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MARCH 1981

MAINE Running

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164 Fowler Rd.
Bangor, Me. 04401
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\$1.50

RUNNING A RACE?

Maine Running will be printing it's revised edition of the race calendar in the June issue. So if you are directing a race in June through December or if you know of one that didn't make the original calendar to the January issue, make sure the race director contacts me about it.

Also, consider giving Maine Running as an award in your race. Even out-of-staters like to keep up on the vacationland running scene.



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MAINE Running

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

The March issue has two eye-openers on the cover. I tried to offset the new price with this picture of Maine's "other" sub-3 hour marathoner, Kim Beau-lieu.

In 1980 Kim emerged as the state's number two female road runner, and based on her 64:26 performance in "The Max" 10 Miler, 1981 is going to be even better.

For those who think running comes easy for Kim, think again. I've heard horror stories about running 9 miles intown from Standish to run intervals with Ken Flanders and the boys. The amount of hard work Kim has put into running is reflected in her super times. Will she break 2:50 this year? We'll all be looking for her and cheering her on at Boston next month.

This month there is a lot of high school indoor track to report on. I apologize for the absence of the EMITL results and the state Class B listings. I found out, too late, that they had gone up my chimney in smoke. We also have the conclusion of Dr. John's article on Nutrition for Athletes as well as another installment from Sam Schuman. Mainely about Women is not here unfortunately, but Skip's Running On... is.

The price hike was necessary and I think appropriate at this time. The new subscription rate is \$15 a year, but renewals will go for \$12.50.



Maine Running is published monthly in Bangor

Editor: Robert Booker
P.O. Box 259
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Telephone: 843-6262

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Sam takes us to Washington D.C.

THE PACK 14

Who ever heard of a race being snowed out? The Snowshovel 5K had sunny skies and temperatures in the 60's!





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| 5. MULTI CURL MACHINE | 10. MULTI TRICEP MACHINE |
| 11. ABDOMINAL MACHINE | |

MARCH OPENING!

ENTER

MARCH CALENDAR

- 12-15 SHAMROCK MARATHON TOUR There are still seats available on our bus. Call Bob Booker at 843-6262 immediately. There's a good 5 miler too.
- 15 ST. PAT'S DAY 3 MILE Portland area. Call Brian Gillespie at 772-3617
- 15 2ND ANNUAL ST. PATRICK'S DAY RUN See flyer.
- 15 KERRYMAN RACE 4 MILE, SACO Contact Don Wilson at 282-2274
- 21 RIVERSIDE 5K (FORMERLY ROLLIE DYER 10K) Contact Dennis Morrill 772-6306
- 22 6 MILE ROAD RACE, MILTON, VT Contact Donna Kaynor, Rd 2, Rogers Rd., Milton, Vt 05468 (802) 879-7483
- 29 10 MILE ROAD RACE, PITTSFORD, VT Contact Henry Bechtel, Proctor, Vt 05765 (802) 459-3421
- 29 HUSSON COLLEGE RECREATION MAJORS 10K FOOT RACE See flyer.

Watch for the State AAU Indoor Track Championship on March 8th at UMO

Also watch local papers for some surprise 5K's and 5 Milers in the Bangor area. There could be a five miler as soon as March 7th.

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INDOOR TRACK NEWS

SOUTHWESTERN MAINE TRACK CONFERENCE

One of the best runs of the night, other than the assault of the mile record of Ken Flanders by Brian Pettengill, was the performance of Scott Peterson of Westbrook in the 1000. Colon Peddie is probably the second best high school runner in the state and Peterson pushed him till there was a half lap to go and just ran out of gas - tied up.

Peterson, a senior at Westbrook High has a PR of 2:23 in the 1000 at Bates - 1980 state meet. His best this year came tonight at 2:26.2 - his 600 time is 1:21. He hopes to go to Maine Maritime Academy next year. He is a 1980 All State football halfback - imagine if he ran all the time!

The Deering Intermediate Relay although not winning, put in one of the smoothest performances of the night.

Their number 1 runner, Joe McAuley, went through three restarts before the team put together their PR of 1:40.6. The team members are:

- #1 Senior Joe McAuley - 4.8 40 yd. dash
intermediate relay
Going to either USM or Point Loma, Cal.
- #2 Sophomore Mike King - 5.0 40 yd. dash
37.5 300 yd.
Relay
- #3 Jere Nicholson - 6.2 Intermediate
(Junior) Hurdles
Relay
- #4 Senior Jim Kilbride - 4.8 40 yd. dash
35.2 300 yd.
Relay
Planning on attending Husson or UMO

Finally, Brian Pettengill's run for the record was done all by himself - no rabbit and the other runners made him go wide on all the turns while he was lapping them. He took the lead and worked it out for himself. An excellent job; very smooth; excellent runner.

- Jim Keim -

EASTERN MAINE INDOOR TRACK LEA

The big story in the EMITL championships this year was not the overwhelming performances of the MDI girls or the closeness of the boys meet. The big stories came from a gazelle-like freshman with an all too familiar name and a displaced senior who finally got his head where he needed it to do what we have all expected of him for years.

The freshman is Patty Clapper, daughter of Charlie and Leona and sister to Jeri, Joe, Mary and Margaret. Coming into this indoor season the young Clapper had a PR of 6 minutes flat at a Sunday fun run. In just six weeks she had taken this PR down to 5:28 and all she needed was Cindy Carey of MDI to run rabbit and pull her along to a super 5:26 performance. A thirty-four second gain in seven weeks is almost beyond belief. The nice thing about it all is that Patty is having a ball. She isn't being pressured into running hard she just does by nature. Maybe it's something genetic.

The senior I mentioned is Fergus Kenny. Running his senior year at Bangor High instead of John Bapst, Fergus seems to have come into his own. He dominated the 600 all season long, but was put into the mile late in the season. The last meet of the season saw him run a 4:32, but at the championship he was as high as a kite. He won the mile in 4:25.7 and before the warm feeling wore off he ran and won the 600 in 1:17.5, pushed all the way by a determined Mark Sivik of Orono. The impossible dream was almost completed as he faded in the last lap of 1000 to loose to Bucksport's Mike England. Even so he had run his third PR of the evening, helping Bangor to a very respectable first season conclusion in the EMITL.

These two performances made the 1981 Eastern Maine Indoor Track League Championships a real joy to watch.

- Bob Booker -

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STATE CLASS 'B' TRACK CHAMPIONSHIP

-from the Maine Sunday Telegram -

ORONO - The Lawrence High boys and the Mt. Desert Island girls track teams easily defended their indoor state Class B titles at the UMO Fieldhouse here Saturday (Feb 14) piling up wide margins over their nearest rivals.

The Bulldogs of Fairfield ran away with an 82-42 margin over second-place Ellsworth. They gave coach Ray Winship his third straight indoor championship. Meanwhile, the MDI girls continued to dominate their class by taking a 74-40 win over runnerup Kennebunk.

More than 1,000 fans jammed into the fieldhouse to watch six new records established and another tied. Five marks fell in the girls' competition, and one fell in the boys'.

The only class B boys' mark to fall was in the 880-yard relay. Ellsworth's team of Mike McGlothlin, Dave Sailor, Kurt Bauersfeld and Dave Chase sped around the UMO track in 1:35.9. That erased the mark of 1:36.4 set by Bucksport in 1976.

While MDI's depth allowed it to win easily in the girls' competition, it was Telstar's amazing Cindy Fiske who led the assault on the three-year-old Class B record books.

She established a new mark of 7.3 seconds in the 60-yard dash. She also tied the old mark of 39.6 in the 300.

Other new marks set in the meet were: 8.9 in the low hurdles by Mary Jo Knowles of Mt. Ararat; 1:30.4 in the 600 by Christine Snow of Old Orchard Beach and 5-2 1/4 in the high jump by Wendy McEnroe of MDI.

The relay team from Mattanawcook Academy of Lincoln, made up of Ellen Boss, Felicia Murchinson, Starr Whitney, and Kim Sutherland, set a new record in that event, 1:54.4.

This was Mattanawcook's first year in indoor track and they can be very proud of their girl sprinters.

STATE CLASS 'A' TRACK CHAMPIONSHIP

-from the Central Maine Morning Sentinel-

Excerpts from a column by Dick Doyle

Exceptional distance class and depth - featuring record-breakers Brian Pettingill and Colin Peddie - carried Cheverus High to a second straight state Class A indoor track championship at Colby College Wednesday (Feb 18).

Double-winner Pettingill and Peddie set new marks in the 1,000 and two mile as Coach Charley Malia's repeating Stags tallied 52 of their winning 64-point total in the three distance events to cushion newly crowned southwestern champion Biddeford's challenge.

Thanks to triple-winner and high scorer Paul Elkin, fleet and powerful sprinter and long jumper, Brewer surprisingly sliced into third with 42½, a point ahead of fourth place Portland.

Pettingill..."took it easy" in repeating his mile championship in 4:24.6, a couple of seconds over the record.

But Blazin'Brian poured it on to shatter his own 1,000 mark by 3.8 seconds in a successful defense with a sparkling 2:14 clocking.

The rangy Peddie, five yards back of Pettingill as 1,000 runner-up, lowered the two mile standard by 12 full seconds with a gaudy 9:28.2 stint.

Brewer High's girls, about the only known power in the meet, came through on schedule for 70 points to win the state girls Class A indoor track championship...while lesser-known quantity Deering was a surprise second at 48.

Like Cheverus' boys' champs, Brewer capitalized distance strength - led by double victor Theresa Lawlor in the 1,000 and two mile.

Theresa set a new record in the 1,000 at 2:53.3

In all, the Witches picked up 43 points in the mile-1,000-two mile - with Allison Beal's third in the 600, they got 6 more.

Mary Lynn Cyr took second in the two mile and third in the mile for Coach Dave Jeffrey's titlists.

