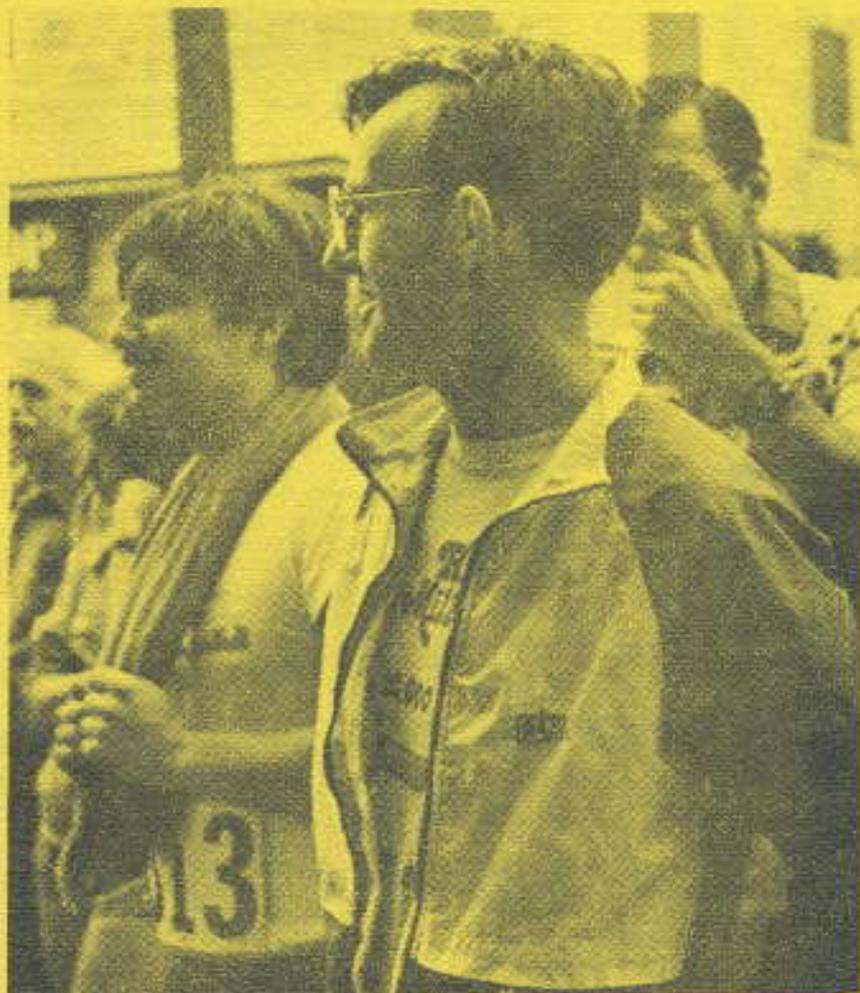


SEPTEMBER 1982 Vol.3 No. 9

**MAINE** Running 

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# The Masters

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# MAINE Running

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

This month MAINE RUNNING salutes Maine's Masters runners. The old salts who keep on plugging year after year deserve a lot of credit. But most of them are not merely doing the mileage in races. Many are sailing like this month's cover-runner, Sam Hamilton of Caribou. Not only is Sam making it from the starting line to the finish line but he's still doing it at a 6 minute pace at 51 years old. Not only that, but he can do it twice in five days! See the results in "The Pack" this month.

Other masters runners are featured in the Club News this month and another Caribou master, Charles Serritella has contributed an outstanding piece on health care. He has a fascinating background in walking and I hope to get him to share it with us in future issues. Mike Gaige starts a series on training and Skip is looking forward to fall. John Moncure is trying to make excuses for his total collapse at this years Paul Bunyan marathon. The World Class always seem to have an excuse when things don't go their way.

We have 10 pages of race results this month and there's an excitement in the air as runners sharpen up for the great fall racing season in Maine: Labor Day (anywhere); the Tin Man; Bar Harbor; Kingfield and Bailey's; Autumn Gold; Casco Bay; the Great Pumpkin and Benjamin's. I hope our collective legs can take it!

*Bob*



## SEPTEMBER & OCTOBER CALENDARS

Thirty-three races and boy are they great!

## ARE AMERICANS HEALTHY?

Dr. Charles Serritella noted walker of Caribou voices his views on health care in America.

## RUNNING ON...

Skips all ready for fall.

## TRAINING TIPS: ESTABLISHING A BASE

Mike Gaige shares some of his training secrets. I'm afraid that even by using them few of us will ever catch him!

## JOHN MONCURE'S APOLOGY

John's tongue-in-cheek apology for not running the 2:26 the local paper said he was capable of running.

## AT THE RACES

Short reports from all over the state and one regrettable black-eye for Maine road racing.

## CLUB NEWS

Reports have been received from 4 of Maine's 12 active running clubs on masters runners and other topics. The Downeast Striders regret that they do not have any masters runners to write about. The Club News column has met with a very favorable response from all over the state. Thanks!

## THE BANGOR LABOR DAY ROAD RACE

Where were we in '63? Here's a look at Maine's second oldest road race.

## THE PACK

10 pages of hard running action. Check the times in the Lovell one-mile kids' run. Unbelievable!

