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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 Cumberland Line
- 3-5 Glyder
- 6-7 Peter Calway Revue
- 8-9 Dawson Gang

J.P. AND LANCE WANT TO SALUTE ALL THE RUNNERS WHO RAN IN THE '81 BENJAMIN'S 10K

MAINE Running

P.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, Pfeifle, 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 Feb 15	1st	54:08
Iceberg Marathon Mar 1	2nd	2:31:36
Boston Primer Apr 5	1st	1:23:25
Boston Marathon Apr 20	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		
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 1981!!

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

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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 11th 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.

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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 superb 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) soaps 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 downhill, 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 than 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 mixup 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 three-piece-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 basketball 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, beaver, otter and muskrat as my father had (his father had been a professional fur trapper-guide 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 wheelchair 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 January 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 canoe, 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 three-piece-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.



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 scarce, 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 $\frac{1}{2}$ 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 podiatrist 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 53 $\frac{1}{2}$ 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 Păgō - nēē), 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 Pfeifle, 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 fist full of orange wedges and ate them 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, but 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 deep-water 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 low-budget porno film. What a circus. I felt like I was on-set in a Fellini movie. Naked tourists 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 place 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 Bourbon Street, I like jazz and I cook good jambolia." He was with 2 young ladies, Vicki and Michelle, from San Francisco and Minneapolis 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. Cristo!" 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.



"THE PACK"

1981 TIN MAN TRIATHLON
Canden Sep 20th

1. Al Vereshetian	2:23:19
2. Eric De Rivera	2:31:01
3. Skip Howard	2:32:20
4. Dan Campbell	2:33:26
5. Kenny Smith	2:35:04
6. John Franchella	2:35:33
7. Lloyd Ferris	2:36:53
8. Bob Smith	2:39:02
9. Mark Smith	2:39:02
10. David O'Connor	2:39:46
11. Ken Goebel	2:40:29
12. Kirk Branch	2:43:02
13. Casey Horton	2:44:06
14. Steve Miller	2:45:56
15. Karl Kocks	2:49:06
16. Jerle Hughes	2:50:18
17. Andrew Sims	2:51:10
18. Sarah Campbell*	2:54:22
19. Larry Busch	2:55:10
20. Richard Lerman	2:54:23
21. Frank Marston	2:54:55
22.	
23. Dan Seafurth	3:00:02
24. Parker Johnson	3:00:54
25. Jim Holmstrakur	3:01:28
26. Janet Staley*	3:02:18
27. Paul McCurran	3:04:45
28. Tom Mulvey	3:05:39
29. Sam Clark	3:07:27
30. Robin Morin	3:08:52
31. Richard Cook	3:09:16
32. Barbara Hanaluk*	3:09:52
33. Brendon Curran	3:10:02
34. Chris Delay	3:10:37
35. Andy Phillips	3:11:00
36. Tom Goodridge	3:11:10
37. Tony Washington	3:11:12
38. Scott Novak	3:19:56
39.	
40. Larry Brown	3:24:26
41. Fred Clossens	3:31:38
42. Bob Handelman	3:35:06
43. Greg Furey	3:37:25
44. Ellen Seeling*	3:41:11
45. Tom Barrow	3:43:44
46. Madeline Alexander*	3:54:07
47. Peter Brown	4:07:00

Results courtesy of Bill Hughes
Event Director

2ND ANNUAL WADDLE/FOURTEEN 10 MILER
Topsham Sept 20th

1. George Towle	58:03
2. William McCully	58:57
3. Eric McNeil	59:29
4. Jim Hanson	61:02
5. Rob Jarrett	62:13
6. R.W. Wells	62:35
7. Dale Dorr	62:51
8. Doug Ware	63:04
9. George Johnson Jr.	63:35
10. Steve Marlaty	64:15
11. Bruce King	67:28
12. Don Bruce	67:40
13. Mike Mesudain	68:00
14. Diane Fournier*	68:24
15. Rob Hunt	69:06
16. Dan Givens	69:15
17. Matt Waddle	69:29
18. Frank Morano	69:35
19. John Boyne	69:40
20. Bob Loberge	70:06
21. Sam Butcher	70:34
22. Robert Waddle	71:24
23. Brian Duquette	71:24
24. Bill Higbee	72:01
25. Vernard Lewis	72:24
26. Frederick Ward Jr.	72:57
27. C.O. Hutchins	73:04
28. Ian Laistula	73:06
29. John Mulroney	73:18
30. Roger Putnam	73:48
31. David Toothaker	73:55
32. William Fox	74:13
33. Rob Currier	75:04
34. Cheta Clement	76:40
35. Carol Sly*	76:41
36. Peter Huskins	76:44
37. Bill Mercier	77:34
38. Nancy Bruce*	77:54
39. John Cullen	78:23
40. Evelyn King*	79:35

Results courtesy of Bob Waddle

JAMES BAILEY 5 MILE RACE
Cnham Sep 27th

1. Bruce Hickford	24:47
2. Jodie Childers	26:44
3. Danny Paul	27:14

4. Rick Oldard	27:29
5. Ken Flanders	27:58
6. Werner Pohaschniz	28:02
7. Stanley Hickford	28:12
8. Doug Ingersoll	28:15
9. George Towle	28:17
10. Tom Mitchell	28:43
11. Chuck Keating	29:16
12. Mike Brust	29:21
13. Rob Lische	29:43
14. Stewart Palmer	29:50
15. Lloyd Slocum	30:02
16. Chris Bowie	30:03
17. Bill Funicella	30:13
18. Peter Grant	30:26
19. Richard McFaul	30:30
20. Todd Drexler	30:33
21. Don Barton	30:41
22. Scott Hugo	30:45
23. Jason Hamilton	30:46
24. Bob Sylvia	30:51
25. John Leeming	30:55
26. Scam Olafsen	30:57
27. Jeff Buck	31:02
28. Marty Moran	31:13
29. Peter Connolly	31:13
30. Richard Walls	31:14
31. Steve Palmer	31:16
32. Garry Myatt	31:17
33. Art Conon	31:23
34. Paul Conley	31:36
35. Ken Curtis	31:47
36. Norman Lewis	31:48
37. Frank Brune	31:49
38. Erich Reed	31:52
39. Joe Slovinski	31:52
40. Bob Smyth	31:58
41. Roger Zimmerman	32:03
42. Kevin Anderson	32:09
43. Pete Hanson	32:23
44. Mike O'Reilly	32:29
45. John Kanne	32:34
46. Stanley Warren	32:53
47. Tom Lindsey	32:54
48. Mike Wilson	33:02
49. George Nason	33:04
50. Kim Beaulieu*	33:04
51. Robert Payne	33:07
52. Robert Lindahl	33:13
53. Doug Moody	33:20
54. Chris Dihan	33:24
55. Larry Frank	33:25
56. Dick Rauter	33:27
57. Chris Constock	33:28
58. Russell Nappi	33:33
59. M. McAleer	33:39

60. Lawrence Main	33:42
61. Steve Gifford	33:48
62. Jack Bell	33:51
63. Karl Kraft	33:52
64. Bob French	33:54
65. Tony LaPore	34:03
66. Mark Fisher	34:17
67. Guy Daigneault	34:20
68. Bruce St. Durs	34:26
69. Arnie Clark	34:43
70. Peter DeTroy	34:44
71. Rob Hunt	34:46
72. Charlie Gordon	34:47
73. Greg Lamb	34:48
74. Mike Beaudoin	34:50
75. Brad Goodale	34:51
76. Bob Laherg	34:55
77. Leonard Sandborn	35:04
78. Cliff Knight	35:09
79. Tom Bennett	35:09
80. Roland Laflamme	35:23
81. Bruce Kingdom	35:23
82. Frank Morang	35:28
83. Colin Poiray	35:32
84. John Johansson	35:34
85. Tom Jankowski	35:49
86. Phil Richardson	35:58
87. Jim Anderson	36:05
88. Malcolm Pottle	36:06
89. Carleton Mendell	36:12
90. Greg Dugas	36:20
91. Bruce Wood	36:23
92. Lloyd Cook	36:39
93. George Nadeau	36:40
94. Bob Page, Jr.	36:44
95. Bob Sturges	36:50
96. Laurie Jasper	36:54
97. Bruce Allen	37:05
98. Bob Fredhas	37:07
99. Charles Quillette	37:07
100. Don O'Grady	37:09
101. Jan Leisala*	37:10
102. Mike Fitzpatrick	37:11
103. Richard Flatsher	37:13
104. Bill Elgee	37:14
105. Frank O'Brien	37:29
106. Julie Sylvis	37:32
107. Eben Seaver	37:32
108. Steve Blodgett	37:32
109. Peter Morrill	37:36
110. Dan Chase	37:37
111. Brian LaHelle	37:37
112. Dick Campbell	37:38
113. Charlie Probert	37:53
114. Brian Daly	37:57
115. Gary LaHons	37:59
116. Chris Cash	38:13
117. Robin Kowall	38:20
118. Brett Rahur	38:20
119. Guy LaFlamme	38:25
120. Richard Kingsley	38:52
121. John Alcorn	38:58
122. Larry Dyer	39:04
123. David Robinson	39:07
124. Cliff Dumple	39:18
125. Maureen O'Neil*	39:46
126. Steve Barnes	39:52
127. Cueses	39:56
128. John Quillette	40:12
129. Mike Wright	40:21
130. Michelle Rollins*	40:36
131. Roger Beaulieu	40:42
132. Susan Aitla*	40:45
133. J.P. Laviole	40:46
134. Jeff Stevens	40:50
135. Peter Frederick	40:57
136. Gayle Sternberg*	41:04
137. Ray Charest	41:26
138. Matthew Bosio	41:41
139. John Tashley	42:15
140. James Soule	42:29
141. Cathie Clark*	42:35
142. Sandy Dunbar*	42:35
143. Christine DeTroy*	43:07
144. Robert Smith	43:21
145. Donna Demmons*	43:31
146. Susan Fien*	43:42
147. Susan Vranizan*	43:54
148. Ron Spear	43:56
149. Jodie Allen	44:16
150. Ann DesRualiers*	44:45
151. Shellie St. Peter*	45:05
152. John Sakala	45:14
153. Lisa Bouchard*	45:19
154. Don Hemphill	45:27
155. Sharon Peck*	45:36

