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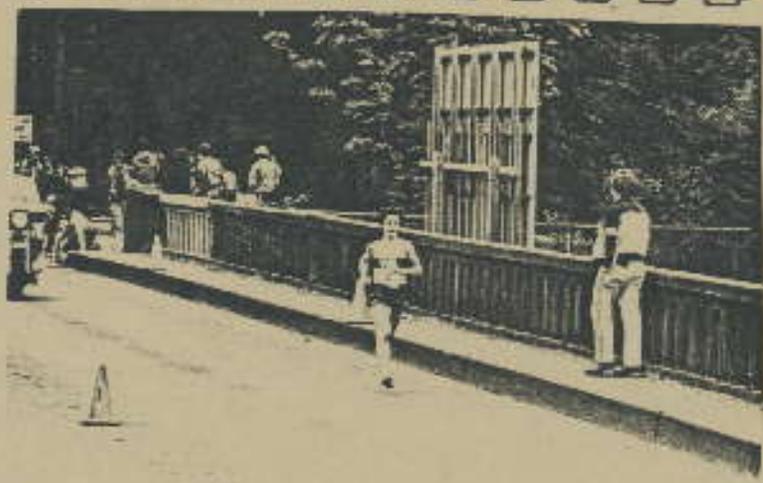
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Vol. 5 No. 6 JUNE 84

MAINE Running

THE TRIALS

HUBERT STROM
164 Fowler Rd.
Cape Elizabeth, Me. 04107
7-84



\$1.50



MAINE Running *誌*

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

I'm sorry if anyone or any event seems to get slighted this month, but as far as I'm concerned there was only one story this past month. A story that has been building for years - The First Ever American Olympic Marathon Trials in Olympia, Washington and MR readers will have a front row seat to relive the excitement as my brother, Dick reports this month on Joanie's Race and next month on Kim Beaulieu and Anne Marie Davee's stay in the Northwest.

Words can not describe the feelings that overwhelmed us all as we watched Joan sag in utter exhaustion at the finish line. And smart!!! I don't think I have ever seen three people run any smarter than Joan and the two Julie's. Joan ran her race with the breakneck first 10; Brown ran her perfectly even pace throughout; and Julie Ishording reserved so much strength for the finish. I can't wait to see them take on the world in L.A.

We do have other stories as well this month - The National Guard Marathon Trials in Lincoln, Nebraska where Marlin Conrad and Lee Nicely made the National Team; news about how to certify your course and report the results to the National Running Data Center; What Me Run? with Don Wismer; Canoe and Bicycle news as well. The Pack is full; the calendar and race flyers are overwhelming so enjoy.

If June is here can the Bunyan be far behind?

Maine Running is printed monthly at Bangor, Maine.

Editor: Robert Booker
PO Box 259
E. Holden, ME 04429

Telephone: (207) 843-6262

JUNE AND JULY CALENDARS 2-3

I've had to reduce the print size to get them all in!

FOUR DAYS IN OLYMPIA (Part I) 4-6
JOANIE'S RACE

My brother, Dick got to see the Olympic Trials up close with press credentials reading "Maine Running". He had a wonderful time with Kim and Anne Marie, and we will be printing more of his article next month.

T.A.C. NEWS 7

J. Frank Glynn keeps us up to date on the kids.

MAINE RUNNING the Newspaper Article 8

A taste of what the readers of some Maine newspapers read about the Russian pull-out this week.

THE TRIALS - OVER TIME 12-13

Herb Parsons first hand account of the trials. A gift from the blues; thanks Herb and Jane

Woods Runners 14

Duane and Nerd's thoughts on more concrete matters.

LINCOLN MARATHON 84 16

A quick view of the goings on in the Great Plains marathon.

NATIONAL RUNNING DATA CENTER NEWS 17-20

Ken and Jen Young teach us how to get our courses fully certified and how to report the results. We owe it to the runners to give them a chance in the National Rankings. Let's shoot for 100% by December 31st.

WHAT ME RUN? 21

Yes, you do run, Don. Just not like the elite!

Canoe News, The MR Log & THE PACK

We want to print news of all kinds of outdoor, aerobic exercise. Let us print your water sport results. Look at all the flyers!!!

- 1 MASSABESIC SPRING RUN WFT. 5:30 p.m. from Massachusetts High School, South Waterboro, ME. 4 miles out and back. Hats to the first 100 entrants. Contact: Ed Coughly, RR1, Box 231, Alfred, ME 04002 or call John at 247-5235 or Eddie at 247-5675. Please include SASE.
- 2 OTTER CREEK WREFF. 10 a.m. from the Blackwoods Restaurant in Otter Creek. See flyer in May issue or contact: John Sharp, PO Box 88, Otter Creek, ME 04663
- 2 JOURNEY FOR SIGHT. 12 noon in Presque Isle. Contact: Eddie St. John
- 3 SRI CHINMOY 2 MILE RUN. 8 a.m. in Topsham. See flyer in May issue or contact: Sri Chinmoy Marathon Team, 40 Main St., Topsham, ME 04086
- 3* MATTAWANKEAG RIVER RACE. Mattawankeag River, Mattawankeag, ME. Whitewater Span - 10 Mile. Carl Stewart, 89 Lee St., Lincoln, ME 04457 794-6393
- 9 THE BAR HARBOR SPRING SPRINT. 11:00 a.m. SK (T.A.C. Certification Pending) Sponsored by Maxwell's Sporting Goods. All proceeds will go to the MDI YMCA. See flyer in May issue or contact: Maxwell's Sporting Goods, 43 Cottage St., Bar Harbor, ME 04609
- 9 ARTISAN OUTLET 10,000 METER ROAD RACE. 10 a.m. from J.F.K. Sec. Cntr., Perrott Ave., Portsmouth, N.H. Prs \$4.50 - Post \$6 T-shirts to first 750 Pre-registered runners. Contact: ProPortsmouth, Inc., PO Box 1008, Portsmouth, N.H. 03801 or call (603) 431-3388
- 9 TRIATHLON. 9 a.m. in Caribou. Contact: Caribou Red Dept
- 10 2ND ANNUAL FUN FOR FITNESS RACE. 1 p.m. from James A. Taylor Osteopathic Hospital in Bangor. See flyer in May issue or contact: James A. Taylor Osteopathic Hospital, 269 Stillwater Ave., Bangor, ME 04401
- 10 4TH ANNUAL LES FEMMES D'ACADIA FOOT RACE FOR WOMEN AND MEN. S.E.C.R.C., SW Harbor, ME 04678. 4 p.m. Prs \$5 w/ T-shirts to first 50/56 post Ribbons: 1,2 and 3rd. 5.5 miles
- 15 6TH ANNUAL GREAT CRANBERRY ISLAND ROAD RACE. 11 a.m. on Great Cranberry Island. Contact: Gary Allen, (Proud new father), Box 107, Cranberry Isles, ME 04625
- 16 HALF MARATHON. In Presque Isle. Contact: Eddie St. John
- 16* GORNO FESTIVAL CANOE RACE. Stillwater River, Gorno, ME. Flatwater Marathon 4 Miles. Contact: Adrian Humphreys, Performance Paddle Products, Stillwater & Forest Aves., Gorno, ME 066-5652
- 16 BORDER KING 5.5 MILE ROAD RACE AND 1 MILE FUN RUN. From the Keith Anderson Community Center on the Bennoch Road in Gorno at 9:30 a.m. Prs \$3/51 Fun Run; Post \$4/52 for Fun Run. T-shirts to first 75 registrants; 75 pointers caps for Fun Runners. Contact: Gorno Parks and Rec at 836-2856.
- 16* UPPER KENNEBEC RIVER RACE. Kennebec River, West Forks, ME. Flatwater Marathon - 11 miles. Contact: Dan Dwyer, 49 Pleasant St., Gardiner, ME 04354 582-7309
- 16 UNION TRUST 4 MILER. 9:30 a.m. start from Union Trust Co. on State Street in Ellsworth. See flyer
- 17 ADO'S 4 MILE RUN FOR CHARITY. 10 a.m. in Bangor. See flyer in May issue or contact: Adco Bone Health Supply Co., 304 Stillwater Ave., Bangor, ME 04401
- 17 6TH ANNUAL MAINE-LY LADIES INVITATIONAL 4 MILE RACE. 10 a.m. See flyer in May issue or contact: P.O. Box 141, Owen Park, ME 04063
- 17 FAIRFIELD'S SECOND NATIONAL JUNIOR OLYMPIC FUND RAISING 10K ROAD RACE AND FUN RUN. See flyer in May issue or contact: Linnie Goussie, 6 Brooks St., Fairfield, ME 04937
- 17 SOLSTICE STRIP. 10 a.m. from the Athletic Attic in the Auburn Mall. See flyer.
- 21 NEW SHARON FIREHOUSE FOUR MILER. 7 p.m. from the New Sharon Firehouse. See flyer.
- 23 COONIK RUN. 9 a.m. at Loring AFB in Limestone. Contact: Mike Vendonca
- 23 T.A.C. JUNIOR OLYMPIC ROAD RACING SCAVY CHAMPIONSHIPS. Five age groups for boys and girls. 10 and under, 11-12, 13-14, 15-16, 17-18. The first 10 finishers, both male and female, in the two older divisions will qualify to compete in the National Junior Olympic Road Race Championships to be held at L.S.U. in Baton Rouge, LA on July 21st. \$K for two younger groups; 10K for three older. See specifics in J. Frank Glynn's article.
- 23* WALDOBORO DAYS TRIATHLON. 5 mi canoe, 6.2 mi run, 25 mi bike. Competitive and recreational classes, single and teams. Celebration on Maine's scenic coast to benefit the Family Violence Project and New Hope for Women. See flyer.
- 23* CANCENANIA. Saco River, Bar Mills, ME. Flatwater Marathon 2 miles, 10 miles Contact: Sandy Martin, Saco River Canoe, Bar Mills, ME 04004 929-5521
- 23 THIRD ANNUAL FOTTLE HILL 10 KM AND FUN RUN. 9 a.m. in Mechanic Falls. See flyer.
- 23 MANYMOUTH HAMPDEN 8 1/2 MILE ROAD RACE. 8:30 a.m. from the Weatherbee School in Bangor. Contact: Skip Edward, Athletic Attic, Bangor Mall, Bangor, ME 04401 947-6883
- 23 5TH ANNUAL HERITAGE RUN. 5 mile cross country race and 1 mile fun run. 4 p.m. at the Notlands Estate in Livermore, Me. See flyer
- 24 LISBON REX DEPT 5.4 MILER. 9 a.m. from Lisbon High. See flyer in May issue or contact: LRD, PO Box 38, Lisbon Falls, ME 04252
- 24 APPLETON BIATHLON RUN & BIKE RACE. 9 a.m. at Appleton Village School. See flyer.
- 30 T.A.C. REGION 1 JUNIOR OLYMPIC TRACK AND FIELD. Southern Conn. State Univ. Must qualify at Association Meet.
- 30 THE DELTA RUN. In conjunction with the Spring Point Festival. 7 a.m. from S.M.V.T.I. See flyer.
- 30 NINTH ANNUAL TOUR DU LAC. 10 Mile Road Race and 1 Mile Fun Run. Maine's oldest 10 miler! See flyer.
- 30 PEPSI-COLA MOUNTAINS TO THE SEA TRIATHLON. 10 a.m. from the Blue Hill Fairgrounds. See flyer.
- 30 15TH ANNUAL PERRY TO KASHTPORT 7.2 MILE ROAD RACE. (Or as Phil Stuart would say... "THE DAISY LINCOLN MEMORIAL"). 9:30 a.m. from the Eastport Municipal Auditorium. See flyer
- 30 2ND AND CERTAINLY NOT LAST ANNUAL SCOWIE RUMBLE. 10K at 8 p.m. from the World Famous Palsmouth Town Garage. See flyer.



Bowdoin College

July 22, 1984 -

July 27, 1984

The Maine Running Camp '84

The 1984 Maine Running Camp will begin Sunday, July 22, 1984 at Bowdoin College. The participants will be housed in luxurious campus residence halls. Each participant must furnish his or her own bed linens and towels.

The first meal will be dinner on the 22nd of July and the last meal will be the noon meal on Friday, the 27th.

The participants will receive daily instruction in running techniques from some of the areas leading runners and coaches.

- ANDY PALMER -

Andy Palmer returns to the Maine Running Camp for his fourth straight year after a sensational year in which he coached cross country at Brandeis University and walked away with the laurel wreath at the first ever Bostonfest Marathon. Andy continues to coach many Maine high school champions through the mail and over the phone. Let him help you perform at your very best too.

There will be many more outstanding runners and coaches in attendance.

Each runner should bring: At least a half dozen T-shirts. Make them race shirts and swap! Three or four pairs of nylon shorts. Toilet articles. Two pair of socks for each day. This is a must! We don't have any athlete's foot. A jacket or warm sweater for the evenings.

Maine Running Camp Costs: The fee for the Maine Running Camp, including lodging and meals is \$155.00. Commuting students will be charged \$100.00. A deposit of \$50.00 must be received by July 1, 1984.

Medical Policy: Parents of participants under 21 years of age must have written evidence of a recent physical examination of their child. In addition, parents must indicate in writing that the participant is covered by a family health insurance policy (Blue Cross, etc.). The physical examination results, statement of health insurance, must be returned by June 23, 1984. The appropriate forms will be sent to you for your signature when we send your application confirmation. TAC Membership is recommended to take advantage of their excellent insurance policy. Ask for membership application.

The Maine Running Camp is sanctioned by:

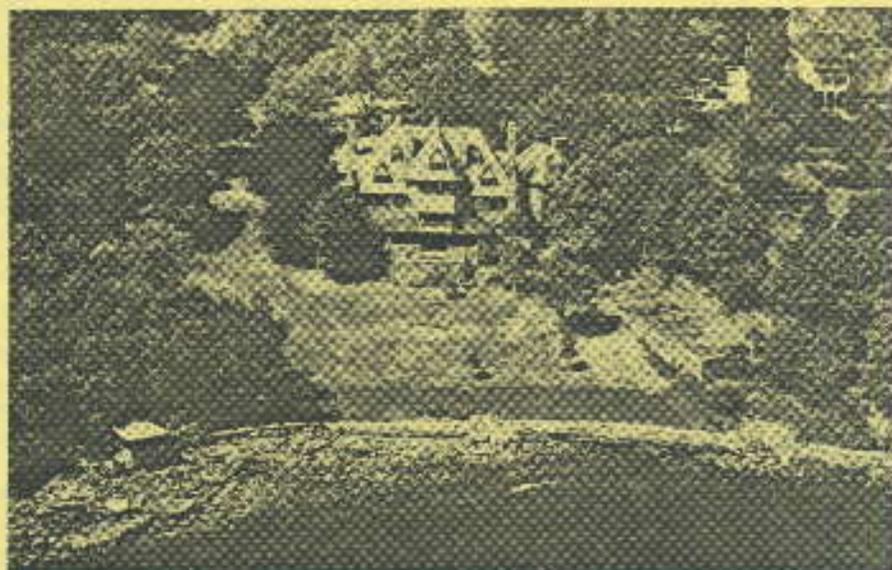


The Maine Running Camp

August 19 thru 24, 1984

For Adults

With ANDY PALMER
DR. PETER MILLARD
BOB BOOKER
TOM MULVEY
DR. JOHN FRACHELLA
and more!



The Maine Running Camp For Adults is open to anyone 18 and over who is looking for a great running vacation on Mount Desert Island in Acadia National Park. The camp's curriculum is open to the camper. There will be lectures, planned long runs, beautiful easy runs over the hundreds of carriage trails that criss-cross the island, sessions on technique, wonderful food and plenty of time to get out and enjoy the island as well: the beaches, the rocky coastline, the mountains, lakes and even the nightlife.

Campers will be housed in one of six residence halls on the College of the Atlantic campus. Our meals will be taken in the beautiful Turrets pictured above. Campers are asked to bring their own bed linens as well as toilet articles, towels, plenty of race T-shirts for trading and extra shoes and socks.

Campers who will need transportation from Bangor International Airport should indicate that fact on their application. Let us know the flight to be met as soon as possible.

The week will begin with a traditional Downeast Lobster Feed on Sunday night and end after the noon meal on Friday the 24th.

Maine Running Camp Costs: The fee for the Maine Running Camp, including lodging, meals and instruction is \$250.00. Commuting campers will be charged \$185.00. A deposit of \$50.00 must be received by August 1, 1984.

The Maine Running Camp
is sanctioned by:



College of the Atlantic

Bar Harbor, Maine 04619

July

- 4 5 ON THE 4TH. Houston 5K starts at 10 a.m. Contact: Fred Putnam
- 4 GREATER BANGOR 4TH OF JULY 1K. "Maine's Fastest Road Race" 1 p.m. from the Brewer Auditorium. See flyer.
- 4 9TH ANNUAL BRIDGTON 4 ON THE 4TH ROAD RACE. 9 a.m. from the Bridgton Junior High School. See flyer.
- 4 STONINGTON SIX 10K ROAD RACE & 1 MILE FUN RUN. 8:30 a.m. from the Stonington Elementary School. Fee \$5/\$3 T-Shirts to all finishers. Call Dick Powell 348-6896 or Nat Barzowa 367-1200 for more information.
- 4 BATH HERITAGE DAYS ROAD RACE. 8:30 a.m. from City Hall on Front Street. 1.5 mile fun-run too! See flyer
- 4 L.L. BEAN 10KM & 2 MILE FUN RUN. 7:30 a.m. from L.L. Bean in Freeport. See flyer
- 7 FURLAND 5K. 10:00 in Caribou. Contact: Mike Rose
- 7 7TH ANNUAL SOUTHWEST HARBOR DAYS ROAD RACE. Harbor House Community Ctr., Southwest Harbor, Me. 9:00 a.m. Pre \$5 w/T-shirt to first 100 registrants; \$6 day of race. 10K. Ribbons: 1,2,3.
- 7 6TH ANNUAL JAMES BAILEY/GARDINER COMMON 3 MILE ROAD RACE. 8 a.m. from Gardiner common. See flyer
- 8 EVERYBODY'S TRIATHLON. Runner, Rowers and Cyclists will have the opportunity to participate in the race. Teams will consist either of a three-member relay team or a one-member team competing in the Endurance categories. Pre registration is required before July 8th. Start of race 10A. Contact Harbor House, Southwest Harbor, ME 04879
- 8 PORTLAND ROTARY CLUB TRIATHLON. Run 5 mi; Canoe 5 mi; Bike 16 miles. 8 a.m. starts at City Parking Lot opposite Shop N'Save on Baxter Boulevard. Fee \$10 per person. 12 team events; Iron man & women T-shirts to first 200. Tentative. Contact: Jim Soale 775-3701 x 243
- 15* 13TH ROTARY CANOE RACE, Casariscotta Lake - Great Salt Bay, Jefferson, ME Flatwater Marathon. Horace Ranam, Star Route, Waldoboro, ME 04572 529-5485
- 15 SAVE YOUR SOLE 10K and 2 MILE FUN RUN. 10 a.m. from the Smithfield Baptist Church. \$6 entry. T-shirt to first 50 registrants. Scenic wheel measured course. Contact: Fawn Paradis 362-3121
- 15 THE MOXIE CHALLENGE ROAD RACE. 5:30 p.m. from Union Fairgrounds. See flyer
- 21 POTATO BLOSSOM 5 MILER. 9 a.m. from St. Fairfield. Contact: Conrad Walton.
- 21 MOLLYCROFT DAY CLASSIC. 1 Mile at 8:30 a.m. from Bethel Common; 5K at 8:50; 10K at 9. T-shirts to first 75 registrants. See flyer in July Maine Running. Contact: Don Angevine, PO Box 157, Bethel, ME 04217 Sponsored by the Bethel Outing Club
- 28* ESS TIDE MARATHON, Lower Penobscot River, Bangor, ME. Flatwater Marathon 10 Miles. Contact: Adrian Huphreys, Performance Peddle Products, Orono, ME 866-5632 or Gregg Farrell, Bangor Canoe 947-3048
- 29* KEY BANK MAINE EVENT TRIATHLON. 10 a.m. from Gardiner Junior High. See flyer.

See also this month the race flyers from LIFE SPORTS SCHOODIC POINT 16K and CASTLE TROUSERS ROAD RACES

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Etonic will send you up to a \$10 rebate when you buy any pair of Etonic running shoes. But hurry. This offer expires July 30, 1984. To miss it would be a crime.

©Etonic Winning never felt better.

by Dick Booker
Maine Running West Coast Correspondent

This and the articles to appear next month were made possible by generous contributions from fourteen readers who really wanted the inside story on the Maine girls in the trials. You know who you are and I thank you.

JOANIE'S RACE

When Joan Benoit followed Julie Brown to the speaker's rostrum at the pre-race press conference the electricity in the Skokomish Room of the Vance Tyse Motor Hotel was very similar to that of a heavyweight championship fight. This was the eye of the storm; the media -- veterans and neophytes alike -- stared in awe at the tiny woman barely visible through the microphones. Her face was simultaneously blushing and deathly pale as she trembled out an uncomfortable, "Hello." She responded to a question about her injuries with an excellent, detailed description of the events from March 16th to the present, but she seemed not to really be there; it occurred to me that she appeared to be so "wired" that she would like nothing better than to go right to the start immediately and get it over with. She looked so unhappy in this crowd that I determined to get an encouraging word in before she left the stand. When Dale Flynn, the WMTA Press Director, called for the last question I was beaten to the tongue by someone else, but it was answered so quickly that I raised my hand, stood in the center of the august gathering and said, "I'm Rich Booker of Maine Running Magazine and I'm just thrilled that the entire Maine team is here: you, Kim Beaulieu and Anne-Marie Davee. Thanks, Joanie. God bless you. Kick butt tomorrow." Amby Burfoot complimented me later and said that he thought she had snapped out of her concentration for a moment and seemed pleased that the other Maine girls had been mentioned. And what was happening in that room was really all that needs to be mentioned about Joanie's race; I was convinced that it was won before it was run because of her total centering on the goal, her history of toughness, and equally as important: EVERYONE wanted her to win -- the members of the Women's Marathon Trials Association, the 3700 volunteer course marshalls, the press, the 70,000 spectators, and amazingly, most of the other runners. This was synergy -- this was power -- and it was amusing and satisfying to me to observe how slowly the media came to the conclusion that it was inevitable all along that Joanie WOULD KICK BUTT. Bob Payne of the Tacoma News Tribune said the following Monday, that he had never seen an event in which the attention was so concentrated on one person. Joanie had thousands of people hoping for what appeared to be impossible, and she acknowledged the tremendous support she felt all around the course at the post-race press conference. So that was Joanie's race -- an historic, emotional, awesome performance about which millions of words have been written to which I can contribute little -- so here are a few pictures I took that may prove interesting:



The lead vehicle carrying Brent James, WMTA Director at 1.7 miles. Washington state capitol building in the background.



1.7 Miles - Joanie,
Betty Jo Springs -
Blurred at 1/250th of
a second!



7.5 Miles - Joanie & Betty Jo
"Athlete's West"



17.5 Miles - Perfect form and
all alone

Entering the chute,
her legs stiffened...





She bent over in relief
and agony...

Many minutes later;
feeling better, but
walking very slowly
to the press confer-
ence.



NEXT MONTH:
Friday Morning With
Kim and Anne Marie
as the saga of the
Maine women in the
First Ever Olympic
Trials Marathon For
Women continues...

Watch for it!

Cyclery

MAINE FREEWHEELERS RIDE SCHEDULE 1984

June 9	Deis Head.	Jonathan Sands, Ride Leader 266-1307
17	Islesboro.	Scott Lathier, Ride Leader 947-6602
July 8	Boothbay Harbor	
22	Blue Hill.	Gerryann Bernard, Ride Leader 947-1222

For more information about the club contact: Don Stuart, President, Maine Freewheelers, RFD 2, Box 917, Carmel, Maine 04419 or call 848-5788. Happy Cycling!

MAINE ASSOCIATION OF THE ATHLETIC CONGRESS

Activity in Junior Olympic track and field and in cross country running has grown by leaps and bounds during the past few years and this year the Maine Association of the Athletic Congress (MAC) plans to add Junior Olympic road racing to the program. The program is designed for boys and girls, competing in two age groups: the intermediate division is for athletes 15 and 16 years of age and the young men's/women's division encompasses those in the 17 and 18 age group.

In past years Maine athletes have competed in the AAU program and have been very active. This year there will be no AAU Junior Olympic program but athletes will participate in the MAC Junior Olympic program. The athlete progresses from an Association meet to a Regional meet and finally to the National meet.

Maine athletes have traveled to the track and field Junior Olympics in Lincoln, Nebraska; Santa Clara, California; Winston/Salem, North Carolina; Memphis, Tennessee; Durham, North Carolina and South Bend, Indiana over the past few years. In cross country they have visited Nightstown, New Jersey; Cheyenne, Wyoming; Amarillo, Texas; Kansas City, Missouri and Omaha, Nebraska.

Many of Maine's athletes have won gold, silver and bronze medals and have proved beyond doubt that they can compete with the best in the country if they are given the opportunity. The exposure at these National Meets has brought Maine Boys and Girls to the attention of college coaches all over the United States. Many of them are now attending college under scholarships which came to them as a result of Junior Olympic competition.

The Maine Association track and field competition will be held at Scarborough High School on Saturday, June 16th. The decathlon/heptathlon will be held at Green High School on Saturday and Sunday, June 23rd and 24th. The road races will take place at Macanacook Community School in Readfield on Saturday, June 23rd.

Those who qualify at the Association meets will continue on to the Regionals in track and field, decathlon and heptathlon. The Regionals will be held in New Haven, Connecticut. Those who qualify in road racing will go directly to the National competition and will not compete in Regionals.

The National Junior Olympics will be held at Louisiana State University in Baton Rouge, Louisiana, from Tuesday, July 17th through Sunday, July 22nd. Decathlon/heptathlon will be held on July 17th and 18th. Track and field competition will be July 19th, 20th and 21st and the road races will be run Sunday, July 22nd.

1983 medal winners were Jodie Greiner of Winslow with a bronze in the Young Women's heptathlon, Heidi Irving of Mt. View in the Young Women's triple jump with a bronze medal, Christine Snow of Old Orchard with a bronze in the 1000 meter run in the older division, Correen Leeburg of Mt. Abram with a bronze in the Intermediate triple jump and John Stovall of Cheverus with a gold in the long jump and a bronze in the 400 meter run, also in the Intermediate Division.

Further information may be obtained from: Ron Kelly, 105 Maple Avenue, Scarborough, Maine - Tel. 893-2747 or P. Frank Glynn, 14 Gray Birch Drive, Augusta, Maine Tel. 622-9101.



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MAINE Running

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THE RUSSIAN BOYCOTT

by Bob Booker

Once again politics have been dragged into the Olympic Games. Jimmy Carter was wrong to involve the government in the 1980 and now the Russians are doubly wrong by getting even with the U.S. by spoiling our party.

I, for one, am all in favor of holding the games in a neutral location such as Switzerland. I think the idea of holding the games permanently in Greece is also a shaky idea in light of that country's political ebbs and flows. With a permanent sight in Switzerland, both the winter and summer games could be run in a non-political atmosphere and at a reduced cost because of the permanence of the housing and other facilities.

Fortunately for Maine citizens, the highlight of the summer games, the first ever Women's Olympic Marathon, will not be affected by the Soviet pull-out. The world's top women marathoners will still be there led by Freeport's Joan Benoit.

It's hard to believe, but America's top running periodical, Runner's World still insists that former world-record holder Grete Waitz of Norway will upset Benoit and win the gold medal. Joan Benoit holds the current world record by more than two minutes over Waitz and Allison Roe of New Zealand and yet she is looked over as the favorite to win gold.

It seems the west-coast magazine has yet to learn the lesson Joan has taught the rest of the world so well. She is awfully hard to beat! In fact, I predict that if Waitz tries to run Joanie's race, which is characterized by a breathtaking opening ten miles in less than fifty-five minutes, she will be beaten by Julie Brown of Oregon as well.

Julie's performance at the American Women's Trials recently in Olympia, Washington was done with such ease that an eight or nine minute improvement would not be out of the ordinary.

So make your plans now to put off anything you would normally be doing and tune in the First Ever Women's Olympic Marathon from Los Angeles on August 5th and watch Maine's own Joan Benoit write a new page in the history of the Olympic Games. The Bear might be out of the Olympics but the Maine Event is still on.