Maine Running is published monthly in Bangor, Maine

Editor/Publisher: Robert Booker, PO Box 259, E. Holden, Maine 04429 Phone: (207) 843-6262

POSTMASTER: Send address changes to MAINE RUNNING, PO Box 259, E. Holden, Me. 04429

# September

- 4 NACKAWIC COMMUNITY DAYS ROAD RACE. 9K at 9:30 a.m. \$3.00 Contact: John Curtis, Box 53, Nackawic, N.B. EOH 1P0
- 4 BATH ELKS LABOR DAY CLASSIC 5 MILE ROAD RACE. See flyer in August issue or contact: Bath Elks Road Race 44 Front St., Bath, Me. 04530 9:30 start
- 6 9TH CARIBOU LABOR DAY ROAD RACE. 4.3 miles at 11:00 a.m. from Caribou High School. "The Viking Run" 1 mile kids in grades 1-8 at 10:00 a.m. Contact: Conrad Walton, 35 New Sweden Road, Caribou, Me. 04736
- 6 \*TWENTIETH ANNUAL BANGOR LABOR DAY ROAD RACE\*. See Flyer in August issue or contact: Bangor Parks & Recreation, c/o Road Race, 224 14th St., Bangor, Me. 04401 9:00 a.m. start
- 6 LABOR DAY 10K. 10 a.m. from Gorham High School. \$3.00 entry Contact: Mike Towle at 1-799-5125
- 6 THE FLATIRON 5.0. 8:30 a.m. start in Sherman. \$1 entry fee in conjunction with Sherman's 50th Old Home Days Celebration. Contact: Barry McLaughlin, Sherman, Me. 365-4121
- 9 LA FEMME DE MUSTERDS. 1.00 p.m. at the Lions Picnic Grounds, Caribou. Women only 5K race. Contact: Sam Hamilton, 395 Main Street, Caribou, Maine 04736
- 11 SECOND ANNUAL JONESPORT 5 MILER AND 1 MILE FUN RUN. See flyer in August issue or contact: David Alley, PO Box 139, Jonesport, Me. 04649 11:00 a.m. start
- 11 CLINTON LIONS FAIR 10 KILOMETER ROAD RACE. See flyer in the August issue or contact: Frank Davis, Battle Ridge Road, Clinton, Me. 04927 10 a.m. start
- 11 MAD WITCH HALF MARATHON. See flyer in August issue or contact: Brewer Parks & Recreation, Brewer Auditorium, Brewer, Me. 04412 9:00 a.m. start
- 11 HOLBROOK RECREATION 800 McPHERSON MEMORIAL 5K. See flyer in August issue or contact: Bill MacManus, Holbrook Recreation, PO Box 1187, E. Holden, Me. 04429 9:10 a.m. start. Run in conjunction with the Witch
- 12 ROLAND DYER 10K CLASSIC. See flyer in August issue or contact: Gene Roy at 465-7296 or Lionel Breard 872-8939. 1:00 p.m. start
- 12 \*SECOND ANNUAL TIN MAN TRIATHLON\* Contact: Camden YMCA, PO Box 416, Camden, Me. 04843. Starts at 9:00 a.m. at Megunticook Lake Boat Landing.
- 18 ALBERT COUNTY EXHIBITION HALF MARATHON. 21 km at 10:00 a.m. at the Albert Lions Club. \$4.00 pre - \$6.00 post. Contact: Mark Chappell, Albert, N.B. EOA 1A0 (506) 882-2967
- 18 \*FIFTH ANNUAL BAR HARBOR 13 MILER\* See flyer
- 19 3RD ANNUAL WADDLE-FOURNIER MEMORIAL 10 MILE. See flyer

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- |    |  |
|----|--|
| 10 | LINCOLN FALL CLASSIC 5K. 3:00 p.m. see flyer   |
| 10 | 5TH ANNUAL 5.5 MILE FALL FOLIAGE FOOT RACE. 1:00 p.m. at Harbor House. Contact: Marty Lyons at 244-3713  |
| 10 | SAMOSSET PEN RAY CLASSIC. 5 Miler & 5K Contact: Sterling Leblanc, 14 Melrose Circle, Rockland, Me. 04841   |
| 10 | MAINE RUNNING & FITNESS DAY 10K. 10:00 a.m. at the Racquetball Club of Southern Maine in Sanford Contact: Katherine Henderson, PO Box 860, Sanford Me. 04073. SEE RACE FLYER IN OCTOBER ISSUE OF MRI   |
| 17 | *CASCO BAY MARATHON* A must run! See flyer.  |
| 24 | *GREAT PHMPKIN* The date has been moved up one week so that nobody will have to miss this flat race or Benjamin's 10K. One of Maine's very best races and organizational efforts! Contact: Stoddard Chaplin, Marathon Sports Running Club, 8 Colonial Dr., Saco, Me. 04072. TAC Certified! |
| 31 | *BENJAMIN'S 10,000 METER ROAD RACE* Bruce Hickford will once again lead an impressive list of Maine runners this year joined by some of the best National Class athletes. TAC Certified. See flyer   |



BACK TO SCHOOL, BUT NOT OUT TO LUNCH, JUST RUNNING.

- 25 5TH ANNUAL COMMON GROUND COUNTRY FAIR 5-MILER  
8:00 a.m. at Windsor Fair Grounds. \$3.00 Con-  
tact: Skip Howard, PO Box 562, Bangor, Me. 04401
- 25 \*KINGFIELD 10K\* See flyer. One of Maine and  
New England's finest road races!
- 25 KINGFIELD KIDS' K. See above
- 26 SUGARLOAF UPHILL CLIMB. See above
- 26 \*JAMES BAILEY X-COUNTRY 5 MILE\* Contact: Dave  
Paul, 159 Glenwood Ave., Portland, Me. 04103

## October

- 2 4TH ANNUAL QUAKER HILL CHALLENGE 10K. Contact:  
Ed Paola, Unity College, Unity, Maine 04988
- 2 \*AUTUMN GOLD\* State Championship Individual &  
Team 20K Road Race. See Flyer
- 2 USM LAW SCHOOL ALUMNI RACE. Open to USM Law School  
students and Alumni only
- 2 UMPT HOMECOMING 5K. 10:00 a.m. Contact: Larry  
Mangus at 455-3065
- 10 ATLANTIC AUTUMN MARATHON. 42K, 21K and 10.5K at  
10:30 a.m. from the CFB Casetown Recreation Cen-  
ter (R.B.) Contact: John Yausa at (506) 757-3333



