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MAINE RUNNING INFORMATION PAGE

HOW DO I SUBSCRIBE TO MAINE RUNNING?

If you want to subscribe to Maine Running simply dash off a check for \$15 to: Maine Running, PO Box 259, E. Holden, Me. 04429 and send me your complete mailing address.

The magazine will be sent to you monthly until the year is out at which time you will be able to renew for a mere \$12.50 if you can get your check to me by the 15th of the month in which your subscription runs out. (Check the label on the cover of your subscription magazine for the last issue you will receive.)

Currently there are about 350 people and institutions that subscribe to Maine Running. I would like to see that number grow to 500 in 1982. Ask your running buddies if they support Maine Running. It's the best way to get all the facts on all the races and keep a permanent record of all your performances and those of your friends and rivals. There is a lot of good writing as well.

HOW CAN MAINE RUNNING HELP ME AS A RACE DIRECTOR?

Maine Running owns a Chronomix Timing Devise that can be rented for \$50 a race. The Chronomix is the only way to manage a large field. It gives an accurate print out of all times and places of all competitors. Ask the directors of the larger races you run in how they manage times. My guess is they will answer, "With a Chronomix, of course."

The best place to advertise your race is by placing a flyer in Maine Running. By doing so you place your advertisement into the hands of at least 1,000 Maine runners each month for a mere \$15. Just send me a large quantity of flyers (600 this time of year, many more in the summer) and I will staple them in the issue you want. It's best to advertise in the issue that appears a month before your event.

And how about subscriptions as prizes? No one ever turned one down!

MAINE Running

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

Once again, this year, Kingfield has to rank as one of the finest races in the state. Just look at the talent in the front row again this year. Next month Larry Allen will have a detailed assessment of what 1981 meant in road racing.

We decided to hold off until February on the annual calendar for several reasons: Maine Running first appeared in March of 1980 and therefore the February '82 issue will mark the end of our second full year of keeping you informed of all the races in Maine and their results; and also, we haven't heard from as many race directors as we had hoped we would. There are still many key races that will not appear on the yearly calendar without the support of the major race directors.

This month we are treated to the further exploits of Barney Beal through the pen and imagination of Deke Talbot; the conclusion of Dr. John Frachella's bike trip through Greece; more of what's going on outside the state from Larry Allen's "Maine Line"; and some tips about cross-country skiing from Skip Howard's "Running On...".

I hope you all have had a happy holiday and are ready to start your new year off right with some high mileage months in the crisp winter air. Virginia Beach is a mere eleven weeks away and the Iceberg is closer than that!

Bob-

Maine Running is published monthly in Bangor.

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

Telephone: 843-6262

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 **chronomix**

JANUARY CALENDAR

- 17 JANUARY THAW ROAD RACE . 4.5 miles. Belgrade Central School
Race time 1:00 p.m. Registration 12 - 1 p.m. Entry fee \$1.00
Prizes. Locker rooms, showers, and refreshments provided.
Directions: from North: Take Waterville/Oakland exit off I95,
follow Rte. 11 to Belgrade. from South: take Augusta/Belgrade
exit (at Civic Center) off I95, follow Rte 27 to Belgrade. For
further information contact Gene Roy 465-7296.

FEBRUARY CALENDAR

- 14 4TH ANNUAL SNO-FEST 5 MILE ROAD RACE . UMA - Augusta Civic
Center (rear). Noon starting time. Locker rooms and showers.
\$2.00 entry fee plus a Sno-Fest Ticket (\$1.00 - used for all Sno-
Fest events). Trophies for awards. Sponsored by Maine Road Rambler
Ray & Marsha Giglio, Race Directors, 18 Macomber Ave., Augusta 04330
623-3473.

Larry and I decided to hold off the yearly race calendar until the February issue in order to get a better response, although the response so far has been excellent. It will also mark the end of our second year at Maine Running magazine and we want to make it a very special issue before entering our third year of publications. Thanks!!

and Barney was still there, waiting for me.

"What do you suppose I did, Eph?" he asked. "The race, well, that's my own business. It's a trifle compared to that other thing. What do you suppose she tricked me into? I didn't even dare admit to myself, until now, that this is the reason for my worries. I don't give a darn about who knows what happened in the race. But this other business frightens me awfully. I care very much who knows about it, but I can't bear it alone."

"Your secret's safe with me," I told him. But I knew I couldn't help him. I only repair shoes.

To be continued...

Maine Line

by Larry Allen

A column devoted to keeping track of those Maine runners who venture to various races around the U.S. and world.

This month things have begun to taper off for the fall, but still a few hardy souls (soles?) are trying to get in that last marathon or race before winter closes in.

