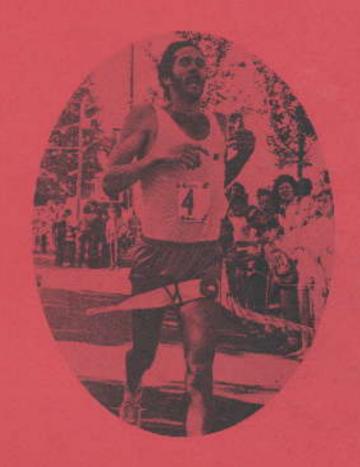
1982 ANNUAL EDITION

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VOLUME 2, NUMBER 2





MAINE'S RUNNERS OF THE YEAR

MAINE RUNNING VAR

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

This February issue of Maine Running marks the end of two years of service to the running community of Maine and New England. It is with great pride that we bring you our first Annual Edition. Never before have so many people contributed to one edition of this magazine as have this month. Larry Allen's research and statistics reflect a dedication to the sport of running hitherto never seen in this state.

It is with great pride that we at Maine Running also crown our first choices of Runners of the Year -Joan Benoit and Hank Pfeifle. See Larry's account of how they earned this honor.

We also welcome Olympia Sport Center to our inside front cover. Their support for the sport of running in the past and future is symbolized by their commitment to Maine Running. We hope to have a long relationship with all our friends in South Portland.

Each major club in the state has their own column in this annual edition. Learn how they are set up and what their achievements have been and what their goals are for '82.

Phil Soule has a special message for Maine's many mad ultra marathoners; Skip is here with Running On... and everyone is talking about our young invadors of the junior olympics.

Thanks again for the second year and I hope '82 will be a huge success for each and every one of you.

Bet

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Maine Running is published monthly in Bangor.

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

04429

Telephone: 843-6262

1982 Calendar

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Febru	IA	ry		
TAC TARROOD	hn:	300 AND 2	MILE	Po

6	TAC INDOOR // 300 AND 2 MILE Portland Expo. No entry fees. Must
	belong to Maine TAC. Contact: John Sinclair, 155 Pine, Lewiston.
7	MAINE TRACK CLUB 19 MILER SMVTI in S. Portland. 12 noon start. Contact Bob Payne 655-4156.
15	WASHINGTON'S BIPTHDAY 3 MILER Contact: Bob Coughlin 773-0807

March

6	ICEBERG MARATHON Holiday Health and Racquet Club, Bangor. 11:00 a.m.
14	Start. Contact: Maine Running, PO Box 259, E. Holden 843-6262. ST. PATRICK'S DAY ? MILE Harbor House, SW Harbor. 1:00 P.M. Contact
14	Marty Lyons 244-3713 KEPRYMEN'S PUB MILE in Saco. Contact: Marathon Sport RC 8 Colonial
28	Dr., Saco, Me. 04072 KENNEBUNK ROAD RACE 10K in Kennebunk. Contact MSRC at address above.

April

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ROMA RUN in Portland. Contact a Rowdy. Wayne Clark?

CHINA 10K CLASSIC 10:30 a.m. Contact Kevin Purcell, Box 148, S. China, Me. 04358 445-2047.

PORTLAND BOY'S CLUB 5 MILE 53rd Annual. Cumberland Ave., Portland. Contact: Dave Paul 774-4089

May

- BRUNSWICK ROTARY ROAD RACE Brunswick Jr. High. \$3.00 + T-shirt. Contact: Brian Perkins, 163 Park Row, Brunswick 04011 725-4327. 4TH ANNUAL ATHLETIC ATTIC 10K Bangor Mall 8:30 am \$4.00 Contact: Skip Howard, Athletic Attic, Bangor Mall 947-6880. BIDDEFORD 15 MILEP Contact: MSRC at address above.
- ROCKY COAST ROAD RACE from YMCA 10:00 \$3.00 Contact: Jay Krouse 633-2435.

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

 CHILDREN'S FUN PUN (tentative) Contact: Charlie Scribner
 - MEMORIAL DAY INK in Main St., Gorham. Contact: Phil Cook 839-4245
 - JONESPORT SESCUICENTENNIAL RACES 5 mile and fun run. Old Jonesport High. \$3.00 Contact: Dave Alley, PO Box 139, Jonesport 497-2843. 2ND ANNUAL 6.2 LES FEMMES D'ACADIA Contact: Harbor House SW Harbor Call Marty Lyons 244-3713.

 NIKE MAINE COAST MARATHON Contact: MSRC, 8 Colonial Dr., Saco 04072.

Tune

- ZONTA ROAD RACE 5 miles Colby Fieldhouse, Waterville 10:30 am Contact Marj Lalime 873-5397. Benefit North St. Playground.
- PICK-A-PAIR CHAMPIONSHIP male/female team race. 5 miles each. Contact: Ziggy Gillespie, 6 Grace St., Portland, Me. 04102.
 - 7TH ANNUAL HAMPDEN 35 MILE Weatherbee School 8:30 am. \$4.00. Contact: Skip Howard, AA, Bangor Mall 947-6880.

	13	GREAT MAINE PACE BRUNSWICK TO BATH 10 am. Call Bob Waddle 725-6222.
	13	BOB RICE MEMORIAL 19K USM gym (Portland Campus) Contact: Gene
ist	19	MUDDY RUDDER Contact the Rowdies.
ontact	19	TH ANNUAL GREAT CRANBERRY 5K 11:00 am Limited to 150. Contact:
	19-20	Larry Allen, 24 Parkview, Bangor, Me. 04401 942-4297. LAST ANNUAL ROWDY ULTIMATE 100 MILE/24 HOUR 10:00 am Contact: Phil Soule, 40 Gartison ST., Portland, Me.
	20	MAINELY LADIES 19K Contact: MSRC, 8 Colonial Dr., Saco 04072
3.m.	25	DOC'S TAVERN 3 MILE Contact: MSRC above.
ict	26	7TH ANNUAL TOUR DU LAC 8:30 am. Contact: Anne Norton, Box 284,
olonial	2.7	Bucksport, Me. 04416 469-2189. ND ANNUAL GREAT KENNEBEC RIVER RUN 8 am in downtown Augusta at YMCA. TAC certified course. (1st in state) Contact: MRR, PO Box 264, Augusta 04330
ive.		Tuly
	4	GREATER BANGOR 3K 10 am at Brewer Auditorium. Contact: Maine
hina,	4	Running, PO Box 259, E. Holden, Me. 04429 843-6262 1 ON THE FOURTH Bridgeon Jr. High \$3.00 pre 9:00 am Contact: Jerry & Phoebe Levine, RFD 2, Box 138, Bridgeon 04009 647-5478.
	10	6TH ANNUAL 6.2 MILE SOUTHWEST HARBOR DAYS 5 pm from Harbor House in SW Harbor Contact Marty Lyons, SW Harbor 04679 244-3713
	11	2ND ANNUAL SOUTHWEST HARBOR DAYS TRIATHLON Bikes, Rowers and Runners. Contact: Marty Lyons at Harbor House. JOHN TYALKA MEMORIAL 10K SMVTI in So. Portland. Contact: Ziggy
	25	FITTS TIRE/RADIO SHACK 4.3 MILER 10:00 am at Fitts Tire in Pit-
	31	tsfield. Contact: Gary Fitts at Fitts Tire, Pittsfield, Me. 5TH ANNUAL HANCOCK LOBSTEP CLASSIC 10.2 miles 9:30 am. Hancock Town Hall. \$3.00 T-shirts Contact: Steve Coffin, Hancock Pt. Rd., Hancock, Me. 04640 422-6888
100		August
	1-6	MAINE RUNNING CAMP at UMO with Andy Palmer. Sponsored by RPM. Contact: Maine Running, PO Box 259, E. Holden, Me. 04429 843-6262
5	4	ST. MARY'S 3 MILEP Contact MSRC, 8 Colonial Dr., Saco
	7	THE LOVELL ROAD RACE at 10 am. 5.3 miles. Contact: Kevin McDonald, Box 4, Lovell, Me. 04051
	7	CARROLL REED 3 MILER Civic Center, Portland. Contact: Bob Coughlin 773-0807
2.	8	WINTHROP LIONS ANNUAL ROAD PACE 9.78 MILE 10:00 am. American Legion Hall. \$4.00 for 9.08/83 for 4 mile Contact: Bob Jolicoeur 622-9050
	8	MAINE SEAFOOD FESTIVAL 17K 8:00 am. Main St. near Public Landing. Contact: Ken Sylvester, 109 Talbot Ave., Rockland, Me. 04841 594-7035
	9	MAD WITCH HALF MARATHON 8 am. \$3.00 at Brewer Auditorium 989-5199
act:	14	4TH ANNUAL GRAND WILLEY 10K Ellsworth H.S. at 9:30 am. \$3.00 T-shirt. Call Karen Dickes 667-9211
ct:	15	WORMWOODS INTERNATIONAL BREAKWATER RACE Contact: MSRC above.

