

JULY 1980

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MAINE RUNNING



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rpm

Our RPM 5K from the racquetball club in Bangor on Memorial Day was not a huge success. I hope we broke even with the small turn out. Gerry came to race and race he did in the last mile. Let's hope our 5th of July race is a greater success.

Speaking of success our running camp at UMO is filling up very slowly so get your application in NOW! I'm hoping Joan can come for a day, but she has a whole lot of other commitments and may not be able to. I've also asked Robin Emery to join us and she thinks she may be able to swing it. Kevin Dyer has agreed to share some training tips with the campers and Dr. John Frachella will be talking about nutrition. Sounds busy.

There will be an RPM party at my house again this year. There will be plenty of liquid refreshments and perhaps a cookout. You can cool off in my little above-ground pool or take a 4 mile cool down run with me over Dedham School's cross-country course and dive into icy Philips Lake at the two mile mark. All RPM members and their families are invited



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RPM is purchasing a Chono-mix timer, so if any race director wants to use it contact me through the mail or call 843-6262. There will be a fee for its use that will be in accordance with the size and budget of the particular race.

If any member isn't running in the Paul Bunyan marathon Bill Green would love to have your assistance.

Sincerely,

Bob Booker
Director, RPM

MAINE

Deke's back with another tale of his many travels. This time it's to Connecticut to the Lake Waramaug Ultramarathon. This should make for delightful reading.

The "Big" summer races are upon us and in this issue you can read about the "New kid on the block", the Nike-Maine Coast Marathon, the Camden/Reebok 10,000 Metre and a beautiful weekend retreat to the White Mountain National Forest for the Bethel Inn Weekend.

The new marathon was very well organized and there was plenty of water...BUT, wouldn't it have been much nicer to run the last 5 miles through beautiful Kennebunkport and Kennebunk instead of U.S. Route 9?

Camden is still the nicest course in the state...BUT, brother Bruce has still got to work on the post race awards ceremony.

It's hard to Bitch about Bethel on any count...BUT, where was everybody? Next year the fields should easily double if word of mouth takes over. The 13.1 mile course is a honey.

We have the state high school championship results, At the races, the road racing and AAU calendars as well as the Pack this month, so enjoy!

Bob
Maine Running is published monthly in Bangor.

Editor: Bob Booker
PO Box 259
E. Holden, Me. 04429

Telephone: 843-6262

Cover: The best known face in Maine road racing.

RUNNING Calendar

Olympia to Blue Hill with the Bunyan in between

LAKER

Deke's travels with the Maine Rowdies are cronicled

At The Races

Brunswick's Rotary Club 10K, The Apple Blossom, Waynflete, 13 Country, Goldsmiths Women's 10K, the Windonian, Gorham, the Nike-Maine Coast, The "Inn" Race, RPM's 5K, Bath, Camden and Bethel as well as Hampden and high school track.

SECOND WIND

Rick Everett's trip and RPM news

The Pack



4

OLYMPIA SPORT CENTER, 4TH ANNUAL 5 MILE CLASSIC. 11:00 am from Kiley Field - Eastern Promenade, Portland, Maine. Age group and open awards. T-Shirts to the first 350 entrants. \$2.00 entry fee, \$3.00 day of race. Special race for novice runners at 10:00. (Caution: Persons entering the 200 lb. and over category should use extreme care in summer heat)

4TH ANNUAL BRIDGTON 4 ON THE 4TH ROAD RACE. 9:00 am from the Bridgton Junior High School, Depot Street, Bridgton. Age group and open awards. Sun visors to all entries. \$2.25. Contact: Phoebe and Jerry Levine, Race Directors, RFD 2, Box 81 Bridgton, Me. 04009 or call 647-5478.

BATH HERITAGE DAYS ROAD RACE. 9:00 am from Bath City Hall
See attached flyer.

THE BROOKS INDEPENDENCE DAY FIVE MILE ROAD RACE. 8:00 am
see attached flyer.

5

1ST ANNUAL GREATER BANGOR AREA 5K ROAD RACE. 10:00 am from the Brewer Auditorium. See flyer in May and June issues.

THE 2ND ANNUAL GARDINER FESTIVAL DAYS ROAD RACE. 9:00 am from the Gardiner Common. Age group awards. Contact: Vern Lewis, 5 Chestnut St., Gardiner, Me. 04345. 5 Mile Race. \$2.00 pre and \$3.00 day of race.

ANDREW SOCKALEXIS MEMORIAL 4 MILE ROAD RACE. 12:00 noon from Community Bldg. Indian Island, Old Town, Me. Open and age group awards. Contact: Mike Ranco, Indian Island Rec. Dept., Community Bldg., Indian Island, Me. 04468. T-Shirt to first 100 entries. \$3.00.

12

1ST ANNUAL HARRISON OLD HOME DAYS 2 in 1 ROAD RACE. 10:00 am from Crystal Lake Park, Harrison, Me. Open and age group awards. Contact: Roger Foster, P.O. Box 243, Harrison, Me. \$2.00. Fun Run at 9:30 entry: \$1.00.

1980 PAUL BUNYAN MARATHON 6:00 am from Paul Bunyan Statue Bangor, Me. See Attached flyer.

2ND ANNUAL COOKS CORNER COUNTRY RUN. 9:00
See attached flyer

2ND ANNUAL ROTARY 10,000 METRE ROAD RACE. 9:30
See flyer in May and June issue.

26

3RD ANNUAL HANCOCK LOBSTER CLASSIC ROAD RACE. See attached fl

27

PITTSFIELD 4.3 Miles. No further details available

Blue Hill Days 10K. See attached flyer.



MAINE ATHLETICS BOARD OF THE UNITED STATES
ATHLETICS CONGRESS INCORPORATED (AAU)
July Calendar

- July 2 Senior O.D. "B" Meet - 6:00 p.m.
Maranacook Community School
Frank Glynn, Stan Cowan - Meet Director's
- July 3 Junior O.D. Meet "B" - 4:00 p.m.
Southern Division - Scarborough High School
Meet Director - Ron Kelly
Northern Division - Hosmer Field, Rumford
Meet Director - Ben Venskus
- July 5 Maine Master's Championship Meet (25 and over)
Mt. Ararat High School - 12:00 Noon
Diane Fournier, Steve Ross - Meet Directors
- July 8 Maine One Hour Run/One Hour Walk
Montello Field, Lewiston - 6:00 p.m.
John Sinclair - Meet Director
- July 9 Senior O.D. "B" Meet - 6:00 p.m.
Portland Stadium - Portland
Al McCann - Meet Director
- July 10 Junior O.D. Meet "A" - 4:00 p.m.
Southern Div. - Greely High School, Cumberland
Meet Director - Tom Joyce
Northern Div. - Montello Field, Lewiston
Meet Director - John Sinclair
- July 12 G.P.A.C. Invitational
Portland Stadium, Portland
Al McCann - Meet Director
- July 13 Maine Teenage/J.O. Age Group Boys/Girls Pentathlons
Maranacook Community School - 12:00 Noon
Frank Glynn and Stan Cowan - Meet Directors
- July 16 Senior O.D. "A" Meet - 6:00 p.m.
Montello Field, Lewiston
John Sinclair - Meet Director
- July 17 Junior O.D. Meet "B" - 4:00 p.m.
Southern Div. - Portland Stadium
Meet Director - Al McCann
Northern Div. - Mt. View High School
Meet Director - Dick Quinlan
- July 19 Region I Meet - Connecticut
- July 20 Maine/Open Men's/Women's Pentathlons
Men's 12:00 Noon
Women's 10:30 a.m.
John Sinclair - Meet Director
- July 23 Senior O.D. "B" Meet - 6:00 pm
Scarborough High School
Ron Kelly - Meet Director

- July 24 Junior O.D. Meet "A" - 3:00 p.m.
Southern and Northern Div. - Montello Field, Lewiston
Meet Director - John Sinclair
- July 26 L.R.A.C. Pine Tree Relays
Montello Field, Lewiston - 11:00 a.m.
John Sinclair - Meet Director
- July 27 Maine/Open Men's All-Around Competition
Montello Field, Lewiston - 9:00 a.m.
John Sinclair - Meet Director

Right now Bob Booker and I are negotiating with the Bangor Parks and Recreation Department to hold an open track meet on the evening of August 8th under the lights at Garland Street Field in Bangor. Watch for further details.

calendar by Kevin Dyer

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PILGRIM AT THE LAKE

By Deke Talbot © 1980

ON THE DAY that I scheduled a hearing for an important legal Motion for Monday, May 5, 1980 at 9:00 A.M. in Machias, Maine, I thought nothing of the consequences. My appointment book was clear. I was satisfied that all would go smoothly.

When I later realized where I would be on Sunday, May 4, what had seemed convenient was now impossible. I breathed more easily when my father agreed to handle the Motion for me. I scowled across the May 5th page of the appointment book

--NO APPOINTMENTS! DEKE-- and called up the attorney I expected to oppose the Motion, to inform him of the substitution. I explained the reason for my forced absence.

"I'll be running a 50-mile race that Sunday."

"F-i-f-t-y miles?" A long pause. "You're CRAZY."

I hoped I could live up to such a compliment. Ten years ago, it was so much easier to be relegated to the nutty-bin. I only needed to declare my fondness for running, and expose my bare legs for a few miles on a rainy, not even cold, day. I could draw enough heckers calling hup-2-3-4 to make me feel part of an oppressed, morally superior minority group.

The running boom took away the magic. How long has it been since any of us has heard hup-2-3-4? No longer can we claim to be a tight community of pristine souls made perfect by our oppression. Politicians, bureaucrats, gays, alcoholics, convicts and other clay-footed people from an imperfect world run,

and are not made perfect by it. I had to face the fact that I was not on a straight-line march to perfection, either. The nagging doubt grew even as I was being admired for having seen the light. I had to deal with myself again. It seemed far better to be persecuted.

My search led me to a cadre of hard-bitten characters who, possessed of high pain thresholds and the persecuted-minority moral superiority complex, had found shelter far beyond the marathon. In November, 1979, I ran the Rowdy Ultra 50-mile race in Brunswick, and was accepted into their midst. By finishing the ordeal, I had joined a new minority.

I had earned the right to be oppressed again.

Although I was certifiably nutty, I didn't know if I was any good. In my first crack at the distance, I finished in a little over 7 hours, about the equivalent of a 3-hour marathon. After the near-miss, breaking 7 hours became an obsession (an obsession being defined as any motive strong enough to make me think of running 50 miles a second time). I convinced myself that the first run was purely for experience. My second try would break me through or break me, period.

There was another reason to keep trying the 50-mile. Only crazy people belong in the Fraternity. If I had run one Ultra and called it quits, I would be proving that I wasn't crazy, and that I didn't belong. Catch-22.

I had only one criterion for my next 50-miler; good health. I never considered 100-mile training weeks; such a regimen would keep me in a state of shock. Through the winter, I maintained a 60-mile-per-week base, and ran an occasional marathon. On March 1 I ran the icebox-cold Phidippides Marathon in Bangor, beginning as a workout, but when I picked up the pace in the second half of the race and finished in 2:59, I

knew I was in robust health. After the race, I talked with Sam Butcher, Phil Soule and Lawson Noyes, all of whom were expecting to run in the Lake Waramaug, Connecticut, Ultramarathon. Sam warned me to send in an entry form quickly, as they would be limiting entries.

I wasted no time getting an entry form. When it arrived, I noted the bold-face caveat, THIS RACE IS FOR SERIOUS DISTANCE RUNNERS ONLY. How could anyone be serious in signing on for this ordeal? I sent in the entry form, treated myself to a new pair of New Balance 620's, and waited.

I had fanciful visions of the Lake to feed on. During the pledge-ceremony before the Rowdy Ultra last fall, the Elders had provided a glimpse of the glories of this happy hunting-ground of ultramarathoning. Their memories of the Lake were a happy mix of Boy Scout folklore and Indian spirit worship. Phil Soule went into a shaman's trance thinking about it. At the very center of this world lay the Inn at Lake Waramaug, which was, unknown to its proprietors, the sweat-lodge of the Great Spirit himself. Now I was privileged to join the Elect for this mystery-ceremony at this sacred spot in the hilly hardwood forests of Western Connecticut.

As the race date approached, Sam gave me the disappointing news that Phil Soule had crapped out, pleading other commitments. However, Sam and I would be joined by Lawson Noyes, Bill Gayton and Gary Cochrane, and I would be considered as a Maine Rowdy for the purpose of filling out a 5-man team. I hoped I could place well with my new teammates, although Lawson would be out of reach if he ran close to his Maine record 6:19. Perhaps I could run in the same time range as Gary (6:40) or Sam (6:46). Bill was an enigma. His marathon times were a little better than mine, but his fastest 50-mile was a 7:21 run with the ebullient, but slow, Phil Soule. Now, with Phil absent, we would see what Bill was capable of running.

On Patriot's Day weekend, I tried to tune up at a 5-kilometer at Bangor. The race was a disaster. After a 5:10 opening mile I hit the Wall. The race was too short to give me any time to recover. "Nevermore," I muttered.

I left Machias in the early morning of May 3, and met Sam in Brunswick. It took us two seconds to decide to travel to the Lake in Sam's car, which has a reclining passenger-seat. Shortly after noon, we started out. Sam mentioned that Bill, Lawson and Gary had started out for the Lake from Brunswick at about 8 a.m. "We should arrive at about the same time they do," he added. "They'll make a few watering-stops along the way."

Six hours later, having made only one stop (at the Wonder Bar outside of Worcester, Mass.), Sam and I pulled up to a diner in New Preston, Connecticut, the town nearest the Lake. I wanted carbohydrates, but the menu was composed of meat sandwiches and beer. Sam was delighted with a foot-long kielbasa sandwich, while my stomach growled at me for trying to make a dinner out of a skimpy B.L.T. and some beer. We decided to head for the Inn, where we would meet other runners and pick up our numbers.

The Inn on Lake Waramaug is a sprawling grand old lady from the days when women and children were packed up for the summer with steamer-trunks and parasols. Atop some of the flat-roofed additions of the Inn were cocktail-tables, well-attended on this delightful night. The Inn had spawned several motel units on its lawn, and Lawson, Gary and Bill had reserved rooms there.

We entered the convention-room, where the numbers were handed out, and I saw with delight a large spaghetti-pot. Sam found Gary, Lawson and Bill and went with them to their room, while I proceeded to prove how much I could eat for \$4.00.

When Sam returned, we headed for Constitution Oak Farm, about 1 1/2 miles from the Lake, where we had rooms. We

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drove along the curving roads bordering the Lake, following the course itself. Sam assured me that the curves would spare us any long, empty stretches as we ran. We arrived at the Farm and were shown our rooms by the owner. Sam and I went back out to sit on the porch. On the still, tropical evening the scene was overwhelmingly peaceful. In the thickening dusk we made out the outlines of massive trees bordering the driveway and the manicured fields. The clink of a cowbell blended well into the stillness. Only the click of an electric fence disturbed the bucolic environment.

When I went to my bedroom, I felt a vague sense of suffocation. I tried to open a window, but it was painted shut. I remembered the night, before a friend's wedding, when I had slept in a similar room, with the same low, sloping eaves. When I awoke the next day, August 2, 1975, the heat-bugs were trilling in 102-degree heat. I ran 4 miles that morning, and was utterly devastated. I spent the afternoon lying like a beached whale in the shallows of Sebec Lake. I have never met a soul who dared claim running a race on that memorable day. Would tomorrow be just as memorable?

I laid out my racing uniform: purple Popeye shirt, candy-stripe pants, New Balance 620's. That was garish enough. I was off to bed, to dream about getting lost at 48 miles, running the course in the wrong direction, and falling into the Lake.

Sam was up at 5:45 the next morning, and stirred me awake. Outside it was still calm and, to my relief, slightly cool. I dressed slowly, carefully, looking for chafing or blistering spots whenever I wasn't looking in the mirror. I drank some tea and Body Punch. Sam munched on a banana, but I didn't feel like eating.

We drove to the Lake. On its mirror surface we saw lanes of buoys for a

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crew race. Sam mentioned that a regatta had been in progress during the race last year. With the crowds of crews and lookers-on cheering the other event, the runners had a slight diversion from their task.

The race would start at the Inn, and we soon found Lawson, Gary and Bill when we arrived. We looked over the entry-list. There were few familiar names other than the Rowdies. I recognized Park Barner and Max White on the entry list, but I doubted I could recognize them in person. Most of the entrants were utterly unfamiliar. I felt as if most of them, having experimented a little too long with ultramarathoning, had been sucked through a black hole, disappearing forever from the universe of normal races. Only the intrepid Rowdies, diving through the black hole after them, could glimpse these trapped souls. But could even the Rowdies find their way back? At least, we agreed with Lawson that we wanted to. "I wish this race was held in the fall," he commented, knowing of the conflict such scheduling would create with the Rowdy Ultra. "Then we'd only have to run one of these things a year."

We stretched gently, hung off tree limbs, and looked at the competitors' shoes. I was glad to see the many pairs of 620's. Lightweight training shoes predominated, as I expected. There were exceptions, of course. Sam was wearing Brooks RT-1 flats. "JOHN WALKER racing shoes," I teased him. "10-K shoes, if your feet hold up that long. They belong on the track."

A flash of lime green and orange caught my eye. I recognized a pair of Nike Stings, and my feet squirmed and shuddered at the sight. Its wearer should have won the prize for unfounded optimism, unless somebody went lugging starting-blocks toward the line.

We began collecting on the Inn parking-lot at the starting line. I had been warming up in my Greek Marathon T-shirt and sweatpants, and I didn't dare run back down to Sam's car, parked on the course about 200 yards away, to dump them. There was no indication when the race

would start. I saw Park Barner, number 1, wearing a striped green tank top and green pants; Max White, number 2, was in canary yellow. Everyone else dressed in a conglomeration of clashing colors. Nobody but the leaders would worry about looking like a fashion-plate at the finish.

I took off my warmup pants and wrapped them around my arm, ready to throw in Sam's car on the way past. We milled around, waiting. There didn't seem to be an official starter. The field decided when it was time to start off. True democracy.

The call went out, and we were off. The lead group took off at a businesslike, determined pace. By the end of the 150-yard driveway at the Inn, the leaders had a 50-yard lead. I wanted to start tentatively, but felt as if we were running seriously from the start. I barely broke stride as I flung my sweatpants into Sam's car. Lawson and Bill disappeared in hot pursuit up ahead. I found Sam, and we decided to stick together.

The winding, forested road already blocked our view of the leaders. After 1 1/2 miles we turned into a State Forest. There was a rest area to the right, and one of the runners jogged into it. Already? I asked Sam. I hoped I could hold out all the way, but at least would hold out as long as I could. After the first pit-stop, the deluge, my body warned.

We ran by Park Barner, sitting on a park bench, shaking something out of his shoe. Sam asked if something was wrong. "Not to worry," Park answered. That calmed us down some. There really was plenty of time.

We plugged along the winding road, across a small bridge, following the contours of the Lake. I

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ried to orient myself, to determine
ow much of the first loop we had tra-
versed, but the curves made it impossible.
would have to rely on the distance-
arkers until I was familiar with the land-
arks on the loop.

After nearly five miles Sam pointed
at one such landmark; the Casino lake-
front bar. He explained that an appearance
at the Casino after the race was de rigueur
and an essential part of the Rowdy itinerary.
t clearly was shabby and nondescript-
looking enough to have a secure niche in
owdy folklore.

As we reached the junction with State
oute 45, I saw a stream outlet from the
lake, indicating that we had reached one
nd. We made a left turn and noticed that
breeze was picking up. We ran up a modest,
vergreen-covered hill, which combined with
he cool breeze to make me feel that a
lice of downeast Maine had encroached
on the Lake. We were soon back in Conn-
ticut, though, as we turned out of the
reeze and passed by a blossoming apple
ree. After the blossom-scents, we passed
rough the sweet decay-smelling fields
nd gardens en route to the Inn. I tried
focus on the smells while I could still
joy them. Soon enough my nerves would
l curl up inside my body to escape the
stant assault.