Philadelphia Nov 29 Philadelphia
Independence Marathon

"Maine Runners in Strong Finishes" is the headline the Bangor Daily News used in describing the performances of Maine runners in this 5,000 runner field. Calling it "strong Finishes" is almost an understatement, as 3 of the top 7 were runners with strong Maine ties.

Paul Oparowski, former Bates College star, finished 2nd in 2:19:32. This the second sub 2:20 performance of his career is also his second sub 2:20 this fall (2:19, Oct 11 in Cleveland).

Kurt Lauenstein of Orono finished 6th in 2:21:39 (after leading for 8 miles at just over 5 minute-per-mile pace). Kurt can't be disappointed with the level of consistency he has achieved at the 2:20 level. Faster times are just around the corner for Dr. Kurt.

Sammy Pelletier is from Ft. Kent, he graduated from UMaine in 79 and then won the Paul Bunyan in the same year in 95 degree heat.

The past 2½ years Sam has lived in the Philadelphia area while attending medical school. This may have been Sam's 1st marathon since the 79 Bunyan. He came out of "retirement" in good style - he placed 7th in Philly in a big PR 2:22:55.

Mickey Lackey, a Rowdie from Falmouth, continued his good running with a 2:40:21 placing 93rd, not far off his 2:39 PR from earlier this fall.

Keith Bosely graduated from UMaine in 76. An ex-Rugby player, he has now lost 20 lbs. and taken up marathoning, he has succeeded quite well based upon his 2:48:30 in Philly. Keith now lives in Burlington, Vt.

Foxboro Nov 20 Foxtrotter Marathon

Phil Stuart of Machias ran his 1st marathon in Sept 1980 in 2:45. Phil has come a long way in 14 months. He ran the Foxboro race in a now sub-par (for him) 2:49. Phil's 3 other marathons were 2:40 March 81, 2:52 April 81 and 2:32! Sept 81... What's next Phil?

James Westphal of Northeast Harbor had a tough day and packed it in at 23 miles.

Bourne, MA Nov 21 Cape Cod Marathon

Cape Cod is known as a summer resort and it's flat open land and beaches are great for summer activities, but marathoning in November? Strong winds off

the ocean to contend with on each of 3 loops? This trip to Cape Cod wasn't a vacation for Steve Dexter of Orono. He won in 2:32:45 with a winning margin of 3 minutes, but he didn't get to savor it. He passed out from exhaustion after crossing the finish. At least he made it to the finish!

Bill Hine of Lewiston has run at least 5 marathons this year (that I know of). This one in 2:39 for 3rd place.

Kenosha, Wisconsin Nov 21 NAIA X-C

The small college X-C Championships were held this year at UWisconsin Parkside. St. Joseph's College capped their excellent season by placing 27th overall. John Howe of Ellsworth led the way in 130th place. Others included Chris Holt, 167th, Fergus Kenny 220th, Keith Poulin 240th, Pat Maguire, Jim Howard and John Connolly.

Hank Chipman of UM Presque Isle also ran placing 230th.

NYC Nov 28th Kinney Northeast Regional X-C

Michelle Hallett of Mars Hill and Central Aroostook High School was disappointed with her non-qualifying 10th place finish (18:15, 5K). The Kinney Nationals were in Orlando, FLA on Dec 12.

Earlier this year she did qualify for the Junior Olympic X-C Championships in Amarillo, Texas on Dec 19 (results next month). I can't blame her (and most of the competition) for wanting to go to Orlando rather than Amarillo.

Miscellaneous

Did you know that only 2 people in America hold 2 state marathon records? Who you ask? Bill Rodgers? Frank Shorter? No way! They don't hold one between them.

Steve Bolt holds the Alabama and North Carolina records, and Kurt Lauenstein! holds the records for Maine and New Hampshire.

Upcoming track meets

If you like to run indoor track meets, join the NETAC or the Maine TAC (for Maine events only)

Jan 15, 16, 17 Dartmouth College Relays

Jan 245h NE TAC Championships, Harvard

Jan 31 Boston College Holiday Meet

Feb ? Maine TAC Championship
date, location TBA

George Gardiner won the 100 miler at the Rowdy Ultimate in Brunswick in June. He also has won the NE TAC 50 miler this November in 5:36.

Maine College runners at the Nationals in Cross-Country

Joanne Choiniere from UMaine competed in the AIAW X-C Championships in Pocatello, Idaho, she placed 25th to earn All-American honors.

Jane Petrick of Bowdoin, Rebecca Watt of Bates, and Ann Cullenberg of Colby competed in the 1st ever NCAA Div III X-C Championship for women (Kenosha, Wis).

Watt placed 10th and is now a first time All-American, Petrick placed 21st and is now a three-time All-American. Ann Cullenberg placed 29th just missing the top 25 and All-American honors. A performance of this caliber by a runner from each of the state's collegiate women's teams is something few if any state's can claim.

