

JUNE 1980

MAINE RUNNING



PHOTO, COURTESY BANGOR DAILY NEWS

\$1.00

The Paul Bunyan Marathon committee recently announced several significant changes which promise to bring this, America's 17th oldest marathon into the forefront of quality races in Maine and New England.

The "Bunyan" has always been known as a race with a good organization however, it has also been seen as similar to running a race up an erupting Hawaiian volcano.

These changes include first and foremost a 6:00 a.m. starting time. Why not? Honolulu starts at 5:00 a.m.

to beat the heat, with very few complaints. We admit, Bangor is not Honolulu, but it gets hot in Bangor too. After we put in at least 400-500 miles to prepare for a marathon we certainly can sacrifice a little sleep and pretend that the Kelly Road Hill is Diamond Head.

The second change involves the course, the race will be run over last years course which was a big improvement over the old course. But this year the course will be reversed. It will begin at the Paul Bunyan Statue (pretend it's the King Maunalua statue) and finish 26 miles 385 yards later at the field house of the University of Maine at Orono. This course change will result in rolling hills in the initial 10 miles, a tough hill at 13 miles (Diamond Head) and a much easier last 10-12 miles.

This will also diminish the traffic problems which resulted from finishing through downtown Bangor last year. Another plus is the almost limitless availability of post race facilities at the University.

We think these changes are long overdue, and we are glad to see this concern for us, the runners. We may want to take another look at our racing plans for July. It may very well merit a look at this new-old marathon on July 12th. Don't forget to set your alarm clock, bring your surfboard and suntan oil. Be there, Aloha!

Larry Allen

rpm running camp 1980

For information on rpm's unique 1980 running camp to be held at the University of Maine at Orono between August 3 and 9 write:

rpm running camp
Conferences and Institutes Division
128 College Avenue
University of Maine at Orono
Orono, ME 04469

Instead of pumping thousands of dollars into out-of-state running greats, we hope to put a thousand or so back into running here in the state.

Also send me a post card if you intend to attend so we can have a feel for how many to expect.



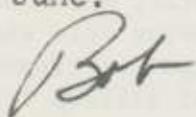
MAINE RUNNING Calendar

I made it three months without any controversy. Pretty good! Like Jerome Drayton, I believe the organizers at the Boston Marathon should start the elite fields of open, master and women and then give the rest of the world a chance to run 10 minutes behind the leaders, but until that time, I'd rather run the PBC or watch the spectacle that is Boston.

If I can manage the extra 13 minutes, I'll run the race officially, but until then I'll continue to support my friends who have earned the right to run in America's greatest road race.

Others would not agree, and this month our feature article is by Ed Rice, a 32-year-old writer-photographer for the Bowdoin College News Services, and an unofficial member of the running mob at Beantown. His fresh article brings back fond memories of Cowman, John Kelly, the caped banbit, and a very strange runner in a tutu.

We also have high school track, the pack, second wind, rpm news, the road race and AAU calendars for the month of June.



Maine Running is published monthly in Bangor.

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Camden to Tour du Lac: hot races galore.

BOSTON

Ed Rices account of the 1980 Boston Marathon.

At The Races

St. Joseph's, April Amble, Goldsmith 13.8, Kennebec Valley YMCA 10K, Bob Rice, Arthur Treacher's, Athletic Attic 10K, Shop'n Save 10K, and the Harriers 10K.

Track

High School Track news.

SECOND WIND

Joan, Deke, Gene and others.

The Pack



CALENDAR

1 REEBOK/CAMDEN 10,000 METRES. 10:00 a.m. at Bayview St. parking area Camden, Maine. Age group awards, team trophies and random drawing. T-shirts to first 500 registrants. Contact: Bruce Booker, 16 Knowlton St., Camden, ME 04843. Tele: 236-3692. \$4.00

6,7,8 THE BETHEL INN & COUNTRY CLUB FIRST ANNUAL "WEEKEND FOR RUNNERS"
See attached flyer

8 THE MAINE=LY LADIES INVITATIONAL. "Maine's largest women's road race". 11:00 a.m. at the oceanfront Kebek Motel, 2 Walnut St. Old Orchard Beach, Maine. Age group awards and team trophies. Contact: Bob Provost, Old Hollis Rd, RFD 3, Biddeford, Me. 04005. \$2.00 pre - \$2.50 post

14 FIFTH ANNUAL HAMPDEN 8.5 MILE ROAD RACE. See attached flyer.

21 GREAT CRANBERRY ISLAND 4.8 MILE ROAD RACE. See attached flyer.

28 TOUR DU LAC. See attached flyer.

29 MAINE NATIONAL BANK RUN FOR FUN. See attached flyer.

A FEW FACTS ABOUT MAINE RUNNING

Our Ad rates are: \$50.00 for inside front cover and back cover
\$17.00 for a half page / \$10.00 for a quarter
\$5.00 for a business card / \$5.00 to include
race applications if you provide 500. \$15.00
if we have to print them.

Our deadline is the fifteenth of the month. We hope to hit the street on the last Saturday of each month.

We need 200 subscribers before we can mail the magazine out, so if you don't get this issue in the mail it means we're still shy subscribers.



MAINE ATHLETICS BOARD OF THE UNITED STATES ATHLETICS CONGRESS INC. (AAU)

Schedule of June meets.

- 14th and 15th Maine Boy's Decathlon - Scarborough HS - 12:00 noon - Steve Ross Director. Three divisions - Teenage 13-19, Junior Olympic 15-16 and Junior Olympic 17-18
- 18th Senior Olympic Development meet - Mt. Ararat HS - Topsham - 6:00PM Diane Fournier, Meet Director. Age group divisions - girls and boys 16 and under. Men and women - open (17-29), Junior Masters (30-39) and Masters (40 and over).
- 21st 4th Annual Orono Invitational meet - Maranacook Community School, Readfield. 10:00AM - Kevin Dyer, Meet Director - open competition.
- 22nd Maine Men's Jumper's Pentathlon - Scarborough HS - 12:00 noon - Steve Ross, Meet Director. Open competition.
- 25th Senior Olympic Development meet - Montello Field, Lewiston - 6:00PM John Sinclair, Meet Director. Divisional format same as 6/18.
- 26th Junior Olympic Development meet - 4:00PM - Northern Division at Drummond Field, Waterville and Southern Division at Portland Stadium, Portland. Four age group divisions for both boys and girls - 13-14, 11-12, 9-10 and 8 and under.
- 28th Maine Junior Olympic State Championships - Scarborough HS - 10:00AM Ron Kelly, Meet Director. Boys and girls compete in two age groups, 15-16 and 17-18.
This also serves as the qualifying meet for the Junior Olympic Regionals in Connecticut on July 19th. The top six in each event will qualify for the Regionals.
- 29th Maine AAU and Open Weightmen's Pentathlon - Montello Field - Lewiston - 12:00 noon. John Sinclair, Meet Director. Four divisions - Boys 18 and under, Maine AAU 29 and under, Maine AAU 30 and over and open.

(For those 18 and under the age determining date is December 31, 1980. For all others it is the age on the day of the meet).

The annual meeting of the Maine Association of the AAU was held at the Auburn YMCA on Sunday, May 4th. New Officers were elected as follows:

President	David W. Watson
Vice President	David Chessey
Secretary/Treasurer	J. Frank Glynn

The AAU office will now be located at 14 Gray birch Drive, Apartment E-5, Augusta, Maine 04330.

Calendar courtesy of J. Frank Glynn

THE Boston

by Ed Rice

The Boston, April 21, 1980...when my greatest "someday" dream became a TODAY reality.

And a promise made to myself 14 years earlier was kept.

For in 1967, during my freshman year at Northeastern University in Boston, I saw my first Boston Marathon on a cold and drizzly day. Saw strained and unbelievably fatigued faces evolve into glorious smiles of celebration as exhausted legs pressed across a thin yellow finish line stripe in front of the Prudential complex. And I made up my mind right then that my foot would never settle upon that yellow line until the day I finished the marathon.

Often, in those days, I would brag of this dream to dates, ostentatiously avoiding that step...after having gone out of my way to parade these friends by that magical line. But the dream was all that existed to this commitment. Until this year.

I found, however, that when I was ready for The Boston, The Boston was closed to me. Elite time requirements were taking people out of the one truly "Peoples' Race" that is known world-wide. Very arbitrary requirements I felt. Stripping truly fine under-40 runners who couldn't racehorse under 2:50, robbing talented Masters runners (with no regard to truly great performances by those of advanced years), and quelling the number of women runners too.



Hypocrisy at Boston is particularly bothersome to me. Members of the American Medical Association have carte blanche privileges in the run, admitted with official numbers based not on qualifying standards but because of their very membership standing.

Each year one of these medical profession members finishes Boston in seven or eight hours, as the media's acclaimed final finisher. But a 3:11 Masters runner is told no, that he has to "earn the right" to run Boston. There's something rotten in the state of running when that kind of thinking exists. Frankly I feel the whole idea of elite qualification times defeats the purposeful meaning and joy of our sport.

I have the deepest respect for anyone who'll run seven or eight hours to complete a marathon. That person has every right to feel like a winner and feel proud of an accomplishment. Those very special crowds at Boston understand this. Why, of why, don't Jock Semple and Will Cloney?

I determined to run Boston as a Bandit. Once I began running for me, running for the glorious feeling of mind and body exuberantly working together I realized I no longer needed teams, official numbers, running packets or the sight of my name buried in agate print. Those superficial things have nothing to do with why I wanted to go to Boston, or why I even run at all. I even began to feel proud of my status as a Bandit, and had a T-shirt made up which had, on the back, the words "Official" and "Boston Bandit" above and below the caricature of the popular cartoon character "The Roadrunner". A comical, quiet protest.

Ooooh, what a weekend it was for me. Normally I cruise on hyperactive energy; those three days I nearly floated away on it! College friend Mike and his lovely wife Linda held a dinner party for us. Ellie and Don graciously put us up and then Annette and Mathew, in Natick, took us in so I'd be closer to Hopkinton. College friend Dixie waited around two hours, for a finish line photo for me. My mother and father flew in from Baltimore...what could be better than drinking beers and swapping sports stories with your Dad?! And my wonderful wife, Cher, who learned action photography in one crash course and took an excellent picture of me...while I still looked good!

THE START. At 9 a.m., stepped outside, mournfully uttered two words to Cher: "Ooooh No!" (Boston Globe account said Rodgers made very same two-word remark to his wife at about the same time). Sun very high and very hot, already. No clouds. Set aside Bandit

shirt (which Cher wore). Very grateful for "Good Sports Running Club" tank top! Two hours to mill around the green and the school at Hopkinton. Found a group of Maine runners gathered on the lawn of a former Mainer now living here. Nervousness makes me an inattentive listener, poorer conversationalist. I wander off. Looking around stealthily...afraid someone's going to toss me into a paddywagon for being a Bandit!

Finally, lining up with the Bandit corps. One next to me says he has run Boston for the past three years as a Bandit. Cordons dropped. Anxiously waiting. Then a yell. Group in front surges forward, in a walk. Begin an easy jog at the starting line, pressing stop watch. We're off! Only a seven-plus minute delay.

ASHLAND. Astonishing sight; mass of bobbing heads, filling the street from side to side, extends for as far as the terrain will allow you to see. But surprising stepping space in front. To accommodate my more lanky, elongated stride I move over to the left side of the road and weave past those who clearly want to go no faster than eights to start.

Already two males right by the side of the road, relieving themselves! "So soon?!" is yelled at them. Already the water, ERG, orange slices, candy and spots for being hosed down flourished. Runners would pass the same cup of water around to those alongside, until contents drained. Staring ahead, unseeing, for there is just too much to see. Even this early both sides of the road lined with spectators.

FRAMINGHAM. Always cautioning people with hoses to hit me with spray on the chest and above. Then it's stupidity time. First cup of water I decide to douse myself with...tip it too far over my head, water grazes my hair, falls pretty much flush onto the back of one of my shoes! Steamed. Then a sheepish smile. Passing storefronts. On top of one of the one-story buildings a band is really cookin' as we pass by in a swarm below. The live music is really uplifting... so too are the

many, many stereos turned up full blast. Playing things like Springsteen's "Born to Run" and Browne's "Running on Empty". Favorites of mine like Dylan, Paul Simon and Warren Zevon. And, yes, the theme from "Rocky" too (superficiality aside, the adrenalin really tunes in!).

In the cast of thousands: a guy in an entire ballet outfit, tutu and all...Superman...the caped "Boston Bandit", clad from head to toe in black (whewww, that must have been hot!)...another guy in a formal suit...the famous "Cow Man", adorned in massive cow horn headgear and rawhide... "Samauri Runner", an Oriental in silk ceremonial-like running garb with mask of smiling Oriental attached to back of his headband.

