

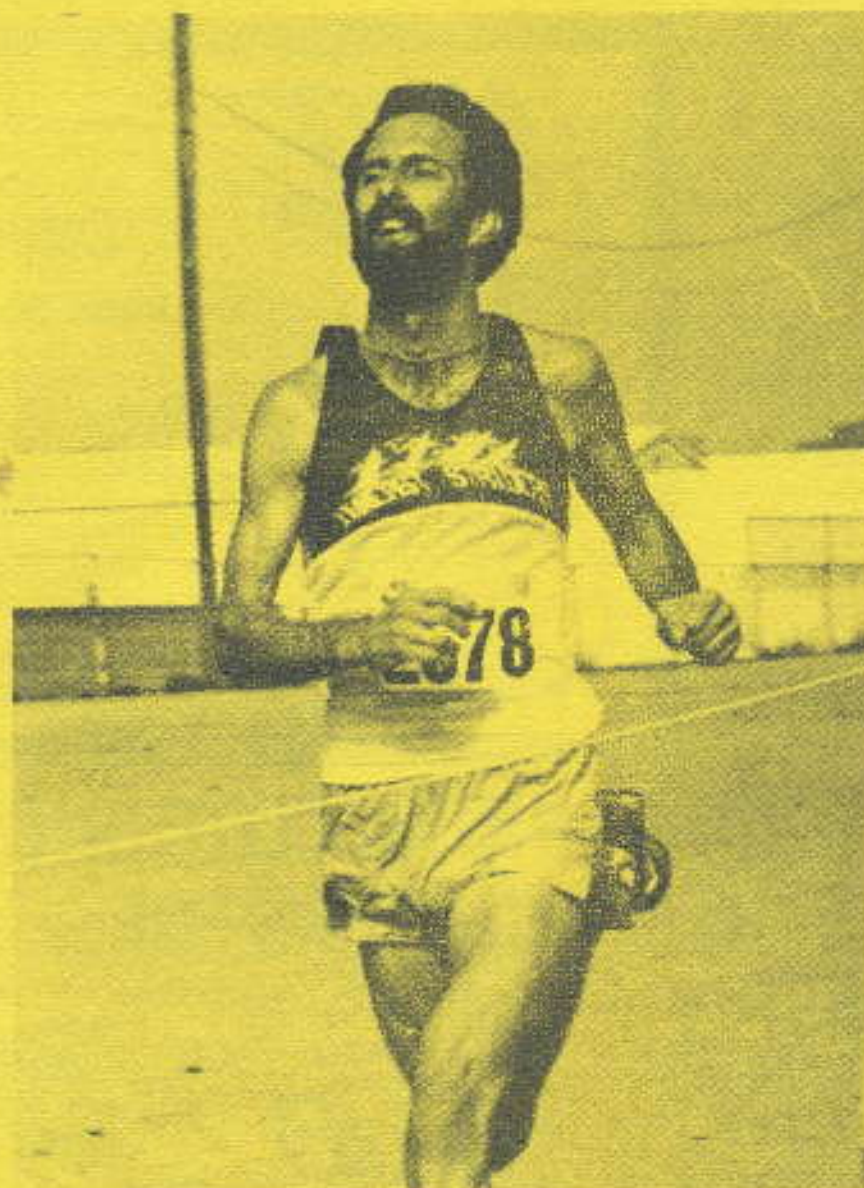
BULK RATE
U. S. POSTAGE
PAID
Bangor, Me. 04401
Permit No. 7

Address Change Requested

JANUARY 1983

Vol. 4 No. 1

MAINE Running



MAINE MASTERS CHOOSE RUNNER OF THE YEAR

**AAU/USA JUNIOR OLYMPIC STATE,
REGIONAL AND NATIONAL X-COUNTRY RESULTS**

\$1.50

MAINE Running

P.O. Box 259, E. Holden, Me. 04429

A brand new year. A time for reflection and resolution. I remember one of the first resolutions I ever made about my running. In the late fall of 1978 I resolved at Cape Elizabeth that one day I would earn the Maine Master's annual award for outstanding contribution to running when I saw Dick Goodie hand the award to Rick Krause and Vern Putney. Well, this year the Maine Masters saw fit to extend that honor to me and I am indeed humbly grateful to them for it. I hope that my work in the future will demonstrate my worthiness to deserve such an honor.

However, I'm not so quietly reserved about their choice of Maine's Male and Female Runner's of the Year. I'm quite loud in my praise of Mike Gaige and Kim Beaulieu. Mike had a great year winning such races as the Bangor Labor Day 5 Miler, the Blueberry Run, the prestigious Great Cranberry Island 5K and the new and exciting Schoodic Point 15K. He beat almost all of Maine's finest distance runners in head-to-head competition and even pushed Andy at the Matt's 8 miler in Vermont. And all this from a man who doesn't run during the winter because of asthma.

Kim was her usual self winning Waramaug and the Ultra plus Casco Bay. She had to win a lot of these races while commuting up from Boston where she is attending graduate school. I bet she even gets A's there!

Thank you Maine Masters for helping make my resolutions come true. Can you help with a 2:50 marathon?

Maine Running is published monthly at Bangor, Maine.

Maine Running
PO Box 259
E. Holden, Me. 04429 843-6262

JANUARY AND FEBRUARY CALENDARS 2
Several road races and many cross-country skiing events dot the early race year. Try cold weather racing you might like it.

BONNIE BELL THRILLS 4
Kathy Dall of China recounts her experience at America's (and the world's for that matter) biggest road race exclusively for women.

CLUB NEWS 6
Loren Ritchie hasn't straightened out yet (thank God); the MTC pays tribute to their leader Bob Coughlin and the Pen Bay Pacers loose a spirited one in Dick Ball.

AT THE RACES 9
The news from Kenosha; Charlie Gordon on the Ultra and some amazing masters in the Thanksgiving Holiday Classic.

AND FROM THE REST OF THE WORLD... 10
Bill Peabody starts his monthly column in Maine Running. I hope we have a long relationship with one another. Refreshing!

RUNNING ON... 12
Skip wants everyone to think Triathlon right now. While you ski, while you shovel, while you overindulge. Think Triathlon!

THE CARTER'S GROVE COUNTRY ROAD RACE 14
Steve Moriarty takes us to the sunny South for a run through history.

LIFE FROM THE BACK OF THE PACK 15
Jack Paul lets the elite know what it's like for the rest of us just back in the pack.

RUNNING & BLOOD FATS: GOOD NEWS & BAD 16
Bad news for us runners who haven't been keeping our mileage up. I'll start tomorrow! Thank you Roberta Hickman for your warning.

IF THE SHOE FITS... 18
Dr. Roy Corbin (Dr. Hicklick's unpaid member) says if it fits wear it. Profound? Perhaps not but, we all still seem to complain.

THE PACK 20
AAU/USA Junior Olympics top the list of late fall/early winter racing.

Cover photo from the Bangor Daily News
Gaige wins second Bangor Labor Day RR

January

- 2 1983 VILLAGE CAFE 10K. 12 Noon at SMVTI in So. Portland. Awards to the top 10 in the open division; top 5 women; 30+, 40+, 50+, oldest, youngest and middle of the pack. \$2.50 entry fee. Contact: Dennis Smith, Sullivan Drive, Gorham, Me. 04038 or call 839-4026 before 9 p.m.
- 2 *THE NEW YEAR'S RESOLUTION* 5K Nordic Ski Race. See flyer in December issue or contact: Rob Miller, Heritage Road, PO Box 22, Livermore Falls, Me. 04254 or call 897-3191.
- 8 Y.M.C.A. OLD MAN WINTER RUN. 10:00 a.m. from the Y at 501 Stillwater Ave., Old Town. Entry fee: \$2.00 with 12 and under runners free. Showers and lockers available. 3.5 miles through the streets of Old Town. T-shirts to first in divisions; ribbons to second and third. Contact: Kim Damien for more information at 827-6111.
- ? BROOKS INSURANCE 10 MILER. Contact: Frank Morong in Portland
- 16 JANUARY THAW ROAD RACE. 4.5 miles from Belgrade Central School. Locker rooms. Refreshments. Prizes. \$1 entry. Race starts at 1 p.m.
- 22-23 NEW ENGLAND TAC TRACK & FIELD CHAMPIONSHIPS. at Boston U. Entry info from NETAC, 265 Medford St., Somerville, MA 02143. Include a self addressed stamped envelope.
- 29 *GREAT CARIBOU BOG WICKED WINTER SKI TOUR & RACE*. See flyer.
- 30 *THE LOUIS FOURNIER MEMORIAL* Nordic Ski Race. See flyer in December issue or contact: Rob Miller, Heritage Road, PO Box 22, Livermore Falls, Me. 04254 or call 897-3191.



- 30 5TH ANNUAL SNOFEST 5 MILE ROAD RACE. See flyer.
- 5 NO-BIG-DEAL ATHLETIC ATTIC 5 MILER. 8:30 a.m. at the Bangor Mall. Hot drinks and Nike gift certificates. Contact: Skip Howard at 947-6880.
- 6 GREATER BOSTON TC TRACK MEET at Harvard. Entry info from Greater Boston TC, 90 Hampshire St., Cambridge, MA 02139
- 6 SRI CHINMOY INSPIRATION MARATHON. See flyer.
- 6 MID WINTER CLASSIC 10 MILER. Contact: Bob Payne in Portland.
- 12 2ND ANNUAL WILD KATAHDIN TRUST SNOW RUN. See flyer.
- 19 FROST BITE 5K See flyer.

February

BONNIE BELL THRILL

by Kathy Dall
China

Can you imagine what it would be like to run with 7,500 other runners on a cool, sunny day while thousands of people cheered you on to the finish line? Incredible!

On October 11, Jeanne Pernice and I celebrated Columbus Day in Boston along with women from all over the country who were in town for the Sixth Annual Bonnie Bell 10K Road Race.

The George Washington statue in the public gardens was a popular meeting place for Maine runners and supporters before the race. Chip Carey and his entourage from Kingfield were gathered in front of the statue when we arrived. It was great to see everyone wearing their Kelly green Kingfield T-shirts. The Kingfield ladies also added the Sugarloaf Mountain stickers to the back of their shorts for local color. Kevin Purcell (our official China photographer) along with his wife, Irene and daughter, Gretchen joined the friendly group. Soon Connie Towne from Winslow jogged around the statue followed by Sandy and John Peters of Brunswick. After our reunion and photo session we met Jo and Dave Comeau from China as we all headed for the race. Jo was seeded 329!

Tension and excitement filled the air around 11:55 as the runners (packed like sardines in the 17 marked sections) anxiously awaited the official start of the race between the Boston Common and Public Gardens. I was a nervous wreck! Visions of being trampled filled my head. This was only my second 10K race, and I just wanted to finish with my body intact. Seconds before noon, thousands of voices chanted 10-9-8-7-6-5-4-3-2-1! Then hundreds of red, white and blue balloons were finally released to mark the official start of the 6.2 mile race through Boston and Cambridge.

I was located in the middle of the pack (number 3,235/Section 9), and it took over two minutes for my group to walk to the starting line. Slowly we began to jog along Charles Street with the "Overture of 1812" playing in the background. Then the strains of the Olympic theme song seemed to motivate the runners. The pace increased slightly, but passing was extremely difficult since you had to concentrate on your footing as well as the runners in front of you. I stayed on the right hand side in order to weave in and out of the mob when an opening was available. The women were polite, friendly and very supportive of each other. The majority of the runners seemed to be in the race to experience a good time. It would be difficult to improve your "personal best" unless you were located in the first five sections. High spirits were obvious as the women waved to the spectators, cheered, sang and chanted "go, go, go" while passing under bridges. There was never a dull moment! It was a pleasant surprise to see a runner dressed in a colorful clown costume wearing over-sized New Balance Shoes, but it was a shock to watch two girls run bare-footed over cobblestones and broken glass.

The crowd control was excellent, and the spectators were fantastic! People lined bridges, walls, sidewalks, buildings, cars and trees waving signs and loudly encouraging all the runners. (My Kingfield T-shirt received a favorable response.) Fraternity brothers crammed together on tiny balconies to view and cheer the women, and the high-spirited women boisterously hailed the "brothers" in return. A group of motorcyclists started up their engines to the delight of everyone.

The race was obviously well-organized. There were four ambulances around the route and three medical stations. A school bus followed the race to pick up runners in distress. Seven water stations were available and splits were called at each mile on this relatively flat course.

Before the three mile mark it was quite a sight to catch a glimpse of the top-seeded runners fly past us. Just to be running in the largest woman's road race in the world with world class runners was exciting. Around the 3½ mile mark the pack finally started to thin out. You could relax a little and not worry about being trampled. The view over the Harvard Bridge was a spectacular sight as several sail boats cruised down the Charles River while hundreds of colorful runners headed for Commonwealth Avenue. When the pack raced toward Boylston Street, the thundering voices of the crowd informed the runners that the end was almost in sight. The encouragement from the spectators was overwhelming, but greatly appreciated.

I was elated when I finally spotted the finish line and the eight different chutes. I had run with thousands of others and I had survived the race without even being trampled!! What a race! What an experience! What a way to celebrate Columbus Day! I am definitely looking forward to the Seventh Annual Bonnie Bell in 1983.

Remember Jo Comeau? She placed 119th, and she finished the race in 39:28. Watch out World Class Runners!

Real late results

MAINE TRACK CLUB HANDICAP RACE Portland 5 Mile Dec 11th

1. Dawn Vance	44:10 (7 min)	24. David Paul Jr.	47:09 (12½ min)
2. Bob Perkins	44:25 (4 min)	25. Marion Leschey	47:10 (7 min)
3. Alan Leathers	44:33 (12½ min)	26. Merle Hartford	47:25 (14 min)
4. Mike Worden	44:56 (12½ min)	27. Ken Curtis	47:45 (15½ min)
5. Bob Handy	45:32 (7½ min)	28. Barry Howgate	47:55 (16½ min)
6. Warren Wilson	45:40 (9 min)	29. Herb Strom	48:03 (15 min)
7. John Conley	45:41 (12 min)	30. Rick Strout	48:13 (14 min)
8. Bob Payne	45:44 (15 min)	31. Ellie Rohde	48:14 (6 min)
9. Jerry Roberts	45:47 (12½ min)	32. John Keller	48:21 (21 min)
10. Frank Morong	45:49 (12 min)	33. Russ Connors	48:43 (17 min)
11. John Gale	45:53 (10½ min)	34. Sandy Utterstrom	49:02 (7½ min)
12. Barbara Footer	45:57 (5½ min)	35. Greg Parlin	49:12 (19 min)
13. Dick Manthorne	46:01 (9½ min)	36. Bob Quentin	49:52 (17 min)
14. David Trussell	46:05 (12 min)	37. Harvey Rohde	49:59 (15 min)
15. Peter Holloway	46:07 (12½ min)	38. Pam Twombly	50:18 (5 min)
16. Larry Barker	46:11 (15 min)	39. Charlie Scribner	50:36 (1 min)
17. David Rohde	46:24 (15½ min)	40. Jim Babb	50:57 (19 min)
18. Laurie Munson	46:30 (14½ min)	41. Jeffery Paul	53:38 (10 min)
19. Donna Roberts	46:37 (5 min)	42. David Paul	55:18 (10 min)
20. Brian Gillespie	46:50 (16 min)		
21. Jane Dolley	46:55 (9 min)		
22. Brian St. Pierre			
23. Jerie Bugbee	47:08 (10 min)		

Results courtesy of Ziggy Gillespie

CLUB NEWS

Runnin' Wild

As a novice reporter, I was very much excited by the prospect of interviewing members of the Woodsrunners. My assignment was simple enough: find out what the runners were avowing to do or not to do in 1983. My enthusiasm was soon dampened, however as I realized the runners (except Nurdlie) were resolving to do the same thing. The runners (except Nurdlie) had xerox copy ideas for their future running-universally resolved were the following:

In 1983 - I resolve to change my stockings before they get quarantined by H.U.D., H.E.W., S.M.O.O.S.A. and L.U.R.C.

- I resolve to load carbohydrates only three evenings a week
- I resolve to increase my duffle bag
- I resolve to send my 5000 dirty T-shirts to a laundramat and on and on

Being a bit bored by these resolutions, I decided to stop at the nearest "loading zone" to check out some other runners. It was at this "waterin hole" that I encountered "Nurdlie". Nurdlie beckoned me over to the vacant spot at the bar and gazed intently at his brew. He had heard through the runner's grapevine that I was interested in resolutions and had a unique one for me.

