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Vol. 5, No. 3, MARCH 84

MAINE Running

Now in our 5th Year!

7-84

RUBERT STROM
164 Fowler Rd.
Cape Elizabeth, Me. 04107



Nurdlie?

Duane?

\$1.50

MAINE Running

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

Welcome to our 5th Year! We celebrate our fourth anniversary with a huge March issue. I don't know about you, but I'm getting excited about the 1984 running season right now. Ken Flanders and Rock E. Green have already been out knocking heads (See At The Races & The Pack); Mike Gaige is psyched to go at it again (See "Return to Competition"); Nurdie and Duane have pulled off another of their fun Snow Runs (See the cover where they give Darlene Higgins a "Cabbage Patch" Doll for her efforts, Ed Rice's article "The Best Race of the Summer??!!", and Duane's own account in the Club Section); Greenie's trying to help us get some press (See "How to Get Your Race the Publicity It Deserves"); Maine T.A.C. has regrouped; a wheelchair athlete has emerged; the Downeast Dogtrot is on again; and the Adjutant General's Office will be sponsoring competition to choose a five man team to represent the State of Maine at the first ever National Guard Marathon in Lincoln, Nebraska. I hope to be on that team with Ken Newsome and Marlin Conrad. The team will be chosen in conjunction with the Great Lite Bear Downeast Maine Half Marathon on the 17th at the Holiday Health and Racquet Club in Bangor. If you never ran the Iceberg course, you're in for a treat. Come help us celebrate St. Patrick's day.

I'm all wound up and ready to go. So dive in. Spring is just around the corner and then the trials, the summer and the Games.



Maine Running is published monthly at Bangor, Maine.

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

Telephone: (207) 843-6262

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The racing season is upon us. Check out all the flyers.

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March

- 3 ROCKWOOD-MOUNTAIN KINEO NORDIC SKI CHALLENGE. The Birches, Rockwood. Citizens' Race, 10K. Call 534-7305
- 3 TELEMAR SLALOM. Ski Nordic Ski Touring Center, Rangeley. Fun race, Telemark race on Saddleback. Call 864-3380
- 4 TORTOISE AND HARE RACES. A fun tour for the non-competitive (the Tortoise) in which the winner is the skier who completes the course at closest to the average, and a 10K competition for the racers on our race course. Ski Nordic at Saddleback, PO Box 571, Rangeley, ME 04970.
- 4 13TH ANNUAL JOHN W. ENGLISH OPEN MARATHON. Connecticut TAC Championship 26.2 miler. Andrus Field, Wesleyan University, 12 noon. Contact: Bernie O'Rourke, Middletown Parks and Rec Dept, PO Box 1300, Middletown, CT 06457.
- 10 SUNDAY RIVER LANGLAUF. Sunday River Ski Touring Center, Bethel. Maine Citizens' Series Race, 15K. Call 824-2410
- 11 ST. PATRICK'S DAY FAMILY RUN. Harbor House Community Recreation Center, Southwest Harbor, Maine 04679. 1:00 p.m. Registration 12:00-12:55 p.m. Distance: 2 or 4 miles. \$1.50 Adult/\$1.00 Child. Ribbons: 1st, 2nd, 3rd.
- 11 FIRST ANNUAL "WINGED FOOT" FIVE MILE ROAD RACE. 1:00 p.m. from the S.M.V.T.I. gym. Sponsored by the Athlete's Foot and the Maine Track Club. Contact: Dick Lajoie, 73 Whitney Ave., Portland, ME 04102. See Flyer.
- 17 PROSTRITE RUN AGAINST M.S. 10:00 a.m. from Ellsworth High. Contact: Jim Pendergast, M.S. Society, PO Box 417, Ellsworth, ME 04605. See flyer
- 17 THE GREAT LITE BEER DOWNEAST MAINE HALF MARATHON. 11:00 from the Holiday Health and Racquet Club, Odlin Rd. in Bangor. Return to the "Iceberg" course. Thousands of dollars in merchandise awards. A fast course! Come help the MAINEIacs Charities raise some money and enjoy Lite Beer from Miller. See flyer.
- 18 5TH ANNUAL TOP O' THE MORNIN' ROAD RACE. 12:00 noon from the Kerryman Pub in Saco. See flyer.
- 25 2ND ANNUAL SRI CHINMOY 5K RACE. 8:00 a.m. from Brunswick High. See flyer.
- 25 BOSTON PRIMER and 5K ROAD RACE. 11:00 a.m. from Maranacook Community School, Readfield. See flyer.
- 25 HUSSON COLLEGE RECREATION MAJORS FOURTH ANNUAL 10K FOOT RACE. 1:00 from Newman Gym. See flyer.
- 31 THE EAGLE RUN. Maine Maritime Academy, Castine.
- 31 STRIDES OF MARCH...JUST FOR THE HEALTH OF IT! and 1 MILE FUN RUN FOR KIDS OF ALL AGE. Sponsored by the Mid-Maine Medical Center and the Central Maine Striders. 10:30 from Seton Unit in Waterville. Flyer in selected issues of Maine Running this month.

April

- 1 MAINE MILK RUN II. 1:00 P.M. from S.M.V.T.I. 5 Miler See Flyer
- 7 THE 15 MILE CHAMPIONSHIP RUN. 11:00 a.m. from Rockland District High Sponsored by Pen Bay Pacers. See flyer.
- 8 WEBBER HOSPITAL RACE. 1 & 4 miles. Webber Hospital, Biddeford. Contact Dick Roberge, 110 Union Ave., COE, ME 04064. 934-5390
- 14 3.3 BY THE SEA. 1 p.m. from Jonesport Amb Bldg. \$3.50 Contact: Dave Alley 497-2843

16 55TH PORTLAND BOYS CLUB 5 MILER.

16 BAA MARATHON. Boston

28 CHINA 10K CLASSIC. Contact: Dave Comeau, PO Box 119, China, ME 04926 or call 968-2511

28 MAD WITCH HALF MARATHON. Brewer Auditorium. Contact: Brewer Parks & Recreation Dept., Brewer, ME 04412

COMING ATTRACTIONS!!!

MAINE COAST MARATHON. Maine's fastest and largest field! See flyer



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CRANBERRY ISLAND ROAD RACE - 2 yrs.
MACHIAS BLUEBERRY RUN - 2 yrs.
KENDUSKEAG CANOE RACE - 2 yrs.
MEDUXNEKEAG CANOE RACE - 2 yrs.
HAMPOEN 8 1/2 MILER - 3yrs.
HANCOCK LOBSTER CLASSIC - 3 yrs.
BOB BOOKERS - MAINE RUNNING CAMP - 3 yrs.
MARCH OF DIMES - WALK AMERICA!
KATAHDIN TRUST SNOW RUN - 2 yrs.
TERRY FOX MEMORIAL RUN - 2 yrs.
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OWLROCK SAUNA

ROAD RACE

WHERE: Owlrock Sauna, Mount Chase, Maine
WHEN: Saturday, March 3, 1984 - 11 A.M.





The Wild Katahdin Trust Snow Run

"The Best Race of the Summer"??!!!

SHERMAN - The beautiful, snowy expanse of forest terrain is silent and serene and in markedly direct contrast to the butt-kicking rock 'n roll sound of Bob Seger on my tape player.

Seger is needed. Not to get my adrenalin up for the 3rd Annual Wild Katahdin Trust Snow Run...but to provide a little security company. You see I've been driving north on Interstate 95 for over an hour and I've seen, by conservative

estimate, maybe eight to ten cars ever since I passed Howland.

It made me think of that research scientist abandoned alone for six months in the Arctic wilderness to study the habits of wolves, in the hit movie "Never Cry Wolf", and the remark he made about how completely "insignificant" he felt as the lone human being seemingly set adrift in the midst of a much bigger and yet much simpler scheme of life.

I'm early arriving at Katahdin High School. There's only a few cars in the lot. Suddenly two elfish-looking characters in running attire, with the trademark mischievous grin of the Woods Runners contingent, appear. Can these two be the legendary "Murdlie" and "Duane" -- the patron spirits of the Snow Run?

Both are busy marking up the finish line to the course. They whip around with frantic zaniness, joking with one another the whole time.

I approached Murdlie (or was it Duane?) and asked: "How's it going?"

He broke into a broad grin and replied: "Pretty good. There's not that much bad that can happen when you're this far from civilization."

And in a twinkling he was off, with his partner, to add the last sprightly dashes to the upcoming event.

Inside the warmly intimate Katahdin High gymnasium, replete with banners of championship seasons past, race directors Loren Ritchie, Katahdin High principal, and Barry McLaughlin, a science teacher and adult education director at the high school, were doing more than just relying on "spirit-ual" guidance.

Coffee welcomed the early arrivals. Race applications and free running logs were available. Results from the previous two years of the run were posted. There were helpers galore at the registration table, while other workers set up several long tables, end to end, and began positioning post-race refreshment. A wealth of trophies were decorously laid out on another table...and then there were the potatoes. Bag upon bag of potatoes. Each a 50-pound bag of potatoes.

This one was gonna be memorable. You could tell. And talking with a number of different people who participated in years previous you heard things like "my favorite race" and "wouldn't miss this" and, my favorite one, from a person snuggling into total winter gear, "...this is the best race of the summer."

After some brief instructions from Loren, it was time to board the three buses to be taken to the starting line, some 4.8 miles from the finish line at the school.

Suddenly Duane (or was it Nurdlie?) popped up on my bus.

"There's the 4-mile marker," he helpfully pointed out and then added with a devilish grin, "...give or take a couple hundred yards."

When we passed the 2-mile marker he piped up again. "Here's your 2-mile marker... but don't worry if you miss it. There's a 200-pound dog right across the street who I'm sure will be happy to remind you."

Great sense of humor, these woods Runners.

At the start, many runners opt to send some outer layers back on the bus. Temperatures weren't nearly so frigid as last year's single-digit outing.

The run was conducted on largely wide-open, straight country road--ideal for watching, for a time, the race up-front unfold. Like any good race, this one had runners of all diverse abilities and ideals and spread out comfortably from the very beginning. The course had some taxing uphill but also offered a down-hill-into-a-flat portion that encouraged even or faster pacing for many. At the end, a short stretch of circling around the school was required to make for "an exact...or approximately exact" 4.8 course. Regretably, that stretch was icy and forced just about everyone to go on tippy-toes with worries about abrupt changes from vertical to horizontal positioning.

Yet, no one really complained about lost time or lost positions. Most just held their spots and cruised across the finish line.

The race was a competitive one. Bare-legged and hearty Machias man Phil Stuart captured the open title, posting a 24:48. He was followed in by Roly McSorley of Fredericton, N.B., Rusty Taylor of Hodgdon, and 'The County' duo of Greg Wardwell and Marlin Conrad. Glen Holyoke's 24:01 course record held up...and this year Glen ran the entire course a little easier, running with his dad (Vaughn, alias "The Grey Fox").

The women's title was captured by Darlene Higgins of Presque Isle, in 30:49. Taking second and third, respectively, were Paula Stone of Bangor and Carol McElwee of Presque Isle.

Those ornery Mustards from The County took both the men's and women's team competitions.

But, by design, the Wild Katahdin Trust Snow Run was a lot more than just another competitive road race. You can ask 143 participants and two wood sprites if you don't believe me.