Burlington, Vt. Thanksgiving Day Turkey
Trot 5K

Tom Leonard is a Bates College grad, and until recently he lived and worked in Bangor. He still travels to Maine for races including a 10th place finish at the Benjamin's 10K this year. He has

been running very well of late, including a 1st place 15:54 5K over a snow covered golf course in Burlington.

Wilimantic, Conn Dec 6 4.7 Miler

Tom Leonard placed 2nd, losing by only 3 seconds on Saturday.

Hartford, Conn. Dec 7 6.4 Mile Dannon Road Race

On Sunday, Tom Leonard out-dueled John Vitale (2:17 marathoner) in this 3 loop X-C course in Goodwin Park. Tom won by 5 seconds on a snow covered course.

Old News

Glen, N.H. Sept 27 Best Foot Forward Footrace

Sean Keough of Bridgton won this 4 mile race in 21:05, Roger Foster of Harrison was 2nd overall and also the winner of the 40+ age group.

These two Maine runners out ran the field of 140 in this small town near North Conway.

Braintree, MA Sept 4.8 Miles

Jane Palmer, sister of Andy Palmer (Sugar Ray??) won this race by beating Nancy McCarthy of North Quincy. Jane works for Bill Rodgers & Co. in Weymouth, MA.

Manchester, Conn Thanksgiving Day 4.8

This race is a traditional New England event. It has been held for a number of years, and always attracts a large, competitive field.

This year the Providence College cross-country team sent it's "Olympic Team" to run. They placed 1 thru 4. Paul Oparowski placed 5th in 22:40.

Sheer Madness

Darren Billings is an exercise physiology student at UMaine, from Bowdoinham. He would never recommend to anyone an exercise? program like he undertook this fall.

It goes like this:

1. You have 7 weeks
2. 3 marathons (one on trails over a mountain)
3. a 53½ mile race
4. 2x50 milers
5. a trip to London
6. a snowstorm, and a cold rainstorm
7. a car breakdown midway to a race

Mix thoroughly and it comes out like this

Sept 20	Clarence DeMar Marathon	3:08
Sept 27	London to Brighton 53½	7:37
Oct 11	M+M Trail Mountain Marathon	5:42
Oct 18	Casco Bay	3:00
snow Nov 7	GMAA Vermont 50 Miler for first place	6:47
cold Nov 16	Rowdy Ultra 50 Miler* for 7th place	7:28

* The Rowdy was a 52 miler because of a car breakdown

And what you have here is a recipe for fitness, if you can still walk!

I don't dare ask how Darren's grades were this Fall!

11th hour news!

Burlington, Vt. Dec 13 Christmas Track Meet

Hank Pfeifle, Kurt Lauenstein, Mike Gaige, and Kevin Dyer and Laurel Kowalski competed in this indoor meet in Burlington, Vt.

Hank won the 3,000 meters in 8:22 setting a fieldhouse and meet record, Kurt placed 4th in 8:39. Mike Gaige placed 3rd in the 880 in 2:00, after running a 2:04 preliminary on Friday night.

Kevin Dyer won both the long and triple

jumps. Laurel Kowalsky placed 5th in the 880 and 1500 meters. Hank and Kurt teamed up with 2 Vermonters in the 2 mile relay. They won! and Hank contributed a 1:58 leg.

Huntsville, Ala Dec 13 Joe Steele
Rocket City Marathon

This marathon is very popular among those in the know. It is flat, cool, very competitive and uncrowded. This edition was no different. It was cool (35 degrees), sunny, only light breezes. There were 14 runners entered with times under 2:20, 9 of them repeated that performance. In addition the field of 2,000 is extremely well managed by an excellent race organization.

Steve Podgajny of Saco and his wife Marge decided to make the long trip south for this popular race. Steve said, "I felt terrible at 5 miles and walked and jogged to a 2:24. In fact, I'm surprised it was that fast." He also said, "The 133 turns on the course were no factor, it helped to keep it flat by avoiding hilly terrain."

Marge was on 2:39 pace most of the race, but faded to 2:47:39, still good for a 5 minute win and a PR. Maybe after a long winter of good mileage she'll have the strength to slip under 2:40 at Boston!

Phil Copress was the overall winner in 2:13:30 followed by Steve Bolt in 2:14:08.

Next for Steve is the New Jersey 10 Miler in March. He says he'll probably pass up the Charlotte-Observer Marathon in January. He is defending champion.

Next month... whatever is going on, plus Regional and National Junior Olympic X-C results and the annual summary of Maine racing, including top 25 lists in various popular road race distances.

Anyone having information about, Collegiate, High School or open runners from Maine who have run a race (elite or otherwise) outside our borders, please contact:

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

Letters

12/6

Dear Bob,

Congratulations on fine times in the marathon (under 3:00) and an excellent 10K (35:00). Maine Running certainly gives every impression of doing very well. Keep it up!

