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THE MAINE HARRIER

For all the runners in the Pine Tree State

APRIL, 1989

Volume I - Issue IV



"Riding The Big One" - bike tour across America

Finalists for the Ekiden Relays

Results of the Demers Track Classic

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Windham Mall, Windham 892-5797
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Maine Square Mall, Bangor, 947-1168
468 Main St., Rockland, 594-8636

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Rt. 1, York, 363-4676

Sports East
Topsham Fair Mall, Topsham, 729-1800

Fort Western Sports
2 Bangor St., Augusta, 626-0025

J & J Sports
212 Maine St., Brunswick, 725-8675

CycleMania
188 State St., Portland, 774-2933

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Auburn Mall, Auburn 786-2507
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337 Forest Ave., Portland, 773-6601

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Shopper's Village, Kennebunk, 985-4700
87 Main St., Sanford, 324-4884

Sports Corner
9 Portland St., Bridgton, 647-2742

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IN EACH ISSUE OF THE MAINE HARRIER. THAT'S RIGHT! - ONLY
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Dear Readers:

Boy, how time flies, it's already April! We hope that you are enjoying the **Maine Harrier**. We sure are enjoying putting it together. We are meeting so many interesting people around the state of Maine.

Well the weather is getting warmer and as you can see from our calendar, there are quite a few road races coming up. Doesn't it feel wonderful to run in the springtime!

Just a few things we'd like to mention this month. **The Maine Harrier** will be having a booth set up during the **Boys Club Pre-race events** (Sun 1-5 & Mon 10-3). We hope you will stop by and say "hi". We'd really like to talk to you; give us some input. We have been trying to focus on your needs but we do need your help. Tell us what you would like to see in upcoming issues.

As you read this months issue you will probably notice a few changes, specifically in the profiles. We have changed the format a little in order for you to get a more personal look at those in focus.

If you don't have your subscription to the **Maine Harrier** yet, you can just fill out the subscription card in the back of your issue and send it to us; or if subscriptions aren't your cup of tea, you can pick up the **Maine Harrier** at any one of the stores listed in the inside cover. We have been quite selective of our vendors. They have been very helpful to us so help us support them.

Next month we will be focusing on corporate teams. The **Maine Corporate Track Association** will start the spring season in May, so we will be covering some of the teams involved.

Just a reminder to race directors: you can submit race flyers to be distributed in the **Maine Harrier**. Our distribution covers the state of Maine. The cost is only \$15.00 any size. For more information, call us 846-6446.

We want to thank those of you who have sent us information and comments, they have been very helpful. See you on the roads!

Tracey Smart, **Maine Harrier**

THE **MAINE HARRIER**

APRIL, 1989

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Updates

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Finish Lines

Correspondents: Bob Payne, Gail Kinney, Tom Tetu, Gary Viles, Barry Harwick, Pete Mariani, Tony Flye, G. Rollinston, Ken & Jane Dolley, Dave Watson, Dave Thornton, Cindy Richards, Jerry St. Amand, Ken & Diane Flanders, Sue Davenny, Billy Clark, Steve MacDonald, Dr. Lynch, Rick Gilde, Cheryl Bascom, Rob Laskey,

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Oops! The Pole Vault results were not listed in the stats for the Central Maine Indoor Track League in the March issue. Brunswick's vaulters scored 24 points in the event. Chris Peacock won with a jump of 10'6".

CALENDAR

To list upcoming events please call or write: The Maine Harrier, P.O.
Box 220, Raymond, Maine 04071, (207) 846-6446

APRIL

- 4/1 - 7TH ANNUAL 25K CHAMPIONSHIP. Rockland, Weight categories, call Vern Demmons 273-2594
- 4/9 - THE "SUPER CITIES 15 MILE WALK" Registration 8 am SMVTI, South Portland. All proceeds go to the Multiple Sclerosis Society. Call 761-5815
- 4/9 - MDA MILK RUN 10K, Boston, Mass Call 617-396-3001.
- 4/16 - THOMAS COLLEGE "TERRIOR TROT" RACES. 9 am, Waterville, Maine. Call Jerry St. Amand, 207-873-6753.
- 4/17 - 93RD BOSTON MARATHON - Noon, call BAA 617-338-5709.
- 4/17 - 60th PORTLAND BOYS CLUB 5 MILER - Noon Cumberland Ave. Portland. Call Dave Paul, 797-4242.
- 4/22 - "SPRING 5-K". 9 am, Unity College. Call 873-6753
- 4/23 - "1ST "K & 15-K". 9 am, Oakland, Maine. Call 873-6753 to confirm.
- 4/23 - FIVE ACES ROAD RACE 5K. Brewer, call 989-7950 for more info.
- 4/23 - RUN AGAINST APARTHEID 10K, Bowdoin College 11am call 725-3927
- 4/29 - 13TH APRIL AMBLE 4 MILER., 10 AM. Westbrook College. SEE FLYER
- 4/29 - "TOGUS 5 MILER". 10 am, Togus, Maine. Call 873-6753
- 4/30 - TERRY FOX 5K. BCC Campus, Bangor. Call Ed Rice, 989-2383.
- 4/30 - LAKE WARAMAUG 50M & 100K 7:30 am New Preston, Conn. Call 203-672-0104

MAY

- 5/7 - NURSING SCHOLARSHIP 5K, 10am Bangor YMCA call 945-7445 for info.
- 5/13 - OFFICER FRIENDLY YOUTH RUNS, South Portland Call Rob Laskey 729-4104.
- 5/13 - CHINA 10K CLASSIC, call Jerry St. Amand (873-6753) for more info.
- 5/14 - NIKE 5 MILER Freeport, Call 865-0755 and see flyer.
- 5/21 - 7th ANNUAL SUGARLOAF MARATHON & 15K 7 am, Eustis, Maine. Call Chip Carey, 237-2000
- 5/21 - OAKHURST MILK RUN. Portland, call 772-7468 for more info.
- 5/28 - APPLE BLOSSOM 15K & 5K, 9am Monmouth Call 873-6753.
- 5/28 - SRI CHINMOY 12 HOUR RACE. 7:30 am Arlington, Mass. Call 617-354-1121
- 5/29 - 7TH MARSH STREAM 10K 9:30, Call 581-2404 for info

* FOR ROAD RACE INFO CALL THE RUNNER'S LINE 772-0030

RIDING THE BIG ONE

by Dan Eberhart

No, this article isn't about surfing. It's not really even about running. It's about riding a bicycle across the United States. I did run 3-5 miles, 2-3 times a week during my training. And there were several triathletes with me on the trip. Does that help to legitimize a story about cycling in a running magazine.

Actually, there is a very legitimate connection and that is the sense of accomplishment one attains in successfully completing such a venture. I've never run a marathon but, I'm certain, there's a very similar feeling of elation crossing the finish line after running 26 miles and after riding 3400 miles. Of course, the time element (2-7 hours vs. 47 days) is vastly different but nonetheless they're both dramatically unique sensations. So this story is about determination, discipline and accomplishment and rightfully (I think) belongs in this fine periodical.

First, a little background, I participated in the TransAmerica Bicycle Trek for the American Lung Association (ALA). You, the reader, will notice another extremely significant aspect of this experience, it was also a fundraising venture. I have been bicycling, quasi-seriously, for over ten years. I have twice ridden the "Bethel-to-the-Sea" for the ALA of Maine, a three-day excursion across our stellar state. Once a cyclist gets a taste of true distance riding, the ultimate dream becomes traversing the country, as in from one coast to the other. When I heard about the TransAmerica Trek, there was no question in my mind that I was going to do it!

I was convinced this was something I wanted to do, now I just had to convince a few others.....like family and employer. Very fortunately, they were all extremely supportive so I could concentrate on preparing my mind and body for the biggest physical challenge of my life. So that the reader doesn't forget, the added challenge of fundraising was part of the experience, each rider had to raise a minimum of \$5000 for the ALA.

Again, the tie-in with any serious athletic undertaking, I had to develop a more rigid discipline than required to maintain general fitness. Thus I justified obtaining the physical exam I had long felt I should have. Fortunately, I was in excellent shape. The only concern was a slightly high cholesterol level. So, in addition to getting in shape, I had the additional objective of bringing that under control. My first decision was to severely restrict my intake of red meat, fish and poultry became much more prominent in my regular diet. I cut back or eliminated all deep-fried and junk food, relying on more salads, pasta and grains. My one digression was cookies, fresh-baked, of course. A friend of mine who had competed in the Iron Man Triathlon told me cookies were okay, so who was I to argue with a "hard-core" athlete?

Next began the strength and endurance training. I did a lot of cross-training, particularly during the winter months and charted my activities. Cross-country skiing is great complementary training for biking. As mentioned earlier, I also ran periodically. With snow, ice and other junk on the roads, my bike was mounted on a MagTurbo trainer which allowed me to workout in normal riding position and break in certain parts of the anatomy that are particularly vulnerable during biking. My training regimen involved 5-6 prolonged sessions per week. By the time I was able to hit the road, I was ready. Ultimately, I was riding 200 miles a week by the middle of May. I discovered that, given my other commitments and fundraising, I had accomplished what I had hoped and my level of fitness paid off when the ride began.



Finally, on June 6, the trip began in Seattle under an ominous gray sky. I was in the company of 303 other anxious riders who made up an impressive group as we were escorted

by police bicyclists through the downtown streets. Within a couple hours, we entered the plush Cascade Mountains. We, also entered the first of several, at times, drenching rains. I was even hailed upon, coming down Stevens Pass! Out of Wenatchee, we rode onto the central plains of Washington; I never realized there were such wide open spaces in that state. Along with the openness came the winds, our initiation was riding 99 miles against 30 mph going into Spokane.. From there the trip entered, for a day, the state of Idaho. I was very impressed by the beautiful, surroundings as we stayed in Sandpoint on the banks of the lake, Pend O'Reille.

The trek spent nine days in the great state of Montana. Western Montana was gorgeous as we trekked through the foothills of the Rockies, along Flathead Lake and through the town of Kalispell. Then the highest highlight of the trip, Glacier National Park. I have traveled around the world, having viewed plenty of spectacular scenery but the panoramas I took in from the "Going to the Sun Highway" over the Continental Divide were among the most beautiful I've ever seen. As soon as the trip exited the park, we were onto the Great Plains, the land that earned Montana the label, big sky country. You can see from one horizon to the other, 180 degrees in all directions. I never got bored with the awe-inspiring and humbling sensation. Plus, the tailwinds were great across the flatlands, we cruised at 25-30 mph for miles on end!