NATICK. 10.5 mile point. I'm about a minute and one-half ahead of scheduled 7:30s pace. Cher, Annette with "Go For It, Ed" sign, Ellie, Rochelle spot me, just as I'm going by. Cher gets treasured picture. Still prancing, merrily.

Drinking steadily. Just have to reach out your hand. Playfully offered a beer. "No thanks, maybe later!" Then pick up a cup with a foreign substance. Smell it...a shot of whiskey! Dumped.

WELLESLEY. The wonderful women from the college, giving realization to a male fantasy. Here the road space is narrowed to a path that barely allows two runners abreast to pass by. On both sides the women are packed in tightly, four or five deep, for a good couple hundred yards. So close. Screaming out encouragement, cheering you individually (do they keep on like that for hours? do they have substitutes?).

I'm alongside "Samauri Runner" here. Good move. The women really love him. The crescendo, if possible, goes up even higher

for costumed runners and, of course, women runners. That was great. Wanna go back and run through the funnel again?!

NEWTON LOWER FALLS. 17.5 miles. Prancing now has evolved into plugging away. Peoples' faces blurring. As we're handed orange slices and drinks begin to feel like a part of a huge, floating freak show. "Here, Johnny, hold out the ice cube to the runner, so he can take it." Like feeding time at the zoo. There are some quizical looks of disbelief. But mostly there are looks of deep respect. Plowing on, encouraged. Right on time for two hours at 7:30s.

Learn that Rodgers has just won his third straight. Elated. But only momentarily. A stomach cramp, probably from too much water. Painfully contracting. Stop to stretch it out. Walk a few more paces and begin again. Too soon. Stitch isn't ready to leave. Walk a little more and suddenly hear the crowd shouting. Johnny Kelly the Elder, dressed in blue, easily traversing the left side of the road. Perfect. Run in with him, coast in on the plaudits he'll receive every step of the way. Try to run again. The stitch is still a knotted entanglement of pain. There went Johnny Kelly.

Growing irritable. Discouragement seeps in. There goes the pace, no 3:15 to 3:30 as planned. No doubt in my mind that I'll finish. Just don't want them all to see me walking. (Please God!) A perfect schedule for the first two hours, but problems in the third could well lead to an unwelcomed fourth. Overcome disappointment. Get it going again. Coooh the irony: my legs feel fine... "get it on" they seem to say. Survival shufflin' through the Newton hills. Again the funnels, as the crowds press close to urge the runners on. No more water I tell myself...and reach for another cup of it! Finally cresting Heartbreak. Officer with a megaphone keeps up incessant chatter of encouragement. Unreal!

CLEVELAND CIRCLE. 22-mile point. Momentum from downside of Heartbreak carries me through this enormous mass of humanity. Try to concentrate on my running mantra: glide...glide...glide. All I'm hearing though is: shuffle...shuffle...shuffle. See Cher, Annette, Shari. Then Ellie and Rochelle. Then Bill and Betsy Barker. Still haven't seen my Dad...keep running (I wouldn't see him. He'd later call to tell me he saw me in the Circle). At this point I both loved and hated that wonderful crowd. Hated them for scrutinizing my weariness, disappointments, etc. and urging me on. Loved them for caring enough to be out there, hollering and urging me on. Irritability again, after hearing for seventh or eighth time, that "there's only two more miles to go".

KENMORE SQUARE. Less than a mile. Heartbreak time. See a runner who has already received several leg massages pull up completely lame. Hopping off on one leg in agony. I'd like to believe that somehow he made it to the finish. The dream comes back. Up Hereford Street, and around the corner to see that fabulous sight. Throng on the left. Throng on the right. The banner. The finish line, officials and electric clock. The mob on the Pru Plaza. The photographers high platform behind. Sped up, on adrenalin solely wrought from emotion. I wanted that finish line to myself for one moment. Leaping at it. Seeing my right foot implant itself upon that lemon yellow finish line stripe. Yesss!

Time: 4:05.38. So what, I thought. I finally did it, did The Boston. As they had right from start to finish the YMCA officials worked quickly to see to everyone's needs. They didn't look for numbers. Need water? Need tin foil? Runners without numbers were given

"unofficial certificates" by one friendly group of people behind the finish line. Learned later that photographer Dix had missed me... got the wrong guy in the yellow tank top! No matter. Thanks for trying. That's what Boston's all about.

Injuries: sunburned neck and shoulders, nick on left ankle where I kept kicking myself! Quadriceps hurt. Did downstairs walking backwards for a few days.

Thank you Cher, Mom and Dad, and everyone else. Thank you Bowdoin community (and specifically my almost daily running companion, Bill Barker) and Good Sports Running Club for the inspiration to achieve this dream of mine. Thank you, Good Sports, for the catharsis this writing exercise has provided me with: this may have been an epic, but this may be the only story about the 1980 Boston Marathon that you've read without mention of...that woman!

Often, at my office, I flash back to mementos in the race, mostly the faces and the awesome specter of that wonderful crowd. Like them, Good Sports, you're Good People!

* * *

This article first appeared in the Good Sports Newsletter.

Photo by Bob Haskell provided by the Bangor Daily News.

* * *

Letters

Me. Running

Thanks for sending March issue. I'm enclosing stamps to cover postage.

I hope race directors will start sending you complete results. It is frustrating to get only partial results (as the Tom Sharp Memorial where only 2 of the many women's times are included) or results with no times. Also, could the length as well as name of race be listed.

Best of luck with Maine Running.

Grace Amoroso

at the Races

FIRST ANNUAL ST. JOSEPH HOSPITAL
SPRING RUN 5 Km
Bangor April 20

I decided to take my bike around and see how it looked from the front of the pack for a change. Portland's Ken Botting took the pace out very quickly and never gave up a 50 yard lead. The very tough hilly course is reflected in the times.

Ellsworth high distance runner, Jamilyn Dunn paced the women in 18:52

Bob Booker

THIRD ANNUAL GOLDSMITH'S
RUNNERS CLASSIC 13.8 miles
Old Town April 27

Bill Pike knocked a minute off his 1979 performance to win this annual event, but the big story was the women's race.

Robin Emery went right out at the gun at a 6:00 minute pace and led the race for 10 miles. UMO's Lil Riley caught her at this point and Robin had to destroy her old record by almost 6 minutes to fight the younger runner off. A mere 25 seconds separated them at the finish line. Sandra Cox of No. Andover, Mass. also eclipsed the old mark of 1:36:29.

Bob Booker

THE FOURTH ANNUAL APRIL AMBLE
Westbrook College 4 miler
Portland April 26

The fourth annual April Amble quickly became a speed test, but restrained John Gardner of Saco had the finishing kick to win the fourth annual four-miler staged at Westbrook College Saturday (April 26).

Virginia Connors, 15, Cape Elizabeth freshman, continued to impress veteran road race observers. She had more than a minute margin on women's runnerup Julie Greene, a senior at Lake Region High.

excerpt from Vern Putney
column in Maine Sunday
Telegram, April 27, 1980

KENNEBEC VALLEY YMCA ROAD RACE AND
FUN RUN 10 Km & 2 Mile
Augusta May 3

It was a fine day, clear skies, temperature in the 60's. Seventeen started and finished the 2 mile fun run with eleven year old Bill Thornton finishing in front with nine year old Chris Atlee in second.

Sixty runners showed up for the 10,000 meter race over a relatively hilly course. Steve Russell went through the first mile in 5:00 but Ralph Thomas caught Russell on the hills at 2½ miles and went on to run. Marsha Giglio easily outdistanced all the other women with 21st place.

The finish line crew was led by the experienced Marty Thornton and Frank Glynn.

Steven L. Russell

ARTHUR TREACHER 5K Road Race
Bangor May 4

Robert Everett and Brad Brown set a torrid sub-five minute pace for the first two miles of this flat race and Bob of Fort Fairfield held on to win in 16:00 minutes flat.

Mary Lynn Cyr, a 16 year old, high school sophomore from Brewer, held off her teammate from the Orange Crush Racing Team, Theresa Lawlor, to win the women's division in 20:57.

Bob Booker
Race Director

Track

High School track is in full swing now with many traditional "big meets" taking place. Orono's boys and girls teams won the MDI Relays while Bucksport's boys scored a phenomenal 149 points in winning the Hancock County Championship.

Legere and Pettingill continue to dominate distance events in the West and Rand and White divide the East.

Readers of the Bangor Daily News now have Bob Haskell's column "On the Run" to look forward to each day. Thank Bud Leavitt, sports editor at the News, the next time you see him.

Here's a sample...

MT. DESERT - "Actually it wasn't a great day for us, teamwise. But we did have some great individual performances," said Orono High School Coach Cliff McCormick after his boys track and field team had won its second straight Mt. Desert Island Relays title here Saturday. (May 10)

The Red Riots, who have now won that title five of the last six years, scored 82 points to second place Bucksport's 66. Orono also won the schoolgirl crown for the fifth straight year thanks to an 82 point effort and four record breaking performances.

The Orono boys 440 relay team of Mark Sivik, Jeff Walker, Randy Nelson and Mike Hooper, with a 46.3 clocking, claimed one of three records set during the boys meet which was being held here for the ninth spring.

The Riots, however, were handicapped by the absence of top javelin and shot man Jeff Topliff and Roy Smith, a six-foot high jumper, as well as by the fact that one of their pole vaulters passed until the bar was placed at 10 feet and then fouled out.

Tom Rowe, however, helped that cause by vaulting 12'6" and Jack Lounsbury ran a 54.8 split, during the third leg, for Orono's mile relay team which finished second behind Maine Central Institute.

Brewer's two-mile relay team, with an 8:20.5, clipped about 12 seconds off that meet mark and Maranacook's three shot putters combined for a meet record 390-foot performance.

MDI Relays

Boys Meet

Team scores: Orono 82, Bucksport 66, Maranacook 48, Me. Central Ins. 42, Brewer 40, Ellsworth 32, Waterville 30, Bangor 27 1/2, Mt. Desert Island 26 1/2, Old Town 23 1/2, Belfast 14 1/2, Mattanawcook Acad. 1, Rockland 1, Stearns 0, Hampden 0

Track Events

440 relay: Orono Bucksport Me. Central Ins. Bangor Brewer Belfast T 46.3 (Meet record)

2-mile relay: Brewer Mt. Desert Island Maranacook Bangor Bucksport Rockland T 8:20.5 (Meet record)

Hurdles relay: Maranacook Me. Central Ins. Bucksport Old Town Orono Mattanawcook T 41.4

Sprint medley: Ellsworth Bucksport Me. Central Ins. Orono Bangor tied Old Town T 3:49.4

Distance medley relay: Brewer Ellsworth Waterville Bucksport Me. Central Ins. Brewer T 11:12.5

880 relay: Me. Central Ins. Orono Ellsworth Bangor Belfast Old Town T 1:36.8

Mile relay: Me. Central Ins. Orono Bucksport Mt. Desert Island Bangor Maranacook T 3:42.4

Freshman medley relay: Maranacook Orono Belfast Brewer Waterville Mt. Desert Island T 4:15.0

Field Events

Javelin: Old Town Orono Waterville Belfast Bangor Mt. Desert Island D 40.7

Discus: Maranacook Orono Bucksport Bangor Brewer Old Town D 390.0 (Meet record)

Shot put: Bucksport Maranacook Waterville Orono Mt. Desert Island Old Town D 123.3

Pole vault: Brewer Bucksport Ellsworth Orono Mt. Desert Island tied Belfast H 31.0

High jump: Waterville Orono Bangor Mt. Desert Island Maranacook Brewer H 17.2

Long jump: Orono Bucksport Mt. Desert Island tied Old Town Ellsworth Maranacook D 55.2 1/4

Girls Meet

Team scores: Orono 82, Mt. Desert Island 56, Waterville 53, Maranacook 49 1/2, Hyde 36, Belfast 34, Old Town 33, Bucksport 19, Me. Central Ins. 14, Hampden 10, Brewer 6, Bangor 5, Mattanawcook Acad. 2, Ellsworth 1 1/2, Rockland 0, Stearns 0

Track Events

440 relay: Waterville Orono Belfast Brewer Ellsworth tied Maranacook T 54.1 (Meet record)

2-mile relay: Bucksport Hyde Maranacook Old Town Mt. Desert Island Waterville T 10:43.3

Hurdles relay: Mt. Desert Island Me. Central Ins. Orono Belfast Brewer Bucksport T 50.2 (Meet record)

Freshman medley relay: Mt. Desert Island Maranacook Belfast Me. Central Ins. Waterville Old Town T 4:36.9 (Meet record)

Sprint medley relay: Orono Mt. Desert Island Hyde Old Town Me. Central Ins. Bucksport T 4:37.2

880 relay: Waterville Mt. Desert Island Old Town Belfast Mattanawcook Bucksport T 1:53.9 (Meet record)

Mile relay: Orono Mt. Desert Island Hyde Bucksport Maranacook Waterville T 4:25.3 (Meet record)

880 Medley relay: Waterville Maranacook Orono Hyde Bangor Mt. Desert Island T 1:59.2 (Meet record)

Field Events

Long jump: Belfast, Maranacook Hyde Waterville Old Town Stearns D 41.6 1/2

High jump: Orono Old Town Mt. Desert Island Hampden Bucksport Bangor H 14.10 (Meet record)

Shot put: Orono Maranacook Hampden Belfast Bangor Mt. Desert Island D 99.5 1/2 (Meet record)

Discus: Orono Waterville Maranacook Old Town Orono-B Mt. Desert Island D 320.5 (Meet record)

Javelin: Orono Waterville Hyde Old Town Maranacook Mt. Desert Island D 283.10

The Crono girls set a record in the mile relay (4:25.3) but came on strongest in the field events to defend their title with 26 more points than second place MDI. Crono set records in the high jump (14'10"), shot (99'5½") and smashed the discus record by about 45 feet with a 320'5" combination.