Skowhegan's Penny Hayden set the other record with 36-11 win in the shot put.

DIET AND ATHLETICS

By Dr. John Frachella

Part III

The selection of a proper diet for the body is not unlike the selection of a proper fuel for an automobile. The best diet combined with untrained muscles will have little effect on performance, just as high octane fuel would be wasted on an untuned car engine. The opposite is equally true -- good athletic performance cannot be expected from a nutritionally inadequate diet, any more than a jet plane can be expected to run on coal. An ideal training diet should: (1) maintain an efficient body weight and (2) meet the increased caloric requirements of athletic conditioning.

BODY WEIGHT

To maintain an efficient body weight, excess calories must be limited to prevent excess storages of body fat. Highly trained male athletes in top condition have an ideal body fat content of 5% to 8% of their weight. Women in general have a larger body fat content than men and the average, well nourished female athlete will have a 20% to 25% body fat content. Dr. Elsworth Buskirk, Director of the Human Performance Research Laboratory at Penn State University, recommends measuring the skin fold over the tricep muscle: a fold of less than eight millimeters indicates a "lean" build and a fold of over 15 millimeters is "over-fat".

CALORIC INTAKE

To help estimate the increased caloric requirements of athletics, different sports have been studied by measuring the increased amount of oxygen consumed by the athlete during exercise and recovery. Table I shows the estimated caloric expenditures per day for various NCAA events.

THE RECOMMENDED DIET

Following the kilocalorie-per-day recommendations listed in Table 1, any increase in the quantity of food ingested by an individual should follow the guidelines for

a balanced diet set by the National Academy of Sciences. The recommended diet of the Academy suggests that 15% of one's dietary calories should come from protein, 30% to 35% from fat and 50% to 55% from carbohydrates. (It is estimated that the average American diet contains 20% of dietary calories from protein, 40% from fat and 40% from carbohydrates). The suggested 15% protein may entail a relative decrease in protein intake for some individuals but the RDA (Recommended Daily Allowance) is easily met with this intake. For vegetarians, vegetable protein may be used to meet the recommended protein allowance, but in order to assure that all the essential amino acids are simultaneously present, the vegetable protein should be eaten with a portion of fish, cheese, eggs, milk or another vegetable protein complete with complementary amino acids to offset any potential deficiency.

PRE-EVENT MEALS

The general recommendation of most physicians caring for athletes is to eat at least 3 hours prior to an athletic event in order to allow sufficient time for the meal to be emptied into the stomach. Specifically, fat empties from the stomach in 5 hours, meat in about 3 hours and bread or cereal in 2 hours. When contemplating a pre-event meal these rates as well as the relative fuel efficiency of these foods should be considered. For short duration events, the content of the pre-event meal is meaningless because the energy used by the muscles in short term events comes from nutrients metabolized long before this meal is eaten.

GLYCOGEN LOADING

It is possible to increase glycogen stores in muscle above the normal resting level. Consuming a carbohydrate enriched diet will increase the glycogen level 10% to 30%. If the muscles are glycogen-depleted before the carbohydrate enriched diet, the increase is

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TABLE I

Caloric Cost of Exercise Per Day			
Short burst maximal effort or 1 min. effort	1-10 min. sustained effort	1-min. or more intense repeated effort	Endurance
Shotput	Run - 880, 2 mile	Football	Run - 6 Mile
Javelin	Swim - 100	Baskethall	Soccer
High Jump	Wrestling	Ice Hockey	Cross-country skiing
Dashes, hurdles	Gymnastics	Lacrosse	
Swim - 100 yds.			
KCal/day:			
3,400	3-5,000	4-5,000	3-6,000
From: Vitousek, S.H., Nutritional advice for the athlete. Nut. Today. 14:10,1979.			

0% to 60%. This is often referred to as the "glycogen loading" diet. Specifically, it involves the following procedure: 1) one week prior to the event, exercise to exhaustion, which depletes muscle glycogen stores; 2) for the next 3 days consume a low carbohydrate, high fat, high protein diet; and 3) 3 days prior to the event eat an extremely high carbohydrate diet. This regime is said to increase muscle glycogen considerably above the resting level.

Muscle biopsies show that the average level of glycogen after a mixed diet is 1.5 grams per 100 grams of muscle. After a full glycogen loading regime, the level of glycogen is 5 grams per 100 grams of muscle. Furthermore, endurance on the ergometer (bicycle) after a high fat and protein diet was 60 minutes, after a mixed diet was 115 minutes, after a high carbohydrate diet was 170 minutes, and after the glycogen loading regime was 240 minutes.

Although these numbers are quite impressive, the application of glycogen loading in sports may be more limiting than originally thought. Why should a competitive marathoner load with enough glycogen to endure strenuous activity for 4 hours at 75% maximum oxygen uptake when he or she can complete the race in 3 hours? It comes down to the fact that the better trained athlete is likely to benefit more from a simple high carbohydrate diet than he is from a glycogen

loading regime. Better trained athletes are equipped to exercise at a higher percentage of their maximum oxygen uptake without depleting their glycogen stores. Also, the weight gain associated with glycogen loading (1 gram of glycogen is stored with 2.7 grams of water) would be detrimental to the competitiveness of the trained athlete. On the other hand, an untrained athlete consumes glycogen at a higher rate and he would most likely benefit more from glycogen loading despite the corresponding weight gain therein associated.

THE POWER OF THE MIND

It should be remembered that when athletes win they often attribute their success to specific sequences in their lives, like what they ate before an event. We should recognize that the power of the mind and the strength of one's convictions can make an individual believe that his or her performance was contingent on a particular food eaten. The chances are that if the individual is deprived of this particular food later, he may not fare as well in the next contest. Also, there is a certain amount of benefit in providing the athlete with foods he likes and with which he has familiarity. But in order to dispel superstitions and misconceptions which are bound in tradition, it is up to coaches, trainers and peers to further the educational process and to help guide the athlete

toward sound nutritional habits.

IN SUMMARY

It is true for the athlete and it is true for the general population, that dietary fads, the injudicious use of special supplements and dependence on pills and gimmicks should be discouraged. It must be remembered that a nutritionally adequate diet and exercise are the major contributing factors to physical fitness and good health. Today, there is a great demand for specific information that will help people with this, not only in the development of habits and skills but in all the areas discussed in this paper.

Well folks, that's the scoop from the latest scientific research on diet and athletics. For those of you who have known me as an advocate of megavitamin therapy, natural food diets, long distance conditioning and muscle-specific weight training, you can rest assured I'm still running, lifting weights, and eating well balanced vegetarian meals. What I'm not doing is wasting money and time on expensive, exotic vitamins. However, I still take a C-supplement when I don't get a chance to eat as much fresh citrus fruit as I'd like.

Happy training and healthy eating,
from the Mad-Witch Doctor John

RUNNING ON...

BY PAUL HOWARD

HOW MANY OF US HAVE A RUNNING PARTNER? HOW MUCH OF YOUR RUNNING IS DONE ALONE, YOUR MOTIVATION SINGULAR? WHEN I STARTED RUNNING, THESE SEVEN YEARS AGO, I WAS ALONE, WITHOUT A RUNNING PARTNER, FROM FEBRUARY THROUGH MID-SUMMER. THERE WEREN'T MANY PEOPLE RUNNING THEN, ANYWAY, AND UNTIL I REACHED THE THREE-MILE/HALF-HOUR POINT, THERE SEEMED LITTLE POINT IN ACCOMPANYING, OR BEING ACCOMPANIED BY, ANOTHER RUNNER. BUT AS I INCREASED THE

MILES AND MY INTEREST, SO DID MY NEED FOR AND CONTACT WITH OTHER RUNNERS.

WHEN IT'S COLD OR RAINING OR HOT OR, WORST OF ALL, VERY WINDY AND YOU'RE FENCE-SITTING ON THAT HOUR OR TWO-AND-A-HALF HOUR RUN, THE CONVERSATION MIGHT GO THUS:

"WELL, ARE YOU READY?"

"GEE, I DON'T KNOW..."

"C'MON, I REALLY WANT TO GO. THINK HOW VIRTUOUS YOU'LL FEEL WHEN YOU'RE DONE!"

"WELL, MAYBE..."

"I'M GOING OUT, IF YOU WANT TO JOIN ME."

LIKELY AS NOT, YOU'LL SHOW UP AND BE GLAD YOU DID. ALSO LIKELY AS NOT, YOU'LL BE THE ENTHUSIAST ONE NEXT DAY AND YOUR PARTNER WILL THANK YOU FOR IT.

A RUNNING PARTNER CAN ALSO BE OF GREAT VALUE BESIDES THAT OF MOTIVATION. IT'S NICE TO HAVE SOMEONE TO TALK TO, LAUGH WITH, COMMISERATE WITH, OVER THE VICISSITUDES OF LIFE.

OFTENTIMES, A RUNNING PARTNER OF EQUAL ABILITY CAN PROVIDE A THRILLING "RACE MOMENT" AS YOU PULL EACH OTHER THROUGH THE MILE: FIRST ONE, THEN THE OTHER TAKES THE LEAD OR PUSHES THE PACE. A PARTNER OF UNEQUAL ABILITY CAN ALSO BE ENJOYABLE AS LONG AS EGOS DON'T CONFLICT; A FASTER COMPANION MAY RUN ON AHEAD FOR SOME FARTLEK TRAINING AND THEN RETURN TO YOU, OR VICE-VERSA. IF THE DIFFERENCE IN ABILITY ARE NOT TOO GREAT, AS MANY OTHER ENDEAVORS, IMPROVEMENT

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In the most recent issue of National Running Data Center News, partial totals for 1980 race participation are printed. They show that 11,363 people ran in 95 races in Maine last year. This is an increase of 3,219 over 1979 and 95 represents an increase of 18 races over the previous season. I believe that Ken Young got most of these statistics from Maine Running. If you know of any race that wasn't included in the last year's issues please send the date, location, distance, and number of finishers to:

NRDC
Box 42888
Tucson, AZ 85733

Perhaps Maine's most successful year of road racing was even better than these statistics show.

