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### NOVEMBER 1981

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#### NOVEMBER

1-2 Scott Folsom Band

3-5 Rollins, Tyoe, & Hobson

6-7 As Is

8-9 The Outpatients

10-11 Clouds

12-14 the Drones

15-17 Blues Over Easy

18-19 Wild Accusations

20-22 Fleet Street Shuffle

23-25 Attitude Problem

26-28 Dr. Hicklick's Cucumber Band

29-30 Glen Jenk's Meltdown Band

#### DECEMBER

1-2 Comberland Line

3-5 Glyder

6-7 Peter Calway Revue

8-9 Dawson Came

# MAINER RUMANIAGY

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

November - The last month of racing in Maine for another year. Time to reflect on the past year and look forward to next year. Time to choose the best road racers and recognize them.

This month's cover has most of the very swift on it. The start of Kingfield is always loaded with Maine's premier racers, that's why I use the picture of the 1980 start to introduce the "Pack" each month. Names like Wettlaufer, Lauenstein, Palmer, Operowski, Pfelfle, Chipman and Baird spring to mind when contemplating this year's finest road racers. (All pictured on the cover) But one face is missing from this cover. The face of the toughest runner in the state of Maine in 1981. He's missing because he had just won a marathon 13 days earlier. His name is Rock E. Green.

Here are a few of Rock's accomplishments since last year's Turkey Trot:

Rowdy Ultra Nov 80 1st 5:55:07
Brooks 10 Mile Jan 18 1st 55:23
The Max 10 Mile Pel 15 1st 54:08
Iceberg Marathon Mar 1 2nd 2:31:36
Boston Primer Apr 5 1st 1:23:25
Boston Marathon Apr20 500th 2:35:10
Maine Coast Mara. May 4th 2:34:17
Rowdies 400 Mile Run May
Rowdy Ultimate Jun 20-21

2nd in 24 hour race 124 miles 3rd in 100 Mile race 19:58:14 Bath Heritage Days Jul 4 1st 26:21 Paul Bunyan Marathon Jul 18 3rd 2:30:35

Winthrop Lions 9.08 Aug 9th 2nd 49:00 Good Sports 10 Mile Aug 23 3rd 51:47 City of Presidents Marathon Sep 13

City of Presidents Marathon Sep 13 1st 2:30 Casco Bay Oct 18 3rd 2:25:26

If I've missed a few they hardly matter. I think the point is clear Rock E. Green has been the strongest force in long distance running in

Maine in 198111

### NOVEMBER CALENDAR

There is still some great racing to do from the all-new Benjamin's 10K to the Gasping Gobbler.

### GEORGE MURRAY

Ed Rice visits with America's top wheelchair athlete.

### WALK THIS WAY

Steve Vaitones Introduces the reader to the sport of race walking.

### THE MAINE LINE

Praise continues to come in about Larry Allen's new column. Good luck in NYC Lar.

### RUNNIN' ON ...

Skip's unique style is a relief from all this success garbage.

### BIKING TO OLYMPUS

Joe and John find a nice beach. Still more to come from our Greek travellers.

#### LETTERS

AT THE RACES

THE PACK

MAINE RUNNING IS PUBLISHED MONTHLY IN BANGOR

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1306

The top walkers in the state of Maine are Randy Easter of North Jay, (the first Maine finisher in the National 25 K race held this summer in Lewiston,) John Lafreniere of Lewiston who has built a fine age group program in that city, and Dr. Charles Serratella of Aroostook County who is still active in his 70's after being a national class competitor in the 1930's.

So, for anyone looking for a sensible alternative to running, or for the added challenge of perfecting technique in addition to working on improvement of time, walking is the sport. For further information, you can contact any of the above, or the writer c/o Maine Running. There will be a clinic at the Athletic Attic in Bangor the weekend of the Benjamin's 10K run, which will have a walking division in it.

Steve Vaitones, graduated UMaine-Orono in 78. He placed llth at the National 50K walk and 5th at the National Sports Festival 50K walk this summer. A resident of Waltham, Mass., he still closely follows the running and walking scene in Maine. THE MAINE SPORT CENTER
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### George Murray

by Ed Rice

The ridiculously small contingent of four runners stood behind world class, wheelchair competitor George Murray, just across from the Paul Bunyan statue in Bangor, ready to run an ornamental five kilometer (3.1 mile) "race" in honor of Murray's continental push across the United States.

One of the runners wryly cracked: "Maybe we should get a handicap start!"

Just watching Murray push his chair the few moments he was in view - clearly indicated that the idea was as fitting as it was comically ironic: George Murray's "handicap" in no way hinders him from being a superh athlete.

Larry Allen of Bangor, one of the area's finest runners and the only runner that day who could stay near Murray on the quick tour of Bangor, was very impressed. "He (Murray) snaps his wrists so smoothly...he has a real nice rhythm. I was just barely able to keep up with him on the flats... and on the downhills, forget It!"

After the run Allen recalled that it was almost "magnetic...maybe even almost hypnotic running with him. He moves so smoothly. I found it easier running alongside him then many runners I go out with." Allen said he looked at his stopwatch and timed one mile they did in around five minutes and 20 seconds.

Allen said he particularly enjoyed the surprised look of many people whose puzzled looks were clearly the personification of the question: "What is this guy DOING?"

Allen quickly also noted he saw many, many looks from bystanders of deep respect. "He gave a nice little wave to some people he saw in wheelchairs when we went by the Eastern Maine Medical Center (where a group of people waited outside to honor him with applause). Other people reached out to wave from cars and from the sidewalks too."

Murray, who later noted he "held back" from going as fast as he could so he could enjoy talking to Allen, excused himself and sped on ahead alone not far from the finish in downtown Bangor.

Later, Larry reflected, "I think he just wanted to show people how good an athlete he is, wheelchair or no."

Sitting comfortably in his non-racing chair in his room at the Bangor in-town Holiday Inn, Murray smiled when asked if he had deliberately tried to discourage area runners from participating in the run in his honor. For, in a story in the Bangor Daily News the morning of his arrival, Murray had noted that any runner who wanted to run alongside had better be prepared to do 5:30's per mile, or faster. This appeared after several days of BDN ads encouraged local runners to participate.