It seems that Nurdlie is a solid member of the Woodsrunners - a newly formed club from Patten - Sherman area. He has been running with his buddy Duane for years. Both are semi-respectable-at-best members of the running community. They usually attend races, pre-race sessions, and post race frolics together. Knowing this, I was wondering what possible resolution Nurdlie could make that was so unique.

He went on to say he had resolved never to attend a race outside of the Haynesville woods with ole Duane again. He recounted how Duane had lately been acting up at races from Fort Kent to Portland. Duane had been a little upset about how some other running clubs had been putting down the Woodsrunners and had launched a personal campaign to portray the Woodsrunners in an even worse light. His dim mind somehow figured that kind of reverse logic would annoy the "snobs" - as he called them.

Nurdlie motioned to the bar maid and started to tell the rest of his tale.

On their latest excursion, it seems Duane wandered around, supposedly looking for something in a large grocery store. Seeing his Woodsrunners shirt and pegging him a bumpkin, a clerk came over and offered assistance. Duane said "yes mam, can you direct me to the shake and bake for muskrat?"

Later, still displaying his T-shirt, he lined up for the race start among the classiest runners in the pack; spat, blew his nose with his thumb, and just (in general) grossed out the ladies something awful.. Still later, he was seen in the "Attic" inquiring about Red Ball Jet racing flats.

Nurdle asked if the rationale for his resolution seemed adequate. I allowed that it was, and that even I was appalled by Duane's outrageous behavior.

In closing - fellow runners if you see a Woodsrunner; don't be too quick to judge. It just might not be Duane. But then again.....

DICK BALL - THE METAMORPHIC PEN BAY PACER

by Ted DeNardo

Seven years ago Dick Ball at age 43 weighed 196 pounds, smoked over two packs of cigarettes a day, and had a heart attack. Today, Dick weighs a trim 160 pounds, doesn't smoke, and runs mornings before going to work for the New England Telephone Co. He claims he never felt better in his life and wishes that all out of condition people would realize the harm they are doing to their bodies.

Dick didn't come to the good physical condition he enjoys now overnight. First, he quit smoking, went on a diet, and stopped drinking beer. Then, he started walking with his wife Bea for about two years. He was inspired to start running by the example of an older runner in his neighborhood. At first Dick couldn't even run between telephone poles. But, he persevered, and has kept a log of all his running mileage. By the end of this month he figures he will have covered a total of 4,000 miles.

Dick enjoys his morning runs (averages 35 miles a week), entering races, and taking part in the Pacers Sunday morning fun runs. His best time for the 10K is 48:30.

Dick will be retiring from his job at the end of the month and taking an extended vacation with his wife to the Southwest. He hopes to finally have the time then to build up his mileage so he can successfully run a marathon. That's his dream.

When asked how long he intends to keep running, Dick says forever because it has made such a dramatic change for the good on his life. He especially enjoys being a member of the Pen Bay Pacers because of the camaraderie it affords, the support for his running efforts and the running information he picks up.

All the Pacers wish Dick a healthy and happy retirement and hope he and his wife, Bea, don't forget to come back to Maine. We will miss the fun runs they hosted so graciously at their home.

"Sporting Goods for All Seasons"

the Good Sports

3 Pleasant St, Brunswick





Maine Track Club

THE FRONT RUNNER

Everyone knows the winner. His position in the race keeps him conspicuous. The crowd, awed by his excellence, returns weekly to pay tribute to this talent and tenacity.

There is another runner very few recognize. This individual runs far ahead of the winner - not minutes ahead but hours and sometimes days. He measures the distance precisely, plans his water stops carefully and steps across the finish line long before the cheering crowd arrives. He is the front runner.

Six years ago, Bob Coughlin, uninspired by Sunday afternoon football, put foot through South Portland towards Scarborough. His brisk early pace quickly became torture as he limped toward home. Overweight, middle aged and with little endurance, his rehabilitation started. Each week bought an extra mile. Five miles turned into ten miles; then the marathon and eventually the 50 mile run. He illustrated Emerson's thought that nothing worthwhile could be accomplished without enthusiasm. As a school principal he understood how enthusiasm generated more enthusiasm. More and more runners joined the long Saturday morning run through Cape Elizabeth extending themselves to distances fit for the marathon.

Choosing Bob as our Maine Track Club president was easy and logical. He understood clearly that participation was winning and the finish line was a celebration for everyone. The payoff from running was obvious, but needed advertising which he did by encouraging all ages and speeds to keep moving. He pressed the newspapers to publish race results beyond the first twenty finishers. That request was initiated for others as Bob's performance was always visible in that top group. In the Master's division, his effort became polished with two hour and fifty minute marathons.

Bob's term as president ends in December. He emphasized that organizations, like races, are not sustained by any one individual. The members of the Maine Track Club and others throughout the state extend our effort and appreciation to Bob for his untiring contribution.

Submitted by Dick McFaul

THE LIGHTWEIGHT SYSTEM

NOW IN STOCK!

For any outdoor activity

LIFA

This revolutionary polypropylene bodywear allows body heat to force perspiration through the knit, yet keeps your body warm. Wool or cotton bodywear absorbs moisture, holds it against your skin, thus stealing natural body warmth. Light, porous LIFA stays dry no matter how much you perspire. You'll never feel chilled wearing LIFA. The soft, flexible knit moves when you do. Cross country skiers, runners and active outdoor athletes wear LIFA to stay warm, dry and comfortable. Machine washable.

For Men and Women
Long Sleeve Turtleneck
Long Sleeve Crew Neck
Men's Long Pants with Fly
Women's Long Pants

Colors: Navy or Red
Sizes: Women's S,M,L
Men's S,M,L,XL



GOLDSMITH'S

Sporting Goods

HOGAN RD.
BANGOR
TEL.
947-1168

Mon. - Thurs. 10 - 8
Fri. 10 - 9
Sat. 10 - 6



BANGOR STORE ONLY

WE HAVE YOUR NEXT PAIR OF SKIS

TRAK

Cross Country Skiing
is for Everyone

TRAK "TRAVELER"	
SKI	100.00
NORMARK FLEECE LINED	
LEATHER BOOT	44.95
Rottfella "Start" aluminum binding	8.95
Fiberglass Sport Pole	10.95
	164.95

Limited Quantities
While Supplies Last **99⁹⁵**

All our packages include:

1. FREE Mounting
2. FREE Base Preparation
3. FREE coupon for 10% off on your next purchase of any ski accessories or waxes

ADIDAS-ATOMIC-EPOKE-KARHU-TRAK

GOLDSMITH'S

Sporting Goods

HOGAN RD.
BANGOR
TEL.
947-1168

Mon. - Thurs. 10 - 8
Fri. 10 - 9
Sat. 10 - 6



BERMUDA

marathon and 10 kilometer

JAN. 28 to 31



\$396 per person
double occ.
Boston dep.

YOUR TRIP INCLUDES:

- * Roundtrip Flights From Your Home City
- * Three Nights at the ELBOW BEACH HOTEL
- * Full Breakfast and Dinner Daily
- * Roundtrip Airport Transfers
- * Special Presentation by Dr. George Sheehan
- * Welcome Cocktail Reception
- * Post-race Celebration
- * All Hotel Taxes and Gratuities
- * Discounts on Moped Rentals
- * Personally Hosted by the Marathon Tours Staff

ADDITIONAL AIRFARES:

New York	+\$10.00	Baltimore	+\$34.00
Philadelphia	+\$11.00	Washington, D.C.	+\$34.00
Atlanta	+\$59.00	Hartford	+\$ 6.00

Departures are available from all major cities. Extended stays are available. Ask about the special seven night package that offers the seventh night FREE with meals.

FOR A COMPLETE BROCHURE AND INFORMATION CONTACT:



Marathon Tours, Inc.

1430 Mass. Ave.
Harvard Square
Cambridge, MA 02138

617-492-3088 In Mass.
800-343-5088 Nationwide

Also tours to: Dublin, New York, Honolulu, Manila, Shanghai, London, Stockholm, San Francisco.

- ☐ Please send me a brochure on the 1983 Bermuda Marathon and 10K Tour.
- ☐ Please send me information on a trip to _____.

NAME _____ HOME PHONE _____
ADDRESS _____ BUSINESS PHONE _____
CITY _____ STATE _____ ZIP _____
SPECIAL REQUESTS _____

Mail to: MARATHON TOURS, INC., 1430 Mass. Ave., Cambridge, Ma. 02138

BOOKER
Maine

AT THE RACES

ST. JOE'S IN NATIONALS

St. Joe's finished 26th overall in their second trip to the NAIA National Cross-Country Championships in Kenosha, Wisconsin. Under good conditions the Monks finished strong behind:

49. Rick Garcia	26:17
127. Stu Hagan	26:54
193. Jeff Crocker	27:29
201. Fergus Kenny	27:33
259. Mike Pollard	28:12
269. Keith Poulin	28:24
283. Pat Maquire	28:34

for the five mile course.

The winning school, Simon Frazier University must have been something to see, placing their men 1st, 2nd, 6th, 19th and 21st.

Ziggy reports that the competition was much better this year, but that he was very proud of the Maine lads for doing such an outstanding job once again. What about next year?

Others at Kenosha.

Other Maine runners from USM and UMPI also competed in the NAIA Nationals this year. Marlin Conrad of UMPI finished 153rd while his teammate, Hank Chipman came in 161st. John Keller led Peter Grant of USM in in 200th place. Peter finished in 268th position.

1982 Rowdy Ultra 50 Mile Race

Forty-one runners toed the line for the start of the 4th Rowdy Ultra 50 mile race at 7:30 a.m. on November 14, 1982. The conditions were nearly ideal for the entire race, with temperatures in the 40's under sunny skies and very light winds.

Bernd Heinrich, Rock Green and Jim Murphy took the lead from the first, but only Bernd was prepared to play for keeps on this day. The Vermont runner steadily opened up a lead which built up to 8

minutes by the marathon mark. Green and Murphy retired at 42 and 26 miles respectively and Heinrich lapped the second place runner at about his 38 mile mark and never looked back, finishing first with a solid performance of 5:22:48. Dave Roberts, in his first ultra attempt came in second with a fine 5:59:30.

In the women's division, local runner Kim Beaulieu, winner of the 1982 Waramaug, seemed to get stronger as the race went on. Her early 4 mile splits were 32 minutes, but she ran the last 8 miles in 58 minutes to finish in 6:22:56, a PR for her and a national class performance.

Twenty-one runners reached the 50 mile distance. Among notable performers were Bill Fox, 61, charging through the distance in spite of his wife's wishes and Shirley Packard and Carolyn Gayton, both of whom only completed their first marathon in 1982. Deke Talbot turned in a modest 7:03:50 and preserved his place in planetary running history by being the only person to complete all four Rowdy Ultras.

Sam Butcher directed the race again.

Phil Soule, Y. Bill Gayton, Lawson Noyes, Gary Cochran, Rock E. Green, Charlie Gordon and Eric McNett will run the Heritage 50 Miler in North Adams, MA on Dec. 5th. Congratulations to Rowdie Danny Paul who won the Augusta Elks 4 marathon in 1:10:47. Rock E. Green, Gary Cochran and Eric McNett are back in the racing circuit. Latest up date on the Rowdie of the Year status - Lawson Noyes overtook Wayne Clark last Wednesday night at 1:32 a.m. e.s.t. Lawson's feat may be seen on "That's Incredible" while the rest of the Rowdies can be seen on "Real People" and I wrote this because "You Asked For It". Rowdie of the month is a Rowdette - Carol Gayton.

Charlie Gordon
Rowdie Ambassador
& Tribal Interpreter

Thanksgiving Holiday Classic 4 Mile

IMPRESSIVE PERFORMANCE CATEGORY: Five of the top twenty finishers were over 40: Jerry Crommett, 6th; Frank Brune, 13th; Peter Connolly, 14th; Bob Coughlin, 16th; and Dave Smith, 17th.

George Towle

AND FROM THE REST OF THE WORLD...

Bill Peabody
7 Nancy Drive
Brunswick, Me. 04011

Seems like its always hard to get a good relationship underway. Sometimes you're not too sure what to say or how to act. Well hang on for a few paragraphs and I think it will all come together in a few minutes.

In broad terms this column will be about running outside of Maine. For the most part this will mean news about runners from Maine who compete elsewhere. But there will be more than just news about these people, you will get reports on people, events, competitions, whatever, that occur on the outside but have an impact here. I will probably feel free to editorialize from time to time. But the core will be coverage of what and how Maine athletes are doing out there. Hopefully it will be elite without being elitist. In other words, you will hear about Joan Benoit and Bruce Bickford but I will try to keep track of "beginners" like michelle Hallett and Kalen Cookson who are reaching for regional or national status.

Now a bit about Bill Peabody so you have an idea how much salt to pour on these words. From junior high through early college I ran track. Even after spending ten years gaining and losing fifty extra pounds, when I returned to running I returned to the track often in preference to the roads. So you may see more about track and field on these pages than most readers are used to or even want. But at least you'll know why.

Before we get underway, I hope you recall my very first sentence. The use of the word relationship was meant to be significant. Because this column won't work unless it is a relationship. This writer wants all the input he can get; from coaches, training partners, friends and relatives of runners competing outside Maine. Send me news, call me up and talk to me. I have a feeling I will need all the information and insight you can feed me. I may not use it all, I'm going to

feel free to question, confirm, alter, amplify or whatever. When it hits these pages its all mine, so then you have to let me know when I've blown it.

When talk turns to the "big time" runners Joan Benoit comes to mind first and with good reason. Now the holder of three American records in "standard" road distances she deserves that level of recognition. The most recent record being a 2:26:11 in the Nike/OTC Marathon in Eugene, Oregon (Sept. 12), this has been topped only by Allison Roe (2:25:29) and Grete Waitz (2:25:42). Just two weeks prior to this she warmed up with a ten-miler in 53:18, also an American record. Her other AR is in the half marathon with a time of 1:11:16 set last year. Not often reported hereabouts Joan did some track running in Eugene over the summer, the best of which was a 32:30.08 10,000 meters.

For the men, Bruce Bickford is one of our more visible exports. He recently made a move undercover to compete in the UConn Relays (Nov. 20). No details are available but Bruce won the mile in an outstanding 3:53:55 and followed that with an 8:20.67 win in the two mile.

Hank Pfeifle seems to be getting around some and doing quite well. He had a good September starting with the American National Bank Run in New Haven, CT (Sep 6). Hank finished eighth (1:00:41) to people like Rodgers (2nd), Beardsley (5th), Ryan (6th), and Hodge (7th). The winner? Greg Meyer with a new AR 58:26. Then just under two weeks later (Sept. 19) he put in an appearance at the Philadelphia Half-Marathon. Hank had to "settle" for tenth, running 1:04:37. But he was not in slow company. Winner Mike Musyoki of Kenya set what appears to be a World Record clocking 1:01:35 and George Malloy, in second, lowered the national standard to 1:01:42.

A word about Jane Welzel, winner of this year's Good Sports 10 Miler, who I have unilaterally adopted as a Mainer. Over the last couple of months she has annexed a couple of wins in the Avon Series. She captured the Ottawa 20K (Sept. 5) by running the first five

thou' in 17:15 and hanging on to win in 1:13:40. Then in New York's Central Park (Oct. 2) Jane established a new course record in winning the 2nd Annaul Avon Women's Half Marathon. Her time, 1:15:44, is one of the top performances this year.

'Tis the time of year for cross-country. In fact its championship time. Both Colby and Bates had noteworthy results. In the NCAA Division III regional qualifier at Franklin Park in Boston, Colby was second to Brandeis while Bates finished third. Todd Coffin of Colby (and Bath) won the event covering the five mile course in 23:38. Runnerup was teammate Rob Edson (Keene, N.H.) only two seconds back. Bates' top finisher was Jamie Goodberlet (Buckfield, Me.) in 7th at 25:06. Kelly Dodge, Colby and Seabrook, N.H., got the eleventh spot with 25:12. Due to agreements among the New England Small College Athletic Conference Schools, Colby and Bates could not go on to the Nationals as teams but the individual qualifiers were able to compete. The Nationals were held Nov. 20th in Fredonia, N.Y. over a 8,000 meter course. The top Maine-related finisher was Edson who was 5th (26:37), the best ever by a Colby runner. This earned Rob All-American honors, an accolade which goes to the top twenty-five runners. Coffin was 27th (27:14) and Kelly Dodge was 41st (27:32). Kelly was an All-American last year. Jamie Goodberlet ended up in the top 25% of the field, finishing just behind Dodge.

