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MAINE Running 

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MAINE Running

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

Telephone (207) 843-6262

One day this spring, Tanya went to the mail box and retrieved a brown shipping envelope addressed to Ethan. She opened it and found a beautiful hand-knit sweater with the words "Paul Bunyan Marathon" across the back and the legendary lumberjack himself on the chest. A note was attached that simply said, "For the little fellow". Right out of the clear blue! No strings attached! That's the kind of person Leona Clapper is. A woman who has dedicated her life to the concerns of others before her own needs and desires.

And what's even more amazing, is that this type of behavior is the norm and not the exception in Maine running. I'm awfully glad I live here! Read about John Frachella's deep love and concern about one of Maine's great natural treasures; Kathy Dall and Francine Brostowicz's concern for their fellow campers and counselors at the first Maine Running Camp for Adults; Dick Roberge's admiration for Christine Snow; Bud Leavitt's warm words about everyone's heroine, Joan Benoit and Herb Strom's feelings toward his special friend, Bob Payne.

Who says runners are self centered?



MAINE RUNNING is printed monthly at Bangor, Maine.

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

Telephone: 843-6262

Photo of Ms. Clapper by Ed Rice
Maine Running Camp shots by Bob Booker
Beachcomber shots of Hogan and Snow
courtesy of Dick Roberge
File photo of Mendell & Benoit by Booker
Payne photo from Herb Strom
All others compliments of Vance Brown of
Brown Photography Calligrapher, Box 53,
Searsport, ME 04974. Planning a race?
Call Vance, he'd be glad to come.

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You'll be surprised at the number of late season running events this fall. Are you ready for cross-country skiing?

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Will one of the East's great rivers die because we sit back and say nothing?

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- 5 HOMECOMING SK. U.M.P.I. at 10 a.m. in Presque Isle. Contact: the college
6 MAINE FREERHEELLESS KENDUSKEAG RIDS. Contact: Jonathan Sands at 866-2207
7 SIXTH ANNUAL QUAKER HILL LUX ROAD RACE. 9 a.m. Unity College. \$1 entry fee. Call Ed McLois at
948-3131, ext 220.
7 SIXTH ANNUAL FALL POLLARD 5.5 MILE FOOT RACE. 1 p.m. from Harbor House. T-shirts to first 70
registrants. Prs \$5; Post 87. Contact: Peter Bushway, Harbor House, Southwest Harbor, ME 04679
244-3713.
7 PORTLAND ROTARY INTERNATIONAL TRIATHLON. 8 a.m. from the Super Shop'n Save on Preble St. \$10 per
person. 10 mile bike, 6 mile canoe, 5 mile run. Contact: Steve Syder, PO Box 4569, TMS, Portland,
ME 04112.
7 ATLANTIC AUTUMN MARATHON. Also 5 and 10 marathon. Contact: Wayne Macash, c/o Same Gym, C.F.S.
Gagetown, Fredericton, N.B., Canada E0G 1P0 or call 506-422-3880.
7 100 ANNUAL ALNA GOLDEN TRIANGLE ROAD RACE SK. 10 a.m. from Alna post office. See flyer in September
issue or contact Les Fassel 586-5690.
7 PENOBSCOT WHEELMAN'S DOUBLE METRIC. 126 miles. Meet at the Turnpike Mall in Augusta at 7 a.m.
Contact: Owen Marsh at 622-0392.
7 PEN WHEELMAN'S PHILLIPS MOONMATH RIDE. Meet at Shop'n Save on Rte 4 in Phillips. Contact: Larry
Childs 382-1984.
7 THE GREAT AMERICAN DREAM 4 MILE ROAD RACE. See ad in September issue of MR or contact the French
connection, 110 Union Ave., Old Orchard Beach, ME 04064. See French Connection news.
7 PEN RAY TRADE WINDS CLASSIC. 10 a.m. from the Trade Winds in Rockland. See flyer in September issue
or contact: Sterling Lorland, 14 Malbone Circle, Rockland, ME 04841.
12 ROCKLAND DISTRICT HIGH SCHOOL FLYING TIGERS CROSS COUNTRY RUN. 2.8 miles. Contact: Ted Dunachu at
354-8112.
12 ST. JOSEPH HOSPITAL FALL RUN. 5K at 10 a.m. from the hospital in Bangor. See flyer in September
issue or contact: St. Joseph's Ambulatory Care, Inc., PO Box 8081, Bangor, ME 04401.
12 AUTUMN GOLD 10K. 11 a.m. at Willey's in Millsworth. See flyer.
12 OWLS CLASSIC. 2 p.m. 10K from U.M.P.I. Contact: Dave Macky.
12 FAVORITE SON 10K. 10 a.m. from Best Western White House Motel, Oldlin Rd., Bangor. The Senator will
be there! Great cross country action over a 5K cross country course. See flyer in September issue
or contact Best Western White House Motel, MSC, Bangor 04401.
12 STRONG'S RUN FOR LIBERTY I. Could be a big one! 50 races nationwide. Help the Statue of Liberty.
12 S.M.V.T.I. See flyer in September issue or contact the Maine Track Club at 771-0055.
10 a.m. from S.M.V.T.I.

November 1984

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November 1984

- 13 LIFECYCLE CHESAPEAKE NATIONAL RUNNING & FITNESS DAY 5.1 MILE ROAD RACE & 1.5 MILE FUN WALK/RUN. See flyer or contact Lifecycle Road Race, c/o Paulie Gray, 45 Gold St., Lewiston, ME 04240.
- 14* PARADELL RIDGE. Penobscot Wheelmen's last salute to fair weather. 10 a.m. from Poulin Cycle in Augusta. Contact: Larry Poulin 623-1166.
- 14 7TH ANNUAL CASCO BAY MARATHON. Portland's big one, will Kurt's record fall this year? 8:30 a.m. from the Expo. See flyer in May, July or September issues or contact Charlie Porter at 839-7258.
- 14 SRI CHINMOY 5 MILER. 8 a.m. from Falmouth. Contact Sri Chinmoy Marathon Team, 40 Main St., Topsham, ME 04086 729-5825.
- 14 BICENTENARY 10K. 1 p.m. in Backville, N.B. \$5. Contact: Virgil Hamrock, Box 1780, Backville, N.B. E0A 3C0 or call 536-1696.
- 20 LOTTO WOMEN'S 10K AND 2 MILE FUN RUN. 2 p.m. from Wilmet Park in Fredericton, N.B. \$4 for 10K/\$2 for 2 mile. Mother-daughter and sister teams. Call George Hubbard at 455-7112 (H) or 452-9426.
- 20 3RD ANNUAL LAKE REGION ROAD RACE. 9:00 a.m. from Lake Region High in Naples, ME. \$5 post/54 pre. Contact: Mark Snow, Box 181, East Baldwin, ME 04024 or call 787-2250.
- 20 FALL FOLIAGE FOOTRACE. 10 a.m. at the Augusta Civic Center. See flyer.
- 21 WALDO COUNTY CHALLENGER TRIATHLON. 11 a.m. from Belfast Arms H.S. \$10. Race caps for all. Contact: Dale Cross, Waldo County YMCA, 125 High St., Belfast, ME 04915 or call 338-4593.
- 27 COAST WESTERS 1ST ANNUAL CLASSIC 4 MILER. 1 p.m. from the Coast Guard Base, S.W. Harbor. \$5 pre/ \$6 post. 7's to First 30 registered. Contact: U.S. Coast Guard Base, Southwest Harbor, ME 04679.
- 27 NEW HAMPSHIRE AIR NATIONAL GUARD 10 KILOMETER ROAD RACE. 10 a.m. in Hampton Falls, N.H. \$4 pre/ \$5 post. Call or write: NHANG 10K Road Race, c/o Joel Dougherty, 3281, Box 93, Sanford, ME 04071 324-6691.
- 27* AMC LIMINGTON WHITWATER. (2-3) Ann and Art Pearce 653-4075.
- 27* AMC WORKSHOPS ON WHITWATER CANOEING. Pleasant Mt., Bridgton.
- 28 7TH ANNUAL THE GREAT PUMPKIN RACE. 9 a.m. for 1.5 mile fun run; 10 a.m. for one of the state's finest 10K events. See flyer.
- 3* AMC PLEASANT RIVER POLING. Contact Don Shofield at 773-3642.
- 3 FREEZE UP RUN. 10 a.m. from the St. John Racquet Ball Club 8 miler. Contact: Walter Ellis, 9 Hayward Ct., Saint John, N.B. E2K 2A4 or call 693-4382.
- 4 RR RUN FOR YOUR LIFE. 11:30 a.m. from Run For Your Life, Granite Hill Rd., Manchester, ME. Hot chocolate and prizes. Contact store at 622-9854.
- 4 14TH ANNUAL LOST VALLEY 15 KILOMETER ROAD RACE. 1 p.m. from Lost Valley Ski area base lodge. \$5. Flat out and back course. Contact: Auburn Rec 784-0191.

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BROOKS
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- 11 5TH ANNUAL VETERAN'S DAY ROAD RACES. 10 a.m. from Hodges School in Augusta. Certified Half-Marathon & 5K. Free luncheon at Augusta Elks after race. Benefits American Heart Assoc. Contact: Greg Nelson, Maine Road Ramblers, P.O. Box 304, Augusta, ME 04330 581-5607
- 11 THE RONDO ULTRA - A 50 MILE RACE. 6:30 a.m. meet at Sargent Gym on the Bowdoin College Campus. Must pre-register. \$15 fee. Contact: Gary Cochran, 30 Cumberland St., Brunswick, ME 04011 by Nov. 4 or call 725-8413
- 11 VETERANS MEMORIAL ROAD RACE. 1 p.m. from Wiscasset High. See flyer.
- 17 1984 CANADIAN TEEN CROSS-COUNTRY CHAMPIONSHIPS. 11 a.m. from Macquarie Golf Course in Fredericton, N.B., Canada. \$25 for 7 person senior men's team; \$20 for 5 person senior women, junior men & junior women teams; \$5 for all additional entries. Foreign athletes welcome. Contact: Dave Swattie, 51 Deerwood Dr., RR#6, Fredericton, N.B. E3B 4X7 Distances: 4K for J.W.; 5K for S.W.; 8K for J.M.; 12K for Senior Men.
- 22 5TH ANNUAL SCRUTON POND ROAD RACE. 9 a.m. in Barrington, N.H. \$5 prn/\$7 post. Call or write: Pat Kelly, RFD # 1, Scruton Pond Road, Barrington, N.H. 03825 603-664-9516
- 22 6TH ANNUAL MAINE SAVINGS BANK GASPING GOBLER ROAD RACE. Certified 10K and 2 mile. 10 a.m. From the Augusta Civic Center. Long-sleeve T-shirts to 1st 200 registrants 10K and 1st 100 in 2 mile. \$6. Contact: Barbara Godfrey, c/o Maine Savings Bank, P.O. Box 2509, Augusta, ME 04330 622-4766 or 622-7734 (THE RACE GERRY CLAPPER ONE!!)
- 22 THANKSGIVING DAY 4 MILER. 8 a.m. from the Portland Expo. Contact: George Towle, Portland High School, 284 Cumberland Ave., Portland, ME 04101 775-5831 - 781-2197 (evenings)
- 24 AAC/USA NATIONAL CROSS COUNTRY CHAMPIONSHIPS (MEN, WOMEN, JR. MEN & WOMEN). At Franklin Park in Boston. Send SASE to Boston Running News, P.O. Box 252, Boston, MA 02111 BIG SUMMER/RIG RACE Thanks Steve Viatoreos
- 16 GREAT DEPSEY OCEAN RUN #3. 11 noon. 10K at Wolf Neck State Park, Freeport. Contact: Pete Harbeck, Freeport Community Ed., Holbrook St., Freeport, ME 04032 865-6171

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ALL MY CHILDREN - THE RUNNING CLAPPERS

by Ed Rice

Ast Charlie and Leona Clapper just how many Clappers, total, have taken up running and you'll get an amazed shake of the head, and then an impressive list of names, ages and relationships.

In their hometown of Bucksport, members of the Clapper family regularly hear friendly horns tooting, as friends and neighbors in autos pass yet another Clapper slapping one foot in front of the other on a training run. Local legend has it that you can't pass through Bucksport at any time of day or night without seeing one of the Clapper clan out on the roads.

Charlie and Leona, and six of their 12 children, are true followers of the faith, and there have been occasions when a road race in Maine has been graced with up to seven Clappers, winning awards in several different divisions.

Yet Mom and Dad Clapper are quick to point out that the family's running tradition didn't begin with their inspiration: instead, it was one of their sons, the "lucky seventh" child Gerry, who fired the starter's gun for the family.

Says Leona, "Our first six didn't go in for it. But starting with Gerry the next six, the second half of the family, have. And they got us (me and Charlie) running."

Son Gerry, now 33, proved quite a catalyst - not only in introducing running to the family but setting quite a standard of excellence, for Gerry Clapper holds almost all of the University of Maine at Orono's long-distance running records, from one mile on up.