Our second day off came on our first day in North Dakota in the city of Williston. For me, it was the best of the five break days we had. The town theatres opened their doors to us so I went to see "Crocodile Dundee II" for free! Many of us went dancing later, and I must admit, you've never seen anyone dance as hard as a group of people who have spent their days pedaling 80 miles a day on a bicycle. Also in Williston, everyone drives pick-up trucks, or so it seemed. What better way for groups of trekkers to get around than to hail a truck and hop in back!

Williston set the tone for the whole state as, I would say in retrospect, the friendliest people I met were in North Dakota. As we rode into and through such towns as New Town, Makoti, Harvey and Cooperstown, they couldn't do enough for us. We were an event, and consequently, treated as celebrities. Locals would cruise around our camp, take pictures and stroll through talking to any trekker willing to share his or her stories. The experience was humbling.

Stay in

NORTH DAKOTA

Minnesota closed for the week!

for real billboard!

Into the state of Minnesota. Headwinds that had begun in No. Dakota stayed with us until after our next rest day in St. Cloud. The countryside remained fairly flat as we rode along the shores of many lakes and headwaters of the Mississippi River. Wisconsin was our next state and we were greeted with rolling, lush green hills. It was there we rode the Sparta-to-Elroy bike trail. A re-graded railroad bed, complete with tunnels, it was 30 miles of riding, free from traffic, also the scene of my one and only flat tire. Some of the abandoned railbeds here in Maine would make excellent bike-and-hike trails.

Aside from Minneapolis a few days prior, our return to civilization was (sort of) cruising through the metropolis' of Milwaukee, Chicago and Indianapolis. The cities reminded us that not all automobile drivers find bicycle riding a charming pasttime. But, all in all, there were certainly more distractions to investigate including museums, festivals and tall buildings. In Indianapolis, we had the opportunity to ride in a velodrome, an oval banked bicycle racing track. The Olympic trials were held there just after we left.

Ohio is a decent-sized state but we crossed it in three long days, staying in Columbus and Zanesville. In the latter, they have a "Y" bridge, one of the few you can cross and end up on the same side of the river! Out of Ohio, into West Virginia. We had a rest day in Wheeling, which was a scenic burg at the entrance to the Appalachians. With the

temperate hovering around 100 degrees, we were in trekker heaven as we spent the day sliding down the 200 ft. water slide in their beautiful city park.

The "fun" began in the mountains of Pennsylvania. A clever (I'm a clever kind of guy) analogy I made up states the engineers who built the road over the Rockies knew enough to use switchbacks up steep grades; the sadists who built the roads in Pennsylvania, just went straight up and over! My hardest day of cycling was on the way to Bedford, which is where the Cannondale factory is located, they manufactured my trusty steed. I hit the proverbial wall as I dropped 'er into my lowest gear and ground it out, up five miles of 12-15% grades. Surviving those first three days in PA. allowed me to then enjoy the rest of the state including Gettysburg, the Amish country, and Philadelphia.

After spending the night in torrential rains in Collingswood, NJ, we saddled up for our final day of riding. The rains followed us right into Atlantic City. The cyclists were used to riding in most any climatic condition but I did feel bad for family and friends who came to meet us on the Boardwalk. We were an impressive sight, though, 298 celebrating trekkers riding together in a line at least a half mile long. The group was led by George, our oldest rider (72), Tom from Ohio with one leg, and Jill from Wisconsin, who was legally blind. We chose these individuals to lead us not because of their special circumstances, but for the inspiration they gave to us. Riding with them I know helped me to reach a little deeper and draw out that extra bit of strength to successfully accomplish the adventure of a lifetime..

3400 miles in 42 days of riding a bicycle. The enormity of what I've done still amazes me and probably will for the rest of my life. I know others have done and will do it again, some in more dramatic ways (such as the RAM, "Race Across America", in something like 9 days!). But I, a 37-year old, pretty ordinary man with special family and friends, traversed the breadth of the United States under my own power. I rode in the rain and hail, up the Rockies, through inner-city streets, over 100 miles/day several times, in temperatures over 100 degrees, against 40 mph headwinds, and best of all, while meeting 330 new friends. I found there's no better way to get the feel of the land and meet the people than on a bicycle. People ask me, would I do it again. Yes, in 20 years, when I can prove to myself what George and the 26 other riders over the age of 50 proved to us.

The other aspect of my trip that can't be overlooked is the community benefit. As a group, we trekkers raised \$1.9 million for the American Lung Association. maybe that's what set our adventure apart from other who cross the country a bicycles, we did it for fun and for a greater good. If you think fundraising was merely a secondary activity, try generating \$5000 or more in contributions by yourself.

There's no simple way for me to encapsulate what the adventure meant to me. It's just something I'm so glad to have had the opportunity to do, an intensely emotional impression on my life which time and experience will never erase.

As an epilogue to the story, the TransAmerica Bicycle Trek for the American Lung Association is an annual event. You may want to participate yourself someday but keep your eyes open and ears tuned, someone in your area may be riding this year and they sure could use your help. If you have any questions or want to help, contact the ALA of Maine at 1-800-462-LUNG.



**BOSTON MARATHON
1988**

MAINE FINISHERS

Men's Open

Todd McGraw,23,2:27:06; Lance Guliani,29,2:27:06;
Bryan Kuprewicz,31,2:36:52; James
Toulouse,39,2:37:53; Gary Allen,31, 2:40:04;
Paul Merrill,33,2:42:49; Stephen
Grygiel,30,2:43:13; Mike St.Laurent,32, 2:44:02;
Andrew Beardsley,24,2:46:37; Steven
McGrath,33,2:47:19; John McGarry,30,2:48:50;
Peter Hagerman,37,2:50:19; Rick Hinds,34,2:50:36;
Thomas Bennett,30,2:50:58; Jerry
Allanach,38,2:54:15; Harry Nelson,33,2:54:37;
Thomas Thibeau,30,2:55:30; Bill Hine,38,2:56:43;
Brian Ladner,29,2:58:57; Alan Quinlan,32,3:03:14;
Michael Mendonca,31,3:05:00; Alburn
Butler,34,3:07:14; Ronald Cedrone,39,3:12:34; Brian
Conaway,34,3:14:00; John Edwards,34,3:15:19; Peter
Cuff,31,3:16:44; Dave Clement,38,3:16:57; Michael
Reali,34,3:17:28; Douglas Trenkle,39,3:21:25; Gary
Shartle,23,3:21:25; Raymond Quimby,37,3:51:44;
Randy Hastings,33,3:54:23

MEN'S MASTERS

Bob Coughlin,49,2:57:17; Michael
Simoneau,40,3:02:01; Robert Payne,49,3:04:27;
James Paterson,47,3:04:40; Russell
Connors,55,3:06:32; Ray Johnson,40,3:07:30; Philip
Pierce,46,3:10:18; Peter Flaherty,41,3:10:53; Robert
Jolicoeur,51,3:12:45; Michael Cowell,50,3:16:53;
Bruce Bell,49,3:17:59; Thomas
Littlefield,42,3:18:10; Joseph Washburn,43,3:25:37;
Carl Bowen,55,3:29:02; Hubert Strom,58,3:30:09;
Thomas McGuire,41,3:31:43; Donald
Wilson,40,3:34:03; Gary Larson,43,3:35:55; Carlton
Mendell,66,3:40:01; Dillon Gillies, 49,3:42:20;
Walter Webber,57,3:49:50; Robert
Wyman,51,3:51:28

WOMEN'S OPEN

Deborah Potter,33,3:00:03; Jennifer
Rood,27,3:08:41; Judy Ketcham,31,3:19:49; Carol
Weeks,39,3:24:03; Rosalyn Randall,38,3:34:53;
Elaine Regina,29,3:49:31

WOMEN'S MASTERS

Louisa Dunlap,47,3:24:15; Eileen Jordan,45,3:44:58;
Katherine Christie,43,3:45:45; Sandra
Utterstrom,44,3:53:05

1988 BOSTON MARATHON STATS

RUNNERS FROM 50 STATES & 40 COUNTRIES
AVERAGE AGE 37.5
AVERAGE MALE TIME 3:10.33
AVERAGE FEMALE TIME 3:31.05
TOTAL NUMBER OF FINISHERS 5261
TOTAL NUMBER ENTERED 6758
PERCENTAGE OF RUNNERS FINISHING 77.8

MAINE RUNNERS ENTERED 83
MAINE RUNNERS FINISHING 64 (18TH OF STATES)
PERCENTAGE OF MAINE FINISHERS 77.1 (36TH)
TOP MAINE FINISHERS:

TODD MCGRAW 75TH OVERALL & 20TH AMERICAN
DEB POTTER 40TH OVERALL & 24TH AMERICAN



**THE SPRING SEASON BEGINS
FOR MECTA**

The Maine Corporate Track Association (MECTA) and its teams start their spring season off this month. Lionel Beaucage from BIW is the President and Tom Reilly from Hannaford Bros. is the newly elected Vice President. Among the teams that will participate this year are L.L. Bean, UNUM, Nat'l Semiconductor, Central Maine Power, New England Telephone, BIW, USM, Hannaford Bros., Blue Cross/Blue Shield, Pierce Atwood Scribner, Boise Cascade, Casco Northern, and Data General. If you and your company are interested in starting a team and need to know the details call Susan Olson, Secretary of MECTA at UNUM, 770-2516. MECTA is also looking for volunteers to assist in the track meets. If you are interested you can also call Susan.

