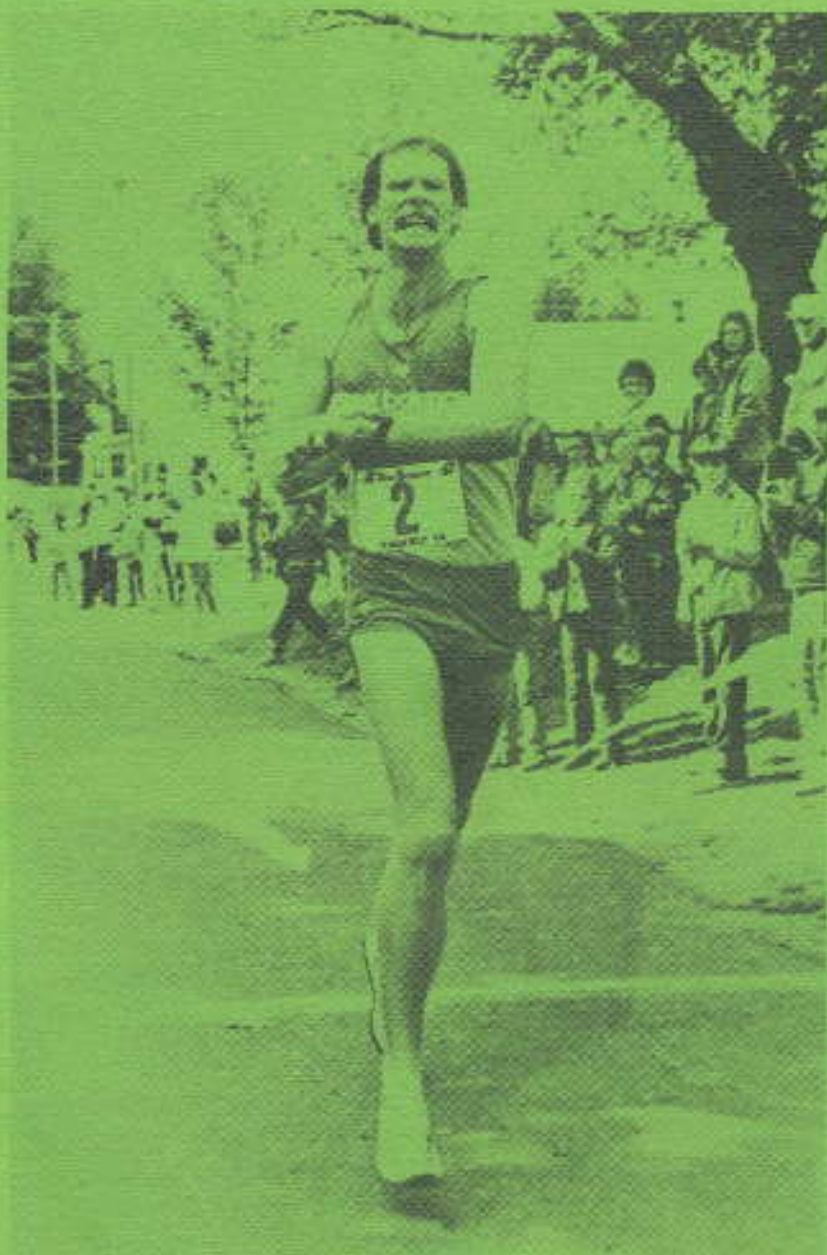


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MAY 1981

MAINE Running

J
HERB STROM
164 Fowler Rd.
Cape Elizabeth, Me.
04107



\$1.50

MAINE Running

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

Why is this man grimacing? Well, it could be because he has just completed the Kingfield 10K in 29:29.7! But, you can bet that Andy Palmer was doing some hard breathing when he fought his way through the finish line of the Cherry Blossom 10 Miler in Washington D.C. on April 5th. For you see, he was a mere 35 seconds behind his boss - Bill Rodgers.

His fifth place finish had to have been the highlight of his career to date...with Mike Roach, Randy Thomas and Bob Hensley behind him. But I'm typing this on April 17th and perhaps by the time you read this his 47:52 will have been just another race. Perhaps something more significant will have happened in the meantime. Something like the Boston Marathon.

Andy has told me that he is going to run a 2:13 before the year's out and I have never doubted anything he has told me. His sister Jane told Skip the other night that he is ready. My bet is that he has! And if he hasn't...he will.

John's going to take us mountain climbing in the meantime and Skip will tell ya about going climbing and ending with a DNF. Sam's cased the running scene in Houston and yours truly departing in the morning for Virginia's beautiful eastern shore where it was 78 degrees the other day.

Bob

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LETTERS	6
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RUNNING AROUND	8
THE PACK	10



ing: _____
r intentions now!

RUNNING ON...

by Skip Howard

You've trained hard for all those weeks, stuck devoutly to your schedule and suddenly! ... your legs don't move and you're begging a beer from the curious onlookers and wondering just what kind of perverted twist of fate has brought you to this place at this time. You might well ask... and wait a good long while for a satisfactory answer. How do you handle the disappointment? In what secret place do you stash the sadness? It's probably not a good idea to squirrel away all of it, at least. Letting some of it go, even a silent sob when no one is around, is a sound mechanism. Then only you know exactly how much of the iceberg is showing. Here's how I'm handling my latest failure: I'm going to lay it on you.

The past two years, Katahdin has been brutally cold; this year it was hospitably warm, the first day of spring 1981, March 20th. John and I were the only two remaining of the original trekkers, and this year, this year, Lord, we were going to try for the top, Baxter Peak. The night before the attempt, I realized that the sweat was more than just an over-heated cabin: I was sick! Why? Why now? Why not tomorrow? After fitful sleep, a thorough body monitoring assured me that merely getting back to the car and home would be an ordeal, let alone climbing up the Saddle Trail for the view that I'd only had once before and for which I now hungered more than anything since. Not to be. An eight-mile ski-and trudge out of the Park more nearly resembled the disassembling I'd experienced in all too many marathons at the twenty-two mile point. As I sagged gazing at that beautiful, granular alluvial wonder, it occurred that this feeling of bitter disappointment was a feeling that needed to be turned around, lest it color my future trips here. So where does it go?

Given the certain duality of life and those "simple twists of fate", there ought to be something to be learned here. There is. Disappointment cries for resolution, and it is found: it's the doing that's important, not the success or the failure. Goals and desires are artificial elements, too often doomed by such a number of extenuating circumstances as to be laughable. So smile, you fool; what makes you think you would

would have made it anyway? There's always tomorrow, and all those other cliches, and like all cliches, a grain of truth is there. Turn it around and go back again. Otherwise, you'll live with it all your life. And who needs that?

*

LETTERS

3/29/81

DON'T KNOCK FUN RUNS

While at the Husson College 10K today I was somewhat disgruntled to hear those participating in the major event allude to the fun run in a joking or derogatory manner. My eight-year old nephew was often in hearing distance. Such attitudes are not healthy ones. If you have such opinions of fun runs you are entitled to them. But please think twice about expressing them to beginners. For youngsters and beginners I think fun runs are great.

Bill Sawtell
Brownville, Maine

Dear Bob,

Would you please make note in your next issue of "Maine Running" - that the I Ran Three For C.P. Race of May 3rd., 1981, has been postponed until September.

Thank you,

Sincerely,

Kate Brady
Race Director

RUNNING

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RUNNERS ON KATAHDIN

Dear Bob,

Here's an account of a very important part of our climb up Mt. Katahdin (March 20-23). Present were: Tom Mulvey, Charlie Nichols, Rick Emery, David Lunn, Cary Windsor, Mark and Sue Smith, Preston Hood, Kent Tableman and myself. Skip Howard and Joe Pizzo were with us also, but not during this part of the climb.

I didn't write about the whole trip because, for me, the most meaningful incident was the ascent of the face of the mountain. Please keep in mind that this a meager attempt at describing with realism something which was totally surrealistic.

Your Mad Witch Dr. John Frachella

P.S. Perhaps by the time you publish this, we'll have a few photos for you too.



John Frachella, Dave Lunn, Tom Mulvey and Rick Emery at the summit of Mt. Katahdin

We woke up to the sun on Sunday morning and I truly believe we all knew that an ascent might be possible. We ate breakfast quickly and we left the bunkhouse at 8 am. We arrived at Chimney Pond by 10, gulped down some more food, rearranged our gear and started up Saddle Trail by quarter to 11.

We moved fast on our snowshoes and we cleared the timberline in no time. Without trees in the way we were able to scan

the snow flues, deep and curving above us in 360 degrees. It was breathlessly beautiful and so imaginably climbable. From the top of the mountain the flues reached down like fingers meeting in a point at the very spot where we stood.

We chose the flue we wanted to climb into and we began to move like ants up a glacier, digging in harder and harder with our crampons and poles as the ascent became steeper. We were surrounded by the most surrealistic beauty of stark white snow that I have ever seen, and the sky was deep, deep blue and totally cloudless. I have never experienced anything so bright in my whole life; it reminded me of Moses being blinded by the burning bush, and at the same time, of the white light people are said to experience just before they die.

We were on a desert reaching higher and higher toward the sun. Each step was a crunching jolt that warned of the danger in sliding, or worse, falling backward on the slippery crust. Physically, I was burning up with the exertion of the climb, unable to release enough heat and sweat through the clothes I was wearing. I watched the others scattered at my side, clinging like flies on flypaper with an unearthly tenacity that reminded me of the absurdity of existence you can see in a Dali painting. We inched along in pain, little by little, until

suddenly we could see the rim.

We all knew we wanted to be there more than our shoulders, tendons, calves and hamstrings ached. We were collectively drawn to the ascent by the glare of the burning sun at the top of the flu. The last hundred yards were excruciating, digging hard with our toes and even harder with our arms. My poles were flexed almost to the point of snapping when finally I found myself on top and in a position to look at where I had been. From the rim, the trough of the flu curved down and down in awful, cold steepness, and I was breathless.

In the other direction, we faced the broad sweeping "saddle" between Hamlin Ridge and Baxter Peak. It was a plateau of gale-blown crust with pits, crevasses and craters, not unlike pictures I've seen of the surface of the moon. There was an uncomfortable bareness there - nowhere a sign of life. The light was blinding and on the ground, strange snow formations confronted us constantly. We moved slowly but purposefully up the slope toward the peak, blessed with a windless day, and taking every advantage of the mild temperature.

We reached the top, exhausted, hugging, holding and standing back to stare at the reflection of the deep blue sky in each other's eyes. We knew then why we'd trained so arduously, so religiously for so many years and we all agreed as someone confessed...that this was the most important and significant thing he had ever done in his life.

KATAHDIN: MARCH 22, 81

we snowshoed from roaring brook
to basin and chimney pond in good stride;
the north wind squalled in our face.
whiskey jacks fed from our hands.

it is peaceful here, different,
so high to be with friends
walking about the sky,
snow falling on blue ice.

preston h. hood, III



Dr. John just below the summit of Mt. Katahdin March 22, 1981.

Bill Sayre
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Fred Heger
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SECOND WIND

Bill Sayres wrote and asked if he and the Harriers could beg off on their \$10.00 per team offer at the May 3 team race. Simple economics got in the way of a nice gesture. They just can't afford to give the Striders and the Maine Track Club such a break. The race is definately worth \$2.00 though, just look at the awards.

Bill, never apologize for a 2 dollar race.

Fred Hegemeister reminds us that the Maine National Bank race raised \$1,578.00 for the Cerebral Palsy Center of Portland last year.

He would like to exceed that sum for the Pine Tree Society for Crippled Children and Adults in this years event. Be sure to support the effort.

