

JULY 1982

VOL. 3 NO. 7

MAINE **Running** 

BULK RATE
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Permit No. 7



Maine Coast Marathon
Bunyan Preview
High School Track Results

\$1.50

MAINE Running

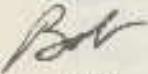
P.O. BOX 259, East Holden, Maine 04429 Telephone: 843-6262

Gary Wallace of Melrose, Mass., crosses the finish line in a course record 2:25:38 at the Third Annual Maine Coast Marathon. Dick Roberge and the rest of the Marathon Sports Running Club did a great job in organizing the 700+ runner event.

Speaking of doing a great job...on August 14 there is to be a 15K race in Winter Harbor in Acadia National Park's Schoodic Point section. If you have never been to this area of the park you owe it to yourself to make the trip; it's gorgeous. The race promoter, Tom Severance, has promised free camping to anyone who wants to come down for the evening; free T-shirts to 200 runners and a free boiled lobster for all runners. That's around \$20 back on your \$5 investment. I've given this race a star rating event before it has ever been run.

If you've been trying to track me down without success, here's what I'll be doing in July and August. I'll be running in the L.L. Bean race on the 4th of July and directing the Bangor 3K on the 5th. On the 10th of July I'll be in Southwest Harbor and on the 11th in Camden. The 17th has been reserved for a sub 2:55 performance at the Bunyan. I'll be working on the Sockalexis race the following Saturday and the Hancock Lobster Classic the Saturday following that.

The first week in August will find me at the running camp, and that Sunday I'll be in Blue Hill with my wife listening to folk music, eating lobster and swimming (there's a race too). The 14th will find us on Schoodic Point and we'll go to Popham Beach via Brunswick on the 22nd. I think we'll rest that last weekend in August. Where'd the summer go?



Maine Running is published monthly
in Bangor

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close to 60 races to choose from	
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good nutrition. You can read more	
by subscribing to Pediatrics for Parents	
Dept E, 176 Mt. Hope Ave.	
Bangor, Me. 04401	
A year's subscription costs \$12.00.	
For a sample copy, send \$2.00	
Dr. John is the Associate Editor.	
THE PACK	17
I got typer's butt from putting	
together this month's race results.	
Try putting twelve regional and six	
state meets in high school track	
together sometime. It ain't easy.	
Editor/Publisher: Robert Booker	
PO Box 259	
E. Holden, Me. 04429	
Telephone: (207) 843-6262	

 TIME TO RENEW 

July

1

HERSHEY'S TRACK & FIELD MEET. Garland St. Field, Bangor.
10:00 a.m. Kids between 9 and 14. Qualifier for July 14th
state final.

3

BATH HERITAGE DAYS ROAD RACE. See flyer in June issue or
contact: Bath Rec. Dept. 443-4761

3

INDEPENDENCE RUN. Downtown Jay/Livermore Falls. 4 Miles.
\$2.00. Contact: Livermore Falls Town Office or Renee Potosky
at 897-3431

3

PEMBROKE SESQUICENTENNIAL 6 MILE RUN. See flyer in June
issue or contact: Jamie Whelan, RR 1, Box 260A, Pembroke,
Me. 04666

3

Y'S MENS RAILROAD DAYS ROAD RACE. Moncton, N.B. 10K at
10:00 a.m. at City Hall. \$6.00 Contact: Arnie Shaw,
PO Box 2624, Sta A, Moncton, N.B. E1C 8T1 or call (506)
854-4922

4

FOUR ON THE FOURTH. 9:00 a.m. in Bridgton, \$3.00 pre
Contact: Jerry & Phoebe Levine, RFD 2, Box 138, Bridgton,
Me. 04009 647-5478. One of the largest fields in Maine!

4

OLYMPIA SPORT CENTER 6TH ANNUAL 5 MILE CLASSIC. 11:00
a.m. at Kelley Field - Eastern Promenade, Portland, Me.
Novice Mile at 10:00. T-shirts to first 100 entrants.
Contact: Race Director, 284 Western Ave. S. Portland,
Me. 04106

Mark Your Calendar Now!!

September

S

S M T W T F S

Kingfield 10K - Sat., Sept. 25

Kingfield Kids' K - Sat., Sept. 25

Sugarloaf UpHill Climb - Sun., Sept. 26

12 13 14 15 16
17 18 19 20 21 22 23 24 25
26 27 28 29 30

For information, send a stamped,
self-addressed envelope to:
Kingfield 10K, Kingfield, ME 04947

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It is not the magnitude of the shock waves at heel strike that is critical.

What really matters is the rate at which they decelerate.

Medical research on heel strike has proven the deceleration of energy within the body to be around 5G when walking (even this can move the base of the brain a half millimeter) and as much as 14G when running.

Internationally respected orthopaedic surgeons have said that, in their opinion, these high energy peaks are detrimental to the well being of the human frame and can substantially contribute to: Achilles tendonitis; distal heel bruising; plantar faciitis; heel spur; stress fractures; shin splints; and numerous other orthopaedic symptoms.

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those responsible for the welfare of athletes.

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EXPIRATION DATE _____

CARD _____

SHOE SIZE M F

NAME _____

ADDRESS _____

CITY STATE ZIP

- 4 POTATO FESTIVAL ROAD RACE. Grand Falls, N.B. 10K & 20K;
9:00 a.m. \$5 pre - \$7 post. Contact: Dept. Parks &
Leisure Services, Town Hall, PO Box 800, Grand Falls, N.B.
- 4 L.L. BEAN 10KM & 2 MILE FUN RUN 4TH OF JULY ROAD RACES
See flyer in June issue or contact: Road Race, L.L.
Bean, Freeport, Me. 04033 or call 865-4761 (ext 525)
- 5 CAMPBELLTON ROAD RACE. 5.7 miles in Campbellton, N.B.
10:30 a.m. at Tide Head Beach. \$2.00. Contact: O'Neill
Arseneau, 24 Dieppe St., Campbellton, N.B. 753-2098
- 5 GREATER BANGOR 3K. 1 p.m. *Correction* at Brewer Auditorium.
Contact: MR, PO Box 259, E. Holden, Me. 04429 843-6262. No
Pre-entrees. Fast, fast, fast!!
- 5 BROOKS FIRECRACKER FIVE. 8:00 a.m. at the intersection of
Rte. 7 & 139. T-shirts to first 50 finishers. Free ice
cream to all. \$3.00 Contact: Ray Quimby, Box 1080,
Brooks, Me. 04921
- 10 LOBSTER FESTIVAL ROAD RACE. Shediac, N.B. 12.8 miles at
11:00 a.m. \$3.00. Contact: John C. Thompson, 75 Gallagher
St., Shediac, N.B. Phone: (506) 532-2955
- 10 SIXTH ANNUAL 6.2 MILE SOUTHWEST HARBOR DAYS FOOT RACE.
Correction 9:00 a.m. start from Harbor House. Contact:
Marty Lyons, SW Harbor, Me. 04679 244-3713

THE MAINE Running CAMP

RPM's fourth annual running camp will begin
on August 1 at the University of Maine at
Orono and continue through the sixth.

The usual crew of: Anne Norton, Tom Mulvey
Bob Booker, Carol Roy, Dr. Joe Pechinski, Dr.
John Frachella and Steve Coffin will be on
hand.

Get a head start toward cross country season.
Anyone between the ages of 10 and 18 is welcome.

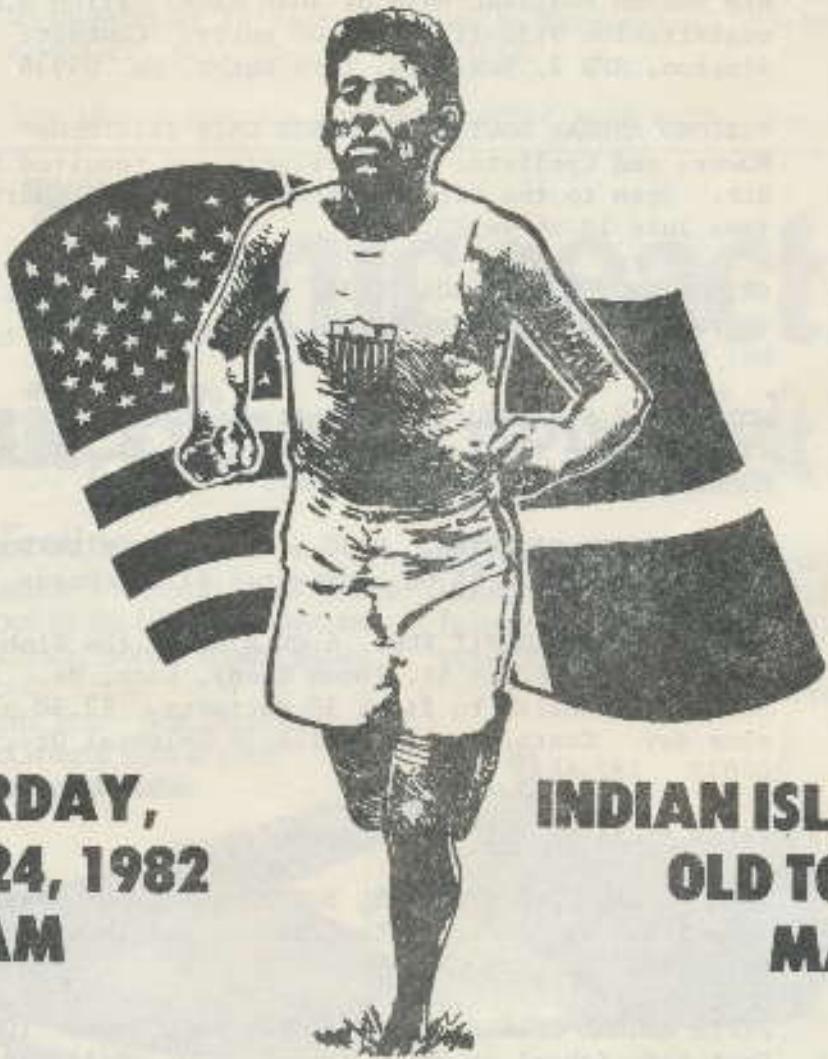
Send a SASE to the address below for an application.
Hurry, we must limit the number of campers.

HEAD COUNSELOR

ANDY PALMER

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

ANDREW SOCKALEXIS MEMORIAL 4.0 MILE CLASSIC



SATURDAY,
JULY 24, 1982
9:30 AM

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- 10 FOURTH ANNUAL ROTARY 10,000 METRE ROAD RACE. "Run For The Oyster" at the Damariscotta River Oyster Festival. 9:30 a.m. at Great Salt Bay School on Business Rt. #1 north of town. T-shirts to first 100 registrants. Contact: Bill Murdoch 563-5780 or write Damariscotta-Newcastle Rotary, PO Box 687, Damariscotta, Me. 04543
- 10 THIRD ANNUAL HARRISON OLD HOME DAYS 2 in 1 ROAD RACE. 1 mile at 9:00 a.m. major race at 9:30 a.m. Contact: Roger Poster, Box 243, Harrison, Me. 04040
- 10 NEW SHARON FESTIVAL DAYS 5K ROAD RACE. 11:00 a.m. Pre-registration 9:30-11:00 \$2.00 entry. Contact: Mark Simpson, RFD 3, Box 3324, Farmington, Me. 04938 778-3178
- 11 *SECOND ANNUAL SOUTHWEST HARBOR DAYS TRIATHLON* Runners, Rowers and Cyclists. Pre-registration required by July 8th. Open to the first 70 teams. Contact: Harbor House (see July 10 above)
- 11 SRI CHINMOY 3 MILE ROAD RACE. See flyer in June issue or contact: Sri Chinmoy Running Club, 40 Main St., Topsham, Me. 04086 729-5825
- 11 WORMWOOD'S 6TH ANNUAL INTERNATIONAL BREAKWATER RACE. See flyer in June issue or contact: Guy LaFlamme, Marathon Sports Running Club, 154 Main St., Saco 283-3304
- 11 ELKS RUN FOR DIABETES. 9:30 a.m. at the Elks Lodge, Appleton St., Waterville. \$5.00 Contact: Bill Johnson 873-1515
- 16 TLC DAY CARE BENEFIT RUN. 6:00 p.m. at the Kimball Health Center, 333 Lincoln St. (Boom Road), Saco, Me. 1 mile and 3 mile. T-shirts to first 50 entrants. \$2.50 pre - \$3 race day. Contact: Liz Moulin, 8 Colonial Dr., Saco, Me. 04072 282-6623
- 17 PAT'S PIZZA CLASSIC. See flyer
- 17 *8TH ANNUAL LITE BEER PAUL BUNYAN MARATHON* See flyer in June issue or contact: Lee Sumner, 141 Thornton Road, Bangor Me. 04401
- 17 FIFTH ANNUAL BELFAST BAY FESTIVAL ROAD RACE. 10K starts at East Side School at 10:00 a.m. \$2.00. Call Marjorie Small 338-2985.
- 17 POTATO BLOSSOM 5 MILER. 10:00 a.m. start on Main St. in Fort Fairfield. Contact Fort Fairfield Chamber of Commerce at 472-3381
- 18 JOHN FYALKA MEMORIAL 10,000 METER. 10:00 a.m. Gorham High School. Contact: Brian Gillespie, St. Joseph's College, North Windham, Me. 04062
- 24 LABATT'S LOYALTST 10KM. at YMCA Contact: Robert Keeffe, Box 3070, Siemss, Saint John, N.B. Phone: (506) 672-5050

- 24 ANDREW SOCKALEXIS MEMORIAL 4 MILE CLASSIC. See Ad and flyer.
- 24 THE ELLSWORTH PREAKNESS. 3 Mile Relay Race. See flyer.
- 25 FITTS TIRE/RADIO SHACK 4.3 MILER. See flyer
- 25 350TH CELEBRATION HALF MARATHON. 8 a.m. at Portland Exop. Register only by mail before July 16. Send \$4 and S.A.S.E. to: Charles Scribner, 172 Bradley St., Portland, Me. 04102
- 30 MOONLIGHT MADNESS 3 MILE ROAD RACE. 6:00 p.m. Pre-register 4:30-6:00 at Ferrari Brothers in Farmington. \$3.00 entry. Contact: Mark Simpson 778-3178
- 31 5TH ANNUAL HANCOCK LOBSTER CLASSIC ROAD RACE. See flyer

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and lightness. A wider counter platform for stability and reduced lateral roll. Performance features at a price tag that's designed to fit your budget.

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August

- 1 2ND ANNUAL FRONTIER'S DAY ROAD RACE. See flyer
- 1-6 4TH ANNUAL MAINE RUNNING CAMP with Andy Palmer, O.J. Logue, Carol Roy, Dr. John Frachella, Bob Booker, Tom Mulvey, Anne Norton and many more.
- 7 COUNTY BANK CLASSIC. 9:00 a.m. 5 miler at the Gouldville School in Presque Isle. Contact: Dave Rand 455-4850
- 7 CARROLL REED 3 MILER. Civic Center, Portland. Contact: Arnie Clark 985-3167
- *4* St. Mary's 3 Miler. Contact: MSRC, 8 Colonial Dr., Saco
- 7 THE LOVELL ROAD RACE. 10:00 a.m. 5.3 miler. Contact: Kevin McDonald, Box 4, Lovell, Me. 04051
- 7 5TH ANNUAL MONSON ROAD RACE. 8.2 Miler at 8:00 a.m. \$2.00 pre - \$3.00 post. Contact: Monson Town Office 997-3641
- 8 MAINE SEAFOOD FESTIVAL ROAD RACE. See flyer
- 8 FOURTH ANNUAL BLUE HILL DAYS 10K. See flyer
- 8 WINTHROP LIONS CLUB ROAD RACE. See flyer in June issue or Contact: Bob Jolicoeur, c/o The Maine Road Ramblers, Box 264, Augusta, Me. 04330
- 14 THE MAD WITCH HALF MARATHON. Brewer Auditorium. Contact: Brewer Parks and Rec. 04412
- 14 THE GRAND WILLEY. See flyer.
- 14 *SCHOODIC POINT 15K ROAD RACE* A MUST!!! Free camping! Free T-shirt! FREE LOBSTER!!! See flyer.
- 14 SECOND ANNUAL CUMBERLAND/NO. YARMOUTH LIONS CLUB 4 MILE ROAD RACE 8:30 a.m. Contact: Rick Strout at the People's Bank, 140 Lisbon St., Lewiston, Me. 04240
- 15 FREDERICTON TRACK CLUB ROAD RACE. 10:30 a.m. 5 miler at Lady Beaverbrook Gym, UNB. \$3.00 pre - \$4.00 post. Contact: Fred Steeves, RR No. 7, MacLeod Hill Road, Fredericton, N.B. E3B 4X8 (506) 472-9349
- 21 4TH ANNUAL KENNEBEC 10K. 9:00 a.m. at Madison High. Contact: Bob Hagopian, 16 Hagopian Ct., Madison, Me. 04950
- 21 THE SECOND ANNUAL CASTINE TWOSOME AND OPEN ROAD RACE. See flyer
- 21 SEVENTH ANNUAL BLUEBERRY RUN. See flyer
- 21 SECOND ANNUAL KATAHDIN 10 KILOMETER RUN. 8:00 a.m. at the Marine Museum in Greenville, Me. \$2.00
- 22 *GOOD SPORTS RUN TO THE COAST* 5th annual. Contact: Rob Jarratt 3 Pleasant St., Brunswick, Me. 04011

Run
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- 22 NATIONAL 20 KILOMETERS. Riverview High School, Riverview, N.B. \$6.00 Contact: Leo Sheehy, RR 1, Hopewell Cape, N.B. E0A 1Y0 Phone (506) 734-2601
- 22 SAINT JOSEPH'S COLLEGE 4 MILE. 12 noon in North Windham Contact Brian Gillespie, 115 Dartmouth St., Portland, Me. 04102
- 22 RUN FOR THE HOUSE LOVE BUILT 5K. See flyer.
- Y 5K the Y WAY. Old Town-Orono YMCA. Starts at 8:30 and costs \$2.00. Contact: Kim Damien, Old Town-Orono YMCA, 501 Stillwater Ave., Old Town, Me. 04468
- PREVIEW 5TH ANNUAL CASCO BAY MARATHON. 8:30 a.m. October 17th at the Portland Expo. Contact: Casco Bay Marathon, PO Box 3172, Portland, Me. 04104
- 28 SKOWHEGAN LOG DAYS 10K 9:00 a.m. Boat landing on Rt. 2. \$3.00 T-shirts Call: Jack Dirksen 474-9500 or Bob Nicholson 474-6773
- 29 SOUTH PORTLAND BOY'S CLUB 9:00 2 mile 14 and under; 10:00 4 mile open. Contact: Slimmy Lee 763-3559

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LIVE ENTERTAINMENT NIGHTLY

AT THE RACES

Les Femmes d'Acadia
Southwest Harbor 6.5 June 13

Robin Emery raced her way to victory in the 2nd Annual Les Femmes d'Acadia foot race, sponsored by Harbor House Community Recreation Center and the Alternative Market.

Becky Snow was a little over 2 minutes behind the winner with a fine performance. Otter Creek's own Roberta Sharp finished 3rd to capture the medal for being the first Mount Desert Island finisher.

A new award was given this year, the perseverance award for the last place finisher. Diana Johnson captured the award with a determined performance.

The medals were made by Judy Aylen of P&J Jewelers of Southwest Harbor. The 1st, 2nd, and 3rd place finishers received gift certificates from Haskell's Sporting Goods Store of Bar Harbor.

34 runners completed the course on an unseasonably cool June day.

Marty Lyons

* * * * *

Helen P. Knight 5K Road Race
Caribou May 23

The second annual Helen P. Knight 5K Road Race was held Sunday May 23rd. The race was a huge financial success to raise money for the local school for handicapped children. (Over a thousand dollars were raised) Conditions for the run were almost ideal, as 52 runners and walkers turned out to support the fund-raising event.

The financial success of the race was in large part due to the support by local merchants. As race director, I would like to thank the very generous support from the business community. Your participation was

certainly appreciated by the race committee, school officials and most importantly the students of the Helen P. Knight School.

The three star performers for the race go to the younger running set. First star is an 11 year old Presque Isle boy. Pat Maxcy, son of UMPI X-Country coach Dave Maxcy, ran the course in a very fine time of 22:21. Second star is P.I. track standout Dave Mangus. Despite a vigorous high school extra curricular program, Mangus ran a very impressive 17:33. Third star is a CHS track newcomer, Robbie Cyr. Cyr has improved steadily this season and capped the race with a very fine 21:40. Cyr may need some of this speed and endurance to track down a moose this fall, with his newly gained moose permit!!