Meet Schedule 1989:

5/24: 6pm, Portland High School (MECTA)
6/7: 6pm, So Portland High School (MECTA)
6/17: 8am, N.E. Regionals, Boston, MA
New England Corporate Track Assoc.
6/28: 6pm, Windham High School (MECTA)
7/15-16: Nationals, Des Moines, Iowa
United States Athletic Association
7/23: 12pm, MECTA State Championship
Bowdoin College

**Highlights on MECTA in the May issue of
the Maine Harrier.**

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NEW ENGLAND RUNNER'S
1988 MARATHON LIST

MEN'S OPEN

- * Bruce Ellis, 2:23:03
(Olympic Trials)
- 8. Todd McGraw, 2:27:06
- 30. Lance Guliani, 2:32:32
- 35. Paul Cole, 2:33:50
- 46. Paul Merrill, 2:34:48
- 60. Bryan Kuprewicz, 2:36:52
- 63. Harry Nelson, 2:37:19
- 66. James Toulouse, 2:37:53
- 81. Gary Allen, 2:40:04
- 116. Stephen Grygiel, 2:43:13
- 126. Tom Dann, 2:43:51
- 130. Mike Stlaurent, 2:44:02
- 147. Bryant Bourgoin, 2:45:00
- 173. Andrew Beardsley, 2:46:37
- 186. Steven McGrath, 2:47:19
- 198. Robert Kahn, 2:47:56
- 221. John McGarry, 2:48:50
- 250. Peter Hagerman, 2:50:19
- 254. Rick Hinds, 2:50:36
- 256. Thomas Bennett, 2:50:58
- 288. Jeffrey Bengtsson, 2:53:26
- 290. Michael Mendonca, 2:53:39
- 304. Jerry Allanach, 2:54:15
- 327. Kent McDonald, 2:55:18
- 333. Thomas Thibeau, 2:55:30
- 360. Robert Brainerd, 2:56:33
- 365. Bill Hine, 2:56:43
- 378. Brian Conaway, 2:57:16
- 429. Brian Ladner, 2:58:57
- 441. Thomas Keating, 2:59:20
- 486. Edward Miller, 3:01:20
- 512. Michael Stotler, 3:02:48
- 522. Alan Quinlan, 3:03:14
- 523. Tony D'Amelio, 3:03:15
- 531. Newell Lewey, 3:03:35
- 533. Alburn Butler, 3:03:36
- 603. Peter Whitney, 3:07:55
- 657. Rusty Dewsnap, 3:10:17
- 679. Stanley Roy, 3:11:19
- 706. Ronald Cedrone, 3:12:34
- 709. Stephen Ross, 3:12:37
- 710. Steven Hightower, 3:12:38
- 725. Sean Keough, 3:13:24
- 742. Steven Doran, 3:14:11
- 769. John Edwards, 3:15:19
- 774. Michael Reali, 3:15:27
- 801. Peter Cuff, 3:16:44
- 803. Dave Clement, 3:16:57
- 816. Norman Deroche, 3:17:17
- 850. David Green, 3:18:39
- 903. Douglas Trenkle, 3:21:24
- 905. Gary Shartle, 3:21:25
- 945. Thomas Frederick, 3:23:01
- 949. Barry Hammer, 3:23:13
- 989. William Skerritt, 3:25:25

MASTERS MEN

- 6. Jim Toulouse, 2:37:59
 - 64. Bob Coughlin, 2:57:17
 - 70. Michael Simoneau, 2:58:38
 - 73. Joseph Meehan, 2:58:41
 - 75. Dale Dorr, 2:58:46
 - 95. Ed Malone, 3:00:31
 - 106. Thomas Littlefield, 3:02:42
 - 112. Philip Pierce, 3:02:58
 - 129. Robert Payne Sr, 3:04:27
 - 132. James Paterson, 3:04:40
 - 138. William Sylvester, 3:05:13
 - 148. Ron Cedrone, 3:05:59
 - 170. Ray Johnson, 3:07:30
 - 175. Michael Daly, 3:07:47
 - 242. Donald Wilson, 3:12:36
 - 247. Michael Doore, 3:13:16
 - 293. Larry Taylor, 3:17:41
 - 299. Bruce Bell, 3:17:41
 - 300. Thomas Littlefield, 3:18:10
 - 311. Thomas McGuire, 3:19:19
 - 322. Thomas Tetu, 3:20:27
 - 326. Rob Jarratt, 3:20:42
 - 355. William Davenny, 3:23:58
 - 377. Roy Morejon, 3:25:18
 - 381. Joseph Washburn, 3:25:37
 - 399. Jim Booth, 3:27:40
 - 407. Joe Richards, 3:28:10
 - 417. Gary Larson, 3:28:48
 - 423. Alan Leathers, 3:29:29
 - 425. John Dehart, 3:29:38
 - 437. Brian Alward, 3:30:12
 - 463. David Benn, 3:33:39
 - 489. Robert Dow, 3:36:45
 - 499. Ron Paquette, 3:37:51
 - 502. Ken Newsome, 3:38:17
 - 524. Terry Rowden, 3:39:54
 - 537. Ken Brennan, 3:41:28
 - 551. Dillon Gillies, 3:42:20
 - 571. Ken Sylvester, 3:45:59
 - 647. William Scoggins, 3:53:51
 - 663. Michael Carlson, 3:55:03
 - 731. Allan Toubman, 4:01:43
 - 749. Prescott Verrill, 4:03:53
 - 835. Wayne Haley, 4:18:18
 - 844. Joe St Hilaire, 4:20:27
 - 851. Gary Fessler, 4:22:28
 - 871. Brian Cullen, 4:30:49
 - 883. Kenneth Dirkes, 4:34:21
- SR MEN**
- 15. Michael Cowell, 3:03:28
 - 20. Russ Connors, 3:06:32
 - 23. Robert Jolicoeur, 3:08:12
 - 73. Bob Hazzard, 3:22:42
 - 92. Carl Bowen, 3:29:02
 - 102. Hubert Strom, 3:30:09
 - 124. Clifton Ives, 3:36:06

- 142. Dillon Gillies, 3:41:45
- 168. Walter Webber, 3:49:50
- 172. R.V. Cavanaugh, 3:50:32
- 175. Robert Wyman, 3:51:28
- 204. Carlton Comstock, 4:05:36
- 233. Sandford Blitz, 4:31:20

MEN 60 & OVER

- 3. Carlton Mendell, 3:23:04

WOMEN OPEN

- 1. Joan Samuelson, 2:32:40
- 15. Deborah Potter, 3:00:03
- 29. Colleen Skelly, 3:07:14
- 33. Jennifer Rood, 3:08:41
- 77. Judy Ketcham, 3:19:49
- 80. Marjorie Adams, 3:21:17
- 87. Carol Weeks, 3:24:03
- 118. Sarah Gehrt, 3:28:29
- 120. Vicky Vendrell, 3:29:09
- 124. Rosalyn Randall, 3:29:09
- 127. Connie McLellan, 3:29:53
- 211. Nancy Lagin, 3:42:05
- 215. Kim Konieczny, 3:42:39
- 227. Maureen Sproul, 3:46:04
- 241. Elaine Regina, 3:49:31
- 266. Pam O'Neal, 3:53:37
- 307. Rebecca Snow, 3:59:07
- 344. Phylli Pelletier, 4:04:56
- 354. Becca Swan, 4:06:49
- 416. Lynn Palmer, 4:22:19
- 437. Denise Payette, 4:26:56
- 467. Margaret Braatz, 4:39:00
- 497. Caroline Sinclair, 4:49:42

WOMENS MASTERS

- 12. Darlene Higgins, 3:20:54
- 16. Louisa Dunlap, 3:24:15
- 23. Joan Lavin, 3:30:32
- 40. Eileen Jordan, 3:44:58
- 41. Katherine Christie, 3:45:45
- 51. Sandra Utterstrom, 3:53:05
- 69. Aletha Devos, 4:07:00
- 81. Sally Paterson, 4:19:00
- 92. Linda Monmaney, 4:32:52
- 125. Linda Crawford, 5:19:45

WOMENS SENIORS

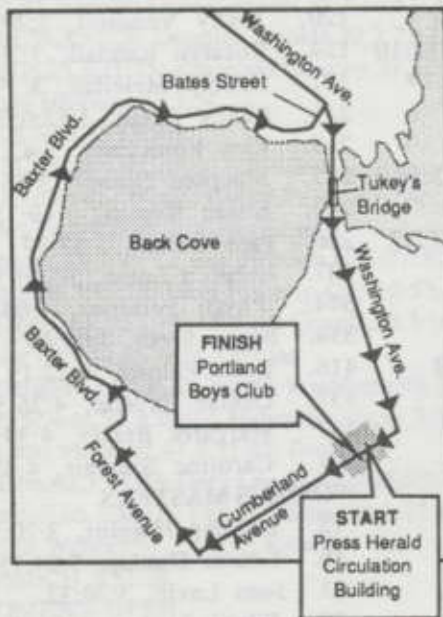
- 10. Nancy Stokes, 4:13:22
- 19. Margaret Sawyer, 5:37:31



THE GREATER PORTLAND BOYS CLUB PRESENTS:
THE 60TH ANNUAL
PORTLAND PATRIOTS DAY 5-MILER
 MONDAY, APRIL 17, 1989
 NOONTIME

Pre-Race Open House, Sunday, April 16
12:00 to 5:00 pm

Featuring running and health clinics, dinner from 1 to 4 pm,
 and activities all afternoon. Bring your kids and make it a family affair.
 Runners will be allowed to use the facilities. **Join the tradition!**



1988 BOYS CLUB 5-MILER

MEN

1. Bruce Ellis, 24:17
2. Bruce Bridgham, 24:34
3. Myron Whipkey, 24:54
4. Andy Palmer, 25:06
5. Dan Deering, 25:09
6. Peter Lessard, 25:11
7. Danny Paul, 25:17
8. Tom Dann, 25:27
9. Paul Hammond, 25:42
10. Kim Wettloufer, 25:47
11. Lee Stover, 25:50
12. Ken Flanders, 26:01
13. Michael Gordon, 26:25
14. Bob Shull, 26:30
15. Sam Pelletier, 26:53

WOMEN

1. Allison Quelch, 27:59
2. Sally Perkins, 29:40
3. Wanda Haney, 29:56
4. Diane Lounder, 30:04
5. Robin Emery-Rappa, 30:08
6. Veronica Knight, 30:47

**PORTLAND BOYS CLUB
 PATRIOT'S DAY ROAD RACE**

- 1930: Alvin Messer, 26:30
 - 1931: R.E. Jellison, 26:24
 - 1932: R.E. Jellison, 26:05
 - 1933: Ernest Black, 25:07
 - 1934: Herbert DeVeber, 26:51
 - 1935: Herbert DeVeber, 25:45
 - 1936: Cliff Veysey, 23:42
- (Last Race-Short Run)
First Race Full Five Miles
- 1937: William Glen, 27:54
 - 1938: Clarence Portas, 27:17
 - 1939: Maurice Toothacker, 26:48
 - 1940: Edwin Shepard, 26:09
 - 1941: E.D. Mazzeo, 27:59
 - 1942: Bruno Mazzeo, 26:40
 - 1943: Dana Robinson, 26:00
 - 1944: George Ulman, 29:18
 - 1945: Clifford Richardson, 28:05