Waterville sprinter Heidi Mathieu, however, finished as one of the day's top schoolgirl performers. She was a member of the teams which set records in the 440, 880 and 880 medley relays.

Karen Grant, Fae Gall and Sue Rand ran legs on the 440 relay team and set the pace for the Crono girls. Grant was the girls' top high jumper, clearing the bar at 5'4" and was also a member of the sprint medley combination. Gall spun the discus 112 feet and rifled the javelin 105. And Rand also ran splits in the sprint medley and mile relay teams.

MDI, in the hurdles relay and freshman medley relay, claimed the two other girls records.

Although content with his boys performance, McCormick indicated he expects better things from the Riots during next Saturday's Penobscot Valley Conference championships at Garland Street Field in Bangor.

"The fact is, we're stronger on a good day than we showed Saturday," the coach said.

* * *

In my role as Bangor High's distance coach this year, I've had the chance to see the state's best distance runners and none has impressed me more than 16 year old Jeanette Malone of Hyde School. The Medina, Ohio native reminds one of our own Joan Benoit, dynamite in a small package. She seemed to repeat 2:36 halves like they were Sunday fun runs at the MDI Relays. The name, Jeanette Malone, is one to look for on the roads in the next ten years.

SECOND WIND

Congratulations are due Joanie for being the recipient of the 1980 Broderick Cross Country award as the nation's outstanding collegiate woman cross-country runner. She was chosen in balloting by the nearly 900 members of the Association for Intercollegiate Athletics for Women.

Deke has promised me a story on his heroic voyage with the Maine Rowdies to the Lake Umbagog 50 Mile and 100 Km Road Race. Next month read of the misadventures of Bill Gayton, Gary Cochrane, Sam Butcher and the nonpareil Lawson Noyes through the eyes of an innocent.

Plaudits and laurels are due Gene Coffin for his fine 2:24:13 performance in the Ottawa Marathon. His run was the second fastest by a Maine resident this year. Great job, Gene!

Robin Emery, Steve Coffin, Jack Trefethen, and I are assisting the Ellsworth Chamber of Commerce in putting on the state championship 20K road race on October 4. It should be a great race and a good hard training run for fall marathoners. Watch for it!

PVC Standouts



Brewer's John Condon
Powerful Middle Distance



Karen Grant of Orono has
skied 5'4" this season



Bangor's Gregg Burby
has only run 4 timed miles
in his life, all this year.
4:56.8, 4:54, 4:44, & 4:43
Wait 'til he gets some
experience!



Bucky Rand is all in
after his PVC record
run in the 2 mile

ON THE COVER: Ellsworth's Brian White continued his steady progress by setting two new PVC records: a 4:25.1 mile & a 1:59.2 half.

Penobscot Valley Conference Track and Field Championships

Boys Meet

(Unofficial Results)

Team scores: Brewer 100, Orono 95, Bucksport 94, Ellsworth 63, John Bapt 63, Old Town 54, Bangor 40, Mt. Desert Island 17, Hampden 0, Sumner 0.

Track Events

Two-Mile: Rand (Brew), England (Buck), K. Kenny (JB), Dunlop (Or), Mills (Brew), Swanson (MDI), T—9:37.8 (PVC record).

120 High Hurdles: Schaefer (Els), Monday (JB), Samples (MDI), Rowe (Or), Seekins (Buck), Kingsbury (Brew), T—15.9.

100: Elkin (Brew), Jordan (JB), Sivik (Or), Burrill (Buck), Merchant (MDI), T—10.1 (PVC record).

Mile: White (Els), England (Buck), Rand (Brew), Clapper (Buck), Dunlop (Or), Griffin (OT), T—4:25.1 (PVC record).

440 Relay: Brewer (Cox, Condon, Knowles, Elkin), Bangor, Orono John Bapt, Bucksport, T—46.3.

330 Inter. Hurdles: Sullivan (JB), Chase (Els), St. Peter (OT), Rowe (Or), Seekins (Buck), Monday (JB), T—43.8 (PVC record).

220: Elkin (Brew), Bowersfield (Els), Jordan (JB), Burrill (Buck), Picou (Ban), Sivik (Or), T—23.2.

880: White (Els), Condon (Brew), England (Buck), Masters (Brew), K. Kenny (JB), Burby (Ban), T—1:59.2 (PVC record).

Mile Relay: John Bapt (Jordan, Sullivan, F. Kenny, Winkler), Brewer Old Town, Ellsworth tied Bangor, Bucksport, T—3:40.8.

Field Events

Shot: LeClair (Or), Topliff (Or), Quimby (Ban), Lowell (Buck), Wilson (Buck), Harris (OT), D—47'4 1/2".

Long Jump: Burrill (Buck), Martin (OT), Gallant (Buck), Schaefer (Els), Neiland (Or), Walton (Brew), D—20'11 1/2".

Javelin: Topliff (Or), Stuart (Or), Fiske (OT), Morin (OT), McEwen (Brew), Clement (Buck), D—188'2" (PVC record).

High Jump: Smith (Or), Atherton (Buck), Frizzell (Ban), Caulfield (MDI), Picou (Ban), Manzer (OT), H—5'10".

Pole Vault: Rowe (Or), Knowles (Brew), Seekins (Buck), Triplett (Brew), Merchant (MDI), Chase (Els), H—12'6" (PVC record).

Triple Jump: Martin (OT), Kennell (Buck), Chase (Els), Schaefer (Els), Cates (OT), Neiland (Or), D—42'2 1/2".

Discus: Quinn (Ban), Craig (Buck), Revell (Brew), Morin (OT), LeClair (Or), Grandchamp (Or), D—137'2 1/2".

Girls Meet

Team scores: Orono 116, Mt. Desert Island 93, John Bapt 39, Hampden 38, Old Town 37, Brewer 31, Bucksport 31, Bangor 26, Ellsworth 19, Sumner 4.

Two-Mile: Alecia Rhoads (OT), Carey (MDI), Dunn (Els), Louder (Sum), Rand (JB), Cyr (Brew), T—11:14 (PVC record).

80 Low Hurdles: Childers (Hamp), Huxon (Brew), Soule (Or), O'Connell (MDI), Tracy (MDI), MacRae (MDI), T—11.6 (PVC record).

100: Smith (MDI), Huxon (Brew), Grant (Or), Reid (Ban), Tracy (MDI), Louder (Els), T—11.9.

440 Relay: Orono (Grant, Rand, Gall, Santos), Mt. Desert Island, Bangor Bucksport, Hampden, Ellsworth, T—53.8.

440: Santos (Or), Stonehouse (Ban), McEnroe (MDI), McCormick (Or), MacRae (MDI), Denning (Buck), T—63.7.

220: Huxon (Brew), Grant (Or), Smith (MDI), O'Connell (MDI), Denning (Buck), Reid (Ban), T—27.2.

Mile Relay: Bucksport (Mary Clapper, Bradford, Margaret Clapper, Denning), John Bapt, Mt. Desert Island, Orono, Bangor, Old Town, T—4:31.6 (PVC record).

Field Events

Javelin: MacKay (JB), Dufour (OT), Jallander (Hamp), O'Donnell (JB), Gall (Or), Cummings (MDI), D—104'4" (PVC record).

High Jump: Grant (Or), McEnroe (MDI), Dufour (OT) tied MacRae (MDI), Porter (Hamp), Soule (Or), H—5'0".

Shot: LeClair (Or), Childers (Hamp), Strout (Or), Borodko (Or), Westcott (Ban), Gilbert (Ban), D—37'3 1/4" (PVC record).

Long Jump: Childers (Hamp), MacRae (MDI), Denning (Buck), Cummings (MDI), Harkin (Brew), Higgins (JB), D—15'2".

Discus: Borodko (Or), Strout (Or), Gall (Or), Morin (OT), Chapman (MDI), Alecia Rhoads (OT), D—108' 1/4" (PVC record).

RUNNING PROGRAMS OF MAINE
A Concept Whose Time Has Come

In May RPM helped sponsor the Arthur Treacher 5K road race, a fund raiser for St. John's School in Bangor. Members helped out at the Third Annual Red Cross 10 Mile Road Race, Goldsmith's Sporting Goods 3rd Annual Women's 10K, the MDI Relays, the PVC Track Championships, the Northern Regionals and at our own 5K road race at the Holiday Health and Racquetball Club in Bangor.

Several new members have joined the organization and everyone now sports an RPM T-shirt.

We still need your support. Why not join today.

Don't forget our running camp at the University of Maine in August. Perhaps running clubs and other organizations could sponsor an athlete or two. For more information write:

Conferences and Institutes
128 College Ave
U of M at Orono
Orono, ME 04469

Drop me a line also, if you wish to attend.



RPM's director, Bob Booker is also the Editor/Publisher of Maine Running Magazine, distance coach at Bangor High School, director of RPM's Running Camp, a race director and occasional jogger.

RPM APPLICATION

NAME _____

ADDRESS _____

_____ ZIP _____

TELEPHONE _____ (W) _____ (H)

AREA OF INTEREST: i.e. race registration etc.

\$5.00 annual dues. Make Check out to RPM, P.O. Box 259, E. Holden, Me. 04429

T-shirt size ___xs___s___m___l___xl



"THE PACK"

THE FIRST ANNUAL ST. JOSEPH
HOSPITAL SPRING RUN 5 K
Bangor April 20

1.	Ken Botting	16:03	37.	Mark Smith	19:32
2.	Gary Quimby	16:39	38.	David McIntyre	19:33
3.	Larry Allen	16:50	39.	Dennis Bates	19:34
4.	Brian White	17:06	40.	Doug Cowan	19:38
5.	Bob Snow	17:19	41.	Gregory O'Donnell	19:42
6.	Jim Boynton	17:31	42.	Carol Roy*	19:43
7.	Ed Harrow	17:38	43.	David Goldsmith	19:44
8.	Mark Lirlette	17:43	44.	Jeff Brantner	19:46
9.	Alan Lambert	17:45	45.	Harold Henderson	19:47
10.	Beaver Bromley	17:46	46.	Diane M. Lounder*	19:47
11.	Deke Talbot	17:50	47.	Michael Thompson	19:52
12.	Phil St. Pierre	18:03	48.	Timothy Lawrence	19:56
13.	Robby Baldwin	18:09	49.	Tom Davis	20:02
14.	Stephen Palley	18:19	50.	Glenn Geiser	20:05
15.	Adam Berlew	18:31	51.	Gilbert Roderick	20:12
16.	Forest C. Hart	18:33	52.	Peter Daigle	20:19
17.	Arnold Frenchette	18:46	53.	Brian Higgins	20:28
18.	Robert Gaboury	18:48	54.	Andrew Haslam	20:30
19.	Alfred Banfield	18:49	55.	Mark Armstrong	20:32
20.	Steven Hawes	18:50	56.	Jim McMillan	20:33
21.	Jamilyn Dunn*	18:52	57.	Robert Woodworth	20:43
22.	Everett, Greg	18:53	58.	Scott Jandreau	20:45
23.	Loren Ritchie	19:00	59.	Scott Dunning	20:46
24.	Mathew Littlejohn	19:01	60.	Larry LaPoiniz	20:48
25.	David Brooks	19:02	61.	Charles Francis	20:52
26.	Ted Wallace	19:03	62.	Groff Wass	20:55
27.	Andy Abrams	19:06	63.	Edward Gott III	20:56
28.	Alan Steven	19:10	64.	Unk	
29.	Keven Turley	19:12	65.	Susan Knowlton*	20:58
30.	Alan Michelson	19:15	66.	Gary Winsor	20:59
31.	Jamie Dufour	19:17	67.	Mark Spencer	21:01
32.	Chris Everett	19:18	68.	Oscar Cyr Jr.	21:02
33.	Sandy Tamm	19:19	69.	Doug Sinclair	21:03
34.	Vance Brown	19:23	70.	Jonathan Holmes	21:05
35.	Bife McGilpin	19:25	71.	Terrance Cousins	21:07
36.	Miguel Muniz	19:31	72.	Eric Smith	21:08
			73.	Stephen Smith	21:09
			74.	Franklin Bragg	21:11
			75.	Dwight Webber	21:12
			76.	Michael Wright	21:15
			77.	William Ryan	21:19