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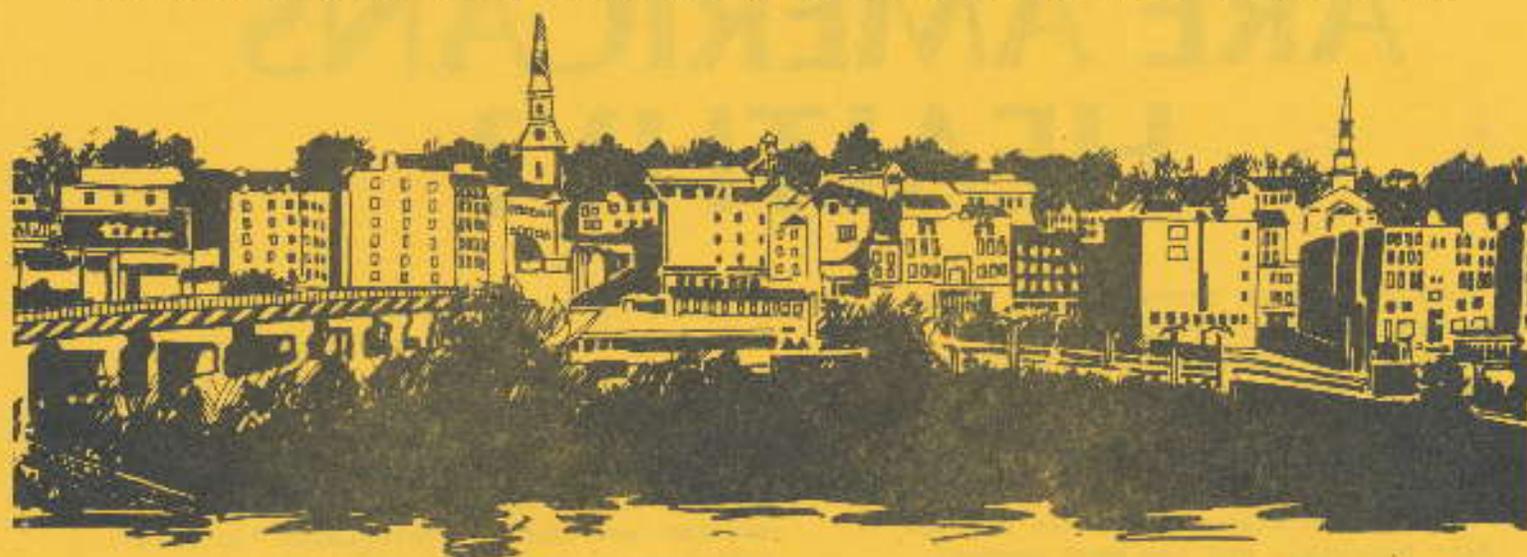
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# ARE AMERICANS HEALTHY?

AMERICANS PRIDE THEMSELVES ON THEIR EXPANSIVE HOSPITALS AND EXTENSIVE HEALTH CARE PROGRAMS, BUT ARE THEY ENJOYING THE BEST OF HEALTH?

by Charles Serritella, D.C.

The United States certainly has the best hospitals and the best doctors in the world. But the U.S. Public Health Service recognizes a mere 14% of our 230 million people as healthy. Although we spend more money than most nations on "health care," on "health insurance," on federal and state "health" programs, on drugs and on surgery, the health of Americans is at an all time low.

Admittedly, many acute diseases are kept under control with immunizations and with drugs. Statistics show that we are living longer and the implication is that we must be healthier. However, these facts do not give us the whole picture.

The National Center for health statistics of the U.S. Public Health Service publishes volumes of facts which are frightening. Chronic diseases of all kinds are at pandemic levels. Nearly 50% of Americans die of heart disease or cardio-vascular problems. On the average, one person in every family will have cancer and will die from it. One hundred fifteen million Americans suffer from at least one chronic disease or disability, with many confined at home or in nursing homes. Why is there so much sickness in our great country? How long can our nation survive with such a poor health record?

Many people are uninformed, uneducated or indifferent to the health laws of the body. They have been convinced that if illness strikes they will find

a "quick cure" and "instant health." When symptoms are relieved they will go right back to their old indiscriminate living habits until the next "bug" or bout of illness strikes. This symptom-treating concept is aided and abetted by clever drug advertising via the news media. Television "doctors" advising the public to take this or that product for this or that ailment are misleading adults, and more importantly, youngsters from 3 to 18 that there is a pill or potion for any and all physical or emotional problems. Relief is "just a swallow away." What a way for youngsters to start out in life. Never a word about learning and following health rules and assuming personal responsibility for our health.

Furthermore, disease care is very profitable for the drug and supply houses, for doctors, hospitals and for the insurance industry. Our society refers to "health care" as the inhibiting, alleviating, controlling or removing of disease symptoms. As important as these excellent services are to most of us in time of need, it is imperative that we learn to differentiate between the terms "health care" and "disease care." After disease symptoms are treated, the basic cause or causes should also be found and corrected, when possible. Symptom-treating alone is not enough. After basic causes are corrected, a true "health care" program should be established to help prevent further suffering and to contain the ever escalating costs of disease care. When basic causes of disease are not dealt with, the smothered symptoms may lie dormant for a while and later on develop into chronic disease.

In addition, other factors which may affect our health detrimentally are

poor diet, lack of exercise, insufficient elimination of body waste and foreign synthetic chemicals and drugs, neglect of neuro-musculo-skeletal integrity, overeating, smoking, over-indulgence in alcoholic beverages, lack of rest and sunshine, ingestion of some of the 4,000 plus chemical poisons that have been found in our foods, water, beverages and in the air. (Eminent researchers like Professor Salikoff of Mt. Sinai Medical Center have stated that from 60 to 90% of all cancers are caused by environmental factors. Over 1,000 poisonous chemicals, many carcinogenic, have been found in the water supplies of the nation by governmental agencies). Overrefinement of foods adds more stress to our bodies by failure to supply needed nutrients to the individual tissue cells to keep us healthy. All these roadblocks to health may lead to a breakdown of local tissue cell integrity and open the door to infectious and/or degenerative disease processes. If the disease industry closes its mind and its eyes to patient's faulty living habits and to the barrage of environmental poisons which are invading and permeating our tissues to cause disease, it is guilty of neglect and it is contributing to continued widespread suffering and adding to the unreal, escalating costs of disease care. We need the disease doctors, but we also need health doctors to help stem the tide.