Dave Gorczyca spotted the following in a Navy newsletter:

THE JOGGER'S PRAYER

Almighty God, as we sail with pure aerobic grace and striped orthotic feet past the blind portals of our fellow citizens, past their chuck-roast lives and their necrotic cardiovascular systems and rusting hips and slipped disks and desiccated lungs, past their implacable inertia and inability to persevere and rise above the fully pensioned world they live in and to push themselves past their limits of their capacity and acheive the

White Moment of slipping through the Wall, borne aloft on one's Third Wind, past their Cruisomatic cars and upholstered lawn mowers and their gummy-sweet children already at work like little fat factories producing arterial plaque the more quickly to join their parents in their joyless bucket-seat landau ride toward the grave help us, dear Lord, we beseech Thee, as we sail past this cold-lard desolation, to be big about it. Amen

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MAINE Running

Maine Running is published monthly in Bangor. The deadline for printed material is the 15th of the month. Race directors can submit applications as late as the 21st. Send \$15.00 and 600 applications to the address on the title page.



UNIVERSITY OF MAINE *at Presque Isle*

Director of Residential Life

Presque Isle, Maine
207/764-0311

February 19, 1981

MAINE RUNNING
P.O. BOX 259
East Holden, Maine 04429

To Whom It May Concern:

Enclosed is a check for \$10.00 to credit my subscription of MAINE RUNNING. I am very sorry for my long overdue remittance. The only answer I have for this oversight is the fact that when I phoned in my subscription to you we were in the middle of a house closing. With this, moving, etc., we had a great deal on our minds. Also, I misunderstood your procedures for payment as I was expecting a bill. I do take full responsibility for this mistake. It wasn't until last evening that I took a look at the last page of MR, in looking for cost, that I located the actual process.

I want to thank you for your note concerning payment rather than a letter notifying me of cancellation. I enjoy your magazine so much. It keeps me up to date on my old college roommate, Andy Palmer. Phil Stuart, who was an acquaintance of mine when I was teaching and coaching in Machias, is really doing great things. Finally I love reading about the MAINE ROWDIES. We housed them here on campus last summer for their annual Fort Kent to Kittery run for charity. I always wondered about the origin of their name--until last summer!

Again my apologies and thank you so much for the entertainment and the stimulus that you provided me through the winter. You can be assured that this will not happen again when renewal time comes.

Sincerely,


Paul J. Bouchard

PJB/rq

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(A regular column in which the author--a runner who almost makes up in persistence and dedication what he lacks in talent--describes some noteworthy runs in noteworthy locales. The aim is twofold: first, that these descriptions may prove useful to those actually travelling to the cities covered, and, second, the accounts may hold some interest even to non-travellers who enjoy imagining a variety of running experiences.)

Washington D. C. is a runner's city. I suspect that this is because the Capitol has a combination of public parks and public employees: it is full of people who are, I suspect, very young and energetic, not to mention ambitious, but who are confined to desk jobs. In any event, every time I go to Washington, I am struck by the volume and quality of the runners I encounter. I gather that the locale for really serious training is Rock Creek Park, in the northern quadrant of the city, but for a visitor, a run around the public area roughly bounded by the Capitol and the Potomac river is far more memorable. According to the directories of the area posted by the National Park Service, which has the custodial responsibility for this area, a circuit which goes entirely around this loop would involve about seven miles of running. I suspect that this is a generous estimate: maps and my own experience suggest that six miles might be a closer approximation of the route which follows.

The loop, like most, can be begun at any point. I'll begin at the Capitol, since the last two times I was in Washington that was, in fact, where I began. Following pedestrian paths, proceed counterclockwise around the Capitol grounds. (The last time I tried this, I was diverted by a fascinating display of an electric car, being demonstrated for reporters, congresspersons, etc.) Just west of the Capitol is the Capitol Reflecting Pool. On the sidewalk ringing this pool are usually parked scores of souvenir and food vendors--a good place to enjoy an overpriced soda after your run, or to pick up that ashtray with George Washington's face you always wanted to take back home.

Just after the Reflection Pool, you will pass the new National Gallery of Art Annex, a stunning architectural achievement. Proceed down the north side of the Mall (a wide gravel path runs about 50 yards from the street on both the north and south sides) past several other museums and crossing three rather large and busy streets (wait for the "walk" sign) to the Washington Monument.

It is possible, if you don't mind some fairly urban running, to turn right at 15th St., just before the obelisk, and cut your way through the park-like area called The Ellipse which connects the White House and the Washington Monument. You can then circle around the front of the White House, by Lafayette Park and return towards the Mall area passing the ornate Old Executive Office Building. There is often a demonstration of some sort going on here--last time I was in Washington, it was disgruntled farmers, who had turned the whole area into a giant parking lot for tractors in order to protest government agricultural policies. This side trip would add about 1.5 miles to your run.

The monument is on a small rise—the only hill on the entire loop. Circle the rise either on one of the several pedestrian paths in the vicinity, or cutting over the grass, and descend on the other side, towards the vista of the Reflecting Pond with the Lincoln Memorial behind it. Cross one more fairly busy road (17th St.) then run up the long corridor to the Lincoln Memorial. At this point there is a choice of running about 100 yards beside the Reflecting Pool on a very nice gravel path, sticking to the edge of the pool itself on a somewhat more narrow walkway, or proceeding along the wide sidewalk just off Constitution Ave., even farther north of the pool. All three possibilities are attractive. The last time I ran this loop, in fact, I did three laps of the Reflecting Pool, moving in concentrically larger circles, and thus took all three routes!

At the Lincoln Memorial, climb a flight of steps to the very busy street just before the actual monument. If you wish to go inside, cross this road, but with care. Otherwise, run the width of the Reflecting Pool, and start back east towards the Washington Monument.

A possible side trip on the way back to the Capitol involves diverging to the right at 17th St., just before the Washington Monument, crossing a few more thoroughfares, and proceeding around the Tidal Basin for about 3/4ths of a mile to the Thomas Jefferson Memorial. If you do take this excursion, return to the Mall area the same way you came, and add about 1.5 miles to the total of your run. This stretch is beautiful in the spring, when the cherry trees are blooming next to the Basin.

After passing the Washington Monument, proceed back along the Mall, passing the various building of the Smithsonian Institution—the older museum buildings, the Hirshhorn Gallery of Modern Art (with an outdoor sculpture garden), the famous merry-go-round, and the imposing Air and Space Museum (with a glass front through which you can catch glimpses of famous aircraft). You are now back to the Capitol Reflecting Pool and then the Capitol area itself.

Two cautions: as I have already indicated this is city park running. The cars around Washington, D. C. and their drivers (not to mention cabs, tourist busses, etc.) mean business. Especially if you are running during the morning or evening rush hours, be prepared to jog in place, or come to a stop, two or three times during the course of this run, in order to wait for a light change, or, at the least, a break in traffic. Also, Maine runners should remember that Washington is a Southern city. In the summer, and even in the spring and fall, it can get very hot and muggy during the daytime. Consider a sunrise or evening outing if you are in the Capitol during the warm season. Actually, an early evening spin around the loop described above is a pleasure. The entire area is well lit, and the monuments are especially impressive after dark. On three or four occasions I have followed this route after a hot day in the much gentler weather of evening, and been sincerely moved and excited, for example, by the vista of the Lincoln Memorial reflected in the pool as seen from the Washington Monument.

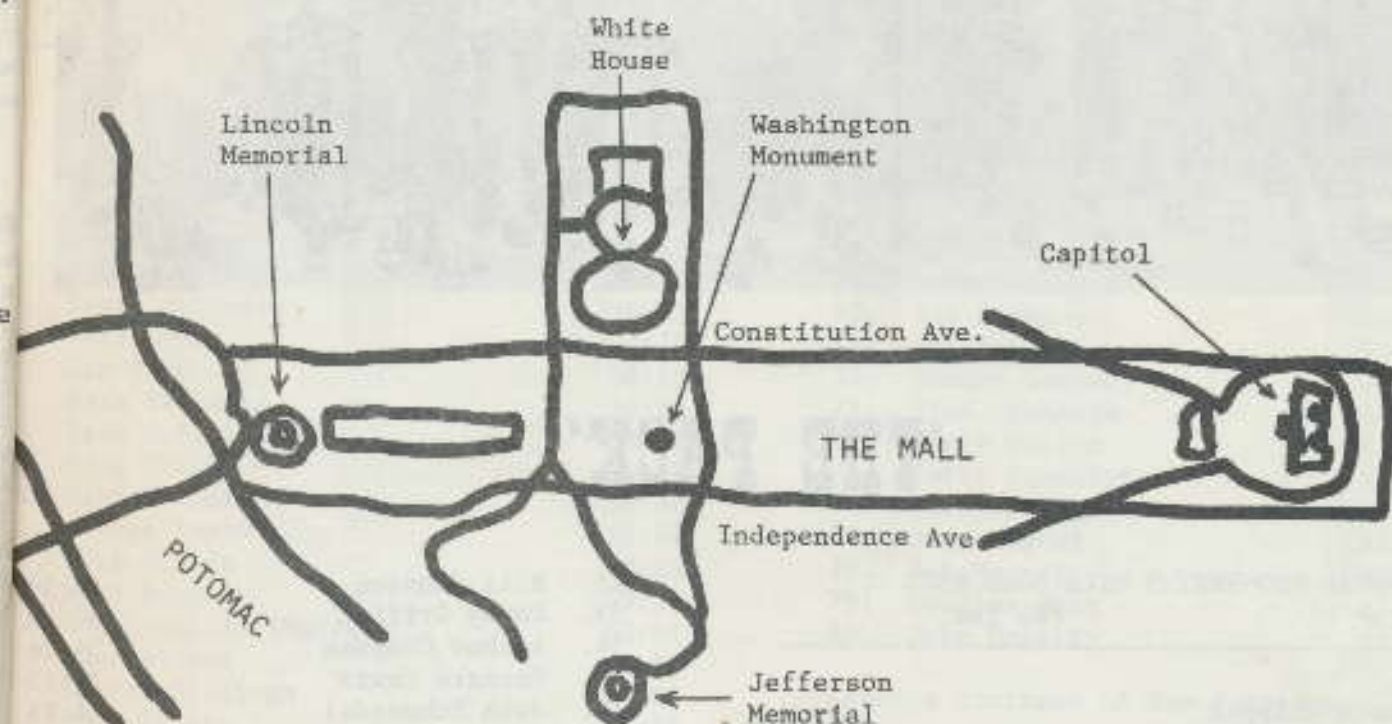
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If a runner were to follow the directions above, with the side excursions, the end result would be a very pleasant jaunt of about ten miles--which would include most of the major tourist attractions of the city: the Capitol, Washington, Lincoln, and Jefferson Monuments, the White House, Smithsonian Institution, Mall, and several of the lesser public buildings--surely more patriotic scenery than any other ten mile run in the country!