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78.	Richard Tupper	21:20
79.	Bruce Nye	21:29
80.	Richard Higgins	21:30
81.	William Pinkham	21:32
82.	Margaret Clapper*	21:34
83.	Arthur Kotredes	22:06
84.	Alexander Sargeant	22:07
85.	Duane Olson	22:13
86.	Fred Barry	22:14
87.	Gene Rice	22:18
88.	Paul Guerin	22:18
89.	Chris Ranco	22:26
90.	Stephen Coffin	22:32
91.	Marline Campbell*	22:36
92.	Kurt Smith	22:37
93.	James Knapp	22:38
94.	Douglas MacDonald	22:48
95.	Wendell Porter	22:49
96.	James Milliken	22:56
97.	Scott McLellan	22:57
98.	Norman Fitzgerald	23:06
99.	Bill Clifford	23:08
100.	Unk	
101.	Laura Ross*	23:10
102.	Jeanette LaPlante*	23:15
103.	Michelle Belyea*	23:16
104.	Jill Eckerdt*	23:29
105.	Kerry Woodbury	23:31
106.	Zaph Bingham	23:33
107.	George Wood	23:35
108.	Bill Foley	23:39
109.	Joe Walsh	23:42
110.	Sam Trotzky	23:48
111.	Chris Joy	23:50
112.	Susan Reid*	23:51
113.	Alfred Bourgoin	23:52
114.	Dodi Lincoln	23:53
115.	Kim Hamm *	23:55
116.	Lenard Duffy	24:01
117.	Ryan, Kathy*	24:02
118.	Kate Brady*	24:08
119.	Susan White*	24:11
120.	Lori Drinkwater*	24:17
121.	Seth Harrow	24:19
122.	Steve Cilford	24:31
123.	George Dandaneau	24:37
124.	Leah Schuman*	24:38
125.	Holly Hussey	24:39
126.	John Baldacci	24:40
127.	David Nye	24:43
128.	Cindy Lowery*	24:46
129.	John Everett	24:48
130.	James LaBossiere	24:52
131.	Sue Smith*	24:59
132.	Silas Coffin	25:01
133.	Joy Hussey*	25:02
134.	Randy White	25:03
135.	Martha McGilpin*	25:04

136.	Dorothy Stockard	25:05
137.	Unk	
138.	Jean Goldfine	25:25
139.	Anna Bourbon	25:31
140.	Leo Emerson	25:34
141.	Hugh Gilman	25:38
142.	Dennis Sirois	25:58
143.	Newman Thomas	26:03
144.	Daniel Daley	26:19
145.	George Dandaneau	26:23
146.	Kimm Trafton*	26:33
147.	Jane Coffin*	26:36
148.	Chad Gilman	26:37
149.	Oscar Cyr	26:39
150.	Bill McInnis	26:42
151.	Sharon Bruce*	26:47
152.	Mary Edinger*	26:55
153.	William Lawlor	27:01
154.	Tim Furrow	27:02
155.	Douglas Johnson	27:05
156.	Diane DiGirolano	27:07
157.	Peter Brooks	27:13
158.	J.D. Gould	27:15
159.	Eric Williams	27:19
160.	Perian Haslam	27:20
161.	Dale Jandreau	27:21
162.	Michael Bruehl	27:26
163.	Maddy Bruehl*	27:31
164.	Michelle Jordan*	27:34
165.	Anne LaBossiere*	27:36
166.	Jim Hathorne	27:42
167.	Chuck Kennedy	27:52
168.	Jennifer Gerrior*	27:58
169.	Scott Dembonski	28:07
170.	Sheila Davis*	28:31
171.	Patrick Connelly	28:51
172.	Patricia Patry*	28:58
173.	Charles Wilcox	28:59
174.	Benny Harris	29:11
175.	P. Harris	29:35
176.	Celeste Gerrior*	30:05
177.	Robert Garland	30:24
178.	John Harris Jr.	30:25
179.	Diane LaPointe*	30:26
180.	Lorraine Romano *	30:29
181.	William Romano	30:30
182.	Earle Rafuse	30:55
183.	Karen Rafuse*	31:20
184.	Tricia Lee*	31:21
185.	Cheryl Anne Curtis*	31:38
186.	Ray Bassiere	31:57
187.	Thornton Merriam	31:58
188.	John Porter	32:18
189.	Joseph Walsh	32:53
190.	Maxine Harrow*	33:35
191.	Debbie Hansen	33:48
192.	David Hample	33:59
193.	Robby Ryckman	34:07

194.	Camille Curtis*	35:35
195.	Debbie Curtis*	35:35
196.	Jill MacGregor*	36:02
197.	Betsy MacGregor*	36:03
198.	Vickie Davis*	36:05
199.	Jane Merrian*	36:10
200.	Stephanie Houghton*	36:12
201.	Jeff McKenney	36:13
202.	Paul Bussiere	39:32
203.	Diane White*	39:33
204.	Ellen Chamberlain*	39:37
205.	John Groleau	40:16
206.	Pamela McInnis*	40:17
207.	Maureen Guerin*	40:48
208.	Hilary Gerrier*	41:01
209.	Lillian McInnis*	41:02
210.	Matt Snow	41:52
211.	Jim Gosselin	42:00
212.	Jennifer Patry*	43:02
213.	Karen Lee*	48:00
214.	Lucy O'Donnell*	50:14
215.	Debbie Fountaine*	50:14
216.	C. Holt	60:47

THE FOURTH ANNUAL APRIL AMBLE
Westbrook College 4 Mile
Portland Apr 26

1.	John Gardner	19:46
2.	Gene Coffin	19:54
3.	Dan Barker	19:57
4.	Larry Greer	20:22
5.	Phil Page	20:44
6.	Greg Parlr	21:06
7.	Jerry Crommet	21:15
8.	Dave Carlson	21:19
9.	Joe LaRose	21:21
10.	Dennis Smith	21:24
11.	Malcolm Lackey	21:27
12.	Scott Mannette	21:38
13.	Dave Timothy	21:41
14.	Roger Foster	21:48
15.	Joe Hayes	21:49
16.	Jim Babb	22:06
17.	Jim Kein	22:07
18.	Larry Pelton	22:13
19.	Roland Trottier	22:22
20.	Bryan Bettney	22:23
21.	Warren Dean	22:27
22.	Bryce Bartlett	22:28
23.	Jeff Smith	22:30
24.	Bob Provost	22:34
25.	Robert Story	22:36
26.	Detmar Schnitker	22:37
27.	Don Barton	22:39
28.	Bob Coughlin	22:41
29.	Marc Lesard	22:43
30.	Peter Halligan	22:47
31.	Victor Stacey	22:51
32.	Greg Kelsey	22:54
33.	Dick McFaul	22:56

34.	Geof Roshian	22:57
35.	Martin Moran	23:02
36.	Arnold Amoroso	23:07
37.	Jerry Thibeault	23:08
38.	Dan DeBlois	23:08
39.	Peter Bastow	23:10
40.	Tom Burns	23:12
41.	Jason Hamilton	23:15
42.	Tom Bradley	23:16
43.	Lale Dorr	23:19
44.	Harvey Rohde	23:21
45.	Wayne Fitzgerald	23:22
46.	Tom LaRose	23:26
47.	Arnold Frechette	23:30
48.	Ray Shevenell	23:42
49.	Kurt Nielson	23:43
50.	Steve Woodsen	23:44
51.	Steve Harrison	23:45
52.	Don Celler	23:51
53.	Mike Colerick	23:53
54.	George Prescott	23:55
55.	Virginia Connors*	23:57
56.	Fran Richards*	23:58
57.	Jim Burrill	23:58
58.	Finn Kelly	23:58
59.	Peter Holloway	24:02
60.	John Staples	24:03
61.	Mike Lacroix	24:07
62.	Peter Galle	24:07
63.	John Trefethen	24:08
64.	Pete McDonald	24:09
65.	Steve Watts	24:09
66.	Joe Lovejoy	24:10
67.	Harold Devou Jr.	24:11
68.	kent McDonald	24:14
69.	Martin Donion	24:16
70.	Dave Weatherbie	24:18
71.	Ron Burton	24:19
72.	Barry Howgate	24:23
73.	Greg Godspeed	24:27
74.	Charles McDonald	24:27
75.	Ralph Towle	24:30
76.	Doug Moreshead	24:31
77.	Fred Held	24:33
78.	Dave Smith	24:36
79.	Tom Allen	24:36
80.	Chip Banks	24:40
81.	Dennis Morrill	24:41
82.	Mike Gagne	24:42
83.	Eric McNett	24:42
84.	Andy Copland	24:44
85.	Charles Bourke	24:44
86.	Charlie Gondon	24:46
87.	Bob Moulton	24:50
88.	Tom Downing	24:54
89.	John Clifford	24:58
90.	Tom Keating	24:59
91.	Scott Kochabian	25:01
92.	Julie Greene*	25:01
93.	Steve Moriaty	25:02
94.	Dick Baker	25:05
95.	John Whitman	25:10

96.	Gary C'Leary	25:13
97.	John Roberts	25:14
98.	John Harmon	25:16
99.	Lorrie Dyer	25:21
100.	Steve Morris	25:22
101.	Steve Rainsford	25:23
102.	Martin Moore	25:23
103.	Dave Lawler	25:26
104.	Mike Guidi	25:26
105.	Albert Frick	25:29
106.	Robert Van Wyck	25:30
107.	Gladys DeWick	25:31
108.	Bill Diamond	25:32
109.	John Kelly	25:33
110.	Doug Daggett	25:33
111.	Peter Mills	25:34
112.	Donald Yooker	25:35
113.	Roger Pike	25:36
114.	Hogan Tuffs	25:39
115.	Paul Cottar	25:40
116.	Scott Sanford	25:45
117.	Jeff Green	25:48
118.	Robert Payne	25:49
119.	Justin Daley	25:50
120.	Sam Boothby	25:51
121.	Bill Chard	25:52
122.	Gary Langley	25:59
123.	Steve DeWick	25:59
124.	Dave Kidd	26:01
125.	Nathan Morris	26:07
126.	John Willis	26:08
127.	Don Hemphilla	26:10
128.	Steve Dotey	26:12
129.	Tim Dean	26:15
130.	Coleen Leavitt*	26:21
131.	Jason Wilson	26:29
132.	Kyle Tracy	26:30
133.	Jim Chase	26:31
134.	Bob Gilliam	26:36
135.	Banton Cleaves	26:37
136.	Don Brewer	26:38
137.	Tim Sanders	26:39
138.	John Brady	26:40
139.	Bob Gould	26:42
140.	Bob Waddle	26:44
141.	Barbara Coughlin*	26:44
142.	Steve Johnson	26:45
143.	Debbie Noble*	26:47
144.	Grace Amoroso*	26:52
145.	Tom Hancock	26:53
146.	Nancy Dora*	26:53
147.	Wayne Fitzgerald	26:54
148.	Jim Klein	26:55
149.	Faye Gagnon*	26:57
150.	Bill Whelan	27:08
151.	Peter Hand	27:08
152.	Gary Gagnon	27:09
153.	Don Libby	27:10

154.	Laurie Davis*	27:11
155.	Roger Twitchell	27:12
156.	H. Brennan	27:13
157.	Dick Goodie	27:14
158.	John Stewart	27:14
159.	Brian Lasalle	27:15
160.	Jim Bietamar	27:16
161.	Tim Concanon	27:19
162.	Jeff Foley	27:21
163.	Steve Demers	27:27
164.	Steve Trenbolu	27:29
165.	Susan Shield*	27:31
166.	A.M. Houghton	27:31
167.	Leif Beilson	27:32
168.	Ed Kuoleski	27:36
169.	Paula Davenport*	27:40
170.	Bob Perkins	27:42
171.	Wayne Lopez	27:42
172.	Martha Shur*	27:45
173.	Charles C'Connor	27:45
174.	Roland Morin	27:46
175.	Ralph Bartholomew	27:48
176.	Kathy Burke*	27:49
177.	Bruce Allen	27:52
178.	Mitchell Gunty	27:52
179.	Nancy Attenburg*	27:53
180.	Wendy Sayres*	28:06
181.	Anthony Cushman	28:03
182.	James Taylor	28:03
183.	Chad Gagnon	28:06
184.	Chris Clark	28:08
185.	Chris Ranco	28:09
186.	Sheila Colby*	28:10
187.	John Litwinowich	28:10
188.	Tom DeBlois	28:11
189.	Steve Belyea	28:11
190.	Chris Aceto	28:12
191.	Paul Lajoie	28:12
192.	Dave Goodwin	28:14
193.	Phil Gignac	28:16
194.	Tim Doyle	28:17
195.	Louis Sesto	28:18
196.	Bill Jefferson	28:18
197.	Patricia Twombly*	28:19
198.	John Edwards	28:20
199.	John Nichols	28:22
200.	Don Douglas	28:23

- Results from the PPH. I wish I could print all 415 finishers, but space just doesn't allow it this month.