The timer called 57 minutes as we com-
eted the first loop, 7 3/4 miles. I
lt comfortable, so I decided to see how
ny loops I could cover at a pace of less
an one hour per loop. I removed my Greek
rathon jersey and threw it in Sam's car.
was now dressed in my full purple Popeye
r regalia. Excelsior!

Sam and I passed 10 miles in just under
15. A 7:30 pace, which I hoped to carry
t a while. Out of the corner of my eye
saw a patch of green, and remembered that
rk Barner had not passed us since we had
en him on the park bench. This gave me
ew mind-game to play: How long could I
y ahead of the great Park Barner? I
ored the fact that he was running 100
ometers, an entirely different race.
eeded diversions for the later stages of
race, and wanted to start collecting
m early, while I could still see, hear
think.

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At the end of the Lake, at the Route 45 turnoff, I noticed that the wind was getting stronger. At a water-stop I crumpled a cup and threw it toward the trash basket, but the wind blew it away. Waves began to churn in the Lake. I couldn't smell the apple blossoms or the fragrant earth any more. I turned my attention to my feet. The 620's were holding up nicely. A band-aid I had put over one heel was luckily still in place. My left calf was tightening a little, so I tried to stretch it at the water-stops, and worried about it.

Sam and I finished the second loop in 1:54. The group at the Inn checkpoint was growing somewhat and had set up some open tents, presumably in case of rain. I hoped they were kidding.

Sam and I soon came upon another group in the State Forest, at the start of the crew-race buoys. Several small buses carrying high schoolers were emptying their contents. The crew-members clumsily carried their shells along the roadway. We had to duck to avoid being skulled by the skulls.

Sam and I reached 20 miles in 2:30. We were still on schedule. One question remained unasked: whose schedule?

Sam began to notice his feet shifting in his RT-1 shoes. I began to tease him again. Before he could throttle me, we were fighting the wind again, and Sam decided he would need to conserve his energy. At the end of the third lap, at 23 miles, Sam stopped at his car to change shoes.

I was alone. Less than halfway into the race, I needed to depend on my own wits. They hadn't functioned very well in putting me in this place. In the Rowdy Ultra, I had needed Sam to pace me to the 40-mile point. This time I felt stronger, and put on a surge to assert my inde-

pendence. I wanted a good marathon split.

In a quiet stretch of woods before the next wind assault, I passed the marathon in 3:17:59. Happily I could still do some rough figuring, which meant that my brain still had at least a pea-soup consistency. Not far from a 7:30 pace. About a 15-minute cushion to get me under 7 hours. At that point, I dared not hope for more.

I tried to focus on my bodily condition. I was taking water at all the stops, but not walking for long; after a few steps, I would break into a jog. An especially good sign, without Sam here to get me going. The tightness in my left calf had migrated to my right calf. I tried to evoke Satchel Paige's rules for healthful living, especially the rule, "Jangle gently to keep the juices flowing as you move." I conveniently forgot another of his rules: "Avoid running at all times."

In one place my juices were not jangling around gently at all. The many water-stops had begun to overload my bladder. I decided to hold it as long as I could, as a diversion from the aches and pains. After the first stop, the deluge.

At the foot of the Lake the powerful wind had churned up whitecaps. As I turned onto Route 45, a gust blew gravel into my face, and I spat out the grit between my teeth. I wondered if I should have done the Rowdy thing, and swallowed it. The Rowdies, customarily biting off more than they could chew, would have to swallow their problems whole, and needed gravel in their guts to digest the mess.

The wind on the backstretch had me at a virtual standstill, but I found that by simulating running I actually was moving. Up the hill, past the apple blossoms, now unscented. Another body check: Feet OK, full bladder, no cramps, nerves curled up. All systems go.

At the Inn checkpoint, finishing the fourth lap, the gusts curled up my number so the checkers couldn't see it. I slowed down, unfolded the number, and called it out to be sure they got it. I wanted no accusations, brought about by missing checkpoint times, that I had

Rosied the race.

I had planned to empty my bladder in the woods just beyond the Inn, but once there I found I could move on. It was still keeping my mind off the aches, and I wanted to have something to look forward to before the end of the race.

At the crew-race site, the crowds were still milling around but no shells were in the water. The winds were so strong that the races were being postponed. No such luck for us.

At about 33 miles another runner joined me and pointed out that my left nipple was bleeding. Above Popeye's raised arm on the shirt was a wine-red patch. So, Popeye, you've been tweaking my tits while I paid attention to my feet and legs. I'll take care of you after the race. Luckily, the runner had a tube of Vaseline in his shorts, and I greased both nipples.

When I passed the 50-mile finish line marker, I had two loops left, about 15 miles. I was able to start thinking about the finish, but not in terms of miles. Two more bouts with the wind, that would do it.

After I pushed my way through the wind-tunnel, I caught Gary Cochrane, who was running bare-chested. He noticed the blood on my shirt, and related his own experience with an ill-fitting shirt, which had forced him to wear nipple-pasties for two weeks until they healed. What horrible pains had I postponed for the end of the race?

We passed the Inn together, but I knew my bladder could wait no longer. Letting Gary go ahead, I stepped into the woods. The deluge, indeed. I should have applied to the E.P.A. for a wastewater discharge license.

I couldn't stop. This is ridiculous, I decided, this could go on all afternoon. Ignoring the continuing trickle down my leg, I started running again. Feeling several pounds lighter, I was soon back with Gary.

We passed 40 miles in 5:12, amid the clutter of paper cups and the vans filling with disappointed crew-racers packing up to go home. My mind was beginning to blank out, to lose its sense of time, but I saw no reason to worry as long as I stayed with Gary. Absent-mindedly I passed by the finish marker, and entered my final lap without knowing it.

I woke up as we passed the Casino. I thought I saw people out sunning themselves on the balcony, raising glasses of golden liquid to the light as we passed. Then the wind slammed into us. Gary and I agreed that the wind was a bitch, but I soon found that I could run a little faster, enough to put some daylight between us. There was nothing left of me but a competitive urge, and I dearly wanted to see if I could outlast him.

I had another unexpected boost as I approached the Inn, at 45 miles. I saw a figure walking ahead, and as I passed I recognized Lawson, lamenting his hot early pace. He gave me encouragement as I passed.

The timer called out 6:04 at the Inn checkpoint, with 4 miles to go. My 7-hour race was safely in the bag, but I dared not hope for more. I was completely numb, with no sense of pace left. The rest of the race would be predestined, pure reflex. My brain tried to tell my body to push. The signal went out, but there was no way to tell if the body was receiving it, or obeying. At a water stop at 47 1/2 miles, I guzzled a Coke. My body didn't care what junk went in any more. Anything liquid would do.

I tried to enjoy the last miles, but felt nothing. How could I remember the exquisite, joyful pain and relief at the end, with my nerves so completely shut off? What about the utter satisfaction I was supposed to feel? What other reason could possibly exist for running these damned things? I wanted to prolong the end somehow,

so I could remember it, but my body, so programmed to avoid sensation, refused to let my senses open up. With less than a mile to go, a runner surged by; I let him go. For me, the race was over before the running was.

Around a corner I saw the finish line, and before I could properly prepare myself, I was there. The timer called out 6:37:29, which gave me proper satisfaction. I saw Bill Gayton walking around, and learned that he had run 6:33 something. He seemed quite subdued for being the top Rowdy finisher, and explained that, in a way, it had been a boring race for him without Phil as a sidekick. There was nothing to do but run, and it hurt to pass by the Casino all those times. Running with Phil was far more fun.

I remembered the story Sam told about them. Somewhere in the Rowdy archives is a picture of Bill and Phil running in the Rowdy Ultra. Phil was flashing a white grin and Bill was doubled over. At the 45-mile point, Phil's wife Joanne had asked if he needed anything. "How about a hand job?" he answered.

I had stopped running, but my muscles kept on, rippling and twitching beneath the skin. Then they asked for permission to cramp. I tried to control them, but after being detached from the brain for so many hours, they would not submit to command. I tried to crawl into a car for the 3 1/2 mile trip back to the Inn, and soon feared that it would be easier for me to return under my own power. Every time I started to bend my knees, the leg muscles started to cramp again. Finally I slid myself diagonally across the back seat, with my head on Bill Gayton's shoulder and my legs stretched out behind the passenger in the front seat. Everyone else

sat up normally. As usual, I was the worst cripple in the group.

A drama was unfolding as our car arrived at the Inn. Max White, a yellow dot in the distance, was pushing for the 100-kilometer finish line. The timers called out for him to kick, to get in under 7 hours. The dot grew larger, resolved itself into a man, and somehow he was kicking, somehow the 62 miles he had run at an average 6:46 pace had not totally drained him. He crossed the finish triumphantly in 6:59:45. I admired his ability to race to the finish, which I could do but did not, almost as much as his overall performance, which was beyond my comprehension.

Bill invited me back to his motel room, and with great effort I crossed a small ditch to get there. Lawson, Gary and Sam soon followed us. In the room, we opened the beer-cooler, but the ice was gone. Damn. Bill went out to get some. When he returned with a bucketful of ice and I heard the reassuring rattle of cubes pouring into the cooler, I relaxed. A little deferred gratification wouldn't do me any harm.

We collapsed on the beds and took turns with the shower. As we lay waiting, an occasional groan of contentment would issue from the bathroom, occupied by one privileged soul after another.

We didn't talk about the race very much. We all had cursed and muttered enough about it while we were running. Each of us summarized his feelings.

Bill repeated how boring a race it was without Phil. "If anyone had offered me anything at the Casino, I would have stopped," he added.

Other than scolding Popeye for what he had done to my nipples, I didn't complain. I sang the glories of my 620's; not a scratch on my feet.

Gary seemed to be the least injured of all. He had taken aspirin before the race, he explained, to keep the pain at bay.

Lawson lamented about his failed gamble, a 3:02 marathon split which he couldn't maintain. He decided that he did not yet have the power to break 6 hours for 50 miles.

Sam was frustrated about his shoes. His shoe change at 23 miles hadn't helped him any, and had only delayed him. He had missed breaking 7 hours by 13 seconds. Now he worried the the Rowdy Ultra course, where he had run 6:46, might somehow be a few yards short.

The beer was ready, and as we pulled the icy, sweating cans from the cooler, we changed the topic. The first topic was not designed to uplift our spirits. After the Phidippides Marathon in March, Lawson had been stopped en route home and arrested on a charge of driving under the influence. We were reminded that even the alcohol in beer packs a powerful wallop on a dehydrated, depleted body, whose occupant had not eaten for an extended period.

After some delays, Lawson's case was scheduled to be heard in a few days. Bill began giving Lawson a gloomy prognosis of the possible difficulties. As the lawyer in the group, I was drawn into the conversation.

The situation reminded me of my experience in the 1976 Nova Scotia marathon. At mile 10 of the race I was running with a talented Masters competitor, and in our casual conversation I mentioned that I had just taken the Bar Exam. By mile 12 I was dispensing legal advice to my first unofficial client as he spelled out his divorce problems.

I tried to be objective in talking to Lawson, but I didn't feel very professional standing around in a blood-stained Popeye shirt and candy-stripe shorts, with lactic acid swimming around in my euphoric brain. Poor Lawson groaned as I explained the Byzantine intrigues of the court system.

Then it was Bill's turn to groan, as he felt the family car keys in his pockets. He had both sets. "Jeez, my wife's gonna kill me," he said. Bill went to an outside telephone and called her. A few minutes later he was back. "She had to go out and RENT a car, for Chrissakes. I'm in for it now."

The beers began to take hold, and soon we were the Rowdies again, overgrown boys free of constraint or worry. We felt self-confidence from our feats, which scarcely one person in 10,000 would dream of doing. We needed a cause worthy of our powers.

Bill had an idea. Shortly after finishing the race, we had seen a Wehrmacht-division of scraggly, leather-jacketed motorcyclists thundering past the finish line. As we rode back to the Inn, Bill and I had seen the cycles parked in front of the Casino. Since a visit to the Casino was a Rowdy tradition, and the Rowdies wanted to enjoy their beers unspoiled by the acrid body odors of other customers, the place would have to be cleaned up. The vermin would have to go.

Bill suggested that we make a High-Noon appearance at the Casino. Upon arrival, we would kick over the cycles, pour gravel in the gas tanks, bang them around a little, and perhaps shove the biggest bike into the Lake. Then we would file into the bar, and Lawson would call out, "Hey, you motherf---ers. Guess what we did to your machines."

We all ratified the plan, with one minor amendment. Bill would go into the Casino alone, and we would lock the door behind him. He wouldn't have to say a word. As soon as he put on his Fighting Irish tweed pork pie hat, and rolled up his sleeves, the bikers would jump over themselves and out the window to escape from him.

We shuffled out of the room and across the street to a picnic lunch and the awards ceremony. 44-year-old

Sue Medaglia, the first woman, was finishing 100 kilometers in an impressive time. She bore a striking resemblance to Miki Gorman. Obviously, the resemblance was not merely superficial.

The awards were given out generously, and some were left when the announcer came to Rowdy finishers. Bill and I won pieces of pewter. Gary and Lawson picked up bottles of wine, presumably to go into the Rowdy cellar.

After packing our booty, we went back to the Inn and ordered beer and sandwiches. Bill decided to call up Phil Soule in Brunswick.

"You're going to call up Ultramarathoner Emeritus?" Sam asked.

"Don't give him any of the results," Lawson added. "If the pussy wants to find out how we did, he can drive down and talk to the race director."

Bill soon returned to the table. "Phil is going bullshit," he said. "He tried to run today and got discouraged at about 3 miles, thinking of us."

"Awwwww," we called in sympathetic unison. It wasn't very sincere.

At dusk, we left the Inn and headed for the Casino. The air, which had punished us so, was now perfectly still. One lonely soul was finishing the 100-kilometer. We looked at our watches. The race had begun exactly 12 hours before.

The bikers had left the Casino. They apparently had heard of our impending arrival, and had slinked out. From the looks of the clientele, the Rowdies were the only runners in the place. There seemed no particular attraction to the place. It offered only Bud, Pabst and Genny cream; the air was blue with cigarettes, and the only action was one full-figured girl playing a bowling-machine. Yet I knew that, year after year, generations of Rowdies would file into the Casino on the first Sunday evening in May, keeping an annual, hopeful vigil,

waiting for that magic event which would reveal why their elders, having heaved their worn-out legs onto their deathbeds, had breathed their last on the whisper, "Remember the Casino!"

As we stumbled out into the darkness, I relieved my bladder beside the road, leaving a final memento, a personal signature written on the racecourse. Someday I would be back, and the course would take its revenge. Not next year, though. My foolish act would be too fresh, and the Lake would save its strongest winds and its hottest sun for me. I hoped I had enough sense to stay away in 1981, perhaps to mutter on that day that I wished I had gone and to go bullshit and to run only 3 miles because I have used all my energy thinking about the Lake...

The Lake will bide its time. Whenever I return, it will have its way with me.

---FINISH---

Partial Results, Lake Waramaug Ultramarathon, May 4, 1980

50 mile

1. Max White (29, VA)	5:29:27
2. Bill Lawder (32, NJ)	5:38:55
3. George Gardiner (38, RI)	5:38:58
4. John Hess (37, PA)	5:45:59
5. Bob Harper (30, DC)	5:49:56

other notables:

10. Joe Erskine (49, NY)	6:10:30
18. Bill Gayton (40, ME)	6:33:40
20. Deke Talbot (30, ME)	6:37:29
23. Gary Cochrane (38, ME)	6:45:48
26. Lawson Noyes (38, ME)	6:51:42
29. Park Barner (36, PA)	6:58:17
32. Sam Butcher (43, ME)	7:00:13
34. Sue Medaglia (44, NY)	7:04:53

1st woman

--94 finishers--

100 kilometer

1. Max White (29, VA)	6:59:45
9. Sue Medaglia (44, NY)	8:53:49

--21 finishers--

at the Races

THIRD ANNUAL GOLDSMITH'S WOMEN'S
10K Road Race
Orono

May 18

It's too bad that this year marks the end of this women's only race in Orono. It's the only race of its kind in Eastern Maine. Perhaps someone else will pick it up next year.

Norm had his problems with the event, but the course is one of the fastest and prettiest in the state. He plans to race over the same bicycle path course this fall with men and women. Watch for it.

Diane Louder held on to a slim lead all the way this year and nipped Maggie Johnson by 11 seconds. The Orange Crush racing team took the team honors led by Mary Lynn Cyr, Theresa Lawlor and Ann Loiselle.

Bob Booker

NIKE-MAINE COAST MARATHON
Kennebunk to Biddeford
May 25, 80

Dr. Robert Scholl ran a very smart race and won the first ever NIKE- Maine Coast Marathon. The really big story here though, was the race itself. There was plenty of water, attendants all along the way on bicycles, some great chowder and a very tasty soft drink. I would have loved to have run the race in the other direction though. Route 9 was really a drag toward the end. Also the bike attendants could use a more tactful way of communicating with runners. Instead of asking, "Do you want a ride?" of runners, they should have said, "Are you O.K.?" or some other, less negative expression. Sometimes confidence and concentration are all that keep a marathoner going and any negative remark can end a race.

I hope the race directors take my remarks as being constructive and not negative. On a more positive note, how about Kim Beaulieu? She ran one hell-of-a-race! Her 3:07.22 performance was a thing of beauty. She must have recovered from Boston very well, because she looked remarkably loose after the race. Congratulations and come up and run the Bunyan with the rest of the 3 Hour Fever crowd.

Bob Booker

REEBOK/Camden 10,000 Metre Road Race
Camden
Jun 1

Bob Hodge went out hard and never looked back in winning the third annual Camden 10K. The beautiful course attracted a record 411 finishers this year. The heat was down a bit from the previous two races and there was plenty of water at the finish line.

My brother Bruce is getting better at race direction every year and we should all keep going back 'til he gets it perfect.

Bob Booker

The
Bethel Inn
&
Country Club

10K and 13.1
June 7th and 8th

If you missed this weekend, you missed a lot. The 10K was a monster, the half marathon priceless, the hotel, citizens and town of Bethel the greatest.

I think Ziggy has put together the best package in the state. I wasn't racing that weekend, so I ran the 13.1 early in the morning in a light drizzle and encountered 4 vehicles and one moose in the serenity of the White Mountains National Forest. I loved it!

By the way, Gene Coffin ran like the wind, check the...

Running on ...

by Skip Howard

By way of introduction, this column is authored by a runner/jogger/racer who's been at it since February of 1974, formerly a mediocre high school athlete with no track or cross-country background. At two packs of cigarettes a day, or more, and with high blood-pressure (at the age of 25 and unable to obtain additional life insurance without a rider), the decision was made to change things a bit. Through many hot and cold training runs, the loss of many pounds, the pain of injury, I have come to know you, brothers and sisters of the road and track, and it is for you I will write.

To wit: the Hampden Fun-Runs, begun on July 4th, 1976, at the Weatherbee School on Route 1A in Hampden, have become, at best, moribund, and at best, unattended. At their peak, the Hampden Fun-Runs had 20-30 participants, augmented largely by the Clapper family of Bucksport, from time to time. Generally, however, there were Ron Howell (who's rounding back into the shape he was in 1977-78... slowly...slowly), Cliff Hatfield (recovered from a winter bout of achilles tendinitis), Fred Judkins in the early days, myself, and occasional guest appearances from Bob Thomas, Tom Mulvey, Toby Hart, Deke Talbot (a shadowy and grizzled figure in whose literary as well as actual footsteps I follow, and whose contributions on the dangers of heat will appear further on), and others.