RUNNING PROGRAMS OF MAINE

RPM needs your help in 1981. Last year we awarded \$650 in scholarships to our running camp. This year we want to award over \$1000. Why don't you join today and show your support for our efforts and have some say as to who gets what and what direction the non-profit organization goes in. If you join in 1981 you will receive an RPM baseball cap. Dues are still \$5.00.

Send your check to :

RPM
C/O Skip Howard
P.O. Box 562
Bangor, Me. 04401

1981 members include: Deke Talbot, Carol Roy and family, Ben Smith, Patty Clapper, Bob Booker, Skip Howard, and Glendon Rand & family. Family membership is \$7.50 (please include \$3.00 for additional caps)

CLUB NEWS

As you may have noticed from the calendar we are now listing events being held in Vermont and sponsored by Kurt Lauenstein's club, the Green Mountain AC.

The Capitol Joggers have changed their name to the Maine Road Rambler.

Watch for changes in the Central Maine Striders. The Waterville crowd is now under their own power with Gene Roy at the helm, while the Bangor element is being carefully guided in new directions by Deke Talbot. Perhaps two separate clubs will evolve from the parent organization.

Things are very quiet in the county but there may be some rumblings from the masters in the form of a column. I have brought the idea up with Conrad, Sam Hamilton, and Jim Kein. Watch for it in the near future.



"THE PACK"

3RD ANNUAL SNO-FEST 5 MILE ROAD RACE
Augusta Feb 1st

1. Hank Chipman	27:34
2. Phil Stuart	28:18
3. Phil Vogel	28:29
4. Bill Hine	28:33
5. David Baird	28:51
6. Chris Howard	28:57
7. Doug Craib	28:58
8. Sam Sleeper	29:06
9. Dan Cake	29:14
10. Greg Nelson	29:38
11. Mark O'Flynn	29:50
12. Don Andrus	30:08
13. Dean Rasmussen	30:20
14. Tony Lepore	30:34
15. Kyle Rankin	30:40
16. Chase Pray	31:02
17. Ralph Thomas	31:03
18. Dave Alley	31:27
19. Kevin White	31:43
20. Darren Billings	31:50
21. Tom Swan	31:54
22. Doug Ludewig	31:57
23. Wes Cotton	32:13
24. Robert Nicholson	32:22
25. Dan Rankin	32:32
26. Carlton Mendell	32:39
27. Robby Baldwin	32:51
28. Dennis Bates	32:51
29. Eugene Richardson	33:05
30. Jeanette Malone*	33:26
31. Robert Croswell	33:36

32. Bill Johnson	33:50
33. Corby Griffin	34:00
34. Arthur Chapman	34:06
35. Vernard Lewis	34:13
36. John Schwerdel	34:23
37. Roger Dwyer	34:34
38. Larry Walden	34:51
39. Bob Crotzer	35:11
40. Ray Giglio	35:15
41. David Tiemann	35:18
42. Tom Daggett	35:40
43. Bill Thornton	37:43
44. Gary Bouchard	38:18
45. Don Brewer	38:25
46. Joanie Rhoda*	38:53
47. Phil Groce	38:57
48. Jim McDevitt	38:58
49. Edward McGuire	39:03
50. Bob Perkins	39:09
51. John Coughlin	39:28
52. Shirley Cotton*	40:25
53. Byron Bernatt	41:07
54. Richard Ball	41:19
55. James Chick	41:40
56. Becky Baltzer*	42:39
57. Dan Williams	42:40
58. Rachel King*	42:51
59. Mike O'Connor	43:40
60. Don McRae Jr.	43:48
61. William Tozier	43:52
62. Cathy Hazelton*	44:30
63. Margie Williams*	44:53
64. Mike Levey	45:19
65. Dot McCann*	45:38
66. Dianne Groce*	47:25
67. Carol Linkes*	49:29

ANNUAL
PORTLAND

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D ANNUAL ATLANTIC FEDERAL SAVINGS & LOAN
PORTLAND 5 Miler Feb 8th

Race called on account of snow, snow, and
re snow!

D ANNUAL "THE MAX" 10 MILE ROAD RACE
Portland Feb 15th

Rock Green	54:08
Werner Pobatschnig	54:15
Ken Botting	56:04
Bill Hine	56:31
Micky Lackey	56:45
Don Grondin	56:54
Kevin McDonald	56:55
Gary Coyne	57:10
Jim Babb	58:15
Mark Violette	58:16
Dick McFaul	58:28
Doug Craib	58:33
Deke Talbot	58:37
George Towle	58:47
Rick Stuart	59:21
Phil Vogel	59:59
Bob Coughlin (Master)	60:01
Alan Aitken	60:56
Darren Billings	60:59
Phil Stuart	61:35
Chase Pray	61:48
Dave Delois	62:33
Don Reimer	62:53
Dave Smith	63:05
Kyle Rankin	63:16
Doug Foote	63:17
Adam Ross	63:32
Peter Bastow	63:35
Victor Stacey	63:49
Russ Connors	63:55
Bill Leschey	63:56
Randy Phillips	64:02
Max Anderson	64:21
Kim Beaulieu*	64:26
Tom Swan	64:38
Marty Callahan	64:45
Ken Curtis	65:07
Bob Quentin	65:20
B.L. Towle	65:40
Mile Towle	65:40
Herb Strom (50+)	66:07
Carlton Mendell (50+)	66:15
Robert Jolicoeur	66:37
Lenny Hatch	66:55
Barbara Hamaluk*	66:57
Dan Rankin	67:02
Peter Flaherty	67:37
Tom Allen	67:44
Frank Morong	67:52
Al Dingley	68:01

51. Julie Leavitt*	69:56
52. Jim Moore	70:09
53. Arthur Chapman	70:20
54. Arnold Frechette	70:42
55. Al Taber	70:48
56. Robert Hazzard	70:52
57. Lester Everett	71:03
58. Roger Foster	71:41
59. John Bickford	72:30
60. Roger Smith	72:31
61. Peter Holloway	72:32
62. Brian Gillespie	73:41
63. Sean Keogh	73:42
64. Paul Damboise	74:50
65. Jim Kohylarz	75:53
66. Barbara Coughlin*	75:59
67. Bruce Allen	76:02
68. Al Brunnelle	76:16
69. Mary Lea Wood*	78:01
70. Bob Sarkozy	78:05
71. William Fox	79:00
72. Marion Leschey*	79:49
73. Stod. Chaplin	80:28
74. Terry Naylon	81:37
75. Patty Trombly*	83:30
76. Richard Gagne	83:59
77. Judy Gagne*	84:32
78. Bob Murray	85:21
79. Douglas Volk	87:19
80. John Doherty	87:21

Results courtesy of Tom Peterson
Race Director

WASHINGTON'S BIRTHDAY RUN 3 MILE
INTOWN PORTLAND EXCHANGE/MAINE TRACK CLUB
Portland Feb 16th

1. Ken Planders	14:37
2. Frank Carroll	14:41
3. Werner Pobatschnig	14:52
4. John Keller	14:57
5. Sam Merrill	15:51
6. John Leeming	15:53
7. George Towle	16:21
8. Kevin Anderson	16:32
9. Mike Towle	16:34
10. Todd McGraw	16:34
11. Deke Talbot	16:38
12. Mike Cendron	16:51
13. Phil Stuart	16:54
14. Jim Kein	16:56
15. Brian Gillespie	16:59
16. Christopher Kein	17:02
17. Warren Dean	17:04
18. Jim Patterson	17:18
19. Norman Lewis	17:20
20. Bill Sylvester	17:23
21. Kent MacDonald	17:25
22. Peter Connolly	17:27
23. Steve Harriman	17:35