Lots of race directors have responded to my request for current news of all races run in June and beyond.

You know that little sticker on the cover of your magazine? Well, if there is a J after your name it's renewal time. If you wish to take advantage of the reduced rate of \$12.50 per year make sure you mail your check by June 15th. After that date you will be dropped from the mailing list and if you wish to subscribe again, it will have to be at the normal rate: \$15.00.

This holds true for all subscribers. For example, if there is a Dec after your name, I will expect your check by December 15, 1981 or drop you from the mailing list. Economics without apologies. Are you taking notes, Bill?

Speaking of the risks involved in subscribing to Maine Running, there are none. The only problem you have is keeping me alive. If I should die you would be out I think. If I don't, I'll keep turning them out. As of April 1st there were 410 subscribers and several new ones every day.

Bob Provost wrote to say he is doing me a favor by not subscribing to the magazine because the three running mags he has subscribed to all went under immediately after he sent his money. I greatly appreciate Bob's abstinence.

If anyone asks you where they can pick up a copy point them to Olympia Sports, James Bailey Co., The Good Sports or either of the Athletic Attics. I do not need subscribers with the kiss of death, thank you.

Don't train all summer for the Spudland 13.1 and miss the Natural Light Half Marathon on June 20th. The alias of this year should prove to be a permanent name change.

Bob Boyington had quite a turn out for the first China 10K. Everyone I've talked to said it was a great race.

St. Joseph's hospital keeps turning on big crowds in Bangor. 160 turned out for the spring run.

Chip Carey is thinking of moving the super Kingfield 10K back into the fall. Watch for further developments.

Hey Bill, I'm not really picking on you, but look at what they're doing in Unity. They're putting on a FREE race. They would like all kinds of people to come and visit their campus and figured this would be a good way of attracting them.

Dan Rankin and I are hoping to see a big crowd in Boothbay Harbor on the 16th. We hope to build a race in the tradition of the Autumn Gold with real nice prizes and a first class field. I think the course can rival Camden for sheer esthetic enjoyment.

Les Femmes De Acadia brings the number of races exclusively for women back up to two. I hope they get a good turn out 1 day after all the high school girls run in their regional meets.

(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

HOUSTON, TEXAS: Or--I Have Seen the Future, and It Seems to Have a Lot of Freeways.

In spite of having lived an otherwise full life for almost four decades, I had never been to Texas before this year. Then, within a period of a few weeks, I attended meetings first in the Dallas/Ft. Worth area, then in Houston. Although Dallas is purported to be the running capitol of the Southwest, I spent my first visit more or less trapped in a spiffy motel on the outskirts of Ft. Worth, and never got to see White Rock Lake, which I gather is the running mecca of the Nieman-Marcus set. On my later visit to Houston, though, I enjoyed a chance to run, during midwinter, on a flat scenic, and balmy course.

Houston has several rivers, creeks and bayous running through it, and I was able to run along one of the larger of these, "Brays Bayou." This run avoids the central city, but is easily accessible, by car, bus, or even foot from almost everywhere in the southern area of the metropolis.

I'll describe the section of the Bayou from the Astrodome area to the Produce Market district, all of which is parkland. This stretch is about 5.5 miles long and except for one underpass, I doubt there is a rise or fall of over 10 vertical feet along it.

A scenic note: the Bayou itself is not the magnolia blossom and spanish moss plantation creek its name may suggest. Actually, it is a totally channelled, concrete waterway. What is attractive is not so much the Bayou, as the parkland adjacent to it.

I began my run in the general area of the Astrodome, where Brays Bayou crosses Greenbriar road. On the north side of the water is a nicely paved, well marked bike path, on which I saw more runners than bikers, although there were plenty of both. Heading east one comes shortly to the largest medical complex I have ever seen. My wife told me that the Texas Medical Center contained 17 individual hospital units each of which was larger than Eastern Maine Medical Center. For those who do not believe in Cardio-Vascular exercise, this is the place to come for a heart transplant!

From about mile 1 to mile 2, the Bayou goes through Hermann Park, a large municipal park area, which includes a zoo, museums, etc. The bike path stays on the north side of the Bayou, and parallels, for about a half mile, an interesting and unique fitness course for wheelchair exercisers.

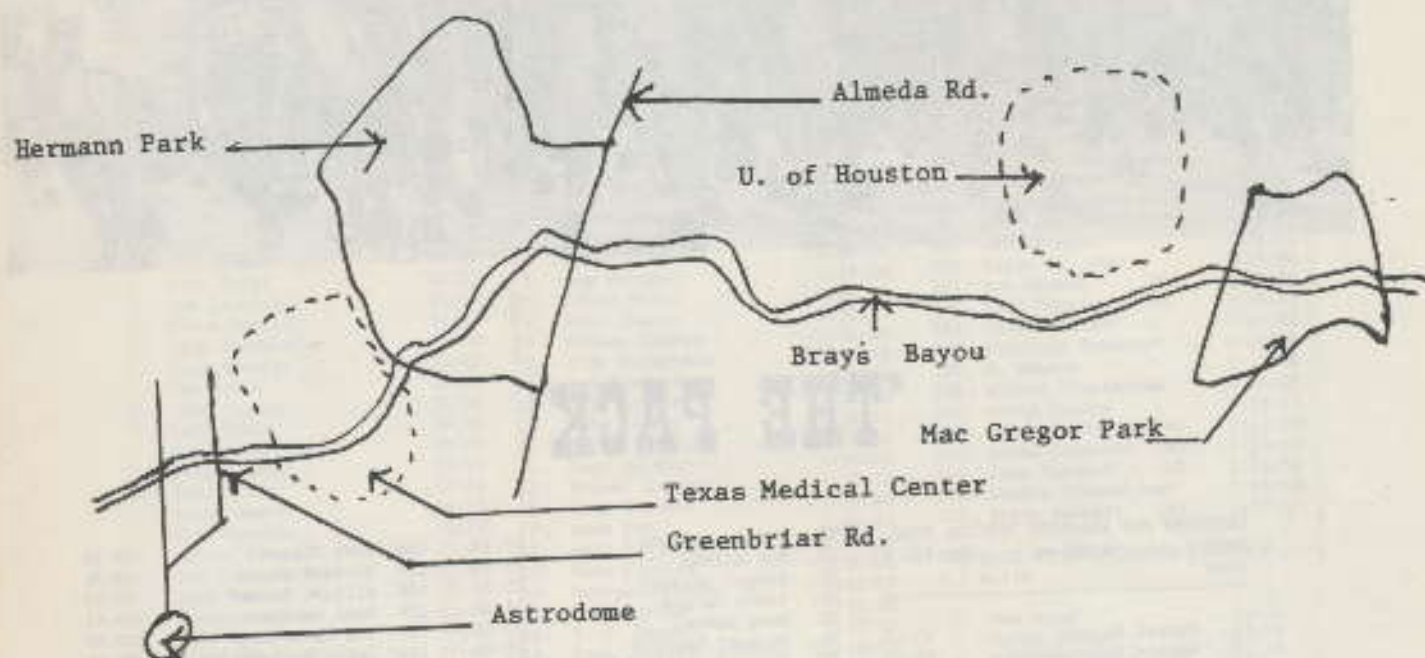
After leaving the park area, the runner has the choice of running on either side of the Bayou. I preferred to cross to the southern side at Alameda road. The next 2½ miles meander along a very attractive parkway, passing through some lovely residential areas, and just to the south of the University of Houston. At about 4.5 miles the bike path enters Mac Gregor park, through which it proceeds for just under a mile, until it terminates at the edge of the park. The entire 5.5 miles from Greenbriar to Mac Gregor park crosses only 7 streets, and these junctions are well marked for the bike path. An additional bonus: about 4 miles on the middle portion of the run have been

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used for racing, and there are very clear mile markers painted on the surface. I took this run before 7:00 a.m. on December 29th, running in shorts with a T-shirt, and had to stop for water at Mac Gregor park, because I was so warm!



RENTAL \$35 IF YOU PICK IT UP
\$50 IF I BRING IT TO YA.

How do you think the race director of the Maine National Bank 10K manages? Any idea how we got all the names and times at Cook's Corner last year?

They all use Chronomix! The only way to manage a big field.

"Sporting Goods for All Seasons"

the Good Sports

3 Pleasant St, Brunswick





"THE PACK"

ERRYMAN VIB THAMROCK SPECIAL ROAD
RACE 4 Miles Mar 15, 81
Saco

1.	Robert Wilson	20:17
2.	Werner Rohatzenig	20:35
3.	John Demers	21:04
4.	Sophocles Gossis	21:22
5.	Jim Babb	21:33
6.	Ken Bortling	21:44
7.	Scott Brown	21:49
8.	Sam Elsworth	21:52
9.	George Twine	21:55
10.	Jack Rossi	22:00
11.	Jerry Crockett	22:12
12.	Bryan Bettway	22:12
13.	Daniel Calk	22:24
14.	Mark Hoffmaster	22:32
15.	John Wilkinson	22:42
16.	Wick Garcia	22:50
17.	Mike Gendron	23:00
18.	Nick Connor	23:08
19.	Jim Kain	23:10
20.	Don Provost	23:14
21.	Marc Booras	23:23
22.	Ila MacKenzie	23:30
23.	Bon Baimar	23:31
24.	Chris Lester	23:34
25.	Marcia Dowling*	23:36
26.	Kent MacDonald	23:38
27.	Peter Yathorough	23:42
28.	Ken Jones	23:42
29.	Scott Card	23:47
30.	Rudney Thayer	23:54
31.	Steve Cox	23:58
32.	Mike Arsenault	24:00
33.	Tom LeRode	24:02
34.	Kevin Kelly	24:10
35.	Peter Flaherty	24:12
36.	Jim Dunn	24:17
37.	John Anagnostis	24:29
38.	Billy Lester	24:30
39.	Chris O'Sullivan	24:41
40.	Erich Reed	24:43
41.	Daniel Choe	24:48
42.	Larry Pinnis	24:49
43.	Mark Miles	24:50
44.	Norman Upbell	24:51
45.	Clint Whitting	25:02
46.	Wally McDonald	25:10
47.	Steve Kelly	25:13
48.	Stephen Argersome	25:21
49.	Greg Choultz	25:23
50.	Nate Lussard	25:24

51.	Robert Laniara	25:24
52.	Don Wilson	25:33
53.	Robert Sprague	25:37
54.	Steve Dargie	25:38
55.	Doug Zachel	25:42
56.	Michael Lacroix	25:45
57.	Merle Hartford	25:48
58.	Jeff Kent	26:02
59.	Jim Novotny	26:06
60.	Robert Cobelli	26:09
61.	Normand Brunelle	26:15
62.	Henry Wolter	26:23
63.	Rick Strout	26:31
64.	Steve Doney	26:32
65.	Bob Balguy	26:38
66.	Chris Eastman	26:38
67.	Dave Marquis	26:43
68.	Yun Keating	26:53
69.	Andrew Nesler	26:55
70.	Richard Wong	27:00
71.	Kevin Warrington	27:13
72.	Gary Hunt, Jr.	27:16
73.	Roger Pepper	27:17
74.	David Dowling	27:21
75.	George Linnie	27:22
76.	Bruce St. Onge	27:23
77.	Frank Morse	27:26
78.	Carl Gushue	27:30
79.	Charles Oullette	27:39
80.	Clement Charbonneau	27:43
81.	Guy Lallonde	27:46
82.	David Hawthorne	27:50
83.	Dave Conlay	27:53
84.	Gary Briggs	27:54
85.	Steve Korman	28:00
86.	Frank Antella	28:03
87.	Suzanne Seanyieu*	28:03
88.	Lonny Morrell	28:04
89.	Dave Goodwin	28:08
90.	Christina Snow*	28:11
91.	Paul Balguy	28:13
92.	Jennifer Mariotti*	28:18
93.	Kristen Benavente	28:20
94.	Charles Glover, Sr.	28:21
95.	Bob Beaudette	28:26
96.	Thomas Korman	28:31
97.	Robert Boston	28:33
98.	Bruce Brunelle	28:46
99.	David Hood-Fritz	28:52
100.	Jane Spodovich*	28:53
101.	Chris Gordon	29:03
102.	Stoddard Chaplin	29:07
103.	Michael Landry	29:12
104.	Bob Provost	29:12
105.	Robert Couture	29:15