21	4TH ANNUAL KENNEBEC 10K 9:00 am at Madison High. Contact: Bob Hagopian, 16 Hagopian Ct., Madison, Me. 04950
22	GOOD SPORTS RUN TO THE COAST 5th Annual. Contact: Rob Jarratt, 3 Pleasant St., Brunswick, Me. 04011
28	SKOWHEGAN LOG DAYS 10k 9:00 am. Boat Landing on Rt. 2. \$3.00 T-shirt Call: Jack Dirkman 474-9500 or Bob Nicholson 474-6773.
29	SOUTH PORTLAND BOY'S CLUB 9:00 2 mile 14 - under; 10:00 4 mile open. Contact: Slimmy Lee 763-3559
	September
6	20TH ANNUAL BANGOR LABOR DAY ROAD RACE 9:00 at Bangor Pair Ground Contact: Maine Running, PO Box 259, E. Holden, Me. 04429 843-6262 LABOR DAY 10K Portland. Contact: Mike Towle 799-5125
10	HILL'S BEACH 3 MILE Contact MSRC, 8 Colonial Dr., Saco
19	PEOPLE'S BANK 10K Contact: Rick Strout 829-3216
25 25	5TH ANNUAL COMMON GROUND COUNTRY FAIR 5 MILE 8 am. \$4.00 Windsor Fairgrounds. Contact: Skip Howard, AA, Bangor Mall 947-6880
26	KINGFIELD Ink AND KIDS K Contact: Chip Carey, Sugarloaf USA.
	KINGFIELD UPHILL RUN Contact: Chip Carey, Sugarloaf, USA.
26	JAMES BAILEY X-C RACE USM Corham campus. Contact: Dave Paul 774-4089 (5 mile)
	October
2	3RD ANNUAL AUTUMN GOLD 20K 10:00 at the triangle in Ells- worth. S4 T-shirt Contact: MR, PO Box 259, E. Holden
4-115 (1)	USM LAW SCHOOL ALUMNI RACE Portland Contact: Barry How- gate 773-6947
2	QUAKER HILL CHALLENGE 10k 10:00 am. Unity, Me. \$2 Contact: Ed Raiola or Jerry Cinnamon at 948-3131
10	ATH ANNUAL 5.5 MILE HARBOR HOUSE FALL FOLIAGE FOOT RACE Contact: Marty Lyons at the Harbor House.
31	GREAT PUMPKIN TOK Contact: MSRC, 8 Colonial Dr., Saco
31	BENJAMIN'S 19K Limited to 500. 85 Certified course. Contact: Larry Allen, 24 Parkview, Bangor 04401 942-4297
	November
11	3RD ANNUAL VETERANS DAY 13.1 & 5 10 am at Hodgkins School,
14	Augusta. Contact: MRR, PO Box 264, Augusta 04330 THE ROWDY ULTRA 50 MILER Contact: Sam Butcher, Bowdoin College, Brunswick, Me. 04011.
25	GASPING GOBBLER 19K 8:30 am. Augusta Civic Center \$4 Certified. Contact: Bob Jolicoeur PO Box 264, Augusta, Me. 04330 395-4617 home
	December
	The Maine Track Club Handicap Race will be held some time in December

The Waddle-Fournier Memorial 10 Miler will be held but Bob forgot to mention the date in his letter. These are all the races reported

to us as of January 25th. Watch monthly calendars for others.

1

1981 Retrospective

Who ever said running is dying? This past year has been a good one for running in Maine. In 1981 a total of 14,498 of us raced in 137 races. In 1980 it was only 11,363 in 95 races. The total number of participants increased 28% while the total number of races increased a staggering 44%.

There were more race directors than ever attempting to lure you to their race. The increased competition among runners was noticable but competition between races and race directors was intense.

Race directors were offering more extras and fringe benefits. It simply wouldn't do to scratch a start/finish line in the dirt and yell go. Runners were demanding more than a time and a course. Runners could afford to be selective about the location of the race they'd run, how hilly it was, how accurate the distance, the availability of splits, water, refreshments, even post race entertainment and numerous other extras.

The day of the small, simple race was not nearly dead by any means nor should it have been, but 1981 was a year of growth in running and racing, and competition between runners and between races has brought out the best in both the quality of runners and the quality of races in Maine.

We'll have to see whether 1982 holds more of the same in store for Maine runningmy bet is that it does!

Now the year 1981 in summary....

An exceptionally cold, windy month - even for Maine!

Many days were far below zero - when we reached 15

degrees it seemed warm, obviously not a big month for racing, but there were still 3 races on the calendar.

John Keller won a 10 K in Portland in 33:42 on the 4th, Tom Leonard won the 4.5 mile January Thaw race in Belgrade on the 18th, and Rock Green started off an impressive year by winning a 10 miler in Portland in 55:23. A total of 105 runners challenged the weather in Maine to race in January.

Joan Benoit won a half marathon in 1:13:26 in New Orleans, and a fast contingent of Mainers escaped the weather in Maine to run in the Bermuda 10K and marathon. Bruce Bickford, Andy Palmer and Hank Pfeifle ran 29:50, 29:51, and 30:32 to place 8th, 9th, and 15th respectively and Joan Benoit was 3rd in 34:07. Tom Bell and Bill Hine were 15th and 16th in the marathon in 2:39:21 and 2:40:21.

It seemed like mother nature was confused! After February The snow was gond and it was 50 degrees for a 5K in Bangor. There were 4 races statewide with 320 total runners. Best performances include Rock Green's 10 mile win in 54:08, Kim Beaulieu's 64:26 at the same race and a fast 14:32 3 mile by

Ken Flanders on Washington's Birthday.

Cheverus won the Class A indoor track title at Colby and Brian Pettingill of that school went on to win the high school mile of the Millrose Cames in NYC in 4:11. Also, at the Millrose Games, Bruce Bickford placed 6th in the now classic confrontation between Alberto Salazar and Sylaman Nyambui which resulted in a world record for 5,000 meters.

T-shirt open.

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March

March has become a traditional month for many Maine runners. For some it marks the final month of preperation for Boston, for others it is the Iceberg Marathon in Bangor and for a few hardy soles the snnual trip to Virginia Beach for the Shamrock Marathon.

There were 7 races held in Maine in March with a total of 456 runners.

The 2nd Annual Iceberg Marathon on the 1st of March had 21 finishers including three very good ones in Andy Palmer, Rock Green and O.J. Logue and they ran 2:30:36, 2:31:48 and 2:33:28.

Seventeen Maine runners ran in Va. Beach led by Steve Carle in 2:29:52 and Barbara Hamaluk in 3:08:56 - Two teams of Mainers placed 2nd and 5th among 20 teams.

Joan Benoît set a world record for the half marathon in San Diego with 1:11:16 on March 7th and she placed 2nd in the Jacksonville River Run 15K in 50:29 on March 14th.

April

Many Maine runners consider April synonymous with the Boston Marathon and this year was no exception. Fifty-nine Mainers made the 26 mile trek from Hopkinton to the Pru on a cold wet day. Kurt Lauenstein led the way in 53rd place with a PR 2:18:56 and Joan

Benoit ran the 2nd fastest time ever by an American by running 2:30:16 and placing 3rd.

Ken Flanders and Robin Emery won their umpteenth Portland Boys Club 5 mile race titles in the 52nd edition of the Patriots Day classic.

Bruce Bickford and Joan Benoit both ran the Crescent City Classic 10K in New Orleans. Bruce was 6th in 28:32, and Joan was 2nd in 32:38.

Andy Palmer ran an exceptional race at the Cherry Blossom 10 miler in Washington D.C. placing 5th in 47:52 - 35 seconds behind 4 time winner, Bill Rodgers.

There were 11 races statewide with 1,252 runners.

May

The Nike Maine Coast Marathon became Maine's largest marathon of this year with 659 finishers. The race director created a minor controversy by not allowing several sub 2:20 marathon runners to enter after the deadline and the first runner across

the line was an unofficial runer.

8111 Pike ran the Athletic Attic 10K in a very Good 31:51 and Robin Emery did likewise in 38:12.

Andy Palmer ran 2 fast 10K's in May - first he edged Jim Crawford in Boothbay 30:17 to 30:27 and later he won the Camden race in 30:37.

Joan Benoit ran the Boothbay Harbor race in 34:39 and placed 2nd at the Wheeling W.V. 20K in 1:10:47. She placed 7th at the Lieggs Mini-Marathon (10K) in NYC with 34:22 on a hot day, and finally for Joan, she won the Old Kent 25K in Grand Rapids, Mich. in 1:26:20

There were 16 races in Maine with 1,530 runners.

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Chevrus High made it a sweep by winning the Class A outdoor track title in Gardiner after previously winning the indoor title. Best performances of the state meets were turned in by Michelle Hallett of Central Aroostook with a 10:42 2 mile and a 5:07 mile in Class C.

Steve and Marge Podgajny preceded their move to Maine by winning their respective divisions at the Bethel Inn 10K in 31:15 and 38:49.

Sixty runners raced a women only 10k in Old Orchard Beach.

Kurt Lauenstein won the Tour du Lac 10 miler in 51:18 on a hot day in Bucksport.

Mike Gaige edged Gerry Clapper at the Great Cranberry Island 5K and a good time was had by all at the post race party.

The longest day of the year had the longest race of the year - The Rowdy Ultimate 24 hour/100 mile race in Brunswick. George Cardiner set an American record for 100 miles in 13:22:09 and Cary Cochrane ran more than 131 ½ miles in 24 hours.

Hank Pfeifle ran a super 19:12 4 mile in the Solstice Strut in Lewiston.

Joan Benoit found time to travel to the west coast for the National TAC 10K track championship, she won in 33:15.

It was a busy month with 20 races and 1,979 runners.

July

The 4th of July weekend featured at least 9 races. Largest was the Bridgeton four miler with 535 runners.

Southwest Harbor had a triathalon with 140 competitors (team and individual) - Many more of these competitions

were to follow throughout the year.

The Paul Bunyan Marathon got certified! - 2 teammates from Principia College, Ill., Stu Jenkins and Mark Whaley tied in 2:27:00. Carol Roy won her 3rd title in 3:04:17. Bob Booker editor of this illustrious publication tertured us all one final time with his 3rd sub 3:01 marathon - this one in 3:00:14, he finally ran 2:57 in Buffalo, N.Y. in October.

The Natural Light Half Marathon in Caribou continued to draw top runners. This year 1976 Boston Marathon winner, Jack Fultz won in 1:07:20 and Jane Weizel ran 1:18:15 to win over her sister Linda by 3 minutes.

Bruce Bickford placed 4th at the Peachtree 10K in Atlanta with a 28:27 - only 24 seconds behind Craig Virgin's American record performance.

Joan Benoit won the Natural Light Half Marathon National Championship in Orleans, Mass. in 1:13:24.

0.J. Logue placed 6th in the 10K and 5K, and 7th at the 25K in the "Deaf Olympics" in Cologne, West Germany.

Lewiston was host to the National TAC 25 K race walk championship, the first National Championship in Maine.

A hot month for temperatures and competition! Hank Pfeifle placed 5th at the National TAC 15K in Glens Falls, N.Y. in 45:53.

Mike Gaige ran a good 31:47 10K on the hilly, hot Blue Hill course.