THIRD ANNUAL GOLDSMITH'S RUNNERS
CLASSIC 13.8 MILES
Old Town Apr 27, 80

1.	Bill Pike	1:14:10
2.	Don Winant	1:15:47
3.	Ralph Thomas	1:16:37
4.	Fred Judkins	1:16:40
5.	James Newett	1:17:41
6.	Dick Fournier	1:19:44
7.	Mike Gaige	1:20:33
8.	Stephen Dexter	1:20:57
9.	Bob Snow	1:21:46
10.	John Mills (tie)	1:21:47
11.	Glendon Rand (tie)	1:21:47
12.	Glen Holyoke (tie)	1:21:47
13.	Dirck Bradt	1:21:55
14.	Gary Quimby	1:22:11
15.	Chuck Huss	1:22:52
16.	Phil Stuart	1:23:04
17.	Larry Deans	1:23:21
18.	Mike Simmons	1:23:34
19.	John Condon	1:23:50
20.	Ed Kenney	1:23:58
21.	Fergus Kenny	1:24:02
22.	Paul Libby	1:24:25
23.	Eric White	1:24:36
24.	Larry Allen	1:24:38
25.	Brian White	1:24:39
26.	Alan Gray	1:24:41
27.	John Fox	1:24:53
28.	Deke Talbot	1:25:13
29.	Chris Howard	1:25:46
30.	Unregistered	
31.	No sticker turned in	
32.	Gene Roy	1:26:55
33.	Mark O'Flynn	1:27:06
34.	Eric Kangas	1:27:14
35.	James Kingsbury	1:27:16
36.	Garry Allen	1:27:17
37.	Mike Worcester	1:27:20
38.	Dean Rasmussen	1:27:24
39.	Dick MacDonald	1:27:24
40.	Tom Sarson	1:27:50
41.	Larry Levasseur	1:28:30
42.	Ricardo Petrilli	1:28:40
43.	Ray Cormier	1:28:56
44.	Mike Hanley	1:29:26
45.	Paul Doody	1:29:34
46.	Dave Dunlap	1:29:49
47.	Robert Farmer	1:30:13
48.	John Frachella	1:30:17
49.	Dave Torrey	1:30:24
50.	Cliff Hatfield	1:30:25
51.	Stephen Palley	1:30:29
52.	Robin Emery*	1:30:42
53.	Adam Berlew	1:30:50
54.	Mark Violette	1:30:58
55.	Lil Riley*	1:31:07
56.	Norm Poulin Jr	1:31:10
57.	Robert Baldwin	1:31:12

58.	Dave Cota	1:31:49
59.	Chris Hamilton	1:31:56
60.	Kevin Kenny (JB)	1:32:11
61.	Kevin Kenney	1:32:11
62.	Jim Scofield	1:32:32
63.	Jim Toner	1:32:32
64.	Dennis Harmon	1:32:34
65.	Forest O. Hart	1:32:40
66.	Bob Booker	1:32:57
67.	Larry Bridges	1:33:19
68.	Mike Curtis	1:33:37
69.	Bob Gaboury	1:33:55
70.	Sandra Cox *	1:34:06
71.	Bruce Freme	1:34:06
72.	Eric Ellis	1:34:07
73.	Frank Wilcox	1:34:15
74.	Frank Lisnik	1:34:33
75.	Mike Griffin	1:34:46
76.	Mike Blum	1:35:06
77.	Mark Paradis	1:35:06
78.	Sam Schman	1:35:16
79.	Pete McDonald	1:38:41
80.	Gary Coyne	1:35:51
81.	Vance Stoddard	1:36:08
82.	Loren Ritchie	1:36:45
83.	Charlie Nichols	1:36:45
84.	Carol Roy*	1:36:59
85.	Dick Sabine	1:37:09
86.	Gil Roderick	1:37:21
87.	Carleton Mendell	1:37:34
88.	Garry Bryan	1:38:03
89.	Bob Hayes	1:38:06
90.	Al Michelson	1:38:44
91.	Miguel Muniz	1:38:44
92.	Norm Carlisle	1:38:50
93.	Tim Powers	1:39:02
94.	Alan Stevens	1:39:18
95.	Rod McNichol	1:39:28
96.	Richard Cairns	1:39:35
97.	Diane Lounder*	1:39:43
98.	Dave Jones	1:40:00
99.	Vaughn Holyoke	1:40:15
100.	David Collinsworth	1:40:30
101.	John Archambault	1:40:31
102.	Richard Clark	1:40:31
103.	Dean Shea	1:41:03
104.	Richard Laughlin	1:41:06
105.	Pete Esponnette	1:41:06
106.	Bill Lopotro	1:41:10
107.	David Gorczya	1:41:12
108.	Ron Paquette	1:41:17
109.	Larry St. Peter	1:41:20
110.	Sandra Winslow*	1:41:41
111.	Bob Milliken	1:41:49
112.	Herb Joliat	1:41:55
113.	Skip Bouchard	1:42:12
114.	Dennis Bates	1:43:01
115.	Randall Raymond	1:43:22
116.	Rick Crowell	1:43:51
117.	Sue Knowlton*	1:43:59
118.	Ellen Butts*	1:44:27
119.	Mark Simpson	1:44:24

120.	Stephen St. Pierre	1:44:35
121.	Bob Fenderson	1:44:52
122.	Greg Bellemore	1:45:07
123.	John St. Peter	1:45:12
124.	Connie Russell*	1:45:16
125.	Warren Hedstrom	1:45:21
126.	Lynne Richards*	1:45:32
127.	Andrew Haslam	1:45:59
128.	Dave Brooks	1:46:52
129.	James Williams	1:46:58
130.	Margaret Johnson*	1:46:59
131.	Charles Francis	1:47:10
132.	Cindy Lowry*	1:47:19
133.	Tom Mulvey	1:47:20
134.	Evariste Bernier	1:48:07
135.	Fernald Curtis	1:49:04
136.	Joe Brann	1:49:13
137.	Gil Martin	1:50:01
138.	Danny Plourde	1:51:17
139.	Ed Brissette	1:51:51
140.	Bill Nemer	1:52:54
141.	Jeannette LaPlante	1:53:01
142.	Chuck Dodge	1:53:28
143.	Dwight Webber	1:53:28
144.	Bill Green	1:53:45
145.	Alan Lambert	1:54:07
146.	John Holyoke	1:54:07
147.	Susan Prohodski*	1:54:11
148.	Harold Phalen	1:54:17
149.	Kurt Tornquist	1:55:09
150.	Lynne Cooper*	1:56:35
151.	Jeanne Christie*	1:57:11
152.	Don Brewer	1:58:04
153.	Charles Boynton	1:59:04
154.	Tim Flanagan	2:05:36
155.	Pat Leahy	2:06:15
156.	Celeste Gagnon	2:10:28

- Results from Norm Boucher
Race Director

KENNEBEC VALLEY YMCA 10,000 METER
ROAD RACE 10K
Augusta May 3

1.	Ralph Thomas	34:06
2.	Steve L. Russell	34:32
3.	Mark C'Flynn	36:39
4.	R. Harper	37:30
5.	Fred Wheeler	38:45
6.	Gary Grady	38:48
7.	John Fitzgerald	39:09
8.	John Staples	39:25
9.	John Wolfgram	39:41
10.	Kevin White	39:50
11.	Doug Ludwig	39:59
12.	Robert Lisotte	40:23
13.	Pete Kelliher	42:10
14.	Robert Jolicoeur	42:12
15.	Vern Lewis	42:26
16.	Gary O'Leary	42:33

17.	Robert Day	42:37
18.	Ed Atlee	42:55
19.	Dean Rasmussen	43:02
20.	Todd Clark	43:12
21.	Marsha Giglio*	43:47
22.	Mark Jose	43:56
23.	Ray Cooper	44:04
24.	Ron Paquette	44:19
25.	Greg Nelson	44:20
26.	Gene Roy	44:20
27.	Don Belanger	44:43
28.	Errol Dearborn	45:11
29.	Patrick Gabrion	45:26
30.	Tom Daggett	45:27
31.	Gary Barrett	45:33
32.	Ed Miller	46:11
33.	Barry Hopkins	46:33
34.	Ray Giglio	46:59
35.	James Fairfield	47:25
36.	Ron Poulin	47:35
37.	David Gagan	47:47
38.	Wesley Sorone	47:50
39.	Hyla Tracy	47:50
40.	Bill Abbott	48:50
41.	Susanne Olsen*	49:00
42.	C.B. Olsen	49:36
43.	Bob Perkins	50:35
44.	John Edmondson	50:49
45.	Malcolm Lyons	50:55
46.	Mary Jane Day*	51:00
47.	Anne Morrisette	51:09
48.	Gerry York	51:10
49.	Bob Boynton	51:15
50.	Byron Bennett	51:23
51.	Michael Ryan	52:11
52.	Richard Sabol	53:08
53.	Doug Eakin	53:40
54.	Sumner Lipman	53:59
55.	Travis Metz	55:28
56.	Dan Daley	55:44
57.	David Eakin	58:45
58.	William Tozier	60:33
59.	Bob Chambers	62:58

2 Mile Fun Run

1.	Bill Thornton	14:18
2.	Chris Atlee	15:08
3.	Tim Hickey	15:16
4.	Linda Kennedy*	16:31
5.	Joseph Massey	16:59
6.	Elizabeth Bryant*	17:17
7.	Penny Grange*	17:20
8.	Marjean Lyons*	19:03
9.	Deborah Horne*	19:06
10.	Karen Lipman*	19:09
11.	Laura Atlee*	19:14
12.	Brett Wolfgram	19:57
13.	Diane Everett *	20:06
14.	Mary Ann O'Connor*	23:48
15.	Sharon Jennings*	24:12
16.	Irene Jennings*	24:13
17.	Barbara O'Connor	24:36

BOB R
Portl

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BOB RICE MEMORIAL 10K
Portland May 4

1.	John Gardner	32:25
2.	Collin Peddie	33:08
3.	Dan Paul	33:34
4.	Ralph Thomas	33:44
5.	O.J. Logue	33:45
6.	Deane Gillines	33:47
7.	Tony Esposito	33:48
8.	Larry Greer	34:35
9.	Dennis Smith	34:44
10.	Jim Harmon	34:54
11.	Jim Babb	35:11
12.	Amos Eno	35:14
13.	John Pallozzi	35:15
14.	Richard Mulhern	35:18
15.	Richard Garcia	35:40
16.	Scott Manette	35:41
17.	Edward Hollidge	35:49
18.	James Kein	35:50
19.	Cliff Howe	35:52
20.	Scott Allen	36:03
21.	Robert Haines	36:16
22.	Clay Walter	36:26
23.	Bob Coughlin	36:38
24.	Arnold Ambroso	36:42
25.	Dick McFall	36:52
26.	Harvey Rhode	36:53
27.	Steve Douglas	36:55
28.	Michael Pickering	36:58
29.	Paul Conley	36:59
30.	Kurt Nielsen	37:09
31.	Bob Hunt	37:15
32.	Brian Bettney	37:18
33.	John O'Malley	37:24
34.	Arnold Frechette	37:25
35.	Kyle Rankin	37:29
36.	Rick Hansen	37:32
37.	Bryce Bartlett	37:37
38.	Martin Moran	37:38
39.	Stephen Cox	37:41
40.	Charles MacDonald	37:45
41.	Steve Woodsum	37:45
42.	Peter Lawrason	37:48
43.	Chris Kein	38:00
44.	Todd Allen	38:03
45.	Doug Jordan	38:04
46.	Mike Colerick	38:07
47.	Dean Proctor	38:13
48.	Lee Juneau	38:14
49.	Ken Curtis	38:15
50.	Tom Larose	38:17
51.	Peter Halloway	38:31
52.	Bob Brown	38:37
53.	Mike Mahah	38:42
54.	Mike Lacroix	38:45
55.	Richard Marino	38:47
56.	Doug Moody	38:49
57.	Jim Burrell	38:59

