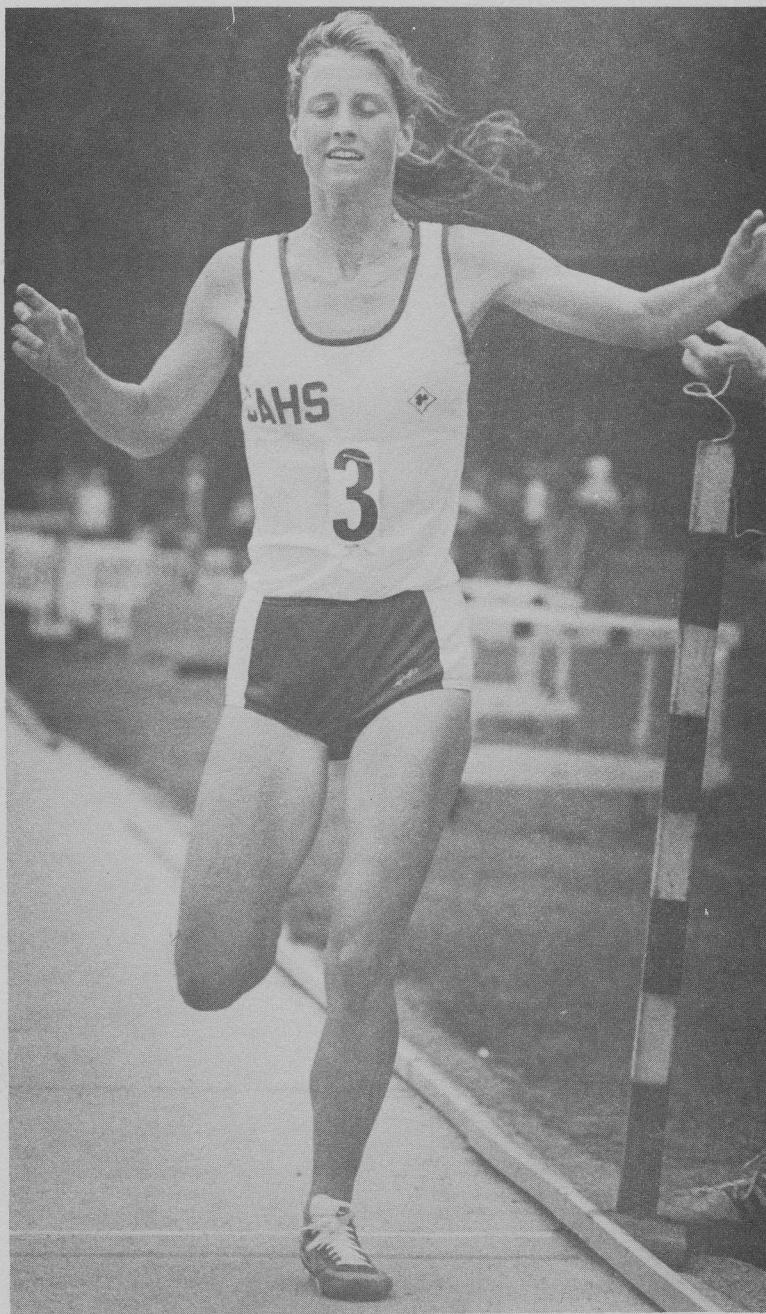


MAY 1982

VOL. 3 NO. 5

# MAINE Running

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NIKE/MAINE COAST

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# MAINE Running

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May is here and everyone is gearing up for the Third Annual Nike/Maine Coast Marathon. If you plan to run in the state's largest marathon check out the motels and restaurants that are offering excellent accommodations for runners this year. They're listed right after the calendar. Dick Roberge assures me that this will be the best year yet for the young marathon.

Speaking of youth, this month's cover photo is of Michele Hallett, national champion cross country runner from Mars Hill. This is a shot of her winning either the mile or the two mile at last spring's state championship held at Bowdoin. This June she hopes to win both events for the third straight year. I sure wouldn't bet against her!

This promises to be an outstanding year for high school track, so get out and watch the youngsters!

This month Patty Jacobs checks in with a piece on marathoning vs. birthing. I'd rather run 26 miles than you. Rick Krause has a fine piece on former UMO'er Ben Heinrich. Frach talks about biking, BDN reporter Bob Haskell writes about my dad's teammate on the 1928 Brewer High track team, Barrington Ivers, and Skip gives his views on Bandits.

My apologies to the organizers of the Maine National Bank "Run For Fun" and the Camden 10K for not getting them into the calendar. The five miler is to be held June 27th in Portland while the Camden event will be held on the 6th of June. See both of their flyers in this issue.

*Bob*

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Maine Running is published monthly in Bangor.

Publisher/Editor: Robert Booker  
PO Box 259  
E. Holden, Me. 04401

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---

Letters

March 30, 1982

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

Dear Bob:

Runners from the Southern Maine communities of Gray, New Gloucester, and Windham got together this past July to form a new running club called the Yankee Running Club. The membership is now up to forty-two members and growing. We hope to make a contribution to the running world by keeping the young people of our area encouraged and motivated. Also to help in the education of the local communities on the benefits of physical fitness.

I can say for sure you will be hearing more from this club in the future. We have some real fine runners coming up. And some might say, some old ones that are not too bad. So keep your eyes on the club wearing blue and white.

Sincerely yours,

Guy Berthiaume  
President

May

THE CALENDAR

- 2 19th ANNUAL THREE-IN-ONE DAY ROAD RACE One mile; Two mile; 5K and 10K: Contact: Norman Keneborus, Lewiston Rec. Dept., 65 Central Avenue, Lewiston, Me. 04240
- 2 GLORIA STEVENS 6.2 MILE AND 2 MILE FUN RUN Cooks Corner, Brunswick. Starts at 12 noon. Gift Cert. for first male & female Contact: Jane Waddle 729-5544
- 2 AMERICAN CANCER SOCIETY RUNS IN MEMORY OF TERRY FOX
- |             |               |                  |                |
|-------------|---------------|------------------|----------------|
| Augusta     | Bangor-Brewer | Caribou          | Portland       |
| CMS         | Gary Coyne    | Conrad Walton    | Bob Coughlin   |
| PO Box 1177 | 26 Hamel Av.  | 35 New Sweden Rd | 38 Kenneth Rd  |
| Wtvl, Me.   | Hampden, Me.  | Caribou, Me.     | So. Prtld, Me. |
| 04901       | .04444        | 04736            | 04106          |
- Come out in droves and raise a pile of money!!!
- 8 BRUNSWICK ROTARY ROAD RACE See flyer in April issue or contact: Brian Perkins, 163 Park Row, Brunswick, Me. 04011
- 8 FOURTH ANNUAL ATHLETIC ATTIC 10K See flyer in April issue or contact: Athletic Attic, Bangor Mall, Bangor, Me. 04401. 947-6880
- 9 FIFTH ANNUAL BIDDEFORD 15 MILER See flyer in April issue or contact: Bruce Brunelle, 31 Herring Ext., Biddeford, Me. 04005 284-5645
- 9 1982 MAINE ROADRUNNING TEAM CHAMPIONSHIP See flyer in April issue or contact: Androscoggin Running Club, C/O Mr. Bill Sayres, RFD 3, Box 308, Auburn, Me. 04210 783-3954
- 15 SECOND ANNUAL ROCKY COAST ROAD RACE See flyer
- 16 SRI CHINMOY 3 MILE ROAD RACE See flyer in April issue or contact: Sri Chinmoy Running Club, 40 Main St., Topsham, Me. 04086 729-5825
- 16 WGAN 4 MILER at Channel 13 Washington Ave., Portland. Contact: Bob Coughlin 773-0807
- 23 GREELY GRIND 10:00 4K for \$2 and 11:00 10K for \$3 at Greely High. Contact: Lou Lambert 829-6253. T-shirts to first 50 (maybe more) See Flyer
- 23 CHILDREN'S FUN RUN Morrill's Corner and Forest Ave., Portland. 12 noon. Director: Charlie Scribner 772-5781
- 29 JONESPORT SESQUICENTENNIAL RACES See flyer in April issue or contact: Dave Alley, PO Box 139, Jonesport, Me. 04649 497-2843
- 30 BACKSIDE RIDE 10.2 Mile bike race. 1:30 pm. Registration is 12:30 to 1:15 pm at Harbor House in Southwest Harbor. Rain Date 31st. Contact: Harbor House, Southwest Harbor, Me. 04679 244-3713.
- \*30\* \*NIKE MAINE COAST MARATHON\* See flyer in April issue or contact: Marathon Sports Running Club, 8 Colonial Dr., Saco, Me. 04072
- 31 MEMORIAL DAY 10K Main St. shopping center in Gorham at 9:00 Contact: Ken Curtis 839-3201