* * * * *

National Transportation Week Running Challenge

I have learned through the Maine Road Ramblers newsletter that 76 year old Clarence W. Campbell died shortly after completing this one mile fun run.

A word of warning is due all road racers and race directors. Know your limitations.

* * * * *

Out of State

Bob Jolicoeur and Nancy Beward ran in the Hometown Bank 10K in Newton, Mass. on May 23rd while Andy Palmer turned in a 29:09.

Greg Nelson (73:40), Cathy Hodgdon (82:41) and Ray Giglio (97:50) learned a lesson in the Mt. Washington 7.6 Mile hill climb.

If anyone has run out of state or knows of anyone who has send them along to me at the MR address or to Larry Allen, 24 Parkview Ave., Bangor, Me. 04401. Now that track season is over Larry will be back with us.

LINE RU
by Skip

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MAINE RUNNING BOOK REVIEW

by Skip Howard

HIS RUNNING LIFE

George Sheehan
1980, Simon & Schuster

The good doctor has a prescription for almost everything: a liberal dose of home-made and handed-down philosophy; good, healthy intuition; and humor for the way we are and the way we ought to be. His version of how he came to run a 3:02 marathon in Boston at the age of sixty is an inspiration to us all, and worth picking up the book all by itself.

Sheehan's descriptions of runners as "animals in the wild", with their highly efficient cardio-pulmonary systems, rings so much truer when you realize that he is a highly respected heart surgeon himself. This Running Life is full of anecdotes and quotes, examples and reminiscences that tug at the athlete in all of us; if you can resist doing anything active after reading this book, you deserve to die of all the worst of the sedentary diseases. And about the only thing better than reading George Sheehan is hearing him speak. If you ever have the chance, don't pass it up. He's as good in person as he is in print, he is on the road.



THE TRIPLE CROWN OF MARATHONING

The third element of the Maine Running Triple Crown of Marathoning takes place this month with the Paul Bunyan.

Last year's winner, Steve Dexter is back running but runner-up Rock Green had to withdraw from the race due to an injury. The race will climb up the Maine Coast, thereby taking him out of the running after the Casco Bay run last fall.

The current standings are:

O.J. Logue III	2:33:28 - 2:27:44
Steve Dexter	2:30:48 - 2:40:06 - 9:52
Gary Cochrane	2:39:19 - 2:40:59 - 19:16
Marj Podgajny	2:49:36 - 2:54:55
Kim Beaulier	2:54:19 - 2:59:44 - 9:32

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to your
feet



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& Vinal Smith



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Well over 700 determined runners charge away from Kennebunk High



Fred Field of the Journal Tribune got this great helicopter view of the finish line area at the 1982 Maine Coast Marathon.

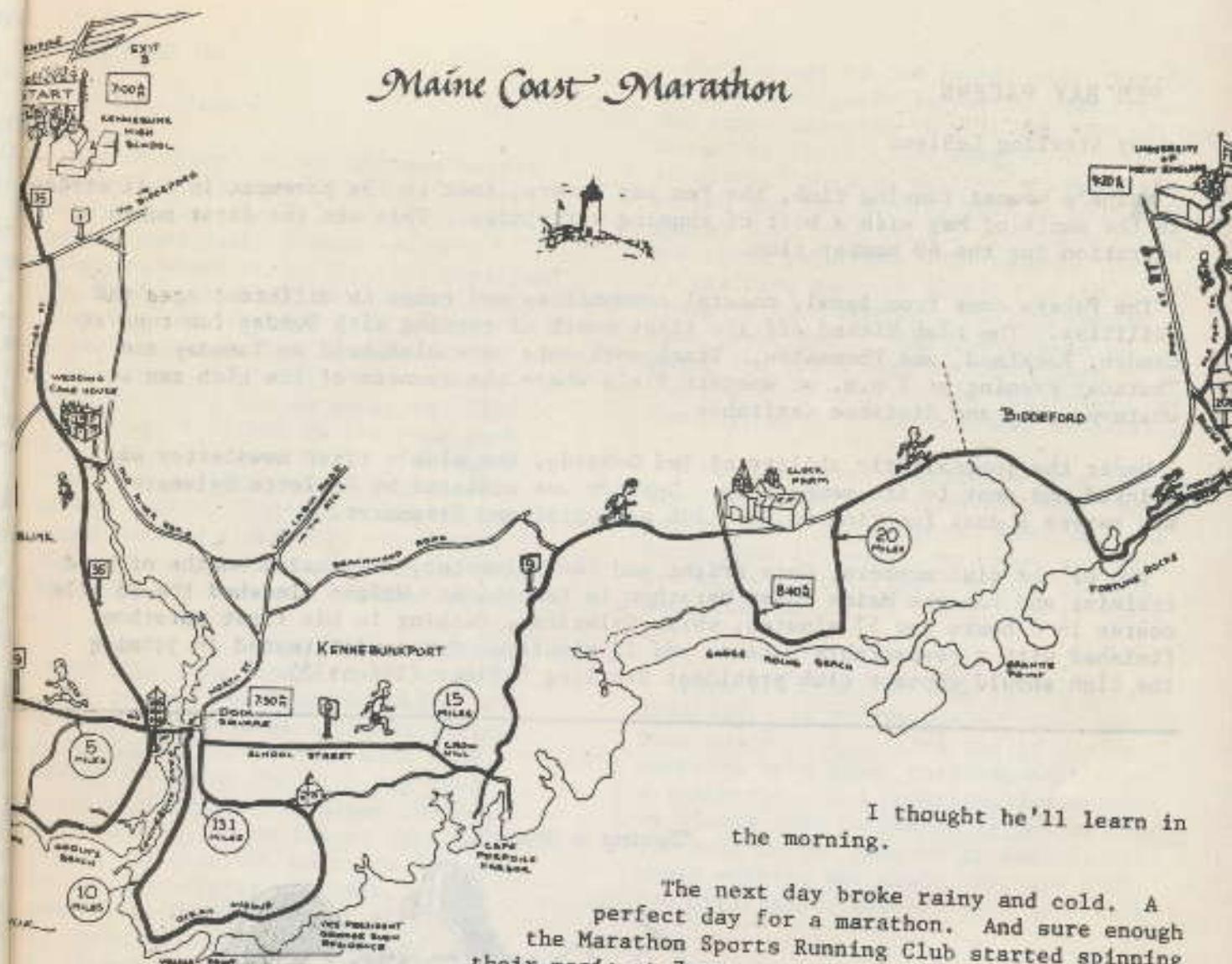


RATHON MA

by Bob Book

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Maine Coast Marathon



I thought he'll learn in the morning.

The next day broke rainy and cold. A perfect day for a marathon. And sure enough the Marathon Sports Running Club started spinning their magic at 7 a.m.

I ran the first half of the course as a long training run toward the Bunyan, and I was very much impressed by the traffic control and water stops. George Bush didn't give us any water at 11 miles but that's typical of this administration.

I had a nice run with Joel Croteau of Biddeford, Rob Jarratt of the Good Sports, Mark Simpson of Farmington, Mark O'Flynn and others. We were in the pack with Lisa Muller who looked incredibly strong at the half way mark.

My congratulations to Dick Roberge and his club on a fine job. All the club's newsletters are buzzing in praise of your fine race.

Gary Wallace (2:25:38) of Melrose, Mass seems to like the race too.

MARATHON MAGIC

by Bob Booker

Dick and I were wolfing down spaghetti while Tanya talked to Deacon, Skip and Joyce Howard. The scene was the cafeteria at the University of New England the night before the third running of a Maine Coast Marathon. Dick came over to the table leading a big, bearded man. Dick introduced him as Dick Roberge, the race's director, but he didn't be. He didn't have it Dick Goodie - nervous energy or the Larry Allen hysteria. Was calm! He was down-right acid! The night before the state's largest marathon the director was relaxed and eager meet people and make small-talk!

PEN BAY PACERS

by Sterling LeBlanc

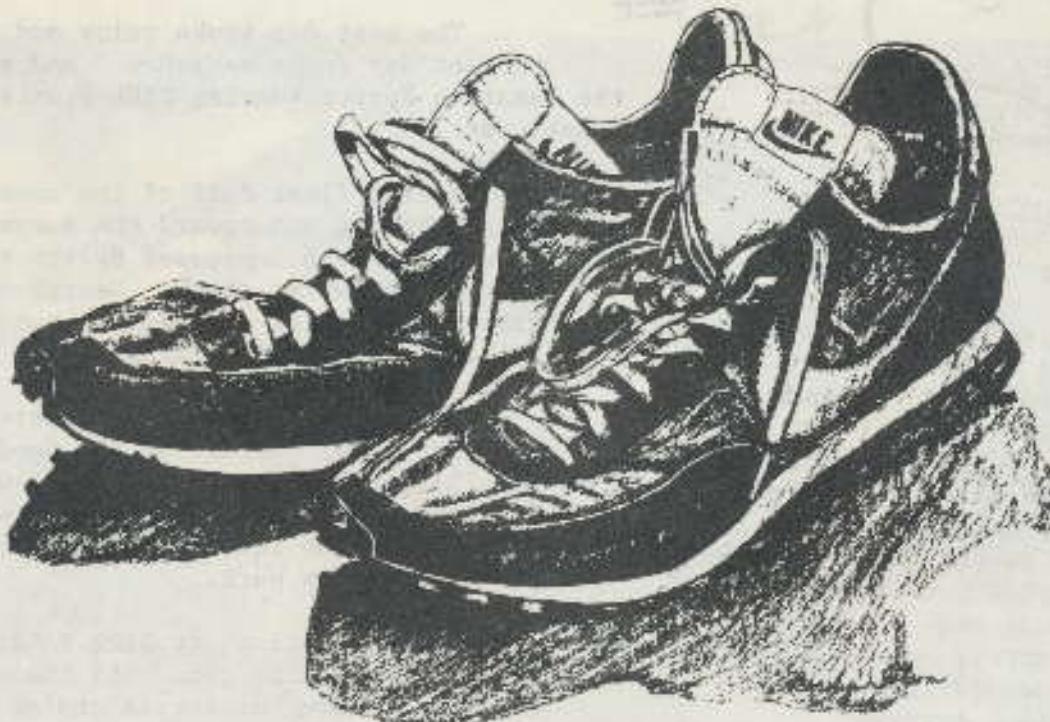
Maine's newest running club, the Pen Bay Pacers, took to the pavement in full stride in the month of May with a host of running activities. This was the first month of operation for the 60 member club.

The Pacers come from local, coastal communities and range in different ages and abilities. The club kicked off its first month of running with Sunday fun-runs at Camden, Rockland, and Thomaston. Track work-outs were also held on Tuesday and Thursday evening at 7 p.m. at Wasgatt Field where the runners of the club ran at whatever pace and distance desirable.

Under the journalistic ability of Ted DeNardo, the club's first newsletter was printed and sent to its membership. DeNardo was assisted by Paulette Sylvester who serves a dual function in the club as typist and treasurer.

Two of the club members, Gary Wright and Ken Sylvester, culminated months of hard training and ran the Maine Coast Marathon in Kennebunk. Wright finished the 26 mile course in 2 hours and 57 minutes, while Sylvester, running in his first marathon, finished with a respectable 3 hours and 17 minutes. Anyone interested in joining the club should contact club president Sterling LeBlanc (596-6932).

"Taking a Break"



A limited edition print by Carolyn Folsom. Each print numbered and signed by the artist and enclosed in an oval mat for shipping and framing. Mat dimensions are 16" x 20" outside and 10 $\frac{1}{2}$ " x 13" inside. Price: \$10.50 per print including tax, handling and postage to any point within the continental United States. A great gift for a fellow runner. Make checks payable to Carolyn Folsom and mail orders to: Carolyn Folsom, 52 Grant Street, Bangor, Maine 04401.

RUNNING ON...

by Skip Howard

I didn't feel at all nervous before the gun, so what was I doing in the lead, at least until the initial 200 yards, when Ralph Thomas and many others assumed their rightful position? The first two miles were pretty flat, then came the dreaded hill and that gripping nausea that tells me when I'm running hard. At three miles, the time split had me muttering "Too slow," and I picked up the pace down the next mile and a half. The short steep uphill just before the track seemed ominous, but the noise of the crowd drew me giddily to the finish line, striding the last yards in style and grinning. Done!! My first race!

If you're preparing for your first race, there are several ways to go about it, not the least of which is to keep in mind that although racing is hard work, it is hard work that should always be fun, the way hard work is meant to be. Since the idea in a race is to run faster than you train, the best way to train for one is to train faster at times, once a week being sufficient for starters. If there is a track available, go to it and try to find a coach, someone familiar with training on the track and knowledgeable about what is necessary to run fast without getting injured. A good rule of thumb is to train for a minute-per-mile pace that is one minute faster than your training pace. For instance, if you train at 9-minute-per-mile pace, try a quarter mile in two minutes, which for one mile would be 8 minutes; 7-minute-per-miles would do quarters at 1:30, and so on, the faster you're going, the more sophisticated the speed work. But no matter what your level, one rule applies unilaterally: warm up and cool down. Running faster puts a great strain on the body, so treat it right with sufficient pre and post (especially post) workout stretching, a couple miles jog warmup at least, and the same for a cool down.

Another way to run faster when there's no track available is during your training runs, engaging in what the Swedish have termed as fartlek, or speed-play. This is accomplished in whatever imaginative method you can invent, fast up this hill, faster down that other, pick up the pace for three telephone pole lengths, back to training pace or slower for six telephone poles. Whatever you can design that feels good. But again, warm up, doing the speed work in the middle of the training run, not the beginning, not the end, never. And remember to stretch.

There is always a tendency to start too fast in a race, for many reasons: you've got on your racing shoes, the crowd and excitement is contagious, race courses are often faster than training courses, and after all, that's what you're there for.

There are some for whom racing is not intended. If you're one of those people then enjoy your running and if you're sometime at a race, encouragement from a sympathetic and understanding watcher is always good to hear. If you do find yourself in the mood to go faster, then train wisely, set goals that are high but attainable, have fun and good luck!

* * * *

BLADDER TRAUMA FROM RUNNING

by Dr. John Frachella

Running can cause you to have blood in your urine. This is not entirely uncommon, I know, because it's happened to me a few times and I've heard some of you complain of this on and off over the years. The blood comes from not having enough to drink before you run. The flaccid posterior wall of your empty bladder flops around when you run and hits against bones inside your body. This happens mostly in males because of a greater bony prominence supporting the mass of the near-by prostate gland.

If you suffer from blood in your urine after you run, then drink a little before your next run because your bladder content is critical. Filling the bladder can insure against posterior bladder wall trauma. If that doesn't help, see your

family doctor, pronto! You may have bleeding elsewhere in your bladder or you may have a renal (having to do with the kidneys) tumor or cyst.

(American Heart Journal, p.813,6/80.)

VITAMINS AND MINERALS FOR GOOD HEALTH

by Dr. John Frachella

There's nothing magical about vitamins and minerals. They don't supply energy and they're not miracle drugs. In fact, they aren't drugs at all. They are substances which we need in small amounts to help perform important body functions. They are essential for life and, since our bodies can't make them, vitamins and minerals must be supplied by what we eat. Vitamins and minerals make possible the pathways that are necessary for food to be used by our bodies. Without vitamins and minerals, food simply couldn't be put to use. They bring the right things together at the right time to help make the millions of reactions happen, upon which life depends.

So should you all rush off to the pharmacy and the health food store for tablets and pills? Not unless you've been diagnosed by a doctor as having a vitamin deficiency. When a vitamin is absent from the diet, energy pathways are broken and, although all the required raw materials may be present, the processes can't be completed. The result is tissue damage, which shows up first in the parts of the body where the vitamin is normally most active. This is called a vitamin deficiency, and it makes itself known through a wide variety of malfunctions - including skin rashes, sores, dizziness and anxiety.

A deficiency of one vitamin usually overlaps with deficiencies of other vitamins causing a syndrome (a whole pattern of symptoms, any of which might easily be caused by other physical problems as well). For this reason, and because a diet deficient in one vitamin is often deficient in another it takes a doctor to make an accurate

diagnosis of vitamin deficiency. As long as we eat a moderate amount of the proper foods though, most of us carry in our veins a salty stream of fluids which happens to contain just about the right amount of the vitamins and minerals necessary for health.

Scientists have found that, if we eat a variety of whole (not processed) foods in moderation, there's no need for vitamin tablets. Pills simply aren't a substitute for good food.

It doesn't hurt to take vitamins and minerals in reasonable doses but, if you do, you're probably putting your money and energy in the wrong place. We should improve our diets and those of our children, get more exercise and learn more effective ways to deal with stress instead of expecting vitamins to do it all for us.

* * * * *

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Brunswick ROTARY ROAD RACE
Brunswick 10K May 8

1. Bill Sullivan	33:26	59. Roberta Hickman*	44:37	9. Perrin Peterson	19:29
2. Lance Gulliani	33:28	60. James Johnston	44:38	10. Kevin Leavitt	19:36
3. Mike Frost	33:46	61. Mark Hutchins	44:52	11. Trent Turner	19:54
4. Greg Nelson	34:25	62. Jane Waddle*	45:48	12. Dave Mand	20:03
5. Jeff Buck	35:09	63. Todd McGuire	45:53	13. Katie Martin*	20:13
6. Gary Cochrane	35:22	64. Catherine Jarratt*	45:55	14. Mike Young	20:41
7. Larry Doble	35:24	65. Bill Blood	46:49	15. Frank McElvain	20:44
8. George Johnson, Jr.	35:45	66. Nancy Dorr*	46:52	16. Nancy Jackson*	20:54
9. Dale Dorr	36:08	67. Donna LaPierre*	47:01	17. Peter Cuff	21:01
10. Mike Daly	36:16	68. Julie Bernier*	47:02	18. Jim Buckley	21:17
11. Lloyd Ferriss	36:22	69. Robert Felkamp	47:15	19. Jerry Tucker	21:37
12. Gary Wright	36:42	70. Dave Widmer	47:32	20. Robbie Cyr	21:40
13. John Leesing	37:23	71. Marilyn Wilkoff*	47:35	21. David McElvain	21:59
14. James Fee	37:23	72. Linda McNatt*	47:35	22. Carol McElvain	22:00
15. Bill Haney	37:30	73. Orville Ranger	48:02	23. Larry Mangus	22:06
16. Andrew Meyer	37:35	74. Don Cheatham	48:03	24. Pat Maney	22:21
17. Bob Jolicoeur	37:43	75. Judy Fahay*	48:06	25. Dave Maney	22:33
18. John Moncure	38:04	76. Robert Ellis	48:43	26. Kevin Cyr	22:45
19. David Delois	38:23	77. Carolyn Dayton*	48:57	27. Joey York	23:04
20. Steve Jordan	39:03	78. Priscilla Wallace*	49:06	28. Dave Quellette	23:08
21. Pete Galle	39:12	79. Mike LaSerge	50:11	29. Paula Knudson*	23:17
22. Randall Wing	40:21	80. Ellen Hollingshead*	51:04	30. Steve Emery	23:17
23. Richard Strout	40:25	81. Duncan Logan	51:17	31. Troy Pelletier	23:33
24. Richard Celler	40:36	82. Betty Mann	51:19	32. Brandon Pierson	24:13
25. Stava Palmer	40:43	83. Don McRae, Jr.	51:22	33. Ted Pierson	24:24
26. Ken Sylvester	41:00	84. John Rash	51:37	34. Brownie Pierson	24:29
27. Evelyn King*	41:07	85. Leonard Rainey	52:17	35. Jackie Bradon*	25:22
28. Robert Laberge	41:10	86. Sue Blood*	52:47	36. Emily Kirkpatrick*	25:40
29. Joanie Rhoda*	41:17	87. Don Hamilton	53:00	37. Bill Flegg	25:43
30. Don Brewer	41:23	88. Cal Avery	54:02	38. Joanne Cyr*	25:58
31. Don Celler	41:36	89. Janet Houston*	54:35	39. Katherine Gardiner*	27:03
32. Kurt Comeau	41:43	90. Peter Bartelloni, Jr.	54:40	40. Buffie Hamilton*	27:05
33. Linda Woodward*	42:03	91. David Wetherall	55:26	41. Stephanie Flourde*	27:28
34. David Tothaker	42:18	92. Robert Perkins	56:04	42. Ryan Buckley	27:42
35. Ellen Gross*	42:31	93. Lynne Wetherall*	56:50	43. Connie Cuff*	28:05
36. William Higbee	42:46	94. Dana Wallace	56:32	44. Mike Mangus	28:12
37. Mike Aldrich	42:54			45. Betty Devau	29:14
38. Gary Gander	42:56			46. John McElvain	29:34
39. William Fox	43:00			47. Darci McElvain*	31:01
40. Kerry Reynolds	43:03			48. Phil Brown (Walker)	32:01
41. Frank Dwelley	43:08			49. Julie Ouellette*	33:48
42. Charles Hutchins	43:10			50. Isabelle Wiand*	34:47
43. Peter McGuire	43:12			51. Dr. Serricella	41:40
44. Roger Purman	43:23				
45. Harry Lohues	43:23				
46. Martin Wilk	43:24				
47. David Cook	43:32	1. Bob Everett	16:18		
48. David Vail	43:54	2. Rick Sheldon	17:12		
49. Robert McIntyre	43:54	3. Dave Mangus	17:33		
50. Ken Brennan	44:08	4. Tom Sundeson	18:06		
51. Roger Woodward	44:10	5. Sam Hamilton	18:15		
52. Bob Waddle	44:29	6. Steve Porter	18:17		
53. Brian Perkins	44:29	7. Maurice Lizette	18:30		
54. Brian Brewer	44:34	8. Bruce Trombley	19:25		