58.	Donald Sanborn	39:04
59.	Barry Hongate	39:07
60.	Dave Smith	39:12
61.	Finn Kelley	39:15
62.	Earl Maurer	39:18
63.	Martin Donlon	39:23
64.	Joel Croteau	39:25
65.	Mike Gateley	39:29
66.	Dennis Milaire	39:43
67.	Dennis Morrill	39:49
68.	Richard Sabine	39:52
69.	Bill Leschey	39:55
70.	Leonard Sanborn	39:56
71.	Philip Wells	40:02
72.	Mike Molodozon	40:04
73.	George Wells	40:10
74.	Carlton Mendell	40:12
75.	Brian Gillespie	40:18

- Results from the PPH

ARTHUR TREACHER'S FIRST ANNUAL 3.1 MILE
ROAD RACE 5K
Bangor May 4, 80

1.	Robert Everett	16:00
2.	Bradford Brown	16:13
3.	Steve Giles	16:25
4.	Charles Greenhalgh	16:33
5.	Kevin Kenny	16:40
6.	Chris Holt	16:42
7.	Fergus Kenny	16:45
8.	Mark O'Flynn	16:50
9.	Glen Holyoke	16:52
10.	John Condon	16:59
11.	Gary Quimby	17:06
12.	Chuck Holt (tie)	17:48
13.	Scot Marsters (tie)	17:48
14.	Phil St. Pierre	18:04
15.	Thomas Neill	18:08
16.	Vaughn Holyoke	18:11
17.	Ray Cormier	18:12
18.	Alfred Banfield	18:26
19.	Steve Hawes	18:28
20.	Robby Baldwin	18:55
21.	Adam Berlew	18:55
22.	Mark Smith	19:04
23.	Timothy Reid	19:07
24.	Eric Ellis	19:09
25.	Chuck Dodge	19:21
26.	Micheal Thompson	19:24
27.	David Goldsmith	19:34
28.	Jonathan Rice	19:35
29.	Vance Brown	19:36
30.	Chris Everett	19:45
31.	James McMillan	19:57
32.	Eric Anderson	20:14
33.	John Holyoke	20:22
34.	James Hawes	20:23
35.	David Quirk	20:38

36.	Ed Whitehouse	20:39
37.	Goff Wass	20:40
38.	Robert Quirk	20:41
39.	Micheal Wright	20:42
40.	Harold Henderson	20:45
41.	Mary Lynn Cyr*	20:57
42.	Mike Turner	21:00
43.	Eric Smith	21:03
44.	Theresa Lawlor*	21:04
45.	Robert Walstrom	21:07
46.	Bill Green	21:14
47.	Joel Marsters	21:22
48.	Tim Savage	21:31
49.	John Poirier	21:40
50.	George Hall	21:46
51.	Richard Goodmaster	21:48
52.	Paul Lavoie	21:50
53.	Chris McCarthy	22:08
54.	E.W. Rice	22:13
55.	Chris Ranco	22:14
56.	Robin Guptil*	22:23
57.	Andy Boynton	22:24
58.	Lewis Tapley	22:35
59.	Ron Adams	22:39
60.	Anne Marie Carroll*	22:44
61.	William Foley	22:55
62.	Jeanette LaPlante*	23:11
63.	Norman Fitzgerald	23:17
64.	Walter Capen	23:22
65.	Margaret Purvis *	23:25
66.	Stefan Eaton	23:25
67.	John Long	23:37
68.	Todd Ketchun	23:41
69.	Lori Drinkwater*	23:49
70.	Debra Leighton*	23:52
71.	Sami Gray	24:00
72.	Mary Kellett*	24:05
73.	Greta Neptune*	24:17
74.	Brian Messer	24:18
75.	Kate Brady*	24:31
76.	Nancy Remsen*	24:42
77.	Dorothy Stockard*	24:43
78.	Sherri Williams*	25:07
79.	Unk	25:07
80.	Gary Messer	25:13
81.	William Lawlor	25:20
82.	John Dean	25:53
83.	Kathy Kenny*	26:05
84.	Allison Higgins*	26:12
85.	David Gray	26:25
86.	Sharon Ryan*	26:26
87.	Cassie Black†	26:27
88.	Lori Holyoke*	26:32
89.	Larry Rich	26:58
90.	Carol Manowski*	28:15
91.	Joey Nadeau	28:16
92.	Thomas Long	28:22
93.	N. Van Raymond	28:55
94.	Jimmy Nadeau	29:27
95.	Stephan Knowles	29:52
96.	Francine Hickey*	31:42

97.	Jackie Higgins *	31:52
98.	Karen Sullivan*	32:24
99.	Robert Soulas	32:24
100.	Robert Soulas	33:11
101.	Lorraine Bracy	33:12

- Results from Bob Booker
Race Director

SECOND ANNUAL ATHLETIC ATTIC 10K
Bangor May 10

1.	Phil Garland	32:16
2.	Michael Gaige	33:33
3.	Steve Dexter	34:00
4.	Dirick Bradt	34:58
5.	Michael Westphal	35:38
6.	Robert Everett	35:48
7.	Steve Brown	35:49
8.	Larry Deans	35:57
9.	Steve Ransom	36:10
10.	Mark O'Flynn	36:16
11.	Henri Bouchard	36:28
12.	Phil Stuart	36:43
13.	Erik White	36:47
14.	Richard Leavitt	36:49
15.	Skip Howard	37:06
16.	Steve Norton	37:15
17.	Phil St. Pierre	37:16
18.	John Pozniak Jr.	37:18
19.	Douglas Ware	37:19
20.	Thomas Neill	37:50
21.	Clint Foxwell	37:59
22.	John Frachella	38:00
23.	Adam Berlew	38:06
24.	Eric Ellis	38:17
25.	Dave Dunlap	38:18
26.	Michael Worcester	38:41
27.	Dave Clement	38:44
28.	John Beverly	38:47
29.	Ray Cormier	38:51
30.	Brent Worthing	38:54
31.	David Torrey	38:59
32.	Robin Emery*	39:01
33.	Chris Hamilton	39:07
34.	Phil McGraw	39:09
35.	Gary Coyne	39:15
36.	Paul Grosswiler	39:17
37.	Benard Baker	39:29
38.	Dan Wheeler	39:30
39.	Steve Gladzcuk	39:32
40.	Robby Baldwin	39:33
41.	Steve Palley	39:39
42.	Gary Worthing	39:42
43.	John Trefethen	39:47
44.	Darren Billings	39:50
45.	Dick Balentine	39:56
46.	Gary Allen	40:01
47.	Robert Gaboury	40:11
48.	Larry Lunn	40:23

31:52	49. Ted Wallace	40:32
32:24	50. Loren Ritchie	40:40
32:24	51. Norm Carlisle	40:52
33:11	52. Forest O. Hart	41:02
33:12	53. Miguel Muniz	41:12
	54. Herb Joliat	41:32
	55. Gerry Bryan	41:39
ector	56. Charles Nichols	41:41
	57. Frank Lisnik	41:48
IC 10K	58. Bill McLead	41:51
ay 10	59. Alan Stevens	41:57
-----	60. Steve Cartwright	41:58
	61. Wayne Champeon	41:59
2:16	62. David Brooks	42:09
3:33	63. Al Michaelson	42:16
4:00	64. Russell Clukey	42:18
4:58	65. John Gates	42:24
5:38	66. Margret Johnson*	42:26
5:48	67. Rodway McNicholl	42:32
5:49	68. Paul Connor	42:42
5:57	69. Rick Emery	42:45
6:10	70. Steven St. Pierre	42:49
6:16	71. Dave Jones	42:54
6:28	72. Micheal Thompson	43:05
6:43	73. Gil Roderick	43:13
6:47	74. Dennis Bates	43:13
6:49	75. Diane Lounder*	43:20
7:06	76. Tim Powers	43:27
7:15	77. Gary Windsor	43:49
7:16	78. Wayne Holden	43:50
7:18	79. John King	44:01
7:19	80. Susan Knowlton*	44:10
7:50	81. Lou Michaud	44:20
7:59	82. Dennis Noonan	44:36
8:00	83. Gary Barrett	44:51
8:06	84. Chuck Dodge	44:52
8:17	85. James Milliken	45:04
8:18	86. Andrew Haslam	45:13
8:41	87. Tyler Thompson	45:23
8:44	88. Michael Craig	45:25
8:47	89. Shawn Craig	45:30
8:51	90. Eric Anderson	45:37
8:54	91. Craig Gordon	46:04
8:59	92. Dwight Webber	46:07
9:01	93. Pete Espennette	46:19
9:07	94. Call Buxton	46:19
9:09	95. Ven Edelston	46:28
9:15	96. John King	46:29
9:17	97. Steve Scott	46:30
9:29	98. Tom Brown	46:40
9:30	99. Tom Maleck	46:50
9:32	100. Richard Grant	46:59
9:33	101. Kevin Ritchie	47:03
9:39	102. Mark Wheatherford	47:05
9:42	103. Jeff Brown	47:16
9:47	104. Dick Merrill	47:24
9:50	105. Alston Beal	47:53
9:56	106. Robert Woodworth	47:54
10:01	107. Dave Mitchell	47:58
10:11	108. Joanne Kimble	48:33
10:23	109. Bill Nemer	48:35

110. Richard Floyd	48:40
111. Jim Knapp	48:48
112. Norman Fitzgerald	48:48
113. Audrey Hodgkins*	48:53
114. Wendell Porter	49:06
115. Skip Hanson	49:10
116. Dennis Sirois	49:15
117. Dennis Noonan IV	49:20
118. Robert Markwood	49:24
119. Bert Andrews	49:29
120. Jeanette LaPlante*	49:31
121. Brad Viles	49:59
122. Mary Wolfe	50:19
123. Kevin Dudley	50:49
124. Robert Curtis	50:50
125. Toby Brown	51:05
126. Gerald Davis	51:12
127. Chris Ranco	51:16
128. Charles Boynton	51:25
129. Patricia Meserve*	51:29
130. Leona Clapper*	52:15
131. Michael Szatkowski	52:57
132. Alfred Bourgoin	53:33
133. Cindy Andrews*	53:54
134. Kevin Sargent	55:16
135. Geoffery Noonan	55:32
136. Sami Gray	55:37
137. Charles Clapper Jr.	56:00
138. Pat Deshaies	56:05
139. Tia Lamarre	56:05
140. Scott Shuman	56:17
141. Cassie Black*	56:29
142. Sharon Ryan*	56:49
143. Perian Haslam	57:22
144. Mary Kellett*	58:00
145. David Gray	58:01
146. Deborah White*	58:08
147. Margret Freeman*	58:10
148. Barbra Noonan *	58:40
149. Lloyd Holmes	60:00
150. Greta Neptune*	60:32
151. Linda Guerrette*	60:40
152. Joan Gordon*	60:47
153. Melanie Brochu*	62:00
154. Jeffery Zabik	62:23
155. Colin Griffiths	62:30

- Results from Peter Brigham
Race Director

SHOP'N SAVE 1980 ROAD RACE 10K
S. Portland May 10

1. John Gardner	32:23
2. Lan Barker	32:51
3. Ralph Thomas	33:08
4. Sam Sleeper	35:11
5. Scott Mannette	35:27
6. Richard Mulhern	35:48
7. Michael Towle	36:07
8. Roger Foster	36:21