# June

- 5 ZONTA ROAD RACE See flyer
- 6 PICK-a-PAIR CHAMPIONSHIP A male/female combined time race (male runs 5 miles and passes baton to female who runs back to start)  
Director: Brian Gillespie, 115 Dartmouth St., Portland, Me. 04102
- 12 SECOND ANNUAL "LIFE. BE IN IT." 10K ROAD RACE and TWO MILE FUN RUN  
10:00 am Augusta Civic Center. Contact: Augusta Recreation Department, One Cony Street - City Hall, Augusta, Me. 04330 622-7787
- 12 SEVENTH ANNUAL HAMPDEN 8½ MILE See flyer
- 13 SECOND ANNUAL LES FEMMES d'ACADIA 6.5 MILE A foot race for women.  
Culminating a "Women's Weekend". For more information write or phone Harbor House Community Recreation Center, Southwest Harbor, Maine 04679 244-3713
- 13 STONINGTON 6 (10K) 1:30 pm with 1½ mile fun run. Contact: Dick Powell, Stonington, Me. 04681
- 13 CAMDEN 10K All New! Watch for further developments.
- 13 THE GREAT MAINE RACE See flyer.
- 19 UNION TRUST 4 MILER See flyer
- \*19\* \*FOURTH ANNUAL GREAT CRANBERRY 5K\* See flyer
- 19 MUDDY RUDDER No further details. Check before you go!
- \*19-20\* \*SECOND ANNUAL LAST ANNUAL ROWDY ULTIMATE 100 Mile\* Contact:  
Phil Soule, 40 Garrison St., Portland, Me. 04102
- 20 THE MAINE-LY LADIES INVITATIONAL WOMEN'S ROAD RACE See flyer
- 20 SECOND ANNUAL FRONTIER DAYS 4.5 MILE ROAD RACE (Tentative date)  
Lisbon Falls, Me. 10 a.m. Contact Roland Trottier at Lisbon Rec. Dept., PO Box 38, Lisbon Falls, Me. 04252
- 20 MAINE NATIONAL BANK'S "RUN FOR FUN" See flyer
- \*20\* \*THE GREAT PINE TREE TRIATHALON\* See flyer
- 26 DOC'S TAVERN 3 MILE Contact: MSRC, 8 Colonial Dr., Saco 04006
- 26 SEVENTH ANNUAL TOUR du LAC Bucksport 10 Miler Contact: Anne and Steve Norton, Box 284, Bucksport, Me. 04416
- 27 SECOND ANNUAL GREAT KENNEBEC RIVER RUN 13.1 watch for further details

# 1982 Maine Coast Marathon



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MARATHON COURSE MAP



BY SKIP HOWARD

Finding himself in high school with a great desire to run and no team to do it with, the enterprising young Don Osborne did what any enterprising young runner would do: he organized a varsity cross-country team. And for the next four years, Medway, Massachusetts had a competitive cross-country team, which Don captained his senior year, and was duly honored upon graduation with a bronze pin for being "coach, manager, practically the whole team", managing a 4:57.6 mile in the process.

In 1942, while attending Gordon College and Divinity School in Boston, he became good friends with Gil Dodds, who was coached by Jack Ryder. With Glenn Cunningham as his hero, Don Osborne worked a 4:45 mile in besides his studies, and participated in the BAA Marathon from 1944-47. His best time was the first, a 3:15:10, good for 19th place, the first of Gerard Cote's wins. As a BAA member and therefore an acquaintance of Jock Semple, Don was to face DNF status in the '45 and '46 marathons, but in 1947, in even worse shape but in new handmade running shoes, he found the company of the redoubtable Fred Brown and the renowned Clarence DeMar at the halfway point. Finding their pace a bit slow, Don stepped out to a 3:20, 56th of 250 or more, the 21st American. It was during that same year that Don had a heart-warming experience involving the legendary DeMar. Introduced prior to a 10-miler in West Roxbury, sponsored by the Sacred Heart Church, Don soon noticed DeMar becoming more and more reticent as race time neared. Excusing himself from the conversation, DeMar indicated to Osborne that they should make their way to a place overlooking the race site, where DeMar confided that before each race he prayed, and invited Don to join him. Don always found Clarence DeMar "a private individual", who, despite his several public speaking appearances, actually felt uncomfortable with his role in the limelight.

Upon graduation in 1950, Don Osborne ran hardly at all for the next twenty-seven years, although he would get

"those old butterflies every spring" during that span. Only occasional logging accompanied his career as a Congregationalist minister in Vermont, and later to Calais, until his present position as a teacher in Winterport.

It was in 1977, following a challenge to his son to run a 1.5 miler if the father would run a six-miler in Searsport, that Don returned to serious running. Casing the course the day before, Don sustained a severe ankle sprain but ran nonetheless, heavily taped. Since then, he's upped his training to last year's high of 750 miles from March to November, 20-25 a week, including 18 races, with a 10K best of 56:36. Having turned 60 last Halloween, Ozzie will now become an age-group factor for a select few.

Don's goal of running a marathon definitely has one thing going for it: he is able to run virtually without soreness, even after long layoffs, a condition found true throughout his life running. The next time you see this affable fellow at a road race, running slightly bent forward, his bespectacled eyes focused on the pavement just ahead, keep your eye on him. And later, be sure to ask him about the time former heavyweight champion Jack Sharkey helped him off the ground after a race.



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# "BEN" HEINRICH: ED STYRNA'S PRIDE AND JOY

By Rick Krause

One of the greatest rewards of being a coach is seeing one's former athletes develop into productive and successful individuals. UMO's track coach, Ed Styrna, knows this as much as anyone.

In 1960, a graduate of Hinkley School, named Bernd Heinrich, applied to and was accepted at the University of Maine, Orono. "Ben", as he was called by his Maine friends, was a talented high school cross-country runner, winning 10 meets in his senior year alone. He had applied to Bowdoin, Bates, and other schools, but UMO was the only institution that would take him.

"I always wondered if maybe Ed hadn't pulled just a little bit at the admissions office to get me in and maybe later at student aid, to keep me," remarked Heinrich, now 42.

During freshmen orientation week at Orono, Ben had the misfortune of rupturing a lumbar disk while lifting

weights, which ended his dreams of running, but only temporarily. He directed his efforts that first year to his books, making the deans list and developing some good study habits that would help carry him through the next three years during which he would be devoting a great deal of energy to cross-country and track.

"I remember Ed posted an article on the bulletin board at the gym," Ben recalls, "showing off the good grades the runners had made. He judged them not just on their performance on the track, but he looked for dedication and strength. He may have respected me because, even though I was never a brilliant runner, I was always consistent."

Ben was a 9:24 2-miler, a respectable performance during the early 60's, and he helped his cross-country team win the Yankee Conference Championship. The best was yet to come, however.

Heinrich, soon earned his masters degree at UMO in 1966, then he traveled across the country to California where in 1970 at UCLA, he became a doctor of zoology.



Dr. Heinrich, then taught at Berkley for ten years, doing a great amount of research in his field and establishing himself as an international figure for his work on the adaptation of insect behavior and physiology to the environment. His extensive research on bees has brought dozens of scholarly works as well as popular articles in the New York Times, Scientific American, Science, and Natural History.

Dr. Heinrich is the author of an extensive study of bees published in 1979 by the Harvard University Press entitled Bumblebee Economics. In a recent edition of the New York Times, his book was listed among the top nominees for American Book Awards.

Heinrich's field work has taken him to such places as Tanzania, New Guinea, Costa Rica and Kenya, and his work has been supported by the National Science Foundation since 1971.

In 1980, Heinrich returned to New England to teach at the University of Vermont to be closer to home because, as Ben remarked, "I was homesick for the seasons and the forests and streams."

"I now find it amusing," says the Harvard University Fellow, "that now I'm a highly sought-after speaker to tell about my zoological research discoveries and insights at the schools that rejected my application to the freshmen class straight-out."

Amid his great biological achievements, however, Ben never forgot about nor lost his love for running. In 1980, he won the masters division of the Boston Marathon, clocking 2 hours, 25 minutes, which is actually three minutes slower than his personal best at the marathon distance. His success went much deeper than this, however.

At Chicago in October 1981, he competed in the 50-mile and 100 kilometer RRCA National Championships and when the day was over, Ben went home to Vermont with two world records. In the two events which were combined into one race, he first passed the 50-mile mark, shattering the world masters record by 15 minutes in 5:10, at a 6:12 per mile

clip. Continuing on, buffeted by severe gusts of wind, he set another world mark for 100 kilometers in 6:38, erasing the old record by a whopping 43 minutes. His 100 kilometer time was only 26 seconds slower than any American had ever run the distance, and Ben was 41 years old.

In a letter dated February 28th, Heinrich remarked, "Ed is one of my most favorite people. He has had a big influence on me...the way things turned out, it would never have happened except through my running that introduced me to what the University had to offer. I really feel touched that Ed still remembers me and feels proud of me."

It is no wonder that Ed Styryna pounds on his desk when he speaks of Ben Heinrich.

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## FRACH-ATTACK

by Dr. John Frachella

### "Cross-Training"

You know, world class cyclists are noted for their oversized quadriceps (that bulging block of muscles above the knee), but most of them are weak runners because they have poorly developed hamstrings and calf muscles. Exercise physiologists are telling us today that only by training all the muscle groups and peripheral areas can you reach total aerobic fitness. Otherwise it's like having an expensive amplifier with cheap speakers. If you train your heart (the amplifier) through running, then try to use that ability with a weak upper-body in a task like swimming, you don't have what it takes.

Within each muscle group there are agonist muscles, which initiate movement and compress, and antagonist muscles, which oppose movement and lengthen. When you cycle, the quadriceps contract while the hamstrings relax. The opposite happens when you run. Running flexes the calf muscles, cycling flexes the shin muscle. For both the runner and the cyclist to help prevent injury, both agonists and antagonists must be strengthened. This also helps to smooth your primary motion in either sport. By combining the two sports, called "cross-training", you strengthen all the muscles in the leg and also you protect yourself. The chance of a runner injuring the hamstring is smaller if his quadriceps is strong.

Swimming is almost a total exercise. The pectorals and the deltoids are flexed as the arm hits the water and pulls you along. The opposite occurs when you pull your arm out of the water. But swimming doesn't do much for the biceps and forearms and that's where weight training becomes necessary.