106.	Judy Gagne*	29:16
107.	Richard Gagne	29:36
108.	Allison Haines*	29:41
109.	John Oullette	29:44
110.	Tia Chase	29:43
111.	Julie Hood-Fritz*	29:49
112.	Ed Scott	29:52
113.	Jean Smith*	29:53
114.	Maryann Sailer*	29:56
115.	Marguerite Comerford*	30:04
116.	Bob Perkins	30:07
117.	Steve Mooney	30:12
118.	Denise Coburn*	30:21
119.	Richard Pinette	30:38
120.	Leon Hodiaris	30:47
121.	Kim E. Burch*	30:53
122.	Don Bartholme	30:56
123.	Joanna Barlow	31:10
124.	Don Gray	31:12
125.	Russell Kelley	31:16
126.	Ed Lemire	31:25
127.	Richard Hawthorne	31:26
128.	Dick Roberge	31:29
129.	Anthony Gordon	31:30
130.	Jeffrey Paul	31:32
131.	Ted Seymour	31:34
132.	Jayna Flaherty*	31:37
133.	David Goodwin	31:51
134.	Beth Flaherty*	31:52
135.	Dick Hany	31:53
136.	Richard Kerry	31:55
137.	Norman Levasseur	31:56
138.	Gary Kent	32:00
139.	Louis Adicella	32:03
140.	Ricky Glover	32:05
141.	Glen Seimann	32:11
142.	Sue Randall*	32:13
143.	Scott Hawthorne	32:20
144.	Liz Dunbarley*	32:50
145.	Carl Kelan	33:08
146.	Molly Comerford*	34:11
147.	Dennis Morrill	34:44
148.	Don Hussar	34:53
149.	David Valmaia	34:54
150.	Oliver Michaud	35:06
151.	Judy Elliott*	35:12
152.	Ran Hunter	35:28
153.	Peter Carpenter	35:31
154.	Joanna Bartholme*	35:36
155.	Jessie Hamphill*	35:38
156.	Corinna Hood-Fritz*	35:50
157.	Mike Wolstat	36:12
158.	Charlene Stone*	36:12
159.	Mathaniel Tilton	36:19
160.	John Moore	36:23
161.	Muriel Pepper*	36:33

162. Charles Scribner	36:37
163. Jean Kelly	36:38
164. Preston Powell	36:42
165. J.J. Dunn	36:58
166. Stephen Mainway	37:18
167. Cathy Hurrell*	37:19
168. Thomas McCarthy	37:23
169. Scott Foley	37:32
170. Suzanne Bourassa*	37:34
171. Tracy MacLeod*	38:13
172. Kathryn Bernier*	38:13
173. Dan Chadbourne	39:13
174. Rosemarie DeAngelis*	40:13
175. Carol Zucchi*	40:13
176. Anne Garripy*	42:13

Results courtesy of Bob Provost
Marathon Sports

HUSON RECREATION MAJORS ROAD RACE BANGOR 6 Miles March 29, 81

1. O.J. Logos	30:22
2. Mike Gage	31:51
3. Tom Leonard	31:53
4. Steve Dexter	32:23
5. Dick Fournier	32:48
6. Mike Swanson	33:48
7. Len Price	33:49
8. John Gordon	34:06
9. Eric Ellis	34:25
10. Ken Letourneau	34:59
11. Patqua Kenny	35:26
12. John Mille	35:26
13. Robin Emery*	36:25
14. Eric Greenan	36:29
15. Robert Snow	37:07
16. Tom Scagliarini	37:11
17. Dick Powell	37:13
18. Vaughn Holyoke	37:24
19. Dave Alley	37:40
20. Cliff Macfield	37:47
21. Gerry Clapper	38:13
22. Steve Giles	38:18
23. Glen Holyoke	38:19
24. Steve Norton	38:22
25. Ken Martin	38:26
26. Kevin Kenny	38:30
27. Richard Everett	38:35
28. Mark Stilling	38:39
29. Steve Pelley	38:44
30. Paul Conner	38:46
31. Greg Fetter	39:04
32. David McIntyre	39:20
33. Margaret Johnson*	39:20
34. Bob Gaboury	39:23
35. Richard Clark	40:22
36. Al Michaelson	40:23
37. Gil Roderick	40:38
38. D. Billings	41:28
39. Tom Houston	41:28
40. John Holyoke	41:37
41. Diane Lounder*	42:28
42. Paul Guerin	42:30
43. Chris Morley	42:37
44. Greg Pelkey	42:39
45. Terrence Cousins	42:39
46. Kate Donovan*	43:38
47. Ed Versault	44:13
48. Frank Knight	44:18
49. Peter Mackintosh	44:22
50. Bill Pinkham	44:48
51. Lee Stover	45:53
52. Jeanette LaPlante*	46:25
53. Norman Michael	47:02
54. Bill Eisenhardt	47:32
55. Laura Burbank*	48:04
56. Pam Hennings*	48:10
57. Barbara Rand*	49:06
58. Tina Poitras*	49:06
59. Walter Capen	49:33
60. Bill McDonald	49:44
61. Craig Boyd	50:43
62. Debra Soy*	50:57
63. Benita Quales*	51:19
64. Betty Margeau*	51:50
65. Anna Norton*	51:55
66. Diana May*	52:06
67. Lisa Young*	52:31
68. Brad Hennessey	52:39
69. Lisa Page*	52:39
70. Kevin Duvall	52:46

FIN RUN (1 1/2 miles)

1. Steve Hayes	8:06
2. Buddy Cousins	9:30
3. Ed Budd Jr.	9:37
4. Jack Bingham	10:10
5. Norj Abrams*	10:37
6. Richard Falletier	11:27
7. William Sawtell	11:28
8. Pam Bingham*	11:49
9. Robin Seavey*	12:28

Results courtesy of Pam Hennings
Race Director

THIRD ANNUAL BOSTON PRIMER

BRADFIELD 15 Miles Apr. 3, 81

1. Rock Green	1:33:25
2. Steve Dexter	1:35:15
3. Steve Russell	1:37:27
4. Ralph Fletcher	1:38:46
5. Sam Slamer	1:39:19
6. Larry Ooms	1:39:38
7. Phil Stuart	1:40:52
8. Nicky Lackey	1:41:09
9. Cino Valeriani	1:41:38
10. Bob Coughlin	1:41:56
11. Eric MacCarr	1:42:03
12. Mike Talbot	1:42:11
13. Gary Cochran	1:42:32
14. Gary Quinby	1:43:03
15. Bryant Bourgain	1:43:10
16. Rick Stewart	1:43:41
17. Gene Roy	1:44:22
18. Andy Pelletier	1:44:34
19. Russ Gonnis	1:44:46
20. George Johnson, Jr.	1:45:07
21. Greg Parlin	1:45:38
22. E. J. Harper	1:47:13
23. Paul Jackson (M)	1:48:03
24. Bill Lashley (M)	1:48:04
25. John Trefethen (M)	1:48:21
26. David Deloia	1:48:51
27. Jim Kanne	1:48:57
28. Mike Hanley	1:49:06
29. Bob Quentin	1:49:13
30. Bill Barker	1:49:34
31. Bill Sayles (M)	1:49:29
32. Gary Grady	1:49:49
33. Kevin White	1:49:01
34. Herb Strom (M)	1:49:13
35. Doug Ware	1:49:53
36. Bill Dayton (M)	1:49:42
37. Bob Jolicœur (M)	1:49:10
38. John Leeming	1:49:17
39. Chase Pray	1:49:34
40. Pete Galle (M)	1:49:48
41. Bill Sylvester	1:49:54
42. Bob Millgrove	1:49:57
43. Dennis Black	1:49:14
44. Gary Wright	1:49:14
45. Kim Resulien*	1:49:24
46. Vernard Lewis (M)	1:49:56
47. Warren Billings	1:49:59
48. Bill Yates (M)	1:49:30
49. Carlton Wendell (M)	1:49:24
50. Bob Cromwell	1:49:28
51. Marc Jones	1:49:58
52. Bob Nicholson	1:49:09
53. Doug Ludwig (M)	1:49:09
54. Gary Christie	1:49:42
55. Mike Simonsen	1:49:50
56. Diane Fournier*	1:49:01
57. John Meneau	1:49:02
58. Gary O'Leary	1:49:05
59. Dean Henningsen	1:49:09
60. Larry Rich	1:49:32
61. Roger Dwyer	1:49:39
62. Kevin Burns	1:51:10
63. Charles Francis	1:51:12
64. Al Taber	1:51:20
65. Marsha Ogilvie*	1:51:36
66. David Quinn	1:52:01
67. Randy Phillips	1:52:57
68. Steve Rainford (M)	1:52:57
69. James Mook (M)	1:53:48
70. Tom Paquette	1:55:51
71. Joe Keller	1:56:02
72. Cliff Fletcher (M)	1:56:17
73. Ray Lunnar	1:56:28

74. Ray Ogilvie	1:54:30
75. Ed Aclew (M)	1:54:31
76. Bob Day	1:54:32
77. Dick Sahina (M)	1:54:46
78. Gary Barrett	1:55:04
79. Bob Grotzer (M)	1:55:09
80. Ray Bryant (M)	1:55:53
81. Ben Venskus	1:56:03
82. Bill Johnson	1:56:24
83. Joe Lovajoy	1:56:43
84. Wandy Sayres* (M)	1:57:06
85. Barbara Coughlin*	1:57:31
86. Brett Richardson (M)	1:58:11
87. John Schwerdel	1:58:40
88. Bruce King	1:59:07
89. Mike Curris	1:59:30
90. Robert Waddle (M)	1:59:31
91. Dave Tienann	1:59:53
92. Tony Lapora	1:59:54
93. Mary Jane Day*	2:00:51
94. Bruce Jon Bell (M)	2:01:10
95. Bill Barbour	2:02:32
96. Evelyn King*	2:03:02
97. Paul D'Amboise (M)	2:03:37
98. Haon Smith (M)	2:03:58
99. Jeff Prehla	2:04:12
100. Roger St. Louis	2:05:35
101. Tom Webber (M)	2:05:35
102. Paul Truanti (M)	2:05:53
103. Jane Waddle*	2:07:28
104. Patricia Tremblay*	2:07:48
105. K. Hanson	2:12:06
106. Alhart Utterstrom	2:18:08
107. David Brooks	2:19:27
108. Charles Clapper (M)	2:23:59
109. Leona Clapper* (M)	2:23:59
110. Jean Thomas* (M)	2:24:50
111. Sandra Utterstrom*	2:24:50
112. Byron Bennett (M)	2:27:17