156. Wilbur Holmes	45:59
157. Sarah Faunce*	46:11
158. Ann Curran*	46:12
159. Lynne Zimmerman*	46:21
160. Tracy Latenta*	48:19
161. Richard Neuts	50:05
162. Dee Nicely*	53:03
163. Claudia Bonasio*	53:09
164. Janis Denehy*	54:33
165. Virginia Ward*	56:33
166. Bev Blodgett*	57:04

Race results courtesy of Dave Paul
Race Director

JAMES BAILEY 1.5 MILE RACE Gorham Sep 27th

1. Bobby Sprague	9:25
2. David Manthorne	9:33
3. David Fritz	9:51
4. Matt Seigel	9:52
5. Tim Berry	10:02
6. Jeff Paul	10:05
7. Kurt Smyth	10:20
8. Lenora Falke*	10:22
9. Charles French	10:24
10. Katti Towle*	10:26
11. Karen Sprague*	10:26
12. Chris Smith	10:30
13. Dan Fenderson	10:32
14. Matt Hyde	10:33
15. David Waken	10:38
16. Jeff Martin	10:40
17. Peter Tunkovik	10:52
18. Mike Miller	10:52
19. Matt Probert	11:04
20. David Goodwin	11:08
21. Richard McKell	11:14
22. Teresa Desrosiers*	11:19
23. Steven Towle	11:20
24. Aaron Connolly	11:24
25. John Sweeney	11:32
26. Lori-Ann Towle*	11:36
27. Sarah Berry*	11:38
28. Aaron DiFilippo	11:46
29. Justin Verscat	11:53
30. Brian Walsh	11:54
31. Kallie Frasier	12:07
32. Danny Knechtour	12:14
33. Robbie Page	12:15
34. Chris Lavie	12:20
35. Wendy Guillette	12:23
36. Mike Westcott	13:04
37. Shawn Lindahl	13:16
38. Lara McMullen*	14:01
39. Malinda Garcia*	14:12
40. Jaann Fowler	14:19
41. Benjamin Verkrat	14:35
42. Dan Keating	15:27
43. Monica Cook*	15:34
44. Diane Sprague*	16:05
45. Brian St. Pierre	18:45

Results courtesy of Dave Paul
Race Director

3RD ANNUAL AUTUMN RUN Dover-Foxcroft SE Sep 27th

1. Hank Chipman	15:06
2. Bob Clement	16:31
3. Chris McMan	16:34
4. Thom Annotte	16:37
5. Terry Priest	16:51
6. Warren Dean	16:58
7. Loren Kitchie	17:25
8. Todd Benley	17:31
9. Chris Prickitt	17:32
10. Ray Conner	17:43
11. Tom Coy	18:18
12. Andrew Gilman	18:19
13. Steve Ratneford	18:33
14. Wayne Champenn	18:50
15. Mike Doore	19:14
16. Dave Hager	19:15
17. Steve Smith	20:21
18. Stedward Chaplin	22:29
19. Paul Gosselin	20:43
20. Hutch Phillips	21:03

21. Tim Damien	21:44
22. James Lobdell	22:01
23. George Lobdell	22:06
24. John Kaaten	22:13
25. Larry Salvesen	22:49
26. Kim Damien*	22:57
27. Jerry Henderson	23:02
28. Tracy Chaplin	23:19
29. Sunshine Weinrich*	23:29
30. Judy Doore*	23:52
31. David Doore	23:56
32. Carey Clement*	24:48
33. Steve Caplowe	25:17
34. Sheila Chaplin*	25:20
35. Nancy Nicholson*	26:08
36. Mark Lawer	26:18
37. Justin Weinrich	26:25
38. Louise Clement*	26:26
39. Kristian Clement*	26:32
40. Jane Dean*	26:52
41. Wayne Smith	27:11
42. Billy Forbes	28:14
43. Laurie Cooper*	28:57
44. Kate Brady*	29:38
45. Vickie Brewer*	29:38
46. Sarah Forham*	30:59
47. Doris Coy*	31:11
48. Levi Stevens	31:27
49. Bob Pride	31:27
50. Gwen Clamen*	31:33
51. Brenda Tilton*	31:57
52. Janet Smith*	34:33
53. Shirley Kozlovich*	34:41
54. April Lauer*	35:34
55. Missy Lauer*	35:37
56. Jean Chesley*	35:56
57. Stephanie Tilton*	39:10
58. Katharine Forbes*	39:10

Results courtesy of Community Health
and Counseling Services

N.A.I.A. COLLEGE CROSS-COUNTRY UNIVERSITY OF SOUTHERN MAINE INVITATIONAL

Gorham 5.1 Mile Oct 3rd

1. Dave Lavallee	SS	27:11
2. Don Thompson	SS	27:11
3. John Keller	USM	27:46
4. Chris Holc	St Joe	28:08
5. Keith Poulin	St Joe	28:14
6. Tom Emery	USM	28:18
7. John Howe	St Joe	28:21
8. Fergus Kenny	St Joe	28:26
9. Steve Dawson	SS	28:52
10. Bob Jacobs	SS	29:01
11. Clint Foxwell	MMA	29:11
12. Basil Hagar	MMA	29:20
13. Pat Maguire	St Joe	29:26
14. Jim Howard	St Joe	29:55
15. Dennis Smith	USM	30:06
16. Dana Altwater	MMA	30:15
17. Dan Legere	MMA	30:17
18. Jack Egan	SS	30:22
19. Steve Roy	USM	30:42
20. Joe Moceri	SS	30:55
21. Dave Richards	SS	31:05
22. Roland Perry	Unity	31:08
23. Stan Tucki	Unity	31:11
24. Lester Averill	MMA	31:12
25. Rick Hiepl	St Joe	31:13
26. John Connolly	St Joe	31:31
27. Peter Dube	USM	31:34
28. Randy Payson	USM	31:52
29. Kurt Peterson	MMA	32:37
30. Dennis Heidenthal	MMA	32:46
31. Greg Burr	Unity	34:12
32. John Perkins	MMA	34:58
33. John Hamuff	Unity	34:59
34. Pat Juharn	St Joe	35:04
35. Bill Kojacki	Unity	36:13
36. Todd Curtis	Unity	37:58

Team Results

St. Joseph's College	37
Salem State College	40
USM	70
Maine Maritime Academy	80
Unity College	144

