'til the wee hours to run the Yonkers Marathon in New York the next day. Arriving at the Chippewa Club in Van Cortland Park at 7 a.m. the next morning (the race began at noon) he spied a beckoning cot:

"So I'm thinking just a few hours sleep and maybe I can pull this off. No sooner does my head hit the pillow, but I hear Jock Semple's growling Scottish burr and up I get. Well, 15 miles in 1:30 and I was walking, beat, ten minutes later."

John's best marathon is a 3:00:42; he ran several times that seem relatively modest today, but back then, in the 50's and 60's ignorance of proper training prevented many athletes of similar caliber from realizing faster times. This warm and engaging man talks lovingly of the Boston Marathon; and intimately of the east wind at the top of the Newton Hills. And when his thoughts rest on the camaraderie and flavor of Boston, it's almost as if you've been there. There's something very nice about the modest way he says: "I hope I can stay with you."



March 22, 1982.

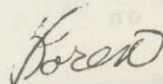
# Letters

Robert Booker  
Box 259  
East Holden, Maine 04429

Dear Bob:

Unless someone in East Kittery has beat me to the Post Office on this windswept and sunny jour I have the pleasure of announcing the formation of the State's newest running club. As of 8:12 P.M. on the Eve of St. Patrick's, March 16, 1982, in a dubious state of sobriety and with mixed emotions the "Woodrunners" Running Club of T2R6 and other such tourist traps was born. This fledgling unit and it's initial enrollment of an even dozen has no charter, no philosophy, no sense, no officers and very little class, however, it hopes to recoup somewhat in it's promotion of fun runs, walks and jogs for children and grandparents of all ages with a heavy emphasis on family participation. I don't think that the Maine Track Club has anything to fear from our collective running abilities but rest assured that we'll be at peak form for the apres race activities. Should the media be clamoring for more information on the eager outfit kindly refer them to the scholarly gentleman seated outside the Matagammon Gate.

Thanking you in advance for the acceptance and publication of this hot little news item, I remain



Loren Ritchie  
Local S.M.O.O.S.A.  
Petition Burner

P.S. Our first Fun Run on Saturday, March 20, resulted in over 70 participants, from age 3 - 77. Stick it in your ear sunny California!!



# "THE PACK"

## THIRD ANNUAL ICEBERG MARATHON

Bangor Mar 6th

|      |                    |         |
|------|--------------------|---------|
| 1.   | Mark Dorian        | 2:42:53 |
| 2.   | Bryant Bourgoin    | 2:48:43 |
| 3.   | Bob Coughlin       | 2:51:11 |
| 4.   | Ken Newsome        | 3:01:25 |
| 5.   | Bill Leschey       | 3:05:37 |
| 6.   | John Esposito      | 3:08:20 |
| 7.   | Kim Beaulieu*      | 3:15:47 |
| 8.   | Bill Gayton        | 3:15:48 |
| 9.   | Bob Jolicoeur      | 3:17:13 |
| 10.  | Steven Peterson    | 3:34    |
| 11.  | Tim Drury          | 3:35:45 |
| 12.  | Barbara Plank*     | 3:37:43 |
| 12a. | Arthur Greif       | 3:38:17 |
| 14.  | Geraldine Schultz* | 3:40:21 |
| 15.  | Barb Coughlin*     | 3:43:28 |
| 16.  | Julius Marzul      | 3:59:49 |
| 17.  | Jan Pilotte*       | 4:09:20 |
| 18.  | John Pluto         | 4:23:09 |
| 19.  | Norj Ahrens*       | 4:26:30 |