To begin the Snow Run, a benefit event, raised nearly \$2,800 (from runners' entries and pledges) for the Pine Tree Crippled Children's Camp. Hodgdon teacher Rusty Taylor, upon learning from a student in a wheelchair that he had, that the camp



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was "the best 12 days" the youth had ever spent, raised a princely sum himself.

It was the warmth of a crowd leaving the gym to go back outside and greet the last finisher of the day, Norman Nicholson. The 74-year-old Nicholson walked the course, having recently recovered from triple-bypass surgery. He'll probably never forget the lovely ovation he got as he rounded the corner of the school and jogged into the finish line.

It was Mathew Lane of Sherman, a legally blind youth, running the entire course... accompanied by his sister for the first three miles and then met and directed the rest of the way by one of the Woods Runners.

It was the surprise for Mary McClellan Cuff of Limestone who learned she was the day's "Mean Runner" -- in this instance, the one who finished directly in the middle of the pack...as she was accorded prizes, a laurel wreath and a ceremonial ride around the gym in a most peculiar vehicle adorned with moose horns. (A 'Kawadoo')

It was the lavish spread of refreshments, from the usual orange slices, juices and sodas through to vegetables and dip, doughnuts, sodas, chips and even hot dogs... all provided by the Island Falls IGA.

It was the funny "famous moose brand" long-sleeved shirts that were given to the registrants.

But, most of all, it was the spirited (this time NO pun intended), fun event that the Snow Run is and was meant to be that lingers.

At the awards ceremonies ample trophies were distributed throughout the various age divisions but then a wide diversity of gifts -- from baked goods and fun little crafts items to those 50-pound sacks of potatoes -- were handed out lottery-fashion. Just about everyone left with a memento or a snack. The race was video-taped and everyone's finish was on the screen to provide yet another smile...in a day of smiles.

For Loren, the event's credo can be summed up in three words: "Keep it fun." He says, "We're never going to measure the course. As far as we're concerned it can be the only uncertified course in the state and it won't matter. We just want the race to be fun." He was most apologetic about the slick track around the school, noting that even though he and Barry had checked the safety the day before and not found the course wanting, gravel should have been put down. He vowed it's a mistake that won't happen again.

Loren commented that the race owes a great deal to its sponsor, the Katahdin Trust Company, as well as the Woods Runners, the Island Falls IGA and teachers and students from Katahdin High.

Forgotten, in Loren's tribute, were those two mischievous cronies, Murdie and Duane. If you really want to find the spiritual (double entendre...intended!) heart of what makes the Snow Run magical, madcap fun, you have to look to these two impish rascals. I'm looking forward to my next trip to "their natural habitat"... one that's clearly filled with sincerity, caring and fun.

Ed Rice



**Adopt a
Smoker**

MARATHON

SEND MAINE RUNNING TO THE TRIALS

On May 12th Joan Benoit, Kim Beaulieu and Ann Marie Davee will compete in the first ever Olympic Marathon Trials. With your help, Maine Running can be there too, to record in words and film the performances of the Maine contingent.

The whole world will be able to see how Joan Benoit does, but Kim, Ann, Jane Welzel, Karen Dunn, Linda Adams, Mary Ann Bray and other women with Maine connections will be missed in ABC's coverage, but with Maine Running there, the running community of Maine will have a ring side seat into their personal triumphs.