BENJAMIN'S

— SEAFOOD —

BENJAMIN'S HUMBLE PIE BROILED CASSEROLE OF SHRIMP, SCALLOPS & SCHROD, TOPPED WITH SEASONED CRUMBS AND VEGETABLES	6.95	NEPTUNE'S PLATTER	14.95
BOSTON SCHROD FRESH FILET BROILED IN LEMON BUTTER & SHERRY	6.50	LOBSTER DINNER AN ABUNDANCE OF SUCCELUENT LOBSTER SERVED WITH DRAWN BUTTER	PRICE ACCORDING TO TON
BAKED STUFFED HADDOCK FRESH FILET OF HADDOCK WITH HOUSE STUFFING	7.50	LOBSTER/SIRLOIN OR	
BROILED SCALLOPS TENDER SCALLOPS SIMMERED IN SHERRY AND BUTTER	9.50	TERIYAKI STEAK COMBO	12.50
		<small>THE BEST OF BOTH WORLDS. A BENEVOLENT PORTION OF EACH WITH DRAWN BUTTER</small>	
SCAMPI SAUTEED SHRIMP, SCALLOPS, HADDOCK AND GARDEN FRESH VEGETABLES IN A DELICATE GARLIC BUTTER SERVED WITH A DOL OF RICE	9.50		

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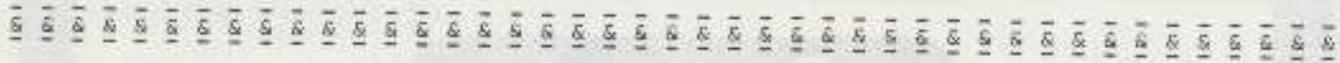
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123 FRANKLIN
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BANGOR, MAINE



COURSE CERTIFICATION

Remember last month when I asked about fully certified road races in Maine? They are: Sri Chinmoy 5K in Brunswick; Long Run (Horseneck Beach), Westport 8K; Sri Chinmoy 10K in Falmouth; The Run Away & York Day 10K in York; Ft. Western Tire Co. Twosome 5 Mile in Augusta and the Sugarloaf Marathon. The limited certification on the Gaspin Gobbler, Benjamin's, Kingfield, Bob Rice Memorial, and Great Pumpkin 10K's and the Casco Bay, Paul Bunyan, and Maine Coast Marathons will run out on December 31st of this year. See Ken and Jen Young's article about course certification and record keeping in this issue of Maine Running. Let's get Maine's road races certified! Let's lead the nation like we're supposed to! Contact Allan Steinfeld, 9 E. 89th St., New York, N.Y. 10022 for all the paperwork necessary.



NOW MAINE RUNNING SPONSORS TWO GREAT RUNNING CAMPS

THE 6TH ANNUAL MAINE RUNNING CAMP

For 50 youngsters 10-18
At Bowdoin College, Brunswick
July 22-27, 1984

With Bostonfest Marathon
champ and Brandeis XC
coach, ANDY PALMER

Also featuring...

Director - Bob Booker
Hermon XC Coach - Tom Mulvey

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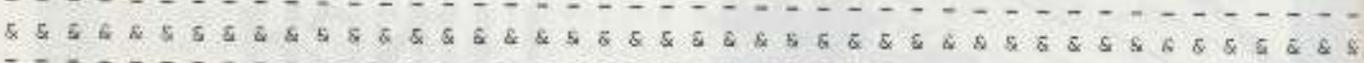


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February 9, 1984

Page 8

Maine Running

The Athletic Congress

By BOB BOOKER
On December 11, 1983 a group of young women representing the Casco Bay Track Club from Westport captured the National Teen Championships at the T.A.C. Junior Championships in Omaha, Nebraska. The 11- and 13-year-olds were from Maine, but they ran as if they were from... This was the

governing body of amateur track and field decided the Amateur AT break up to sports with the body... The purpose of the organization is to... This was the

THE VALLEY TIMES

years. With public awareness there is no charge this... Times should be T.A.C. programs... from Massachusetts to Illinois. Any... opportunity that is big enough to... have a recreation department... should be big enough to sponsor a... T.A.C. Track and Field program... during the summer and a track... program in the fall.

terrace in track and field and that she was willing to take them to the... have she is the head of the... very successful Bangor Track and Field Team. There are similar... stores in Bangor, Farmington and... Bangor.

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THE TRIALS - OVER TIME

by Herbert Parsons

Everyone counted - not just the first three - on this historic occasion and the crowd seemed to sense that, staying to clap for each runner. For past world and American record holders Jackie Hansen and Kim Merritt, and for Patti Catalano, still smiling at 17 miles to be there, who ran 2:36 for 16th. For Sister Marion's strong, tall 2:52 at age 54. For Judy Gumbs Leydig of California who's been marathoning well for years. For Marty Cooksey of Oregon whose one second PR of 2:35:42 in 13th came from a body wasted by mile 22 and due under 2:30 some day. She'd been the first woman ever to beat me in a race, striding forcefully up the long hill in the '78 Cascade Run Off. For Fordie Madeira, 19th in 2:36, who at age 19 ran a whopping PR which, if repeated next year, will obliterate Miki Gorman's U.S. Masters record of 2:39; that same Madeira who in Bermuda shorts came out of the Boston suburban woodwork in 1975 to run an excellent 10 mile in the annual Wellesley Race.

The applauding crowd was a cotton candy, small town All-American one. Hordes of area runners served as officials or made up most of those fanatics who thrashed their bicycles from point to point within the loop course to watch, a healthy, vigorous eruption that converged at key intersections to study maps and ride off in opposite directions to different conclusions. Trials qualifier Laurie Binder, straight out of the Xerox TV ad, was one, apparently too injured to run.

We saw the Start, with a 1/4 mile of American Flags and the ever-present 'white noise' helicopters. 3 Miles, where several runners dropped out together. To one, Jan oehm, I wanted to say, "Hey, it's OK. Your father and I both ran for CSU in the old days, and you're OK." But Jan seemed quite at ease with a decision obviously preplanned.

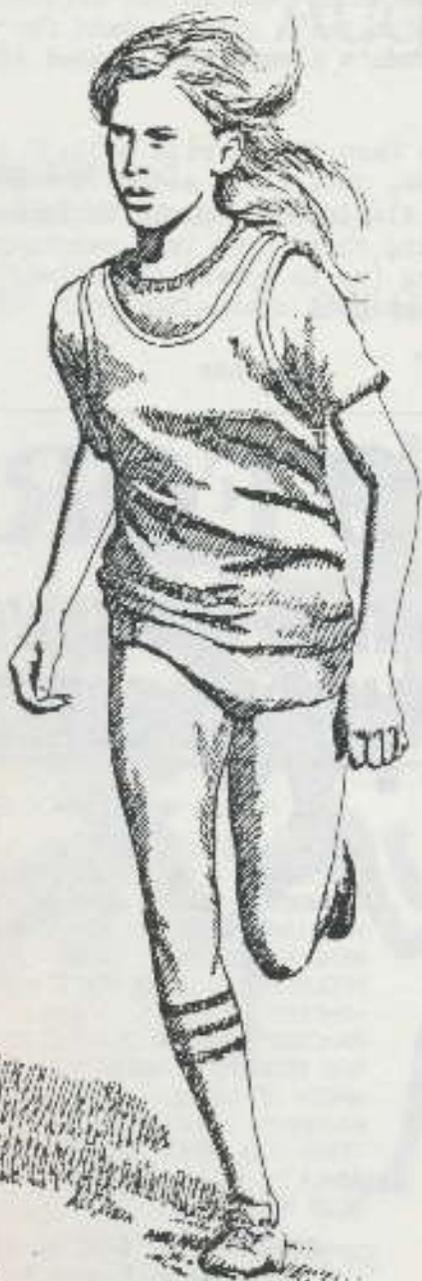
7 Miles, where Benoit and Springs were forcing the pace. 14 Miles, past rich farmland, great blue herons, and the smell of manure, where Benoit was now alone, relentlessly blowing it open. 17 Miles, where Brown looked easy, Springs tiring. 22 Miles, where Benoit looked pale and drawn, her 5:12 average having slipped to 6:10 for the previous mile. I couldn't help but holler "Awright, Joanie! Co, State a Maine! Drive 'er, Joanie, drive 'er!" just as we whose hearts are embedded in that rocky coast would yell at any lobsterman or scallop dragger. 22, where Brown looked comfortable, 16 year old Cathy Schiro from New Hampshire was 4th, pushing to make the team, and Isphording had moved up to 8th.

25 Miles, where Benoit seemed somewhat recovered, having run 6:00 for miles 23 and 24, and 5:16 for a downhill 25th, once again relentless and still without expression. Where Brown, looking always at the ground as though embarrassed by the ease of her effort, made it clear she was saving it for Los Angeles on August 5. Where Larsen in 3rd was maintaining but about to be passed by Isphording. Where the others were hanging on, many the worse for having started too fast in their tension and excitement. Generations of runners, from Sister Marion to Schiro: Debbie Mueller of Massachusetts heading for a PR 2:36, whose father once held the U.S. Masters record of 2:25. California's Charlene O'Brien on her way to 2:41, waving repeatedly to the crowd in thanks. Colorado's Margie Lloyd still conspicuous for her glowing smile throughout the entire race.

Now fitting that this first Olympic Women's Marathon Trials was won by Joan Benoit, a woman of such dignity and grace who's been at it so long. I remember annihilating her as a teenager, a mere whippersnapper, in one of those traditional Fresh Pond races in Cambridge, Massachusetts, and destroying her by 29 enormous seconds in the 1978 Brunswick, Maine 10 Mile Run-To-The-Coast. So much for the good ol' days.

In Olympia Joanie brought us that remarkable contrast between unemotional performance and finally tears of joy, with that reassuring perspective as the noble victor in her pinwheel-crested, Olympic-ring beanie, ever the Mad Maine Milliner. But if honor belonged to her, it belonged also to all the participants and to all our wives and friends and fellow runners who tried but failed to qualify, to each in private joy or disappointment, heavy with the effort and expectations of us and of themselves.

Herb Parsons is a Nationally ranked master runner from Seattle, Washington who spends his 'quality' time in North Haven, Maine during the summer. His famous pen and ink drawings are regularly seen in Running Times and Maine Running magazines.



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WOODS RUNNERS

Finally.....it's over!!! We can breathe again, come alive, communicate. Sixty days of mourning, dressing in black, black armbands, once a week services, vows of silence..... all to be with our brother in his time of need. Yes, you're right...that's exactly what happened. Nerdlie's shorts finally gave out. Months without a wash, streaked with salt from the sweat of a thousand early morning outings, torn from hangover, veers into wild rose bushes. Ah, one could go on describing the drab and dreary life of being Nerdlie's drawers but on to greater things!!

We have a new president, duly elected in his absence and one with ample time on his hands to account for Woods Runners activities; our local entrepreneur, the Toots Shor of Patten, Kingpin of the restaurant circuit..Jerry Michaud!!! a veritable "fried clam" if ever there was one!! He and his running spouse, Justine, will soon be arranging a summer schedule of events designed to put the shine back in old Nerd's eyes. Our thanks to Alan and Vicki Stevens for their guiding hand for the past year; however keep in mind we haven't always been guided in a straight and proper manner!!!

The hot club runner to date has to be Mark Chasse with a 33:50 in the 5.8 mile Owlrock Sauna Run and a 16:04, good for a second out of 1st place in the St. Joseph Spring Run - also burned up the Terry Fox in decent shape. All others are biding their time (and catching up on winter's playtimes) before exposing (so to speak) themselves to the racing element. Anyway - have some good ones -

Duane



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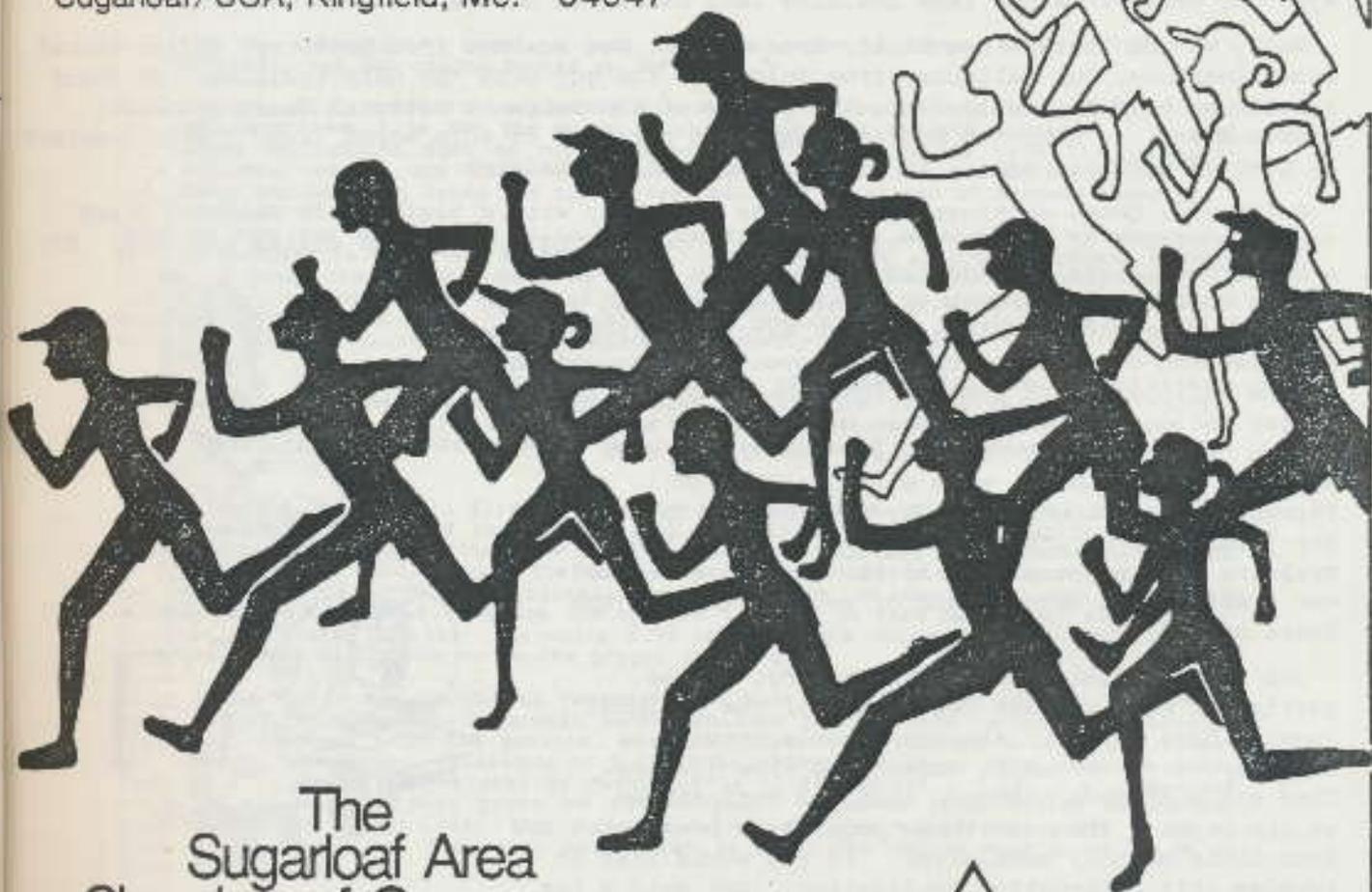


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CORNHUSKER HUSSLE

THE FIRST NATIONAL GUARD
MARATHON TRIALS

by Bob Booker



"Bob, I've been trying to get you for days. I pulled my left thigh muscle and the coach doesn't think I should go to Nebraska." It's Thursday, April 26th and Timmy Marquis, the Maine National Guard number two man, was letting me know that I was not training slowly and deliberately for the Maine Coast anymore; instead I was training for the National Guard Marathon Trials in Lincoln, Nebraska and the race would come off in TEN DAYS!!! What the heck, I've put less training into marathons before.

Well, we got there. Lee Nicely from Gorham, Ken Newsome from Lewiston, Marlin Conrad from Limestone, Bob Salisbury from Solon and the guy with TEN DAYS training. We found Lincoln to be deliciously flat, the people of the Nebraska National Guard extremely gracious and the corn-fed Nebraska beef and pork out of this world (Yes, I even indulged in gorging with red meat. It was in tune with my training.)

Our small, quiet contingent from Maine came away with a sixth place National Guard team effort out of the forty-eight teams representing forty-seven states and Guam. Not a bad effort overall. Individually we made out O.K. too. Marlin Conrad, pictured above being congratulated earlier in our half-marathon trials held in March at Bangor, came away twelfth overall; tenth in the open category and third in the National Guard competition. He is on the first string National Guard team that will compete in the Marine Corps Marathon this fall. Lee Nicely made the National Guard masters team with his PR 3:00:14 performance. Ken clocked a 3:05; Bob ran a 3:09:49 in his first ever marathon and the fella' with TEN DAYS training coasted home in 3:11:29. Marlin's 2:34:05 was a mere seven seconds out of second place in the Guard competition.

One of the highlights of the trip for me was getting to meet Ken and Jen Young, of the National Running Data Center. Stephen Fasen's drawing of the keepers-of-the-marks doesn't do them justice. They are much more handsome than the caricatures at the right. The next three pages have been extracted from their monthly newsletter. If you would like to receive this informative publication, just send a tax deductible \$15 contribution to the address opposite.



REQUIREMENTS FOR RECORD-KEEPING

ROAD PERFORMANCES

Record-keeping is concerned with two principal concerns. First, the course as run must be at least the stated distance and second, the time must be at least as fast as the stated time. Given these, the mark must be achieved in bonafide competition.

Accuracy of Course Distance. The course MUST be nationally certified by the Road Running Technical Committee (RRTC, formerly the National Standards Committee under Ted Corbitt) of The Athletics Congress (TAC). Certification is effective from the date on which the final measurements were made on which the decision to grant certification was based. Altho it is not mandatory that the approval notice be received prior to the race date (it is STRONGLY recommended), the complete set of measurements MUST be mailed to the RRTC or a designated regional representative with a postmark PRIOR to the race date. Otherwise, no marks will be considered for record purposes from that race.

The course MUST be measured along the shortest path a runner COULD take without being disqualified. If you certify a course using only one lane of a roadway but do not cone and monitor the course and are not prepared to disqualify runners cutting tangents using the entire roadway, the certification may be disallowed for that race. After 1 January 1985, the course must have been measured to include a 0.1% short course prevention factor.

We need a signed statement attesting that the course was run properly. The preferred form of this statement is:

"I, the undersigned, hereby attest that the (name of race), held on (date of race), was run on the course as certified."

Intermediate split times in road races are acceptable for records only if they meet the same requirements as for the event itself. Each intermediate distance to be used for record application must be certified as a SEPARATE distance with the straight-line distance between the start and finish and the start and finish elevations stated. There should be at least two times recorded, with fractions of seconds reported.

Once the race has been run, a validation remeasurement may be required. A remeasurement is required in the event an open men's, open women's or all-comers record is set. A remeasurement will also be required for an age-group record except when the course has previously been validated or has been measured by a member or designated representative of the RRTC. The decision for a remeasurement resides with the chairperson of the RRTC Validation sub-committee (presently Ken Young).

A validation is intended to review the conduct of a particular race. This almost always entails a remeasurement of the course and a check of the calibration course. The validation will be carried out by a member or designated representative of the RRTC, specifically assigned to do so by the chairperson of the Validation sub-committee of the RRTC.

The validation person will first review the available materials, such as course maps and video tapes. If deemed necessary, he or she will check the calibration course and then proceed to remeasure the race course, along the shortest legal route AS DEFINED ON THE DAY OF THE RACE. Since the actual route as defined on race day may not follow the course EXACTLY as it was originally certified, the validation assures that MINOR changes in the placement of cones and traffic barriers on race day do not significantly alter the course length. The extra 0.1% added to the course distance helps insure that the course will prove to be the proper distance.

After 31 Dec 1984, the validation remeasurement must show that the race course was at least the stated distance, otherwise marks achieved in that race cannot be considered for record purposes. In the interim, a short course tolerance of 0.1% is in effect for calendar 1984 and a tolerance of 0.2% is in effect for races held prior to 1984. Thus, a 10 kilometer course that is certified as 10,000 meters + 0.1%, i.e., measured to be 10,010 meters, must prove on remeasurement to be at least 10,000 meters for races held after 31 Dec 1984. For races held in 1984, the course must prove to be at least 9,990 meters and for races held prior to 1984, the course must prove to be at least 9,980 meters.

After 31 Dec 1984, all courses that do not have a FULL certification which includes the 0.1% short course prevention factor, will be DECERTIFIED. Thus, it is imperative that all on-going races currently being held over certified courses, review the status of their certification and, if needed, recertify under the guidelines that will prevail in 1985.

Timing Requirements. For open and all-comers records, at least two stopped times must be taken. Most road races use Chronomix or Heuer timers as the primary timing system. You should have AT LEAST two additional official watches available to record stopped times on the lead male and female runners. If you have three watches and one fails, you will still have the required two stopped times. Each stopped time should be recorded with full fractions of seconds and identified by the signature of the responsible timer and that person's address. Each stopped watch should be checked by the chief timer to insure that the time is properly recorded. You should designate three watches as "official" and any others as "alternates," specifying prior to the start, the order in which alternate watches are to replace official watches that malfunction.

TAC Rules 37.7 and 37.8 govern the manner in which the official time to be assigned to a given performance is determined. The official time is the middle time of the three (the slower if only two were taken), with all non-zero fractions taken up to the next full second. For example, the three times recorded for Paul Cumming's half marathon mark at the 1983 River Corridor Classic were 1:01:31.2, 1:01:31.4 and 1:01:31.6. The middle time is 1:01:31.4 with the non-zero fraction being taken up to the next full second so that the official time for record purposes is 1:01:32.

For age-group records, at least one stopped time must be recorded. In addition, an independent verification that the times have been properly assigned to the runners is mandatory. This independent verification consists of a finish line match between runner competitor numbers and times for selected runners. This "select timing" system assures that the particular runners selected did run the times reported. These times are then used to insure that the match between the finish line times and finish chute places is correct. The "selected times" are usually taken from a "running" watch rather than a "stopped" watch and should not be used as official times. If discrepancies are noted between the finish line times and the finish chute places, times should be assigned to insure that the time assigned to the runner certainly represents a time at least as fast as he or she ran, i.e., always assign a slower time when there is any question.

The three extra hand-held stop watches serve several purposes. First, in the event the primary timing system fails, you can "restart" the Chronomix or Heuer later using a hand-held time. Second, you should compare the hand-held stopped times with the stopped times for the first finisher to insure that the primary timing system is reporting the proper times. If the primary timing system is reporting times faster than the consensus (middle) of the three hand-held stopped times, all the times reported from the primary system must be adjusted. Third, in the event of a open record-breaking performance, you will need the extra stopped times in order for the mark to be considered as a record.

Several finish line systems when used for large races do not record stopped times for each individual during periods of high finish density. Instead, selected runners are timed, perhaps one every five to ten seconds, and the remainder of the places have times interpolated between those times actually recorded. For age group marks to be considered for record purposes under these circumstances, the race results must distinguish between actual and interpolated times. In addition, the times actually recorded must be identified as "running" or "stopped" times and, if stopped, the method of handling non-zero fractions of seconds must be specified if the fractions are not reported. For record purposes, the time to be assigned is the next slower time actually recorded. If race results are supplied without distinguishing actual from interpolated times and the finish system employed is known to utilize this method for high density finishes, any potential age group records will be disregarded.

Bonafide Competition. Here, the rule-book definition of bonafide competition is somewhat vague and, for record purposes, is open to interpretation by the Records Committee. Marks are subject to being disallowed in the event that a runner not officially entered in the competition or a runner entered in the competition but who does not start or who has dropped out of the competition, runs more than 200 meters with the record claimed during the competition.

Marks may be disallowed under other circumstances. Decisions will be made on a case-by-case basis. It is the responsibility of the race director and the runners involved to be aware of the rules of competition, specifically TAC Rules 65.4, 65.5, 65.6, and 65.7 of the 1983 Competition Rules for Athletics published by TAC.

The standard LDR road events are 8, 10, 15, 20, 25, 30, 50 and 100 kilometers, 10, 20, 50 and 100 miles, and the half and full marathons.

* * * * *

Please note that these requirements have been set forth as proposed rules changes for TAC and will be voted on by the general assembly in December 1983. It is expected that these rules will be effective at this meeting and will apply to all record applications both prior and subsequent to this time. These requirements also govern the acceptance of road records by the RRCA.

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Race Results Needed by the NRDC

The NRDC needs results of races to carry on its activities of keeping the official national records, age records, national rankings, race participation statistics and other statistics on road and long distance running. Specifically, we need:

- (1) results of all US non-track races 5 kilometers and longer
- (2) results of all US track races longer than 10 kilometers
- (3) results of foreign races where US citizens participate

Non-track races may be held on paved, gravel or dirt roads, trails or cross-country such as on golf courses or in parks. Results of races closed to school runners are not needed. Complete results are desired for all races but it is particularly important that the NRDC receive complete results of all races held on certified courses and tracks. Complete results include the following information for every finisher:

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| (1) time | (6) home state |
| (2) full name | (7) citizenship if not US |
| (3) age | (8) identify wheelchair/other non-racers |
| (4) sex | (9) dates of birth for top age group finishers |
| (5) home town | |

The race should be clearly identified by:

- | | |
|------------------|-------------------------------|
| (1) name of race | (3) distance |
| (2) date of race | (4) location (town and state) |

This information should be presented in a clear and readable manner. The exact format is left to the convenience of the race director. The most useful format lists men and women separately by five-year age groups, in order of finish time, in COLUM-NAR format. This is particularly helpful for races with more than 1000 finishers.

To substantiate marks that may qualify for records or national ranking, the following information must be supplied:

- (1) a copy of the letter signed by Ted Corbitt granting course certification. This serves to identify the course,
- (2) a signed statement attesting that the race was held on the course as certified,
- (3) complete race results listing the official times as recorded. If only full seconds are reported, we need to know how fractions of seconds were handled. The proper procedure is to take all non-zero fractions up to the next full second. If supplementary times are available for top open or age group runners, please list all official stopped times,
- (4) a description of the procedures used to match runners and times at the finish to insure accuracy. Note that an independent cross-check system (select timing) is required for all races with more than 100 finishers.
- (5) a description of measures taken to verify performances and to insure against cheating.

For races held on uncertified courses, we would prefer complete results. If full results are not available, please send the name, date, distance and location of race and the number of official finishers.

If race results do not list all finishers, some runners may not receive credit for age records or be included in rankings. If ages are not reported, runners cannot be considered for age records and may not be included in their proper age group for rankings. If sex is not indicated, women may not be recognized. If hometown and homestate are not reported, runners with similar names may be confused. If no results are received, we can't do anything for your runners.

Age records and rankings are published annually by the NRDC. Over 250 pages of annual and all-time rankings are included in "US Distance Rankings." Over 3000 age records are listed in "Running Records by Age." The NRDC clears all marks that are submitted to both the RRCA and TAC for official recognition as records.

Race results should be sent promptly to the NRDC, PO Box 42888, Tucson AZ 85733

official
stics and

What, Me Run?

There's a fellow down the block named Zip Crandall. He runs too, and as our block is eight miles around I'm constantly running into him. But I'm not putting it correctly. I don't run into him; he runs right past me.

Zip is one of those runners who makes us all look bad. He was a ninety-eight pound weakling as a kid. Bullies used to kick sand in his face at the beach all the time, even when he wasn't with a beautiful girl. He tried one of those comic book physical fitness regimens, and after going through it and trying out his new muscles, he found that the bullies had stopped kicking sand into his face. Instead, they kicked his face.

So he turned to running. First he found that he could outdistance the bullies -- no problem. Then he found that long distance running gave him a certain stature at parties, which he had never had as a ninety-eight pound wimp. As a ninety-eight pound running wimp, he was now hearing people say things like: "Twenty miles? Wow! But isn't it lonely?" or "That far! I don't think I could do it. In fact, I don't even want to!" or "What, are you crazy? Mildred, over here, this guy's crazy!"

Thus after years of abuse, Zip has found something at which he excels, that gives him satisfaction and status. He's one of those guys who can eat a large pizza -- extra cheese -- and drink a keg of beer, and not gain an ounce. The lightness of his frame gives him little wind resistance, and his long legs and instinctive fleeing reflexes make him a natural runner.

I hate him.

It may be venal of me, but there are reasons other than insane jealousy. Zip may once have come across as Mr. Meek, but his running success has swelled his head along with his calves. The fact is, Zip Crandall has become a bully himself, a running bully.