Nonetheless, there remains a wheel-measured 1/4, 1/2, 1, 2, 3, 4, 5, 6, and 8 1/2 mile course for anyone whose energy can bring it together. It is on the 8 1/2 course that the annual mid-June foot race is held, a course not beloved by all who enter. Or as Kevin Dyer has succinctly noted: "....the only course with a

graveyard on the uphill in the last half-mile". Picky-picky!! At any rate, someone looking for a challenging fun run or training course has a ready-made one in Hampden. We're still listed in Runners World and other publications, but lack of attendance and varying energies over the years have pretty much brought the Hampden Fun Runs to a slow crawl!

I mentioned the possible dangers of heat earlier, and believe it, they can be deadly. Witness the tragic case of Deke Talbot's brother Jim, in a 5-mile race in July of 1978 in Machias. Though the effects of heat are most likely to, cause problems for those not in quite good running shape, as was the case with Jim Talbot, I have seen experienced runners suffering serious side-effects as well. Be aware of the danger signals: nausea, disorientation, goose bumps, numb, tingling sensations in chest or upper arms, dizziness, chills, lack of perspiration. If you experience any one of these sensations, SLOW DOWN; if the symptom is acute, STOP! As Deke says, live to race another day. He also passes on these precautions: wear light-colored, loose-fitting, mesh clothing racing or training, topless runners dehydrate faster. In short races especially, drink water ONLY. It is important to get fluid out of the stomach and into the blood and tissues, to replace sweat loss. Don't drink beer before a race; beer is a diuretic. Save it for later. And speaking of beer, the latest issue of Running Times has an absorbing article on beer and its effect during hot weather, as well as its content of nitrosamines, calories and nutritional value. The news is not good; it's very sobering. It might be wise for those of us who enjoy beer to think of making our own:)

Finally, these suggestions for race directors: 1) have a hose to spray runners en route; 2) have water at the start and the finish; 3) schedule races for early morning or late afternoon; 4) notify local police and medical personnel of the

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time and location, in case of emergency.

Footnotes: the Nike Maine Coast marathon on Memorial Day weekend was quite well-run, so to speak... especially by Steve Norton, whose 40th birthday a few days before and 3:08:55 finish will send him flying to Boston next April. The course is not flat and the headwind was a very discouraging factor. Running it backwards in the future, from Biddeford to Kennebunk might make it a better course. Thanks to Marathon Sports, however, for an effort well-done in their first attempt. Another good race was the Camden/Reebok 10K on June 1st. Over 400 runners and excellent support from merchants and townspeople. Bruce and Elaine Booker, Brian Gillespie and what's-her-name and others did a super job of administering one of the top-quality races in the state. When I left about six hours after the race, Bruce was still on the phone to the Portland papers, one-third of the way through the list of finishers. There's more to race-directing than meets the eye or the feet.

SECOND WIND

Richard Everett of Bangor recently attended the RRCA Convention in Spokane, Washington. He got to meet Don Kardong and ran in the Lilac Blossom Road Race, a 7.6 mile run that drew a staggering 14,000 people. Dick was 453rd in 50:23.

His trip was sponsored by Merchants National Bank of Bangor, L.C. Tyler Insurance Company, Tri-City Pizza and Hair Affair Beauty Salon and he would like to thank all these businesses.

I tried to mention Ken Flanders fine win at the Westford, Mass. Apple Blossom 10K in last month's issue but got it to the printer too late, so a belated congrat's

to Kenny on his 31:28 cruise.

Records were smashed all over the field as twenty of the best all around track and field athletes in the state competed in the 1980 teenage and Junior Olympic State Championship decathlon over the weekend of the 14th and 15th.

Jud Cowan, a star athlete at Mt. Ararat High School in Topsham repeated his performance of last year when he won the championship and improved his point total by 1000 points. Cowan who will be competing for Penn State next year is planning to compete in the National competition at Porterville, California in August and he could place well among the best in the country in his age group.

So far, there are just over 100 people pre-registered for the Paul Bunyan Marathon. The quickest of these are:

Mike Westphal	2:30:26
Bill Hine	2:33:48
Larry Newman	2:37:28
Bob Thomas	2:37:50
Mike Doyle	2:40:27

Hell, I'm 22nd on the list! Come on you speedsters, sign up.

Chip Carey called and said that there is a possibility that the super Kingfield package will be moved back into late September, but he doesn't want to hurt any established races.

A flyer came in after I had typed the calendar. It's the Second Annual Old-Fashioned Kings Mills Volunteer Fire Department July 4th Race. A 3 miler that starts at the Kings Mills VFW in Whitefield. It starts at 8:30 and only costs a buck.

I'd love to sell some full page ads in the August issue. Our rates are:

1/4 page for \$10 a month \$100 per year
1/2 page is \$17 a month \$175 a year
a full interior page is \$32 a month or \$300 per year
the inside front and back covers
sell for \$50 a month or \$500 a year

Athletic Attic owns the back for a year

June 13

Dear Bob -

Enclosed please find:

1. Article about The Lakes (hope it isn't too long).
2. R.P.M. application.

I also want to announce that the second annual Cutler, Maine, Lobster BASH will be held on Saturday, August 16, in conjunction with the Machias Blueberry 5-mile Race in the A.M. in Machias; shop at the booths at the Blueberry Festival. In the afternoon, drive 16 miles to my camp at the coast in Cutler for games and for hiking along over a mile of spectacular shoreline. A lobster cookout will be served - my special pizza hors d'oeuvres, 1 lobster, unlimited clams, potato salad. \$5.00 per person for full dinner, \$3.00 if no lobster ordered. Overnight camping is available for people bringing tents. For a modest extra charge, I will serve breakfast Sunday morning, and go on a fun-run. A true Downeast weekend - tell your faithful readers to set aside the weekend of August 16-17. I will be making up entry forms soon with further details.

I changed the date for the Bash this year because 1) I will be running the Paul Bryan Marathon and won't be in any shape to be a good host that day, and 2) Last year people had to travel 100 miles out of their way only for the Bash, and it is far better to do it in conjunction with a race. The Blueberry Festival 5-miler is wheel-measured (by me); markers at each mile; hilly and challenging, but people won't be too wasted afterwards to enjoy themselves.

Deke

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"THE PACK"

BRUNSWICK ROTARY CLUB 10K
Brunswick May 10, '80

1.	Lloyd Ferriss	34:34
2.	Tom Dudley	34:48
3.	Gary Cochrane	35:19
4.	Malcolm Lackey	35:49
5.	Dave Carlson	36:04
6.	Steve Fluet	
7.	Rob St. John	
8.	John Wallace	
9.	Richard Wells	
10.	Dean Proctor	
11.	Daley	
12.	Frechette	
13.	Butcher	
14.	Galle	
15.	Sabine	
16.	Mallon	
17.	McNett	
18.	Skoblicki	
19.	M. Waddle	
20.	Conkling	
21.	D. Fournier*	
22.	Deane	
23.	G. DeWick	
24.	Vail	
25.	Gander	
26.	Barker	
27.	S. DeWick	
28.	Stanley	
29.	Humphreys	
30.	P. McGuire	
31.	Harbottle	
32.	Warren	
33.	Bumgardner	
34.	Quahropani	
35.	B. Waddle	
36.	St. Laurent	

37.	Hewson*	
38.	St. Louis	
39.	Brennan	
40.	Street	
41.	Johnson	
42.	M. McGuire	
43.	B. Perkins	
44.	Scarponi	
45.	Desmaris	
46.	Mulrooney	
47.	Jim St. John	
48.	Morrison	
49.	Frederickson	
50.	Fox	
51.	Widmer	
52.	Messier	
53.	Anderson	
54.	Threlkeld	
55.	Hahn	
56.	J. Fournier	
57.	Herron	
58.	McKeen	
59.	Frost	
60.	Logan	
61.	C. Hutchins	
62.	Rentz	
63.	Staples	
64.	Day	
65.	Ford	
66.	Paradis	
67.	Schapak	
68.	Powers	
69.	Cashill	
70.	C. Perkins	
71.	Wells	
72.	Higbee	
73.	Hansen	
74.	Koehneke	
75.	Gibbs	
76.	J. Hutchins	
77.	Ed St. John	
78.	Hornbeck	
79.	Ranger	
80.	Armstrong	

- Results from
Lloyd Ferriss

FIFTH ANNUAL APPLE BLOSSOM
15 K Road Race
Monmouth May 17, 80

1.	Ralph Thomas	50:45
2.	Bill Hine	52:34
3.	Neil Lash	53:16
4.	Gary Quimby	53:40
5.	Rock Green	53:50
6.	John Applin	54:09
7.	Lloyd Ferriss	54:26
8.	Jim Keene	55:08
9.	Malcolm Lackey	56:16
10.	Daniel Cake	56:48
11.	Dean Rasmussen	57:18
12.	Greg Nelson	57:27
13.	Gene Roy	57:41
14.	Randy Pease	58:09
15.	Bill Gayton	59:03
16.	Doug Ludwig	59:23
17.	Richard Campbell	60:49
18.	Frank Witham	62:36
19.	Ron Paquette	63:31
20.	Peter Gagnon	63:50
21.	Bob Day	64:21
22.	Dick Spicer	64:37
23.	Kevin White	65:01
24.	James Mitton	65:11
25.	Burton Cleaves	65:15
26.	Marsha Giglio*	65:27
27.	Rick Grant	66:37
28.	Fay Gagnon*	67:05
29.	Steve Ward	68:54
30.	Burt Richardson	69:09
31.	David Googin	69:29
32.	Gilbert Roderick	70:46
33.	Cliff Fletcher	71:31
34.	Jeff Deblois	75:44
35.	Mary Jane Day*	76:04
36.	Cheryl Harrington*	75:1
37.	Donald Brewer	78:06
38.	Walter Rotz	78:02
39.	Ingrid Scott*	79:34
40.	Richard Maheux	81:38
41.	Roger Mills	82:21
42.	Ronald Bilodeau	86:45
43.	Michael Levey	87:04
44.	William Daly	87:22
45.	Travis Metz	87:49

- Results from MST

WAYNFLETE SCHOOL SPRING FLING
4 Miles May 17, '80

1.	Hank Pfeifle	19:16
2.	Brad Hurst	19:56
3.	George Reed	20:29
4.	John Keller	21:14
5.	Al Waitt	21:33

6.	Scott Brown	21:39
7.	Jim Babb	22:09
8.	Scott Hannette	22:19
9.	Mark Hoffmaster	22:29
10.	Jim Kein	22:40
11.	Dick McFaul	22:42
12.	Brian Bettney	22:43
13.	Steve Douglas	22:45
14.	Barry Fifield	22:50
15.	Kurt Nielsen	22:55
16.	Bob Provost	23:02
17.	Robert Haines	23:11
18.	Bob Hunt	23:15
19.	Robert Story	23:24
20.	Wayne Fitzgerald	23:29
21.	Arnold Adams, Sr.	23:30
22.	Rick Hansen	23:33
23.	Victor Stacey	23:45
24.	Martin Moran	23:47
25.	Thomas Bradley	23:48
26.	Geoff Rushlou	23:49
27.	Peter Laurason	23:51
28.	Jim Burrill	23:55
29.	Arnold Frechette	23:56
30.	Finn Kelly	23:57
31.	Frank Brune	24:12
32.	Michael Colerick	24:18
33.	Michael Lacroix	24:40
34.	Bill Leschey	24:41
35.	Kent MacDonald	25:01
36.	Richard Riepl	25:08
37.	William York	25:25
38.	Chris Seitz	25:28
39.	Norman Linden	25:35
40.	Andy Copeland	25:43
41.	Michael Fuidi	25:44
42.	Bill Scapian	25:46
43.	Steve McKibben	25:46
44.	Michael Giobbi	25:47
45.	Robert Payne	25:48
46.	Kevin Kein	25:52
47.	Jeff Marshall	25:59
48.	Ray Cooper	26:01
49.	Harold Devan, Jr.	26:10
50.	Arnold Adams	26:14
51.	Tom Allen	26:19
52.	H. Deuton Bumgardner	26:23
53.	Harry Hunt	
54.	Jana Lynch*	26:25
55.	Ralph Bartholomew	26:25
56.	Clement Charbonneau	26:28
57.	Christine Waterman*	26:29
58.	Peter Hoskins	26:30
59.	Bill Whelan	26:39
60.	Frank Campbell	26:49
61.	Rich Mannette	26:55
62.	Frank Coyne	26:59
63.	Wendy Thaxter*	27:01
64.	John Stewart	27:04
65.	Dan O'Shea	27:06
66.	Laurie Davis*	27:10
67.	Jeff Foley	27:12

68.	Alan Leathers	27:20	130.	Sally Paterson*	31:39
69.	Jim Bellino	27:23	131.	Donald Hemphill, Sr	
70.	John Boothby	27:23	132.	Rachel King*	31:43
71.	Kelly Jean Hoskins*	27:25	133.	Daniel Fenderson	31:47
72.	David Corson	27:26	134.	Wendy Twitchell*	31:50
73.	David Plimpton	27:26	135.	Alison Alderstein*	31:51
74.	Andrew Haslam	27:27	136.	Donald Bittermann	31:56
75.	Chris Comstock	27:29	137.	Lynda Provost*	32:02
76.	Donald Hemphill, Jr	27:32	138.	Thomas Harriman	32:10
77.	James B. Klein	27:41	139.	Bill Caprio	32:12
78.	Tim Concannon	27:50	140.	Stuart Gilbert	32:22
79.	Karl Turner	27:53	141.	Cush Hayward	32:29
80.	Martha W. Shur*	27:59	142.	Robert MacMath	32:45
81.	Jonathan Richmond	28:04	143.	Charles Thurber	32:51
82.	Will Leschey	28:15	144.	Dan Mitschele	32:52
83.	Paul Vail	28:15	145.	David Goodwin	32:53
84.	Chuck O'Connor	28:16	146.	Sue Yandell*	32:57
85.	Jon Mitschele	28:16	147.	Dennis Wiggins	32:57
86.	Daniel Kleinman	28:26	148.	Joel Corington	33:02
87.	Paul Thorpe	28:26	149.	Joel Corington?	33:02
88.	Chris Aceto	28:28	149.	Mary Gormley*	33:05
89.	Larry Mead	28:29	150.	Meredith Russell*	33:06
90.	Dick Dudley	28:31	151.	Stanley Piawlock	33:08
91.	Brian J. LaSalle	28:36	152.	Gail Renell	33:09
92.	Dave Goodwin	28:45	153.	Janice Doherty*	33:10
93.	Dana Packard	28:48	154.	Pauline Scott*	33:13
94.	Pat O'Malley	28:49	155.	Paul Chamberlain	33:18
95.	A.M. Houghton	28:51	156.	Maurice Senechal	33:21
96.	Gordon Hamlin	28:55	157.	Marion Leschey*	33:27
97.	Kathryn Burke	28:55	158.	Patricia Smith*	33:30
98.	Jon Cope	28:58	159.	Julia Keane*	33:42
99.	Alan Barthelman	29:01	160.	Michael Fox	33:47
100.	Michael Cahill	29:02	161.	Antonette Know*	33:50
101.	Art Batson Jr.	29:06	162.	Michael Stuart	34:01
102.	unrecorded	29:13	163.	Benie Field	34:05
103.	Robert Pepper	29:20	164.	Kenneth Perkins	34:14
104.	Chris Kein	29:23	165.	Joyce Thompson*	34:15
105.	Julie McFarland*	29:29	166.	Tammy Hansen*	34:15
106.	David Manthorne	29:42	167.	Charles Scribner	34:18
107.	Ira Waldman	29:47	168.	Patricia Gahn*	34:19
108.	Lloyd B Wolf	29:48	169.	Marsha Mitschek*	34:24
109.	Michael Robinson	29:56	170.	Cherie Dyer*	34:26
110.	David Corley	30:01			
111.	Wayne Fitzgerald, Jr	30:04			
112.	Melinda Motelunas*	30:05			
113.	Scott Gilbert	30:10			
114.	John Newcomb	30:12			
115.	Alan D. Gibbons	30:16			
116.	William Willard	30:18			
117.	Earle Harvey	30:19			
118.	Scott Titcomb	30:19			
119.	Howard Jackson	30:21			
120.	Ken Shone	30:27			
121.	Ken Raffel	30:37			
122.	Mark Douglass	30:37			
123.	Norman McDonald	30:40			
124.	Robin Everett*	30:43			
125.	Joseph Conrad	30:43			
126.	Rosalyn Randall*	30:52			
127.	Nancy Whitcomb*	30:58			
128.	Sandra Bumgardner*	31:07			
129.	Roger Doherty	31:21			

- Results from PPH

SECOND ANNUAL 13 COUNTRY CLASSIC
13 K Road Race
Portland May 18, 80

1.	Bruce Bickford	36:55.2
2.	Ken Flanders	37:38.4
3.	Don Barker	39:35.8
4.	Danny Paul	40:07.4
5.	Larry Greer	40:38.2
6.	Jim Babb	42:48.9
7.	Vern Porter	43:00.1
8.	Joan Benoit*	43:13.9
9.	Scott Manette	43:47.1
10.	Richard Mulhern	43:56.2
11.	Bob Coughlin	44:32.4
12.	Richard Conn lly	44:37.9
13.	Arnold Amoroso	45:12.9

14.	Dick McPaul	45:15.6
15.	Craig Shaw	45:35.0
16.	George Towle	45:39.3
17.	Ken Bedder	45:49.8
18.	Russ Connors	46:03.6
19.	John Beatty	46:07.4
20.	Don Barton	46:11.3
21.	James Maddin	46:18.5
22.	Ken Curtis	46:27.1
23.	Charles McDonald	46:33.3
24.	Geoff Rushlau	46:42.1
25.	Arnie Frechette	46:49.2
26.	John Attwood	47:13.4
27.	Brian Bettney	47:24.4
28.	Mark Hoffmaster	47:25.4
29.	Glen Poland	47:36.7
30.	Peter Holloway	47:44.7
31.	Marlin Donlon	47:47.0
32.	Michael Arsenault	47:48.6
33.	Kim Beaulieu*	48:05.8
34.	Peter McDonald	48:46.6
35.	Mark Rogers	48:51.4
36.	Herb Strom	49:10.4
37.	Bill Leschey	49:26.2
38.	Arnie Clark	49:40.5
39.	Leonard Sanford	49:48.9
40.	Doug Moody	49:53.1
41.	Frank Morong	50:03.4
42.	Jeff Preble	50:15.4
43.	Carlton Mendell	50:17.8
44.	Larry Dyer	50:34.2
45.	Dave Silverbrand	50:44.5
46.	Tommy LaRose	51:09.1
47.	Dennis Morrill	51:25.7
48.	Kevin Kein	51:32.7
49.	Pat Williams	51:39.6
50.	Andy Copeland	51:44.1
51.	Clifton McPhee	51:47.2
52.	Brian Dudley	52:29.5
53.	Roger Pike	52:30.3
54.	Jason Wilson	52:48.8
55.	Larry Barker	52:55.6
56.	Lester Everett	52:55.7
57.	Scott Sanford	52:57.7
58.	Robert Littlefield	52:59.5
59.	Bob Benson	53:03.7
60.	Al Butler	53:13.7
61.	Andrew Haslan	53:17.3
62.	Donald Labrecque	53:31.0
63.	Bill Elgee	53:38.3
64.	Grace Amoroso*	53:56.1
65.	Norman Lewis	54:01.4
66.	Jim Chase	54:07.4
67.	Carl Comstock	54:30.1
68.	James Petkus	54:50.3
69.	Diane Fournier*	54:50.7
70.	Guy LaFlamme	55:54.9
71.	Michael Gann	57:16.0
72.	Bob Bennett	57:25.4
73.	William Fox	57:40.1
74.	Ray Rhuhy	58:29.6
75.	M. Hothem	58:33.5