JONESPORT BICENTENNIAL RACES
Jonesport Smiles & 1 mile May 20

1. Sharii Sprague	26:36
2. Steve Holmstraker	27:06
3. Rusty Taylor	27:18
4. Dizuk Bradt	27:36
5. Dennis Smith	28:02

6.	Frank Hutchinson	18:26	1.	Norman Kennedy	4:54	MEMORIAL DAY BACKSIDE RIDE	10 Miles	
7.	Philip Scott	18:44	2.	Daniel Lee	5:13	Southwest Harbor Bike Race	May 30	
8.	Brian McFadden	29:17	3.	James Olmala	5:18			
9.	David Alley	29:21	4.	Jay Haly	6:00			
10.	Craig Baker	30:28	5.	Andrew Sweeney	6:02	1.	Mike Gilfillan	26:19
11.	Robin Essey*	30:44	6.	Steven Cowles	6:03	2.	Peter Lamarcoux	27:15
12.	Norman Kennedy	31:00	7.	Jason Hutchinson	6:05	3.	Gary Quisby	27:22
13.	John Trefethen	31:03	8.	Jonathan Cowles	6:08	4.	Bill Weidner	28:07
14.	Alec McMillan	31:11	9.	Lissa Seely*	6:10	5.	Robert Cleveland	28:11
15.	Richard Oliver	31:14	10.	Burleigh Chandler	6:25	6.	Don Andrus	28:12
16.	Scott Wilson	31:21	11.	Rod Brown	6:31	7.	Norm Eaves	28:17
17.	Mark Sawyer	31:38	12.	Bradon Alley	6:39	8.	Steve Langley	28:33
18.	Colin Alley	31:30	13.	Stephen McCarthy	6:55	9.	David Pinkham	29:24
19.	David McCarthy	32:09	14.	Jason Wood	7:03	10.	Ron Bonneville	29:31
20.	Travis Seal	32:13	15.	Jud Carver	7:06	11.	Jason Merano	29:32
21.	Richard Alley	32:35	16.	Joel Austin	7:13	12.	Chris Hall	29:42
22.	Daniel Lee	32:59	17.	Timmy Stanhope	7:18	13.	John Scott	29:52
23.	Stephen Goss	33:00	18.	David Nelson	7:24	14.	Scott Craig	29:57
24.	Scott Stoll	33:06	19.	Karen Ouellette*	7:25	15.	Cuyler Morris	30:17
25.	Gerald Krause	33:06	20.	Dwight Alley	7:26	16.	David Miller	31:21
26.	Andrew Seely*	33:14	21.	Nolly Stuart*	7:32	17.	David Burnett	31:53
27.	Bob Morrison	33:36	22.	Carrie Austin*	7:35	18.	Philip Obbard	32:12
28.	Bill Pinkham	33:38	23.	Christy Kershaw*	7:36	19.	William Kellert	32:39
29.	Mark Chandler	34:14	24.	Amy Cooley*	7:37	20.	Ray Barnhart	33:13
30.	Ron Poulin	34:16	25.	Lorraine Seal*	7:40	21.	Mickey Holtzman*	33:15
31.	Marty Lyons	34:30	26.	Burton McGuire	7:41	22.	Vickey Vandrell*	34:35
32.	Peter Milano	34:33	27.	Danny McCarthy	7:47	23.	Michael Train	35:15
33.	David Burton	35:11	28.	Sandra McFadden*	7:48	24.	Tia Bergeron	35:58
34.	Torrence Cousins	35:24	29.	Annette Stanhope*	8:04	25.	Jennifer Jones*	38:44
35.	Maurice Gray	35:31	30.	Cheryl Stuart*	8:05	26.	Peter Ayley	38:48
36.	Guy Dunbar	36:29	31.	Dawn Stuart*	8:09	27.	Willy Fox	39:45
37.	Mike Emerson	36:37	32.	Paul Silver	8:27	28.	Sarah LaGassay*	40:16
38.	Ken Hodsdon	37:25	33.	Toby Crowley	8:30	29.	Carrie Lunde	43:13
39.	Sam Auerbach	37:45	34.	Robert Nelson	8:31	30.	Porter Fox	43:44
40.	Peter Fahey	38:20	35.	Edward Cowles	8:36	31.	Reggie Banford	44:03
41.	Willard Crowley	38:51	36.	Heidi Batt*	8:57	32.	Ed Davis	45:47
42.	Susan Adams*	39:25	37.	Irisha Alley*	8:58	33.	Maya Brand	46:01
43.	Judy Trefethen*	39:29	38.	Andrew Cowles	9:03	34.	Elizabeth Train*	48:35
44.	Rod Brown	40:35	39.	Zeron Krause	9:19	35.	Robin Fox*	50:17
45.	Joanne Brack*	42:33	40.	Paula Baker*	9:20	36.	Chen Washburn	50:46
46.	Beth Lyons*	44:28	41.	Katherine Randall*	11:00			
47.	Alice Smith*	45:46	42.	Edwin Randall	11:00			

Results courtesy of Marty Lyons
Race Director

Results courtesy of David Alley - Race Director



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- July 1 Youth meet at Lewiston 3 p.m.
 July 3 Weightmen's Pentathlon 30 and over at Lewiston 6:00 p.m.
 July 7 Senior "A" at Waterville H.S. 6:00 p.m.
 July 8 Youth meet at Rumford 3:00 p.m.
 July 10 Pine Tree Track & Field Open at Lewiston 9:00 a.m.
 July 14 Hershey's State Championship for youth at Scarborough 11:00 a.m.
 July 15 Youth meet at Lewiston 3:00 p.m.
 July 21 Senior "A" at Lewiston 6:00 p.m.
 July 22 Youth meet at Mt. View in Thorndike 3:00 p.m.
 July 24 Masters State Championships (Age 25 and over) at Scarborough 12:00 noon
 July 28 Scarborough a Senior "B" meet at 6:00 p.m.
 July 29 Youth meet at Farmington 3:00 p.m.
 July 31 All-around competition at Lewiston at 9:00 a.m.
 August 4 Senior "A" at Hyde School in Bath 6:00 p.m.
 August 5 Youth meet at Scarborough 3:00 p.m.
 August 7 Bowdoin College hosts the State Open Championships at 12:00 noon
 August 10 Youth Qualifier for State at Lewiston 3:00 p.m.
 August 14 Youth State Championship at Scarborough
 August 8 TAC State Championship 5K Road Race for Youth 9 thru 18 at 8:30 a.m. at Hills Beach in Biddeford. TAC metals 3 deep in the following divisions: 9-10, 11-12, 13-14, 15-16, 17-18. 3 person team awards. Contact: Steve Moony of Marathon Sports Running Club at 282-2903

TAC DUES \$5

Schedule of Events	Senior "A"	Senior "B"
	100, 440, Mile	120 Highs, 220, 880
	440 Hurdles, Mile Walk	2 mile walk, 2 mile
	3 Mile, Shot, Long, High, Javelin	Triple, Pole, Discus Shot, Hammer

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ZONTA FIVE MILE ROAD RACE
Waterville

June 3

1. Rick Stuart	27:25	3200m: Briggs (Chev); Kein (Chev); Swops (EL); Buckus (El); Herzon (Sanf); Lynch (Chev); T - 9:24.3
2. Mitchell Lovering	27:35	110m hurdles: Herphill (West); Milesen (SP); Bleakney (BE); Wright (Bear); Coyne (SP); Clark (IA); T - 15.9
3. Rusty Taylor Jr.	27:37	
4. Pete Lessard	27:55	
5. Antonio Miranda	28:05	300m hurdles: Dolan (Bear); Millman (SP); Albert (Lew); Coyne (SP); Clark (IA); T - 40.3
6. Bob Hagopian	28:16	
7. Dean Rasmussen	29:16	
8. Fred Judkins II	29:18	Triple jump: Federico (SP); Bennett (Lew); Hemphill (West); Ouellette (TA); Currie (SP); Hughes (SP); D - 42'1"
9. Doug MacDonald	29:40	Pole Vault: Kane (SP); McKenna (Morse); Paradis (Chev); Pellerin (Lew); Cardona (SP); McQuinn (SP); D - 12'
10. Andy Abrams	30:19	
11. Barry Hopkins	30:31	Javelin: Cookson (Chev); Farrington (Chev); Gendron (Sanf); Capozzo (Bear); Roberts (SP); Clifford (Lew); T - 19'9"
12. Dick MacDonald	30:36	
13. Paul Kehoe	31:02	Discus: Lombard (TA); Bogdanovich (Port); Andrews (TA); Ibrahim (EL); DiFillipo (Chev); Gendron (Sanf); D - 149'
14. Robert Crosswell	31:21	
15. Travis Wood	31:30	Shot Put: Bogdanovich (Port); Lombard (TA); Robichaud (EL); Deen (Deer); Coyne (SP); Rawding (West); D - 53'9"
16. Robert Hitchcock	31:34	
17. Bill Johnson	31:46	Long jump: Bogdanovich (Port); Pannia (TA); Federico (SP); Pellerin (Lew); Hawkins (Didd); Hughes (SP); D - 19'10"
18. Paul Caron	31:54	
19. Kelley Kash	31:56	
20. Ed Biela	32:09	
21. Richard Oliver	32:18	
22. David Pellerin	32:33	
23. Michael White	32:52	
24. David Blair	33:00	
25. Bruce Jardine	33:21	
26. Mark D. Jose	33:26	
27. Mike Berrios	33:41	
28. Tom O'Reilly	33:43	
29. Sam Mitchell	33:44	
30. David Bushay	33:59	
31. George Maxie	34:03	
32. James Moore	34:40	
33. David P. Garland	35:13	
34. Daniel Doyle	35:17	
35. Wesley Fjeldheim II	35:28	
36. Roberta Hickman*	35:40	High jump: Whitney (Def); Ryan (Deer); Kennie (West); Bourgeault (Bidd); Clark (TA); Hawkins (Bidd); D - 6'2"
37. Lou Champagne	35:53	
38. Christine Schepp*	36:06	
39. Edward Gilbert Jr.	36:32	400m relay: Cheverus; Portland; South Portland; Dearing; Thornton; Biddeford; T - 45.2
40. Don Abrams	36:36	
41. Ned Barresi	36:58	1600m relay: Cheverus; Dearing; Thornton; Portland; Tie - 3:35.0
42. Nancy Carr*	37:07	
43. Cliff Ives	37:12	
44. Reich Reckloff	37:23	
45. John Dakos	37:38	
46. Cathy Cocks*	38:58	
47. Ruth Laliberte*	39:00	
48. Sarah Hey*	39:15	
49. Nancy Seward*	39:30	
50. Gerald Cayer	39:31	100m: Bundy (Port); Holt (TA); Hartman (Brun); Tie - Desorais (Bidd); Anne (SP); O'Leary (Deer); T - 13.2
51. Joe Ives	40:01	
52. Ian MacKinnon	40:05	
53. Jerry Bushay*	40:24	
54. Marion Chasserain*	40:41	200m: Tie - Boddy (Port); Clemente (Lew); Dennis (Bidd); LaPierre (BE); Hartman (Brun); Williams (Port); T - 27.2
55. Irving Faunce	41:23	
56. Kenneth E. Cole	43:37	400m: Clemente (Lew); McAuley (Bear); Yelan (Port); Harris (Lew); H. Clemente (Lew); Hamill (Mid); T: 1:01.0
57. Rodney Ellis	43:47	
58. Mari Lalime*	44:20	800m: Jennings (Bear); Fritz (Bidd); Bonneau (Chev); LaPierre (BE); Bennett (Lew); Walls (Bidd); T - 2:24.8
59. Norma Nitton*	45:07	
60. Cheryl MacLean*	45:21	1600m: Jennings (Bear); Bennett (Lew); Fritz (Bidd); Whittier (TA); Jones (Oxf); Burill (West); T - 5:17.8
61. Judith Dow Whittier*	45:31	1200m: Whittier (TA); LaRose (SP); Burill (West); Veilleux (BE); Fritz (Bidd); Forest (Sanf); T - 11:52.4
62. Margaret Howard*	46:00	75m Hurdles: Angell (SP); Tie - Cragin (SP); Henner (Lew); Orino (Sanf); Pilavakis (BE); Bonillard (Bidd); T - 12.2
Results courtesy of Mari Lalime Race Director		

WESTERN MAINE REGIONAL HIGH SCHOOL
Thornton Academy, Saco June 3

100m: Costigan (Chev); Federico (SP); Hurley (Brun); Taylor (Lew); Stewart (Deer); Snow (TA); T - 11.4

200m: Goff (SP); Taylor (Lew); Cowan (Chev); Stewart (Deer); Curtis (Bidd); Izad (Chev); T - 23.6

400m: Eight (Deer); Smith (Chev); Taylor (Lew); Blakney (BE); Petty (Morse); Kenner (Lew); T - 52.0

800m: England (Chev); LaRose (SP); Ashley (Chev); Caron (Lew); Morris (Chev); Swops (EL); T - 4:25.9

1600m: LaRose (SP); England (Chev); Ashley (Chev); Moran (West); Kein (Chev); Swops (EL); T - 4:25.9

3200m: Briggs (Chev); Kein (Chev); Swops (EL); Buckus (El); Herzon (Sanf); Lynch (Chev); T - 9:24.3	110m hurdles: Herphill (West); Milesen (SP); Bleakney (BE); Wright (Bear); Coyne (SP); Clark (IA); T - 15.9	Triple jump: Perkins (SP); Cole (Deer); LaPierre (BE); Duccius (Port); Lafarn (Sanf); Young (Brun); D - 33'11"
	300m hurdles: Dolan (Bear); Millman (SP); Albert (Lew); Coyne (SP); Clark (IA); T - 40.3	Discus: Plante (Sanf); Joyce (Port); Marifff (Bidd); Thermanit (Sanf); MacLean (Lew); Smart (SP); D 106'5"
	Triple jump: Federico (SP); Bennett (Lew); Hemphill (West); Ouellette (TA); Currie (SP); Hughes (SP); D - 42'1"	Javelin: Marifff (Bidd); Osgoode (TA); Dyer (BE); MacDonald (BE); Verner (Morris); McLean (Lew); D - 107'6"
		400m relay: Portland; Thornton; Lewiston; Morse; Sanford; Westbrook; T - 52.3
		1600m relay: Lewiston; South Portland; Biddeford; Thornton; Portland; Oxford Hills; T - 4:14.8
Class B Boys (at Scarborough)		
100: Lambert (Lis); Tie - Nelson (Sax), Bateman (CE); Tarsetti (Mass); Worthing (Gray); Morrison (Med V); T - 11.3		
220: Thibodeau (Lake R); Harrelle (Mass); Nelson (Scar); Setenen (CE); Rogers (CE); Wallace (Tyr); T - 22.9		
440: Lambert (Lis); Tarsetti (Mass); Goodwin (Scar); Dolloff (Bun); Leonardson (Med V); Fearing (Gray); T - 51.7		
880: Leonardson (Med V); Hamilton (Gray); Milliken (Scar); Coulombe (Mt. Aro); Clark (CE); Assanault (Grey); T - 2:02		
1 Mile: Leonardson (Med V); Hamilton (Gray); Milliken (Scar); Coulombe (Mt. Aro); Clark (CE); Assanault (Grey); T - 4:32.7		
2 Mile: Grant (Cor); Bryant (Med V); Anderson (Grey); Grayware (Mass); Billings (Run); Pollard (Lake R); T - 9:56.7		
110 hurdles: Thibodeau (Lake R); Knapp (CE); Tie - Jensoft (Kenn); Robinson (Cor); Herden (Scar); Stevens (York); T - 15.4		
330 hurdles: Thibodeau (Lake R); Stevens (Yarm); Knapp (CE); Murphie (Lis); Morrison (Med V); Moore (No. Var); T - 11.3		
Triple jump: Yeo (Grey); Desjarlais (Mass); Bertlait (Mass); Sone (Grey); Pollard (Lake R); Kratter (Cor); D - 42'3/4"		
Pole vault: Tie - Spiller (York); Jensoft (Kenn); Beaver (Cor); Bell (Cor); Senia (Scar); D - 10'		
Javelin: Radmund (Scar); Towne (Rens); Domahue (Mt. Aro); Hartley (Lew); Auguri (York); Herden (Scar); D - 15'2"		
Discus: Bolster (York); MacMillan (Med V); Cregan (Marsh); Lewis (Nobie); Herden (Scar); Deshalies (Mass) D - 151'4"		
Shot put: Bolster (York); Wyatt (Grey); Herden (Scar); Nelson (Scar); Deshalies (Mass); Pappucci (York); D - 49'10"		
High jump: Sterling (York); Donnelly (Wind); Poulin (Nobie); Nielsen (Lake R); Rollins (Mass); Puffer (York); Tie - S. Puffer (York); Fox (Grey); D - 5'6"		
Long jump: Bateman (CE); Pollard (Lake R); Meyers (Grey); Coulombe (Mt. Aro); Shields (Kenn); Dolloff (Run); D - 19'10"		
440 relay: Lishum, Cape Eliz., Massachusetts; Scarsburnagh, York; Madeline Valley; T - 45.5		
Mile relay: Massabesic; Medokak; Scarborough; Lisbon; Greely; Cape ELiz.; T - 3:36.6		

Class B Girls

100: Kent (Gor); Merrill (Lake R);
 Henn (Lis); Bratton (Mt. Ara); Tie-
 Budd (Greel); Becker (Marsh); T-12.6
 220: Kent (Gor); Tie-Brown (Mt.
 Ara); Henn (Lis); Whitney (CE);
 Budd (Greel); Becker (Marsh);
 T-25.6
 440: Kent (Gor); Perkins (Kann);
 Shiers (Gor); McHatton (Mt. Ara);
 Andrews (Scar); Belanger (Rum)
 T- 1:06.6
 880: Doucette (Scar); Shiers (Gor);
 Perkins (Kann); Meacham (Greel);
 Gorman (Gor); Duff (Kann); T-2:24.4
 Mile: Doucette (Scar); Perkins
 (Kann); Chrichton (Greel); Gorman
 (Gor); Wakem (Scar); Lewis (Mt.
 Ara) T-3:24.8
 2 Miles: Connors (CE); Wakem (Scar);
 Chrichton (Greel); Lewis (Mt. Ara);
 Huskies (Mt. Ara) T-11:30.6
 80 hurdles: Andrews (Scar); Wolff
 (Kann); Tie-Whitney (CE); Braud-
 burst (Gor); Itemola (Med); Barker
 (Rum); T-11.9
 Long jump: A. Kent (Gor); Wolff
 (Kann); Moore (Wind); Brayman
 (Kann); Becker (Marsh); L. Kent
 (Gor); Shiers (Gor); D-17'5"
 Triple jump: Wolff (Kann); Becker
 (Marsh); Stevens (Gor); Moore
 (Wind); Brayman (Kann); Mc-
 Laughlin (Gray) D-17'5"
 High jump: Tie-Kent (Gor), O'Neill
 (York); Moore (Wind); Tie-Adams
 (Lis); Cyr (Scar); Wilson (Kann);
 Tilman (Marsh) B - 4'8"
 Javelin: DeVoll (Noble); Burns
 (Bun); Ackerman (York); Hayer
 (Lake R); Lewis (Noble); Kilborn
 (Lake R) B-11'11"
 Discus: DeVoll (Noble); Kincaid
 (Mt. Ara); Libby (Lake R); Acker-
 man (York); Gray (Gor); Owen (Scar)
 -9'8"
 shot put: Wallstrand (Lew); Mishou
 (Scar); DeVoll (Nobles); Kincaid
 (Mt. Ara); Bonagham (Wind); Stacey
 (Greel) D-13'8"
 40 relay: Lisbon; Gorham; Cape
 Elizabeth; Greely; Kennebunk;
 Mt. Ararat T-33.1
 tie relay: Gorham; Kennebunk;
 Greely; Mt. Ararat; Cape Eliz;
 Lisbon T - 4:11.6
 Class C Boys
 30m: Minors (Frye); Miller (Jay);
 Fird (Liv); Cunningham (Traip);
 Buscon (Frye); Mulherin (Dwk); T-11.9
 50m: Miller (Jay); Minors (Frye);
 Cunningham (Traip); Collins (Traip);
 Bedard (Fal); Berry (Traip); T-23.8
 70m: Collins (Traip); Bedard (Fal);
 Low (Old Or); Harding (Wells);
 Bennett (Traip); Timothy (Fal)
 -53.6
 100m: Melanson (Old Or); Estes
 (Traip); Marshall (Fryep); Wilson
 (Lis); Pierce (Traip); Brandon
 (Wells) T-2:06.6
 200m: Estes (Traip); Brandon (Wells);
 Lodeau (Frye); Costonguay (Liv);
 Carter (Old Or); McCollough (Old
 Or) T-4:38.2
 400m: Hewitt (Kann); Anderson
 (Al); Hardman (Wells); Rhode (Frye);
 Nes (Traip); Maune (Old Or) T-10:01.1
 80 hurdles: Dickford (LA); Cote
 (Old Or); Miale (Fall); Bryant (Traip)