The TAC National Cross-Country Championships featured a couple of Mainers. Joan Benoit was fourth, covering the 5000 meter course in 16:12. Since the first 9 runners in this race constitute the U.S. team to the 1983 World Championships she won a trip to Gateshead, England this coming March. Bruce Bickford did not fare quite so well running 29:40 for the men's 10K route, this placed him 21st. For some reason the men's team is not selected here but at a special qualifying race in Edwardsville, Ill. to be held a month before the Worlds, so Bruce could still be in the running for a spot on the team.

I have come across some information

on several recent high school graduates. Michelle Hallett, as regular readers are aware, of Mars Hill is off to Boston College, running under Judi St. Hillare. Michele recently won the Greater Boston Colledge cross-country race. She also was second woman in a Boston-area 10K clocking 35:07. The whereabouts of a couple of Cheverus High athletes has come to my attention. State Class A mile and half-mile champ Mike England is off to UConn, as yet no reports of his activities there. Javalin record-holder (206'4") Kalen Cookson is attending Duke and throwing quite well. (A side bar to pro football fans, the high school javalin record is held by ex-Patriot star Russ Francis, 259'9").

Some of you may have noticed that I have not mentioned the AAU age-group cross-country runners. This is certainly not because the results are unimpressive because the opposite is true. But the coverage by local and statewide newspapers has been a pleasant surprise. It has been prompt and complete if not overly colorful. While on the subject of newspapers, if some of you missed the feature on Sam Pelletier, Fort Kent and UMO, in the Dec. 5 issue of the Maine Sunday Telegram, it may be worth your while to dig it out before someone starts a fire with it.

And to end this, a couple of tid bits from the international scene. The IAAF (international ruling body for track and field) Congress has made some decisions and is studying some possibilities that should be of interest to the road-racing community. They will sponsor a women's 10K road championship in late 1983. They also have decided to hold a World Cup Marathon for men and women with team scoring in 1985, and have instructed the Long Distance Committee to study the possibility of a World Road Championship and a world marathon circuit.

"Sporting Goods for All Seasons"
the Good Sports
3 Pleasant St, Brunswick



Running on...

by Skip Howard

TRYING TRIATHLONS, PART TWO: FUEL

The fuels necessary to train for and compete in a triathlon are water, carbohydrates, protein and fat, roughly in that order. While water is not a fuel in the sense of an energy store, it is an essential ingredient in rigorous triathlon training, for proper metabolic breakdown and to prevent dehydration.

Dehydration is a threat even swimming, especially in the ocean, where the undrinkable is also a constrictor due to salinity.

Yet nothing absorbs water and energy like cycling; the constant working of the large muscle groups: thighs, calves, upper body balance, keeping the head up, standing to the sprint, reaching for food and water, all take an enormous toll. It is only during this phase when the carbohydrates can be consumed. A small daypack, at least, is necessary to carry bananas, granola bars, oranges, breads, whatever one can carry and consume. Finding out what foods are best for your body takes considerable trial and error, since many foods have to be considered by weight and bulk. For instance, an orange gives high sugar, but a pack full is impractical.

A wide variety of foods may be consumed in triathlon training; the breakdown roughly approximating 60% complex carbohydrates, 30% proteins, 10% fat, figures according to the American Academy of Sciences. In actuality, the percentages usually adjust to 75/20/5, given the enormous amount of energy required. As nutritionist, John Frachella points out, "contrary to popular opinion, carbohydrates are not tiny Hershey bars running around in the blood stream!" Carbohydrate consumption stores glycogen in the muscles; glycogen is the primary source of energy in any physical activity. Complex carbs, such as salads, fruits, grains and pastas are preferable to simple carbs such as processed cereals, grains and other high sucrose sources because simple carbs are absorbed too quickly and become unusable fats. Protein and fat sources include eggs, nuts, soy products, peanut butter and meat. Supplements, if taken, should

be water soluble vitamins B, C and E and calcium.

Next issue, we'll look at the events themselves: swimming, biking and running, techniques for each, a recap of training and a look at the year ahead, the Year of the Triathlon.

A View From South of the Border

by Steve Vaitones

STOP THE PRESSES (if you can). I was at the TAC National Convention in Philadelphia and have some news which may well be of interest to the 26.2 mile runners out there.

OLYMPIC TRIALS SIGHTS

Men - Buffalo, New York, 1st or 2nd weekend in May, 1984. The sight was selected by a sub-committee of the Long Distance Running Committee. It won out over Burlington, VT, Newport, R.I., Los Angeles, and New York City. Even an impassioned plea by Fred Lebow in front of the International Competition Committee wouldn't sway the vote. Buffalo apparently rated highest on a total point scale rating several factors. Same course as 1980. The qualifying time will be the 100th fastest performance of 1982. The qualifying period will be Boston 83 to Boston 84, inclusive. Top qualifiers will get their way paid. (Exact number not yet decided.)

Women - Olympia, WA May 1984
Site was selected by Women's Distance Running Committee after presentations by all groups presenting bids. It won over Buffalo, LA, NYC, and Kansas City. Olympia's presentation was outstanding. The course is almost a loop. Net drop in elevation of 140'. Course will be entirely closed to traffic. Qualifying standard not yet set. All qualifiers will have their way paid.

*

Andy Palmer finished fifth in the Jordan Marsh Thanksgiving Day 5 Miler in 23:52. There were over 4000 people behind him!



DOMEST STRIDERS

Come meet some people in love with the restaurant business.

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

JANUARY

- 1 Montage
- 2-3 One Last Swing
- 4-6 Searsmont Street Band
- 7-8 Glyder
- 9-10 The Parlin Brothers
- 11-13 Brother Jump
- 14-15 Louisiana Lightning & the Barons
- 16-17 Montage
- 18-20 Bijou McCue & the Matinees
- 21-22 the Dawgs
- 23-24 Cub Kota
- 25-27 Silver Lining
- 28-29 Tremendous Richard Band
- 30-31 Peter Galway & the Real Band

BENJAMIN'S

123 FRANKLIN STREET, BANGOR, MAINE 04401

THE CARTER'S GROVE COUNTRY ROAD 8 MILER

by Steve Moriarty
Portland

Whenever I travel I always make it a point to take along my running gear in the hope that at some place I might stumble upon an interesting race or running event. More often than not I either fail to find a race or discover that I've arrived too late or too early to take part. My luck changed on a recent trip to Virginia when I picked up a copy of the local Williamsburg paper and discovered an ad announcing the running of the "Carter's Grove Country Road 8 Miler" the following morning.

I had a strong suspicion that too many days of long-distance driving and too many nights on the hard-packed earth of Tennessee and Virginia campgrounds had taken the edge off my running attack, but I couldn't resist. I had already spent a couple of days touring the magnificent restored areas of Colonial Williamsburg, and the slumbering instincts of the former history major were coming back to life. The more I learned of the history of Carter's Grove the more determined I became to be a part of the race.

Carter's Grove is an imposing brick plantation built on the shores of the James River by Carter Burwell, grandson of one of the wealthiest and most powerful landowners of the area in the early eighteenth century. Completed in 1755, the mansion has frequently (and accurately) been described as one of the most beautiful homes in America, and has been witness to some interesting events of the early history of our country. For example, in an elegant first floor parlor both George Washington and Thomas Jefferson are said to have proposed to prominent local ladies, and both were rejected for the reason that their prospects were not sufficiently promising. The parlor has since been known as the "Refusal Room."

British troops were quartered in the house during the Yorktown campaign in the fall of 1781, and evidently found the accommodations so comfortable that

they slept as a Colonial unit slipped by to join forces with Washington. Upon discovering this lapse in readiness, an irate British colonel roused his men by riding his horse up the broad central staircase, slashing at the bannister with his sword as he went. The bannister still bears the marks of the colonel's fury, and there is a small piece of metal embedded in the railing that is said to be the tip of his sword. Doubtful, perhaps, but how else did it get there?

More importantly, Carter's Grove is the site of the long vanished community of Wolstenholme Towne, a settlement established in 1619 in a larger tract of land then known as Martin's Hundred. Seventeenth century artifacts and the remains of buildings have been discovered at several locations on the grounds, and the original fort and military compound have been located several hundred feet from the mansion on the banks of the river. The settlement flourished until March, 1622, when many of the inhabitants were killed in a general Indian uprising, and it was abandoned shortly afterward. Wolstenholme Towne disappeared from view and memory for nearly three and a half centuries until it was uncovered in archeological excavations in the 1970's, and it has provided a wealth of information about the earliest years of the English colonization of America.

This was the setting for the start of the race. We were bussed from Williamsburg to the plantation, and I loosened up by jogging around the main buildings and then down through the fields to the stillness of the remains of Wolstenholme Towne. Although it was still early on a mid-September morning, the temperature began to climb rapidly and by 9:00 it felt like July in Maine. Roughly 340 runners gathered along the long, stately driveway leading to the mansion, and we were off to the unmistakably loud crack of a musket.

The Country Road is a narrow and relatively new roadway that links Carter's Grove directly with Colonial Williamsburg, eight miles away. The road twists through a landscape of forest and lowland substantially unchanged since the times of the first settlers, and the terrain was sufficiently hilly to make the course a

ipped
n. Upon
ess, an
men by
ntal
ster
annis-
colonel's
of metal
aid to
l, per-
re?

e is
munity
nt es-
st of
ed.
the
covered
s, and
pound
feet
he
until
bitants
rising,
ward.
m view
half

970's,
forma-
e

st of
iams-
ned up
s and
still-
Towns.
d-
began
t like

ive-
were
of a

rel-
er's
sburg,
through
ib-
of
was
e a

challenge. This was the third year of the running of the race, and despite the temperatures, new records were set in the men's and women's divisions at 40:57 and 52:04, respectively. Although my own performance was not particularly noteworthy, thanks to my Maine Track Club jersey I was singled out as the runner having come the greatest distance to take part in the race.

Later in the day I went back to Carter's Grove for a longer and slower-paced visit, and I let my mind slip back centuries into the past. How amazing the desperate settlers of 1622 and the genteel planters of the eighteenth century would have been to have witnessed our peculiar form of recreation, and to have seen the infinite ways in which our cultures had changed. I began to see the race itself as a symbol of the vast differences between the modern era and the societies of colonial times, and as I left I felt a quiet sense of respect for the sacrifices of those who had lived in this spot so many years before.

LIFE FROM THE BACK OF THE PACK

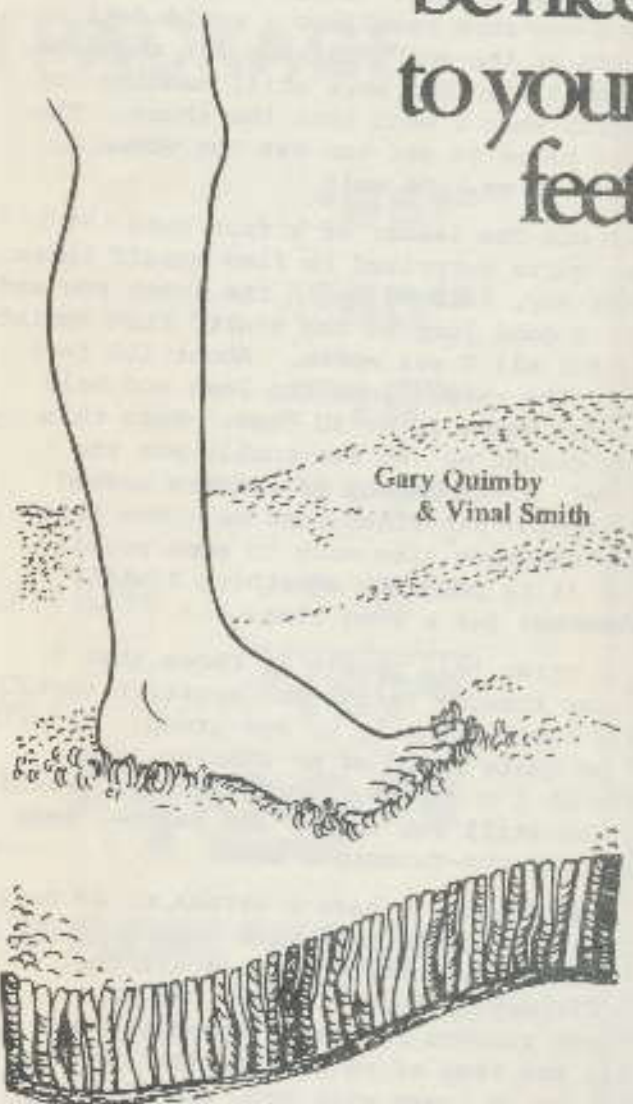
by Jack Paul
Farmington

First I would like to say that I have nothing against those of you who run in the front of the pack. I would like to be up there with you, but my body has limitations, so I will have to be content to see the backs of your heads in the beginning of the race and cheer you on at out-and-back races.

There is much competition back in the pack. It usually shows up near the end of the race though, not right from the beginning. It shows up in forms like this - You and a total stranger pace each other most of the race and with a half mile or so to go, you both turn it on and race to the wire just as if you were going for first place. The main thing about this type of competition is that you usually don't mind coming in second.

This is not to say that back of the pack racing is not without its dis-

we don't sell shoes but we can be nice to your feet



COMPLETE LINE OF FLOORING

28 Harlow Street Bangor, Maine 04401
207-942-3926

appointments. Earlier this summer a local race was run on a week night. I had a hard day at work and was in no shape to race that evening. I decided just to run it as a hard training run. I ran most of the way in the back with women somewhat older than myself. Coming down to the finish I had a lot still in me and knew I could pass some of the people in front of me with a good kick. I decided to hold back and save myself so I could feel fresh at the end of a race for a change. I could see they were still handing out shirts when I went into the shoot. The last place to get one was the woman in front of me. Oh well.

I was the leader of a race once. I was quite surprised to find myself there. That day, I lined up in the front row and got a good jump at the start, then sprinted for all I was worth. About 100 feet into the race I took the lead and held it for maybe 20 or 30 feet. When this guy caught me (he eventually won the race), great masses of runners seemed to follow him right past me. Now this may not seem like much to some people, but it is probably something I will remember for a long time.

I often tell people at races that I enter because I fill an important spot, the last person in my age group. Actually I am quite proud of my running, even though I'm not the fastest runner around, I can still run faster and farther than all the non-runners I know.

As of today I have a streak of 63 days in a row that I have run. And I am continually setting PR's at all the different distances I run. So you front runners be ready, someday I and all the rest of us back of the packers, may be up there with you, and just see how well the people running the finish shoot can handle that!

RUNNING AND BLOOD FATS: GOOD NEWS AND BAD NEWS

by Roberta Hickman
Augusta

There is some good news and some bad news for men who run long distances or get other types of vigorous exercise.

First, the good news! Exercising regularly and vigorously increases a man's ability to break down and clear fat from his plasma (the cell-free liquid portion of uncoagulated blood). Exercise raises the level in the blood of the fat breakdown product called HDL2, which may protect against coronary heart disease.

The bad news is that if a runner stops running for as little as three weeks, his blood plasma may become "milky" with fat after each meal, his HDL2 level may decline and his risk of heart disease may increase.

Pre-menopausal women have HDL2 levels that are roughly three times higher than male levels. Since women already have this protection, exercise may not be as important for them. However, after menopause, HDL2 levels decrease and the risk of heart disease quickly rises. It is good that younger women are running, swimming and engaging in other vigorous, aerobic activities because it is difficult to establish these healthful habits later in life when exercise may be most beneficial.

HDL2 and HDL3 are the major subclasses of high-density lipoproteins. These particles are formed from the enzymatic breakdown of the fat-rich lipoproteins called VLDL (very low density lipoproteins). Higher concentrations of HDL2 indicate that individuals are clearing the "fat load" from their plasma after a meal at a faster rate than an individual with lower HDL2 levels.

In a study, a standardized fatty meal was fed to 28 healthy individuals, 28 to 42 years of age. Fat levels in their plasma were determined at 0, 2, 4, 6, and 8 hours after the meal. The plasma of the individuals with high HDL2 levels remained clear throughout the 8 hour period. Those with low HDL2 levels had very milky plasma after the meal.