76.	Paula Frost*	58:48.8
77.	Laura Williams*	59:31.7
78.	Dick Dudley	59:46.8
79.	Julie McFarland	1:00:20.7
80.	Michael Dunning	1:01:46.5
81.	Russ Kelley	1:01:47.2
82.	Nancy Gurley*	1:01:50.6
83.	Roger Williams	1:01:57.3
84.	Steve Tukey	1:02:21.9
85.	Peter Rubin	1:02:39.7
86.	Bob Johnson	1:05:40.5

- Results from PPH

SECOND ANNUAL GOLDSMITH'S WOMEN'S
10K ROAD RACE
Orono May 18, 80

1.	Diane Lounder	39:53
2.	Margaret Johnson	40:04
3.	Carol Roy	40:47
4.	Mary Lynn Cyr	41:32
5.	Theresa Lawlor	41:53
6.	Michelle Beleyea	43:37
7.	Cindy Lowry	43:52
8.	Ann Loiselle	45:32
9.	Dodi Flaherty	46:38
10.	Becky Baltzer	47:57
11.	Marie Johnson	48:07
12.	Kate Brady	48:09
13.	Leah Schuman	48:45
14.	Dorothy Stockard	49:48
15.	Kimm Trafton	50:25
16.	Susan Steele	50:42
17.	Jeannie Lewis	50:58
18.	Debbie Leighton	51:08
19.	Diane DiGirolano	52:14
20.	Nancy Schneider	54:35

Results from Norm Boucher
Race Director

1980 WINDONIAN SPRING FROLIC
3 MILE ROAD RACE
So. Windham May 24, 80

1.	O.J. Logue	15:38
2.	Ken Hammond	16:12
3.	Mark Hoffmaster	16:21
4.	Bob Provost	16:42
5.	Wayne Fitzgerald	17:08
6.	Arnold Flechette	17:30
7.	Stephen Cox	17:39
8.	Bob Ingerowski	17:54
9.	Jeff Huntress	17:56
10.	Richard Riepl	18:06
11.	Lee Allen	18:18
12.	Ronald Shell	18:24
13.	Thomas A. Peterson	18:30
14.	John Kelly	18:37

58:48.8
59:31.7
59:46.8
1:00:20.7
1:01:46.5
1:01:47.2
1:01:50.6
1:01:57.3
1:02:21.9
1:02:39.7
1:05:40.5

WOMEN'S
ay 18, 80

39:53
40:04
40:47
41:32
41:53
43:37
43:52
45:32
46:38
47:57
48:07
48:09
48:45
49:48
50:25
50:42
50:58
51:08
52:14
54:35

24, 80

15:38
16:12
16:21
16:42
17:08
17:30
17:39
17:54
17:56
18:06
18:18
18:24
18:30
18:37

15. Rick Charette	18:52
16. James Mitton	18:56
17. Dick Baker	18:58
18. Roger Pike	19:04
19. George H. Wells	19:08
20. Dennis Morrill	19:28
21. Gary Gogensheimer	19:43
22. Dave Foley	19:46
23. Bill Diamond	19:54
24. Hal Leighton	19:56
25. Wayne Fitzgerald	20:15
26. Pat O'Malley	20:23
27. Chris Aceto	21:04
28. David Manthorne	21:05
29. Mike Carver	21:15
30. Phil Brown	21:16
31. Mike Robinson	21:24
32. Roger Marchand	21:26
33. Dave Goodwin	21:46
34. Jim Grey	21:54
35. Harry C. Trask	22:06
36. Sarah McDermott*	22:11
37. Rosalyn Randall*	22:18
38. David Luce	22:21
39. John E. Turner	22:24
40. O.K. Hammond	23:00
41. Bob Merrill	23:06
42. Richard Manthorne	23:14
43. Ann LaRose*	23:36
44. David Goodwin	23:39
45. Ernest Hunt	23:41
46. Frederic Hayden	23:48
47. Jeri Curnell	24:34
48. Frank C. Long	24:37
49. *Jennifer Delong White	24:38
50. Patrick White	24:48
51. Herbert W. Thomas	24:57
52. Nancy Robinson*	25:02
53. Joyce Cook*	25:08
54. Lawa Allen	25:15
55. Miriam Lee*	25:16
56. Pam Trombley*	25:41
57. Alden Gilbert	26:34
58. Margaret Donovan*	26:44
59. Laurie Gilbert*	27:07
60. Gail Brown*	27:12
61. Betty Thomas*	27:27
62. Kim Hansen*	27:32
63. Tammy Hansen*	27:39
64. Charles Scribner	27:41
65. Patrick White	29:49
66. Tim Merrill	29:51
67. Maurya Charette*	29:54
68. Norma Mitton*	30:18
69. Sean Charette	30:23
70. Margaret Millard*	30:25

GORHAM MEMORIAL DAY RACE
10K
Gorham

May 26, 80

1. Gene Coffin	31:27
2. Matt Wolfe	32:58
3. Bill Hine	33:11
4. Neil Lash	33:14
5. Kevin McDonald	33:27
6. Dave Loranger	33:37
7. Sam Sleeper	33:57
8. Jim Babb	34:04
9. Jerry Crommett	34:07
10. Roger Foster	34:09
11. Tom Delaney	34:14
12. Bill Meggison	34:26
13. Scott Mannette	35:01
14. Mark Hoffmaster	35:24
15. Steve Douglas	35:25
16. Ron Trottier	35:43
17. Jim Cotsis	35:55
18. George Towle	36:04
19. Cliff Howe	36:09
20. Kurt Nielson	36:11
21. Buddy Demont	36:18
22. John Beatty	36:23
23. Phil Cook	36:27
24. Bob Quentin	36:27
25. Todd Dresser	36:28
26. Ken Curtis	36:33
27. Don Provost	36:38
28. Arnold Frechette	36:43
29. John Gorham	37:11
30. Geoff Rushlan	37:12
31. Martin Rogers	37:24
32. Ralph Towle	37:35
33. Lee Allen	37:41
34. Charlie McDonald	38:12
35. Pat Connell	38:15
36. Roger Zimmerman	38:23
37. Charlie Heseltine	38:23
38. Barry Howgate	38:32
39. Tom Bradley	38:38
40. Erich Reed	38:38
41. Ken Sherman	38:54
42. Jason Watts	38:54
43. Steve Watts	38:55
44. John Kelly	39:33
45. Dennis Morrill	39:35
46. Dennis Smith	39:36
47. Andy Copeland	39:38
48. Finn Kelly	39:39
49. Orlando Delogu	39:44
50. Cliff McPhee	39:47

- Results from the PPH

NIKE-MAINE COAST MARATHON
Kennebunk to Biddeford
May 25, 80

1.	Robert R. Scholl	2:29:10	58.	John Hagerty	3:01:37
2.	Frank C. Hoelzle	2:33:57	59.	Joe Bean	3:01:40
3.	John Goegle	2:36:04	60.	Robert Spaulding	3:02:16
4.	Kenneth Remsen	2:38:05	61.	Bill Kane	3:02:28
5.	O.J. Logue	2:38:44	62.	Joseph Scanlan	3:02:41
6.	Lawrence Gentile	2:39:21	63.	Mark Dorion	3:03:00
7.	Steve Dexter	2:41:42	64.	Robert Wilson	3:03:10
8.	George Gardiner	2:42:03	65.	Owen Barber	3:03:18
9.	Jeff C. Lee	2:43:03	66.	Stephen Caron	3:04:01
10.	Andrew Kaplan	2:44:12	67.	Earl McEvoy	3:04:05
11.	John Gardner	2:46:27	68.	Frank Roberts	3:04:47
12.	Arthur Schnell	2:46:27	69.	David Coit	3:04:55
13.	Sammy Palestine	2:46:41	70.	Mark Gilliam	3:04:58
14.	Will Mason	2:47:29	71.	Mark Bottom	3:05:02
15.	John Keller	2:47:44	72.	Ronald Kee	3:05:17
16.	Jack Mahurin	2:48:14	73.	William Haney	3:05:31
17.	Paul W. O'Grady	2:48:44	74.	Rene Beliveau	3:05:39
18.	Grant Avery	2:48:51	75.	John Frachella	3:06:07
19.	Dennis G. Connors	2:49:17	76.	Richard Harper	3:06:12
20.	Stephen Schlicting	2:50:32	77.	John Russell	3:06:22
21.	Robert Piatek	2:51:28	78.	Paul Lietar	3:06:32
22.	Lawson Noyes	2:51:48	79.	Raymond Gottlieb	3:06:35
23.	Jon Meyer	2:51:58	80.	Richard MacDonald	3:06:36
24.	Mike Edwards	2:52:30	81.	Tom Sheehan	3:06:37
25.	Dana Knowlton	2:53:31	82.	William Barker	3:06:53
26.	Thomas Doyle	2:53:44	83.	Philip Soule	3:07:17
27.	William Flahive	2:53:50	84.	Robert Maguire	3:07:18
28.	Raymond Scannell	2:54:15	85.	Daniel Callahan	3:07:19
29.	Bob Coughlin	2:54:28	86.	Hubert Strom	3:07:21
30.	William Gayton	2:55:16	87.	Kimberly Beaulieu*	3:07:22
31.	Arthur Reed	2:55:29	88.	Richard Mathews	3:07:36
32.	William Leahy	2:56:05	89.	Karen Miles*	3:07:55
33.	Fernando Torres	2:56:43	90.	John Wescott	3:07:59
34.	Clifford Howe	2:57:00	91.	Daniel Incze	3:08:02
35.	Kenneth Botting	2:57:09	92.	Oskar Feichtinger	3:08:09
36.	Lee Resseguie	2:57:15	93.	Louis Dittami	3:08:18
37.	Edward Hollidge	2:57:18	94.	Armando Quarfulli	3:08:24
38.	Stephen Gothreau	2:57:22	95.	Bill Noun	3:08:37
39.	Glenn Joseph	2:57:47	96.	Ron Kramer	3:08:46
40.	Malcolm Lackey	2:58:16	97.	James Kein	3:08:51
41.	Michael Daley	2:58:23	98.	Patrick Walker	3:08:53
42.	John Lahoud	2:58:28	99.	Steve Norton	3:08:55
43.	Edward Sklanka	2:58:35	100.	Paul R. Howard	3:08:56
44.	Harvy Rohde	2:58:48	101.	William Holland	3:09:05
45.	Thomas Egan	2:58:55	102.	Sam Schuman	3:09:11
46.	Richard Hardy	2:58:57	103.	William Leschey	3:09:50
47.	John Leeming	2:59:01	104.	Frank Mullen	3:09:52
48.	Clemens Schoenebec	2:59:02	105.	Richard Stackpole	3:10:09
49.	Dale Dorr	2:59:14	106.	John Moosey	3:10:31
50.	Joseph Ryan	2:59:46	107.	Stephen Moser	3:10:55
51.	J.W. Hansberry	2:59:48	108.	John Applin	3:11:01
52.	Eugene Pool	2:59:54	109.	Robert Booker	3:11:07
53.	Ronald Duford	2:59:54	110.	Diane Fournier*	3:11:36
54.	John Mathieu	3:00:09	111.	Daniel Rooney	3:11:37
55.	Mark O'Flynn	3:00:21	112.	Thomas Ratcliffe	3:11:39
56.	Gene Caso	3:00:36	113.	Jack Kulis	3:11:54
57.	Charles Keating	3:01:05	114.	Douglas Ware	3:12:07
			115.	Robert Hunt	3:12:10
			116.	Frederick Cox	3:12:16
			117.	Dr. Slavomir Kolada	3:12:50
			118.	Kenneth Rosen	3:12:54
			119.	George Hurley	3:13:04

01:37	120. Kenneth Newsome	3:13:04	181. Robert Wiita	3:24:35
01:40	121. Clifford Webster	3:13:07	182. Christopher Gould	3:25:05
02:16	122. Richard Konchagull	3:13:17	183. Daniel Glosband	3:25:08
02:28	123. Daniel Cake	3:13:36	184. James Park	3:25:16
02:41	124. William Evans	3:13:36	185. Ben Fudge	3:25:25
03:00	125. Kevin Dyer	3:13:39	186. Marjorie Adams*	3:25:59
03:10	126. Darren Billings	3:13:39	187. Jerry Roberts	3:26:00
03:18	127. Carlton Mendell	3:13:41	188. George Doiron	3:26:01
04:01	128. Lawrence Bridges	3:13:49	189. Dennis Fortin	3:26:03
04:05	129. Douglas Grange	3:13:49	190. Roger St. Louis	3:26:36
04:47	130. Frank Witham	3:14:18	191. Michael Clark	3:26:59
04:55	131. Carol Roy*	3:14:25	192. Albert Princince	3:27:04
04:58	132. Richard August	3:15:02	193. Richard Jones	3:27:05
05:02	133. Dick Sabine	3:15:11	194. Ronald Paquette	3:27:09
05:17	134. Richard Pellegrini	3:15:14	195. Craig Dietrich	3:27:10
05:31	135. Joseph Busa	3:15:17	196. Dean Rasmussen	3:27:12
05:39	136. Bob Seamans	3:15:53	197. Stephen Argereow	3:27:19
06:07	137. Richard Erbe	3:16:09	198. Nancy Dorr*	3:27:20
06:12	138. Jerry Hoeschen	3:16:10	199. David Garriepy	3:27:22
06:22	139. Thomas Downing	3:16:30	200. Gene Roy	3:27:23
06:32	140. Joseph Paulson	3:16:39	201. Joel Croteau	3:27:26
06:35	141. John Kampersal	3:16:52	202. Ralph Fletcher	3:27:27
06:36	142. Philip Jakubosky	3:17:04	203. Pippen Carlisle	3:27:31
06:37	143. Dick Spicer	3:17:05	204. Richard LaMontagne	3:27:41
06:53	144. Al Dingley	3:17:15	205. Thomas Henderson	3:28:12
07:17	145. Frank Morong	3:17:20	206. Richard Lowers	3:28:30
07:18	146. Jack Murphy	3:17:23	207. Anne Gwynne*	3:28:47
07:19	147. Howard Sagrams	3:17:42	208. William York	3:29:10
07:21	148. John Archacki	3:17:44	209. Carroll Caron*	3:29:28
07:22	149. John Mortell	3:17:56	210. Robert Milliken	3:29:32
07:36	150. Gino Valeriani	3:18:27	211. Charles Rudinsky	3:29:44
07:55	151. Dennis Dixon	3:18:40	212. Randy Jordan	3:30:23
07:59	152. Robert Jolicoeur	3:18:52	213. Thomas Stammen	3:30:44
08:02	153. Fred Putnam	3:18:55	214. Stephen Leavitt	3:31:19
08:09	154. Raymond Ausrotas	3:19:02	215. Julie Leavitt*	3:31:19
08:18	155. David Coombs	3:19:02	216. David Silverbrand	3:31:50
08:24	156. Roger Duford	3:19:24	217. Annette Racanniello*	3:32:13
08:37	157. John Avery	3:19:38	218. Danny Huntington	3:32:29
08:46	158. John Rathier	3:19:38	219. Walter Perrin	3:32:32
08:51	159. Paul Quattropani	3:19:52	220. Judith Payne*	3:32:38
08:53	160. Robert Randall	3:21:12	221. Hans-Peter Krahn	3:32:58
08:55	161. Shawn Drohan	3:21:15	222. Charles Gordon	3:33:11
08:56	162. Stephen Lowe	3:21:22	223. Benjamin Zuckerman	3:33:11
09:05	163. Larry Pelton	3:21:28	224. Chase Pray	3:33:16
09:11	164. Edward Pound	3:21:38	225. Barbara Coughlin*	3:33:24
09:50	165. Daniel Campbell	3:21:40	226. Stephen Rainsford	3:33:33
09:52	166. John Long	3:22:05	227. Robert Harrington	3:33:50
00:09	167. Lloyd Greene	3:22:11	228. Rodney Thayer	3:34:16
00:31	168. George Linnie	3:22:17	229. Michael Vail	3:34:31
00:55	169. Michael O'Neil	3:22:38	230. Richard Burbank	3:34:33
01:01	170. George Bell	3:22:44	231. Donald Wilson	3:34:46
01:07	171. Craig Kirby	3:22:56	232. Charles Francis	3:34:59
01:36	172. Sandra Cook*	3:23:06	233. Evelyn Hewson*	3:35:23
01:37	173. Douglas Moreshead	3:23:10	234. Mark Tilton	3:35:27
01:39	174. Mark Gulow	3:23:33	235. Mary Harada*	3:35:41
01:54	175. Jonathan Beverly	3:23:57	236. Joseph Lovejoy	3:35:48
02:07	176. David Bailer	3:24:01	237. Ray Burchell	3:36:03
02:10	177. Charles Nichols	3:24:10	238. Ronald Jarvinen	3:36:20
02:16	178. Gard Meserve	3:24:15	239. Robert Nicholson	3:36:23
02:50	179. James Matheiu	3:24:21	240. Chuck Boover	3:36:35
02:54	180. Peter Murphy	3:24:25	241. Gary Gander	3:36:43

242. William Walkowick	3:36:47	305. Charles Rogers	3:52:23
243. Peter Bachelder	3:36:50	306. Philippe Dumoulin	3:52:58
244. Timothy Wright	3:37:06	307. Jane Hynes*	3:53:15
245. Joseph Carlino	3:37:14	308. Paul Letarte	3:53:24
246. Thomas Skoblicki	3:37:23	309. Steven Enman	3:53:34
247. Kenneth Moulton	3:37:41	310. John Senew	3:53:40
248. Marvin Tanck	3:37:54	311. Jane Dolley*	3:54:09
249. Arthur Rice	3:37:57	312. Lloyd Cook	3:54:12
250. Phil Lussier	3:38:20	313. Dale Curtis	3:55:08
251. David Cunningham	3:38:21	314. Michael Lacroix	3:55:09
252. Peter Bastow	3:38:32	315. Dorothy Helling*	3:55:50
253. Bradford Goodale	3:38:34	316. Kristina Gordon*	3:56:30
254. Diane Bernardin*	3:38:34	317. David Dyer	3:58:39
255. Michael Goodrich	3:38:43	318. Raymond Giglio	3:58:39
256. Robert Jarrett	3:39:09	319. Steve Doxey	3:58:45
257. Steve Brandt	3:39:17	320. Lawrence Day	4:02:07
258. Michael Curtis	3:39:25	321. Betty Klein*	4:04:37
259. Thomas Peters	3:39:34	322. James Mitton	4:04:48
260. Ronald Webber	3:39:45	323. Michael Gahn	4:05:21
261. David Smith	3:39:46	324. Wendy Thaxter *	4:06:02
262. Henry Wolstat	3:39:47	325. Roger Williams	4:06:03
263. Ronald Gaskell	3:40:01	326. Gerald Duford	4:06:09
264. Vernard Lewis	3:40:51	327. David Mulley	4:06:54
265. Charles Blossom	3:41:21	328. John Lindenberg	4:07:24
266. William Dalton	3:42:35	329. Charles Woodward	4:08:21
267. Robert Battis	3:42:54	330. Michael Perry	4:08:38
268. Thomas Carll	3:44:00	331. Robert Franklin	4:08:48
269. Paul Collins	3:44:16	332. Robert Wells	4:09:10
270. Peter Smith	3:44:27	333. Douglas Volk	4:09:51
271. Michael Memmolo	3:44:35	334. Rick Sneider	4:13:05
272. Michael Demauro	3:44:35	335. Richard Coleman	4:13:57
273. Wallace McDonald	3:44:40	336. James McGloin	4:14:56
274. Christopher Gauthi	3:44:40	337. Barry Fifield	4:18:25
275. Robert Lizotte	3:45:00	338. Joyce Pilotti*	4:20:41
276. Robert Somma	3:45:09	339. Donald White	4:20:57
277. George Kalarites	3:45:14	340. Allan Toubman	4:21:40
278. Peter Morano	3:45:44	341. Janice Greene*	4:21:44
279. Douglas Pierson	3:45:48	342. Peter Flaherty	4:24:39
280. Marguerite Crawford*	3:47:16	343. Edward McVeigh	4:26:29
281. Joseph Kelley	3:47:38	344. Paula Frost*	4:28:02
282. Daniel Leach	3:47:43	345. Dennis Reina	4:28:32
283. Victor Motz	3:47:48	346. Marion Leschey*	4:29:34
284. Catherine Hissen*	3:47:58	347. Albert Utterstrom	4:34:25
285. Roland St. Pierre	3:48:06	348. Rick Antoine	4:34:53
286. John Tuohey	3:48:23	349. Tim Chase	4:36:02
287. Roland Kearley	3:48:23	350. Arthur Williams	4:36:50
288. Robert Zanis	3:48:38	351. Erick Derocher	4:37:25
289. William McKenzie	3:48:59	352. Robert Ayers	4:38:18
290. Francine Currier*	3:49:32	353. Michael Kita	4:38:32
291. Wilfred Richard	3:49:33	354. Stanley Pinnette	4:56:28
292. David Deaver	3:49:48	355. Nancy Hill*	4:56:40
293. Peter Holloway	3:49:49	356. Steve Mantis	4:58:25
294. Charles Rogers	3:49:59		
295. Richard Mack	3:50:06		
296. Sheila Colby*	3:50:21		
297. Stephen Moffet	3:50:23		
298. Stephen Fortier	3:50:54		
299. Maurice Wheeler	3:50:59		
300. Robert Marchand	3:51:11		
301. Michael Bard	3:51:12		
302. Cindy Lowry*	3:51:31		
303. Hyla Tracy	3:51:41		
304. Bill Sandberg	3:51:46		