9.	George Towle	37:37
10.	Peter Bastow	37:51
11.	Victor Stacey Jr.	38:00
12.	Thomas Bradley	38:50
13.	Bob Brown	38:59
14.	Richard Campbell	39:04
15.	Keith Joiner	39:06
16.	Bob Provost	39:14
17.	Michael Lacroix	39:19
18.	Barry Hougate	39:24
19.	Doug Moody	39:49
20.	Reid Crossman	40:14
21.	Peter Holloway	40:22
22.	Michael Spadinger	40:27
23.	Herb Strom	40:30
24.	Scott Bolsvert	40:37
25.	John Kelly	40:50
26.	Randy Jordan	41:04
27.	Jeffery Preble	41:06
28.	William Scaplen	41:11
29.	Richard Baker	41:22
30.	Frank Morang	41:30
31.	Richard Waldron	41:41
32.	Merlin Hartford	41:49
33.	Larry Dyer	41:53
34.	Roger Pike	42:00
35.	Nathan Morris	42:09
36.	Carey Wilson	42:16
37.	Michael Guidi	42:25
38.	Bill Warnke	42:27
39.	Fred Colbroth	42:36
40.	William Webster Jr	43:05
41.	Harry Hunt	43:08
42.	Jim Chase	43:17
43.	Paul Jacobson	43:25
44.	John Boddy	43:29
45.	Fred Hopkins	43:33
46.	Rich Mannette	43:36
47.	Paul Dostie	43:37
48.	Lester Everett	43:45
49.	Dick Dudley	43:48
50.	Norman Lewis Sr.	44:05
51.	Dan Greenstein	44:21
52.	Carlton Comstock	44:33
53.	Rick Stout	44:39
54.	Chris Comstock	44:56
55.	Ralph Bartholomew	44:57
56.	Clement Charbonneau	45:58
57.	Bill Elgee	44:59
58.	Clay Triolo	45:14
59.	Kevin Ross	45:26
60.	Scott Sanford	45:30
61.	Joe Hammond	45:54
62.	Jack Harland	45:56
63.	Dave Goodwin	46:02
64.	Chris Aceto	46:11
65.	Herbert Taylor	46:15
66.	Paul Yarrington	46:23
67.	Julie McFarland*	46:29
68.	Howard Jackson	48:02
69.	Keith Veazie	48:14
70.	R.M. Keith	48:38

71.	Sam Comstock	48:41
72.	David Peterson	49:08
73.	Jeff Sheckley	49:16
74.	Katherine Yarrington*	49:25
75.	James Guy	49:30
76.	Linda MacDonald*	49:36
77.	Margaret L. May*	49:48
78.	Robert Wade	49:52
79.	Jenny Scheu*	50:03
80.	Nick Scheu	50:03
81.	Ronald Morris	50:20
82.	Bob Forcier	50:34
83.	Elizabeth Guernsey*	50:37
84.	Robin Everett*	50:47
85.	Garry Bowne	51:16
86.	Cush Hayward	51:39
87.	Irene Morris*	52:16
88.	Jeff Drew	52:37
89.	Barbara Nelson*	52:38
90.	Paul Chamberlain	53:44
91.	Robert MacMath	55:57
92.	Charles Scribner	58:38
93.	Ronald Henry	60:48
94.	Brian St. Pierre	63:17
95.	Ann Comstock*	65:34

- Results from PPH

ANDROSCOGGIN HARRIERS 10,000 METER
CLUB INVITATIONAL
Lewiston-Auburn May 11, 80

1.	John Gardner	32:55
2.	Ralph Fletcher	34:15
3.	John Daley	35:02
4.	Neil Iash	35:08
5.	Fred Judkins	35:29
6.	Dave Nordstrom	35:34
7.	Sam Sleeper	36:13
8.	Dan Campbell	36:38
9.	Buzz Davis	36:50
10.	Dan Cake	36:57
11.	Mark Lessard	38:12
12.	George Liming	38:20
13.	Ben Lounsbury	38:30
14.	Mike Gendron	38:41
15.	Bob Provost	38:56

- Results from PPH

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THIRD ANNUAL AMERICAN RED CROSS
10 Miler
Bangor

May 17th

1.	Mike Westphal	54:07
2.	Steven Russell	54:35
3.	Chuck Huss	55:29
4.	Glen Joseph	57:29
5.	Bob Snow	58:26
6.	Doug Ware	58:40
7.	Bryant Bourgoin	59:39
8.	Deke Talbot	60:44
9.	Phil St. Pierre	60:54
10.	John Frachella	61:05
11.	Tom Neill	61:56
12.	Eric Ellis	62:27
13.	Dan Wheeler	62:39
14.	Cliff Hatfield	62:42
15.	Dave Torrey	63:03
16.	Richard Everett	63:41
17.	John Lisnik	63:43
18.	Skip Howard	63:44
19.	Darren Billings	65:10
20.	Bob Gaboury	65:39
21.	Tom Coy	66:28
22.	Charles Nichols	66:56
23.	Al Michelson	67:09
24.	Gerry Bryan	67:40
25.	Vance Stoddard	68:21
26.	Gil Roderick	68:25
27.	Carol Roy*	68:30
28.	Jeff Brantner	68:46
29.	Gary Coyne	69:27
30.	Richard Emery	69:27
31.	Dave Gorczyca	69:46
32.	Paul Connor	69:58
33.	Gary Winsor	71:19
34.	Larry Lunn	71:19
35.	John Archambault	71:43
36.	Ernie Gilbert	72:21
37.	Susan Knowlton*	72:22
38.	Joe Brann	72:29
39.	Michael Bassi	72:43
40.	Gary Barrett	73:16
41.	Tom Houston	74:13
42.	Gehrie Johnson	76:55
43.	Tyler Thompson	77:01
44.	David Alley	77:07
45.	Dave Mitchell	78:53
46.	Charles Leaf	79:51
47.	Gordan Halpern	83:15
48.	Jeannie Lewis*	84:34
49.	Leona Clapper*	84:37
50.	Brad Viles	87:11
51.	Peter Curran	88:05
52.	Charles Clapper	88:08
53.	Dale Tudor	96:31
54.	George Wallace	106:42

- Results from Jim Timmins

SOUTHERN MAINE CLASSIC
Gorham

5.1
May 10

1.	Dr. Robert Sholl	28:41
2.	Frank Hoelzle	29:04
3.	Jim Babb	29:30
4.	Russ Pickering	31:15
5.	Jerry Crommett	31:32
6.	Greg Nelson	32:04
7.	Mark Hoffmaster	32:21
8.	Roland Trottier	32:26
9.	Robert Hanes	32:30
10.	Scott Allen	32:48
11.	Tony Pickering	32:51
12.	Ken Curtis	33:06
13.	Bill Kane	33:13
14.	Martin Rogers	33:33
15.	Geogg Kushlau	33:40
16.	Finn Kelly	34:02
17.	Anie Clark	34:06
18.	Tom Burns	34:11
19.	Andrew Wylie	34:13
20.	Les Berry	34:17
21.	Dave Hall	34:24
22.	Martin Danion	34:52
23.	Tim Davis	35:18
24.	Vance Stoddard	35:34
25.	Robert Payne	36:10
26.	Ray O'Neal	36:12
27.	Phil Wells	36:15
28.	Bub Predham	36:23
29.	Steve Doxey	36:45
30.	Guy LaFlamme	36:46
31.	Colin Promroy	37:01
32.	Julie Runnells*	37:11
33.	George Wells	37:14
34.	John Center	37:18
35.	Bill Caiazzo	37:26
36.	Tom Brewster	37:29
37.	Sam Boothby	37:39
38.	Jim Geary	37:51
39.	Kevin Kein	38:38
40.	Mike Barry	38:46
41.	Richard Higgins	39:11
42.	Steve Hammill	39:20
43.	Bruce Allen	39:45
44.	Karl Geib	40:01
45.	Paul Dargis	40:02
46.	Tina Waterman*	40:10
47.	Wilfred Gillis	40:34
48.	James Graffam	40:50
49.	Paul Lindahl	41:21
50.	Rick Simmonds	41:22
51.	Roger Anderson	41:39
52.	Carol Trottier*	42:02
53.	Jay Imler	42:05
54.	Rick St. Croix	42:08
55.	Robert Hayes	42:09

56.	Paul Marcincill	42:24
57.	Peter Hand	42:35
58.	Ken Procter	42:44
59.	Craig Warren	42:47
60.	Jeff Wheeler	42:56
61.	Matt Taylor	42:56
62.	Chris Cloutier	43:00
63.	Charlie Glover	43:14
64.	Alan Gibbons	43:17
65.	Rosalin Randall*	45:12
66.	Gerald Hoff	45:16
67.	John Gale	45:19
68.	Jeff Gray	45:28
69.	Frank Long	46:58
70.	Dennis Anderson	50:48
71.	Ada Spinney*	51:07
72.	Lorraine Ware*	51:11

- Results from PPH

BIDDEFORD 15 MILER
Biddeford May 11

1.	Ralph Thomas	1:23:53
2.	John Gardner	1:26:38
3.	Dave Loranger	1:30:17
4.	Russ Pickering	1:31:15
5.	Ron Brooks	1:31:25
6.	Dave Bailey	1:33:00
7.	Arnold Amoroso	1:35:13
8.	Mike Daly	1:35:28
9.	Bob Coughlin	1:35:30
10.	Lawson Noyes	1:36:01
11.	David DeLois	1:36:08
12.	Dale Dorr	1:36:08
13.	Joe Bean	1:36:37
14.	Downing Towne	1:36:59
15.	Harvey Rohde	1:37:04
16.	Ken Lefourneau	1:38:09
17.	Jim Amfilo	1:38:49
18.	Don Provost	1:39:02
19.	Darren Billings	1:39:36
20.	Charles Hunt	1:40:11
21.	Bob Smyth	1:41:41
22.	Mike Lacroix	1:42:27
23.	Arnie Clark	1:42:53
24.	Craig Kirby	1:42:57
25.	George Linnie	1:42:58
26.	Pat Connell	1:43:40
27.	Herb Strom	1:43:47
28.	Tom Keating	1:44:20
29.	Joel Croteau	1:44:33
30.	Diane Fournier*	1:44:58
31.	Don Wilson	1:46:32
32.	Dave Smith	1:46:45
33.	Ben Zuckerman	1:47:04
34.	Gerry Roberts	1:47:07
35.	Dick Sabine	1:47:19

36.	Frank Morong	1:48:45
37.	Roger St. Louis	1:48:46
38.	Byron Hill	1:48:48
39.	Ray Burchell	1:49:04
40.	Barbara Coughlin*	1:49:12
41.	Guy Laflamme	1:49:30
42.	Mark Gulow	1:49:33
43.	Lloyd Cook	1:50:39
44.	Craig Dietrich	1:51:31
45.	Dave Dyer	1:51:31
46.	Nancy Dorr*	1:51:46
47.	Dave Galli	1:52:04
48.	Robert Milliken	1:52:13
49.	John Parker	1:52:15
50.	Dave Plimpton	1:53:54
51.	Barbara Hamaluk*	1:57:54
52.	Leonard Sanborn	1:58:13
53.	John Tuohey	1:58:20
54.	Annette Racianiello*	1:58:35
55.	Edward O'Griffette	1:59:35
56.	Art Williams	2:00:45
57.	Donald Jackson	2:00:47
58.	Sheila Colby*	2:04:02
59.	John Stewart	2:04:27
60.	Max Anderson	2:04:28
61.	Kristina Gordan*	2:06:52
62.	Bob LaNigra	2:06:53
63.	Tom DeLois	2:08:22
64.	Lili Kopala*	2:08:54
65.	Marguerite Comerford*	2:09:55
66.	Dick Roberge	2:13:45
67.	Leon Hadiaris	2:16:49
68.	Paula Frost*	2:19:05
69.	Stoddard Chaplin	2:20:32
70.	Tim Chase	2:29:27
71.	Lynda Provost*	2:33:38
72.	Jeanne Berthiaume	2:37:39

- Results from PPH

Very late results from Western Track are in. Unfortunately we went to press 3 days ago, so there is just time and space to mention that Marshwood won the Southern York League led by Kim Trott and Kim Shirk, while Cape won the girls' Triple C crown. Liz Rich and Virginia Connors were named outstanding field and distance competitors in the meet at Scarborough. Biddeford just squeaked by Westbrook to capture the Southwesterns led by there 400 Relay team.

In boys action Cape Elizabeth ran away with the Triple C laurels led by Chris Lord. Cheverus won just as convincingly in the Southwestern loop with outstanding performances turned in by Ernie Salamone, Brian Pettingill and Joe Joyce. York won the So. York crown behind there 1,600 meter relay.

1:48:45
1:48:46
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1:49:04
1:49:12
1:49:30
1:49:33
1:50:39
1:51:31
1:51:31
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1:58:13
1:58:20
1:58:35
1:59:35
2:00:45
2:00:47
2:04:02
2:04:27
2:04:28
2:06:52
2:06:53
2:08:22
2:08:54
2:09:55
2:13:45
2:16:49
2:19:05
2:20:32
2:29:27
2:33:38
2:37:39

July 27, 1980

Sunday

9:00 AM

BEAUTIFUL COUNTRY RUNNING

FIRST HERMON ANNUAL

10 KILOMETER ROAD RACE

SPONSORED BY HERMON RECREATION CORP.