Results courtesy of Bob Booker  
Race Director

\*\*\*\*\*

## KERRYMEN'S PUB 4 MILER

Saco Mar 14th

|     |                  |       |
|-----|------------------|-------|
| 1.  | Ken Flanders     | 19:37 |
| 2.  | James Goodberle  | 20:15 |
| 3.  | J. Smith         | 20:24 |
| 4.  | John Keller      | 20:30 |
| 5.  | A. Leo Lachance  | 20:46 |
| 6.  | Kenny Letourneau | 20:59 |
| 7.  | Kim Wettlaufer   | 21:00 |
| 8.  | Rick Garcia      | 21:02 |
| 9.  | Jim Babb         | 21:04 |
| 10. | Chuck Burrows    | 21:05 |
| 11. | George Towle     | 21:06 |
| 12. | Stuart Hogan     | 21:09 |
| 13. | Gene Coffin      | 21:15 |
| 14. | Sam Wimebaum     | 21:25 |
| 15. | Rick Shelton     | 21:36 |
| 16. | Joe LaRose       | 21:45 |
| 17. | John Wilkinson   | 21:48 |

|      |                    |       |
|------|--------------------|-------|
| 18.  | Jon Bemis          | 21:56 |
| 19.  | James Cotsis       | 21:57 |
| 20.  | Brian Flanders     | 22:07 |
| 21.  | Sean Keough        | 22:07 |
| 22.  | Lance Guliani      | 22:10 |
| 23.  | Lawson Noyes       | 22:17 |
| 24.  | Mark Hoffmaster    | 22:22 |
| 25.  | Christopher Kein   | 22:25 |
| 26.  | Dick McFaul        | 22:31 |
| 27.  | Philip Wells       | 22:32 |
| 28.  | Mike Kimball       | 22:33 |
| 29.  | David Emerson      | 22:39 |
| 30.  | Marc Bourassa      | 22:42 |
| 31.  | Bill Lester        | 22:47 |
| 32.  | Scott Card         | 23:09 |
| 33.  | Stephen Harriman   | 23:11 |
| 34.  | Bob Coughlin       | 23:13 |
| 35.  | Larry Pelton       | 23:15 |
| 36.  | John O'Malley      | 23:18 |
| 37.  | Tom LaRose         | 23:19 |
| 38.  | Joel Croteau       | 23:21 |
| 39.  | Mike Gendron       | 23:26 |
| 40.  | Jim Kein           | 23:32 |
| 41.  | Mark Myles         | 23:33 |
| 42.  | Bob Hunt           | 23:40 |
| 43.  | John O'Brien       | 23:42 |
| 44.  | Ron Poulin         | 23:45 |
| 45.  | Barry Howgate      | 23:47 |
| 46.  | Kent MacDonald     | 23:52 |
| 47.  | Mike Barry         | 24:01 |
| 48.  | Tony Harrigan      | 24:02 |
| 49.  | Eric Ellis         | 24:09 |
| 50.  | Guy LaFlamme       | 24:11 |
| 51.  | Glenn Jones        | 24:12 |
| 52.  | Tom Swan           | 24:13 |
| 53.  | Douglas Moody      | 24:17 |
| 54.  | Ken Jones          | 24:22 |
| 55.  | Roland Moulin      | 24:26 |
| 56.  | Joel Titcomb       | 24:28 |
| 57.  | Michael Harrigan   | 24:32 |
| 58.  | Albert Pulver      | 24:34 |
| 59.  | Jeff Pomrov        | 24:35 |
| 60.  | Dewain Wallace     | 24:38 |
| 61.  | Russ Holm          | 24:39 |
| 62.  | Herb Strom         | 24:41 |
| 63.  | Peter Flaherty     | 24:43 |
| 64.  | Kim Beaulieu*      | 24:45 |
| 65.  | Peter Hanson       | 24:48 |
| 66.  | Andrew Rosen       | 24:49 |
| 67.  | Peter Orthmann     | 24:51 |
| 68.  | David Fritz        | 24:51 |
| 69.  | Paul Vinsel        | 24:52 |
| 70.  | Paul Collier       | 24:53 |
| 71.  | Daniel McCooley    | 24:58 |
| 72.  | Clint Whiting      | 25:06 |
| 73.  | Paul Rogers        | 25:18 |
| 74.  | John Harrigan      | 25:25 |
| 75.  | Tim Drapeau        | 25:30 |
| 76.  | Carolyn Court*     | 25:33 |
| 77.  | Bill Gayton        | 25:34 |
| 78.  | Ted Saad           | 25:39 |
| 79.  | John Harvey        | 25:39 |
| 80.  | David Pinette      | 25:40 |
| 81.  | Garrett Clough     | 25:44 |
| 82.  | Chad Gagnon        | 25:45 |
| 83.  | Donald Wilson      | 25:47 |
| 84.  | Phil Richardson    | 25:48 |
| 85.  | Brad Goodale       | 25:49 |
| 86.  | Karen Palermo*     | 25:51 |
| 87.  | Edward Handlin     | 25:53 |
| 88.  | Paul Riciputi      | 25:54 |
| 89.  | Gary Hamilton      | 26:01 |
| 90.  | Alan Sabake        | 26:03 |
| 91.  | Tina Hogan*        | 26:18 |
| 92.  | Walter Perrin      | 26:19 |
| 93.  | John Chretien      | 26:21 |
| 94.  | George Wells       | 26:22 |
| 95.  | Norman Lemire      | 26:23 |
| 96.  | Andrew Haslam      | 26:24 |
| 97.  | Jeff Huntress      | 26:31 |
| 98.  | Normand Brunelle   | 26:32 |
| 99.  | Henry Wolstat      | 26:33 |
| 100. | John Ryan          | 26:46 |
| 101. | Steve Mooney       | 26:48 |
| 102. | Wayne Barton       | 26:49 |
| 103. | Frank Hemphill     | 26:55 |
| 104. | Scott Bemis        | 26:57 |
| 105. | Julie Fritz*       | 27:00 |
| 106. | Guy Furbush        | 27:02 |
| 107. | Kevin Pinette      | 27:03 |
| 108. | Peter Gagnon       | 27:04 |
| 109. | Faye Gagnon*       | 27:05 |
| 110. | Linda Emerson*     | 27:06 |
| 111. | Christian Gordon   | 27:07 |
| 112. | Billy Howard       | 27:14 |
| 113. | Paul Mondor        | 27:15 |
| 114. | Kevin Kein         | 27:21 |
| 115. | Maureen D'Amboise* | 27:21 |
| 116. | Larry Frank        | 27:23 |
| 117. | Thomas Lindsey     | 27:23 |