- 1946: George Disnard, 27:15
- 1947: Arthur Berry, 26:40
- 1948: Edwin Shepard, 24:48
- 1950: Richard Packard, 27:27
- 1951: John Dempsey, 27:05
- 1952: Carleton N. MacLean, 26:40
- 1953: Edward F. O'Connell, 25:37
- 1954: Edward F. O'Connell, 25:00
- 1955: Paul Firlotte, 25:01
- 1956: Paul Firlotte, 25:48.8
- 1957: Gordon Cunningham, 26:31.3
- 1958: William G. Gay, 27:19
- 1959: Thomas A. Martin, 26:34
- 1960: Michael E. Kimball, 26:36.5
- 1961: Daniel Rearick, 27:33
- 1962: Robert E. Hillgrove, 27:25.3
- 1963: Michael E. Kimball, 25:46.9
- 1964: Robert E. Hillgrove, 26:57.3
- 1965: Robert E. Hillgrove, 27:05
- 1966: Robert E. Hillgrove, 25:55

- 1967: Robert E. Hillgrove, 26:07
- 1968: Robert E. Hillgrove, 26:08.2
- 1969: Robert E. Hillgrove, 25:03.3
- 1970: Ken Flanders, 25:57.8
- 1971: Daniel G. Rearick, 25:33
- 1972: Ken Flanders, 24:48.4
- 1973: Steven Jaynas, 25:33.6
- 1974: Robert E. Hillgrove, 26:03.1
- 1975: Ken Flanders, 24:48.5
- 1976: James O. Doane, 25:58
- 1977: Ken Flanders, 24:49.5
- 1978: J. Michael Buckley, 23:58
- 1979: Ken Flanders, 24:19.6
- 1980: Ken Flanders, 24:26
- 1981: Ken Flanders, 24:04
- 1982: Hank Pfeifle, 23:37.7
- 1983: Sam Pelletier, 23:40
- 1984: Sam Pelletier, 23:33
- 1985: Sam Pelletier, 23:58
- 1986: Andy Palmer, 23:46
- 1987: Andy Palmer, 24:34
- 1988: Bruce Ellis, 24:17

WOMEN'S RECORDS

- 1972: Robin Voelker, 33:04
- 1973: Robin Voelker, 33:02
- 1974: Robin Voelker, 31:08
- 1975: Robin Voelker, 29:19
- 1976: Joan Benoit, 28:19
- 1977: Lynn Jennings, 28:20
- 1978: Marcia Giglio, 34:01
- 1979: Robin Estey, 30:53
- 1980: Robin Voelker Emery, 29:41
- 1981: Robin Emery, 29:03
- 1982: Robin Emery, 29:39
- 1983: Robin Emery, 29:19
- 1984: Leslie Walls, 29:50
- 1985: Lynn Jennings, 26:24
- 1986: Robin Rappa, 29:17
- 1987: Laura Duffy, 29:31
- 1988: Allison Quelch, 27:59

Patriots Day Boys Club Race

CLINICS - SUN. 1-5 pm

- 1:00 pm: Dr. Robert Lynch Jr. - Sports Injury
2:00 pm: American Massage Therapy Assoc.
Massage & Exercise
3:00 pm: Dr Robert Kuvén - Foot Injuries &
Care
2-4:00 pm: Swimming Pool Open

EXHIBITS - SUN. 1-5 pm, MON. 10 am - 3 pm

- University of New England - Respiratory Testing
USM Lifeline - Cholesterol Screening \$5.00
Dr. Sammy Pelletier O.D.P.A. - Glaucoma & Eye
Testing
Portland Public Library - Fitness Tests by Sarah
McColl
American Massage Therapy Assoc.
Kid Kare - IBEW/New England Tel & Tel
The Athletic Congress
The Maine Track Club
Coastal Silk-screen
Maine Running and Outing Magazine
The Maine Harrier
Sportline Trophy
Red Cross - Blood Pressure Screening



Runners at the 1988 Boy's Club Race

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HEARRIN EARNS ALL-AMERICAN HONORS AT INDOOR TRACK CHAMPIONSHIP

Worcester Polytechnic Institute's senior David Hearn from Wells, Maine, placed sixth overall in the 35-lb weight throw to earn All-American Honors at the Division III National Indoor Track Championships held at Bowdoin College in Brunswick on Friday, March 3.

Hearn, a four-year track team member, took sixth place with a throw of 50'6". Hearn is the first WPI men's indoor track athlete to qualify for the championships. He qualified at the ECAC meet a week earlier with a throw of 50'7", his career best.

A management major and a member of the football team, Hearn is a "hard worker who is well deserving of this honor," notes head coach Nerl Norcross.

Sheri Rosenthal, WPI



SAM PELLETIER

AGE: 31

HOMETOWN: Fort Kent

RESIDENCE: Arundel

OCCUPATION: Optometrist, Portland,
Biddeford

YEARS RUNNING: 20

WEIGHT: 155 lbs.

HEIGHT: 5'10"

PR'S: marathon-2:15.26, 5 miles-23:33,
10 miles-48:48, 10k-29:23.

RUNNING CLUB: Reebok

EDUCATIONAL BACKGROUND: U Maine & West Point

FAVORITE DISTANCES: Actually I like them all. I like the 5 mile and the marathon.

BEST RACE: 1983 Philadelphia Marathon (2:15.26 - 1st), the 1983 Boys Club (23:33 - 1st)

FAVORITE COURSE: I don't think there is any particular one I like best. I like flat courses because they're fast.

FAVORITE RUNNING SHOE: Reebok.

RUNNING INFLUENCE: I don't really have one. I don't like to put people on pedestals, that way you can't beat them. I try to keep them at my level.

PRE-RACE DINNER: Whatever's in front of me I'll eat. If I'm not cooking I can't complain (laugh), I try to stay away from too much protein, add extra carbohydrates and eat less fat.

FAVORITE WORKOUT: Repeat miles.

THIS YEAR'S GOALS: I want to break 29 minutes in the 10K.

WHO DO YOU CONSIDER THE STATE'S BEST RUNNERS: Greg Hale, Stan Bickford, Bruce Bickford, Andy Palmer and young guys like Tim Wakeland and Todd Coffin.

TRAINING PARTNERS: Stu Hogan and Rob Spaulding.

FAVORITE MOVIE: I've got three kids I don't really watch movies. But I guess I would say Ghandi.

FAVORITE TV SHOW: Probably the Cosby Show.

FAVORITE TIME OF THE DAY: Morning.

PET PEEVE: Hair on soap.

FAVORITE MUSICAL PERFORMER: Keith Green.

LONG TERM PERSONAL GOALS: To be more like Jesus.

MOST PRIZED POSSESSION: My family.

BIGGEST STRENGTH: I'm stubborn. I'm not too much of a quitter.

BIGGEST WEAKNESS: I'm stubborn (laugh), Also the fact that I don't back off when I should back off. That's how I got injured this time around.

FAVORITE LEISURE ACTIVITY: You mean people out there have leisure time? (laugh) Well I guess I'd have to say spending time with my family.

FAVORITE DRINK/FOOD: I like any kind of food. Pizza and pasta.

TYPICAL WEEK WHEN THERE IS A RACE ON SATURDAY:

MON: Workout ex.(repeat miles)

TUE: 10 miles

WED: 8 miles

THUR: 5 miles

FRI: 3 miles

SAT: race

SUN: 15 miles

DANNY PAUL

AGE: 35
HOMETOWN: Portland
RESIDENCE: N Yarmouth
OCCUPATION: Teacher, Greely High School

YEARS RUNNING: 20
WEIGHT: 142 lbs.
HEIGHT: 5'11"
PR'S: 10K - 30:06; 5 mi - 24:10; 9:02 Steeple Chase
Mile - 4:18; 2-Mile - 9:07

RUNNING CLUB: Maine Rowdies, very informal.

EDUCATIONAL BACKGROUND: Northeastern University, Educational Degree at University of Maine at Farmington, English Degree Masters at Middlebury College.

FAVORITE DISTANCES: Half marathon

HOW OFTEN DO YOU RACE PER YEAR?: 20 times a year; last 5 years - 8 - 10

BEST RACE: Great Pumpkin

FAVORITE COURSE: Great Pumpkin; Cape Challenge Half Marathon, it's a tough one but I seem to run it well.

FAVORITE RUNNING SHOE: Anything light and flexible (Nike Air Flow, NB 830, Dualists)

RUNNING INFLUENCE: Frank Shorter, Bill Rodgers, Ken Flanders, Andy Palmer

FAVORITE RUNNING MOVIE: "Chariots of Fire"

FAVORITE RUNNING BOOK: "Once A Runner"

FAVORITE MAGAZINE: Running Times, Track & Field News.

PRE-RACE DINNER: Any kind of pasta. I eat what I like. I don't really care about it.

FAVORITE WORKOUT: Interval workouts and 15 - 20 mile runs.

LEAST FAVORITE: Days before a race because I have to work at not running hard.

RUNNING PARTNERS: Ken Flanders once called me a "running prostitute", I'll train with anyone.

THIS YEAR'S GOALS: To try to get back in the thick of things. I think that I can still run in my possible PR range in the 10K, 5 mile. I want to run good times, position isn't all that important to me.

WHO DO YOU CONSIDER THE STATE'S BEST RUNNERS: Sam Pelletier, Andy Palmer, Greg Hale, Todd McGraw, Pete Lessard.

FAVORITE MOVIE: Lawrence of Arabia.

FAVORITE TV SHOW: MASH, but I don't really watch television.

HOBBIES: Basketball with my 4 year old son.

FAVORITE TIME OF THE DAY: In the afternoon when I can go for a run.

PET PEEVE: I'm turned off by the "Yuppie" image that running has. Running is hard work not a fashion show.

FAVORITE MUSICAL PERFORMER: David Bowie.

FAVORITE ACTOR/ACTRESS: Peter O'Toole and Katherine Hepburn.

LONG TERM PERSONAL GOALS: I want to be a real good family person. I would like to have another son, a daughter? Well girls run too (laugh).

MOST PRIZED POSSESSION: My family.

BIGGEST STRENGTH: Resilience. Although people think I should give up, I don't (laugh).

BIGGEST WEAKNESS: Impulsive and impatient. Shouldn't race two races in a weekend; shouldn't drink over 6 beers with the guys.

FAVORITE LEISURE ACTIVITY: Films. I love movies.

FAVORITE DRINK/FOOD: Sea scallops but I'm a real pasta idiot. I like anything wet and cold.