I wanted to fill you in on the 1st Philadelphia Independence Marathon which had a nice Maine flavor. As you can see from the clipping three runners who I still associate with Maine did very well. Mickey Lackey was also here & I believe finished up there in the pack.

I was struck by the enclosed picture of Kurt, not only is he leading the 5000+ runners but he is even ahead of the pace car. Kurt even managed to out-rabbit Fanelli. And being able to run a 10K in the 31's is one thing, but to do it enroute to a marathon finish is quite an accomplishment.

Kyle has had a nice fall running cross-country and turned in a 35:20 in Brian's Run - a major 10K down here. For the second race in a row he was announced as the first woman finisher as he crossed the finish line.

Thanks again for the good magazine and please say hello to our good Maine friends.

Best,

Dan

Dan Rankin directed the Rocky Coast 10K in Boothbay Harbor last spring. He now lives in Ft. Washington, PA.

* * *

Dec 4, 1981

Dear Bob,

Last November (1980) I started receiving Maine Running but didn't get around to paying (I forgot) until February. Having a guilty conscience and also wanting to provide you with some advance cash flow,

Dec 3

I sent a check for \$20.00 to cover two years. The copy of the cancelled check is enclosed. Since your rates for next year are \$15 instead of \$10, by my calculations I owe \$5 more to carry my subscription through November 1982. The important thing for me is to continue getting Maine Running. It's an excellent magazine and avidly read by both me (a middle-aged runner) and my daughter, a great racer (I'm biased, naturally). Which brings up another subject.

Maine's young runners (AAU Junior Olympic Cross Country racers) dominated the Regional Championships held near Taunton, Mass. last week. Competing against the best from New England, New Jersey & New York, Maine qualified more teams and runners than any other state for the National Meet to be held in Amarillo, Texas on Dec 19. It might make a good story for your January issue to look at these runners and teams. They are all trying to raise funds through raffle ticket sales, corporate donations, car washes, etc. to pay for the Texas trip: at the same time they're trying to keep from going sour between now and the nationals.

The newspapers don't usually recognize the effort these kids put in... particularly during the post-high school cross country season when most of the runners have to train in the dark by themselves.

Just a thought for a story - Your efforts to publish Maine Running are appreciated - Keep up the good work!

Fred Beck

- Watch "The Maine Line" in the February issue of Maine Running for news on how the Maine kids made out in Amarillo.

Dear Bob,

At the November meeting, Maine Track Club chose officers for 1982. They are: Bob Coughlin, President; Marion Leschey, Vice-President; Grace Amoroso, Secretary; and serving a second term, Dick Manthorne Treasurer.

I will be in touch with you after the awards banquet and MTC handicap race on Dec 13th. MTC will also be having a meeting on sports injuries in the next few months. It will be open to all interested runners. I'll send the date and details of this meeting to you in time for publication in Maine Running.

Off the subject of MTC, my husband regreted not racing in your Autumn Gold 20Km. When I left Kennebunkport at 5 AM it was pouring rain and he decided to return to bed. So Arn failed to see a misty sunrise as we drove over Rt. 3 and passed up a well organized race. We'll both be up next year.

If you have questions or need more information on the Maine Track Club, please call Bob Coughlin at 773-0807 or me at 967-3430.

Sincerely,

Grace Amoroso

* * *

December 5

Dear Bob,

As the newly appointed Public Information Co-ordinator for the Marathon Sports Running Club of Saco, Maine I would like to give you some information about our running club and at the same time get some information about "Maine Running".

Marathon Sports Running Club, led by President Don Berthiaume has over 120 members, all sharing the common interest of running. The club is a family oriented club with an emphasis on social activities and community service. Annually the club directs ten road races ranging in distance from 3 miles to the Nike-Maine Coast Marathon. The club meets the first Sunday

of every month at 6:00 PM at Rotary Park in Biddeford, Maine.

In the future our Running Club would like to advertise its races in your publication. Could you please send me information about the procedure in which to do this. Marathon Sports Running Club would also like to be mentioned in your list of Running Clubs in the state, (Marathon Sports Running Club, 154 Main Street, Saco, Maine 04072, Pres. Don Berthiaume).

Any response from you would be greatly appreciated.

Sincerely,

Elizabeth S. Moulin

It's nice to hear from Marathon Sports, Elizabeth. Yes, you (and anyone else) can advertise your race in Maine Running by sending 600 (subject to increase) flyers to us along with a check for \$15. Or you can send us one photo ready flyer and we will print it in the magazine for \$50. If your race is in the first week of a month, it is best to advertise in the issue before. Thanks for asking!

Bob,

Would you please let everyone know that the Central Maine Striders have a permanent address? It is: CMS, PO Box 1177, Waterville, Me. 04901.