|                            |       |
|----------------------------|-------|
| 118. Joe Mahoney           | 27:27 |
| 119. Tom Girard            | 27:31 |
| 120. Virginia Nichols*     | 27:32 |
| 121. William Nichols       | 27:33 |
| 122. Matt Gilligan         | 27:34 |
| 123. Clement Chorbouneau   | 27:39 |
| 124. Al Paquette           | 27:39 |
| 125. Bruce Brunelle        | 27:42 |
| 126. Don Youker            | 27:43 |
| 127. Ron Gaskell           | 27:49 |
| 128. Leighton Martin       | 27:56 |
| 129. John Rousselle        | 27:47 |
| 130. Nelson Parise         | 28:02 |
| 131. Steve Penna           | 28:05 |
| 132. John Ouillette        | 28:07 |
| 133. Brian Pennell         | 28:08 |
| 134. David Boothby         | 28:09 |
| 135. Rick Strout           | 28:10 |
| 136. Gilbert Cote          | 28:11 |
| 137. Greg Landry           | 28:19 |
| 138. Richard Monthorne     | 28:20 |
| 139. Roger Beaulieu        | 28:21 |
| 140. Richard Whetstone     | 28:22 |
| 141. Michael Ham           | 28:28 |
| 142. Gary Briggs           | 28:30 |
| 143. Bernard Ross          | 28:37 |
| 144. Don Tillotson         | 28:44 |
| 145. Robert Foisy          | 28:45 |
| 146. Jerie Bugbee          | 28:48 |
| 147. Greg Henaire          | 28:49 |
| 148. Richard Pinette       | 28:54 |
| 149. Richard Fritz         | 28:56 |
| 150. Robert Handy          | 29:06 |
| 151. Bernard Gaines        | 29:07 |
| 152. Robert Couture        | 29:09 |
| 153. Albert Frick          | 29:10 |
| 154. Billy Harrigan        | 29:12 |
| 155. Buddy Charity         | 29:13 |
| 156. Corinna Fritz*        | 29:24 |
| 157. Jason Millette        | 29:25 |
| 158. Jamie Chamberlain     | 29:26 |
| 159. Martha Shur*          | 29:31 |
| 160. Stoddard Chaplin*     | 29:38 |
| 161. Charles Towle         | 29:40 |
| 162. Steven Pennell        | 29:47 |
| 163. Leonard Mulligan      | 29:51 |
| 164. Anna Simic*           | 30:16 |
| 165. Eric Anton            | 30:34 |
| 166. Bonnie Cote*          | 30:35 |
| 167. Jon Doe               | 30:39 |
| 168. Don Guay              | 30:43 |
| 169. Don Landry            | 30:45 |
| 170. Ted Seymour           | 30:47 |
| 171. Robert Beaudette      | 30:48 |
| 172. Jeff Robey            | 30:50 |
| 173. Marcel Bouchard       | 30:51 |
| 174. Marguerite Comerford* | 30:52 |
| 175. Donna Demmons*        | 30:58 |
| 176. Jean Smith*           | 31:03 |
| 177. Gary Duranceau        | 31:04 |
| 178. Timothy Chase         | 31:05 |
| 179. David Baston          | 31:07 |
| 180. George Furbush        | 31:09 |
| 181. Dave Pritchard        | 31:12 |
| 182. Mary King*            | 31:14 |
| 183. Mickey Beaulieu       | 31:26 |
| 184. Jesse McDougal        | 31:31 |
| 185. Gerry Milano          | 31:35 |
| 186. Robert Sprague        | 31:50 |
| 187. Don Croteau           | 32:05 |
| 188. Doug Doherty          | 32:09 |
| 189. Jayne Flaherty*       | 32:24 |
| 190. Chuck Shevenell       | 32:27 |
| 191. Cheryl Farrington*    | 32:33 |
| 192. Pam Plummer-Nelson*   | 32:38 |
| 193. Denis Morrill         | 32:40 |
| 194. Chris Lavoie          | 32:44 |
| 195. Judy True*            | 32:45 |
| 196. Glen Poland           | 32:45 |
| 197. Anthony Gordon        | 32:46 |
| 198. Howard Clifford       | 32:54 |
| 199. Bobby Thayer          | 32:58 |
| 200. Brian Duble           | 33:02 |
| 201. Carolyn Gayton*       | 33:10 |
| 202. Lynn Bohannon*        | 33:12 |
| 203. Dan Bean              | 33:16 |
| 204. Donny Tutino          | 33:31 |
| 205. Elizabeth Moulin*     | 33:40 |
| 206. Margaret Gallant*     | 33:47 |
| 207. Steve Maloney         | 33:51 |
| 208. Jessie Hemphill       | 33:58 |
| 209. Michael Newman        | 34:11 |
| 210. Mike Sukalas          | 34:11 |