If you would like to help send MR to the trials, send \$1 to P.O. Box 259, E. Holden, ME 04429 before the 1st of May and read all about it in the June issue.

~~~~~

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~~~~~

Page 5

January 12, 1984

Maine Running

Stacking up

By BOB BOOKER
"I want to have the best 10,000
meter race in the world!" That's
what John Paros, owner of Ban-
ger's Tavern in Bangor, said
several years ago when the Ban-
ger's 10K was first proposed as
part of a larger running event. Many of us
in the running community were
skeptical. You just couldn't do it in
Bangor. Maine with our limited
resources and sparse townships
wasn't the place.

But now it's a different place in the time of the
10K. The success of the
10K has led to a
stacking up of
Proton
Boston I
over the
success
small
Andy I
wrote
Same
that

THE VALLEY TIMES

In Maine hopes to collect 12,000 units
of blood to be distributed to over 45
hospitals throughout the state

Eye health month

Governor Brennan has proclaimed
January as Eye Health Month
in the State. January is



MAINE RUNNING THROUGH OTHER MEDIA

Read Maine Running, the newspaper article, in the Bar Harbor
Times, the Valley Times of Pittsfield and other Maine news-
papers. Is it in yours yet? Listen to Maine Running each
week on WABT-AM 91 in Bangor. 5:50 in the evening Fridays.

Maine Road Ramblers

P.O. Box 264
Augusta, Maine 04330

The Maine Road Ramblers held their year-end Awards Banquet on January 28th at the Holiday Inn in Augusta. The evening featured the annual presentation of awards for 1983 and the election of officers for the coming year. The results are as follows:

AWARDS

Most Improved Female Runner	Muffy Floyd
Most Improved Male Runner	Ed Miller
Race Director of the Year	Barbara Godfrey
Master Runner of the Year	Walter Taylor
Female Runner of the Year	Gail Schade
Male Runner of the Year	Greg Nelson
Maine Road Rambler of the Year	Greg Nelson

Officers for 1984

President	Kevin M. Purcell
Vice-President	John Schwerdel
Secretary	Marge Force
Treasurer	J. Frank Glynn

Jan 26, 1984

Dear Bob,

I am writing to ask you to include in your next issue of Maine Running the following open invitation to Mainers who will be going to Massachusetts in April for the Boston Marathon. My in-laws, Tess and Gene Cronin of Hopkinton, Mass. have opened their home on April 19th for the past five years to runners from Maine.

The address is 18 Hayden Rowe, just up from the starting line. We offer a warm fire on a cold morning, cold water and shade on hot days, a secure place to leave belongings to be claimed later, BATHROOMS, friends and familiar faces.

Every year we look forward to seeing returning runners and their families. We have been relying on word-of-mouth in past years to let folks know that Maine's Hospitality House Patriot's Day is 18 Hayden Rowe, but thought that this year we'd try to let all Maine runners and their families know where they'll be welcome in Hopkinton.

Thanks.

Any questions runners may have about Hopkinton on Race Day can be answered by this former Hopkintonian by calling me in New Sharon, Maine at 778-9681.

Sincerely,

Kevin McShane

Dear Bob,

I fully realize the difficulties in creating a yearly list of the fastest Maine runners in the 10K and marathon and know that any names forgotten or times overlooked are due totally to a lack of input - especially in regard to out-of-state races.

I'm awfully proud of my wife's running performances and if you plan to list or mention forgotten runners or corrected times you might include Jo. She was injured off & on during 1983 but still had some pretty good times for an old lady & mother of four.

10K at Bonne Bell 39:41
Marathon at Marine Corps 3:13:07

Thanks! Hope to see you at the China 10K! We guarantee sun this year for the first time!?



Dave Comeau

Ed's note: Sorry Jo, way to go! I sure miss Bill Peabody and Larry Allen



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February 15, 1984

Robert Booker
P.O. Box 259
East Holden, Maine 04429

Dear Bob:

Thank you for your endorsement of me as 1983 "Maine Runner of the Year", but I am afraid that you have crowned the wrong person. A thorough application of your rules to the English Racing Charts reveals that Andy Palmer was Maine's best runner. Let me point out some inconsistencies in your scoring.

You scored the past year this way:

	<u>Pfeifle</u>	<u>Palmer</u>	<u>Pelletier</u>
Marathon	2:17:46 (930)	2:16:25 (940)	2:15:26 (960)
10K	29:34 (930)	29:06 (950)	29:45 (920)
Over 10K	38:39 (930) 8 miles	64:55 (930) $\frac{1}{2}$ Mara.	64:45 (930) $\frac{1}{2}$ Mara.
Open	22:52 (960) 8K	29:39 (920) 10K	62:40 (910) 20K
	<hr/> 3750	<hr/> 3740	<hr/> 3720

A strict application of the English Racing Charts produces the following results:

	<u>Palmer</u>	<u>Pfeifle</u>	<u>Pelletier</u>
Marathon	2:16:25 (950)	2:17:45 (934)	2:15:26 (961)
10K	29:06 (960)	29:34 (931)	29:45 (919)
Over 10K	64:55 (950)	38:39 (935)	64:45 (955)
Open	29:39 (931)	22:52 (960)	62:40 (912)
	<hr/> 3791	<hr/> 3760	<hr/> 3747

Yes, we all ran well, but clearly Andy ran the best. I find the English Racing Charts fascinating and use them often. The charts do provide an equitable comparison of racing effort over varying distances, but that equality vanishes if the charts are misinterpreted.

Could you please study your computations and make any necessary corrections.

Thank you.

Sincerely,

Hank Pfeifle



Maine Track Club

February 10, 1984

The members of the Maine Track Club held their February meeting at the Portland YMCA on Wednesday the eighth. Besides the usual club business, we were treated to an enthusiastic presentation on cross country skiing by Tom Bennett of the Downeast Ski Club. Tom explained some of the mysteries surrounding equipment and waxing as well as sharing his excitement for the sport. His excitement was contagious and may well have prodded a few people to try it as an alternative form of winter training. A workout through the Maine woods is certainly a lot more appealing than fighting with the traffic for very limited road space during the winter months.

Many MTC runners have managed to successfully challenge the elements at local races this winter. Kim Beaulieu was the first woman in 32:14 at the January 29th Snofest 5 miler in Augusta. Bob Jolicoeur was right behind Kim in 32:22. One of our newer members in the masters division, Bob Cushman posted a 36:02. Warren Wilson followed shortly afterwards with a 36:54 clocking in the grandmasters division to round out the MTC contingent on this very cold race day.

Speaking of Kim Beaulieu, she deserves our congratulations for her second place finish in the Maine Runner of the Year rankings. Her point total was bested only by the total accumulated by Cape Elizabeth's own Joan Benoit. Kim has had a great year and her efforts are earning her some well deserved attention.

Kim was joined in Boston at the WBUR Thanksgiving 5 miler by Virginia Connors. Both placed well in their divisions as Kim finished 3rd in the women's open category in 29:48 and Virginia was the 1st 17-21 year old women with a 30:29. Bob Jolicoeur also did well on Turkey Day with a 38:32 at the Gaspings Gobbler 10k. Bob also did well by his employer, Maine Savings Bank, who sponsored the race.

As the days get longer, MTC runners are beginning to gear up for the Spring marathon season. Those fortunate enough to have qualified will spend Patriot's Day in Boston. The rest of us will plan on the Maine Coast race and work towards next year. Some members are already planning weekend long runs. Check around at the March meeting to find some people to share those long 20 milers with.

The March 14th meeting will be held at the Public Safety Building and will feature Brad Hersey of the \$150 custom running shoe fame. Brad will address the need for his type of shoes and will answer questions about them. April's meeting will include a presentation on running injuries by Tony Owen, MD of the Runner's Clinic and Human Performance Center. Tony will discuss this all too common problem and answer questions about causes, cures, and preventions. Visitors are cordially invited to attend these meetings which begin at 7:30 PM on the second Wednesday of each month.

Jean Thomas's marathon PR was not 3:44 at Casco Bay as printed here last month. She was 8 minutes faster at the Amsterdam Marathon with a time of 3 hours and 36 minutes. Sorry for the confusion, Jean!

Upcoming MTC events include Winged Foot 5 Miler on Sunday, March, 11 starting from the SMVTI gym at 1 PM and the 2nd Annual Maine Milk Run on April 1st. Applications are available at Athletic Attic, who is sponsoring the Winged Foot race. These two races will be run on the same course and can be used to gauge the progress of your spring training. Both races promise to be well attended with plenty of strong competition.

Thanks,

John Gale



THE WOODS RUNNERS
(Club News in Two Segments)

BSR (Before Snow Run)

Why two segments you may ask?? Well, in the first place, the 10th of the month is usually here before it's supposed to be so something has to be writ now - and if The Snow Run on the 11th is a real dud and we're late with this article then we won't have to add much, unless of course it's a success and we'll put it all in anyway, but... we may have to wait until next month cause by that time Booker T. will have already gone to press!! There...is that clear enough? It should be ---- Duane figured it out! As a matter of fact he wrote it.....

It's been a real bummer here in "Woods" country, only the main highway to run on (those ox cart ruts are tough) butt-freezin cold, diving over snowbanks when them big 18 wheelers come fuggin by, skirtin around them state poleece roadblocks and leavin a Saucony stuck in the slush....you city guys got it made. You don't know how much we'd all relish just one big lungfull of carbon monoxide!!

You know, when Duane and Nurdle started the fiscal fitness push a couple years ago it was a question of whether they'd git 3 people to do a push-up! But thankfully, it caught on and kurrently our little communities are burstin with good shapedness. There are aerobic classes for all ages being run through Adult Education (Nurdle heads this up also) totaling 110 participants 3 times a week. There are also 12 senior citizens taking part 3 times a week. Fitness for Health programs are still popular with participants (12) taking stress testing, etc. prior to starting. (Course our instructors help the enrollment somewhat...Duane's in his 9th program). Weightlifting, X-country skiing, snowshooin, lots of TOPS and WW people, king of the mountain and snow bunny chasin are also in vogue!! Seriously, we really are proud of the time our good people put in with the pursuit of healthy hearts and tight tummies. What better way to enjoy our days and each other?!

ASR (After Snow Run)