All future correspondence should be sent there.

Thanks

Gene

Gene Roy is the current CMS Prez.

AT THE RACES

the Rowdy Ultra

Gary Cochrane completed his awesome 1981 showing in the Triple Crown of Rowdyism (Lake Waramaug, Ct., Rowdy Ultimate, Rowdy Ultra) with a decisive victory in the third annual Rowdy Ultra in course-record time of 5:47:49. Running virtually unopposed the last 20 miles, he had a comfortable 20-minute margin on second-place finisher Don Bates at the end.

The race claimed a heavy crop of casualties, due to the cold, rain and wind. A gang of four (Cochrane, 1979 winner Lawson Noyes, 1980 winner Rock Green, and last year's rabbit, Clayton Wagner) took the early lead. Wagner, in an attempt not to repeat last year's kamikaze performance, backed off after 10 miles, but the weather had claimed him by mile 30. Lawson kept with the pack until he threw in his soggy towel at the 22-mile checkpoint. Rock, who was calling, "Fire up!" before the start, had his fires doused by mile 30. Cochrane, by that time, was just getting warmed up, and took off his sweatshirt. He also exposed his balding head to the elements, in an attempt to get comfortable.

On the distaff side, it looked like a battle when Kim Beaulieu and 1980 winner Diane Fournier were still head-to-head at 22 miles, but then Beaulieu burned while Fournier faded. Diane dropped out at that very popular 30-mile check-point. Kim rolled on, and pulled Bob Coughlin and Bill Gayton to fine performances as they worked valiantly to stay in her company.

A new pup to the Rowdy, Bob Cannata showed his tenacity by setting a new course record on the other end (10:13:23). The actual course record is Phil Soule's 78-hour performance last year, when he failed to finish the race on the allotted day, then came back to finish the job three days later. However, this record is disputed because it does not involve continuous effort. Phil ran the course in more conventional fashion this year, and is happily reported among the list of survivors.

-Deke Talbot-

Running on...

by Skip Howard

One of the best alternatives to running in the winter is cross-country skiing. For about the cost of a couple of good pairs of running shoes, you can find yourself a whole new way of working up a sweat with a whole lot less wear and tear.

One of the regrets I've always had about winter running is having to stay on the roads when the woods and fields are so much more interesting! And even though you can occasionally run the hard-packed snowmobile trails, close attention must be paid to the surface; one break through the crust is more than distracting, it's potentially dangerous.

Nonetheless, conditions permitting, what a wonderful run is the one done on white through the green. In sunshine or through a snowfall, there's a lot going on in that seemingly silent and unpopulated winterland: jays, grosbeaks and chickadees vying for space and food; squirrels, chipmunks, rabbits, pine martins, fox and deer are around, too, if you're open to their signs.

The kick and glide action of skiing differs well from running; the upper body comes much more into play here. Though skiing is essentially a leg activity, the arms and chest are much more active than in running. The heel strike is not nearly so dramatic as in running, thereby giving ease to the compressing effect; however, the achilles and calves and hamstrings are stretched considerably, therefore, a word of caution to start slowly to avoid sudden pulls during the transition phase.

The two activities together are wonderful full-range activity for the entire body. Of course, the pay-off in skiing is the glide phase, when, with each stroke you get a momentary hit of motion without movement. And a long, gradual downhill on skis is a reward you never get in running; downhill is not always downhill.

For some, running downhill is still pounding downhill; skiing downhill is simply a matter of waiting for the bottom of the hill to come to you while you maintain your balance, watch the world rush by, and feel the cool swoosh of the breeze.

And what a workout! Skiing uphill, skis properly waxed, is a challenge you won't soon forget. Improperly waxed skis make it an experience you'd probably just as soon forget forever.

Waxing is a very minor art, yet like all art forms, you can get by very well on the basics, or elevate the activity to a high manner. Or you can avoid art and craft altogether and get skis that require no wax. It's a matter of preference and personality.

Skiing areas are not as accessible as the road outside your door, like running, but not much traveling is required to find a suitable place. And most of the major ski centers have a touring lodge and trails; Sam Ouellet has the Aroostook Ski Touring Center in Ashland for those of you who need the running connection. The season is much too short hereabouts; make the most of it and plan a few special weekends if you can.

Other adjuncts to running in the winter are, of course, basketball, though you will probably discover that running has shortened your jumping ability as it has increased your stamina. A marvelous sport of coordination, basketball can nonetheless be hard on the ankles and achilles, so be careful. What else can you do? Swimming, skating, downhill skiing, racquetball and tennis are all possibilities. Keep up your running, but don't be afraid to try something else. Variety may be the spice your running needs.

Ski!