It's all psychological. Here I am, puffing away maybe four miles into a run, and here comes Zip up behind. Of course I don't hear him until he draws abreast of me -- he runs like a stalking cat -- so the sound of his first words nearly causes a heart attack. He comes up on me, then turns around and runs backwards, keeping pace and trying to start a conversation about Plato's Republic and the meaning of life. When I gasp out -- to cut talking short because I can't do much of it at the present time -- that the best approach is the silence of Zen and a Quaker meeting, he smiles meaningfully, hardly breathing at all, and then turns around and zips out of sight so fast that I stop to find out how come I'm standing still. Then I shake my head and begin again, knowing that he'll lap me at least once before I finish the eight miles.

Did I say I hate Zip? The thought is unworthy; I wish him well. But I wish, too, that...I was more like him? No! That's not it. I just wish... Oh, heck, I don't know what I wish.

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APPALACHIAN MOUNTAIN CLUB

MAINE CHAPTER

May 10, 1984

Dear Bob,

I'm glad to see Maine Running take an interest in canoeing. We, in the Appalachian Mountain Club, have long been addicted to it. It's a great sport!

The AMC is primarily involved in running rivers and "playing" on them as opposed to racing. Although most of the rivers we run are in southern Maine and nearby New Hampshire, we will also have trips on the St. Croix, Machias, Kennebec, and Dead Rivers further north. In addition, we have the Hudson Gorge in New York and a couple of rivers in Massachusetts on our schedule.

We run flatwater as well as white water trips (class 1 - class 4). Class 1 is easy; class 4 takes away your breath! Currently, there is a \$1 charge per person per trip, although this will probably rise to \$2 for non-members.

We encourage new paddlers; however, a certain ability level as well as equipment is required on white water trips in the interest of safety. Items such as wet suits, extra canoe floatation, crash helmets, etc. may be needed on certain trips. I'd be glad to send our schedule to anyone sending me a self-addressed stamped envelope or answer any questions on the phone or after the Bridgton 4 on the 8th Road Race.

Best regards,

Jay Spenciner, Canoe Chairman Maine AMC
RR 2, Box 2
Bridgton, ME 04809
647-3347

P.S. Enclosed is a copy of our spring/summer schedule should you want to print it. (Numbers after river refer to white water difficulty.)

Whitewater

- June 9 Leader's Choice, 2. Sue and Ken Gordon (784-2745), OO-L Dick Lealie (646-9544)
 10 Leader's Choice, 2. (Poling) L. Don Skofield (773-3693),
 (Belasse Lake) Dead, 3. L. Alice and Bill McKenna (647-2251).
 July 14-15 Androscoggin, 3-3, Kayak Instruction. L. Tim Sullivan (797-6874).

Flatwater

- June 3 Saco & Lovell Pond, Frank Allan, L. 799-3834
 9 Saco, Bob Lennax, L. 284-8253
 17 Presumpscot, Bud Straccon, L. 829-5415
 23 Ossipee, Deanne Rancourt, L. 839-4275
 July 7 Saco, Jay & David Spenciner, L. 647-3347
 14 Nonso, Deanne Rancourt, L. 839-4275
 21 Hancock & Walden Ponds, Jane Parker, L. 775-1000 x 2487
 28 Tenney River, Pat Croy, L. 892-2928



Hanson's Ski and Sport

- NEW STORE - NEW LOCATION -

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Complete line of Camping and Backpacking Equipment

Canoes and Kayaks by:

Sales, Service
and Rentals

HYDRA

Dr. John Frachella
(Whitewater Manager)

-the spirit of whitewater-

- Boats come standard with:
- adjustable ABS bucket seats
- " " footbraces
- beane pad safety device
- 3 year warantee

Come see our full line of paddling accessories for the race enthusiast, triathlete, or weekend boater

MAINE Running

DATE: _____ DISTANCE: _____ TIME: _____

COMMENTS: _____

DATE: _____ DISTANCE: _____ TIME: _____

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DATE: _____ DISTANCE: _____ TIME: _____

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DATE: _____ DISTANCE: _____ TIME: _____

COMMENTS: _____



'THE PACK'

MAINE T.A.C. ROAD RACE SERIES Cumberland JK Apr 14th

8 & Under Boys

1. Stokes	Y	12:34
2. White	Y	12:53
3. Joslin	Y	13:17
4. Worth	C	13:29
5. Popp	C	13:37
6. Porter	Y	14:04
7. Graham	Y	14:56
8. Trostler	L	15:00
9. Petri	Y	15:47
10. Vitalius	Y	16:06
11. Kennedy	C	16:11
12. Riley	Y	16:34
13. Morgan	Y	16:45
14. Forrest	Y	16:53
15. Parsons	C	16:58
16. Jacobs	Y	17:49
17. Felker	Y	17:55
18. Stowell	Y	19:37
19. Dawson	Y	20:25
20. Pires	Y	20:43
21. Hall	Y	20:46
22. Francheschini-Green	Y	21:51
23. Preston	B	23:57
24. Vachon	S	24:10
25. Hall	Y	24:11
26. Nichols	B	24:40

9 - 10 Boys

1. Worcester	C	11:55
2. Gatis	Y	12:00
3. Colucci	C	12:10
4. White	Y	12:20
5. Davis	S	12:31
6. Yoda	L	13:04
7. Stiles	C	13:23
8. Worth	C	13:26
9. Porter	Y	13:35
10. Lamy	S	13:36
11. Leslie	S	13:38
12. Teckaker	B	13:44
13. Guidi	C	14:10
14. Nickerson	B	14:20
15. Vachon	S	14:42
16. Bennett	B	14:57
17. Wood	S	15:24
18. Brown	F	16:23
19. McDonald	F	16:54
20. Gordon	Y	17:08
21. Splint	Y	19:15
22. M. Nickerson	B	19:36
23. Sidecut	L	20:52
24. Moore	Y	22:30
25. Hunter	B	22:40
26. Penlee	B	22:46
27. Hutchinson	L	23:09
28. Isall	L	23:10
29. Brown	C	24:03

11-12 Boys

1. Nichols	B	11:31
2. Morrison	S	11:34
3. Hoyer	L	11:46
4. France	L	11:51
5. Delaine	L	12:04
6. Lambert	C	12:07
7. Coulet	S	12:22
8. Clukey	C	12:30

9. McLean	Y	12:43
10. Cliffe	B	12:49
11. Duquette	L	13:04
12. Vachon	S	13:07
13. Knaffle	L	13:37
14. Leslie	S	13:34
15. J. Knaffle	L	13:37
16. Scott	S	13:42
17. Tremblay	S	13:49
18. LeChance	L	14:02
19. Vitalius	Y	14:04
20. Levasseur	Y	14:07
21. Ladd	C	14:09
22. Porch	C	14:14
23. Bailey	Y	14:31
24. Darling	Y	14:33
25. Clark	B	14:43
26. Wood	S	15:27
27. LaFleur	L	15:49
28. Sawyer	L	15:51
29. Sinclair	A	15:57
30. Roy	S	16:08
31. Jackson	Y	16:31
32. Roberts	B	17:18

8 & Under Girls

1. Reals	C	13:35
2. Foley	C	14:41
3. Decker	C	14:53
4. Rodgers	Y	16:17
5. Trebilcock	B	16:20
6. Newick	Y	16:22
7. Coulet	S	16:51
8. Sinyham	C	18:21
9. Vitalius	Y	18:35
10. Roberts	Y	18:39
11. LeClair	C	19:16
12. Curtis	C	20:28
13. Morton	C	21:17
14. Paulsen	Y	23:35
15. Myers	B	23:56
16. Maloney	C	24:08
17. K. Maloney	C	24:09
18. Mitchell	S	26:04

9-10 Girls

1. Popp	C	13:14
2. Mehan	S	13:32
3. LaBrecque	S	13:48
4. Whittier	C	14:04
5. Roberts	S	14:21
6. Deane	-	14:25
7. Vachon	S	14:36
8. Smith	C	15:27
9. Fulser	C	15:27
10. Parent	S	15:39
11. Dennison	Y	15:51
12. Rodgers	Y	16:17
13. Bellow	Y	16:54
14. McMahon	L	17:26
15. Begin	S	18:41
16. Chandanet	S	18:46
17. Winslow	Y	19:27
18. Means	L	19:47
19. Trebilcock	B	19:48
20. Tremblay	S	21:11
21. Sirmons	Y	21:17
22. Pavin	L	21:23
23. Stokes	Y	21:26
24. Wood	S	22:22
25. Theriault	S	23:15
26. Jipson	S	26:19

27. Mitchell S

11-12 Girls

1. Becker	C	11:38
2. Plummer	L	12:38
3. Shorr	F	12:39
4. Percell	L	13:29
5. Fraser	L	13:30
6. Hancock	S	13:48
7. Lingvist	L	13:51
8. Kaynes	C	14:17
9. Stiles	C	14:18
10. Roberts	S	14:40
11. Nichols	B	14:52
12. Landry	S	15:35
13. Bishop	L	16:20
14. Williams	C	16:30
15. Long	S	16:41
16. Morin	Y	18:33
17. Roberge	S	19:39

13-14 Girls

1. Pooler	B	11:45
2. Purrow	B	12:28
3. McLean	Y	13:03
4. Squillies	L	13:19
5. Nichols	S	14:52
6. Bowie	S	14:53
7. Rodgers	Y	15:21
8. Wright	S	15:53
9. Morin	Y	16:18
10. Brown	B	17:22
11. Cote	S	19:15
12. Pratt	S	19:17
13. Taylor	B	19:36
14. Behr	S	19:43
15. Parent	S	20:30
16. Unknown		20:40

13-14 Boys

1. Jalbert		10:37
2. Daggott		10:44
3. Whisenant	L	11:35
4. Sparks	L	11:33
5. Eboer	L	11:40
6. Pooler	S	11:58
7. Sidecut	L	12:01
8. Brown	Y	12:27
9. Nihil	B	12:38
10. Bennett	B	12:48
11. Kelly	L	12:50
12. Frayer	L	12:51
13. Graffon	S	13:28
14. McNeil	L	14:27
15. Anderson	Y	14:34
16. Moody	Y	15:55
17. Pinaud	L	16:48
18. Varney	Y	22:04

Teams - B = Bath
C = Cumberland-North
Yarmouth
L = Lisbon
S = Sabbatus
Y = Yarmouth

MAINE T.A.C. ROAD RACE SERIES Yarmouth JK Apr 11st

8 and under Boys

1. Chris Joslin	Y	13:22
2. David Stokes	Y	13:28
3. David White	Y	13:27
4. Adam Barber	A	14:13
5. Greg Popp	C	15:11
6. Scott Whittier	C	15:14
7. Matt Vachon	S	15:45
8. Brett Morgan	Y	15:46
9. Shaun Gagnon	A	15:55
10. Colin Riley	Y	16:30
11. Matt Forrest	Y	16:55
12. Ben MacDonald	Y	17:08
13. Brian Kennedy	C	17:09
14. Ben Parsons	C	17:48
15. Aaron F-Green	Y	18:33
16. Jim Dennison	Y	19:09
17. Jared Folker	Y	19:17
18. Joshua Petri	Y	19:50
19. Jason Stowell	Y	19:53
20. Kevin Graham	Y	19:56

21. Ryan Mahan	Y	20:16
22. Brandon Preeton	B	21:21
23. Brandon Nichols	S	22:01
24. Brian Hall	Y	22:14
25. Mike Pires	Y	22:15

27. Kerri Winslow	Y	21:55
28. Cassia Simmons	Y	21:55
29. Deirdra Guillet	A	22:10
30. Melissa Tremblay	S	22:07

3. Lisa McLean	Y	18:23
4. Allison McKinley	A	18:01
5. Kristi Morin	Y	18:37
6. Dina Parent	S	21:05
7. Jessica Brown	B	24:24

B and under girls

1. Jenny Beall	C	15:22
2. Bridget Foley	C	16:18
3. Shalby Rodgin	Y	17:17
4. Bully Rodgers	Y	17:21
5. Andrea LeClair	C	17:51
6. Abby Ersson	C	17:52
7. Alexandria Marshall	C	17:52
8. Nyssa Vitalina	Y	17:54
9. Courtney Hewick	Y	17:57
10. Lisa Goulet	B	19:32
11. Katie Maloney	C	20:01
12. Mary Maloney	C	20:02
13. Jennifer Morton	C	20:04
14. Amy Trebilcock	B	20:20
15. Robyn Reader	Y	20:23
16. Kelly Curtis	C	20:41
17. Karri Roberts	Y	20:56
18. Kim Spooner	A	21:19
19. Julie-Anne Blanchard	A	21:34
20. Jennifer Morin	Y	25:09

9 & 10 Boys

1. Isaac Hutchinson	A	11:52
2. Josh Gannon	A	11:53
3. Erik Worcester	C	12:20
4. Matthew Deschaine	A	12:46
5. James Ostis	Y	12:48
6. Anne Wright	S	12:49
7. Unknown		12:48
8. Brian White	Y	12:59
9. Billy Stiles	C	13:33
10. Nason Davis	S	13:59
11. Mike Amaro	A	13:43
12. Brian Lemay	S	13:59
13. Mark Knaa	L	14:22
14. Shaom	L	14:23
15. Gary King	L	14:24
16. Leslie	S	14:26
17. Don Erikson	C	14:29
18. Jeremy Nickerson	B	14:52
19. Ricky Toothacker	B	15:02
20. Scott Bennett	B	15:08
21. Andy Stets	C	15:09
22. Terry Oishi	C	15:15
23. Jimmy Vachon	S	15:18
24. Lorry Linquist	L	15:31
25. Ken Wood	S	15:42
26. Keith F.	L	15:48
27. Todd Gardner	Y	16:08
28. Jamie Douglas	L	16:22
29. Todd Hutchinson	L	16:32
30. Brian Bedford	S	17:01
31. Kevin Rideout	F	17:09
32. Stuart MacDonald	Y	17:29
33. Aaron Spink	Y	17:30
34. Matt Nickerson	S	17:40
35. James Guillet	L	17:48
36. Scott Swenson	B	18:43

9 & 10 Girls

1. Jenny Popp	C	13:59
2. Linda Whittier	C	14:07
3. Cassie Deraspe	A	14:41
4. Julie LaBrecque	S	14:45
5. Tiffany Roberts	S	14:50
6. Cathy Mechon	S	14:57
7. Rachel Vachon	S	15:25
8. Bethany Blanchard	A	16:14
9. Lisa Mason	L	16:23
10. Rebecca Mynahan	L	16:24
11. Gina Kalarangro	A	16:32
12. Melissa Parent	S	16:34
13. Naomi Stevens	S	17:17
14. Kristen Damisen	Y	17:45
15. Sarah Trebilcock	B	19:27
16. Heidi Benn	Y	19:00
17. Amber Rodgers	Y	19:10
18. Melissa Chandonnet	S	19:34
19. Susan Roberts	S	19:14
20. Unknown		20:19
21. Jenny Wood	S	20:23
22. Jenny Desin	L	20:40
23. Unknown		20:44
24. Sherris Desin	S	20:53
25. Tami Stokes	Y	21:03
26. Michelle Morin	A	21:27

11 & 12 Boys

1. Chad Gagnon	A	10:51
2. Matt Knaa	S	12:11
3. Chris Nichols	B	12:19
4. Tim Meyer	L	12:27
5. Todd Boulet	A	12:40
6. Kevin Tremblay	A	12:49
7. Richard Mynahan	L	12:53
8. Scott Deshanes	L	12:54
9. Dan Lambert	C	13:05
10. Nathan Cluckey	C	13:06
11. Marty Fane	L	13:09
12. Chris Goulet	B	13:12
13. Jason McLean	Y	13:30
14. James Tremblay	S	13:38
15. James Cliffe	B	13:48
16. Leann Vachon	S	13:58
17. Shane Lavoisseau	A	13:59
18. Jeff Pouch	C	14:14
19. James Knaffle	C	14:17
20. Unknown		14:19
21. Jeff Morin	A	14:21
22. Chad LeChance	L	14:22
23. Mike Knaffle	L	14:36
24. Jeff Calneau	A	14:37
25. Mike Scott	S	14:39
26. Curt Sweetser	A	14:51
27. Jeff C.	C	15:24
28. Britt Vitalina	Y	15:34
29. Chris Gasline	Y	15:35
30. Matt Willey	Y	15:36
31. Peter LeDd	C	15:36
32. Chris Robert	S	15:40
33. Scott Wood	S	15:48
34. Ben Jackson	Y	16:15
35. Phillip Mowth	Y	16:19
36. Scott Dogway	A	16:49
37. Mike Hodgman	Y	17:12
38. Sam Sawyer	L	19:01
39. Unknown		19:03
40. Shawn O'Brien	Y	19:03

11 & 12 Girls

1. Lenora Falke	Y	11:57
2. Jenny Plummer	L	13:10
3. Amy Shano	S	13:14
4. Nicole Fraser	L	13:59
5. Sandy Roberts	S	14:09
6. Nicki Stoddard	C	14:56
7. Kerry Cardon	C	15:03
8. Heidi Haynes	C	15:07
9. Shelley Suter	A	15:41
10. Erin Williams	C	16:49
11. Amy Wright	S	16:58
12. Becky Purcell	L	17:07
13. Heather Lindquist	L	17:07
14. Sam Doody	S	17:10
15. Heidi Chiccoia	A	17:18
16. Wendy Long	S	17:29
17. Michelle F.	L	17:37
18. Elizabeth Oliver	B	17:55
19. Janine Sobege	S	18:10
20. Carrie Morin	Y	19:50
21. Kim Simmons	Y	20:19
22. Linda Sohn	S	20:53
23. Kathy Lavigne	S	23:42

13 & 14 Boys

1. John Jalbert	L	10:47
2. Robert Whisenant	L	11:30
3. Jany Sparks	L	11:43
4. David Sterling	A	11:44
5. Will Sweetser	A	11:54
6. Chris MacLellan	S	12:07
7. Larry Rideout	L	12:26
8. Phil Stoner	L	12:46
9. Stan Bennett	S	13:20
10. Eric Proyer	L	13:39
11. Bruce Pooler	S	13:52
12. Nick Gaffney	S	13:55
13. Scott Kelly	L	13:57
14. Sit Leslie	S	14:07
15. Chris Hayes	A	14:20
16. Jo Wandy	Y	15:03

13 & 14 Girls

1. Lynn Purrow	B	13:04
2. Karen Ruggill	L	14:42

Teams - Y = Yarmouth
 C = Cumberland/
 No. Yarmouth
 Recreation
 B = Bath
 A = Auburn
 L = Lisbon
 S = Sabattus

Meet Director - Irv Felker

EMPI SPRING RUN-OFF SK
 Presque Isle April 21st

1. Paul Pilsaw	15:18
2. Rusty Taylor	15:39
3. Marlin Conrad	15:43
4. Bob Everett	15:45
5. Joe McGuire	15:56
6. Conrad Walton	16:14
7. Dan Sanderson	16:26
8. Herman Palletier	16:27
9. Bruce Palletier	16:37
10. Kevin Cahoon	16:54
11. Dale Bailey	16:59
12. Jeff Anderson	17:27
13. Steve Emery	17:31
14. Scott Hutchinson	17:43
15. Loren Bailey	17:44
16. Jeff Ashby	17:47
17. Donald Nodilbert	17:48
18. Doug Swallow	17:59
19. Jim Robertson	18:07
20. David Marone	18:19
21. Michael Stotler	18:21
22. Hector Fupo	18:31
23. Michael Henderson	18:32
24. Jim Nesbitt	18:36
25. Katie Martin	18:41*
26. Ervin MacDonald	18:48
27. David Rand	18:54
28. Michael Donnelly	18:55
29. Owen Jackson	18:59
30. David Nacey	19:04
31. Kevin Kelly	19:09
32. Bob Daprey	19:18
33. Kenneth Wampler	19:31
34. Tim Wey	19:41
35. John McLozack Jr.	19:46
36. Kent McLaughlin	19:51
37. Tom Fitzherbert	19:53
38. Peter Cuff	19:56
39. Glenn Bailey	20:04
40. Darlene Higgins	20:10
41. Ricky Fitts	20:19
42. Shannon King	20:22
43. David Belyea	20:27
44. Larry Mangus	20:42
45. David Eldridge	20:48
46. Philip Dickinson	20:50
47. Shawn McGuire	20:53
48. Garth Duff	20:54
49. Tim Lynch	21:08
50. Skip Day	21:10
51. Mark Lewis	21:12
52. Frank Winslow	21:12
53. Jeff Cyr	21:24
54. Ben Nacey	21:47
55. Joey Cassidy	21:54
56. Gary Snow	21:55
57. Gerald Shear	21:02
58. Patrick Nacey	22:13
59. Sue Martin	22:20*
60. George Higgins	22:23
61. Emily Higgins	22:23*
62. GINETTE McGUIRE	22:30*
63. Tim McCormack	22:42
64. Jim Stout	22:48
65. Trevor McGuire	23:13
66. Johana Flesing	23:14*
67. Tony Cochran	23:25
68. Lewie Thorp	23:25
69. Royal Goheen	23:25
70. Stephen Besault	23:41
71. Dean A. Beodrin	23:49

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77. Ralph McIlwain	23:51
73. Dean Blakey	23:55
74. Susan Brooks	24:03*
75. Susan Lougee	24:05*
76. Buddy L. Graham	24:27
77. Stacy Weeks	24:39*
78. Eddie St. John	24:48
79. Bill Davidshofer	24:58
80. Roland Collins	25:40
81. Sarah Payne	25:47*
82. Clark Jalbert	25:19
83. Al Scofield	25:26
84. David Angotti	25:52
85. Milton Bailey	27:01
86. Sue Seaudet	27:01
87. Donald Blackstone	27:07
88. Jon Stronle	27:19
89. Clark Ketchum	27:31
90. Ken Barney	27:46
91. Richard Kirball	27:48
92. Rowena Kirball	27:58
93. Paul Switzer	28:28
94. Rebecca Palmer	28:28*
95. Kelly Cookson	28:45*
96. Patricia Spicer	29:18*
97. Maggie Neebitt	29:26*
98. Christi Nesbitt	29:52*
99. Claire Tardiff	29:59*
100. Sarah Griffiths	30:46*
101. Connie McMillan-Cuff	41:17*
102. Marzi Buckley	32:37*
103. Charles Sarricella	45:09
104. Lynda Braslet	38:22*
105. Sally Soucie	39:29*
106. Seth Flissey	39:30*
107. Jean Gahner	40:01*
108. Marjorie Jewell	51:28*
109. Ellen MacDonald	51:30*
110. Sonya Quisby	52:00*

Race results courtesy of
 Larry Mangus

UNITY COLLEGE 5K	SALTWALK
Unity	April 21st
1. Larry Pelletier	25:34
2. Bridgett Dupree (7)	30:09*
3. Jess Braden (17)	30:17
4. Billie Braden (7-13)	33:03*
5. Jackie Braden (7)	37:00*
6. Allie Marshall (8-10)	42:43*

ORONO HIGH SCHOOL 4 MILE HANDICAP	Apr 20th
Orono	Backwalk
1. Allie Marshall	52:50 52:40
2. Jackie Braden	36:04 48:44
3. Larry Pelletier	36:33 34:43
4. Jess Braden	36:54 42:04
5. Scott Albert	37:34 38:44

MAD WITCH HALF MARATHON	Apr 26th
Brewer	
1. George Towle	1:12:10
2. Dick Fournier	1:15:09
3. Gary Allen	1:17:08
4. Dick Salentine	1:18:26
5. Brian McCrod	1:18:34
6. J.R. Stockwell	1:19:25
7. Robert Cuthbertson III	1:20:06
8. Mark Stillings	1:22:20
9. Daniel Lemieux	1:22:35
10. Tim Robinson	1:23:03
11. Mike Simeone	1:25:24
12. David Wiley	1:24:15
13. Ken Newcomb	1:24:17
14. Doug Swallow	1:24:25
15. Jerry Ellis	1:26:59
16. Bob Becker	1:27:06
17. Don Ardine, Sr.	1:27:37
18. Mike Deore	1:28:38

19. Larry Rich	1:29:53
20. Tim Reid	1:29:57
21. Al Spruel	1:30:33
22. Cliff Hatfield	1:31:28
23. Baker Fichtinger	1:31:53
24. Skip Howard	1:32:18
25. Mark Harrison	1:32:27
26. Andrew Sawley	1:36:25
27. Carl Bowen	1:36:31
28. Kevin Pottle	1:38:18
29. Tom Gadhrie	1:38:37
30. Dave McInyre	1:40:14
31. Don Ardine, Jr.	1:41:26
32. David Wilson	1:42:00
33. Cole Sargent	1:42:24
34. Owen Merrin	1:43:15*
35. John Pfleiderer	1:44:10
36. Mike LaChance	1:46:16
37. Jeff Gray	1:47:28
38. Andy Haslam	1:48:02
39. Bob Johnson	1:49:09
40. Eddie Scissetta	1:49:37
41. Theresa McLaughlin	1:49:53*
42. Andrew Sawley, Jr.	1:50:42
43. Paul Walsh	1:53:35
44. Barbara Baker	1:57:07*
45. Carleton Small	1:57:37
46. Mike Elliott	1:57:38
47. Paula Gray	1:58:19

Results courtesy of Karen Peterson
 Race Director

CHINA CLASSIC 10 K
 China Apr 26th

1. Peter Lessard	31:33
2. Lance Galiani	34:37
3. Stan Low	35:05
4. Dave Roberts	35:16
5. Danny Smith	35:30
6. Greg Nelson	35:38
7. J. Patrick Stumbras	35:49
8. Brad Brown	35:54
9. Rick Lane	36:07
10. Ted Farrington	36:14
11. Phil Stuart	36:32
12. Fred Judkins	37:01
13. Don Reiser	37:07
14. Steve Malloy	37:12
15. David Reid	37:37
16. Mark De Millo	37:44
17. Doug Ludewig	37:49
18. Alton Stevens	37:51
19. Fred Karter	37:53
20. Bruce Jardine	38:03
21. Neil Miner	38:06
22. William Pine	38:21
23. Mike Thompson	38:24
24. Bob Peacock	38:26
25. Jim Floyd	38:34
26. Bernard Bolavert	38:39
27. Andy Abrams	38:39
28. Roy Pelotte	38:39
29. Bill Haney	38:49
30. Mike White	38:56
31. Tim Rogers	39:57
32. Robin Emery	38:59*
33. Bill Pinkham	41
34. Kathy Knight	39:28*
35. David Greeley	39:29
36. Steve Ross	39:32
37. Ed Dougherty	39:35
38. Mike O'Connor	39:47
39. Mart Dearnley	39:51
40. Seth Golden	39:53*
41. Sam Mitchell	40:06
42. Joe Weehan	40:13
43. Chris Bovio	40:14
44. Jorge Leon	40:26
45. Mike Bard	40:37
46. Joanne Cole	40:38*
47. Steve Haverth	40:44
48. Paul Messervy	40:48
49. Rusty Snow	41:04
50. John Bolton	41:08
51. Donald Cervais	41:18
52. Tony Wands	41
53. Mike Beachler	41:28
54. Martin Schiff	45
55. Fred Saban	41:53
56. Gordon Chamberlain	46 41:58

57. Bill Powell	41:59
58. Ervin MacDonald	42:20
59. John Jalbert	42:21
60. Barney Smith	42:26
61. Mark Jeamann	42:32
62. Jon Ives	42:38
63. John Cole	42
64. Don Meier	50
65. David Bushey	42:59
66. Tony Bau	43:07
67. Tom Rolfe	40
68. Dave Clinard	43:10
69. Charles Weymouth	42
70. David Blair	40
71. Jim Moore	40
72. Larry St. Peter	43:31
73. Bruce Penlesson	43:31
74. James Poolin	43:36
75. Byron Cook	43:40
76. Tom McGuire	43:56
77. Dick Cummings	46
78. Jim Wright	43:54
79. John Casada	43:55
80. Bill Butler	43:58
81. Tim Roddy	43:59
82. Steve Brennan	44:01
83. Bob Night	44:03
84. Jim Roscoe	44:11
85. Bill Downing	44:12
86. Jim Mitton	44:19
87. Ellen Hunter	44:25*
88. Eric Bowen	44:32
89. Jack Penny	44:35
90. Mark Tann	44:46
91. Ray Caron	44:49
92. Russ Maxin	45:09
93. Jay Walanc	45:12
94. John Towne	40
95. Dennis Genua	45:37
96. Jane Rao	45:43*
97. Steve Greenlaw	45:49
98. Paul Page	45:53
99. Louis Talarico	46:03
100. Jim Bishop	46:20
101. Malcolm Glidden	46:20
102. Carrie Melton	46:32*
103. Gary Bouchard	46:43
104. Lucien Lessard	44
105. Robert Morrison	42
106. Fred Montgomery	46:59
107. Cliff Ives	46
108. Walter Taylor	49
109. Hilton Drake	47:11
110. Cindy Drake	47:12*
111. Nancy Carr	47:13*
112. Bill Lord	47:19
113. John Tripp	51
114. Dave Gagan	47
115. Dan Force	47:50
116. Bob Morgan	47:57
117. David Fenton	47
118. Jerri Bushey	43
119. Tom Kahl	48:17
120. James Sahin	48:14
121. Guy Dunbar	48:45
122. Lee St. Peter	48:55
123. Ann Paquette	42
124. Bob Micholien	42
125. Kevin Burns	48:59
126. Cliff Fletcher	49
127. Edward Geisler	49:07
128. Scott Verrill	49:16
129. Margorie Force	49:29*
130. Connie Towne	40
131. Arnold Vincent	40
132. Lynn Stevens	49:45*
133. Ellen Sprino	49:59*
134. Muffy Floyd	50:08*
135. Claudia Tatars	50:18*
136. Jerry St. Armand	40
137. Tom Perstoo	50:49
138. Sarah Roy	50:51*
139. DonnaJean Pohlman	50:51*
140. Chat Knotts	50:52
141. Ron Hunter	50:52
142. Bob Boynton	44
143. Leona Clapper	54
144. Earle Thurtillotte	51:15
145. Billy Cashman	51:26
146. Carol Kennedy	44
147. David Landry	52:21
148. Don Osborne	52
149. Don Atkinson	52:24
150. Warren Wilson	50