20 Maine high school athletes competed in the National AAU Junior Olympic Track Meet in Winston/Salem, N.C.

Joan Benoit won her 3rd title at the prestigious Falmouth 7.1 miler, 1 week later Joan was 2nd at the Avon International Marathon in Ottawa in 2:37:24. She lost by 30 seconds to Nancy Conz, despite a pit stop.

Bruce Bickford continued his top level running by running 2 10K's - 4 days apart in 28:58 and 28:46.

The Good Sports 10 miler drew a strong field of 418. Ken Flanders won in 51:01, Laurie Munson ran 62:41 to defeat Kim Beaulleu by 18 seconds.

August was the biggest month of the year for running in Maine, there were 17 races with 2657 participants.

As fall approached, the quality of performances Deptember began to improve. There were 16 races in Maine with

Kim Wettlaufer ran a 10K in 31:51 in Readfield to win by 3 minutes! A few days later with more competition, Kim set a record of 30:57 at the Peoples Bank 10K in Lewiston. This time he only won by 15 seconds over Ken Flanders.

Kingfield was a super weekend of racing and fun again this year. Hank Pfeifle and Andy Palmer ran 29:29 and 29:56 respectively. Michelle Hallett ran 36:34. A one mile race for kids drew 139 little runners!

Joan Benolt broke Patti Catalano's record at the Manchester, Vt. half marathon as she ran 1:12:50.

Rock Green won the City of President's Marathon in Quincy, Mass. in 2:29.

Mike Gaige broke Bob Hillgrove's course record on the tough old traditional Labor Day 5 mile course in Bangor. Two weeks later, Mike just missed Bruce Freme's record on the Bar Harbor half marathon course - He ran 1:09:28 despite a freezing cold rainstorm.

Bruce Bickford was 8 seconds behind Rod Dixon in the Freedom Trail 8 mile race.

Phil Stuart ran a 2:32 marathon in Oromocto, New Brunswick.

Marge Podgajny ran 35:38 for 10K at the Bonnie Bell in Boston.

Kurt Lauenstein powered to his 3rd Casco Bay Marathon win in 2:20:16 - a new state record. Marge Podgajny did likewise in 2:49:36. There were 532 finishers.

Bruce Bickford ran 29:45 at the Great Pumpkin 10K in Saco, one of 3 10K's in Maine to be certified by the TAC this fall.

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Joan Benoit ran 2:39:07 for 2nd place at the Bank One Marathon in Columbus, Ohio.

There were 15 races with 1680 runners in October.

November

Hank Pfeifle was 2nd at the Marine Corps Marathon in Washington D.C. in 2:17:51.

Bill Hine won the Mt. Washington Valley Marathon in 2:38.

Stove Dexter won the Cape Cod Marathon in 2:32.

Chevrus High won their umpteenth Class A X-C title, and went on to win the Eastern

The (Maine women's collegiate X-C team qualified for the National Championships Jesuit title in N.Y.C. only to be dented funding for travel by the university.

The Benjamin's 10K in Bangor had the deepest and fastest men's and women's field of the year, highlighted by Joan Benoit and Bruce Bickford in 35:11 and 29:26.

Kurt Lauenstein ran an impressive 1:07:09 half marathon on a tee covered mountainous course in Augusta. Grace Amoroso edged Carol Roy and Robin Emery at the same race.

Sr. Joseph's won the NAIA District 5 X-C title by defeating 14 other schools on

Gary Cochrane ran a superb 5:47:49 at the Rowdy Ultra, despite a freezing cold the U.S.M. course. rain and a strong wind. Kim Beaulieu ran a strong 6:53:50.

Kurt Lauenstein led 8 miles of the Philadelphia marathon before fading to a 2:21:39 6th place.

A month of preparation for the forthcoming winter. Racing had nearly come to a stand still. Some people just resting, others building up their mileage base for 1982 and others doing lots of indoor track work for an upcoming season on the circuit.

There was I race in Maine, the Chester Greenwood Day 5 Miler in Farmington. The race is held on the 1st day of winter to honor the inventor of the ear muff. 33 runners braved the weather to honor Chester.

Steve and Marge Podgajny ran the Joe Steele/Rocket City Marathon in Alabama. Steve ran a sub par 2:24, while Marge ran a PR 2:47:39.

Maine runners won 2 team titles and an individual title at the AAU Junior Olympic National Championships in Amartilo, Texas.

Maine's Best in 81

The 10K and Marathon are the most popular road race distances in Maine. This past year 3710 runners challenged the classic 10K race distance, and 1538 runners tackled the marathon.

The performances listed here include the best performances in Maine, regardless of the residency of the runner.

The list also includes times that were run by Maine residents competing out of state. Residency determination of any runner is decided by Maine Running Magazine on an individual basis.

MARATHON MEN

1.	Hank Pfeifle	2:17:51	22.	Bryan Kuprewicz	2:33:05
2.	Kurt Lauenstein	2:18:56	23,	Frank Hoelzle	2:33:53
3.	Andy Palmer	2:21:19	24.	Mike Gaige	2:34
4.	Steve Podgajny	2:24:00	25+	Bally Williams	2:34:12
5.	Dan Vogt	2:24:37	26.	Ray Nelson	2:34:49
5.	Rock Green	2:25:26	27.	James Murphy	2:35:07
7.	0.J. Logue	2:26:06	28.	Gary Cochrane	2:35:08
8.	Stu Jenkins	2:27:00	29.	Anthony Jackson	2:36:42
	Mark Whaley	2:27:00	30.	Dick Fournier	2:36:56
10.	Bill Sayres Jr.	2:29:47	31.	David Baird	2:37:14
11.	Steve Carle	2:29:52	32.	Eric Ellis	2:37:20
12.	Gene Coffin	2:30:29	33.	Larry Gentile	2:37:21
13.	Steve Dexter	2:30:48	34.	Dana Knowlton	2:38:06
14.	John Keller	2:30:51	35.	Hank Chipman	2:39:01
15.	Bill Hine	2:30:56	36.	Thomas Licciandello	2:39:20
16.	Jamie McSkimmig	2:31:32	37.	Lawrence Skinner	2:39:08
17.	Phil Stuart	2:32:00	38.	Stanley Dutton	2:39:12
18.	Werner Pobatschnig	2:32:06	39.	Cary Allen	2:39:20
19.	William Slocmbe	2:32:40	40.	Tom Bell	2:39:21
20.	Myron Whipkey	2:32:40	41.	Mickey Lackey	2:39:21
21.	Ralph Fletcher	2:32:52	42.	Henri Bouchard	2:39:50

MARATHON WOMEN

1.	Joan Benoit	2:30:16	14.	Uindy Lowry	3:16:16
2.	Marjorle Podgajny	2:47:39	15.	Suzanne Gardiner	3:17:23
3.	Kim Beaulieu	2:54:19	16.	Dorothy Heiling	3:19:28
4.	Carol Roy	3:01:11	17.	Barbara Coughlin	3:22:36
5.	Fran Richards	3:01:20	18.	Betsey Schumacker	3:22:49
6.	Diane Fournier	3:06:47	19.	Marsha Giglio	3:25:16
7.	Karen Miles	3:08:52	20.	Barbara Robinson	3:27:02
8.	Barbara Hamaluk	3:08:56	21.	Linda Woodward	3:27:56
9.	Connie Kimball	3:11:57	22.	Priscilla Reinerstein	3:28:31
10.	Deborah Farmer	3:12:58	23.	Teri Scatchard	3:28:45
11.	Diane Lounder	3:15:07	24.	Jeanette Laplante	3:29:10
12.	Christine Anderson	3:16:01	25.	Carol Bickford	3:29:47
13.	Betsy Grant	3:16:11			

10K MEN

1. Bruce Bickford 28:27 2. Wank Pfeifle 29:29 3. Andy Palmer 29:51 4. Jim Crawford 30:05 5. Michael Gaige 30:11 6. Paul Operowski 30:17 7. Kurt Lauenstein 30:22 8. Ken Flanders 30:31 9. Steve Podgajny 30:39 10. Kim Wettlaufer 30:57 11. Rick Gildard 31:17 13. O.J. Logue 31:36 14. Bob Scholl 31:44 15. Werner Pobatschnig 31:50 16. Dan Paul 31:50 17. Bill Pike 31:51 18. Mike Quinn 31:52 19. Bruce Butterworth 31:56	21. Bruce Ellis 22. Jeff Crawford 23. Hank Chipman 24. Stan Bickford 25. Steve Ridley 26. Elvis Costello? 27. Phil Page 28. Dan Buck 29. Stu Hogan 30. Doug Hill 31. Ralph Fletcher 32. Jamie Goodberlet 33. Steve Dexter 34. Gerry Clapper 35. Peter Brigham 36. Dan Vogt 37. Bruce Mortenson 38. Bill Hine	32:09 32:09 32:13 32:19 32:19 32:20 32:27 32:31 32:34 32:34 32:35 32:52 32:52 32:52
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10K WOMEN

1. Joan Benoît 2. Marge Podgajny 3. Michelle Hallett 4. Robin Emery 5. Kim Beaulieu 6. Sandy Cook 7. Karen McCann 8. Jane Parsons 9. Linda Adams 10. Adrian Lilburn 11. Carol Roy 12. Mary Bost 13. Carol Lee 14. Margaret Johnson 15. Carla Bickford 16. Andrea Hatch 17. Carolyn Court 18. Mary Schena 19. Rose Prest 20. Robin Estey	32:38 35:38 36:34 37:17 37:38 38:40 38:43 38:46 39:00 39:02 39:02 39:35 39:42 39:46 39:59 40:03 40:10 40:17 40:17 40:20 40:25	21. Katrinka Leschey 22. Virginis Conners 23. Grace Ameroso 24. Deb Farmer 25. Lori Michaud 26. Jeanie Lewis 27. Sue Collins 28. Laura French 29. Hope Saltmarsh 30. Jeanette Malone 31. Barbara Hamaluk 32. Laurel Kowalsky 33. Diane Lounder 34. Mary Ann Schick 35. Brenda Lopotro 36. Beth Kolb 37. Patty Jacobs 38. Julie Dube 39. Marty Thornton	40:32 40:36 40:54 40:58 41:04 41:12 41:14 41:17 41:19 41:23 41:26 41:33 41:42 41:45 41:48 41:49 42:00
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MAINEI BURANAS

In January of 1981, Bob Booker and I decided that the best runners from Maine were not being adequately recognized. We decided to create a scoring system by which we could identify and award:

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33:05 33:53 34 34:12

34:49 35:07 35:08 36:42

36:56 37:14

37:20 37:21 38:06

39:01 39:20 19:08

39:12 39:20 39:21

19:21 9:50

6:16 7:23

9:28 2:36 2:49

5:16 7:02 7:56 8:31

8:45 9:10

9:47

The Best Overall Distance Runners from Maine (male and female)

2) The Best Single Performance (1 race) by a Maine male and female runner

Next year we plan to include divisions for male and female runners over 40.