Results courtesy of Niggy Gillespie
St Joe's Coach

2ND ANNUAL AUTUMN GOLD
STATE CHAMPIONSHIP 10K ROAD RACE
Ellsworth Oct 3rd

1.	Mike Gaigne	1:07:28
2.	Jim Newett	1:09:07
3.	Berri Bouchard	1:11:15
4.	Eric Elise	1:11:40
5.	Mickey Lackey	1:12:05
6.	Dan Cole	1:12:45
7.	Duane Young	1:12:57
8.	Steve Holmbraker	1:14:01
9.	Gary Cochran (M)	1:14:13
10.	Atom McFadden	1:14:44
11.	Kurt LeVasseur	1:17:50
12.	Vaughn Holyoke	1:18:34
13.	Borman Hayes	1:18:49
14.	Dave Cunio	1:19:18
15.	Cliff Hatfield	1:19:37
16.	Martin Doolan	1:20:22
17.	Tom Swan	1:20:32
18.	Charlie Nichols	1:20:46
19.	Richard Everett	1:20:53
20.	Deke Talbot	1:21:05
21.	Skip Howard	1:21:25
22.	Larry Rich	1:21:39
23.	Rubin Boery*	1:22:28
24.	Dick Fisher	1:22:53
25.	Bill Savvas	1:23:44
26.	Steve Pailley	1:24:29
27.	Dennis Katan	1:24:30
28.	Bob Jolietneur	1:24:57
29.	Tom Scagliarini	1:24:45
30.	Paul Connor	1:25:09
31.	Grace Amoroso*	1:25:13
32.	Glenn Mator	1:25:21
33.	Glenn Galar	1:25:42
34.	Henry Williams	1:25:46
35.	Matt Ewing	1:26:07
36.	Ray Giglio	1:26:20
37.	Jeff Brochu	1:26:22
38.	Glen Miles	1:26:30
39.	Lori Michaud*	1:26:39
40.	Steve Lagasse	1:26:46
41.	Brad Mergeson	1:26:46
42.	David Comeau	1:26:52
43.	Carl Pierce	1:27:06
44.		
45.	Biane Louder*	1:27:39
46.	Ken Awalt	1:28:03
47.	Branda LoPetro*	1:28:10
48.	Gary Barrett	1:28:16
49.	Frank Bednar	1:28:19
50.	Dave Chase	1:28:49
51.		
52.	Marsha Giglio*	1:29:09
53.	Richard Higgins	1:29:29
54.	Bob Milliken	1:29:47
55.	Carlton Mandell	1:30:31
56.	Ed Kaymak	1:30:36
57.	Tony Beardsley	1:30:41
58.	Roger Putnam	1:30:45
59.	Taylor Weatherhew	1:30:56
60.	Wendy Saytes*	1:31:06
61.	John Linacott	1:31:35
62.	Sharon Kingab*	1:31:41
63.	Virky Vandrell*	1:32:07
64.	Doug-Danny Brown	1:32:54
65.	Cliff Fletcher	1:33:17
66.	Jo Comeau*	1:34:23
67.	Andrew Seeley	1:35:02
68.	Joanne Rhoda*	1:35:12
69.	Martin Schill	1:37:24
70.	Charles Held	1:38:05
71.	Tim Parritt	1:38:29
72.	Deedra Beal*	1:38:46
	Anne Lintell*	1:38:46
	Robert Cote	1:38:46
	Jeff Lancaster	1:38:46
76.	Peter Swanson	1:39:00
	John Condon	1:39:06
	Glen Holyoke	1:39:06
79.	Ken Hodadon	1:39:38
80.	Gerrard Loiselle	1:42:28
81.	Aurelle Ouellette	1:42:52
82.	Debbie Williams*	1:43:24
	Bill LoPetro	1:43:24
	Theresa Lawlor*	1:43:24
	Mary Lynn Cyr*	1:43:24
86.	Kevin Purcell	1:44:44
87.	A. Wesley Williams	1:44:54
88.	Don Osborne	1:46:09
89.	Todd Laplante	1:46:11
90.	Dawn Fraser*	1:46:11
	Lori Holyoke*	1:46:11

92.	Gail Schade*	1:47:40
93.	Peter Pelletier	1:51:39
94.	Peter Curran	1:53:01
95.	Erik Mattson	2:09:40
96.	Shirley Koslovich*	2:17:42
97.	Sudden New Quallatte	2:18:49

Results courtesy of Bob Hooker
Race Director

POLICE PURSUIT 4.1
Waterville Oct 3rd

1.	Brian McCrea, Brewer	15:47
2.	Ray Cornish, Hampden	24:11
3.	Buster Doolley, China	25:40
4.	Bill Pinkham, SW Hbr	25:42
5.	Terry Cousins, Ellsworth	26:37
6.	Joel Merry, Beth	26:47
7.	Dan Kelly, Hallowell	27:08
8.	Paul Gustin, Bangor	27:22
9.	Dave Freeman, Cape Liz	27:38
10.	Dave Giroux, Blue Hill	27:51
11.	Harold Savage, Rumford	28:06
12.	Shelia Hodges*, Hampden	28:17
13.	Paul Trogan, Waterville	28:36
14.	Garry Scott, Brewer	29:00
15.	Murmond Quay, Lewiston	30:32
16.	Todd Savage, Rumford	30:44
17.	Steve Giorgetti, Wvrl	31:50
18.	Keith Richardson, Wvrl	32:01
19.	John Strik, Rockland	32:31
20.	Bill Manduca, Hallowell	33:12
21.	Dan Melvin, Lewiston	34:34
22.	Sue Savage*, Rumford	35:22
23.	Jim Banks, Portland	35:54
24.	Buddy Cousins, Ells	36:10
25.	Stechman Salya, Brunswick	38:49
26.	Elaine Cousins*, Ells	39:15
27.	Patricia Flanders, Yav	39:39
28.	Maureen Guerin, Bangor	40:13
29.	Bruce Flanders, Yarmouth	41:07
30.	Anita St. Onge, Hallowell	41:22
31.	Theodor Short, Fairfield	42:05
32.	Jeannine Manduca, Hallowell	42:54

Results courtesy of Paul Guerin
Bangor PD

JAYCES FOLIAGE FOOTRACE 5 MILE
Augusta Oct 4th

1.	Todd Hews	28:35
2.	Mark Dorian	29:01
3.	Kevin Jenkins	29:48
4.	James Cakouros	30:03
5.	Glenn Joseph	30:37
6.	Greg Kelso	30:39
7.	Warren Dean	31:07
8.	Robert Clark	32:16
9.	Greg Duran	32:24
10.	Joe Carter	32:53
11.	Bill Lashley	32:58
12.	Mike Thompson	33:02
13.	Dick Hegarty	33:25
14.	Martin Weiss	33:26
15.	Jim Robertson	33:47
16.	Tim Dean	33:54
17.	Bryce Butterfield	34:05
18.	Tom Duton	34:14
19.	Jeff Hachey	34:29
20.	Martin McAleer	34:42
21.	Neil Brankstra	34:57
22.	John Schwarzel	34:58
23.	Rogis Beaulieu	35:04
24.	Dave Teinann	35:06
25.	Mike St. Laurent	35:12
26.	Andrew McIlroy	35:17
27.	Gary Gwary	35:53
28.	Jeanna Lavis	36:10
29.	Bob Day	36:38
30.	Ken Smith	36:45
31.	Cliff Olsen	36:50
32.	David Arnesen	37:19
33.	Mark Flimmer	37:23
34.	Steve White	37:24
35.	Dick Abranson	38:06
36.	Chris Goodwin	38:11
37.	Don Abram	38:23
38.	Walter Taylor	38:45

39.	Maureen D'Amboise*	38:47
40.	Mary Jane Day*	38:54
41.	Suzanne Olson*	39:19
42.	Neil Chesley	39:20
43.	Guy Cumber	40:13
44.	Steve Cree	40:34
45.	Dave Courtenay	41:21
46.	John Olsen	41:32
47.	Dick Theberge	41:47
48.	Syrene Bennett	41:57
49.	Ingrid Scott*	42:23
50.	Robert Bolich	42:52
51.	Laura McNeil*	47:12

2-Mile Fun Run

1.	Walter McKee	12:26
2.	Lee Cumber	13:16
3.	Steve Schroeder	13:31
4.	Kathy Carter*	16:07
5.	Kileen Spring*	16:19
6.	Shelia Robertson	16:26
7.	Ken Murphy	18:37
8.	Brenda Lucas*	18:57
9.	Penny Lucas*	19:54

Results from the Maine Road Runners

BLUE OX CO-OP 5 MILE
Bangor Oct 10th

1.	Mike Gaigne	25:53
2.	G.J. Logue	26:45
3.	Steve Johnston	27:27
4.	Dan Buck	27:40
5.	Phil St. Pierre	29:11
6.	Cliff Hatfield	30:21
7.	Mike Everett	30:44
8.	Skip Howard	31:19
9.	John Frachella	31:27
10.	Larry Allen	31:39
11.	Gary Byrd	32:30
12.	Tom Mulvey	32:35
13.	Charlie Nichols	32:38
14.	Jeff White	32:43
15.	Jeannie Lavis*	34:32
16.	Paul Guerin	34:42
17.	Dick Harshman	35:08
18.	Paul Pelletier	35:47
19.	Craig Boyd	35:55
20.	Jeff Dyer	36:15
21.	Betsey Russell*	36:23
22.	Joe Fandlstein	36:24
23.	Paul Cassidy	37:19
24.	Ken Hodadon	38:55
25.	Kurt Meenburg	39:21
26.	Verana Deschane*	39:23
27.	Carol Graham*	39:57
28.	Larry Van Peurson	39:57
29.		
30.	Lisa Page*	42:04
31.	Kate Koweberry*	43:47