There should be a good triathlon season in Maine this year. Make sure all your muscle groups are ready.

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## BREWER SPRINTER SETS WORLD MARK

by Bob Haskell

(Reprinted with permission from the  
Bangor Daily News)

Barry Ivers, Brewer's ageless sprinter, has gotten off to a considerably faster start than Maine's other track and field enthusiasts still looking for dry outdoor tracks and their own cure for cabin fever.

Ivers, 71, set what is believed to be a world record for his age group (70-74) by sprinting 100 yards in 13.2 seconds during the Tampa Bay Track and Field Meet in Florida on April 3.

Although the record has yet to be confirmed by The Athletics Congress, which regulates this country's amateur track and field events, Ivers fully expects to find his name in the TAC's book of records next year.

The previous age group record of 13.6 seconds was held by three men, he explained Sunday (April 11).

Ivers proved himself durable as well as fleet of foot during the Tampa Bay meet two Saturdays ago. He won his age group's 60-yard dash in 8.3 seconds and the 220 in 31.1. All three races were run within an hour and 15 minutes, he said.

That he was racing against a man of 60, and nearly caught him at the wire, was the major reason for his record time in the 100, the former Brewer mayor explained.

It was the first time he had run the 100-yard dash in a masters meet, said Ivers, who returned to competitive sprinting in 1976. He was a high school sprinter in Lewiston and Brewer during the '20s.

Ivers has, however, run 100 meters in 14.3 seconds and has set his sights on the American record of 13.9, he said.

He trained a few times this winter at the University of Maine-Orono's field house, Ivers explained, but got in shape for the Tampa Bay meet by riding a bicycle during a two-week visit to the area before the event.

## RUNNING ON...

by Skip Howard

If you're planning to be a Bandit in Boston, I hope you don't make it. If you do arrive at the back of the pack, it is assumed that you have asked yourself some hard questions prior to taking up space there, and on the course that is reserved mostly for those who have qualified. I say mostly, because as in all things, there will be exceptions made (by the organizers, of course) and special dispensation granted to certain groups, notably the AMA joggers, whose organization helps out on the course, supposedly, and a handful of others that Semple or Cloney or someone else with the clout has allowed to run. If you're not in that nefarious category, this is at least what you should have asked yourself:

- 1) Why am I here if I'm not qualified?
- 2) What will I do when I come upon the first legitimate entrant?
- 3) What will I do when I come to the first water stop?
- 4) What will I do when I reach the finish line?
- 5) What will I say when someone asks me if I've ever run the Boston Marathon?
- 6) Why am I here if I'm not qualified?

The estimated 2,000-3,000 non-qualified runners create an additional 20-25% to the legitimate field, and in the process they aggravate the chaos from Hopkinton to the Pru, an element that this marathon could well do without. Rules are made to be broken, of course, but I wonder what a poll taken at 11:45 a.m. on Patriot's Day in Hopkinton of the 2:45-3:30 starters would reveal regarding those unnumbered behind? How would you feel, if you were one of the qualified? All of those questions and less will be answered, when the gun goes off to start the largest group of unregistered runners gathered in the world: the Bandits of Boston.







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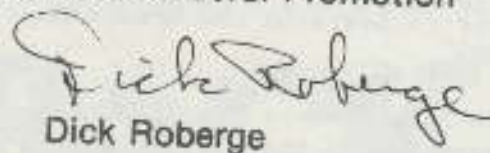
We are young, dynamic, experienced and eager to serve you.

We are big enough to offer complete satisfaction in promoting your next race yet we are small enough to personalize our services to you.

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If you need help in making your next event successful, look over our brochure and **Connect** with us. Now is the time to start planning for your 1982 event.

Yours For A Successful Promotion



Dick Roberge





# THE MAINE LINE

by Bob Booker

Larry is up to his ears in spring track at Bangor High so he's feeding me the Maine Line info for a month or so.

Maine Line, for those who don't know all ready, is a column devoted to keeping track of those Maine runners who venture to various races around the U.S. and the world.

-----  
New Jersey 10 Miler March 13  
-----

Hank Pfeifle finished 5th in this race in a time of 48:25. Sam Pellerier finished just over 49 minutes.

-----  
Leominster, Mass. 10K Mar 14  
-----

Andy Palmer ran a good 30:41 in this one.

-----  
New Bedford Half Marathon Mar 20  
-----

A large group of Maine runners went down to this race and Joanne Choiniere of UMO and Cumberland, R.I. won the women's division in 1:18. Olympic steeple chaser, John Gregorek of Georgetown U won the event in 1:04:27. Other fine performances were put in by Mainers Ken Flanders (4th in 1:06:54); Dan Paul (15th in 1:10:08); Bob Wynn (5th in 1:07:18); George Towle (30th in 1:12:57); and Carlton Mendell (1:29).

-----  
Holyoke, Mass St. Pat's Day Mar 20  
-----

Ray Treacy of Providence led a group of his teammates to the victory in this one. Bill Pike

came in 14th, Bruce Freme was 21st and Lawson Noyes captured the masters title.

-----  
Boston Shamrock Classic 5 Mile  
March 27  
-----

Thom Hunt led 11,000 runners through the streets of Boston in that city's largest race ever. He covered the course in 22:13. Maine runners who ran were led by Steve Podgajny in 24:00. Ken Flanders ran 24:11, Steve Russell came in in 26:30 and Mark Violette ran 29:00.

-----  
New Orleans Crescent City 10k  
April 3  
-----

Michael Muysoki of Kenya led an outstanding field to a new world's record at 10K of 27:48.

Bruce Bickford finished 11th.

-----  
Plattsburg, N.Y. Diet Pepsi Regional  
April 3  
-----

Defending champion, Kurt Lauenstein not yet recovered from a difficult marathon in Virginia two weeks earlier, ran into a wind-storm with 40 mph gusts and blowing snow. Kurt placed 5th in 32 minutes plus.

-----  
Anyone having information about Collegiate, High School or open runners from Maine who run a race (elite or otherwise) outside our borders, please contact:

Larry Allen  
24 Parkview Ave.  
Bangor, Me. 04401

or call: 942-4297 (home)  
947-6880 (at the Attic)





# MAINLY ABOUT WOMEN



## PEAK EXPERIENCES: BIRTHING AND MARATHONING

by Patty Jacobs

Wow, I can't believe it. It's two days post 1st marathon for me and I am still flying high. I can only compare the experience to a hike-climb,  $\frac{1}{2}$  of the way up the Matterhorn in Switzerland, and, more closely, to giving birth to three children (Lamaze method). Certainly, there are many differences between marathoning and the birthing process; however, to do either, you need to have a strong "will" which continually says, "Keep going and relax." So, for anyone who will never give birth, and would like a simulation of a sort, try a marathon! And, for all the running moms out there who've done Lamaze births (and no marathons), I say to you, "give 26.2 a try. You'll like it!!"

While I was in labor with baby #3 (July 12, 1980 - 15 months ago at writing), I remember saying to Dr. Bill Yates (my running OB-Gyn), "I'd rather be running a marathon!" Little did I know then, that I'd run Casco Bay October '81, and it was easier than that 3rd labor, which culminated in an unexpected C-section for a 9 pound baby who was too big to get through my pelvis vaginally. But, you never really know just what is going to happen, in childbirth or a marathon. Getting ready for both events can be very exciting and tiring, (physically and emotionally) but always full of anticipation.

In the beginning...CONCEPTION - To have a child or not - "are we ready?" Marathon - Am I ready?...COMMITMENT seems to be a key word here with both, though there is a slight difference in "TIME" involved! You begin your training / you conceive and watch your diet. You tune into your body by taking care

of it in all ways - resting, relaxing, testing and reading up on the event. Practicing with training runs / practicing Lamaze breathing technique - it envelopes you to the point of "I can't wait, I'm so excited", like a child waiting for a birthday party.

(D Day) Delivery day approaches and you are uncertain of the time and date of delivery, though there are indications it will be soon. The night before (#3, Max) was born, I just felt I had to "LOAD" on Breyer's Vanilla ice cream - homemade chocolate syrup, whipped cream & cherries on top (love that red dye - don't you?) And, as with my other two previous birth experiences, when the contractions began, I wondered if I'd be able to stay in control at the end, when the contractions can "get" even the most experienced birthers.

(M Day) Marathon day approaches - you know the time and place but you're not sure of the outcome. Will the weather affect your performance? Can you utilize your knowledge? Will you even finish or make the time goal you've set? Your body is loaded full of carbohydrates (carrot juice for me) as if you are feeding another being within you! One last trip to the toilet and everyone lines up to hear the gun and jiggle around a bit from nervousness. My mouth was so dry with fear, I desired one thing - the first water stop! BANG and you're off and moving, realizing that it's not so scary after all, being in the company of fellow runners and bystanders with their encouraging cheers (even after one mile)! "Oh Good", the first water stop, split, and you're on your way.

So goes the labor, as your husband/coach encourages you, gives out "splits" for oncoming contractions and how long



they will be. He feeds you ice chips for a "breathing dry" mouth, sponges your head and says "you're looking good."

As the miles pass, and you count what is left - "Now at 20 miles - it's only a 10K left!" That's not so bad...Then, shortly after, the 10K doesn't feel like a 10K! And you begin to wither and wonder if you'll make it. Your legs are cramping up as if the fibers in them were rubber bands being stretched to their limits, and you wouldn't mind if your legs got "whacked off" right then. Thoughts focus on your ailments (whatever they are), and nothing else seems to matter, except to keep moving. (I knew if I walked, I'd never be able to "get going" again). Keep Moving - get that 26.2 baby on record. Encouragement keeps you moving, and then it happens. You cross that finish line in an altered state of mind with echoes of your name, time and number ringing in your head. You've finished! - You've finally done it, and the experience is one you can relive over and over, as women do with each child's birth.