Leona remembers proudly how Gerry got started. "He went out for freshman football, but he just didn't have the body for it. Then he went out for basketball, but he got cut from that. Then he went out for indoor track..." and Leona's face breaks into a victorious smile and she leaves off right there. Gerry, as a high school sophomore, ran a 9:37 indoor 2-mile, a record that still stands at Bucksport High. He would go on to win the state 2-mile championship, outdoors, in 9:20. At the University of Maine Gerry Clapper ran a 4:10 indoor mile, an 8:51 2-mile and a 29:59 10-kilometers while anchoring Orono's best long-distance contingent ever.

At the same time Gerry Clapper became a popular and very regular winner in area road races, holding consecutive year-to-year streaks at several favorite meets, like Bucksport's 10-mile Tour du Lac and the S-K Cranberry Island Road Race among others.

With Gerry in full running swing, other family members soon followed him. Brother Joe, now 22, took up cross country and winter track at the high school and soon, it seemed, Bucksport High was annually sending yet another Clapper out onto the track to compete. Twins Mary and Margaret (who turn 21 in September) were important members of the girls' cross country team, with Margaret turning in several record-breaking performances. Pattie, 18, recently graduated from Bucksport High after participating for four years in cross country and indoor track. And now there is Mike, 16, to carry on the Bucksport High tradition.

It was about six years ago, after viewing their kids in a Bucksport fun run that Charlie and Leona, then 48 and 47 years old respectively, "thought we'd rather run than watch." Charlie had just been warned about high blood pressure, Leona, by her own admission, had a little extra weight she could do without. So, in spite of having done little in the way of exercising beyond walking, they both began running.

"And quite soon after," Leona says, "we started racing. I was quite amazed. I never thought of myself as athletic and then I found that I enjoyed being competitive. Plus, it was great for the family...it was something we could all do together and the kids really liked that."

Presently, it's Mum and Dad who are doing the most consistent racing. Gerry, a graduate student in math who's been working in his brother's house construction business, is down with a knee injury. "He's very quiet," Leona says of Gerry. "You have to ask him questions to find out his running plans. But I know he'll keep at it. He's really good." Some of the other kids though, in Leona's words, have "pettered out" in recent years. Leona notes: "We always ask 'Do you want to come?' We don't say 'You're going.'"

Leona and Charlie are pleased to see Margaret's interest rekindling. Margaret, whose Bucksport High indoor record was broken by younger sister Pattie, put running aside for college and marriage but has recently begun a consistent training pattern again. Leona shakes her head in disbelief at this daughter's innate talent. "Margaret can run just two or three times a week and still win. This spring, after very little training, she went to Readfield (an arduous 15-miler) and took First Woman...and she never gets injured," Leona adds, in Mock exasperation.

Running road races with her daughters is clearly a joy for Leona, and she is justifiably proud of the fact that she and either Margaret (twice) or Pattie have brought the Clappers first place in the mother-daughter division of Old Orchard's Maine-ly Ladies Road Race for three straight years.

For their parts, Charlie and Leona do some 15 to 20 road races a year, looking for one every other weekend. "Otherwise," Charlie says, "you don't get in enough long runs." The husband and wife rarely train together. Leona, a housewife, likes running in the morning; Charlie, a plant engineer for St. Regis paper mill, is restricted to running in the evening. In races, they start out together, but then it's "say the better one...!"

Charlie remembers a recent 10-miler at Hancock in which he started to pull Leona in very close to the finish. "I caught up to her about 20 feet before the finish. I grabbed her hand and we went across together. I knew she'd like that." Leona smiles and nods, adding, "I've wanted us to do that sometime."

Running goals? Charlie says simply, "To just keep plodding along." Leona says she'd like to get a marathon PR. She notes that one of her biggest thrills was breaking the 4-hour barrier in Bangor's Paul Bunyan Marathon two years ago. Now she'd like to go under her present 3:50 PR.

But pursuit of PR's is clearly inconsequential to both of them. "I feel so much better now. I have more pep because of running," Leona says. Charlie states, "I feel I would have had a stroke if I hadn't started running. The signs were all there, I'd feel faint and dizzy. I'm feeling immensely better now."

And it's clear that running becomes even more fun for them when some of the children join them too. At one hometown Tour du Lac 10-miler Charlie and Leona were joined by five of them in the race. A typical small town, rural New England-style race, Tour du Lac has found one way to keep award expenses down: Gerry Clapper has donated a healthy batch of his own trophies to fill out the various division awards.

Yet the strategy hasn't rid the Clapper household of an endless procession of chrome trophies...for he and other members of the family keep winning them back!

Are there any new Clappers on the running horizon? It most definitely appears so. Leona notes that one of her daughters-in-law, the wife of her oldest son, is just beginning to run. "And she's got a lot of drive," Leona says optimistically. And then there's the grandchildren. "We've got eight that are nearing that age, and 12 all together. I'll bet some of them will probably run."

That's bound to put smiles on faces of those who coach cross country and track at Bucksport High!

NO WAY BIG A! by Dr. John Frachella

I used to go to the West Branch years ago, long before it was cool to go rafting, before the bus loads of city dwellers ever thought that wilderness thrill-seeking was anything they'd like to call recreating. Nowadays, a weekend camping trip to the big Body is thick with young and old, male and female. Everyone's hungry for that fast, dangerous ride down the whitewater.

"rafting is big business". You hear that all over the state. I guess it is, and I imagine that for so many years as I've been boating, I could have had some of that action. But then again, big business never turned me on much. So I watch from my boat as rafters careen down the big rapids screaming and yelling from huge rubber tubes. I watch as an angry griez overhead but nobody in the cast notices it, and a salmon splashes in a nearby eddy, untouched by this new wave of tourist trade.

This all doesn't bother me much because the one thing that the newly proposed Big A Dam, doesn't mix is the incessant conversation that takes place every day on the river about the newly proposed Big A Dam. All the guides make a point to explain how this powerful and twisting river is threatened with destruction. And they're right. It is.

Great Northern Paper Company is moving ahead with plans to build a 110' high dam at Big Abbejachmokan Falls. This dam would flood 44 miles of the river including the famous Moosehead Gorge.

Ripogenous Gorge is unparalleled in my river running experience. Above it is a lake, held back by a dam that Great Northern built over half century ago. The water, piped underground for half a mile or so, emerges from huge hydro tubes in the canyon walls and rips down an incredible cascade of holes, ledge drops and waterfalls. Last Sunday I was perched in my boat in an eddy at the bottom of a waterfall in that gorge. Exhausted from the paddling I'd done 75 feet above, cruising the canyon rim.

Big A Dam would certainly change all this. It would transform the most spectacular whitewater river in Maine into a placid 860 acre reservoir. Endangered eagles would be threatened. North America's finest landlocked salmon fishery would disappear under 60 feet of water. All the wildlife adjoining and including Baxter State Park would suffer.

Great Northern already operates 19 dams on the Penobscot River. Alternatives exist. A biomass boiler and increased conservation are just two suggestions that have been made to eliminate the need for this dam. The proposed Big A Project is clearly a case of one dam too many on the Penobscot River.

Someday the rafting crew will die down but Big A Dam, God forbid that it ever gets built, will be a much more permanent scar. Please don't trade away this river which has no equal in New England. Sportsmen, athletes, conservationists, and concerned citizens can help. Contact the National Resources Council of Maine, 171 State St., Augusta, 04330, 622-3111.

If you're moved by this, write the Governor, your state senators, congressmen and congresswomen. Write the Bangor Daily, the Sunday Telegram, the Press Herald. Whatever you do, don't let this last bastion of Maine's wilderness become permanently spoiled.

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(whitewater Manager)

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The Maine Running Camp

Dear Bob,

A special thanks is extended to you for organizing and directing one of the best "Out-of-the-Way and Off the Wall" Running Camps in New England located on beautiful Mount Desert Island in Acadia National Park at the College of the Atlantic. The 1984 Maine Running Camp for adults was a wonderful experience, a relaxing vacation and a definite bargain. Where else could one enjoy in one package deal — delicious meals which included fresh Maine lobster and home made blueberry pie, a beautiful coastal campus within walking distance of Acadia National Park, a scenic view of Frenchman's Bay, excellent running instruction, meaningful lectures and picturesque training runs over carriage trails that wound through woods, mountains, ponds and along the ocean. This unique environment would be rather difficult to duplicate.

The Maine Running Camp will be remembered for the following highlights:

- The delicious lobster dinner !!!
- Morning runs on the carriage trails around picturesque Echo Lake.
- Hill training techniques demonstrated by Bob Booker who actually prefers hills to flat surfaces.
- Team stretching exercises, Massages, goal-oriented lectures and interval training led by Andy Palmer.
- The Jordan Pond "horse infested" Carriage Trail Run.
- Scenic bike trip to Sand Beach led by triathlete Tom Mulvey ~ followed by Linda & Milton on 3-speed bikes.

- A refreshing 54 degree swim in the ocean!
- Talks on nutrition and common running injuries given by Dr. Peter Millard.
- Afternoon "Tea & Popovers" at the Jordan Pond House.
- Evening lectures presented by Andrea & Harold Hatch, Robin Emery, Steve Cotton, Tom Mulvey, Skip Howard and Dr. John Frachella.
- Tanya's fresh flowers!
- Video of Joan Benoit's Gold Medal Victory Run at the '84 Olympics....
- Super coaches & new running friends!

Bob, congratulations for "running" a successful camp, and providing perfect weather. I will certainly spread the word to other runners to sign up next summer for the 1985 Maine Running Camp at the College of the Atlantic.

Give my best to Tanya, Brooke & Ethan.
Hope to see you all at the Kingfield 10K...

Sincerely,
Kathy Dall

Dear Bob,

Aug. 28, 1984

What a super week I had at your camp. It was a real #10 for me and so many of the others. The food was outrageous, quarters so comfortable, fellow campers were super and the staff just so special!

I really miss the experience already. All my New York friends are getting such a kick out of my enthusiasm. They all want to become runners to attend next year. I'd be a perfect advertiser for you.

It was special from the moment I was greeted with Tanya's hand-crafted name plates and fresh flowers to my ride in Mulvey's Orange Express to the airport. What a treat!

The topping of this "famous" Maine Running Camp was realized for me when I arrived home to Pleasantville.

I think you know I'm only running about a year, and I don't usually run any races except the Pleasantville, N.Y. 10K. 350 PEOPLE! Well, it was Sunday. They had a 3 foot trophy dedicated to a poor little 7 year old Pleasantville boy who died last week from leukemia. The intention was to put the names of the first Pleasantville man and woman to come in on it. Guess what?? The camper from Maine is on the trophy! Would you believe?? I got such a kick out of it. My time last year was 50:44. This year - 42:53 (2nd place trophy for ages 30-39). Must be that week at the "Turrets". I will tell you that I took those hills in "Booker style" and it did work.

As you can see I've gotten a little taste of competition and it's great fun.

Well, I must stop talking. As you know that's hard for me.

Please send my love and good thoughts to your family and...



Tom - hope his Saturday triathlon was a success for him. I called him "The Maine Event" at camp. He was so helpful, extremely patient and very enthusiastic about each of our attempts at success last week. He made everyone very comfortable (except for my seat on the 18 mile bike ride) I LOVED IT!!

Andy - no one can run like that unless there is magic in their genes. He would go away on an 11 or 13 mile carriage path and I wouldn't expect to see him for some time after our 6 mile loop and suddenly... the "Magician" would show. I loved his talks, advice and the Andy Palmer opinions (not to mention the massage technique). I miss him. Hope Toronto's result is just what he wants. I'll watch from N.Y.

Peter's medical talks on injuries, nutrition, etc. were super informative. He was so willing to give advice and be there when people needed him. Sure hope his time at Saturday's marathon was what he hoped for.

Oh, and be sure to tell Bob Booker that all his plans and efforts to organize it all really paid off. He should be very proud of himself. On that note I will pay good-bye. Drop me a note with any news. I love to hear how everyone is doing. Thanks a Ton!!

Love,

Francine



Maine Running Camp's most popular camper, Milton Bailey, has his hands full at the Jordan Pond house.

NO NEED TO RUN AROUND



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ROCK STONES THE FIELD - THE 1984 GOOD SPORTS 10
by Bill Peabody

The cast of characters was somewhat different but the first couple of miles of this year's race looked a lot like last year's. Rock E. Green led coming out of the stadium. Two determined pursuers pushed him through the first mile in under five minutes and through the second in under ten. There were, however, significant differences. This year his competition was Danny Paul and Gary Wallace. And this year he was able to hold that lead, a more important (and happy) circumstance for Rock. After a second place finish in 1983 and a third in 1982, Mr. Green has paid his dues. This year he collected.

But the race wasn't quite that simple. Green, although in front, was not without company for the first half of the race. Through the middle part of the race, Wallace and then Paul dropped off, leaving Rock to cruise in alone in 51:42. Danny Paul (Portland) clocked 52:29 for second. Two-time winner Gary Wallace held on to third, finishing in 52:29.