Dr. Charles Serritella is in private practice in Caribou, Maine. He is a champion walker and total health advocate.

This article first appeared in Total Health Magazine.

## RUNNING ON...

by Skip Howard

As the summer nears its green and glorious end, we are faced with another beautiful change in Maine's seasons: autumn and all its color. For those who are pointing to one last race before the winter season, now is the time to hone all your training to a fine edge. Some of the best runs I've ever had have been this time of year; early in the morning, noon, evening, when the wind isn't blowing hard, it's perfect and of course, the scenery is fantastic!

With the decreased tourist traffic and an Indian summer, you can find such places as Bar Harbor's carriage trails, the hills around Kingfield, and many other places for some outstanding running. Enjoy.

Next month we'll be featuring Jay Birmingham and his record-setting run from Fort Kent, Maine to Key West Florida; 47 days, 47 miles a day! Also my past several months' experiences in three triathlons of various difficulty.

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## TRAINING TIPS - ESTABLISHING A BASE

by Michael Gaige

My training program takes shape from the basic arthur Lydiard "long/short" routine which I learned in college; where one night of running a long workout is followed by one night of running a short workout.

The philosophy of running alternate long/short workouts is to insure that every other day your body gets sufficient rest to rebuild muscle tissue after each long workout. The purpose of running long workouts is to systematically break down muscle tissue so that the muscle cells elongate and build more capillary beds to carry oxygen as efficiently as possible to the muscles. The key to running long workouts is to run slow enough to "systematically" break down muscle tissue, not to go out and hammer through 10 or 15 miles as fast as you can go. Running too fast in a long workout tears down muscle tissue which may take more than one day of running a short workout to recover from. Long workouts should never be run fast, never! Races and speed workouts are to be run fast. My normal training pace for a long run is 6:40 per mile.

The purpose of short workouts is to rest between your long workouts when you are gaining strength and establishing a base. Once a base is established short workouts will occasionally be used for resting, but will also be used for doing speed workouts. Short workouts are supposed to be exactly that; short! Short workouts are not supposed to be stretched out to be "medium length" or "almost-as-long-as" long workouts. My general inclination is to see that a minimum of 20 minutes differentiates between my long runs and my short runs.

Short runs can be run easy or they can be run hard, depending on whether you are truly resting or if you are doing a speed workout.

I talk about long and short workouts because a personal preference of mine

is to run for a certain length of time each night rather than to run a specific distance. It does not necessarily matter how far you run each night or each week, as much as it matters how long you run. I think many runners get negative results from their running by overtraining; trying to run that magical 100 miles a week, or whatever a high mileage week may be for you.

By running for a certain length of time I adjust my pace and go as slow or as fast as I choose. I am at ease just running for a certain length of time, when many runners force themselves to slug out that 10 or 15 miler even when they may be too tired to do so. This means that when I am not tired I may run 12 miles in an 80 minute workout, but when I am tired I may run only 9 miles or so in an 80 minute workout. It makes far more sense to me to run 80 minutes slow and cover only 9 miles, rather than to take an hour and 45 minutes to slug out the magical 12 miles when I'm too exhausted to do so. I think you obtain the negative results of being too exhausted to properly recover from the workout when you end up slugging it out rather than backing off a little to rest. When I am at all doubtful of how hard or how long to run a workout, I almost always choose to ease up rather than to push too hard. This makes running more enjoyable for me and also keeps me relatively injury free.

Long workouts and short workouts are both relative to each of our own abilities to run. When I am just getting rolling after not running very much during the winter, 20 to 30 minutes is a short workout and 50 to 60 minutes is a long workout. When I have been running consistently for several months, 45 to 70 minutes is a short workout and 75 to 90 minutes or more is a long workout. The idea is to run 20 minutes one night and 50 minutes the next night until you can handle both nights with ease. Then you can gradually add 5 or 10 minutes to your long run and your short run, always keeping the short run at least 20 minutes shorter in duration than your long run, so that

you are gradually doing higher mileage. My training will seldom if ever call for 45 minutes of running one night followed by 45 minutes the next night. Much more benefit is gained by running 30 minutes one night followed by 60 minutes the next night to insure that you get the rest you need. A common mistake is made by the runner who feels great after running a 30 minute workout and decides to run a little longer to make sure he's training hard enough. You are supposed to feel great because you are recovering from the long workout the night before and you are resting enough to run long the next night.