Biking to Olympus

by Dr. John Frachella

INSTALLMENT # 7

It was a bright, sunny day with a light head wind. (I noticed that, much like running, biking into the wind is always a little irritating. It's strictly rhetorical, but why does the wind so seldom occur behind you?) We were in the mountains now, and the road we were on convoluted with the land offering an incredible variation of panoramas - blue sea meeting green mountains, meeting blue sea. We pedalled half the day silently, in awe and in respect.

We came to a small village, Monastaraki, named after a famous Orthodox Monastery there. It was a small village with houses in stucco and pastel clinging to cliffs that met at the sea. Joe decided we'd gone far enough that day so we sat at the only cafe in town, admiring the simplicity of the fishing boats out in the tiny harbor. I decided to go for a run and Joe took advantage of his time alone to read. It was the first run I'd taken in about 2 weeks and, thinking about the Bunyan in July, I decided to go about 10 or 15 miles. My legs felt like lead and I remembered what Mike Gaige had told me a month ago. He said that all this biking would hurt my running because biking compresses the hamstrings and quadriceps. Plodding along, I wondered if he was right or if I should blame all the hills or the 90 degree 4 P.M. sun. Fighting heat exhaustion, I felt like I was running through dreamland in slow motion.

An hour and a half later I met Joe back at the village where we settled down to a huge dinner of fish and salad. Lazily, we made our way to a nearby beach where we crawled into our sleeping bags on the sand. As the sun set, we watched the house lights in Monastaraki turn on one by one and flicker with reflection in the water of the bay.

We woke at dawn, just in time to see the moon hanging in mist above the village. The streets looked wet and freshly

washed and the sun made the pastel doors, shutters and windowframes come alive in a unique mosaic of color. Joe said that's how he thought all of Europe was supposed to look.

We got on our bikes early and headed east towards the Delphi. I was sore from the previous day's run and Joe, taking advantage of my bellyaching, took the lead. It was a steady up-hill climb and by noon we had gained enough altitude to see some remains of last winter's snow. We ate lunch in Delphi, a major tourist trap, and headed on our way, again uphill, to a village at about 9000 ft. which in the wintertime, is a favorite Greek ski resort. This was the highest altitude we reached during our entire trip and we knew, at 2 PM, that the rest of our day would be a fast down-hill ride. We coasted at least 25 miles from the mountain tops down to Lavadia, a small town almost at sea level. We'd totaled 95 miles that day and we'd just about had enough. Sleep came early in our tent under a Nespos tree on a hill outside of town.

In the morning after 10 hours of in the sack, we made off for Thiva, Athens and the seaport of Pireas. We had 2 days to kill before our flight back home, so we took a late ferry to Egina, a small island 18 miles out to sea. Egina was crowded, touristy and not very comfortable so we ate dinner at a restaurant, read, wrote and went to sleep in a room at a cheap hotel.

In the morning, at a cafe, we met a couple of girls from Sweden who convinced us to join them in a visit to another nearby island, Angistri, where they had rented a house. By 10 AM we were all aboard a ferry heading for this tiny island where rumor had it that there was one road, three cars and two villages.

The girls, Britt-Marie and Lisa, were delightful. They spoke broken English in sing-song accents and they both had a great sense of humor. We hung around on a beach most of that day, talking and getting to know one another. Later, we walked to their house which was in an old village on the side of a mountain. A path worn in granite led up the mountain which was terraced on both sides with stone walls to keep goats, sheep and donkeys from wandering off too far.

The house had a terrace overlooking the whole island and the sea below. All around the terrace there were gerraniums and flowering cacti and just across the way, a donkey, half a dozen chickens and 3 or 4 baby goats were feeding. A little old lady who lived next door sold us some Retsina in a large plastic water bottle and when I paid her, she gave me some almonds off a tree in her yard. The shells were covered with green fur and the insides were soft and delicious.

I remember thinking about how ancient this place must have been as we drank Retsina and ate watermellon. It was like we were stuck somewhere in history. From where we sat, you could actually see how the path was worn by barefooted shephards since the beginning of time.

The next morning was spent on the beach resting in the sun but when it was time to leave in the afternoon we missed the ferry because of an oversight on the part of some Greeks who had misinformed us about boat schedules. We panicked for a spell with visions of missing our plane in Athens, but the girls helped us find a fisherman with a boat for hire. He wanted 30 American dollars to take us back to Egina, a rip-off but we had no choice. We said our good-byes and as the boat pulled away, Britt-Marie and Lisa waved until we were almost out of sight, and then they joined hands and danced in circles on the dock. That's the last we saw of Greek Island life, and that evening we made our way to Athens and the airport for our final departure..HOME.