Clearly a little wixup in planning.

Murray commented. "This came up in several towns where people wanted to run along. I felt there was one of two ways to handle it: either go through at almost walking pace, with everyone staying together... which is not very representative of how I run, or go through cities the same way I came across country, doing at least six minutes per mile. I decided I wanted to show people what I could do. I mean in some places it almost got ridiculous. One town wanted a marching band to go along."

Murray has clearly known the pain of being vastly under-rated as an athlete.

But even as the bored party of threepiece-suit-clad executives awaited his arrival, blowing tobacco smoke in one another's faces, Murray demonstrated, again, to those who cared to watch that he is a very exceptional kind of athlete. After using his name for several weeks the group of newspaper execs then bought George Murray lunch.

George Murray might have earned distinction on Maine's sporting pages in an entirely different way if a hunting accident at age 14 hadn't put him in a wheelchair for life. A Millinocket native, he was a standout basketball star and captain of his junior high school team in the early 1960's. Think back a little and the names from that remarkable Stearns High School basket-ball team that went undefeated for four years easily spring to mind for many Maine natives: Jon MacDonald, Terry Carr, John Madore, Levi Pelletier... led by Coach George Wentworth. The six-foot-five Murray's name could so easily have been etched into the famous litany if only...

But the same tragic fate that befell his father, befell George Murray.

He remembers: "My father could run 26 miles without stopping. He expressed his desire to run the famous Boston race himself, but soon afterwards he was paralyzed in an auto accident. He spent the rest of his life in a wheelchair. I remember telling him I'd run the race for the two of us... I began running.

"In my early teens I began running a trap-line for mink, heaver, otter and muskrat as my father had (his father had been a professional fur trapperguide and seasonal worker in a paper mill). My trap line was 7½ miles, and I'd pretend I was running the Boston Marathon. Then one day soon after my 14th birthday, I was running down a hill with my gun on my hip and bang'... my gun went off and shot be in the back... As it turned out, the bullet had struck a vital nerve and I along with my father, was sentenced to a wheelchair."

At first the biggest disappointment was not being able to play basketball. But soon Murray began playing wheel-chair sports and, after entering the University of Oklahoma, continued this training. Until the onset of asthma, or, as Murray poignantly suggests, "Asthma, with a capital 'A'...it got progressively worse until I could no longer compete." Several times he was rushed to the hospital with respiratory problems and ultimately he dropped out of school and quit wheelchair sports altogether.

Still, Murray has never been a quitter. "I returned home and spent three years eating, drinking, sleeping and playing chess," with the goal of one day becoming a master. He studied six to eight hours a day and played at chess clubs three times a week, he remembers. He won a most outstanding player of the year award in 1974 and then moved to Florida, to continue pursuing his chess career.

Yet, in Florida, his asthma got better. He could begin wheelchair sports anew. After training in the shotput, discus, weight lifting as well as basketball, Murray tried a racing chair. He remembers: "For the first time in over 15 years, the wheelchair became a means of expression and a form of freedom, rather than a restriction. I could go as fast in the track chair as some people could run. I loved it!"

Murray met Bobby Hall, the first man to go 26 miles in a wheelchair and then the national marathon champion. Hall helped give Murray the motivation to revive the dream of running the Boston Marathon. He trained for a year, taking second place to Bobby Hall in the Orange Bowl Marathon in Miami, in two hours and 54 minutes — feeling even better about the result because he raced the last 10 miles on flat tire! He admits he went to the Boston Marathon in 1978 with "great expectations."

He says: "I thought I could win, but wasn't sure. The gun went off, and almost instantly we were going 30 miles per hour on the first downhill." But shortly after the eight mile point he really "started pushin'...For the last 18 miles it was just me, the press van and a couple million spectators. As I reached the summit of Heartbreak Hill, I had a vivid image of my father urging me on, and again I heard myself telling him I would run the race for both of us..."

Then Murray realized even something more special was happening: "I realized the lead runner hadn't passed me yet. In all other marathons the lead runner passed the wheelchair contingent around Mile 16 or 17. I decided, what the hell, I'll go for it. An entire new race began for me. I was going to beat the runners as well." And he did.

Since then George Murray has set one new standard after another for wheelchair athletes. He pushed across the State of Florida, 160 miles in six days. He was the first to ever record a sub 5-minute mile in a wheelchair, and has set world records in the mile, 1500 meters and 10,000 meters.

In Jaunuary of 1981 Murray captured the World Wheelchair Marathon Championship in Miami. He has been named "Florida Amateur Athlete of the Year" a first for a disabled person. Today he is perhaps the most well known wheelchair athlete, having made numerous national television appearances as well as being written up in several national magazines.

George Murray's training began with "just running...I didn't really train. I didn't take a watch. It was pretty much a Fartlek workout...I really just liked to run hard."

Today Murray will do up to 120 miles a week, mixing in long intervals and even track work. He notes: "I still like to bust hills, even on long runs."

According to Murray wheelchair race psychology is "really identical" to two-legged runners. "We don't take as much of a pounding on the roads as runners do but everything else is the same." Commenting that he goes in for such practices as carbohydrates-overloading before a marathon, Murray adds that he also goes in strongly for weight training, putting "a little more emphasis on chin-ups and similar upper body work."

In the ranks of wheelchair competition there are five classifications: Class 1, three divisions (A,B and C) involving quadraplegics; Class 2, paraplegics-- with use of arms but not possessing all of their trunk muscles; Class 3, those with disabled portions of the vertebrae but possessing a few more stomach and back muscles; Class 4, lower paraplegics; and Class 5, those who can't play able-bodied sports.

Murray is a Class 3 competitor and he knows that in races involving hills he is at a distinct disadvantage with the Class 5 racers. He remembers that in his 1978 Boston Marathon win he felt he needed at least a two-minute cushion going into the famous hills from Mile 17-20 (including Heartbreak Hill) in order to win. In that race he had a 10-minute lead going into the hills and ultimately won the race by seven and one-half minutes. The Class 5 competitors have a little more muscle control and their injuries are less disabling, giving them a better opportunity to make time on the upgrades.