TYPICAL WEEK WHEN THERE IS A RACE ON SATURDAY:

MON: 8-10 miles with strides
TUE: speedworkout - 400 and 200 repeats
WED: 12 - 15 miles, hilly but not hard
THUR: 10 miles with comfortable strides
FRI: easy 5 - 6 miles
SAT: race
SUN: 2 hour run - 20 miles or so



MAINE FACES



HILDA ARSENAULT - Although the Freeport native isn't a so-called runner, Hilda is an elite walker. She consistently averages 2-3 miles a day. A day hike of Sugarloaf Mountain is in future plans.



ANNE MILLHAM- The Bates sprinter earned All-American status by placing 4th in the 55M Dash. Anne was seeded 8th with a time of 7:38 going into the NCAA III National Championship.



HELENA FRANSEN - The slender runner from South Portland High took the individual two-mile title at both the Indoor Southwestern's (12:16.2) & the Indoor Class A states (12:22.2). Helena also placed 3rd in the mile (5:41.5) at the state meet.



MATT SCHECTER- The stellar senior from Bates took the top honors in the high jump at the NCAA Div. III Indoor Championships. His jump of 2.13M (7'0") broke the National record which was held at 2.11M (6'11").



GERRY SIBLEY- The talented runner from Bangor High easily captured the silver medal in the Class A Indoor Mile. Gerry time was 4:38.9 for the 8 lapper. He also finished 6th at the X-C States.



ROBERT JONES-The junior from Deering High is making quite a name for himself on the roads. Talented runner was 13th overall (59:52) at the Mid-Winter 10 Mile Classic.

**UNIV. OF MAINE'S
OUTDOOR TRACK SCHEDULE**

- 4/8 - UMASS, RI @ UNH (M)
- 4/8 - HOLY CROSS, SPRINGFIELD @ FITCHBURG STATE (W)
- 4/12 - DOGWOODS @ UNIV. OF TENN. M&W
- 4/15 - TRI-STATE CLASSIC @ DARTMOUTH
- 4/22 - FITCHBURG INV. (W)
- 4/22 - MAINE INV. @ COLBY (M)
- 4/25 - PENN RELAYS M&W
- 5/6 - NEW ENGLANDS @ BOSTON (W)
- 5/6 - EASTERNS @ UVM (M)
- 5/12 - ECAC @ FAIRFAX, VA (W)
- 5/12 - NEW ENGLANDS @ NH,CONN (M)
- 5/18 - IC4A @ VILLANOVA, PA (M)
- 6/1 - NCAA DIV. @ PROVO, UTAH M&W

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**11th Annual "Snowfest Five Miler"
Augusta
February 19, 1989**



Runners check their watches as they set off for the hilly roads at the Snowfest 5 Miler in Augusta.

- | | |
|---------------------------------|-----------------------------------|
| 1. Ken Flanders, 37, 27:19 | 43. Richard Davis, 43, 35:47 |
| 2. Tom Thibeau, 30, 27:57 | 44. Linda Hanson, 41, 35:52 |
| 3. Bill Skerritt, 29, 29:13 | 45. Curtis Sears, 37, 36:03 |
| 4. Fred Karter, 39, 29:23 | 46. Brian Pickard, 33, 36:13 |
| 5. Scott Ellis, 26, 29:32 | 47. Joan Merriam, 40, 36:43 |
| 6. Doug Ludewig, 49, 29:42 | 48. Leonard Dow, 45, 37:08 |
| 7. Stephen Reed, 41, 29:49 | 49. Donald Sanborn, 43, 37:09 |
| 8. Debbie Potter, 34, 30:01 | 50. Jerry Saint Amand, 45, 37:39 |
| 9. Jeff Brown, 39, 30:07 | 51. Peter Kelliher, 48, 37:39 |
| 10. Stephen Friel, 18, 30:13 | 52. Ellen Spring, 36, 37:45 |
| 11. Bob Payne, 50, 30:16 | 53. Allen Hersom, 30, 37:46 |
| 12. Joe Meehan, 42, 30:33 | 54. Robert Myers, 32, 38:00 |
| 13. Alan Reilly, 35, 30:39 | 55. Herb Robertson, 53, 38:14 |
| 14. Al Sproul, 50, 30:43 | 56. Donald Abrams, 56, 38:23 |
| 15. Tom McGuire, 42, 31:00 | 57. Scott MacDonald, 37, 38:35 |
| 16. Steve Ross, 33, 32:02 | 58. Russ Bradley, 65, 38:48 |
| 17. Michael Thompson, 30, 32:16 | 59. Claire Irvin, 28, 38:53 |
| 18. Larry Taylor, 43, 32:38 | 60. Victor Tedford, 32, 38:53 |
| 19. Vern Demmons, 42, 32:45 | 61. Carlene Sproul, 49, 39:00 |
| 20. Lorne MacDonald, 43, 32:47 | 62. Diane Flanders, 31, 39:27 |
| 21. David Benn, 43, 32:49 | 63. Kent Price, 49, 39:33 |
| 22. Diane Lounder, 26, 32:54 | 64. Gary Barrett, 44, 40:05 |
| 23. Carl Reilly, 35, 32:58 | 65. Katherine Christie, 44, 40:12 |
| 24. David Green, 31, 33:07 | 66. Don Frost, 18, 40:34 |
| 25. Jim Booth, 43, 33:11 | 67. Roland Walker, 32, 40:37 |
| 26. John Schwerdel, 43, 33:16 | 68. Walter Viles, 52, 40:52 |
| 27. Shawn Benn, 17, 33:34 | 69. Sarah Hughes, 33, 41:11 |
| 28. George Liming, 37, 33:41 | 70. Tim Smith, 42, 41:26 |
| 29. David Wilson, 45, 33:44 | 71. Ann Bacon, 41, 42:21 |
| 30. Ed Torrey, 30, 33:51 | 72. Donnajean Pohlman, 38, 42:27 |
| 31. Jeff Preble, 35, 33:54 | 73. Ron Paquette, 47, 42:28 |
| 32. Mike Skerritt, 33, 34:21 | 74. Ernie Lebel, 45, 43:06 |
| 33. Geoffrey Hill, 42, 34:41 | 75. Sandra Faunce, 29, 44:51 |
| 34. Jane Rau, 39, 34:41 | 76. Georgianna Hogerty, 34, 47:47 |
| 35. Paul Arsenault, 22, 34:42 | 77. Bill Hughes, 33, 48:01 |
| 36. Larry Rich, 41, 34:47 | 78. Bill Tozier, 61, 48:12 |
| 37. Dale Peabody, 27, 34:56 | 79. Michelle Abbott, 13, 48:37 |
| 38. Mary James, 32, 35:09 | 80. Harvey Mason, 55, 52:04 |
| 39. Carlton Mendell, 67, 35:26 | 81. Allison Achorn, 15, 54:18 |
| 40. Peter Hanson, 48, 35:29 | 82. Nicole Hartford, 13, 57:34 |
| 41. Eric Ellis, 36, 35:41 | 83. Mardie Brown, 71, 63:48 |
| 42. Dale Rines, 36, 35:42 | |

FLANDERS WINS SNOWFEST

Runners took their mark on a bright but chilly day at the Snowfest 5 Miler in Augusta. The course was demanding as it was extremely hilly. Those who weren't familiar with the course were instantly surprised as they trudged up yet another incline. Ken Flanders, who set the course record for the Snowfest in 1984 with a time of 25:51, repeated his victory with a first place finish and a time of 27:19. Tom Thibeau and Bill Skerritt finished 2nd and 3rd with respective times of 27:57 and 29:13. Deborah Potter shined again placing first for the women with a time of 30:01 and finishing 8th overall. Another outstanding performer, Diane Lounder, followed behind Potter, placing 2nd for the women with a time of 32:54 and finishing 22nd overall. 3rd place went to Jane Rau with a time of 34:41.



MAINE'S BEST BATTLE FOR RELAY SPOTS

It was the perfect case of the calm before the storm. It was Sunday, February 26 and a stillness hung in the air surrounding the Bates Campus. Inside the track facility everything was low-key. The couple hundred track diehards exchanged small talk around the outside of the track while the athletes warmed up in a meditative state. The Ekiden Relay Tryout Race neared the 9:30 gun time but the stillness prevailed. Like the slight warm breeze before a storm, the runners individual introductions signalled the brewing anticipation to come.

Ten of Maine's best road racers, toed the line, vying for the 5 prestigious relay spots. The gun went off, the runners casually moved ahead. Veterans Ken Flanders, Danny Paul and Andy Palmer ran relaxed from the back of the pack as the others jostled for position. Although the race had begun, it really hadn't. The "storm" remained calmed through the early splits (71-2:25-3:36).

As the yellow-coated men yelled the mile splits, the dark clouds instantly took over. The race had begun. The pace picked up, the clapping gained momentum. Only ten minutes before, no one dared speak above a whisper. But now, the greatest field of Maine runners exhibited their abilities. Maine's fastest marathoner, Sam Pelletier was the eye of the hurricane as he pushed the pace with torturous surges. His tactics broke the field in two. Six runners now battled for five spots. Tim Wakeland and Greg Hale took over the lead while Sam and Todd McGraw held their positions to claim the third and fourth relay spots. Andy Palmer was slowly and cautiously inching his way to contending positions. The experience paid off as he claimed the fifth and final relay spot. As everybody knows, fifth place is as good as first place. The sky had cleared.

EKIDEN TRYOUTS BATES 2/26/89 SPLITS

	1/4	1/2	3/4	1	1 1/4	1 1/2	1 3/4	2	2 1/4	2 1/2	Final
Tim Wakeland	71	2:25	3:36	4:47	6:01	7:14	8:25	9:37	10:55	12:02	14:54.4
Greg Hale	71	2:25	3:36	4:47	6:01	7:14	8:25	9:37	10:55	12:03	14:54.5
Sam Pelletier	71	2:25	3:36	4:47	6:01	7:14	8:25	9:37	10:51	12:01	14:57.8
Todd McGraw	71	2:25	3:36	4:47	6:01	7:14	8:25	9:37	10:55	12:03	14:58.4
Andy Palmer	72	2:26	3:39	4:48	6:01	7:15	8:27	9:40	10:56	12:05	15:10.0
Stan Bickford	71	2:25	3:36	4:47	6:01	7:14	8:25	9:37	10:55	12:02	15:15.7
Dan Deering	71	2:25	3:36	4:47	6:01	7:14	8:25	9:42	10:54	12:17	15:33
Myron Whipskey	71	2:25	3:36	4:48	6:06	7:22	8:38	9:53	11:14	12:31	15:42
Dan Paul	72	2:26	3:40	4:48	6:06	7:21	8:37	9:52	11:15	12:35	15:44
Ken Flanders	72	2:26	3:41	4:56	6:14	7:34	8:54	10:17	11:40		16:26

DEMERS TRACK GLASSIC
BATES COLLEGE
2/26/89

MEN'S TEAM SCORING (10,8,6,4,2,1)

New Hampshire 125; Coastal 62; Colby 44;
Yankee Athletic Club 20; USM 14;
Saco 11; Greater Lowell R.R. 10;
Merrimack Valley 8; Central Maine
Striders 4

55 Meter: Erik Nadeau (Coastal) 6.8, Orcutt
(UNA) 6.8, Segal (USM) 6.8, Ryan (UNA) 6.9,
Majester (Colby) 7.0, Spencer (UNA) 7.1.