THE RACE OF UNDISCLOSED DISTANCE 4.3 miles

1. Dan Case	23:22
2. Brian Warren	23:55
3. Dick MacDonald (M)	24:57
4. Arthur Warren	25:10
5. Tom Swan	25:13
6. Don Riss	25:34
7. Doug MacDonald	25:43
8. Andy Lilburn	26:37
9. Brian Shacter	26:43
10. Adrian Lilburn*	27:03
11. Laurie Gordon	28:02
12. Walt McKee	28:37
13. David Cogan (M)	28:57
14. Mike Barvier	28:46
15. Forrest Small	29:09
16. Patty Clapper*	29:12
17. Greg Dugan	29:13
18. Chuck Trefethen	29:21
19. Jim Mitton	29:35
20. Mike Wright	29:39
21. Mary Clapper*	29:55
22. Tom Lukas	30:25
23. Bill Thornton	31:13
24. Ronald Lindholm	31:15
25. Joanne Perkins*	31:19
26. Andy Saborn	31:47
27. Peter Baumann	31:57
28. Richard Mitton	32:09
29. Gerald Hoff	33:09
30. Cheryl Harrington*	35:21
31. David Shacter	36:36
32. William Tenier (M)	36:59
33. Eugene Shalaska	36:59
34. Judy Trefethen* (M)	36:51
35. Donna Jean Pohlman	37:24
36. Michael Levey	39:35
37. Carol Linker*	39:35
38. Suzette Bois*	39:41
39. Norma Mitton* (M)	40:10
40. Gladys Richardson* (M)	43:53
41. Laurie Cooper*	44:55

Results courtesy of Marty Thornton
Race Director

NATURAL LIGHT BENJAMIN'S 10K ROAD RACE Bangor April 15, 81

1. O.J. Logos III	31:56
-------------------	-------

2. Steve Dunlap	33:41
3. Steve Giles	34:08
4. John Condon	35:12
5. Eric Ellis	35:36
6. Mike Cole	36:57
7. Paul Doody	37:10
8. Steve Porter	37:31
9. Eric Greenan	37:34
10. Greg Burby	37:36
11. Dave Torrey	37:39
12. John Frachella	37:46
13. Glen Holyoke	38:13
14. Vaughn Holyoke	38:14
15. Richard Everett, Jr.	38:33
16. Gerald Ellis	38:35
17. Larry Lunn	38:42
18. Steve Morton	38:44
19. Dennis Bates	38:46
20. Charles Nichols	38:55
21. Dave Cote	39:00
22. Judson Esty-Kendall	39:08
23. Dave Alley	39:12
24. Cornelius Russell	39:22
25. Greg O'Donnell	39:54
26. Bobby Baldwin	40:32
27. Ken Martie	40:46
28. Paul Fuller	40:51
29. Ben Milster	40:53
30. Richard Cairns	41:01
31. Richard Clark	41:11
32. John Holyoke	41:32
33. Diane Lounders	41:37
34. Carroll Lee	43:40
35. Lee Stover	44:08
36. Gregory Pelkey	44:24
37. Tim Gale	44:41
38. Paul Guerin	44:41
39. John Cashin	45:11
40. Sue Prohaska	45:14
41. Dianne Cerville	46:00
42. Mary Margaret Roseberry	46:12
43. Gregg Lunn	46:48
44. Peter Baldi	47:00
45. Mary Ann Schick	47:15
46. Robert Spaulding	47:19
47. Patricia Lucas	47:35
48. Brandon Crowe	47:39
49. David Lunn	47:53
50. Erin Cashin	48:37
51. Walter Capen	48:44
52. Kate Brady	48:58
53. Leo Emerson	48:58
54. Cathy Lunn	49:17
55. Janice Pilotte	49:22
56. Craig Boyd	49:33
57. Leah Schuman	49:59
58. David Begin	50:09
59. William Martin	50:09
60. Jeff Nichols	51:35
61. Ken Hodsdon	51:50
62. Not Registered	51:50
63. Carol Graham	51:54
64. Scott Tilton	52:46
65. Kim Danlen	52:48
66. Dorothy Stockard	52:53
67. Peter Nichols	53:04
68. Jeff Zabit	53:07
69. Larry Van Peursen	53:11
70. Robert Lyr	54:14
71. Neil Lord	54:14
72. Mark Freeman	55:22
73. Mary Tencat	56:08
74. V. Paul Reynolds	57:27
75. Mark Woodward	57:29
76. Richard Hay	57:43
77. David Adelman	57:48
78. Jane Philbrick	61:21
79. Al Benfield	61:22
80. Steve Grant	65:14
81. David Lee	69:00
82. Joline Braley	86:57
83. Maxine Quartarone	86:59
84. David Quartarone	86:59
85. Shannon Braley	86:59
86. Chris Hutchins	87:44
87. Mike LeBlanc	1:49:44
88. Clarice Page	1:50:30
89. Pamela Millern	1:50:30

Results courtesy of Al Nicholson & Alfred Bourgois
Race Directors

FIRST ANNUAL MUSSON COLLEGE CHIEF WEEK BRAVE RUN '81

Bangor 10K Apr 11, 81

1. Steve Dunlap	33:46
2. Ken Letourneau	34:45
3. Rick Mulhern	36:40
4. Eric Ellis	36:52
5. Dave Torrey	36:57
6. Eric Greenan	38:14
7. Tom Scagliarini	39:05
8. Fergus Kenny	39:49
9. Rick Cairns	39:57
10. Larry Rich	40:12
11. Cliff Hatfield (M)	40:13
12. Bob Saboury (M)	40:28
13. Don Violette	40:48
14. Loren Ritchie (M)	40:48
15. Carroll Lee	41:51
16. Tom Houston	42:24
17. Diane Lounders	42:45
18. Barry McLaughlin	43:04
19. Warren Hedstrom	43:14
20. Paul Guerin	44:40
21. Peter Baldi	45:36
John Cashin	45:36
23. Dale Perkins	45:51
24. David Lunn	50:47
25. Bill McDonald (M)	55:09
26. Tasha Brady	75:12

Results courtesy of Skip Howard & Bob Souker
Race Directors

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 700 applications to the address on the title page.

SUBSCRIBE TO MAINE RUNNING

If you want to subscribe to Maine Running simply send the information below and mail it with your complete address to:

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

When you subscribe send a check for \$15 or \$12.50 if you are renewing.

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

Name: _____

Address: _____

Zip _____

Please include check for \$15.

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sport
center

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TEL. (207)-945-5032

FLAGS - PLAQUES - ENGRAVING - TROPHIES - AWARDS
CARVED WOOD SIGNS

ANNOUNCING THE INFLATION BEATER

TROPHY WORLD is pleased to announce what we consider to be
your INFLATION BEATER!

We are offering a new line of trophies which are available in
Gold with Blue or Green trim. The sizes available and the prices
per size are as follows:

ORDER NUMBER	OVERALL HEIGHT	COST PER TROPHY
D-01G6	10"	\$ 6.70
D-02G6	11"	6.90
D-03G6	12"	7.10
E-01G6	13"	8.50
E-02G6	14"	8.90
E-03G6	15"	9.30
E-04G6	16"	9.75
E-05G6	17"	10.25

The above prices are quoted on Size #6 figures. See inside
cover of our catalog to determine which items are available in
Size #6 figures. Larger figure sizes are available at additional
costs.

Our supplier has advised that he will try to fill all of our
orders during the upcoming Yearend School Season; however, to insure
that YOU TOO can enjoy this INFLATION BEATER, why not order now? An
order placed now will GUARANTEE delivery when you present your awards
in the latter part of May or June. Of course, these trophies and
LOW PRICES are also available now for your current needs.

If you have any questions on the above, please don't hesitate
to contact us at 945-5032.

MOST ORDERS SHIPPED WITHIN 2 DAYS.

Fourth Annual

Run for Fun



We Can
Help.



Maine National Bank

TO BENEFIT THE PINE TREE SOCIETY FOR CRIPPLED CHILDREN AND ADULTS

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

When: Sunday, June 28, 1981, at 11:00 A.M.
Runners should report at 10:00 A.M.

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

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

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

Awards To: first fifteen finishers - open



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Awards To: first fifteen finishers—open
first ten women finishers
first three female & first three male finishers ages 18 and under
first three female & first three male finishers ages 30 to 39
first three female & first three male finishers ages 40 to 49
first three female & first three male finishers ages 50 to 59
first three female & first three male finishers ages 60 and over

Additional awards to first finisher wearing a Maine National Bank Race T-Shirt, to the youngest finisher, and to the oldest finisher.

FREE COLORFUL RACE T-SHIRTS FOR FIRST 300 ENTRANTS

Changing, shower accommodations available at Portland Boys' Club, Cumberland Avenue, Portland.

FREE refreshments served following the race.

AWARDS CEREMONY will be held following the race in Maine National Bank's Plaza.

OFFICIAL ENTRY FORM

In consideration of this entry being accepted, I for myself, my heirs and assigns hereby waive and release any and all rights and claims I may have against the sponsor of this race. Entry materials will be sent to address given below.

Please print:

Name _____ Street _____
City _____ State _____ Zip _____
Date of Birth _____ Male _____ Female _____

Signature _____

Mail this form plus the \$3.00 Pre-registration Entry Fee (registration fee on day of race is \$4.00) payable to Maine National Bank on or before June 23, 1981, to:

Fred Hegemeister, Race Director (Telephone 207-775-1000)

Maine National Bank, 400 Congress Street, P.O. Box 919

ANNOUNCING THE 1981

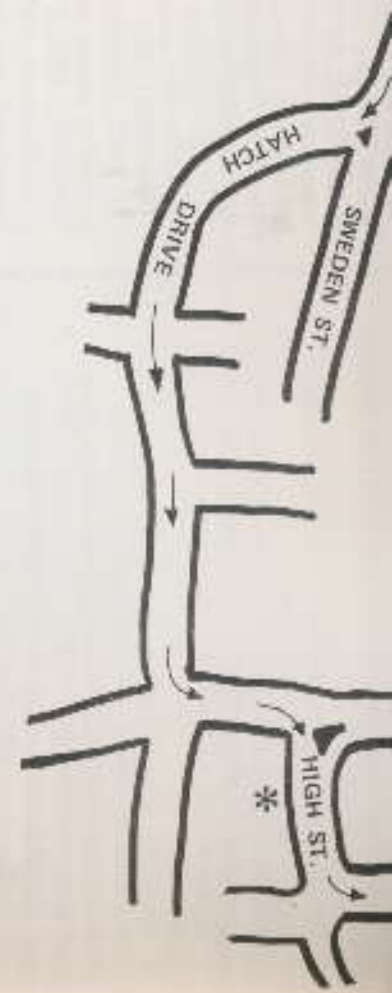
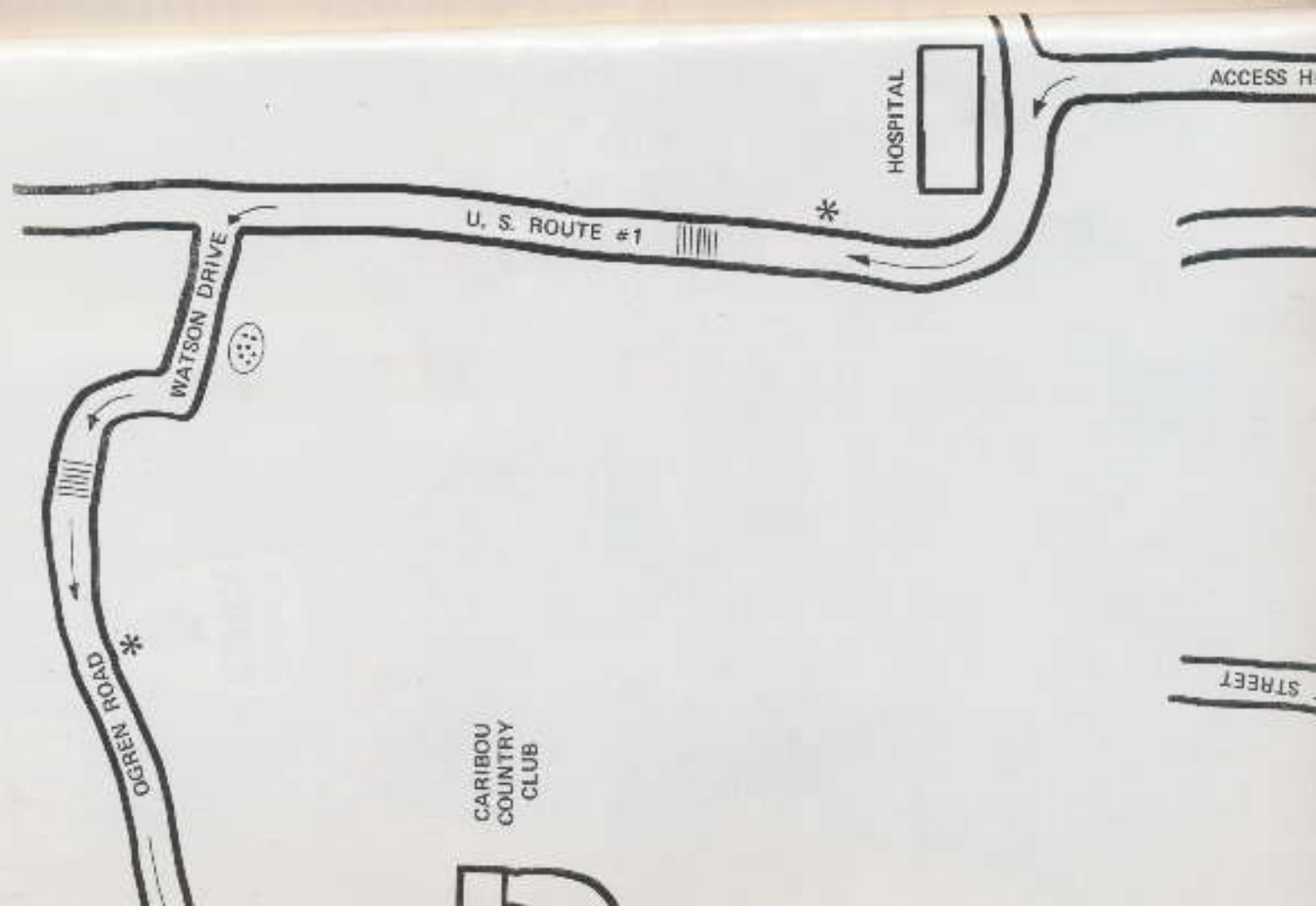
NATURAL LIGHT HALF MARATHON SERIES