Yet George Murray can go very hard...He
has a 2:12 marathon on one course where
the second half was run into a stiff wind,
varying between 20 and 25 mph! He may one
day run a sub 2-hour marathon. One has
already been turned in by a wheelchair
competitor, on a flat course with a 30
MPH following wind. Additionally, Murray
has a superb 10-K PR of 27:53.

When George Murray had completed the task of "pushin'" into Bangor, en route to Millinocket, there was really no reason for a ceremonial run through town. Murray had actually put himself out, racing extra hard to get into Bangor at the appointed noon hour. A flat tire had derailed his party...yet he made up for the time loss on his own. Now, after a brief reunion with his mother and friends, a quick drink of water, he lined up with the four runners and set right off again.

There just doesn't seem to be a lick of quit in the man.

Consider that he'd just been involved in the "Continental Quest," an event sanctioned by the U.S. Council for the 1981 International Year of Disabled Persons as proclaimed by the United Nations, begun in Los Angeles on April 10. Murray had wheeled, along with his friend Phil Carpenter, across the entire United States in the first-ever wheelchair continental crossing, officially finishing at the U.N. in New York.

But George Murray had a couple more goals in mind. First off, he wanted to wheel right on up through his native Maine. He was carrying a small vial containing water from the Pacific Ocean (strapped to his racing chair since day one of the trip) which he'd hoped to sprinkle on his much-beloved Mt. Katahdin...still his favorite place in the U.S., he said.

It had been quite a trip across. The duo, often traveling at ungodly early morning hours to avoid the heat of the day, first pushed across the deserts of Arizona and New Mexico. They reached a comical impasse in New Mexico where two feuding Indian tribes had blockaded the available road (they skirted this ticklish situation by scooting, illegally, down a few miles of the nearby Interstate, on the shoulder!) They climbed the Rockies in Colorado, crossed through some flooded roads in the great plains of Kansas, crested the Ozark Plateau in Missouri (the toughest climb of all, Murray said, noting that in some instances one full "push" only netted them a couple of inches), canoed across the Mississippi River (in an Old Town cance, of course!), toured Kentucky's Bluegrass Country, conquered Appalachia, climbed the Blue Ridge Mountains of Virginia, reached the nation's Capitol and then pushed on through Maryland, Pennsylvania and New Jersey (best receptions of the trip, Murray says) to finally wind up at the United Nations on August 26, 1981.

#### Whewww!

Yet, when Murray reached Maine, he found he couldn't put the one finishing touch on his monumental trip that he wanted. Aircraft are not permitted in Baxter State Park and so, he could not be flown to the summit of Mt. Katahdin to pour the waters from the West onto his favorite place, in the East. Several people tried to intercede on his behalf, but ultimately George Murray had to pour his little bit of the Pacific into the Kathahdin Stream.

It seems a shame that a man who has accomplished so much, and demonstrated so much courage and determination in proving to be a living inspiration to so many couldn't be granted this one small wish in his own home state...

One wonders where all the threepiece-suit-clad, tobacco-smoking execs disappeared to...when George Murray could have used one small lift?

George Murray has returned to the University of South Florida where he is majoring in physical education. He will be back soon, however, for a special speaking engagement at the University of Maine. Maybe then someone will be considerate enough to give him a very richly earned ride to the summit of Mt. Katahdin... this man who knows so much about what it takes to get to any summit.



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### Maine Line

by Larry Allen

A column devoted to keeping track of those Maine runners who venture to various races around the U.S. and the world.

Fall is the best time for running and racing, especially in New England! The pile of results in this issue reflect that popularity. This month, fall marathons to college x-c and everything in between.

BOSTON, MA. SEP 19 Saucony Share The Road National 10K Road Race

Hank Pfeifle showed his condition a week before his big Kingfield win by running a strong 3rd with a good 29:50. Hank is obviously very fit, at Kingfield he was so thin as to be nearly unhealthy, but just right for a fast marathon on November 1 in D.C.

SPRINGFIELD, MA. SEP 19 Long Meadow 5M

Andy Palmer also prepared for his kingfield race by running a good race. He won in 24:08, beating the 2nd runner by nearly 90 seconds. Andy is running well despite a difficult transition back into college life as a Grad student.

QUINCY, MA. SEP 13 City of Presidents Marathon

Speaking of transitions in lifestyle, Rock Green has succeeded very well, thank you. He is now enrolled in Boston University, working for Bill Rodgers and Co., and he dipped under 2:30 for a marathon win on this two loop course. The temperature was 75 degrees and the shade was scarse, not great for us mere mortals, but this was Rock's 8th marathon this year and his first sub 2:30 since his "windaided" pr 2:26 in New Orleans in 1979. This Rowdie thrives on tough conditions!!

BOSTON, MA Oct 4 OMNI Freedom Trail 8M

Bruce Bickford continued his rise to

the top. He placed 2nd to Olympic medalist Rod Dixon (New Zealand), in this, one of America's most prestigious races. Bruce lost contact with Rod in the last 5 mile and lost by only 8 seconds. His time of 36:50 is 4:36 per mile!! Others from Maine also ran very well, Hank Pfeifle was 21st out of a very tough field, he ran 38:40 only 3 seconds behind "Olympic" team member Benji Durden. Ken Flanders of Portland has had a super year, he placed 27th in 39:08. Bob Chasen a Bates College grad '76 and now a Brockton, Mass podfatrist was 65th in 41:31. If you are wondering how you might have done out of 3800, 500th place was 50:59, 1000th place 55:17 and 1500th place 58:33...

LONDON SEP 27 London to Brighton 534 Mile

Darren Billings of Bowdoinham and UMaine travelled to England for this classic fall ultra. He placed 75th out of 175. His "first" marathon took him 3:20. Then he ran into a rainstorm and a range of hills after 40 miles and still hung on for a 7:39:35 - about 8:35 per mile average! The winner, B.N. Fordyce of the Wits A.C. started out at steady 6 minute pace!!, picked it up in the middle and hung on for 6:05's for the last 7 miles. His winning time 5:21:15.