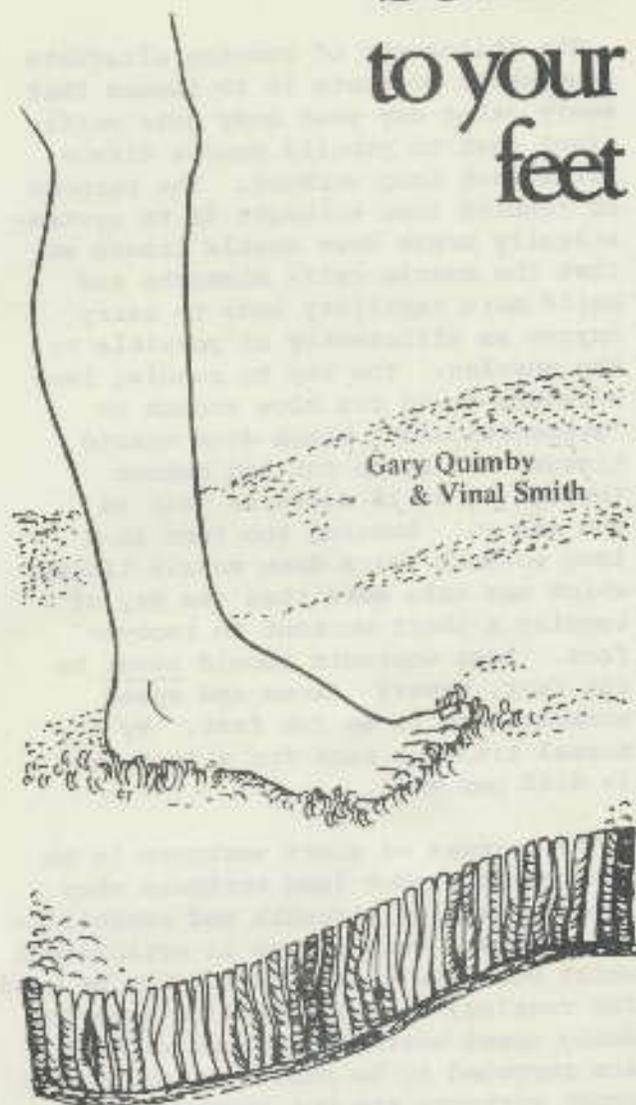
Once you have run several hundred miles at this alternately long/short routine, you learn which long workouts to run hard and which to run easy; and which short workouts to run hard and which to run easy. My routine always calls for long/short/long/short, but the system of knowing when to run hard and when to run easy is what separates the joggers from the runners and the runners from the racers.

So try running a long/short training routine for several weeks and slowly increase the length of time you spend doing each workout, making sure to see that your short workout is always a minimum of 20 minutes shorter in duration than your long workout. After several weeks at this routine (maybe as much as 200 or 300 miles) you should be strong enough and well rested enough to introduce fartleks and speed workouts to your training program to increase your speed for racing. By then I hope to have taken the time to write a second article on incorporating speed workouts and variables for flexibility in this long/short routine for competitive runners.

The actual training schedule looks like this for right now, but will become more complicated when a hard/easy routine is added, together with the addition of speed workouts and fartlek.

Sunday - Long; Monday - Short; Tuesday Long; Wednesday - Short; Thursday - Long; Friday - Short; Saturday - (Short.)

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July 22, 1982

Mr. Robert Booker, Editor  
Maine Running  
P.O. Box 259  
East Holden, Maine 04429

Re: 1982 Paul Bunyon Marathon - An Apology

Dear Bob:

I am taking the liberty of using your fine publication to make public my apologies.

As you know, I was seeded third at the recent Paul Bunyon Marathon. I certainly appreciated this expression of confidence on the part of the Race Director and so, when I clocked a 3:01:08 I felt that I let many people down.

First, I apologize to my many fans. It seems that the Bangor Daily News for July 16, 1982 indicated that, since I'd run a 2:26:40, I could be expected to finish second or third. A battle loomed between me and Cochrane. I know that I disappointed many of my followers by letting him beat me by almost twenty minutes.

Next, I apologize to the bookmarkers in Las Vegas. I should have told them that this was just going to be a training run and that I wasn't going to bust one. After the race I got a late night phone call from a gentleman who called himself "Tony". I'm not sure why he called, but he asked me to notify him next time I planned to run a marathon and he suggested that "we both could make a lot of money".

Next, I apologize to the thousands of spectators who lined the race course. I'm sure that many a parent had instructed his child to "watch the low numbers". They are finely tuned athletes with the low percentage of body fat. They are the ones who disdain beer and drink fruit juice or Tab. They are lean and mean. Thus, I understood when, on spotting my #3, fathers hastily covered their children's eyes for fear that the flabby little mesomorph who was jiggling by would destroy his child's faith in his father. This summer runners, next Christmas, Santa!

Those spectators without children reacted somewhat differently. The kind and sensitive ones, feeling that they were witnessing an embarrassment, (since Steve Dexter said I was 60<sup>th</sup> at mile 14 and I finished 35<sup>th</sup> overall) sort of smiled as if to say "Just a training run, eh?" or "Heat really is bad, isn't it?" It was for their benefit that I put a little limp into my style and gave them a "What the hell, it's just a workout" wave.

The crueler spectators were cruel, indeed. Taunts such as "Hey, number three, did you start late?" or "Hey Rosy, Boston isn't 'till April" or "Is this a Beer commercial?" cut me to the quick. I'm really very sensitive.

Next, I apologize to the Bangor Daily News. I have never before received any pre-running publicity and I imagine, now, I never will again. But they must realize how they made this pseudo-runner's heart take flight. For four and one-half long years, I, like many other middle of the pack runners, have trained in virtual anonymity, known only to my fellow zealots in the Brunswick area. Thus, I secretly felt that I was finally getting the recognition I so richly deserved. All those twenty milers and finally a little glory.

Why, the night before the race I slept (fitfully) with my number 3 under my pillow. I began to believe that my Walter Mitty dreams were coming true - that perhaps my mind's eye picture of myself running, my running image, if you will, was real. There I was, the perfect combination of Eric McNett (he of the bulging bicep and deep cut pectoral) and Gary Corcharane (smooth stride, hair horizontal, clicking off 6:00 after 6:00). It was only after my ten mile split (68:08) and some of the less than kind comments of the crueler spectators, that I realized that the number awarded me was a cruel hoax, a fraud and a delusion. Thus, I won't apologize to the race directors for they have dashed my dreams.

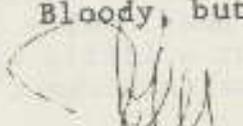
Actually, now that I have not quite run my predicted 2:26, it's back to the roads for more arduous training. My coach, Dale Dorr told me at Bangor to "Back off kid, today's not your day". Thus, I added about 35 minutes to my time on a training run. My manager, Sam Butcher, insists that I conserve my energies for just the "right" races. Thus I shoot for P.R.'s only on very special occasions, eg. my five mile P.R. is at the Manchester, Connecticut Thanksgiving Day Race. It's really only 4.77 miles, but they call it a 5 miler. I figure, if the Race Director calls it a distance, that's what it is.