|                        |       |
|------------------------|-------|
| 211. Leo Cote          | 34:36 |
| 212. Tom Pettingill    | 34:44 |
| 213. Romaine Caraivon  | 35:01 |
| 214. Liz Dunkerley*    | 35:28 |
| 215. Shelia Chaplin*   | 35:28 |
| 216. June Seymour*     | 35:50 |
| 217. Stacey Vanites*   | 35:51 |
| 218. Stephen Ledoux    | 35:52 |
| 219. Wendy Delan*      | 35:53 |
| 220. Margaret Guthrie* | 35:59 |
| 221. Preston Powell    | 36:09 |
| 222. Molly Comerford*  | 36:10 |
| 223. Stephen Labbe     | 37:02 |
| 224.                   |       |
| 225. Cheryl Ridolfi*   | 37:06 |
| 226. Ken Guay          | 37:09 |
| 227. Holly Pulver*     | 37:14 |
| 228. Jan McLellan*     | 37:31 |
| 229. Dorothy Boothby*  | 37:31 |
| 230. Alan Pritchard    | 37:48 |
| 231. Joe Comerford     | 37:51 |
| 232. Tom McDonough     | 37:54 |
| 233. Charles Scribner  | 37:56 |
| 234. Art Quint         | 38:02 |
| 235. Karen Mondor*     | 38:08 |
| 236. Brian St. Pierre  | 38:11 |
| 237. Mary-Lou Ridley*  | 38:54 |
| 238. Diane Horvat*     | 38:55 |
| 239. George Shur       | 39:04 |
| 240. Aline Towle*      | 39:09 |
| 241. Valerie Olesky*   | 39:21 |
| 242. Peter Spaltro     | 39:31 |
| 243. Ian Kingston      | 39:36 |
| 244. Scott Knowles     | 39:53 |
| 245. Marianne Powell*  | 40:20 |
| 246. David Merlin      | 43:42 |
| 247. Annette Foisy*    | 43:47 |
| 248. Gloria Sheehan*   | 46:56 |