GAGETOWN, N.B. Oct 11 Oromocto Marathon

Phil Stuart in only his 3rd marathon placed 2nd with a 2:32, an 8 minute pr. Deke Talbot ran 2:50. Phil and Deke are both Downeast Striders from Machias. Deke calls Phil ubiquitous, I call Phil just plain tough!!

BOSTON, MA Oct 12 Bonnie Bell National 10K

A large Maine contingent travelled to this women's race which became the largest race in New England (this year) with 7268 finishers. Marjorie Podgajny (pronounced Pago - nee), winner of the recent Casco Bay race in 2:49:36, and a new resident of the Portland area, led the way placing 26th in 35:38. (Her husband, Steve, isn't bad either. He ran 2:16 in the Boston Marathon this year. - Welcome to Maine!!) Karen McCann led the Central Maine contingent by running 38:35 and placing 79th. Others in the field included:

Andrea Hatch, Castine	40:10
Barb Hamaluk, Bangor	41:23
Patty Jacobs, Farmington	41:48
Marty Thornton, Hallowell	42:00
Marion Leschey, Portland	47:00plus
Norj Ahrens, Bangor	48:00plus
Priscilla Schade, Augusta	51:08
Marj Lalime, Waterville	56:39
Pamela White	56:39
Patty Begin	59:51
Norma Mitton	59:30
Priscilla Jolicoeur	60:00
Sue Easter, Farmington no	time avail.

#### VERMONT OCT 4 10K

Kurt Lauenstein showed that he was recovering form after his injury problems, by winning this local 10K easily in 31:45 - he won by 90 seconds on "a really tough course".

KEENE, N.H. Sep 20 4th Clarence DeMar Marathon

A strong Maine field invaded the hometown of the namesake of this race, a seven time winner of the Boston Marathon. Mickey Lackey set a pr of 2:39:21 in placing 3rd. Tom McWalters was close behind with 2:39:45 in 4th; Gary Cochrane 5th with 2:41:50 and Lawson Noyes (Casco Bay director) was 6th in 2:43:23. Lackey, Cochrane and Noyes are Maine Rowdies. Harry Nelson was 18th in 2:49:20; Nelson and McWalters are Central Maine Striders.

### OLD NEWS

ALTON, ILL. July 29th 2 Miles X-C

Karen McCann won this tough, wet 2 mile race in 12:10 beating 121 other women.

DARTMOUTH, MA Aug 30 8 Miles

Ken Flanders showed his condition by winning in 41:27, Dan Paul was 2nd in 42:09, Dan Barker ran 43:26.

GLOUCESTER, MA Sep 3 Magnolia 5 Miles

No one knew who Hank Pfeifle was when he showed up, they found out when he ran sub 24:00 for 5 miles ( exact time not available). He won easily!

COLLEGE NEWS

Barbara Rand from Orrington and John Bapst High, and Mary Palmer from Madawaska are both running varsity x-c for St. Anslems College in N.H.

The Boston Globe women's college x-c coaches poll shows Boston University coached by Joan Benoit, ranked #1 in New England, and New Hampshire was 2nd (Maine was ranked 6th). You say, why "was"? Well, Maine should move up following a solid 25-35 upset win over N.H.

Jim Boynton from Ellsworth, and Troy
Degolyer from Mt. Desert Island are both
members of the Hawthorne College (N.H.)
x-c team. Jim won the Mayflower Conference championship title on Sep 19 in
29:18 over the Franklin Pierce College
5.7 mile course. Troy was 7th in 31:09,
Jim and Troy were 1-2 on Oct 7th in a
tri-meet at New England College.

WINDHAM, N.H. Oct 3 Windham KofC 10K

Jim Boynton of Hawthorne College found time for an extra curricular 10K and he continued his winning ways with a 34:30.

### MARATHON PREVIEW

The following folks are hitting the marathon trail real soon:

New York City Oct 25

Mike Gaige, Bangor
Larry Allen, Bangor
Gary Allen, Great Cranberry Island
Barb Hamaluk, Bangor
Mike Halmo, Orono
Steve Rainsford, Portland
Randy Phillips, Portland
Patty Trombley, Portland
Mason Smith, Portland

Mt. Washington Valley Marathon Nov 1 Bill Hine is headed for this one from Lewiston.

Marine Corps Marathon Nov 1

Hank Pfelfle, Kennebunk
Dave Cunio, Ellsworth
Carlton Mendell, Portland

Good Luck to everyone!

Larry let me tell this one myself.

### EDITOR BREAKS 3 HOUR JINX!

I travelled to Buffalo using the free ticket Mike Gaige won at Ellsworth and by driving the 290 miles from Albany (Bar Harbor Airlines western terminus) to Fort Erie, Ontario. I arrived in Canada and bedded down at 1 a.m. the day of the race.

I had heard horror stories of the winds on this course, but at race time it was a comfortable 55 degrees with a gentle breeze behind our left shoulder.

I linked up in the first mile with Molly Thayer of San Francisco who was home visiting her parents and looking for a 2:50. I said what the hell! If I explode I can still easily break 3 hours.

Molly and I breezed through 5 in 31:45; cruised through 10 in 63:36 and then I picked it up. I waved good by to Molly and went for it.

I was already starting to fade when I hit 20 in 2:09. The 21st mile went by in 7:15. I knew I was in trouble!

At 20 I was in 167th place; at 25 I was 200th and I grabbed a first full of orange wedges and ate thom while leaning downhill in the final mile.

I stood on the other side of the finish line and ate even more oranges and watched with pleasure as the digital clock ticked off the many seconds between 2:57:42 and 3 hours. It felt awfully good.

It wasn't exactly a thing of beauty, hut at least the deed has been done.

Bob

LATE NEWS

Watch for the annual edition of Runners World this winter. Bob Wischenia of that magazine will be doing a feature on the Great Cranberry Island 5,000 Meters (June 19, 1982 next year) as a part of their annual article on interesting races in interesting places.

NEXT MONTH

Hard to say, but I'm sure you'll all be out there running - and telling me about it.