The End

Clubs

MAINE TRACK CLUB, RFD 2, Box 959, Kennebunkport, Me. 04046

THE MAINE ROWDIES , 40 Garrison St., Portland, Me. 04102

DOWNEAST STRIDERS , 24 Parkview Ave., Bangor, Me. 04401

CENTRAL MAINE STRIDERS , PO Box 1177, Waterville, Me. 04901

AROOSTOOK MUSTERDS , PO Box 626, Caribou, Me. 04736

MAINE ROAD RAMBLERS , 138 Maine Ave., Gardiner, Me. 04345

ANDROSCOGGIN HARRIERS , 38 Brooks Ave., Lewiston, Me. 04240

THE GOOD SPORTS RUNNING CLUB , 6 Pleasant St., Brunswick, Me. 04011

MARATHON SPORTS RUNNING CLUB , 154 Main St., Saco, Me. 04072



"THE PACK"

ROWDY ULTRA 50 Mile Race Brunswick

Nov 15th

1. Gary Cochrane	5:47:49
2. Don Bates	6:07:35
3. Deke Talbot	6:39:46
4. Billy Edge	6:47:48
5. Kim Beaulieu*	6:53:50
6. Bob Coughlin	6:55:51
7. Bill Gayton	6:56:29
8. Gene Roy	7:24:54
9. Darren Billings	7:28:19
10. Carlton Mendell	7:33:34
11. Jim Moore	7:45:37
12. John Moncure	7:56:45
13. Phil Soule	8:22:44
14. Joel Croteau	8:24:31
15. Herb Strom	8:24:57
16. Loren Ritchie	8:31:10
17. Tom Taylor	8:31:24
18. John Esposito	8:40:13
19. Roger Dutton	8:44:21
20. Roger Clark	8:51:11
21. Charlie Gordon	8:53:43
22. Francine Currier*	9:13:05
23. Bob Cannata	10:13:23
42 miles John Douglass	
38 miles Orlando Delogu	
34 miles Pat Trombly*	
34 miles Barbara Hamaluk*	
34 miles Roger Williams	
30 miles Rock Green	
30 miles Clayton Wagner	
30 miles Mike Daly	
30 miles Dave Delois	
30 miles Diane Fournier*	
30 miles Steve Swindells	
30 miles Eddy Ouimet	

The race started at 7:30 a.m. under overcast skies. It rained on and off for about half of the race and a stiff 20 knot wind faced the runners on about a third of the 4 mile 101 foot course. There were 39 starters and those who made 30 miles or more are listed. Cochrane and Beaulieu both set course records. The intermediate

distances are approximate, but the differences between them are 4 miles 101 feet.

Results courtesy of Sam Butcher
Race Director

1st CONSUMERS GASPING GOBBLER 10K Augusta

Nov 26th

1. Gerry Clapper	32:35
2. Rick Krause	34:02
3. Jerry Crommett	34:20
4. Scott Wagner	34:29
5. Joe Schroeder	35:17
6. Roger Foster	35:43
7. Terry Hilton	35:54
8. Steve Russell	35:58
9. John Leeming	36:05
10. Greg Nelson	36:15
11. Todd Allen	36:22
12. Brian McCrea	36:37
13. Dana Maxim	36:40
14. Mike Perry	37:01
15. Peter Lessard	37:49
16. Ken Newsome	37:53
17. Greg Weber	37:59
18. Jerry Allanach	38:06
19. Mark Simpson	38:36
20. Chase Pray	38:53
21. Bill Yates	38:54
22. Keith Meyer	38:57
23. Bob Crosswell	38:58
24. Jeff Brown	39:13
25. Peter McCollett	39:58
26. Mike Simoneau	40:05
27. Dennis Simmons	40:15
28. Robert Nicholson	40:23
29. Russell Martin	40:55
30. Ron Paquette	41:05
31. Ronn Gifford	41:08
32. Karl Reu	41:10
33. Cleon Cook	41:19
34. Peter Gagnon	41:20
35. Gary O'Leary	41:30
36. Mike Thompson	41:48

37. Milton Shaw	41:52
38. Tom Laverdierre	41:58
39. Robert Russell	42:01
40. Ray Giglio	42:02
41. Walt McKee	42:05
42. Scott Strout	42:07
43. Ron Russell	42:08
44. Paul Pelletier	42:10
45. Rick Strout	42:17
46. Jon Brawn	42:20
47. Richard Lane	42:21
48. Dan Daily	42:24
49. Leon Mooney	42:28
50. John Hodgkins	42:34
51. Russell Chretien	42:40
52. Gaye Gagnon*	42:42
53. Dean Crocker	42:46
54. George Maxim	42:47
55. Roger Putnam	42:50
56. Terry Feldheim	42:51
57. Scott Sanford	42:52
58. Mike Mathieu	42:57
59. Bill Jenkins	42:58
60. Brad Margeson	43:11
61. Ron Depree	43:12
62. Mary Clapper*	43:36
63. Marsha Giglio*	43:38
64. Ray Bryant	43:42
65. Charles Francis	43:52
66. Ed Atlee	43:57
67. Charles Knight	44:08
68. Mike Berrier	44:27
69. Mike Cameron	44:30
70. Fred Clemens	44:32
71. G. William Higbee	44:35
72. Fred Merriam	44:40
73. Welsley Fieldheim	44:53
74. James Moore, Jr.	44:58
75. David Ledeau	45:06
76. Jeff Preble	45:16
77. Patty Jacobs*	45:28
78. Dave Gugan	45:37
79. Mike O'Connor	45:42
80. Clough Toppan	45:46
81. Danny Forst	45:57
82. Martin Schiff	45:58
83. Bradley Mallett	46:12
84. Kevin Doherty	46:15
85. Errol Dearborn	46:31