RESIDENCY Always a tricky problem, we decided to deal with it on an individual basis. A few of our notable decisions of residency include Andy Palmer, Joan Benoit, Bruce Bickford, Kurt Lauenstein and of course Hank Pfeifle. All are considered Maine runners by the general public and we also consider them as such.

Steve and Marge Podgajny are eligible for next year's awards.

Any other runner that may have questionable status may contact Maine Running Magazine.

SCORING SYSTEM

The scoring system is based upon computer generated tables published in Computerized Running Training

Programs by J.B. Gardiner and J.C. Purdy and is available to the public for \$8.50 from Track and Field News, Box 296, Los Altos, CA.

The computer tables are listed in 10 point increments from 0-1150 points in all distances. Men's world record performances are generally from 1050-1070 point level and women's world record performances are generally from 850-880 point level.

An example of a 0 point level is an 8:43 mile. A 4 hour marathon is worth 240 points. A 3½hour marathon is worth 380 points, a 3 hour marathon - 550 points, a 2:50 marathon is worth 620 points, etc...

From time to time throughout the year we will publish a complete point level sequence for a popular road race distance.

The same tables are used for men and women, so the top women's scores will not be as high as the top men's scores (I think). However, this does not indicate that the men's outstanding performance is any better than the women's outstanding performance. Both should be taken on their own merits against others of the same sex.

AWARD SYSTEM

Eligibility for the award for the best <u>overall</u> distance runner from Maine requires that 4 criteria be met within the previous calendar year:

- 1) a 10K time
- 2) a marathon time
- a middle distance of your choice from (15k, 10 miles, 20k, half-marathon, 15 mile 25k)
- 4) any distance of your choice, including track races, metric distances, another 10K or marathon (distances in miles must be an even distance, i.e. 4 or 5 miles, not 4.8 miles.

These 4 races will be assigned point values from the computer tables and totaled. The runner with the highest total point value will be declared the Maine Runner of the Year - Indicative of the best overall distance runner from Maine for a given year.

The award for the best single performance of the year can also be of any distance including track races, metric distances, or any other distance in even miles.

The performance which scores the highest single point level will earn the Maine Running Outstanding Performance Award.

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The 1981 Maine Runner of the Year Awards have been earned by Hank Pfeifle and Joan Benoit - both have had an outstanding year in 1981 and we are proud to present the inaugural awards to runners of thier stature.

The 1981 Maine Running Outstanding Performance Awards have been earned by Bruce Bickford for his 36:50 8 mile at the Freedom Trail in October and by Joan Benoît for her World Record performance at the half marathon distance (1:11:16) in San Diego in March.

RUNNER OF THE YEAR

(un)	1.	Hank Pfeifle 1) 29:29 10K Kingfield 2) 2:17:51 Marine Corps 3) 45:53 15K Nat'l TAC 4) 38:40 8m Freedom Trail	930 930 920 940 3720 pts.	1.	2) 2:30:16 Boston 3) 1:11:16 marathon San Diego 4) 1:12:50 marathon Vermont	770 790 800 <u>770</u> 1130 pts.
	2.	Andy Palmer 1) 29:51 10K Bermuda 2) 2:21:19 Revco 3) 47:52 10m Cherry Blos 4) 39:26 8m Stowe, Vt.	910 890 970 900 3670 pts.	2.	Kim Beaulieu 1) 37:38 10K Benjamin's 2) 2:54:19 Casco Bay 3) 62:59 10m Good Sports 4) 3:03:43 Nike/Maine Coast	570 590 570 530 2260 pts.
	3.	Kurt Lauenstein 1) 30:22 10K Benjamin's 2) 2:18:56 Boston 3) 1:07:09 Elks ½ maratho 4) 30:24 10K Diet Pepsi	880 920 900 880 3580 pts.	3.	Carol Roy 1) 39:30 10K Benjamin's 2) 3:01:11 Casco Bay 3) 1:26:33 Elks & marathon 4) 3:04:17 Paul Bunyan	510 540 540 520 2110 pts.

OUTSTANDING PERFORMANCE

141	Bruce Bickford 36:50 8 miles	1020	1. Joan Benoit 1:11:16 half marathon (world record) 8	300
2.	Andy Palmer 47:52 10 mile	970	36:34 10K	610
3.	Hank Pfeifle 38:40 8 miles	940	3. Kim Beaulieu 2:54:19 marathon	590
4.	Kurt Lauenstein 2:18:56 marathon	920	4. Robin Emery 37:17 10K	580

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The Caribou Joggernauts

The official running club in Caribou and Aroostook County in general is the Caribou Joggernauts. We have been in existance for 5 years and have as a general philosophy, to promote physical fitness and better health through physical activity. All our projects are centered around this general theme and family oriented.

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A list of activities includes monthly meetings from April to October, which include a program centered on some aspect of physical fitness. Other activities include: family picnics with running activities, incentive plaques showing yearly mileage, sponsorship and production of road races (last year 12 races), a system to reward members for working at races (last year we awarded club jackets, sweat-shirts, T-shirts on a point earned basis), Aroostook Runner of the Year Awards, end of the year banquet, sponsorship of the youth AAU program, a walking program, and of course after race parties. Plans are in the works for these programs to be continued, with improvements and additional family activities.

The Musterds are a "horse of another color". As you probably have gathered, we are an informal group of racers that reside in the "Gounty". We don't have formal leadership or dues or meetings. Whenever there is 2 or more Musterds around you might say we are having a meeting. We do, however, on occasion have a party for one reason or another. We do give awards to racers who win a race. Each Musterd has an official (real) terd to wear around his or her neck. A colored bead indicates a win.

Members are responsible for their own equipment. We do now sponsor a race in September called the "La Femme de Musterds" for our extremely supportive distaff members.

The only official degrees bestowed upon members are as follows:

Old Bull and Patriarch - Sam Hamilton Young Bull - Bruce Freme Coach - Conrad Walton

Best wishes for another successful year.

Conrad

Maine Track Club

Our philosophy can best be summarized by the term "supportive". We try
to help runners of all levels and we do this in many ways. We have regular
monthly meetings, which give members a chance to meet and share running
schedules, special training tips, shoe and clothing critiques, etc. Our members
are open, friendly, and approachable (as are most runners) which makes the meetings
and race gatherings a good place for beginning runners to get advice. We contribute to young runners through children's races, monetary support, and encouragement. Recently, our youth AAU Junior Olympic Team went to the nationals in Texas
and won - It is the first Maine team to do it! We try to help our members and the
local non-members by holding "public" clinics at the Portland Public Safety Building. We have had clinics on marathoning, cold-weather training, nutrition, and
coming up on February 16th, we have the noted athletic physician. Dr. Douglas
Brown, who will be providing information on running injuries and treatment.

We have group training runs before club meetings and on weekends. We have marathon training runs before most popular marathons. Our club tries to put

on quality races throughout the year to keep all runners fairly sharp. Our club shares news, advice, up-coming races, etc. in a monthly newsletter. We put on regular interval sessions throughout the summer in the Portland Stadium on Wednesday evenings at 6:00 (these are open to non-members also).

Our officers and members are working towards a closer relationship with all running clubs. An example of this cooperation among clubs here in southern Maine, is the up-coming Terry Fox Memortal Race being held on May 2. The Rowdies represented by Wayne Clark, Marathon Sports - represented by Steve Mooney, and the Maine Track Club - represented by Bob Coughlin will be co-directing this with help from the three club's membership.

Our club uses part of its funds to support runners and teams through scholarships, uniforms, and expenses for trips. We offer our members special savings on running clothing through group orders and special deals. Our membership is open to all runners who wish to be a contributing factor. By contributing we mean helping at races, serving as officers, serving on committees, or being on a panel for a clinic. Membership is initially \$30.00 (members receive \$20.00 worth of club clothing and are put on the newsletter list). Renewals are \$15.00 (family and single), \$10.00 (College) and \$5.00 (high school or younger).

The slate of officers for 1982 are Grace Amoroso - Secretary, Dick Manthorne -Treasurer, Marion Leshey - Vice-president, and Bob Coughlin - President.

Bob Coughlin

1981 Maine Track Club Awards

Race Director Awards - All race directors* Trophy of Year - Brian St. Pierre Band Aid Award - John Darling Ghost of Year - Adel Hutchins Comeback of Year - Jamie Gildard Fyalka Award - Hank Pfeifle Fyalka Scholorship - Rick Garcia

Most Improved H.S. - Chris Kein H.S. Runner of Year - Rick Garcia Youth Runner of Year - Dave Weatherbee Pec Wee Runner of Year - David Manthorne Most Improved Pee Wee - Jeff Paul Female Runner of the Year - Barb Coughlin Male Runner of Year - Dick McFaul

MTC Award - Bruce Bickford

Wives of the Year - Gillespie, Paul and Scribner

Outstanding Performer - Werner Pobsniscs - Jim Bahb

Outstanding Contribution - Merl Hartford

Outstanding Participation - Charlie Scribner - Kim Beaulieu

Yes Award - Don Hemphil, Sandy Utterstrom, Jean Thomas, Marty Donlon

Outstanding H.S. Participation - Brian Bettney

Most Improved Open - Greg Parlin - Ken Botting

30 and over - Barry Howgate and Grace Amoroso

40 and over - Mason Smith and Marion Leschey

*MTC Race Directors - Brian Gillespie, Dennis Smith, Frank Monong, Tom Peterson, Dave Paul, Phil Cook, Bob & Barb Coughlin, Mike Towle, Rick Strout, and Barry Howgate.