On the distaff side, "newcomer" Linda LaFue-Kenniston of Readfield garnered the top spot. She did it by chopping nearly two minutes off her course PR. Linda's 1:03:16 is the tenth best ever by a woman in this race.

Following her were Margaret Dessaix (The Big Apple) in 1:03:48 and Debbie Sawyer of Portland with a 1:04:55.

Perhaps the best age group performance was turned in by Arnie Green of Westport, Connecticut who at age 52 ran 58:52. Remarkably, this is about two minutes slower than his time from the '83 race which is an age group record. New meet age group records went to Gary Cochrane (57:19) in Mens 40-44 and Denise Harlow (women under 18 - 1:05:32), Gladys Jean Dewick (women 30 to 34 - 1:05:20); Jo Comeau (women 40 to 44 - 1:08:28) and Betty Hahn (women 50 to 59 - 1:22:40).





FRENCH



CONNECTION

So often you've requested news from the Southern end of the state and given me a guilty complex, I thought I should share some of the latest with you.

On August 12 in Old Orchard Beach the first annual "Beechcomber Classic" for Muscular Dystrophy was held. A total of 351 people registered for the race and for the first time in this area (to my knowledge) we saw a wheelchair participant complete the 4 mile course.

I was particularly pleased to see 2 local (and extremely talented) runners take first place overall. Stu Hogan who's been doing such a great job for St. Joseph's College ran the flat & fast course for a winning time of 20:06.

Christine Snow, the new National Junior Olympic 10K record breaker who is getting ready to run for Eastern Kentucky University, was not going to run any other races this season - but it was her home town, she is a personal friend and an absolute sweetheart and she did me a great favor by turning out a 22:50 winning time.

The net proceeds went to Muscular Dystrophy and all who ran the race seemed very pleased with the traffic control, the refreshments and the quick results.

For the skeptical people who thought a race through Old Orchard in the summer would be too difficult, rest assured the course was safe and a wonderful time was had by all.

& &

Those who are convinced that Old Orchard can be a good place to run should return on October 7 for another flat & fast 4 miler.

The "Great American Dream" made it's debut during Old Orchard's centennial celebration last year and will be held again as an annual October event.

To remind people of what Old Orchard was like (apple trees lining the streets) we chose the apple as a sort of theme or logo and the runners seemed to approve.

From the unique hand-crafted apple trophies to the hot apple pie and ice cream after the race, every possible service is offered to the runners. The first 50 registered get long sleeve T's the next 50 short sleeves.

This year we are fortunate to have Miller Beer and the beautiful Brunswick Lounge as co-sponsors. The runner's party and award ceremony should really be a good time.

An additional feature to keep in mind this year is that any club or track team to pre-register 7 or more people may have their group photo taken with team jerseys on, and a free 8x10 will be mailed. The largest group will have a larger "framed" photo as an added incentive. We hope that this will rekindle strong team spirit and serve to promote the often unrecognized running groups that do so much for the sport.



AGELESS MENDELL



sixty-two year old Carlton Mendell bested a field of 22 runners over Labor Day weekend to win the Rowdy 24 Hour Ultramarathon held at Whittier Field, Bowdoin College. Mendell, a Portland resident, covered 125½ miles in the 24 hour period. In the process he established national age group records at 50 mile, 100 kilometer, 100 mile and 24 hour.

MILLARD AGA

Curious about how Peter fared in the Sugarloaf Marathon, Francine? Well, he cruised to his second win in the two year old event. Andy had a great weekend of pacing. First he paced Peter Churney to a fine run at Northeast Harbor's 5 miler and then he pushed Cranberry Isle's Gary Allen to a PR through Carrabassett Valley.



SNOW JOB

Old Orchard Beach's and Marathon Sports Running Club's premier distance runner CHRISTINE SNOW topped off a sensational statewide running career with a record breaking 35:20 National Junior Olympic 10K run at the National Junior Olympic 10K Championship held at Louisiana State University in Baton Rouge, Louisiana in July, that won Maine its only gold medal this year.

Christine who won running championships statewide ranging from 200 meters at age 14 to her recent national gold medal at LSU also led the State of Maine 17-18 year old girls to a National Championship in Omaha, Nebraska in December 1983 with a 6th place finish.

Christine, considered by many in track circles to be the finest all around female runner ever in the State of Maine (she was the State "Class C" 800, 1600 and 3200 champion to lead her high school team to their 1st State Title with her 10:52.4 2 mile run breaking the old state record in all classes by a phenomenal 37 seconds) will be attending Eastern Kentucky University on a full scholarship studying physical therapy and diatetics along with running Cross Country and the 5 or 10,000 meters for the track squad, a track power in the Eastern/Southern United States. Good luck Chris, we'll be watching you and cheering you on,

Dick Roberge



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HALL OF FAME



JOAN BENOIT GETS 17 MACKEREL IN 15 MINUTES

She is the People's Gold Girl, certainly. She is 27-year-old Joan Benoit, the first Olympic women's marathon winner, the 26-mile plus test under a sweltering California heat in a time of 2:24:53.

The whole, wide world knows this to be fact, including the roomful of admirers who toasted, cheered and teared up when Dr. Daniel Hanley graciously presented her to the audience as the newest member in the Maine Sports Hall of Fame.

But what else could possibly get this remarkable young lady's attention? Mackerel fishing!

"I boated 17 mackerel in 15 minutes. Wow! Talk about action? It was just delightful. The mackerel are running good right at this time," she softly whispered behind the stacked head table podium, a voice as an old trout's about to reveal his favorite brook and hole.

"What'd you get 'em on?"

"Small diamond jigs. Couldn't get a line out fast enough. Honest. Talk about good fun, 17 mackerel in 15 minutes."

YOU WOULD think, now wouldn't you, at a head table that also included two other Olympic teammates, Holly Metcalf, a gold medalist as a crew member, and pitcher Billy Swift, wearer of a silver medallion for the USA's second-place finish in the baseball playoffs, Joan Benoit would prefer reflecting back on the still-fresh excitement of the Games, a spectacle history will likely recount as something extraordinary and grandly special.

That's possibly why in the eyes of her friends and neighbors, Benoit is special, very, very special.

The sporting world acclaims hers a feat that will live long in track and field's history books.

Yet, among her people, this affair, this moment, she gave off the appearance of attending the local church supper. She was so at ease, so comfortable when she wandered almost majestically among the folk and tables in the elegant surroundings, swapping tales with old friends, her Maine neighbors.

SHE MADE time to talk about hiking, camping, bushwhacking and fishing. She is all Maine, style and tongue.

It was a great pleasure to be in attendance when Joan Benoit was inducted into the Maine Sports Hall of Fame, an honor that until now was reserved for inactive athletes.

Even from the furthest corner of the huge hall, I could feel the warmth and love Joanie poured on her many admirers.

Here is Master of Ceremonies, Bangor Daily News Sports Editor, Bud Leavitt's account of the event.

While she gracefully sauntered among the tables laughing and joking, gowned in a soft summerish dress, it was difficult to imagine this was the tough, gritty, disciplined competitor who 17 days prior to entering the Olympic starting gate risked a painfully troubling knee operation then moved on to become an Olympic legend.

So where was the loner, the shy, the distant advertised Benoit personality, her supposed style, this glorious and particular Maine evening?

She was anything but, instead a bundle of charm, personality and heart-felt gratification for being home and among her neighbors and friends.

Once she had been presented and pinned, Benoit attacked the open microphone in the manner she chewed up the Olympic course.

She peered down into the audience at her mother and father, Nancy and Andre Benoit and from the heart, publicly thanked them for their understanding and help. Her eyes caught those of her fiancee, Scott Samuelson, thanked him for his patience and indulgence. In a few weeks Joan Benoit and Scott Samuelson will become wife and husband.

Then it was time to have some fun.

SHE PROCLAIMED the real athlete was in the audience, Billy Swift's mother,

Her athletic feats, she said were a mere token to Mrs. Swift's lifetime mark of delivering Herb Swift a family of 15 children.

"Now there's a champion," she blurted over the crowd noise.

She even took to needling the night's master of ceremonies, one who shall forever remain nameless.

In a flawless miscue, said soul introduced Bowdoin's Sid Watson from Colby College.

"Goshalmighty," Benoit reminded the embarrassed emcee, "of all people, you should know the difference and be able to identify a mule from a polar bear!"

The Maine Sports Hall of Fame received a beautiful gift in this majestic and grand young lady. The state of Maine has a daughter of unusual qualities.

And until a faster mackerel snatcher comes down to the dock, her 17 in 15 minutes Tuesday afternoon offshore in her hometown, Freeport, will remain right up there - though not quite with the recent deeds of her day in the Los Angeles sun.

Sid Watson, Colby College?

What a jackass!

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Cross-country

MAINE T.A.C. CROSS-COUNTRY SCHEDULE 1984

Oct 7	Waterville	Pine Ridge Recreation Area, West River Rd. (near Jr. High) Steve Clark 872-9631
Oct 14	Scarborough	Scarborough High School - Ron Kelly 883-2747 evenings E. Holden Holbrook Jr. High - Phyllis Worthly 947-5247 2 p.m.
Oct 21	Cumberland	At the Cumberland Rec. Center - Lou Lambert 829-6253 2 p.m.
Oct 28	Sabattus	Oak Hill High - Roland Trottier 353-8857 2 p.m.
Nov 4	Falmouth	Mackworth Island - George Towle 761-2197 2 p.m.
Nov 10	Readfield	*State Championship* Maranacook High
Nov 18	Lakeville	*Regional Championship* in Mass.
Dec 8	- St. Louis	*National Championship* St. Louis, Missouri

Age Division and Course Distance

Mite 8 and under ('76 and after)	3K	Youth 13-14 ('70-'71) 4K
Bantam 9-10 ('74-'75)	3K	Intermediate 15-16 ('68-'69) 5K
Midget 11-12 ('72-'73)	3K	Young Adult 17-18 ('66-'67) 5K

Open 19-29 & Masters 30 and up (10 yr intervals) 5K

Fee: \$50 regular season; \$2 State Meet T.A.C. registration required \$5

Registration material: John Sinclair, 155 Pine St., Lewiston, ME 04240 786-3375

Awards: Jr. Olympic ribbons to top six in each age group and sex (Open & masters too!)

Advancement: Top 20 and top 3 teams qualify for Region 1 meet (18 and under only)

Mite division will compete with Bantams at State Meet and beyond.



Saint Joseph's College

Oct 6	Codfish Bowl in Boston
20	Fitchburg State at home
26	Maine College Championship
Nov 10	NCAA Division III New England's at Boston
17	NCAA National Championships in Ohio

Oct 5 at New Hampshire w/ Colby (Men & Women)
13 at Maine Maritime (Men only)
20 Maine Invitational at Bowdoin (Women)
20 Eastern Championships at Bryant (Men)
27 New England Championships at B.C. (Women)
27 Maine Invitational at Bowdoin (Men)
Nov 3 New England Championships at Boston (Men)
10 NCAA Regionals at Penn State (Women)
10 NCAA Regionals at Lehigh (Men)



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BOB PAYNE RUNS OLYMPIC RELAY

Bob Payne, an active member of the Maine Track Club, is 46 years old and ran the Maine Coast in 1983 in 2:55 plus. He's also excelled in a number of other distances plus running Mt. Washington the last couple of years. Bob, when asked to do a job does it first class from start to finish. Like when he ran the Olympic torch in Boston...

"The excitement of the cheering crowds lining the streets - and being part of this history-making run - made it a high point for me," says Payne in MAINELINES, a New England Telephone Company publication.

"But topping it all for me was my participation in the Special Olympics for special needs children at Colby College in June.

"I assisted Special Olympian Billy Oakes in the event.

"As the games opened, we lit the torch I had carried in Boston, and carried it down the track to where the parents of Special Olympians had lined up..."

"As excited as I was running my kilometer in Boston, being able to help these people have their special day meant the most to me."



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KENDUSKEAG CANOE RACE - 2 yrs.
MEDUXNEKEAG CANOE RACE - 2 yrs.
HAMPDEN 8th MILER - 3 yrs.
HANCOCK LOBSTER CLASSIC - 3 yrs.
BOB BOOKERS - MAINE RUNNING CAMP - 3 yrs.
MARCH OF DIMES - WALK AMERICA!
KATAHDIN TRUST SNOW RUN - 2 yrs.
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Maine Track Club

The first Cape Challenge 1/2 Marathon came off on September 9 without a hitch. Race directors Barbara Coughlin and Jane Dolley are to be congratulated for their outstanding efforts in coordinating the myriad of details involved with a race of this distance. Three hundred runners completed the very difficult course through the hills of Cape Elizabeth. The competitors were well taken care of as the security was tight, water was plentiful on the course, refreshments were available in large quantities, times were posted quickly and accurately, and a welcome team of massage therapists were hard at work at the end. It was a tremendous first effort at this neglected distance. Barb and Jane deserve our thanks for a job well done.