So, Sam had me run the 1980 Marine Corps Marathon, confident that I would have a good one on a 25.9 mile course.

Therefore, I can honestly state that if you can find me a race called a marathon that is about 22 miles, I will give you a 2:26. You can send the proceeds to my running club, "The Lesser Durham Striders" (cashiers' check only, please) and my travel money directly to me. I'll even give clinics on fluid replacement after the race.

Thanks for the opportunity to explain my position. My only hope is that, next year at the Buynon, I can redeem myself.

Bloody, but unbowed,

  
John Maurice

## AT THE RACES

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### TLC DAY CARE BENEFIT RACE

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Thanks for putting this race in your July calendar. I was very pleased with the turn out. The Day Care made over \$600!

/Liz Moulin/

1. Hank Pfeifle 14:09; 2. Bruce Madore 15:24; 3. Al Waitt 15:39  
1. Sally Perkins 18:02; 2. Lisa Wakem 18:15; 3. Chris Snow 18:29

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### RUSSELL CAPTURES OLD HALLOWELL 10K

---

Steve Russell of Mt. Vernon led a field of 39 runners Saturday to win the fourth annual Old Halloween Day road race. Russell's time of 32:48 over the 10K course gave him a 55 second margin over second place finisher Mitch Lovering of Litchfield. First woman finisher was Stacy Prescott of Gardiner.

/Cliff Olson/

1. Steve Russell 32:48; 2. Mitch Lovering 33:43; 3. Peter Hagerman 34:03. 1. Stacy Prescott 39:33; 2. Nancy Beward 50:08; 3. Suzanne Olson 53:40.

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### LILBURN IN RECORD RUN

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Adrian Lilburn broke the course record while recording a 29:17 at the Northern Lights Classic 5 Mile in Farmington on the 21st of July.

/Tom Upham/

1. Steve Ridley 24:46; 2. Dan Paul 25:38; 3. Allen Pierce 25:38  
1. Adrian Lilburn 29:17; 2. Karen McCans 31:09; 3. Mary Ann Shick 32:33

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### FITTS TIRE/RADIO SHACK MARK FALLS

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We enjoyed our largest field of runners ever! A total of 65 entered and finished the scramble; and 22 ran in the fun run. The old course record fell as strong bids by several

runners pushed defending champ, Richard Khorigan from Flushing, N.Y. to a new mark of 21:58. Tim Wakeland, a tough, young competitor from Bellevue, Neb., finished 2nd at 23:07; while local up-and-comer, Chris McMann of Skowhegan finished 3rd in 23:22.

On the distaff side, Roberta Hickman of Waterville narrowly missed setting a new women's record when an ill timed Maine Central R.R. train cut her off with less than a half mile to go. As it was, even with an approximately 30 second delay, Roberta was only 10 seconds off the old mark in 28:27

In the 1 mile Fun Run, Kathy Dall led the pack in 6:25, with Andy McMann finishing first in the boys' division in 6:41. Little Brandon Hagopian, at three years old, was the youngest (and one of the most enthusiastic) finishers.

/Gary Fitts/

1. Richard Khorigan 21:58; 2. Tim Wakeland 23:07; 3. Chris McMann 23:22  
1. Roberta Hickman 28:44; 2. Brenda Childs 30:01; 3. Susan Blaisdell 30:12

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### HAMMOND SETS RECORD AT ST. MARY'S

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A new course record was set by Paul Hammond at the 3rd annual St. Mary's Festival 3-mile road race in Biddeford. Hammond shaved 12 seconds off the old record by completing the course in a time of 14:44. The first female finisher was Christine Snow of Old Orchard Beach in a time of 17:36.

/Liz Moulin/

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### YET ANOTHER RECORD FALLS AT HANCOCK POINT

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Hancock's sneaky 10.2 miler drew a field of 100 for its fifth running. The field was rich in excellent veteran runners; most of whom would record PR's. The weather cooperated with a 10+ M.P.H. breeze and fog on the end of Hancock Point at the half-way mark. The treacherous nature of the course lies in its hills which occur over the first and last two miles. Novices complain that the run is too hilly; it isn't. The hills just lie in strategic spots.

Bruce Ellis of Exeter, N.H. held off the noble charge of Ellsworth Jr. High teacher, Jim Newett and took 1st place honors. His 55:20.5 bettered Mike Gaige's 55:26.6 course record set in 1980. Although Andrea Hatch left Robin Emery's record intact, she continues to improve with experience and handily took the women's honors.

/Steve Coffin/

1. Bruce Ellis 55:20; 2. Jim Newett 56:04; 3. Sheril Sprague 57:48
1. Andrea Hatch 1:11:09; 2. Diane Louder 1:12:24; 3. Patty Clapper 1:16:06.

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#### 2ND YR. ROAD RACE TERMED BIG SUCCESS

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The Second Annual 5.4 mile Frontier's Day Road Race took place at Mark's Past Foods & Groceries, Inc. Route 196, Lisbon Falls, Maine. There were a total of 93 registrants by race time and 63 of those had pre-registered. Pete Brigham of Salem, N.H. and Kelly Bennett of Lewiston were the open winners. The race was co-sponsored by the Lisbon Rec. Department and the Lisbon Jaycees.

/Roland Trottier/

1. Pete Brigham 29:04; 2. Bill Hine 29:49; 3. Eric McNett 30:24
1. Kelly Bennett 37:21; 2. Betsy Berry 42:44; 3. Jill Walker 43:36.

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#### ONE OF MAINE'S BEST: THE LOWELL ROAD RACE

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The race was the smoothest ever starting with the 1 miler at ten a.m. and ending with the last award being given out at 11:45. This race has yet to have a repeat winner, however both Werner and Larry spoke as if next year would be the year for them.

Past winners: Werner Pobatshniq, Walt White, Mark Kimball, Dan Barker, Larry Greer, and Leo Lachance.