- Results from the PPH

THE "INN" RACE
Caribou 5-miles
May 26, 80

1.	Andy Palmer	25:41
2.	Joe Pickens	27:27
3.	Conrad Walton	27:33
4.	Robert Everett	27:37
5.	Herm Pelletier	28:32
6.	Jim Dasch	28:53
7.	Paul Libby	29:01
8.	Sam Hamilton	29:11
9.	John Palmer	29:16
10.	Matt Nightingale	29:22
11.	Jeff Keaton	30:01
12.	John Lisnick	30:05
13.	Mark Violette	30:15
14.	Mark Bouchard	30:34
15.	Ron Hall	30:37
16.	Steve Porter	30:38
17.	Lawrence Whipkey	30:42
18.	Bill Schofield	30:50
19.	Dale White	30:55
20.	Charles Howe	31:48
21.	Kent Cousins	32:10
22.	John Millhouse	32:12
23.	Loren Bailey	32:19
24.	Gregg Jaime	32:32
25.	Bob Duprey	32:38
26.	Jane Cyr*	32:43
27.	David Linkous	33:06
28.	Dana Prest	33:11
29.	John O'Dea	33:21
30.	Don Bellefleur	33:36
31.	Quentin Ramsay	33:46
32.	Alton Wardwell	33:54
33.	Owen Jackson	34:07
34.	David Rand	34:08
35.	Dan Mills	34:24
36.	Tai Chan	34:48
37.	Dan Bueno	35:21
38.	Rick Duncan	35:28
39.	Scott Jandreau	35:39
40.	Dale Bailey	35:45
41.	Ted Pierson	35:50
42.	Lisa McGraw*	36:00
43.	Jim Buckley	36:07
44.	Julius Marzol	36:21
45.	Bob Ouellette	36:34
46.	Ted Jaime	36:49
47.	Sally Jaime*	36:59
48.	Neil Genz	37:13
49.	Andy Buckley	38:30
50.	Don Leonard	38:37
51.	Dave Ouelette	38:44
52.	Clark Brewer	38:54
53.	Paul LaPointe	38:57
54.	Becky Bouchard*	39:52
55.	Nancy Jordan*	40:27
56.	Sam Jordan	40:29

57.	George Jaime	40:34
58.	Troy Pellettier	40:42
59.	Dave Rutherford	40:44
60.	Vicki Schwartz*	41:32
61.	Cathy Brewer*	42:22
62.	Ben Damboise	42:23
63.	Todd St. Peter	43:11
64.	Jaime Jackson	43:12
65.	Larry Benner	43:48
66.	David Benner	44:46
67.	Aurele Ouellet	44:51
68.	Judy Duprey*	45:05
69.	Don Peters	45:29
70.	Cace Bielanski	46:33
71.	Mary Whited*	49:50
72.	Sam Ouellet	58:22
73.	Marita Santin*	
74.	Mary McBride*	

- Results from Sam Hamilton

RPM 5K ROAD RACE
Bangor May 26:

1.	Gerry Clapper	16:18
2.	Gary Quimby	16:46
3.	Chris Holt	17:08
4.	Joe Clapper	17:11
5.	Chuck Holt	17:14
6.	Phil St. Pierre	17:44
7.	Thomas Neill	17:46
8.	Chris Everett	18:06
9.	Cliff Hatfield	18:07
10.	Steve Hawes	18:13
11.	Von-Eric Nelson	18:14
12.	Gregg Everett	18:34
13.	Robert Gaboury	18:46
14.	Peter Daigle	18:58
15.	Al Michelson	19:29
16.	Jim McMillan	19:30
17.	John Poirier	20:18
18.	Diane Lounder*	20:28
19.	Richard Floyd	20:38
20.	Andrew Haslam	20:49
21.	Jeannette LaPlante*	21:47
22.	Walt Capen	22:14
23.	Alfred Bourgoin	22:52
24.	James Knapp	22:54
25.	Chris Ranco	24:33
26.	Leona Clapper*	24:52
27.	Larry Rich	25:03
28.	Larry Rich Sr.	25:12
29.	Charles Clapper	25:23
30.	Laurie Holyoke*	26:26
31.	Francine Hickey*	27:52
32.	Karen Neill*	32:05
33.	Carol Hart*	32:06

- Results from Bob Booker
Race Director

BATH SHOPPING CENTER ROAD RACE
7.3 Miles May 26, 80

1.	Jesse Leeman	42:43
2.	Philip Vogel	44:58
3.	Dave Carlson	45:30
4.	Jim Keene	45:50
5.	Steve Fluett	47:00
6.	Richard Wells	47:20
7.	Scott Conkling	48:00
8.	Tom Emery	48:14
9.	Rob St. John	48:40
10.	Mike Barnes	49:04
11.	Greg Bridgman	49:50
12.	Larry Larochelle	50:09
13.	Don Stowell	50:11
14.	Mike Elwell	51:30
15.	Tom Kosiha	52:03
16.	Tom Doten	52:21
17.	Tom Mallon	52:23
18.	Don Bruce	52:39
19.	Wayne Humphrys	52:41
20.	Carey Wilson	52:43
21.	Marsha Giglio*	53:08
22.	Dick Loughlin	53:24
23.	Jerry Greenlaw	53:37
24.	Jeff Kent	53:39
25.	Gary O'Leary	55:12
26.	S. McDougall	55:27
27.	Ed Miller	55:32
28.	Dave Guban	56:00
29.	Bruce Guckelberg	56:05
30.	Anne Peterson*	56:14
31.	Steven Swindells	56:23
32.	Peter Murphy	56:28
33.	Frank Walls	56:35
34.	Dave Christie	57:05
35.	Paul Dumdey	57:54
36.	Rick Mannette	58:08
37.	Don Brewer	59:20
38.	Robert Bruce	59:54
39.	Betty Hahn*	60:14
40.	Bill McKeen	60:23
41.	Matt Heron	60:38
42.	Anita Smith*	60:39
43.	Charles Hutchins	60:50
44.	Melinda Ricker*	61:05
45.	Stephen Haines	61:16
46.	Martin Desmarais	61:54
47.	Peter Rubin	62:09
48.	Pem Morris	64:46
49.	Beth Guernsey*	64:47
50.	Rodney Foye	64:47
51.	Bob Kalish	66:00
52.	David McKeen	66:15
53.	Marjorie Tibbetts*	66:15
54.	Roxanne Tibbetts*	66:15
55.	Gary Kent	66:35
56.	Michael Morse	66:40
57.	Carol Wells*	67:23
58.	Scott Leeman	68:26

59.	Ronnie Shaw	69:00
60.	Richard Ball	69:30
61.	Jodi Main*	70:00
62.	Judith Testa*	72:00
63.	Kimberly Odell	72:00
64.	Ed St. John	73:07
65.	Nancy Bruce*	73:30
66.	Clair Talbert*	74:00
67.	Maura McGuire*	76:48
68.	Marilyn Melrose*	76:48
69.	Jerry Ritcheson	89:20

- Results from the Sports Page in B

REEBOK/Camden 10,000 Metre Road Race
Camden June 1,

1.	Bob Hodge	29:33.5
2.	Hank Pfeifle	30:08.9
3.	Andy Palmer	30:28.6
4.	Bruce Freme	31:13.0
5.	Sammy Pelletier	31:13.2
6.	Phil Garland	31:48.7
7.	Jack MacDonald	32:14.3
8.	Bill Pike	32:14.7
9.	Peter Brigham	32:14.5
10.	Steve Russell	33:09.1
11.	Gerry Clapper	33:14.7
12.	Mike Gaige	33:21.2
13.	Steve Dexter	33:40.4
14.	Glendon Rand	33:52.5
15.	Steve Giles	33:52.7
16.	Stephen Carle	34:00.3
17.	Joan Benoit*	34:23.2
18.	Tom Leonard (tied)	34:31.7
	Jon Howland (tied)	34:31.7
	Mike Westphal	34:31.7
21.	Larry Deans	34:34.9
22.	Phillip Page	34:35.2
23.	Matt Nightingale	34:39.1
24.	Conrad Walton	34:47.8
25.	Herman Pelletier	34:50.7
26.	Gary Quimby	34:56.6
27.	Michael Leighton	35:00.6
28.	John Mathieu	35:06.0
29.	Deke Talbot	35:12.0
30.	Kevin Kenny	35:17.2
31.	Tom Annotte	35:19.2
32.	Robert Snow	35:23.2
33.	Rufus Williams, Jr.	35:27.0
34.	Kevin Dyer	35:38.6
35.	J Dirk Armstrong	35:43.8
36.	Dwight Blease	35:43.8
37.	Glen Holyoke	35:54.8
38.	Douglas Ware	36:01.4
39.	Greg Nelson	36:07.0
40.	Phil St. Pierre	36:12.5
41.	Jeff Nutting	36:17.5
42.	Phil Stuart	36:18.7
43.	Gary Allen	36:22.1
44.	Henry Williams	36:25.3

100	45. Gary Dawson	36:41	106. Gary Wright	39:25.4
130	46. Paul Howard	36:42.7	107. Bill Bandersnatch	39:27.6
100	47. Tony Lombardo	36:44.3	108. Richard Everett	39:30.5
100	48. Joe Clapper	36:45.9	109. Robert Carmichael	39:32
100	49. Michael Barnes	36:46.6	110. Robert Nicholson	39:33.7
107	50. John Palmer	36:48.1	111. Tim Wright	39:37.2
130	51. Brad Brown	36:49.9	112. Hubert Strom	39:41.7
100	52. Ken Pelletier	36:52.4	113. Brian Gillespie	39:46.8
148	53. Ray Quimby	36:53	114. Harold Henderson	39:48.7
148	54. Harvey Rohde	36:58.9	115. Tom Reilly	39:49.5
120	55. Adam Berlew	36:59.1	116. Richard Kane	39:50.7
in Ba	56. Allen French	37:03.6	117. William Sylvester	39:52.2
ad Race	57. Scott Samuelson	37:04.6	118. Finn Kelly	40:03.6
ne 1, 8	58. Stephen Gladczuk	37:07.7	119. Douglas Moody	40:09.1
-----	59. Ellis Seidman	37:11.3	120. Maxwell Anderson	40:09.9
133.5	60. Mark Violette	37:12.6	121. Rich Davis	40:10.4
108.9	61. Ed Harrow	37:13.04	122. Dick Sabine	40:10.8
128.6	62. Mike Worchester	37:19	123. Sam Clark	40:15.1
113.0	63. Joe Bean	37:21.6	124. Stephen Moriarty	40:17.5
113.2	64. Vaughn Holyoke	37:23.3	125. Norm Carlisle	40:22.3
148.7	65. Ray Cormier	37:25.2	126. Ben Hatfield	40:25.4
114.3	66. Larry Burkett Rock	37:25.9	127. Carey Wilson *	40:30.4
114.7	67. Richard Lamoureux	37:29.5	128. John Wells	40:31.5
114.5	68. Arnold Frechette	37:32.9	129. Jeff Coupe	40:33
109.1	69. Chris McDermott	37:33.7	130. Dennis Bates	40:34.2
114.7	70. Bobby Baldwin	37:38.3	131. Ed Gilbert	40:34.9
21.2	71. Stephen Palley	37:40.1	132. Jerome Roberts	40:35.6
140.4	72. Mike Hanley	37:40.5	133. Karen Herold*	40:36.3
152.5	73. Geoff Rushlaw	37:42.8	134. Bob Day	40:37.2
152.7	74. Bernard Baker	37:45.3	135. Robert Jolicoeur	40:37.6
100.3	75. Tom Towle	37:45.9	136. Tom Longfellow	40:38
23.2	76. Robin Emery*	37:46.8	137. Anthony Lepore	40:38.5
31.7	77. Ross Tortora	37:54.6	138. Peter Daigle	40:39.8
31.7	78. Arnold Adams	37:57.2	139. Sandy Tamm	40:44.7
31.7	79. Dave Plourde	37:58.3	140. Richard Loughlin	40:48.1
34.9	80. Wayne Waas	38:05.9	141. Gorion Young	40:48.4
35.2	81. Dick Balentine	38:17.6	142. Al Michelson	40:50.1
39.1	82. Steve Porter	38:23.3	143. Paul Connor	40:54.7
47.8	83. John T. Trefethen	38:24.7	144. Miguel Muniz	40:56.1
50.7	84. Peter Bastow	38:28.7	145. Joe Langley	41:01
56.6	85. Kyle Rankin	38:38.4	146. Malcolm Lackey	41:01.8
100.6	86. Eric Ellis	38:40	147. Tom Davidson	41:08.6
106.0	87. Bob Booker	38:40.9	148. George Erikson	41:11
12.0	88. Larry Allen	38:43.2	149. Dan Delano	41:13.5
17.2	89. Stephen Cox	38:46.2	150. Jeff Schleicher	41:15.4
19.2	90. Steve Coupe	38:48	151. Bill Kerwin	41:16.8
23.2	91. Phylis Heaton*	38:48.2	152. Ray O'Neal	41:18.2
27.0	92. Charlie Frair	38:52.8	153. Howard Paradis	41:18.9
38.6	93. Gerry Bryan	38:54.7	154. Andy Abrams	41:20.7
43.8	94. Harrie Price IV	39:00	155. William McLead	41:21.1
43.8	95. Ronald Frontin	39:02.2	156. Walter Hall	41:22.2
54.8	96. Perry Gates	39:05.1	157. Benton Milster	41:23.7
101.4	97. Denis Black	39:07.4	158. Sterling LeBlanc	41:24.1
107.0	98. David Newhall	39:09.6	159. Doug Covell	41:24.5
12.5	99. John Boutselis	39:11.6	160. Joe Keller	41:25.1
17.5	100. Al Banfield	39:11.9	161. Mike Molodozon	41:25.6
18.7	101. Michael Kinnlcutt	39:12.5	162. Gary O'Leary	41:26.4
22.1	102. Doug Ludwig	39:18.4	163. David Goldsmith	41:28.2
25.3	103. Mike Gagghlin	39:19.5	164. Gil Roderick	41:34.6
	104. Oskar Feichtinger	39:21.4	165. Dale Curtis	41:35.4
	105. Charles Shea	39:24.3	166. Carol Roy*	41:37.6

167. Dave Jones	41:38.5	228. Kathy Sarns*	45:03.5
168. Alton Wardwell	41:39.5	229. Roy Earnest	45:05.1
169. Christopher Scholz	41:41.2	230. Brian LaSalle	45:09.5
170. Margaret Johnson*	41:43	231. Jim Rutland	45:10.2
171. Frank Morong	41:44.4	232. John Spadola	45:22.3
172. Barbara Kelley*	41:44.7	233. Grace Amoroso*	45:24.2
173. Vernon Demmons	41:46.8	234. Liz Langstaff*	45:25.1
174. Ray Cooper	41:48.2	235. Cliff Fletcher	45:35.6
175. Mark Isaacson	41:49.2	236. Joanie Rhoda*	45:38.5
176. Seth Krauss	41:53.7	237. Dennis Hayes	45:42.0
177. Herbert Oxtan Jr.	41:54.3	238. Ron Poulin	45:44.7
178. Rod Macnicholl	41:57.5	239. Michael Cardner	45:50.2
179. Kevin Burns	42:00.5	240. Paul Elias	45:55.5
180. Michele Hallett*	42:02	241. A. Wesley Williams Jr	46:05.1
181. Ed Atlec	42:06.3	242. Larry Palmer	46:05.7
182. Dan Varney	42:12.3	243. Richard Goodmaster	46:11.2
183. Sue Knowlton*	42:12.9	244. Brook Merrow	46:13.8
184. Steve Rainsford	42:20.9	245. David Bowden	46:15.2
185. Bert Vanorse Jr.	42:27.1	246. Donald Brewer	46:15.9
186. Pete Esponnette	42:32.1	247. Lona Wright	46:19.2
187. Roseanna Prest*	42:32.8	248. Edward Gayton	46:20
188. David Weatherbee	42:34.9	249. John Nichols Jr.	46:22.9
189. Roy S. Brown	42:37.6	250. Ken Burwood	46:26.3
190. Cindy Hastings*	42:43.1	251. William A. Foley	46:28
191. Hyla John Tracy	42:46.3	252. Bill Hughes	46:29.6
192. Tim Savage	42:49.2	253. Kermit Perry	46:30.3
193. Doug Wentworth	42:51.3	254. Jerry Graves	46:33.6
194. Bob Walker	42:52.2	255. H. Alan Mooney	46:35.8
195. Dale St. Pierre	42:53.2	256. Samuel Wilkes	46:37.7
196. Steve Proctor	42:59.8	257. Richard Lermond	46:39.6
197. Wayne Holden	43:07	258. Jackie Trefethen*	46:42.2
198. Jane Cyr*	43:09.7	259. Howard Scott	46:44.2
199. Paul Pierson	43:10.3	260. Dave Schricker	46:45.4
200. Robert Somerville	43:10.9	261. Tim Loisel	46:46
201. David Brooks	43:17.5	262. Stephen Moro	46:46.6
202. H. Lennart Woxinger	43:22.7	263. Michi Jinno	46:49.2
203. Brian Higgins	43:23.4	264. David Manthorne	46:50.8
204. George Zeller	43:25.7	265. Mary Ann Day*	46:52.1
205. Danny Pendergast	43:26.6	266. David Goodwin	46:56.4
206. Kenneth Sylvester	43:32.3	267. John M. Michael	46:59.8
207. John Holyoke	43:37.5	268. Gary Clauss	47:01
208. Ken Clark	43:45.8	269. Jeanette LaPlante*	47:03.5
209. Philip Brown	43:48.6	270. Kristen Lindquist*	47:04.8
210. Jerry Call	43:51.5	271. Mary Ann Shick*	47:05.8
211. Stephen Hanscom	43:52.9	272. Sally Pendleton*	47:07.9
212. J. Hilary Billings	43:57	273. Gerry Cinnamon	47:12.2
213. David Newhall	44:00	274. Bill Krauss	47:17.9
214. John Hallee	44:04.6	275. Caia Clark*	47:21
215. William Pinkham	44:10.2	276. Chris Cokinis	47:23
216. Michael Castle	44:23	277. Erik Bertelsen	47:25.1
217. Robert Perry	44:27.1	278. Dwaine Philbrook	47:38.1
218. William Barbour	44:32.6	279. Charles Bering	47:41.4
219. Karen McCann*	44:35.4	280. Peter Kelley	47:41.9
220. Sue Shedd*	44:40	281. Judy Powers*	47:43.3
221. Angus Hallowell	44:40.8	282. Betsey Barrett*	47:48.2
222. Larry Dutch	44:44	283. James Bowse	47:48.8
223. Richard W. Higgins	44:52.8	284. unknown	47:55.2
224. Errol Dearborn	44:56.1	285. Walter Capen	47:56.6
225. Paul McGurren	44:56.6	286. Donald Mullen	47:58.4
226. Roger Ferland	45:00.6	287. Barbara Andrews	47:59.4
227. Hans Antonsen	45:01.2	288. Allan Surgi	48:04