1 Mile Race

1.	Kellie Connor	7:13
2.	Andy Nacho	8:25
3.	Chris Rafuse	9:25
4.	Kevin Loyer	11:10
5.	Kelley Graham	11:34
6.	Mitchell Reynolds*	11:35
7.	Andrew Howard	12:27
8.	Heidi Howard*	13:00
9.	Andrew Graham	13:02

Results courtesy of John Frachella
Race Director

LINCOLN FALL CLASSIC
Lincoln Oct 11th

1.	Chris Bowie	13:56
2.	Mark Vinlette	16:25
3.	Mike Cole	16:34
4.	Robert Farmer	16:53
5.	Loren Ritchie	17:26
6.	Kandy Clifford	17:30
7.	Jerry Boss	17:33
8.	Gene Farmer	17:44
9.	Earle Albert	17:57

10.	David Mantke	18:02
11.	Todd Thurlow	18:08
12.	Tim Barker	18:18
13.	Alan Stevens	18:22
14.	Howard Dentrone	18:24
15.	Henry Pietras	18:27
16.	Mike Mantke	18:28
17.	Roy Carter	18:29
18.	Owen Koslovich	18:36
19.	Mike Doore	18:39
20.	Jerry Burleigh	18:41
21.	Brian Leonard	18:46
22.	Guy Stevens	18:47
23.	James Turner	18:49
24.	Mike Salvato	18:50
25.	Wally Gray	18:52
26.	Brent Larlee	18:57
27.	Dan Crocker	19:02
28.	Don Smith	19:18
29.	Dave Theoharides	19:21
30.	Ricky Shaw	19:21
31.	Paul Guerin	19:31
32.	Dick Miles	19:36
33.	Maynard Brown	19:38
34.	Tony Gagnon	19:38
35.	Kevin McLaughlin	19:58
36.	Dean Shea	20:02
37.	Brian Sullivan	20:08
38.	Arthur Frazer	20:21
39.	Patrick Bone	20:28
40.	Chris Hancock	20:32
41.	Ivan Porter	20:59
42.	Chris Hyde	20:59
43.	Dale Rhoda	21:10
44.	Lisa Hesselstine	21:10
45.	Wendell Porter	21:10
46.	Darrell Toothaker	21:23
47.	Susan McNeill	21:37
48.	Sandy Tash*	21:39
49.	Fay Fogg*	21:42
50.	Tim Logan	21:42
51.	Frank Doherty	22:00
52.	James Pettit	22:09
53.	Joe Callant	22:14
54.	Lorri Davis	22:25
55.	Richard Cole	22:29
56.	Aurale Quillet	22:34
57.	Sharwood Hyde	22:35
58.	Shari Mantke*	22:38
59.	Alfred Dana	22:50
60.	Melissa Mantke*	22:59
61.	Carleton James	22:59
62.	Forrest Seave	23:05
63.	David Doore	23:07
64.	Richard Hamm, Jr.	23:08
65.	Blanne Tash*	23:11
66.	Quanna Wade*	23:24
67.	Judy Doore*	23:28
68.	Sabrina Leavitt*	23:28
69.	Sara Koslovich*	23:32
70.	Janis Osgood	24:06
71.	Lori Sirois*	24:21
72.	Vicki Stevens*	24:32
73.	Nancy Schneider*	24:43
74.	Shannon Hurd*	24:55
75.	Leslie Gordon*	25:03
76.	Maurice Hesselstine	25:18
77.	Laurie Landry*	25:22
78.	Michelle Johnson*	25:36
79.	Jerry Richards	25:56
80.	Jeff Luibermann	25:57
81.	Bonnie Porter*	25:59
82.	Rob Ritchie	26:11
83.	Derek Crocker	26:12
84.	Penny Nash*	26:34
85.	Lisa Lindquist*	27:02
86.	Jane Theoharides*	27:02
87.	Margaret Guerin*	27:17
88.	Jason Hannegan	27:31
89.	Mary Jean Emery*	27:44
90.	Laurie Merritt*	27:48
91.	Tommy Van Buren	28:12
92.	John Van Buren	29:22
93.	Kelly Davis	29:22
94.	Josephine Jones*	29:54
95.	Sudden Sam Quillet	30:31

Results courtesy of M. Salvato
Race Director

3RD ANNUAL FALL FOOTRACE 5.5 MILES

Southwest Harbor Oct 11th

1.	Mike Gaige	27:44
2.	Janet Gildard	27:52
3.	Rick Gildard	27:52
4.	Steve Fredrick	30:29
5.	John Howe	30:29
6.	Chris Hult	30:29
7.	Doug Grewas	30:59
8.	Phil St. Pierre	31:22
9.	Arnold Amoroso	31:40
10.	Brian Mc Grea	31:53
11.	Gregg Gray	31:55
12.	James Westphal	32:02
13.	Bob Westphal	32:05
14.	Ray Corstner	32:20
15.	Bill Curran	32:51
16.	Larry Frank	33:06
17.	David O'Connell	33:12
18.	John Trefethen	33:16
19.	Robin Emery*	33:30
20.	Glenn Matot	33:37
21.	Tom Scagliarini	33:38
22.	Neil Fry	33:51
23.	Glen Gulew	34:03
24.	Glen Miles	34:03
25.	Bill LaPorte	34:06
26.	Jeff Broschu	34:07
27.	Tim Farrist	34:07
28.	Dave Chase	34:24
29.	Bill Piskhaw	35:23
30.	Grace Amoroso*	35:54
31.	Clifford Noyan	36:18
32.	Dennis Frost	36:35
33.	Richard Davis	36:52
34.	Gordon Young	37:03
35.	Bill Elismore	37:06
36.	Don Chase	37:08
37.	Theresa Lawlor*	37:10
38.	Debbie Williams*	37:12
39.	Brenda LaPorte*	37:17
40.	Mary Lynn Cyr*	37:18
41.	Howard Richard	37:30
42.	Lena Wright*	37:34
43.	Anne Loiselle	38:30
44.		
45.	Maria Schiff	38:38
46.	Fred McFrian	38:39
47.	Brian Worcester	38:50
48.	Ron Hunter	39:40
49.	Steve Roberts	39:07
50.	Debra Neal*	39:47
51.	Sonie Chaplin*	40:44
52.	Shonda Reed*	40:45
53.	Felice Worcester*	40:52
54.	Ellen Theriault*	41:24
55.	Lori Holyoke*	41:29
56.	Fraser Simpson	42:02
57.	Jerry Bryn	42:03
58.	Guy Dunbar	42:41
59.	Judy Trefethen*	42:55
60.	Ellen Hunter*	43:24
61.	Edward O'Connell	43:45
62.	Jimmie Davis	43:57
63.	James Boyer	43:58
64.	Dawn Virsola*	44:30
65.	Lisa Cyr*	44:30
66.	Dave Weatherall	44:51
67.	Dale Richardson	45:16
68.	Rick Graves	45:56
69.	Cheselle McGee*	46:56
70.	Paula Dunbar*	47:10
71.	Robert Theriault	48:18
72.	Sid Salvatore	52:36
73.	Vernon Elismore	56:06
74.	Charlotte Gill*	66:23
75.	Diana Gallagher*	66:36

Results courtesy of Mary Lynn
Race Director

A.A.T.A. CROSS-COUNTRY

North Windham 5.5 Mile Oct 17th

1.	John Keller	USM	23:35 *
2.	Kath Paulin	St. Joe's	23:40
3.	Chris Hult	St. Joe's	23:55
4.	John Howe	St. Joe's	24:04
5.	Fallon	Suffolk	24:09
6.	Tim Emery	USM	24:16

7.	Fergus Kenny	St. Joe's	24:38
8.	Peter Duba	USM	24:49
9.	Jim Howard	St. Joe's	24:50
10.	Dennis Smith	USM	25:03
11.	Pat Maguire	St. Joe's	25:24
12.	Steve Roy	USM	26:20
13.	John Connolly	St. Joe's	26:29
14.	Rick Riepl	St. Joe's	26:31
15.	Randy Payson	USM	26:33
16.	Kasanoff	Suffolk	26:42
17.	Creashah	Suffolk	26:46
18.	Salleway	Suffolk	27:05
19.	Callahan	Suffolk	27:26
20.	Zacha	Suffolk	28:12
21.	Congrove	Suffolk	28:43
22.	Keohan	St. Joe's	30:26
23.	Ferreira	Suffolk	33:28
24.	Stinson	Suffolk	35:19
25.	Costa	Suffolk	36:10
26.	Riley	Suffolk	36:10