/Kevin McDonald/

1. Leo Lachance 27:13; 2. Pete Bottomley 27:26; 3. Werner Pobatshniq 27:48
1. Cathy Livingston 33:13; 2. Anne Marie Davce 33:57; 3. Julie Green 35:26.

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#### COUNTY BANK CLASSIC: WELCOME HOME BRUCE

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It was evident before the race started that an unusual number of top runners were on hand. It was a good day for a race, with cloudy skies and moderate temperatures. When the race was over, 14 sub-30 minute runners had passed the finish line.

/Dave Rand/

1. Bruce Freme 24:55; 2. P.J. Meagher 26:00
3. Bill Pike 26:15.
1. Rose Prest 31:03; 2. Kathy Smith 31:48; 3. Katherine Martin 31:52

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#### LARRY ALLEN SANDWICH AT BLUE HILL DAY 10K

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How do you make a Larry Allen Sandwich? You race him against the Hatch family of Braintree, Mass and Castine over the hilly Blue Hill 10K course. This time son Mark bettered Larry and old-man Harold. I say old with a great deal of respect. Harold hardly broke a sweat turning in a 34:25. He told me later that he had had an off winter in indoor track. The 42 year old could only muster a low 4:40 mile on the boards! The lobster feed and folk music were once again the highlight of this late summer classic.

/Bob Booker/

1. Mark Hatch 33:39; 2. Larry Allen 34:00; 3. Harold Hatch 34:25
1. Janet MacColl 41:52; 2. Jeannette LaPlante (M) 44:20; 3. Terry Burton 47:55.

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#### OH WHERE, OH WHERE HAS MIKE RANCO GONE?

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It's not often that the running community is ripped off, but when it happens I believe people have a right to know about it. Mike Ranco, race director of the Andrew Sockalexis road race, has not been seen since the event. He entered into contracts with Maine Running for the Chronomix; Larry Allen for his digital clock; Commercial Screenprint for art work, silk screens and 500 t-shirts and he promised the Bangor TB and Health Association a generous contribution. I've called him repeatedly in an attempt to hear his side of the story. No response. And this race was awarded a bronze medal in Amby Burfoot's New England Running guide?

# CLUB NEWS

Each month the clubs of Maine are asked to submit information about club doings or a profile of one of their members. This month I asked them to feature their master runners. Here's what they had to offer.

## THE CARIBOU JOGGERNAUTS

The Joggeronauts Running Club of Aroostook County's premier "Masters" runner is Conrad Walton of Caribou.

Past president of the Caribou Joggeronauts, Conrad Walton, has probably done more for running than any other person in Aroostook County. His dedication to running culminated in his being named Aroostook County Runner of the Year in 1981 by the Joggeronauts.

Walton, who grew up in Island Falls, came to Caribou upon graduation from college. He spent 18 years coaching baseball, basketball, track and cross country at Washburn and Caribou high schools.

After retiring from coaching five years ago, Walton decided to become a participant and has since won countless races.

In 1972 he helped to organize the AAU sanctioned Caribou Track Club, which remained in existence for four years. The club worked primarily with high schoolers, coaching them and giving them financial and moral support.

In 1977, with Walton's encouragement, the Caribou Joggeronauts Running Club was organized. Under his leadership the Joggeronauts have sponsored numerous races and provided friendship and encouragement to the runners of the County.

Walton also was one of the original members of the Mustards, an informal fraternity of Aroostook runners, organized four years ago.

Walton said he has received special satisfaction from organizing benefit races such as the Helen P. Knight Race, which has raised \$3,000 in the last two years for the special school.

Walton who started Caribou's Labor Day Race and Viking Run for youngsters, an annual event for nine years, guessed that he has organized between 60 and 75 races.

In his spare time the last two years, the Caribou High School driver education teacher, has been writing a running column for Caribou's Aroostook Republican.

Walton said the race he is most proud of is the 1980 Casco Bay Marathon, which he completed in 2:40:10. He said he feels he still has four or five more years to improve his running. His goal is to complete a marathon in 2:35:00.

"The miles add up," Walton said. "I think by starting later, I have an advantage. Psychologically and physically you start to wear down after awhile. I still have the enthusiasm and desire to improve. But, he bemoaned the fact that physically he hasn't been able to maintain a consistent training base. Periods of feeling good physically have been followed by injuries for the last year.

The 43 year-old master runner is married to Roberta Walton. They have six children.

# THE WOODS RUNNERS

The Woods Runners have enjoyed a leisurely summer of sorting out their first couple months as a club. First races, better times, new diets, ups and downs of something new and lots of enthusiasm. Twenty-two members have been racing in various places and age groups while 18 others are getting ready for the first plunge. A cook-out and run at Perry Pond and a pool party and run (with various vegetable dishes being served) have highlighted the summer days. Earlier fun runs in May and June resulted in over 70 participants taking part in each.

Looking ahead to the fall and winter months, the Katahdin High School Adult Ed program will be continuing it's running classes with visiting lecturers in different areas of interest. Also will be sponsoring day and evening classes in aerobic dance, slimastics and exercise and weights in a new fully equipped exercise area. We will also be involved with Houlton Regional Hospital and its Fitness for Life program with individual programming. We will be involved with all of these programs (1) because of demand, (2) hoping that they will become the basis for a lifetime activity that will encompass good physical and mental health with running as the foundation of whatever course our citizens might choose in pursuit of these goals.

Anyway - this has absolutely nothing to do with master's running which is supposed to be this month's theme - but - as yours truly is the only club master to date, modesty and considerable humility prohibit an expose' of same, unless of course, your sense of curiosity is such that you just can't stand it, forward a SASE and plain brown wrapper.....whatever!!!! Next month will feature our most improved runner and some other highly irrelevant observations.

Love and kisses,

Loren Ritchie

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## Maine Road Ramblers

P.O. Box 264  
Augusta, Maine 04330

She's aged 57, and has been running for five years; racing for two years, and is having the greatest time of her life doing it.