45:03.5	289. James Karvounis	48:06.3	350. Carol McVicar*	52:39.2
45:05.1	290. Tom Jamrog	48:07.5	351. Charles Clapper	52:50.8
45:09.5	291. Alfred Bourgoin	48:21	352. John Darling	52:51.2
45:10.2	292. Toni Goodridge	48:27.9	353. unknown	52:51.6
45:22.3	293. Brenda LoPetro*	48:28.3	354. Bob Johnson	52:52
45:24.2	294. Bill LoPetro	48:28.7	355. Peter Slobogin	52:52.4
45:25.1	295. Dave Hillgrove	48:30.5	356. Judy Fogler*	52:52.9
45:35.6	296. Norman Fitzgerald	48:40.4	357. Ellen Spring*	52:54
45:38.5	297. RoAnn Dutch*	48:40.6	358. Richard Ball	52:54.3
45:42.0	298. Robert Nutter	48:42	359. Bill Wasson	53:04.8
45:44.7	299. Jo-ann Staples*	48:47.7	360. Leelee Wright	53:05.8
45:50.2	300. Becky Baltzer *	48:48.8	361. Keith Weatherbee	53:11
45:55.5	301. Anthony Seidner	48:53.7	362. Scott Manthorne	53:14
46:05.1	302. Anne Geller*	48:56.1	363.	53:17.9
46:05.7	303. Valerie Rowe*	48:56.4	364. Greg Furey	53:19.3
46:11.2	304. Nancy Caren*	48:58.3	365. Mary Edinger*	53:36.8
46:13.8	305. Gordon Halpern	49:03.0	366. Hilary Jones*	53:45.5
46:15.2	306. Roxanne Tibbetts*	49:05.6	367. Mark Gilchrist	53:58.1
46:15.9	307. Kate Brady*	49:08.5	368. Lisa Newcomb *	54:02.5
46:19.2	308. Michael Ryan	49:11.8	369. Kathy Gaunce*	54:04
46:20	309. Leo Williams	49:17.9	370. Randy Paquette	54:05.2
46:22.9	310. John Bolstad	49:18.2	371. Ron Paquette	54:24.6
46:26.3	311. Bonita Schultze*	49:26.4	372. Sue Weatherbee *	54:29
46:28	312. Karen Kangas*	49:27.8	373. Bob Isaksen	54:46.7
46:29.6	313. Charlie Strout	49:28.3	374. J. Glenn O'Neil	54:49.6
46:30.3	314. Melvin Gleason	49:34.5	375. Jean Sprowl*	55:16.9
46:33.6	315. Richard Maheux	49:39.3	376. Carol Sebold*	55:20.7
46:35.8	316. Margie Tibbetts*	49:43.7	377. Arthur Strout	55:25.2
46:37.7	317. Torbert MacDonald	49:54.3	378. Gerald Roy	55:30.9
46:39.6	318. Diane DiGirolamo*	50:02.5	379. Nancy Nicholson*	55:44
46:42.2	319. Deborah Kane*	50:08.7	380. Constance O'Neil*	55:44.9
46:44.2	320. Lloyd Wentworth	50:09.6	381. J.D. Gould	55:48.2
46:45.4	321. Christie Baldwin*	50:11.5	382. Linda Zaruba*	55:53.8
46:46	322. Leona Clapper*	50:22	383. Steve Smith	56:06.9
46:46.6	323. Matt Annis	50:32.8	384. Susan Taylor*	56:32.9
46:49.2	324. Butch Philips	50:36.9	385. John Scholz	56:41.5
46:50.8	325. Peter Curran	50:41.2	386. Malita Brown*	56:45.7
46:52.1	326. Richard Manthorne	50:41.8	387. Carol Sadtler*	56:51.4
46:56.4	327. Karen Welch*	50:42.8	388. Matt Brussleback	56:57.3
46:59.8	328. Harold Jones	50:46.9	389. Carol Goodridge*	57:03.4
47:01	329. Mike Thompson	50:49	390. Barbara Furey*	57:12.9
47:03.5	330. Steve Goodridge	50:49.8	391. Susan Chute*	57:19.7
47:04.8	331. Keith May	50:50.5	392. Andrea Manson*	57:29
47:05.8	332. Adele Hutchins*	51:00.3	393. Linda Johnson*	57:49.6
47:07.9	333. Wesley Bracy	51:06.3	394. Lori Holyoke*	57:54.1
47:12.2	334. David DeFroscia	51:09.8	395. Susan Marshall*	57:56
47:17.9	335. Dave Schwartzkopf	51:17.6	396. Dan Slocum	58:31
47:21	336. Elizabeth Guernsey*	51:24.8	397.	58:32.7
47:23	337. Lori Tuttle*	51:28.6	398. Candice Bray*	58:37.5
47:25.1	338. Dorothy Stockard*	51:29.1	399. Greg Halpern	58:44.6
47:38.1	339. Kate LeClerc*	51:30.9	400. Sean Hillgrove	58:45.5
47:41.4	340. Debra Leighton*	51:31.2	401. Dan Shapiro	58:48
47:41.9	341. Brud Folger	51:34.9	402. Debbie Horne*	58:49.1
47:43.3	342. Hy Adelman	51:38.6	403. Keith McKeen	59:11.9
47:48.2	343. Larry Manson	51:44	404. Holly Bernstein*	59:14
47:48.8	344. Steven B. Hanson	52:06.4	405. Kathy Hillgrove*	59:40.9
47:55.2	345. Nancy Remsen*	52:12.7	406. Cathy Schoenberg*	59:46.8
47:56.6	346. Kenneth Remsen	52:13.7	407. Bert Jacobs	59:49.4
47:58.4	347. Perry Bernard	52:14.1	408. Lorraine Bracy*	60:34.4
47:59.4	348. Robert Grout	52:26.6	409. Perry Barnard	60:50.3
8:04	349. Charlena Knight*	52:31.2	410. Ann Kuhn*	61:04.7
			411. Susan Mooney*	62:54.5

1ST ANNUAL "RUNNER'S WEEKEND"
Bethel Inn June 7, 80
10K Results

1.	Kim Wettlaufer	31:49
2.	Ralph Fletcher	33:02
3.	Colin Peddie	33:21
4.	John Keller	33:29
5.	Mat Isham	34:55
6.	Jim Babb	35:35
7.	Dennis Smith	35:59
8.	John Applin	36:11
9.	Dan Cake	36:22
10.	Tim Delany	36:23
11.	Roland Trother	36:28
12.	Harvey Rohde	37:25
13.	Charlie Newell	37:33
14.	Jeff Arsenault	38:10
15.	Ron Savage	38:23
16.	Jim Clohosey	38:30
17.	Arnold Frechette	38:46
18.	Eric Dombkowski	38:56
19.	Kyle Rankin	39:07
20.	Robert Nicholson	39:22
21.	Brian Gillespie	39:33
22.	Bob Mance	39:44
23.	Stephen Cox	39:59
24.	Ron Robichaud	40:04
25.	Herb Strom	40:40
26.	Wayne Laroche	40:49
27.	Mark Genesio	40:50
28.	Bill Sayres	40:51
29.	Don Feeney	40:58
30.	Garret Bonnema	41:05
31.	Dennis Morrill	41:06
32.	Jeff Kent	41:12
33.	Mark Austin	41:14
34.	Skip Chandler	41:17
35.	Bob Remington	41:19
36.	Doug Moreshead	41:38
37.	Michael Molodzon	41:51
38.	Bob Day	41:59
39.	Dan Rankin	42:39
40.	Mat Williams	44:02
41.	Ben Venskus	44:03
42.	Robert Payne	44:15
43.	Richard Goodmaster	44:28
44.	Walter Buotte	45:11
45.	Dave Paul	45:20
46.	Julie McFarland*	45:41
47.	Steve Swindells	46:43
48.	Richard Dunham	46:45
49.	Pete Chamberlain	47:04
50.	Wayne Lopez	47:15
51.	Mary Jane Day*	47:47
52.	Dennis Aucoin	48:03
53.	Andy Lilburn	48:09
54.	Howie Jackson (tied)	48:57
55.	John Darling	48:57
56.	Michael Cohen	49:22

57.	Peter Rubin	49:43
58.	Kermit Perry (tied)	50:42
59.	Randall Staples	50:42
60.	Phil Taylor	52:43
61.	Gary Kent	53:11
62.	Arthur Freeman	53:40
63.	Laura Williams*	53:42
64.	Greg Stewart	53:47
65.	Robert Booker	53:52
66.	Don Hemphill	53:53
67.	Larry Barron	54:40
68.	Adrian Lilburn	54:41
69.	Joyce Thompson*	54:48
70.	Suan Staples*	59:02
71.	Alice Johnson*	60:14
72.	Martha Mance*	61:38
73.	Jolan Ippolito*	63:39
74.	Saundy Cohen*	69:40
75.	Melody Bonnerna*	69:46

13.1 Results

1.	Gene Coffin	1:08:56
2.	Ken Flanders	1:10:48
3.	Danny Paul	1:11:26
4.	Werner Pobatschnig	1:13:46
5.	Ken Remsen	1:14:13
6.	Bill Hine	1:15:34
7.	Kevin McDonald	1:15:37
8.	Alan Decosta	1:17:50
9.	Roger Foster	1:19:01
10.	Bob Coughlin	1:19:42
11.	John Applin	1:20:36
12.	Jim Amfilo	1:20:55
13.	Harvey Rohde	1:21:37
14.	Bob Hunt	1:21:55
15.	Tom Doyle	1:22:38
16.	Dave Delois	1:22:51
17.	Arnold Frechette	1:22:57
18.	Red Dean	1:23:35
19.	Dale Dorr	1:24:02
20.	Charlie McDonald	1:24:07
21.	Jeff Arsenault	1:24:13
22.	Ken Bedder	1:24:40
23.	Jim Kein	1:25:00
24.	John Moncure	1:25:12
25.	Steve Woodsum	1:26:33
26.	Dick Gallant	1:26:47
27.	Bob Mance	1:27:01
28.	Kim Beaulieu*	1:27:08
29.	John Gasser	1:28:02
30.	Richard Campbell	1:28:48
31.	Herb Strom	1:29:07
32.	Mark Simpson	1:29:36
33.	Robert Nicholson	1:29:50
34.	Normand Lecomte	1:30:03
35.	Arnie Clark	1:31:13
36.	Carlton Mendell	1:31:27
37.	Diane Fournier*	1:31:47
38.	Orlando Delogu	1:32:08

39.	Ray Cooper	1:32:36
40.	Lawson Noyes	1:32:46
41.	Mike Collick	1:33:36
42.	Steve Rainsford	1:33:53
43.	Tom Swan	1:34:16
44.	Marsha Giglio*	1:35:45
45.	Kevin Kein	1:35:47
46.	Peter Holloway	1:36:08
47.	Arthur Chapman	1:37:10
48.	Larry Barker	1:37:14
49.	Barb Coughlin*	1:37:32
50.	Bob Remington	1:37:46
51.	Harry Hunt	1:37:58
52.	Chuck Desrochers	1:40:55
53.	Chris Kein	1:41:27
54.	Don Asselin	1:41:38
55.	Ray Giglio	1:41:57
56.	Sheila Colby*	1:42:04
57.	Al Bulter	1:42:29
58.	Bob Bennett	1:43:43
59.	Pete Hand	1:44:47
60.	Mike Moluxzon	1:44:48
61.	Julie McFarland*	1:45:21
62.	Paul Kehoe	1:45:32
63.	Tom Deluis	1:54:27
64.	Dick Maheux	1:55:27
65.	Joan Welch*	1:55:31
66.	Ron Bilodeau	1:57:31
67.	Alan Colley	1:58:06

- Results from Brian Gillespie
Race Director

THE MAINE WOODS MARATHON

New Sweden June 8th

1.	Sam Hamilton	2:54.48
2.	Paul Libby	3:04.14
3.	Larry Bridges	3:07
4.	John Palmer	3:07.51
5.	Gene Roy	3:10.16
6.	Dean Rasmussen	3:10.17
7.	Darren Billings	3:15.23
8.	Sam Schuman	3:18.04
9.	Gil Roderick	3:22.24
10.	Ron Paquette	3:24.20
11.	John Baliki	3:24.25
12.	Julius Marzul	3:40.39
13.	George Higgins	3:50.23
14.	Jake Huffman	3:50.40
15.	Peter Kelley	3:53
16.	Lew Wilder	4:13.38
17.	Jim Daigle	4:15.39
18.	Bill Haskell	4:18.18
19.	Don Lucas	4:52.56

Half Marathon Runners:

1.	Herman Pelletier	1:17.26
2.	Conrad Walton	1:19.29

3.	David Plourde	1:25.37
4.	Steve Porter	1:28.30
5.	Bob Duprey	1:31.05
6.	Paul Soucie	1:35:05
7.	Philip Brown	1:35.19
8.	Bob Ouellette	1:40.22
9.	Gehrig Johnson	1:41.35
10.	Ted Pierson	1:42:05
11.	Lendall Johnson	1:42.12
12.	Nancy Jackson*	1:42.47
13.	Owen Jackson	1:43.09
14.	David Ouellette	1:45.32
15.	Josep Mier	1:50.02
16.	Judy Duprey*	2:14.06
17.	Betty Deveau*	2:19.09

- Results from Conrad Walton
Race Director

"Sporting Goods for All Seasons"
the Good Sports

3 Pleasant St, Brunswick



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BROOKS

Etonic/km
Running Shoes by Eaton

saucony

HAMPDEN 8 1/2 MILE ROAD RACE
5TH ANNUAL Jun 14

1.	Bruce Freme	43:56
2.	Peter Brigham	46:04
3.	Larry Deans	48:47
4.	Steve Dunlap	49:36
5.	Herman Pelletier	49:52
6.	Kevin Dyer	49:52
7.	Gary Quimby	50:17
8.	Dwight Blease	51:06
9.	Steve Kozlovich	51:33
10.	Philip St. Pierre	51:37
11.	Dirk Armstrong	51:46
12.	Tom Neill	52:14
13.	Ray Quimby	52:52
14.	Dan Dearing	53:10
15.	Dan Buck	53:27
16.	Larry Bridges	53:28
17.	Dave Plourde	53:
18.	John Frachella	53:42
19.	Cliff Hatfield	53:48
20.	Dan Wheeler	54:24
21.	Steve Norton	54:30
22.	Vaughn Holyoke	54:30
23.	Stephen Palley	54:36
24.	Paul Grosswiler	54:50
25.	Richard Everett	54:51
26.	Charles Watt	55:10
27.	John Trefethen	55:15
28.	Gerry Bryan	55:20
29.	Steve Hawes	55:24
30.	Eric Ellis	55:43
31.	Dave Torrey	55:44
32.	Oskar Feichtinger	55:51
33.	John Field	56:00
34.	Sam Schuman	56:01
35.	Robin Emery*	56:13
36.	Rick Davis	56:25
37.	Peter Daigle	56:28
38.	Michael Griffin	56:43
39.	Tom Towle	56:46
40.	Al Michelson	56:47
41.	Charles Nichols	56:50
42.	Bob Gaboury	57:14
43.	Greg Everett	57:42
44.	Chris Everett	57:43
45.	Chris Holt	57:44
46.	Frank Lisnik	57:59
47.	Jeff Coupe	58:03
48.	Darren Billings	58:03
49.	Geof Slagle	58:22
50.	Bob Sullivan	58:26
51.	Norman Carlisle	58:27
52.	Larry Lunn	58:27
53.	Paul Connor	58:39
54.	Tom Mulvey	58:39
55.	Chuck Desrochers	58:50
56.	Carlton Mendell	58:57
57.	Mark Smith	59:28
58.	Gil Roderick	59:48

59.	Paul Kehoe	60:12
60.	Michael Basse	60:27
61.	Michael DiLord	60:37
62.	Hyla Tracy	60:51
63.	Scott Dunning	61:16
64.	Richard Goodweston	61:23
65.	Susan Knowlton*	61:44
66.	David McIntire	62:15
67.	Carl Sanborn	62:25
68.	Steve Rowe	62:50
69.	Tom Houston	63:10
70.	Ellen Homola	63:30
71.	David Bowden	64:39
72.	Thomas Rowe	64:45
73.	Charles Francis	65:00
74.	Richard Floyd	65:14
75.	Kathy Somes*	65:30
76.	Ed Brisette	66:13
77.	Bill Green	67:20
78.	Paul Beaulieu	67:39
79.	Walter Capen	67:40
80.	Jerry Burleigh	67:48
81.	Preston Hood	67:50
82.	Richard Maheux	68:12
83.	Jeanette LaPlante*	68:19
84.	Brenda LoPetro*	69:30
85.	Bill LoPetro	69:30
86.	Eric Griffin	69:57
87.	Bob Soulas	70:51
88.	Torbert MacDonald	71:23
89.	Chris Ranco	71:30
90.	Ron Crane	71:42
91.	Merle Lounsbury	72:00
92.	Gordon Halpern	72:10
93.	Patrick DeFroschia	73:02
94.	Tom Roberts	73:05
95.	John C. Barber, Jr.	73:09
96.	Kate Brady*	73:33
97.	Martha McGilpin*	74:30
98.	Jean Goldfine*	74:55
99.	Kate Osler*	76:36
100.	George Osler	76:37
101.	Judy Folger*	76:45
102.	Leah Schuman*	76:51
103.	Scott Nichols	76:55
104.	Steve Gardner	76:57
105.	Dorothy Stockard*	77:10
106.	Pete Curran	77:15
107.	James Davis	78:45
108.	Frances Dunning*	96:56
109.	Greg Halpern	104:19

- Results from Skip Howard
Race Director

Class

100
1. L
2. D
3. H
4.
5. P
6. G
220
1. D
2. I
3. H
4. B
5. H
6. G
440
1. R
2. M
3. D
3. A
5. L
6. M
880
1. R
2. L
3. E
4. G
5. M
6. J
Mile
1. M
2. R
3. B
4. J
5. Z
6. C
2 Mi
1. M
2. R
3. B
4. W
5. C
6. R
*sta

STATE TRACK CHAMPIONSHIPS HELD MAY 31 IN SO. PORTLAND & BRUNSWICK

Class A Girls

100	
1. Lombardi, San	11.8
2. Desmarais, Bi	11.9
3. Hall, Water	12.5
4. Boody, Port	12.5
5. Provost, Lew	12.5
6. Griffin, Mt.B	12.5

220	
1. Desmaris, Bi	26.7
2. Lombardi, San	27.0
3. Hussen, Brew	27.3
4. Boody, Port	27.7
5. Hall, Water	27.8
6. Griffin, Mt.B	28.7

440	
1. Raedle, Mt. B	60.6
2. McGouldrick SP	61.8
3. Dubois EL	61.9
3. Anthony, West	61.9
5. Leach, TA	62.2
6. McAuley, Deer	62.3

880	
1. Raedle, Mt. B	2:22.
2. LaPierre, BE	2:22.2
3. Emerson, TA	2:23.8
4. Grant, Cara	
5. McDonald, Mt. B	
6. Jennings, Deer	2:27.9