Anyone having information about, collegiate high school or open runners from Maine who have run a race (elite or otherwise) outside our borders, please contact me at Athletic Attic, Bangor Mall 04401 or call 207-947-6880.

### Running on...

by Skip Howard

This is the end. I'm burned out. Hammered. Cryin' on the boulevard. Singin' my last song, hummin' my last tune. Nothin' left. Caught me when I was blistered and blown away, didn't ya?

If I haven't caught it, I've thought it, and it still sounds trite and contrived. So, I'm at the end of the road, am I?
Nothing to write about related to running, and no words to say it. Just two days after a hard-ass marathon, and I'm whipped, whimpering, wordless, wonderin' just what in hell I'm doin' this for, this runnin' stuff, this endurance trip.

Why, for instance, am I even contemplating the Rowdy Ultra, a 50-Mile race, for God's sake, on the 15th of November, somewhere around Lewiston or Brunswick. I mean, 12 times around a 4-mile loop. You remember Deke's account of it? Hey, I'm not of that caliber, even of my stature, to consider remotely an undertaking of that magnitude. So "why", she asked, "would you want to do something like that?"

- "I don't really know", - an echoed reply, from somewhere, someone else, while I drowned in her eyes. "I guess because I need to test the limits. I enjoy it. Even the pain, the cold, the heat, the hurt, I love it. I love it all."

I didn't say all of that. Only the best parts. Sure, I'm in a deep purple funk. I procrastinated over long on visiting a dying friend. So now he's passed away, and I made the cliched, stupid blunder of calling to ask how he was, before I went to visit, and his finest kind of woman/wife said quietly -

"Oh, then, you don't know" and forever I'll feel the fool when I see her, and her two lovely daughters. We acted together, we did, and we were all beautiful.

On top of that, the enormous heart of my Main Man is cracked and cracking, and what in hell can I do to help him? What can I say?

That does it. All I can do is run. 5 miles in an hour. Last two down the railroad tracks. Found a broom though. Almost broke my achilles tendons. See, I even screwed that up. So, before I hit the rack, I'm going to stop this ridiculous steam-of-consciousness crap, get something to eat, watch the first game of the Series, get hammered some more, and get a good night's sleep. Hope I can recover in time for the Rowdy. 16's back-to-back with a 10-minute breather for food. Food!! That's what I was going to write about! Food, Food! Glorious food!!

Pasta and pancakes. Crumpets and tea. Coffee and cake. Mayonnaise and mustard and custard and me.

Well, maybe next time.

### Biking to Olympus

by Dr. John Frachella

Installment #5 "Back to the reality of riding our bikes"

In Pelakas, it was getting dark and Joe was tired. He decided to get a room in town but I headed for the beach. I'd heard about Pelakas Beach when we were on the way to Italy.

I got there pretty late and 3 or 4
tents were already pitched. They belonged to some campers who were from
Israel, Australia, Canada and Greece.
They welcomed me and a nice man whose
English was excellent helped me set up
my tent. He said he had to leave soon
because he had nothing to sleep in and
he was there with his girlfriend. I
offered to sleep on the sand under a
very starry night, while he and his
girlfriend had fun in my tent.

When I woke up in the morning, I got a better view of the beach. It was flanked by huge rock cliffs with deepwater coves and bays. At one point on the cliffs a narrow fresh waterfall plunged to the clear blue sea. The campers told me about this being a nude beach and by mid-morning about a hundred people arrived, all without clothes. It became increasingly clear that this was going to be a very interesting day.

Very surprisingly and to the amusement of everyone on the beach, a Greek/Italian film crew arrived by noon to shoot a lowbudget porno film. What a circus. I felt like I was on-set in a Fellini movie. Naked toursits and campers watched as photographers and directors ran around with all their clothes on, filming a bunch of fancy ladies who wore nothing but a lot of rouge. Joe and I spoke for a while with the film's fashion photographer who was a very intelligent man capable of much greater things than plastering make-up on models. He mentioned the irony of "living" vs. "making a living" in such a magnificent palce as this. To him, fashion photography was an avocation and a chance to make a little money, but his real contribution to the

world of art lay elsewhere in Rome and Zurich.

We basked in the sun, swam and generally enjoyed ourselves all day long with people from every corner of the world. We talked and shared ideas and laughed like hell at the film crew as they ran back and forth along the beach shouting in Italian at each other. It was hilarious, but in truth, we'd had enough.

We left in the late afternoon and it felt good to be back to the reality of riding our bikes. We headed for the western shore of the island (we're still on Corfu for those of you who've lost track) and made it to the base of the mountain of Achilles. We pedalled back and forth on a twisting, up-hill road, 3 kilometers to the temple. There, out of breath and covered with sweat. we saw the statue of the famous Achilles. It was a marble sculpture, larger than life, of a handsome young athlete who was grimacing in pain at an arrow stuck just above his heel. Every runner I've known with an achilles problem was with me then ... Skip, Loomis, The Mulv ... they were all there in silence and respect.

We rode off to the town of Corfu where we ate dinner and took a room in a cheap hotel for a good night's rest. In the morning we took the ferry back to Patras, an 8 hour boat trip to mainland Greece.

We met a few folks on the boat who were very interesting. Bob, a young part—Creole Indian from New orleans, introduced himself in a classic style. "Hi", he said, "I'm on the road now but I've been a bartender on Boubon Street, I like jazz and I cook good jambolia." He was with 2 young ladies, Vicki and Michelle, from San Prancisco and Minnespolis respectively. They'd been travelling together in Rome and northern Italy where they visited art museums and archeological sites. We spoke of shared experiences and the richness of life and the hours soared by.