OF

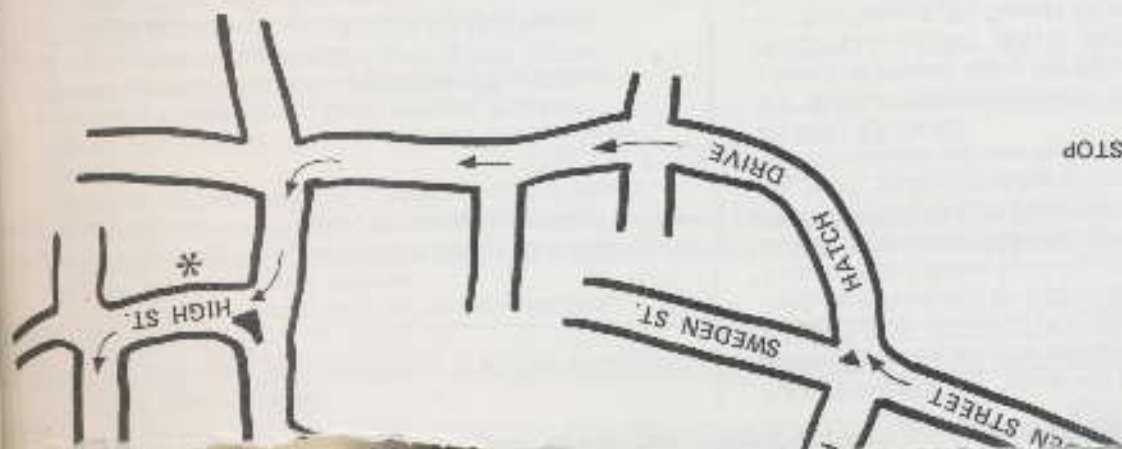


CARIBOU





ANNOUNCING THE 1981

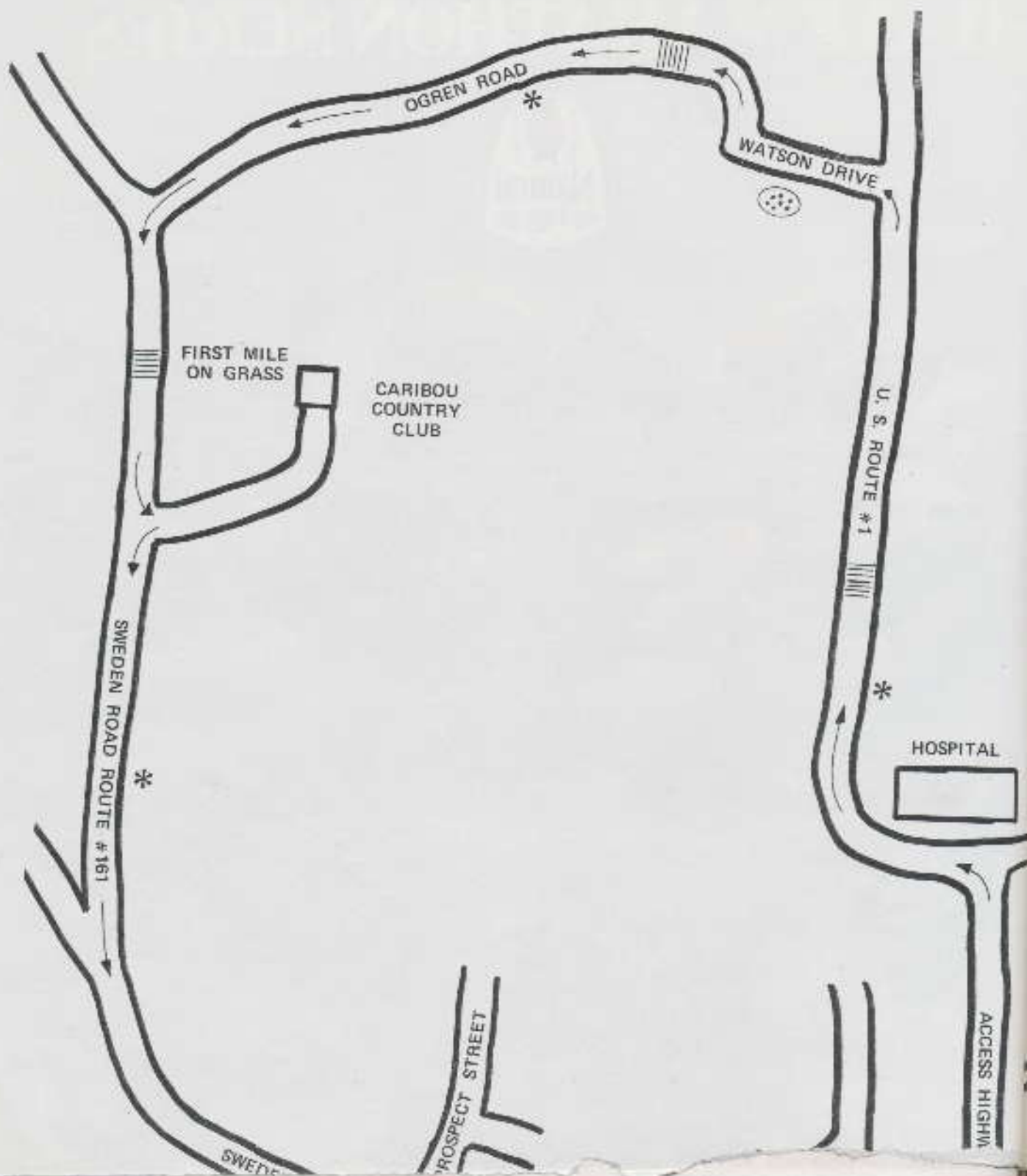


SPONGE STOP

* WATER

HILL

LEGEND:



PLACE: Caribou, Maine

DATE: Saturday, June 20, 1981 at 5:30 P.M. SHARP!
Walkers at 4:00 P.M.

ELIGIBILITY: Open to all men, women, children,
joggers, runners and race walkers.

COURSE: Half Marathon (13.1 miles). The course
starts and finishes at the Caribou Country Club.
Moderate difficulty with mile markers and split timers
provided.

AWARDS: Over \$3,000 in Prizes - Bill Rodgers Gore-
Tex suits, running shoes, Casio watches, Runners
World and Maine Runner subscriptions, Black State
Trivets and shoes by: NIKE.

T-SHIRTS: Official Natural Light Half Marathon
T-Shirts offered after the race.

GRAND PRIZE: The top male and female runners
win an expense paid trip to compete in the Natural
Light Half Marathon in Orleans, Mass., on July 19,
1981.

AGE DIVISIONS: Male: 17 and under; 18-29;
30-39; 40 and over. Female: 17 and under; 18 and
over; and Walkers.

TIMES/PLACES: Official computerized "Acu-Time"
cards will be mailed to all finishers two weeks after
the race.

REFRESHMENTS: There will be plenty of refresh-
ments following the race to help cool you off.

POST RACE ACTIVITIES: Following the awards
ceremony there will be a chicken barbeque. Also,
there will be a dance from 8 p.m. to Midnight with a
live band. Both activities are free to race participants.

ENTRY FEE: \$4.00 pre-entry fee on or before June
15, 1981, \$6.00 late entry thereafter. All entries are
non-refundable and non-transferable.

REGISTRATION:

BY MAIL: Mail the complete entry blank along with
a check or money order payable to:

NATURAL LIGHT HALF MARATHON of Caribou,
c/o Bob Duprey, 35 Teague Street, Caribou, ME 04736.

Do not mail entries after June 12th. If you do not
receive registration confirmation it will be available on
the afternoon of the race.

REGISTRATION:

DAY OF RACE: There will be registration at the
start/finish area at the Caribou Country Club between
4:00 P.M. and 5:15 P.M.

For Further information on NATURAL LIGHT
HALF MARATHON OF CARIBOU write or call
Conrad Walton, 35 New Sweden Road, Caribou, ME
04736 - (207) 498-3305.

Please send check or money order payable to: NATURAL LIGHT HALF MARATHON OF CARIBOU,
c/o Bob Duprey, 35 Teague Street, Caribou, Maine 04736.

Last Name															First Name															Male		Female		Age	
																														<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
Street															Including Apt. No. and/or C/O																				
State															Zip Code																				
Birth Date			Telephone			T-Shirt Size																		Check For		<input type="checkbox"/>									
Mo. Day Year			Area No. No. No.			S M L																		Walker Division		<input type="checkbox"/>									

RELEASE FORM (Mandatory)

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators,
and release any and all rights and claims for losses and damages I may have against Anheuser-Busch, Inc., Motion Promotion, Inc., Solman
et al., and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest
and certify that I am physically fit, and have sufficiently trained for the completion of this event and my physical condition has been verified by a
medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recordings
or other record of this event for any purpose whatsoever. NO ONE MAY ENTER THIS EVENT WITHOUT SIGNING THIS OFFICIAL
RELEASE FORM.

SIGNED: _____ DATE: _____

Have you signed the release?

If under 18, signature of your parent or
legal guardian is required.