Mile	
1. McDonald, MtB	5:16.2
2. Rhoads, OT	5:22.3
3. Burrill, West	5:30.4
4. Jennings, De	5:34.8
5. Zanchi, Bang	5:34.8
6. Cote, San	5:41.6

2 Mile	
1. McDonald, MtB	11:01.9
2. Rhoads, OT	11:23.7
3. Burrill, West	11:51.0
4. Wing, Mt.B	12:04.4
5. Cote, San	12:09.4
6. Reynolds, MtB	12:24.5

*state record

Class B Girls

100	
1. Burpee, Lis	11.8
2. Sherk, Marsh	11.8
3. C.Kent, Gor	11.8
4. Martin, Scar	11.9
5. Ham, Lisbon	11.9
6. Moulton, Tra	11.9

220	
1. Martin, Scar	26.3
2. Ham, Lisbon	26.6
3. Smith, MDI	27.1
4. C.Kent, Gor	27.1
5. Sherk, Marsh	27.2
6. A.Kent, Gor	27.6

440	
1. P.Perkins, K	60.5*
2. Schlosser, Me	60.8
3. Dineen, Gar	60.8
4. A.Kent, Gor	62.3
5. Da.Shiers, Go	62.4
6. Watson, Law	63.1

*state record

880	
1. Perkins, Ken	2:23.3
2. Moulton, CE	2:24.9
3. Runnells, Go	2:26.3
4. Heslam, Mt.V	2:26.8
5. Dineen, Gar	2:27.4
6. Humphrey, MDI	2:27.4

Mile	
1. Heslam, Mt.V	5:15.8
2. Runnells, Go	5:15.9
3. Moulton, CE	5:25.2
4. Perkins, Ken	5:25.2
5. Clapper, Buc	5:25.5
6. Leavitt, Gor	5:28.0

2 Mile	
1. Carey, MDI	11:10.4
2. Dunn, Ells	11:17.4
3. Perkins, Ke	11:23.1
4. Noble, CE	
5. Connor, CE	
6. Greene, Lake Region	

Class C Girls

100	
1. Fiske, Telstar	11.7
2. Grant, Orono	12.0
3. Bailey, Fal	12.5
4. Fennelly, Fal	12.5
5. Quint, MCI	12.5
6. Withee, GV	12.5

220	
1. Fiske, Telstar	26.5
2. Grant, Orono	26.7
3. Raymond, LF	27.4
4. Markie, Mattana	27.8
5. Bailey, Fal	27.8
6. Harland, Matta	27.9

440	
1. Santos, Orono	62.2
2. Hickey, Hyde	63.0
3. Pearson, Hyde	64.1
4. Markie, Mattana	64.1
5. Kelley, Telstar	64.1
6. Pitts, Frye	64.6

880	
1. Hickey, Hyde	2:25.1
2. Braley, MCI	2:26.5
3. Dodge, Marana	2:26.8
4. Flynn, Telstar	2:26.8
5. Elias, Marana	2:27.0
6. Kelley, Telstar	2:28.4

Mile	
1. Hallett, CA	5:11.8
2. Malone, Hyde	5:12.7
3. Elias, Marana	5:24.8
4. Flynn, Telstar	5:31.0
5. Rand, JB	5:33.6
6. Silliker, Mt. A	5:33.8

2 Mile	
1. Hallett, CA	11:03.9*
2. Malone, Hyde	11:20.4
3. Martin, Telstar	11:24.4
4. Rand, JB	11:36.6
5. Lounder, Sumn	11:50.1
6. Grondin, Frye	11:54.0

*state record

As always, athletes saved their best performances for the state meet. Note Kim McDonald and Michelle Hallett's super two miles or the depth in the B 100. Perkins of Kennebunk set a new B record in the 440

In boys action the big story was the super half and mile run between Brian Pettingill, Brian White and the stop watch. Pettingill set two new state records in class B. Brian White came up with two impressive personal records in pursuit of the Cheverus ace.

Class A Boys

100	
1. Mortin, OH	10.5
2. Elkin, Brew	10.5
3. Lord, Brun	10.8
4. Valecko, OH	10.8
5. Jewell, OH	10.9

220	
1. Elkin, Brew	23.2
2. Morton, OH	23.7
3. Valecko, OH	24.3
4. Nelson, Skow	24.4
5. Vezina, San	24.4
6. Hickey, Bidde	24.5

440	
1. Bonnier, West	51.2
2. Johnson, Bruns	51.3
3. Condon, Brew	51.9
4. Mahoney, SP	52.5
5. Broan, OH	53.0
6. Bersoni, Skow	53.3

880	
1. Peterson, West	1:59.5
2. Condon, Brew	2:00.0
3. Johnson, Brun	2:00.2
4. Leeman, Morse	2:01.2
5. Dean, Bangor	2:03.3
6. Foxwell, Skow	2:03.7

Mile	
1. Legere, SP	4:24.2
2. Rand, Brew	4:26.3
3. Leeman, Morse	4:29.4
4. Simensky, Bid	4:31.2
5. LaVallee, San	4:32.9
6. Hogan, TA	4:34.2

2 Mile	
1. Legere, SP	9:45.5
2. Cotsis, TA	9:49.3
3. Hogan, TA	9:51.9
4. Searway, SP	9:52.8
5. Velaney, West	9:53.3
6. Feeley, EL	9:55.7

Class B Boys

100	
1. Williams Mt. Ara	10.3
2. Joyce, Chev	10.5
3. Coleman, Lime	10.6
4. Burrill, Buck	10.6
5. Pease, Noble	10.6
6. Huber, Law	10.6

220	
1. Williams, Mt. Ara	22.7
2. Joyce, Chev	22.9
3. Huber, Law	23.0
4. Bauersfield, Ells	23.5
5. Coleman, Lime	23.6
6. Lord, CE	24.3

440	
1. Williams, Mt. Ara	51.0
2. Steeves, Law	51.0
3. Huber, Law	52.4
4. Billings, Rum	53.0
5. Lord, CE	53.3
6. Dews, Green	53.4
6. Hazelton, Law	53.4

880	
1. Pettingill, Chev	1:55.7
2. White, Ellsworth	1:59.0
3. Hill, Lawrence	1:59.5
4. Steeves, Lawrence	1:59.9
5. Pinchon, Mt. Ara	2:02.0
6. Riches, Lisbon	2:02.3

Mile	
1. Pettingill, Chev	4:10.0
2. White, Ellsworth	4:18.5
3. Hill, Lawrence	4:20.1
4. Carll, Gray-NG	4:26.2
5. England, Bucks	4:26.2
6. Brooks, CE	4:27.5

2 Mile	
1. Hale, Madawaska	9:36.7
2. Briggs, CE	9:39.2
3. Anderson, Greely	9:42.6
4. Martin, Gray-NG	9:43.2
5. England, Bucks	9:48.3
6. Hill, Law	9:54.0

Class C Boys

100	
1. Berry, MCI	10.3
2. Graustein, F	10.5
3. Olive, Hyde	10.6
4. Sivik, Orono	10.6
5. Perkins, Wls	10.6
6. Foley, KH	10.8

220	
1. Olive, Hyde	23.0
2. Graustein, F	23.2
3. Perkins, Wls	23.2
4. Bartlett, Bo	23.7
5. Sivik, Orono	23.7
6. Foley, KH	23.7

440	
1. Gleason, Mar	52.5
2. Richardson, Hy	52.7
3. Quill, Penob	52.9
4. Theriault, Gr	53.4
5. Wardwell, Jay	53.4
6. Winkler, JB	53.7

880	
1. Watt, Wells	2:00.
2. Goodberlet,	2:00.
3. Ridley, Carr	2:03.
4. Maxim, Wint	2:03.
5. Hatch, Linc	2:04.
6. Desrosier,	2:04.

Mile	
1. Goodberlet,	4:20.
2. Watt, Wells	4:24.
3. Peddie, H-D	4:27.
4. Desrosier W	4:29.
5. Dunlap, Oro	4:30.
6. Ridley, Car	4:30.

2 Mile	
1. Peddie, H-D	9:36.
2. Goodberlet	9:44.
3. Kenny, JB	9:56.
4. Dunlap, Oro	9:57.
5. Donovan, Fal	9:57.
6. Pinkham, Bo	10:05.

In class C: Graustein is from Fryeburg
Goodberlet is from Buckfield
Desrosier is from Wisdom

The Good Sports 10 Mile Run To The Coast & Back



- August 24, 1980, race starts at 8:00 a. m. sharp!
- Registration closes 7:30 a.m. day of race
- Starts at Bowdoin College, goes through Pennellville to coast, loops back to Bowdoin
- Course is wheel measured over relatively flat, scenic coastal and residential areas
- Olympic-style start-finish in stadium on finest artificial track surface in Maine
- Locker room facilities at college's Morrell Gymnasium
- Three water stops and splits every mile and refreshments after the race
- A pair of commemorative running socks to the first 300 registrants
- Awards in the following categories for both males and females: Overall winner, 18 & under, 19-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60 and over. Also Youngest Finisher, Oldest and best two generation.
- Course Records: Men, Gary Wallace, 52:11, 1978
Women, Joan Benoit, 57:28, 1978
- Entree fee: \$3.00 (make checks payable to The Good Sports)
(50c extra for participants of the Bunn Hill Memorial Run)
- Send entries to: Jerry Millet, The Good Sports, 3 Pleasant Street Brunswick, Maine 04011

The Good Sports 10 Mile Run To The Coast & Back

Full name _____
Age _____ Sex _____
Address _____
City _____ State _____

Assumption of risk agreement and release.
(Please read carefully)

I agree to assume all responsibility for and all risk of damage or injury that may occur to me as a participant in this event. In consideration of being accepted as a participant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge The Good Sports, any sponsors, Bowdoin College 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.

Signature _____

Parent or Guardian _____

AUGUST 23rd

Entry Fee
\$1.00

10 AM

SATURDAY

START

AT

KENDUSKEAG
GRANGE HALL
IN
KENDUSKEAG
VILLAGE
ON RTE 15



FINISH

AT

KENDUSKEAG
ELEMENTARY
SCHOOL
JUST NORTH
OF
KENDUSKEAG
VILLAGE
ON RTE 15

THIS RACE WILL BE RUN ON ROLLING COUNTRY ROADS WITH NO REAL HILLS.
THE COURSE WILL BE MARKED ^{with} ARROWS AND MILE MARKERS ACCURATELY MEASURED

*****TROPHIES PRESENTED FOR 1st IN THE FOLLOWING CATAGORIES*****
MALE, FEMALE, MALE UNDER 15, FEMALE UNDER 15 AND KENDUSKEAG RESIDENT
#####ALSO TROPHIES FOR YOUNGEST AND OLDEST KENDUSKEAG FINISHERS#####

=====

THIS RACE WILL KICK OFF THE FESTIVITIES FOR
KENDUSKEAG OLD HOME DAYS

TEA MARKET AND FOOD BOOTHS, GAMES AND CONTESTS FOR KIDS, FROG AUCTION
AND FROG JUMPING CONTEST, 50 YARD DASHES FOR THE KIDS AND IN THE AFTERNOON
A 1 MILE RACE FOR EVERYONE ENTRY FEE 25¢
IN THE EVENING THERE WILL BE A SUPPER SERVED AT THE FIRE STATION

In consideration of the entrance

START

AT

KENDUSKEAG
GRANGE HALL
IN
KENDUSKEAG
VILLAGE
ON RTE 15



FINISH

AT

KENDUSKEAG
ELEMENTARY
SCHOOL
JUST NORTH
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*****TROPHIES PRESENTED FOR 1st IN THE FOLLOWING CATAGORIES*****

MALE, FEMALE, MALE UNDER 15, FEMALE UNDER 15 AND KENDUSKEAG RESIDENT

#####ALSO TROPHIES FOR YOUNGEST AND OLDEST KENDUSKEAG FINISHERS#####

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AND FROG JUMPING CONTEST, 50 YARD DASHES FOR THE KIDS AND IN THE AFTERNOON

A 1 MILE RACE FOR EVERYONE ENTRY FEE 25¢

IN THE EVENING THERE WILL BE A SUPPER SERVED AT THE FIRE STATION

Name _____

Address _____

Age _____

Mail entry to: JIM NEAL

BOX 330, RTE 1
KENDUSKEAG, ME

\$1 check payable to:

KENDUSKEAG REC. PROGRAM

In consideration of the entrance
requirements of this race, I for
myself and my heirs and assigns do
hereby waive and release any and
all rights and claims I may have
against the sponsors of this race.

Signature _____

Signature of parent or guardian if
under 18 _____

Entry table will open at 9 pm.



mad witch midi marathon

BREWER RECREATION & PARKS DEPARTMENT'S
SEVENTH ANNUAL MAD WITCH MIDI MARATHON

Co-sponsored - Athletic Attic, Bangor Mall
Trophies provided by Manhattan Trophy, Bangor

DATE: Saturday, August 16, 1980

REGISTRATION: 8:00 A.M., Brewer Auditorium

STARTING TIME: 8:30 A.M.

COURSE: 15.2 miles beginning and ending
at the Brewer Auditorium

ENTRY FEE: \$3.00

FEATURES

Brewer Municipal Swimming Pool
will be available.

Commemorative Tee Shirts will be
awarded to all finishers.

Commemorative Ribbons awarded
to all finishers.

Water and gatorade stations
every 2.5 miles.

Rescue vehicle in attendance.

AWARDS

Trophies first top seven finishers.
First High School Finisher.
First finisher 15 and under.
First Brewer School District finisher.
First female finisher.
First finisher over 30.
First finisher over 40.
First finisher over 50.
First team finish (team trophy).

MAD WITCH MIDI MARATHON Registration and Release Form

Name _____ Affiliation (club) _____
Address _____ City _____ State _____
Birthdate _____ Phone _____

I do hereby release and hold harmless the City of Brewer, Brewer Recreation
Department, and any of its employees and agents from any and all liability
of whatever form or nature which may arise as a result of an injury or
injuries in my participation in the Mad Witch Midi Marathon.

Signature _____

If under 18 Parent must sign _____

The 1980

GRAND

Willey

Ellsworth Road Race

DATE: August 9, 1980

TIME: 9:30 A.M.

DISTANCE: 10 Kilometers [Wheel Measured]

REGISTRATION FEE: \$3.00 Registration Starts 8:30 A.M.

SITE: Ellsworth High School

CATEGORIES: Boys under 14 / Girls under 14 /
High School Boys / High School Girls /
Men 19 - 40 / Women 19 - 40 /
Men over 40 / Women over 40

OTHER INFO: 1st & 2nd Prize in all categories
limited to 400 entrants; 1st 300 receive
T-shirts

Rest rooms only: located in school

Time Checks 1 & 3 miles

Water stations 3 & 5 Miles

SPONSORED BY: Hancock County Auditorium Assoc.
Willey's Dept. Stores

Release Form

In consideration of the acceptance of this, I hereby, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors of the Grand Willey, Hancock County Auditorium and Willey's Department Store, and the officers and members of these organizations, their agents, representatives or assigns for any and all injuries that may be suffered by me before, during or after the Grand Willey.

Signature (Parent if under 18) _____

Full Address _____

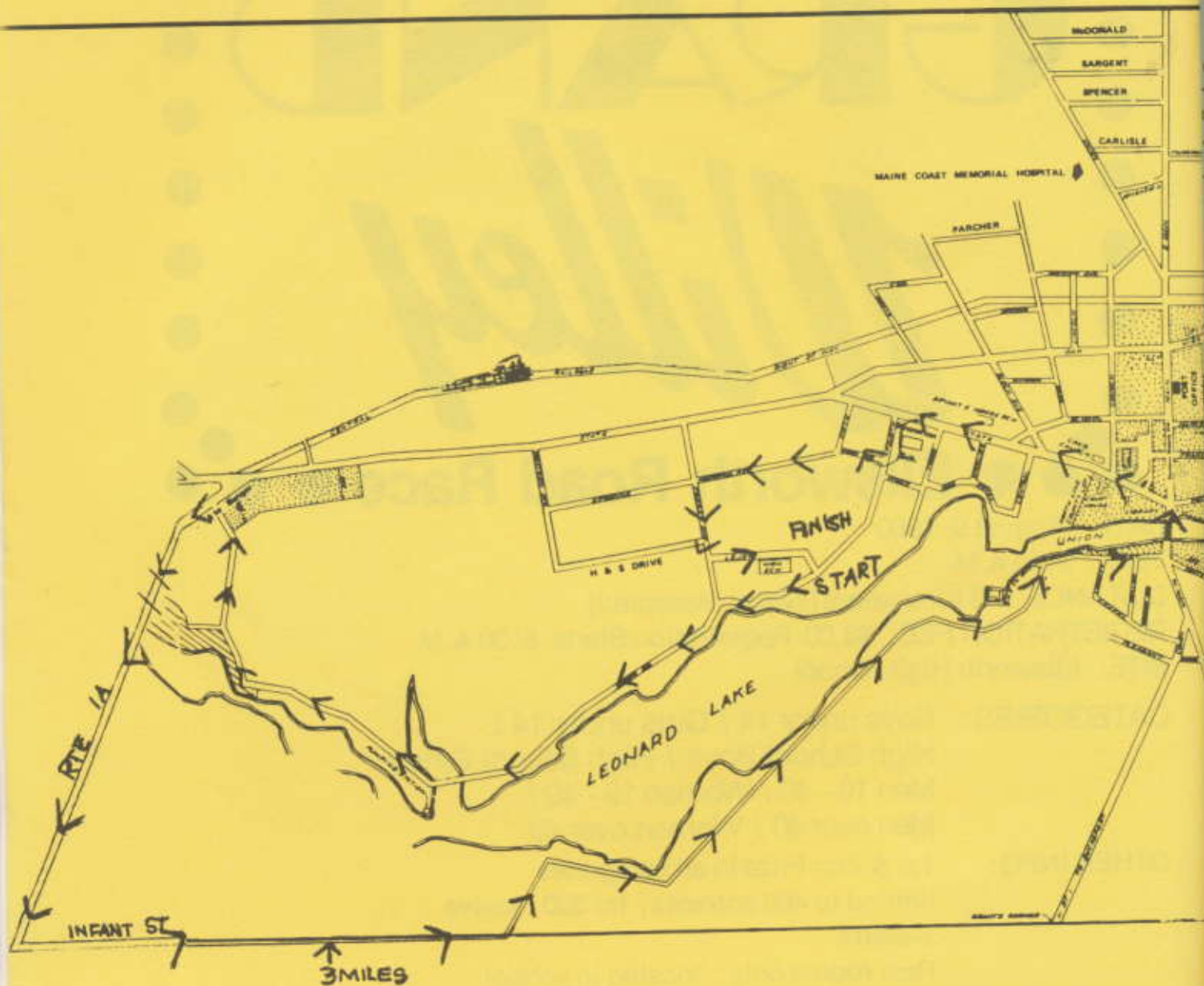
Name _____

Sex _____

Age at August 9, 1980 _____

Shirt Size S M L

Mail With Fee to
Hancock County Auditorium or Willey's Department Store
Main St., Ellsworth, Me. 04605



3rd 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 26

Time: 9:30 a.m.

Name
Address
City State Zip
Phone Age Sex
Divisions: (Age)

13 & Under 18 & Under 19-39
40-49 50 & Over
T-Shirt Size

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 23rd. All runners should report to the start early to avoid any delay in starting.

Course: See map on reverse. Times given at the 1, 3, and 7 miles. Aid Stations 3 and 7 miles.