Response to a fatty meal can change with exercise. A man who had previously had low HDL2 levels and very milky plasma 2, 4, and 6 hours after the fatty meal, was retested 1½ years later when he was running more than 20 miles per week. At that time, his HDL2 level was higher and his plasma clearer. When he was tested one year later, he had been running 50 miles per week in preparation for a

marathon. His HDL2 level was about five times higher than it had been at the beginning of the study and his plasma remained clear after the meal. When an injury forced him to stop running for three weeks, his HDL2 level and response to the meal returned to what they had been before he began running. Six weeks after resuming his exercise, his HDL2 level was up again.

These results suggest that men should stay physically very active. If they quit working out, this particular benefit of higher HDL2 levels quickly disappears. Exercise should not be used as a medication taken only when you feel you need it. Exercise and adherence to a prudent diet should be a life-long commitment.

(The principle investigator of this study, Dr. Josef R. Patsch, M.D., was awarded the American Heart Association's 1982 Irvine H. Page Arteriosclerosis Research Prize for young investigators. Dr. Patsch, a native of Australia and accomplished alpine skier, switched to running when he moved to Houston, TX in 1975.)

IF THE SHOE FITS...

by Dr. Roy Corbin, Podiatrist
Bangor

The great running shoe renaissance began a decade ago, around the same time that the importance of foot and leg biomechanics was becoming appreciated by the running community. And, along with foot awareness came running shoe awareness.

Statistically, the great changes in running shoe design has effected the change in the type of injuries seen. Forefoot and toenail injuries have decreased due to toe room expansion, and rearfoot and leg problems are becoming more prevalent as runners are now able to go longer distances more comfortably due to these changes in design.

Good fitting running shoes are essential to the support and protection of your feet as they pound the pavement. There are many brands and hundreds of models to choose from, and no one pair

is right for everyone. Fortunately, most good running footwear is sold by runners who are usually very familiar with the different "built into" features and which are right for you.

I will list a few basic guidelines which I recommend you follow:

- * The shoes (try both on) should be comfortable in the store. Don't expect the fit to improve with time.
 - * The part around the back of the heel is called the counter and it should be firm and fit snugly; if it slides in the store, it will slide when you run.
 - * The sole should flex easily at the widest part of the shoe.
 - * The midsole (spongy middle layer of the sole) should be substantial, even more so if you are a heavier runner because you'll need more shock absorption.
 - * Try shoes on in the afternoon to allow for swelling.
 - * The widest part of your foot should be at the widest part of the shoe.
 - * There should be a finger's width distance between your longest toe and the end of the shoe.
 - * Wear the same weight sock you plan to run in, and bring any foot supporting device you plan to run with when you go to the store.
 - * Always compare your preferred shoe in the next size larger and smaller to assure proper fit.
 - * Quality control your new shoes by inspecting the overall construction and placing them on a flat surface. When viewing from behind the heel should be straight up and down.
- Remember, racing flats are for racing and training shoes are for training, and the shoes you run in should not be used for streetwear.....save them for your runs.
- And don't forget, if the shoe doesn't fit, don't wear it.





'THE PACK'

AAU JUNIOR OLYMPIC CROSS-COUNTRY
Woodfield STATE MEET Nov 7th

10 and under boys 1.7 mile course

1. David Manthorne	NYC	10:26
2. Scott Loomis	NYC	10:51
3. Bobby Martin	NYC	11:17
4. Josh Gagnon	NYC	11:22
5. David Waken	NYC	11:27
6. Benny Lambert	NYC	11:28
7. Andrew Karosh	NYC	11:31
8. Braden Alley	CTTC	11:35
9. Jon Karash	NYC	11:38
10. Matt Worthen	EF	11:37
11. Brent Blackmar	NYC	11:45
12. Sam Turner	EF	11:46
13. Brian White	CTTC	11:50
14. Ned Doady	NYC	11:51
15. Steve Callucci	CTTC	11:53
16. James Trotter	STB	11:54
17. Peter Brown	CTTC	11:58
18. Tony SAG	LTC	12:03
19. Jeff Small	NYC	12:07
20. Daniel Hennessey	CTTC	12:19
21. Chris Goulet	STB	12:23
22. Edward Marlar	CTTC	12:23
23. Dave Stokes	CTTC	12:34
24. Ray Cloutier	STB	12:38
25. Steve Hodgkin	CTTC	12:40
26. Jaaron Aldridge	STB	12:45
27. Billy Frauman	NYC	12:59
28. Dan McCormack		13:02
29. David White	CTTC	13:13
30. Randall Gauthier	STB	13:14
31. Jason Whitten	STB	13:58
32. Jeff Kays	NYC	14:08
33. Ron Hutchins	CTTC	14:12
34. Shawn Lavigne	STB	14:10
35. Gregory Pope	CTTC	14:24
36. Nicky DeChaire	STB	14:35
37. Barry Hennessey	CTTC	14:54
38. Craig Caron	STB	15:01
39. Leon Vachon	STB	15:28
40. Brandon Lisa	CTTC	15:33

Qualified Teams

Maine Track Club
Sabattus Trail Blazers
Chebeague Island Track Club

10 and under girls 1.7 mile course

1. Sarah Berry	CTTC	11:58
2. Rachel Blake	CTTC	12:02
3. Amy Shaur	STB	12:09
4. Pam Robinson	EF	12:28
5. Nan Concha	CTTC	12:31
6. Rosemary Dale	EF	12:35
7. Jennifer Beardon	CTTC	12:38
8. Sandra Roberts	STB	12:44
9. Nicki Stoddard	CTTC	12:50
10. Jenny Papp	CTTC	13:08
11. Cathy Machan	STB	13:11
12. Wendy Izou	STB	13:42
13. Jennifer Reali	CTTC*	13:48
14. Julie LaBrecque	STB	14:03
15. Nicole Laliberty	STB	14:04
16. Michelle Smith	CTTC*	14:05
17. Allison Gail	CTTC	14:06
18. Shannon Hennessey	CTTC	15:02
19. Bridget Polay	CTTC*	15:04

20. Joyella Decker	CTTC*	15:32
21. Colleen Beardon	CTTC*	16:40
22. Sarah Lisa	CTTC*	16:55
23. Theresa Turcotte	STB	17:05
24. Christina Brown	STB	17:06

Qualified Teams for Regionals

Chebeague Island Track Club
Sabattus Trail Blazers
Chebeague Island Track Club 8 yr. olds*

11-12 boys 1.7 mile course

1. Robert Sprague	STC	9:53
2. Chad Gannon		9:57
3. Pat Kane	STC	10:01
4. Robbie Pendergast	EF	10:18
5. Tim Barry	STC	10:21
6. Chris Boyle	EF	10:26
7. Tom Martin	STC	10:28
8. Chris Ranco	STC	10:36
9. Mark Holmes	STC	10:37
10. Jimmy Davis	EF	10:42
11. Jon Ives	STC	10:46
12. Rodney Haler	EF	10:48
13. Brian Poulin	STC	10:54
14. Jeff Paul	CTTC	11:02
15. Nathan Clukay	CTTC	11:02
16. Richie Henderson	EF	11:08
17. Bernard Gehret	STC	11:10
18. Bruce Pooler	STC	11:11
19. Peter Jabbusch		11:18
20. Brad Newbern	EF	11:22
21. Paul Jenkins	STC	11:24
22. Jack Coggeshall	STC	11:30
23. Eric Jabbusch		11:33
24. Jason Beckman	EF	11:36
25. Casey Carroll	CTTC	11:48
26. Patrick Kain		11:51
27. Jason Walker	STB	11:52
28. Ben Van Pelt	EF	11:52
29. John Bennett	EF	12:06
30. Tommy Mason	EF	12:17
31. Mike Foster	EF	12:17
32. Aaron Amisault	CTTC	12:49
33. Alex Reed	NYC	12:50
34. Michael Collins		13:11
35. Michael Scott	STB	13:34
36. Phil Lambert	CTTC	15:47

Qualified Teams for Regionals

Scarborough Track Club
Stoworth Falcons
Chebeague Island Track Club

11-12 girls 1.7 mile course

1. Sharon Ray	CTTC	10:29
2. Michelle Johnson	CTTC	10:44
3. Jill Decker	CTTC	10:49
4. Brian Booth	CTTC	10:58
5. Lenora Walker	CTTC	10:58
6. Tracey Pooler	CTTC	11:07
7. Stephanie Keane	CTTC	11:24
8. Kristin Andrews	CTTC	11:28
9. Melanie Lander	EF	11:30
10. Missy She	EF	11:30
11. Donna Weatherman	CTTC	11:32
12. Kelly Millgrove	CTTC	11:32
13. Angela Small	CTTC	11:38
14. Kerry Shea	EF	11:45

15. Katrina Colucci	CTTC	11:49
16. Erin Herbert	CTTC	11:53
17. Diana Du Rice	CTTC	12:06
18. Tamara Scholz	LTC	12:10
19. Denise Marlow		12:12
20. Tawny Balanquer	STB	12:19
21. Diane Delham	LTC	12:24
22. Julie Walker	STB	12:26
23. Wendy Buffington		12:34
24. Pamela Dalton		12:38
25. Beth Gleason	CTTC	12:44
26. Jennifer Ray	CTTC	12:56
27. Kelli Anderson	EF	13:11
28. Tina Fortin	STB	13:19
29. Tanya Gauthier	STB	13:26
30. Susan Buffington		13:31
31. Owen Carter	EF	13:42
32. Allison Anderson	EF	13:59
33. Jennifer Cowgrove	STB	14:11
34. Jennifer Shepard	EF	14:33
35. Heather Lander	EF	14:45
36. Kathy Merry	LTC	16:11
37. Jenkin Madson	EF	no time

Qualified Teams for Regionals

Chebeague Island Track Club
Stoworth Falcons
Sabattus Trail Blazers

13-14 boys 2.65 mile course

1. Doug MacDonald	STC	14:54
2. Sean Doody	STC	15:28
3. Paul Kicuputi	STC	15:32
4. Art Orisko	STC	15:42
5. David Fritz	STC	16:03
6. Steve LaPointe	STC	16:04
7. Chris Metcalf	STC	16:08
8. Chris Lyford	STC	16:19
9. Gary Ballster	EF	16:21
10. Tony Trask	STC	16:23
11. Alex Grant		16:24
12. Damien Marsh	STC	16:27
13. Brent Leighton	STC	16:34
14. Michael Jordan	CTTC	16:41
15. Mark Mattson		16:43
16. Mark Stover		16:50
17. Kevin Wells	STC	16:53
18. Stephen Burroughs	STC	16:54
19. John McCormack		16:57
20. Mike Lemaand	STC	17:01
21. Rick Cote	STC	17:08
22. Danny Wilson	STC	17:09
23. Lee Henderson	EF	17:25
24. Ralph Karam	STC	17:29
25. Marnie Ertha	STC	18:08
26. Nick Ty	STC	18:25
27. Bonnie Cloutier	STB	18:35
28. Steven Cain		18:53
29. David LaFavor	STB	18:58
30. Timothy McCormack		19:00
31. Joseph Carlin	CTTC	19:08
32. Dennis Cloutier	STC	19:09
33. Eric Lovejoy	STC	19:14
34. Wendell Collins II	STC	20:36
35. Gregory Baxter	STC	20:50

Qualified Teams for Regionals

Scarborough Track Club

13-14 girls 2.65 mile course

1. Susannah Beck	LTC	17:04
2. Karen Sprague	LTC	17:31
3. Jennifer Bulfe	LTC	17:47
4. Dawn Darling	LTC	18:17
5. Donna Peck	LTC	18:25
6. Jill Walker	STB	18:33
7. Angela Sonarrigo	LTC	18:41
8. Julie Boord	LTC	18:47
9. Chris Whitmore	EF	18:53
10. Kelly Blankhorn	CTTC	19:04
11. Sandy Turcotte	STB	19:14
12. Michelle Davis	EF	19:16
13. Carole Blithman	LTC	19:16
14. Jennifer Madman	EF	19:23
15. Michelle Merry	LTC	19:30
16. Lisa Milne	CTTC	19:38
17. Darryl Towle		19:42
18. Katy Roy	LTC	19:51
19. Pam Manalick	LTC	19:59
20. Kim Williken	CTTC	20:17
21. Julie Haxsart	LTC	20:57
22. Stacy Danbois		21:01

23. Tanya Habel		21:06
24. Joanne Young		21:44
25. Dee Dee Dalcou	EF	21:59
26. Jan Goggin	LTC	22:01
27. Jane DeBlois	LTC	22:28
28. Jane Tanczel	STB	24:15

Qualified Teams

Lakers Track Club

15-16 boys 3.2 mile course

1. Ric Schaaf	STC	17:16
2. Stary Bryant	STC	17:22
3. Scott Roberts	STC	17:23
4. George Bockus	STC	17:27
5. Mike Hersow	STC	17:39
6. Jeff Pomroy	STC	17:42
7. David O'Connell	STC	17:46
8. Randy Gardella	STC	17:47
9. Richard Brooks	STC	17:55
10. Alan Childs	CITC	17:58
11. Chris Comstock	STC	17:59
12. Lonnie Moody	STC	18:01
13. Mike Gordon	STC	18:03
14. Erich Reed	STC	18:04
15. Mike Cizillo	CITC	18:04
16. Matt Harrois		18:11
17. Keith Johnston	LTC	18:11
18. Bill Hansen	CITC	18:13
19. Randy Wilcox	LTC	18:18
20. Robert Hillgrove	STC	18:20
21. Doug Bailly		18:24
22. Ricky Reed	STC	18:37
23. Don Rae		18:43
24. Marc Bourquin		18:44
25. Bill Baxter	EF	18:45
26. Pat Dimick	STC	18:48
27. Mike Turner		18:57
28. Richard Clonan	STC	19:03
29. Barry Peabody	STC	19:04
30. Jon Noonan	STC	19:05
31. Jeff Porter	CITC	19:06
32. James Legere		19:07
33. Shawn Chandler	CITC	19:11
34. Mike Wilson		19:12
35. Barry Hopkins		19:27
36. Ben Millie		19:27
37. Kevin Wadleigh	STC	19:29
38. Joe Slowinski	STC	19:33
39. Paul Ruzo	CITC	19:39
40. Scott Leeman		19:40
41. Norman Jackson		19:41
42. Stephen Morton	CITC	19:45
43. Chris Cash		19:48
44. James Leonard	STC	19:49
45. Gary Tapesotte		19:55
46. Al Garrison	STC	20:01
47. Charney Weitzman	STC	20:03
48. James Porter	CITC	20:03
49. Steven Lasey		20:18
50. James England		20:39
51. Steve Violetta		20:39
52. Fred Brown		20:50
53. Joey Kline		20:50
54. John Masler		20:54
55. John Duros	STC	21:16
56. Ken Haller	STC	21:24
57. Ron Langway	CITC	21:52
58. Roland Scooter		22:02
59. Bruce Jardine		22:23
60. Mark Barney		22:30
61. Mark Hoxar		22:32

Qualified Teams

Scarborough Track Club

Chabesque Island Track Club

15-16 girls 3.2 mile course

1. Christine Snow	LTC	19:59
2. Kristen Lindquist	LTC	20:13
3. Lisa Waken	LTC	20:27
4. Tina Buffington	LTC	21:09
5. Kelly Hawkins	LTC	21:10
6. Terri Grosse	LTC	21:30
7. Charlene Knight	LTC	21:41
8. Angela Corson	LTC	21:44
9. Rachel Vallieux	LTC	21:44
10. Chris Fisher	LTC	21:44
11. Kathy Tracey	LTC	21:50
12. Michelle Jordan	CITC	21:51
13. Abbie Scholz	LTC	21:57

14. Laurie Walters	LTC	22:02
15. Carrie Meahan	CITC	22:03
16. Andrienne Crowley	CITC	22:05
17. Theresa Witham	LTC	22:08
18. Kallie Stratton	LTC	22:14
19. Carolee Bradley	LTC	22:26
20. Laurie Jasper	CITC	22:29
21. Corinna Fritz	LTC	23:13
22. Linda Roberts	LTC	23:40
23. Robin Townsend		23:50
24. Rebecca Bryer	LTC	24:07
25. Becky Gervais	CITC	24:21
26. Catharine Luce	LTC	25:25
27. Wendy Pooler	LTC	25:57
28. Dawn Vance	LTC	25:59
29. May-Lou Laviere		27:01
30. Rebecca Oliver		29:19
31. Anne Pecteau	CITC	29:24