55 Meter HH: Church (NH) 7.7, Wellington
(NH) 8.0, Provençal (Colby) 8.6, Turek (UNA) 8.6,

400 Meter: Erik Nadeau (Coastal) 51.4,
Balmaseda (Colby) 53.7, Wilbur (UNA) 56.3, Laroche
(UNA) 56.3, Koslosky (UNA) 58.0, Schmiter (UNA)
58.7

800 Meter: Godin (NH) 2:00.09, Perry (UNA)
2:01.6, Yos (Colby) 2:02.1, Cardner (NH) 2:05.7,
Strout (Coastal) 2:06.4, Peterson (Saco) 2:07.1

1500 Meter: Basna (NH) 4:04.7, McKenna
(NH) 4:12.9, Hurst (Gr. Lowell R.R.) 4:12.4, Dann
(UNA) 4:14.5, Lachance (UNA) 4:16.7, Norton (UNA)
4:17.5

1500 Meter Racewalk: Myerowitz (UNA)
8:18.7, Albright (Colby) 8:52.5, Gondeck (UNA)
9:00.5, Emerson (UNA) 9:32.7, Mason (CMS) 11:21.7
5000 Meter: Paul Hamond (UNA) 15:02.5,
Godin (NH) 15:43.6, Dann (UNA) 15:57.7, McDonald
(UNA) 16:26.9, Gordon (CMS) 16:35.8, Langmalde
(UNA) 16:41.0

200 Meter: Erik Nadeau (Coastal) 23.5,
Provençal (Colby) 24.5, Segal (USM) 24.7, Balmaseda
(UNA) 24.8, Bisson (Yankee) 25.0, Lee (UNA) 25.5

4X200 Relay: New Hampshire Tracksters
1:38.2, Coastal 1:39.4, Colby 1:39.9, Lowell
1:45.6, MVS 1:48.1

4X400 Relay: New Hampshire Tracksters
3:38.9, Yankee 4:07.0, Merrimack Valley 4:14.3

High Jump: Matt Schecter (Bates) 6'10",
Crehore (UNA) 6'0", Levesque (UNA) 5'10",
Bradbury (UNA) 5'10", Turek (UNA) 5'8",
Wellington (NH) 5'8"

Long Jump: Church (NH) 29'10 1/4", Nadeau
(Coastal) 20'1", Longstaff (Saco) 19'0", Welch
(Coastal) 18'10 1/4", Segal (USM) 18'9 3/4",
Levesque (UNA) 18'8 1/2"

Triple Jump: Erik Nadeau (Coastal) 41'10
3/4", Church (NH) 41'4 3/4", Moore (NH) 38'11
1/2", Patterson (Saco) 37'2", Darala (UNA) 36'10",
Favreau (UNA) 35'5 1/2"

Pole Vault: Paul Slovensky (Yankee) 15'1
1/4", Peuva (Bates) 12'6", Wellington (NH) 12'0"

35lb. Weight: Peter Goodrich (Bates) 57'3",
Dever (UNA) 49'8", Daniels (NH) 43'1 1/2"

Shot Put: Daniels (NH) 36'6 3/4",
Verboncoeur (UNA) 36' 1/4", Leveris (UNA) 31'11
1/4", McCormick (UNA) 29'9", Cameron (UNA) 27'9"

Demers Memorial Mile: Thompson (Colby)
4:29.0, Muir (Nike/Oregon) 4:29.9, Barnes (BAA)
4:40.8, Wakeland (PCF) 4:42.0

WOMEN

NH Tracksters 39, Athletica 38, Windham
27, Lowell 18, Nike/Boston 10, Yankee
Athletic Club 8, Twin K 8, Portland 6,
Scarborough Rec 6, Central Maine Striders
5, Winnacunnet 4, Maine Track Club 4,
Liberty Athletic 2

55 Lows: Barney (Athletica) 9.1, Rooney
(UNA) 9.2, Carlin (UNA) 9.7, Chadburn (UNA) 11.0,
Wilson (UNA) 11.1, Hinkley (Windham) 12.1

55 Meter: Sullivan (UNA) 8.1, Wilson (UNA)
8.3, Hinkler (Windham) 9.5

200 Meter: Bourgeois (UNA) 29.5, Keller
(UNA) 30.3, Sullivan (UNA) 30.6, Chadburn (UNA)
35.0, Hinkley (Windham) 37.4

400 Meter: Carlin (UNA) 1:05.1, Vogt (NH)
1:05.1, Barney (UNA) 1:08.6

800 Meter: Hiller (NH) 2:26.2, Rapallo (Gr.
Lowell) 2:31.9, Elder (UNA) 2:34.2, Quinn (UNA)
2:36.3, Freiermuth (Athletica) 2:43.4, Carlin (UNA)
2:48.2

1500 Meter: Rapallo (Gr. Lowell) 4:56.4,
Denning (UNA) 5:03.2, Elder (UNA) 5:08.3, Marsch
(Winnacunnet) 5:13.9, Martin (UNA) 5:20.0,
Campbell (USM) 5:25.5

1500 Racewalk: Cardello (UNA) 9:32.4

3000 Meter: Sally Perkins (Nike/Boston)
10:17.0, Prest-Morrison (UNA) 10:22.9, Thompson
(Athletica) 10:27.8, Haney (MTC) 10:50.6, Hatch
(Liberty) 12:08.8

4X200 Relay: New Hampshire Tracksters
1:57.7, Windham 2:00.5

4X400 Relay: New Hampshire Tracksters
4:49.2

High Jump: Keller (Windham) 5'0", Donahue
(Yankee) 4'10", Miller (UNA) 4'8", Kelly (UNA)
4'6", Pendergas (UNA) 4'0"

Long Jump: Barney (Athletica) 15'7 1/2",
Rooney (UNA) 14'4 3/4", Barry (UNA) 13'6 1/2"

Triple Jump: Barney (Athletica) 36' 1/4"

Shot Put: Corbell (UNA) 38'9", Cook (Twin K)
34'2", Berube (PTC) 31'5 3/4", Drisko (Scar.) 28'
1/2", Pendergast (UNA) 24'8"

DEMERS GLASSIC
YOUTH SCORES
BATES

Windham Striders 179, Twin K 108, Liberty
69, Greater Lowell R.R. 52, Oyster River 44,
Cambridge 32, Yankee Athletic Club 22,
Athletica 18, Spaulding 8, Coastal 1
1500M (10/under girls): Barry (Wi) 6:23.4
1500M (11/12 boys): Devoe (UNA) 5:44.3
1500M (11/12 girls): Klick (GLR) 5:44.3;
Morrisey (Lib) 6:09.1
1500M (13/14 boys): Henry (OR) 5:36.0; Larue
(UNA) 5:38.7; Olson (OR) 6:16.9

1500M (13/14 girls): Long (UNA) 5:18.7;
Hurley (Liv) 5:24.7; Francis (Lib) 5:27.5;
Wadsworth (UNA) 5:38.0; MacDonal (Lib) 5:55.2;
Levesque (UNA) 6:59.4

1500M (Masters men): Houle (UNA) 4:27.4;
Bayko (Etonic) 4:27.5; Carannan (UNA) 4:48.6;
Dennison (UNA) 5:14.7

1500M (Masters women): Hatch (Liberty) 5:44.3

High Jump (10/under boys): Denny (UNA) 3'1"

High Jump (10/under girls): Taylor (Windham)
3'3"; Hoyt (Windham) 3'

High Jump (11/12 boys): Goodwin (UNA) 3'10";
St. Pierre (Yankee) 3'6"; Hinkley (Windham) 3'5";
Eaton (Windham) 3'5"; Barry (Windham) 3'3"

High Jump (11/12 girls): Bosebrook (Windham)
3'2"; Huff (Twin K) 3'1"

High Jump (13/14 boys): Cook (Twin K) 4'11
3/4"; Seidl (UNA) 4'8"; Cameron (Liberty) 4'8";
Trafford (UNA) 4'0"; Sanborn (UNA) 3'10"

High Jump (13/14 girls): Berube (Twin K)
3'10"; Walker (Liberty) 3'8"

High Jump (Masters men): Brady (Irish Amer)
4'10"; Krichels (UNA) Pass

Long Jump 10/under boys: Mathieu (Twin K)
12'3 1/2"; Huff (Twin K) 10'4"; Watson (UNA) 10'2
1/2"; Wilkins (Cambridge) 9'1/2"

Long Jump (10/under girls): Fish (Windham)
10'9"; Willis (Gr Lowell RR) 10'6"; Laderbush
(Windham) 10'5 3/4"; Barry (Windham) 10'0";
Gieringer (Windham) 10'0"; Klick (Windham) 9'3/4"

Long Jump (11/12 boys) Wilkins (Cambridge)
13'9 1/2"; Goodwin (UNA) 13'4 1/2"; St. Pierre
(Yankee) 11'9 1/2"; Klick (Windham) 11' 1/2"

Long Jump (11/12 girls): Huff (Twin K) 11'1";
Leblanc (Twin K) 10'5"; McCalmon (UNA) 9'10"

Long Jump (13/14 boys): Cook (Twin K) 14'10
1/4"; Seidl (UNA) 14'8 3/4"; McCalmon (UNA)
13'10"; Trafford (UNA) 12'9"; Larue (UNA) 12'5";
Sanborn (UNA) 10' 2 1/2"

Long Jump (13/14 girls): Walker (Lib) 12'2
1/2"; Levesque (UNA) 11'2"

Long Jump (Masters Men): Krichels (UNA)
15'6"; Brady (Irish Am) 14'11 1/4"