It were a gud un!! One hundred and forty-three runners on a super day. Lots of fun and more food than the Island Falls IGA, which incidentally put on the spread under the direction of Woods Runners Bruce and Pam Twombly. Hotdogs to salad to dips - it was great and our thanks to them and owner Clem Thorne. Lots of trophies and drawings and the mean runner ride on the "Kawadoo" was something to write home about! The big news though was the fine job Phil Stuart did in winning the men's title in a time of 24:46. The same type of effort resulted in a 30:49 winning time for Darlene Higgins of Presque Isle. The complete results are listed elsewhere in this fine publication and we'll only make mention of the Ladies and Men's team winners, the Musterds, who cleaned house, so to speak. Woods Runners taking home trophies were Lou Ellis, Justine Michaud, Ann Morse and Mark Chasse. We also had our first legally blind runner finish. Young Matthew Lane of Sherman crossed the finish line in a time of 64:16. Matt and 74 year old Norm Nicholson of Crystal and the generosity of the people of our area all helped to make it a "people" day. Norm, a recent, heart by-pass surgery patient, jogged across the line to the cheers of some 200 people who emptied the Katahdin gym to give him a rousing welcome. The Pine Tree Camp for Crippled Children was made some \$2800 richer by the pledges gathered by our runners. There just isn't enough room to thank them all, especially 3rd place finisher, Rusty Taylor, the "mayor of Ludlow," who scratched the outback for \$1400 in up-front cash to help out those kids at the summer camp. Thanks Rusty. It made us all a little bit richer.

And the mean runner ride - just ask Connie McClellan Cuff all about it - and wait til next year! It'll be a doozy!!

Afore we close dis epistle - to all of you who took the time and made the long drive, thanks, it was fun and we had a great time, and one promise, we will sand around the building next year, Promise!! In the meantime, our soreynesses to all of you who landed on your buns.....!!

Well ma chillens, tis the end of a long day, ma back aches and Mamma's got that look - see ya next year -

Duane - or Nerd



Downeast Dogtrot

Dear Bob,

The Camden-Rockport Animal Rescue League plans to sponsor the second annual Downeast Dogtrot again this year, with the race date set for Sunday, May 6. For those who missed our publicity on this last year, this is a regular, competitive running race over a three mile course; the twist is that each runner must be accompanied by a dog on a leash! It's purpose is to foster a closer companionship between people and their dogs, and to raise a bit of money for the Rescue League.

Conditioning of both human and canine participants is most important so the League is trying to get the word out early. An untrained dog on a leash is not only no fun to run with but a downright menace. The winners of last year's race were the ones where dog and owner ran as a smooth team - no pulling, no tripping, or tangling. It is not a bit too soon to start short training runs. Use a choke collar on Rover and a short leash, keep him at your side, tell him/her what a great dog he/she is, keep it short, and make it FUN. Once the teamwork is established you can start increasing the distance.

Do remember that dogs are subject to all the same skeletal and muscular problems as people. Don't let Fido tank up on ice cold water after a run and then leave him tied out in a cold wind or rain while you go take a hot shower. Do give him cool water and make sure he has a dry place to rest, away from drafts.

Downeast Dogtrot will be run over the same course as last year on Beauchamp Point in Rockport. It is a beautiful, country course with several hills, much of it on dirt roads away from traffic. The PenBay Pacers have very kindly agreed to help us with the timing again this year. Modest prizes will be awarded in all the usual age categories for men and women. A fun run, also with dogs, of about one mile, will be included. Refreshments will be served after the race.

Last year it rained but everyone had fun anyway, especially the dogs. Any kind of dog can participate in this event; all it takes is the canine's natural enjoyment of running combined with plenty of companionable training with his/her owner.

The League is hoping for a large, lively crowd on May 6. Watch for their flyer in the April edition of Maine Running.

If anyone has any questions - or suggestions - on this race they can call me at 236-2597.

Sincerely,
Margaret Emerson



WILLIAM C. GREEN
33 Clifton Street
Portland, Maine 04101

February 3, 1984

Dear Bob,

I just recieved my February Maine Running and wanted to let you know how much I enjoyed it. You are really developing as a writer. I used to be interested in Maine Running for the results. Now I grab it and look for your features. I particularly enjoyed the combination of research and writing required in your "Runners of the Year" article.

Enclosed is the article I promised last year. I hope your readers find it food for thought.

Again, thank you for all your help with feature ideas and information. Keep up the good work. I enjoy your writing very much.

Cordially,

Bill

EDITOR'S NOTE: Please take note, good readers. Clip this letter and use it as a model for future correspondence with this publication. Mr. Green's insight is uncanny!

How To Get Your Race The Publicity It Deserves

Moses was trying to lead the children of Israel and things looked bad. He was trapped with the Red Sea in front of him and Egyptian army right behind. But, Moses said, "I'll tell you what I'mma gonna do. I'll raise my staff, part the sea and we'll all run across. When we get to the other side I'll raise my staff again, close the sea and drown the whole bunch of 'em." At that moment, a public relations person appeared and said, "Moses, if you can do that, I can get you three pages in the Old Testament."

Recognition is a wonderful thing. Everyone does something well and when that talent is recognized it's very rewarding.

For athletes, recognition comes from family, friends and sometimes the media. Family and friends are quick to deliver the praise we deserve. The media is another story.

Who are these media people who sit in ivory towers and fail to notice so many events which are so important to so many? I am one of them. I know many of the others and I assure you they are just plain people. As Joe Namath said, "just trying to get by."

Remember you are dealing with people when trying to get publicity for your race. Also, remember they have a different perspective of what you are doing. Many times race directors will think of publicity after the race or too close to race day. Publicity should be considered at your first organizational meeting--just like safety. I recommend appointing someone to handle your publicity.

That person should develop a list of who should cover the race. Keep in mind who "should" cover and who "will" cover are two different things. The publicity person should then call or visit everyone on the list. Do not drop in close to deadline. Early to mid-afternoon is best. Having printed information to drop off is always a help. Get to know the person who will be covering your race. But, giving the media early and ample notification will not guarantee coverage of your event.

Remember, the media has a different perspective of what you are doing. We are bound by 200 years of reporting baseball scores. Therefore, it's a good idea to go to your meeting with ideas for stories that make your race interesting. Each weekend from April until October, there are many road races. Know what separates yours from the others.

Let's consider some 10K's. The Seafoods Festival in Rockland is nice. Camden's Firemen's 10K is tough. Kingfield's is a great time with a fast race course. Benjamin's in Bangor is also fast. Which race will get the most publicity and why?

Benjamin's from the media's point of view has a number of advantages. First, it's in the city. Races run closer to a media center will generally get more coverage. Although it shouldn't be, it's the nature of the business.

Ben's will also get more coverage because of the names it attracts. The audience is more interested in reading and hearing about Joan Benoit than probably any other runner in Maine.

Finally, Ben's has the biggest field. If you're a reporter and trying to figure out whether or not to cover an event, part of the decision is based on how big the event is.

If your race is not big, does not feature nationally ranked people and is not near a media center your job will be more difficult. However, reporters love good feature material. Is there an interesting angle they can work from? Even if there is, you're still going to have to sell them on it. But, let them know you have three generations running in your race or possibly someone who is running after having overcome disease or handicap. Be careful not to exploit your racers. Remember feature stories are usually done during slow news periods.

One of the most frustrating experiences for a reporter is not to receive information he or she is expecting. Make sure you follow up your race and report your results to those on your media list. Again, keep in mind which medium you're reporting to and the type of information it uses. You don't have to give a TV station a list of all 237 finishers and their times. Have a sheet with the name of your event, its location, its length, its date, its first ten finishers, their home towns, their ages, their times, the top finisher in each category etc. Make it neat and complete. Drop it off or call it in early. If you want coverage remember the person you're dealing with is working. Treat them and act professionally. Then keep in mind that just because you called it in doesn't mean it will hit the air or get printed.

Don't forget your weekly newspapers. They do a fabulous job of documenting what goes on in the area. Maybe some of your racers won't see it but, it will help your stature in the community and that will help you in future years.

Also don't forget Maine Running. Runners read it.

In general, I feel the media does a reasonably good job of reporting on running. The problem seems to be bridging the gap between modern thinking, health nut race directors and cigarette smoking, old baseball fan sports reporters. As road racing continues to mature, I think we'll see more and better coverage by the media which I also suspect to be maturing.

Remember to work with the media...after all they're just human and trying to get by.

Bill Green is 30. He has been a sportscaster for Newscenter stations in Bangor and Portland for eight years. He has run a 40:27 10K and a 3:21 marathon. This means he neither reports nor runs very fast.

Book Review

RUNNERS AND OTHER GHOSTS ON THE TRAIL - A REVIEW

by Bob Booker

There have been two significant works of fiction based on the sport of running - Loneliness of the Long Distance Runner by Alan Sillitoe and Once a Runner by John L. Parker, Jr. Why so few? Perhaps it's because writers don't find running to be an exciting or interesting subject; and runners, for the most part, are not great writers.

Well, John L. Parker is the exception to the rule. He is a runner with considerable writing talent, and his newest work, Runners and Other Ghosts on the Trail reinforces this point. The book is a collection of profiles and anecdotes depicting the running scene in the far south. John writes of his Florida Track Club buddies, Frank Shorter and Jack Bachelar, of Georgians, Benji Durden and J.F. Galloway.