Results courtesy of Liz Moulin  
Marathon Sports Running Club

\*\*\*\*\*

#### ST. PATRICK'S DAY FUN RUNS

SW Harbor 2 & 4 Miles Mar 14

#### 2 Mile Race

|                      |       |
|----------------------|-------|
| 1. Robert Pendergast | 13:16 |
| 2. Lee Henderson     | 13:28 |
| 3. Jennifer Shea*    | 13:30 |
| 4. Howard Richard    | 13:46 |
| 5. Chris Boyle       | 13:48 |
| 6. Pat Richard*      | 13:57 |
| 7. Jimmy Davis       | 14:07 |
| 8. Richard Henderson | 14:28 |
| 9. Chris Turner      | 14:37 |
| 10. Buddy Cousins    | 14:39 |
| 11. Garret Long      | 14:59 |
| 12. Les Spurling     | 15:20 |
| 13. Beth Hatch*      | 15:30 |
| 14. Bernie Tate      | 15:58 |
| 15. Jennifer Wadman* | 15:59 |
| 16. Missy Shea*      | 16:00 |
| 17. Dee Dee DeLong*  | 16:14 |
| 18. Mr DeLong        | 16:16 |
| 19. Tom Davis        | 16:29 |
| 20. Braden Alley     | 16:30 |
| 21. Jack Wadman      | 16:56 |
| 22. Amy Richard*     | 17:16 |
| 23. Dan DeLong       | 17:19 |
| 24. Vernon Elsemore  | 17:31 |
| 25. Will welles      | 18:58 |
| 26. Gerric Worcester | 20:30 |
| 27. Jenny Thurlow*   | 22:15 |
| 28. Ryan Elsemore    | 22:16 |

#### 4 Mile Race

|                    |       |
|--------------------|-------|
| 1. Chris Holt      | 23:13 |
| 2. Dirk Bradt      | 23:14 |
| 3. David Alley     | 24:28 |
| 4. David O'Connell | 24:40 |
| 5. Calvin True     | 25:28 |
| 6. Robert Nelson   | 26:26 |
| 7. Frank Bragg     | 26:39 |
| 8. Tim Drury       | 26:40 |
| 9. Clifford Noyes  | 27:01 |
| 10. Bill Barter    | 27:05 |
| 11. Danny Haggan   | 27:47 |
| 12. Bill Pinkham   | 28:08 |

|                       |       |
|-----------------------|-------|
| 13. Terry Cousins     | 28:15 |
| 14. Richard Alley     | 28:47 |
| 15. Vicky Vendrell*   | 28:43 |
| 16. Andy Enman        | 29:53 |
| 17. Felice Worcester* | 32:07 |
| 18. Duff Train        | 35:03 |
| 19. Brian Worcester   | 36:38 |
| 20. Nancy Alley*      | 39:25 |