24. Phil Wells	17:39
25. John Beatty	17:39
26. Dave Smith	17:40
27. Tom LaRose	17:50
28. Steve Rainsford	17:54
29. Robert Jolicoeur	18:20
30. Charlie Gordon	18:26
31. Herb Hedges	18:35
32. Dick Sabine	19:05
33. Carlton Mendell	19:09
34. Doug Moreshead	19:10
35. Merle Hartford	19:11
36. Bob Van Wyck	19:13
37. John Kelly	19:21
38. Robert Sprague	19:28
39. Leo Clark	19:34
40. Andrew Haslam	19:36
41. Tom Hughes	19:43
42. Gary Hamilton	19:46
43. Lisa Wakem*	19:51
44. Fred Bragdon	19:56
45. Scott Strout	19:57
46. Dave Goodwin	19:58
47. Rick Hazelton	20:38
48. Mike Worden	20:40
49. John Thomas	20:46
50. Derry Moorehead	20:49
51. Robert Littlefield	20:59
52. Dave Conley	21:12
53. Charles Ovalette	21:16
54. Ray Hruby	21:25
55. Kevin Kein	21:31
56. Doug Logan	21:48
57. Ed Sullivan	21:49
58. Roland Cote	21:50
59. John Ovalette	21:50
60. Tom Rowe	21:52
61. Andrea Wisniewski*	21:54
62. Roger Legere	21:54
63. Widgery Thomas	21:55
64. Richard Roussin	22:19
65. David Goodwin	22:25
66. Steven Doran	22:27
67. William Fox	22:40
68. Dan Eichorn	22:53
69. Ruth Davis*	23:06
70. Brenda Allen*	23:08
71. Gary Ingalls	23:53
72. Beth Pfeifle*	24:02
73. Brian Wallace	24:03
74. Karen Logan*	24:06
75. Rick Barron	24:19
76. E.R. Lewis	25:07
77. Frank Long	25:56
78. Cush Bayward	26:04
79. David Wakem	26:39
80. Beverly Stevens*	27:04
81. Nat Shed	27:39

Results courtesy of the Maine Track Club

SOUTHWESTERN MAINE TRACK CONFERENCE 1981 HIGH SCHOOL INDOOR TRACK CHAMPION Portland Feb 14

Biddeford 117, Cheverus 113, Deering 108½, Westbrook 62½, Portland 60½, Thornton Academy 38, South Portland 37½, Scarborough 21

45 Yd. Intermediate Hurdles

1. Brian Pettingill, C
2. John Clark, C
3. Steve Hight, D
4. Don Hemphill, W
5. Bill Lake, C
6. Jere Nicherson, D

45 Yd. High Hurdles

1. Cino Amoroso, SP
2. Chris Hickey, B
3. Bill Kadlec, B
4. Rick Mercier, D
5. Kevin McDonough, SP
6. Steve Ingram, P

Junior 40 Yd. Dash

1. Jamie Delano, Sc
2. Charlie Tremblay, B
3. Keith Wasmund, D
4. Marc Leclair, W
5. Tony Saulle, SP
6. James Balzano, P

Intermediate 40 Yd. Dash

1. Jim Kilbride, D
2. Brian Curit, B
3. Greg Loring, C
4. John Burnham, C
5. Bill Stewart, D
6. Joe McAuley, D

Senior 40 Yd. Dash

1. Paul Bogdanovich, P
2. Keith Croteau, B
3. John McLellan, W
4. Steve Discatio, P
5. Ernie Webster, W
6. John Boucher, TA

Mile

1. Brian Pettingill, C
2. Bruce Madore, B
3. Tom Briggs, C
4. Doug LaVallee, D
5. Mark Searway, SP
6. Bob St. John, C

Junior 440

1. Jamie
2. Shawn
3. Phil
4. Tim
5. Bryan
6. (tie)

Junior 24

1. Kelt
2. Chr
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4. Fra
5. Jam
6. Cha

Intermed

1. Ji
2. Br
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4. Jo
5. Dw
6. J

Senior

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Shot

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4:21.7 LE Se

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CONFERENCE
TRACK CHAMPIONS

Feb 14

Junior 440 yd. dash

13, Deering
land 60½,
h Portland

1.	Jamie Delano	, Sc	57.2
2.	Shawn Hight	, D	58.7
3.	Phil Wells	, D	59.6
4.	Tim Drapeau	, B	59.7
5.	Bryan Bettney	, W	60.2
6.	(tie) Pallozzi	, P	
	Savard	, D	61.1

6.1

Junior 240 yd. dash

1.	Keith Wasmund	, D	29.4
2.	Chris Murray	, W	29.6
3.	Shawn Labbe	, B	29.8
4.	Frank Nappi	, C	29.9
5.	James Shea	, P	29.9
6.	Charlie Tremblay	, B	30.0

6.0

Intermediate 300 yd. dash

1.	Jim Kilbride	, D	35.2
2.	Brian Curit	, B	36.5
3.	Greg Loring	, C	36.8
4.	John Burnham	, C	36.9
5.	Dwayne St. Ours	, TA	37.0
6.	Jim Mahoney	, SP	37.5

5.1

Senior 300 yd. Dash

1.	John Boucher	, TA	36.3
2.	Bruce Duquette	, D	36.6
3.	Walter Stover	, W	36.8
4.	Chris Hickey	, B	36.9
5.	Darrell Williams	, P	37.1
6.	Tom Roberge	, TA	37.2

4.8

Shot Put

1.	Paul Bogdanovich	, P	56-3½
2.	Mike DiMillo	, P	47-3¼
3.	Bruce Buotte	, W	47-2½
4.	Kevin Coyne	, SP	45-5½
5.	Chris Montecalvo	, D	44-7¼
6.	Ed Scott	, B	44-2½

4.8

Intermediate 600 yd. dash

1.	Jeff Thompson	, TA	1:21.4
2.	Tim Woodward	, TA	1:21.5
3.	(tie) Works	, P	
	Balzano	, C	1:23.1
5.	Marty Murphy	, SP	1:24.2
6.	Len Anderson	, C	1:24.3

4:21.7 LR

Senior 600 yd. dash

1.	Greg Trueworthy	, C	1:20.9
2.	Keith Croteau	, B	1:21.4

3.	John Kelley	, C	1:21.4
4.	Barry Briggs	, D	1:21.5
5.	Dan Martin	, B	1:21.5
6.	John Kennie	, W	1:23.7

1000 yd. dash

1.	Colin Peddie	, C	2:22.3
2.	Scott Peterson	, W	2:26.2
3.	Joe LaRose	, SP	2:29.0
4.	Charles Egeland	, C	2:31.1
5.	Jim Howard	, C	2:31.8
6.	Marty Moran	, W	2:32.0

High Jump

1.	Bill Kadlec	, B	6-0
2.	Steve Ingram	, P	5-10
3.	Don Hemphill	, W	5-10
4.	(tie) Trottier	, B	
	DiBiase	, P	5-10
6.	Steve Noyes	, W	5-8

Junior Relay

1.	Deering (Wasmund, Shawn Hight, Young, Cohen)	1:07.0
2.	Biddeford	1:07.2
3.	Westbrook	1:08.5
4.	Cheverus	1:09.1
5.	South Portland	1:09.2
6.	Scarborough	1:09.5

Intermediate Relay

1.	Cheverus (Pettingill, Loring, Burnham, Anderson)	1:38.2
2.	Deering	1:40.6
3.	Biddeford	1:40.7
4.	Thornton Academy	1:41.5
5.	Portland	1:41.7
6.	(tie) South Portland Westbrook	1:42.7

Senior Relay

1.	Biddeford (Croteau, Martin, Corriveau, Hickey)	2:15.7
2.	Deering	2:18.1
3.	South Portland	2:18.8
4.	Portland	2:19.0
5.	Thornton Academy	2:19.2
6.	Westbrook	2:21.0

Results courtesy of Jim Kein
& Danny Paul

STATE CLASS A CHAMPIONSHIPS
OF INDOOR TRACK
COLBY

Feb 18th

BOYS

Cheverus 64, Biddeford 44- Brewer 42½
Portland 41½, Deering 36, Thornton
Academy 36, South Portland 28, West-
brook 17, Skowhegan 9, Oxford Hills 8,
Bangor 5, Old Town 2, Waterville 1,
Brunswick 0, Scarborough 0.

60 High Hurdles

1. Amoroso	, SP	7.9
2. Hickey	, Bid	
3. Kingsbury	, Br	
4. Luce	, Mt. B	
5. St. Peter	, OT	
6. Kadlec	, Bid	

60 yd dash

1. Elkin	, Br	6.5
2. Kilbride	, D	
3. Fogg	, TA	
4. Curit	, Bid	
5. Bogdanovich	, P	
6. Nelson	, Skow	

Mile

1. Pettingill	, C	4:26.4
2. Peddie	, C	
3. Madore	, Bid	
4. Kenny	, Ban	
5. Briggs	, C	
6. LaVallee	, D	

600 yd. dash

1. Martin	, Bid	1:18.3
2. Woodward	, TA	
3. Thompson	, TA	
4. Kelly	, C	
5. Bersani	, Skow	
6. Kennie	, W	

1,000 yd. dash

1. Pettingill	, C	2:14 SR
2. Peterson	, W	
3. LaRose	, SP	
4. Egeland	, C	
5. Madore	, Bid	
6. Nelson	, Ban	

300 yd. dash

1. Elkin	, Br	32.7
----------	------	------

2. Kilbride	, D
3. Nelson	, Skow
4. Fogg	, TA
5. Boucher	, TA
6. Croteau	, Bid

Two Mile

1. Peddie	, C	9:28.1
2. Briggs	, C	
3. LaVallee	, D	
4. LeVasseur	, Br	
5. Searway	, SP	
6. Handy	, Wat	

Shot Put

1. Bogdanovich	, P	56-5
2. DiMillo	, P	
3. Montecalvo	, D	
4. Buotte	, W	
5. Coyne	, SP	
6. Caminiti	, D	

Long Jump

1. Elkin	, Br	20-6
2. Jewell	, OH	
3. Kadlec	, Bid	
4. Ingram	, P	
5. Bogdanovich	, P	
6. McLean	, Lew	

High Jump

1. Kadlec	, Bid	6-2
2. Ingram	, P	
3. DiBiase	, P	
4. Trottier	, Bid	
5. Works	, P	
6. Holyoke	, Br	

880 Relay

1. Thornton (St. Ours, Woodward, Thompson, Boucher)	
2. Cheverus	
3. Deering	
4. Westbrook	
5. Old Town	
6. Brewer	

GIRLS MEET

Brewer 70, Deering 48, Waterville 41,
Skowhegan 36, Biddeford 34, Old Town
33, South Portland 25, Bangor 19, Port-
land 10, Gardiner 8, Westbrook 8, Thorn-
ton Academy 5, Brunswick 2, Lewiston 2,
Oxford Hills 0, Scarborough 0.