* Breaka course record 23:44 held by
Chris Hult of St. Joe's

Teams

St. Joseph's College	25
USM	17
Suffolk University	75

Results courtesy of Ziggy Gillespie
St. Joe's Coach

THIRD ANNUAL KINGFIELD 10K

Kingfield Sep 26th

1.	Hank Pfeifle	29:28
2.	Andy Palmer	29:56
3.	Mike Gaige	30:11
4.	Paul Operowski	30:17
5.	Kurt Lauenstein	30:25
6.	Kim Metclaufer	31:00
7.	C.J. Logue	31:47
8.	Hank Chipman	32:09
9.	Bill Hine	32:34
10.	James Hobb	33:23
11.	Larry Deane	33:29
12.	Greg Parlin	33:35
13.	David Baird	33:38
14.	Phil Stuart	33:45
15.	Larry Allen	33:59
16.	Don Calk	34:06
17.	Greg DiBiase	34:09
18.	Todd McIlwain	34:20
19.	Gary Allen	34:22
20.	Jeff Bengtsson	34:28
21.	Steve Dunlap	34:31
22.	Larry Burkett	34:41
23.	Richard Atanton	34:50
24.	Mike Cole	34:57
25.	Robert Hooker	35:00
26.	Mark Violante	35:07
27.	Mark Hoffmaster	35:13
28.	Richard Smith	35:21
29.	Bob Coughlin	35:22
30.	Scott Scott Johnson	35:31
31.	Deke Talbot	35:40
32.	Gene Roy	35:41
33.	Richard Stuart	35:43
34.	Eric Ellis	35:48
35.	Dennis Bates	35:49
36.	Kohari Magopian	35:57
37.	Tim Bonanno	36:04
38.	Don Weiner	36:05
39.	Sam Merritt	36:09
40.	Dick Valentine	36:20
41.		
42.	Steve Noriarty	36:22
43.	James Klein	36:28
44.	Michelle Hallett*	36:34
45.	Mendell Blund	36:35
46.	Bob Clement	36:41
47.	Mark Simpson	36:47
48.	Reginald Leeperance	36:44
49.	Steve Harrison	36:53
50.	Dean Asmussen	36:56
51.	Don Sansorn	36:58
52.	Paul Boody	37:01
53.	Warren Dean	37:13
54.	Dave Alley	37:40
55.	Allen Presby	37:41
56.	Peter Laxgard	37:44

37.	Loren Ritchie	37:47	153.	David Blair	43:46	249.	Wade Chipman	50:43
38.	Don Andrus	37:51	154.	Bret McHurt	43:51	250.	Kathleen Sauls*	50:44
39.	Jon Wascott	37:51	155.	Rich Floyd	43:52	251.	Tracey Turner*	50:51
40.	Ben Venekua	37:52	156.	Tom Kahl	43:54	252.	Jim Redding	51:06
41.	Kevin Burns	37:56	157.	Craig Boyd	43:55	253.	Errol Dearborn	51:13
42.	Caleb Bryant	38:00	158.	Ray Bryant	44:06	254.	Walter Dickhaut	51:18
43.	Mike Simonasu	38:04	159.	Winfield Robinson	44:07	255.	William Lahaye	51:27
44.	Bill Leachey	38:19	160.	Tom Noonan	44:12	256.	Dan Smith	51:37
45.	Ron Burton	38:27	161.	Paul Guerin	44:18	257.	William Tostler	51:42
46.	Harvey Rohde	38:32	162.	Mary Palmer*	44:20	258.	Rodney Ellis	51:45
47.	Mike Hanley	38:43	163.	Robert Caron	44:27	259.	Avis Ingalls	51:50
48.	Robert Nicholson	38:47	164.	John Winn	44:31	260.	Mark Barney	52:17
49.	Ray Cooper	38:50	165.	Mike O'Connor	44:31	261.	Walter Christie	52:29
50.	Jaffrey Austin	38:53	166.	Kevin O'Connor	44:33	262.	Jane Lahaye*	52:29
51.	Bill Yates	38:54	167.	Roy Stilliker	44:36	263.	Mike Savage	52:31
52.	Bill LoPetro	38:55	168.	John Hyde	44:38	264.	Greg Tobias	52:32
53.	Richard Everett	38:57	169.	Peter Minnham	44:40	265.	Ellen Spring*	53:09
54.	Phil Kay	39:00	170.	Julie Mathieu*	44:41	266.	Jon Poulin	53:11
55.	Andy Lilburn	39:01	171.	Ernie Gilbert	44:43	267.	Kathy Abbott*	53:19
56.	Adrian Lilburn*	39:02	172.	Peter Pelletier	44:46	268.	Patricia White*	53:20
57.	Martin Weiss	39:07	173.	Shupard Golub	44:47	269.	Sarah Boy*	53:24
58.	Ray Peritz	39:10	174.	Liz Winkley*	44:50	270.	Paula Doyon*	53:31
59.	Vincent Bilello	39:12	175.	Dan Carpenter	45:00	271.	John Preble	53:37
60.	Karen McCann*	39:13	176.	Wale Harris	45:01	272.	Jean Peattie*	53:40
61.	Tom Lepore	39:14	177.	Lawrence Pixley	45:03	273.	Lathy Hazelton*	53:45
62.	Andy Goodwin	39:24	178.	Kim Bishop*	45:04	274.	Bruce Goulette	53:52
63.	Gary Chretien	39:30	179.	Fred Montgomery	45:10	275.	Donald McKee	53:59
64.	Steve Barber	39:38	180.	James Lowery	45:12	276.	Barbara Gram	54:00
65.	Albert Fortin	39:42	181.	Larry Turner	45:13	277.	Anthony Carello	54:01
66.	Dennis Hayes	39:44	182.	John Carville	45:15	278.	Patricia Lowery*	54:11
67.	yaul Connor	39:47	183.	Kevin Purcell	45:23	279.	Peter Larsen	54:14
68.	Jeff Brown	39:49	184.	Jim Kowse	45:32	280.	Gary Kallity	54:16
69.	Starling LeBlanc	39:52	185.	Gordon Sanford	45:40	281.	Janyce Boynton	54:22
70.	Ben Milster	39:55	186.	David Minnham	45:47	282.	David Robinson	54:23
71.	Ken Eaton	39:58	187.	Steve Burt	45:48	283.	Joanna Shay*	54:23