86. Tim Snyder	46:35
87. Jennifer Beaulieu*	46:40
88. Tom Daggett	46:54
89. Mark Jose	46:55
90. Don Brewer	47:02
91. Chris Goodwin	47:05
92. Wesley Scrone	47:13
93. Richard Wagner	47:15
94. Rich Abramson	47:37
95. Heather Higbee*	47:54
96. John Morin	47:57
97. John Doherty	48:13
98. Alfred Dana	48:29
99. Linda McNett*	48:51
100. Gary Lessard	49:00
101. John Coughlin	49:01
102. Gordon Smith	49:02
103. Bryan Toppan	49:06
104. Gerald Hoff	49:14
105. Steven Greenlaw	49:29
106. Richard Schade	49:34
107. Dale Cushman	49:43
108. Earle Kenney	49:50
109. Mark Abramson	50:18
110. Mike Clapper	50:19
111. Jim Ippolito	50:52
112. Gail Schade*	51:07
113. Lynn Deeves*	51:16
114. Don Paige	51:27
115. John Gleason	51:30
116. William Tozier	51:57
117. Sue Boucher*	52:02
118. Vicki Corcoran*	52:28
119. Sarah Roy*	52:28
120. Ron Shea	52:42
121. Byron Bennett	52:58
122. Rene Laliberty	53:49
123. Aurele Ouellet	56:04
124. Lisa Paige*	56:41
125. J. Lewis	56:28
126. Marianne Doherty*	58:38
127. Kathy Yates*	58:48
128. Mike Levy	59:49
129. David Eakin	60:58
130. Norma Mitton*	61:30
131. George Nilson	64:32
132. Sam Ouellette	66:04

39. Kim Fieldheim*	17:24
40. Catherine LeRiche*	17:29
41. Carole Rowell*	17:40
42. Arnold Stebbins	17:41
43. Penney Lucas*	17:41
44. Margaret Yates*	17:54
45. Nancy McInnis*	18:42
46. Beverly Daggett*	19:17
47. Sandra Dodge*	19:35
48. Sean Lewis	20:06
49. Sarah Yates*	20:23
50. Erin Higbee	20:34
51. Sarah Hornbeck*	21:04

Results courtesy of Bob Jolicoeur
Race Director

1ST CONSUMERS GASPING GOBBLER

AUGUSTA FUN RUN Nov 26

1. Arnold Adams, Sr.	11:04
2. Dick McCannell	11:40
3. Chris Knight	12:09
4. Craig Strong	12:11
5. Lisa Dodge*	12:12
6. Marty Thornton*	12:12
7. Richard Deeves	12:29
8. Charles Paige	12:40
9. Dave Daily	12:49
10. Ron Lindholm	12:54
11. Charlena Knight*	12:58
12. Don Dodge	13:08
13. Dennis McCannell	13:21
14. Dale Gamage	13:26
15. Mike Vail	13:36
16. David Smith	13:37
17. Mark Stebbins	13:45
18. Brad Mallet, Jr.	13:55
19. Ellen Spring*	13:59
20. Don Stresser	14:03
21. Jack Hodgkins	14:08
22. Brian Stebbins	14:09
23. Matt Higbee	14:15
24. Laura McNeish*	14:24
25. John Dudley	14:26
26. Dick Spellman	14:27
27. Tim Hickey	14:33
28. Jamie Moore	14:44
29. Chris Atlee	14:45
30. Scott Thornton	14:47
31. Josh Gagnon	14:48
32. Ben Yates	15:37
33. Brenda Lucas*	15:44
34. Chris Lewis	16:15
35. Ed Dodge	16:20
36. Laurie Allen*	16:45
37. Steve Sherlock	17:20
38. Adam Lewis	17:24

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"Run on c We've go specia

JANUARY

1-2

3-5

6-7

8-9

10-12

13-14

15-16

17-18

19-20

21-23

24-25

26-27

28-30

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FEB 1

BEN J
123 FRANKLIN STREET