151. Carol Vincent	41	52:29*	67. Lynda Szala	8:05*	160. Amanda Theriault	11:40*
152. Mary Cashman		52:57*	68. Buffy Glidden	8:05*	161. Jeannine Sylvester	11:41*
153. John Dudley	45	52:48	69. Tim Baird	8:07	162. Heather Bassett	11:41*
154. Gerard Austin		52:50	70. Kimberly Coonan	8:08*	163. Rachel Roy	11:43*
155. John Clark	53	52:51	71. Nathan Bennett	8:09	164. Andy Flumer	11:48
156. Charles Clapper	54	53:04	72. Neil Bates	8:10	165. Linda Perullo	11:55*
157. Travis Cook		53:12	73. Nathan Towne	8:11	166. Sarah Ellsard	11:57*
158. Gerard Lohmeis	42	53:16	74. Melanie Davis	8:12*	167. Rebecca Upham	12:02*
159. Darlene Kealley		53:37*	75. Tanja Cote	8:13*	168. Steve Kisher	12:21
160. Ian MacKinnon	45	54:23	76. Wendy Ellis	8:13*	169. Jeff Siskford	12:34
161. Caroline Lawry		54:35*	77. Steve McRoberts	8:14	170. Jason Vailieux	12:34
162. Donna Donald		54:56*	78. Michelle Coonan	8:14*	171. Jared Pooler	12:38
163. Paula Dunbar		55:13*	79. Becky Donald	8:15*	172. Jon Perry	12:40
164. Richard Kroets	41	55:28	80. Kirsty Vallieux	8:15*	173. Tori Lee Poody	12:50*
165. Monte Sylvester		56:01	81. Joe Kisher	8:16	174. Dori Glidden	13:50*
166. Robert Webber	45	56:39	82. Chris Kennedy	8:17	175. Sonnie Glidden	13:50*
167. MaryJane Stafford		57:37*	83. Amanda Szala	8:17*	176. Matthew Austin	15:12
168. Irene Purrell	43	58:25*	84. Aaron Rogers	8:18	177. Luc Roy	15:39
169. Subert Tillson		60:31	85. Michelle Brazier	8:20*		
170. Janice Knette	40	63:48*	86. Robin Szala	8:21*		
171. Jeanne Pernico	41	63:49*	87. Tiffany Glidden	8:24*		
172. Mark Marguis		63:53	88. Keith Page	8:25		
173. Joshua McPhail		64:09	89. Bonnie Gerrish	8:26*		
174. Daniel Roman		66:04	90. Amy Baldassini	8:26*		
			91. Michael Glidden	8:27		
			92. Joe Kisher	8:28		
			93. Jennifer Holmes	8:30*		
			94. Melissa Weymouth	8:30*		
			95. Heather Burge	8:31*		
			96. E. Montgomery	8:32*		
			97. Carol Montgomery	8:32*		
			98. Karen Michael	8:33*		
			99. Maria Wentworth	8:34*		
			100. Beth Cashman	8:34*		
			101. Cody Nau	8:35		
			102. Mark Gauthier	8:36		
			103. Reginald Doyon	8:38		
			104. Aaron Peters	8:38		
			105. Tim Messer	8:42		
			106. Ethan Bessey	8:41		
			107. Kayla Welch	8:44*		
			108. Shawn Hoague	8:45		
			109. Mark Delmasiers	8:47		
			110. Pat Sawfel	8:47*		
			111. Christine Haggood	8:48*		
			112. Terry Saint Arand	8:48*		
			113. Zachary Lord	8:49		
			114. Laura Pokrifka	8:49*		
			115. Nathan Poulin	8:51		
			116. Sean Daniels	8:51		
			117. Scott Bailey	8:52		
			118. Kathleen Ehrley	8:53*		
			119. Matthew Vasseur	8:54		
			120. Kelly Vasseur	8:54*		
			121. William Vasseur	8:56		
			122. Tony Giampetruzzi	8:58		
			123. Randy Bump	9:00		
			124. Gabriel McPhail	9:06*		
			125. Jenny Haskell	9:07*		
			126. Tiffany Bean	9:07*		
			127. Kristen Jones	9:09*		
			128. John Cordts	9:18		
			129. Lisa Bouton	9:20*		
			130. Lois Jardine	9:21*		
			131. Matt Lane	9:23		
			132. Emily Jones	9:25*		
			133. Heidi Stackey	9:32*		
			134. Heather Riley	9:35*		
			135. Jennifer Hanna	9:35*		
			136. Becky Roy	9:38*		
			137. Tim Beck	9:44		
			138. Katie Giampetruzzi	9:45*		
			139. Trisha Beck	9:50*		
			140. Peter Perry Jr.	9:51		
			141. Melissa Morrill	9:52*		
			142. Sean Jewell	9:56		
			143. Andrea Allen	9:58*		
			144. Katie Vincent	9:59*		
			145. Sarah Daniels	10:00*		
			146. Nathan Jones	10:17		
			147. Jason Huzan	10:24		
			148. Neaghan Stevens	10:28*		
			149. Stephanie Drake	10:30*		
			150. Neaghan Stevens	10:31		
			151. Brooke Huxley	10:33*		
			152. Tina Messer	10:33*		
			153. Paula Roddy	10:34*		
			154. Jonathan White	10:49		
			155. Michelle Duality	10:50*		
			156. Chesley Moran	10:57*		
			157. Lisann Perrico	10:58*		
			158. Joseph Ferris	11:28		
			159. Travis Drake	11:29		

Results courtesy of Dave Coonan
Race Director

COUNTRY BANK CLASSIC
Presque Isle 5 Miles Apr 28th

China Post Run (1 Mile)					
1. Rodney Rowe		5:20	1. Robert Everett		25:56
2. Fred Saban II		5:23	2. Joe McGuire (M)		26:13
3. Dana DiBiase		5:33	3. Rusty Taylor		26:53
4. John Jalbert		5:35	4. Jan Williams		26:56
5. Todd Pokrifka		5:35	5. Bruce Pelletier		27:52
6. David Szala		5:45	6. Steve Emery		28:14
7. Dave Bushey		5:55	7. Dan Bondeson		28:24
8. Eric Reed		5:55	8. Tron Levesque		28:50
9. Kevin Reed		6:06	9. Ray Gallant		29:46
10. Aaron Merrian		6:08	10. Tom Towle		30:01
11. Kurt Knotts		6:10	11. Jim Nesbitt		30:07
12. Scott Balfe		6:22	12. Don Audibert		30:12
13. Carl Studholme		6:22	13. Larry Whipkey (M)		30:45
14. Robbie Studley		6:33	14. Jerry Monahan		30:56
15. Chad Weber		6:39	15. Bob Cyr		31:28
16. Kristin Cook		6:44*	16. Rick Lyons		31:35
17. Birch Champagne		6:44	17. Dave Bond (M)		31:42
18. Eric Weymouth		6:46	18. Dave Kacey (M)		32:12
19. Shawn Whiteaker		6:48	19. Peter Cliff		32:38
20. Nicole Boynton		6:49*	20. Mike Donnelly		32:53
21. Corey Leppard		6:49	21. Bill Cannon (M)		33:12
22. Erin Faroo		6:50*	22. Darlene Higgins (M)		33:13*
23. Damon Peters		6:55	23. Mark Stadler		33:18
24. Matt Kline		6:58	24. Jeff Ashby		33:18
25. Mary Kay Adams		6:59*	25. Steve Keener		33:18
26. Chris Bancroft		7:01	26. John May		33:39
27. Robert Doyon		7:01	27. Larry Manque (M)		33:44
28. Scott Giampetruzzi		7:03	28. Jerry Tucker		33:51
29. Jennifer Stevens		7:05*	29. Jim Switz		34:03
30. Andrea Jones		7:07*	30. Wayne Palmer		34:12*
31. Adam Ripley		7:08	31. Skip Day (M)		34:43
32. Wade Plummer		7:10	32. Carol McBlawc		34:44*
33. Lonny Lyons		7:11	33. Charlie Smith		34:51
34. Shawn Wood		7:12	34. John McManamy		35:47
35. Shalley Bishop		7:13*	35. Jeff Cyr		35:50
36. Haune Bassett		7:14	36. Gisette McGuire		36:07*
37. John Pokrifka		7:15	37. Tim Nichtingale		36:25
38. Daniel Vachon		7:16	38. Charles Violante		37:05
39. Pat Pine		7:18*	39. Joey Cassidy		37:05
40. Jeffrey Jones		7:21	40. Hector Pope		37:51
41. Alison Atkine		7:22*	41. John Russell		38:24
42. Mary Kate Holmes		7:23*	42. Art Thompson		39:01
43. Tera Petty		7:26	43. Ralph McElwain		39:03
44. Allison Gail		7:27*	44. John Civitello		39:20
45. Becky Haggood		7:30*	45. Buddy Graham		40:57
46. Staci Kaller		7:31*	46. Ken Hodsdon		40:11
47. Peter Coonan		7:32	47. Pat Macey		40:12
48. Louis Talarico III		7:32	48. William Davidshofer (M)		41:01
49. Scott Gallant		7:36	49. John Martin		41:25
50. Dorothy Jardine		7:35*	50. Gary Donnelly		41:44
51. Denise Powell		7:36*	51. Christi Nesbitt		43:03*
52. Chris Bowen		7:38	52. Mike Cannon		44:03
53. Jeff Sawfel		7:45	53. Ricky Graves		44:03
54. Karen Childs		7:47*	54. Aurelie Chellet (S)		47:31
55. Kevin Myatt		7:48	55. Maggie Nesbitt		48:47*
56. Ken Baldassini		7:48	56. Jessica Gross		48:59*
57. Aimee Poulia		7:51*	57. John McBlawc		52:15
58. Shawn Morrison		7:52	58. Sudden Sam Ouellet (S)		59:33
59. Marc Weymouth		7:53			
60. John Robertson		7:56			
61. Chris Swan		7:58			
62. Katie Kline		7:58*			
63. Tara Nyotte		7:59*			
64. Betsy Glidden		8:00*			
65. Roger Cole		8:03			
66. Michelle Haskell		8:04*			

Walker
1. Charles Serrivalle (S) 64:38

Results courtesy of Dave Rand
Race Director

11:40*
11:41*
11:41*
11:45*
11:48
11:55*
11:57*
12:03*
12:27
12:34
12:34
12:38
12:40
12:59*
13:56*
13:58*
15:12
15:19
Apr 28th
25:56
26:13
26:53
26:56
27:38
28:34
28:34
28:58
29:46
29:46
30:01
30:07
30:12
30:43
30:56
31:26
31:30
32:12
32:38
32:58
33:12
33:13*
33:13
33:14
33:15
33:39
33:44
33:58
34:08
34:12*
34:41
34:44*
34:51
35:47
35:50
36:07*
36:25
37:08
37:08
37:53
38:14
39:00
39:02
39:25
40:07
40:11
40:12
41:01
41:25
41:44
43:02*
44:02
44:02
47:31
48:47*
48:58*
52:15
59:23
54:38
Race Director
Apr 28th
25:56
26:13
26:53
26:56
27:38
28:34
28:34
28:58
29:46
29:46
30:01
30:07
30:12
30:43
30:56
31:26
31:30
32:12
32:38
32:58
33:12
33:13*
33:13
33:14
33:15
33:39
33:44
33:58
34:08
34:12*
34:41
34:44*
34:51
35:47
35:50
36:07*
36:25
37:08
37:08
37:53
38:14
39:00
39:02
39:25
40:07
40:11
40:12
41:01
41:25
41:44
43:02*
44:02
44:02
47:31
48:47*
48:58*
52:15
59:23
54:38
Race Director
Apr 28th

BRUNSWICK ROTARY CLUB ROAD RACE
Brunswick 10K May 5th

1. Rick E. Green	31:48
2. Lance Gulliani	32:10
3. Steve Moger	33:15
4. Eric Mowatt	33:45
5. Gary Cochran 42	35:03
6. Mark Wanner	38:18
7. Sub Jarratt 42	37:00
8. Wayne Fuller	37:15
9. Bill Hany	37:38
10. Dave Delois	37:58
11. Bill Fitzsimmons	38:15
12. Brian Cosgrove	38:18
13. Gladys DeWick	39:01*
14. Joe Keenan	39:13
15. Tom Clarence	39:14
16. Anne McKinley	39:30*
17. Bob Felkamp	40:29
18. Rob Hodgdon	40:29
19. Art Tote 48	41:00
20. Fred Ward	41:01
21. Don Moger 50	41:34
22. Matt Swannick	41:42
23. Walt Higgins 44	41:54
24. Don Brewer	41:55
25. Corey Hanson	41:56
26. Bill Higbee	42:21
27. John Kush	42:58
28. Dave Vail 40	43:37
29. Jane Waddle	44:28*
30. Paul Spone	44:52
31. Peter Ladner 43	45:13
32. Don Spear 34	45:15
33. Bill Fox 63	45:17
34. Stephen DeWick 44	45:24
35. Nancy Lovetara 40	46:04*
36. Don Cheetham 57	46:27
37. Tim McDowell	46:29
38. Sue Blood	46:36*
39. Wayne Hamilton	47:24
40. Brian Perkins	48:55
41. Edie King	49:05*
42. Linda McWett	49:05*
43. Trv Ponce	49:35
44. Steve Dexan	50:12
45. Don McRae 53	50:18
46. Betty Balm 50	51:31*
47. Judy Kelly 42	58:24*

Race results courtesy of Brian Perkins

2nd ANNUAL JUNIOR ROAD RACE 1.8 ml. Sublette May 5 th

8 & Under Boys

1. Chris Joslin	12:19
2. Travis Roy	13:02
3. Scott Whittier	13:46
4. Matt Purter	13:49
5. Neal Trotter	13:59
6. Gregory Popp	14:01
7. Brett Morgan	14:26
8. Philip Franots	14:45
9. Andrew North	14:59
10. Mark Ribyan	15:22
11. Matt Forrest	15:23
12. Matthew Vachon	15:51
13. Ben Parsons	16:31
14. Greg Onie	17:37
15. Jared Walker	17:46
16. Matt Nickerson	20:02
17. Josh Canonic	20:39
18. Brian Jacobs	20:57
19. Ben McDonald	21:04
20. James Dennison	21:28
21. Jason Stowell	21:29
22. Spender Nichols	22:54
23. Bryan Swenson	25:19

8 & Under Girls

1. Abby Erikson	16:01
2. Alexandra Marshall	16:02
3. Shelby Hodgekine	16:31
4. Amy Trebilcock	16:41
5. Alyssa Vitalini	17:38
6. Tyne Meyers	18:12

7. Catherine Bingham	18:14
8. Jennifer Murton	20:44
9. Kelly Curtis	22:44
10. Suzanne Farrington	23:03
11. Decca Moulton	23:05
12. Jennifer Morin	30:58

Boys 9 & 10

1. Erik Worcester	11:36
2. Steve Colucci	11:56
3. James Galia	11:57
4. Jason Davis	12:22
5. Mark Kosa	12:25
6. Dan Erickson	12:39
7. Anne Wright	12:46
8. Brian Lemay	12:52
9. Keith Poulin	13:27
10. Dax Leslie	13:28
11. Billy Stiles	13:32
12. George Worth	13:40

Girls 9 & 10

1. Cathy Mehan	12:38
2. Julie LaBrecque	12:56
3. Jenny Popp	13:12
4. Tiffany Roberts	13:20
5. Rachael Vachon	13:23
6. Melissa Parent	13:31
7. Linda Whittier	14:09
8. Jessica Palmer	14:19
9. Rebecca Myndhan	14:21
10. Naomi Stevens	15:22
11. Lisa Mason	15:34
12. Danielle McMahon	15:42
13. Kristen Dennison	16:05
14. Jennifer Bailow	16:46
15. Melissa Chambonnet	17:06
16. Tami Stokes	17:25
17. Susan Roberts	17:40
18. Melissa Tremblay	17:42
19. Shari Begis	17:59
20. Jenny Wood	18:42
21. Jenny Pepin	19:30
22. Sarah Trebilcock	19:56
23. Wendy Jipson	24:57
24. Bree Mitchell	25:02

Boys 11 & 12

1. Chris Nichols	10:58
2. Matt Kosa	11:15
3. Casey Carroll	11:22
4. Jeff Sioux	11:38
5. Tim Meyer	11:43
6. Chris Goulet	11:45
7. Stan Bennett	11:51
8. Nathan Clukey	11:52
9. Dan Lambert	12:07
10. Brian Drouette	12:09
11. Scott Deshaines	12:29
12. Marty France	12:30
13. Jeff Porch	12:39
14. Leon Vachon	12:47
15. Chad Lachanne	13:03
16. Peter Ladd	14:06
17. Mike Scott	14:11
18. Matt Bailey	14:24
19. Chris Darling	14:28
20. Eric Labbe	14:50
21. Jeff Clark	15:01
22. Ben Jackson	15:13
23. Ryan Segelov	15:26
24. Phillip Roy	15:27
25. Scott Wood	15:32
26. Mike Hodgeman	16:01
27. Philip Newton	16:05

Girls 11 & 12

1. Lenora Falke	10:58
2. Jenny Flummer	12:03
3. Amy Shaur	12:04
4. Nicki Stoddard	13:00
5. Nicole Fraser	13:10
6. Sandra Roberts	13:14
7. Heidi Haynes	13:19
8. Amy Wright	13:28
9. Jill Landry	14:33
10. Heather Lindquist	14:51
11. Stephanie Davis	14:52
12. Wendy Izac	15:10
13. Janine Roberge	15:45

14. Corris Morin	15:47
15. Erin Williams	17:28
16. Linda Rehr	17:38

Boys 13 & 14

1. Roberts Whisonant	10:47
2. Chris Morrison	11:26
3. Phil Eboer	11:32
4. Jerry Sparks	12:41
5. Larry Hildeout	12:52
6. Dennis Sular	12:58
7. Eric Freyer	12:56
8. Kit Leslie	12:57
9. Joe Moody	14:04
10. Scott McNeil	14:12
11. Phil Lambert	15:15
12. Eric Sharp	15:39
13. Robert Anderson	15:48
14. Jamie Brown	15:49

Girls 13 & 14

1. Lynn Furrow	13:25
2. Lisa McLean	14:27
3. Kristy Morin	15:31
4. Jenny Cosgrove	16:10
5. Jessica Brown	17:04
6. Cindy Cote	17:33
7. Dina Parent	17:40

Results courtesy of Roland Trotter

PEOPLE DIE. DREAMS DON'T
S. Portland & Miller May 5th

1. Bob Quentin	22:04
2. Dave Smith	22:12
3. Wayne Clark	22:27
4. Eric Ellis	22:45
5. Barry Howgate	22:57
6. Ed Rice	23:01
7. Dave Flaherty	23:03
8. Bob Peacock	23:11
9. Doug Darby	23:28
10. Joe Tacka	23:59
11. David Dowling	24:10
12. David Bloom	24:22
13. Bill Whalen	24:46
14. Jerry Roberts	24:49
15. Chris Rowe	25:17
16. Clement Charbonneau	25:37
17. Ruth Ronde	25:40*
18. John Corde	25:55
19. Rick Manette	26:07
20. Harvey Ronde	26:18
21. Bob Dobie	26:28
22. Rosalyn Randall	26:43*
23. Owen Haskell	26:56
24. Dale Rines	26:58
25. Don Smith	27:20
26. Dick Doolley	27:24
27. Nate Howgate	27:26
28. Jane Doolley	27:27
29. Brent DeMichael	27:38
30. Naurio Cloutier	27:33
31. Hans Wendal	27:58
32. Debbie Mininni	28:01*
33. Edward Moore	28:42
34. Frank Witkowski	28:54
35. Ted McCarthy	29:56
36. Robert Kline	29:42
37. Patty Medina	29:53
38. Sele- Richard	29:55
39. Carrie Bourke	30:10
40. Mary Schdo	30:16*
41. Panny Watson	30:44*
42. George Gordon	30:49
43. Don Atkinson	31:09
44. Alan Ramsdell	32:23
45. Dee Nicely	32:25*
46. Robin McCarthy	34:32*
47. Rebecca Wood	35:12*
48. Terri Messer	35:22*
49. Frank Long	36:01
50. Wayne Dakin	36:01
51. Steven Rowe	36:05
52. W.E. Zanette	36:06
53. Paula Millett	37:20*
54. Anne Seedham	37:25*
55. Robert Rowe	37:25
56. Gerena Weber	41:02

WINDHAM ROTARY FOUR MILE CLASSIC
Windham May 8th

Rank	Name	Time
1.	Don Barton	24:12
2.	Guy Bercheaune	24:29
3.	Joel Croseau	24:50
4.	John Nichols	25:09
5.	Bob Korman	25:36
6.	Lee Allen	26:00
7.	Don Wilson	26:12
8.	Robert Payne	26:16
9.	Brian Tuttle	26:48
10.	Bob Ingerowski	27:04
11.	Nick Beaudoin	27:22
12.	Ken Coia	27:59
13.	Jack Macclier	28:02
14.	Ken Fickett	28:09
15.	Peter Chaney	28:14
16.	Gary Johnson	28:32
17.	Lloyd Cook	29:03
18.	Brian Hall	29:21
19.	Tom Cadbois	29:24
20.	Hal Leighton	29:32
21.	Joe Valicco	29:50
22.	Kantlon Grant	30:04
23.	Bruce Pooler	30:12
24.	Charles Skalsky	30:45
25.	David Shaw	30:50
26.	Laurie Jasper	30:53*
27.	Tracey Pooler	31:09*
28.	John Orllette	31:10
29.	Joe Carlin	31:14
30.	Barry Lohme	31:18
31.	Dave Horne	31:31
32.	Buzz Bradley	31:50
33.	Bruce Pooler	32:27
34.	David Mosley	32:29
35.	Seth Gleason	32:42*
36.	Mark Clitch	33:00
37.	Kevin Partridge	33:24
38.	Steve Zonen	33:49
39.	Ed Chamberlain	33:49
40.	Tom Gorton	34:09
41.	John Carman	34:15
42.	Wendy Pooler	34:48
43.	Terie Harvey	35:11
44.	Raymond Arsenault	35:15
45.	Leonard Brown	35:56
46.	Steve Maccott	36:05
47.	Andrea Elder	36:27*
48.	Larry Weinborough	37:26
49.	Richard Samborn	37:33
50.	Cheryl Pooler	37:35*
51.	Sharon Cayer	37:53*
52.	Patrick Roy	37:54
53.	Paula Carlin	38:36*
54.	Pauline Holloway	38:54*
55.	Donnie Kippax	38:59*
56.	Andrew McSwain	39:22
57.	Patricia Flannors	40:19*
58.	Janice Samborn	44:13*
59.	Kerry Murphy	47:58*

Results courtesy of Peter Connolly
Race Director

DOWNEAST DOGROT
Rockport

7 Miles

May 8th

Rank	Runner	Dog	Breed	Time
1.	James Dean	Bartman	Beagle/Brittany	19:17
2.	Jim Swan	Humphrey	Mix	19:32
3.	Nick Rowe	Jack	Golden Retriever	20:23
4.	Harry Scorsatta	Humes	Labrador/Shepherd	20:33
5.	Crain Strong	Minky	Chinese Pug	22:41
6.	Steve Caspell	Raisin	Shepherd/Dane	22:52
7.	David Bright	Brindle	Beagle/Shepherd	22:54
8.	Carl Smith	Mollie	Labrador	23:01
9.	Sobby Hall	Nelly	Great Dane	23:14
10.	Richard Leonard	Cliff	Chesapeake	23:28
11.	Ed Atlas	Holly	Old English Sheepdog	23:41
12.	Bob Pascook	O'Hara	Irish Setter	23:45
13.	Tom Goodridge	Blasconset	Chesapeake	23:51
14.	Errol Dearborn	Alex	English Setter	24:45
15.	Tom Ford	Burt	Golden Retriever	25:01
16.	Spencer Knowlton	Mailey	Golden Retriever	25:05
17.	Skip Howard	Honour H. Howard	Very Mixed (I Legged)	25:05
18.	Leroy Fournier	Boots	Lab/German Shephard	27:08
19.	Carol Ann Kenney	Sydney	Australian Shepherd	27:32
20.	Ray Willis	Breaza	Golden Retriever	28:41
21.	Steve Peterson	Salze	Mix	29:03
22.	Tina Kanos	Penny	Old English Sheepdog	29:08
23.	Scott Manin	Huby	Irish Setter	29:11
24.	Mary Sulya	Ginger	Springer Spaniel	30:54
25.	Jack Winters	Tip	Irish Setter	31:22
26.	Jeff Graffan	Rocky	Mix	34:23
27.	Joan Donato	Dea	Mix	35:37
28.	Gail McCallan	Maggie	Bluetick/Beagle	41:23
29.	Ed Finson	Chante	Miniature Poodle	41:33
30.	Carol Goodridge, running with invisible dog (but visible leash)			27:14
Fun Run 9-10ths of a mile				
1.	Karen Kurr	Sissy	Mix	5:47
2.	Sam Atwood	Sax Saks	German Shepherd	5:51
3.	Mike Sealy	Smockey	Grey Blue Terrier	6:33
4.	Joan Poved	Bette	Russell Terrier	7:25
5.	Kim Welt	Brandy	Young Mix	8:17
6.	Boobar Fazily	Ranger	Husky	8:25
7.	Gail Campbell	Sasha	Golden Retriever	9:29
8.	Michelle Gagne	Duchess	Doberman Mix	9:47
9.	Kenneth C. Lucas	Mary's Crimson Corry	Doberman	10:33
10.	Jackie Winters with Brian Smith	Gale	Collie Mix	11:25
11.	Yvonne Turcotte	Tarper	Springer Spaniel	12:07
12.	Grete Slader	Barney	Golden Retriever	15:55
13.	Pearl Roberts	Kibbles	Terrier Mix	19:03

Results courtesy of Margaret Emerson, Race Director

Weather was perfect for Downeast Dogrot on May 8. I thought we'd get a better turnout than our first year (when it rained), but instead we had two less registrations. On the other hand the whole focus of the race shifted from solely women and children who came to have fun for the first year, to men from all over the state who came to race with their dogs this year. It is very gratifying to have the men showing up, but leaves me wondering whether Downeast Dogrot is a success or not! Maybe next year will tell. Sen Ray Peters did the timing for us again - we couldn't hold the race without them!

Tie one on!

It's the SHU-CLU identification tag and runners all across the country are using it on. Here's why. When it comes to comfort and effectiveness, SHU-CLU leaves those irritating chain-link tags behind. SHU-CLU never gets in the way of a runner, it simply locks to your shoe and stays there.