Class C Boys

Hoyt (Traip); Hutchins (Wells); T-17.0
 300m hurdles: Cote (Old Or); Bryant (Traip); Rose (Mt. Abra); Bickford (LA); Buckman (Traip); Stelzer (LA) T-42.5
 Triple jump: Wing (Sac); Hayes (Wells); Lequille (Traip); Wade (Wisc); Kinney (Liv); Cote (Old Or) D-40'3"
 Long jump: Kinney (Liv); Miller (Jay); Hard (Liv); Wade (Wisc); Lequille (Traip); Hayes (Wells); 19'3"
 High jump: Wade (Wisc); Miners (Frye); Paultin (Traip); Elliott (Mt. Ab); Knowles (Win) D-5'8"
 Pole vault: Dube (Liv); McDermid (Frye); Moody (Wells); Clark (LA); Chase (Traip); Luttie (Traip) D-10'
 Javelin: Falkey (Traip); Bulherin (Oak); Libby (Traip); Pierce (Traip); Hill (Wells); Cooper (Winthrop); Cormier (Traip); Bartlett (Frye) D-178'10"
 Discus: Libby (Traip); Falkey (Traip); Darling (Wells); Cooper (Win); S. Cormier (Traip); Bartlett (Frye) D-148'
 Shot put: Libby (Traip); Bartlett (Frye); Falkey (Traip); Lushoeller (Old Or); Gardiner (LA); Darling (Wells); Curtis (Oak); D-48'1"
 400m relay: Traip; Wiscasset; Fryeburg; Wells; Falmouth; Mexico; T-46.0
 1600m relay: Traip; Falmouth; Wells; Old Orchard; Wiscasset; Fryeburg; T-3:39.8
 Class C Girls
 100m: Tie-Roy (Traip); McIvor (LA); Libby (Frye); Tie-Cheshire (Sac); Greenier (Traip); T-13.7
 200m: Libby (Frye); Tie-Baird (Liv); Davis (Tel); Roy (Traip); Conoway (Wisc); Turner (Frye); T-27.7
 300m: McCosh (Wisc); Rollis (Mc); Marshall (Tel); Erwin (Booth); Rice (Jay); Arbor (Mex); TQ1:03.8
 400m: Buffington (Frye); Anderson (Mt. Ab); Corcoran (Jay); Snow (Old Or); House (Old Or); Couture (Jay); T-2:11.8
 500m: Buffington (Frye); Turner (Mt. Ab); Snow (Old Or); Litter (Jay); Corcoran (Jay) T-3:39.2
 200m: Turner (Mt. Ab); Snow (Old Or); Litter (Jay); Corcoran (Jay) T-12.39
 300m hurdles: Knowlan (Mt. Ab); Adducks (Booth); Sonja (Wisc); Greenier (Traip); Cheshire (Sac); Conoway (Wisc) T-12.3
 High jump: Smith (Sac); Billington (Mc); Stiles (Traip); Carter (LA); Fleur (Tel); Cheney (LA) D-15'6"
 Long jump: Rollis (Mc); Brown (Mt. Ab); Blake (Wisc); Greenier (Traip); Couture (Tel); Pinkham (Wisc) D-15'4"
 Triple jump: Smith (Sac); Stiles (Mc); Blake (Wisc); Sonja (Wisc); Billington (Mc); Leedberg (Mt. Ab); Couture (Mc) D-33'13"
 Shot put: Moran (Mc); Targett (Mt. Ab); Stigler (LA); Maxwell (Liv); Stiles (Traip); Sonja (Wisc) D-31'9"
 Discus: Monette (Wisc); Targett

(Mt. Ab); McCullsey (Sec); Dearborn (Sac); Brown (Win); Davis (Traip) D-54'2"

Javelin: Jonette (Wisc); Moran (Mc); Davis (Traip); Targett (Mt. Ab); Derapse (Max); DeSandra (Mt. Ab); D-102'5"

400m relay: Wiscasset; Lincoln Academy; Traip; Sacopee, McAuley; Talstar T-52.9

1600m relay: Wiscasset; Maxson; Jay; McAuley; Talstar; Old Orchard; T-4:26.5

EASTERN MAINE REGIONAL HIGH SCHOOL TRACK

Halliecocket June 6

Class A Boys

100: Pimentel (Cony); Tie-Martin (Snow); Waters (Snow); Ross (Bang); King (Cony); Bechtel (Bang); T-10.9

200: Pimentel (Cony); Ross (Bang); Tie-Kramer (Brew); Stillings (Bang); Waters (Snow); Beaton (Wat); T-24.0

400: Sewell (Brew); Stillings (Bang); Ideker (Card); Collins (Card); Troux (Wat); Trundy (MB) T-52.4

800: Widmer (Card); Stover (Bang); Oney (Bang); Tie-Nicholson (Wat); Allant (Bang); McDonald (Pl) T-2:01.9

Mile: McMann (Snow); Lambert (Brew); each (Card); Nicholson (Wat); Galloway (Bang); Wilcox (Pl) T-4:56.9

3200: Plessey (Pl); Blod (MB); Wasserman (Brew); Carlson (Bang); Warren (Card); Mangus (Pl) T-9:55.7

20 hurdles: Tie-Lee (Bang), Yahn (MB); Stillings (Bang); Parrilla (Bang); Mavrinac (Wat); Peck (MB); T-16.2

36 hurdles: Yahn (MB); Lee (Bang); Tie-Karam (Bang); Hebert (Card); Espres (Snow); Calderwood (Bang) T-21.2

Long jump: Lee (Bang); Roberts (Brew); Thompson (MB); Sicler (Bang); Bradley (Pl); Williams (Snow); D-18'2 3/4"

High jump: Sicles (Bang); Holynka (Wat); Hayes (Bang); Zauchi (Bang); Williams (Snow); Grainer (Brew) 5'8"

Triple jump: Holynka (Snow); Thompson (MB); Williams (Snow); Grainer (Brew); Tavelin (MB); Lee (Bang) 41'2"

11 vault: Grwoley (Snow); Trippitt (Brew); Tie-Dupree (Snow); each (Wat); Chesley (Cony); Brault (Pl) D-11'

Velin: Karam (Bang); Jensen (Card); Sirkles (Bang); Withers (Snow); Kelley (Bang); Huff (Cony) 187'

Shot Put: Welch (MB); Quinn (Bang); Herry (Wat); Williams (Wat); Rogers (Brew); Abbott (MB) D-49'2"

Discus: Quinn (Bang); Welch (MB); Williams (Wat); Gauthier (Wat); Hickey (Card); Doherty (Wat) D-146'

3 relay: Bowser, Bangor; Cony; Waterville, Skowhegan; Mt. Blue T-6.1

4 relay: Bangor; Caribou; Brewer; Blue; Skowhegan; Gardiner T-3:35.5

Class A Girls

Larson (Bang); Hall (Wat); Spooner (MB); Wyman (Card); Cormley

Class A Girls

100: Larson (Bang); Hill (Warr);
Thompson (MB); Wyman (Carib); Gormley

(Brew); Turnelle (Cony); T-11.4
 220: Heat 1-Lathan (Bang); Hall (Warr); Lee (Brew); T-26.4
 Heat 2-Nyman (Carl); Tie-Gurley (Brew); Frank (Brew); T-26.7
 440: Lathan (Bang); Hall (Warr); Gentry (Warr); Campbell (Bang); Drudge (MB); Murphy (Cony); T-28.9
 880: Prescott (Gard); Farrington (Bang); Trumelle (Cony); Mait (MB); Roberts (Warr); Bual (Brew); T-2.3
 Mile: Prescott (Gard); Farrington (Bang); Mait (MB); Hoch (Gard); Cowette (Snow); Cyr (Brew) T-5.20
 2 mile: Benoit (MB); Cyr (Brew); Whitney (MB); Lawlor (Brew); Higgins (Pl); Crocker (Bang) T-12.19
 80 hurdles: Tie-Dimmen (Carl); Cyr (MB); Wyman (Carl); Plummer (MB); Podkam (Bang); Coughlin (Bang) T-11.6
 Triple jump: Gifford (Snow); McCuller (Warr); Libby (Brew); Winslow (Cony); Plummer (MB); Coro (Warr); D-14'1 3/4"
 Long jump: Winslow (Cony); Frip-utin (Gard); Pinnette (Warr); Wyman (Carl); Libby (Brew); Fockham (Bang) D-16'7 1/4"
 High jump: Tie-Theorin (Snow); Curo (Warr); McCollum (Warr); Pinnette (Warr); Tingley (Bang); Plummer (MB) D-4'10"
 Shot put: Faulkner (Brew); Ames (Pl); Young (Warr); Hicklary (Gard); Goodwin (Brew); Hall (Warr) D-11'4 1/8"
 Javelin: Nagam (Warr); Berkenst (Snow); Young (Warr); Deberty (Brew); Tripp (MB); Bouchard (Carl) D-55'
 Discus: Young (Warr); Faulkner (Brew); Staples (Carl); Lane (MB); Tibberts (Gard); Goodwin (Brew) D-8'10"
 440 relay: Bangor (State Record); Gaudet; Brewer; He; Blue; Water-ville; Cony T-4:10.9

Class B Boys

100: Herrick (Buck); Parker (Lawr); Annett (Lawr); Caithie (Lawr); Farrigan (Wins); Sadeau (Pl); T-10.8
 220: Parker (Lawr); Tie-Calrie (Lawr); Fletcher (MB); Gurney (Lawr); Herrick (Buck); Quirk (Harr) T-24.2
 440: Colley (Ellis); Folane (Mess); Whaley (Belf); Higgins (Rock); Dexter (Lawr); Flawelling (Hok); T-11.3
 880: Johnson (Rock); MacDonald (MB); Higgins (Rock); Tie-Wanence (Harr); Graves (Hok); Curtis (Pl) T-2.01.7
 Mile: Series (Ellis); Guimond (Wins); Johnson (Rock); Weston (Harr); Jenkins (Harr) Curtis (Pl) T-4:32.4
 2 mile: Guimond (Wins); Berlin (Ellis); Marquis (OT); Burkett (Buck); Westphal (MB); Hayes (Harr) T-9:42.4
 120 hurdles: Atherton (Buck); Liberty (Lawr); Vose (Belf); Brink (Hok); Walton (Lawr); Foster (Pl) T-16.5
 300 hurdles: Atherton (Buck); Meday (Belf); LeTourneau (Lawr); Ludwix (MB); Clement (Buck); Lorles (Stins) T-42.0

Pole vault: Tie-Liberty (Lawr); Namley (Belf); Scurtevant (Buck); Head (MB); Tie-Albed (MB); Perry (Lawr) D-12'
 Triple jump: Sawyer (Lawr) State Record; Vose (Belf); Gurney (Wins); Johnson (Mess); Julia (Lawr); Hoffmann (Buck) D-45'2"
 Long jump: Vose (Belf); Ferrigan (Wins); Sawyer (Lawr); Corcoran (Belf); Burdick (Mess); Reynolds (HA) D-19'11 1/2"
 High jump: Sawyer (Lawr) State Record; Atherton (Buck); Merchant (MB); Nierben (MB); Palen (Lawr); Julia (Lawr) D-6'6"
 Shot put: Kelley (Belf); Gurney (Wins); S. Guiney (Lawr); Lowell (Buck); Oliver (Stins); Shaw (MB) D-47'11"
 Discus: Gurney (Wins); Oliver (Stins); Kelley (Belf); Gurney (Lawr); Shaw (MB); Norris (Hok) D-124'8"
 Javelin: Lapham (Belf); Gurney (Wins); Palen (Lawr); S. Guiney (Lawr); Young (Lawr); Reynolds (HA) D-17'1 1/2"
 440 relay: Buckport; Lawrence; MB; Belfast; Hampden; Nokomis T-45.1
 Mile relay: MB; Belfast; Nokomis; Lawrence; Ellsworth; Bucksport T-3:56.9

Class B Girls

100: Smith (OT); Lewis (MB); Robertson (Belf); A. Smith (Ellis); Sullivan (Stins); Rich (Belf) T-11.7
 220: Lewis (MB); Smith (OT); Powers (Buck); Aracault (Stins); Kane (Ellis); Beckwith (Buck) T-27.2
 440: Powers (Buck); O'Connell (MB); Kane (Ellis); Bouchard (OT); Blanchard (OT); Wing (Belf); T-1:02.2
 880: Classier (Buck); Maguire (Ellis); Winn (OT); Carroll (MB); McQuarrie (Stins); Warren (MB) T-2:25.9
 Mile: Winn (OT); Gause (Lawr); Delby (HAT); Kenney (Lawr); Hendrick (Buck); Jordan (Ellis) T-5:30.1
 2 Mile: Wood (MB); Clapper (Buck); Gause (Lawr); Hoyer (MB); Serasten (Ellis); Childs (HAT) T-12.15
 80 hurdles: O'Connell (MB); Randall (OT); LeFebvre (Lawr); Blanchard (OT); Adler (MB); Mattheieu (Lawr) T-11.0
 Shot put: Sager (OT); Stearns (OT); Souza (MB); Barreca (HA); Faure (OT); Shirley (Wins) D-13'2 1/2"
 Javelin: Gagnon (Pl); Pusateri (Mess); Gurney (Lawr); Phair (Buck); Gaetani (OT); Buteau (OT); D-108'4"
 Discus: Sager (OT); Pusateri (Mess); Faute (OT); Vashun (Wins); Kelle (Lawr); Souza (MB) D-108'4"
 Triple jump: Lewis (MB); King (Lawr); Befner (OT); Neithgraven (Rock); Richards (Lawr); Gibson (MB) D-33'9 1/2"
 Long jump: O'Connell (MB); Kirk (Lawr); Reynolds (Belf); Gurney (Belf); Gibson (MB); Preble (Stins) D-14'10 1/2"
 High jump: Duloue (OT); Pease (HA); McEnroe (MB); Gaudin (Lawr); Lazarus (Wins); Gibson (MB) D-4'8"

Class C Boys

100: London (MB); Omellette (Harr); Storch (Oro); McKenna (JB); Leeson (H-Dale); Cavoic (Harr); T-11.9
 220: Miller (Lime); Storch (Oro); Lundom (MB); Sullivan (JB); McKenna (JB); Leavitt (Bart) T-23.8
 440: Miller (Lime); Goodwin (Carr); Sullivan (JB); Leeson (H-Dale); Smith (JB); Storch (Oro); T-52.4
 880: Pudding (H-Dale); Pendleton (CV); Mohler (Maran); Russ (Oro); Goodwin (Carr); Wondard (Oro); T-2:01
 Mile: Freddie (H-Dale); Russ (Oro); Mohler (Maran); Adams (JB); Bailey (Harr); Moody (Carr) T-4:33
 2 mile: Norton (JB); Crocker (Maran); Bailey (Harr); Harrison (Maran); Golden (Maran); Tompkins (FF) T-9:53.4
 120 hurdles: Lachapelle (MA); Crocker (MA); Brundrett (Oro); Stockford (Maran); Sturgess (MA); Bryant (Maran) T-16.7
 330 hurdles: Lachapelle (MA); Brundrett (Oro); Bryant (Maran); Lawrie (Maran); Crocker (MA); Beckwith (Green) T-41.3
 Long jump: Delorme (H-Dale); Clark Forsythe (Oro); McArthur (lime); Leavitt (Dext); Martin (Harr) D-19'4 1/2"
 High jump: Leonard (MA); Dunn (Maran); Wintim (Bart); Russ (Oro); Emerson (FF) D-6'2"
 Triple jump: Crocker (MA); Leonard (MA); Delorme (H-Dale); Lavigne (Maran); Phillips (Fox); Kniffin (Carr) D-4'1 1/2"
 Pole vault: Shufelt (Green); Clapp (Oro); Storch (Oro); Freehan (Maran); Bruckhardt (Oro); King (MA) D-11'
 Discus: Winn (MV); Dearborn (Maran); Sawyer (FF); Lincoln (Maran); Trefethen (Oro); Clapp (Oro) D-112'6"
 Shot put: Trafton (Oro); Page (EVES); Martin (Maran); Abbott (Oro); Wren (MV); Trefethen (Oro) D-66'8"
 Javelin: Scoccia (CV); Trafton (Oro); Lincoln (Maran); Abbott (Oro); Bond (Maran); Blanchette (Maran) D-175'9"
 440 relay: John Rapet; Orono; Madawaska; Carrabec; Maranacook; Hall-Dale T-47.1
 Mile relay: John Rapet; Orono; Madawaska; Carrabec; Maranacook; Hall-Dale T-3:38.7

Class C Girls

100: Coleman (Lime); Sues (MA); Latorge (Harr); Sutherland (MA); Denieux (FF); Fenaison (Carr) T-12.2
 220: Bear 1-Sutherland (MA); Laxius (FF); Latorge (Harr) T-28.4
 Bear 2-Coleman (Lime); Sues (MA); Miller (Carr) T-28.1
 440: Sutherland (MA); Turmel (Carr); Bourget (Maran); Coleman (Lime); Scholz (CV); McCormick (Oro) T-1:01
 880: Homila (Oro); Hale (Maran); Dodge (Maran); Erina (Maran); Suelas (CV); Bourger (Maran) T-2:26.8
 Mile: Miller (CA) Meet record; Homila (Oro); Sues (Maran); Ruslan (CV); McLaughlin (Maran); Vickery (JB) T-5:01
 2 Mile: McCaughlin (Maran); Campbell (Oro); Prescott (CA); Novençamp