Upcoming club activities revolve around the fast approaching Casco Bay Marathon. On Saturday, October 13 from 7:00 to 9:00 PM at SMVTI, the Maine Track Club will host a spaghetti dinner under the able direction of Mason Smith. There is room for up to 230 runners and friends and the cost will be \$5.00 per person. Kim Beaulieu and Bob Payne will each give a presentation after dinner. (Everyone knows Kim's talents at the ultra distance and Bob will speak on his participation in the Olympic Torch Relay.) Tickets can be obtained by sending checks made payable to the Maine Track Club for the appropriate amount to: MTC Dinner c/o Mason Philip Smith, PO Box 1020, Portland, ME 04104. Please be sure to include an appropriate address.

In anticipation of the big day, (either the race or the spaghetti feed), organized group runs leave from Payson Park at 7:00 AM each Sunday. The course is on the Marathon route and the distances are 16 and 21 miles depending on the turnoff taken. Water is available along the way and the group is large enough to accommodate a variety of paces from the very fast to the half-fast. Those long training runs are much more enjoyable when there are others to share the load! Members and non-members are welcome to join in.

Dr. Dick McFaul highlighted last month's meeting with a discussion of the relationship between exercise and heart disease. His talk, based on a recently published study, was precipitated by the untimely death of runner/author Jim Fixx. This study has established a definite link between greater levels of vigorous physical activity and reduced levels of cardiovascular disease for otherwise similar population groups. Finally, there is proof for something most runners have intuitively known all along.

The Stroh's Run for Liberty is on and scheduled for 10:00 AM on October 13 at SMVTI. A large turnout is expected!

See you on the roads,
John Gale

What, Me Run?

Alas, the beer runner's diet isn't the answer either.

The trouble with running is that it takes time. In fact, that's the trouble with everything. You remember when you'd complain to your momma that there was nothing to do. Oh for that problem! If you're like me, making a living, maybe married with kids, writing on the side, building house or making a garden, you don't have any extra time at all. Yet if you're going to start running, you've got to find the time!

For awhile I did it by getting up at 4:30 am. That was especially effective in the winter when you'd see no cars and no people out there. Also no light and no brains. Anyway, I had to curtail that when my one year old son would get up too, and stay up. He didn't want to go running with me. He just wanted to stay up and ransack the house.

Then I started to run on lunch hours. I persuaded my boss to give me "flex time," which when you think about it has two meanings. (The audience groans.) I would go over to the University of Maine at Augusta which has some fine woods trails, run, shower, and make it back before quitting time.

That worked too, until I began to carpool. UMA is a ten minute drive from the state house complex. A problem. (I should mention here the other problem, and that is that the oxygen deprivation to the brain that running brings on, made my afternoon work output funny -- not funny "ha ha," but funny "eeesh.") Could I run after work? What, you kidding? Don't you have a four year old and a one year old who think that it's a personal betrayal when you go to work in the first place, for crying out loud?

Lately I've been thinking of running after everybody's asleep at night. The trouble is, I'm usually asleep too. And then if I did it, I wonder how many drunks would be tearing around Winthrop's country roads at that time of night. Just looking for a healthier-than-thou runner to trash.

I've got to do it in the morning, that's all there is to it. I've got to develop the tread of a cat. I've got to go to bed wearing running shoes. I've got to oil the front door. I've got to keep my son up until midnight the night before. I've got to get one of those watches that gives a little beep in my ear without waking up everybody else. I've got to train myself to hear the sucker. And not roll over. And not go back to sleep.

Or I've got to buy a second car. And they say running's a cheap sport. Hah!

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by Donald Wism

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124.	Danny Whalen	53:03	100 meter	P. O'Quinn	1:15.2	
125.	Joseph Cloutier	53:11		R. Spoonhouse	1:18	
126.	Paul Jarvis	53:30	Scott Whittier	C. Potts	1:19.4	
127.	Katy Taylor	53:30*	S. Huff	16.9		
128.	Jeanne Braud	54:05*	J. Pike	17.5		
129.	Carolyn Gayton	54:07*	J. Brennan	18.4	Racewalk (1500)	
130.	Chris Pendleton	54:16	S. St. Louis	18.7		
131.	David Palmer	54:21	S. Colette	18.9		
132.	Tom Remington	54:21	HCC meter	M. Frederick	11:51.1	
133.	Dee Streach	55:01*		T. Karash	13:01.4	
134.	Walter Ruchelst	55:01	Barry Massere	R. Learned	13:08.3	
135.	Nope Walkan	55:11*	J. Tremblay	3:08.8 NR		
136.	Philip Berger	55:55	J. Howard	3:15	200 meter	
137.	Don Peters	56:14	J. Brennan	3:16.5		
138.	Christie Kiwell	56:32*	A. Richards	3:27.1	Robert Parley	
139.	Bon Pence	56:53	S. Woodcock	3:28	R. Karash	
140.	Marianne Sternhacker	57:11*	Shot Put	P. O'Quinn	2:45.2	
141.	Charles Turquette, Jr.	57:59		M. Losier	2:46.1	
142.	Peter Derby	58:52	Jamie Cook	D. Huff	2:50.8	
143.	Lucille Sprague	59:04*	J. Pike	C. McLean	2:51	
144.	Charlotte Fowlie	59:37*	J. Tremblay		2:52.8	
145.	Clayton Fowlie	59:48	B. Smith			
146.	Perry Barnard	59:49	W. Pasquill			
147.	Eileen Robert	59:49*	S. Eustis			
148.	M. Garlick	60:00*	400 meter			
149.	Terry Whiteley	60:04				
150.	Sonnie Wegner	61:08*	Doug Burr	1:23.3		
151.	Mark Sazan	61:10	B. Massere	1:26.8	High Jump	
152.	Juan Olanney	71:43*	C. Seeger	1:30.2		
153.	William Jasset	84:52	M. Jorgensen	1:33.6	Andrew Karash	
	KID'S 1 MILE RACE		D. Bertrand	S. Colucci	3'10"	
			S. Kenney	M. Duffy	3'8"	
41:51				D. Huff	3'6"	
41:52	1. Mark Holmes (MRC)	5:53	200 meter	R. Quirion	3'6"	
42:08	2. Mike Wright	6:03		C. McLean	3'6"	
42:12	3. Mike Callier	6:05	Todd Bennett			
42:24	4. Jennifer Struk	6:24*	S. Whittier	35.1	400 meter relay	
42:29*	5. Kris Whiteley	6:30	S. Collette	36.7		
42:40	6. Lori Barrows	6:48*	R. Maratta	37.6		
43:00	7. Jonathan Bernhard	7:00	S. St. Louis	38.3	TWINK	
43:03	8. Billy Melot	7:07	W. Pasquill	38.6	(D. Huff, E. Graves, B. Sholl, D. Stearns)	
43:17	9. Paul Benjamin, Jr.	7:08	400 meter club relay	HAMPDEN	1:04.6	
43:19	10. Allison Dall (MRC)	7:09*		CAPE ELIZABETH	1:04.9	
43:24	11. Kristen Holmes	7:15*	TWINK	FARMINGTON	1:08	
43:28	12. Maureen Curtis	7:17	(J. Cook, W. Pasquill, S. Collette,	LEWISTON	1:12.7	
43:30	13. Chris Leon	7:18	B. Huff)	PAL	1:14.9	
43:41	14. Jason Campbell	7:19	SCAR			
43:43	15. Chris Roman	7:20	FRR	11 & 12 year olds		
43:48*	16. Peter Comeau	7:21	TK "B"	1:11.8	Discus	
43:53*	17. Christy Highlinger	7:33*	High Jump	Jeff Patnaud	73'8"	
43:54	18. Jay C. Callaghan	7:34		S. Jarosz	69'9"	
44:12	19. Karen Miller	7:39*	Todd Bennett	R. Warner	66'	
44:13	20. Rebecca Cole	7:41*	J. Cook	J. Porch	61'6"	
44:35	21. Tim Simonsen	8:07	C. Seeger	T. Radgowski	59'4"	
44:38	22. Heather Crothers	8:18*	M. Davies	S. Cook	56'1"	
44:54	23. Robbie Cuthbertson	8:19	C. Winship	100 meter		
45:00	24. Darren Gooke	8:21	M. Hunter	2'8"		
45:26	25. Adrian DeGeorge	8:24	9 & 10 YEAR OLDS	Luke Bagopian	14.4	
45:30	26. Jeffrey Lane	8:31		S. Higgins	14.4	
45:37	27. Michelle Comeau	8:31*	100 meter	T. Rau	14.8	
45:43	28. Kimberly Comeau	8:31*	Eban Graves	J. Karash	15.4	
45:49	29. Aaron Cuthbertson	8:40	J. Libby	R. Smith	15.5	
45:57	30. Russell Cole	8:42	M. Duffy	15.9	1500 meter	
45:59	31. Mark Fishman	8:45	A. Sietz	16.0		
46:09	32. Mara Kennedy	8:47*	J. Gifford	16.2	David Manthorne	5:14.5
46:10	33. Christy Simonsen	8:56*	R. Duirion	K. Weed	5:21.7	
46:38*	34. Kyle DeGeorge	9:01	Long Jump	A. Blagg	5:26.4	
46:42	35. Wendy Crothers	9:05*	Jeff Libby	T. Boulianger	5:32	
46:49	36. Rebecca Crothers	9:16*	M. Russ	C. Lejeunesse	5:34.52	
46:51	37. Melinda Watkins	9:18*	J. Watkins	T. Hunt	5:35	
47:12	38. Alison Brickel	10:03*	T. Wehrman			
47:23	39. Erika Rosenberger	10:23*	11'11 3/4"	90 meter low hurdles		
47:31	40. Erin LaChance	10:25	R. Spoonhouse	Chris Oliviero	9.5	
47:34	41. Judy Lee	10:31*	T. Hobbs	J. Howatt	9.5	
47:36*	42. Scott Stewart	10:33	Shot Put	S. Cook	9.9	
47:54	43. Lori Beaulier	10:46*	Tyson Wehrman	M. Lynch	10.23	
48:24	44. Rachel Kennedy	11:06*	T. Robinson	J. Allumbaugh	10.4	
49:01	45. Matthew Simonsen	11:10	D. July	A. Allumbaugh	10.7	
49:09	46. Shawn Whitley	15:38	A. Sietz	400 meter		
49:10	47. Christine Fowlie	17:10*	M. Doucette	18'8"		
49:22				Ryan Dall	1:07.2	
49:37	1984 JUNIOR OLYMPIC TRACK & FIELD		R. Learned	L. Bagopian	1:09.3	
49:48	-----		1500 meter	D. Walker	1:10.5	
49:49	9 & Under Boys			S. Marcoux	1:11.2	
49:50	Long Jump			E. Hoffmann	1:11.4	
49:51	Joe Redard	10'2"	A. Wright	Triple Jump		
50:06	T. Bennett	10'13"	D. Weatherbie			
50:14	R. Maratta	9'6 1/4"	A. York	Rex Braden	11'11 1/4"	
50:23*	R. Huff	9'6"	R. Nitham	S. Jarosz	10'0"	
50:45	J. Brennan	8'11 1/2"	400 meter	T. Karash	27'9 1/4"	
51:14	S. Woodcock	8'10"	Jon Kunz	T. Radgowski	27'2"	
51:25*			J. Watkins	D. Dickens	25'6"	
51:43			M. Duffy	J. Bedard	25'4"	
52:37*						