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Central Maine Striders

Here's the latest on the Central Maine Striders. According to past-president, Gene Roy, the Waterville members will be helping the Maine Road Ramblers on the Augusta race while the Bangor based CMS'ers will be aiding the Downeast Striders with the Bangor edition of the Terry Fox Memorial.

Rick Krause writes:

The Central Maine Striders, in observance of their 6th anniversary, held their annual banquet in Waterville on December 12th. About 35 members and spouses attended.

President Gene Roy, whose leadership is unsurpassed in the Striders history, stepped down and left the position open, but it was quickly filled by the nomination and election of David Baird. Dave, 30 years old, has been with the club since October 1980, and is a fine runner with a 2:37 marathon and 34:00 10K to his credit. He, his wife, Terry, and two children live in Winslow while Dave keeps his office in Waterville with his own insurance business. While Gene Roy was president of the club, Dave generously offered the use of his photo-copier to duplicate the newsletter.

Among the other elected (in this case re-elected) offiers were Norma Mitton of Sidney (recorder), and Mike Hanley of Waterville (team captain).

Honored this year for Striders of the Year were Gene Roy and Karen McCann. The most improved awards went to Dave Baird and Adrian Lilburn. Adrian, who recently moved to Florida, relayed back that the road race organization there is well below Maine's standards.

Maine Rowdies

The Rowdie's most important project for 1982 is our fourth 400 mile fund raising relay for Pineland. Twenty runners each run a twenty mile leg from Ft.

Kent to Kittery. The run will begin at 6:00 P.M. on Friday, June 4th and finish about 46 hours later on Sunday, June 6th. Local runners are encouraged to run with the baton carrier as he travels through their community.

We also direct two ultra events in the state. The Last Annual Rowdy Ultimate (100 mile race and 24 hour run) will be held on June 19-20 on the Bowdoin College track. The Rowdy Ultra (50 mile race) will be held in Brunswick on November 14.

Our only other objectives for 1982 are to keep running, drinking and chasing women, except for Jungle, Lefty, Frannie and Joan who prefer the opposite sex.

Phil Soule U.R.

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Maine Road Ramblers

Greg Nelson of Farmingdale was named the 1981 Road Rambler of the Year at the Annual Awards Banquet Friday, January 22 at Guido's Restaurant. The award is presented to the person who has provided the most all-around effort to promote physical fitness through jogging, running and racing.

Other awards for 1981 accomplishments were presented as follows: Marsha Giglio, Female Runner of the Year; Bob Jolicoeur, Male Runner of the Year; and Russell Martin, Most Improved Runner of the Year.

In addition, Certificates of Merit were awarded in the following categories: Ray Ciglio, for Most Races Run in 1981 (25 races); Cliff Fletcher, for Most Miles Run (2,563) and for running 365 days without missing a single day.

Byron Bennett, for Most Members Recruited Into the Maine Road Ramblers Running Club (9 new members); J. Frank Glynn, for Most Races Worked (over 40 races). Barbara Godfrey, Doug Ludewig, and Marty Thornton, each for substantial improvement as a runner during 1981.

Bob Jolicoeur, Master of Ceremonies, reviewed the best "hard luck" stories of the year which included the dropping of a race results posting board being constructed by Ray Giglio on his toes, causing a fracture. One runner, Bill Tozier, started in the wrong race with 13.1 milers to do a 2 mile race which was scheduled for 5 minutes later.

Doug ludewig came down with viral meningitis (lost three months). Steve Russell came down with runner's knee after receiving a challenge from the club to earn a trip to Honolulu by breaking 2 hours, 20 minutes in a marathon. Bob Peterson also had knee problems. Vern Lewis pulled a hamstring. Greg Nelson sprained an ankle playing basketball. Bob Jolicoeur dropped a tree on his fott in a chain saw accident, Barbara Godfrey pulled a groin muscle and came down with pneumonia. One member, Jeannie Lewis, said: "I was bitten by a dog while practicing for a race—had to get a tetanus shot. All summer I have had dogs come after me. One time I had five labradors come after me. You can bet I ran!"

Bob Jolicoeur

P.O. Box 264 Augusta, Maine 04330



The Downeast Striders were organized in Bangor in May 1981, and currently contain about 30 members. As with the other Maine Clubs, it is a vehicle to promote social ties and competition in its geographic area, but its charter and bylaws contain guidelines unique among area clubs.

The charter and bylaws were established by an Executive Committee consisting of Bangor-area residents Larry Allen, Joan Allen, Mike Gaige, Mark Violette, Norj Ahrens, Bob Booker and Barbara Hamaluk. The Executive Committee is a benign dicta-

torship which has the duty of making all final decisions regarding policy, although suggestions and petitions are actively solicited by the Committee. In the event that any member of the Committee should resign, his or her successor is chosen by the other members of the Committee.

It is the purpose of the Downeast Striders to remain a small, friendly organization where all the members know each other. For that reason, the Executive Committee controls procedure regarding new memberships, and votes on an application presented on behalf of an aspirant by five club members. If this sounds terribly intimidating,

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e ege 4. don't walk away without meeting several of the members first. The procedure is intended only to prevent the situation where we see somebody in our club uniform without having the fogglest idea as to the identity of that person.

The Downeast Striders has established itself as the prime sponsor of three of Maine's finest races: The Great Cranberry 5K, Bangar/Brewer 4th of July 3K, and the Benjamin's 10K. With the financial backing of Benjamin's Tavern, the club is planning to acquire a digital finish clock for use at those races which request it. Proceeds from its rental, as well as any funds generated by the club's services at other races, will be used to fund club activities, such as arranging for club members to travel to races.

The Executive Committee is planning to affiliate the club with both RRCA and TAC, to provide benefits offered by both organizations. Dues for members are \$12.00 per year, or \$1.00 per month for any members who join after January 31.

Because of our small size, we welcome any correspondence or sharing of ideas with other clubs. The address is: DOWNEAST STRIDERS, 24 Parkview Ave., Bangor, Maine 04401

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Running On ...

by Skip Howard

Holding two seemingly contradictory thoughts at the same time ought to be avoided at any cost, right? After all, it only complicates life to begin with, and we could all do with fewer complexities. Take 1981 for example: in a year when more people ran more races than ever before, in a year when the sheer quality of the fields and the courses and the administration of these races was unparalleled, no major sponsor appeared to really put any race into the limelight that would catapult Maine into frontrunner position with at least one major race of prominence and promise. It's a frustrating situation; this state deserves such a race and it's high time it had one. The possibilities abound: certainly the Benjamin's 10K, with the ready availability of local assistance from the Downeast Striders and others, springs instantly to mind as a shorter race. And the Casco Bay & Nike Maine Coast Marathons, while supported by major sponsors, have yet to be promoted to the degree necessary to attract a stellar field. Any area of the state can boast a running club and a dedicated amalgam of enthusiastic businesses and civic leaders to carry off such

a race. So what's the hangup?

Here again is that nasty little contradiction. The answers are buried somewhere in the hoard rooms of Nike. New Balance, Adidas, Etonic, ad infin-Itum; businesses that should have the vision (finally) to step forward and reward the state that has given New England, the United States, and the World such runners as Andrew Sockalexis, Ralph Thomas, Bruce Bickford, Andy Palmer, Joan Benoit, Kurt Lauenstein, Michelle Hallett and many other fine, high-quality running competitors. Runners aside, Maine provides these companies with manufacturing plants through out the state, as well as excellent training facilities throughout the University of Maine system and at Bowdoln College.

When will it happen? Perhaps in 1982, a year that holds much promise; perhaps a promise and commitment from one of the aforementioned, long overdue.

Here's another contradiction: with the winter as a backdrop for what can often be counted on as time of relaxed responsibilities that allow us more training time, the weather conspires to make the miles slow and endless. The past few weeks have either been apro

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deep footing or bitterly cold and windy; nonetheless, if you can endure, the rewards lead to yet another contradiction; toughness and euphoria.

Any run done under current conditions has to give you a feeling of one or the other, if not both. If the elements still have you stymied and are eroding your New Year's resolve and confidence, quick consider: 1) a friend tells me that 5 a.m. will generally find mo wind at all (I fully intend to join him some sleepy morning soon, either to disprove that claim or to deceive my body with a long, slow distance run; by the time my mind can react, we'll be half-done.) The drawbacks to this are reduced

with good footing and dress properly.

2) mid-day provides better temperatures, visibility, and footing. The trade-off here will be increased traffic and either winds or storms, so a country course, out and back, may be in order. 3) late afternoon/early evening is probably the worst time all year. It potentially encompasses all the drawbacks of wind, cold, poor visibility, traffic, etc., and should be avoided whenever possible.

Nonetheless, hang in there. Early morning winter runs are alive with the Aurora Borealis and ity silence, popping trees and only your breath and footfalls. Noon will get you winter birds, honks of encouragement from cars, and at best, sunshine. Above all, winter running gives you the good with the bad; but what's one more contradiction?

Adam's Ruw

In the latter part of fall, the parents of Adam J. Hodge, Maureen and Gerry, found out about their son having leukemia.

Needless to say, it was a shock to the parents and the entire community. Both parents are teachers at Bangor High School and very much respected by staff and students alike. Last year Adam was Bangor High School's mascot.

As a fellow staff member of BHS, O.J. decided to raise money for an existing trust fund for Adam who is soon approaching his 4th birthday. The benefit run



itself will entail a 30 mile (covering the Paul Bunyan course and finishing at Adam's house). Pledges per mile or contributions may be made payable to The Adam J. Hodge Trust Fund, C/O Gordon Smith, 32 Crestment St., Bangor or G.J. Logue III, Bangor High School.

O.J. will make his run February 6 or 7 depending on weather conditions) at 8:30 a.m. from the U.M.O. fieldhouse.

the 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.