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TROPHIES & AWARDS

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

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

1987 ANNUAL 1-IN-1 RACE
Lewiston SK Raceway May 6th

May 6th
Time
19:11
19:12
20:28
20:33
20:33
22:02
22:57
22:54
23:00
23:14
23:29
23:41
23:45
23:56
24:46
25:03
25:03
25:06
27:00
27:32
28:41
29:05
29:06
29:33
30:54
31:20
34:25
35:07
41:29
41:33
27:14
5:47
5:53
6:33
7:25
8:10
8:25
9:29
9:47
10:30
11:17
12:07
15:55
19:03
we'd get a
so had two
ee shifted
er, to men
ar, it is
ing shatter
For Ray
about them)

1. Larry Pelletier 26:38
2. Bob Jayne 31:43
3. Ron Robson 33:08

Results courtesy of Larry Pelletier
Race Walker

"PEOPLE HIS DREAMS DON'T" tribute
Bangor SK May 6th

1. Mike Gaige 15:12.9
2. Jim Hewett 15:26
3. O.J. Loque 16:06
4. John Condon 16:09
5. Andrew Dobby 16:15
6. Larry Deans 16:16
7. Dick Ballentine 16:18
8. Bruce Bridgman 16:23
9. Mark Stillings 16:27
10. Mark Chasse 16:28
11. Steven Giese 16:40
12. Brian McCrea 16:50
13. Carl Young 17:13
14. Alex Hamer 17:22
15. Tim Theriault 17:22
16. Pat Gies 17:27
17. Bob Splat 17:27
18. Gary Quinby 17:39
19. Lonnie Stevenson 17:47
20. Pat Sams 17:48
21. Mike Thompson 17:52
22. Sandy White 17:58
23. Harvey Springer 18:01
24. Bill Pinkham 18:03
25. Jim Barr 18:06
26. Brad Ocliffie 18:11
27. Ken Hansen 18:12
28. Don Ardine 18:13
29. Calvin Cozzens 18:14
30. Erin Tyler 18:15
31. Tim Reed 18:19
32. Robin Emery 18:21*
33. Jim Herlihy 18:24
34. Ed Rice 18:25
35. Bob Burke 18:25
36. Larry Sanford 18:25
37. Ray Crawford 18:26
38. Mark Hardison 18:29
39. Carmelina Russell 18:31
- 40.
41. Edward Harrow 18:31
42. Steve Norton 18:32
43. Hal Nelson 18:33
44. Paul Saco 18:34
45. Steve Marquis 18:35
46. George Hall 18:38
47. Brent Leighton 18:44
48. Dennis Jorde 18:46
49. David McQuilkin 18:50
50. Richard Eversatt 18:53
51. Phil Kirkhall 18:57
52. Jay Henderson 19:01
53. Dick Powell 19:02
54. Barney Smith 19:03
55. Farley Merrick 19:04
56. Henry Wong 19:05
57. Cezar Weichtinger 19:06
58. Richard Miles 19:07
59. Frank Strag 19:08
60. Herb Sallat 19:10
61. Larry Rich 19:11
62. Ray Sobole 19:12
63. Steve Krishale 19:13
64. Kenny Mot 19:14
65. Steve Randolph 19:15
66. Robert Cohen 19:15
67. Cliff Macfield 19:16
68. Jeff White 19:18
69. Richard Lindsey 19:19
70. Barry Dene 19:20
71. Bob Quirk 19:21
72. Jerry Richard 19:30
73. Ted Allen 19:33
74. Carl Bowen 19:33
75. Matt Farrington 19:38
76. Jason Rush 19:39
77. Jerry Tucker 19:40

78. Gary Smith 19:41
79. Ika Sizer 19:48
- 80.
81. Morris Springer 19:50
82. Luce Sargent 19:52
83. Brett Hanson 19:55
84. Ray Slaidell 20:02
85. George Strawer 20:03
86. Paul Coonan 20:09
87. Kevin Pottle 20:10
88. Bill Bartlett 20:14
89. Tom Kirby 20:14
90. Paula Stone 20:23*
91. Tom Jenkins 20:28
92. Fred Hochway 20:30
93. Alan Michaelson 20:31
94. Stan Lucian 20:32
95. Charlie Karada 20:35
96. Michael Caron 20:39
97. Len Farine 20:41
98. Christopher Barne 20:43
99. Ray Owen 20:47
100. Daryl Gorey 20:48
101. James Fendergist 20:50
102. William Coonan 20:51
103. Phillip Tyler 20:54
104. Bob Pride 20:56
105. Shawn Smith 20:57
106. Ed Thompson 21:00
107. Dan Sussin 21:07
108. Dave Leptich 21:08
109. Jean Herlihy 21:10
110. Joe Gallant 21:11
111. Paul Guerin 21:13
112. Jeff Pascola 21:14
113. Cary Gillis 21:14
114. Sheila Dodge 21:15*
115. Chris Cole 21:17
116. Art Fraser 21:21
117. Amy Curtis 21:22*
118. Renee Parent 21:22*
119. Denny Lafayette 21:23
120. Jim Kroch 21:24
121. Billy Mahon 21:30
122. James Cot 21:33
123. Stanley Pride 21:33
124. Barbie Reel 21:38*
125. Carrell Toothaker 21:38
126. John Wakely 21:39
127. Gerald Michaud 21:42
128. Bruce MacGregor 21:42
129. Patti Loud 21:47*
130. Don Engelhardt 21:49
131. Paul O'Brien 21:51
132. Carolyn Sones 21:54*
133. Kate Farrington 21:55*
134. Rick Spawring 21:55
135. Ika Morgan 21:56
136. Pearl Eaton 21:56*
137. Jamie Robinson 21:56
138. Dick Coffin 21:56
139. Marco Dyer 21:57
140. Michael Smith 22:04
141. H.M. Tapley 22:07
142. Gals Holmes 22:07
- 143.
144. Peter Daigle 22:09
145. Edward Geisler 22:15
146. Melissa Nankas 22:17*
147. Kenneth Awalt 22:18
148. Richard Butler 22:18
149. Ron Cushman 22:19
150. Tom Clark 22:19
151. Bruce Sorkin 22:22
152. Jerry Herlihy 22:23
153. Seth Harrow 22:24
154. Nancy Graves 22:24*
155. Robert Laughlin 22:24
156. John Strag 22:27
157. Leona Clapper 22:29
158. Bob Janowicz 22:31
159. Rene Collins 22:33*
- 160.
161. Ota Martin 22:34
162. Robert Marquis 22:40
163. Tom Severance 22:41
164. Donnie Penbroke 22:41
165. Barbara Baker 22:42*
166. Mark Johnson 22:48
167. Charles Sprague 22:48
168. Karen Fowler 22:50*
169. Mike Sanchi 22:55
170. Barbara Leptich 22:55*
171. Robert Cozey 22:56

172. Joe Aubin 22:59
173. Ray Geisler 22:59
174. Lee Rush 23:00
175. Karen Smith 23:02*
176. Bob Tomlinson 23:06
177. Rick Day 23:07
178. Chip Wallingford 23:09
179. Clint Groggy 23:14
180. Nivan Saada 23:17
181. Mike Wood 23:18
182. Ron Adams 23:18
183. Kris Millington 23:22*
184. Lynn Caron 23:24*
185. Jerry Doolley 23:25
186. Fernald Curtis 23:26
187. David Speed 23:28
188. Dennis Marble 23:28
189. Bill Lawlor 23:29
190. Jill MacGregor 23:29*
191. Brenda Sheehan 23:34*
192. Lisa Sholler 23:36*
193. Charles Clapper 23:34
194. John Scofield 23:35
195. Lauren Senchi 23:39*
196. David Richardson 23:42
197. Scott Smith 23:50
198. Charlene Wissman 23:51*
199. Peter Gott 23:54
200. Don Osborne 23:57
201. Paula Miller 23:58*
202. David McQuilkin 23:58
203. Matthew Coffin 24:13
204. John Bates 24:16
205. Jack Quirk, Jr. 24:17
206. Bill Whitten 24:19
207. Bill Leathen 24:20
208. Fred Morse 24:24
209. William Marso 24:25
210. Mike Booker 24:25
211. William Baker 24:27
212. Bob Steele 24:30
213. Michelle Jordan 24:30*
214. Sandra Utterstrom 24:31*
215. Anne Talley 24:34*
216. Bob Marso 24:34
217. Joel Fellows 24:42
218. Scott Leighton 24:42
219. Juerden Hornum 24:43
220. Greg Hall 24:47
- 221.
222. Stacey Morin 25:01*
- 223.
224. Chris MacGregor 25:06
- 225.
226. Jeanette LaPlante 25:10*
227. Kris Gilbert 25:11*
228. Barry Babcock 25:11
229. Cliff Small 25:14
230. Bob Baldwin 25:20
231. Todd Sargent 25:20
232. Leo Smercon 25:26
233. Carlo Sivenuta 25:27*
234. Zac Cook 25:30
235. Donald Merguts 25:30
236. Kenneth Slaidell 25:32
- 237.
238. Steve Leighton 25:42
239. Shannon Snowman 25:43*
240. Ron Cote 25:51
241. Carol Froehlich 25:54*
- 242.
243. Jim Moorhead 26:09
244. Lowell Lavey 26:10
245. Lynne Santerre 26:11*
246. Charles Murphy 26:12
247. Max Warner 26:12
248. John Krause 26:13
249. Sean Leathers 26:20
250. Andrea Pollatier 26:20*
251. Carrie Sosa 26:25*
252. Jeanette Towne 26:28*
253. Joel St. Pierre 26:27
254. Jo Ann Brandt 26:33*
255. Julie-Ann Sprague 26:37*
256. Nadine Dollic 26:37*
257. Beverly Young 26:37*
258. Hope Sosa 26:38*
259. Jerry Sataz 26:38
260. Matthew Carr 26:38
261. Cheri Kent 26:39*
262. Kaba Wynne 26:39*
263. Sanford Blits 26:47
264. Frank Jewell 26:49
265. Grey Crocker 26:51

PHIES &
RDS

service
ing
 Trophy
Plan
St.
Se.
No

266. Perry Barnard	26:54	189. Diane Grenier	31:15*	3.3 BY THE SEA	
267. Elaine Jennings	26:57*	190. Barbara Jewell	31:16*	Timesport	Apr 14th
268. Patricia Kennedy	27:00*	161. Caroline Lowry	31:18*		
269.		162. Amy Hatch	31:17*		
270. Ruby Grayson	27:14*	163. Bruce Clark	31:17	1. Phil Stuart	17:00
271. Dorothy Knobloch	27:16*	164. Janet Cardella	31:30*	2. Mac Young	18:20
272. Douglas Knobloch	27:18	165. Patti Martin	31:38*	3. Carl Young	18:40
273. Bradford Crothers	27:18	166. Faye Decontis	31:53*	4. David Alley	18:40
274. David Jones	27:20	167. Howard Schonberger	32:15	5. Deke Talbot	19:00
275. Dawn Hudson	27:21*	168. Theresa White	32:21*	6. Harvey Spronger	18:40
276. Denise Robinson	27:26*	169. Tom Wood	32:34	7. Travis Seal	18:40
277. Robert Siske	27:27	170. Mrs. R.M. Upplay	32:36*	8. Bill Pinkham 41	19:00
278. Peter Clark	27:30	171. Robert M. Smith	32:48	9. Mike Worcester	19:00
279. Marjorie Knutti	27:31*	172. Bartley Susswell	32:54	10. Darrell Salley	19:00
280. Dan Merrill	27:32	173. David Small	32:56	11. Thomas Sprague	20:00
281. Bob Dyer	27:33	174. Michael D'Brien	32:57	12. Christopher	20:00
282. Pacey Dyer	27:34*	175. Kristie Lowe	33:08*	13. Scott Stoll	20:00
283. Donna Gilbert	27:34*	176. Suzanne Quirk	33:09*	14. Paul Bery	20:00
284. Jim Gilbert	27:35	177. Merle Lowe	33:11	15. Parly Merrick	20:00
285. Mark Eastman	27:36	178. Charlie Lane Jr.	33:21*	16. Robert Gentle	21:00
286. Jeff St. Pierre	27:43	179. Cordula Swett	33:25*	17. Terrence Cousins 40	21:00
287. Adela St. Pierre	27:43*	180. Ann Marie Zaves	33:27*	18. Mark Carver	21:00
288. Joe Krause	27:44	181. Amy Barrow	33:38*	19. Peter Feeney	21:00
289. Craig Babcock	27:46	182. Ben Ouel	34:15	20. Leon Sargent	21:00
290. Michael Oxley	27:55	183. Mary Matava	34:16*	21. Rick Dupont	21:00
291. Jan Washburn	27:56*	184. Vanessa Caron	34:21*	22. Mark Soco	21:00
292. Candace Green	27:56*	185. Wendy Lane	34:38*	23. Maurice Springer	21:00
293. Tom Mulvey	27:58	186. Bonnie Lane	34:39*	24. Wayne Baldwin	21:00
294. Kris Babcock	27:59	187.		25. Ken Swapp	21:00
295. Deborah Sargent	28:07*	188. Brett Johnson	35:01	26. Kris Woodward	21:00
296. Tina Girouard	28:10*	189. Andrea Buchler	35:04*	27. Matthew Hall	22:00
297. Chris Mainie	28:10	190. Bob Johnson	35:04	28. Braden Alley	22:00
298. Sandra Trothaker	28:20*	191. Laurie Robinson	35:06*	29. Doug Ireland	23:00
299. Ray MacKerrow	28:21	192. Brittany St. Peter	35:08*	30. Sam Amerbach 50	23:00
300. Debbie Naida	28:21*	193. Stefanie Slabyj	35:08*	31. Dean Alley	23:00
301. Donna Snowman	28:23*	194.		32. Kerry Shea	23:00
302. Kathleen Taylor	28:27*	195. Becky Sutherland	35:19*	33. Linda Bedard 41	24:00
303. Deborah Danforth Huff	28:27*	196. Theresa Sutherland	35:21*	34. Millard Crowley 58	24:00
304. April Achorn	28:28*	197. Gaynor Jewell	35:25	35. Richard Alley	25:00
305. Justine Michaud	28:29*	198. Don Roes	35:25	36. Mary Stoll	25:00
306. Sarah Mascetta	28:31*	199. Bill Vigers****	35:41	37. Ray Seal	25:00
307. Amy Peterson	28:31*	Terry Fox's companion/friend on the Marathon of Hope		38. Bobby Shea	25:00
308. Chip Clark	28:33	400. Kory Crawford	35:45	39. Ken Shea 40	25:00
309. Danny O'Sullivan	28:33	401. Carrie Crawford	37:05*	40. Barbara Grannell	27:00
310. Dennis Shilbe	28:38	402. Amy Goss	37:06*	41. T.J. Sprague	27:00
311. Carlene Hax	28:43*	403. Jennifer Libby	37:06*	42. Heidi Best	27:00
312. Cathy Trear	28:49*	404. Billy Gates	37:48	43. Sud Brown 54	28:00
313. Joan Farrington	28:49*	405. Denise Wallingford	38:01*	44. Arnie Smith	28:00
314. Robert Hutchins	28:58	406. Richard Wallingford	38:17	45. Dennis Alley	28:00
315. Robin Rice	28:59*	407. Ken Snowman	38:33	46. Sarah Flusser	28:00
316. Donna Sotokayor	29:00*	408. John Kingsbury	38:56	47. David Jones	28:00
317. Nina Butler	29:05*	409. Perry Barnard	39:35	48. Kelley Seal	28:00
318. David Kull	29:06	410. Auggie Lufkin	39:58*	49. Ann Dorian	28:00
319. Carla Akalarian	29:07*	411. Harmony Robinson	40:25*	50. Rick Dorian	28:00
320. Marilyn Segal	29:15*	412.		51. Shawn Scarlec	30:00
321. Susan Thompson	29:17*	413. Sarah Gillis	41:08*	52. Dana Lawson	30:00
322. Jenny Fitzpatrick	29:21*	414. Marjorie Emerson	41:06*	53. David Nelson	31:00
323. Joe Ledo	29:22	415.		Results courtesy of Dave Alley Race Director	
324.		416. Mary Jane Pierce	41:06*		
325. Patricia Erickson	29:25*	417. Sherry Senter	41:08*		
326. Mike Younchland	29:35	418. Kirsten Hamilton	42:30*		
327.		419. Georgette Surrill	43:39*		
328. Paul Tomlinson	29:38	420. Stephanie Parady	43:40*		
329. Lisa Gill	29:42*	421. Alan Lucier	44:09		
330. Beth Denis	29:42*	422. Bonnie Rogers	44:51		
331. Dayna Worster Jr.	29:50*	423. April Appleton	44:51*		
332. Eeta Davenport	29:54*	424. Katie Clark	46:10*		
333. Richard Stitham	29:54	425. Jessica Whitten	46:27*		
334. Tazzy Hosen	29:56*	426.		Boys 9 & 10	
335. Carrie Achorn	29:56*	427. Goody Wiseman	47:28	13. Jimmy Vachon	13:00
336. Jennifer Washburn	29:56*	428. Oscar Wiseman	47:28	14. Todd Gordon	14:00
337. Nat Clark	29:57	429. Bob Handelman	50:00	15. Gavin Porter	14:00
338. Cherie Towne	29:59*	430. Sasha Handelman	50:00*	16. Jeremy Nickerson	14:00
339. Laurie Robertson	29:59*	431. Kalidi Handelman	50:00*	17. Dale Black	14:00
340. Nancy Volkos	30:00*	432. Karen Goss	50:01*	18. Brian Bedard	15:00
341. Jennifer Grindie	30:05*	433. Skip Williams	50:01	19. Ken Wood	15:00
342. Amy Dorsey	30:08*	434. Jack Halsey	50:01	20. Todd Hutchinson	16:00
343. Nancy Schneider	30:19*	435. Irving Paul	51:40	21. Stuart MacDonald	16:00
344. Mary Beth Nelson	30:20*	436. Stanley Ward	51:41	22. Joe Hummer	16:00
345. Sandra Thomas	30:23*	437. Susan Chiocci	56:16*	23. Adam Driscoll	17:00
346. Cheryl Higgins	30:25*	438. Unknown		24. Scott Swenson	16:00
347. Stephanie Barchuck	30:26*	439. Unknown		25. Joey Klocha	16:00
348. Ann Ingalls	30:26*	440. Unknown		26. Jason Brown	16:00
349. Pat Smith	30:27*			27. Aaron Splint	16:00
350. Roland Perry	30:27			28. Brandon Preston	20:00
351. Jeff Ingalls	30:28				
352. Jeff Zisk	30:28				
353. Keith Kirincha	30:41				
354. Brian Simpson	30:41				
355. Joyce Sherry	30:55*				
356. Laurie Littlefield	30:58*				
357. Edna Naida	31:00*				
358. Aaron St. Peter	31:02				

Results courtesy of Charlie Sussers
Race Director

Reconciled by Roland Trottier
Meet Director



LIFE

SPORTS
OF ELLSWORTH

SCHOODIC POINT 15K ROAD RACE

PLACE: Schoodic Point parking lot, Schoodic section of Acadia National Park, Winter Harbor.

DATE: Saturday, August 11, 1984

TIME: 7:00 to 8:00 PACKET PICK-UP • 8:30 Start.

COURSE: An out and back course, start and finish at Schoodic Point parking lot. 15K wheel measure, fairly flat along shore, cool and view of pounding surf. All miles clearly marked. TAC CERTIFIED.

COURSE RECORD: Mike Gaige - 46:51 Cynthia Lynch - 59:54

LAST YEAR'S WINNERS: Gerry Clapper - 47:42 Cynthia Lynch - 59:54

ENTRY FEE: \$6.00 pre-registration—(Must enclose self addressed, stamped envelope - NO EXCEPTIONS)—Limit 200 runners. Registration by August 8th.

AWARDS: 1st Male and 1st Female Overall
 2nd Overall
 3rd Overall
 1st Male and 1st Female For Each Category
 14 - Under
 15 - 19
 20 - 30
 31 - 39
 40 - over
 One Grand Raffle Prize; All finishers eligible.

RACE FEATURES: 1. Digital finish clock
 2. Hot showers and changing facility
 3. Time splits: all miles and 1/2 way
 4. Water stations: 2 mile, 4.65, 7.3, finish
 5. Restrooms: start and finish
 6. T-shirts to all runners
 7. Post race refreshments
 8. LOBSTERS TO ALL FINISHERS
 9. Free camping - same site as last year.

Make Check Payable To: Winter Harbor Chamber of Commerce Race Fund
 C/O Al Groh
 P.O. Box 8
 Winter Harbor, Maine 04693

OFFICIAL ENTRY FORM

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

Name: _____
 Address: _____
 Age: _____ School or Club: _____
 Signature: _____
 MALE _____ FEMALE _____
 SHIRT SIZE S M L XL
 Parents Signature if under 18 _____

Age 14th

17:07
18:10
18:13
18:27
18:31
18:34
18:40
18:52
19:14
19:29
20:19
20:37
20:41
20:53
20:59
21:00
21:17
21:29
21:36
21:37
21:43
21:48
21:46
21:57
22:15
22:21
22:39
22:33
23:05
23:17
23:28
23:28*
24:42*
24:58
25:09
25:40
25:54
26:42
26:42
27:32*
27:39
27:56*
28:00
28:10
28:24
28:30*
28:37
28:44
28:54
28:55
30:35
30:35
33:14

13:55
14:20
14:32
14:38
14:50
15:04
15:06
16:00
16:04
16:57
17:45
18:30
18:37
18:39
25:01
20:08

Enjoy **oke**

BOOKS.

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the shoe

WINTER SPORT

Dolphin

WING TIGER



Trotter
Director

The Fourth Annual Castine Twosome and Open Road Race

Castine, Maine

Saturday, August 18, 1984

10 a.m.

Twosome Idea: It's simple. Pick a partner of opposite sex, enter as a team, and your aggregate ages will determine the division in which you will compete. Winners will be based on the combined times of the two team members. An open race for singles (with separate awards) will take place simultaneously.

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

Registration: Castine Patriot, Main Street, Castine, Maine 04421. (Post entries accepted until 9:30 a.m. on August 18.)

Entry Fees: \$6.00 per twosome team; \$3.00 per individual.

Refreshments: Soft drinks and cookies at the finish line.

Special Features: Watch the Maine Retired Veterans Race from the lighthouse cliffs (1 p.m.). Tour the Maine Maritime Academy training facility, *State of Maine*. And plan to enjoy a picnic at Madison after the road race, under the auspices of the Castine Historical Society.

Twosome Awards

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

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

Open Race Awards

First place for males and females in each division:

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

(Limit of one award per individual)

Plus an exciting mystery prize!

Twosome Age Division Records

•30 and under	63:03	Mark Hatch, Castine Nancy Sullivan, Marshfield, Mass.	(1982)
•31-39	61:52	Steve Kozlovich, Milbrook Mary Clapper, Bucksport	(1981)
•40-49	64:28	Alex Hammer, Orono Ann Blumer, Orono	(1983)
•50-59	65:15	Erich Reed, Aine Mardi Reed, Aine	(1983)
•60-69	59:18	Mark Hatch, Castine Barbara Pike, Concord, Mass.	(1983)
•70-79	62:10	Harold Hatch, Castine Andrea Hatch, Castine	(1981)
•80-89	61:07	Harold Hatch, Castine Andrea Hatch, Castine	(1982)
•90-99	81:37	Richard Sullivan, Marshfield, Mass. Joanne Sullivan, Marshfield, Mass.	(1981)
•100 and over	75:57	Bill Sayers, Readfield Wendy Sayers, Readfield	(1983)

Sign up **now!** Special T-shirts for the first 20 male and 20 female entries!

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

NAME(S)

AGE(S) ADDRESS(ES)

(M) _____

(F) _____

*Signatures: _____

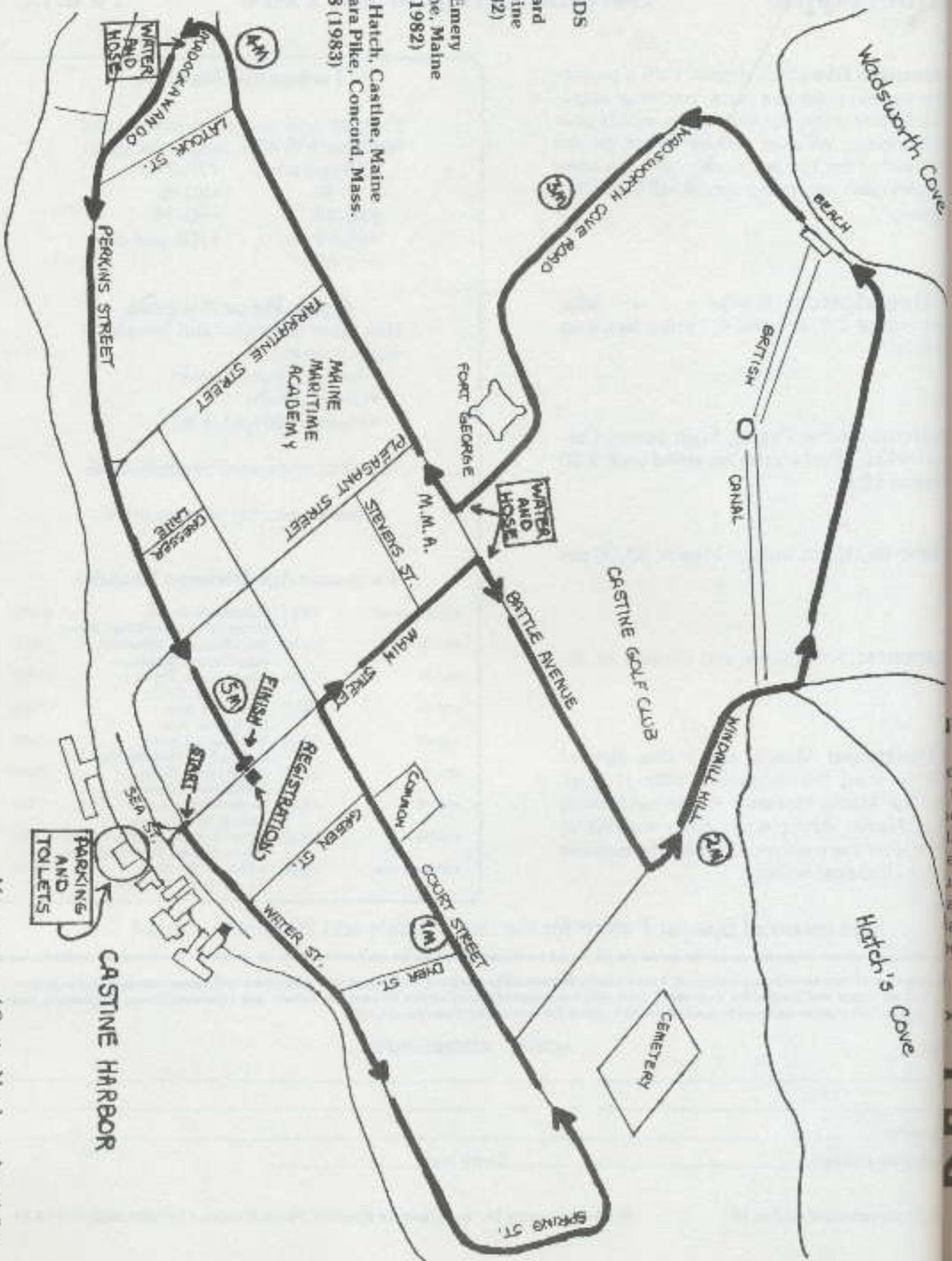
Division (see above): _____ Entry fee: _____

*Parent's signature if under 18

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

COURSE RECORDS

- Men: Peter Millard
Orono, Maine
25:48 (1982)
- Women: Robln Emery
Lamoine, Maine
31:36 (1982)
- Twosome: Mark Hatch, Castine, Maine
Barbara Pike, Concord, Mass.
59:18 (1983)



Map courtesy of Castine Merchants Association



**SUNDAY, JULY 29, 1984
GARDINER JUNIOR HIGH SCHOOL
ROUTE 126, GARDINER, MAINE**

INTRODUCTION:

Key Bank of Maine is proud to present Maine's preeminent triathlon. The MAINE EVENT consists of three stages: running (10K), canoeing (6 miles) and bicycling (28 miles). Ironmen/Ironwomen and relay teams of two, three or four people may enter. We encourage families, husband/wife teams and business teams to enter. We've worked hard to make the MAINE EVENT not only Maine's best triathlon but also the most enjoyable. We hope to see you July 29, 1984.

AWARDS:

T-shirts for all competitors. 1st, 2nd, and 3rd place commemorative prizes will be awarded in 15 race categories, plus special prizes. Refreshments, complete results.

Register early — limited to 200 teams.

Sponsored By:



**Maine
Road
Ramblers**



Organized by the Maine Road Ramblers, and the Penobscot Wheelmen.

Wadsworth Cove

Hatch's Cove

THE MAINE EVENT TRIATHLON SUNDAY, JULY 29, 1984

THE COURSE:

The MAINE EVENT covers a course that combines 10 kilometers (6.2 miles) of running, 6 miles of flatwater canoeing, and 28 miles of bicycling through rolling countryside.

Runners begin on the Pond Road, across from the Gardiner Junior High School. From that point, they proceed 5 kilometers along the Pond Road and return along the same route, finishing at the Gardiner Sportsman's Club. From there, canoeists paddle 3 miles up Cobbosseecontee Stream and return to the Sportsman's Club. Bikers leave the Sportsman's Club and head east along Route 126. Upon crossing the bridge they head south to Richmond Corner via West Street, Old Brunswick Road, and Route 201. The bikers then follow Route 197 from Richmond Corner to Litchfield Corners. The bikers complete the triathlon circuit via Hallowell Road, Plains Road, Pond Road and Route 126 finishing at the Junior High. See map on back.