(Fox); Tursel (Green); Charette (Meadow) T-11:58.1	49. D. DeAngelis	38:55	144. K. Harris*	47:34
80 hurdles: Muslim (MV); Soule (Oro); Vadas (Oro); Coleman (Lime); Owen (Bro); Vish (MA) T-11:6	50. Glen Holynke	38:56	145. Ellen Spring*	47:38
Long jump: O'Callaghan (Oro); Irving (MV); Richards (Oran); Landus (Carr); Suvey (Dext); Dumas (Oro) D-15'10"	51. S. Wukie	38:58	146. D. Sanborn	47:42
High jump: Tie-Badger (Dext), Irving (MV); Soule (Oro); Donley (MA); Rollis (Maran); Ertha (Maran); Sixots (FF) D-4'10"	52. M. Branch	38:58	147. Larry G. Van Peursem	47:43
Triple jump: Irving (MV); Dumas (Oro); Landus (Carr); O'Callaghan (Oro); Wisbe (Maran); Richards (Green) D-13'10"	53. D. McQuillkin	39:16	148. K. Dickes	47:49
Discus: LeClair (Oro); Partridge (Maran); McCarrigle (FF); Worcester (Oro); Penhaligon (Carr); Clukey (Medium) D-10'6"	54. Frank Stegg	39:18	149. G. Bouchard	47:49
Javelin: LeClair (Oro); Landus (Carr); Tuomi (Oro); Colter (Maran); Cayer (Medw); O'Donnell (JB); D-110'10"	55. B. Hollowell	39:23	150. S. LaGresy	47:51
Shot put: LeClair (Oro); Partridge (Maran); O'Donnell (JB); Beverage (MCII); McCarrigle (FF); Asay (Dext); D-39'5"	56. Gerry Bryan	39:35	151. Charles Clappay	48:07
440 relay: Mattawamook Academy; Orono; Mt. View; Greenville; Maran- acock; Hall-Dale T-54.1	57. P. McCurren	39:38	152. I. Grohs	48:08
Mile relay: Mattawamook; Orono; John Bapst; Mattawamook; Madawaska; Carahet T-4:24.7	58. Paul Connor	39:40	153. B. MacMillan*	48:08
*****	59. S. Lublanc	39:48	154. T. Sprague	48:08
PETER OTT'S GARDEN FOX	60. C. Kusen	39:52	155. L. Alley*	48:11
Corden	61. T. Prosser	40:04	156. T. Johnrog	48:11
	62. S. Beck*	40:12	157. F. Russ	48:14
	63. R. McDonough	40:13	158. T. Severance	48:16
	64. J. Leon	40:15	159. A. Galler*	48:24
	65. T. Mapleton	40:15	160. A. Johnson	48:31
	66. R. Sabine	40:20	161. J. George	48:38
	67. H. Scheitke	40:25	162. R. Isenbyt	48:56
	68. J. Westhoven	40:31	163. C. Seidel	49:00
	69. S. Sabine	40:39	164. P. Armentrout*	49:01
	70.		165. Kathy Lun*	49:02
	71. Cerni Roy*	40:41	166. H. Miller*	49:06
	72. M. Perry	40:48	167. L. Wentworth	49:36
	73. R. Smith	40:57	168. M. Kenny	49:44
	74. C. Bauer	40:58	169. S. Boggs	49:53
	75. F. Sprague	40:58	170. H. Quijano*	49:58
	76. C. Baldwin*	41:05	171. D. McRea	50:20
	77. B. Fredhus	41:16	172. P. Quijano	50:22
	78. M. Smith	41:21	173. H. Dutch*	50:23
	79. C. Howard	41:25	174. Bruce Booker	50:28
	80. R. Sturges	41:27	175. M. Miller*	50:32
	81. S. Snow*	41:29	176. B. Kennedy	50:53
	82. C. Francis	41:32	177. C. Stone*	51:12
	83. Diane Louder*	41:35	178. S. Smith	51:14
	84. V. Dammons	41:40	179. R. Schade	51:16
	85. S. Roberts	41:41	180. G. Schade*	51:21
	86. Maggie Johnson*	41:53	181. C. McCurrant	51:21
	87. Pully Stone*	41:55	182. M. Shaffer	51:25
	88. G. Krasuse	42:03	183. V. Strong*	51:26
	89. C. Ervin	42:15	184. N. Mellor*	51:51
	90. F. Barnard	42:21	185. C. Goodridge*	51:52
	91. F. Beck	42:23	186. N. Hoyes*	51:59
	92. C. Boyd	42:26	187. W. Capen	52:08
	93. E. Purter	42:39	188. B. Basil	52:11
	94. J. Kubino	43:07	189. L. Young	52:12
1. Mike Gaige	95. D. Wentworth	43:26	190. S. Neumann*	52:22
2. Peter Millard	96. R. Poulin	43:34	191. D. Horne*	52:31
3. Peter Bottomley	97. S. Hanscom	43:36	192. N. Ahrens*	52:36
4. Larry Dunn	98.		193. B. Clark	52:36
5. J. Sturges	99. M. Juano	43:41	194. B. Atwood*	52:44
6. S. Helmbraker	100. T. Moore	43:55	195. P. Sylvester	52:47
7. Gary Allen	101. L. DeGrazio*	43:56	196. K. Welch*	53:01
8. M. Sullivan	102. J. Pfleiderer	44:02	197. J. Bragdon*	53:06
9. C. Bovie	103. Charlie Knight*	44:06	198. K. Dzhamer	53:13
10. Dan Seering	104. L. Dutch	44:08	199. S. Eastier*	53:19
11. P. Lentzdam	105. A. Sprowl	44:14	200.	
12. Larry Allen	106. B. Rosenberg	44:18	202. Peter Curran	54:05
13. John Condon	107. W. Taylor	44:20	203. S. Crane*	54:11
14. D. Smith	108. T. Goodridge*	44:25	204. M. Yates*	54:25
15. G. Dawson	109. C. Billington	44:29	205. S. Power*	54:27
16. T. Luehrdo	110. J. Kurumoni	44:35	206. C. Carroll*	54:36
17. D. Graves	111. F. Owen	44:42	207. K. Marneber	54:45
18. B. McCrea	112. C. Knight	44:43	208. J. Jacob*	54:51
19. T. McWalters	113. P. Roberts	44:43	209. C. Kippax*	54:55
20. D. Rearick	114. L. Gueke	44:52	210. B. Sepe*	54:56
21. M. Dunn	115. K. Sylvester	44:59	211. M. Fitzpatrick*	55:04
22. K. Lane	116. F. Shipman	45:02	212. P. Adams	55:11
23. S. Purter	117. P. Rearick	45:13	213. P. Petties	55:21
24. Bob Bunker	118. G. Bunker	45:20	214. P. Huffart*	55:30
25. A. Sims	119. D. Libby	45:20	215. L. White*	55:30
26. J. Ellis	120. K. Kelson	45:23	216. M. Gardner	55:31
27. Vaughn Holyoke	121. S. Humpert	45:24	217. Leo Seavey*	55:41
28. R. Kelley	122. F. Clemens	45:29	218. R. Bell	55:44
29. Sam Hamilton	123. Leon Wright*	45:32	219. B. Hamilton*	56:04
30. A. Adams	124. C. McRea	45:34	220. B. Lukas*	56:10
31. S. Roberts	125. T. Dishner	45:41	221. L. Snow*	56:41
32. E. Harrows	126. A. Skidner	46:06	222. N. Reiman*	57:31
33. R. Everett	127. Jeannette LaPionce*	46:09	223. M. Corbin*	58:11
34. J. Wells	128. S. Campbell*	46:12	224. P. Wurram*	58:14
35. B. Peabody	129. P. Hendrick	46:14	225. D. Gray	58:26
36. B. Yates	130. B. Horne	46:19	226. N. Caldwell	58:41
37. J. Flynn	131. C. Trout	46:26	227. J. Shadis	59:17
38. C. O'Donnell	132. D. Nollen	46:31	228.	
39. T. Elwell	133. C. Cokinis	46:36	229. R. Hastings*	59:54
40. B. Trembley	134. L. Nitrett	46:42	230. S. Hastings*	59:55
41. J. Fee	135. S. Fraser	46:46	231. K. Broussard*	60:31
42. Karen McCann*	136. J. Tripp	46:55	232. G. Lomberth	61:31
43. D. Roe	137. Leone Clapper*	46:57	233. B. Hokkanen*	63:55
44. B. Peterson	138. K. Cenne	47:11	234. J. Wilkinsen	65:46
45. B. Hayes	139. S. Goodridge	47:19	235. K. Valente*	65:47
46. B. Andrus	140. M. McTighe*	47:19	236. M. Luise*	71:04
47. W. Heidner	141. C. Skov	47:21	237. S. Lukacs*	71:07
48. B. Cleveland	142. Leo Loukka	47:26	238. M. Hey	72:06
	143. B. Friedreich	47:31		

47:38	239. A. Gardner*	72:08	100m	Pole Vault
47:42	Results courtesy of Bill Hughes Race Director		1. Costigan, Cheverus 11.3 2. Federico, S. Portland 11.4 3. Stewart, Deering 11.5 4. Waters, Skowhegan 11.7 5. Hurley, Brunswick 11.7 6. Taylor, Lewiston 11.8	1. Kane, S. Portland 12' 2. Crowley, Skowhegan 12' 3. Pellirin, Portland 12' 4. Tripplett, Portland 11' 5. McQuinn, S. Portland 11' 6. McKenna, Morse 10'6"
47:43				
47:49	*****			
47:51	SEVENTH ANNUAL HAMPDEN 8½ MILE RACE			
48:07	Hampden	June 12	200m	Discus
48:08			1. Stewart, Deering 21.2 2. Taylor, Lewiston 21.5 3. Giff, S. Portland 21.5 4. Waters, Skowhegan 21.6 5. Hurley, Brunswick 21.7 6. Stillings, Bangor 21.9	1. Quinn, Bangor 138' 2. Gendron, Sanford 152'3" 3. Andrews, Thornton 147'4" 4. Bogdanovich, Portland 146'8" 5. LeBrun, Edward Little 141' 6. Welch, Mt. Blue 136'
48:11	L. Dick Fournier	47:55		
48:13	2. Dick Balcine	47:57		
48:14	3. Daniel Smith	49:43		
48:16	4. Phil Stuart	50:22		
48:24	5. Phil St. Pierre	50:38		
48:31	6. Deka Talbot	51:37		
48:38	7. Ken Rensen	52:25		
48:56	8. Charlie Nichols	52:37		
49:00	9. Jerry Ellis	52:41		
49:01	10. Ed Rice	52:54		
49:02	11. Greg O'Donnell	53:03		
49:06	12. Paul Deedy	53:24		
49:30	13. John Mills	53:24		
49:44	14. Steve Fallay	53:26		
49:53	15. Calvin True	54:11		
49:58	16. Terry Priest	54:35		
50:20	17. Ed Langlois	54:49		
50:22	18. Bruce Iwuchuky	54:48		
50:23	19. Tom Dugan	55:03		
50:28	20. Larry Rich	55:08		
50:32	21. Joel Hawes	55:34		
50:33	22. Paul Connor	55:59		
51:12	23. Mike Buddy	56:02		
51:14	24. Hal Nelson	56:38		
51:16	25. Charles Francis	57:06	Mile	Javelin
51:21	26. Cliff Rosen	57:18	1. England, Cheverus 1:57.7 2. LaRosa, S. Portland 1:58.5 3. Stover, Bangor 2:00.6 4. Ashley, Cheverus 2:00.9 5. Widener, Gardiner 2:01 6. Beatty, Bangor 2:01.7	1. Begdanovich, Portland 54'4" 2. Lombard, Thornton 48'8" 3. Rawding, Westbrook 47'8" 4. Robichaud, Edward Little 47'1" 5. Welch, Mt. Blue 46'4" 6. Dunn, Darrowing 45'11"
51:22	27. Bill Pinkham	57:40		
51:23	28. David McQuilkin	57:45		
51:26	29. Gary Smith	57:45.5		
51:51	30. Gerald Krause	57:56		
51:52	31. Rob Hawes	57:59		
51:59	32. Roy Owen	58:06		
52:08	33. Taylor Weatherbee	58:15	2 Miles	400 Relay
52:11	34. Dennis Hudnicki	58:31	1. Briggs, Cheverus 4:18.0 2. LaRosa, S. Portland 4:22.2 3. Swopes, Edward Little 4:27.5 4. Michelson, Waterville 4:28.9 5. Michelson, Waterville 4:29.8 6. Dusach, Caribou 4:30.3	1. Cheverus 44.9 2. Deering 43.0 3. Brewer 45.0 4. Portland 45.3 5. Thornton Academy 45.4 6. South Portland 45.5
52:12	35. Howard Dunn	58:39		
52:22	36. Bob pride	58:51		
52:31	37. Don Ardine	58:55		
52:34	38. Barbara Flank*	58:57		
52:36	39. Ronald Russell	59:20		
52:44	40. Brent Laughton	59:31		
52:47	41. Patrick Krem	59:32		
53:01	42. Steve Railing	60:35	120 High Hurdles	Mile Relay
53:06	43. Tom Roberts	60:42	1. Memphis, Westbrook 15.4 2. Lee, Bangor 15.6 3. Milesen, S. Portland 15.8 4. Bleakney, Bonny Eagle 15.9 5. St. Hight, Deering 15.9 6. Yahn, Mt. Blue 15.9	1. Cheverus 3:28.8 2. Lewiston 3:33.6 3. Deering 3:34.2 4. Bangor 3:35.5 5. South Portland 3:36 6. Caribou 3:36.6
53:15	44. Richie Allen	61:00		
53:19	45. Ron Hunter	61:41		
54:05	46. Jim Gilbert	62:09		
54:11	47. Gil Rodwick	62:15		
54:12	48. John Selvick	62:49		
54:12	49. Gerry Reynolds	63:02		
54:27	50. Guy Dumber	63:20	300 Intermediate Hurdles	Class A Girls
54:36	51. Dan Merrill	64:07		Biddeford 6'; Bangor 54'; S. Portland 18'; Portland 35'; Bonny Eagle 34'; Lewiston 33'; Thornton 19'; Waterville 27'; Deering 26'; Presque Isle 22'; Gardiner 21'; Morse 18'; Mt. Blue 15'; Brunswick 15'; Brewer 13'; Skowhegan 10'; Presque Isle 6'; Westbrook 6.
54:45	52. Lumsden Barrett	64:08		
54:51	53. Ronald Crane	64:28		
54:55	54. Ed Brissette	64:43		
54:56	55. David Lunn	64:53		
55:09	56. L.C. VanDuzer	66:16		
55:17	57. James George	67:00		
55:21	58. Erik Mattson	69:07	Triple Jump	
55:30	59. Stan Blake	69:08		
55:31	60. Kevin Poirier	70:42	1. Federico, S. Portland 41'8" 2. Thompson, Mt. Blue 41'3" 3. Ouellette, Thornton 41'1" 4. Holyoke, Brewer 40'8" 5. Grenier, Brewer 40'3" 6. Hemphill, Westbrook 40'3"	200m
55:41	61. Don Osborne	70:43	1. Latham, Bangor 25.9 2. Desmarais, Biddeford 26.9 3. Hall, Waterville 26.9 4. Dugue, Mt. Blue 27.5 5. Hoyt, Thornton 27.5 6. Williams, Portland 27.9	
55:44	62. Walter Capen	73:25		
56:04	63. Frank Jewell	73:42		
56:30	Results courtesy of Skip Howard Race Director			
56:33				
56:41			Long Jump	
57:34	*****			400m
58:13			1. Federico, S. Portland 21'11" 2. Bogdanovich, Portland 21'5" 3. Thompson, Mt. Blue 20'6" 4. Roberts, Brewer 20'2" 5. Lee, Bangor 19'11" 6. Hawkins, Biddeford 19'4"	1. Latham, Bangor 23.7 2. Clemente, Lewiston 20:0.9 3. Hall, Waterville 20:1.1 4. Dugue, Mt. Blue 20:1.4 5. Harris, Lewiston 20:1.6 6. Folan, Portland 20:2.7
58:14	STATE HIGH SCHOOL TRACK MEETS			
58:36		June 12		
58:41				
59:17				
59:54	Class A Boys			
59:55	Cheverus 90; SF 73; Deering 58; Bangor 54; Lewiston 38; Mt. Blue 19; Portland 25; Brewer 25; Thornton 22; El. 18; Westbrook 17; Skowhegan 16; Caribou 11; Oxford Hills 10; Presque Isle 8; Morse 6; Gardiner 4; Waterville 4; Bonny Eagle 4; Brunswick 2; Biddeford 1.		High Jump	
60:32			1. Whitney, Oxford Hills 6' 2. Ryan, Deering 6' 3. Kapelitzky, Cheverus 5'10" 4. Hayes, Bangor 5'10" 5. Nicklas, Bonner 5'10" 6. Clark, Thornton 5'10"	800m
61:30			1. LaPierre, Bonny Eagle 2:23.3 2. Jennings, Deering 2:24 3. Hall, Waterville 2:25.1 4. Frits, Biddeford 2:24.7 5. Bonneau, Lewiston 2:26 6. Prescott, Gardiner 2:27	
61:55				
63:46				
65:47				
71:04				
71:07				
72:08				

Mile		Class B Boys		
1.	Jennings, Deering	5:13.11	Lawrence 105; Belfast 38; Lisbon 39; Winslow 39; MDI 33½; York 30½	3. Vose, Belfast 41'9½"
2.	Farrington, Bangor	5:13.9	Ellsworth 26; Lake Region 24½; Medomak 23½; Scarborough 7½; Rockland 20; Maxxis 28; Bucksport 18½; Gorham 17; Moosehead 19; Cape Elizabeth 8; Mt. Ararat 8; Kennebunk 8; Greely 7½; Old Town 4½; Noble 2; Leavitt 1; Nokomis 1	4. Yeo, Greely 41'8½"
3.	Priscott, Gardiner	5:14.5	Hampden 1; Stearns 1; Ft. Kent 1	5. Julian, Lawrence 41'13"
4.	Fritz, Biddeford	5:19.5		6. Gurney, Winslow 41'1"
5.	Bennett, Lewiston	5:20.5		High Jump
6.	C. Whittier, Thornton	5:23.4	1. Sawyer, Lawrence (SR) 6'6"	
2 Mile			2. Atherton, Bucksport 6'2"	
1.	Whittier, Thornton	11:39	3. Julia, Lawrence 6'2"	
2.	LaRose, S. Portland	11:49.1	4. Merchant, MDI 6'	
3.	Burill, Westbrook	11:49.6	5. Yeo, Greely 6'	
4.	Cyr, Brewer	11:57	6. Bluthem, MDI 5'8"	
5.	Forest, Sanford	11:58.3	Pole Vault	
6.	Vieilleux, Bonny Eagle	12:00.3	1. Lambert, Lisbon 11.4	
80 Low Hurdles		2. Parker, Lawrence 11.7		
1.	Dinsen, Gardiner	11.7	3. Cairnie, Lawrence 11.7	
2.	Cyr, Mt. Blue	12.2	4. Ferguson, Winslow 11.8	
3.	Orino, Sanford	12.4	5. Rotzman, Cape Elizabeth 11.8	
4.	Bennett, Lewiston	12.6	6. Madson, Ft. Kent 11.8	
5.	Craig, S. Portland	12.5		
6.	Pilavakis, Bonny Eagle	12.7	200m	
Triple Jump		1. Parker, Lawrence 21.6		
1.	Gifford, Skowhegan	33'4½"	2. Thibodeau, Lake Region 21.3	
2.	Lapierre, Bonny Eagle	33'4"	3. McLean, MDI 23.6	
3.	Young, Brunswick	33'1"	4. Cairnie, Lawrence 23.7	
4.	Colc, Duxbury	32'11½"	5. Bartlett, Massachusetts 21.9	
5.	Dudley, Portland	32'10½"	6. Malcolm, Scarborough 24.0	
6.	Perkins, S. Portland	32'9½"		
Long Jump		1. Parker, Lawrence 23.6		
1.	Angell, S. Portland	16'11"	2. Thibodeau, Lake Region 21.3	
2.	York, Brunswick	16'2½"	3. McLean, MDI 23.6	
3.	Boody, Portland	16'2¾"	4. Colley, Ellsworth 23.7	
4.	Frits, Gardiner	16'2½"	5. tie: Leonardson, Medomak 24.2	
5.	Peckham, Bangor	16'1½"	6. Fearing, Greely 24.2	
6.	Roberge, Biddeford	15'9"		
High Jump		800m		
1.	Kane, S. Portland	5'	1. Leonardson, Medomak 1:39.8	
2.	tie: Labbe, Biddeford	5'	2. Johnson, Rockland 2:01.1	
	Nigro, S. Portland	5'	3. McDonald, MDI 2:03	
	Coro, Waterville	5'	4. Coulombe, Mt. Ararat 2:03	
3.	tie: E. Clemente, Lew	4'10"	5. Curtis, Old Town 2:03.3	
	Plummer, Mt. Blue	4'10"	6. Graves, Mukwon 2:03.9	
Shot Put		Mile		
1.	Mourre, Biddeford	36'4½"	1. Berlow, Ellsworth 4:23.8	
2.	Volmer, Morse	33'3½"	2. Johnson, Rockland 4:28.6	
3.	Ames, Presque Isle	33'1"	3. Guisard, Winslow 4:30.9	
4.	Coombs, Duxbury	31'5½"	4. P. Leonardson, Medomak 4:34.2	
5.	Therriault, Sanford	30'7½"	5. Marrott, Massachusetts 4:36.2	
6.	Faulkner, Brewer	30'5½"	6. Curtis, Old Town 4:38.2	
Javelin		2 Mile		
1.	Dyer, Bonny Eagle	108'2"	1. Berlow, Ellsworth 9:25.7	
2.	Mareiff, Biddeford	103'2"	2. Guisard, Winslow 9:39	
3.	Volmer, Morse	101'5"	3. Grant, Gorham 9:50.4	
4.	Gregoire, Thornton	100'6"	4. Buckert, Rockland 9:53.9	
5.	MacDonald, Bonny Eagle	99'5"	5. Marquis, Old Town 10:01.6	
6.	Mogus, Waterville	97'2"		
Discus		300m Intermediate Hurdles		
1.	Nardine, Biddeford	107'5"	1. Stevens, York 40.3	
2.	Pratt, Sanford	106'4"	2. Atherton, Bucksport 40.2	
3.	Joyce, Portland	99'4"	3. Watson, Lawrence 40.4	
4.	Therriault, Sanford	98'9"	4. Herdon, Scarborough 40.4	
5.	Lane, Mt. Blue	98'2"	5. Robinson, Gorham 40.4	
6.	Young, Waterville	94'4"	6. Liberty, Lawrence 40.8	
400 Relay				
1.	Portland	51.1	tie: Ludwig, MDI 42.9	
2.	Thornton Academy	51.8	Atherton, Bucksport 42.9	
3.	Brewer	52.0		
4.	Morse	52.9		
5.	Bangor	53.1	Long Jump	
6.	Waterville	53.2	1. Vose, Belfast 22'5"	
Mile Relay		2. Sawyer, Lawrence 21'7"		
1.		3. Portland, Lake Region 20'5"		
2.		4. Collobush, Mt. Ararat 20'2½"		
3.		5. Rotzman, Cape Elizabeth 19'11½"		
4.		6. Reynolds, Hampden 19'10"'		
5.				
6.		triple jump		
1.	Sawyer, Lawrence	15'7½"	1. Sawyer, Lawrence 15'7½"	
2.	Johann, Massachusetts	15'2½"	2. Johnson, Massachusetts 15'2½"	