Here it is, 10 below zero, and I wondered what I would ever write about this time of year. There is a lot of indoor track news, some final cross-country news, and even some road racing...still!

Hanover, N.H. Jan 8-10 Dartmouth Relays

A nice contingent of Maine runners (and spectators) traveled to this 3 day carnival of track and field which includes some 3,000 competitors in everything from 4:00 minute miles to relay races between local civic groups.

Benton's Bruce Bickford defeated a strong field at the 5K distance. He won easily in 14:05. Paul Oparowski finished 6th in a fine 14:28.

Jeanette Malone from the Hyde School ran a good 5:15 mile to win her heat and placed 5th overall.

Gree Hale from Madawaska and U.R.I. ran 8:52 for 3.000 meters (9:35 2 mile equivalent).

Kevin Tarr from UMaine ran very well to place 4th in the open 55 meter dash.

Andrea Hatch from Castine (summers) ran a strong 3,000 meters race in her division.

Kevin Dver a UMaine grad long jumped 21'1" and triple jumped 46'3" good for 4th in the open division.

Burlington, VT Jan 16 Green Mt. All-Comers

Kurt Lauenstein made his weekly excursion to Burlington a competitive one. He came from behind to win the mile by . I of a second in 4:25, and he also came from behind to win the 5,000 meters in 14:58. His winning margin in the 5K? Oh, nothing to worry about, a full .2 of a second!!

Boston Dec 27th

Some had news...Joan Benoit was operated on for heel spurs - length of recovery? Hopefully by Spring!!

Amarillo, Texas Dec 19 Junior Olympic X-C

Maine should be proud of the quality of the runners it has developed. Names like Westphal, Blokford, Palmer, Benoit etc ... Those names may be replaced someday by even better runners, especially if the results from the National AAU Junfor Olympic X-C Championships are any indication.

Maine runners won 2 national age group team championships and an individual title at this year's National Championship In Amarillo.

The Maine T.C. 10 and under boys beat out a team from Montana to capture their National crown.

The other team champions were in the 13-14 boys division. The Scarboro T.C. won. They easily defeated their nearest competition from Indiana and Rhode Island,

Michelle Hallett from Central Aroostook High won the 17-18 age group National Individual title over a 5,000 meter course. In doing so, she became the first Malner to win an individual national crown.

Congratulations are in order for all who represented Maine so well!

The Runner Magazine 1981 Road Feb 1982 Rankings

Several Maine athletes scored very high

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Road

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in these highly regarded road race rankings.

Joan Benoit was named the number 3 overall road racer in the world. She followed winner Patt! Catalano and runner-up Allison Roe. In individual distances, Joan ranked 4th at 20K, 1st at halfmarathon and 3rd in the marathon.

Bruce Bickford was named number 3 in the world at the 10K road distance and the number 20 overall road racer in the world.

Andy Palmer was 114th on the world list largely on the strength of his excellent 10 mile race in Washington D.C. last April (47:52).

Steve Podgajny - now of Saco - was 149th on the world list.

Notable by his abscence was Hank Pfeifle.

The Rummer rankings place heavy emphasis
on racing in "100 Elite Races" which are
held around the U.S. and World. Apparently Hank didn't race in enough of them.

Jan Boston W. Holiday Track Meet

Hank Pfeifle ran a superb 8:03 for 3,000 meters. He placed 3rd behind the 7:59 of World Junior 5,000 record holder, Steve Binns of Providence and Ireland, and Doug Sweezy ran 8:02. Hank's time equates to a 4:01 mile or an 8:41 2 mile!

Bickford and Pettingill Update

Maine's two best known track runners are busy on the indoor track circuit this winter.

News from Stanford University has it that Freshman Brian Pettingill from Portland has run a 4:04 mile indoor this year, and a 2:10 for 1,000 yards. Apparently Brian's 1000 time was good enough to mare him an invitation to the Millrose Cames in NYC on February 12.

Some may remember that Brian won the high school mile at Millrose in 4:11 last year. In addition Brian recently competed in the Vitalis/US Olympic Invitational Indoor Track Meet on Jan

16 at the Meadowlands Complex in N.J. Anyone who has ESPN-TV cable had the privilige of watching the broadcast of the 800 meter race in which Brian finished 5th in 1:51.

Bruce Bickford has a schedule of indoor meets which includes a 5,000 meter race in Toronto on Jan 28, the Millrose Games 5,000 on Feb 12, the International X-C Trials in Pocatello, Idaho on Feb 14 and the TAC/Mobil Championships on Feb 28. His competition will include Alberto Salazar at the Millrose Games!

Old News

A bit of old news that has just come to light. John Keller ran a fine 2:30 at the Foxboro Marathon in November for 5th place, and Frank Hoelzle ran in the Philadelphia Marathon in November. His time in the 2:30's was not available at press time.

Mark Dorion of the Bates College Track Club in Lewiston finished 8th in the Little Rhody 24 Hour Run (last summer) with 112.9 miles. He plans to find time to challenge the Rowdies at the Ultra some year soon.

Jan 9 Savannah, GA Savannah Marathon

Over 1,000 runners followed Florida State's Herb Wills (2:15:50) to the fluish line in this growing southern marathon. Among those 1,000 were several Maine runners. In 23rd place was Mark Dorlon from Lewiston in 2:43:13. Mark has now run 25 marathons and his 26th will be the Iceberg in Bangor on the 6th of March.

Dot Stockard of Newport reportedly ran 4:09. A 20-some-odd minute improvement.

Upcoming events

The Sri Chinmoy Marathon in Hampton, N.H. is being held Feb 7 at 8:30 a.m. At least 2 Mainers are going to run - Dan Paul and Mickey Lackey. There's nothing quite like a nice run along the heach! but in February? in N.H.? Sounds cold to me!

Feb 20 UMO

There will be a special 2 mile race held on February 20 at the University of Maine in Orono. The Downeast Striders are hosting an Invitational Indoor 2 Mile Race immediately following the University of Maine vs. University of Vermont track meet. Possible entrants include:

> Bruce Rickford - former American record holder - 3 miles. Kurt Lauenstein - 3 time Casco Bay Hank Pfeifle - 1981 Maine Runner of the Year Steve Podgajny - 2:16 marathoner Kim Wettlaufer - Collegiate All-American at 2 miles Andy Palmer - 29:29 10K runner Jim Crawford - Suh 4 minute miler from Athletics West O.J. Logue - Deaf Olympian Paul Oparowski - Collegiate All-American Bill Pike - University of Maine record holder Peter Brigham - University of Maine record holder Stan Blekford - Ex-Maine High School standout Kevin Ryan - New Zealand Olympian

It will be a race worth seeing! The start time will be immediately after the last event in the UMaine Indoor meet, approximately 4:30 p.m. Make your plans now to see a good collegiate dual meet and then one of the best races ever in Maine, on one of the fastest indoor tracks in the East. Call the Athletic Attic in Bangor for further information (207) 947-6880.

Long Island, N.Y. Dec 20 50 Miler

The Rowdies have out done themselves this time. A 50 (Fifty!) mile race on a cold windy 1 mile loop course in December!! Enough said? Rock Green was 4th in 5:49, Gary Cochrane was 6th in 6:04, and Bill Gayton was 15th in 6:47. There were 70 starters. The winning time was a quick 5:12.

Late News

Jan 9/16 Miami, FLA Orange Bowl 10k

Hank Pfeifle of Kennebunk showed 1 more time why he won the Maine Runner of the Year award for 1981. In fact, he has already made a strong start toward retaining that award in 1982.

The Orange Bowl 10K and Marathon are held I week apart in sunny Miami. After leaving the frigid north no one would have blamed Hank if he had wilted under the tropical sun. He had every excuse not to run well. So what does he do? A PR at 10K of 29:26 for 10th place, and a PR at the marathon 2:16:41 for lith place!

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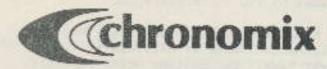
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The 10K was first, it started at 4 p.m. In 82 degree temperature. The field was loaded! Hank said, "We started out 4:30 for 1 mile, 9:03 for 2 miles and Salazar kept doing 4:30's while the rest of us stepped on our tongues." Apparently it was some fast stepping!

A few notable performances include Alberto Salazar's American record tying performance of 28:03, Nick Rose 2nd in 28:33, Bill Rodgers 29:06, John Sinclair 29:38...

I week later, the weather had cooled to 50 degrees. Thin overcast, no wind, low humidity. Just right for the 7 a.m. marathon start. 2,600 runners started out on the totally flat 26 mile 385 yard course. 2:12:17 later Dave Long of Great Britain crossed the line to win. He was followed by a European dominated field. The first American was Mike Buhmann of Colorado in 10th place, 2:15:54. Hank was the 2nd American 47 seconds later.

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 me at 24 Parkview Ave., Bangor, Me. 04401 (207) 942-4297 or at the Bangor Athletic Attic (207) 947-6880.



For rental call 843-6262 or write: Maine Running

Soule's Kitchen

Dear Nuts,

Ultra running in the State of Maine has come a long way since Butcher, Gayton, Noyes and Soule went to Lake Waramaug in May of 1979. All finished and decided to spread the news of some of the finest pain around.

Gary Cochrane and Kim Beaulieu became the ultra stars of 1981. They either established or broke every ultra record in the state.

It was great to see so many runners trying their first ultra and doing so well. The Bob Coughlins and Francie Curriers of this sport have a great future with no where to go but up. The this sport have a great future with no where to go but up. The this sport have a great future with no where to go but up. The this sport have a great future with no where to go but up. The this sport have group is Y. Bill Gayton with nine the leader of this hard core group is Y. Bill Gayton with nine ultras under his belt. Not only is Bill the most experienced ultras runner in the state but, also, has contributed to the sport ultra runner in the state but, also, has contributed to the sport in his kitchen. The fame of his New-Boost spaghetti sauce quickly in his kitchen. The fame of his New-Boost spaghetti sauce quickly in his kitchen. The fame of his New-Boost spaghetti sauce quickly in his kitchen. The fame of his New-Boost spaghetti sauce quickly in his kitchen. The fame of his New-Boost spaghetti sauce quickly in his kitchen. The fame of his New-Boost spaghetti sauce quickly in his kitchen. The fame of his New-Boost spaghetti sauce quickly in his kitchen. The fame of his New-Boost spaghetti sauce quickly in his kitchen. The fame of his New-Boost spaghetti sauce quickly in his kitchen. The fame of his New-Boost spaghetti sauce quickly in his kitchen. The fame of his New-Boost spaghetti sauce quickly in his kitchen. The fame of his New-Boost spaghetti sauce quickly in his kitchen. The fame of his New-Boost spaghetti sauce quickly in his kitchen. The fame of his New-Boost spaghetti sauce quickly in his kitchen. The fame of his New-Boost spaghetti sauce quickly in his kitchen.