When we landed in Patras we all got beds at the good-old Youth Hostel. Our old friend, the owner, was glad to see us again and, along with an Australian couple, we all went out for fish at our favorite cafe at the end of the docks. Later, we strolled to

a taverna referred to us by some locals. It was tucked away on a side street in a seldom traveled part of town. Inside there was one room with huge wooden kegs lying on their sides. There were 15 or 20 old men sitting down at small tables drinking the only drink in the house -Retsina. I walked in with a smile but I was scared - I knew we were invading their sanctuary, and besides, three of us were female and this didn't look like a place you'd want to take a nice girl. Quietly and sternly, the old men made room around 2 small tables and they motioned for all of us to sit down. The owner brought a copper pitcher of Retsina and some glasses. (Retsina is a white wine aged in kegs which are lined with pine resin; the pine comes through in a subtle way but the potency comes through like a locomotive.) The men slowly began to smile when they saw how much we enjoyed our first taste of their favorite drink. The owner brought another pitcher to the table with exclamations of "Mr. Cristo! Mr. Cristol" and a thin man with dark leathery skin, indicated that this one was on him. He kept winking at me implying that I should drink more. One of the men left, came back with a tape recorder and some tapes and another man with a kind innocent face asked the girls to dance. He was a great dancer as he dodged very gracefully between the crowded tables. All 3 girls danced with him at least twice and the wine kept coming and coming. Mr. Cristo ran home to get his 14 year old son who could speak English. He was so proud that his son could talk to the Americans that he was simply beside himself. The son, slightly embarrassed, drank a soda and explained that he had a girlfriend, a pen pal, in Minnesota. He hoped he could go there some day. I told him I thought his father was marvelous and he beamed.

Before we left I took photos and promised to send prints. All the men shook my hand and I felt so much at home, as if these were my people, my very own family.

... To be continued.