400m		400m Relay					
41'8"	1. L. Kent, Gorham (SR)	39.4	1. Mt. Desert	51.3	1. Lachapelle, Mattanawcock	42.2	
41'8"	2. Duff, Kennebunk	1:00.3	2. Gorham	51.8	2. Brutsaert, Orono	42.7	
41'1"	3. McHatten, Mt. Ararat	1:01.3	3. Lisbon	52.0	4. Wickford, Lincoln	43.1	
41'1"	4. Powers, Bucksport	1:01.8	4. Cape Elizabeth	52.8	5. Bryant, Maranacook	43.2	
(53)	5. O'Connell, MDI	1:01.8	5. Greely	52.8	6. Beckwith, Greenville	43.6	
51	6. Shiers, Gorham	1:02.4	6. Belfast	53.3			
800m		Mile Relay					
5'	1. Shiers, Gorham	2:21.4	1. Kennebunk	4:10.3	1. Hayes, Wells	41'2"	
5'	2. Perkins, Kennebunk	2:23.6	2. Mt. Ararat	4:12.8	2. Wade, Wiscasset	40'10"	
5'3"	3. Corman, Gorham	2:23.7	3. Gorham	4:15.2	3. Wing, Sacopee Valley	40'10"	
12'	4. Clapper, Bucksport	2:24.1	4. Greely	4:16.8	4. Delorme, Hall-Dale	40'9"	
12'	5. McGuire, Ellsworth	2:26.3	5. Old Town	4:20.9	5. Kinney, Livermore Falls	40'7"	
12'	6. Wing, Old Town	2:26.4	6. Lawrence	4:24.0	6. Crocker, Mattanawcock	40'5"	
Mile		Class C Boys					
11'6"	1. Doucette, Scarborough	5:17.7	Tramp 99; Orono 65; Maranacook 55;		1. Delorme, Hall-Dale	21'5"	
11'6"	2. Lewis, Mt. Ararat	5:18.7	Hall-Dale 36; John Bapst 30; Limestone		2. Clark, Georges Valley	20'11"	
11'	3. Winn, Old Town	5:19.1	28; Wiscasset 26; Wells 23; Mattanaw-		3. Wade, Wiscasset	20'8"	
125'1"	4. Gorman, Gorham	5:19.8	cock 20; Jay 18; Georges Valley 16;		4. Forsythe, Orono	20'14"	
125'1"	5. Wakam, Scarborough	5:21.2	Carrabec 15; Lincoln Academy 12; Fal-		5. Miller, Jay	20'14"	
125'1"	6. Goussas, Lawrence	5:26.7	mouth 14; Winthrop 12; Old Orchard 12;		6. Leavitt, Dexter	20'	
2 Mile		11:23	Madawaska 9; MCI 8; Fryeburg 8; Liv-				
125'4"	1. Wood, MDI	11:26.4	ermore Falls 6; Sacopee 6; Dexter 3;		1. Wade, Wiscasset (SR)	6'7"	
125'4"	2. Clapper, Bucksport	11:30.5	PVHS 2; Greenville 1; Oak Hill 1; Mt.		2. Dunn, Maranacook	6'	
125'4"	3. Wakam, Scarborough	11:32	View 1; Kennebunk Christian 1.		3. Knowles, Winthrop	5'10"	
125'4"	4. Chrichton, Creely				4. Leonard, Mattanawcock	5'10"	
125'4"	5. Connors, Cape Elizabeth	11:32.3			5. Wincle, Dexter	5'8"	
125'4"	6. Knight, Gray-MC	11:38.7			6. Poulin, Tramp	5'8"	
100m		High Jump					
134'6"	1. Miller, Jay	11.6	1. Wade, Wiscasset				
136'2"	2. London, MCI	11.7	2. Tuttle, Tramp				
135'2"	3. Gunnison, Tramp	11.7	3. Chase, Wells				
130'2"	4. Heard, Livermore Falls	11.7	4. McDermid, Fryeburg				
48'10"	5. Storch, Orono	11.9	5. Moody, Wells				
48'5"	6. Ouellette, Madawaska	11.9	6. Clapp, Orono				
200m		Pole Vault					
47'1"	1. Noah, Limestone	23.5	1. Libby, Tramp				
48'2"	2. Gunnison, Tramp	23.7	2. Pelkey, Tramp				
45'9"	3. Miller, Jay	23.7	3. Trafton, Orono				
42'6"	4. Berry, Tramp	23.8	4. Bartlett, Fryeburg				
42'6"	5. Collins, Tramp	23.8	5. Page, PVHS				
42'6"	6. Storch, Orono	24.2	6. Wren, Mt. View				
Lung Jump		Shot Put					
43'1"	1. Pediw, Hall-Dale	1:59.6	1. Pelkey, Tramp				
43'1"	2. Mohler, Maranacook	2:04.9	2. Libby, Tramp				
42'6"	3. Goodwin, Carrabec	2:03.1	3. Cooper, Winthrop				
42'6"	4. Bedard, Falmouth	2:03.1	4. Darling, Wells				
42'6"	5. Smith, John Bapst	2:03.2	5. Cormier, Tramp				
42'6"	6. Woodard, Orono	2:03.4	6. Dearborn, Maranacook				
400m		Discus					
45'7"	1. Miller, Limestone	52.0	1. Pelkey, Tramp				
45'8"	2. Goodwin, Carrabec	52.4	2. Libby, Tramp				
45'8"	3. Bedard, Falmouth	52.7	3. Cooper, Winthrop				
45'8"	4. Smith, John Bapst	52.8	4. Darling, Wells				
45'8"	5. Collins, Tramp	53.4	5. Cormier, Tramp				
45'8"	6. Harding, Wells	53.6	6. Dearborn, Maranacook				
800m		Javelin					
47'1"	1. Pediw, Hall-Dale	1:59.6	1. Pelkey, Tramp				
48'2"	2. Mohler, Maranacook	2:04.9	2. Lincoln, Maranacook				
45'9"	3. Goodwin, Carrabec	2:03.1	3. Scaccia, Georges Valley				
42'6"	4. Russ, Orono	2:03.1	4. Trafton, Orono				
42'6"	5. Pendleton, Georges Valley	2:03.2	5. Dodd, Maranacook				
42'6"	6. Woodward, Orono	2:03.4	6. Mulherin, Oak Hill				
400m		Javelin					
45'5"	1. Pediw, Hall-Dale	1:59.6	1. Pelkey, Tramp				
45'5"	2. Mohler, Maranacook	2:04.9	2. Lincoln, Maranacook				
45'5"	3. Goodwin, Carrabec	2:03.1	3. Scaccia, Georges Valley				
45'5"	4. Russ, Orono	2:03.1	4. Trafton, Orono				
45'5"	5. Pendleton, Georges Valley	2:03.2	5. Dodd, Maranacook				
45'5"	6. Woodward, Orono	2:03.4	6. Mulherin, Oak Hill				
800m		Discus					
47'1"	1. Pediw, Hall-Dale	52.0	1. Pelkey, Tramp				
48'2"	2. Goodwin, Carrabec	52.4	2. Libby, Tramp				
45'9"	3. Bedard, Falmouth	52.7	3. Cooper, Winthrop				
42'6"	4. Smith, John Bapst	52.8	4. Darling, Wells				
42'6"	5. Collins, Tramp	53.4	5. Cormier, Tramp				
42'6"	6. Harding, Wells	53.6	6. Dearborn, Maranacook				
800m		Javelin					
43'1"	1. Pediw, Hall-Dale	1:59.6	1. Pelkey, Tramp				
43'1"	2. Mohler, Maranacook	2:04.9	2. Lincoln, Maranacook				
43'1"	3. Goodwin, Carrabec	2:03.1	3. Scaccia, Georges Valley				
43'1"	4. Russ, Orono	2:03.1	4. Trafton, Orono				
43'1"	5. Pendleton, Georges Valley	2:03.2	5. Dodd, Maranacook				
43'1"	6. Woodward, Orono	2:03.4	6. Mulherin, Oak Hill				
400m		Shot Put					
43'1"	1. Pediw, Hall-Dale	1:59.6	1. Pelkey, Tramp				
43'1"	2. Mohler, Maranacook	2:04.9	2. Libby, Tramp				
43'1"	3. Goodwin, Carrabec	2:03.1	3. Cooper, Winthrop				
43'1"	4. Bedard, Falmouth	2:03.1	4. Darling, Wells				
43'1"	5. Collins, Tramp	2:03.2	5. Cormier, Tramp				
43'1"	6. Harding, Wells	2:03.4	6. Dearborn, Maranacook				
800m		Discus					
43'1"	1. Pediw, Hall-Dale	1:59.6	1. Pelkey, Tramp				
43'1"	2. Mohler, Maranacook	2:04.9	2. Libby, Tramp				
43'1"	3. Goodwin, Carrabec	2:03.1	3. Cooper, Winthrop				
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43'1"	2. Mohler, Maranacook	2:04.9	2. Lincoln, Maranacook				
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43'1"	1. Pediw, Hall-Dale	1:59.6	1. Pelkey, Tramp				
43'1"	2. Mohler, Maranacook	2:04.9	2. Lincoln, Maranacook				
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43'1"	5. Collins, Tramp	2:03.2	5. Cormier, Tramp				
43'1"	6. Harding, Wells	2:03.4	6. Dearborn, Maranacook				
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43'1"	1. Pediw, Hall-Dale	1:59.6	1. Pelkey, Tramp				
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43'1"	6. Woodward, Orono	2:03.4	6. Mulherin, Oak Hill				

Fairfield 3; Mexico 3; Georges Valley 6; Panhandle, Carrabec 95";
 3; MCI 2; Livermore 1; Foxcroft 1;
 Carrabec 1; Dexter 1

100m Javultin

1. Roy, Trap 12.9
2. MacIver, Lincoln 13.2
3. Coleman, Limestone 13.5
4. Sutherland, Mattanawcock 13.6
5. Boss, Mattanawcock 13.6
6. Cheshire, Sacopee Valley 13.6

200m

1. Roy, Trap 27.3
2. Coleman, Limestone 28.1
3. Davis, Telstar 28.2
4. Sutherland, Mattanawcock 28.2
5. Libby, Fryburg 28.3
6. Bierco, Livermore Falls 28.4

400m

1. Coleman, Limestone 1:02.1
2. Bourget, Mattanawcock 1:02.2
3. Malia, McAuley 1:02.3
4. Turnelle, Greenville 1:02.8
5. Schulz, Georges Valley 1:02.8
6. McCosh, Wiscassett 1:03.1

800m

1. Homola, Orono 2:24.7
2. Bourget, Mattanawcock 2:25.1
3. Anderson, Palermo 2:26.9
4. Dodge, Mattanawcock 2:29.5
5. Bercha, Mattanawcock 2:30.6
6. Buffington, Fryburg 2:31.5

Mile

1. Hallett, Central A. (SR) 5:00.3
2. McLaughlin, Mattanawcock 5:23.3
3. Homola, Orono 5:27.5
4. Buffington, Fryburg 5:31.5
5. Vickery, John Bapst 5:32.5
6. Bealum, Mt. View 5:35.0

2 Miles

1. McLaughlin, Mattanawcock 11:39.0
2. Prest, CA 12:00.6
3. Camp, Orono 12:02.9
4. Turnelle, Greenville 12:10.8
5. Turner, Mt. Abram 12:15.8
6. Haywcamp, Foxcroft 12:18

80 Low Hurdles

1. Hagland, Mt. View 11.9
2. Knowlton, Mt. Abram 12.1
3. Maddocks, Boothbay 12.3
4. Cheshire, Sacopee Valley 12.5
5. Sonja, Wiscassett 12.5
6. Coleman, Limestone 12.7

Triple Jump

1. Smith, Sacopee Valley 35'4"
2. Sonja, Wiscassett 34'6"
3. Deannah, Orono 34'7"
4. Villidunt, McAuley 33'7"
5. O'Callaghan, Orono 33'2"
6. Leedbury, Mt. Abram 33'1"

High Jump

1. Irving, Mt. View 5'
2. Smith, Sacopee Valley 5'
3. Dillihunt, McAuley 5'
4. Rolfe, Mattanawcock 5'
5. Stiles, Trap 5'
6. Badger, Dexter 5'

Long Jump

1. O'Callaghan, Orono 16'9"
2. Irving, Mt. View 16'4"
3. Pinkham, Wiscassett 16'0"
4. Deannah, Orono 15'9"
5. Richards, Greenville 15'7"
6. Malia, McAuley 15'7"

Discus

1. Partridge, Mattanawcock 123'
2. LeClair, Orono 107'9"
3. Tarrant, Mt. Abram 102'8"
4. McCarrigan, Fr. Fairfield 102'3"
5. Horner, Orono 100'7"

6. Panhandle, Carrabec

95"

10. Brian Warren

1:10:38

11. Dave Delois

1:10:51

12. Rob Jarrett

1:10:54

13. Bit Roberts

1:12:06

14. Cliff Knight

1:12:16

15. Art Warren

1:12:46

16. Bruce King

1:13:01

17. John Moncur

1:13:02

18. Gary Grady

1:13:20

19. Pettie Galle

1:13:21

20. Bill Leachey

1:14:02

21. Bob Laberge

1:14:33

22. Don Bruce

1:15:23

23. Rob Hunt

1:15:36

24. Michael Aldrich

1:15:27

25. John Boyne

1:15:41

26. Richard Marino

1:16:31

27. Charlie Gordon

1:17:11

28. Bill Higham

1:18:26

29. John Metzger

1:18:28

30. Charles V. Hutchins

1:18:45

31. Kerry Reynolds

1:18:46

32. Ian Laflata

1:18:47

33. Wayne Humphrey

1:19:25

34. Tom Hamlin

1:20:39

35. Dale Bjordan

1:20:57

36. Frederick Ward

1:21:02

37. John Mulrenney

1:21:06

38. Robert Waddle

1:21:35

39. William Fox

1:21:40

40. Jon Reiman

1:22:29

41. Barbara Coughlin *

1:22:35

42. Roger Putnam

1:22:46

43. John Ouellette

1:22:53

44. Barry Lohnas

1:24:03

45. Donald Cellier

1:24:03

46. Steven Doran

1:25:08

47. John Brochu

1:25:19

48. Heather Higbee *

1:25:27

49. Garry Jarrett *

1:26:17

50. Stephen Roberts

1:26:31

51. Kristina Gordon *

1:27:21

52. James Desjardins

1:27:51

53. Jane Waddle *

1:28:29

54. Marilyn Wilkoff *

1:30:28

55. Bob Folsom

1:31:12

56. Jennifer Beaullieu *

1:31:25

57. Dean Soule

1:32:22

58. Nancy Bruce *

1:36:11

59. Betty Hahn *

1:36:15

60. Bill Blood

1:36:19

61. Dan Chastain

1:36:12

62. Leonard Rainey

1:36:12

63. Linda McNutt *

1:37:43

64. Sue Blod *

1:38:27

65. Donald F. McRae Jr.

1:40:12

66. Richard Ball

1:42:35

Results courtesy of Bob Waddle
Race Director

PRESENT

THE THIRD ANNUAL GREATER BETTIE

4TH OF JULY ROAD RACE

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Marj:

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Sponsored by

UL BUNYAN PREVIEW

I was talking to Lee Summer, race director the other night and he's the latest on Maine's Bunyan marathon.

As of June 27th there are 3 pre-registered runners mainly from out of state. There are an awful lot of runners between the ages of 18 and 60.

Lee has received entry forms from runners from California, Alabama, Hawaii, and North Carolina as well as all the New England states.

Some of the quicker early entrants are John Schmeyer, 27 year old 2:28 marathoner; Merlin Conrad of Limestone; Bill Hine (2:30) and Lee Seehy of Hope Well Cape, a Brunswick, a 2:33 man.

New Balance is sending several runners up again this year like last year's winner, Stu Jenkins. Marilee Hazeltine of that organization will be presenting a clinic the evening before the race.

In the women's field the only really entrant with a time less than 3:20 is Susan Wallace of Houston, Texas. She's a 30 year old that boasts a PR of 2:16. We would all love to see a shoot out between Marilee Hazeltine, Kim Beaulieu and Maryann, Kim Beaulieu and Maryann.

YEARLY GREATER BEECHTIME BUNYAN CHAMP CAROL
JULY ROAD RACE. The Triple Crown of
ruthoning award is at stake
5, 1982 - 10:00 a.m. Marj and Kim are seeded
to the first 10. It will probably go
registration to whomever comes and runs.

Lee Summer is once again the race director, with Barry Mehrman once again doing his outstanding job on water. The Downeast Striders are doing the finish line as they did last year and the Dirigo Search and Rescue Team will be handling on course communications.

This year Dr. Roy Corbin will be backed up by Dr.'s Frank Bragg and Bruehl.

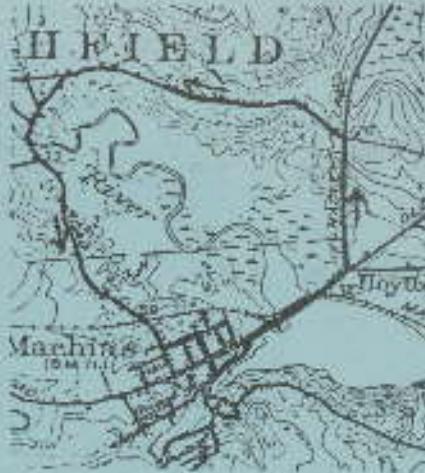
There will be plenty of replacement fluids available from the people who bring you Lite Beer. J.P. from Benjamin's is once again being very generous to the runners as are the people from the Holiday Inn.

If you have never tried the Bunyan, take it from someone who has run them all several times. It's the fastest marathon in the state of Maine and is equal to the other two in organization. Give the Bunyan a try; you'll be glad you did!





SEVENTH ANNUAL BLUEBERRY RUN



DATE: AUGUST 21, 1982
TIME: 10 A. M. SHARP
MEET AT: CENTER STREET CONGREGATIONAL CHURCH,
MACHIAS, MAINE

COURSE: 5 miles, wheel-measured, scenic and hilly, secondary roads.
Splits at 1 and 3 miles, water at 3 miles.
AID STATIONS: Mike Gaige (M) 25:11 (1981)
COURSE RECORDS: Robin Emery (F) 31:45 (1978)

SPONSORED BY: Machias Recreation Department, Machias Arts and Crafts Show, Blueberry Festival Committee.

DIRECTOR: Michael Worcester, P. O. Box 418, Machias, ME 04654.
Toilet Facilities only available before race; shower facilities at Machias High School after race.