The 1981 ultra season started in May when 7 Maine Rowdies went to the Lake. Cochrane, Green, Noyes, Gayton, Soule, Gordon and Zuckerman took third as a team.

In June the Rowdies put on the first 24 hr/100 mile race in the state. Twenty-two runners started. The winning performances were outstanding. George Gardiner of R.I. pounded through the ware outstanding. George Gardiner of R.I. pounded through the rain and set a pending U.S. track record of 13:22:09 for 100 rain and set a pending U.S. track record of 13:22:09 for 100 miles. Kim Beaulieu running a steady, intelligent race covered miles. Kim Beaulieu running a steady, intelligent race covered miles. Kim Beaulieu running a steady, intelligent race covered miles. Kim Beaulieu running a steady, intelligent race covered miles. Kim Beaulieu running a steady, intelligent race covered miles, Kim Beaulieu running a steady,

In September Darrin Billings sneaked off to what he thought was a secret race in London, England. He found 140 starters in the London to Brighton race. Darrin covered the 53.5 miles in 7:39:35 to finish 75th.

Darrin waited until November and trecked to Essex Center, Vermont to dust off some of those Green Mountain Boys. Just as Lawson Noyes did the year before, Darrin won the race, 6:47:12. (It's no longer a secret, Darrin.)

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On November 15 the third Rowdy Ultra became the largest ultra ever in Maine. Thirty-nine runners started and under some very tough conditions, two state records were extablished. Cochrane ran the 50 miles in 5:47:49 to take a little more than 7 minutes off Rock Green's record. Kim Beaulieu finished fifth overall in 6:53:50 to lower Diane Pournier's record by 30 minutes.

In December Green, Cochrane and Gayton went to N.Y.C. to spread the Rowdy news to the Broadway Ultra Society. And spread it they did. 70+ runners started - Green 4th, Cochrane 6th, Gayton 15th. So ends 1981 - but look ahead long runners to 1982.

May 2 . . . Lake Waramaug

June 19-20. . The Last Annual Rowdy Ultimate

November 14 . The Rowdy Ultra

MAINE'S ULTRA MARATHONERS (100 MILES)

1.	Gary Cochrane	Brunswick	17:26:57
2.	Rock Green	Brunswick	19:58:14
3.	Dave DeLois	Durham	20:32:05
4.	Sam Butcher	So. Harpswell	20:54:33
	Kim Beaulieu	Standish	21:27:43
	Carlton Mendell	Portland	23:07:41

24 HOUR RUN

	1.	Gary Cochrane	Brunswick	131 m. 997 yd. 1 ft.
	2.	Rock Green	Brunswick	124 m. 555 yd.
	3.	Dave DeLois	Durham	105 m. 565 yd. 1 ft.
	4.	Kim Beaulieu	Standish	102 m. 440 yd.
5	\$ 6.	Sam Butcher	So. Harpswell	100 m.
		Carlton Mendell	Portland	100 m.
	7.	Charles Gordon	Yarmouth	90 m. 911 yd. 1 ft.
	3.	Frank Hoelzle	Biddeford	96 m. 880 yd.
	9.	Bob Smyth	Gorham	33 m. 1654 yd.
		Y. Bill Gayton	Topsham	67 m. 440 yd.
		Philip Soule	Portland	60 m.
		Darrin Billings	Bowdoinham	56 m. 980 yd.
	13.	Mike Daley	Brunswick	41 m.
		Diane Fournier	Topsham	24 m.

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MAINE'S ULTRA MARATHONERS BEST TIMES (50MILES)

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1.	Rock Green	Brunswick	5:49	Dec. 1981
2.	Deke Talbot	Machias	6:04:58	Nov. 1980
3.	Lawson Noyes	Kennebunk	6:05:15	Nov. 1980
4.	Y. Bill Gayton	Topsham	6:33:40	May 1980
5.	Mike Daley	Brunswick	6:40:10	Nov. 1979
6.	Sam Butcher	So. Harpswell	6:42:49	Nov. 1980
7.	Dave DeLois	Durham	6:45:36	Nov. 1979
9.	Darren Billings	Bowdoinham	6:47:12	Nov. 1981
9.	Kim Beaulieu*	Standish	6:53:50	Nov. 1981
11.	Bob Coughlin	So. Portland	6:55:51	Nov. 1981
12.	Brad Hammond	Westbrook	6:58:17	Nov. 1980
13.	Jerry Farlow	Orono	6:59:51	Nov. 1979
14.	Bob Smyth	Gorham	7:00:06	Nov. 1980
15.	Phil Soule	Portland	7:06:48	May 1981
16.	Bill Flahive	Windham	7:12:38	Nov. 1979
	Diane Fournier*	Topsham	7:23:39	Nov. 1980
17.	Gene Roy	Oakland	7:24:54	Nov. 1981
18.	Carlton Mendell	Portland	7:33:34	Nov. 1981
19.	Orlando DeLogu	Portland	7:37:05	Nov. 1980
20.	Jim Moore	Cape Elizabeth	7:45:37	Nov. 1981
52.	Ben Zuckerman	So. Portland	7:49:51	Nov. 1980
23.	Ken Rosen	Portland	7:50:15	Nov. 1979
24.	Nancy Dorr*	Brunswick	7:56:44	Nov. 1979
25.	John Moncure	Harpswell	7:56:45	Nov. 1981
26.	Charlie Gordon	Yarmouth	3:08:20	Nov. 1980
27.	Joel Croteau	Biddeford	8:24:31	Nov. 1981
28.	Herb Strom	Portland	8:24:57	Nov. 1981
29.	Loren Ritchie	Patten	3:31:10	Nov. 1981
30.	John Mazza	Portland	8:32:58	Nov. 1979
31.	John Esposito	Gorham	8:40:31	Nov. 1981
32.	Steve Swindells	Augusta	9:44:08	Nov. 1980
33.	Roger Dutton	Portland	8:44:21	Nov. 1981
34.	Kristina Gordon*	Yarmouth	8:55:40	Nov. 1980
35.	Vern Lewis	Augusta	9:01:50	Nov. 1980
36.	Bob Lizotte	Augusta	9:03:22	Nov. 1980
37.	Francine Currier*	Portland	9:13:05	Nov. 1981
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155, Gregory Chase	42:18	253, Halph Flourant	47:36	150. Daisy White*	58:19
156. Roger Pepper	42:19	254, Richard Pinette	A7:12	351. Robert Wheeler	58:22
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174. Pater Bresciano	42:45	272. Fam Woubly*	48:00	Amnocha Park, Wisconein	December
175. Pater Kurkorogia	62167	273. Ton Callant	46:03		*********
176. Steve Pennell	42:48	274. Mike Connelly	48:03		
177. Wrenda Cardons*	42:30	275. Charles Clapper	A8:10	193. John Hose	
178. Dick Campbell	41:02	276. Robert Libby	18:11	112. Chris Holt	
179. Susannan Berk*	41:06	277. James Sawer	18:14	165. Fergus Kenny	
18ff. Fred Buck	43:07	278. heverly Johnson*	48:17	187. Keirh Poulin	
181, Corinna Fritz*	Alb 12	279. Ann Wandwan*	AB:19:	213. Pat Maguire	
187, Peror Curr	43:17		4B:23	215. Itn Foward	
181, Riward Stevens	43:19	280 Murielle Therrianice 281, John Donesty	48:33	227; John Connelly	
184 David Sharry	43:20	282, Dave Harris	48:44		
185. Cary YouI	43925		48:56	St. Joseph's finished 27th	out of
166, George Want	43:29	283. Lynne Ziemerman* 284. Joyce Thompson*	58:57	36 teams. There are 947 N.,	A.I.A.
187 Jim Bishop	43132	285, 30b Fornier	6815#	ceams in America!	
186 Dunna Pound-Graves	43145	28b, Ted Seymour	49:04		
189, Richard Jewell	43546	187, Doug Pierson	49:08	Results courtesy of Tiggy C	
190, Bour Morthing	43(10	788. Judie Allene	49:18	St. Joe	s Coach
191, Stanhan Hyde	43156	189. Inves Norton	49:19		
1521 Maureen D'Arbuisses	43:58	250. Lucinda Ward*	49:20	**********	
193: Faul Capey	43:59	291. Anthony Surden	49:22		
194. Robert Course	44:00	292. Marcle Bouchard	49-23	ST. JOE'S J MILE COMMLER CLA	
195. Fred Morrise	44:01	293 Billie Panna*	49:25		12th
196. Stove Marrel	44102	294 Bill Finnegan	49:26		
197. Bob Gashell	44103	293 Jeanne Berthfause*	69:04		
198, Brian Pennell	44:11	290. Faul Krakanske	69156	1. Nurmer Pobatschuig	16:14
199. Judy Cagne*	14:13	297. Jamine O'Stady*	49:58 50:04	2. Stuart Hogan	16:26
700. Ed Sramma	54:14	298 Deans Vances	50:09	3. Jim Rabb	16:32
202. John Aldden	44:15	199 Lon Cote	50:15	A Ine LaRose	19:05
202. Sontt Batson	44:16	100. Gay Peterson*	30:11	5. Mark Hoffmaster	17:09
203. Paul Thelin	44:18	301. Don Spear	50:36	6. Pat Magnire	17:11
204. Ken Conscionine	64 (21)	162. Kathy Kiluk*		7. Coorge Towls	17:12
201. Sextard Gaines		383. Michello Kiluke	30:40	8. Potes Grans 9. Jin Roward	17:31
206. Potez Marrier	44:23	304. Steve Putner	50143	10. Boh Selvia	17:36
207. Sebin Mohinson	44:28	308. Joan Mundy	50144	11. Doug Ware	17,145
208. Leightom Martin	44129	106. David Burron	50144	12. Erich Heed	17:52
209. Paul Dambotsc	44.33	107 Judy Ellicet*	50:53	13. Dave Smith	18:02
210. Brian Powell	44:35	308. Cush Hayward	50:58	14. Ken Curtis	18:17
211. Virginia Michela*	44:36	309. Llove Haudette	51103	15. Anh Fayne	18:27 18:29
217, Stove Vale		310. Sarah Faunce*	51:23	16. Dave Flabercy	38153
317. John Gate	44:46	311. Liz Dankerley*	51:32	17. toel Titcomb	18154
214. Don Petrin	99:34	311. Catherine GanthnerA	53:40	LA. Mark Lyone	19:09
215. Hancy Krocker*	99534	313. Sandy Markowski*	31:53	19. Mike Heandoin	
216. Mike Moore	65101	MA, Marc Cloutier	91:44	20. Bill Hyde	19:14
217. Robert Boston	65:05	315. Claire Cares	51:47	21. Don Celler	19:35
218. Honnie Cote*	95106	316. Can Honehay	91:48	22. Larre Barker	19:50
219; Martin Jones	A 51/07	317. Mike Demoncour	51139		19:51
220. Debbte Sawyer	45:09	318. Mike Wolston	52102	23. Houg Gladden	19:56
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## Title Wrafee ## Title Wrafe	80, Grag Dogsa		176 Cush Hayward		Property courtesy of Mar	ty Thornton
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At the Races