REGISTRATION:

Pre-register by mailing completed application to MAINE EVENT, c/o Maine Road Ramblers, P.O. Box 264, Augusta, Maine 04330. On race day, register at Gardiner Junior High School between 7:30AM and 9:00AM.

ENTRY FEES:

Team Category	Entries postmarked	
	by July 14, 1984	After July 14 or on race day.
3 or 4 person	\$40.00	\$50.00
2 person	\$25.00	\$35.00
Individual	\$15.00	\$25.00

ON RACE DAY:

7:30AM - 9:00AM

- Registration
- Team captains and individual competitors pick up packet to include T-shirts, numbers, instructions, refreshment coupons, wrist bands, and maps.

10:00AM - Rain or shine

3:30PM - Maine Event Triathlon Awards Ceremony

FACILITIES:

Restrooms, showers, and lockers available at Gardiner Junior High School. Massage therapist certified by American Massage Therapy Association, and trained in sports massage.

REFRESHMENTS:

The Gardiner Sportsman's Club will operate food and beverage concessions at which competitors may redeem refreshment tokens. Spectators may purchase food and drink.

MAINE EVENT TRIATHLON

RULES:

- Bikers - No escorts of any type. No drafting. protective head gear required. A follow-up crew will pick up disabled bicycles. All bicycles subject to safety inspection.
- Canoeers - Life jackets required! All ACA rules apply regarding canoe specifications, including covered canoes or double ended paddles.
- Numbers must be clearly visible at all times. Times to be recorded. A wrist band will be provided. This is to be passed from runner, canoeer to biker, and must be shown by biker at the finish. There will be check points at unspecified locations along the course. All decisions are final.
- Protest must be submitted within 1/2 hour of finish, in writing. Judges decisions are final.
- Complete rules in race packet.

INFORMATION:

For packet including course map and information on motels, campgrounds and restaurants, send self-addressed, stamped envelope to MAINE EVENT, c/o Maine Road Ramblers, P.O. Box 264, Augusta, Maine 04330. By telephone call Larry Poulin at (207)623-1166, Dean Crocker evenings at (207)622-2665, or Greg Nelson, Race Director (207)582-5607 evenings.

CATEGORIES:

Three or Four Person Teams

1. *Championship Class - Open
2. Men - Under 35
3. Women - Under 35
4. #Masters Men - 35 & over
5. #Masters Women - 35 & over
6. Mixed - 2 men, 2 women
7. **Family - No age limit
8. Corporate - Same employer
9. Junior - Under 18

Two Person Teams

10. Men - Open
11. Women - Open
12. Mixed - 1 man, 1 woman
13. Husband/wife

Individuals

14. Men - Open
15. Women - Open

*Only experienced racers in Championship Class
#When ages of team fall into both categories, team will be entered in the Under 35 group.

**Family teams must consist of immediate family members.

MAINE EVENT ENTRY FORM

Make checks payable to the MAINE EVENT and mail to:
 MAINE EVENT, c/o Maine Road Ramblers
 P.O. Box 264, Augusta, Maine 04330

NAME NICKNAME: _____

AGE CATEGORY (CIRCLE ONE): 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

DISCLAIMER:

In consideration for allowing me/my team to participate in the MAINE EVENT Triathlon on July 29, 1984, I hereby, for myself, my my executor and administrators, waive and release any and all rights and claims for damages or injury to, my equipment, or property may incur in connection with this event, against the Maine Road Ramblers, the Penobscot Wheelmen, Key Bank and all sponsoring parties of said event. I warrant that I have read the rules and regulations of said event and hereby agree to abide by them. Furthermore, I attest and verify that I am physically fit and sufficiently trained to participate in this event. I also give permission for the free use of my name and picture in any broadcast, telecast, or written account of the event.
 All team members must complete and sign the following, agreeing to the above disclaimer. Parents or guardians must sign for participants under 18 years of age.

 LAST NAME FIRST NAME MI

 MAILING ADDRESS

 STATE ZIP CODE

SEX: S M L XL
 T-SHIRT SIZE

 SIGNATURE (Parents if under 18)

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 LAST NAME FIRST NAME MI

 MAILING ADDRESS

 STATE ZIP CODE

SEX: S M L XL
 T-SHIRT SIZE

 SIGNATURE (Parents if under 18)

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 LAST NAME FIRST NAME MI

 MAILING ADDRESS

 STATE ZIP CODE

SEX: S M L XL
 T-SHIRT SIZE

 SIGNATURE (Parents if under 18)

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 MAILING ADDRESS

 STATE ZIP CODE

SEX: S M L XL
 T-SHIRT SIZE

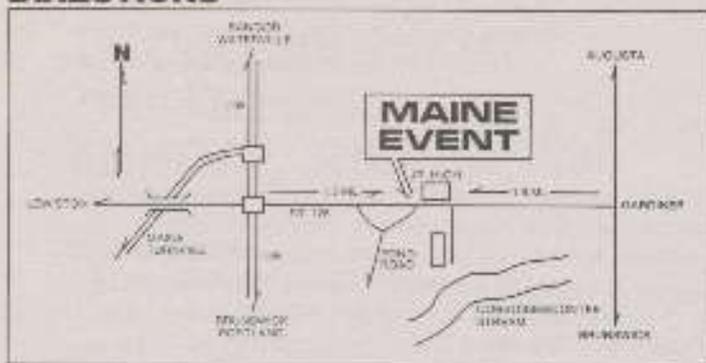
 SIGNATURE (Parents if under 18)

B
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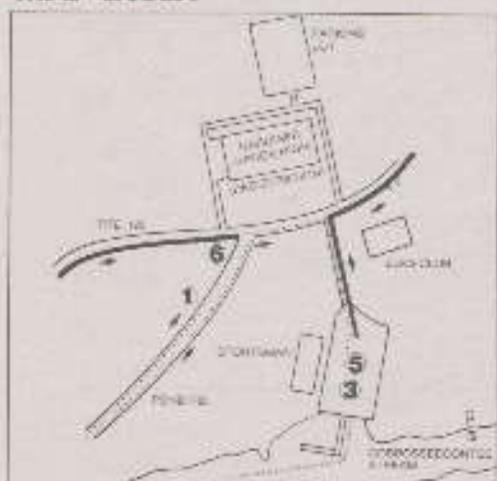
SPECIAL NOTE:

Please read carefully and print all information. Data will be computerized and must be complete and legible or your entry will have to be returned.

DIRECTIONS

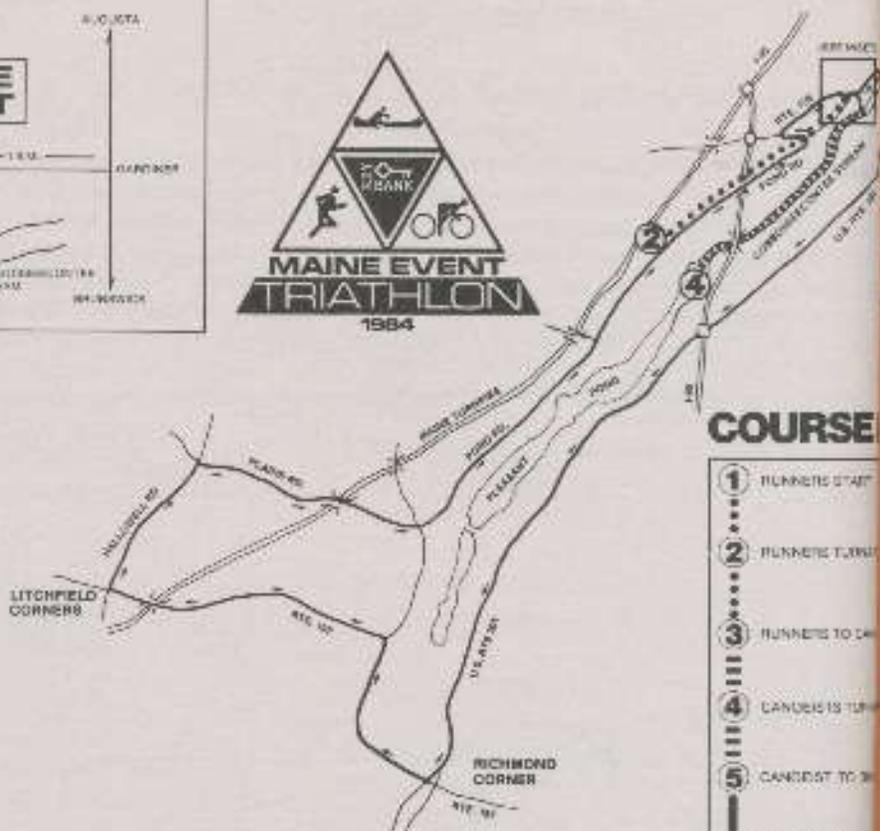


MAP INSET



Start, finish and transition for all stages are located within 100 yards of each other.

MAINE EVENT
 c/o Maine Road Ramblers
 P.O. Box 264
 Augusta, Maine 04330



COURSE

- 1 RUNNER'S START
- 2 RUNNER'S TURN
- 3 RUNNER'S TO CHANGE
- 4 CYCLIST'S TURN
- 5 CYCLIST'S TO CHANGE
- 6 SWIMMER'S FINISH

Bulk Rate
 U.S. Postage
 PAID
 Augusta, ME 04301
 Permit No. 5



IN HONOR OF THE 100th
BIRTHDAY OF MOXIE
(program on back)

CO-SPONSORED BY UNION
HISTORICAL SOCIETY AND
PEN-BAY PACERS RUNNING
CLUB

AWARDS: FIRST 2 PLACES
MALE/FEMALE
OPEN
18 and under
19-29
30-39
40-49
50 and over
1st UNION RESIDENT
OLDEST ENTRANT
YOUNGEST ENTRANT
FURTHEREST AWAY



ENTRY DONATION - \$4.00
DAY OF RACE - \$5.00
FUN RUN - \$1.00

PAINTERS HATS TO FIRST
100 ENTRANTS

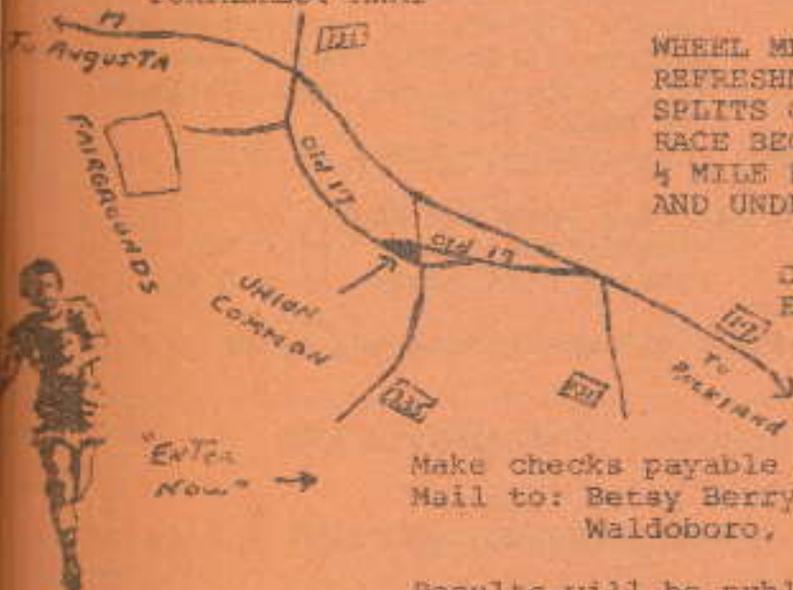
REGISTRATION & CHECK-IN
AT UNION FAIRGROUNDS
UNION, MAINE ON DAY OF
RACE BEGINNING 2:00 PM

SUNDAY JULY 15, 1984

5:30 P.M.

COURSE MAP

- 1 RUNNERS START
- 2 RUNNERS TURN AROUND
- 3 RUNNERS TO DANCE
- 4 CANOISTS TURN AROUND
- 5 CANOISE TO BRIDGE
- 6 BRIDGE FINISH



WHEEL MEASURED 10 K COURSE
REFRESHMENTS AVAILABLE AFTER RACE
SPLITS GIVEN AT EVERY 1,3,5 MILE
RACE BEGINS AND ENDS AT FAIRGROUNDS
1/4 MILE RACE FOR BOYS AND GIRLS, 12
AND UNDER - STARTS AT 3:00 P.M.

ONE MILE FUN RUN - ANYONE MAY
ENTER - STARTS AT 3:45 P.M.

10K STARTS AT 5:30 P.M.

Make checks payable to Union Historical Society
Mail to: Betsy Berry, Race Director, RFD #2
Waldoboro, ME 04572

Results will be published in Maine Running

Registration Form

Fun run _____ 10K _____ 1/4 mile _____

Name _____ Age _____ Sex _____

Address _____ Town _____ State _____

WAIVER: In signing this entry, I release the director, all sponsors,
promoters, volunteers, Union Historical Society, Pen-Bay Pacers, and
Union Fair from any and all liability in case of death or injury rece-
ived during the participation in the run. In case of a minor, this
entry must be signed by a parent or guardian.

SIGNATURE _____

Bulk Rate
U.S. Postage
PAID
Augusta, ME 0433
Permit No. 581

100th BIRTHDAY OF MOXIE

July 15, 1984

UNION FOUNDER'S DAY - at the FAIRGROUNDS - UNION, MAINE

11:00 AM - 7:00 PM

Crafts and Flea Market
Exhibition of Moxie Memorabilia
Matthews Museum of Maine Heritage

11:00 AM - 1:00 PM

Pancake Brunch

1:00 PM - 2:00 PM

Country Western & Country Rock music by
THE CLARY HILL BAND

2:00 PM

Flyover - World War II & Classic Planes from
Owl's Head Transportation Museum.
Parade - Antique Autos from Maine Obsolete
Auto Club - Parade Wagon Calliope -
The Moxie Horse
Birthday Celebration - Toast to Moxie

3:00 PM

$\frac{1}{4}$ -Mile Race for Boys and Girls
Winning Boy named "Moxie Kid"
Winning Girl named "Miss Moxie"

3:45 PM

One-Mile Fun Run - anyone may enter

4:30 PM - 5:30 PM

Band Concert - LINCOLNVILLE BAND

5:30 PM

10-K MOXIE CHALLENGE ROAD RACE

Co-sponsored by the
ROCKLAND PEN BAY PACERS

5:30 PM

Chicken Barbeque - Union Ambulance Group
Salad Bar - Union Senior Citizens

7:00 PM

Awards

Note:

Games and activities of interest to children
throughout the day sponsored by the
Knox-Lincoln 4-H



SIXTH ANNUAL ROTARY

10,000 METRE (6.2 Mile) ROAD RACE

"RUN FOR THE OYSTER"

at the

DAMARISCOTTA RIVER OYSTER FESTIVAL

WHEN: Saturday July 14, 1984 at 8:30 A.M.

WHERE: Registration, Parking, and Finish at Great Salt Bay School on Business Rt. #1 - north of town.

FACILITIES: Locker Rooms, Rest Rooms, Showers (Bring your own towel) at the registration point and finish at Great Salt Bay School. Water at 2 & 4 miles - Splits as 1 and 4 miles.

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

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

AWARDS: Trophies to first 3 in each class- men and women: 1.) 14 and under; 2.) 15 thru 19; 3.) 20 years thru 29; 4.) 30 years thru 39; 5.) 40 years thru 49; 6.) 50 thru 59; 7.) 60 and over.

SOME STATISTICS of the Wheel-Measured Course: 1983 Time- MEN 32:33 minutes; WOMEN 33:27 minutes. 105 Finishers. COURSE RECORD: MEN 32:15; WOMEN 39:00.

" Complete Results Will Be Published in Maine Running Magazine"

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) _____ (Date) _____ (If minor, parent of guardian must sign above) (Date) _____

ADDRESS: _____

STATE: _____ ZIP _____ (AGE: _____ MALE _____ FEMALE: _____)

PHONE: _____

ENTRY FEE \$4.00 - check payable to "D.R.O.F." Program sponsored by the Damariscotta-Newcastle Rotary Club. Mail entry fee to Damariscotta-Newcastle Rotary Club, P.O. Box # 687, Damariscotta, ME 04543.

DIRECTOR: Bill Murdoch (207-563-5780)

REGISTRATION closes July 10, 1984. Registration may be made on RACE day.

**JAMES BAILEY / GARDINER COMMON
5 MILE ROAD RACE**



Saturday July 7, 1984 8:00 AM WHERE: Gardiner Common, Brunswick Ave. (Rt 201)
Gardiner, Maine

REGISTRATION: By mail or at 45 to 7:45 AM race day at the Common.

FEES: By mail \$3.50. Race day \$4.00. \$1.00 off for each additional family member.
T-SHIRTS to the first 150 registrants.

COURSE: The same certified course used last year. Two loops over rolling city streets and farm roads. Splits at 1, 2.5, and 4 miles; water at start, 1.5, 2.5, 4 miles and finish. Maps available race day. Hoses on course if weather requires.

LOCATIONS: Gardiner Middle School. Rest rooms and showers. There is only one shower so women will have to wait until 9:30 AM (sorry).

AWARDS: Trophies to 1st overall man and woman; gift certificates in the following agegroups:

MEN: 18-under; 19-29; 30-34; 35-39; 40-49; and 50-over.

WOMEN: 18-under; 19-29; 30-39; and 40-over. Awards courtesy of our sponsor:



**JAMES BAILEY CO.
THE MAINE TRADITION IN SPORTS**



REFRESHMENTS: After the race partake of fruits, baked goods, and fruit juices.

RESULTS: Complete results will be published in Maine Running Magazine. For \$4.50 complete results will be mailed to you. Please check the box on the application.

ON THE GARDINER COMMON: Bring the family and join in the day long celebration.

FOR INFORMATION: Contact Russell Martin, 31 Cedar St., Augusta ME 04330. Phone 207 622-1258

5TH ANNUAL JAMES BAILEY / GARDINER COMMON 5 MILE ROAD RACE

NAME (PRINT): _____ AGE: _____ SEX: _____

ADDRESS: _____ CLUB: _____

CITY: _____ STATE: _____ ZIP: _____

SHIRT SIZE: S M L XL I SEND ME A COPY OF THE RESULTS - \$4.50

In consideration of acceptance of this entry, I hereby waive any and all rights and claims for damages or injury I may incur in connection with the 1984 James Bailey / Gardiner Common 5 Mile Road Race, against the Maine Road Ramblers, and all sponsors or officials of this event. I verify that I am physically fit and sufficiently trained to participate in this event. I also give permission for the use of my name and picture in any broadcast, telecast, or written account of the event.

SIGNATURE: _____ (PARENT OR GUARDIAN IF UNDER 18)

Check payable to MAINE ROAD RAMBLERS and mail with signed entry form to:
Russell Martin, 31 Cedar St., Augusta ME 04330

BRIDGTON



ON THE Fourth

ROAD RACE

COME & ENJOY A NEW ENGLAND 4TH OF JULY CELEBRATION IN BRIDGTON, ME.
RACE • FOLLOWED BY PARADE • FIREWORKS • BAND CONCERT

WHEN & WHERE: 9 A.M. JULY 4, 1984 AT THE BRIDGTON JUNIOR
HIGH SCHOOL, DEPOT STREET, BRIDGTON, ME

SPONSORS:

SPORTSHAUS • NORWAY SAVINGS BANK
THE BRIDGTON NEWS • PLEASANT MOUNTAIN

BENEFIT:

BRIDGTON LIBRARY CHILDREN'S ROOM

COURSE:

4 MILES - WHEEL MEASURED - SEE MAP ON BACK

FEE:

\$4.50 PRE-REGISTRATION • \$5.50 POST-REGISTRATION

REGISTRATION:

PRE-REG. BY MAIL - ENTRIES MUST BE RECEIVED
BY JUNE 30

IN PERSON - AT SPORTSHAUS, MAIN ST. BY JULY 3
OR SPORTSHAUS, RT. 302, W. BRIDGTON FROM
JUNE 30 - JULY 3

POST-REG. 7:00-8:30 AM, JULY 4, BRIDGTON JR. HIGH

AWARDS: • SILK-SCREENED T-SHIRTS TO FIRST 500 ENTRIES

• \$50 GIFT CERTIFICATE

TO 1ST MAN AND WOMAN -
FROM SPORTSHAUS

• \$15 DINNER CERTIFICATE

TO 2ND MAN AND WOMAN -
FROM "THE LADLE RESTAURANT"
BRIDGTON

• \$10 PIZZA or SUB CERTIFICATE

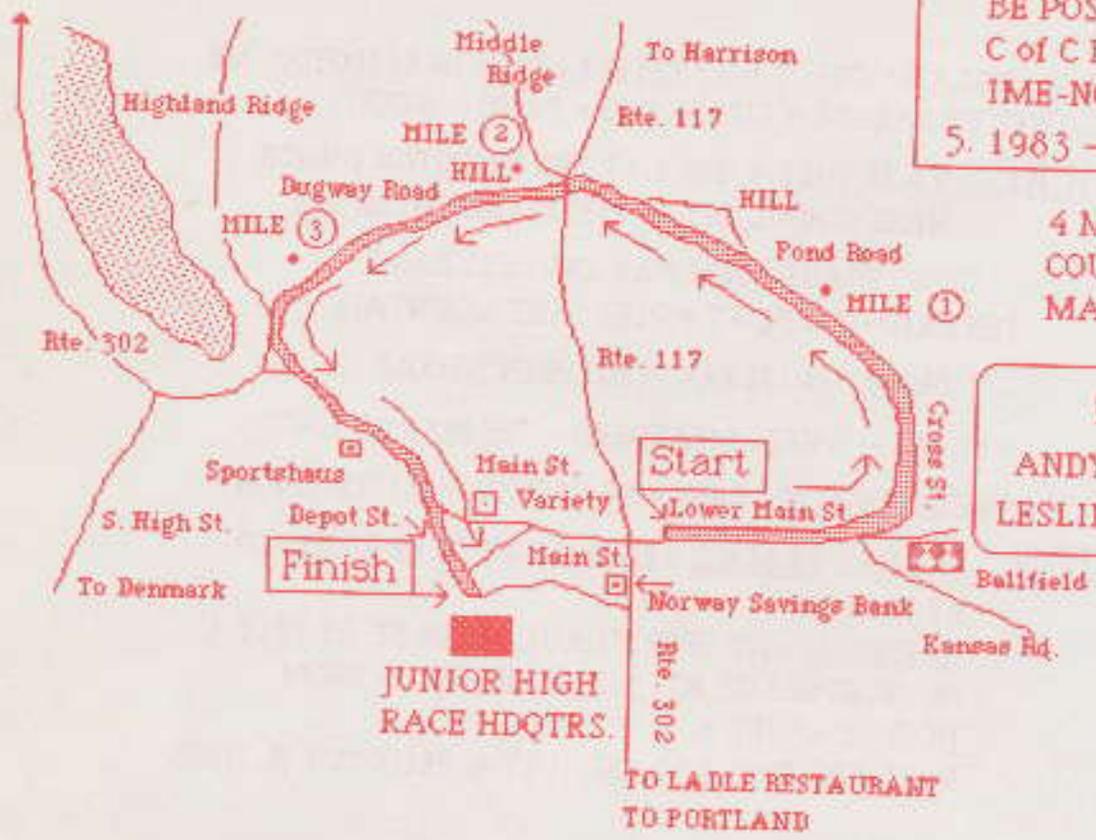
TO 3RD MAN AND WOMAN -
FROM MAIN STREET VARIETY -
BRIDGTON

• AWARDS TO FIRST THREE MEN & WOMEN IN THE FOLLOWING AGE GROUPS:
10 & UNDER, 11-13, 14-18, 19-29, 30-39, 40-49, 50-59, 60 & UP

SPLITS AT 1,2,3 MILES
 WATER AVAILABLE AT 2 MILES & FINISH
 SPRAY ON RIGHT SOON AFTER 3 MILES
 COMPLIMENTARY SNACK AT FINISH LINE

RUNNER'S NUMBERS MUST BE PICKED AT
THE JR. HIGH SCHOOL 7-8:30 A.M. DAY OF RACE

TO SPORTSHAUS AT W. BRIDGTON
 TO PLEASANT MOUNTAIN



- FINISH LINE INFORMATION**
1. ENTER THE CHUTE AFTER CROSSING THE FINISH LINE
 2. AWARDS CEREMONY - 10:00
 3. COMPLETE RESULTS WILL BE PUBLISHED IN MAINE RACE MAGAZINE.
 4. RESULTS OF ALL RUNNERS WILL BE POSTED AT: SPORTSHAUS, 100 C of C BOOTH BRIDGTON, BRIDGTON, ME. TIME-NO. CONWAY
 5. 1983 - 686 FINISHERS

4 MILE WHEEL-MEASUREMENT COURSE - ROLLING GRASS & MACADAM SURFACE

COURSE RECORD
 ANDY HALPIN - 19:43
 LESLIE BANCROFT - 22:45

REFRESHMENTS WILL BE SOLD AT THE
 FINISH LINE FOR THE BENEFIT OF

NAME _____ SEX M F Age _____ AS OF 7-4-84

CITY/STATE _____

Parent or Guardian's signature - if under 18 _____
 JAY & LOHAINI SPENCER
 RFD 2 Box 2
 BRIDGTON, ME 04009

Runner's signature _____

Send form and \$4.00 entry fee in (Check payable to Jay Spencer) Form by mail must be received by June 30th

In consideration of acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, my wife and release any and all claims for damages against the Bridgton Public Library, the sponsors, and the directors of this race as well as their assigns and representatives for injuries and illnesses which directly or indirectly result from my participation in this race. I hereby certify that I am physically fit and have sufficiently trained for this event.

BATH HERITAGE DAYS ROAD RACE

BATH, MAINE

WEDNESDAY, JULY 4TH - 8:30 A.M.

1.5 MILE FUN RUN - 5 MILE RACE



INFORMATIC
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MONY - 10:3
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HEEL-MEASU
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SURFACE

E RECORDS
N - 19:43 ()
ROFT - 22:46

REGISTRATION:

Pre-register by mail or at the Bath City Hall on Front Street the day of the Race from 7:00 to 8:00 a.m.

COURSE:

5 mile course is very challenging. 5 mile race starts on Front St. near City Hall. 1.5 mile run begins at Municipal Boat Ramp on Bowery St. Both end at City Hall.

ENTRY FEE:

\$3.00 Pre-Registration
\$4.00 on race day

T-Shirts will be given to the first 75 pre-registrants in the 5 mile race and the first 25 pre-registrants in the 1.5 mile fun run.

First and Second place awards will be given in the following Divisions for men and women in both races: (unless indicated)

DIVISIONS FOR 1.5 MILE FUN RUN & 5 MILE RACE

- 14 and under
- 15 - 19
- 20 - 29
- 30 - 39
- 40 and above
- Bath resident (1st Place Only)

Results of the race will be published in Maine Running magazine.

Refreshments available after the race

SPONSORED BY:

BATH RECREATION DEPARTMENT
(207) 443-4761

(PLEASE PRINT)

OFFICIAL ENTRY FORM

NAME _____
 ADDRESS _____
 CITY _____ State _____ Zip Code _____
 Sex _____ 1.5 _____ 5 mile _____

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.

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

Signature: (Parent's signature if under 18 years.) _____

STREET
NAME
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71 and have



L.L.Bean®

10KM & 2 Mile FUN RUN! 4th of July Road Races Wednesday, July 4th

RIZES: SPONSORED BY L. L. BEAN, INC.

\$100 L. L. Bean Gift Certificate:
For first male & female finisher in 10 km race.
L. L. Bean Running Gear & Trophies:
Available to top three finishers in all other divisions.
T-Shirts to the first 500 registrants.

PECIAL:

\$100 L. L. Bean Gift Certificate:
For first Male to break a 30.30 and Female to break a 36.00
the 10 km race.

TIME:

10 km starts at 7:30 AM sharp (registration 6:00-7:15)
2 mile starts at 8:45 AM sharp (registration 6:00-8:30)

REGISTRATION:

\$3.00 Fee. Register at the store by July 2, by mail
(postmarked no later than June 27) or day of race.
Registration and Number Pickup the day of race at:
FREEPORT HIGH SCHOOL
(All Purpose Room)

RACE LIMITED:

To first 250 10 km; Open field 2 mile.