Qualified Teams

Lakers Track Club

Chabesque Island Track Club

17-18 boys 3.2 mile course

1. Paul Flissey	LTC	16:48
2. Chris McMann	LTC	17:15
3. Jason Hamilton	CITC	17:20
4. Seamus O'Sullivan	LTC	17:25
5. John Fitzgerald	LTC	17:27
6. Wendall Blood	LTC	17:34
7. Greg McLaughlin	LTC	17:47
8. David Mangus	LTC	17:45
9. John Haller	LTC	17:47
10. Joe Anderson	CITC	17:52
11. Eric Pendleton		17:54
12. Jon Rummel		17:56
13. Steve Pearing	CITC	17:57
14. Robert Wadleigh	LTC	18:01
15. Gene Colley	LTC	18:02
16. Laurence Marietta	LTC	18:03
17. Phil Gregory	LTC	18:10
18. Mark Stillings	LTC	18:11
19. Russell Stegmuller		18:13
20. Andy Peacock	LTC	18:13
21. Robin Hayes		18:20
22. Eric Gamaga	CITC	18:23
23. Matthew Scott	LTC	18:24
24. Steven Gegal	CITC	18:25
25. Oakryl Boynton	CITC	18:36
26. Eric Anderson	CITC	18:28
27. Billy Jenkins	LTC	18:38
28. Matthew Dunlap	LTC	18:42
29. Tim Quirion	LTC	19:14
30. Lee Stover		19:22
31. Craig Everett		19:22
32. Bert Chasse		19:33
33. Patrick Damon	LTC	19:35
34. Tom Doten	LTC	20:30
35. Dan Bailly	LTC	21:33
36. Thurston Searfoos	CITC	21:42

Qualified Teams

Lakers Track Club

Chabesque Island Track Club

17-18 girls 3.2 mile course

1. Virginia Connors	STC	19:59
2. Correen Leavitt	STC	20:06
3. Theresa Lewis	STC	20:37
4. Sue Ertha	STC	20:48
5. Julie Fritz	STC	20:59
6. Emily Higgins	STC	21:02
7. Janet Jennings	STC	21:12
8. Mary Keenan	CITC	21:24
9. Sandra Powell	STC	21:59
10. Rebecca Lemay	STC	22:16
11. Lisa Smith	STC	22:26
12. Trane Trumble	STC	22:52
13. Brenda Childs	STC	22:54
14. Tinnie Gleason	STC	23:03
15. Devon Chesterton	STC	23:08
16. Wendy Thorpe		23:17
17. Celeste Fortin	STC	23:44
18. JoAnn Pione	STC	23:52
19. Mallissa Knutson	STC	27:02

Qualified Teams

Scarborough Track Club

FOURTH ANNUAL SEMPER FIVE

Yopshaw

7 Nov

1. Rock Green	28:33
2. Richard Wells	30:04
3. Art Warren	30:19
4. Michael Friel	30:30
5. Kelsey Hewson	30:32
6. Russ Stegenolles	30:43
7. Brian Warren	31:21
8. Kevin Dunn	31:25
9. Rick O'Neill	31:37
10. Greg Emerson	31:41
11. James Hushenat	31:43
12. Cecil Howell	31:44
13. Roger Zimmerman	31:45
14. Les Nicely	31:46
15. Bruce King	31:49
16. Joey Hutchins	31:57
17. Ian Winchester	32:47
18. Fred Ward	33:00
19. Joe Regali	33:01
20. Diane Fournier	33:08*
21. Darrel Sevy	33:18
22. Steve Swindells	33:22
23. Arthur Teme	33:33
24. Tom Doten	33:42
25. Debbie Sawyer	33:45*
26. Martin Barron	33:49
27. Brian Cosgrove	33:50
28. Damien Marsh	33:59
29. Jon Molkow	34:00
30. Dave Toothaker	34:12
31. Phil Soula	34:28
32. Gary Hamilton	34:35
33. Robert Alafe	34:54
34. Charlie Gordon	34:55
35. Kevin Walls	34:58
36. Chris Bushlaun	35:10
37. Tim Lawrence	35:11
38. A.E. "Grif" Griffin	35:12
39. Jeffery Denchile	35:15
40. John Edmonson	35:18
41. Hal Rubin	35:42
42. James Chase	35:54
43. Mitch Ly	35:57
44. John Parks	35:59
45. Evelyn King	36:17*
46. Jane Waddle	36:28*
47. Martin Desmarais	37:10
48. Mo Morin	37:20*
49. Marcia McElley	37:47
50. Heather Higbee	38:05*
51. Perry Clark	38:47
52. Scott Albert	38:48
53. Robert Cushman	38:49
54. Walter Ashley	39:02
55. Bryant Laverdiere	39:18
56. Ann Gurnella	39:20
57. Tommy Somerville	39:38
58. William Harton	39:39
59. Deborah Hewson	39:43*
60. W.D. Sanford	40:10
61. Craig Sanborn	40:26
62. Hugh Lamaster	40:50
63. Steven Douglas	41:03
64. Peter Conley	41:08
65. Janet Carter	41:26*
66. Pamela Manelick	41:30*
67. John Gleason	41:42
68. Lynne Zimmerman	41:45*
69. Fred Gage	41:56
70. Elmer Smith	42:13
71. Carolyn Gayton	42:47*
72. John Richardson	42:51
73. John Leavitt	42:56
74. Jane Goggin	43:14*
75. Mark Foley	43:33
76. Lee Longa	43:53
77. Lindsey Hye	44:11
78. William Robertson	44:12
79. Gene Howe	45:35
80. Mark Emmons	45:45
81. Dee Nicely	45:46
82. Carl Mahoney	46:27
83. Bill Baxter	46:42
84. Bill Smith	46:50
85. Jay Robinson	48:39

Results courtesy of Jeff Rutland
Race Director

1982 SUNDY ULTRA 50 MILE RACE Brunswick Nov 14th

1. David Heinrich	42	5:22:48
2. Dave Roberts	27	5:58:30
3. Bryant Bourgois	32	6:13:59
4. Gary Allen	28	6:21:22
5. Kim Beaulieu	27	6:22:56*
Dick McPaul	38	6:22:56
7. Bill Haney	37	6:40:15
8. Darren Billings	23	6:44:23
9. Deke Talbot	33	7:03:50
10. Fred Robbins	55	7:28:44
11. Orlando Delogu	45	7:42:44
12. Tony Weisgram	37	7:53:41
13. Loren Ritchie	49	7:55:44
14. Steve Swindell	32	8:05:01
15. Shirley Packard	28	8:23:49*
16. Roger Clark	45	8:27:05
17. Carolyn Gayton	42	8:30:01*
18. Bill Fox	61	9:14:03
19. Ralph Cardarelli	50	9:18:50
20. Gary Felton	33	9:43:53
21. Roger Williams	47	9:58:18

Others completing 30 or more miles

Rock Green	42mi.	4:51
Bob Smyth	42mi.	7:23
Vern Lewis	38mi.	6:29
Tom Cannata	38mi.	6:59
Gene Case	34mi.	4:01
Bob Coughlin	34mi.	4:38
Jim Dempsey	34mi.	4:52
Brad Hammond	30mi.	3:41
John Sposito	30mi.	3:54
Jim Murphy	26mi.	2:51
Bill Gayton	26mi.	3:36
Carleton Wendell	26mi.	4:21
Charles Gordon	26mi.	4:33
Phil Soule	26mi.	4:33
Francine Carrier	26mi.	4:51

Results courtesy of Charlie Gordon
Sundy Ambassador

THE GREAT OCEAN RUN 10K Wolf Neck State Park Nov 21st

1. Peter Bright	31:46
2. Rock E. Green	33:02
3. George Towle	33:15
4. Kevin McDonald	33:52
5. Lawson Moyes	34:17
6. Ron Newbury	34:35
7. David Roberts	34:35
8. Mike Parry	35:08
9. Joe Creneau	35:31
10. Mark O'Flynn	35:40
11. Gary Cochran	36:12
12. Kurt Nielsen	36:31
13. Mike Daly	36:42
14. Richard Wells	36:50
15. Steve Ross	36:54
16. Sam Sleeper	37:02
17. Dale Carr	37:14
18. Scott Leeman	37:36
19. John Leeming	37:23
20. Paul Merrill	37:25
21. Bruce Smith	37:34
22. Halsey Newman	37:43
23. Tom Swan	37:46
24. Dean Giller	38:00
25. Steve Jordan	38:04
26. Roy Cooper	38:07
27. Chesa Gray	38:11
28. Diana Pournier	38:14*
29. Bill Fenderson	38:15
30. Bryan Casagrove	38:17
31. Steve Peterson	38:17
32. John Moncure	38:18
33. Donald Wilson	38:21
34. Joe Witcomb	38:24
35. Peter Hanson	38:31
36. Tim Dotan	38:37
37. Curtis Cote	38:43
38. Everett Maffei	38:44
39. Robert Outhbertson	38:51
40. Greg Emerson	38:51
41. John Gayton	39:05
42. Roland St. Pierre	39:06

43. David Bushay	39:16
44. John Bell	39:32
45. Larry Walden	39:58
46. Art Toms	40:03
47. Marty Callahan	40:15
48. Barry Reynolds	40:37
49. Paul Cote	41:08
50. Bob Laberge	41:12
51. Paul Dull	41:20
52. Charlie Gordon	41:27
53. Richard Merrill	41:38
54. Joe Winkampfer	41:38
55. Rick Kinette	41:44
56. Evelyn King	41:48*
57. Don Moser	41:52
58. David Casarie	41:58
59. Ron Pelton	41:59
60. Bob Millikan	42:02
61. Steve Doran	42:03
62. Gladys Dewick	42:11
63. Tom Stone	42:11
64. Ken Brennan	42:13
65. Scott Monroe	42:17
66. Mark Hoffmaster	42:34
67. Wayne Hamilton	42:44
68. Martin Damatais	42:47
69. Bruce Kingston	42:55
70. Brian Perkins	42:59
71. Robert Waddle	43:10
72. Linda Woodward	43:20*
73. Brian Brewer	43:30
74. Henry Mark	43:49
75. Don Brewer	43:54
76. Jane Waddle	43:55*
77. Barry Connell	44:00
78. Denise Messier	44:13*
79. John Guillelmo	44:17
80. Sam Ruepert	44:45
81. Dave Gugen	44:47
82. Brad Owen	45:01
83. Jerry Millett	45:12
84. Chris Simmons	45:16
85. Ethan Whitaker	45:23
86. Bruce Turgeon	45:27
87. Jerri Bushay	45:42
88. Phil Upton	45:48
89. Steve Dewick	45:58
90. Mike Walker	46:08
91. Roger Woodward	46:08
92. John Rush	46:39
93. Doug Daquett	46:46
94. Stephen Taylor	46:50
95. Ed Theriault	47:06
96. Sandi Baumgardner	47:11*
97. Scott Hutchins	47:40
98. Donna Lapierre	47:59*
99. Branton Sedgwick	48:03
100. Don Cheatham	48:05
101. David Spenginer	48:18
102. Jay Spenciner	49:02
103. Kathy Christie	49:03*
104. Mike Davis	50:31
105. Ernest Stevens	51:09
106.	
107. Caluste Perkins	52:11*
108. David Reynolds	52:31
109. Kevin Chute	52:33
110. Lois Gracki	52:38*
111. Kate Phillips	52:39*
112. Lou Walters	52:43
113. Debbie Searan	53:02*
114. Walter Christie	53:20
115. Thomas Cushing	54:01
116. Gayle Tansden	54:13*
117. Holly Maguire	54:20*
118. Maggie Christie	55:11*
119. Gail Jones	55:31*
120. Perry Bernard	55:36
121. Mary Lou Gray	56:17*
122. David Reynolds	56:21
123. Jennifer Kimball	56:35*
124. Bill Harkins	56:49
125. Jill Campbell	57:00*
126. James Miller	57:06
127. Sarah Southwell	57:14*
128. Bridget Hoxley	57:15*
129. Roger Southwell	57:38
130. Ross Davies	57:40
131. Rachel Sanschal	57:48*
132. Pat Flinders	57:49*
133. Carol Winkampfer	58:00*
134. Christine Cushing	58:10*
135. Bob Guillelmo	1:00:04*
136. Robin Walden	1:00:06*

137. Steve Cole	1:03:16
138. Laurie Brackett	1:05:09*
139. Trisha McBride	1:05:10*
140. Ruth Morrison	1:05:40*
141. Peter Howell	1:10:10
142. Gail Chalton	1:15:52*
143. Marie Chalton	1:16:37*

Results courtesy of Sheldon Rozas
Race Director

AAA/USA REGION #1 JUNIOR OLYMPIC CROSS-COUNTRY Hawson, N.Y. Nov 21st

Boys 10 and under 1K

Maine Track Club team qualified with 21 points
good for first place.

1. David Manthorne	11:09*new record
2. Scott Loomis	11:32
3. David Waken	11:46
4. Andrew Farosh	11:55
5. Daniel Lambert	12:56
6. Robert Martin	12:02
7. Brent Blackmer	12:22
8. Peter Brown	12:24

Individuals qualifying

14. Brian White	12:26
15. Greg Turner	12:29

Girls 10 and under 3K

Chebeague Island Track Club qualified by
finishing first with 36 points.
Sebastes Trail Blazers qualified by finishing
second with 79 points

1. Sarah Berry	12:21
2. Rachel Bille	12:25
3. Katy Towle	12:33
4. Amy Shur	12:51
5. Pam Robinson	12:58
6. Nan Boucher	13:05
7. Jennifer Beardon	13:18
8. Jenny Papp	13:20
9. Rosemary Dale	13:31
10. Sandra Roberts	13:33
11. Nicki Stoddard	13:41
12. Wendy Long	14:10
13. Cathy Mechas	14:37
14. Julia Labreque	14:58
15. Shannon Mennaway	16:09
16. Nicole Tallherby	16:23
17. Christina Rioux	17:59
18. Theresa Tarocotte	18:04

Girls 11-12 3K

Chebeague Island Track Club qualified by
finishing first.

1. Sharon Say	11:01
2. Michelle Johnson	11:16
3. Eliza South	11:29
4. Jill Becker	11:36
5. Tracey Poulin	11:39
6. Lenora Falke	11:41
7. Melanie Lounder	12:01
8. Stephanie Keene	12:22
9. Kristen Andrews	12:23

Boys 11-12 3K

Scarborough Track Club finished first with
28 points followed by the Ellsworth Falcons
with 80 points.

1. Robert Sprague	13:58
2. Patrick Kane	14:41
3. Ronnie Pendergast	14:46
4. Tim Barry	14:52
5. Chris Boyce	14:56
6. Mark Holmes	15:11
7. Tom Martin	15:21
8. Chris Barco	15:23
9. Jon Ives	15:25
10. Jimmy Davis	15:33
11. Rodney Hilder	15:37
12. Brian Poulin	15:46
13. Richie Handzagan	15:56
14. Brad Newnham	16:08

Girls 13-14 4K

Winning team was Lakers Track Club with 28 points.

1. Susannah Beck	16:45*
new course record*	
3. Jennifer Rolfe	17:28
5. Karen Sprague	17:41
8. Dawn Darling	18:14
11. Carrie Billheimer	18:36
12. Donna Peck	18:39
15. Julie Horne	18:47
18. Angela Romarigo	19:37
Individual	
10. Jill Walker	875 18:26

Boys 13-14 4K

Winning team was Scarborough TC with 19 points.

1. Doug MacDonald	14:53*
new course record*	
3. Art Grieko	15:33
4. Sean Doody	15:41
5. Paul Ricciardi	15:44
6. Steve Lapointe	15:52
7. Chris Lyford	15:56
8. Gary Hallett	EF 16:02
10. Damien Marsh	Indiv 16:07
13. Alex Grant	Ind 16:13
14. Dave Fritz	16:16
15. Brent Leighton	Ind 16:22
27. Chris Metcalf	17:29

Boys 15-16 5K

Scarborough TC won with a perfect score of 15. Finishing 3rd was the Chebeague Island Track Club with 74 points.