1500 meter racewalk		Long Jump		GIRLS	
Rex Braden	9:03.9R	Hank Richards	18'3"	8 & under	
J. Douglas	9:08.1	S. Joly	15'9"	Shot Put	
D. Gondek	10:05.7	A. Lawler	15'9"	Jennah Dodge	10'9"
P. Prive	10:10.7	M. Rolland	15'6 3/4"	E. McGovern	10'7"
A. Aliusbaugh	10:15	K. Mahew	15'6"	M. Everett	10'5"
L. Gondek	10:17	A. Russ	14'11 1/2"	A. West	10'4"
800 meter		800 meter		M. Mariello	9'9"
David Manthorne	2:33.6	Mike Lyons	2:18.3	L. Melancon	9'4"
E. Weed	2:35.6	T. Adams	2:26.2	100 meter	
N. Silvius	2:36.6	F. Hayman	2:27	Danielle Lestier	17.1HR
I. Rau	2:37	B. Westman	2:29.8	T. McPherson	17.5
D. Glover	2:44.8	A. Taylor	2:33.5	E. Walker	17.7
C. Boulanger	2:47.4	D. Warner	2:34.3	R. Bourgnett	17.7
Pole Vault		Pole Vault		J. Novotny	18.5
Long Jump		Mike Henry		S. York	18.6
Tony Rau	14'2 1/2"	T. Barthelman	5'6"	800 meter	
J. Karsch	13'7"	K. Joly	5'6"	Molly Ellis	1:09.3HR
P. Jackson	12'11 3/4"	100 meter hurdles		E. Walker	1:21.4
C. Oliviero	12'7 3/4"	Jason Keefer	18.5	J. Becker	1:32.1
M. Hastings	12'5 3/4"	S. Segal	19.2	M. Waymooth	1:39.3
D. Dickens	11'11 1/2"	D. Leavitt	19.5	A. Trehilcock	1:42.4
High Jump		J. Keefer	21.2	M. Mariello	1:44.8
Philip Jackson	4'7 1/4"HR	T. Barthelman	21.9	Long JUMP	
J. Newatt	4'7"	M. Favreau	22.1	Danielle Lestier	10'8 1/4"HR
M. Lynch	4'6"	S. Elise		D. Lewis	9'11"
E. Weed	4'0"	Hank Richards	13.1	M. Ellis	8'10 1/2"
A. Ireland	4'0"	E. Douglas	13.3	E. McGovern	8'7 1/2"
J. Parch	4'0"	J. Keefer	13.4	S. Kenoyer	8'5 1/4"
Shot Put		M. McKeen	13.4	T. McPherson	8'5 1/4"
Jeff Patenaude	28'7"	A. Lawler	13.8	400 meter	
R. Hutchinson	27'1"	C. Austin	15.2	Andrea Lafage	1:23.6HR
K. Bellrose	26'7"	1000 meter		R. Bourgnett	1:28
A. Tremblay	26'2"	Pat Kenna	10:16	J. Becker	1:34.9
P. Picard	24'11"	D. Kimball	10:32.1	J. Robert	1:36
P. Prive	24'2"	P. Kein	10:55.5	A. Trehilcock	1:41.6
200 meter		D. Warner	11:08.9	400 meter	
Shawn Higgins	30.1	M. Favreau	11:23	Danielle Lestier	18.2HR
C. Hoffess	30.5	M. Courtemanche	11:25.6	S. Lewis	18.4
R. Dall	30.5	Triple Jump		S. York	18.9
S. Purse	31.6	Mike McKeen	36'4"	E. Walker	19.0
B. Bennett	31.9	C. Supple	36'1"	E. McGovern	19.4
M. Chase	32.9	S. Joly	34'9"	J. Johnson	19.6
1600 meter relay		K. Mahew	32'7"	400 meter club relay	
CAPE ELIZABETH	4:41.3HR	J. Brant	32'2"	TWINK	
(Dall, Manthorne, Oliviero, Higgins)		K. Roderick	31'8"	(Lewis, Everett, Novotny, Huff)	
TTC	4:45.5	High Jump		TWINK #2	
LEWISTON	5:04.3	Eric Malone	5'6"	High Jump	
SCARBOROUGH	5:36	W. Bolduc	4'10"	Andrea Lafage	3'0"
PAL	5:51.2	M. Nyatt	4'10"	A. Cliffe	2'10"
400 meter relay		D. Leavitt	4'10"	T. McPherson	2'8"
SCARBOROUGH	:60	A. Lawler	4'9"	S. Kenoyer	2'8"
(Bennett, Karas, Wexon, Karsch)		K. Roderick	4'8"	C. Bailey	2'8"
STARDISH	1:01.6	200 meter		M. Eno	2'9"
BIDDEFORD	1:04	Will Bolduc	26.8	9 & 10 year olds	
LEWISTON	1:08.7	J. Keefer	27.2	Leelie Curran	15.4
13 & 14 year olds		E. Douglas	27.8	S. Roderick	15.5
Discus		M. McKeen	28.4	L. Kenoyer	16.5
Aaron Werner	100'3"	R. Westman	28.8	R. Hutchinson	16.8
M. Nyatt	93'7"	C. Armstrong	28.8	J. Bates	16.7
K. Dexter	92'1"	1600 meter relay		K. Gelinas	17.5
A. Connolly	91'4"	CAPE ELIZABETH	4:23.4	1500 meters	
S. Joly	91'1"	(Supple, Armstrong, Adams, Russ)		Christine Boulanger	5:52.3
O. Boulet	87"	LEWISTON	4:31.1	T. McCannell	6:15
400 meter		SCARBOROUGH	4:31.1	P. Simmons	6:30
Aaron Crowley	1:01.1	400 meter relay		J. Roali	6:38
A. Russ	1:01.3	PORTLAND	51.0HR	B. Rose	6:39
C. Supple	1:03.4	(Richards, Segal, Bolduc, Nyatt)	55.43	R. Jacobs	6:45
C. Armstrong	1:04.9	CAPE ELIZABETH	57.7	Shot Put	
B. Michael	1:07.1	PAL	59.4	Laura Novotny	21'1"
M. Henry	1:08.8	SCARBOROUGH	59.57	A. Marshall	18'1"
1000 meter racewalk		BATH	61.45	H. Cyr	17'
Mike Courtemanche	21:05.3	LMAC		D. Anthony	16'9"
E. Douglas	21:10	Shot Put		C. Boulanger	16"
S. Richard	21:10	Hank Richards	44'1"	R. Hancock	14'4"
K. Joly	24:43	M. Cook	39'10 1/2"	400 meters	
1500 meter		K. Dexter	39'9"	Laura Novotny	1:17.7
Mike Lyons	4:32.3	J. Brant	32'3"	P. Simmons	1:23.4
P. Kenna	4:36.4	A. Warner	31'9 1/2"	K. Gelinas	1:34.3
E. Winter	5:16.3	C. Boulet			
M. Michael	5:17				
B. Murray	5:22				
B. Soulier	5:23				

1:25.2	S. Legendre	1:11.7	M. Spicer	64'7"
1:27	J. Komna	1:13	C. Daniels	56'6"
1:28.2	E. Williams	1:14.2	D. Dolham	55'6"
	S. Boucher	1:15.1		800 meters
Long Jump	High Jump		Wendy Delam	2:30.ZNR
Susan Roderick	12'8"SHR	Ashley Spear	J. Becker	2:41.8
L. Curran	12'3"	R. Gallant	L. Felker	2:46.1
C. Remmers	10'5"	J. Cote	J. Vilimow	2:48.2
D. Collette	9'9"	C. Googley	W. Buffington	2:49.3
B. Donnelly	9'9"	H. Killian	G. Karsse	2:52.4
S. Moquavero	9'2"	J. Higgins		200 meters
1500 meter racewalk	Shot Put		Kim Pierce	28.1
Alisha Marshall	10:14.3MR	Jen Cook	J. Spencer	28.4
J. Robert	10:45	D. Drisko	C. Jackson	29.1
S. Eller	10:45.1	A. Pillsbury	J. Hagonian	29.1
S. CURR	11:13.9	K. Doucette	R. Burns	29.5
E. Lambert	11:31	P. Michaud	K. Macle	29.9
800 meters	H. Peters	21'14"		3000 meter
Christine Boulangard	2:57.4	800 meters	Wendy Buffington	11:54.7
L. Novotny	3:03	Ketti Towle	D. Dolham	12:44.6
V. McCannell	3:06	R. Lemiere	D. Weatherbie	13:05.5
D. Duquette	3:12	J. Popp		High Jump
B. Jacobs	3:12	J. Morris	Heather Briggs	4'8"
S. Moquavero	3:12.5	T. Walker	T. Carr	4'8"
300 meters	R. Silke	5:21.7	Z. Dubois	4'6"
Susan Roderick	31.98MR	1500 meter racewalk	D. Moreau	4'4"
L. Curran	32.6	Andrea Viger	L. Cary	4'4"
L. Kenoyer	34.0	G. Eastler	T. Knoboltz	4'4"
R. Hutchinson	35.4	A. Pillsbury		100 meters
E. Goye	36.6	M. Zando	Jessica Spencer	13.6
K. Celinas	37.2	P. Barrows	K. Pierce	13.7
High Jump	H. Peters	10:48.3	G. Jackson	14.0
Alisha Marshall	3'7"	300 meters	J. Hagonian	14.2
L. Kenoyer	3'4"	Kim Doucette	R. Kelley	14.3
C. Remmers	3'2"	L. Whalen	T. Carr	14.5
K. Woodcock	3'0"	A. Peterson		triple jump
J. Robert	3'0"	E. Lee	Jessica Spencer*	12'10"
R. Hutchinson	3'0"	P. Slagg	S. Braden	12'3 1/4"
400 meter relay	L. Beaullieu	33.0	J. Bourget	10'1"
FARNINGTON	1:09.6	400 meter relay	L. Furrow	29'24"
LEWISTON	1:12	TWINS	L. Cary	28'6"
WESTBROOK	1:15	(Tillotson, LeClerc, Hill, Seaward)	D. Smart	26'8"
11 & 12 year olds	SCARBOROUGH	1:04.5	*Set record in qualifying 32'11"	
DISCUS	PAE	1:05.3	80 meter hurdles	
Jen Cook	34'8"	ARROWEL	Lynn Furrow	14.5
D. Lahnie	53'4"	LEWISTON	A. Spaulding	15.8
T. Peters	49'4"	1600 meter relay	K. Julia	16.1
A. Pillsbury	45'5"	CETC	K. Dubois	16.2
R. Chaisson	45'2"	(Scoddard, Williams, Seitz, Whittier)	K. Coyne	16.4
100 meter	SCARBOROUGH	5:17.14	1500 meter	
Vic Doucette *	14.0	Long Jump	Jill Becker	5:15.4MR
L. Whalen	14.5	Julie Tillotson	T. Pooler	5:16.9
A. Peterson	15.4	T. Seaward	L. Felker	5:27.8
E. Lee	15.6	E. Lee	W. Buffington	5:34
P. Slagg	15.8	S. Legendre	L. Furrow	5:48.7
S. Hill	16.2	J. Cote	G. Karsse	6:02
Tied record 13.8 in trials*	K. Shaw	11'9"	Shot Put	
Triple Jump	11 & 14 year olds		Heather Briggs	32'4"
Joe Weirich	28'10"	400 meters	T. Drisko	31'24"
S. Legendre	26'11"	Kim Pierce	K. Julie	31'
A. Peterson	25'11"	H. Briggs	N. Spicer	28'4"
R. Gallant	25'8"	H. McLean	A. Webber	27'44"
R. Mason	25'3/4"	J. Plummer	J. Marquis	26'8"
K. Shaw	23'9"	M. Fredrick		1600 meter relay
50 meter low hurdles	D. Moreau	1:14.3	HAMPTON	4:49.1
Julie Tillotson	9.6	3000 meter racewalk	(McBain, Bishop, Karr, Pierrel)	
T. Seaward	9.7	Silvie Braden	TTC	4:53.6
H. Killian	10.4	L. Houquek	SCARBOROUGH	5:14.9
J. Cote	10.4	J. Parsons	400 meter relay	
K. Shaw	10.7	Long Jump	SCARBOROUGH	55.9
C. Luke	10.9	Jessica Spencer	(Carr, Frederick, Brune, Hague)	
1500 meter	TTC	15'8"	57.4	
Katti Towle	5:29.6	15'2"	Bath	58.6
R. LeClerc	5:34.6	14'8"	HAMPTON	58.8
J. Cote	5:37.8	14'54"	PORTLAND	60.88
R. Silke	6:02	13'94"	PRR	62.01
J. Morris	6:20	13'54"		
R. Hancock	6:46	Discus		
400 meter	Brenda Eller	87'11"		
Jennifer Seitz	1:09.3MR	73'3"		
E. Weirich	1:10.3	65'1"		