ANNOUNCING THE 1981

UNION TRUST



TO BENEFIT BIRDSACRE SANCTUARY

Date: June 13, 1981

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

Time: 10:30 AM

Registration: Fee is \$3.00. Registration begins at 9:30 AM. Pre-registration is encouraged. T-shirts awarded to the first 100 entrants. Send registration forms and entry fee to Union Trust Company, 66 Main Street, Ellsworth ME 04605. If there are any questions, contact Ed McFarland, Race Director at 667-2504.

Course: Run on back roads of Ellsworth and along Route 1A.

Facilities: Rest rooms will be available at the bank.

Award categories: Youngest boy finisher, youngest girl finisher.

High school boy, high school girl, 1st, 2nd & 3rd prizes.

Men 19-30, women 19-30 - 1st, 2nd & 3rd prizes.

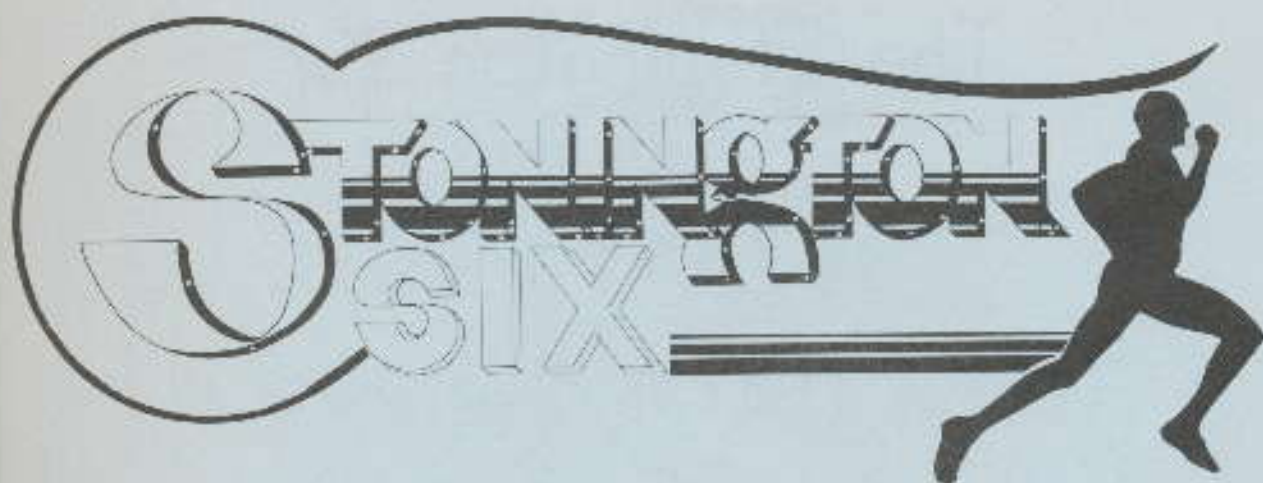
Men 31-40, women 31-40 - 1st, 2nd & 3rd prizes.

First man over 40, first woman over 40.

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 1981 Union Trust 4-MILER.

Name _____ T shirt size S M L
Address _____ City _____ State _____
Signature _____ Age _____ Club _____
Parent or guardian (if under 18) _____



6.2 MILES (10 kilometers) ROAD RACE

When: Sunday, June 7, 1981 - 1:30 p.m.
Rain or shine.

Where: Stonington Elementary School,
Stonington, Maine (see map on reverse)

Sponsor: Penobscot Bay Press

Benefit: Island Nursing Home

Awards: Free T-shirts to first 100 finishers.
Prizes to first and second finishers in each
division. Trophy to first Deer Isle or Stonington
resident to finish.

Divisions: Men's and Women's

Ages: 24 and under 35 - 44
 25 - 34 45 and older

Registration: \$3 to June 4, \$3.50 up until
time of race.

REGISTRATION

STONINGTON SIX, JUNE 7, 1981

In consideration of this entry being accepted, I for myself, my heirs, assigns and administrators, hereby waive and release any and all rights and claims of 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 _____

Name _____ Age _____ Sex _____

Address _____

Signature (or parents signature if under 18) _____

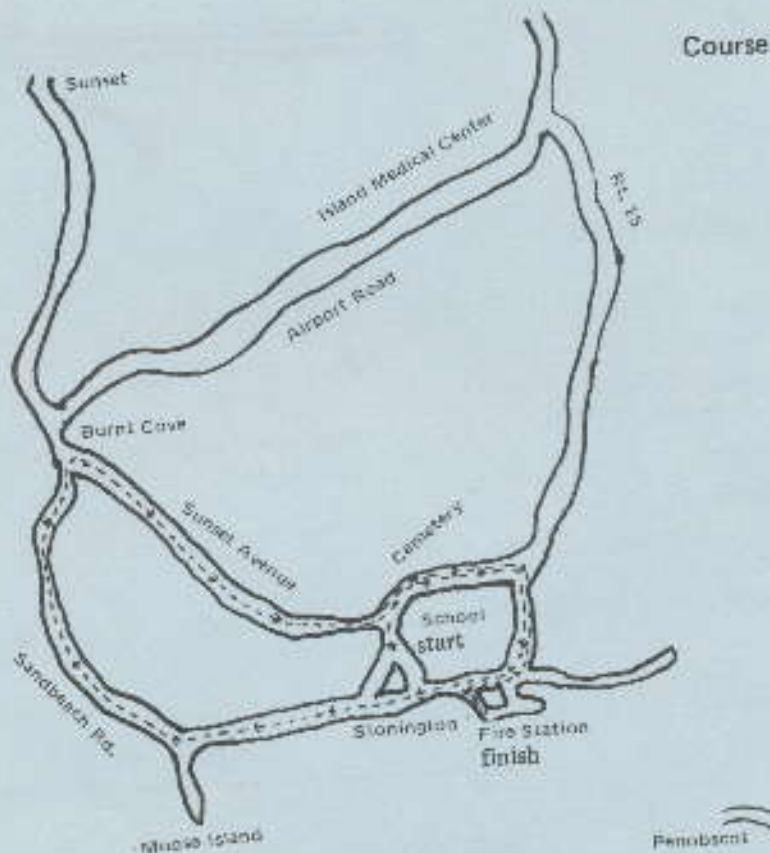
Mail to: Caty Betts, Penobscot Bay Press, Box 36 R.R., Stonington, Maine 04681

The Stonington Six

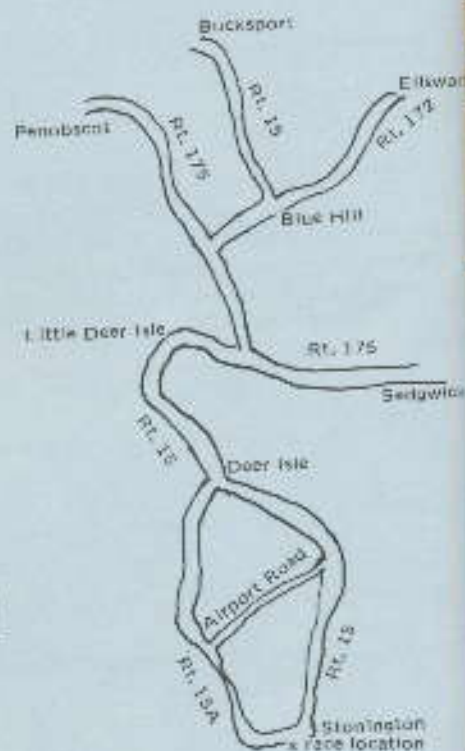
6.2 MILES - 10 KILOMETERS

JUNE 7, 1981

START 1:30 p.m.



ROUGH LOCATER MAP



ALL ARE WELCOME
SPONSORED BY PENOBSCOT BAY PRESS
BENEFIT: ISLAND NURSING HOME

For further information call Nathaniel Barrows 367-2200
Richard Powell 367-2781

Restroom facilities are available at the Elementary School and Town Office, Stonington.

ZONTA ROAD RACE



5 mile ROAD RACE and 2mile FUN RUN

GOOD TIME FOR THE WHOLE FAMILY!

WHEN: Saturday, June 6, 1981 -10:30 A.M.
Rain or Shine.

WHERE: Colby College Athletic Complex.
Complete facilities.

SPONSORS: Zonta Club of Waterville
in cooperation with Central Me. Striders.

BENEFIT: Waterville's North Street
Recreational Area.
Spectators encouraged see other side.

DIVISIONS: Men's and Women's
Ages 14 and under 30 - 39
15 - 19 40 - 49
20 - 29 50 and over

AWARDS: Prizes to 1st & 2nd places
in each category of the Race.
Certificates to all participants in the Fun
Run.

REFRESHMENTS

Cold drinks, coffee and lunches on sale for
everyone. Rain or shine.

REGISTRATION: 5 mile wheel measured
Road Race - \$3.00 pre-registration fee before
May 30th. Free head band to first 100
registrants. \$4.00 fee after May 30th and
on race day from 9:00 a.m. to 10:15 a.m.
2 mile Fun Run registration \$2.00. For
free registration, see other side.

ZONTA ROAD RACE ☐

ZONTA FUN RUN ☐

1981

NAME _____ SEX _____ AGE _____

ADDRESS _____

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

Signature _____

Parent's Signature if under 18 _____

MAIL TO: Zonta Road Race, P.O. Box 275 RFD#1, Belgrade, Maine 04917
MAKE CHECK PAYABLE TO: Zonta Road Race
For additional information contact: Marj Lalime 207-873-5397

ZONTA ROAD RACE

to benefit Waterville's North Street Recreational Area

Saturday, June 6, 1981

If the participant brings in \$25.00 or more in prepaid pledges, the registration fee will be waived. Sign up as many sponsors as possible for every mile you plan to complete.

NAME _____
 ADDRESS _____ City _____ Zip _____ TELEPHONE: _____

NAME	STREET AND CITY	PHONE	Pre-paid donation	Pledge per mile	Total Owed	Total collected
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
TOTAL MILES COMPLETED _____		TOTALS				

COME RUN ON WATERVILLE'S BEAUTIFUL COLBY COLLEGE CAMPUS!

MAPS AVAILABLE ON RACE DAY, JUNE 6.

We

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The Bethel Inn & Country Club

2nd Annual Weekend for Runners June 5th & 6th 1981

What a great way to start the summer! A complete weekend at the Bethel Inn, just an hour and a half from Portland.

RACE SCHEDULE

Saturday, 10AM 10K (6.2 Miles)
Sunday, 10AM Half Marathon (13.1 Miles)
Wheel measured courses - maps available race day

Course Records: Kim Wetlaufer — 31:17
Gene Coffin — 1:08:56



AWARDS FOR EACH RACE

1-10 Open • First 5 Women • 30 & Over(3) • 35 & Over(3) • 40 & Over(3) • 45 & Over(3)
50 & Over(3) • Middle of pack award • Boys 16 & under(3) • T-shirts to first 100 finishers

Both races under supervision of the Maine Track Club. \$3.00 entry fee for each race.
Registration time for each race: 8:30 a.m.

The weekend package includes all entry fees, Friday & Saturday night lodging, dinner Friday & Saturday, breakfast Saturday & Sunday, plus a running clinic with movies at 3:00 p.m. Saturday.

It also includes use of all facilities of the Inn...golf, tennis, sailing, swimming, a sauna & live entertainment.

Prices are for the complete weekend, including lodging, food, gratuities & taxes, running clinic, movies & use of all the Inn's facilities. Rates start at just \$67.00 per person, double occupancy & go to \$91.00, depending on accommodations.

Make your reservations now for a great weekend. Singles, couples or families (with special rates for kids). A good time for all.