Just when you're about to call it quits in labor, someone says "hang on", the baby will soon arrive. But, you're tired and grouchy and not much matters except getting that baby out. This stage of "transition" doesn't last too long, but like the last few miles of a marathon, it seems long. "Pushing time", and nows the chance to "finish" - that final push does it... a baby cries and you see this little mini-person all greasy and wet, the little "being" that you worked so hard to get. More cheers from the crowd, and love glowing all around.

The tightened muscles and other aches of both experiences are soon masked by a pleasantly tired feeling, topped with an emotional high that lingers on and on.

I wonder if there is a post-marathon blues? It is funny that 3 days post Casco Bay, I got a nasty cold. During training, I was in fine shape. Now, one week post marathon, I am feeling a little sad that I'm not "working" toward a goal. I still feel good, but the real high is gone. Someone asked, "Would you do it again?" and my reply was "I have to do it again - it's a part of me now - I can't imagine not doing more marathons." And, that's the way I felt after Louie, my first child now nine years. Then came, Ruthie, now six and, I just had to have Max, who'll be two in July '82. Certificates, T-shirts, PR's and no responsibilities are nice, but so are my children, cheering at the races and the "lifes" runs we'll have together.

Respectfully in "Rearing and Running"

Patty K. Jacobs  
Farmington, Maine  
3:33:03

P.S. Now, in late March '82, 5 months post Casco, I feel excited as spring arrives, with some thoughts on Paul Bunyan. I'd love to earn one of those lovely multi-colored "Paul" T-shirts!

"Sporting Goods for All Seasons"

# The Good Sports

3 Pleasant St, Brunswick

Nike Maine Coast beckons!  
Time to stock up with clothing  
and running shoes.







## "THE PACK"

BOB RICE MEMORIAL 10K RUN  
Portland Mar 21st

1. Steve Podgajny	30:43*
2. Jamie Goodbarlet	30:57
3. Kim Wellhauser	32:21
4. Leo LaChance	32:41
5. Eric McNett	33:15
6. Jerry Connors	33:46
7. Greg Diblase	34:46
8. Roger Foster	34:55
9. Gary Cochran	34:56
10. John O'Malley	35:35
11. Chris Klein	35:42
12. Bob Coughlin	36:08
13. Bob Sylvia	36:17
14. Tim Klein	36:26
15. Scott Tittcomb	36:55
16. Tony Harrigan	37:01
17. Barry Hovgate	37:19
18. Marge Podgajny*	37:29
19. Eric Ellis	37:38
20. Kevin Jenkins	38:04
21. Kurt Nielsen	38:06
22. Jeff Kent	38:18
23. Arnie Clark	38:21
24. Harvey Reahde	38:22
25. Mike Harrigan	38:26
26. Doug Moody	38:29
27. Peter Barstov	38:36
28. Ann Paulin	38:57
29. Dave Silverbrand	39:04
30. John Coale	39:16
31. Tom LaKnee	39:16
32. Herb Scron	39:37
33. Gary Hamilton	39:49
34. Lee Nicely	39:54
35. Ray Cooper	39:59
36. Don O'Grady	40:38
37. Lew Barry	40:44
38. John Harvey	40:58
39. Carolyn Court*	41:37
40. Marty Dunlon	41:54
41. Tom Callow*	42:36
42. Karen Felber*	42:38
43. Bob Lechner	42:41
44. Andrew Haddon	42:47
45. Rachel Veilleux*	42:45
46. Bill McAttee	42:58
47. Brighton Martin	43:06
48. Linda Dunn*	43:25
49. Maureen D'Amboise*	43:29
50. Tim Neill	43:45
51. Barbara Coughlin*	44:37
52. John Boddy	44:41
53. Bernard Ross	44:49

54. Dennis Morrill	44:49
55. Robert Frazier	44:57
56. Bruce Allen	45:06
57. Mark Heath	45:13
58. Roger Pucman	45:15
59. Joe Iearn	45:19
60. Paul D'Amboise	45:30
61. Jerrie Bugbee	45:36
62. John Ropper	46:50
63. Gerald Millard	47:01
64. Kevin Purcell	47:07
65. Wes Scrone	47:17
66. Terrance Naylon	47:29
67. William Harrigan	47:29
68. Ronald Guevin	47:44
69. Milt Dudley	50:56
70. John Bride	51:37
71. Gary Kent	52:11
72. Ed Cribb	53:05
73. Cindy Tiffer*	53:08
74. Cathy Silverbrand*	53:17
75. Russel Kelley	53:18
76. Dee Nicely*	55:10
77. Sherree Rizzardi*	58:57

Results courtesy of John Keller  
Race Director

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10 MILE SPRING CLASSIC  
N. Windham Mar 28th

1. Leo LaChance	54:22
2. Rick Garcia	54:55
3. Jim Rabb	55:33
4. Mark Hoffmaster	56:22
5. Fergus Kenny	58:15
6. Kevin McDonald	58:52
7. Roger Foster	59:33
8. Doug Foote	60:50
9. Jeff Crocker	61:01
10. Pat McGuire	61:30
11. Gary Cochran	61:31
12. Bob Coughlin	61:32
13. Joe LaKnee	62:01
14. Keith Paulin	62:11
15. Larry Pelton	62:51
16. Pat Berchlaune	63:00
17. Kurt Nielsen	64:16
18. Dave Smith	64:41
19. Mike Beaudoin	65:15
20. Robert Payne	65:58
21. Harvey Rohde	66:02
22. Kim Hamelin*	66:05
23. Tony Harrigan	66:10

24. Mike Harrigan	66:59
25. Glen Jones	67:07
26. Brian Milliken	67:33
27. Frank Perland	68:23
28. Arnie Clark	68:35
29. Mike Cagne	68:58
30. Andy Rosen	69:38
31. Jeff Kent	69:40
32. John Harrigan	70:34
33. Mel Lyons	70:50
34. Bob Laberge	70:54
35. Frank Morong	71:55
36. Marty Doninn	71:50
37. Mark Danyla	72:03
39. Gary Hamilton	72:05
40.	
41. Bob Milliken	72:50
42. Fred Stone	73:00
43. Mike Lally	73:25
44. Chris Rushlau	74:01
45. Lloyd Cook	74:08
46. Dave Rohde	74:35
47. Lynne Fuller*	74:56
48. Rachel Veilleux*	75:18
49. Joe Isgr	75:43
50. Roger Beaulieu	76:03
51. Eric Ellis	77:32
52. Ron Glowna	77:38
53. Lenny Sanborn	77:55
54. Larry Byer	77:55
55. Patty Hillie*	79:35
56. Carolyn Cayton*	80:10
57. Gary Kent	81:30

Results courtesy of Riggy Gillespie  
Race Director

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6TH ANNUAL BOSTON PRIMER  
Randfield 15 Miles Apr 4th

1. Steve Russell	1:24:47
2. Ralph Fletcher	1:25:02
3. Larry Deane	1:25:18
4. Rick Green	1:26:18
5. Eric McNett	1:29:24
6. Gary Cochran	1:30:13
7. Greg Nelson	1:30:47
8. Peter Howerman	1:31:09
9. David Baird	1:31:25
10. Rick Stuart	1:32:27
11. Rene Roy	1:32:43
12. Bob Quentin	1:34:28
13. R.J. Harper	1:37:15