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6-	John Frachella	2:35:33
7.	Lloyd Ferris	2:36:53
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9.	Hark Smith	2:39:02
10.	David O'Connut	2:39:46
11.	Kun Coebel	2:40:29
12.	Wire Branch	2:43:02
12,	Casey Horton	2:44:06
14.	Steve Miller	1:45:56
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16.	Jerte Nuchee	2:50:18
17,	Andrew Simma	2:51:10
18,	Sarah Comphell*	2:53:10
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13.	NOTE OF BUILDING	34150		PARAMETER	35. Namey Michelson*	26:08
74.		34:51	*********		36. Mark Laser	26:1B
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63.	Carl Pierce	1:27:06	32. Jeannine Manducco		(A. Jeff.White	32:43
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65.	Blane Lounder*	1:27:59:	Results courtsay of Po		17. Dick Harahman	35:08
66.	Ken Avelt	1:28:03	Ba	ingue PO		35:47
67.	Brenda LoPotro*	1:28:10			18. Paul Pellitier	
68.	Sary Barrett	1:28:16	******	****	19. Craig Boyd	35:55
49.	Prama Sednus	1+28:39			10. Iwil Doser	36:15
50.	Dave Chase	1:28:59	LINYCERS FOLIAGE POOTE	CE 5 MILES	21. Betsey Russell*	36:23
51.	Edito Citizani	47/4/05/507	Alugueta	Oct Sch	77 ine Fandlestein	36:24
50.	Marsha Cigitos	1:29:09	The second second second second second	2000 700	25. Paul Cassidy	37:19
		1:29:29			24. Ken Hodson	38:55
53.			and the second	20.25	25. Kurt Meenburg	39:21
50.	don Malliken	1:29:67	1. Todd Hews	28:35	26. Verana Deschane*	39:23
55.	Caritan Hendell	1:30:31	3. Mark Dertan	29:01	27. Carol Graham*	39:57
56.	Ed Rayasker	E=30:36	3. Kevin Jenkins	29:48		19:57
57.	Tony Beardalus	1:30:61	4. Janua Cakouros	30:03		37100
58.	Roger Puenam	1:30:45	5. Gloom Joseph	30:37	29	1404
99.	Taylor Weatherhou	1:30/50	fr. Grug Sclaco	30:39	30. Line Page*	42:08
60.	Wendy Sayces*	1:31:00	7. Warren Dean	31:07	II. Kate Roseberry*	43:47
61.	John Linscott	1:31:35	S. Robert Clark	32:16		
62.	Sharon Kingab*	Lillial	9. Greg Dorgan	32124	1 Mile Race.	
	Virky Vendrell*	1: 12:07	10. Jne Carter	32153		
63,		1:32:59		32:58	1. Kellie Connor	7:13
64	Boug-Denny Bruen				2. Andy Nacho	8:25
65.	Cliff Fletchur	1173117	12. Mike Thompson	33:02	1. Chris Rafuse	9:25
55.	Jo Comenua	1134123	13. Dick Hegarty	33:25	A. Keyin Lorer	11:10
67,	Andrew Seeley	1:25:07	14. Martin Weiss	13:26		13:34
68.	Jounie Rhoda*	1:25:12	15. Jim Robertson	13:47	The state of the s	1995235-01
69.	Martin Schitt	1:37:24	In. Tim Dean	12:54	8. Michelle Seypolds*	11:35
78.	Charles Mels	1:38:05	17. Bryce Butterfiel	34:05	7. Andrew Howard	12:23
71.	Tim Parritt	1:38:29	18. Ten Doton	34:54	8 Heidi Howard*	13:00
72.	Deedra Bual*	1:38:46	19. Jeff Harbey	341.29	9. Andrew Fraham	13:02
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	Anne Lutaelle*				Results courtesy of John Fo	echella
	Robert Cote	1136:46	25. Nett Evankbire	34:37		rector
	Jeff Lancaster	1138:48	22. John Schwerdel	14/58		
76.	Peter Swanson	1:39:08	23. Regis Beaulten	15:04		
	John Condon	1:39:06	24. Dave Teinann	11106		retraction to the
	State of Association		25. Mike St. Lautent	35:12	Carrier Control Control	
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79.	Glan Holyoke	1:39:06		35153	Lincoin 5K	Oct lith
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60	Glen Holyoke Ken Hodsdon Gerrard Loiselle	1:39:38	JF. Hary Okears			
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60	Glam Holyoke Kan Hodsdon Gerrard Loiselle Aurelle Onellette Debbie Williams*	1:39:38 1:42:28 1:42:52 1:43:24	J7. Gary Okears J8. Jeanne Lawie 29. Bob Day	36:38	***************************************	15:56
80. 81.	Glem Holyoke Ken Hodsdon Gerrard Louselle Auretle Onellette Debbie Williams* Bill LoPotro	1:39:38 1:42:28 1:42:52 1:43:24 1:43:24	17. Gary Okears 18. Jeanne Lavie 29. Bob Day 30. Ken Smith	36:10 36:38 36:45	1. Chris Mavie	
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11.	ACTOR CONTRACTOR CONTR	18:08			Oct 11th	8.		USM 24:49
12.	Tim Markey	18:18	- 22			. 0		St. Joe's 24:50
13.	Alan Stevens	18:22	-	Care Care Care Care Care Care Care Care		10.		USH 25:03
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16.	Mike Nantkes	18:28	3	Decree States Add Note to Beauty 2011	27:52	433		St. Joe's 26:29
17.		18:29	4		30:29	145	Rick Riepl	St. Joe's 26:31
18,	Owen Koelowich	18:36	. 3		30:29	351		USM 26:33
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20.	Jerry Burleigh Brian Leonard	18:41	7 8		30159	17.		Suffolk 26:46 Suffolk 27:05
22.	Cuy Stevens	18:47	0	Linear Park Control Co	31:40	19.	THE PROPERTY AND THE PROPERTY OF THE PROPERTY	Suffolk 27:05 Suffolk 27:26
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24.	Mika Salvato	18:50	11:		31:55	71.	THE RESIDENCE OF THE PARTY OF T	Suffolk 28:43
25.	Wally Gray	18:32	12		32102	22.		Sr. Joe's 30:26
26.	Dan Crocker	18:57	13		32:05	23.		Suffolk 13:18 Suffolk 15:19
28.	Don Smith	19:02	14.		32:20	25,		Suffolk 15:19 Suffolk 36:10
29.	Dave Thecharides	19:21	16.		33:06	26.		Suffolk 16:10
30.	Ricky Shaw	19:21	17		33:12			
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36.	Dean Shea	20:02	23.	Glan Gulser	14:03	.5	t. Joeeph's Colle	gs 25
37.	Brian Sullivan	20:08	24.	Gles Hiles	34103	U	SM	17
38	Arthur Frazer	20:21	25.	Hill LaPaera	34:06	.5	uffolk University	75
39.	Patrick Bons	20:28	26.	Jaff Krochu	24:07	Pon		Manu Pettered
41.	Ivan Porter	20:32	283	Tim Farrict Have Chase	34:07	Kuu	ulte courtemy of	St. Joe's Coath
42.	Chris Hyde	20:59	29.	Hill Piokhaw	35:21			HET LOC & COMES
43.	Dale Rhoda	21:10	30	Grace Amoroso*	35:54	10.0		
44,	Lisa Hespeltine	11:10	35.	Clifford Novem	36:18			
45.	Wendell Porter	21:10	120	Dennis Trutt	36135		RO ANNUAL KINGFLE	
40.	Derrell Touthaker	21:23	11.	Richard Davis	36152	Sin	gfield	Sep 26th
47.	Swam McCahill Sandy TashA	21:37	34.		37:03 37:06	-		AT A PERSONAL PROPERTY.
49.	Fay Pogg#	21:42	16.	Dan Chase	37:08	3.	Hank Pfeifle	29:29
50.	Tue Logan	21142	375	Theresa Lavior*	37:10	2.		29156
51	Frank Doherty	27:00	30.	Debbie Williams*	33532	3.	Hike Catge	30:11
52.	James Pettit	22:09	39:		13:12	Au	Faul Operovski	30:17
53,	Joe Callant	22:19	40.	Mary Lynn Cyr4	37116	- 5.	Kurt Lauenstein	
55.	Lorri Devis Richard Cole	22:25	41.	Howard Etchard	37130	7.	Kim Wettlauler	14:00
56.	Aurele Onellet	22:34	63.	Anne Uniselle	17:34	11.	Hamb Chipman	11:47 37:09
57.	Sharwood Hyde	22:35	44.		. 44, 30	9.	Bill Sime	32:34
58.	Shart Nanckes*	22138	45.	Marris Schiff	38:38	10.	James Babb	33:23
59.	Alfred Dana	22150	46.	Fred Merrian	38:39	11.	Larry Deans	31:29
40.	Melissa Nantkes* Carleton James	22:59	47.	THE RESTORAGE PROPERTY.	38(50	12,	Dreg Parlin	31:35
61.	Forrest Seave	22:59	49.	Ron Hunter Stave Moberrs	29:40 34:07	13.	David Beird Phil Stuert	31:38
63.	David Doore	23:07	50.	Daniris Real+	39:47	15.	Larry Allen	13:59
66.	Richard Henn, Jr.	23:08	51.	Suete Chapline	40:44	16.	Dan Cales	34:06
65.	Dianne Tesh*	23:11	92.	Ehonga Reed*	40:45	17.	Grey DiBiase	34109
66.	Beanna Vades	23(26	537	Felice Worcester*	40:52	18.	Todd Moline	34120
68.	Sabring Leavist*	23:28 23:28	551	Ellen Thertault*	A1:24 A1:29		Gary Allen Jeff Bengtsson	36:22 36:28
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71.	Luri Strois*	24:21	58.	Buy Dumber	42:41		Richard Atanton	
72.	Vicki Stevens#	24:32	50.	Judy Trerechen*	42:35	26.	AUGUST AND AUGUST OF THE AUGUST AND AUGUST AND AUGUST AND AUGUST AND AUGUST AUGUST AND A	34:57
73.	Swanny SchnesserA Shannon Hurd*	26143	50.	Hillen Hunter*	43:24	25.		33:00
74.	Lesite Gordon*	25:05	62	Edward O'Connell Jismic Davis	43:45	27.	Mark Violette Mark Hissmaner	35:07
76.	Maurice Respelting	75 18	65.	James Boyer	43:58		Hackard Saich	35 21
72.	Laurie Landry*	25:22	64.		46130		Rob Coughith	35:22
78.	Michella Johnson*	25:56	65.	Lisu Cyr*	44100	30-		
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81.	Jeff Leibermann Bonnie Porter*	25:59 25:59	67.	Rick Orayes	45:16	33.		35:41
82.	rob Ritchie	20:11	64.		46:56	2200		35:48
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89.	Mary Jeen Emerya	27:44	17.00	Diana Gallagher*	.66136	41.	and the same	20150
90	Laurie Merricch	27:48	Fest	its courtesy of Marky		42,	Steve Mortarry	36:22
91.	Tomay Van Buren	28:12			irector	41.	James Keln	16:28
92.	John Van Buren	29122				44	Michelle Hellett	1,000,000,000
93.	Kelly Davis	29/22				45.	Bob Clement	36:35
95_	Sudden Sam Ouellet	29:54 30:31	2.7	T.A. CROSS-COUNTRY			Mark Simpson	36:41 36:43
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59	Jon Wescott	37151	155, Rich Floyd	43:52	251. Tracey Turner*	
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62_	Caleb Bryant	38:00	15H. Ray Sryanz	44:06	234. Welter Dickhaut	51:18
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74.	Phil Kay		170. Juite Mathiau*	AA:AI	266. Joe Poulin	53:11
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79_	Vincent Bilello	39112	175. Han Carpenter	45100		
80.	Keren McCann*	39:13			271. John Preble	53:37
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111.	Alum Sabaka	A1:31:	207. Chris Coodwin	46:52	303. Peggy Clark#	57:22
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> Results from the Portland Fress Herald