AWARDS: Beautiful Blueberry Steins made by Machias craftsman Marie Shaw awarded to winner of each division. Other prizes will be awarded.
First 5 Open First over 40 Male
First 2 Female First over 40 Female
First under 18 Mean Runner

FEES: \$3.00 if application is postmarked Wednesday, August 8, 1982, or earlier.
\$3.50 post entry fee. Registration begins at 8:30 a. m. in front of Congregational Church Building.
T-shirts given to first 100 pre-registrants
Indicate size: S M L XL

IF YOU DO NOT WANT A T-SHIRT, please indicate (entry fee will be \$1.00)
No T-shirt:
Make checks payable to Michael F. Worcester.

ACTIVITIES: Machias Arts and Crafts show, with booths and exhibits, will be held at race finish site. A 1982 souvenir program of events will be available FREE to all visitors. This shows where to eat, things to do during this Blueberry Festival, points of interest and available lodgings in the Machias area.
The fourth annual Cutler BASH will be held, with activities beginning at 3:00 P. M.,



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The fourth annual Cutler BASH will be held, with activities beginning at 3:00 P. M., August 21, at Deke Talbot's cottage at Cutler, Maine. Overnight camping encouraged. Send SASE to Deke Talbot, P. O. Box 437, Machias, ME 04654 for entry form. Entries close Thursday, August 19, and the field is limited to 50. APPLY EARLY! All runners and their families welcome.

OFFICIAL ENTRY FORM
Mail to: BLUEBERRY RUN - P. O. Box 111
Machias, ME 04654

Name _____ Address _____

Sex: M F Age (on 8/21/82): _____

Club or School: _____ Tel # _____

In consideration of acceptance of this entry, I do hereby release the Center Street Congregational Church, Town of Machias, and all other sponsors of the 1982 Blueberry Run from any and all claims of damages, demands, or actions whatsoever or in any manner arising from or growing out of my participation in this athletic event. I also give permission for the free use of my name or my picture in any broadcast, telecast, newspaper, or other account of this event. I ATTEST AND VERIFY THAT I HAVE FULL KNOWLEDGE OF THE RISKS INVOLVED IN THIS 5 MILE RACE, AND THAT I AM PHYSICALLY FIT AND SUFFICIENTLY TRAINED TO PARTICIPATE IN THIS EVENT.

SIGNATURE: _____ AGE: _____

SIGNATURE OF PARENT OR GUARDIAN
IF UNDER 18 YEARS OF AGE
(Indicate Relationship) _____

The Second Annual Castine Twosome and Open Road Race

Castine, Maine

Saturday, August 21, 1982

10:00 a.m.

The Twosome Idea: It's simple. Pick a partner of the opposite sex, enter as a team, and your aggregate ages will determine the division in which your team will compete. Winners will be based on the combined times of the two team members.

An open race for singles (with separate awards) will take place simultaneously.

Course Description: 5 miles and very hilly. Water and hoses at 1.5, 3.4 and 4.1 miles (See map on reverse side).

Registration: Castine Patriot, Main Street, Castine, Maine, 04421. (Post entries accepted until 9:30 a.m. on August 21.)

Entry Fees: \$5.00 per twosome team; \$3.00 per individual.

Awards:

Twosome

First, second and third overall and first in each division (aggregate ages):

- | | |
|----------------|----------------|
| • 30 and under | • 70 - 79 |
| • 31 - 39 | • 80 - 89 |
| • 40 - 49 | • 90 - 99 |
| • 50 - 59 | • 100 and over |
| • 60 - 69 | |

(Limit of one award per individual)

Open Race

First place for males and females in each division:

- Junior (18 and under)
- Open (19 - 39)
- Masters (40 and over)

Refreshments: Soft drinks and cookies at the finish line.

Added Features: Plan to watch the Maine Retired Skippers Race from the lighthouse cliffs (1 p.m. start), and tour the Maine Maritime Academy training ship "State of Maine."

Twosome Age Division Records (all 1981)

10 and under	63:42	Mark Hatch, Castine, Maine Nancy Sullivan, Marshfield, Mass.	• 70 - 79	62:10	Harold Hatch, Castine, Maine Andrea Hatch, Castine, Maine
11 - 39	61:52	Steve Kozloviich, Millinocket, Maine Mary Clapper, Bucksport, Maine	• 80 - 89	70:12	Bill Leschey, Cape Elizabeth, Maine Marion Leschey, Cape Elizabeth, Maine
40 - 49	67:08	Rick Davis, Seal Harbor, Maine Jackie Trefethen, Ellsworth, Maine	• 90 - 99	81:37	Richard Sullivan, Marshfield, Mass. Joanne Sullivan, Marshfield, Mass.
50 - 59	66:29	Tim Bell, Collingdale, Pa. Linda Bell, Collingdale, Pa.	• 100 and over	92:13	Harry Price, Farmington, Maine Ruth Brown, Surry, Maine
60 - 69	72:32	Denis Noonan, Castine, Maine Jane Joseph, Castine, Maine			

In consideration of this entry being accepted, I (we) hereby for myself (ourselves), my (our) heirs, executors and administrators waive and release all rights and claims for damages I (we) may have against the Castine Patriot, its agents and representatives, successors and assigns for any and all injuries suffered by me (us) at the Castine Twosome and Open Road Race.

NAME(S)

AGE(S) ADDRESS(ES)

A) _____

B) _____

Signatures: _____

Division (see above): _____ Entry fee: _____

Mail with entry fee to: Castine Patriot, Main St., Castine, Maine, 04421.

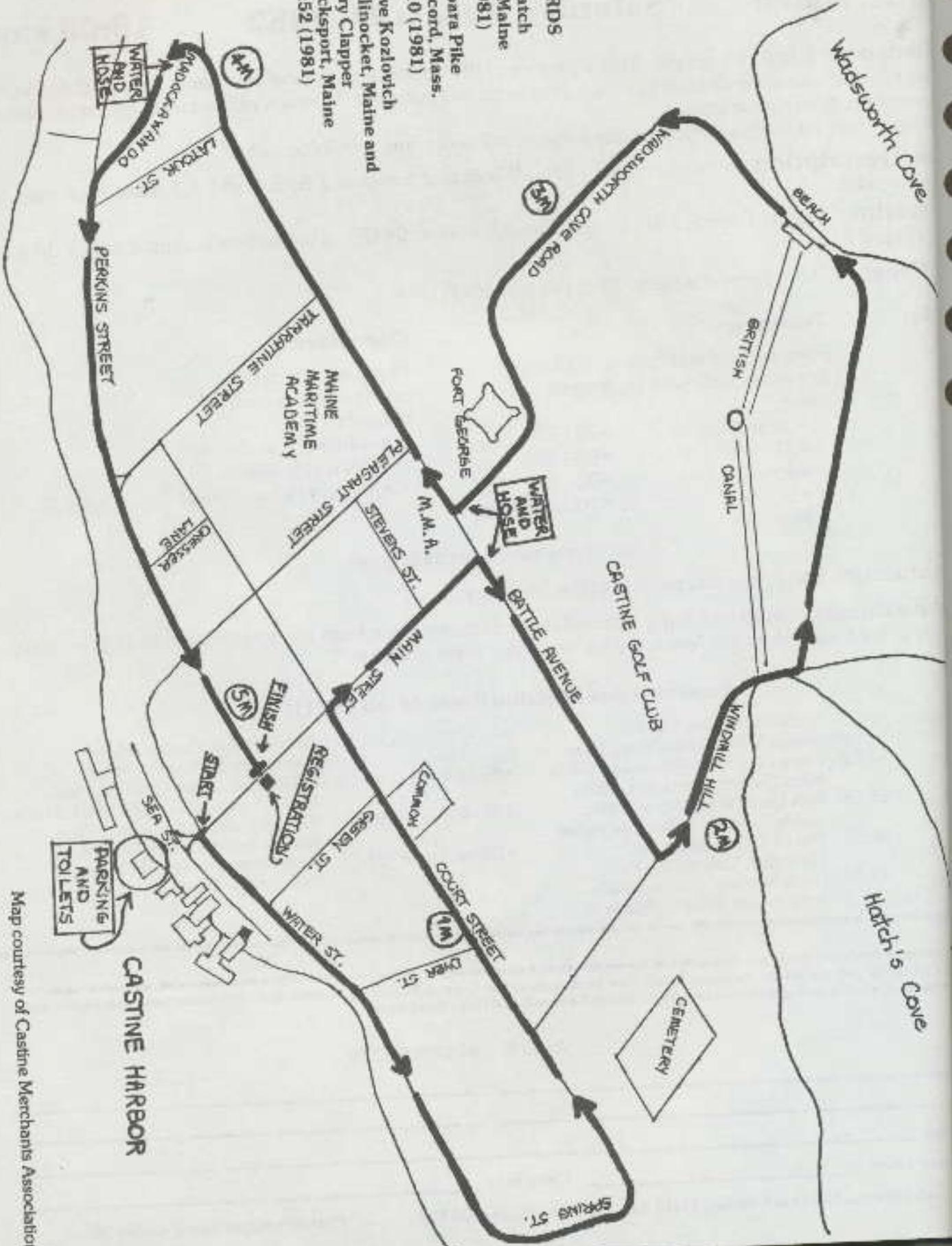
*Parent's signature if under 18.

COURSE RECORDS

*Men: Harold Hatch
Castine, Maine
27:08 (1981)

*Women: Barbara Pike
Concord, Mass.
32:10 (1981)

*Twosome: Steve Korlovich
Millinocket, Maine and
Mary Clapper
Bucksport, Maine
61:52 (1981)



The 1982

GRAND Willey

Ellsworth Road Race

DATE: August 14, 1982

LOCATION: Start and finish at Ellsworth high school

TIME: 9:30 a.m.

DISTANCE: 10 kilometers (wheel measured)

REGISTRATION FEE: \$3.00 Registration starts at 8:30 a.m.
Pre-registration is encouraged. All runners receive T-shirts.

CATEGORIES: Boys 13 & under / girls 13 & under
High school boys / high school girls
Men 19-40 / women 19-40
Men over 40 / women over 40

OTHER INFO: Overall mens' & womens' winners will receive \$100 Willey's gift certificates & free passes to all Hancock County Auditorium events for 1 year.

1st & 2nd prizes in all other categories

Rest rooms in high school

Time checks at 1 & 3.1 miles

Water stations at 3.1 & 5 miles

SPONSORED BY: Hancock County Auditorium
Willey's department stores

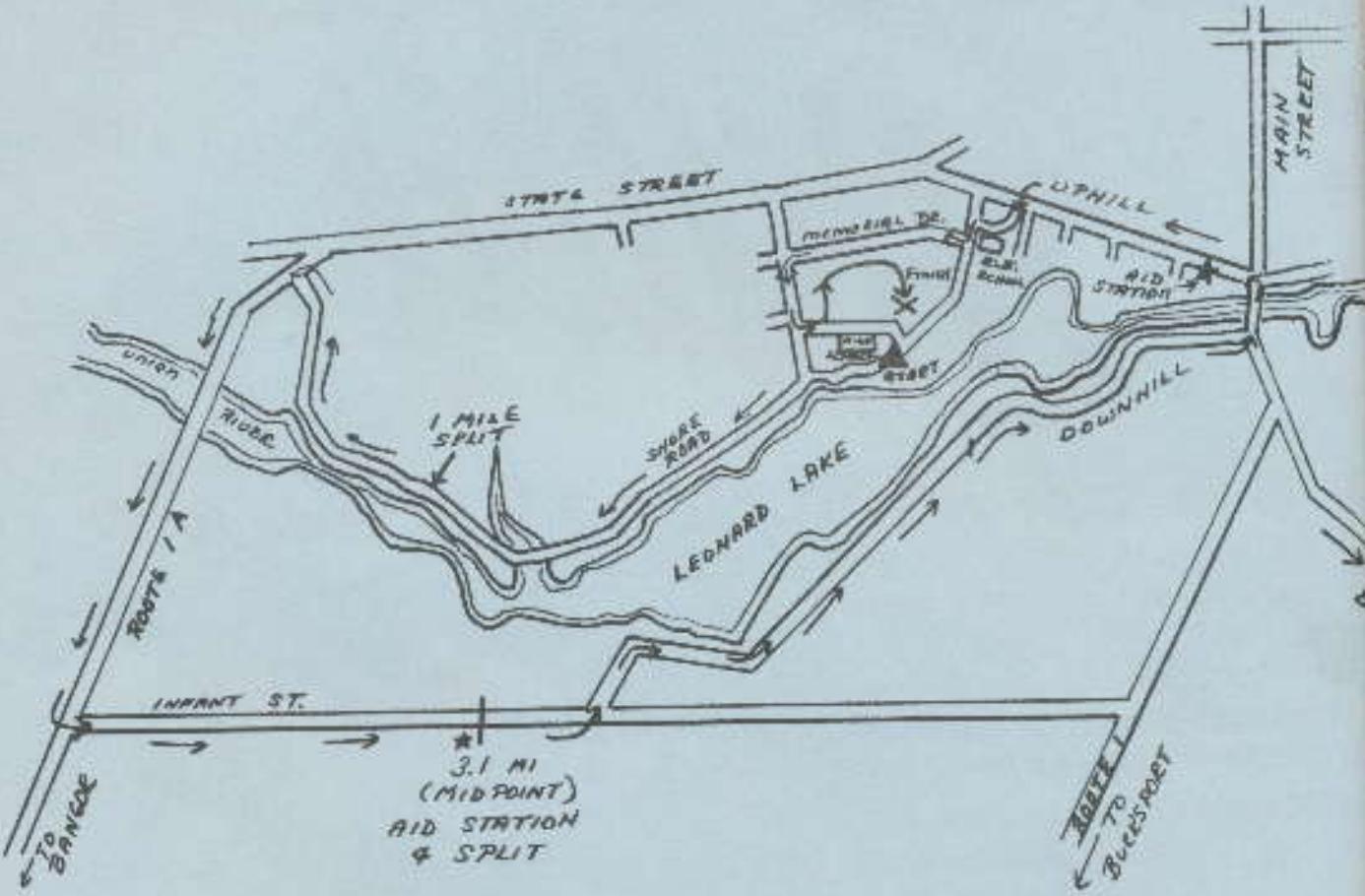
ENTRY FORM

In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against sponsors and officials for any and all injuries suffered by me in the 1982 Grand Willey Road Race.

Name _____ Age as of Aug. 14, 1982 _____

Address _____ Category Entered _____

Signature (Parent if under 18) _____ Shirt Size S M L XL _____



GRAND WILLEY COURSE

MAINE SEAFOOD FESTIVAL
ROAD RACE

D: Sunday, August 8, 1982

WHERE: Rockland, Maine at the Public
Landing

10K - 6.2 Miles

KIDS FUN RUN

RACE: 10K, Wheel measured
2 Water Stops and Splits

COURSE: 1 Mile, Wheel Measured

E: 8:30 A.M.

TIME: 7:45 A.M.

ISTRATION: Fee is \$4.50 for
Pre-registration.
\$5.50 day of the
race.

REGISTRATION: Fee is \$1.00 - Limited
to school grades, Kindergarten
through 8th grade in Sept., 1982

ISIONS: Men's and Women's Ages:
Open - First In
14 & Under 30-39
15-19 40-49
20-29 50 & Up

AWARDS: 1st place Boy & Girl.
1 winner each grade, K - 8

RDS: Prizes to 1st and 2nd
places in each category.

FREE T-SHIRTS TO ALL IN 10K RACE

SPECIAL TROPHY TO FIRST PROFESSIONAL
FISHERMAN FROM KNOX COUNTY

GIANT PRIZE DRAWING AFTER THE RACE

IL TO: Ken Sylvester
109 Talbot Avenue
Rockland, Maine 04841

KE CHECKS OUT TO: Maine Seafood Festival

ENTRY FORM

IN CONSIDERATION OF ACCEPTANCE OF THIS ENTRY, I HEREBY WAIVE AND RELEASE
AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE SPONSORS
D OFFICIALS FOR ANY AND ALL INJURIES SUFFERED BY ME IN THIS ROAD RACE.

NAME: _____

KIDS RACE: _____ (age) _____ (sex)
(Grade in Sept., 1982)

ADDRESS: _____

10K: _____ (age) _____ (sex)

T-SHIRTS SIZE: S M L XL

PROFESSIONAL FISHERMAN FROM
KNOX COUNTY

SIGNATURE: _____
(Parent or Guardian if under 18)





FOURTH ANNUAL BLUE HILL DAYS

10 KILOMETER ROAD RACE

Date : Sunday, August 8, 1982
Registration : By mail or by 8:45 a.m. on race day
Starting Time
and Location : 9:00 a.m. at Blue Hill Town Park
Entry fee : \$4.00 per person, includes T-shirt.
\$2.00 without T-shirt.

- Course** : Out and back on the gently rolling Parker Point Road. One hill because God put it there. Wheel measured.
- Awards** : First place overall and in Masters Division (over age 40), male and female, will receive two lobster dinners on the shore. If you intend to win, bring a friend. Other categories will be: second and third place overall and Masters, and first Blue Hill finisher, male and female; and oldest, youngest and meanest. Winners in these categories will receive one dinner each.
- Sponsor** : Blue Hill Chamber of Commerce

Bring your family and make a day of it. Soon after the awards are announced, clams begin cooking and musicians begin warming up for the Blue Hill Folk Festival. Enjoy a free, full afternoon folk concert on the lawn at the town park by some of Maine's favorite professional and amateur musicians. Restore your energy and vital bodily functions by pigging out at the Chamber's annual clam bake. Enjoy genuine early American rest room facilities. Cool off with a refreshing dip at the town park beach. It's the nicest day of the summer.

OFFICIAL ENTRY FORM BLUE HILL DAYS 10 KILOMETER ROAD RACE

I certify that I have trained adequately and that I am in good physical condition. I know of no reason why I should not compete in the Blue Hill Days 10-K race, finishing safely and in good humor. In consideration of your acceptance of this entry, I do hereby release from all liability and indemnify and hold harmless the Blue Hill Chamber of Commerce, its directors, the Town of Blue Hill, race director Barry K. Mills, and all others helping with this race.

Signature _____

Name (print) _____ Age on Race Day _____

Address _____

Signature of Parent or
Guardian if under 18 _____

T-Shirt Size _____

Please note: Only one prize will be awarded per person. Detach this form and please mail with entry fee to:

Barry K. Mills
Box D
Blue Hill, ME 04614

For further information call:
667-2361 (Business)
374-2256 (Home)



SCHOODIC POINT 15K ROAD RACE

"You are invited to participate in a run along the beautiful peninsula of Schoodic Point as part of the Winter Harbor Lobster Festival!"

- PLACE: Schoodic Point parking lot, Schoodic section of Acadia National Park, Winter Harbor.
- DATE: Saturday, August 14, 1982.
- TIME: 7:00 to 7:50 REGISTRATION • 8:00 Start.
- COURSE: A point to point race, start and finish at Schoodic Point parking lot. 15K wheel measure, flat along shore, cool and view of pounding surf. All miles clearly marked.
- ENTRY FEE: \$5.00 pre-registration \$6.00 day of race Limit 200 runners
- AWARDS: 1st Male and 1st Female
14 - Under
15 - 19
20 - 30 }
31 - 40
40 - over } Prizes for 1st Male and Female.
- RACE FEATURES: 1. Digital finish clock
2. Hot showers and changing facility.
3. Time splits: 1 mile, 2 mile, 4.65, 6.65, 7.65
4. Water stations: 2 mile, 4.65, 6.65, Finish
5. Restrooms: start and finish
6. T-shirts to all runners
7. Post race refreshments
8. LOBSTERS TO ALL FINISHERS AT BARE NECESSITY IN WINTER HARBOR.

Make Check Payable To: Winter Harbor Chamber of Commerce Race Fund
C/O Tom Severance
P.O. Box 39
Winter Harbor, Maine 04695

— Please enclose SASE for race confirmation —

OFFICIAL ENTRY FORM

In consideration of this entry being accepted, I for myself, my heirs and assigns hereby waive and release any and all rights and claims I may have against the sponsor of this race.

Name _____

Address _____

Age _____ School or Club _____

Signature _____

MALE _____ FEMALE _____ SHIRT SIZE S M L XL

Parents Signature if under 18 _____



SCHOODIC POINT 15K ROAD RACE

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- PLACE: Schoodic Point parking lot, Schoodic section of Acadia National Park, Winter Harbor.
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- ENTRY FEE: \$5.00 pre-registration \$6.00 day of race Limit 200 runners
- AWARDS: 1st Male and 1st Female
14 - Under
15 - 19
20 - 30
31 - 40
40 - over } Prizes for 1st Male and Female.
- RACE FEATURES: 1. Digital finish clock
2. Hot showers and changing facility.
3. Time splits: 1 mile, 2 mile, 4.65, 6.65, 7.65
4. Water stations: 2 mile, 4.65, 6.65, Finish
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8. LOBSTERS TO ALL FINISHERS AT BARE NECESSITY IN WINTER HARBOR.