1. Rick Schaad	16:41
2. Stacy Bryant	16:45
3. George Bookus	16:58
4. Scott Roberts	16:59
5. Richard Brooks	17:02
6. Jeff Pomeroy	17:03
8. Bill Hansen	17:18
9. Keith Johnston	Ind 17:21
11. Matt Herron	Ind 17:23
13. Erich Reed	Ind 17:26
19. Mike Wilson	18:08
21. Jeff Porter	18:29
22. Steve Norton	18:49
24. Shawn Chandler	19:10
28. James Porter	19:51

Girls 15-16 5K

The Lakers took first with 17 pts.

1. Kristen Lindquist	19:23*
new course record*	
2. Lisa Wakem	19:37
3. Christine Snow	20:13
5. Tina Buffington	20:17
6. Terri Goussie	20:17
8. Charlene Knight	20:43
13. Kelly Hoskins	21:05
14. Angela Corson	21:24
Individuals	
7. Michelle Jordan	20:24
9. Rachel Veilleux	20:52
10. Corinna Fritz	20:53
11. Theresa Withee	20:55
13. Kellie Stratton	EF 21:00
15. Kathy Tracey	21:51

Boys 17-18 5K

Lakers Track Club was first with a total score of 15: CTC finished second with 63 points.

1. Paul Plissey	16:11*
new course record*	
2. Seamus O'Sullivan	16:39
3. John Fitzgerald	16:42
4. Wendell Blood	16:51
5. Chris McManis	17:04
6. Andy Pascock	17:07
7. Joe Anderson	17:12
8. Dave Marquis	17:16
9. John Hallee	17:19

10. Bob Wadleigh	Ind 17:29
11. Stephen Fearring	17:29
12. Laurence Mallette	Ind 17:33
13. Darryl Boynton	17:34
15. Eric Gamage	17:46
17. Steven Gagel	18:02

Girls 17-18 5K

The Scarborough TC was the first place club and has qualified to go to the Nationals with a perfect score of 15.

1. Virginia Connors	18:47*
new course record*	
2. Correen Leavitt	18:28
3. Theresa Lewis	19:46
4. Julie Fritz	20:16
5. Emily Higgins	20:20
6. Sue Kritha	20:49
7. Sandra Powell	21:02
Individuals	
11. Mary Neenan	21:13
12. Lisa Smith	21:23
13. Wendy Thorpe	21:42
14. Brenda Childs	21:50

8 and under (no team scoring)

Girls

2. Michelle Smith	8:02
3. Jennifer Beall	8:17
4. Colleen Beardon	8:43
5. Bridget Foley	8:44
6. Joyelle Decker	8:47

Boys

1. Beth Thornton	6:30
1. Staden Alley	6:46
7. Steve Colucci	7:08
8. Danny Hennessy	7:15
10. David Stokes	7:25
17. Greg Popp	8:39
18. Ronald Hutchins	8:39

Beth Thornton's time was a new course record for the one mile course.

Results courtesy of J. Frank Glynn
AAU/USA Jr. Olympics

BREWSTER HIGH 5K TURKEY TROT

Brewster Nov 7

1. Glendon Rand	15:11
2. Sheril Sprague	15:50
3. Glen Holyoke	15:57
4. Dick Fournier	16:25
5. Mike Cole	16:32
6. Tom Scagliarini	16:42
7. Lee Stover	16:57
8. Brian McCrea	17:05
9. Tim Marquis	17:10
10. Jeff Broome	17:27
11. Allen Rammer	17:44
12. Hal Nelson	17:46
13. Glenn Miles	17:49
14. Tim Parritt	17:50
15. Doug DeAngelis	18:12
16. Susanna Preet	18:17*
17. Carl Pierce	18:27
18. Scott Dolan	18:37
19. Lon Winchester	18:40
20. Don Ardise	19:27
21. Jerry Bryan	19:44
22. Don Ardew	19:50
23. R. Salas	20:05
24. Paula Stone	20:09*
25. John Waxley	20:19
26. Robert Cote	20:22
27. Mark Stover	20:25
28. John Davis	20:26
29. Craig Boyd	20:34
30. Tom Roberts	20:40
31. John Cluckhant	20:42
32. Cindy Lowry	21:10*
33. Bob Marzulli	21:17
34. Gerard Lacombe	21:24
35. Debbie Williams	21:28*
36. Lori Holyoke	21:35*
37. Winn Kjerstin	21:37

38. Dana Wade	21:45
39. Richard Milas	22:01
40. Edward Thompson	22:34
41. Gary Hughes	22:51
42. Peg Fournier	22:53*
43. Phillip Smith	23:01
44. Dennis Kish	23:06
45. Alton "Bump" Hadley	23:16
46. L. G. Van Pearsom	23:24
47. William Fletcher	23:37
48. Al Trase	23:36
49. Erin Crowley	24:23
50. Gordon Lenke	24:28
51. David Brooks	25:06
52. Ann Norton	25:12*
53. Harold Pressay	25:39
54. Lisa Threlow	26:18
55. Ric Page	26:24
56. Michael Fletcher	27:33
57. Richard DeVarnay	28:12
58. John Hanson	29:19
59. Andy Kish	30:23
60. Candy Green	30:35*
61. Ann Harrison	31:34*
62. Larry Lunn	31:35
63. Betty Ellen Kish	34:30*
64. Jill Kish	34:31*
65. David Linscher	41:26

Results courtesy of Ronnie Delano-Ellis
Race Director

THANKSGIVING HOLIDAY CLASSIC 4 MILE
Portland Nov 27th

1. Werner Robatschnig	20:01
2. Kim Wetlihauser	20:36
3. Brian Planders	20:50
4. Phil Meyer	21:05
5. Don Leary	21:22
6. Jerry Crommett	21:32
7. Jeff Robinson	21:48
8. John Pollazzi	22:00
9. John O'Malley	22:04
10. Joel Crotsau	22:06
11. Paul Kahoe	22:12
12. Sam Merrill	22:15
13. Frank Bruze	22:17
14. Peter Connolly	22:20
15. Tony Harrigan	22:25
16. Bob Coughlin	22:28
17. Dave Smith	22:39
18. Bob Guentz	22:59
19. Sam Giesper	23:00
20. Mike Coffee	23:01
21. Mike Guidi	23:04
22. Joel Titcomb	23:11
23. Larry Myatt	23:13
24. Barry Howgate	23:18
25. Phil Wells	23:23
26. Ken Curtis	23:25
27. John Cyr	23:37
28. Larry Barker	23:38
29. Peter Flaherty	23:57
30. Brian Coughroove	24:11
31. Chase Pray	24:13
32. Jeff Huntress	24:17
33. Lloyd Crocker	24:21
34. John Saggon	24:23
35. Tom Doten	24:24
36. Roger Fulmer	
37. Bill Wardwell	
38. Gilbert Cote	
39. Phil Soule	
40. Tom Allen	
41. James Harmon	
42. Mike Besselt	
43. Gary Hamilton	
44. Barry Gifford	
45. Richard Marino	24:59
46. Bob Pascock	25:03
47. Curtis Cote	25:15
48. Thomas Stone	25:16
49. Charles Guilletta	25:17
50. Krista Merrill	25:18*
51. Robert Tengerowski	25:27
52. Peter Holloway	25:31
53. R. Michael Fitzgerald	25:35
54. Joseph Truworth	25:36
55. Robert Laigra	25:37
56. Don Poore	25:48

45	37. Gerald Black	25:50
01	58. Rick Strout	25:53
04	59. Hank Hartman	25:54
01	60. Robert Van Wyck	25:58
02*	61. Polly Stone	26:04*
01	62. Lee Crocker	26:08
06	63. Dick Laine	26:10
06	64. Michelle Giordani	26:14*
14	65. Charles Harlow	26:18
13	66. Brian Laisille	26:21
06	67. Brenda Haller	26:29
13	68. William York	26:35
09	69. John Oullette	26:36
06	70. Rich Manette	26:38
2*	71. Donald Kapp	26:39
9	72. Katrina Harriman	26:45
8	73. Bill Biney	26:52
4	74. Pam Collow	26:54
1	75. John Gob	27:03
2	76. Richard Pierce	27:08
9	77. Jeff Phelps	27:09
3	78. Andrew Maslam	27:13
5*	79. Donald McDade	27:20
4*	80. Barbara Coughlin	27:23*
5	81. Tom Willens	27:25
0	82. Alvin Bugbee	27:29
0	83. Paul Casey	27:37
0	84. Bill Calasso	27:42
0	85. Jane Waddle	27:43*
0	86. Eric McWatt	27:44
0	87. Mike Mowgate	27:45
0	88. Robert Waddle	27:46
0	89. Rhys Harriman	28:05
0	90. Linda McGorhill	28:05
0	91. Mike Falcone	28:17
0	92. Mort Soule	28:19
0	93. Sean Donahue	28:23
0	94. Kelly Blankhorn	28:28
0	95. Peter Kanistom	28:29
0	96. Jane Colley	28:30*
0	97. M.C. Soibam	28:31
0	98. Jerle Bugbee	28:42
0	99. Dick Crupball	28:44
0	100. Denise Harlow	28:44*
0	101. Al Brunella	28:46
0	102. Dennis Merrill	28:48
0	103. Maureen D'Amboise	28:52*
0	104. Christian Smith	28:53*
0	105. Rodger Smith	28:53
0	106. Deirdre Wellahan	29:01*
0	107. Bruce Kantor	29:15
0	108. Steve Cowpenwhite	29:50
0	109. Paul Pendleton	30:35
0	110. Dick Davidson	30:38
0	111. David Pederson	31:09
0	112. Jean Bennett	31:21
0	113. Dan Atkinson	31:23
0	114. Jane Talbot	31:32*
0	115. Dick Cervizzi	31:44
0	116. David Guest	31:49
0	117. Eleanor Hony	31:50
0	118.	
0	119. Ken Farber	31:56
0	120. Dee Nicely	32:19*
0	121. K.K. Allen	32:24
0	122. Sandra Otterstrom	32:36
0	123. Margaret Soule	32:40
0	124. Steve Monney	33:25
0	125. Parian Baxter	33:34
0	126. Liene Triceno	33:50
0	127. Terry Morris	33:53
0	128. Pat Flanders	33:55
0	129. Paul Citamberlain	33:56
0	130. Frank Long	34:08
0	131. George Shur	34:24
0	132. Gerald Davis	35:08
0	133. Peter Conforti	35:41
0	134. Charles Sorignee	36:00
0	135. Brian St. Pierre	36:08
0	136. Rene Ray	36:11
0	137. Dale Doucette	36:21
0	138. Brenda Cushman	36:30*
0	139. Owen Oullette	37:05*
0	140. Ruth Morrison	37:32*
0	141. Pete Howell	41:10
0	142. W.E. Lazzette	41:47
0	143. Dian Lazzette	41:47

Results courtesy of George Towle
Race Director

MAINE SAVINGS BANK GASPIING GOBLER Augusta 1CK Nov 17th

1. Gerry Clapper	31:34
2. Harold Celus	32:38
3. Scott Wagner	33:27
4. Jeffrey Swanton	33:46
5. Ralph Fletcher	33:59
6. Steve Russell	34:07
7. Cary Coyne	34:25
8. Peter Leonard	34:28
9. Scott Roberts	34:34
10. Lawson Noyes (M)	34:36
11. Jon Mescott	34:41
12. Bill Mine	34:44
13. John Haller	35:14
14. Phil Stuart	35:27
15. Erich Reed	35:36
16. Brian McGree	35:50
17. Conrad Walton	36:12
18. Ralph Thomas	36:30
19. Michael Perry	36:33
20. Gene Maxim	36:49
21. Bob Weir	36:56
22. Lloyd Ferlie	37:03
23. Sid Hazalton	37:07
24. Gary Cochran	37:16
25. Steve Ives	37:22
26. Brian Elwell	37:39
27. Mike Simonsau	37:46
28. Pat Dimick	37:59
29. Paul Merrill	38:06
30. Mike Cameron	38:14
31. Kevin Dunn	38:37
32. John Lanning	38:38
33. Don Marden	38:40
34. Peter Bastow	38:41
35. Jeff Brown	38:54
36. Russell Christian	38:58
37. Oskar Feichtinger	38:59
38. Steve Morton	38:59
39. Craig Everett	39:04
40. Brian Ladner	39:06
41. Bill Johnson	39:08
42. Larry Allen	39:13
43. Scott Sablos	39:15
44. Neil Amalfitano	39:22
45. Robert Cuthbertson	39:25
46. Russell Martin	39:30
47. Mike Hayes	39:34
48. Bill Yates	39:37
49. Mike Carter	39:40
50. William Bartlett	39:48
51. Bruce Poliquin	40:01
52. Alfred Sheehy	40:04
53. Fred Brown	40:05
54. Chris O'Hara	40:05
55. Chad Gagnon	40:07
56. Ed Kohtala	40:08
57. Ed Miller	40:09
58. Eric Mattson	40:10
59. George Maxim	40:12
60. Roger Putnam	40:15
61. Greg Durbin	40:17
62. Bob Crosswell	40:24
63. Skip Rowe	40:26
64. Vernard Lewis	40:28
65. John Jensen	40:37
66. Kathy Kohtala	40:40*
67. Bill Seakins	40:55
68. Geoffrey Hill	41:01
69. James Floyd	41:04
70. Gary Thornberg	41:06
71. Ed Katoia	41:07
72. Peter Gagnon	41:08
73. Ron Cedrone	41:13
74. Sue Ertha	41:18*
75. Dick MacDonald	41:21
76. Larry Taylor	41:23
77. Larry Poulin	41:25
78. Timothy Childs	41:36
79.	
80.	
81. Chris Netcelf	41:42
82. Bill Gayton	41:45
83. Ron Ingham	41:51
84. John Schwerdel	41:54
85. Bob Peterson	41:56
86. Terry Fjeldheim	42:01
87. Dr. Len Sauter	42:01
88. Peter Munnella	42:06
89. Matt Dearnsky	42:06
90. Leon Monney	42:09
91. Paul Weithoff	42:10

92. Donald Gray	42:14
93. Cleon Cook	42:14
94. Rich Strout	42:20
95. Mark Jose	42:31
96. Chris Goodwin	42:46
97. Donald Bentley	42:49
98. Ron Paquette	42:57
99. Mark Simpson	42:57
100. Mike Monney	42:59
101. Leon Hadaris	43:01
102. Charlie Gordon	43:01
103. Marton Schiff	43:09
104. Joe Sassi	43:11
105. Bill Karwin	43:16
106. Bert Gendron	43:19
107. Carl Bowen	43:24
108. James Moore	43:25
109. Natalie Buzzell	43:30*
110. Brian Perkins	43:31
111. David Ledew	43:36
112. Michael O'Connor	43:36
113. Bill Owen	43:43
114. Susan Alaiadel	44:04*
115. Richard Fletcher	44:09
116. Ed Atiam	44:13
117. Michael Veil	44:22
118. Ronnie Dunn	44:25
119. Dave Gagan	44:26
120. Raymond Bryant	44:26
121. Von Ives	44:29
122. Rich Abramson	44:35
123. Joe Valacks	44:56
124. Robert Whitten	44:57
125. Dean Samsson	44:59
126. Gene Roy	44:59
127. Thomas Daggett	45:04
128. Gary Harroett	45:08
129. Mark Dumont	45:21
130. Paul Groves	45:22
131. Cliff Ives	45:32
132. Faya Gagnon	45:33*
133. Daniel Libby	45:40
134. Lucien Lessard	45:51
135. Denise Messier	46:01*
136. Doug Browning	46:06
137. Robert Dimick	46:08
138. Rosario Ouellette	46:13
139. Dan Merrill	46:20
140. Jerri Bushey	46:30
141. John Hall	46:35
142. Steve Van	46:36
143. Morn Rodrigue	46:39
144. Edward Thompson	46:43
145. Cindy Oakes	47:01*
146. Vicki Corcoran	47:16*
147. Rene Gendron	47:26*
148. Mardi Reed	47:37*
149. Daniel Force	48:01
150. Tim Snyder	48:08
151. Gard Rand	48:15
152. Dale Cusley	48:17
153. Richard Schade	48:19
154. Jason Ingham	48:43
155. Donna Jean Pohlman	48:56
156. Don Pruett	49:05
157. Jim Chase	49:07
158. William Toner	49:10
159. Lou Monney	49:14
160. Roger Mills	49:15
161. John Leavitt	49:17
162. Linda Best	49:25*
163. Richard Wagner	49:27
164. Gail Schade	49:34*
165. Jeff Carty	49:57
166. Betsy Barry	50:29*
167. Cole Sargent	50:33
168. Jim Ippolite	50:44
169. Robert Deever	51:01
170. Marjorie Force	51:03*
171. Phil Smith	51:05
172. Peter Burgher	51:20
173. Lynn Anne Dawes	51:22*
174. Carolyn Gayton	51:43*
175. Kathy Wade	52:15*
176. Len Walters	52:30
177. J. Lewis	52:33
178. Joyce Beckley	53:04*
179. Kate Phillips	53:04*
180. Calene Perkins	53:38*
181. Anne Norton	53:51*
182. Don Kennedy	55:01
183. Fred Greenlaw	55:33
184. Cathy Sabine	55:58*
185. Dick Sabine	55:59