g Jump

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6. Ada

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ng Jump

9:28.2	Granholm	, Wat	14-11 $\frac{1}{2}$
	Feero	, OT	
	Clifford	, Skow	
	Sorenson	, SP	
	Peckham	, Ban	
	Eustis	, D	

yd dash

56-5	Boody	, P	7.4
	Grondin	, W	
	Pallas	, D	
	Libby	, Br	
	Sorenson	, SP	
	Winn	, OT	

le

20-6	1. Jennings	, D	5:21.2
	2. DiBiase	, SP	
	3. Cyr	, Br	
	4. Loiselle	, Br	
	5. Cowette	, Skow	
	6. Winn	, OT	

00 yd. Dash

6-2	1. McAuley	, D	1:31.3
	2. Dineen	, Card	
	3. Beal	, Br	
	4. Fraser	, Br	
	5. Blanchard	, OT	
	6. Clemente	, Lew	

,000 yd. dash

rd,	1. Lawlor	, Br	2:53.3
	2. Zanchi	, Ban	
	3. Winn	, OT	
	4. Whittier	, TA	
	5. LaLiberty	, Wat	
	6. Adams	, Br	

00 yd. dash

	1. Bacon	, Skow	41.1
	2. Labbe	, Bid	
	3. Martin	, Skow	
	4. Bernier	, D	
	5. Slaughter	, Brun	
	6. Sorenson	, SP	

Two Mile

e 41, Town	1. Lawlor	, Br	11:50.9
, Port-	2. Cyr	, Br	
, Thorn-	3. DiBiase	, SP	
ston 2,			

4. Loiselle	, Br
5. Malenfant	, OT
6. Morin	, Bid

Shot Put

1. Hayden	, Skow	36-11
2. Humphrey	, OT	
3. Pallas	, D	
4. Butler	, SP	
5. Robinson	, Bid	
6. Young	, Wat	

60 low hurdles

1. Roy	, Wat	9.0
2. Bailey	, Wat	
3. Brody	, Br	
4. Peckham	, Ban	
5. Rustis	, D	
6. Woodworth	, Skow	

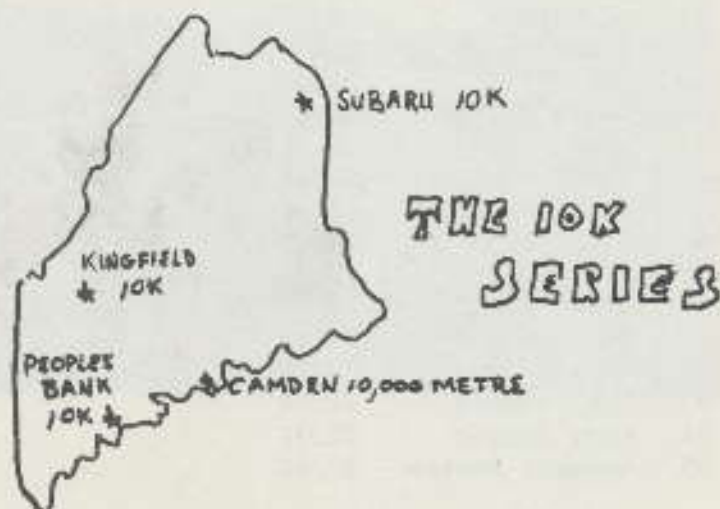
High Jump

1. Labbe	, Bid	4-10
2. Robinson	, Bid	
3. (tie) Revello	, Br	
Neveaux	, Bid	
5. Coro	, Wat	
6. Clemente	, Lew	

880 Relay

1. Deering (Rustis, Pallas, Bernier, McAuley)	1:56.4
2. Waterville	
3. Old Town	
4. Bangor	
5. Brewer	
6. Thornton Academy	

Results from the Morning Sentinel



1ST ANNUAL RPM SNOWSHOVEL 5K
Bangor Feb 22nd

1. Mike Gaige	16:15
2. Steve Carla	16:24
3. Al Pierce	16:28
4. Jon Abdul Howland	16:37
5. Glen Holyoke	17:02
6. Ken LeTourneau	17:04
7. Larry Deans	17:21
8. Chris Everett	17:30
9. Greg Everett	17:35
10. Brian McKay	17:52
11. Chris Holt	18:19
12. Dave Torrey	18:20
13. Richard Everett	18:28
14. Mike Cole	18:32
15. Eric Greenan	18:35
16. Dennis Bates	18:38
17. David Alley	18:44
18. Richard Powell	18:47
19. James Kingsbury	19:02
20. Bob Gaboury	19:09
21. Larry Rich	19:41
22. Aaron Adams	19:45
23. Bob Pride	19:47
24. Carl Howard	19:48
25. Mark Smith	19:50
26. Scott Dunning	19:51
27. Rich Armstrong	19:52
28. Jim Barr	20:00
29. Don Sanborn	20:05
30. Kurt Smith	20:13
31. Mark Spencer	20:16
32. Biff McGilpin	20:17
33. Theresa Lawlor*	20:25
34. Paul Guerin	20:32
35. Al Michelson	20:33
36. Doug Dolan	20:36
37. Anne Loiselle*	20:58
38. Richard Higgins	21:00
39. Bill Pinkham	21:02
40. Frank Bragg	21:08
41. Al Cairns	21:09
42. Frank Knight	21:12
43. Jon Taylor	21:14
44. Terry Cousins	21:17
45. Ed Kingsbury	21:20
46. Jim Pendergast	21:25
47. Lee Williams	21:26
48. Andy Stroat	21:30
49. Jeanne Dolby*	22:05
50. Brad Teel	22:07
51. Greg Hollis	22:19
52. Dave Beard	22:25
53. Van Raymond	22:28
54. Gary Winsor	22:32
55. Wendell Porter	22:40

56. Alfred Bourgoin	22:44
57. Colleen Bunker*	23:14
58. Tina Poitras*	23:21
59. Joan Allen*	23:23
60. Ken Awalt	23:26
61. Bob Boynton	23:40
62. Robert Frank	23:53
63. Jane Bragg*	24:05
64. Chuck Ryan	24:08
65. Ken Smith	24:11
66. Kathy Ryan*	24:12
67. Leo Emerson	24:29
68. Joe Clapper	24:30
69. Sue Smith*	24:33
70. Jack Bingham	24:36
71. Mike Clapper	24:41
72. Charlie Clapper	24:51
73. William Sawtell	24:57
74. Veronica Knight*	25:03
75. Teri Sargent*	25:05
76. Ivan Porter	25:10
77. Leona Clapper*	25:14
78. Mary Rosborough*	25:16
79. Lisa DeGrazio*	26:58
80. Julie Gaboury*	27:01
81. Bill Lawlor	27:14
82. Theresa McLaughlin*	27:38
83. Ellen Spring*	27:38
84. Charlene Allen*	27:54
85. Robin Seavey*	28:34
86. Norj Ahrens*	28:34
87. Theresa Partridge*	28:50
88. Mary Mataun*	28:54
89. Richard Pelletier	29:25
90. Bonnie Porter*	29:31
91. Barny Boynton	34:16
92. Shirley Boynton*	34:19

Results courtesy of Skip Howard &
Bob Booker
Mutt & Jeff Production

"Sporting Goods for All Seasons"

the Good Sports

3 Pleasant St Brunswick



A HOT DAY AT THE SNOWSHOVEL 5K

22:44
23:14
23:21
23:23
23:26
23:40
23:53
24:05
24:08
24:11
24:12
24:29
24:30
24:33
24:36
24:41
24:51
24:57
25:03
25:05
25:10
25:14
25:16
26:58
27:01
27:14
27:38
27:38
27:54
28:34
28:34
28:50
28:54
29:25
29:31
34:16
34:19



Gary Coyne, Korj Ahrens, and Robin Seavey are all smiles at the beautiful weather.



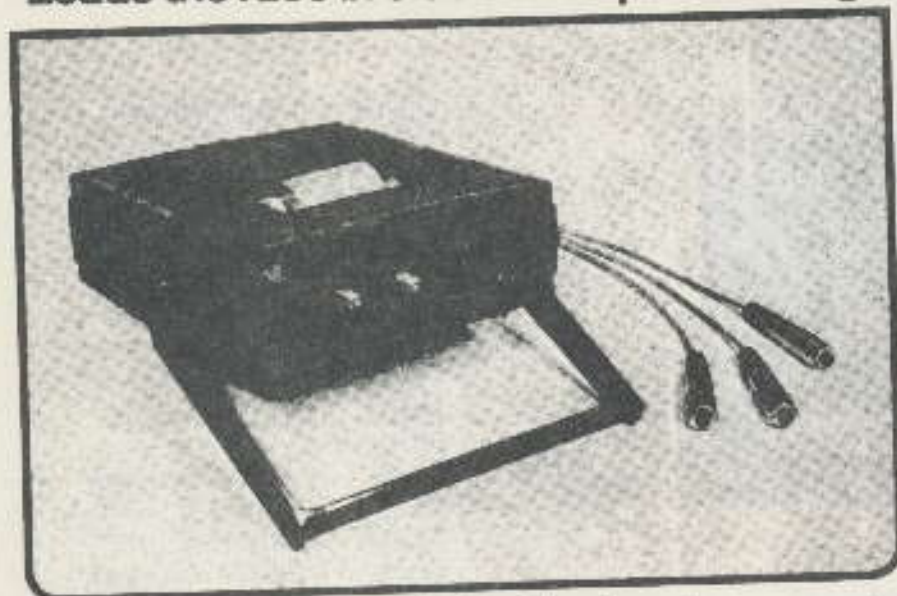
Center: Tom Mulvey wished for snow all week in the White Mts. but didn't mind the warm weather in Bangor.