Results courtesy of Marty Lyons  
Race Director

\*\*\*\*\*

## DON'T WAIT

unshin splints, Achilles tendonitis, sore knee joints and other orthopedic symptoms interfere with your running, tennis, racquet ball or other active sports.

Take preventive action with **SORBOTHANE** heel or full sole inserts.

**SORBOTHANE**...a new visco elastic polymer considered a medical breakthrough\* cushions shock since it can be easily distorted to take up excessive impact.

Enjoy yourself more on the track, on the road, on the courts or on the slopes with incredible **SORBOTHANE** inserts...

Endorsed by trainers.

Heel Inserts...\$8. pr. Soles...\$13. pr. (Add \$2.00 for handling)

Order from:

NUTMEG HOUSE

P.O. BOX 87 A

BRANFORD, CT 06405

CHECK \_\_\_\_\_ MONEY ORDER \_\_\_\_\_

VISA \_\_\_\_\_ MASTER CHARGE \_\_\_\_\_

EXPIRATION DATE \_\_\_\_\_

SHOE SIZE \_\_\_\_\_ M \_\_\_\_\_ F

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

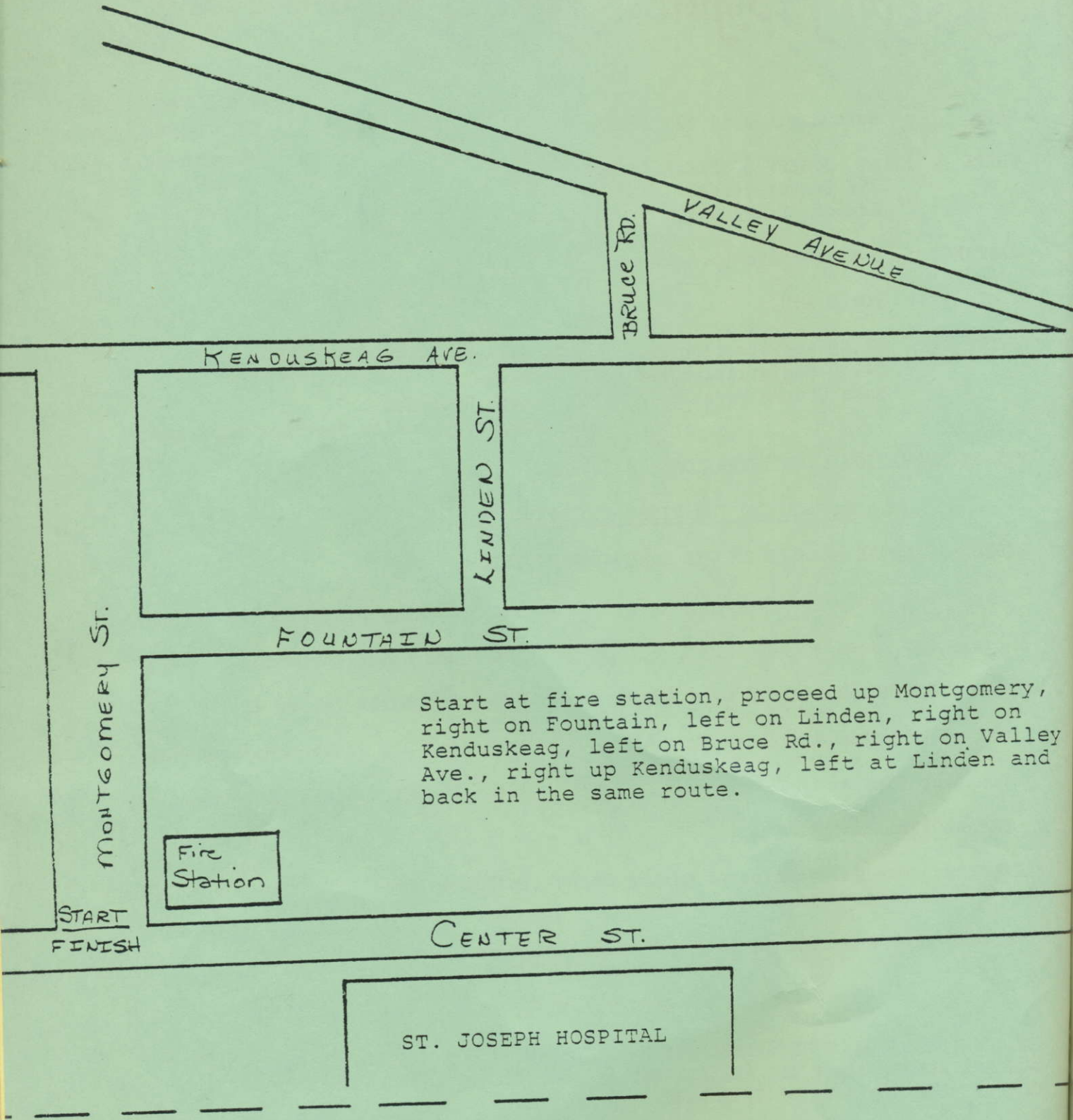
\*Clinical Data available - \$1.00



**CANCER CAN BE BEATEN**



WELLNESS RUN  
3.1 miles





## FLYERS IN MAINE RUNNING

Do you want to reach a great many runners without a great deal of hassle? Why not put your race application in Maine Running Magazine. Here's all you do:

Send me 700 flyers by the 20th of the month prior to the issue you want your flyer to appear in and a check for \$15. (Number of flyers will go up substantially in June, July and August) or...send us one photo ready copy of your flyer and \$50 and we'll print it for ya.

\* \* \*