THE GREAT PUMPKIN

Bruce Bickford had littledifficulty handling the field in Maine's largest ever 10,000 meter road race. (426 official entries) as he breezed unchallenged from start to finish, setting a new course record of 29:43 in the process.

Concord, New Hampshire's Cathy Hodgdon, representing the Turtledown Athletic Club, easily captured the women's title in 36:53.

The men's team title went to the Maine Track Club, while the women of TTAC defended their women's team title for the third year in a row.

The husband & wife "great pumpkin pie award" went to Alex & Hope Saltmarsh.

176 runners of all ages, ran in the 1.5 mile fun run that preceded the 10K.

Bob Provost

CHESTER GREENWOOD 5K Roadrace

Thank you for the publicity on the Chester Greenwood 5K Roadrace. We had 33 finishers, which is over twice as many finishers as the previous year. Hopefully the race will continue to grow. The local Kiwanis Club sponsored the run, providing over \$150 worth in trophics and medals. The weather was brisk but sunny; besutiful running weather! The footing was a bit tricky from snow covered roads. Greg Parlin and Wendell Blood had a great race with Greg pulling away to win by a mere 10 seconds. Wendell had just returned from the junior nationals in Texas. Dianna Raedle, home from Princeton for the holidays, captured the women's crown by 16 seconds over another local runner, Linda LaRue. Dennis Croteau, who recently moved back to our area, won the junior masters division placing third overall and "Ironman" Red Dean captured the Masters division. Judy Ejorn won the woman's masters division with Red's wife, Jane, taking second in that division.

would write an article on the race and the whole Chester Greenwood Day for an upcoming New England Edition of Runner's World. We're looking forward to that issue and to next year's race.

Mark Simpson

ED

MI

CO

DB

AAU Junior Olympic Nationals

The weather in the morning was made to order for our Maine runners. As the day went on it warmed up and we lost our advantage.

Those who had been there before showed that experience helps.

I never saw Michelle Hallett as relaxed as she was for this one. In the past she has not been one of the gang and seemed rather detached most of the time. However this time, she hung out with her roommates and seemed to be having a real good time.

Chad Gagnon and Dave Manthorne ran excellent races. Kristen Lindquist, running her first big one, was outstanding. Lonnie Moody continued his steady improvement and ran a tremendous race. Paul Plissey really wanted this one and gave it his best.

Michelle had a great effort and was easily the class in her age group.

Jeannette Malone, the smallest gal in the race, was at her best and followed up her third place at the Junior Olympic trac and field meet at Winston Salem, North Carolina with an excellent sixth place in this meet.

The 1982 track and field Junior Olympics will be at the University of Memphis, Memphis, Tennessee. In 1983 it will be Norre Dame University in South Bend, Indiana. The 1982 cross country meet will be in Shawnee Mission, Kansas.

J. Frank Clynn

Amby Burfoot called me to ask if I

the race mwood Day d Edition looking to next

Simpson

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1 ST ANNUAL

WILD KATAHDIN TRUST

SNOW RUN

S A LONG COLD WINTER WITHOUT A RACE. GOT THAT PPED UP PEELING? COME ON UP/DOWN WITH US FOR A TE MILER AND SHAKE THE WINTER BLANS.

> PLACE: KATAHDIN HIGH SCHOOL

DATE: SATURDAY, FEBRUARY 13, 1982

11:00 A.M. TIME: DISTANCE: 5 Miles

REGISTRATION: \$4.00 - Registration starts at 9:30

FACILITIES: Restroom - showers at the new Katahdin High Schoo

on Route 11 Sherman exit, I-95

AWARDS: Gift certificates to 1st male and female overall

Trophies to 1st & 2nd finishers in each category

CATEGORIES: 13 and under 40 - 49

14 - 19 50 and over 20 - 29

30 - 39

Youngest & oldest finisher

ER INFO: Refreshments after race. T-shirts included in registration fee to first 50 finishers

E SPLIT: Water at 3 miles

COURSE: Plowed woods road - in and out - alternate course available

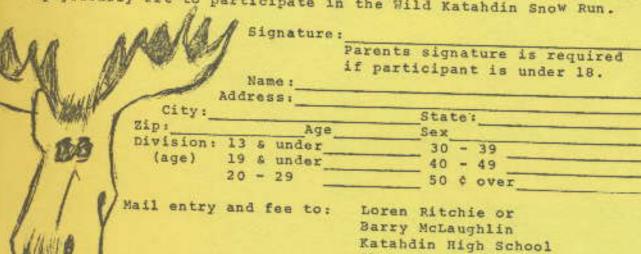
if weather and footing is lousy or road is snowed in. Neither rain, snow, sleet nor David Stockman will cancel

this momentous event!! 90 minutes from Bangor and Caribou

PONSORS: Katahdin Trust Company

t certificates: Athletic Attic and Goldsmiths Sporting Goods

consideration of this entry being accepted, I for myself, my heirs, cutors, administrators waive and release any and all rights and claims personal damages I may have against officials and race sponsors. I est and certify that I have full knowledge of the risks in this event I I am physically fit to participate in the Wild Katahdin Snow Run.



Telaphone:

Sherman Station Maine 04777

365-4218

RUNNER'S WORLD MAGAZINE THE JEFFERSON AVE. NEW LONDON, CT 06329 (203) 447-215T

he main reason I am writing you is send the results of the Village e 10% Road Race. The race was held the 3rd of lanuary the weather was a warm 20°F, compared to last years -7 th a wind. John Keller won the race in port time over an icy course breaking own record on the two year old course. people started the race and 18 finished.

Dennis Smith

MUSE, MCCANN WIN LAMUARY THAN ROAD BAGE

by Rick Krause

browing 8° temperatures and buffered by mes of wind-blown snow on Sunday, 22 mners competed in the 3rd annual lanery Thus 4.5 mile Bood Bace in Belgrade, event sponsored by the Central Maine riders with Dave Baird as race director.

Londing the field from the start and mishing first, was Rick Krouse, 35, of sterville, recording a time of 24:43, re minute and sine seconds ahead of 2nd ad 3rd place cunners, Steve Russell, 26, Augusto, and Greg Parlin, 29, of armington, who orossed the finish toarher in 25:52.

The winner among the six women, was eren McCenn, 31, from Mercer, who raised the pravious women's course record w exactly one minute with a time of 30:27.

The winner in the 18 and under category as Andy Abrama, 17.

The oldest runner to bear the -60° MINI factor was 50 year old Don Abrams. Ath overall, in 32:50.

DET MEEN VOC THINK YOU'VE HEARD IN ALLA

Phil Scale writes, "The Rowdish are danning a long race for 1984 - The Henry "Blower" Brown Six Day go as you

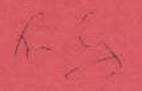
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Ocar Bob.

It's good to be receiving Maine Emmaing again. The December issue was terrific. Deke Talbot's "Shoemaker's Tale" was rare reading for a running magazine and inusually rewarding. Dr. Kurt wrote on a subject 1've been considering lately, and Skip and John reminded me of a "Tinman" I did several years back - would you bulleve 5 miles hke, 2 miles running, and & mile swim? Larry Allen sure knows and tollows a lot of Maine running falks.

All in all, an informative and entercalning issue. I look forward to more.

Sincerely.



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

FERRUARY

One Lust Swing

Clouds

Dr. Hicklick's Cucumber Band 5-6

the Nive Flames 7-8

Cumberland Line

Fleet Street Shuffle 11-13

14-16 Sorenmer

17-18 Walde County Line

19-20 Clouds

21-22 Peter Calway Revue

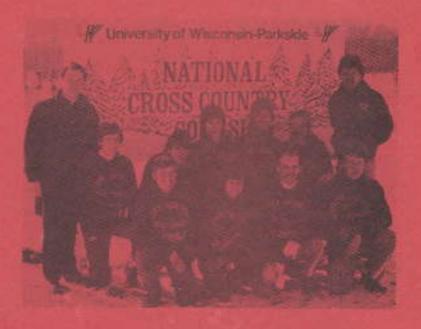
23-24 Maymerd Silver Band

25-27 Gleder

Randy Hawkes 28 MARCH 1-2 a the Overtones



ATHLETIC ATTIC SALUTES



ST. JOSEPH'S CROSS-COUNTRY

CLEAN THE ATTIC SALE

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