4 x 200 Relay (10/under girls): Windham
2:31:0

4 x 200 Relay (13/14 girls): Liberty 2:02:2;
Unofficial 2:15.6

55 M (10/under boys): Mathieu (Twin K); 8.5;
Huff (Twin K) 8.9; Wilkins (Cambridge) 9.1; Watson
(UNA) 9.5; Giuca (UNA) 10.0; D. Giuca (UNA) 10:01

55M (10/under girls): Willis (Gr Lowell RR) 8.9;
Fish (Wind) 9.4; Hoyt (Wind) 9.6; Gierinser (Wind)
9.9; Klick (Gr Lowell) 10.0

55 M (11/12 boys): Eaton (Wind) 8.9; St. Pierre
(Yankee) 9.0; Beaulieu (UNA) 9.2; Barry (Wind) 9.9

55 M (11/12 girls): Whyte (UNA) 8.8; McCalmon
(UNA) 8.9; Francis (UNA) 9.2; Levesque (UNA) 9.3;
Rosebrook (Wind) 9.3; Leblanc (Coastal) 9.3

55M (13/14 boys): Leferriere (Oyster Rv) 7.6;
Seidl (UNA) 7.6; McCalmon (UNA) 8.0

55M (13/14 girls): DeGeorge (ORMS) 8.2; Colbath
(Spaulding) 8.7

55M (Masters Men): Galligani (Iris Am) 8.0;
Williams (UNA) 8.8; Mason (CMS) 9.1; Cloutier
(Yankee) 9.9; Giasson (UNA) 11.7

200M (10/under boys): Mathieu (Twin K) 33.4;
D'Angelo (Gr Lowell) 33.8; Wilkins (Cambridge)
36.0; Watson (UNA) 38.1; Luce (Wind) 41.7

200M (10/under girls): Willis (GrLowell) 35.4;
Fish (Wind) 36.4; Laderbush (Wind) 37.5; Hoyt
(Wind) 40.1; Beaulier (UNA) 40.8

200M (11/12 boys): Wilkins (Cam) 29.9; Devoe
(UNA) 34.6; Beaulieu (UNA) 35.2; Eaton (Windham)
39.0; Berry (Wind) 39.7; Hinkley (Wind) 39.8

200M (11/12 girls): Francis (UNA) 34.3;
McCalmon (UNA) 34.8; Levesque (UNA) 36.1;
Rosebrook (Windham) 36.9; Leblanc (Coastal) 38.5

200M (13/14 boys): Cameron (Lib) 28.4;
laferriere (Oyster Rv) 29.4

200M (13/14 girls): DeGeorge (ORMS) 30.6

200M (Masters Men): Galligan (Irish Am) 29.1;
Giasson (UNA) 43.3

200M (Masters Women): Wilson (Liberty) 31.5

200M (Jr. Masters): Castro (Avanti) 26.6;
Krichels (UNA) 26.6; Nelson (Merrimack) 28.2;
Brady (Irish Am) 28.6; Patterson (Saco) 33.3

400M (10/under boys): D'Angelo (Gr Lowell)
1:18:6; Huff (Twin K) 1:19:0; Luce (Windham) 1:37:5

400M (10/under girls): Taylor (Wind) 1:35:4;
Grube (UNA) 1:57:8; Long (UNA) 1:59:3

400M (11/12 boys): Wilkins (Cam) 1:11:9;
Goodwin (UNA) 1:14:4

400M (11/12 girls): Huff (Twin K) 1:16:8

400M (13/14 boys): Cameron (Lib) 1:04:3; Cook
(Twin K) 1:06:1; MacGregor (UNA) 1:13:0; Trafford
(UNA) 1:14:3; Sanborn (UNA) 1:17:7

400M (13/14 girls): Dennison (UNA) 1:04:8;
Long (UNA) 1:12:4

400M (Masters Men): Marrill (Maine) 57.4;
Krichels (UNA) 58.7; Sigourin (Merrimack) 59:9

400M (Masters Women): Wilson (Liberty) 1:09:4

400M (Sr Masters): Galigani (Irish Am) 1:04:2;
Mason (CMS) 1:25:9; Giasson (UNA) 1:37:5

800M (10/under boys): Dann (UNA) 4:12:8

800M (10/unders girls): Barry (Wind) 3:15:9;
Gierinser (Wind) 3:29:2; Taylor (Wind) 3:59:6

800M (11/12 boys): Klick (Gr Lowell) 3:05:0

800M (13/14 boys): Ricci-Munn (Glou) 2:31:0;
McCalmon (UNA) 2:31:0; Henry (Oyster Rv) 2:56:8;

Macargen (UNA) 2:56:9; Olson (Oyster Rv) 3:03:7

800M (13/14 girls): Dennison (UNA) 2:36:2;
Keris (Athletica) 2:56:2

800M (Masters Men): Bayko (Etonic) 2:14:9;
Houle (UNA) 2:15:0; Giasson (UNA) 3:47:0



NEW ENGLAND DIV. III FINALS

2/18/89

WOMEN

Colby 165, Bowdoin 111, UMass-Boston 63,
Brandeis 58, Worcester State 34, Wesleyan
20, St. Joseph 20, Trinity 16, SoEastern
Mass 16

55: 1. Turnbull (We) 7.44; 2. Goby (Br) 7.64;
3. Credle (UMB) 7.76; 4. Sabiak (Bo) 7.88; 5.
Nelson (We) 7.92

55 HURDLES: 1. Jones (UMB) 8.35 (field
house record); 2. Winward (UMB) 8.64; 3.
MacWalter (C) 9.29;

200: 1. Goby (Br) 26.72; 2. Jones (UMB) 26.73;
3. Turnbull (We) 26.94; 4. Winward (UMB) 27.05;
5. Nelson (We) 28.53

400: 1. Parks (Br) 59:29 (cage record); 2.
Burger (C) 60:59; 3. Pomerleau (C) 64:11

600: 1. Halleck (C) 1:44.16; 2. Trend (C)
1:44.39; 3. Eydenberg (C) 1:45.27; 4. Appleton
(C) 1:54.39

800: 1. O'Keefe (Bo) 2:24.86; 2. Quinby (Bo)
2:28.25; 3. Corbett (C) 2:28.76; 4. Killmer (C)
2:30.61; 5. Small (C) 2:36.40

1000: 1. Delan (SJ) 3:06.14; 2. Herold (Bo)
3:11.54; 3. Boomer (C) 3:12.87; 4. Burdin (Bo)
3:29.72

1500: 1. Plante (UMB) 4:45.73; 2. Wehrli (T)
4:46.11; 3. Boomer (C) 4:48.22; 4. Daugherty (Bo)
4:54.21; 5. Heron (Bo) 4:54.62

3000: 1. Vollweller (C) 10:16.14; 2. Wehril
(T) 10:28.62; 3. Denning (Bo) 10:39.70; 4. Rocha
(SEM) 10:55.40; 5. Kay (Bo) 11:07.07

5000: 1. Delan (SJ) 16:59.2 (cage record);
2. Hodgkin (Bo) 18:54.1

800 RELAY: 1. Colby (Burger, Sullivan,
Pomerleau, Corbett) 1:54.33; 2. Bowdoin
1:58.04

1600 RELAY: 1. Brandeis (McBride, Poncel,
Goby, Parks) 4:16.60; 2. Colby, 4:17.03; 3.
UMass-Boston 4:20.64; 4. Bowdoin 4:45.68

3200 RELAY: 1. Bowdoin (Quinby,
Dougherty, Heron, O'Keefe) 10:05.28; 2.
Colby 10:11.07

WEIGHT THROW: 1. Lapierre (Wo) 13.29
(cage record); 2. Mitchell (Wo) 13.08; 3.
Scibelli (Bo) 11.76

SHOTPUT: 1. Lapierre (Wo) 10.90 (cage
record); 2. MacWalter (C) 10.25; 3. Mitchell (Wo)
10.07; 4. Scrother (Br) 9.44; 5. Scibelli (Bo) 9.16

LONG JUMP: 1. Winward (UMB) 5.08; 2.
Lowell (C) 4.97; 3. Parks (Br) 4.81; 4. Edwards
(SEM) 4.51; 5. Mackie (SEM) 4.46

TRIPLE JUMP: 1. Lowell (C) 9.55; 2. Johnson
(C) 9.22

HIGH JUMP: 1. Parks (Br) 1.58; 2. MacWalter
(C) 1.53; 3. Lowell (C) 1.37; 4. Johnson (C) 1.37

PENTATHON: 1. Myslik (Bo); 2. Magee (Bo) 3.
St. Laurent (Bo)

N.E. DIV III CHAMPIONSHIPS

BATES

MEN

MIT 140, Cortland State 71, Bates 60, Tufts
44, Fitchburg State 38, Bowdoin 33, Colby 7,
St. Joseph's 2