## ATTENTION CAPITOLISTS

Do you have a business that profits from physically active people? How about advertising in Maine Running? More than a 1,000 consumers read it each month.

full page \$50 a month; \$500 per year  
half page \$30 a month; \$300 per year  
1/4 page \$17.50 a month; \$175 per year

If you can come up with some kinky variation on the above rates, run them by me. I'm game.



# chronomix

The only way to handle large race fields.

\$50 per race

Let us know well in advance of your event so that we can reserve it for you on that day.

## WHERE CAN I PICK UP A COPY OF MAINE RUNNING?

Have you woken up in the middle of the night lately asking yourself, "I know where I get my Maine Running each month but where should I tell all the people who ask me where to go to get theirs?"

Rest easy. Help is here at last. You will never have to miss another precious moment of rest, for the answer is here:

## BUY MAINE RUNNING AT:

- \*OLYMPIA SPORT IN SOUTH PORTLAND
- \*THE GOOD SPORTS IN BRUNSWICK
- \*THE ATHLETIC ATTIC IN AUBURN
- \*PETER WEBBER IN WATERVILLE
- \*NEW BALANCE SHOE FACTORY OUTLET IN SKOWHEGAN
- \*ATHLETIC ATTIC IN BANGOR
- \*GOLDSMITH'S SPORTING GOODS IN BANGOR
- \*HASKELL'S SPORTING GOODS IN BAR HARBOR

If you do not see your favorite sports shop on this list, let them know about it and they in turn can let us know by calling 843-6262 or writing: Maine Running, PO Box 259, E. Holden, Me. 04429 There's no reason why everyone who runs in the state of Maine (or New England) shouldn't be able to buy his or her own issue of Maine Running each and every month. If all else fails - subscribe