186. Peter Bartelbui	56:38
187. Mark Gerardi	56:52
188. Brooks Jensen	56:53*
189. Dave Eakin	57:05
190. David Leonard	57:13
191. Lisa Thurlow	57:15*
192.	
193. Mike Levey	58:30
194. Laurie Leavitt	58:37*
195. Rebecca Tibbette	58:51*
196. Mark Marquis	59:17
197. Norma Mitten	60:44*
198. Nancy Holmes	61:39*
199. Rene Potomsky	61:39*
200. Sarah Kennedy	62:11*
201. Tara Laver	68:06*

Results courtesy of Bob Jolicoeur
Race Director

MAINE SAVINGS BANK GASPIING GOBBLER Augusta 2-5 mile Nov 27

1. Chris McMann	12:35
2. Eric Gavage	12:56
3. Lee Stover	13:02
4. Daniel Lake	13:15
5. Rit Roberts	13:33
6. Alan Childs	13:45
7. Mike Bard	13:57
8. Scott DeLong	14:02
9. Art Shea	14:09
10. Steve Roberts	14:10
11. James Leonard	14:14
12. Chris Cameron	14:49
13. Brian Horne	15:06
14. Connie Whittier	15:14*
15. Warren K. Newton	15:16
16. Paul Dall	15:19
17. Elmer Brown	15:51
18. Mike Clapper	15:56
19. Martin Des Marais	15:57
20. Abbie Scholz	15:59
21. Jeff Moore	16:01
22. Kevin Pyle	16:03
23. James Moore III	16:10
24. Mark Stebbins	16:11
25. Lenora Falter	16:13*
26. Boone MacFarland	16:14
27. Ben Lindholm	16:22
28. Seth Thornton	16:47
29. Blaine Horne	16:48
30. Perry Bernard	16:53
31. Bert Gedron	16:54
32. Diane Bolham	16:55*
33. Josh Gaynon	16:57
34. Angela Bonarrigo	17:07*
35. Ellen Spruce	17:19*
36. Robin Summers	17:20*
37. Chris Ailee	17:21
38. Lee Gavage	17:22
39. Marty Thornton	17:42*
40. Cynthia Drake	18:11*
41. Ben Yates	18:30
42. Holly Gavage	18:41*
43. Byron Barnett	18:46
44. Rene Gendron	19:04*
45. Gary Schultz	19:11
46. George Hiplock	19:21
47. Capt T.D. Hickey	19:40
48. Allison Dall	20:15*
49. Perry Bernard	20:22
50. Linda Taylor	20:24*
51. Helen Thompson	21:13*
52. Chris Allenach	21:28
53. Julie Christian	22:03*
54. John Christian	22:46
55. Sandra Christian	24:18*
56. Connie Moore	24:50*
57. Muriel Oakes	24:56*
58. Bob Goodrich	25:36
59. John Simonow	26:01
60. P. Snyder	26:07
61. Veronica Allenach	26:08*
62. Jerry Allenach	26:11
63. Timothy Simonow	26:21
64. Cherrie Stuart	26:36*
65. Nancy Fieldheim	28:51*
66. Marcie Brown	

Results courtesy of Bob Jolicoeur
Race Director

AAA/USA JUNIOR OLYMPIC NATIONALS Bonner Springs, Kansas Dec 4th

10 and under girls 1.8 miles		
92 individuals on 7 teams		
1. Ashler Olympic Club	PA	31
2. S. Lincoln TC	Neb	57
3. Rist Kiwanis Highlander		
Road Club Ind 73		
4. CITC	ME	138

1. Melissa Banner	PA	11:43
31. Sarah Barry		13:13
35. Rachel Silke		13:20
49. Jennifer Beardon		13:44
58. Jenny Popp		14:04
69. Nicki Stoddard		14:22

10 and under boys 1.8 miles 112 individuals on 9 teams

1. Valley Striders	Calif	53
2. MTC		76
3. S. Lincoln TC	Neb	108
1. Peter Priffith	Calif	11:14
6. David Manthorne		11:23
13. Scott Loomis		11:42
26. Bobby Martin		12:03
41. Andy Karosh		12:14
49. Dan Lambert		12:43
50. Dave Lambert		12:43
74. Peter Brown		13:21
79. Jon Karosh		13:35

11-12 girls 1.8 miles 125 individuals on 11 teams

1. S. Lincoln TC	Neb	42
2. Flushing Bayside	N.Y.	87
3. CITC	ME	91
1. Ellie Runica	Neb	10:51
6. Sharon Bay		11:33
19. Michelle Johnson		11:42
30. Lenora Falter		12:02
31. Elise Booth		12:03
40. Amy Shnur		12:15
46. Jill Becker		12:18
49. Kristin Andrews		12:23
57. Sandy Roberts		12:32
90. Stephanie Keene		13:18

11-12 boys 1.8 miles 131 individuals on 10 teams

1. Valley Striders	Calif	65
2. S. Lincoln TC	Neb	68
3. Scarboro TC	Me	74
1. Mark Macgrove	Neb	10:23
9. Bobby Sprague		10:51
15. Pat Evans		11:08
31. Mark Holmes		11:37
33. Tommy Martin		11:39
59. Jon Ives		11:51
76. Tim Barry		12:02
80. Brian Poulin		12:03
89. Chris Boyle		12:13
108. Chris Rando		12:33

13-14 girls 2.4 miles 124 individuals on 10 teams

1. Ashler Olympic Club	PA	35
2. Lakera Track Club	ME	68
3. Duke City Striders	N.M.	94
1. Kristen Borgoyne	PA	15:03
4. Susannah Beck		15:25
19. Jennifer Rolfe		16:02
25. Dawn Darling		16:09
27. Karen Sprague		16:12
48. Jill Walker		16:42
50. Donna Peck		16:43
85. Carrie Millheimer		17:32
87. Julie Horne		17:33

13-14 boys 2.4 miles 172 individuals on 17 teams

1. Geni TC #1	Ind	20
---------------	-----	----

2. Blackfoot TC	Mon	129
3. Scarboro TC	ME	143
1. David Keller	Kan	12:57
17. Doug MacDonald		13:53
43. Art Drisko		14:27
50. Sean Doody		14:30
69. Paul Ricciardi		14:34
76. Damien Marsh		14:43
79. Gary Hallett		14:44
80. Chris Lyford		14:46
83. Dave Fritz		14:48
103. Alex Grant		15:07
108. Steve Lapointe		15:11
124. Brent Leighton		15:30
134. Chris Metcalf		15:33

15-16 girls 3.1 miles 166 individuals on 4 teams

1. Ashler Olympic Club	PA	33
2. Lakera Track Club	ME	38
3. Woodside Striders	CA	108
1. Kathy Smith	Texas	17:07*
7. Kristin Lindquist		18:45
8. Lisa Wake		18:46
21. Christina Snow		19:14
22. Terri Gousses		19:21
27. Tina Buffington		19:28
29. Charlene Knight		19:35
30. Kelly Hoskins		19:36
40. Theresa Withee		19:57
41. Rachel Veilleux		19:59
45. Michelle Jordan		20:13
48. Corinna Fritz		20:19
54. Kathy Tracey		20:37
58. Angela Corson		20:52

*Broke existing record by a full minute
and was voted the outstanding female
performer.

15-16 boys 3.1 miles 145 individuals on 9 teams

1. Scarboro Track Club	ME	39
2. Gun Lap Track Club	MO	50
3. Sanger Striders	Calif	63
1. Jody Fischer	Wyom	15:19
6. George Bockus		15:47
12. Stacy Bryant		15:57
13. Ric Schaaf		15:58
17. Jeff Ramsey		16:04
25. Scott Roberts		16:11
28. Matt Herron		16:13
42. Richard Brooks		16:29
49. Bill Ransen		16:33
56. Alan Childs		16:36
69. Keith Johnston		16:50
78. Brian Reed		16:58

17-18 girls 3.1 miles 56 runners on 4 teams

1. Scarboro Track Club	ME	38
2. Woodside Striders	Calif	40
3. Ham-ond TC	Ind	52
1. Barbara Gaemalen	Calif	17:57
3. Virginia Comore		18:07
5. Correen Leavitt		18:22
11. Theresa Lewis		18:50
12. Sue Bertha		19:07
13. Julie Fritz		19:21
17. Mary Neeshan		19:29
19. Emily Higgins		19:30
25. Lisa Smith		20:00
27. Sandra Powell		20:21
31. Wendy Thorpe		20:33
32. Brenda Childs		20:42

17-18 boys 3.1 miles 164 individuals on 4 teams

1. Dolphin Reading TC	PA	98
2. Kansas City N. Stars MO		119
3. W. Country TC	PA	134
4. Lakera Track Club	ME	169
1. Lacey Rivers	Calif	15:02*
7. Paul Pillesky		15:19
44. Chris McMann		15:52
51. Seanus O'Sullivan		15:57

67.	John Fitzgerald	16:06
68.	Wendell Block	16:07
77.	Joe Anderson	16:11
94.	Steve Fearing	16:28
99.	Andy Peacock	16:32
100.	Jon Hallee	16:33
101.	David Mangus	16:33
105.	Darryl Boynton	16:35
107.	Laurence Maietta	16:36
111.	Robert Wadleigh	16:38
129.	Eric Gamage	17:03

*Broke existing record and was voted the outstanding male performer.

Results courtesy of J. Frank Glynn
AAU/USA

MAINE BRINGS HOME TEN ALL AMERICANS

by Jeanne Manthorne
Cape Elizabeth

100 Maine youngsters ranging in age from 8 to 18 were proud to have qualified to compete in the National AAU Junior Olympics X-Country Championships held in Bonner Springs, Kansas. 1800 runners from all over the U.S. registered to compete in the largest ever National AAU X-Country event.

Amid occasional mist and cool temperatures 100 sure footed athletes from Maine competed in an admirable fashion. Ten Maine individuals in various age categories finished in the top ten. Virginia Connors, Cape Elizabeth, was third in the 17-18 girls division; Coreen Leavitt, standout USM freshman was fifth in the same division. Paul Plissey of Presque Isle was the seventh runner across the finish line in the 17-18 year old boys division. The 15-16 girls division included two top ten finishers: Kristin Lindquist of Camden-Rockport was seventh and Lisa Wakem of Scarborough, finished eighth. George Bockus of Edward Little was sixth in the 15-16 boys division. Susannah Beck of Waynflete finished fourth in the 13-14 girls ranks. Sharon Bay of Portland finished sixth in the 11-12 girls group. Bobby Sprague of Gray was ninth in the 11-12 boys and Dave Manthorne of Cape came in sixth in the 10 and under boys ranks.

Besides individual winners, Maine also

brought home 8 team championship awards: 2 gold, 3 silver and 3 bronze. The Gold Medals were captured by the 17-18 girls team, representing the Scarborough Track Club. Setting the pace was Virginia Connors followed by Coreen Leavitt, Theresa Lewis, Sue Ertha, Emily Higgins Julie Fritz and Sandy Powell. Also bringing home the Gold was the 15-16 boys team from the Scarborough TC led by the outstanding performance of George Bockus that included Jeff Pomeroy, Dick Brooks, Stacy Bryant, Erich Reed, Scott Roberts and Ric Schaaf. Silver medal winners were the 10 and under boys representing the Maine Track Club led by Dave Manthorne and including Scott Loomis, Bobby Martin, Andrew Karsch, David Wakem, Danny Lambert and Jon Karsch. 13-14 girls team representing the Lakers and led by Susannah Beck, included Jennifer Rolfe, Dawn Darling, Karen Sprague, Donna Peck, Carrie Billheimer and Julie Horne. 15-16 girls representing the Lakers led by the dynamic duo of Kristen Lindquist and Lisa Wakem, included team members Christine Snow, Terry Gousse, Tina Bufington, Charlena Knight, Kelly Hoskins, and Angela Corson. Bringing home the bronze for the Chebeague Island Track Club was the 11-12 year old girls team paced by Sharon Bay. Members were Jill Decker, Lenora Felker, Kristen Andrews, Eliza Booth, Michelle Johnson and Stephanie Keene. Other bronze medal team winners were the 13-14 boys led by Doug MacDonald of Waterville, who, despite an injury sustained during the race showed the courage to finish 17th overall and led his team (Scarborough). Others on the team were Arty Drisko, Sean Dooxy, Paul Riciputi, David Fritz, Chris Lyford, Chris Metcalf and Steve LaPointe. The final bronze medal winner was the 11-12 boys team representing Scarborough. Following the able leadership of Bobby Sprague were team members, Tommy Martin, Tim Berry, Chris Ranko, John Iver, Pat Kamm, Mark Holmes and Brian Poulin.

"Sporting Goods for All Seasons"

the Good Sports

3 Pleasant St Brunswick



RACE DIRECTORS!

Suppose you gave a race and no one came?

Make sure your race is mentioned in the Maine Running Annual Edition due out on February first. Send your 1983 race date, location, starting time, fee, distance, awards, and contact person, address and phone number to MR before the January 10th deadline. We want the 1983 calendar to be the most complete ever. And while you are at it, plan now to run your race flyer in Maine Running at least once before the big event. All we need are 700 copies of your flyer and a check for \$15. Better still mention that the complete results of your race will be published in Maine Running Magazine and make that check out for only \$12. If you would prefer that we do all the printing, send a photo-ready entry blank on white paper to us and we'll print it and insert it into our magazine for just \$50.



Amerrec Tunturi
Home Gym

Now there's an exercise system you can live with: the Amerrec Tunturi Ergometer, Cardio Cycle and Rowing Machine. The Ergometer has a balanced flywheel and work-load scale for programmable exercise. The Cardio Cycle is the economical answer for a quality bicycle exerciser. The Rowing Machine has a sliding seat and two hydraulic rowing bars for a natural even stroke. All feature solid Finnish construction, adjustable work-load settings, and easy storage. See the Home Gym today!

Exercise You Can Live With.

Bicycle World

Home Fitness Center

92 Central St. • Bangor
945-6757

TROPHIES & AWARDS



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

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

S!
me?



The First Annual Frost Bite 5K

Sponsored by: New Balance Shoes and Dollars for Scholars



DATE: February 19, 1983

TIME: 11:00 AM

PLACE: Skowhegan Area High School, Skowhegan, Maine

AWARDS IN EACH CATEGORY:

1st Prize: One pair of New Balance 990 Running Shoes

2nd Prize: One pair of New Balance 660 Running Shoes

3rd Prize: One pair of New Balance 440 Running Shoes

ENTRY FEE: \$4.00 in advance

\$5.00 the day of the race

Make checks payable to Dollars for Scholars

CATEGORIES: Male and female

16 and under

17 - 29

30 - 39

Masters (40+)

New Balance long sleeve T-shirts to the first 80 registrants

Refreshments will be available after the race--chili and drinks

Heated waiting area - Showers and lockers (Please bring padlocks)

In consideration of this entry being accepted I for myself, my heirs, administrators and assigns, hereby waive and release any and all rights, and claims I may have against the sponsors of this event. I also release the rights to all photographs to the sponsors of the race for current or future publicity purposes.

Name _____ Age _____ Sex _____

Address _____ Zip Code _____

Phone _____ T-Shirt Size S M L

School or Organization _____

Signature _____

Parents signature if under 18 _____

Mail to Dollars for Scholars, Skowhegan Area High, Skowhegan, ME 04976

WHERE: Katahdin High School

WHEN: Saturday, February 12, 1983 - 11: A.M.

HOW MUCH: 5 big ones or a hair less. Yardstick measured.

FACILITIES: Restrooms - showers at Katahdin High School on Route 11, Sherman Exit, I-95. Outhouses available if pipes are frozen.

REGISTRATION: \$5.00 - Registration at 9:30 on day of race.