But John doesn't limit himself to the great Olympic athletes, he goes on to write of his friend Roger Morphus literally running for his life in the jungle of Panama, of writer Harry Crews and his Jobian existence. John's visions of the mountain country of western North Carolina are superb, you can almost feel the morning mist on your skin as he takes you for unforgettable runs through history.

John is one of few writers who actually get a chance at writing about how they die. "Living and Dying in 3/4 Time" is a gem of a piece on how John died one day while skin diving and was almost not able to retell the story because of the amazing apathy around him.

John writes with a refreshing amount of objectivity. The "super stars" he writes about are shown, warts and all. They don't need the artist to retouch them for public consumption, their records stand for themselves. Benji Durden didn't qualify for the 1980 Olympic Marathon team because he is a nice guy, he got there because he worked his butt off.

For those of you who think Frank Shorter "invented running", read about Jack Bachelar, the man John Parker says "invented Frank Shorter". I would recommend Runners and Other Ghosts on the Trail to anyone who missed the Olympics from '68 through '80; to anyone who is fond of the American south-east; to anyone who likes a peek at what the "bigger-than-life" Olympians are really like; and to anyone who likes a good story.

Runners and Other Ghosts on the Trail, by Cedarwinds Publishing, Tallahassee, FL., \$7.95 is John L. Parker's fifth book on the subject of running. He has succeeded where so many have failed for he has learned how to keep it exciting, interesting and most importantly, well written.

BOWDOIN COLLEGE
BRUNSWICK, MAINE 04011

As a newly transplanted runner, I have enjoyed Maine Running immensely the past two years. It has been indispensable in introducing me to the thriving road running community in the state.

As a college cross country runner, however, I have been very disappointed in the coverage of the college racing scene. I was the ninth man on a rebuilding Bowdoin squad, so I can appreciate better than most just how good all the teams were in Maine. To read MR, though, one would think that St. Joseph's was the only team worth covering. St. Joe's is pretty amazing, certainly, but it's annoying when other outstanding performances are ignored, despite the presence of the latest blow by blow coverage of "Ziggy's crew". Bates, led by Jamie Goodberlet, put together a great race at the state meet, Colby remained one of the top Division III teams in New England, despite losing Edison, Coffin, and Dodge, UMO was tough as usual, and USM continued to improve. Bowdoin, though cursed with the burden of being unexceptional, made strides under new coach Mike Brust, and Larry Sitcawich emerged as a top runner. I searched MR in vain, however, for his name. I missed Goodberlet's, Hatch's Sprague's, Rand's, and Pickering's as well, despite the exceptional seasons they had.

St. Joe's deserves accolades, but they shouldn't be covered to the exception of other deserving teams and individuals. Maine has one of the strongest small college running circuits in the northeast, and it seems a shame that just one team got a vast majority of the coverage this year. As Vaughn Holyoke pointed out in MR earlier, "other schools do have XC teams". I hope that this situation can be ameliorated in the coming year.

Sincerely,



Mark F. Wanner

Editor's Note: I'm taking a lot of notes this issue. The key word here is "coverage". I love publishing Maine Running. It is a very rewarding hobby, but it isn't how I make my living. I work a 40 hour week like everyone else, and I try to spend as much of my spare time as possible with my loving wife, stepdaughter and new born son. I don't "cover" much of anything. Unfortunately, I couldn't find time to write to the public relations departments of the state's colleges and universities this past fall. I'm sure they would have fed me information about Bowdoin, Bates, Colby and Maine if they knew I wanted it. Ziggy knows the game, and has been feeding information to me since he started at St. Joe's. As I've said so many times over the past four years, "If you send me information about running, I'll find the time and space to print it." It's as simple as that! Ohhh, that was almost heavy! Sorry about that. Read on and Don Wismer will lighten things up again...

What, Me Run?

This month we're featuring an interview with a noted medical figure in the running game. Most runners know Dr. George Sheehan for general attitudinal problems, and various chiropodists, podiatrists, chiropractors, and gynecologists for other problems. Now there's a famous doctor dealing with the runner's mind. I'm referring, of course, to Dr. Hector N. "Tagalong" Weibach.

By way of introduction: Dr. Weibach first rose to prominence in the success field, with his book Hectoring Your Way to Success, an in-depth look at motivational nagging. But runners came to know him through his epoch-making work of a few years ago, Dr. Weibach's Fee-Based Running, in which the specialty known as Running Psychiatry (sometimes known as "Runner's Psychosis") was first defined in terms of client recruitment and geometric coat multiplication. His influence on the field has been extraordinary, with study after study emerging on runners and divorce, runners and drugs, runners and running noses, and runners and carpets, among many other running actual and delusional conditions.

Runners, of course, hate to deal with physicians who don't run themselves, believing quite rightly that such overweight smokers don't understand anything about anything, much less about masochism. In that sense they immediately felt a kindred spirit in the person of Dr. Weibach. The Fee-Based book jacket notes the extraordinary fact that Weibach had personally participated in 92 races during the 1979-80 running season! Clearly such dedication to running must reflect a deep understanding of that compulsive pastime. Further, Dr. Weibach was the 1980 recipient of the Race Directors and Promoters Association Golden Whistle Award for acting as Race Director, Water Dispenser, Timer, or other official at a record number of races during the previous running year, over 31 in all. "I would have liked to compete in all of them," the Doctor said, "but someone has to do the dirty work!"

One thing that Dr. Weibach insists upon in all his writing is free and open communication between runner and doctor. "Without complete candor on the part of the runner," Weibach writes, "no psychiatrist in his or her right mind can claim comprehensive penetration into the warped psyche of the individual." Another thing he stresses is the re-creation of the running environment in the physician's office, in order to draw out from the patient a genuine series of responses such as might be experienced during an actual workout. "If the problem comes out only during the course of a run, then it can be treated only then," Weibach says. "But even then, unless the runner confides in me in full without hesitation or dissimulation, I cannot treat the subject. Lack of confidence in the therapist is the reason that most therapy fails."

Consequently my interview with the Doctor took place while I was jogging along on a treadmill in his office. After a sixty minute warmup with the treadmill angled at forty-five degrees, I was, the Doctor felt, in the proper frame of mind to ask questions.

"(Gasp!), " I said. "What...(gasp)...do you (gasp)...think about...(gasp)..."

"You're not communicating with me, Don," the Doctor warned. "I won't have you hesitating and concealing your thoughts from me. If you want true communication, you have to communicate!"

"(Gasp!), " I said.

to be continued

Returning To Competition

Having decided to return to competitive racing after a year of absence, I found myself (1) searching to understand my reasons for returning to such a demanding life style and (2) wondering why I missed it even more than I thought I would. My search led me to rediscover a writing which I believe was brought to my attention about 10 years ago by my college coach and mentor, James Dolan. Here is what Brutus Hamilton says about distance runners:

WHY MEN RUN

People may wonder why young men like to run distances and distance races. What fun is it? Why all that hard work, exhausting work? Where does it get you? Where is the good of it? It is one of the strange ironies of this strange life that those who work the hardest, who subject themselves to the strictest discipline, who give up certain pleasurable things in order to achieve a goal, are the happiest men. When you see 20 or 30 men line up for a distance race in some meet, don't pity them. Better envy them instead. You are probably looking at 20 or 30 men line up for a challenge to conquer, the best "bon vivant" in the world. They are completely and joyously happy in their simple tastes, their strong and well-conditioned bodies, and with the thrill of wholesome competition before them. These are the days of their youth, when they can run without weariness; these are their buoyant, golden days, and they are running because they love it. Their lives are fuller because of this competition and their memories will be far richer. That's why men love to run. That's way men do run. There is something clean and noble about it.

Brutus Hamilton
1948 Olympic Team

There is no question that competitive racing requires hard work, strict discipline and sacrificing certain pleasurable pursuits to attain the level of fitness necessary to compete; not to mention countless hours and miles of running. And I am happiest when subjecting myself to the rigors involved in achieving specific goals. I think the thrill of wholesome competition makes just such a life style worthwhile for me.

Being fleet-of-foot enough to win a few races, naturally makes me happy. Yet winning is not the thrill for me and surely is not the goal in wholesome competition. Distance races provide everyone with the opportunity to win by improving upon past performances; by attaining that highly acclaimed PR (personal record). Wholesome competition means everyone benefits and everyone can win, not just the runner who finishes first.

Distance racing provides me with the opportunity for wholesome competition because as Mr. Hamilton says, "There is something clean and noble about it." Clean because my goal is to do the best that I can do. By "beating someone" I do not necessarily attain my goal! Noble because the competition comes from within. Ultimately, competition for me comes from challenging myself. I can always do my best, regardless whether I finish first. If everyone does the best that they can do, no one loses in a distance race; someone simply finishes first.

My goal is to continue improving by always doing the best that I can do and to finish first as often as possible.

By Michael K. Gaige

1/23/84

AT THE RACES

6TH ANNUAL SNOFEST 5 MILE ROAD RACE

Augusta