14. Dan Gake	1:17:14	15. Daniel Smith	36:38	109. Susannah Beck*	44:46
15. Bryant Bourgeois	1:17:22	16. Rick Stuart	37:10	110. John Shaw	44:59
16. Bill Hanley	1:18:08	17. Mark Violette	37:22	111. Mike Veltieux	44:59
17. Bob Huppian	1:18:54	18. Larry Allen	37:23	112. Glenn Cook	45:04
18. Tony LaFere	1:19:01	19. Peter Leonard	37:28	113. Susan Arnone	45:07
19. John Moncur	1:19:09	20. Clint Rowell	37:34	114. Taylor Weatherbee	45:20
20. Gary Knight	1:19:25	21. Brian Warren	37:46	115. Bruce King	45:23
21. David Delois	1:19:27	22. Andy Goodwin	37:44	116. Robert Waddle	45:30
22. Robert Crowell	1:19:26	23. Richard Lamoureux	37:52	117. Scott Orrill	45:36
23. Doug Soderka	1:19:28	24. Jim Pichard	37:53	118. Sylvia John Tracy	45:44
24. Robert Holmeur	1:19:34	25. Michael Toule	37:54	119. Joseph Lagro	45:45
25. Gary Gandy	1:19:32	26. Bryant Bourgeois	38:03	120. Christie Baldwin*	45:47
26. John Trefethen	1:19:39	27. Thomas McWaters	38:13	121. Paul Ball	45:53
27. Randy King	1:19:54	28. Tony Harrigan	38:23	122. Richard Gurney	45:54
28. Ray Cooper	1:19:59	29. Richard Belliveau (M)	38:26	123. Torbert MacDonald	46:09
29. Larry Rich	1:19:59	30. Steve Ives	38:46	124. Gerald Krouse	46:05
30. Bill Kayton	1:50:41	31. Harold Fitch	38:51	125. Jo Comeau*	46:09
31. John Schwarzel	1:51:04	32. Dean Hammanen	38:57	126. David Lenow	46:17
32. Ron Paquette	1:51:23	33. George Liming	39:05	127. Sam Mitchell	46:25
33. Orlando Deluga	1:51:23	34. Doug MacDonald	39:08	128. Tim Davis	46:29
34. Dean Hammanen	1:51:26	35. Steve Bump	39:09	129. Andy Bondy	46:30
35. Robert Nicholson	1:51:26	36. Bob Huppian	39:15	130. Mike Roddy	46:37
36. Bruce King	1:51:41	37. Peter Ehni	39:19	131. Fred Beck	46:38
37. Bob Peterson	1:52:08	38. Mike Ridley	39:22	132. Karla Brock*	46:39
38. Russell Martin	1:52:13	39. Robert Clark	39:24	133. Ed Gilbert	46:40
39. Bob LaBerge	1:52:48	40. Richard Lane	39:25	134. Terri Cousse*	46:42
40. Becky Snow*	1:54:38	41. Mark Simpson	39:31	135. Mike Ryan	46:44
41. Ed Arlow	1:55:02	42. Mark Goodwin	39:35	136. Tom Kahl	46:44
42. Robert Day	1:55:02	43. Jeff Dorr	39:37	137. Charles Hutchins	46:53
43. Patrick Duffey	1:55:36	44. Jeff Koerner	39:40	138. Mike Vail	47:02
44. Robert Waddle	1:55:43	45. Thomas Swan	39:41	139. Bruce Cummings	47:03
45. Brian Shacter	1:56:24	46. Jerry Allandach	39:53	140. Patty Jacobs*	47:04
46. Evelyn King*	1:57:10	47. Swing Robertson	40:01	141. Wendy Sayres* (M)	47:05
47. Bill Johnson	1:57:12	48. Loren Ritchie	40:12	142. Frank Dawley	47:08
48. Gary Harrell	1:59:48	49. Tony Lepore	40:18	143. Mary Jane Day*	47:14
49. Bert Gendron	2:00:28	50. Kim Beaulieu*	40:23	144. Darrell Gilman	47:15
50. Mary Jane Day*	2:04:26	51. Jeff Brown	40:35	145. Gerald D. Hoff	47:23
51. Jeffrey Preble	2:06:41	52. Anthony Wanda	40:38	146. John Maclean	47:25
52. Gerald Huff	2:07:27	53. Bob Jolicœur	40:44	147. Liz Mulicki/John*	47:28
53. Cheryl Harrington*	2:09:21	54. Albert Fortin	40:45	148. Don Abrams	47:36
54. Kay Evans*	2:09:58	55. Greg Durgin	40:54	149. Hollie Graham	47:38
55. Ron Webb	2:10:17	56. Steve Schuster	40:55	150. Dave Cogan	47:39
56. Linda McHaff*	2:14:49	57. Steve Haworth	40:56	151. Mark Tonn	47:40
57. Roger Putnam	2:19:02	58. Albert Bulver	41:04	152. Robert Boynton	47:41
58. Kevin Bennett	2:36:43	59. Ben Venkous	41:17	153. Bernard Poiran	47:41
		60. Dick MacDonald	41:24	154. Christine Schenck*	47:46
		61. Ron Picard	41:30	155. Jeannette Laplante*	47:52
		62. Robert Pfister	41:34	156. Barbara Godfrey*	47:52
		63. Bill Yates	41:35	157. Cliff Fletcher	47:59
		64. Adam Barnard	41:40	158. Roberta Wickman*	48:02
		65. John Joseph	41:42	159. Errol Dearburn	48:19
		66. Michael Cameron	41:43	160. Lloyd Wentworth	48:35
		67. Brian Shacter	41:48	161. Mart Dearney	48:37
		68. Russell Martin	41:52	162. Troy Hill	48:38
		69. Ron Paquette	41:59	163. Jane Kau*	48:57
		70. Paul Connor	42:00	164. Eric Dee	49:01
		71. Dave Comeau	42:00	165. Jane Waddle*	49:19
		72. Robert Nicholson	42:07	166. Lenka Clapper*	49:29
		73. Michael Thompson	42:11	167. Byron Cook	49:37
		74. Steve Roberts	42:24	168. David Ames	49:46
		75. Frank Braxx	42:25	169. Ringer Roberts	49:49
		76. David Allee	42:28	171. Carol Prosser	50:09
		77. John Thompson	42:37	172. Donna Jean Pohlman*	50:16
		78. Karen McGinn*	42:43	173. Max Seneo	50:33
		79. Kevin Burns	42:45	174. Robert Kivlin	50:35
		80. Buster Dwellley	42:46	175. Daniel Doyle*	50:36
		81. Ken Sylvester	42:46	176. Mary Ann Shick*	50:40
		82. Wair McKee	42:48	177. Margaret Rickford*	50:43
		83. Bill Sayres	42:52	178. Peter Burgher	50:52
		84. Fred Montgomery	42:57	179. Martha McGilpin*	51:21
		85. Fred Karier	43:16	180. Marc Boutin	51:28
		86. Mark Danyla	43:21	181. Ellen Spring*	51:44
		87. Fred Harrison	43:26	182. Donald Samburn	51:45
		88. Michael Carter	43:31	183. Cliff Ives	52:05
		89. Brenda Laporte*	43:32	184. Mark Messer	52:23
		90. Ron LaBerge	43:37	185. K. Ian MacKinnon	52:55
		91. Bill Imbetro	43:39	186. Robert H. Gardner	53:08
		92. Martin Schiff	43:52	187. John Proulx	53:09
		93. John Schwarzel	43:55	188. Carol Ann Kennedy*	53:10
		94. Ed Ratolin	44:06	189. Ronnie Haskell	53:34
		95. Luciois Cruz	44:09	190. Rene Laliberty	53:45
		96. John Peters	44:11	191. Charles Clapper	54:07
		97. Joe Finkeltine	44:20	192. Brent Carter	54:30
		98. Ric Murnani	44:20	193. Byron Bennett	55:01
		99. David Hais	44:21	194. Celeste Fortin*	55:28
		100. Charles Francis	44:24	195. Ingrid Scott	56:25
		101. Joanie Shoda*	44:25	196. Ronald Souillard	56:36
		102. Greg Nelson	44:32	197. Ron Osborne	57:25
		103. Robert Day	44:38	198. Jason Tylan	57:44
		104. Barry Hopkins	44:44	199. Keith Shields	58:02
		105. Tim Marks	44:46	200. Paulette Sylvester*	58:18
		106. Alfred Sheehy	44:46	201. William Foster	58:23
		107. Vernard Lewis	44:46	202. Nori Ahrens*	
		108. Jeanne Desjardins*			

#### Race of Undisclosed Distance 4 Miles

1. Rusty Taylor	23:08
2. Doug McDonald	23:36
3. Richard Lane	25:07
4. Dick McDonald	25:19
5. Greg Durgin	25:24
6. Scott Bowker	25:59
7. Wair McKee	26:03
8. David Greely	26:17
9. Bruce Emery	26:43
10. Jim Robertson	26:58
11. Dan Delly	27:07
12. Michael Vail	28:12
13. Mike Berrier	29:10
14. Nathan Dingle	29:39
15. Mike Wright	29:51
16. Lona Wright*	30:07
17. Mike LaBerge	30:32
18. Donna Jean Pohlman*	30:44
19. Judy Trefethen*	32:18
20. Pierre LaBerge	41:56
21. Laurie Cooper*	46:06

Results courtesy of Greg Nelson  
Race Director

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#### THE CHINA ICE CLASSIC China ICE Apr 10th

1. Bruce Rickford	31:28
2. Steve Podajny	31:59
3. Stan Rickford	33:00
4. Kim Werbaulfer	33:01
5. Peter Brigham	33:09
6. Hansi Bouchard	34:07
7. Steve Russell	35:06
8. Steve Holmbraker	35:12
9. Steve Dunlop	35:27
10. Jerry Cusumett	35:36
11. Rendell Blood	35:37
12. Dick Valentini	36:17
13. Jug Wesp	36:18
14. David Baird	36:49

95. Luciois Cruz	44:06
96. John Peters	44:09
97. Joe Finkeltine	44:11
98. Ric Murnani	44:20
99. David Hais	44:20
100. Charles Francis	44:21
101. Joanie Shoda*	44:24
102. Greg Nelson	44:25
103. Robert Day	44:32
104. Barry Hopkins	44:38
105. Tim Marks	44:44
106. Alfred Sheehy	44:46
107. Vernard Lewis	44:46
108. Jeanne Desjardins*	44:46



203. Kimberly Knott*	38:27
204. Donna Donald*	38:48
205. Billy Cashman	39:20
206. Edward Ellis	39:40
207. Donald McRae	39:47
208. Marjorie Lallier*	39:53
209. Mary Ann Stafford*	40:18
210. Richard Hall	40:25
211. Ksh Marok*	40:36
212. Barnes Boynton	41:07
213. Marjorie Knott*	41:27
214. Robin Seavey*	41:50
215. Kendall McLain	42:25
216. William Lehmann	42:46
217. Kendrick Light	42:57
218. Gil Allen	43:04
219. Marcia Libby*	43:07
220. Bruce Daniels	43:54
221. Norma Winton*	44:21
222. Jeanne Pernice*	44:41
223. Jim McDevitt	44:43
224. Dot McGinn*	44:43