Right: Work-horse Kim Trafton of Brewer runs the chronomix while Sharon Coleman spots for her. Kim has been one of RPM's hardest workers over the years.





Leads the race in electronic sports timing!



Race directors. Tired of hand scoring your race? Tired of making the runners wait for hours for the award ceremony? Than rent a Chronomix electronic timing device from Maine Running.

\$35.00 if you pick it up
and bring it back
\$50.00 if we bring it to you

Call 843-6262 and take the worry out of timing.

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If you want to subscribe to Running simply detach the page below and mail it with your address to:

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E. Holden, Me. 0442

When you receive your first the mail, dash off a 10 doll to the address above and you automatically receive 11 mor Or save hassle for both of u send at least \$10 when you f order. (You can send more i so choice)



Want to spend your ad dollars wisely? Put an ad in Maine Running.

Ask the people at the Ski Rack about the results.

1/4 page is \$10 a month

1/3 page is \$12.50

1/2 page is \$17.50

2/3 page is \$23.00

a full interior page goes for a mere \$32

Yes, I simply can not live another day without ha a yearly subscription to Maine Running Magazine. haste in forwarding my first issue to:

Name: _____

Address: _____

Zip _____

Please include \$10

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with your

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n, Me. 0442

your first
a 10 dolla
ve and you
ive 11 more
both of us
when you fi
end more if

THE SKI RACK/ WENDY'S MUD RUN

March 7, 1981 10:00 A.M.

The race starts at the Ski Rack
on the Hogan Road in Bangor.

The route covers country roads to
Veazie and Bangor finishing at
Wendy's on the Bangor Mall access
road.

10 KILOMETER WHEEL MEASURED

FREE PEPSI TO ALL FINISHERS
WHEN THEY PRESENT THEIR
NIKE NUMBERS

FREE FRENCH FRY WITH THE
PURCHASE OF ANY WENDY'S
SANDWICH

TROPHY TO FIRST PLACE FINISHER
IN EACH OF 5 AGE GROUPS

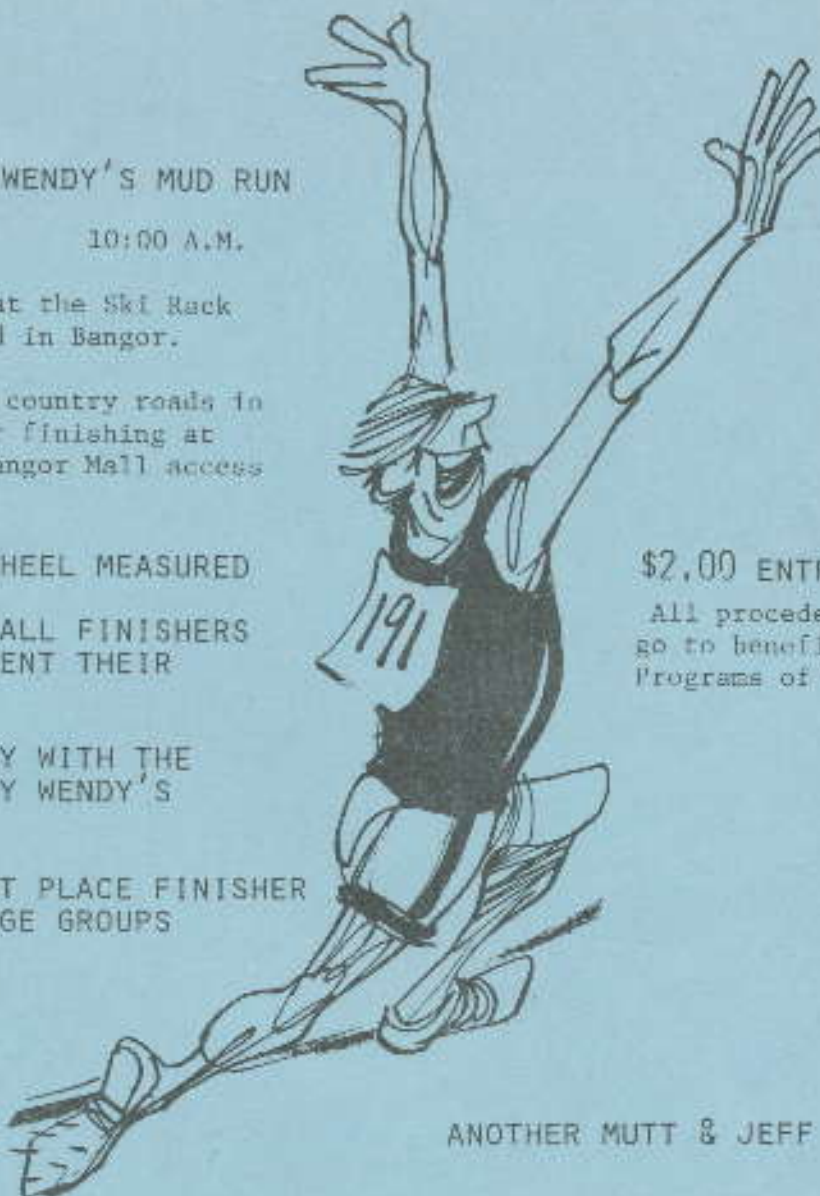
14 AND UNDER

15 THRU 19

20 THRU 29

30 THRU 39

40 AND OVER



\$2.00 ENTRY FEE

All proceeds will
go to benefit Running
Programs of Maine

ANOTHER MUTT & JEFF PRODUCTION

IT'S NICE TO HAVE A FRIEND IN THE BUSINESS

SKI RACK

*** **
without hav
magazine.

NAME: _____ AGE: _____

ADDRESS: _____

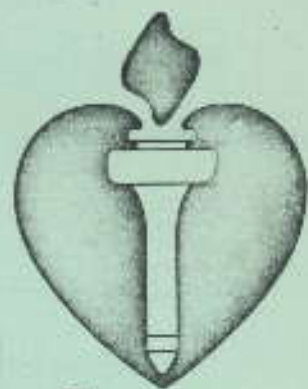
ZIP: _____

I RELEASE RPM, WENDY'S, THE SKI RACK AND ALL
OTHER SPONSORS OF THIS RUNNING EVENT OF ALL
LIABILITY,

DATED: _____ SIGNED: _____



Anheuser-Busch.
Natural
Light Beer *and*



Killarney's

2nd Annual

Live Broadcast.

es in All
tegories



t year's
inishers:

ace Bickford
dy Palmer
ad Hewes



WABK



T-shirts for
1st 200

entrants

for
10,000 meter run



Sunday - March 15th - 1:00pm.

Register at Killarney's, Upper Main St.
Waterville, Me. 04901. Registration up to 1/2 hour
before the run.

50+ Natural Light beer ~ food ~ changing facilities

entry fee:

\$4.00 ... 10,000 meter race

\$1.00 ... 2 mile fun run

Certificates to all
participants



Entry form

Name _____ Team/Club _____
Address _____ City _____
Phone _____ Age _____

Waiver: 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 of this race.

Signature _____

Divisions & Awards

Men and Women - All divisions

Open

Under 15

15 - 40

40 and over

Team men

Team women

Prizes first three

Prizes first three

Prizes first three

Prizes first three

Prizes first five

Prizes first three

Send entry form to:

American Heart Association

Maine Affiliate, Inc.

20 Winter Street

Augusta, Me. 04330



All proceeds to benefit the American Heart Association, Me. Affiliate

HUSSON COLLEGE RECREATION MAJORS

10K FOOT RACE

SUNDAY, MARCH 29, 1981

Registration begins at 12:00 noon at the Newman Gym, Husson College.

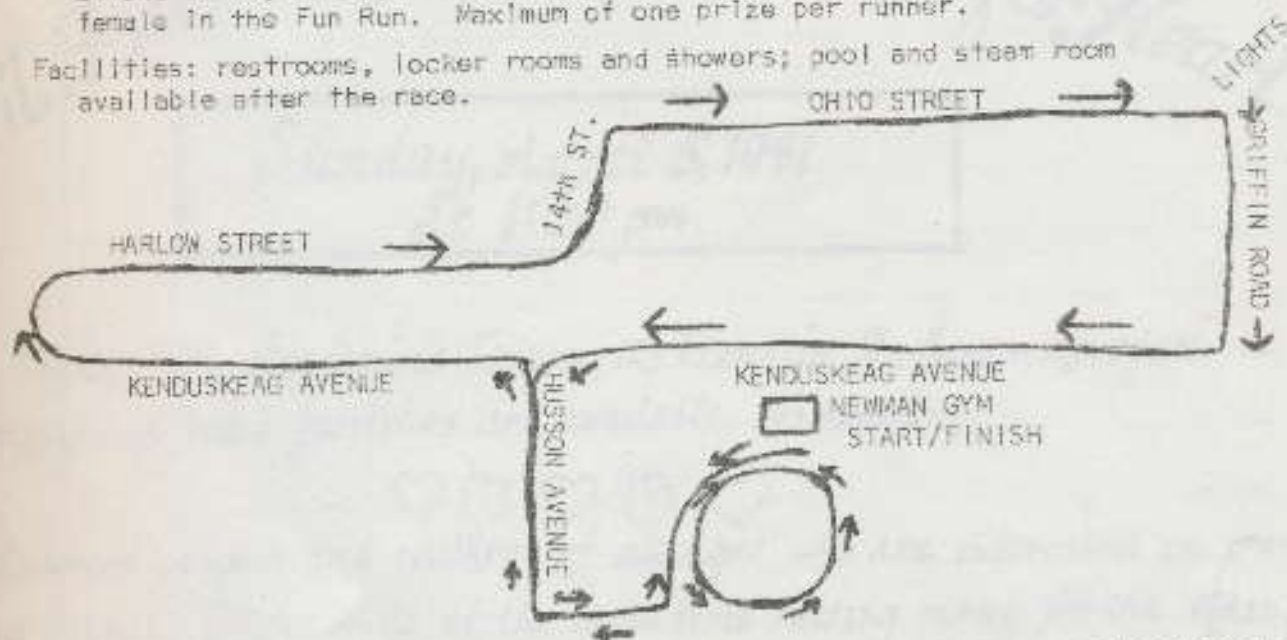
Race starts at 1:00 p.m., rain or shine.