COURSE RECORDS:

10 km - Men: Hank Pfeifle, 30.25 (1983)
Women: Jane Welzel, 36.22 (1983)
2 Mile - Men: Andy Kimball 9.53 (1983)
Women: Mary Meeham 12.17 (1983)

DIVISIONS:

FOR 10 KM RACE:

Men's Open
Men's 30-39
Men's 40-49
Men's 50 & over
Men's L. L. Bean Employee
Women's Open
Women's 30-39
Women's 40 & over
Women's L. L. Bean Employee

FOR 2 MILE FAMILY RUN:

A. Men's Open
B. Men's 13-18
C. Men's 50 & over
D. Men's Freeport or
L.L. Bean Employee
E. Women's Open
F. Women's 13-18
G. Women's 50 or over
H. Women's Freeport or
L.L. Bean Employee
I. Children 12 & Under
J. Parent/Child
K. Siblings
L. Husband/Wife

Runners are limited to only
one division per race.

Wheel
Measured

Electronic
Timer

Big Digital Clock
At Finish

Shower
Facilities

Refresh-
ments

Look for full race results in the August "Maine Running"

REGISTRATION FORM:

Name _____
Partner's Name (if any) _____
Address _____
Phone _____
Division (if 2 mile) _____ (A thru L listed above)
Fastest 10 km time to date: _____
T-Shirt size _____ Age _____ Sex _____

RACE WAIVER:

I agree to assume all responsibility for all risk or damage or injury that may occur to me as a participant in the L. L. Bean Road Race. I also state that I am physically fit and sufficiently trained for this event.

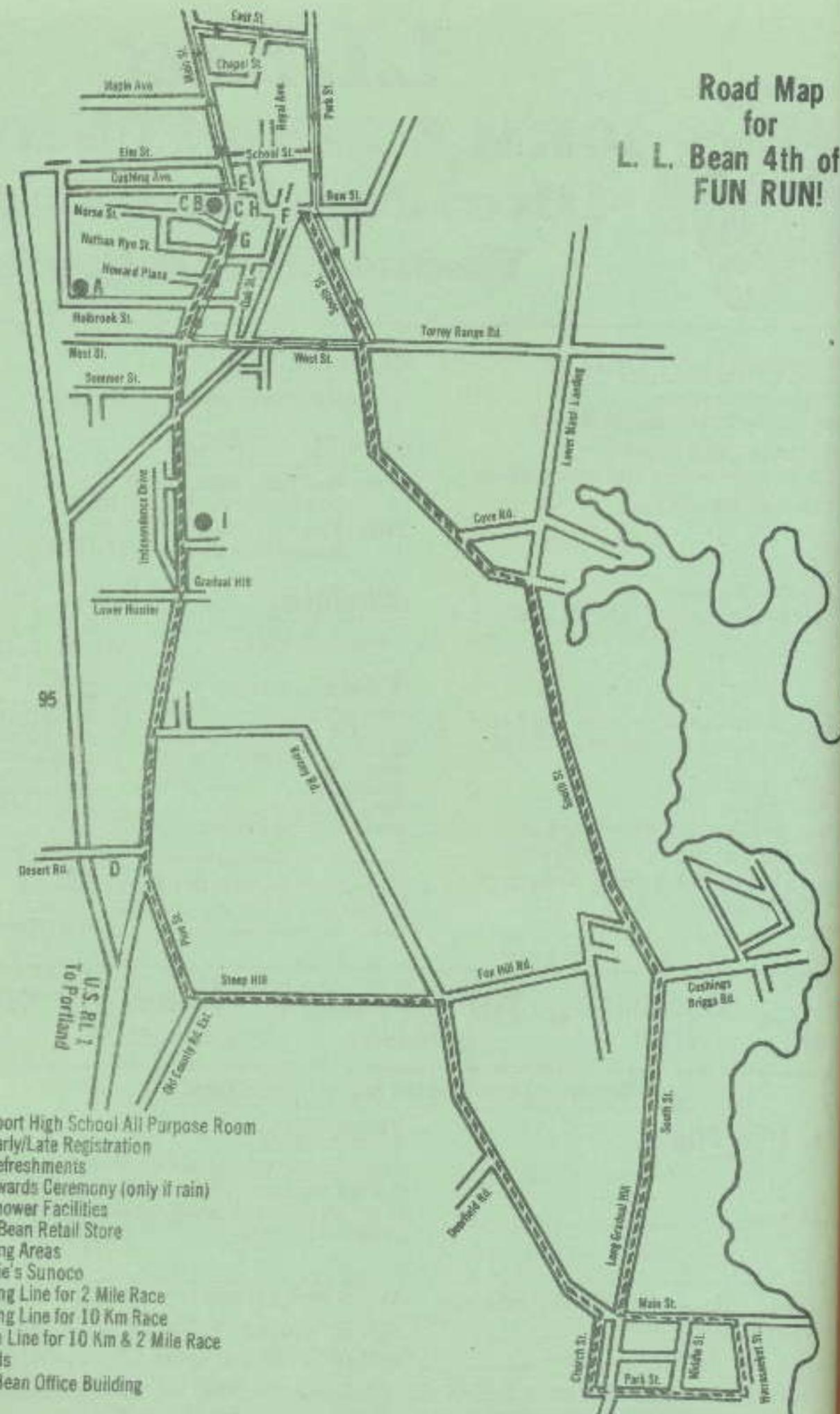
Signature (Parent or Guardian if under 18)

FOR ADDITIONAL INFORMATION CONTACT:

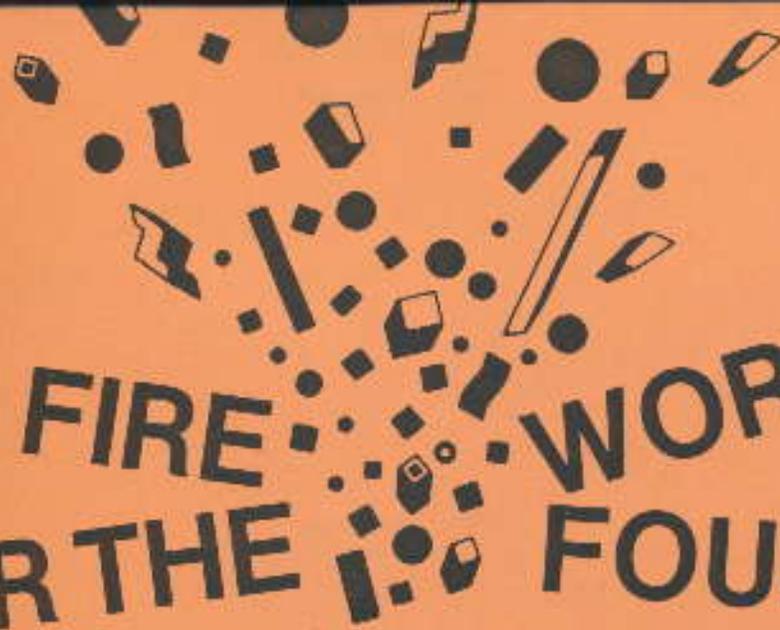
RACE DIRECTOR: Rick McCabe (207)865-4761 (Ext. 2448)

* Make Check Payable and Send to: L. L. BEAN, INC., ROAD RACE, FREEPORT, ME 04033 (Map on Back)

Road Map for L. L. Bean 4th of FUN RUN!



- A. Freeport High School All Purpose Room
 1. Early/Late Registration
 2. Refreshments
 3. Awards Ceremony (only if rain)
 4. Shower Facilities
- B. L. L. Bean Retail Store
- C. Parking Areas
- D. Maggie's Sunoco
- E. Starting Line for 2 Mile Race
- F. Starting Line for 10 Km Race
- G. Finish Line for 10 Km & 2 Mile Race
- H. Awards
- I. L. L. Bean Office Building



FIREWORKS FOR THE FOURTH

"MAINE'S FASTEST ROAD RACE" THE GREATER BANGOR FOURTH OF JULY 3,000 METER ROAD RACE

At 7:00 p.m. July 4th several hundred runners will tear out of Brewer in the state's fastest road race. They'll scream down Wilson Street and streak across the Chamberlain Bridge into Bangor. The leaders will be well under five minutes at the mile mark. Everyone behind them will be surprised at their very fast mile split. The course continues down hill on Main Street before thousands of spectators lining the streets for the parade that follows the race. The Bangor Police have blocked off Central Street so we can run along it to Harlow. After turning on Harlow the runners will lower their heads and drive to the finish. Upon approaching the Merrill Bank, many runners will be delighted to see the race enter the foot bridge over the Kenduskeag Stream. The other end of the foot bridge at the back of Freeses makes a natural finish line chute.

There will be prizes in nine age groups for both male and female; three deep in each. The Dead River Company is proud to be involved again and hopes that this year's event is the biggest and best yet. T-shirts will be given to the first 100 registrants. Registration opens at the Brewer Auditorium at 12 noon. Come early and avoid the rush.

I agree to assume all responsibility for all risk or damage or injury that may occur to me as a participant in the Greater Bangor Fourth of July 3,000 Meter Road Race. I also state that I am physically fit and sufficiently trained for this event.

Name: Birth Date: Mo. Day Yr.

Address:

..... Zip

Signature: (Parent or guardian must sign if under 18)

MAIL YOUR CHECK FOR
\$3.50 TO:
FOURTH OF JULY 3K
P.O. BOX 259
EAST HOLDEN, MAINE 04429

Sponsored by



DEAD RIVER



FIRST PEPSI-COLA
MOUNTAINS ...
TRIATHLON
... TO THE SEA

JUNE 30, 1984
BLUE HILL, MAINE

RUN - 10K Cross-Country, Moderately Hilly, 600
Ft. Drop in Elevation, On and Off Road.

ROW - 2.5K On Blue Hill Harbor, Out and Back Loop
Around Inner Islands - Patrolled.

CYCLE - 14K Gradual Climb Out to Half Way Point,
Rolling Hills All the Way Back. Grand
Stand Finish at Blue Hill Fairgrounds.

NOTE: Teams and Individuals Must Supply Own Equipment, i.e., Bicycle, Row Boat, Safety
Gear For Both.

TEN AWARD CATEGORIES

1. 1st Place Individual Male - Special "Brass Orbs" Award
2. 1st Place Individual Female - Special "Brass Orbs" Award
3. 1st Club or Community Service Group
4. 1st Business Team (2 out of 3 Must Be Employees)
5. 1st Family Team
6. 1st Women's Team - Open
7. 1st Men's Team - Open
8. 1st Mixed Team - Open (M & F)
9. 1st Mixed Junior Team - Open (18 & Under, M & F)
10. 1st Mixed Team Masters - Open (40 & Over, M & F)

NOTE: Special Pepsi Cola Certificates for Members of Top 3 Teams in Each Category
Commemorative T-shirts for the first 70 registrants. Indicate size with application.

INSTRUCTIONS

1. Parking and registration at Blue Hill Fairgrounds, 7:30-9:30 a.m. Starting time
10:00 a.m.
2. Participants must supply their own equipment including row boat, cycle, riding
safety gear (if desired), U.S.C.G. approved life preserver (mandatory).
3. Boats must be of conventional design for rowing. No kayaks, canoes, or shells -
No rotors, sails, or paddles will be allowed.
4. Cycles need only have 2 wheels and must be peddled.
5. Team competition requires 3 individuals. Each individual must complete one segment

ROW - 10K Cross-Country, Moderately Hilly, 600 Ft. Drop in Elevation, On and Off Road.

ROW - 2.5K On Blue Hill Harbor, Out and Back Loop Around Inner Islands - Patrolled.

CYCLE - 14K Gradual Climb Out to Half Way Point, Rolling Hills All the Way Back. Grand Stand Finish at Blue Hill Fairgrounds.

NOTE: Teams and Individuals Must Supply Own Equipment, i.e., Bicycle, Row Boat, Safety Gear For Both.

TEN AWARD CATEGORIES

1. 1st Place Individual Male - Special "Brass Orbs" Award
2. 1st Place Individual Female - Special "Brass Orbs" Award
3. 1st Club or Community Service Group
- 1st Business Team (2 out of 3 Must Be Employees)
- 1st Family Team
6. 1st Women's Team - Open
7. 1st Men's Team - Open
8. 1st Mixed Team - Open (M & F)
9. 1st Mixed Junior Team - Open (18 & Under, M & F)
10. 1st Mixed Team Masters - Open (40 & Over, M & F)

NOTE: Special Pepsi Cola Certificates for Members of Top 3 Teams in Each Category
Commemorative T-shirts for the first 70 registrants. Indicate size with application.

INSTRUCTIONS

1. Parking and registration at Blue Hill Fairgrounds, 7:30-9:30 a.m. Starting time 10:00 a.m.
2. Participants must supply their own equipment including row boat, cycle, riding safety gear (if desired), U.S.C.G. approved life preserver (mandatory).
3. Boats must be of conventional design for rowing. No kayaks, canoes, or shells - No motors, sails, or paddles will be allowed.
4. Cycles need only have 2 wheels and must be peddled.
5. Team competition requires 3 individuals. Each individual must complete one segment of the race. A wrist band will be passed along between members in relay fashion.
6. Liquid refreshment provided, food may be purchased at fairgrounds.
7. We suggest teams and/or individuals supply "Tenders" to help with boats before, during, and after race, and to provide transportation back to fairground finish area.

ORGANIZED BY:

THE NORTHERN BAY ATHLETIC CLUB
Box 344, Blue Hill, ME 04614

PRE-REGISTRATION FORM

NAME(S) _____

ADDRESS(S) _____

Age() Sex() ROW Age() Sex() ROW Age() Sex() CYCLE

\$ 5.00 Individual or \$12.00/ Team

Team Name: _____

Category: _____

In consideration of your accepting this entry I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive all claims or damages I may have...

15TH ANNUAL
PERRY TO EASTPORT
7.2 MILE ROADRACE

DATE: SATURDAY, JUNE 30, 1984

TIME: 10:30 A.M.

- LOGO T-SHIRTS -
TO THE FIRST 50 ENTRANTS

COURSE: FROM THE INTERSECTION OF ROUTES #1 AND #190 IN PERRY TO THE EASTPORT,
MAINE BREAKWATER.

COURSE RECORD: WILLIAM PIKE 1982 TIME: 36:27

SPONSORED BY: THE EASTPORT FOURTH OF JULY COMMITTEE
THE SUNRISE COUNTY ROADRUNNERS

PRIZES: TROPHIES TO THE FIRST FIVE FINISHERS
RIBBONS TO FIRST FIFTY FINISHERS
TROPHY TO FIRST MALE AND FEMALE EASTPORT RESIDENT TO FINISH
TROPHY TO FIRST MALE AND FEMALE EASTPORT RESIDENT TO FINISH
TROPHY TO FIRST WOMAN TO FINISH
TROPHY TO FIRST MALE AND FEMALE RUNNER AGE 40 OR OVER TO FINISH
TROPHY TO FIRST MALE AND FEMALE RUNNER AGE 15 OR UNDER TO FINISH

ALL COMPETITORS MUST BE AT LEAST 10 YEARS OF AGE. ALL RUNNERS UNDER 18 YEARS OF
AGE MUST HAVE PARENT'S SIGNATURE ON THIS FORM.

RUNNERS SHOULD REPORT TO THE EASTPORT MUNICIPAL AUDITORIUM BY 9:30 A.M.

TRANSPORTATION WILL BE PROVIDED FROM THE AUDITORIUM TO THE STARTING LINE.

RACE WILL BE HELD REGARDLESS OF WEATHER CONDITIONS.

ENTRIES WILL BE ACCEPTED UNTIL RACE TIME.

RACE ENTRY FEE: \$3.00

REGISTER WITH: DENNIS M. CLINE
RFD BOX 48
EASTPORT, MAINE 04631

PLEASE ENTER ME IN THE 7.2 MILE RACE

PRINT NAME _____ AGE _____

ADDRESS _____

I HEREBY RELEASE ALL RIGHTS AND CLAIMS FOR DAMAGE AGAINST THE EASTPORT FOURTH OF JULY
COMMITTEE, AND THE SUNRISE COUNTY ROADRUNNERS FOR ANY AND ALL INJURIES SUFFERED BY ME
WHILE COMPETING IN THIS RACE ON JUNE 30, 1984.

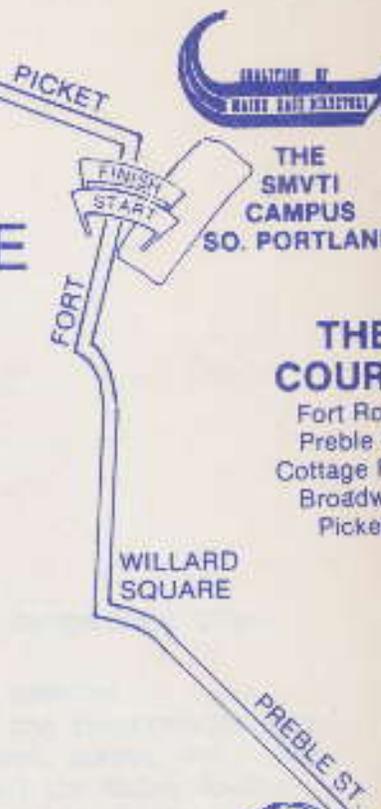
PARENT'S SIGNATURE _____

RUNNER'S SIGNATURE _____

Spring Point Festival



DATE/TIME _____ **PLACE** _____
 Saturday, June 30, 1984 SMVTI Campus
 Registration: 7:00 A.M. South Portland
 Race Starts: 8:45 A.M.



DELTA AIR LINES

REGISTRATION CATEGORIES
 Open to males and females in the following categories:
GRAND PRIZE
 Drawing of Delta Air Lines Round Trip Ticket to the MUDA 10K.
 Winners to be determined by lottery - only registered runners are eligible.
1ST, 2ND, & 3RD PLACE
 Prizes and Prizes.
100 TO FINISH
 Delta Run T-Shirts

ONE PRIZE ONLY
 Youngest, Oldest, Middle of the pack and Last 10.
All Finishing Prizes courtesy of members of the Chamber of Commerce, South Portland.

AGE GROUP _____
 1ST & 2ND Places

12 & under	36 - 40
13 - 16	41 - 45
Open Division	46 - 50
29 - 35	Over 50

SPECIAL FEATURES _____
 Lapse Time Clock • Water Stops • Refreshments Available • Shower & Locker Facilities • Complete Race Results will be posted and appear in Maine Running Magazine.



REGISTER TODAY (LIMIT 500)

NAME _____
 ADDRESS _____

 MALE FEMALE AGE _____

Entry Fee of \$5.00
 Pro - Registration Doubles your chance at the Grand Prize.
 Make Check Payable to:
 South Portland Chamber of Commerce
 P.O. Box 2356
 South Portland, Maine 04106

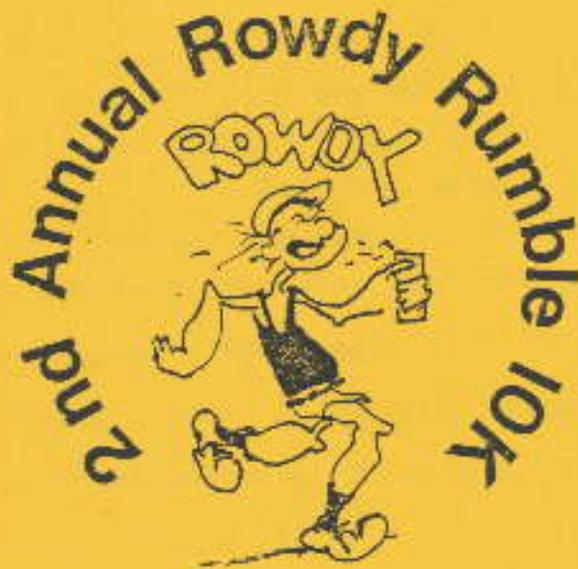
In consideration of this entry being accepted, I for myself, my heirs and assigns hereby waive and release any rights and claims I may have against the sponsors of this run.

 Signature

 Parent's Signature if Under 18

I can't run that weekend but would like to donate in support of the running clubs of Maine.





SPONSORED BY: The Maine Rowdy Track Club, The Falmouth Racquetball Club
US Rt #1, Falmouth.

EVENTS: The Rowdy Rumble 10K is comprised of two events:
A 10K road race and an award ceremony at the Falmouth Racquet
Club which includes use of showers, jacuzzi, sauna, etc. The
Club has been reserved for the evening and the Maine Rowdies
cordially invite you to join us for an evening which will
include a Rowdy Party plus a Ken Flanders and Doug Incersol sing-
along.

COURSE: 10,000 Meters (6.2 miles), wheel measured. Out and back
relatively flat course.

WHEN: Saturday evening, June 30, 1984 at 6:00 PM.

WHERE: Start and Finish at the Falmouth Town Garage.

ENTRY FEES: \$4.00 pre-registration, \$5.00 race day.

REGISTRATION: 4:30 PM to 5:45 PM at the Falmouth Town Garage.

AWARDS: Age group awards to top finishers.
Team Award: 3 Person Team

RACE DIRECTORS: Gary Cochrane 725-8413
Bill Gayton 729-3817

Cut here and send registration form to Gary Cochrane, 30 Cumberland St.,
Brunswick, Maine 04011. Make check payable to Gary Cochrane.

NAME: _____ SEX: _____
ADDRESS: _____ AGE: _____
RACE DAY
TEAM: _____

In consideration of this entry being accepted, I for myself, and administrators, waive
and release any and all rights and claims for damage I might have against the organi-
zation hosting the event, its agents, representatives, successors and assigns for any
and all injuries suffered by me at said road race known as "The Rowdy Rumble 10K".

Runners Signature

Parents' Signature (if under 18)

Ninth Annual Tour du Lac
10.0 Mile Road Race and 1.0 Mile Fun Run
Maine's Oldest 10-miler!

Bucksport, Maine

Saturday, June 30, 1984 at 8:30 A.M.

Sponsored by: Bucksport Recreation Department and "The Foxes"

Registration: Bucksport High School. 7:30 - 8:15 A.M.

Entry fee: 10-miler: \$3.00 at the race; second member of family, \$2.00;
third and thereafter, \$1.00 each. No preregistration.

1-Mile Fun Run: \$0.50

Awards

Time certificates to all finishers of both races. Complete results in Maine Running.

Trophies: To the first 3 male finishers and to the first 2 female finishers of the 10 miler

Prizes: 10-miler: To first male and female finishers in the following age categories:

under 14, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 and over

husband/wife, father/son, father/daughter, mother/son,
mother/daughter combined time

New course records: Free registration as long as the record stands.

No runner will be eligible to receive more than one award.

Course: Scenic, hilly, secondary roads.

Facilities: Cold showers and lockers available.
Bring your own towel and lock.

Aid stations: Water at 2.5, 5.0, and 7.5 miles
5 mile split

Course Records (1978-1983)

	Male		Female		
1.	14	Kevin Kein	77:09	Pattie Clapper	80:20
2.	14-18	Steve Kozlovitch	54:02	Jamie Dunn	66:43
3.	19-29	Gerry Clapper	51:35	Judi Amer	68:25
4.	30-39	Kurt Lauenstein	51:18	Robin Emery	64:35
5.	40-49	Ralph Thomas	55:43	Jeannette Laplante	73:07
6.	50-59	Cliff Hatfield	64:28	Leona Clapper	78:53
7.	60-69	Howard Jaffe	70:44		
8.	Husband/Wife		125:55 --	Harold & Andrea Hatch	
9.	Mother/Daughter		?		
10.	Mother/Son		132:30 --	Andrea & Mark Hatch	
11.	Father/Son		120:45 --	Chris & Jim Kein	
12.	Father/Daughter		140:05 --	Frank & Audrey Roberts	

Questions: Will Gray Fox go under 62:00?
Which Fox will win?
Is Robin Emery invincible?
Will a Mother/Daughter combo compete?
Will a woman over 60 run 10 miles?
Will Gerry Clapper run a hat trick? He won in '82 and '83.

1st ANNUAL APPLETON BIATHLON RUN & BIKE RACE*

June 24, 1984 9:00 a.m. at Appleton Village School, Rts. 105 & 131, Appleton, Maine. (approximately 4 miles east on Rt. 131, off Rt. 17)

Individuals or 2 person teams can compete in this event which consists of a bike race of 13 miles immediately followed by a 5.0 mile run. Start and finish of the biathlon is at the Appleton Village School. Course description: both events cover equally challenging and scenic courses roughly as follows: Bike race is a loop course over rolling terrain around Kennebec Pond. 5 mile run is hilly; mostly up hill for first 2 miles, followed by 1 mile generally down hill and last 2 miles generally flat.

Entry fee: \$ 7.00 for individual before June 14th; \$10.00 after June 14th.
\$12.00 for team before June 14th; \$15.00 after June 14th.

T-SHIRTS TO ALL WHO REGISTER BY JUNE 14, 1984

Rules: Bikers must wear protective head gear at all times

Bikes are subject to safety inspection

Time will be continuous from start of bike ride to finish of run

Numbers must be visible at all times

Wrist band will be worn by each competitor and passed to partner at end of bike ride

(Bikes will be transported from transfer point back to the school.)

Courses: Wheel measured, mile markers, splits, accurate time, water stops, guards at each intersection. Course maps will be available race day

Facilities: Rest rooms and showers available at the school

Refreshments will be available after each event

AWARD CATEGORIES

1st man and woman: individual and team

1st man and woman: individual and team under 18

1st man and woman: individual and team over 35

1st mixed team

In consideration of acceptance of this entry, I, for myself, heirs and assigns waive and release any and all rights and claims for personal damages I may have against the persons and officials for this event.

Name _____ Sex _____

Address _____

Phone _____ Partner's Name _____

Signature _____ T-Shirt Size S M L XL

Make checks payable to: Richard Higgins, Star Route, Hope, Me. 04847 785-4

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Proceeds to benefit Appleton Village School Library
Complete results will appear in Maine Running magazine

5th Annual

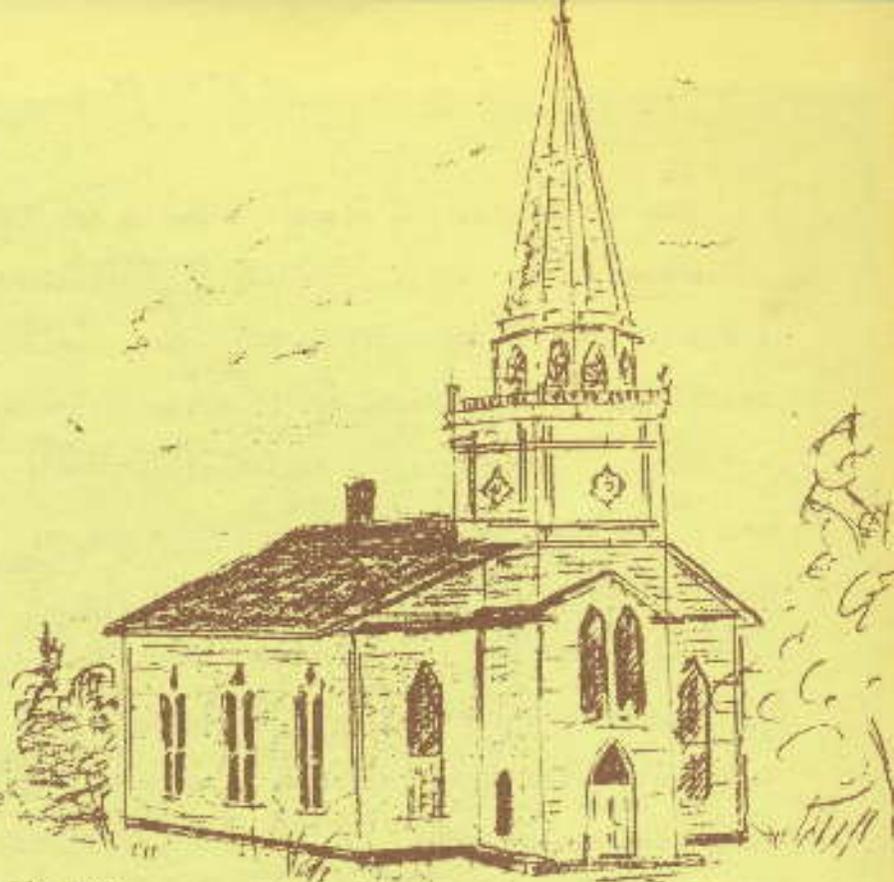
HERITAGE RUN

5 - Mile Cross Country Race

and 1 - Mile Fun Run

June 23rd, 1984 4 PM
at the Norlands Estate
in Livermore, Maine

Held in conjunction with the
"HERITAGE DAYS FESTIVAL"
at the historic home of the
Washburn Family of Livermore, Maine



Course Description: A hilly five mile run
about even divided between tar roads and
cross country running on woods roads, through
fields and an apple orchard. There is a water
station at 3 1/2 miles and splits at 1 & 4 miles.