Friendly rivals Ken Flanders and Rock Green, of the Maine Rowdies, waged a heated duel in the winter chill at the 6th Annual SnoFest 5 Mile Road Race in Augusta. Green, 30 of Brunswick, charged out to an early lead with a 4:40 downhill first mile. Flanders, 32 of Portland, came up beside Green in the second mile and they pulled away from the rest of the field. Flanders then surged at four miles to open up a slight lead which he held to the finish. The duel propelled both runners under the course record of 26:22 set last year by Henri Bouchard. The 25:51 of Flanders and Green's 25:58 were remarkable times for the season. Floyd Wilson, 33 of Gardiner, 27:31; Rusty Taylor, 32 of Houlton, 27:37 and Donald McAllaster, 26 of Auburn, 27:40 rounded out the top five.

Defending champion and course record holder Kathy Knight, 25 of Hanover, led early in the race but she was finally overtaken by Kim Beaulieu, 28 of Standish. Kim's 32:14 and Kathy's 33:24 were well off the course record of 31:37 set last year by Knight. Donna Jean Pohlmann, 33 of Albion, was third in 38:43.

The race was organized by the Maine Road Ramblers with the cooperation of the University of Maine at Augusta Recreation Department. It was one of many events in the area which was part of the SnoFest Celebration. The 70 runners were treated to the annual appearance of the Jester, the symbol of SnoFest, who annually runs the race and finishes with the last runner. After the race the entrants received hot beverages, muffins and a special treat, home-made bread made by the Race Director, Joanie Rhoda.

Greg Nelson

MIDWINTER 10 MILE CLASSIC

The Mid-Winter 10 Mile Classic was held on February 5, 84 at noon. The weather was cloudy and 37°. At about 12:40 it started to rain and continued to rain the rest of the race.

Rock Green ran a great race all by himself and set a new course record. The old record held by Werner Pobatschniq was 53:02. Rock ran the very hilly course in 52:56. Kim Beaulieu ran a great race to set a new course record for the women. Her time was 63:41.

The \$25.00 team award will go to the cancer fund.

Bob Payne

The results of these two races, and others, are to be found in The Pack section.



Maine Association of The Athletics Congress

2/13/84

Bob:

Hope that this reaches you in time for inclusion in your March issue of Maine Running.

At a meeting of Maine's Athletic Congress (TAC) at the Val Halla Golf Course clubhouse on Sunday, February 12th the resignations of John LaFreniere and Dick McCanell, President and Secretary/Treasurer respectively were accepted.

A new slate of officers for the balance of the calendar year was elected as follows: Ronald Kelly (Scarborough) President, Roland Trottier (Lisbon Falls) Vice-President, Frank Glynn, (Augusta), Secretary and Carol Trottier (Lisbon Falls) Treasurer and Recording Secretary.

John Sinclair will continue as the Registration Chairman. Anyone wishing to get a TAC registration number, which is required for most of the name marathons and road races, can contact him at 155 Pine Street, Lewiston, Maine 04240. Telephone number is 786-3375.

Arrangements have been made to furnish each Maine road racing club with a supply of TAC registration applications for the convenience of the club membership. The Boston Marathon requires a TAC registration number on all entry forms and athletes planning to run in that race are urged to contact Sinclair for their number soon to avoid being shut out.

Frank Glynn

TO WHEELCHAIR RACERS,

I would like to make an open request for an exchange of information about wheelchairs, equipment, training, and races.

Does anyone know of any wheelchair races or foot races that wheelchairs can compete in in the Maine area?

I plan to train and race in an Invacare Sports Chair.

I would like to hear from people who are in wheelchair competition or are considering it.

Send correspondence to: Paul A. Cole, 18 Leland St., Rockland, Maine 04841



New England Athletics Congress

Suite 102, 265 Medford St.
Somerville, MA 02143

SOUTH OF THE BORDER

by Steve Vaitones

Here's what's been happening on the track scene. Next big news will be New England Collegiates February 24-26 down here.

Might be up to Bates for the New England Division III meet on 2/18. Track & Field News lists Sammy Pelletier as 50th fastest American at the marathon for 1983!

Eight New Englanders have been chosen to work as track and field officials at this summer's Olympic Games in Los Angeles.

Selected were Ken Caouette (Greenfield, MA), Joseph Crowley (Amherst, MA), Leonard Luchner (Chestnut Hill, MA), W. Scott McPeteridge (Belmont, MA), Francis McQuade (Branford, CT), Arthur O'Brien (Randolph, MA), Robert Rosenberg (Boston, MA), and Joan Stratton (Hanover, NH).

The eight will be part of a group of 200 officials who will run the eight-day long athletics segment of the Games. They were picked from a nationwide pool of over 800 certified applicants. Their selection was the result of a year-long selection process conducted by The Athletics Congress/USA Officials Committee.

NEW ENGLAND TAC & INVITATIONAL, Sunday, January 22, 1984 @ Boston U. 200 meter banked Versaturf-on-wood

Mile	Bruce Bickford	2nd	4:00.6
5000 m	Hank Pfeifle	5th	14:05.
Tri Jump	Dan Cochrane	6th	47'0"
	(UMO record holder 1976)		
Shot Put	Paul Bogdanovich	4th	51'3"
Mile	Joan Benoit	1st	4:45.1
1000 yd	Julie Fritz	4th	2:49.5

GREATER BOSTON TRACK CLUB INVITATIONAL, Sunday, January 29, 1984 @ Harvard U. 200 yard banked track

Ararat Super Striders

60 yd	Jenny Breton	7.4 trials	Kara Fallon	7.8 trials
		7.5 semis		7.7 semis
220 yd	Jenny Breton	27.0	Kara Fallon	28.4
880 yd	Karen Crehore	2:26.3		
Mile	Kelly Hoskins	5:39.2	Kathy Fallon	5:42.5
4 x 220 yd women	4th	1:51.4		
Mile	Rick Fritz	4:42.7	Tom Harrington	4:48.1
	Wayne Fuller	5:04.6		

MAINE Running

DATE: _____ DISTANCE: _____ TIME: _____

COMMENTS: _____

DATE: _____ DISTANCE: _____ TIME: _____

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DATE: _____ DISTANCE: _____ TIME: _____

COMMENTS: _____

DATE: _____ DISTANCE: _____ TIME: _____

COMMENTS: _____



'THE PACK'

RUN FOR YOUR LIFE 10K Manchester

Nov 8th

1.	Chris Bovie	33:11
2.	Greg Nelson	33:41
3.	Steve Russell	34:21
4.	Bill Hine	34:44
5.	Dana Maxim	35:05
6.	Doug Ludwig	36:07
7.	Gary Weber	36:25
8.	Jack Dennen	37:25
9.	Alan Childs	37:41
10.	Neil Cronkwhite	37:52
11.	Jeff Mackay	no time avail
12.	Paul Cote	
13.	Doug Flawelling	
14.	Fred Karter	
15.	Jeff Probie	
16.	Ed Miller	
17.	Jeff Ames	
18.	Shawn Galtier	
19.	Gary Goady	
20.	Don West	
21.	Tom Hinds	
22.	Skip Reed	
23.	Mark Harrison	
24.	Mike Barlier	
25.	Bill Keavin	
26.	George Paulgo	
27.	Bob Crowwell	
28.	Bill Young	
29.	Chuck Munier	
30.	Barney Smith	
31.	Byron Cook	
32.	John Schwarzel	
33.	Bob Wright	
34.	James Moore	
35.	Paula Kneeland*	
36.	David Ladew	
37.	Larry Fortin	
38.	Ted Brown	
39.	Bob Marquis	
40.	Claugh Tappan	
41.	Peter Tozier	
42.	Harmon Newton	
43.	Dick Cummings*	
44.	Don White	
45.	Walter Taylor	
46.	Tom Fortier	
47.	Richard Weirich	
48.	Diane Wood	
49.	Larry Johnson	
50.	William Donovan	
51.	Marty Konjsten	
52.	Steve Greenlaw	
53.	Margie Williams*	
54.	Elizabeth Meiklejohn*	
55.	Jeff Rowe	
56.	Louis Collins, Jr.	
57.	Peter Crown	
58.	Gerald Rott	
59.	Pappy Macher*	
60.	Dave Cogan	
61.	Lon Walters	
62.	Gary Lovely	
63.	Fred Brown	
64.	Steve Bolduc	
65.	Jerri Rushby *	
66.	Gail Schade	
67.	Joel Swift	
68.	Bob Burgess	
69.	Linda West*	

70.	Richard Mercier
71.	Gary Cabot
72.	James Chick
73.	Voland Yeaton
74.	Lynn Deever*
75.	Craig Phillips
76.	Kathy Bolduc*
77.	William Tozier
78.	Rich Johnson
79.	William Manduca
80.	Don Kennedy
81.	Priscilla Giroux*
82.	R. Tibbette
83.	Christine Parker*

Run Run Race

1.	Kandy Gardella	10:55
2.	Steve Labrecque	11:14
3.	Tim Childs	11:35
4.	Jeff Moore	12:29
5.	Tia Pierre	12:52
6.	Kelth Tardiff	13:06
7.	Mark Stebbins	13:12
8.	Scott Thornton	13:43
9.	Erin Greenier	14:24
10.	Silen Spring	14:37*
11.	George Ames	
12.	Jeff Bonneau	
13.	Dana Childs	
14.	Don Strassen	
15.	Kathy Collins*	
16.	Amy Fortin*	
17.	Meadow Hoff*	
18.	Madigan Hoff*	
19.	Penny Lucas*	
20.	Bill Burgess	
21.	Al Burgess, Jr.	
22.	Philippe Jacques	
23.	Jim Chick II	
24.	Arnold Stebbins	
25.	Bill Donovan	
26.	Jia Davis	
27.	Kewell Farrington	
28.	Beverly White*	
29.	Margaret Tomie*	
30.	Allison Rowe*	
31.	Scott Thornton	
32.	Colleen Donovan*	
33.	Jeannine Manduca*	
34.	Ikia McLaughlin	
35.	Ryan Verrill	
36.	Tracy McLaughlin*	
37.	Andy Andrews	
38.	Nathan Bowie	
39.	Josh Andrews	
40.	Eugene Cloutier	
41.	Mike Jacques	

Results courtesy of Run For Your Life

SIXTH ANNUAL JANUARY TOWN ROAD RACE Bangsboro 4.5 miles Jan 22nd

1.	Floyd Wilson	33 23:52
2.	David Oakes	38 25:16
3.	Steve Russell	38 25:16
4.	Jeff Brown	41 26:47
5.	Terry Dostie	46 27:44
6.	George Lining	53 28:08

7.	Richard Morrison	55 28:49
8.	David Blais	40 29:17
9.	Bill Haynes	52 29:36
10.	Ron Paquette	42 29:54
11.	Jim Moore	40 30:13
12.	Matt Dearnsley	35 30:18
13.	Paul Dail	42 30:39
14.	Russell Martin	34 31:29
15.	Bruce Paulson	37 33:29
16.	Dave Sagan	47 33:42
17.	Jeff Hanson	24 34:22
18.	Nancy Sayras	50 35:15*
19.	Donna Jean Pohlman	55 35:34*
20.	Sarah Roy	33 35:48*
21.	Ernie Morneau	48 39:36
22.	Peter Gately	39 39:40
23.	Lucille Morneau	41 41:58*
24.	Nita Furbish	57 52:06*
25.	Roger Furbish	58 71:35

Team awards: Men Maine Road Runners
Women Central Maine Striders

Results courtesy of the Central Maine Striders

SIXTH ANNUAL SMOKEST 5 KILOM Bangsboro Jan 29th

1.	Ken Flanders	25:51
2.	Rock E. Green	25:58
3.	Floyd Wilson	27:31
4.	Betsy Taylor	27:37
5.	Don McAllister	27:40
6.	Danny Smith	28:03
7.	Brian McCrea	28:14
8.	Rick Lane	28:20
9.	Steve Russell	28:20
10.	Jim Tomlinson	28:42
11.	Steve Peterson	29:10
12.	Gary Cochran	42 30:19
13.	Doug Ludwig	44 30:39
14.	Michael Thompson	30:55
15.	Jeff Brown	31:08
16.	Robert Wranosky	31:20
17.	Jim Floyd	31:37
18.	Terry Dostie	31:38
19.	Bill Pinkham	41 31:47
20.	Kim Scudliffe	32:14
21.	Bill Yates	42 32:25
22.	Bob Jolicœur	46 32:25
23.	George Lining	32:38
24.	Jeff Probie	32:44
25.	Martin Schiff	45 32:49
26.	Joe Madhan	33:10
27.	Todd Gulte	33:15
28.	Larry Fortin	33:30
29.	Kathy Knight	33:34*
30.	Carl Bowen	51 33:39
31.	Phil Soule	42 33:47
32.	John Edmondson	43 33:47
33.	Robert Gabeury	45 33:57
34.	Carlson Mendell	52 34:07
35.	James McGearty	34:14
36.	Ron Paquette	42 34:14
37.	George Phelps	34:37
38.	John Corbett	34:51
39.	Jim Quinn	34:53
40.	Charlie Gordon	35:00
41.	Craig Macgett	35:02
42.	Paul Dail	42 35:27
43.	Steve Ross	35:29
44.	Jerry Eldridge	35:46
45.	Michael Cook	35:49
46.	Ed Atlee	44 35:52
47.	Bob Cochran	46 36:02
48.	Joe Washburn	36:19
49.	Brian Rowan	36:24
50.	Jim Wright	36:36
51.	Bob Johnson	36:43
52.	Phil Roberts	36:53
53.	Warren Wilson	50 36:54
54.	Mark Ouellette	36:57
55.	Jon Trichant	38:15
56.	Allen Berens	38:17
57.	Donna Jean Pohlman	38:43*
58.	Matt Cassin	38:50
59.	Chris Vack	41 38:57
60.	Roberta Rickman	39:15*
61.	Lynn Deever	39:49*
62.	Jerri Rushby	40:38*
63.	Bob Kingman	41:33

84. Georgianna Hogerty	42:03*	22. Vaughn Holyoke	49	28:33	84. Kathy Cagno	37:10*
85. Jerry Casey	42:21	23. Glen Holyoke		28:33	85. Charles Lane	37:16
86. Phil Trank	43:30	24. Don Audibert		28:37	86. Lisa Rush	37:24*
87. Frank Setter	43:44	25. Fred Putnam	41	28:47	87. Tony Powers	37:35
88. Susan Welch	44:57*	26. Rod Pallaslar		29:00	88. Steve Richardson	37:36
89. Harris Giddings	50	27. Terry Goodlad	57	29:16	89. Craig Gordon	37:38
90. Chad Alley	51:47	28. Dave Sand	44	29:27		
		29. Larry Rich		29:53		
		30. Cliff Hatfield	30	29:56		
		31. Martin Schiff	45	30:01		
		32. Ed Rice		30:03		
		33. Greg Hildreth	41	30:06		
		34. Bruce Thornely		30:18		
		35. Bob Duprey	40	30:20		
		36. Owen Jackson	40	30:20		
		37. Ervin MacDonald	41	30:28		