AWARDS: Fifty pounds of Grade A spuds to 1st male & female over all plus trophies. Trophies to 1st and 2nd finishers in each category. Surprise drawings.

CATEGORIES: 13 & under 40 - 49
 14 - 19 50 & over
 20 - 29 1st gray-haired UMO extension
 30 - 39 runner with Fox on back
 Mean runner gets a genuine honest-to-goodness skidder ride!
 Team trophy - 1st 3 runners.

OTHER INFO: Refreshments, long sleeved T-shirts to first 75 runners.
 Time splits each mile - Snow when thirsty!!

COURSE: Bussed to start. Shotgun start, courtesy of McLaughlin Shot Co. 75% downhill and flat.

SPONSOR: KATAHDIN TRUST CO.

CHALLENGE: This little diamond in the rough will be held regardless of weather. If it's a blizzard, let your friends say: "You're a jerk!!" and prove em right.

COURSE RECORDS: Rusty Taylor 25.31 Paula Stone 33.03

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

Signature:
 Parents signature is required if participant is under 18

Name:

Address:

City: State:

Zip: Age: Sex:

Division: 13 & under 30 - 39

(age) 19 & under 40 - 49

20 - 29 50 & over

Team

Mail entry and fee to:

Loren Ritchie or
 Barry McLaughlin
 Katahdin High School
 Sherman Station
 Maine 04777
 Tel.: 365-4218

Check payable to: Katahdin High School

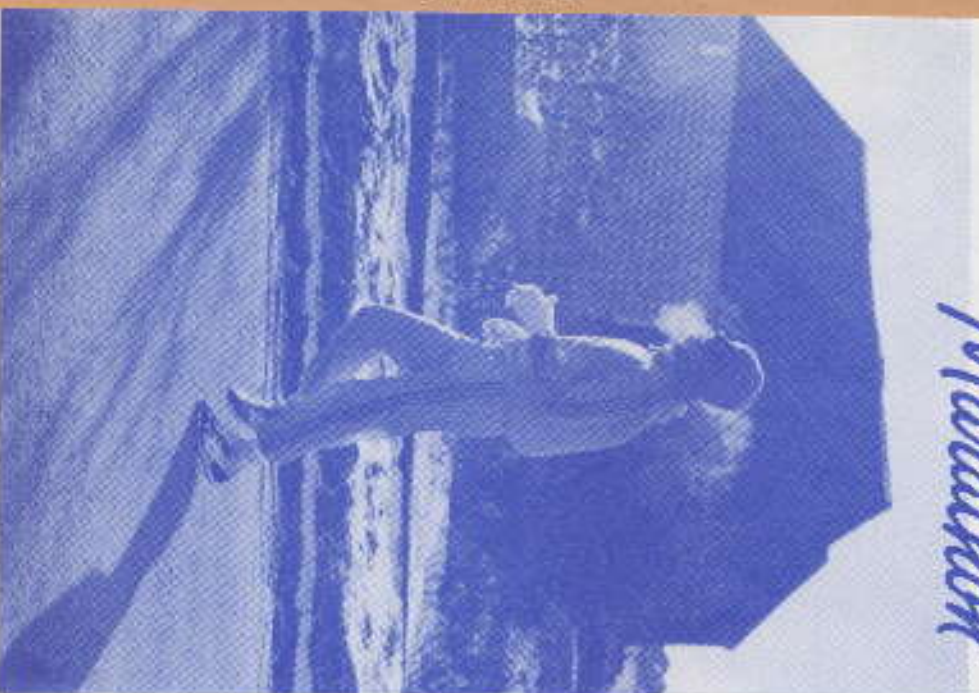


2nd Annual WILD KATAHDIN TRUST SNOW RUN

All you could ever want on a nippy February morning!! A touch of class in Woods Runners country. Come - freeze your butt!!

- WHERE:** Katahdin High School
- WHEN:** Saturday, February 12, 1983 - 11: A.M.
- HOW MUCH:** 5 big ones or a hair less. Yardstick measured.
- FACILITIES:** Restrooms - showers at Katahdin High School on Route 11, Sherman Exit, I-95. Outhouses available if pipes are frozen.
- REGISTRATION:** \$5.00 - Registration at 9:30 on day of race.
- AWARDS:** Fifty pounds of Grade A spuds to 1st male & female over all plus trophies. Trophies to 1st and 2nd finishers in each category. Surprise drawings.
- CATEGORIES:**
- | | |
|---|-------------------------------|
| 13 & under | 40 - 49 |
| 14 - 19 | 50 & over |
| 20 - 29 | 1st gray-haired UMO extension |
| 30 - 39 | runner with Fox on back |
| Mean runner gets a genuine honest-to-goodness skidder ride! | |
| Team trophy - 1st 3 runners. | |
- OTHER INFO:** Refreshments, long sleeved T-shirts to first 75 runners. Time splits each mile -- Snow when thirsty!!
- COURSE:** Bussed to start. Shotgun start, courtesy of McLaughlin Shot Co. 75% downhill and flat.
- SPONSOR:** **KATAHDIN TRUST CO.**
- CHALLENGE:** This little diamond in the rough will be held regardless of weather. If it's a blizzard, let your friends say: "You're a jerk!!" and prove em right.
- COURSE RECORDS:** Rusty Taylor 25.31 Paula Stone 33.03

Sri Chinmoy Inspiration Marathon



Sponsored by

The Sri Chinmoy Marathon Team with the co-operation of Hampton Selectmen and Winnacunnet High School.

Start and Finish

Winnacunnet High School, Hampton, N.H., Hampton, New Hampshire

Services to Runners

- Sanctioned by the RRCA
- Certified course
- Mile markers, splits, water & FRG stations every mile
- Baggage check-in area
- Restroom facilities
- Showers available
- Post-race meal

Awards

- Trophies for men and women: 16-39, 40-49, 50-59, 60 & over.
- Results and certificates will be mailed to all finishers.

Entry Information

- Mailed in pre-entry must be postmarked prior to February 1.
- Entries postmarked after February 1 will be returned; day of race entries accepted.
- Minimum age is 16.

Entry Fee

- \$5 pre-entry, \$9 with T-shirt.
- \$6 day of race, \$11 with T-shirt.

Check-In and Late Registration

Day of race, 5:45 a.m. at High School. Snow or shine. No refunds.

Mail Check and Application Form to

Ripin Larkin, Race Director
Sri Chinmoy Marathon Team
150-47 87th Avenue
Jamaica, NY 11432

For Information Call

(212) 523-5053
or (212) 526-9334

Directions

Take I 95, exit on Route 51 E to Hampton, New Hampshire. Follow signs for Route 1 North, Hampton. After exit, take the second road on the right (Park Avenue).

Comments from Runners

"This is my 15th marathon. Yours was the best organized . . . best laid out. The workers were friendly and the food was terrific."
"You and your entire staff deserve the highest of praise for conducting the best organized race I've ever seen. It could not have been improved upon . . . Truly an inspirational event."

Course Records

Men: David Severance, Belmont, NH - 2:24:19
(New Hampshire State Record)
Women: Amy Moss-Leeds, Williamantic, CT - 3:13:44

8:00 a.m.
Sunday, February 6, 1983
Hampton, New Hampshire

Maine Road Ramblers

SnoFest

5 MILE ROAD RACE



DATE: Sunday, January 30, 1983

TIME: 12 Noon

PLACE: Univ. of Maine at Augusta at the rear of the Augusta Civic Center. Locker rooms, showers and refreshments will be available. Splits will be at 1 and 3 miles. Wheel measured. Moderate terrain.

REGISTRATION: 10:30 - 11:45 A.M. at the rear of the Augusta Civic Center. Entry fee of \$2.00 plus SnoFest Ticket (\$1.) SnoFest Ticket entitles holder to attend other SnoFest events (Jan. 22 - Feb. 6) and a chance to win the Grand Prizes to be drawn on Feb. 16. Tickets may be purchased at the registration desk.

AWARDS:

MALE

First 5 places
 13 & under: 1st
 14-18: 1st
 19-29: 1st, 2nd
 30-39: 1st, 2nd, 3rd
 40-44: 1st
 45-49: 1st
 50 & over: 1st

FEMALE

First 3 places
 13 & under: 1st
 14-18: 1st
 19-29: 1st, 2nd
 30-39: 1st, 2nd
 40 & over: 1st

INFORMATION: Call Marty Weiss, 622-1964, or Barbara Godfrey, 622-7734.

SPONSORS: Maine Road Ramblers, in cooperation with the UMA Recreation Department.

REGISTRATION

5th ANNUAL SNOFEST 5 MILE ROAD RACE

In consideration of this entry being accepted, I for myself, my heirs and assigns waive and release any and all rights and claims or damages I may have against any sponsor, their representatives, successors and assigns for any and all injuries suffered by me at said race.

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____

SIGNATURE: _____ DATE: _____

PARENT'S SIGNATURE (for runners under 18) _____

cord of
I have
and all
admit
in con
SIGNATURE
Birth Date
Age
on race day
City
Mailing Address
Team Name
Last Name
Place

The Great Caribou Bog Wicked Winter Ski Tour & Race

OFFICIAL ENTRY FORM

CLASS (Check one)	Junior boys	_____	High school team	_____
	Junior girls	_____	Family team	_____
	Senior men	_____	College/Univ. team	_____
	Senior women	_____	Independent team	_____
	Master men	_____		
	Master women	_____	Team Name:	_____

	<u>Name</u>	<u>Age</u>	<u>Mailing Address</u>
(1)	_____	_____	_____
(2)	_____	_____	_____
(3)	_____	_____	_____
(4)	_____	_____	_____
(5)	_____	_____	_____

RELEASE: The following must be signed by each entrant in order to participate in this event. If you do not accept or fully understand the conditions below, DO NOT COMPETE in this event.

I, undersigned, know that Nordic skiing is an action sport carrying significant risk of personal injury. Racing is even more dangerous. I know that there are natural and man-made obstacles and hazards, surface and environmental conditions, and risks which in combination with my actions can cause me very severe or occasionally fatal injury. I agree that I, as a participant, must take an active role in understanding and accepting these risks, conditions, and hazards. I also agree that I, and not the organizing committee or its staff, or the sponsoring organizations, am solely responsible for my safety while I participate in or train for these events.

	<u>Signature</u> <u>(Competitor)</u>	<u>Date</u>	<u>Signature</u> <u>(Parent or guardian if under 21)</u>
(1)	_____	_____	_____
(2)	_____	_____	_____
(3)	_____	_____	_____
(4)	_____	_____	_____
(5)	_____	_____	_____

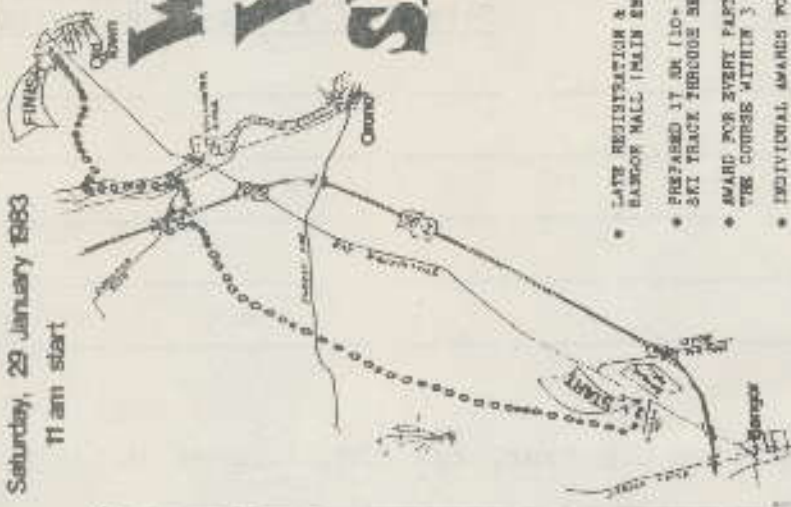
Mail Entry to: Caribou Bog Tour, Box 873, Bangor, Maine 04401

The Great Caribou

Saturday, 29 January 1983

11 am start

Bog Wicked Winter Ski Tour & Race



- LATE REGISTRATION & MAKING CLIMBS INSIDE BANGOR MALL (MAIN ENTRANCE) BEGINNING AT 9 AM.
- PREPARED IT ON (10+ miles) CROSS-COUNTRY SKI TRACK THROUGH BEAUTIFUL CARIBOU BOG.
- AWARDS FOR EVERY PARTICIPANT COMPLETING THE COURSE WITHIN 3 HOURS.
- INDIVIDUAL AWARDS FOR FASTEST TIMES BY:
 - MEN
 - WOMEN
 - HIGH SCHOOL TEAMS
 - FAMILY TEAMS
 - JUNIORS
 - COLLEGE TEAMS
 - INDEPENDENT TEAMS
 - SENIORS
- PRIZES DRAWING FOR CROSS-COUNTRY SKI AND OUTDOOR EQUIPMENT.
- COUNTRY BOAT KITCHEN AT FINISH.

Entry: Prior to 20 January 1983:

Individuals, \$ 3.00
3-person team, \$ 5.00
4-person team, \$10.50
5-person team, \$13.00

After 20 January:

Individuals, \$ 6.00
Teams \$ 5.00/person

Mail entries to: Caribou Bog Tour, Box 871, Bangor, Maine 04401.
Late registration & bib distribution beginning at 9 AM race day, inside Bangor Mall main entrance.

Course: Starts at 11 AM 29 January 1983 at Oldman Road and Stillwater Avenue, near Bangor Mall. Follows old railroad bed and trails through Caribou Bog, across Stillwater River, through University Forest to finish at Old Town High School. Distance about 17 km (10+ miles) on prepared track.

Classes: Participants may enter as individuals and as a member of one team. Please submit a separate entry form and fee for individual and team entries. Classes are shown on entry form. Juniors shall be fifteen years old or younger on race day. Masters shall be fifty years old or older on race day. Individuals not fitting either the junior or master category shall ski as seniors. Separate classes by sex will only be formed when there are five or more entrants of each sex in an age group.

Teams: Teams may comprise from three to five persons, each of whom may also be entered as an individual. Groups of six or more persons should organize in two or more teams. Team scores will be determined by summing the elapsed times of the three fastest team members. Lowest total wins. Your team may enter one of the following categories: High School (all members from same high school), Family, College & University, and Independent (fraternities, clubs, businesses, stores, groups of friends). If there are fewer than three entrants in a category, those entrants will ski in the Independent teams class.

Tracking: Tracking is permitted. Please allow the faster skier to pass you, stepping out of the track, if necessary, in single track portions of the course.

Equipment: Only entrants on skis will be permitted to start. Please leave your dog at home--he can be a nuisance in the track.

Time Limits: Skiers must complete the course within three hours to win the Caribou Bog Ski Tour hat. Timers may leave the finish line after three hours. All skiers are disqualified who have not reached Forest Avenue within two hours, or Bangor Road within 2-1/2 hours, or the finish within 3-1/2 hours. Disqualified skiers and those retiring before the finish are requested to turn in their race numbers to officials at the road crossings or at Old Town High School. Please don't make us search for someone who is sitting at home by the fire.

FLYERS IN MAINE RUNNING

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

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

* * *

ATTENTION CAPITALISTS

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

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

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



The only way to handle large race fields.

\$50 per race

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

HOW DO I SUBSCRIBE TO MR?

All you need to do is send the bottom part of this page to the address on the title page along with a check for \$15 and we'll send you the mag.

Name _____

Address _____

Zip _____

Make checks payable to Maine Running

WHERE CAN I PICK UP A COPY OF MAINE RUNNING?

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

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

BUY MAINE RUNNING AT:

- *OLYMPIA SPORT IN SOUTH PORTLAND
- *THE GOOD SPORTS IN BRUNSWICK
- *THE ATHLETIC ATTIC IN AUBURN
- *PETER WEBBER IN WATERTOWN
- *HASKELL & CORTHELL IN CAMDEN
- *JAMES BAILEY CO. IN PORTLAND
- *ATHLETIC ATTIC IN BANGOR
- *GOLDSMITH'S SPORTING GOODS IN BANGOR
- *HASKELL'S SPORTING GOODS IN BAR HARBOR
- *GOLDSMITH'S SPORTING GOODS IN P.I.
- *WILLEY'S IN ELLSWORTH
- *LIFE SPORTS OF ELLSWORTH
- *NORTHERN LIGHTS IN FARMINGTON
- *GOLDSMITH'S IN ROCKLAND



MAINE Running