For Reservations Call: THE BETHEL INN, BETHEL, MAINE 04217, Tel. (207) 824-2175
Race Director: BRIAN T. GILLESPIE, 3 GRACE ST., PORTLAND, MAINE, Tel. (207) 772-3617

MAINE TRACK CLUB



Camden 10,000 Metres



SUNDAY, MAY 31, 1981
REGISTRATION 8:30 TO 9:30 A.M.
RACE STARTS AT 10:00 A.M.

Course Records:

Bob Hodge 29:33
Joan Benoit 33:27



1981 NIKE/CAMDEN 10,000 METRES

The first of four MAINE 10K CHALLENGE SERIES.
Fourth Annual Camden 10K, wheel measured sea-
side course, unique awards, t-shirts to first
400 finishers. Pre-registration recommended.
Make checks payable to Bruce Booker.

Field Limited to 800
\$4.00 Entry Fee

ENTRY FORM

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participating in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

(Parent's signature if under 18 years of age)

Shirt Size: S M L XL (circle one)

Signature** _____

RETURN ENTRY WITH REMITTANCE TO: Entry Fee: \$4.00

Print Name _____

Bruce Booker
16 Knowlton St.
Camden, ME 04843
Tel. 236-3692

Address _____

Club or School Affiliation _____

Age _____ Division Entering _____



LES FEMMES DE ACADIA

10,000 Meters (6.2 Miles) Road Race



A foot race for women that will be challenging and scenic. The course will take the participant through beautiful Acadia National Park, then along the rock bound coast with waves and surf pounding against the land, through the sleepy hamlet of Manset with its boat building yards and finally through the coastal community of Southwest Harbor with its charm and friendliness.

WHEN: Sunday, May 24, 1981
2:00 p.m. Start
1:00 p.m. Registration Harbor House
Community Recreation Center
Southwest Harbor, Maine 04679

COST: \$3.00 pre-registration fee before May 17
\$3.50 registration day of the race

AWARDS: T-Shirt to the first 100 entrants
Over-all trophy
Medals for second and third place
Ribbons and certificates

REFRESHMENT: High Energy Bars and Cold Drinks to
Participants. Water Stations on Route

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 rights and claims I may have against the sponsors of the race.

Signature

Parent's signature if under 18

Mail to: Harbor House Community Recreation Center
Southwest Harbor, Maine 04679

Make check payable to: Harbor House Community Recreation Center

For additional information contact Race Directors:
Marty Lyons (207) 244-3713 or Ron Greenberg (207) 244-7020

the 2nd annual MUSTANG road race



BY THE CMVTI RUNNING CLUB TO BENEFIT
THE NELSON INGALLS SCHOLARSHIP FUND

WHEN: SUNDAY, MAY 17TH, 1981
10:00 A.M. START
8:30 - 9:45 A.M. REGISTRATION

WHERE: START AND FINISH AT CMVTI 1250 TURNER STREET AUBURN, MAINE
REFRESHMENTS & SHOWERS AVAILABLE AT CMVTI DORMITORY

COURSE: 5 MILES (8.05 KM) • WHEEL MEASURED • MAPS AVAILABLE
RACE DAY • COURSE RECORD: 26.22 CHRIS ADAMS •

DIVISIONS: (TROPHIES AND/OR MERCHANDISE AWARDS FOR):

- 1 - 3 OPEN MEN
- 1 - 3 OPEN WOMEN
- M, F 30 - 39 YRS OF AGE
- M, F 40 - OVER YRS OF AGE
- 1 BEST GROUP PARTICIPATION (MUST BE REGISTERED AS A GROUP).
- 1 CMVTI STUDENT
- 1 YOUNGEST
- 1 OLDEST
- 1 MIDDLE OF PACK

FREE- MUSTANG ROAD RACE T-SHIRT TO FIRST 50 TO REGISTER.

REGISTRATION ENTRY FEE: \$2.50 IN ADVANCE / \$3.00 RACE DAY

NAME _____ PHONE _____

ADDRESS _____

MALE _____ FEMALE _____ AGE _____ GROUP AFFILIATION _____
(IF APPLICABLE)

MAIL TO: ALAN RUSSELL / RACE DIR.
BOX 33 CMVTI
1250 TURNER STREET
AUBURN, MAINE 04210

IN CONSIDERATION OF ACCEPTANCE OF THIS ENTRY, I, FOR MYSELF, MY HEIR, MY ESTATE AND ADMINISTRATORS WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE SPONSORS OF THIS RACE AT CENTRAL MAINE EDUCATION, TECHNICAL INSTITUTE, IN THE CITY OF AUBURN, AND THE OFFICERS AND MEMBERS OF THESE ORGANIZATIONS, THEIR AGENTS, REPRESENTATIVES OR ADVISORS FOR ANY AND ALL INJURIES BEFORE, DURING, AND AFTER THIS RACE.

SIGNATURE _____

SPONSORED BY:

- THE ATHLETIC ATTIC
- AL'S SPORTS
- THE HOCKEY SHOPPE
- OLYMPIAD ATHLETIC CO. INC.
- THE GOOD SPORTS
- BURGER KING OF AUBURN
- WENDY'S OF AUBURN
- McDONALD'S OF AUBURN

BEAUTIFUL COUNTRY RUNNING
SECOND ANNUAL
HERMON
10 KILOMETER ROAD RACE

SPONSORED BY HERMON RECREATION COMMITTEE

SUNDAY

MAY 17, 1981

9 AM

OFFICIAL ENTRY BLANK

NAME _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ AGE _____ SEX _____
DIVISIONS: 15 & UNDER 16-18 19-29 30-39 40-49 50 & OVER

TROPHIES OR AWARDS TO FIRST THREE FINISHERS; FIRST WOMAN; FIRST MAN AND WOMAN IN EACH DIVISION; FIRST HERMON FINISHER.

RACE STARTS AND FINISHES AT THE HERMON HIGH SCHOOL, MILE MARKERS, WATER POINTS, RESCUE SQUAD, RADIO NET, OPEN GYM, REST ROOMS, JUICE. FEE \$3.00

ALSO

TWO (2) ONE MILE SPORT RUNS

RACE 1 AGES 12 and under FEE \$1.00 AWARDS TO FIRST, SECOND, AND/OR FIRST GIRL
RACE 2 AGES 13-15 FEE \$1.00 AWARDS TO FIRST, SECOND, AND/OR FIRST GIRL
SPORT RACES WILL BE RUN AFTER PRESENTATION OF AWARDS FOR 10 KM RACE.

PLEASE CIRCLE RACE CHOICE 10KM 1 2

AMOUNT ENCLOSED

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I, FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR PERSONAL DAMAGES I MAY HAVE AGAINST OFFICIALS AND RACE SPONSORS. I ATTEST AND VERIFY THAT I HAVE FULL KNOWLEDGE OF THE RISKS IN THIS EVENT AND I AM PHYSICALLY FIT TO PARTICIPATE.

SIGNATURE _____

DATE _____

(PARENT OR GUARDIAN IF UNDER 18)

REGISTRATION BY MAIL OR 7:30-8:45 RACE DAY

MAKE CHECKS PAYABLE TO HERMON RECREATION COMMITTEE. MAIL ENTRIES TO:

JOE AUGÉ

RFD 2, BOX 92A

BANGOR, ME 04401

OR

MARTY GODFREY

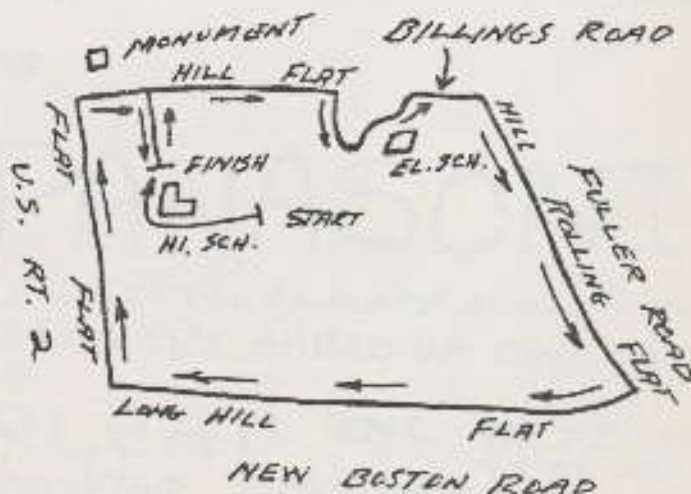
RFD 2, BOX 294

BANGOR, ME 04401

PROCEEDS FROM THIS EVENT WILL BENEFIT THE HERMON RECREATION COMMITTEE

ROUTE MAP - 10 KILOMETER ROAD RACE

GOOD Luck!



AUGUSTA MAINE

SATURDAY MAY 16th START 11:00
FORT WESTERN DAYS ROAD RACE

5 Mile Race + 2 Mile Fun Run

RACE ADMINISTERED BY THE KENNEBEC VALLEY YMCA AND BY THE
MAINE ROAD RAMBLERS
RACE START + FINISH ON WATER ST NEXT TO OLD FEDERAL BUILDING.

FREE TO FIRST 100
TO PRE-REGISTER

WABK

AM 12:30
PM 104

T-SHIRT CERTIFICATES
VALUE \$5.00 EACH!

TO PRE-REGISTER ...

Mail to Steven L. Russell
Kennebec Valley YMCA
33 Winthrop St.
Augusta, Maine
04330

FEE: 5 MILE = \$3
2 MILE = \$2
FUN RUN

CE DAY

REGISTRATION

7:30 AM to 10:30 AM

Intown
Augusta
Behind the
Old Post Office
ON FRONT ST

OVER \$800⁰⁰

MERCHANDISE AWARDED
37 PRIZE CATEGORIES

TOP 10 MALE FINISHERS

TOP 5 FEMALE FINISHERS

MALE

FEMALE

14 Under 1st

14 Under 1st

15-19 1st 2nd

15-19 1st

20-29 1st 2nd 3rd

20-29 1st 2nd

30-39 1st 2nd 3rd 4th

30-39 1st 2nd 3rd

40-49 1st 2nd

40-49 1st

50 up 1st

50 up 1st

— PLUS —

PRIZE DRAWINGS FOR
ALL FUN RUN (2 mile) ENTRIES.

PRIZES FROM PANASONIC

CASSETTE-RADIOS / CALCULATORS / DIGITAL CLOCKS / AM-FM RADIOS
PANASONIC ... JUST SLIGHTLY AHEAD OF OUR TIME

FRANK POMERLEAU INC. HI FI + STEREO
SALES WITH SERVICE
3 BRIDGE ST AUGUSTA 622-3765 BEST SELECTION + LOW PRICES



Unity, Maine 04989

(603) 948-3131



UNITY COLLEGE'S CELEBRATION OF SPRING FAIR 5K ROAD RACE

Date: Saturday May 16, 1981

Time: Registration at 12:30- Race starts at 1:00

Eligibility: Open to all

Where: Unity College-Unity Village, Rt. 202, Quaker Hill

Entry fee: Free

Course: 5 kilometer race over country roads

Awards: Open 1st, 2nd, 3rd Men and Women
Slowest Runner, Mean Runner (Men and Women)

This race is part of an all day festival which includes:
A Parade, CraftsFair, Firemen's Competition, 5K Road Race,
Chicken Barbecue, Waldo County Line Band, Puppet Show,
Hot Air Balloon.

ENTRY BLANK

Please answer in "Unity College's Celebration of Spring Fair
Road Race."

Name _____ Age _____ Sex _____

Address _____
Street No. City State Zip

In consideration of this entry blank being accepted, I for myself,
my heirs, administrators, heirs and release all rights and claims
for personal damages I may have against officials and race sponsors
of Unity College.