OFFICIAL ENTRY BLANK

NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ AGE _____ SEX _____

DIVISIONS: 15 & UNDER 16-18 19-29 30-39 40-49 50 & OVER

TROPHIES FOR FIRST 5 FINISHERS; FIRST WOMAN; FIRST MAN AND WOMAN IN EACH DIVISION; (SENIORS - MAN ONLY); FIRST HERMON MAN AND WOMAN; YOUNGEST FINISHER; OLDEST FINISHER.

RACE STARTS AND ENDS AT THE HERMON HIGH SCHOOL. MILE MARKERS. WATER POINTS. RESCUE SQUAD AND MEDICAL BACKUP. RADIO NET. OPEN GYM FOR WARMUP AND SHELTER. REST ROOMS. JUICE AND COOKIES.

ALSO

TWO (2) ONE MILE SPORT RUNS

RACE NUMBER 1 AGES 12 & UNDER NO FEE

AWARDS TO FIRST, SECOND, AND FIRST GIRL

RACE NUMBER 2 AGES 13-15 FEE \$1.00

AWARDS TO FIRST, SECOND, AND FIRST GIRL

SPORT RACES WILL BE RUN AFTER PRESENTATION OF AWARDS FOR 10 KM RACE

RACE CHOICE 10 KILOMETER SPORT RUN 1 SPORT RUN 2

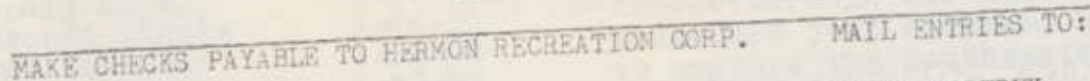
(SEE REVERSE)

ENTRY FEE (10KM) \$3.00 REGISTRATION BY MAIL OR 7:30-8:45 RACE DAY

AMOUNT ENCLOSED

IN CONSIDERATION OF THIS ENTRY BEING EXCEPTED, I, FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS WAVE 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.

ROUTE MAP - 10 KILOMETER ROAD RACE



MARTY GODFREY
RFD 2, BOX 294
BANGOR, ME 04401

PROCEEDS FROM THIS EVENT WILL BENEFIT THE HERMON RECREATION CORPORATION



10,000 METRE (6.2 Mile) ROAD RACE

"RUN FOR THE OYSTER"
at the

DAMARISCOTTA RIVER OYSTER FESTIVAL



WHEN: Saturday July 12, 1980 at 9:30 A.M.

WHERE: Registration, Parking, and Finish at Round Top Dairy on Business Route #1 - North of Town.

FACILITIES: Locker Rooms, Rest Rooms, Showers (Bring your own towel) at the registration point and finish at Recreation Center across from Round Top Dairy.

COURSE: A beautiful scenic countryside and town run, around the 6000-year old Oyster Shell Heaps on the Damariscotta River. For the first 4 miles the Great Salt Bay is in view. The last 2 miles are through beautiful downtown Damariscotta-Newcastle.

FREE OYSTER LOGO "T" SHIRTS for the first 100 finishers of the race.

AWARDS: Raw oysters to all finishers.
Trophies to first 3 in each class - men and women: 1.) 18 years and under;
2.) 19 years thru 29 years; 3.) 30 years thru 39; 4.) 40 years thru 49;
and, 5.) 50 years and over.

"SURVIVOR" Certificates to all finishers of the race.

SOME STATISTICS of the Wheel Measured Course: 1979 Time- MEN 32.15 Minutes; WOMEN 45.02 Minutes. 96 Entrants completed the course.

Official Entry Form

In consideration of this entry being accepted, I, for myself, my heirs, and assigns, hereby waive and release all rights and claims for personal damages I may have against officials and race sponsors.

Signature _____

If minor, have parent or guardian sign above

Address _____

Zip _____

Age _____

Sex M() F() Phone _____

\$3.00 check payable to "FAST OYSTER". Sponsored by the Damariscotta-Newcastle Rotary Club. P.O. Box 405, Damariscotta, Maine 04543
Director- Bill Murdock (207) 563-5780

Registration closes July 5th. Registration may be made at race START 7-9A.M. July 12th

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

First Name															
Last Name															
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.

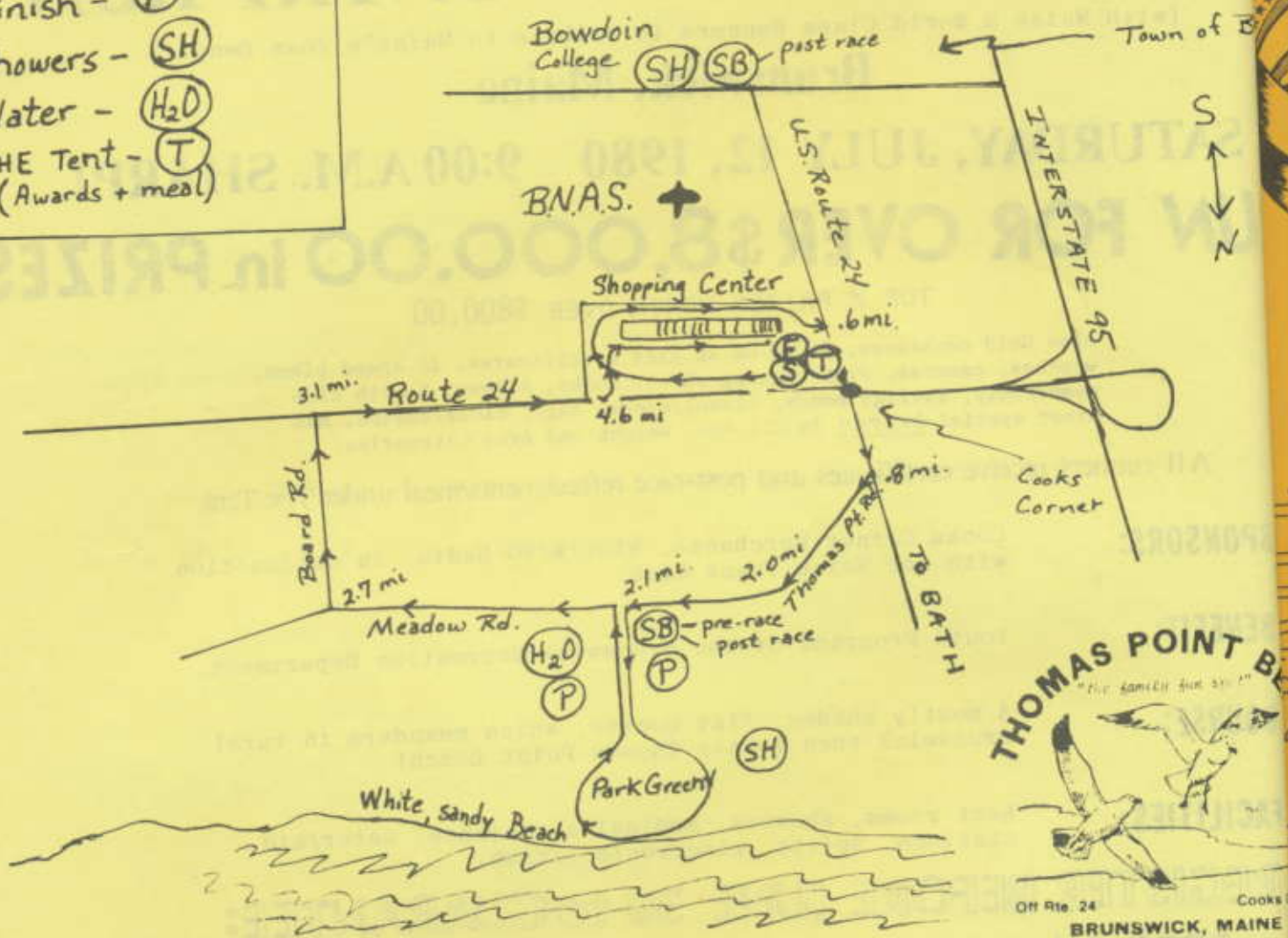
Signature _____

Parent Signature _____
(If under 18, necessary)

MASTER MAP

Cooks Corner Country Run

5 mile course



Clean Sandy Beach
Gift Shop
Snack Bar
Sweet Shop

Camping
Arcade
Lifeguard on Duty
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

Limited to first 500!

Run

Town of Bangor

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Five on
the
Fifth

Saturday July 5, 1980
Brewer Auditorium
10:00 A.M.

A 5K Road Race from the Brewer to the Bangor Auditorium completely unhampered by traffic. (The streets will be closed by the Bangor Police Department in preparation for the 4th of July Parade which follows the race.) There will be thousands of spectators! (For last years Santa Claus parade, Bangor attracted 8,000 spectators.)

Awards in 9 categories (male and female)

9 and under

10 - 14

15 - 18

19 - 29

30 - 39

40 - 49

50 and over

3 person team trophy

* centipede competition *
(6 person minimum)

\$3.00

register before
June 27th. \$1.00
late fee.

Transportation from
finish to start provided.
(Or run a nice 2 mile
cool down.)

Join in Bangor's 4th
of July celebration

- * pancake breakfast
- * chicken barbeque
- * bean supper
- * block dance
- * Fireworks *

Sponsored by: RPM

Rt. 2, Box 136

E. Holden, Me 04429



Name

Official Use

Address

Zip

T-shirt size

xs s m l xl

Team

Centipede? yes no

In consideration of this entry being accepted,
I hereby waive and release any and all Rights
and Claims for Damages I may have against the
sponsors holding this event for any and all
injuries suffered by me at said meet. Parents
must sign for runners under 18. Signature

Run for Fun



We Can
Help.

Maine National Bank

Where:

Starts at Maine National Bank's Main Office,
400 Congress Street, Portland, Maine

When:

June 29, 1980, at 11:00 A.M.
Runners should report at 10:00 A.M.

Pre-registration is encouraged. Registration the
day of the race will close at 9:30 A.M.

The Course:

The route is patrolled and traffic controlled.
Times are given at each mile. Aid stations will be
provided at mile two and at mile four. The course
is wheel measured.

The five-mile course starts at Maine National Bank's Main Office at 400 Congress Street and proceeds northeast to Franklin Arterial then southeast to Commercial Street. Follow Commercial Street along the waterfront to St. John's Street. After St. John's Street, turn right on Park Avenue. Follow Park to Preble Street. After Preble, turn left onto Congress Street and finish at Maine National Bank.

Great Cranberry Island 4.8 Mile Race

Don't miss the most unique Road Race in Maine! Come race in this Island village as we celebrate our Sequecentennial. A 15 minute ferry trip brings you to a quality race and (fog allowing) provides a breathtaking view of Mount Desert Island.

Due to the limited size of the ferry, the field is limited to the first 150 entrants. Refunds will be made to those exceeding our limit.

DATE: Saturday June 21, 1980, 11:00 sharp

WHERE: Great Cranberry Island (off Mt. Desert Island)

COURSE: 4.8 miles (wheel measured) modified out and back, 80% paved, 10% grass, 10% gravel, rolling hills, start/finish $\frac{1}{2}$ mile from dock

RECORDS: Mike Westphal 25:07

Robin Emery 30:17

ENTRY FEE: \$2.00 make checks payable to Larry Allen

FEATURES:

1. Aid station at 2 miles
2. All miles marked
3. No traffic problems
4. Times at 2 and 4 miles
5. Immediate results posted
6. Free post race liquid refreshment
7. Unique awards to All Finishers
8. Optional T shirt (\$3.50 indicate sizes)
9. Optional post race spaghetti lunch
11:30-12:30 (\$1.50 indicate number)

ALL PROCEEDS TO BENEFIT THE GREAT CRANBERRY ISLAND LIBRARY

SPECIAL AWARDS:

Youngest finisher
First under 12 male/female
First H.S. male/female
First 3 open male/female
First over 40 male/female
Oldest finisher
First 3 person team male/female

RACE DIRECTOR: Direct all correspondence to Larry Allen
Box 37, Great Cranberry Isles, Maine, 04625

INSTRUCTIONS FOR FERRY TRANSPORTATION TO RACE

WHERE FROM: N.E. Harbor municipal pier (Mt. Desert Island) Ferry operated by Beal and Bunker Inc. of Gt. Cranberry Island. Due to limited seating indicate the number of non runners for your reservation (maximum 2 per entry)

WHEN: 9:10am, return trip leaves at 1:30pm

COST: \$2.50 round trip \$1.50 for children under 12 (purchase tickets on boat)



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 any sponsor of this race.

Name _____ Address _____

Age _____ School or Club _____

Signature (parent if under 18) _____

Indicate no. of non runners _____ Indicate T shirts & sizes _____

Indicate no. for spaghetti _____ Mail to: Larry Allen, Box 37,
Great Cranberry Isles, Maine, 04625

Enclose entry fee only!!