72.	Doug Adams	39:59	188.	Neil tromblait	45:50	284.	Cyndi Corey*	54:34
73.	Ron Paquette	40:03	189.	Suzanna Olson*	45:53	285.	Steve Mierzykowski	54:34
74.	Scott Dixon	40:14	190.	Paul Hall	45:56	286.	Deana Vance*	54:41
75.	Tim Dean	40:23	191.	L.J. Casey	45:56	287.	Debbie Hall*	54:42
76.	Don Arsenault	40:31	192.	Jeannette Laplance*	46:05	288.	Marylane Stafford*	54:43
77.	John Easler	40:37	193.	Chris Dige	46:05	289.	Sandra Peters*	54:46
78.	Robert Patterson	40:34	194.	Jim Meldrum	46:06	290.	Betty Constantine*	55:09
79.	Niall Dwyer	40:43	195.	Bob Boynton	46:10	291.	Lori Howell*	55:13
80.	Walt McKee	40:54	196.	Roger Williams	46:13	292.	Susan Maciejewski*	55:33
81.	Bob Garrett	40:56	197.	Tom Currier	46:14	293.	Ellie Rohde*	55:42
82.	Blanchard Hupper	40:56	198.	Tom Stone	46:19	294.	Sandy Roberts*	55:49
83.	James Moore, Jr.	41:02	199.	James Lee	46:23	295.	Kathy Lawrence*	55:58
84.	David Comeau	41:09	200.	Walter Taylor	46:32	296.	John Olson	56:14
85.	Wes Caro	41:16	201.	Jack Dickman	46:35	297.	Mary Jean Brock*	56:23
86.	Gilbert Roderick	41:22	202.	Brian Wood	46:39	298.	Jane Rothermel*	56:31
87.	Clayton Cook	41:22	203.	Joan Welch*	46:43	299.	Don Cheever	56:32
88.	Steve Metz	41:24	204.	Morj Ahrens*	46:48	300.	Robin Lee Seavey*	57:19
89.	Ron Bonneville	41:25	205.	Tix Savage	46:49	301.	Harold Maciejewski	57:20
90.	Chris Klein	41:29	206.	Lou Champagne	46:52	302.	Charles Krul	57:21
91.	Alan Sabaka	41:31	207.	Chris Goodwin	46:52	303.	Peggy Clark*	57:22
92.	Adam Barnard	41:32	208.	Robert Maloney	46:53	304.	Kathy Miles*	57:23
93.	Diane Lounder*	41:33	209.	Gary Lussaro	47:04	305.	Carole Baldwin*	57:52
94.	Bruce Wheeler	41:35	210.	Robert Newell	47:04	306.	Jane Dean*	57:54
95.	Barrie Price, IV	41:39	211.	Richard Sabol	47:04	307.	Leslie Morrill	58:10
96.	Mary Ann Shick*	41:42	212.	Roger Lightbody	47:05	308.	Maureen Dunn*	58:47
97.	Brenda LoPetro*	41:45	213.	Marion Luchey*	47:08	309.	Dot McCann*	59:13
98.	Jeff Gosselin	41:50	214.	Laona Clapper*	47:16	310.	Marjory Laline*	59:41
99.	Kevin Klein	41:57	215.	Donna Jean Pohman*	47:28	311.	Norma Nitro*	59:42
100.	Gary White	41:58	216.	Roger Poulin	47:29	312.	Irene Purcell	60:17
101.	Brian Hullaey	41:59	217.	James Ippolito	47:39	313.	Rodney Philbrick	60:19
102.			218.	Tina Hinkley*	47:43	314.	Virginia Smith*	60:45
103.	John Horton	42:04	219.	David Ledew	47:43	315.	Maureen Guerin*	60:46
104.	H. Alan Mooney	42:06	220.	Rustin Shill	47:44	316.	Sue Eastler*	60:56
105.	Patty Jacobs*	42:13	221.	Shawn Lander	47:51	317.	Tom Eastler	60:59
106.	Dan Dwyer	42:13	222.	Marvon Hupper	47:51	318.	Mary Perry*	61:10
107.	Delinda Smith*	42:15	223.	John Hilton	47:56	319.	John Dill	62:30
108.	Ken Sylvester	42:23	224.	Terry Henry	47:58	320.	Marcel Poulin	64:26
109.	Wes Wynn	42:31	225.	Jim McDevitt	47:59	321.	Joanna Pernica*	64:44
110.	peter Smith	42:41	226.	Roger Smith	48:01	322.	Joan Meldrum*	65:28
111.	Mike Austin	42:41	227.	Ted McCarthy	48:16	323.	James Smith	65:46
112.	Karla Weir*	42:46	228.	Wayne Gerson	48:26	324.	Sudden Sam Duellat	65:48
113.	Roger Wing	42:47	229.	Judy Bjorn*	48:26			
114.	Jo Comeau*	42:58	230.	Aurele Quillet	48:45			
115.	Bruce Damage	42:58	231.	Poppo Thacher*	48:45			
116.	David Tienann	42:59	232.	Kathy Christie*	48:52			
117.	Jerry Simpson	42:59	233.	Jack Blake	48:53			
118.	John Morton	43:03	234.	Abby Stilliker*	49:01			
119.	John Shaw	43:11	235.	Donna Stevens*	49:11			
120.	Richard Pires	43:12	236.	John Franzen	49:20			
121.	Dan Dally	43:18	237.	Ralph Baldwin	49:26			
122.	Dave Hughes	43:20	238.	David Vitalo	49:32			
123.	John Peters	43:21	239.	David Allen	49:38			
124.	Daniel Sullivan	43:23	240.	Charles Clapper, Jr	49:44			
125.	Eric Bowen	43:29	241.	Steve Grenon	49:46			
126.	Clifford	43:30	242.	Gail Schade*	49:51			
127.	Olaon	43:31	243.	Robert Percy	50:01			
128.	David Spooner	43:34	244.	Scott Verrill	50:09			
129.	Lana Wright*	43:36	245.	Maria Macdonera	50:10			
130.	Nark Leonardi	43:38	246.	Lee Rhine	50:17			
131.	Duvid Rohde	43:43	247.	Roger Lightbody	50:38			
132.	Bryant Laverdiere	43:46	248.	Richard Schade	50:41			