		38. Peter Cuff		30:37		
		39. Bob Gadbury	46	30:42		
		40. Darlene Higgins	47	30:49*		
		41. Hector Rago		31:03		
		42. Larry Manque	42	31:07		
		43. Larry Snfield		31:19		
		44. Paula Stone		31:20*		
		45. Richard Lindsay		31:27		
		46. Gerald Nichols	42	31:32		
		47. Mark Stadler		31:33		
		48. Preston Hood	40	31:34		
		49. Peter Ellis		31:48		
		50. Gehrig Johnson		31:49		
		51. Sam Hamilton	53	32:08		
		52. Kevin Kelly		32:11		
		53. Paul Smith		32:24		
		54. Carol McElwee		32:28*		
		55. Jon Ellis		33:07		
		56. Tom Sheehan		33:15		
		57. Paul Lapointe		33:24		
		58. Cole Sargent		33:46		
		59. Joan Marrian		33:48*		
		60. Joe Reasley	44	33:56		
		61. Don Handsbaw		34:31		
		62. James Seitz		34:35		
		63. Ricky Dubay		34:51		
		64. Dennis Drey		34:51		
		65. Walter Goodrich		35:06		
		66. Robert Dyer		35:07		
		67. Braden Alley		35:09		
		68. Charles Sprague	42	35:16		
		69. Sandra Sturtevant		35:19*		
		70. Edmund Ryan		35:20		
		71. Art Fraser		35:28		
		72. Connie McAllan		35:35*		
		73. Art Fraser	46	35:40		
		74. Margo Dyer		35:53*		
		75. Mark Freeman		35:54		
		76. James Stout		35:58		
		77. Ann Theriault		36:19*		
		78. Tim Sheehan		36:20		
		79. James Wright		36:32		
		80. Benita Qualley		36:37*		
		81. Judy Moore		36:44*		
		82. Eric Millette		36:48		
		83. Paul Pearson		36:59		

Results courtesy of Greg Nelson

MID-WINTER 10 MILE

Portland

Feb 5th

1. Rock E. Green	52:56*	37. Brian MacDonald	41	30:28	99. Robert White	40	40:48
*new course record		38. Peter Cuff		30:37	100. Tom Sheehan	40	41:28
2. Eric McWatt	56:14	39. Bob Gadbury	46	30:42	101. Sharon Dineen		41:33*
3. Jim Toulouse	57:39	40. Darlene Higgins	47	30:49*	102. Milton Bailey	54	42:12
4. Dick McPaul	58:27	41. Hector Rago		31:03	103. Debbie Cyr		42:21*
5. Doug Craib	58:39	42. Larry Manque	42	31:07	104. Lou Ellis	42	43:18
6. Roger Foster	59:48.1	43. Larry Snfield		31:19	105. Mike Desjardins		44:04
7. Gary Cochran	(M)	44. Paula Stone		31:20*	106. Patsy Dyer		44:50
8. Bob Goughlin	(M)	45. Richard Lindsay		31:27	107. Jake Gilbert	45	44:58
9. Joel Timcomb	61:36	46. Gerald Nichols	42	31:32	108. Justine Michael	42	45:17*
10. Mike Gendron	62:23	47. Mark Stadler		31:33	109. Mo Sheehan		45:39
11. Barry Nowata	62:47	48. Preston Hood	40	31:34	110. Bernice Brilli		45:44*
12. Don Wilson	62:51	49. Peter Ellis		31:48	111. Lou Ann Smith		45:44*
13. Kim Souleau	63:41*	50. Gehrig Johnson		31:49	112. Ann Moraw	40	46:04*
14. John Edwards	63:59	51. Sam Hamilton	53	32:08	113. Malcolm Dow		46:05
15. Tonny Owens	64:06	52. Kevin Kelly		32:11	114. Billy Estabrook		46:06
16. Tom Bennett	64:36	53. Paul Smith		32:24	115. Leslie Gordon		47:38*
17. Howard Chadbourne	65:17	54. Carol McElwee		32:28*	116. Joan Gordon	43	47:50*
18. Bob Peacock	66:27	55. Jon Ellis		33:07	117. Nicole Long		48:22*
19. Gary Hamilton	68:50	56. Tom Sheehan		33:15	118. Ralph Tucker	54	48:25
20. Peter Cooper	69:34	57. Paul LaPointe		33:24	119. Nancy Schneider	47	48:26*
1. Bill Gayton	69:39	58. Cole Sargent		33:46	120. Robert Schneider, Jr.	48	48:42
22. Garrett Clough	70:07	59. Joan Marrian		33:48*	121. Taneek Wood		48:45
23. Carlton Wendell	(S)	60. Joe Reasley	44	33:56	122. Jeremy Boutiller		48:58
24. David Trussell	71:03	61. Don Handsbaw		34:31	123. Barbi Dow		48:49*
25. Rick Campbell	71:27	62. James Seitz		34:35	124. Bonny Cox		49:55*
26. Bob Cushman	72:35	63. Ricky Dubey		34:51	125. Leah Edwards		51:27*
27. John McGovern	72:42	64. Dennis Drey		34:51	126. Roberta White		52:04*
28. Gordon Chamberlain	72:47	65. Walter Goodrich		35:06	127. Laurel Edwards		52:05*
29. Mike McKenna	72:48	66. Robert Dyer		35:07	128. Catherine Edwards		52:05*
30. Denise Harlow	72:58	67. Braden Alley		35:09	129. Charlie Lane, Jr.		56:48
31. Debbie Milano	73:10*	68. Charles Sprague	42	35:16	130. Chris Maxwell		57:18
32. Mark Danyia	74:59	69. Sandra Sturtevant		35:19*	131. Kim Kelley		57:20*
33. Jeannine Forest	76:48	70. Edmund Ryan		35:20	132. Carol Lane		57:21*
34. Dick Dudley	78:13	71. Carter Ball		35:28	133. Tracy Lane		59:37*
35. Doug Woody	78:13.5	72. Connie Metellan		35:35*	134. Sally Lane		59:44*
36. Terry Maylan	79:13	73. Art Fraser	46	35:40	135. Randy Cyr		61:40
37. Charles Harlow	81:27	74. Margo Dyer		35:53*	136. Adam Curtis		61:47
38. Al Brunelle	83:17	75. Mark Freeman		35:54	137. Susan Lane		64:14*
39. Carlene Anderson	93:14	76. James Stout		35:58	138. Wendy Lane		64:14*
40. Dick Suberge	93:15	77. Ann Theriault		36:19*	139. Matthew Lane		64:16
41. Don Atkinson	95:06	78. Tim Sheehan		36:20	140. Susan Bishovsky		67:30*
42. Brenda Cushman	101:12	79. James Wright		36:32	141. Nancy Cullen		NTA*
		80. Benita Qualley		36:37*	142. Jason Derosier		NTA
		81. Judy Moore		36:44*	143. Morzan Nicholson		74
		82. Eric Millette		36:48			
		83. Paul Pearson		36:59			

Team Competition:

Maine Track Club	45
Maine Redies	54

Results courtesy of Bob Payne

SPR-ANNUAL WILD KATADIN TRUST SNOW RUN

Shawmut Station 4.8 miles Feb 11th

1. Phil Stuart	24:48
2. Billy McMorley	24:54
3. Rusty Taylor	25:00
4. Greg Wardwell	25:03
5. Marlin Conrad	25:16
6. Mark Chasse	25:41
7. Conrad Walton	25:52
8. Michael Mendonca	26:40
9. Jeff Keeton	26:55
10. David Mangus	27:02
11. Bruce Pallaslar	27:06
12. Steven Gross	27:10
13. Joel Hinchow	27:17
14. David Alley	27:43
15. Steve Trary	27:52
16. Deke Talbot	28:06
17. Steve Porter	28:11
18. Fred Marrier	28:16
19. Doug Swallow	28:19
20. Mike Moore	28:25
31. Joe Goody	28:29





IT'S DIFFERENT!!!

TRY A RACE WHERE SPEED AND WEIGHT COMBINE
YOU INTO THE WINNER'S CIRCLE!!!THE MALE EVENT: 15 miles,
wheel measured.

DATE: Saturday, April 7, 1984

LOCATION: Rockland Dist. High School

TIME: Race starts at 11 a.m.

(Runners should be ready by 10:30 a.m.
to be driven to the starting point.)

SPLITS: 1, 5 & 10 mile

WATER: 5, 6, 9 & 12 miles

SHOWERS: Available at high
school after race, along
soup, breads & juices.FEE: \$4.00 pre registration
\$0.30 day of raceAWARDS: FIRST IN EACH WEIGHT DIVISION FOR BOTH MEN AND WOMEN
Gloves to the first eighty registrants.

FLYWEIGHT: M up to 112 lbs.

F up to 105 lbs.

BANTAMWEIGHT: M 113-118 lbs.

F 106-111 lbs.

FEATHERWEIGHT: M 119-126 lbs.

F 112-117 lbs.

LIGHTWEIGHT: M 127-135 lbs.

F 118-123 lbs.

SUPER HEAVYWEIGHT: M 196 lbs. and over

F 161 lbs. and over

WELTERWEIGHT: M 136-147 lbs.

F 124-129 lbs.

MIDDLEWEIGHT: M 148-160 lbs.

F 130-135 lbs.

LT. HEAVYWEIGHT: M 161-175 lbs.

F 136-141 lbs.

HEAVYWEIGHT: M 176-195 lbs.

F 142-160 lbs.

MADE CHECKS PAYABLE TO: PEN BAY PACERS

MAIL TO: Susan Schmitke, Spruce Head, Maine 04859

REGISTRATION - 15 MILE CHAMPIONSHIP RUN

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

NAME _____

ADDRESS _____

AGE _____

SEX _____

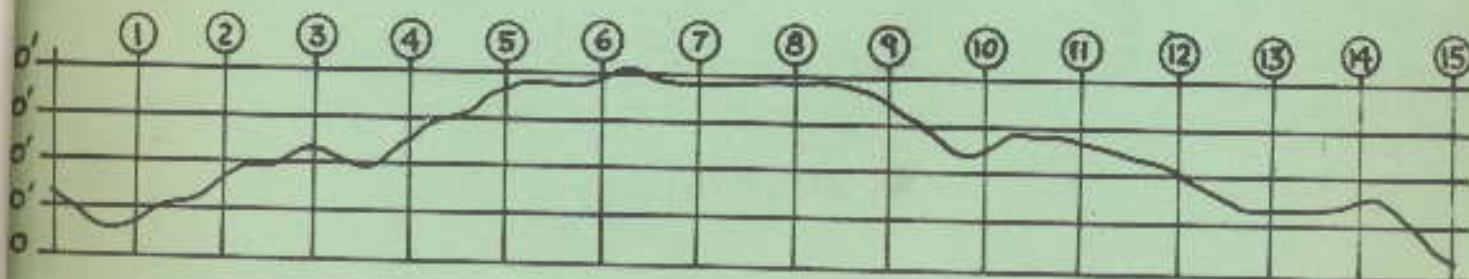
WEIGHT _____

(YOUR SIGNATURE OR

PARENT/GUARDIAN IF UNDER 18)



HILL PROFILE OF RACE ROUTE:



MAINE MILK RUN II



**Sunday April 1, 1984
1:00 PM**

Nutrition Clinic March 31, 1984
(See reverse side for details)

RACE DISTANCE: Five miles (wheel measured; out and back course).

WHERE: Southern Maine Vocational Technical Institute Start/Finish near gymnasium; locker rooms, shower available.

AWARDS: Awards for all major age categories. There will be a special award to the first Registered Dietitian and first Dairyman to finish.

REGISTRATION: Day of Race 11:30 A - 12:30 P at SMVTI gym \$4.00;
Pre-registration \$3 prior to March 23 by mailing checks payable to:

Maine Milk Run
c/o Jackson Corp.
5 Milk Street
Portland, ME 04101

For more information call Barbara Footer at 774-1614. Sponsored by the Maine Dairy Promotion Board and the Maine Dietetic Association Sanctioned by the Maine Track Club.

FREE T-SHIRTS FOR FIRST 200 ENTRIES.

ENTRY FORM

Please enter me in the 1984 Maine Milk Run. I agree to assume all responsibility for all risk or damage or injury that may occur to me as a participant in this event. In consideration of being accepted as an entrant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all sponsors of the Maine Milk Run from all claims, damages, right of action, present or future, whether the same be known, anticipated or unanticipated, resulting

NUTRITION/RUNNING CLINIC SCHEDULE -- SMVTI, SOUTH PORTLAND
SATURDAY, MARCH 31, 1984

- | | |
|-----------------|--|
| 10:00 am | Sports Nutrition Myths: Fact vs Fiction
Barbara Footer, M.S., R.D. (Registered Dietitian)
Nutrition Specialist, Portland, ME |
| 11:00 am | Treating Sports Injuries
William Owens, M.D.
Runner's Clinic, Portland, ME |
| 12:00 pm | The Role of Exercise in Stress Management
Kimberly Beaulieu, R.N., M.S.N.
1983 Winner, National 50-miler
Olympic Trials Marathon Qualifier |
| 1:00 pm | Nutritional Requirements in Exercise
Anne-Marie Davee, R.D. (Registered Dietitian)
1983 Winner, Maine Milk Run
Olympic Trials Marathon Qualifier |
| 2:00 pm | Current Research in Nutritional Needs of the Athlete
Abe Parvanta, M.S.
Nutritionist, Maine Bureau of Health, Augusta, ME |

Everyone is invited to attend this free Nutrition Clinic, which will be held



(Parent if participant is under 18)

Name _____ Age (as of 4/1/84) _____ Telephone _____
 Address _____ City _____ State _____ Zip _____
 Signature _____
 Registered Dietitian _____
 Dairyman (Plant Employee) _____

from or arising out of or in incident to my participation in this event. I hereby certify that I am physically fit and have sufficiently trained for competition in this event.

HUSSON COLLEGE RECREATION MAJORS
FOURTH ANNUAL 10K FOOT RACE
March 25, 1984

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 a partial lap around the circle before going off campus to Kenduskeag Avenue to Harlow Street; up Fourteenth Street onto Ohio Street to Griffin Road; return via Kenduskeag Avenue to the Newman Gy. (This is the original AL Kenyon Route)

Fun Run is 1.5 miles. Splits available at 1 and 3 mile points.

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

Awards: Prizes will be given to male and female winners in each category in addition to the first finishers male and female. One category prize only awarded to an individual.

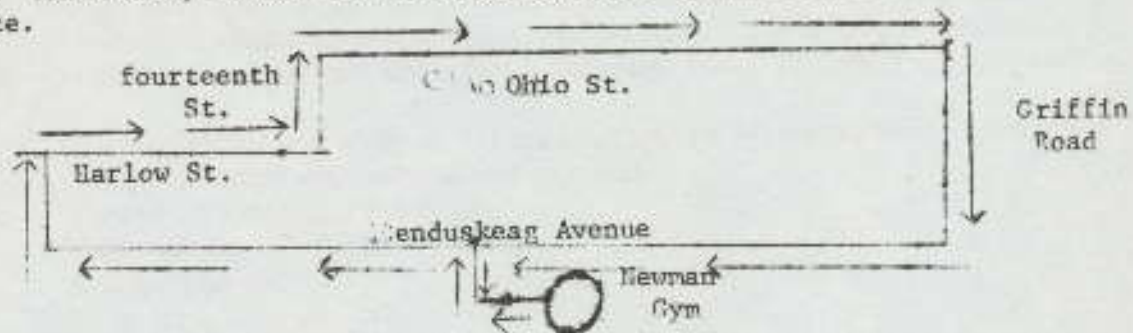
19 and under

20 - 29

30 - 39

40 and over

First place prize will also be given to male and female in Fun Run.
Facilities: Restrooms, locker rooms, showers, pool, steam room available after 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, ME 04401
For more information - Tel. 947-1121 Ext. 270 Husson

Lite



THE GREAT LITE BEER DOWNEAST MAINE HALF MARATHON

IN SUPPORT OF THE MAINEIacs CHARITIES



**SATURDAY, MARCH 17, 1984
11:00 A.M. BANGOR, MAINE**

Course: 13.0938 miles (NRDC/TAC Measured, certification applied for). Consists of one loop through the outskirts of Bangor, Maine. It is rolling with only one major hill. Course maps will be included in race packet. Return to the "Iceberg" course. A classic!

Entry Fee: A minimum donation of \$5.00 to the MAINEIacs Charities. Feel free to donate more, it's to a very worthy cause. Registration material and final instruction sheets may be picked up at the Holiday Health and Racquet Club, Odlin Road, Saturday, March 17 from 9 to 10:30 am.

- Race Features:
- Course Control and Medical Aid supplied by the Maine National Guard.
 - Digital Clock on lead vehicle and at finish.
 - Chronomix electronic finish
 - Mile markers every mile
 - 4 water stations
 - Splits at 1 mile and 10K
 - Post Race Party with beer and refreshments