ARE YOU LOOKING FOR A GIFT FOR THE RUNNER IN YOUR LIFE FOR CHRISTMAS?

HOW ABOUT A SUBSCRIPTION TO MAINE RUNNING? LET THEM KEEP UP ON ALL THE RACES IN THE STATE. THE BEST OF ROAD RACTING, CROSS-COUNTRY AND TRACK AND FIELD, PLUS INTERESTING ARTICLES BY SOME OF MAINE'S BEST KNOWN RUNNERS: ANDY PALMER DEXE TALBOT, SKIP HOWARD, JOHN FRACHELLA, ED RICE, WENDY SAYRES, NORMA MITTON, MARJ LALIME AND MANY MORE.

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SEND ME THE ADDRESS OF THE PERSON YOU WANT TO RECEIVE THE GIFT SUBSCRIPTION AND I'LL SEND THEM CHRISTMAS GREETINGS BY MID DECEMBER.

### Letters

Dear Bob,

A selection committee of local area runners chose the following list as Aroostook Runners of the Year

Criterian for selections was as follows:

- Must be a resident of Aroostook County.
- Improvement over the year or from last year.
- 3. Participation in road races.
- 4. Running ability.
- 5. Contribution to road racing.

Men's Division - CONRAD WALTON
Women's Division - NANCY JACKSON
Jr. Boy's (17 + under) DAVID MANGUS
Jr. Girl's Michelle Hallett
Jr. Masters Men - DAN BONDESON
Jr. Masters Women - Carole McElwee
Masters Men - HERM PELLETTIER

Unfortunately we did not have a senior masters division.

Yours in running.

Sam Hamilton

### At the races

Jaycees Foliage Footrace Augusta

Oct 4th

Fifty-one runners completed the five mile Jayrees Foliage Footrace held October 4th on a hilly course combining both road and cross-country racing at the University of Maine at Augusta. Todd Hews of Fairfield led the field with a time of 28:35, holding a comfortable edge over second place finisher Mark Dorian of Lewiston. Jeanne Lewis of West Rockport led the women, coming in 28th overall, with a time of 36:10.

In the two mile "fun run" crosscountry race, Walter McKee of Wayne won in a time of 12:26, and Kathy Carter of Winthrop led the women, finishing in 16:07

All proceeds were donated by the Augusta Jaycees to the American Cancer Society. The race was co-sponsored by the Augusta Area Jaycees, the Maine Road Ramblers, and WABK Radio.

USM's John Keller set a course record of 23:35 for St. Joe's 4.5 mile course. St. Joe's Keith Poulin 23:40 was also under the old mark of 23:44 held by Chris Holt of St. Joe's, who finished third.

Coach Brian "Ziggy" Gillespie's team will next compete October 31 in the N.A.I.A. District Five Regionals at USM-Gorham Campus. The winning team and top five individuals will advance to the N.A.I.A. Nationals to be held November 21st in Kansas City.

St. Joseph's College News Release

Oct 11th

FALL FOLIAGE RACE Southwest Harbor 5.5 Miles

A perfect fall day and a turnout of seventy-five runners marked the success of the third annual Fall Foliage Race in Southwest Harbor on Sunday.

A course record was set by Mike Gaige of Bangor with a time of 27:44. Lamothe's Robin Emery won the women's division in 33:30 making a record of twenty-one wins and one loss in road races this year.

Jimmie Davis age 10 of Ellsworth received a special medal for being the youngest runner. Another special award was given to Nell Fry of London, England for being the runner from farthest away.

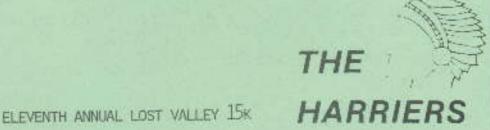
Medals were awarded Bill Pinkham and Rhonda Reed who were the first male and female Southwest Harbor residents to finish.

Marty Lyons

## ETONIC RUNNING SHOES

MADE IN MAINE FOR MAINE RUNNERS





ETONIC RUNNING SHOES ARE MADE IN THE LEWISTON/AUBURN AREA. WHAT MORE APPROPRIATE RACE COULD YOU RUN TO BREAK IN YOUR NEW STABILIZERS. THE STABILIZER HAS BEEN IMPROVED IN RECENT MONTHS. IT'S NOW MUCH LIGHTER AND MORE FLEXIBLE AND AS RUGGED AS EVER. SO COME IN TO THE AUBURN MALL ATHLETIC ATTIC AND TRY ON A PAIR AND WEAR THEM IN THE ELEVENTH ANNUAL LOST VALLEY 15K WHICH WILL BE HELD IN WEST AUBURN ON NOVEMBER 15 SPONSORED MY THE ATHLETIC ATTIC AND THE ANDROSCOGGIN RUNNING CLUB "THE HARRIERS".

**D**Etonic Sports Footwear & Apparel



Etonic Stabilizer.