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C/O Tom Severance
P.O. Box 39
Winter Harbor, Maine 04695

— Please enclose SASE for race confirmation —

OFFICIAL ENTRY FORM

In consideration of this entry being accepted, I for myself, my heirs and assigns hereby waive and release any and all rights and claims I may have against the sponsor of this race.

Name _____

Address _____

Age _____ School or Club _____

Signature _____

MALE _____ FEMALE _____ SHIRT SIZE S M L XL

Parents Signature if under 18 _____



5TH ANNUAL HANCOCK LOBSTER CLASSIC ROAD RACE

* OFFICIAL ENTRY BLANK *

Please enter me in the Hancock Lobster Classic Road Race (Wheel Measured 10.2 Miles)
Place: Hancock Town Hall, Hancock, Maine. Starts and finishes at the Hancock Town Hall, nine miles east
of the Ellsworth Triangle.

Date: Saturday, July 31

Time: 9:30 a.m.

Name State Zip
Address Age Sex
City
Phone
Divisions: (Age) 13 & Under 18 & Under 19-39
40-49 50 & Over
T-Shirt Size S M L XL

Entry Fee: \$3.00

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 verify that I have full knowledge of the risks in this event and I am physically fit to participate in this event. I hereby release the Town of Hancock and all others assisting with the Hancock Lobster Classic Road Race from any liability for any injury or accident occurring as a result of my participation in this race.

Signature

Parent or guardian signature
if under 18

Date

RACE INFORMATION

Starting Time: 9:30 a.m.

Registration: 8:15-9:15 Hancock Town Hall, or by mail before July 27th. All runners should report to the start early to avoid any delay in starting.

Course: See map on reverse. Times given at the 1 mile and halfway (5.1 miles) marks. Aid stations 3 & 7 miles

Facilities: Restrooms only, in Town Hall.

Awards Ceremony: Will take place in front of Eastern Bait opposite finish line. Refreshments will be served.

Awards: Lobsters will be awarded to the 1st, 2nd and 3rd place finishers in each category.
The first 100 runners will receive a Lobster Classic T-Shirt.

MAIL ENTRY AND FEE:

Make check payable to **Lobster Classic Road Race**, and mail to
Steve Coffin * Hancock Point Road * Hancock, Maine 04640 * 207/422-6888
Complete results will be published in *Maine Running*

2nd ANNUAL
FRONTIER'S DAY ROAD RACE



LISBON
RECREATION
DEPARTMENT

LISBON
JAYCEES

WHERE: Starts at Mark's Fast Foods & Groceries, Inc., Route 196, Lisbon Falls, Maine - across the street from the Lisbon High School.

WHEN: Sunday, August 1, 1982 9:00 a.m. (rain or shine)

REGISTRATION: 7:30 a.m. to 8:30 a.m. Pre-registration = \$3.00; registration fee on the day of the race is \$4.00.

COURSE: A scenic rural run through the Lisbon Falls Countryside. This route includes some rolling hills. Maps will be available on the day of the race. Splits at the 1 & 3 mile marks. A water station will be available at the halfway point.

RACE DIRECTORS: Roland Trottier 353-8857 or 353-4031
Timothy Mynahan 783-2131 or 353-4031
Bob Gamache 353-9485

FACILITIES: Lisbon High School - use of locker rooms, showers & bathrooms.

AWARD PURCHASE: 10:00 a.m.

AWARDS: Male - Top 3 positions Female - Top 3 positions
 12 years & under - first 2 12 years & under - first 2
 13-18 years - first 2 13-18 years - first 2
 19-29 years - first 2 19-29 years - first 2
 30-39 years - first 2 30-39 years - first 2
 40-49 years - first 2 40-49 years - first 2
 Over 50 years - first finisher Over 50 years - first finisher

Additional Awards to the first finisher wearing a Frontier's Day T-Shirt, to the youngest finisher, to the oldest finisher, and to the first Lisbon resident to finish. Also awards will go to the first Jaycee to finish and the first Jaycee Charter to finish.

!!!!!! FREE COLOURFUL RACE T-SHIRTS TO THE FIRST 50 ENTRANTS!!!!!!

OFFICIAL ENTRY FORM

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 of any nature that I may have against the sponsors of this race. PLEASE PRINT:

D.O.B. _____ TEL: _____

CITY STATE ZIP

STREET _____ CITY _____ STATE _____
(Age 18 signed by parent or guardian)

SIGNATURE _____ (under 18 signed by parent or guardian)
T-Shirt Size: S M L XL Male _____ Female _____
Mail this entry form and fee payable to the Lisbon Recreation Department
P.O. Box #38, Lisbon Falls, Maine 04252 on or before Tuesday, July 27, 1982.

4th ANNUAL Fitts Tire/Radio Shack 4.3 mi. Scramble

IN COOPERATION WITH THE CENTRAL MAINE EGG FESTIVAL



Sunday, July 25

10:00 A.M.

START/FINISH AT FITTS TIRE/RADIO
SHACK, PITTSFIELD.

Industrial Park — Just off I-95
In Pittsfield.



A Well Organized 4.3 Mile Road Race over a Scenic, Rolling Country Route. Splits at 1 mile and 3 miles. Water Station at 2 miles. Restrooms available. Refreshments at the finish.

ALSO: Timed 1 Mile Fun-Run for Short Distance runners and non-racers.

Awards presented immediately following the race

SURVIVOR CERTIFICATES TO ALL FINISHERS

Course Records— Rick Khorigan, 22:32, 1981 / Adrian Lilburn, 28:17, 1981

MAKE IT A WEEKEND

FESTIVAL EVENTS SATURDAY, JULY 24th

KIWANIS KARNIVAL
BREAKFAST ON 10 FOOT FRYING PAN
MILE-LONG PARADE
OMELET LUNCHEON

CHICKEN FLYING CONTEST
CHICKEN BAR-B-Q
FIREWORKS

SUNDAY, JULY 25th 4.3 MILE SCRAMBLE

Make checks payable to: Fitts Tire Service, Inc.
Industrial Park
Pittsfield, ME 04967

\$3.00 Registration Fee
50c. for Fun-Run

FITTS TIRE/RADIO SHACK 4.3 MILE SCRAMBLE

NAME _____

ADDRESS _____

AGE _____

MALE

FEMALE

In consideration of this entry being accepted, I waive and release any and all claims for personal damages I may have against officials and race sponsors. Parents must sign for applicants under 18.

Signature _____

4.3 MILE SCRAMBLE

— FUN RUN

PAT'S PIZZA CLASSIC

5.1 MILES

SATURDAY JULY 17, 1982 9 A.M.
(CLAM FESTIVAL WEEKEND)
YARMOUTH, MAINE

SPONSORED BY PAT'S PIZZA OF YARMOUTH (THE ORIGINAL OF ORONO)
IN CONJUNCTION WITH THE MAINE ROWDIES

\$4 ENTRY FEE (\$5 DAY OF THE RACE)
T-SHIRTS TO THE FIRST 200 ENTRANTS
(RACE LIMITED TO 500 ENTRANTS)

VARIOUS PRIZES TO MALE & FEMALE WINNERS IN MANY CATEGORIES

REGISTRATION IN FRONT OF TOWN HALL
LOCKER ROOM FACILITIES AT YARMOUTH HIGH SCHOOL (available from 10-12)

FOR FURTHER INFORMATION CONTACT:

WESLEY ROTHERMEL
774-6184 or 846-4314

1982 OUR 51ST YEAR
"OVER 5 MILLION SOLD"

CHARLIE GORDON
846-3962 or 729-5334



TAKE-OUT



EAT IN



Pat's Fireside Room - FOOD & SPIRITS

PAT'S PIZZA CLASSIC

AGE _____ SEX _____

NAME _____

ADDRESS _____

RACE WAIVER: I AGREE TO ASSUME ALL RESPONSIBILITY FOR ALL RISK OF DAMAGE OR INJURY THAT MAY OCCUR TO ME AS A PARTICIPANT IN THIS EVENT. I HEREBY, FOR MYSELF, MY HEIRS, EXECUTORS, AND ADMINISTRATORS, RELEASE AND DISCHARGE THE YARMOUTH CHAMBER OF COMMERCE AND PAT'S PIZZA OF YARMOUTH AND ALL PERSONS ASSOCIATED WITH THIS EVENT FROM ALL CLAIMS, DAMAGES, CAUSES OF ACTION, PRESENT OR FUTURE, KNOWN OR UNKNOWN, ANTICIPATED OR UNANTICIPATED, WHICH RESULT FROM, ARISE OUT OF, OR ARE INCIDENT TO MY PARTICIPATION IN THIS EVENT.

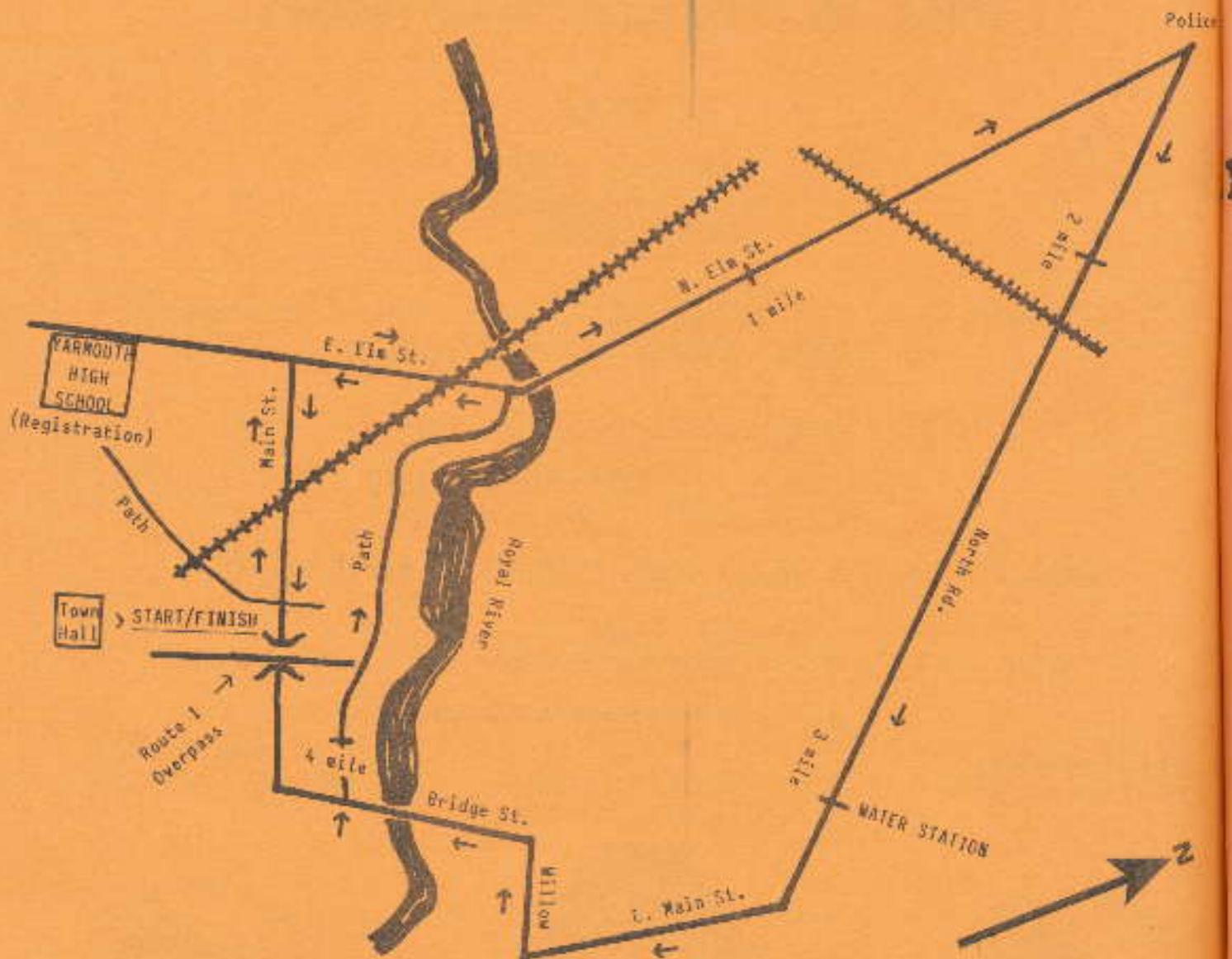
I HEREBY CERTIFY THAT I AM PHYSICALLY FIT AND SUFFICIENTLY TRAINED FOR COMPETITION IN THIS EVENT.

T-SHIRT SIZE: S M L XL

SIGNATURE: _____ (parent or guardian if under 18)

Check payable to: PAT'S PIZZA CLASSIC

Mailing Address: WESLEY ROTHERMEL, 71 East Elm Street, Yarmouth, Maine 04096





SIX & TEN KILOMETER ROAD RACE

Sunday July 11, 1982

In Celebration of

ATLANTIC ENGINE CO. #2 100TH ANNUAL FIREMEN'S BALL

Sponsored in part by: Peter Ott's Tavern & Steakhouse

Come join us during our special weekend of fun for all ages. July 9 Friday Talent Show - July 10 Sat. Pancake Breakfast, Parade, Chicken Barbeque, and Firemen's Ball - July 11 Sun. Ecumenical Church Service, Six & Ten Kilometer Road Race, Schooner Days (Open House on Camden's Windjammers), Boat Parade, and FIREWORKS!!!! Watch the local newspapers for the exact time for the scheduled events.

THE FIRST 300 REGISTRANTS WILL RECEIVE A FREE CHANCE TO WIN ONE OF 117, \$100 VALUE PRIZES. Trophies to be awarded for at least the first two finishers and up to the first five finishers depending upon the class entered.

IT'S GOING TO BE A SUPER WEEKEND!!!

COME AND JOIN US!!!

RACE TIME 10:00 A.M.

Pre-registration recommended, checks payable to Atlantic Engine Co. #2
Divisions: 19 and under; 20-29; 30-39; 40-49; 50-59; 60 and over. Come run for fun!

ENTRY FORM

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge Atlantic Eng. Co. #2 for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participating in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

(Parent's signature if under 18 years of age)

ENTRY FEE

14 & Under	\$1.50
15 & Over	\$1.00

Signature ** _____

Return Entry With Remittance To:

Print Name _____

Atlantic Engine Co. #2

Address _____

Road Race Committee

Age _____ Division Entering _____

31 Washington St.

Camden, Maine 04843

Tel. 236-2210

FLYERS IN MAINE RUNNING

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

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

* * *

ATTENTION CAPITOLISTS

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

full page \$50 a month; \$500 per year
half page \$30 a month; \$300 per year
 $\frac{1}{2}$ 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 WATERVILLE

*NEW BALANCE SHOE FACTORY OUTLET
IN SKOWHEGAN

*ATHLETIC ATTIC IN BANGOR

*GOLDSMITH'S SPORTING GOODS IN BANGOR

*HASKELL'S SPORTING GOODS IN BAR HARBOR

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

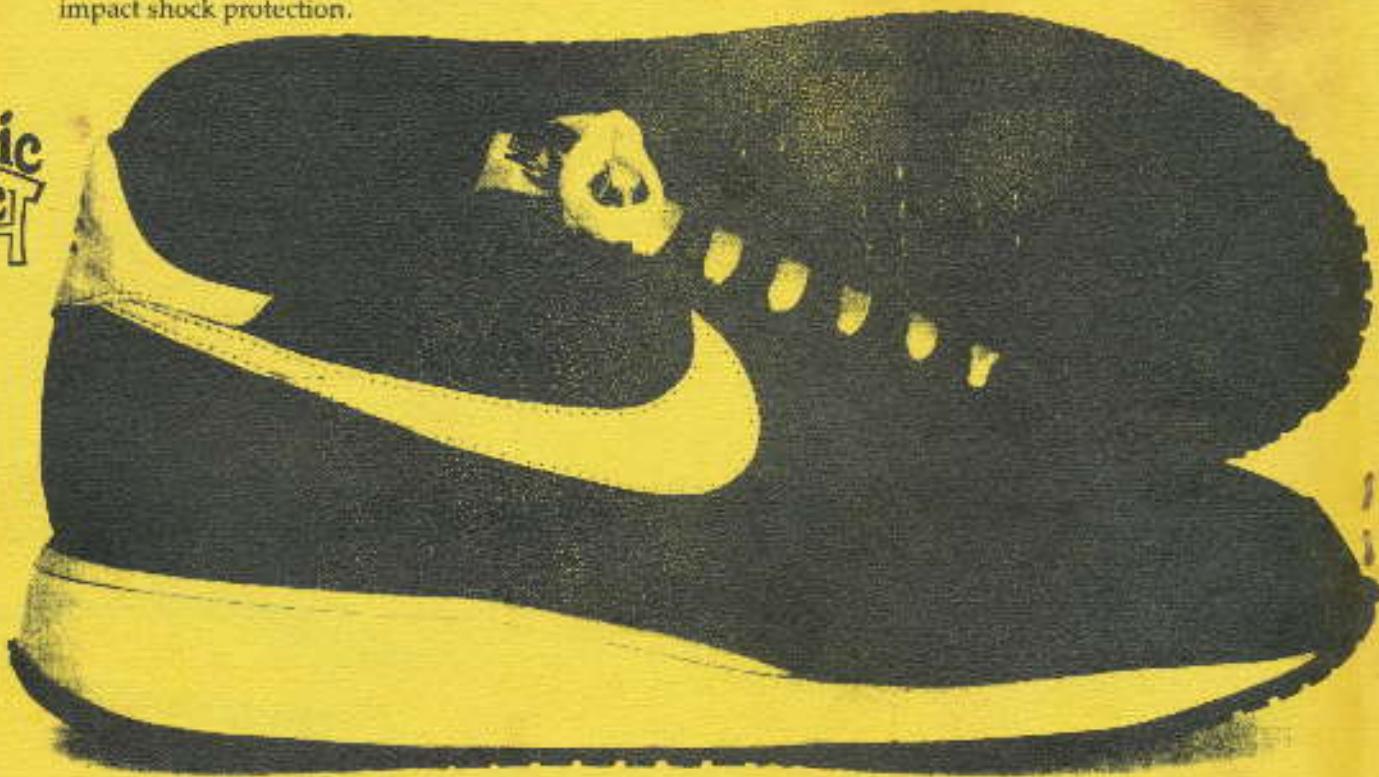


MAINE Running™

CENTURION™



Model	2374	Outsole	Solid Rubber Waffle Grid Sole: The concentrated Waffles provide long wear and superb traction, particularly in wet conditions.
Sizes	6-17	Runner's Profile	The Centurion is designed for the athlete who is large in stature. It is an outstanding combination of shock absorption, stability and motion control. The solid rubber outsole is made from NIKE's most durable rubber formula for long wear regardless of foot strike.
Upper	Navy Blue/White		The PermaFoam insert functions as a customized supportive insole, molding to each individual's foot. Conventional orthotics are easily accommodated by simply removing the molded PermaFoam insert and slipping in the orthotic.
	<i>Mesh/Nylon Upper:</i> Breathable nylon mesh over the forefoot region allows for cool comfort, while nylon oxford side panels ensure mid- and rearfoot control.		The Centurion is not recommended for young runners (under the age of 16). Keep in mind, proper sizing and individual comfort are the most essential factors in purchasing any NIKE shoe.
	<i>Extended Heel Counter:</i> For optimum support during rearfoot strike.		
	<i>Stability Saddle:</i> Serves as a foundation to the heel cup for greater support and stability.		
	<i>Conventionally Lasted:</i> Fiber insole lends stabilizing firmness to the Centurion.		
	<i>Curve Lasted:</i> Shaped to maximize support to the outer portion of the foot during faster paced running.		
Sockliner	PermaFoam: A foam insole which molds to the pressure pattern of the foot for a uniquely personalized fit.		
Midsole	EVA Sponge: This highly resilient midsole is extra-thick in the Centurion for maximum impact shock protection.		



CENTURION: BUILT FOR THE PAUL BUNYAN SIZE RUNNER!

GOOD LUCK TO ALL PAUL BUNYAN MARATHONERS FROM THE FOLKS AT ATHLETIC ATTIC
METHUEN MALL

Peter Brigham
(617) 683-5069

AUBURN MALL
Don Stowell
(207) 786-2507

BANGOR MALL
Skip Howard
(207) 947-6880