#### 1/2 MILE RUN RUN

1. David Gault	9:46
2. Richard Knott*	9:50
3. Steve Uhlman	9:55
4. Patrick Chamberlain	9:56
5. Lori Ann Trule*	9:59
6. Ben Yates	10:01
7. Shawn Whitaker	10:09
8. Brent Bugal	10:09
9. Kevin Verrill	10:10
10. Chris Comau	10:20
11. Marek Topolski	10:21
12. Stefan Topolski	10:21
13. Wendy Delan*	10:27
14. Kathy Dall*	10:29
15. Millissa Boynton*	10:36
16. Aaron Merriam	10:41
17. Braden Alley	10:42
18. Chris Allee	10:48
19. Timothy Cuthbertson	10:51
20. Chad Weber	10:52
21. Robert Studley	10:53
22. Murr Purnell	10:54
23. Tarn Petty	10:55
24. Mikael Trough	10:55
25. Chris Peters	10:57
26. Antoni Topolski	11:01
27. Amy Keiler	11:03
28. David Giannetrucci	11:07
29. Holly Pulver*	11:11
30. Kyle Smith	11:17
31. Peter Comau	11:17
32. Wade Plummer	11:18
33. Zachary Bliss	11:25
34. Jocelyn Bessy*	11:28
35. Allison Dall*	11:29
36. Michele Priviano*	11:32
37. Ingrid Ellis*	11:43
38. Nathan Hines	11:46
39. Tanny Houghton*	11:48
40. Margaret Yates*	11:50
41. Derrick Sturtivant	11:51
42. Kristy Higgins*	12:04
43. Nicole Boynton*	12:05
44. Paula Ames*	12:13
45. Todd Langill	12:14
46. Jennifer Higgins*	12:15
47. Roger Cole	12:17
48. Becky Haggood*	12:19
49. Chet Knott*	12:19
50. Michael Glidden	12:20
51. Tracy Weber*	12:24
52. Erin Atlas*	12:27
53. Leone Purcell*	12:28
54. Kiraci Veilloux*	12:29
55. Kim Bourgois	12:30
56. Andrew Ficker	12:30
57. Chris Boyle	12:33
58. Tiffany Glidden*	12:33
59. Michelle Comau*	12:35
60. Aimee Poulin*	12:42
61. Haune Bassett	12:46
62. Tommy Shuehan	12:47
63. Robert McKay	12:48
64. Robbie McKay	12:48
65. Wendy Ellis*	12:49
66. Kelly Vannucci*	12:53
67. Angela Lee Cole*	12:59
68. Jeff Kautel	13:05

69. Danielle Stadtholz*	13:05
70. Gordon Pine	13:06
71. Heather Pulver*	13:07
72. Teddy Holman	13:13
73. Brandi Trask*	13:17
74. Janice Amata*	13:18
75. James Campbell	13:19
76. Melanie Buxie*	13:22
77. Adam Ellis	13:23
78. Becky Daniels*	13:31
79. Patricia Poulin*	13:34
80. Patricia Mawell*	13:35
81. Aliann Atkins*	13:37
82. Bethany Bourgois*	13:39
83. Kimberly Lussau*	13:41
84. Sharon Houghton*	13:49
85. Zach Lord	13:50
86. Bill Lord	13:51
87. Chris Bancroft	13:57
88. Triana Alley*	13:59
89. Jennifer Lohnes*	14:01
90. Randy Bump	14:03
91. Neil Bates	14:12
92. William Smith	14:16
93. Michael Maher	14:18
94. Elizabeth Cushman*	14:19
95. Raven Davis Krause	14:20
96. Dawn Lancoureaux*	14:20
97. Lori Blaisdell*	14:21
98. Joshua McPail	14:23
99. Ted Nicholson	14:24
100. Shawn Lancoureaux	14:25
101. Sean Daniel	14:26
102. Carol Bridges*	14:31
103. Marsha Adams*	14:31
104. Lilly Froulx*	14:42
105. David Frankfield	14:45
106. Melissa Boyle*	14:47
107. Tina Messer*	14:51
108. Kathy Messer*	14:51
109. John Fletcher	14:51
110. Timmy Messer	15:00
111. Jennifer Atkins*	15:05
112. Ruthie Jambha*	15:06
113. Robbie Oliver	15:14
114. Lee Ann Bridges*	15:15
115. Daniel Honan	15:20
116. Staci Mercier*	15:28
117. Mary Kay Adams*	15:31
118. Karen Michael*	15:33
119. Gabriel McPhail	15:39
120. Jessica Trask*	15:43
121. Troy Fletcher	15:48
122. Bonnie Glidden*	15:56
123. Andrew Seale	15:58
124. Timmy Dupont	16:02
125. Michael Wiens	16:03
126. Sherilee Pine*	16:19
127. Jason Honan	16:22
128. William Langley	16:23
129. Korn Levesque	16:25
130. Maria Feigen*	16:29
131. Becky Boyle*	16:29
132. Christine Haggood*	16:30
133. Heather Mitchell*	16:30
134. Patricia Bassett*	16:35
135. Chealey Honan	16:35
136. Adam Bliss	16:36
137. Lisa Rineau*	17:43
138. Kari McLain*	17:46
139. Jason Thomas	17:47
140. Sandra Thomas*	17:57
141. Bryce Tennant	17:58
142. Elery Heale	17:58
143. Jennifer Hanna*	18:20
144. John Kennedy	18:21

Results courtesy of Kevin Purcell  
Race Director

\*\*\*\*\*

#### AT THE RACES

Boston Primer (Readfield Apr 6th)

Steve Russell, 28, of Fayette pulled away from Ralph Fletcher, 31, of Auburn at mile 14 to win the 15 Mile Boston Primer Road Race in a time of 1:24:47. The race

which went around Maranacook Lake in Readfield and Winthrop started and finished at Maranacook Community School. Russell, the Health and Fitness Director at the Kennebec Valley YMCA, and Fletcher trailed early racestarters Larry Hines and Rick Green, the defending champion, until about 11 miles. Gary Cuchrane, 40, of Brunswick was the Master's winner in a time of 1:30:17. Becky Snow, 29, of So. Thomaston was the winner among the women with a time of 1:54:38. Many of the runners who finished with times of 1:54 or greater were held up for varying amounts of time by a train which stopped across Route 17 in Readfield Depot. These runners also had to finish in a blinding snow squall.

Busty Taylor, 30, of Houlton and Lena Wright, 34, of Rockland won the 4 mile Race of Unimolten Distance in times of 23:08 and 30:07 respectively. The races were sponsored by Maranacook Community School and the Maine Road Runners.

Greg Nelson  
Race Director

#### BOB RICE MEMORIAL Portland Mar 21st

On Sunday, the 21st of March the 8th running of the Bob Rice Memorial was held in Portland. The race is a memorial to a Portland High School track and cross country runner who was killed in a motor-cycle accident in 1975.

The race was directed by two former classmates of his, John Keller, and Gene Coffin and assisted by the Maine Track Club.

Race day was an overcast and cold one in Portland, but twenty-seven people turned out for the race.

The field was one of great quality as one can see from the results! The winner in men's open was Steve Podgajny in a course record time of 30:43, also his wife won the women's in a record time of 37:29 for Marje Podgajny.

Charles Scribner

#### LETTER

March 25

Dear Bob,

I want to inform you and your readers that due to financial difficulties there will be no 4th Annual Great Franklin Road Race.

I want to thank all of those who took part in the first 3 races. I especially want to thank Steve Coffin, without whom this past year's race would never have happened.

Thank you,

Don Smith



# T-Shirts for 1982! PLUS MUCH MORE.

- QUANTITY PRICING
- 10 DAY DELIVERY
- QUALITY PRINTING
- NO SCREEN OR OTHER CHARGES
- FREE ART LAY-OUT AND LETTERING
- PRICING ADVANTAGE ON 3 DOZEN AND ABOVE

## Many items available:

T-Shirts	Nylon Jackets
Golf Shirts	Caps and Visors
Running Shorts	Tote Backpack
Sweat Shirts and Pants	and Gym Bags
Engraved Plastic Signs	Bumper Stickers

## WERE YOU THERE

### We printed the T-Shirts for:

Bob Booker's "ICEBURG MARATHON"  
"GREAT CRANBERRY 5000 METER"  
"DOWNEAST STRIDERS"  
"CANUSA TORCH RUNNERS 1981"  
Benjamin's Restaurant "PAUL BUNYAN MARATHON"  
Benjamin's "NATURAL LIGHT 10K ROAD RACE"  
"RUNNING PROGRAMS OF MAINE" Running Camp  
"HANCOCK LOBSTER CLASSIC"  
"H.P.S.E. 5K NOVICE RACE"

also

"MAINE RUNNING" Bumper Stickers



# COMMERCIAL SCREENPRINT

379 Broadway, Bangor, Me.  
Tel. 942-2862



**FIFTH  
ANNUAL**

**Run for Fun**



**Maine National Bank**

**To Benefit The Maine Cancer Research & Education  
Foundation**

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

**When:** Sunday, June 27, 1982, at 9:30 A.M.  
Runners should report at 8:30 A.M.

There will be no registration on Race day.

**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 northwest to India Street then southeast to Commercial Street. Follow Commercial



# THE MAINE-LY LADIES INVITATIONAL

Women's Road Race



In Conjunction With  
MARATHON SPORTS RUNNING CLUB

You are invited to a scenic  
run through Maine's resort  
capital featuring the  
world's cleanest beach.

Bring your own picnic lunch  
and enjoy the use of  
the beach after the race.

DATE: Sunday, June 20, 1982; 10:00 A.M.

COURSE: 4 mile loop, wheel measured.

START & FINISH: Old Orchard Beach High School.