Course Description for 10K: Runners will do one lap around the circle then go off campus to Kenduskeag Avenue to Harlow Street; up Fourteenth Street onto Ohio Street to Griffin Road; back to Kenduskeag Avenue and return to the Newman Gym (this is the original Al Kenyan route). Fun Run is 1.5 miles on the Husson College circle. Splits available at 1 and 3 mile points. Aid Station at three miles.

Entry Fee: pre-registration \$3.50, \$4.50 day of the race. T-shirts will be given to the first 50 who register.

Awards: for first place male and female; age categories: male & female, 24 and under, 25-34, 35-44, 45 and over; and 1st place male and female in the Fun Run. Maximum of one prize per runner.

Facilities: restrooms, locker rooms and showers; pool and steam room available after the race.



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 race.

Name _____

Address _____

Phone _____ Sex _____ Age _____

Signature _____

(Guardian if under 18)

Make checks payable to: Pam Hennessey, Race Director

Husson Athletics

Husson College

Bangor, Maine 04401

Tel. 947-1121 ext. 270

Anheuser-Busch
Natural
 Light Beer *and*
BENJAMIN'S



P R E S E N T S

April Fools **RUN, WALK, JOG** *for Heart*

Sunday, April 5, 1981
at 1:00 pm.

Register at Benjamin's Tavern, 123 Franklin St., Bangor, Me. 04401
 Changing and toilet facilities are available. No showers.



Runners, joggers and walkers of all ages who are interested in pro-
 ving physical fitness while at the same time raising money for the Maine
 affiliate of the American Heart Assn. are encouraged to participate.

- To be retained by the Heart Association -

 Name

 Address

 Total Amount Pledged

 Total Amount Collected

 Signature
 I, _____, hereby agree to release, defend, hold harmless and pay for any
 damages or injuries of any nature which I may suffer while taking part in
 any activities connected with the April Fools Run.

April Fools

RUN, WALK, JOG

for Heart

Sunday, April 5, 1981
at 1:00 pm.

Register at Benjamin's Tavern, 123 Franklin St., Bangor, Me. 04401
Changing and toilet facilities are available. No showers.



Runners, joggers and walkers of all ages who are interested in pro-
moting physical fitness while at the same time raising money for the Maine
affiliate of the American Heart Assn. are encouraged to participate.

A \$6.00 registration fee includes a "I'm An April Fool" T-shirt
and a number. If the participant brings in \$25.00 or more in pre-paid
pledges, the registration fee will be waived. Sign up as many sponsors
as possible for every mile that you are able to complete.

Pledge Prizes: Amt. Collected

Prize

- | | |
|-------------|---|
| \$15 ----- | Heart Assn. Thermol- Mug. |
| \$25 ----- | Heart Assn. wrist bands, sweat band, athletic tube-socks. |
| \$50 ----- | All of the above plus Heart Assn. sports cap. |
| \$100 ----- | All of the above plus Heart Assn. gear bag. |

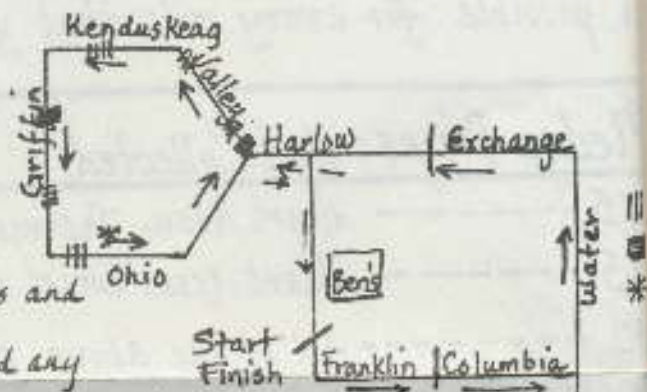
Also, prizes will be awarded for the first 3 finishers in the follow-
ing divisions: Ages - 18 and under, 19-29, 30-39, 40-49, 50 and over.
Post run ceremonies will include drawings for special prizes, including
dinners-for-two at Benjamin's and other items donated by race
supporters. 50¢ Natural light beer after the race.

Name _____ Run Number _____

Address _____

Street Name	City Street and City	Zip Phone	Telephone			
			Prepaid donation	Paid Per mile	Total owed	Total Collected
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						
total miles completed _____			Totals			

Waiver: In consideration of AHD permitting one to participate in the event, I hereby for myself, my heirs, administrators and assigns, waive and release any and all rights and claims of any nature I may have against AHD and any organizations connected with this event, their representatives, successors, and assigns for any and all damages or injuries of any nature which I may suffer while taking part in any activities connected with the April Fools Run.



Signature _____

Name _____

Address _____

The Boston Primer and The Race of Undisclosed Distance

Date: April 5, 1981

Time: 12 noon for the Primer and 12:10 for the Undisclosed distance race

Place: Maranacook Community School, Readfield, Maine

Registration: 10:00 a.m. - 11:30 a.m. inside the school.

Registration fees: for the Primer - \$3.00, Undisclosed distance race - \$2.50

Distances: Primer - a 15 mile wheel-measured course

Undisclosed distance - will be under 5 miles but over 3 miles

Course: The Primer covers the distance around lake Maranacook in Readfield and Winthrop. This is a hilly, demanding run not suited for the novice or beginner. It is intended to be a "primer" for those individuals going on to race in the Boston Marathon.

Awards:

Male

Female

for the
Primer

1st 10 places
18 and under 1st
19-29: 1st, 2nd
30-39: 1st, 2nd, 3rd
40-49: 1st, 2nd
50+: 1st

1st 3 places
18 and under 1st
19-29: 1st
30-39: 1st
40+: 1st

for the
Undisclosed
distance
race

1st 3 places
13 and under 1st
14-18: 1st
19-29: 1st, 2nd
30-39: 1st, 2nd
40-49: 1st
50+: 1st

1st 3 places
13 and under 1st
14-18: 1st
19-29: 1st
30-39: 1st
40+: 1st

Information: Call Marty Thornton at 623-3682 after 6:00 p.m.

Sponsors: Maine Road Ramblers, Maranacook Community School, 1st Consumers Savings Bank

REGISTRATION

Boston Primer _____ Race of Undisclosed Distance _____

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

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____

SIGNATURE (OR PARENTS SIGNATURE IF UNDER 18) _____

Mail to: Marty Thornton, 18 Mayflower Road, Hallowell, Maine 04347

CHINA 10K CLASSIC



10,000 Meters (6.2 miles) Road Race and 1½-mile Fun Run

GOOD TIME FOR THE WHOLE FAMILY!

WHEN: Saturday, April 11, 1981 - 10:30 A.M.,
Rain or Shine.

WHERE: China Elementary School, Route 202,
So. China, Maine.

SPONSORS: Friends of China Elementary
School.

BENEFIT: China Elementary School.

AWARDS: Free T-shirts to first 100 regis-
trants. Trophies, ribbons, and merchandise will be
awarded to first and second finishers in each
division.

DIVISIONS: Men's and Women's.

Ages - 14 and under	30 - 39
15 - 19	40 - 49
20 - 29	50 and older

REFRESHMENTS: FREE COLD DRINKS
TO ALL RUNNERS! FREE LUNCH TO ALL WIN-
NERS! Lunch will be available to all others at \$3.00.

REGISTRATION: 10K ROAD RACE - \$4.00
pre-registration fee before **April 4th**. Free T-shirt to
first 100 registrants. \$4.50 fee after April 4th, and
on race day from 9:00 a.m. to 10:15 a.m.

1½-MILE FUN RUN - A special 1½-mile Fun Run
will be featured for all non-racing entries. \$2.00
entry fee. Certificates will be awarded to all fin-
ishers.

Name _____

Sex _____ Age _____

Address _____

T-Shirt Size: S M L
(CIRCLE ONE)

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

Signature _____

Parent's Signature if under 18 _____

MAIL TO: China 10K Classic, c/o Bob Boynton, Box 38, So. China, Me. 04358

Make Check Payable To: Friends of China Elementary School (F.O.C.E.S.).

For additional information contact Race directors: Bob Boynton, 207-445-2884 or Kevin Purcell, 207-445-2047.



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Your T-SHIRT CONNECTION
for the RUNNING SEASON!

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- : 6 to 10 DAY DELIVERY
- : NO SCREEN OR OTHER CHARGES

We'll print YOUR shirts or OUR shirts.

Give us your camera-ready art or drawing
and we'll do the lettering.

ALSO: (for groups)

- Gym type shorts
- Nylon jackets
- Sweat Shirts
- Plus (just ask!)

Call or write for a quote when you plan
your event.

We're in our 7th year of Sportswear
Printing.

Thank you -

Tom Robinson, Prop.

PS - Check us out with Bob Booker.



GOOD LUCK, RICK COYNE!

Rick Coyne has left some big shoes to fill (about a 16½), as he moves on to director of Brewer Parks and Recreation Department. Skip Howard has taken over for him, and with Bob, Terri, Larry, and Karen it's a good crew. Right? People who run, play racquetball, ski, hike and are dedicated to active living. Like Athletic Attic. Like You.

So when you want a good product, good service, good advice, get your goods at the Attic. That's good enough!

Auburn Mall 786-2507

Bangor Mall 947-6880