0'9"	K. Jankowiak	1:25.2	S. Legendre	1:11.7	B. Spicer	64'3"
0'7"	C. Cameron	1:27	J. Swana	1:13	C. Daniels	56'6"
0'5"	J. Neali	1:28.2	E. Williams	1:14.3	D. Dolham	55'6"
0'4"	Long Jump		S. Roach	1:15.3	HHS meters	
0'3"	Susan Roderick	12'8"WR	High Jump		Wendy Delan	2:30.3WR
0'2"	L. Curran	12'3"	Ashley Spear	4'0"	J. Becker	2:41.8
0'1"	C. Remmers	10'5"	A. Gallant	3'10"	L. Falter	2:46.1
'9"	D. Oullette	9'9"	J. Cote	3'10"	J. Plummer	2:48.2
'8"	E. Donnelly	9'9"	C. Goodway	3'10"	W. Buffington	2:49.3
'7"	S. Macavero	9'2"	H. Kilian	3'10"	G. Karne	2:57.4
'6"			J. Higgins	3'9"	200 meters	
'5"			Shot Put		Kim Pierce	28.1
'4"	Alysha Marshall	10:14.3WR	Jen Cook	25'3"	J. Spencer	28.4
'3"	J. Robert	10:45	D. Drisko	22'4"	G. Jackson	29.1
'2"	B. Eller	10:45.1	A. Pillsbury	22'	J. Hagopian	29.1
'1"	S. Curra	11:13.9	K. Doucette	21'9"	R. Bruns	29.5
'0"	D. Lambert	11:31	F. Michael	21'7"	K. Magie	29.9
'9"			M. Peters	21'1"	3000 meter	
'8"	Christine Sculamper	2:57.4	800 meters		Wendy Buffington	11:54.7
'7"	L. Hovetny	3:03	Katti Towle	2:54.9	D. Dolham	12:44.6
'6"	T. McCannell	3:06	A. LeClerc	3:01.4	D. Weatherbie	13:05.5
'5"	D. Guellette	3:12	J. Popp	3:06.1	High Jump	
'4"	N. Jacobs	3:12	J. Morris	3:11.8	Beather Briggs	4'9"
'3"	S. Macavero	3:12.5	J. Walker	3:14.9	T. Carr	4'9"
'2"			R. Silke	3:21.7	K. Dubois	4'9"
'1"	Susan Roderick	31.9WR	1500 meter racewalk		D. Moreau	4'5"
'0"	L. Curran	32.6	Andrea Viger	9:48.2	L. Cary	4'4"
'9"	L. Kenoyer	34.0	G. Eastler	9:49	T. Kamholz	4'4"
'8"	A. Hutchinson	35.4	A. Pillsbury	10:21.7	100 meters	
'7"	K. Gusey	36.5	M. Zando	10:47.2	Jessica Spencer	13.8
'6"	K. Gelinas	37.2	P. Barrows	10:48.2	K. Pierce	13.7
'5"			M. Peters	10:53.8	G. Jackson	14.0
'4"	High Jump				J. Hagopian	14.2
'3"	Alysha Marshall	3'7"	200 meters		A. Kelley	14.3
'2"	L. Kenoyer	3'4"	Kim Doucette	30.3	T. Carr	14.5
'1"	C. Remmers	3'2"	L. Whalen	30.4	Triple Jump	
'0"	K. Wondrich	3'0"	A. Peterson	31.6	Jessica Spencer*	12'10"
'9"	J. Robert	3'0"	M. Lee	32.9	B. Braden	31'3.3/4"
'8"	A. Hutchinson	3'0"	P. Blagg	33.0	J. Bourget	30'1"
'7"			L. Beaulieu	33.1	L. Purrow	29'24"
'6"	400 meter relay		SCARBOROUGH	1:01.1	L. Cary	38'6"
'5"	FARMINGTON	1:09.6	PAL	1:04.5	D. Smart	36'8"
'4"	LEWISTON	1:12	400 meter relay		*Set record in qualifying 32'11"	
'3"	WESTBROOK	1:15	TWINK	1:01.1	300 meter hurdles	
'2"			(Tillotson, LeClerc, Hill, Seaward)		Lynn Purrow	14.5
'1"	11 & 12 year olds		TTC	1:04.5	A. Spaulding	15.8
'0"	Discus		SCARBOROUGH	1:04.8	K. Julia	16.1
'9"	Jen Cook	54'8"	ARUNDEL	1:06.5	K. Dubois	16.2
'8"	S. Labala	53'4"	LEWISTON	1:09.0	A. Lowall	16.3
'7"	T. Peters	49'4"	1600 meter relay		K. Coyne	16.4
'6"	A. Pillsbury	45'5"	CITE	4:39.6WR	1500 meter	
'5"	M. Chaisson	45'2"	(Stoddard, Williams, Seitz, Whittier)		JILL Decker	3:15.4WR
'4"			SCARBOROUGH	5:17.14	T. Pooler	3:16.8
'3"	100 meter		Long Jump		L. Falter	3:27.6
'2"	Zim Doucette *	14.0	JULIE Tillotson	13'2"	W. Buffington	3:34
'1"	L. Whalen	14.5	T. Seaward	13'1"	L. Purrow	3:48.7
'0"	A. Peterson	15.4	S. Lee	12'8"	G. Kars	6:02
'9"	Z. Lee	15.6	S. Legendre	12'3"	Shot Put	
'8"	P. Blagg	15.8	J. Cote	12'7"	Beather Briggs	32'4"
'7"	S. Hill	16.2	K. Shaw	11'9"	T. Drisko	31'24"
'6"			11 & 14 year olds		K. Julie	31"
'5"	Tied record 13.8 in trials*		400 meters		S. Spicer	28'4"
'4"			K. Pierce	1:06.4	A. Webber	27'44"
'3"			H. McLean	1:09	J. Marquis	26'84"
'2"			J. Plummer	1:09	1000 meter relay	
'1"	50 meter low hurdles		J. Frederick	1:10.7	HAMPDEN	4:49.1
'0"			D. Moreau	1:11.1	(McLean, Bishop, Kars, Pierce)	
'9"	Julie Tillotson	9.6		1:14.3	TTC	4:53.6
'8"	T. Seaward	9.7	3000 meter racewalk		SCARBOROUGH	5:14.9
'7"	H. Kilian	10.4	BILLIE Braden	20:23.5	400 meter relay	
'6"	J. Cote	10.4	L. Bousquek	20:56	SCARBOROUGH	55.9
'5"	K. Shaw	10.7	J. Parsons	23:49.6	(Carr, Frederick, Bruns, Magie)	
'4"	C. Luke	10.9	Long Jump		TTC	57.4
'3"	1500 meter		Jessica Spencer	15'8"	Bath	58.6
'2"	Katti Towle	5:29.6	T. Carr	15'2"	HAMPDEN	58.8
'1"	A. LeClerc	5:54.6	A. Reynolds	14'9"	PORTLAND	60.88
'0"	J. Popp	5:57.8	S. Braden	14'5"	FRK	62.82
'9"	R. Silke	6:02	J. Bourget	13'9"		
'8"	J. Morris	6:20	S. Briggs	13'5"		
'7"	M. Hancock	6:46	Discus			
'6"						
'5"	400 meter					
'4"	Jennifer Seitz	1:09.2WR	BRENDA Xiles	87'11"		
'3"	S. Weirich	1:10.3	S. Moreau	73'7"		
'2"			T. Drisko	65'1"		

LIFE SPORTS SCHOOKE POINT ISK
Winter Harbor Aug 11th

1. Henri Bouchard 48:14
2. Peter Millard 48:39
3. John Ficis 49:06
4. James Neveit 49:43
5. Gary Dawson 50:00
6. Mike Maestri 51:02
7. Dick Tournier 51:56
8. Brian McRea 52:09
9. Gary Allen 52:12
10. Krich Reed 52:20
11. Gary Coyne 52:50
12. J. Patrick Stumbaum 53:31
13. Pat McGuire 53:50
14. Mac Koyes 53:52
15. Robert Cuthbertson 54:11
16. Alex Hammer 54:45
17. Stanley Low 54:45
18. Brian White 55:21
19. Alan Aitken 56:10
20. Charles Parry 56:46
21. Bruce Ellis 57:09
22. Mark Hardison 57:12
23. Bob Stuart 57:15
24. Brian Plankay 57:36
25. David Rensult 57:52
26. Paul Cole 57:55
27. Greg Hildreth 58:01
28. Ed Rice 58:09
29. Calvin True 58:12
30. Alan Boward 58:23
31. Sam Sulcer 58:36
32. Annie Blumer 58:56*
33. Andy Luro 59:01
34. Vern Dusmons 59:09
35. Tim Parratt 59:10
36. Matthew Swind 59:10
37. Allan Lockyer 59:27
38. Bill Pinkham 59:30
39. Cynthia Lynch 59:31*
40. Oskar Feichtinger 59:45
41. Paul Rego 59:52
42. Robin Emery 59:58*
43. Clifford Olson 1:00:20
44. Lloyd Davis 1:00:25
45. Harry Schmitke 1:00:26
46. Bruce Theriault 1:00:32
47. Tom Kirby 1:00:33
48. Purley Merrick 1:00:51
49. Wesley Rothamel 1:01:07
50. Frank Woodard 1:01:20
51. Carl Young, Jr. 1:01:22
52. Martin Schiff 1:01:30
53. Jack Swope 1:01:58
54. Lennie Woxninger 1:02:05
55. Sam Mitchell 1:02:07
56. Richard Guellen 1:02:46
57. Barney Smith 1:02:48
58. Chuck Munier 1:02:50
59. Larry Schofield 1:02:52
60. Jo Comeau 1:03:15*
61. Mardi Reed 1:03:15*
62. Gary Vear 1:03:38
63. Kevin Pottie 1:03:39
64. Lawrence Ludwig 1:03:40
65. Ed Morin 1:03:49
66. Polly Stone 1:03:50*
67. Mike LaChance 1:03:55
68. Ron Paquette 1:03:57
69. Carol McRea 1:04:02*
70. Bill Kasaboski 1:04:02
71. James Westhoeven 1:04:29
72. Stephen Myers 1:04:35
73. Bob Bookar 1:04:36
74. Glen Holbrook 1:04:36
75. Bill Weidner 1:04:40
76. Don Richardson 1:04:47
77. Robbie Erskine 1:04:56
78. Doug Knoblock 1:05:03
79. John Pfleiderer 1:05:05
80. Walt Luro 1:05:07
81. Fred Schmidt 1:05:11
82. Dave Thewill 1:05:12
83. Rebecca Snow 1:05:12*
84. Terrance Cousins 1:05:19
85. Paul Connor 1:05:28
86. Walt Koyes 1:05:31
87. Bob Bass, Jr. 1:05:45
88. Doug Wood 1:05:49
89. Kathleen Peck 1:05:58*
90. Lynda Dunn 1:06:03*
91. Steve Brennan 1:06:06

92. Jack Penny 1:06:11
93. Ron Wiotzko 1:06:15
94. James Moosarty 1:06:38
95. Sam Ambrach 1:06:47
96. Felice Worcester 1:07:03*
97. Virginia Vendrell 1:07:03*
98. John Trefethen 1:07:12
99. Bob Fornier 1:07:26
100. Dick Fisher 1:07:35
101. Mike Reizman 1:07:38
102. Barbara Greenstone 1:07:57*
103. Mike Kay 1:07:57
104. Ron Peck 1:08:06
105. Braden Alley 1:08:28
106. Richard Higgins 1:08:50
107. Bob Jannewicz 1:08:53
108. Ray Owen, Jr. 1:09:06
109. John Rubino 1:09:18
110. Jerry Simonsen 1:09:25
111. Frank Bednar 1:09:42
112. Jenny Emory 1:09:48
113. John Pawlett, III 1:09:50
114. Jim Gilbert 1:09:55
115. Judy Blood 1:10:02*
116. James Mroch 1:10:18
117. Jay Welene 1:10:20
118. Debbie Brown 1:10:31*
119. Susan Blaisdell 1:10:43*
120. Isaac Sargent 1:11:08
121. John Daigle 1:11:21
122. James Clairborne 1:11:38
123. Jenifer Turner 1:11:51*
124. Jim Penderson 1:11:51
125. Donna Pohleman 1:11:52*
126. Cole Sargent 1:12:14
127. Richard Dupont 1:12:28
128. Alan Mauss 1:12:35
129. Peggy Fournier 1:13:06*
130. Craig Boyd 1:13:17
131. Richard Butler 1:13:37
132. Jim Strang 1:13:37
133. Sime Brown 1:13:49
134. Linda Bedard 1:13:49*
135. Tom Clark 1:13:52
136. Chris Hooper 1:14:10
137. David Foster 1:14:16
138. Cathy Kassanich 1:14:24*
139. William Tessier 1:14:24
140. Peter Drinkwater 1:14:35
141. William Holden 1:14:38
142. Tom Savarance 1:14:42
143. Patricia Kennedy 1:14:45*
144. Jill Barody 1:14:54*
145. Paul Thurman 1:14:56
146. Wayne Smith 1:15:19
147. James Izzaro 1:15:21
148. Mike Fletcher 1:15:32
149. Brad Izzaro 1:15:40
150. Harold Penn 1:15:41
151. Marty Mendonca 1:16:01
152. Truxton Hare 1:16:08
153. Winifred Wood 1:16:15
154. Patricia King 1:16:22*
155. Joan Leslie 1:16:49*
156. Paul Brisko 1:17:05
157. Kellie Connor 1:17:49*
158. Don Osborne 1:17:54
159. Cynthia Mroch 1:18:05*
160. Craig Hall, Sr. 1:18:05
161. Ann Wilson 1:18:11*
162. Charles Clapper 1:19:15
163. Leona Clapper 1:19:16*
164. J.C. Monk 1:19:58
165. Larry Richardson 1:20:01
166. Richard Knight 1:21:22
167. John Buggy 1:21:37
168. Georgianne Moosarty 1:22: *
169. Philip Jorgeleit 1:22:16
170. Jennifer Holden 1:23:26*
171. Kenneth Blaisdell 1:23:26
172. Connie Gilbert 1:23:54*
173. Richard Dorian 1:24:19
174. Mark Eastman 1:25:21
175. Don Heimlin 1:25:26
176. Susan Luther 1:25:26
177. Diana McDowell 1:26:59
178. Terry Towne 1:26:59
179. Clem Jurciszak 1:28:16
180. Betty Calleng 1:28:47*
181. Kate Wynne 1:29:35*
182. Charles Warner 1:30:44
183. David Baslau 1:30:59
184. Joann Brandt 1:32:17*
185. Connie Dead 1:32:29*