- PRIZES:
- 1) T-shirts to the first 50 registrants S M L
  - 2) aid station
  - 3) mile markers
  - 4) splits
  - 5) shower facilities
  - 6) post-race refreshments featuring Diet-Pepsi

ENTRY FEE: \$3.00 pre-registration  
\$4.00 day of race

CHECKS PAYABLE TO: Marathon Sports  
Running Club & MAIL TO: Jeanne Berthiaume  
4 Mountain View Rd., N. Waterboro, Maine  
04061

## DIVISION AND AWARDS

OPEN*	5
18 & UNDER	3
19-29	3
30-39	3
40-49	3
50+	2

## MOTHER/DAUGHTER

TEAM 1

TEAM AWARD (4 girls  
from same club  
or school) 1

\*AWARDED TO FIRST PLACE  
FINISHER: A MINI-CRUISE  
FOR TWO ABOARD THE NEW  
M/S SCOTIA PRINCE.

## 1981 RESULTS

1) Sandy Cook	Mass. 38:40
2) Carl Bickford	N.H.
3) Mary Schena	Mass.
4) Robin Estey	ME
5) Deb Farmer	Mass.
6) Julie Dube	Mass.
7) Faye Gagnon	ME
8) Natalie Buzzell	ME
9) Sandy Tremblay	N.H.
10) Patty Clapper	ME

## OFFICIAL ENTRY FORM

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

Signature \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_  
Club or School \_\_\_\_\_ State \_\_\_\_\_

Signature

First size S M L



# Fourth Annual Great Cranberry Island Road Race

"The most coveted race number in Maine is for the Great Cranberry Island 5 kilometer road race. One of the best races in New England. It's also one of the most exclusive and unique." RUNNER'S WORLD ANNUAL '82.



**DATE:** Saturday, June 19, 1982, 11:00 a.m. sharp.

**WHERE:** Great Cranberry Island - 15 minute ferry boat trip from Mt. Desert Island.

**COURSE:** 5 kilometers (3.106 miles) wheel measured, out and back, rolling hills, paved roads.

**RECORDS:** Michael Gaipe - 15:13, Carol Roy 19:06.

**ENTRY FEE:** \$4.00 including T-shirt, \$2.00 without T-shirt.

**FEATURES:** A scenic island village with a well organized race, unique awards and lots of fun.

1. Aid station midway
2. All miles marked
3. No traffic problems
4. Times at 1 and 2 miles
5. Immediate results posted
6. Digital display clocks at turnaround and finish
7. Famous Great Cranberry "Rock Awards" to all finishers
8. Optional post-race spaghetti, salad, etc. (\$2.00, indicate number below)
9. Post-race party, free beer, lemonade, music

## AWARDS CATEGORIES:

1. Youngest finisher
2. First 12 and under male/female
3. First 13-18 male/female
4. First 3 open male/female
5. First over 40 male/female
6. First over 50 male/female

7. First 3 person team male/female  
(based on combined place score)

## IMPORTANT INFORMATION

Due to the limited size of the ferry boat, the race is limited to the first 150 entrants. Call the Athletic Attic (207-947-5850) for entry availability. **ALL ENTRIES MUST INCLUDE:**

- A) A self-addressed, stamped envelope for confirmation or refund.
  - B) Entry fee.
  - C) A signed, completed entry form or a photocopied form.
- Handwritten copies of the form will not be accepted.  
**ALL ENTRIES NOT COMPLETED PROPERLY WILL BE REJECTED.**

## INSTRUCTIONS FOR FERRY TRANSPORTATION TO RACE:

Ferry departs from the municipal pier in Northeast Harbor, Maine, on Mount Desert Island, 30 miles south of Bangor. Parking is plentiful at the pier. Due to limited capacity, indicate the number of non-runners for your reservation on the ferry (maximum 1 per entry).

**WHEN:** The first of several repeat trips will begin at 9:00 a.m.; return trips will begin at 2:00 p.m.

**COST:** Still being negotiated at press time, approximately \$2.00 round trip.

Do not include payment for ferry transportation or lunch.  
All correspondence to: Larry Allen, 24 Parkview Ave., Bangor, Maine 04401.

## OFFICIAL ENTRY FORM

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

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

AGE: \_\_\_\_\_ SCHOOL OR CLUB: \_\_\_\_\_

SIGNATURE (Parent, if entrant is under 18): \_\_\_\_\_

INDICATE NO. FOR SPAGHETTI LUNCH: \_\_\_\_\_ INDICATE T-SHIRT SIZE: S M L XL

INDICATE NO. OF NON-RUNNERS: \_\_\_\_\_

a downeast striders event...



THE THIRD ANNUAL



SUNDAY, JUNE 20, 1982

#### Team Relay Race

One bicyclist, two canoeists, two runners:  
The bicyclists begin at 10:00 in front of the Field House at Colby College. They will race 20 miles north through Fairfield Center to and thru Owhegan to the Kennebec Banks Rest Area on Rt. 101 east of Skowhegan. Canoeists will sprint 8 miles down (no white water) the Kennebec River to within sight of the Hinckley Bridge. The first runners will run approximately 5.6 miles to a relay station and the second runner will continue on to finish inside the football field at Colby College, about 6 miles.

#### Entry Fee

\$25.00 per team (must be enclosed with entry form) and received by June 13th.  
\$35.00 after June 14th.  
Individual: \$10.00, (\$15.00 late).

FOR FURTHER INFORMATION  
Write or Call:  
Waterville Chamber of Commerce, 131 Main St  
Waterville, ME 04901

Tel: (207) 873-3315

FOR THE BENEFIT OF:

Waterville Chamber of Commerce

Pine Tree Society for Crippled Children and Adults

"THE MOST SCENIC COURSE IN AMERICA"



ANNOUNCING THE 1982 .....

# UNION TRUST



## TO BENEFIT AMERICAN FIELD SERVICE

Date: June 19, 1982

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

Time: 9:30 AM

Registration: Fee is \$3.00. Registration begins at 8:30 AM. Pre-registration is encouraged. T-shirts awarded to first 200 entrants. Send registration forms and entry fee to Union Trust Company, 66 Main Street, Ellsworth ME 04605. If there are any questions, contact Race Committee at 667-2504.

Course: Run on back roads of Ellsworth and along Route 1A. Mileage approximately 4.2.

Facilities: Rest rooms will be available at the bank.  
Showers will be available at the Ellsworth High School.

Award categories:	Boys/Men	Girls/Women
	10 and under	10 and under
	11 - 14	11 - 14
	15 - 18	15 - 18
	19 - 30	19 - 30
	31 - 40	31 - 40
	over 40	over 40

Course Records: Male: Sheldon Booz 20.58, Female: Robin Emery 24.44.

### 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 1982 Union Trust 4-MILER.

Name \_\_\_\_\_ T shirt size XS. S. M. L. XL

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Signature \_\_\_\_\_ Age \_\_\_\_\_ Club \_\_\_\_\_

Parent or guardian (if under 18) \_\_\_\_\_



# CAMDEN 10K

One of the most scenic 10K's in the State of Maine,  
now organized and run under new management.

When: Sunday, June 6  
Time: 11 A.M. start - Chronomix Timing!  
Where: Start and registration desk at  
Peter Ott's Tavern and Steakhouse,  
located on Bayview Street, downtown.  
Registration: \$5 pre-registration fee before June 1.  
\$6 fee after June 1 and on race day  
from 8-10 AM  
Sponsor: Peter Ott's Tavern & Steakhouse

Divisions: Men's and Women's Ages:

14 & under	30-39
15-19	40-49
20-29	50 & up

Awards: \* 1st & 2nd prizes to winners in each  
age group  
\* Free T-shirts to first 300 entrants  
\* One 1c beer chip for legal aged runners  
or orange juice for minors courtesy of  
Peter Ott's Tavern & Steakhouse



Cut and Mail In

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_  
Zip: \_\_\_\_\_

T-Shirt Size S M L XL

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.

\_\_\_\_\_  
Signature (Parent's if under 18)

Mail entry and check to:

Camden 10K  
C/O Peter Ott's Tavern & Steakhouse  
Bayview Street  
Camden, Me. 04843

Race director: Bill Hughes



DATE: Sunday, May 23, 1982

TIME: 4 Kilometer at 10:00 AM  
10 Kilometer at 11:00 AM

PLACE: Greeley High, Main St., Cumb.  
Me. From Gray take 115 to  
N. Yarmouth and 9 to Cumb.  
From Brunswick take Exit 11  
I-95 to I & Tuttle Rd. to  
Cumb. From Portland take  
Exit 10 to Buchnam Rd. and  
9 to Cumberland.

COURSES: 4K starts at Greeley High  
to Main to Hedgerow/Country  
Charm. Proceeds down Val  
Halla to Pinewood. Turns  
onto Main to Tuttle. Turns  
at Sweetser School and  
finishes on Greeley track.

10K starts at Greeley High  
onto Main to Greeley Rd. Ext.  
Proceeds up Greeley Rd. Ext.  
around the Greeley Woods Cir.  
and back to Main. Crosses  
Main to Greeley Rd. to Val  
Halla. Proceeds to Pinewood  
& turns on Main to Tuttle.  
Turns at Sweetser School and  
finishes at Greeley track.

FACILITIES: Change at Gyger Gym.

AWARDS: 4K: Trophies to top 3  
male & female in the 14  
& under divisions.  
10K: Merchandise to first  
3 males and females in  
Open & to male & female  
winners in other divisions.