9. G.J. Logue, III	2:33:28	104. Fran Richards*	3:01:20	199. Mike Schwank	3:14:44
10. Bryan Kuprewicz	2:34:47	105. John Dudley	3:01:20	200. Tom Downing	3:14:47
11. Anthony Jackson	2:36:42	106. Don Sanborn	3:01:47	201. Joe Lovejoy	3:15:11
12. David Baird	2:37:14	107. Bill Nichols	3:02:03	202. John Cyr	3:15:19
13. Eric Ellis	2:37:30	108. Dick Armstrong	3:02:10	203. John Courtney	3:15:26
14. Dana Knowlton	2:38:06	109. Richard Henriksen	3:02:28	204. John Leeming	3:15:41
15. Ken Lefournier	2:39:02	110. Harry Taylor	3:02:34	205. Arthur Warren	3:15:45
16. Gary Cochran	2:39:19	111. Edwin Farrell	3:02:34	206. Bruce Bell	3:15:46
17. Marty Levenson	2:40:11	112. Dan Johnson	3:02:36	207. Terry Johnson	3:15:48
18. Stephen Walther	2:40:16	113. Brian McCrea	3:02:44	208. Larry Whipkey	3:16
19. James Webb	2:40:28	114. Dennis St. Hilaire	3:02:53	209. Christine Anderson*	3:16:01
20. Larry Deans	2:42:00	115. Bill Hall	3:03:01	210. Mike Degan	3:16:16
21. Steven Weiner	2:42:10	116. Mike McKenna	3:03:25	211. Cindy Lowry*	3:16:16
22. John Ottaviani	2:42:40	117. Peter Bostow	3:03:49	212. Don Andrus	3:16:34
23. Douglas Foote	2:43:13	118. Hanson Robbins	3:04:07	213. Benjamin Zuckerman	3:16:42
24. Stephen Ransom	2:43:17	119. Ben Fudge	3:04:17	214. Bob Peterson	3:16:46
25. Joe Santanaro	2:43:18	120. Dick Kamienski	3:04:29	215. Tom Walsh	3:17
26. Kevan McDonald	2:43:41	121. Robert Quentin	3:04:43	216. Charles Brew	3:17:04
27. Richard Harper	2:45:14	122. Dave Smith	3:04:56	217. Orlando Delogu	3:17:05
28. Douglas Crabb	2:45:35	123. Bob Nicholson	3:05:00	218. Bill Yates	3:17:07
29. Cino Valentini	2:45:49	124. James Strickland	3:05:03	219. Steve Blafman	3:17:12
30. Bill Hine	2:45:51	125. James Fee	3:05:13	220. Suzanne Gardiner*	3:17:23
31. George Liming	2:46:21	126. Frank Morong	3:05:18	221. James Vitale	3:17:25
32. Jeffery Kelly	2:46:43	127. Ken Gurtis	3:05:20	222. James Touloune	3:17:34
33. Gregory Parlin	2:46:53	128. Robert Crosswell	3:05:33	223. Newton Towle	3:17:36
34. Lloyd Ferris	2:47:27	129. Dan Dilts	3:05:41	224. Anthony DeLuca	3:17:42
35. Bruce Trigg	2:47:41	130. Dick Sabina	3:05:48	225. Dewain Wallace	3:18
36. Kenneth Newcome	2:47:44	131. Don Jackson	3:05:50	226. Frank Farland	3:18:08
37. Thomas Egan	2:48:06	132. Ben Venakus	3:06:00	227. Mike Haros	3:18:10
38. Dick McFaul	2:48:57	133. James Moore	3:06:06	228. Arthur Chapman	3:18:22
39. Brad Hammond	2:49:00	134. John Applin	3:06:08	229. Louis Socca	3:18:24
40. Andrew Hyde	2:49:05	135. Bill Scaplen	3:06:17	230. Arnold Adams	3:18:31
41. Robert Coughlin	2:49:11	136. Edward Pound	3:06:28	231. Mike Korek	3:18:37
42. James MacDougall	2:49:13	137. Ray Shevenell	3:06:47	232. Tom Flynn	3:18:42
43. Gene Roy	2:49:18	138. Diane Fournier*	3:06:51	233. Joe Watts	3:18:45
44. Woodard Openn	2:49:29	139. Dick Krue	3:07:01	234. Blanchard Supper	3:18:49
45. William McGuilly	2:49:36*	140. Bob Jolicœur	3:07:09	235. Richard Everett	3:18:54
46. Majorie Podgajny	2:49:40	141. Dean Warden	3:07:12	236. Tim Jones	3:18:56
47. Edward Hallidge	2:50:22	142. Carl Couchett	3:07:38	237. Dave Cunningham	3:18:59
48. Philip Walsh	2:50:32	143. Neil Schatzman	3:07:45	238. Roger Dutton	3:19:05
49. Larry Bedrosian	2:50:57	144. Ken Kosen	3:07:53	239. Wesley Rothermel	3:19:12
50. Jim Picard	2:51:01	145. Lee Kisely	3:07:54	240. Guy LaFlamme	3:19:15
51. Robert MacDougall	2:52:16	146. John Tarling	3:08:12	241. Peter Gardine	3:19:25
52. Russell Connors	2:52:18	147. John Archacki	3:08:17	242. Jack Hastings	3:19:28
53. Christopher Monsey	2:52:40	148. Peter Flaherty	3:08:28	243. Guy Berthiaume	3:19:28
54. Daniel Cake	2:53:11	149. Louis Thibault	3:08:35	244. Dorothy Halling*	3:19:42
55. Richard Sobie	2:53:17	150. Mike Martino	3:08:58	245. Roger Smith	3:19:43
56. Ronald Paquette	2:53:40	151. Jerald Allanach	3:09:05	246. Franklin Woodard	3:19:44
57. Dean Rasmussen	2:54:16	152. Ken Boothby	3:09:07	247. Ray Fournier	3:19:50
58. Donald Starr	2:54:17	153. John Cardell	3:09:21	248. Peter Ortmann	3:20:08
59. Arnold Clark	2:54:19*	154. Bernard Baker	3:10:12	249. Robert Lonigro	3:20:11
60. Kimberly Beaulier	2:54:22	155. Tom Swan	3:10:15	250. Bob Hunt	3:20:27
61. Roger Zimmerman	2:54:26	156. John Myatt	3:10:16	251. Alan Rogers	3:20:28
62. Richard Malsan	2:54:27	157. John Fischer	3:10:19	252. Andrew Muni	3:20:36
63. Joel Croteau	2:54:52	158. Ed Morin	3:10:26	253. Curtis Cole	3:20:42
64. John Opolski	2:55:01	159. Martin Doulon	3:11:00	254. John Peterson	3:20:49
65. Gary Wright	2:55:22	160. Don Bruce	3:11:12	255. Robert Yoffe	3:20:50
66. Karl Melzer	2:55:26	161. James Canino	3:11:12	256. Jim Demint	3:21:01
67. Garry Chester	2:55:35	162. George Kason	3:11:14	257. Thiemann Ackerson	3:21:09
68. Daniel Oliveira	2:55:36	163. Dick Colburn	3:11:21	258. Bruce St. Ours	3:21:13
69. Robert Frial	2:55:37	164. Robert Gilman	3:11:32	259. John Moncure	3:21:23
70. Mark Violante	2:55:43	165. Tim Carll	3:11:36	260. James Collins	3:21:23
71. Steven Woods	2:55:52	166. Ray Cooper	3:11:39	261. Rick Lynch	3:21:34
72. David Assque	2:56:33	167. Arthur Grove	3:11:40	262. Mark Regan	3:21:34
73. Hubert Strom	2:56:35	168. John Pierce	3:11:41	263. Robert Randall	3:21:53
74. Stephen Woodman	2:56:49	169. Dave Laude	3:11:43	264. Curtiss Shigo	3:22:05
75. Phil Lussier	2:57:17	170. Robert Patterson	3:11:48	265. Bruce King	3:22:33
76. Anthony Lombardo	2:57:18	171. Joe Truworth	3:11:53	266. Patrick Coleman	3:22:35
77. Joseph Bua	2:58:13	172. Larry Rich	3:11:57	267. Roger Burns	3:22:36
78. Dennis Krause	2:58:41	173. Rick Smith	3:12:08	268. Barbara Coughlin*	3:23:03
79. Daniel Wealey	2:58:42	174. Charles Pellegrini	3:12:10	269. John Howe	3:23:08
80. Edwin Sprague	2:58:42	175. George Prescott	3:12:16	270. New Cars	3:23:18
81. Mike Daly	2:58:42	176. John Salisbury	3:12:22	271. Gary Barrett	3:23:32
82. Carl Reetz	2:59:24	177. Bruce Parry	3:12:25	272. Charles Conley	3:23:35
83. Robert Jarratt	2:59:24	178. Charles Shea	3:12:27	273. Richard Campbell	3:23:49
84. Curtis Ellis	2:59:25	179. Loran Ritchie	3:12:46	274. Bernay Schumacher*	3:24:01
85. Vaughn Holyoke	2:59:26	180. Pete Galle	3:12:58	275. Roland Moulin	3:24:01
86. Michael Colerick	2:59:37	181. Rob Smyth	3:13:15	276. Bruce Kutter	3:24:20
87. Mark Simpson	2:59:45	182. Charles Nichols	3:13:18	277. Walter Perrin	3:24:23
88. Bill Agnolotti	2:59:55	183. Wayne Lopez	3:13:32	278. Frank Humphill	3:24:29
89. Barry McLaughlin	2:59:55	184. Deborah Farmer*	3:13:33	279. Gary Weber	3:24:29
90. Stephen Pailley	3:00:13	185. Tom Hyde	3:13:33	280. John Pluto	3:24:29
91. James Peterson	3:00:38	186. Steve Jordan	3:13:39	281. Gary Allen	3:24:39
92. Lenny Hatch	3:00:39	187. John Wells	3:14:05	282. Benson Grant	3:24:39
93. Burton Haggatt	3:00:40	188. Jim Alexander	3:14:10	283. Gregory Blanchette	3:24:49
94. Warren Billings	3:00:51	189. Cliff Letty	3:14:11	284. Gary Hamilton	3:25:09
95. Paul Dean	3:00:53	190. Gerald Cecil	3:14:14	285. John Dorsey	3:25:13
96. Robert Payne	3:00:56	191. Tom Allen	3:14:22	286. Doug Mundy	3:25:13
97. Mark Jones	3:01:03	192. Bob Hagopian	3:14:25	287. Tom Wells	3:25:24
98. Anthony Laporte	3:01:05	193. Tom O'Connor	3:14:25	288. Dale Ferrault	3:25:43
99. Roger Foster	3:01:06	194. John Roberts	3:14:35	289. Bill Seekins	3:25:49
100. Clifford Olson	3:01:11	195. Jacob VanDeKrol	3:14:39	290. Allan Herwehag	3:25:51
101. Carol Ray*	3:01:17	196. Wally McDonald	3:14:41	291. Arthur Swenson	3:26:01
102. Robert Cannata	3:01:20	197. Brian Milliken		292. Ralph Fowler	
103. Mike Coughlin		198. Richard Marino		293. Gary Christen	