Results courtesy of Al Groch
Race Director

BILBERRY FESTIVAL RACES

Wilton Aug 11th

108. Kathy Trear 1:32:51*
109. Peter Washburn 1:32:51
110. Ray Macgatton 1:33:56
111. Nolan Grover 1:35:17
112. Karen Wetteland 1:35:32*
113. Lorie Nolan 1:37:06*
114. Kerry Crowley 1:37:21
115. Ben Henry Hudson 1:38:53
116. Bandit 1:48:19

1. Jeffrey Reserve 33:44
2. Phil Stuart 35:27
3. Bill Mine 35:54
4. Todd McGraw 36:08
5. Wendell Blood 36:21
6. Steve Russell 36:21
7. Stanley Roy 36:53
8. Mark DeMillo 37:38
9. Jeff Brown 37:40
10. John Dudley 37:53
11. Russell Christien 38:22
12. Randy Easter 38:28
13. Mike Simoneau 38:46
14. Karen Karkos 38:53
15. William Watson 39:31
16. Dean Rasmussen 40:18
17. Denise Marlow 40:33*
18. Sid Hazleton 40:38
19. Karen Goodberlet 40:48*
20. Byron Cook 41:00
21. Brian Kelly 41:04
22. Russell Alien 41:21
23. Norman St. Pierre 41:37
24. Peter Bryant 41:51
25. Howard Weston 41:53
26. Dale Williams 42:00
27. Rob Wight 42:13
28. Scott Despres 42:16
29. Kathy Knight 42:37*
30. Raymond Bryant 43:05
31. Joseph Dahl 43:07
32. Richard Groder 43:56
33. Rene Jacques 44:11
34. Steve Pinkham 44:18
35. Craig Heier 44:19
36. Leslie Weiner 44:26
37. Craig Massler 44:37
38. Norman Ouirion 45:25
39. Sandy Orient 46:26
40. Darrell Toochaker 46:27
41. John Franson 46:34
42. Dave Webster 47:01
43. Kimberly LaVoie 47:12*
44. Joyce Houle 47:17*
45. Vicki Corcoran 47:17*
46. John Gayford 47:28
47. Joe Conrad 47:48
48. Dennis Stephenson 47:48
49. Sue Wilson 48:17
50. Janice Vining 49:20*
51. Mike Barry 49:29
52. Peggy Clark 50:20*
53. Paul Thompson 50:21
54. Warren Newton 51:01
55. Dave Cappella 51:14
56. Bill McMurry 52:03
57. William David 53:09
58. Barry Butterfield 52:12
59. Melissa St. Pierre 56:28*
60. Paul Duran 57:41
61. Patricia Meister 57:44*
62. Syzillyn Lamb 57:53*
63. Aaron Newton 58:57
64. Everett Trask 58:58
65. Roger Kay 59:54
66. Ann Fredman 59:54*
67. Gne Miller
68. Todd Therrien 59:08
69. Ben Yates 59:09
70. Ryan Whittemore 59:23
71. Tim Arthur 59:25
72. David Franson 59:36
73. Mike DeRapse 59:39

WINTHROP LIONS 15K RACE

Winthrop Aug 12th

35:41
35:42*
35:52*
37:33
37:40*
39:19*
39:48
40:13
40:14*
40:15*
40:54*
41:16*
41:33*
42:01
45:37*
45:37*
45:37
45:55*
49:58
51:38
* ROBBAGE
* Director

1. Rock Green 50:34
2. Floyd Wilson 53:08
3. David Roberts 54:20
4. Michael Leighton 54:52
5. Dana Maxim 56:56
6. Doug Ludwig 44 55:01
7. Gary Wehrer 56:09
8. Jerry Altenbach 56:48
9. Paul Cote 57:38
10. Bob Jolicœur 47 58:37
11. Ralph Thomas 48 58:34
12. Tim Rogers 59:37
13. Mike Doore 60:22
14. Gerry Mignot 60:49
15. Steve Ross 61:05
16. Don White 61:10
17. Linda Larue-Kenniston 61:20*
18. John Schwanda 61:46
19. Donald Best 61:56
20. Edward Miller 61:58
21. Joseph Washburn 62:14
22. Peter Tomic 63:03
23. Shawn Simpson 63:51
24. Byron Cook 64:30
25. Carlton Mandell 62 65:16
26. John Schwerdorff 65:31
27. Bruce Parlason 65:51
28. Jeffery Preble 65:57
29. Terry Eldridge 66:28
30. Craig Naggett 67:03
31. Don Brewer 67:45
32. Gary Barrett 40 67:51
33. Dick Cummings 47 68:00
34. Ed Atine 64 68:52
35. John Edmundson 44 68:52
36. Walter Taylor 49 69:20
37. Bill Johnson 69:25
38. Dave Gugen 48 70:39
39. Jerry Dasey 71:18
40. Bob Crotzer 48 71:29
41. Donald Wissner 71:41
42. Al Godfrey, Jr. 72:24
43. Warren Wilson 50 72:47
44. Denise Whelton 72:55
45. Russell Martin 73:50
46. Tracy Adams 74:08
47. John Shanes 47 74:44
48. Ron Rootin 75:19
49. Ingrid G. Scott 40 82:49
50. Eric J. Dene 40 82:50
51. Bonnall Gardner 96:25
52. Michael Lavery 43 91:41

Results courtesy of Walter Taylor
Race Director

READFIELD 10 MILE AND FUN RUN

Readfield Sep 15th

30:28
30:40
30:49
31:02
31:08
31:48
31:48*
32:16*
32:16
32:37*
33:00*
33:12
33:18
33:48
33:52*
34:03*
34:37*
34:23*
35:02
35:26
35:34
35:31*
35:54*
37:05
37:57*
38:24*
39:07*

Results courtesy of Rich Harper
Race Director

1984 CASTINE TWOSOME & OPEN ROAD RACE

Castine Aug 18th

91. Chris Meloche 13
92. Mardi Maxman 46:25
93. Claudia Roys 37 46:35*
94. Jeanette Kokosinsky 27 47:14*
95. David Boldt 42 48:12
96. Ryan Khavari 11 48:28
97. Karen Sheldon 28 48:47*
98. David Weiss 29 48:43
99. Marisol Rooper 30 49:06*
100. Joanne Sullivan 46 50:36*
101. Ann-Marie Knecht 13 51:19*

Twosome Race

30 and under Pike & Snemann 57:46
31 to 39 Parritt & Holyoke 65:04
40 to 49 Fitzpatrick & S. Hatch 53:45

50 to 59 Davens & Davens 61:50
60 to 69 Powell & Barrody 68:10
70 to 79 Roy & Roy 67:07
80 to 89 H. Hatch & A. Hatch 60:32*
90 to 99 Hodson & Johnson 75:59*

100+ Feichtinger & Clappier 89:51*

Overall Twosome Winners

1. Churney & Pike (70's) 58:31*
2. Seed & Reed (50's) 60:10*
3. Hammer & Blumer (40's) 60:28*

Results courtesy of Ann Higgins
Castine Patriote

*New Records

1984 ANNUAL BLUEBERRY RUN

Machias 5 Miles Aug 18th

1. Steve Castle 26:14
2. Bruce Brigham 27:24
3. Wendell Slodd 27:38
4. J.P. Stumans 27:45
5. Mike Francis 28:11
6. Dan Beirick 29:12
7. David Alley 29:27
8. John Aufmuth 29:37
9. Rickie Lamoreaux 29:46
10. Brian McFadden 29:53
11. John Norling 30:04
12. Verne Cunningham 30:20
13. Joe Brewlin 30:25
14. Vladimir Brodoff 30:48
15. Carlton Small 30:56
16. Tom Harding 31:05
17. George Fountas 31:07
18. Dale Crichton 31:17
19. Mike Nelson 31:24
20. Peter Ross 31:50
21. Andrew Seeley 32:08
22. John Sansan 32:09
23. Lee Gardner 32:49
24. Rod Evans 32:55
25. Mark Roberts 32:57
26. Freddy Hall 33:08
27. David Theall 33:29
28. Matt Hall 33:30
29. Kilden Foss 33:31
30. Jim Sapiel 33:31
31. Tim Stuart 33:39
32. Steve Anthony 33:51
33. Robert Johnson 33:51
34. Paul Vane 33:57
35. Andrew Seeley 33:59
36. Freddie Schmidt 34:13
37. Braden Alley 34:21
38. Mike Reitman 34:27
39. John Fawcett 34:28
40. Andy Alcosser 34:23
41. Dana Urquhart 34:47
42. Donald Wilken 35:01
43. Rubin Hadlock Seeley 35:06
44. Paul Berg 35:10
45. Ronnie Beckay 35:36
46. David Dowley 35:41
47. Bryant Lariss 35:42
48. Sammy Kuebach 35:51
49. Tom McKinney 35:56
50. Tom Sansan 36:07
51. Mike Mead 36:07
52. John Detworsky 36:15
53. Sue Blaisdell 36:19*
54. Robert Long 36:42
55. Julie Smith 36:44*
56. Seth Branson 36:47*
57. Ollie Smith 36:54



3rd ANNUAL BATH SLEES LABOR DAY CLASSIC			
Date	Sep 1st	Sep 1st	3rd ANNUAL BATH ELKS LABOR DAY CLASSIC
3:41:24			27. Dawn Hezelton
3:43:42			28. Nancy Bevard (M)
3:44:15			29. Georgiana Houserty
3:45:15			30. Patricia Thomas
3:45:29			31. Colleen Croches
3:47:21			32. Jill Tichtfield
3:48:08			33. Brenda Cushman (M)
3:51:49			34. Diana McPhee
3:54:12			35. Kristin Cook
3:54:41			36. Kathy Bell (M)
3:54:47			37. Ruth Jolicœur (M)
3:55:56			38. Susan Devaney
4:00:12			39. Dail Martin
4:01:36			40. Karen Cote
4:02:37			41. Patty Callens
4:03:42			42. Amy Fortin
4:06:14			43. Alice Black
4:10:22			44. Jan Munro
4:12:38			
4:14:03			Results courtesy of Kevin Purcell
4:21:56			Race Director
4:49:27			

3:04:41			23rd ANNUAL BANGOR LABOR DAY ROAD RACE
3:08:14			Bangor 5.01 Miles Sep 3rd
3:15:14			
3:37:18			
3:38:30			1. Jim Bennett
4:12:01			2. Peter Churney
4:12:55			3. Steve Carle
+ Carey			4. Jon Williams
* Director			5. John Condon
*****			6. Kevin Ralph
Aug 26th			7. Bob Everett
			8. O.J. Lopas III
35:07			9. Andy Delley
36:19			10. Brian McCrea
37:00			11. Steve Malloy
38:23			12. Ken Van Hoy (Delta)
39:02			13. Lew Stover
40:32			14. Tim Perritt
43:09			15. Larry Deans
44:15*			16. Mike Worcester
44:16			17. Steve Gilles
45:39			18. Tom Scagliarini
46:25			19. Mike Parentes
47:31			20. Glen Holycross
47:36			21. Chris Farley
48:06			22. Pat Kausz
52:19			23. Erik Mattson
53:01			24. Mark Parentes
53:02			25. Brent Leighton
55:31			26. Cal True
57:35			27. Dave Alley
58:11*			28. Mike Doore
58:01*			29. Bill Janaway
67:35			30. Dan Ardiss
Puel			31. Neal Chamberlain
Director			32. Rod White
*****			33. Wallace Conrath
PARADETHON			34. Andy Luke
Sep 1-2			35. Al Howard
125th M			36. Robin Emery
121			37. Bill Pinkham
114 3/4			38. Greg Hildrech
112 3/4			39. Ed Rice
109%			40. Chet Garrison, Jr.
102%			41. David Terry
101%			42. Loren Ritchie
101			43. Mark Stover
99			44. Dave Torrey
89%			45. Annie Blumer
82			46. Joe Dahl
75			47. John Mills
73 3/4			48. Ken Sano
60%			49. Richard Miles
59%			50. Bruce Therriault, Sr.
57%			51. Leif Abrall
57%			52. Rich Oliver
50			53. Vaughn Holycross
41%			54. Percy Merrick
38			55. Larry Pelletier
31			56. Cynthia Lynch
			57. David McCarthy
			58. David Thomass
			59. Paul Solo
			60. Ken Smith
			61. Fred Marrian
			62. Tom Dungan
			63. Matt Fanning
			64. Scott Despres
			65. Kevin Mooney
			66. Peter Daigle
			67. Peter Daigle