35 LB WT: 2. Goodrich (Bates) 62 3/4;
5. Aghababian (Bates) 51-6 1/4

HIGH JUMP: 1. Schecter (Bates) 6-9 1/2
5. Rosenkoetter (Bow), 6-3

1,500: 2. Dillon (Bow), 3:58.41

SHOTPUT: 2. Goodrich (Bates), 49-5

800M: 2. Dixon (Bates) 1:56.01

3,000M: 2. Hickey (Bow), 8:47.19

4. Thompson (Col) 8:49.79

6. Norton (SJ), 8:55.90

1600 RELAY: 4. Bates 3:26.64

3200 RELAY: 5. Bates 8:26.47

6. Bowdoin 8:41.71

1000: 2. Thompson (Bates), 2:32.96

6. Perry (SJ) 2:39.21

POLE VAULT: 2. Guterman (Bow) 14-2

3. Peura (Bat) 13-3

5000M: 4. Sprague (Bates) 15:29.16

6. Donnelly (Col), 15:33.99

DISTANCE

MEDLEY: 3. Bowdoin 10:34.14

INDOOR TRACK ALL-AMERICANS

NCAA DIV III

WOMEN

Anne Millham, Bates, 4th, 55-dash, 7.37

Romalda Clark, Bates, 3rd, 3000, 9:48.25

Linda Jones, Bates, 4th, 20 lb wt, 42-7

Lynn Barker, Bates, 5th, 20 lb wt, 40-11 1/2

MEN

Matt Schecter, Bates, 1st, High Jump, 7'0" *

Peter Goodrich, Bates, 2nd, 35 lb wt, 57-2

* Indicates National Record

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BOSTON PRIMER - 15 MILES

READFIELD

3/19/89

1. Robert Ashby, 1:27:03
 2. Paul Merrill, 1:30:39
 3. Tom Thibeau, 1:30:50
 4. Steven McGrath, 1:31:11
 5. Doug Ludewig, 1:34:22
 6. Guy Berthiaume, 1:35:13
 7. Stephen Reed, 1:35:56
 8. Bryant Bourgoin, 1:36:57
 9. Rick Lane, 1:37:10
 10. Al Sproul, 1:37:51
 11. Deb Potter, 1:37:57
 12. Gary Larson, 1:38:59
 13. Willie Emerson, 1:38:60
 14. Philip Pierce, 1:39:34
 15. Michael Hachey, 1:40:36
 16. Ray Johnson, 1:40:41
 17. Bob Jolicoeur, 1:41:57
 18. Alburn Butler, 1:42:13
 19. Tom McGuire, 1:42:41
 20. David Wheaton Sr, 1:43:04
 21. Michael Bard, 1:43:47
 22. Mike Simoneau, 1:44:22
 23. Erv MacDonald, 1:45:02
 24. Chase Pray, 1:46:01
 25. Timothy O'Leary III, 1:46:05
 26. Peter Hanson, 1:46:34
 27. Larry Barker, 1:47:11
 28. Bruce Bell, 1:47:15
 29. John Schwerdel, 1:47:41
 30. John James, 1:47:56
 31. Lee Edick, 1:48:18
 32. Jim Booth, 1:49:14
 33. Neal Genz, 1:50:06
 34. Mark Seamans, 1:50:13
 35. Jane Rau, 1:50:48
 36. Clough Toppan, 1:50:57
 37. Don Best, 1:51:18
 38. Craig Wilson, 1:51:20
 39. Dale Peabody, 1:52:24
 40. Cliff Hatfield, 1:53:09
 41. Cliff Olson, 1:53:09
 42. Mike LaChance, 1:56:09
 43. Linda Hanson, 1:56:09
 44. Steve McDonald, 1:56:59
 45. Lisa Weymouth, 1:57:06
 46. Ron Paquette, 1:58:20
 47. Rusty Taylor, 1:58:21
 48. Art Cleaves, 1:58:31
 49. David Wilson, 1:58:39
 50. Pamela Fisher, 2:01:05
 51. Carlene Sproul, 2:02:32
 52. John Mason, 2:03:08
 53. Jerry St. Amand, 2:03:23
 54. Katherine Christie, 2:07:51
 55. Herb Robertson, 2:11:42

FROSTBITE ROAD RACE

ELLSWORTH

3/11/89

1. Roy Morris, 18:08
 2. Jeremy King, 18:20
 3. Michael Gaige, 19:00
 4. Jim Newett, 19:12
 5. Andy Spaulding, 19:24
 6. Glendon Rand, 19:46
 7. Chad Sisson, 20:03
 8. Alan Reilly, 20:28
 9. Larry Tonzi, 20:39
 10. Michael Hughes, 20:33
 11. Larry Deans, 20:39
 12. David Renault, 20:42
 13. Doug Trenkle, 20:55
 14. Paul Turner, 21:02
 15. Adam Sala, 21:03
 16. Cliff Rodgers, 21:04
 17. Andy Beardsley, 21:11
 18. David Alley, 21:27
 19. Phil LeBreton, 21:29
 20. Awani Love, 21:30
 21. Rob Esty, 21:42
 22. Mike Thompson, 21:49
 23. Mark Hardison, 22:02
 24. Robin E Rappa, 22:07
 25. Lee Edick, 22:11
 26. Sam Brown, 22:19
 27. Scott Guyer, 22:25
 28. David McIntire, 22:29
 29. Tim Reid, 22:32
 30. Diane Louder, 22:34
 31. Steve Connor, 22:35
 32. Ted Duffy, 22:39
 33. Stephen Palley, 22:43
 34. Jeff Templey, 22:46
 35. William Pinkham, 22:51
 36. Gary Googins, 22:54
 37. Dwight Brown, Jr, 22:58
 38. Michael Archer, 23:17
 39. Perley Merrick, 23:21
 40. Chuck Murphy, 23:25
 41. Susan Hawkins, 23:26
 42. Jonathon Kunz, 23:28
 43. Ed Rice, 23:33
 44. Kerry Shea, 23:37
 45. Scott Hinckley, 23:38
 46. Jon Tyler, 23:55
 47. Terry Goodlad, 23:56
 48. Kevin Vickers, 24:00
 49. Bob Jordan, 24:05
 50. Robert Dow, 24:07
 51. Jane Rau, 24:14
 52. Brian Galipeau, 24:23
 53. Tom Kirby, 24:37
 54. Fred Merriam, 24:47
 55. Ken Shea, 25:21
 56. Paul Connor, 25:30
 57. Will Haynes, Jr, 25:45
 58. Michael Jeffrey, 25:50
 59. Carlton Mendell, 25:51
 60. Mike LaChance, 25:58
 61. Jerry St. Amand, 26:02
 62. Nicki Sekera, 26:10
 63. Cole Sargent, 26:13
 64. Jim Kloster, 26:27
 65. Joan Merriam, 26:37
 66. David Samuelian, 26:58
 67. Tony Beardsley, 27:01
 68. Shelia Hodges, 27:04
 69. Martin McCrea, 27:06
 70. Sam Auerbach, 27:20
 71. Jan Newett, 27:21
 72. Ed Raymaker, 27:25
 73. Wayne Smith, 28:01
 74. Tricia Hammond, 28:15
 75. Charles DeLong, 28:31
 76. Dan DeLong, 28:31
 77. Jeff Schaller, 28:43
 78. Billy Machon, 28:56
 79. Michael Walker, 29:01
 80. David Farrar, 29:06
 81. Dani DeLong, 29:20
 82. Paula Hill, 29:24
 83. Peter Ricker, 30:25
 84. Carolyn Gallego, 30:36
 85. David Henry, 30:51
 86. Don Osborn, 31:14
 87. Jack Richards, 31:14
 88. Al Sockabasin, 31:18
 89. Donald Benson, 31:47
 90. Francis McMahon, 32:39
 91. Adrian Gray, 32:40
 92. Andrea Pelletier, 32:59
 93. Frank Donaldson, 34:52
 94. Gail Dana, 35:25
 95. Nicole Spaulding, 36:03
 96. Phyllis Goodlad, 36:25
 97. Diane Deane, 38:29
 98. Nat Smith, 38:29
 99. Amy Ackerman, 42:16
 100. Joel Ackerman, 42:16
 101. Leah Hyman, 43:46



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FINISH LINES

Well it's finally official! Maine now has a fall marathon. After the collapse of the Casco Bay Marathon the state was left with no long foliage footrace. But with the invaluable help of Race director guru **Jerry Saint Amand** and the **CMS crew**, Maine marathoners don't have to interstate 95 to run a 26.2 mile race. The **1ST ANNUAL PINE TREE MARATHON** is slated to go off at 9 o'clock sharp on October 22nd. The run, which starts at Thomas College, will go through the scenic towns of Waterville, Sidney and Oakland. Jerry can be reached at 207-873-6753. Maine now has a great balance with the **SUGARLOAF MARATHON** being in may.

Speaking of the Central Maine Striders, Ultra runner **Bryant Bourgoin** placed 2nd at the Worcester "On Track Marathon". The Waterville resident's time of 2:52.26 placed him behind that of Leominster's Jim Garcia (2:47.33). ***** Distance great **Bruce Ellis** placed a very respectable 15th at the New Bedford 1/2 Marathon. The Sheepscot resident ran the 13.1 mile course in 1:07.32. He was the 2nd New England runner to finish. ***** At the same race Norway's **Ingrid Kristiansen** broke the 1/2 Marathon world road record. She bolted to a time of 1:08.32. This is probably her last race until her showdown with Joannie at the **Boston Marathon** on April 17th. ***** Maine Track Club member **Jane Dolley** placed 6th in the womens masters at the Colonial 1/2 Marathon on Febraury 26th. Her time was 1:38.05 for the Virginia race.

As for track news **Walt Slovensky's Bates squad** had quite a season. The Bobcat's finished 3rd at the **ECAC DIV.III Indoor Championships** and 13th at the **DIV. I Indoor New Englands**. Valuable ECAC points came from **Peter Goodrich** (2nd 35lb weight - 60' 2 3/4"), **Ted Dixon** (2nd 800M - 155) and **Matt Schecter** (1st High Jump - 6' 9 1/2 "). The Div. III Bates team upended power house UMO at the New Englands. Brandeis freshman & Brunswick native **Sean Droney** placed 4th in the 55M dash to earn All New England Status.

** The relay legs for the **Maine Ekiden Team** are listed as **Tim Wakeland** (5K), **Andy Palmer** (11K), **Todd McGraw** (8K), **Sam Pelletier** (8K) and the anchor honor goes to **Greg Hale** (10K). This team should definitely surprise a few states on April 9th. Stay tune for results.

The 5th annual "Trek Across Maine" is slated to go off on June 16-18th. The bike ride goes from Sunday River to the Sea and money raised through this trip will Benefit the **American Lung Association of Maine**. Call 1-800-462-LUNG for more info.

On Sunday April 9th "The Super Cities Walk" for Multiple Sclerosis will take place at SMVTI. The 15 mile walk is used to help raise money for the Naitional Multiple Sclerosis Society. Call 761-5815 for more information. ***** For road race information and applications call **The Runner's Line 772-0030**.

As for **World Cross Country News** the **Kenyans** did it a again! It was only a few months ago that the Kenya squad dominated the Olympics. Olympic 5000M champ **John Ngugi** lead his team to a crushing victory over Britian and Ethiopia at the XVII World X-C Championships held in Stavager, Norway. The Soviet Union won the womens team title. The US teams finished 9th (men) and 3rd (women).

LONG MAY YOU RUN!

QUIZ

1. Who is Maine's fastest Marathoner and what is his time?
2. If one averages exactly 5:00 per/mile for the marathon what would the final time be?
3. Who was the first man to go under 2:10 for the Marathon?
4. Who was the first women to go under 2:30 for the Marathon?

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John Lafreniere, meet director

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- Answers:
1. Sam Pelletier ran 2:15.26 at the 1983 Philadelphia Marathon.
 2. 2:11.06 hrs
 3. Australia's Derek Clayton ran 2:09.37 in 1967.
 4. Norway's Grete Waitz ran 2:27.33 in 1979.

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