 - Long sleeved T-shirts for the first 100 registrants
 - Sauna, showers and changing facilities available

Team competition: Teams must enter separately with a maximum of 5 members, 3 scoring. There will also be special team awards for competition between the Army and Air National Guard. The first seven guardsmen to finish will be chosen to represent the State of Maine at the upcoming National Guard Marathon Competition in the Lincoln Marathon, Lincoln, Nebraska.

Awards: Merchandise awards to top finishers plus additional random drawings. Awards ceremony at 1:30 pm.

**Holiday
Health & Racquet
Club**



**GOLDSMITH'S
SPORTING GOODS**



PRIZES HAVE BEEN DONATED BY THE FOLLOWING MERCHANTS:

- Holiday Health & Racquet Club
- Goldsmith's Sporting Goods
- Epstein's
- Wendy's
- The Great Cranberry Isle Road Race
- Haffenreffer Beverage Company
- Ward Brothers, Inc.
- Pepino's Mexican Restaurant
- Maine National Bank
- The Ski Rack
- Maine Running Magazine
- Complete Composition Company
- Speedy Words
- Athletic Attile

Mileage to:
 Portland — 133
 Boston — 210
 New York — 383

Airline Service to Bangor
 from Boston and New York
 several times daily.



Directions to Start: Take the Hermon Exit West off Interstate 95, then left at the traffic light to the Holiday Health & Racquet Club of Bangor.

This entry will not be processed unless you sign your application and include your entry fee.

Detach and mail to:
 Great Lite Beer Maine Half-Marathon
 P.O. Box 259
 E. Holden, Maine 04429

Please make check payable to: The Great Lite Beer Maine Half-Marathon.

Entries must be mailed by March 14, 1984.

PLEASE PRINT

Name: Address:

Age: Male/Female (Circle One) Occupation:

Fastest Previous Half Marathon: Hour.....Min.....Sec.....

I hereby waive and release any and all rights and claims for damages I may have against any sponsors and officials of the Great Lite Beer Maine Half Marathon for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for this event.

 Your signature

 (Parent/Guardian if under age 18)

Great Lite Beer
 Maine Half-Marathon
 Official Entry Form
 Release Form



Hosts The 5th Annual O' The

Top

Road Race

Mornin'

March 18, 1984
12:00 Noon
at the
"Kerryman Pub"
Route 1, Saco

4 Miles, Flat
Wheel Measured
Come ready to run



Course Records
Stephen Podgajny 19:31
Marcia Dowling 23:30
Divisions
13 and under
14-18
19-29
30-39
40-49
50 and over

Awards



Prizes



Special Features

First Man and Woman
Top Three Divisional Winners

Special

Send May 18th-20th at a condominium
on the Maine coast to anyone breaking
the course record.

Pre Registration Fee \$3.00
Day of Race \$3.50
10:15-11:45 at Kerryman Pub

Pizzas To

- Every finisher born on St. Patrick's Day (Verification please)
- First finisher with the name "Patrick"
- First finisher dressed entirely in green
- Every 25th finisher
- And More

Big Screen Replay
Post Race Refreshments

Finish line clock
Chronomix timing

Payable to: Marathon Sports Running Club
Mail to: Marathon Sports Running Club
c/o Jim Swan, Race Director
Box 1131
Biddeford, Maine 04005

Official Entry Form

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

(day mo. year)

Name _____ (Male Female) _____ Age _____ Birthdate _____

Address _____ City _____ State _____

Runner's Signature _____ Guardian (if under 18) _____

BOSTON PRIMER

Maine Road Ramblers

SIXTH ANNUAL BOSTON PRIMER and 5K ROAD RACE

DATE: SUNDAY, MARCH 25, 1984

TIME: 11:00 am - PRIMER (15 miles)

11:15 am - 5K RACE

PLACE: MARANACOOK COMMUNITY SCHOOL - READFIELD, MAINE

REGISTRATION: 9:30-10:45 at MARANACOOK COMMUNITY SCHOOL

ENTRY FEE: \$4.00

RACE DIRECTORS: DAVE GUGAN POND RD. MANCHESTER, ME 04351

PHONE: 622-0289

DANIEL FORCE SOUTH RD. E. WINTHROP, ME 04343

PHONE: 395-4596

COURSE: THE PRIMER WILL CIRCLE MARANACOOK LAKE, BEGINNING AND ENDING AT MARANACOOK COMMUNITY SCHOOL. THE CHALLENGING COURSE IS PAVED, HILLY, AND MARKED EVERY MILE. IF THE TRACK IS CLEAR OF SNOW, THE COURSE WILL BE RUN CLOCKWISE; OTHERWISE, IT WILL BE RUN CCW. THE LENGTH IS 15 MILES.

THE 5K RACE WILL BE AN OUT AND BACK COURSE.

FACILITIES: SHOWERS AND RESTROOMS AT SCHOOL. REFRESHMENTS.

SPLITS & WATER: SPLITS AT 1, 5, AND 10 MILES. WATER AT 4, 8, AND 12 MILES.

AWARDS: PRIMER - FIRST 3 MALES, FIRST 3 FEMALES, PLUS AGE GROUP AWARDS.

5K RACE - FIRST 3 MALES, FIRST 2 FEMALES, PLUS AGE GROUP AWARDS.

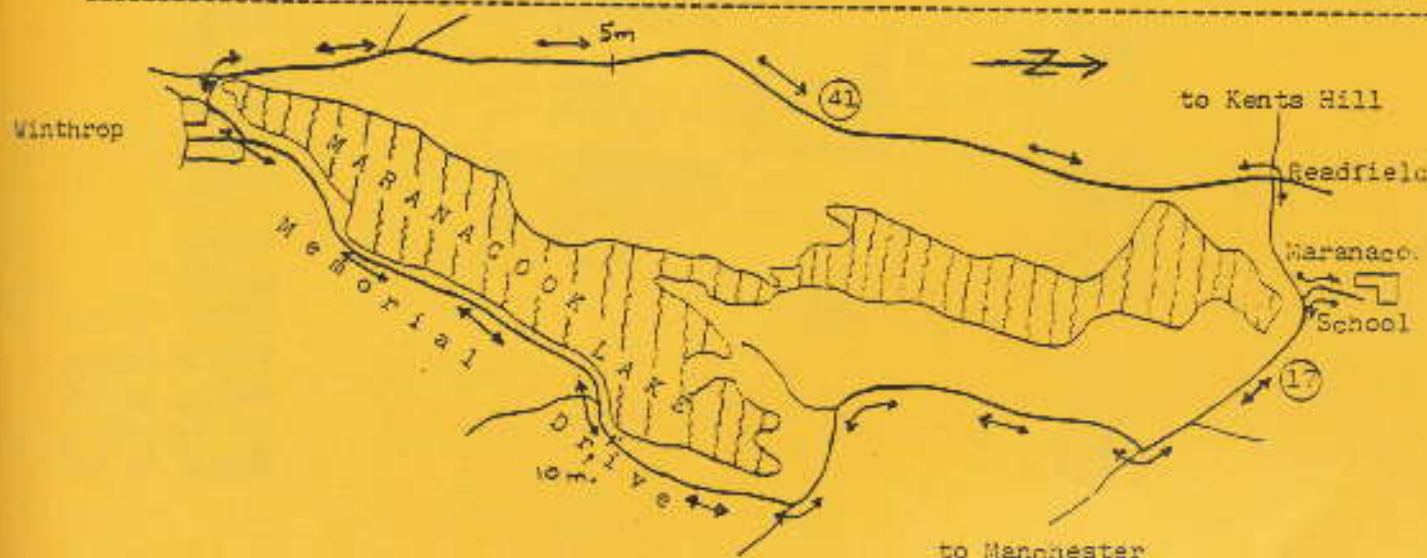
SPONSORS: MAINE ROAD RAMBLERS-MARANACOOK COMMUNITY SCHOOL

IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY FORM, I HEREBY, FOR MYSELF, MY HEIRS, MY EXECUTOR AND ADMINISTRATORS, WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES OR INJURY I MAY INCUR IN CONNECTION WITH THESE EVENTS, AGAINST THE MAINE ROAD RAMBLERS, MARANACOOK COMMUNITY SCHOOL, RACE OFFICIALS, AND RACE ORGANIZERS. I FURTHER ATTEST THAT I AM PHYSICALLY FIT AND SUFFICIENTLY TRAINED TO COMPETE IN THESE EVENTS. I ALSO RELEASE MY PICTURE TO APPEAR ON VIDEOTAPE/FILM.

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____ PRIMER _____ 5K _____

SIGNATURE _____



2nd Annual

SRI CHINMOY

**MARCH 25
8:00A.M.
1984**



5K RACE

Sponsored by

SRI CHINMOY MARATHON TEAM

40 Main St. Topsham, ME. 04086 • 729-5825

start at
Brunswick High School



START & FINISH: BRUNSWICK HIGH SCHOOL, Spring Street,
Brunswick; March 25, 8:00 a.m.

SERVICES TO RUNNERS: Mile markers, time splits, water & ETC
at every mile. Flat, fast certified course. T-shirts free
to the first 50 registrants.

AWARDS: Men & Women, open to 39 (5 places), 40-49, 50-59,
60 & over.

ENTRY INFORMATION: Fee \$5.00. Pre-entry by mail, postmarked
no later than March 21.

Mail check & registration form to: SRI CHINMOY MARATHON TEAM
40 Main Street
Topsham, ME 04086

FREE T-SHIRTS TO THE FIRST 50 APPLICANTS.....

CHECK-IN & LATE REGISTRATION: 7:00-7:45 a.m. at starting
area, day of race.

FREE DELICIOUS SNACKS AND HOT DRINKS TO RUNNERS.....

EXCELLNT SERVICES TO THE RUNNERS are a feature of all
Sri Chinmoy Races. We need volunteers to help us provide
optimum conditions so all runners can achieve their personal
best. Ask a member of your family or a friend to serve as a
helper on this 5-K race; an inspiring plus satisfying
experience. Call or write to: Sri Chinmoy Marathon Team,
P.O. Box 19, Topsham, ME 04086.....Phone 729-5825.....

ENTRY FEE \$5.00. Make checks payable to
Sri Chinmoy Marathon Team

SRI CHINMOY 5-K RACE-----MARCH 25, 1984

In consideration of this entry being accepted, I, the under-
signed, intending to be legally bound, hereby for myself, my
heirs, executors and administrators, waive and release the
Sri Chinmoy Marathon Team and their representatives for any
and all injuries suffered by me in said event. I attest and
verify that I am physically fit and sufficiently trained for
the completion of this event.

SIGNATURE _____		DATE _____		PARENT'S SIGNATURE IF UNDER 18 YEARS _____	
Last Name		First Name		Sex Male <input type="checkbox"/> Female <input type="checkbox"/> Age <input type="checkbox"/>	
Exact Name of Team or School					
Mailing Address					
Street					
Include Apt. No. and/or C/O					
City					
State					
Zip Code					

Frostbite Run Against M.S.



*** 2nd Annual Event ***

Join us in the 2nd annual Frostbite Run Against M.S. By entering, you will contribute toward multiple sclerosis research which is so desperately needed. M.S. strikes young adults in the prime of life. There is no known cause nor cure for this disease. According to the National Multiple Sclerosis Society, Maine has more than 1200 M.S. patients, one of the highest incidents of multiple sclerosis victims in the nation.

Please join our Frostbite Run Against M.S. Your support will help to fight the battle against multiple sclerosis.

Date: Saturday, March 17, 1984. Time: 10:00 A.M.

Location: Start and finish at Ellsworth High School, off Route 1A

Course: 3.5 miles on back roads and Route 1A.

Registration: Fee is \$5.00. Registration begins at 9:00 A.M. T-shirts to first 50 to pre-register. Send form to James Pendergist-M.S. Society, P.O. Box 417, Ellsworth, Me. 04605. Office: 667-7101 Home: 667-8886.

Facilities: Rest rooms at the high school. Beverage at finish.

Award Categories: Male/Female-

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

*Frostbite Hats to first male and female in each age group.

* Merchandise prize and

Frostbite Knitted Hat to first male and female overall

* Huge trophy awarded to top high school team. Minimum 3 boys, 2 girls/team.

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 Frostbite Run '84.

Name _____ T-shirt size: S M L XL

Address _____ City _____ State _____

Signature _____ Age _____

Parent or guardian (if under 18) _____



FIRST ANNUAL "WINGED FOOT" FIVE MILE ROAD RACE

featuring

Bill Rodgers GORE-TEX Running Suits

DATE: Sunday, March 11, 1984

TIME: 1:00 p.m. (rain or shine)

PLACE: Report to SMVTI Gym no later than 12:15 p.m. Locker rooms, showers, and refreshments will be available.

COURSE: Five miles (wheel measured; fairly flat terrain; out and back course). Maps will be available on the day of the race. Splits measured at the one mile mark.

REGISTRATION: Day of the race between 11:45 and 12:45 at \$3.00 per runner. Preregistration prior to March 4th by mailing \$3.00 to:

Dick Lajoie
73 Whitney Avenue
Portland, Me. 04102

Please make checks payable to the Maine Track Club. The first 100 registrants may pick up their race packets at The Athlete's Foot in the Maine Mall on Saturday, March 10th.

AWARDS: Bill Rodgers GORE-TEX suits to the first male and the first female in the open division. The Athlete's Foot merchandise and gift certificates for all other major categories. FREE T-shirts to the first 100 registrants. Also, a 10% discount on all merchandise (excluding sale mdse.) at The Athlete's Foot, Maine Mall, upon presentation of race registration numbers.

INFORMATION: Tricia Guay, 775-1874, days.
Dick Lajoie, 773-6942, eves.

SPONSORS: The Athlete's Foot of the Maine Mall, in cooperation with the Maine Track Club.

RESULTS: Complete results will be published in Maine Running Magazine.

REGISTRATION

In consideration of this entry being accepted, I for myself, my heirs and assigns 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

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 900 flyers by the 10th of the month prior to the issue you want your flyer to appear in and a check for \$20. If the statement "Complete Results Will Be Published In Maine Running Magazine" appears on the flyer only send \$15. Or...send us one photo ready copy of your flyer and \$50 and we'll print it for ya.

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
1/4 page \$17.50 a month; \$175 per year

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



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

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

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 stores:

*OLYMPIA SPORT IN SOUTH PORTLAND

*THE GOOD SPORTS IN BRUNSWICK

*THE ATHLETIC ATTICS

*BANGOR MALL

*AUBURN MALL

*PETER WEBBER IN WATERVILLE

*ATHLETES' FOOT IN SOUTH PORTLAND

*JAMES BAILEY CO. IN PORTLAND

*GOLDSMITH'S SPORTING GOODS

*OLD TOWN

*ROCKLAND

*PRESQUE ISLE

*BANGOR

*AUBURN

*HASKELL'S SPORTING GOODS IN BAR HARBOR

*WILLEY'S IN ELLSWORTH

*LIFE SPORTS OF ELLSWORTH

*PUTNAM SPORTS IN PORTSMOUTH, N.H.