The 1 - mile Fun Run is an out and back race for kids 12 and under with all finishers
winning blue ribbons.

Prizes: Commemorative T - shirts to the first 55 entries for the Heritage Run.
12 trophies to the best time in each category. Race results will be
published in the July issue of Maine Running.

REGISTRATION: \$4 Pre-registration and \$5 on the day of the race. \$1 for the
kids Fun Run. Write Checks payable to the Norlands Foundation
and mail to: Mike Simoneau, Box 4050, Jay, Maine 04239.
Please note that the race fee includes the day's admission to the
Heritage Days Festival at the Norlands Living History Center.
See the back side of this flyer for the many special events at
the Norlands on Saturday, June 23rd.

Special thanks to Jay H.S. and Livermore Falls H.S. Athletic Departments

Corporate Race Sponsors: Hersey Custom Shoe Company, Heritage Printing Company

.....

Name Age Date of Birth

Address Town State Zip

Circle T - shirt size desired (list 55 to register) Sm Med Large X-L

In consideration of this entry being accepted, I, for myself, my heirs and assigns
hereby waive and release any rights and claim I may have against the sponsors of
this run. Signature Date

Parent's signature is required for all runners 17 & under

The Norlands is the historic home of the famous Washburn family in Livermore, Maine. It is listed on the National Register of Historic Places and hosts over 15,000 visitors per year. Costumed guides are available to take tours through the mansion of the seven famous sons, their farm, school, church and library. The Heritage Days Festival committee presents "the Busy Croaker" which is a story of the Washburn family, as well as "a Rural Maine School House in the 1840's" and "Farming in the 1880's" several times each day. This year's festival features the rededication of the 1829 church steeple which has been recently replaced after a 1961 storm.

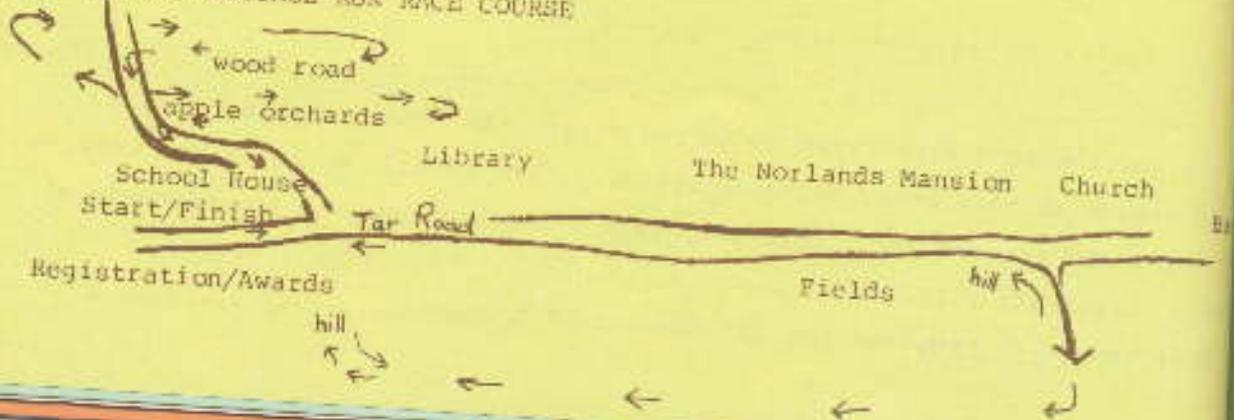
Other activities at the Norlands on Saturday, June 23rd, include:

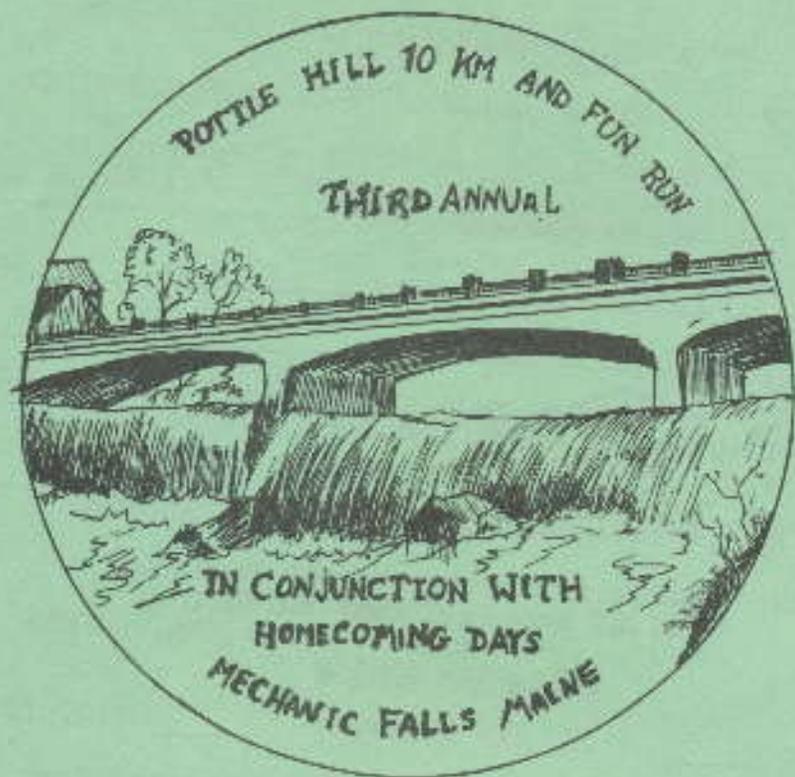
- | | |
|--|------------------------------|
| Horse Pulling Contests | a Fiddler's contest |
| the 4-H Club demonstrations | a Baked Beans and Ham Supper |
| a wide-variety of historic crafts | Hot Air Balloon Rides |
| Tours of the Washburn Estate | Pony Rides and kids games |
| Contra Dance Demonstration and Instruction | |

HERITAGE RUN COURSE RECORDS

Open Division	Steve Russell 28:29	Patty Jacobs 37:07
11 - 19	Russell Chretien 29:12	Vicki Corcoran 38:51
20 - 29	Randy Easter 29:28	Sue Boothby 42:47
30 - 39	Byron Cook 32:38	Susan Madden 42:48
40 - 49	Bill Kerwin 31:52	
50 - +		

MAP OF THE HERITAGE RUN RACE COURSE





Date: Saturday, June 23, 1984
Time: One Mile Fun Run (12 and under) - 9:00 a.m.
 10 KM Road Run - - - - - 11:00 a.m.
Course: A hilly, scenic run up and down Pottle Hill over secondary and dirt roads; well marked; wheel measured; water stations; split times. The Fun Run is a flat, straight one mile dash.
Time to Beat: 34:21 (Kim Wettlaufer, 1983)
Awards: Immediately following each race
Facilities: There is room to change but no shower facilities. Refreshments available after each race.
Fees: Fun Run - \$1.00 10 KM Race - \$3.00
Registration: Use form on rear.
 Free T-Shirts to first 30 registrants.
 Day of race - Fun Run 7:45 - 8:45 a.m.
 10 KM 9:30 - 10:45 a.m.
Location - 73 Main St.
 Mechanic Falls, Me.
 (Mechanic Falls Town Square)

STAY AND ENJOY THE PARADE AND OTHER HOMECOMING DAY FESTIVITIES
 COMPLETE RESULTS WILL BE PUBLISHED IN MAINE RUNNING MAGAZINE

THIRD ANNUAL POTTLE HILL 10 KM AND FUN RUN

JUNE 23, 1984 - MECHANIC FALLS HOMECOMING DAY

9:00 ONE MILE FUN RUN (12 years old and under)

11:00 MAIN EVENT - MEASURED 10 KM (APPROX 6.2 MI) ROAD RUN

Name _____ Age _____ Sex _____

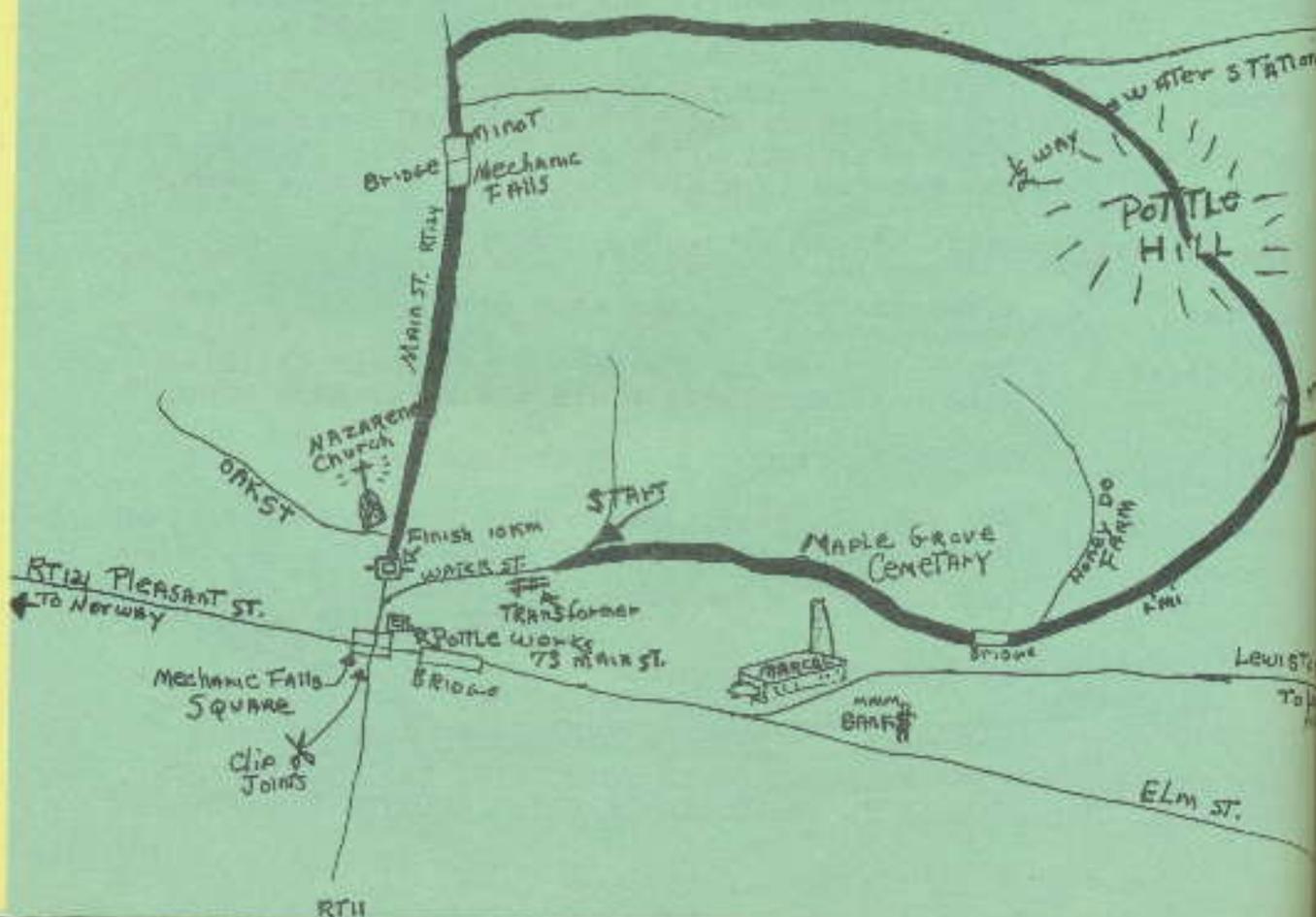
Address _____

I hereby release the race sponsors and directors from any responsibility for my participation in these events.

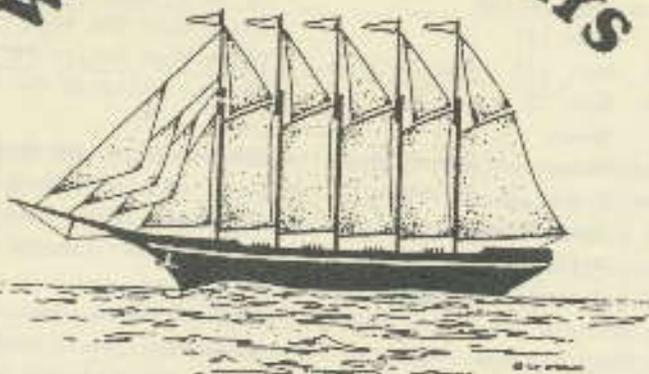
If under 18, parent/guardian _____ Signature _____

Make checks payable to: Pottle Works Road Run
P. O. Box 96
Mechanic Falls, Me. 04256
Tel: 345 5851

Enclosed: _____ \$1.00 for Fun Run _____ \$3.00 for 10 KM



WALDOBORO DAYS



TRIATHLON

9:00 am Saturday, June 23, 1984

Waldoboro, Maine



Waldoboro Days:



Waldoboro Days is a celebration of rural Maine living and 175 years of coastal productivity. It is sponsored by the local merchants and features bands, bazaars, street dancing and games. Waldoboro is within 10 miles of scenic Damariscotta and the beautiful coastal villages of Round Pond and Bristol. The runners' course winds through some of the most beautiful saltwater farms in Maine.



The Triathlon:



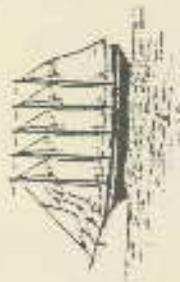
This triathlon is a race of canoeing, running and bicycling for the "iron person" or for relay teams of two, three, four or more members. Young or old, fast or slow, woman or man, well seasoned or not, all can participate.



The Family Violence Project and New Hope for Women



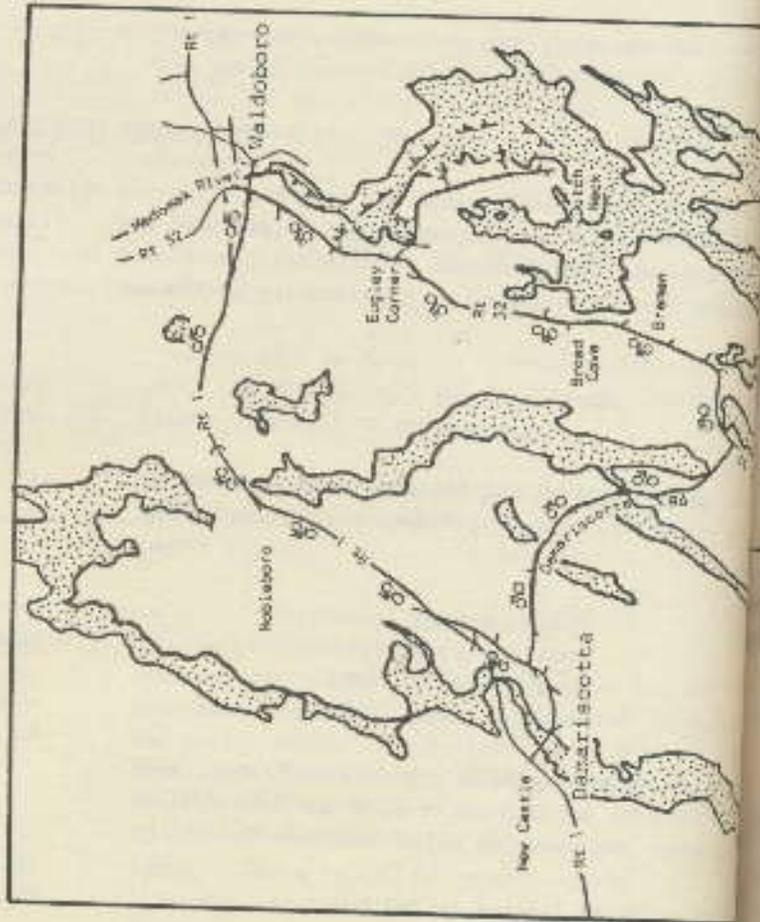
The Family Violence Project and New Hope for Women provide shelter and services for battered women and their families. Their mission is to end family violence in Kennebec, Somerset, Waldo, Knox and Lincoln counties. All proceeds from this even will help to keep these services available to those in need.



Waldoboro Days Triathlon

Saturday, June 23

COMPLETE RESULTS PUBLISHED IN MAINE RUNNING



Waldoboro Days Triathlon
 Violence Project
 Office Box 304
 Waldoboro, Maine 04530

Bulk Rate
 U.S. Postage PAID
 Augusta, ME 04330
 Permit No. 592



New Hope
 For Women
 594-2128
 602, Riddell, Maine 04861



Wildboro Days
Family Violence
Post Office Box
Augusta, Maine



* Sponsored by the New Sharon Fire Department *
and Auxillary

WHERE: New Sharon Firehouse, located in
town of New Sharon, just off
U.S. Route #2

WHEN: Thursday, June 21, 1984 at 7:00 PM
Rain or Shine

REGISTRATION: 5:30 to 6:45 PM at the Firehouse

REGISTRATION FEE: \$5.00 Day of race
Pre-registration \$4.00
Mail to:

David Grant
New Sharon Fire Dept.
P.O. Box 97
New Sharon, Me. 04955



New Sharon Firehouse Four Miler

COURSE: A wheel measured 4-mile (out and back)
course on tarred road. Starting and
finishing at Firehouse.
GENERALLY FLAT AND FAST !!!!!!!

Splits at the 1 & 3 mile mark.
A water station at the 2.5 mile mark
if necessary.

AWARDS: TROPHIES to the first male and female finishers overall
and to the first male and female in each category.

19 & under	20 to 29	30 to 39
40 to 49	50 & over	

Complete race results to be posted in Maine Running

No showers or changing facilities available. The Firehouse bathroom
will be available for use.

FREE Visors to the first 30 finishers
FREE door prizes and refreshments after the race

For more information call JEFF BROWN * after 6:00 PM * at 778-2567

ENTRY FORM

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

NAME _____ SEX M F AGE
 ADDRESS _____
 CITY _____ STATE _____
 SIGNATURE _____
 PARENT OR GUARDIAN (if under 18) _____

Make Checks Payable To New Sharon Fire Dept.



Auburn Mall



Lewiston
Recreation
Department



- Date:** SUNDAY - JUNE 17th
- Time:** 10:00 A.M.
- Course:** A point to point race from the Auburn Mall to the Lewiston Armory (a four-mile wheel measured course).
- Entry Fee:** Free T-shirts to the first 100 runners to register.
\$3.00 pre-entry — \$4.00 on the day of the race at the start.
- Rewards:** Merchandise from Athletic Attic, Auburn Mall.
- | | | |
|------------|------------|---------------|
| Open | First five | Male & Female |
| 30 - 39 | 1st & 2nd | Male & Female |
| 40 - 49 | 1st & 2nd | Male & Female |
| 50 + | 1st & 2nd | Male & Female |
| 13 - under | 1st & 2nd | Male & Female |

Send Entry Forms To:

Paul Hammond
Athletic Attic
Auburn Mall, Box 9099, Auburn, Maine 04210
Tel: (207) 786-2507

The race will start at The Athletic Attic, cross the Vietnam Veterans' Memorial Bridge and finish in front of the Lewiston Memorial Armory on Central Avenue.
No facilities at start; locker rooms, rest rooms, cold showers at the finish.
Complete results in Maine Running Magazine.

In consideration of this entry being accepted, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the City of Lewiston, City of Auburn, Athletic Attic, Lewiston Recreation Department and others connected with the Solstice Strut road race for any injuries suffered by me at this competition.

Name _____ Age _____ Sex _____ Date of Birth _____
 Address _____ City _____ State _____ Zip _____
 Signature _____

AT LAST IT'S TIME AGAIN FOR THE.....



.....AND RUNNER'S CLINIC

THIS YEAR TO BENEFIT THE DOWNEAST YMCA.

DATE: June 16, 1984

TIME: 9:30 A.M.

LOCATION: Union Trust Company, start & finish, at drive-in facility on State Street, Ellsworth

REGISTRATION: Fee is \$4.00. Registration begins at 8:30 A.M. Pre-registration is encouraged. T-shirts awarded to first 200 entrants. Send registration forms and entry fee to Union Trust Company, 66 Main Street, Ellsworth, Maine 04605. If there are any questions, contact Race Committee at 667-2504.

COURSE: Run on back roads of Ellsworth and along Route 1A. Approximately four (4) miles.

RACE FEATURES: Chronomix timer and electronic time and place display at the finish line.

FACILITIES: Rest rooms will be available at the bank and City Hall.

AWARD CATEGORIES: First male & female finishers
Youngest & oldest finishers
First three male & female finishers in the following categories:

- Ages: 10 and under
- 11-14
- 15-18
- 19-29
- 30-39
- 40-49
- 50 and over

(Only one prize per person, except for youngest and oldest category.)

RACE RECORDS: Male: 1983, Andy Palmer 19:47; Female: 1981, Robin Emery 24:44

If you wish to participate, please detach the ENTRY FORM below and return to Union Trust Company in the enclosed envelope or register on the day of the race. Hope to see you there

ENTRY FORM

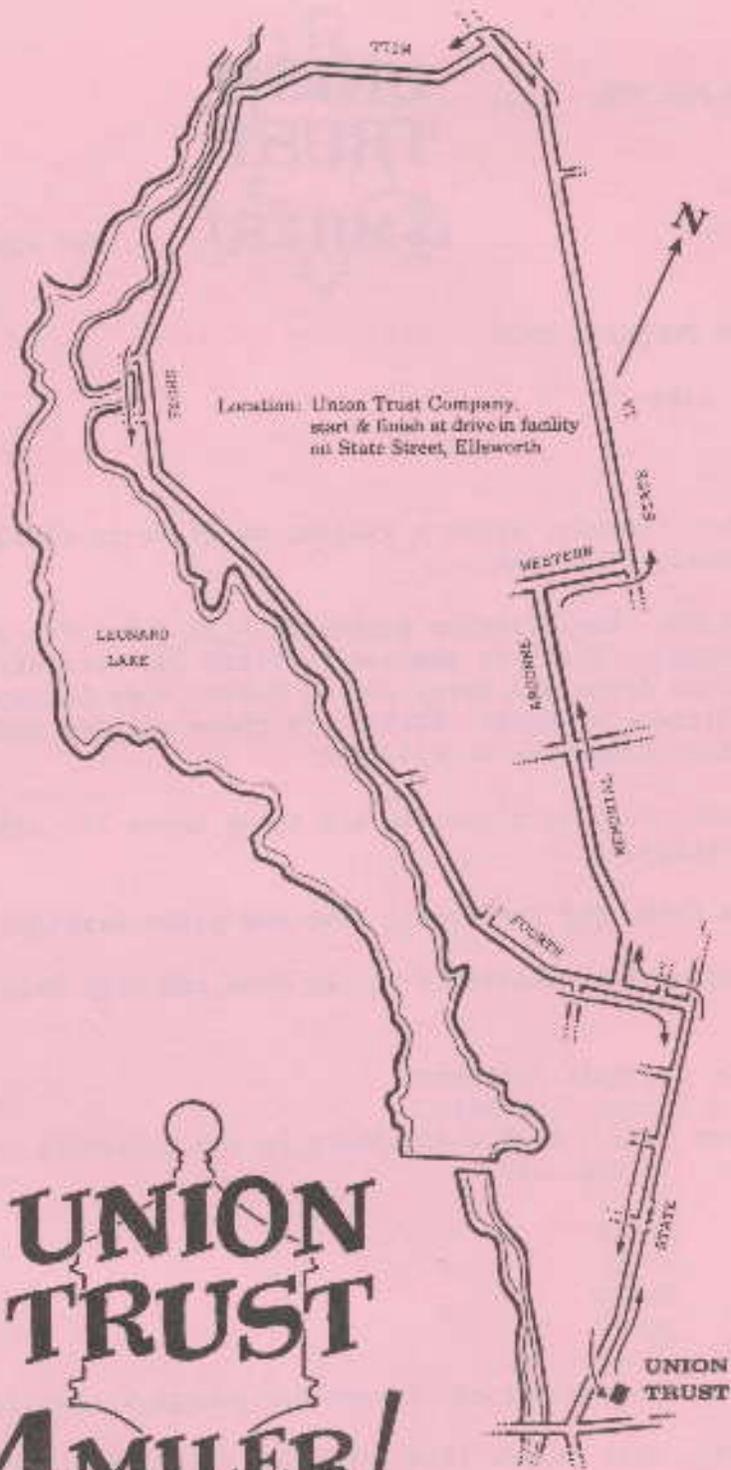
In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against sponsors and officials for any and all injuries suffered by me in the 1984 Union Trust 4-Miler.

NAME _____ SEX: M ___ F ___ T-SHIRT SIZE: XS, S, M, L, X

ADDRESS _____ CITY _____ STATE _____ ZIP _____

SIGNATURE _____ AGE _____ CLUB _____

UNION TRUST 4 MILER!



THE GREAT MAINE RACE

MASS START

FIRST 100 GET 'T' SHIRTS

DATE JUNE 10, 1984

TIME 9 AM

PLACE HEAD OF MACKEREL COVE, BAILEY'S ISLAND MAINE

COURSE FOR RUNNERS MACKEREL COVE TO QUAHOG LOBSTER INC.

DISTANCE RUN 15K
RIVER 10 MI.

COURSE FOR CANOES MACKEREL COVE TO QUAHOG LOBSTER INC.

REGISTRATION BY MAIL OR AT START 7:45 to 8:45

CLASSES RUNNERS 1, 2, & 3 IN MALE AND FEMALE

18 YEARS AND UNDER

19 - 29

30 - 39

40 - 49

50 AND OVER

1st PLACE FOR OLDEST MALE AND FEMALE

CANOES (Coast Gaurd approved life jackets must be worn)

OC - 2 SHORT

OC - 1

OC - 2 MED.

OC - 2 FEM

OC - 2 MIXED

OC - 2 JR - SR (14 YRS FOR JR)

OC - 2 REC

KYAK SHORT

KYAK LONG

Complete results will be published in Maine Runner

NAME _____ AGE _____

ADDRESS _____ SEX _____

IN NO WAY WILL I HOLD THE ABOVE PERSONS OR SPONSORS OF THIS EVENT LIABLE FOR ANY INJURIES WHICH I MIGHT SUSTAIN IN THIS COMPETITION.

SIGNATURE _____

ENTRY FEE \$4.00

BY MAIL TO ROBERT E. WADDLE

R.F.D. 2 BOX 2152

BRUNSWICK, MAINE 04011

PHONE 725-6222

FLYERS IN MAINE RUNNING MAGAZINE

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

Send us your flyer by the 10th of the month prior to the issue in which you wish your flyer to appear. The number varies depending on the time of year, but is usually between 750 and 1,000. The current rates are as follows:

- \$15 for 8 1/2 x 11 flyer with the words "Complete results in Maine Running"
- \$20 for 8 1/2 x 11 flyer without the above statement
- \$25 for 8 1/2 x 14 pre-folded only!
- \$25 for multiple page and loose insert flyers
- \$50 for single side 8 1/2 x 11 flyer that we print for you on colored paper
- \$75 for front and back flyers
- Add \$15 extra if professional lay-out work is desired

Best advertising deal around for your race!

2 5 8 8 2 2 5 5 5 5 5 5 5 5 5 5 5

ADVERTISING RATES IN MAINE RUNNING

The advertising rates in Maine Running are down-right incredible.

- A full page \$50 a month; \$500 per year
- Half page \$30 a month; \$300 per year
- Quarter page \$17.50 a month; or \$175

There are special rates for 3 month, 6 month, and mixed packages as well. Professional lay-out rates are extra.

WHERE CAN I PICK UP A COPY OF MAINE RUNNING?

If anyone ever asks you where they too can get a copy of Maine Running Magazine, steer them to one of the following advertisers:

- *OLYMPIA SPORT in South Portland
- *THE GOOD SPORTS in Brunswick
- *THE ATHLETIC ATTIC
 - *Bangor Mall
 - *Auburn Mall
 - *Portland

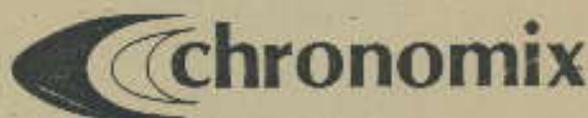
*GOLDSMITH'S SPORTING GOODS

- *Old Town
- *Rockland
- *Presque Isle
- *Bangor
- *Auburn

*LIFE SPORTS OF ELLSWORTH

Please patronize the stores that keep Maine Running afloat. We wouldn't be here without them!

Planning a large race? 200, 300 or more? Then you need...



The only way to handle large race fields.
\$50 per race

Call 843-6262 to reserve the machine.

HOW DO I SUBSCRIBE TO MR?

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

NAME: _____

ADDRESS: _____

ZIP: _____

MAKE CHECKS PAYABLE TO:

MAINE RUNNING