DIVISIONS: 4K            10K  
10 and under    Open  
11 and 12       30-39  
13 and 14       40-49  
15 and over     50 & over  
                  16 & under

ENTRY FEE: \$2.00 for 4K & \$3.00  
for 10K. T-shirts to first  
50 registrants in each race.  
(Make checks payable to  
Cheb. Island Track Club)

SPONSORED BY:  
Chebeague Island Track Club

MAIL ENTRIES TO:  
Lou Lambert  
354 Tuttle Road  
Cumb. Me., 04021 - 829-6253

#### 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 sponsors of this race.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

AGE ON RACE DATE \_\_\_\_\_ SEX \_\_\_\_\_

SIGNATURE \_\_\_\_\_  
(Parent or Guardian if under 18)



# ZONTA ROAD RACE



## 5 mile ROAD RACE and 2 mile FUN RUN

**GOOD TIME FOR THE WHOLE FAMILY!**

**When** : Saturday, June 5, 1982-10:30 a.m.  
Rain or Shine.

**Where** : Colby College Athletic Complex.  
Complete facilities.

**Sponsors** : Zonta Club of Waterville  
Area in cooperation with Central Me. Striders.

**Benefit** : Waterville's North Street  
Recreational Area and other Zonta projects.  
Pledges 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 and 2nd places  
in each category of the Race.  
Certificates to all participants in the Fun  
Run. Drawings for free gifts and services.

**refreshments**  
Cold drinks, coffee and sandwiches on sale for  
everyone. Rain or shine.

**registration** : 5 mile wheel  
measured Road Race - \$3.00 pre-registration fee  
before May 30th. \$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.

MAIL TO: Zonta Road Race, P.O. Box 1076 RFD #1, Belgrade, Maine 04917.

CHECK PAYABLE TO: Zonta Road Race

For additional information contact: Marj Lalime 207-873-5397

ZONTA ROAD RACE ☐

ZONTA FUN RUN ☐

1982

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



# ZONTA ROAD RACE

to benefit Waterville's North Street Recreational Area  
and other Zonta projects.

Saturday, June 5, 1982

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

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ Telephone: \_\_\_\_\_  
City Zip

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 5.





BOOTHBAY REGION YMCA

SECOND ANNUAL  
ROCKY COAST  
ROAD RACE



BOOTHBAY HARBOR ROTARY CLUB



# 10,000 METER (6.2 miles) WHEEL MEASURED COURSE

Saturday, May 15, 1982 10:00 AM (rain or shine) at the Boothbay Region YMCA, Townsend Ave., Boothbay Harbor, Maine 04538.

REGISTRATION: 8:15 AM to 9:45 A.M. Pre-registration \$3.00, \$4.00 race day. T-shirts first 200 registrations. Pre-registration packets may be obtained Friday 7-8 P.M.

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. Course record: Andy Palmer (30:17), Joan Benoit (34:12)

RACE DIRECTOR: Jay S. Krause 633-2435; Race Committee: Ken Gaecklein, Rachel Jordan and Lew Pike. Race Doctors: Andre Benoit and Douglas Long.

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

AWARDS CEREMONY: 11:15 A.M.

AWARDS: MENS OPEN - top 5 positions  
12 yrs. & under - first 3  
12-18 yrs. - first 5  
19-29 yrs. - first 5  
30-39 yrs. - first 5  
40-49 yrs. - first 5  
Over 50 - first 5

WOMEN'S OPEN - top 5 positions  
12 yrs. & under - first 3  
13-18 yrs. - first 5  
19-29 yrs. - first 5  
30-39 yrs. - first 5  
40-49 yrs. - first 5  
Over 50 - first 5

All winners will receive special prizes!! First Boothbay Region YMCA male and female 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

RUNNERS CLINIC: Conducted by NIKE Friday, May 14, 1982 at 7:30 PM YMCA

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

## REGISTRATION SECOND 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 18 signed by parent or guardian)  
Make check payable to Boothbay Region YMCA at above address.



## FLYERS IN MAINE RUNNING

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 me 700 flyers by the 20th of the month prior to the issue you want your flyer to appear in and a check for \$15. (Number of flyers will go up substantially in June, July and August) or...send us one photo ready copy of your flyer and \$50 and we'll print it for ya.

\* \* \*

## ATTENTION CAPITOLISTS

Do you have a business that profits from physically active people? How about advertising in Maine Running? More than a 1,000 consumers read it each month.

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

If you can come up with some kinky variation on the above rates, run them by me. I'm game.



The only way to handle large race fields.

\$50 per race

Let us know well in advance of your event so that we can reserve it for you on that day.

## 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 mag.

Name \_\_\_\_\_

Address \_\_\_\_\_

Zip \_\_\_\_\_

Make checks payable to Maine Running

## WHERE CAN I PICK UP A COPY OF MAINE RUNNING?

Have you woken up in the middle of the night lately asking yourself, "I know where I get my Maine Running each month but where should I tell all the people who ask me where to go to get theirs?"

Rest easy. Help is here at last. You will never have to miss another precious moment of rest, for the answer is here:

## BUY MAINE RUNNING AT:

\*OLYMPIA SPORT IN SOUTH PORTLAND

\*THE GOOD SPORTS IN BRUNSWICK

\*THE ATHLETIC ATTIC IN AUBURN

\*PETER WEBBER IN WATERTOWN

\*NEW BALANCE SHOE FACTORY OUTLET  
IN SKOWHEGAN

\*ATHLETIC ATTIC IN BANGOR

\*GOLDSMITH'S SPORTING GOODS IN BANGOR

\*HASKELL'S SPORTING GOODS IN BAR HARBOR

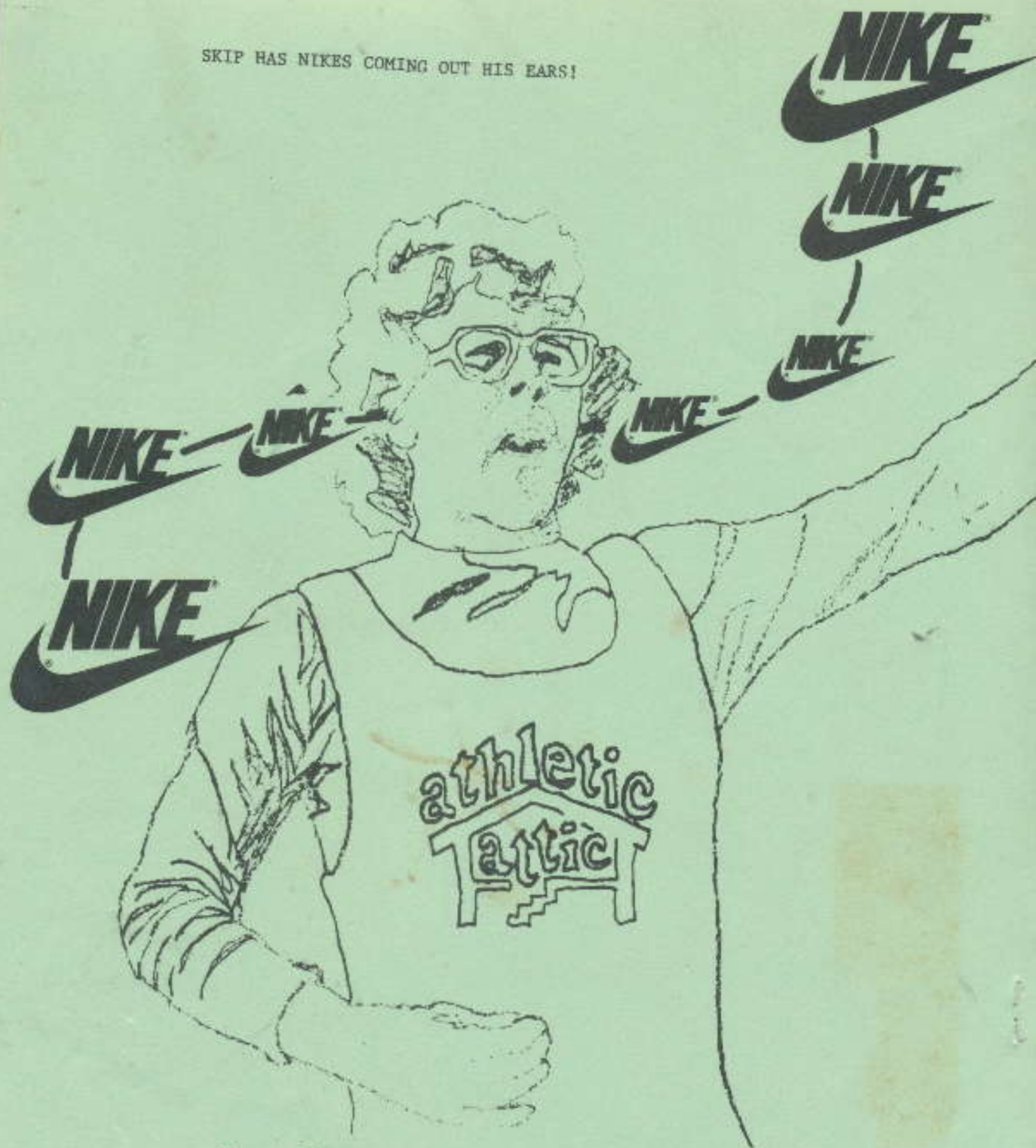
If you do not see your favorite sports shop on this list, let them know about it and they in turn can let us know by calling 843-6262 or writing: Maine Running, PO Box 259, E. Holden, Me. 04429. There's no reason why everyone who runs in the state of Maine (or New England) shouldn't be able to buy his or her own issue of Maine Running each and every month. If all else fails - subscribe



MAINE **Running**



SKIP HAS NIKES COMING OUT HIS EARS!



# Athletic Attic

BANGOR MALL 947-6880

AUBURN MALL 786-2507