294. Kevin Kenney	3:26:12	389. Alan Sabaka	3:41:19	484. Sandra Utterstrom*	3:59:50
295. Ronald Strickmaier	3:27	390. Charles Crover	3:41:20	485. Katherine Pfeiffer*	4:00:17
296. Faye Gagnon*	3:27:05	391. Robert Maddle	3:41:22	486. Ann Costa*	4:02:06
297. Stan Kaszynski	3:27:21	392. Dennis Walsh	3:41:26	487. Stewart Richmond	4:03:18
298. Paul Conner	3:27:33	393. Martin Rogers	3:41:28	488. Joyce Goodie*	4:03:25
299. Paul Truiani	3:27:52	394. Mike Bessie	3:41:32	489. Anne Geller*	4:03:52
300. Joe Grisland	3:27:55	395. Carl Senborn	3:41:32	490. Michael Fitzpatrick	4:04:42
301. Linda Woodward*	3:27:56	396. Dave Morgan	3:41:33	491. O.K. Hammond	4:05:11
302. David Body	3:28:06	397. Roy Lee	3:41:34	492. David Sherry	4:05:42
303. Arthur Cunningham	3:28:14	398. Jeanne McDonald*	3:41:42	493. Barry Bachrach	4:06:56
304. Dan McMahon	3:28:19	399. Robert Hill	3:41:45	494. Tim LaMarre*	4:07:03
305. Priscilla Reinersten*	3:28:31	400. Albert Hanlon	3:41:46	495. Randall Staples	4:07:17
306. Ray Arsenault	3:28:32	401. Willie Ingram	3:41:55	496. Celeste Perkins*	4:08:12
307. Teri Scatchard*	3:28:43	402. Jeff MacDougall	3:42:12	497. Peter DeCourcy	4:08:43
308. James Chase	3:28:49	403. Mark Danyis	3:42:25	498. Wesley Williams	4:09:05
309. Roger Pike	3:28:53	404. Robert Maloney	3:43:14	499. Brian Dante	4:10:02
310. Udo Rauter	3:28:58	405. George Bourgeois	3:43:13	500. Edward Malone	4:10:10
311. George Brady	3:29	406. Gerard Jalberr	3:43:40	501. Donald Brewer	4:11:10
312. Norman Major	3:29:05	407. Tim Clough	3:44:09	502. Robert Handy	4:12:51
313. Jeannette LaPlante*	3:29:10	408. John Titus	3:44:10	503. Harold DeVou	4:13:12
314. Paul LaChance	3:29:30	409. Hugh McCotnick	3:44:28	504. Rick Strout	4:13:33
315. Mike Ryan	3:29:31	410. Tim Anderson	3:44:44	505. Mary Schendel*	4:13:50
316. Carol Rickford*	3:29:47	411. Mike Lavasseur	3:44:48	506. Ron Leonard	4:14:14
317. Karl Kraft	3:29:55	412. Maure McDermott*	3:45:06	507. Bruce McFarland	4:14:25
318. Robert Cauchier	3:30:03	413. Cindy Andrews*	3:45:16	508. Shann Blair	4:14:26
319. Joan Sayres*	3:30:15	414. Scott Kehoe	3:45:17	509. Peter Muirford	4:14:23
320. George Higgins	3:30:23	415. Mark Agan	3:45:27	510. Mike LaCroix	4:14:46
321. Donald McDade	3:30:40	416. George Roth	3:45:45	511. Pete Rabbitt	4:15:19
322. William Conn	3:30:41	417. Linda Rafferty*	3:45:45	512. Madeline Tomlin*	4:16:12
323. Garrett Clough	3:30:51	418. Carol Bly*	3:45:58	513. Penny MacCallum*	4:16:24
324. Bonnie Proulx*	3:30:56	419. Laurie Walker	3:46:01	514. Bob Murray	4:18:30
325. John Barnes	3:30:57	420. David Malony	3:46:12	515. Charlie Frair	4:19:09
326. Bruce Cultard	3:31	421. James Lowery	3:46:13	516. Tom Pierce	4:19:40
327. Mark Dorsey	3:31:28	422. Mark O'Flynn	3:46:21	517. Richard Campbell	4:20:01
328. Kristina Gordon*	3:31:43	423. Roger Williams	3:46:33	518. John Hopkins	4:21:32
329. Frank Knight	3:32:10	424. Catherine Courade*	3:46:45	519. Peter Monaco	4:22:21
330. Evelyn King*	3:32:12	425. Mike Robinson	3:46:47	520. Albert Utterstrom	4:25:08
331. Frank Sedmar	3:32:34	426. Tom Marienau	3:46:49	521. Jack Oppen	4:31:30
332. Robert Mahlin	3:32:39	427. Robert Kosenberg	3:46:52	522. William Hughes	4:31:32
333. Sandra Wyman*	3:32:59	428. Bill McKenzie	3:47:07	523. Steve Wessner	4:33:30
334. Ray Loden	3:32:53	429. Bill Mercier	3:47:16	524. Howard Bishop	4:34:19
335. John Mulrooney	3:32:53	430. Robert Eaton	3:47:22	525. Julia Nichols*	4:35:25
336. Richard Celler	3:32:53	431. John Willis	3:47:27	526. Gerry Nichols	4:35:26
337. Lynne Fuller*	3:32:56	432. Danny Farley	3:47:39	527. Ray Glendon	4:38:21
338. Mike Spadinger	3:32:59	433. Elizabeth Meiklejohn*	3:47:51	528. Eleanor True*	4:40:51
339.		434. Jon Wabcamper	3:48:07	529. Carol Calhoun*	4:43:30
340. Donald Anthony	3:33:02	435. Kay Bryant	3:48:10	530. Peter Curran	4:45:38
341. Patty Jacobs*	3:33:03	436. Kevin Purcell	3:48:23	531. David Harris	4:47:15
342. Ray O'Neal	3:33:10	437. Robert Boynton	3:48:44	532. Susan Cardova*	4:48:24
343. Charlie Gordon	3:33:32	438. Alton Wardwell	3:48:51		
344. John Conley	3:33:40	439. Peter Holloway	3:48:56		
345. Paul LaPointe	3:33:53	440. John Grolley	3:49:12		
346. Bruce Wood	3:33:55	441. Richard Higgins	3:49:14		
347. Matt Olligan	3:34:01	442. Keith Kawalczuk	3:49:17		
348. Richard Dudley	3:34:08	443. Mark Allegretta	3:49:27		
349. Edward Quimette	3:34:14	444. John Hland	3:50:20		
350. Richard Gilmore	3:34:17	445. Joe Tacka	3:50:26		
351. Julius Marzai	3:34:37	446. Dennis Kaszynski	3:50:39		
352. Peter Roper	3:34:41	447. Edward Krollicki	3:50:54		
353. Tim Wachal	3:34:43	448. Mike Wartman	3:51:01		
354. Jim Bishop	3:34:45	449. Larry Dutch	3:51:31		
355. Richard Nadeau	3:34:46	450. Sally Paterson*	3:51:48		
356. Leon Nadiaris	3:35:19	451. Christine Tuttle*	3:52:19		
357. Susan Whitney*	3:35:20	452. Gary Folsom	3:52:51		
358. Brian Perkins	3:35:53	453. Peter Carmichael	3:53:26		
359. David Trussell	3:35:56	454. Howard Atherton	3:53:30		
360. Phillip Call	3:35:59	455. Nancy Bruce*	3:53:46		
361. Dan Bryans	3:36:15	456. Allan Toubman	3:54:01		
362. Cliff Fletcher	3:36:21	457. Martha McGilpin*	3:54:01		
363. Chris Miller	3:36:23	458. Robert Clemens	3:54:06		
364. Robert Hunt	3:36:23	459. Allan Bennett	3:54:14		
365. Robert Milliken	3:36:35	460. Knealy Randall*	3:54:31		
366. James McCluskey	3:36:46	461. James Crady	3:54:32		
367. Mike Arsenault	3:36:57	462. David Bergson	3:54:57		
368. Tim Lohel	3:37:01	463. Rudy Plummer	3:54:59		
369. Gil Koderick	3:37:21	464. Norman Grossman	3:55:33		
370. Robert Burke	3:37:54	465. Jeff Hadley	3:55:38		
371. Beth Pfeiffer*	3:37:57	466. Alburn Butler	3:55:45		
372. Leonard Mulligan	3:38:27	467.			
373. John Gale	3:38:41	468. Virginia Nichols*	3:56:04		
374. Brian LaSalle	3:38:46	469. Philip Harmon	3:56:34		
375. Howard Berwind	3:39:03	470. Joe Mahoney	3:56:38		
376. Don Geller	3:39:16	471. Jeff Preble	3:56:46		
377. Mike Frost	3:40:13	472. Stoddard Chaplin	3:57:46		
378. Edgar Gagnon	3:40:18	473. Bob MacLaughlin	3:58:12		
379. Kathryn Telford*	3:40:24	474. Tom Poirier	3:58:19		
380. John Shaw	3:40:33	475. Ralph Bates	3:58:26		
381. Nicholas San Martino	3:40:41	476. Jean Goldfine*	3:58:47		
382. Joshua Bradford	3:40:48	477. Tom Nikolaiewski	3:58:49		
383. Robin Everett*	3:40:49	478. Lee Roper	3:58:51		
384. Albert Burtz	3:40:50	479. Christine Cloutier*	3:58:58		
385. David Conarie	3:40:54	480. Richard Coleman	3:59:13		
386. Richard Moyer	3:41	481. Debby Sawyer*	3:59:25		
387. Steve Moody	3:41:06	482. Steve Knox	3:59:28		
388. Jane Golley*	3:41:09	483. Edward Meyers	3:59:30		

Results from the Portland Press
Herald

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GREETINGS BY MID DECEMBER.

Letters

Dear Bob,

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

Criteria for selections was as follows:

1. Must be a resident of Aroostook County.
2. 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 PELLETIER

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 Jaycees 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" cross-country 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.

ST. JOE'S FINISHES REGULAR SEASON 19-0

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

FALL FOLIAGE RACE
Southwest Harbor 5.5 Miles Oct 11th

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. Lamoine'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 Neil 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



ELEVENTH ANNUAL LOST VALLEY 15K

THE
HARRIERS



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 BY THE ATHLETIC ATTIC AND THE ANDROSCOGGIN RUNNING CLUB "THE HARRIERS".

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