3:23:47

Karen Mackunas
Jeffrey Daniels
Dorothy Mynahan
122. Goose Rock A.C. 3:39:34
Berry Louques*
123. The American Express 3:39:57
James Barr
Robert Cyr
124. Huff'n Puff 3:40:58
Bob Daniels
Jeff Howe
125. The Loons 3:41:05
Cliff Fletcher
Cliff Fletcher, Jr.
Cullen Fletcher
Cliff Fletcher, Jr.
126. Pride's 3:41:33
Bass Howett
Mike Pratt
Eric Abbott
Joel Doore
127. TV State Troopers 3:43:26
Thomas Kne
Bob Crotzer
Charlie Flynn
Bob Crotzer
128. Ready or Not 3:44:07
Judy Butter
Jodi Plummer
Debbie Mininni
Lisa Hausey
129. Team 463 3:46:30
Lynn Deaves
Linda La Rue
Candace Fallon
Candace Fallon
130. Leighton's Ladies 3:48:29
Kristy Murray
Peggy Larion
Karin Travers
Linda Swisher
131. Team #153 3:49:29
Patricia Milenick
Simon Hausey
John Veilleux
Jonathan Nease
132. Basketcases 3:50:17
Al Godfrey
Barbara Godfrey
133. Subaru Crew 3:51:29
Deanne Rice
Mary Russell
Karen Westover
Sarah Bangs
134. Stephen Salter* 3:52:25
135. Rick and Lerry 3:54:44
Rick Edwards
Larry Dean
136. Pearson Foursons 3:55:46
Paulette Sylvester
Martha Coombs
Elizabeth Coombs
Betsy Berry
137. Nicbuddies 3:56:05
Doug Covell
Lynn Atkinson
138. Van Broeklin 3:56:37
Michael Seitzinger
John Fardico
139. David Batesbrook* 3:57:10
Chris Elliot* 4:00:43
140. Donald Pray* 4:02:08
141. Kevin Winsor* 4:05:01
142. David Shamus* 4:06:17
143. T-L Town Blues 4:07:58
Scramble Jenkins
Jim Irish
145. Team Doug 4:10:30
Doug Krebs*
146. Adele Amours* 4:10:37
147. Sharman Shostak* 4:13:33
148. Paul Donahue* 4:21:18
149. S'Me 4:25:28
Robert Frasier*
150. William Grant* 4:26:16
151. Gary Giddings* 4:34:53
152. Solely Responsible 4:38:58
Gerry Hoff*
153. Todd Barry* 4:39:55
DNP The Driving Force
Marge Force
Dan Force

DANVILLE BRICK AND RAIL RUN 10K

Auburn Sep 15th

Sep 15th

WADDELL FURNIER MEMORIAL 10 MILER

Brunswick Sep 16th

Sep 16th

Results courtesy of Greg Nelson
Maine Road Runners

Results courtesy of Bob Melaragno
Race Director

WADDELL FURNIER MEMORIAL 10 MILER

Brunswick Sep 16th

Sep 16th

1. Danny Paul 32:13
2. Frank Bruno 36:36
3. Paul Engineri 37:18
4. Bill Yates 38:48
5. Kevin Key 38:55
6. David Trussell 39:22
7. Mike MacDowell 39:32
8. John Fischler 40:08
9. Scott Desprez 40:11
10. Peter Gagnon 40:27
11. Al Dingley 40:53
12. Frank Knight 40:55
13. Randy Talbot 40:58
14. Denise Harlow 41:26*
 15. Ron Lefebvre 41:42
16. David Young 42:05
17. Chris Wales 42:46
18. Gerald Wilkes 43:03
19. Bob Mazzonotto 43:34
20. Tim Pauiding 43:38
21. Brian Hall 43:43
22. Rosalyn Randall 43:51*
23. Roy Carlin 44:23
24. Pays Gagnon 44:52*
25. Shawn Riley 45:44
26. Roger Dunbar 45:54
27. Nancy Stetson 46:55*
28. Paul D'Amboise 47:12
29. Mike McLellan 49:28
30. Don Atkinson 49:30
31. Judie Lamo 49:54
32. Dan Libby 50:42
33. Albert Glasson 54:20
34. Jon Scales 56:56
2 Miles Fun Run
 1. Rusty Snow 10:53
2. Marc Bourgoin 10:58
3. Will Sweetser 11:26
4. Tom Cumbar 11:30
5. Doug Bellify 11:49
6. Frank Knight 11:50
7. Seth Ackerman 12:15
8. Jim Wellahan 12:19
9. Chris Melaragno 12:28
10. Dave Oeding 12:27
11. Josh Gagnon 12:38
12. Phillip St. Pierre 13:52
13. Don Haley 14:00
14. Katie Flynn 14:01*
15. Ben Yates 14:03
16. Scotty Kilbreth 14:08
17. Jason Bell 14:44
18. Michelle Melaragno 14:47*
19. Eric Chartron 14:48
20. Brenda Bourgoin 14:49*
21. Daniel Marquis 14:52
22. Jim Wellahan 14:53
23. Timmy Marin 15:03
24. Rich Bragon 15:50
25. Gina Melaragno 16:04*
26. Lee White 16:33
27. Tim Bisson 16:34
28. Cynthia Flanders 16:49*
29. Russell Haley 17:00
30. Leah Yates 17:01*
31. Chris Hall 17:19
32. Jessica Delashanty 17:27*
33. Chris Poulin 17:29
34. Dale Gagnon 17:33
35. Patricia Flanders 17:35*
36. Roger Chartron 17:40
37. Sandra MacCarrone 17:42*
38. Sandra Jones 17:57*
39. Cindy Holbrook 18:10*
40. Molly Murphy 18:22*
41. Jennifer Wigley 18:46*
42. Peter Rand 19:03
43. Lilli Hall 19:29*
44. Kevin Hicks 19:38
45. Pat Murphy 20:48*
46. Louise Way 21:31*
47. Jen Drinkwater 21:55
48. Darren Hicks 22:00
49. Mike Hugo 22:09
50. Jeremy DeCostar 23:20
51. Steve Plowman 23:21
52. Joselle Roger 25:15*
53. Colin Pearce 26:11



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7TH ANNUAL

THE GREAT PUMPKIN RACE

10K RACE AND 1.5 MILE FUN RUN

Sponsored by

WORMWOOD'S BY THE BREAKWATER

In Conjunction With

MARATHON SPORTS RUNNING CLUB

Sunday, October 28, 1984 9:00 A.M. 1.5 Fun Run
10:00 A.M. 10K Race



WHERE Our Lady of Victory Church, Seaside & Route 9, Camp Ellis and ending at Wormwood's Restaurant, Camp Ellis, Saco, Maine. Come Ready to Race!!!

COURSE TAC Certified 10K (.6 miles, 376 yards, 4 inches)

ENTRY FEE Fun Run Pre-registration \$2.50 (\$3.00 day of the race)
10K Pre-registration \$3.50 (\$4.00 day of the race)
T-Shirts to the first 100 entrants for the Fun Run and first 200 for the 10K

AWARDS:

1.5 Mile Fun Run -Certificates to all finishers

-Finishing position and time will be posted

-No Divisions -Refreshments to all runners

-A GREAT PUMPKIN to the first male and female finishers

10K Race:

AWARDS for Division Winners

MEN

Open Div. 1 - 5
14 & under 1st
15 - 18 1 - 3
19 - 29 1 - 3
30 - 34 1 - 3
35 - 39 1 - 3
40 - 49 1 - 3
50+ 1 - 3

WOMEN

Open Div. 1 - 3
14 & under 1st
15 - 18 1 - 3
19 - 29 1 - 3
30 - 39 1 - 3
40 - 49 1 - 3
50+ 1 - 3

GREAT PUMPKIN COURSE RECORDS

1981 Bruce Bickford 29:43

1982 Karen Dunn 34:58

RUNNER SERVICES

Water stops Refreshments
Splits Digital clock display
Mile markers Chronomeric
Toilet facilities Complete results in "Maine Running"

GREAT PUMPKIN PIE!!!!

10 Great Pumpkin Pies will be awarded via random drawing of entry forms

SPECIAL AWARDS:

Men's and Women's Teams (4 per club team) Pre-registered ONLY.

Husband and Wife Team ...One Great Pumpkin Pie

SEND ENTRY FORM TO: Marianne and Preston T. Powell, 9 Roanoke Ave, Ocean Park, Maine, 04063

1/207-934-5560

(Enclose self addressed stamped envelope to avoid number pick-up race day)

Day of the Race Registration at Wormwood's Restaurant, Camp Ellis, Saco, Maine

ENTRY FORM The Great Pumpkin Race

*In consideration of acceptance of this entry, I for myself, he/she and assigns waive and release any and all rights and claims for personal damages I may have against the persons and officials of this race.

Name _____ Age _____ Sex _____

Address _____ State _____ Zip _____

10K Race _____ Best 1983 10K Time _____ 10K Spouse (team) _____

Fun Run _____ 10K Team Club _____ Signature _____

(Guardian if under 18)

FALL FOLIAGE FOOTRACE...



MAKE CHECKS PAYABLE TO

Augusta Area Jaycees

P.O. BOX 84, AUGUSTA, MAINE 04330



SATURDAY, OCTOBER 20

PRIZES & TROPHIES

ENTRY FEES ---

10 K. RACE \$5

2 MILE FUN RUN \$3

RACES BEGIN AT 10 A.M.

→ (REGISTRATION AT 8:30 AT THE
SOUTH ENTRANCE OF CIVIC CENTER)

OFFICIAL ENTRY FORM

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I FOR MYSELF, MY
HEIRS AND ASSIGNS, HEREBY WAIVE AND RELEASE ANY AND ALL RIGHTS
AND CLAIMS I MAY HAVE AGAINST THE SPONSORS OF THIS RACE AND
THE AUGUSTA AREA JAYCEES.

NAME (PLEASE PRINT) _____

STREET _____ CITY _____ STATE _____

AGE _____ MALE FEMALE SIGNATURE (PARENT'S IF UNDER 16) _____

MAIL THIS FORM WITH ENTRY FEE BEFORE OCT. 15, 1981 TO:
AUGUSTA AREA JAYCEES, P.O. BOX 84, AUGUSTA, ME 04330 ATTN: ERIC KANGAS [207] 623-1484

Second Annual 10 KILOMETER AUTUMN GOLD ROAD RACE

Sponsored BY:
**The Ellsworth Area
Chamber of Commerce**



Date: Saturday, October 13

Time: 11:00 A.M.

Place: Start at Willey's
Finish at Linnehan's

Distance: 6.2 miles (10K)

Registration Fee: \$4.00. Registration at Chamber of Commerce Office on High Street from 9:00 - 10:30 a.m. Pre-registration encouraged as only the first 100 registered runners will receive T-shirts.

Race Categories: (Male & Female)

10-under; 11-14

15-18; 19-29

30-39; 40-49;

50-59; 60-over

First Place Overall

Race Director: Sheldon Booze

Top 3 in each category will receive
Merchandise & Gift Certificates

Race Features:

Rest Rooms

Time Checks at 1 & 3.1 miles

Water Station at 3 miles

Chronomix Time Results

Electronic Time & Place Display

Results Published in Maine Running



For More Information: Call Down East YMCA - 667-5647 or Chamber of Commerce - 667-5584.
Make Checks Payable To: Chamber of Commerce

ENTRY FORM

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

NAME: _____

CATEGORY ENTERED: _____

MAILING ADDRESS: _____

Age as of October 13, 1984: _____

SIGNATURE: _____
(Parent if under age 18)

Shirt Size (Circle): S M L XL



Mail Entry Form With Fee To: Down East YMCA, Box 512, Ellsworth, Maine 04605

VETERANS MEMORIAL ROAD RACE



Plus, a 1 mile run for youngsters ages 12 & under.

6th Annual

Sponsored by: Wiscasset Recreation Department. 882-7533.

WHEN: Sunday, November 11, 1984. 1:00 p.m. (1 mile run - 12:30 p.m.)

WHERE: Start & Finish at Wiscasset High School, Rte. 27

COURSE: 4.5 miles on paved and gravel rural roads. Finish on W.H.S. track.
Challenging, hilly.

AWARDS: Male

14 & under - 1st
15-18 - 1st
19-29 - 1st
30-39 - 1st, 2nd
40 & over - 1st, 2nd
Wiscasset Resident - 1st

Female

18 & under - 1st
19-39 - 1st
40 & over - 1st
Wiscasset Resident - 1st

** Random Prize Drawings **

** T-shirts to first 75 entrants. **

Certificates to all youngsters completing the 1 mile run.
Ribbons to top three girl & boy runners.

ENTRY: \$3.00 (Wiscasset residents); \$4.00 (Non-res.). 1 mile run - .50¢

FEATURES: Restroom and shower facilities

One mile split, water, mile markers

Light refreshments following race

"Complete results will be published in MAINE RUNNING."

To pre-register return completed form and fee to: Wiscasset Recreation Dept.,
Municipal Building, Wiscasset, Maine 04578. Registration on race day from
11:30 a.m. to 12:45 p.m.

<p>ENTRY FORM VETERAN'S MEMORIAL ROAD RACE Nov. 11, 1984</p>				
NAME	AGE	SEX	TEL.	
ADDRESS		YEAR		
RACE ENTERING:	(1 mile run for ages 12 & under)		4.5 miles	
<p>In consideration of this entry being accepted, I, for myself, heirs, and assigns hereby waive and release any and all rights and claims for personal damage which I may have against the sponsors of this race. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.</p>				
Signature	Parent's Signature (if under 18)			