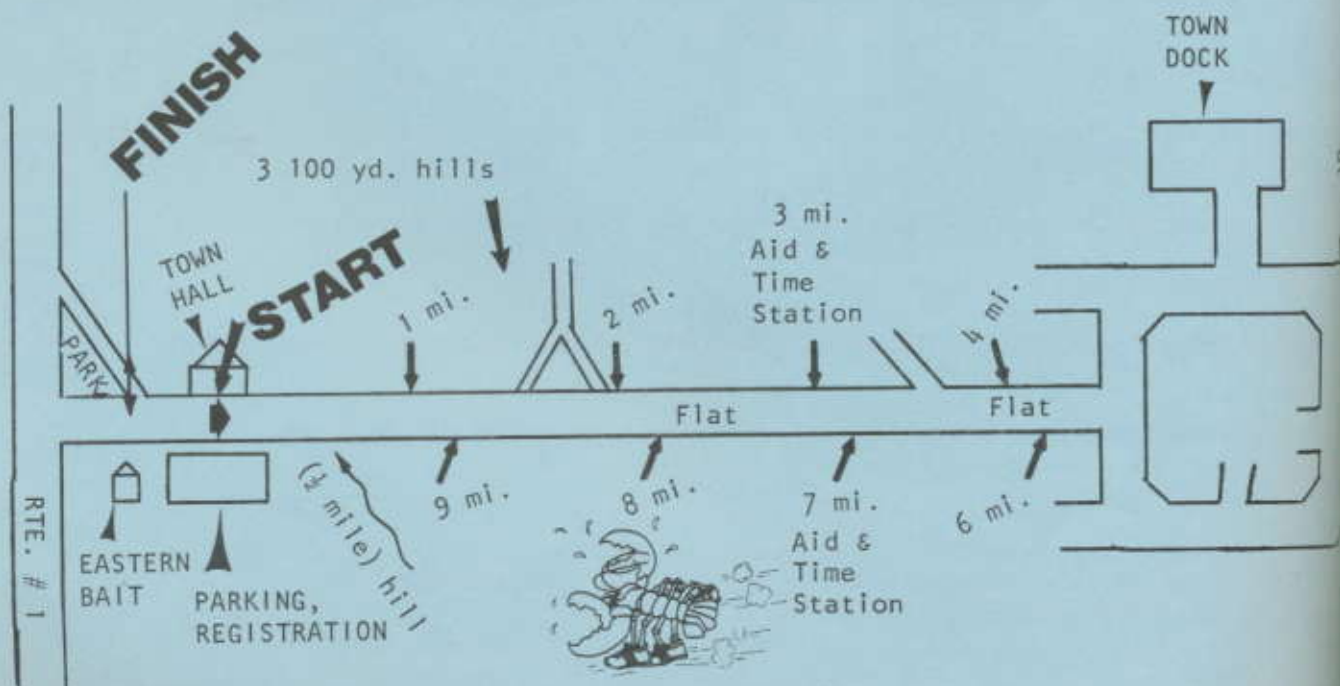
Facilities: Restrooms only; in Town Hall.

Awards Ceremony: Will take place on steps 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*



1980 Paul Bunyan Marathon

Date: Saturday, July 12, 1980 - 6 A.M. precisely

Place: The 40' Paul Bunyan Statue, Main Street, Bangor, Maine.

Entry Fee: \$5.00 pre-registration only. Entries post-marked no later than June 30, 1980.

Eligibility: Open to all who have trained for a 26 mile 385 yard foot race.

Course: A point to point marathon winding through both urban and rural areas. The race begins in downtown Bangor and finishes on the oval at The University of Maine. It is considerably faster than last year's course. Certification is pending with the AAU and RRCA standards committee.

Water Stops: water and replacement fluids every 2 1/2 miles.

Awards: T-Shirts to all finishers. Certificates to all who request them. Numerous awards will be presented to those finishing well in their division.

Divisions: Men and women, open 30-34, 35-39, 40-44, 45-49, 50+, oldest finisher and team awards.

Accommodations: Showers and changing facilities will be available at the finish line. If you are traveling alone leave your car at the finish line and bus to start. Selected hotels are offering discounts to marathoners. Dorm rooms available at The University of Maine. Information will be mailed with registration material upon receiving your entry.

Clinic: Hospitality suite with 500 runners discussing the do's and don'ts of carbohydrate loading. Carbohydrates will be provided.

Post Race Activities: Awards ceremony with a post race clinic similar to the pre-race clinic.

Race Director: Bill Green, Bangor Jaycees, P. O. Box 934, Bangor, Maine 04401. (207) 942-4821.

Sponsored by: The Bangor Jaycees in cooperation with The Bangor Daily News.

I hereby waive and release any and all rights and claims for damage I may have against the sponsors and officials of The Paul Bunyan Marathon to be held July 12, 1980 for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for this event.

Print Name _____ Occupation _____

Address _____
Street City State Zip

AAU Number _____ Fastest Previous Marathon _____ : _____ : _____
Hr. Min. Sec.

Age on July 12, 1980 _____ Sex _____ Team _____

Registration for The Paul Bunyan Marathon must be submitted no later than June 30, 1980. Send entries to Bill Green, c/o WLBZ-TV, P. O. Box 934, Bangor, Maine 04401.

Please make checks payable to The Bangor Jaycees. The Paul Bunyan Marathon is sponsored by The Bangor Jaycees in cooperation with The Bangor Daily News.

The Brooks Booster Club Presents:

**** THE BROOKS INDEPENDENCE DAY FIVE MILE ROAD RACE ****

TIME: 8:00 AM. REGISTRATION 7:00-7:45 AM OR BY MAIL

COURSE: 5 MILES WHEEL MEASURED MODERATELY HILLY LOOP

AWARDS: TROPHIES TO FIRST THREE MEN AND FIRST THREE WOMEN

ATTRACTIVE COMMOMERATIVE PATCHES TO ALL FINISHERS



Mail to:
Ray Quimby
Box L-67
Brooks, Me. 04921

ENTRY FEE: \$2.00 COVERS ADMISSION INTO COMMUNITY PARK

RACE WILL BE FOLLOWED BY A PARADE, CHICKEN BAR-B-Q, AND AN ENTIRE SLATE OF EVENTS
BRING THE WHOLE FAMILY AND ENJOY !!!

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
SPONSERS OF THIS RACE.

NAME _____ AGE _____ ADDRESS _____

SIGNATURE _____ IF UNDER 18, Parents Signature

BATH HERITAGE DAYS ROAD RACE

BATH, MAINE

FRIDAY, JULY 4th - 9:00 a.m.

1.5 MILE & 5 MILE



REGISTRATION:

Pre-register by mail or at the Bath City Hall on Front Street the day of the Race from 7:30 to 8:30 a.m.

ENTRY FEE:

\$2.00 per person.

AWARDS:

Trophies, Gift Certificates and T-Shirts will be awarded to the following divisions:

For the 1.5 Mile Race:

Open	First Place
Female	First Place
Female Masters	First Place
Male Masters	First Place
Junior (13 under)	First & Second Place
Local	First & Second Place

For the 5 Mile Race:

Open	First & Second Place
Female	First & Second Place
Female Masters	First Place
Male Masters	First Place
Local	First & Second Place

— All Junior runners will be awarded certificates —

CO-SPONSORED BY:

BATH RECREATION DEPARTMENT
(207) 443-4761

&

THE SKI STALL

56 Front Street - Bath, Maine 04530
(207) 442-7577

The Tontine, Maine St. - Brunswick, Maine 04011
(207) 725-8930



PLEASE PRINT)

OFFICIAL ENTRY FORM

Name _____

Address _____

City _____ State _____ Zip Code _____

Age _____ Sex _____ 1.5 _____ 5 mile _____

Return Entry Form With Fee To: Bath Recreation Department
City Hall
Bath, Maine 04530

In consideration of this entry being accepted I, for myself, my heirs, executors, administrators waive and release any and all 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.

Signature: _____

SECOND ANNUAL BLUE HILL DAYS

10 KILOMETER ROAD RACE

Date : Sunday, July 27, 1980
Registration: By mail or by 10:45 a.m. on race day
Starting Time and Location: 11:00 a.m. at Blue Hill Town Park
Course : Changed from last year to eliminate most hills. The new course will be out and back on the gently rolling Parker Point Road. One hill has been retained to keep everyone honest. Wheel measured.
Entry fee : \$2.00 per person
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. As the race ends, the Blue Hill Folk Festival begins. Enjoy a free, full afternoon folk concert on the lawn at the town park. Restore your energy and vital bodily functions by pigging out at the Chamber's annual clambake. 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 _____

Please note: Only one prize will be awarded per person. Detach this form and please mail with \$2.00 entry fee to:

Barry K. Mills
Box D
Blue Hill, ME 04614

For further information call: 374-2846 (Busin)
374-2256 (Home)

5 Miles

2nd Annual

5 Miles

COOKS CORNER COUNTRY RUN

(with Maine & World Class Runners in tribute to Maine's Joan Benoit)

Brunswick, Maine

SATURDAY, JULY 12, 1980 9:00 A.M. SHARP!

RUN FOR OVER \$8,000.00 in PRIZES

TOP 2 PRIZES WORTH OVER \$800.00

Also Gold necklaces, \$1000.00 in gift certificates, 10 speed bikes, watches, cameras, NIKE running shoes, books, silver, health club membership, savings bonds, travel/sports bags, clock/radios, and other special Awards in all Age, Weight and Area Categories.

All runners receive certificates and post-race refreshments/meal under The Tent.

SPONSORS:

Cooks Corner Merchants, WIGY/WJTO Radio, in conjunction with the Maine Track Club.

BENEFIT:

Youth Programs of the Brunswick Recreation Department.

COURSE:

A mostly shaded, flat course, which meanders in rural Brunswick thru lovely Thomas Point Beach!

FACILITIES:

Rest rooms, showers, medical assistance, water/aid stations, splits, electronic finish.

REGISTER BEFORE JUNE 30 to GUARANTEE:

*FREE Colorful T-Shirt, Runners Hat and Admission to

Thomas Point Beach Park

ENTRIES:

\$4.00 postmarked before June 30, 1980 payable to: Cooks Corner Country Run. (Tax Deductible) Post-entries: Accepted until 8:30 A.M. day of race at start/finish area.

COOKS CORNER COUNTRY RUN
2ND ANNUAL

Please Print in Boxes

Name

First

Address

Street, No. & Name

City

State, Province

Zip Code

Phone

Sex ☐ M ☐ F

(Age on 7/12/80)

Weight lbs.

T-Shirt ☐ S ☐ M ☐ L ☐ XL

To guarantee T-Shirt & hat:

Mail entry blank with \$4.00 by June 30, 1980

to: Buddy Demont
P.O. Box 613
Yarmouth, ME. 04096
(207) 846-4878

WAIVER

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I might have against the organization hosting this event, its agents representatives, successors and assigns including the Cooks Corner Merchants, WIGY/WJTO Radio or Race Director for any and all injuries suffered by me at said road race known as the 2nd Annual Cooks Corner Country Run.

Signature

Parent Signature

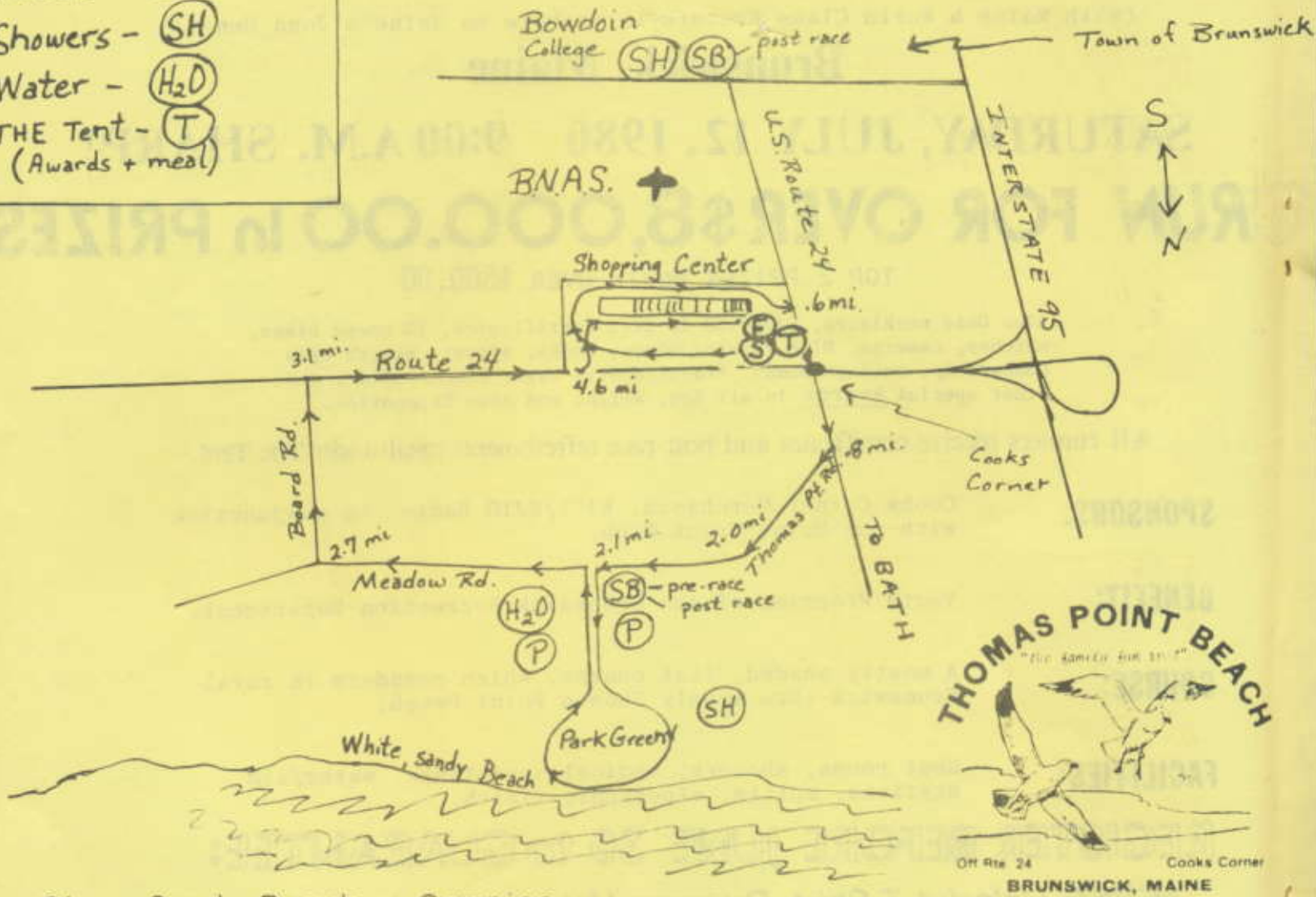
(If under 18, necessary)

- Parking (P)
- Shuttlebus (SB)
- Start - (S)
- Finish - (F)
- Showers - (SH)
- Water - (H₂O)
- THE Tent - (T)
(Awards + meal)

MASTER MAP

Cooks Corner Country Run

5 mile course



- | | |
|-------------------|---------------------------------|
| Clean Sandy Beach | Camping |
| Gift Shop | Arcade |
| Snack Bar | Lifeguard on Duty |
| Sweet Shop | Areas for Softball & Volleyball |

All Runners Please Park Cars at

THOMAS POINT BEACH

FREE SHUTTLE TO RACE, FREE PARKING

SPEND REMAINDER OF DAY ON BEACH FREE

SIMPLY IDENTIFY YOURSELF AS RUNNER 6:30 A.M. - 8:30 A.M. DAY OF THE RACE AT PARK ENTRANCE.

Is Your Collection Complete?

Make sure you have all issues of Maine Running. If you missed reading of the Rowdie Ultra or Bermuda, you mustn't have the March and April copies.

Did you read of Norma Mitton's first race or Ed Rice's trip to Boston? If not get the May and June issues and catch up.

Send \$1.00 to:

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

Here's a helpful hint from Jerry Parlow. Punch holes in your MR and keep them in a loose-leaf binder.

Favorite shoes had it?
Seen their last miles?



celebrate!
perpetuate with
bronzing

TROPHY WORLD

34 CENTRAL STREET
BANGOR, MAINE 04401

DIETER HEINZ
TEL (207) 945-5032

HOW DO I SUBSCRIBE TO MAINE RUNNING?

If you want to subscribe to Maine Running simply detach the postcard below and mail it (15¢ stamp) with your complete address to:

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

When you receive your first issue in the mail, dash off a 10 dollar check to the address above and you will automatically receive 11 more issues.

As of June 23, 167 people have signed up to receive Maine Running.



Yes, I simply can not live another day without having a yearly subscription to Maine Running Magazine. Make Haste in forwarding an issue to:

Name: _____

Address: _____

_____ Zip _____

THE NEW BALANCE 420

The Attic is your headquarters
for New Balance running shoes &
clothing.

620

420

220

(watch for 730 this fall)
Comp 100

Running shorts, singlets & raingear

Auburn 786-2507

Bangor 947-6880



420 and W420

The remarkable new performance training flat with the double-density, pre-molded foot cushion. This triple-layered Lunaris® Pillow insert forms to the foot while maintaining its cushioning memory, to provide support and shock absorbency, and — together with the 420's extended medial counter — keep your foot stabilized in the neutral plane for unimpaired motion control during the gait cycle. Men's 420 in Cobalt Blue with Midnite Gray, women's W420 in Powder Blue with Rock Candy Gray.

New pre-molded counter extended on medial side for lateral support and range of motion control.

New Lunaris® Pillow for superior cushioning, neutral plane support, and virtual elimination of hotspots.

New Springflex Texon® strip for rearfoot stability and forefoot flex.

New lightweight VIBRAM® outsole of natural rubber and E.V.A. for durability and traction.

Comfortable wedge/midsole of S.B.R. softcrepe for cushioning and protection.

New Extended Saddle® for instep support and motion control.

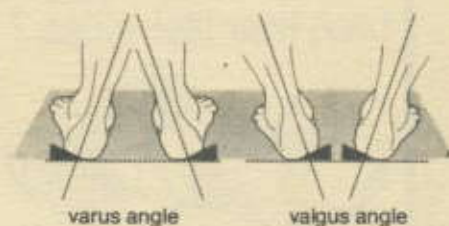
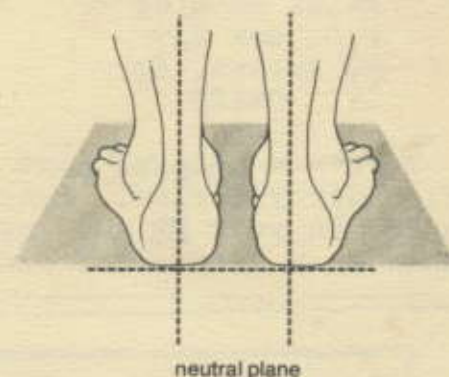
New extended toe cap for forefoot stability and durability.

New non-slip stretch Volara® collar and Achilles tendon pad for comfort and rearfoot control.

One-piece nylon upper with foam lining and padded tongue for comfort.

New special athletic combination straight lasts with higher and broader toe area and narrower heels (two-sizes-narrower in women's).

Men's sizes 6-13 (widths B, D and EE), women's sizes 4-10 (widths AA and B).



Respecting the neutral plane

The foot at rest and in motion assumes its own natural position on the horizontal and vertical planes; podiatrists call this the neutral plane. Most feet exhibit no angulation away from the neutral plane, but a foot that is canted or collapsed inward demonstrates the varus angle; the person might be knock-kneed. Conversely, a runner whose foot rolls out naturally (valgus angle) might be bow-legged or pigeon-toed. Following these podiatric concepts, New Balance built the 420 to allow the foot, properly supported and suitably protected, to remain in the neutral plane throughout the entire gait-cycle range of motion without any interruption that might lead to injury. The new generation 420 combines new materials and design features to maximize shock attenuation up to an incredible 70% of the shock experience.

Place
Stamp
Here

RPM's Maine Running
P.O. Box 259
E. Holden, Me. 04429