BOOTHBAY REGION YMCA

FIRST ANNUAL
ROCKY COAST
ROAD RACE



BOOTHBAY HARBOR
CHAMBER OF COMMERCE

10,000 METER (6.2 miles) WHEEL MEASURED COURSE

Saturday, May 16, 1981 10:00 AM (rain or shine) at the Boothbay Region YMCA, Townsend Avenue, Boothbay Harbor, Maine 04538.

REGISTRATION: 9:15 AM to 9:45 AM. Pre-registration \$3.00, \$4.00 race day. T-Shirts first 300 registrations.

COURSE: Scenic, coastal route, including Harbor footbridge. Maps available on race day. Electronic finish. Held in cooperation with the Running Programs of Maine. Splits at 1 and 3.1 miles. Aid Stations.

RACE DIRECTORS: Dan Rankin 633-4436, Bob Bocker 843-6262. Dr. Doug Long race doctor.

FACILITIES: Boothbay Region YMCA: locker rooms - showers - bathrooms - saunas - swimming pool. FREE BABYSITTING.

AWARDS CEREMONIES: 11:15 AM.

AWARDS: Men's Open - top 5 positions	Women's Open - top 5 positions
12 yrs. & Under - first 3	12 yrs. & Under - first 3
13-18 yrs. - first 5	13-18 yrs. - first 5
19-29 yrs. - first 5	19-29 yrs. - first 5
30-39 yrs. - first 5	30-39 yrs. - first 5
40-49 yrs. - first 5	40-49 yrs. - first 5
Over 50 - first 5	Over 50 - first 5

All winners will receive special prizes!! First Boothbay Region YMCA Finisher; Youngest Finisher - male and female; Oldest Finisher - male and female; Middle of the Pack; Best Father and Son Combined Time; Best Mother and Daughter Combined Time.

REFRESHMENTS: Bowl of fish chowder - orange juice - soda.

FOR FURTHER INFORMATION CONTACT THE BOOTHBAY REGION YMCA 633-2855.

REGISTRATION
FIRST ANNUAL ROCKY COAST ROAD RACE

Name (please print) _____ Age Sex Phone Address _____

____ Check here if Boothbay Region YMCA member

____ Check here if Father/Son or Mother/Daughter participant

Father/Mother's name _____

Son/Daughter's name _____

In consideration of Boothbay Region YMCA permitting me to participate in the Rocky Coast Road Race, I hereby, for myself, my heirs, administrators and assigns waive and release any and all rights and claims of any nature that I may have against Boothbay Region YMCA, and any organization connected with this event, their representatives, successors, and assigns for any and all injuries or damages which I may suffer while taking part in my activities connected with the event.

Signature of participant (under-19 signed by parent or guardian)
Make check payable to Boothbay Region YMCA at above address.

ALL PRIZES FROM NIKE AND ANDERSEN STONEWARE



3RD ANNUAL

10 KILOMETER ROAD RACE

Sponsored by Athletic Attic

* OFFICIAL ENTRY BLANK *

Please enter me in the Athletic Attic 10 Kilometer Road Race.

Place: Bangor Mall, Bangor, Maine

Date: May 9, 1981 Time: 8:30 am

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ Sex: _____

Divisions: First three places male and female

10-14, 15-19, 20-24, 25-29, 30-34,

35-39, 40-44, 45-49, 50-54, 55-59,

60 and over

Drawing for special prizes following race _____

Save your number!

Entry fee: \$3.00 includes T-shirt

In consideration of this entry being accepted I, for myself, my heirs, executors, administrators waive and release any and all rights and claims for personal damages I may have against officials and race sponsors. I attest and verify that I have full knowledge of the risks in this event and I am physically fit to participate in this event.

Signature _____ Date _____

*Parent's signature is required if participant is under 18 yrs. of age.

RACE INFORMATION

Starting Time: 8:30 a.m.

Registration: 7:30 to 8:15 a.m. Bangor Mall, behind J.C. Penney, or by mail before May 6. All runners should report to the start early to avoid any delay in starting.

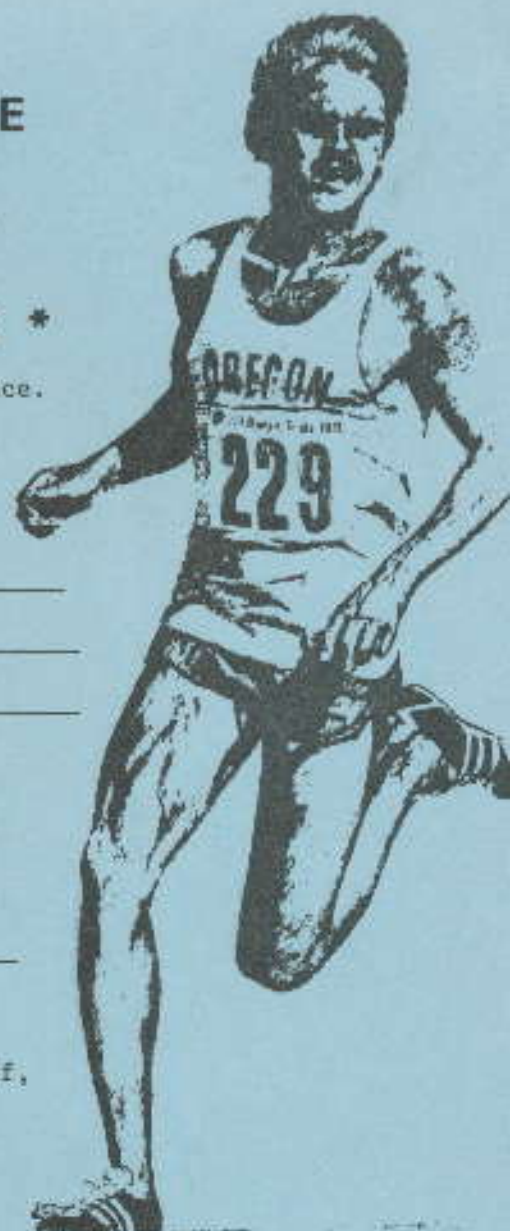
Course: Start behind J.C. Penney's, go out to Stillwater Ave. (paved street). Up and back course, scenic and fairly flat. There will be one water stop, and timers at the half way mark. Refreshments will be served at the finish line.

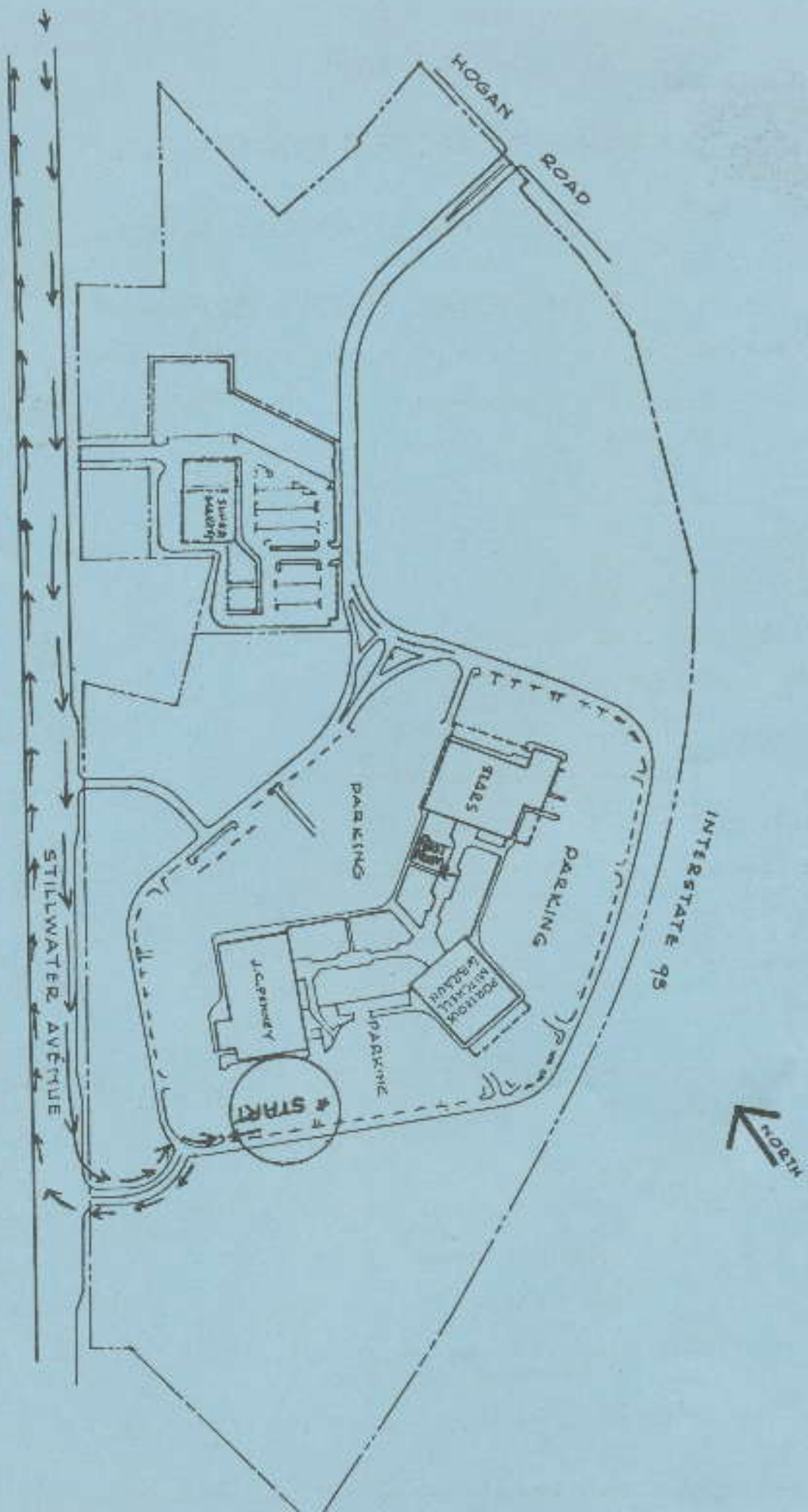
Facilities: Restrooms only; located inside mall complex

Awards

Ceremony: Will take place inside mall complex in front of the Athletic Attic.

Athletic Attic - Bangor Mall - 663 Stillwater Ave. - Bangor, Me 04401 - 947-6880





Etonic®

Sports Footwear & Apparel

MADE IN MAINE FOR MAINE RUNNERS

AVAILABLE AT THESE FINE STORES

Apple Valley Sports - Buckfield

Athletic Attic - Auburn & Bangor

James Bailey Co. - Portland

Casco Stores - Gorham

Dock Square Clothiers - Kennebunkport



Etonic Eclipse Trainer.



Etonic Eclipse.

L.L. Bean - Freeport

Fort Western Tire - Augusta

Goldsmith's - All stores

Good Sports - Brunswick

Gunn's Sport Shop - Biddeford

Joseph's - Fairfield

Marathon Sports - Saco

Northern Lights - Farmington

Norumbega Mountain Shop - Bar Harbor

Olympia Sports - All stores

Peter Webber - Waterville

Pomerleau's Shoes - Gardiner

Run For Your Life - Manchester

Sportshaus - Bridgton

Fred Perry Tennis Shoes by Etonic



Etonic Roadworker.

TIE ONE ON.



Unlike shoes, you can't buy new feet when they wear out. That's why NIKE makes shoes for individuals. Shoes for the road, the trails and models for both. For feet that are flat or arched, rigid or flexible. Whether you churn out 125 miles a week or run a good ten.

So come tie one on. And avoid a run-in with your feet.



athletic
Tattic®

AUBURN MALL 786-2507

BANGOR MALL 947-6880