Her name is Nancy Beward from Readfield and she started running to help her recovery from a broken leg sustained when she slipped on a mossy tree and fell. As a side benefit, she lost "lots of weight -- about 40 pounds" and looks great. Not only that, but she's taking first place trophies in her age division in most races now.

What's her secret? Nancy tries to run every day. She believes anybody her age has to "be-cause if you skip one day, it's very easy to pass up another". While she doesn't believe in doing intensive workouts such as interval training, she does enjoy pushing a little in week-end road races. She holds a PR of 30:02 on a wheel-measured 4 miler (see August 8, 1982 Winthrop Lions Race results).

The most fun she's ever had was running in a master's track meet in Sarasota, Florida, where she and three other over 50 females established a state record for a relay race. Older people are doing great things in sports these days. For example, Nancy said at this same track meet "it was the best sight to see an 83 year old pole-vaulter".

Nancy is an inspiration to us all, masters and young ones alike, and a real delight to have in our club.

Bob Jolicœur

TONY LOMBARDO AND JEANNIE LEWIS  
TWO BRIGHT STARS OF THE PACERS



Two exceptional runners of the PEN BAY PACERS are Tony Lombardo and Jeannie Lewis, both of whom started relatively late in the sport of running.

Tony hales from Rockland and is a junior at the University of Maine (Orono) majoring in civil engineering. He didn't start running until his senior year at Rockland District H.S. when he joined the cross country and track teams. He has had a slower than normal start this racing season due to tendonitis. But, he has still done very well winning the Thomaston Fourth of July 10K for the third year in a row, coming in 19th out of 950 in the Portland Boys' Club Race and 12th out of 250 in the Old Orchard Beach Race. However, Tony is taking aim at the Rockland Seafood Festival 10K and would like nothing better than to win that one. He figures he should be peaked right about that time. Tony has run races from a mile to the marathon (2 Casco Bay Marathons) but thinks his most effective running range is from 5 to 10 miles.

Jeannie Lewis from West Rockport is a 24 year old nurse at the Pen Bay Medical Center. She did not run at all when she attended Camden-Rockport H.S. and never had a running coach. Despite her short running career, Jeannie is now one of the premier woman runners in the Mid-Coast area. So far this year, she has won the Bath 5 miler, the Thomaston Fourth of July 10K, and the Camden Firemen's 10K. Can she and Tony pull off another double win at the Seafood Festival Race? If they don't, it won't be because they haven't tried. We'll soon find out.

(He did; she was second)

Ted DeNardo from the Pacer Bulletin



## Maine Track Club

The Maine Track Club races for September are the Labor Day 10K at Gorham and the James Bailey X-Country Race at USM.

Good running to you for what remains of the summer.

Grace Amoroso

P.S. Bob - That Maine club in the Mt. Wash. race was the Maine Track Club and Jim Babb was our top finisher. The other unidentified racer was Mark Hoffmaster, one of our top finishers.



Twelve of Maine's best schoolboy and schoolgirl track and field athletes have returned from Memphis, Tennessee where they competed in the USA/AAU Junior Olympic National Track and Field Championships. Included in the Maine contingent were eleven 1982 State scholastic champions and collectively they captured eight medals, a new high for Maine participation in this annual event.

Competition this year was in two age divisions; Intermediate (15-16) and Senior (17-18). In previous years the competition was in two divisions on the State level, but in a single division at the Regionals and Nationals.

The 1982 State USA/AAU Junior Olympic championships were held in Scarborough in late June and the survivors traveled to Beacon, New York for the Regional #1 qualifying meet. Fifty-eight Maine athletes made the trip and twelve of them went on to Memphis for the Nationals. Over 3000 athletes participated in the 1982 Junior Olympic games which were held in Memphis from August 3rd through the 9th.

Kalen Cookson (Cheverus) was third in the javelin. After winning the regionals with a throw of 217' 4" he was only able to come up with a 202' 8" effort at Memphis. Heidi Irving (Mt. View) had a personal best of 35' 7½" in the triple jump for a fourth place medal in the younger division. Gayle Burns (Rumford) also contributed a fourth in the javelin, also in the younger division. Alison Kent (Gorham) had a fine effort in the long jump as she sailed 18' 4 3/4" for a sixth place and a bronze medal. Steve Bolster (York) fouled on five of his six efforts but managed to take a sixth place in the discus with his only good throw. Theresa Doucette (Scarborough) placed sixth in the 1500 meter run and Peggy Perkins (Kennebunk) had a fifth in the 800 meter run. Randy Wade (Wiscasset) annexed a fifth in the high jump. The winning height was 6' 9" with three jumpers tied at 6' 7" for second place with only one miss. Randy missed twice on his way to the fifth place 6' 7" leap.

Other Mainers making the trip included Donna Barker (Messalonskee) in the triple jump, Paul Arsenaunt (Yarmouth) in the 1500 meter run and Kim Stiles (Traip) in the high jump.

Coaches accompanying the Maine team were Rick Clark (York), Ron Hankel (Kennebunk), Bonnie Titcomb (Gorham), Romie Marble (Hyde School) and Frank Glynn (Lakers Track Club).

Extremely high temperatures during all three days of the competition had an effect on the Maine athletes who are used to much cooler weather. The temperature reached a daily high in the 90's and it was reported to be 115 degrees on the track.

/J. Frank Glynn/

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#### EXCEEDINGLY LATE NEWS

Sept 12 SRT CHINMOY 3 MILE RACE. 8 a.m. Brunswick High School. Register 7 - 7:45 a.m. day of race or pre-register by phone 729-5825. Fee \$3.00. Free post-race refreshments.

Look for race results of the Grand/Willey 10K and Schoodic Point 15K as well as the North Yarmouth Fun Day and many, many more races in the October issue of MAINE RUNNING. Race directors: Remember that the 15th is the deadline for printed material.

## THE BANGOR LABOR DAY ROAD RACE

by Bob Booker

I went into the Bangor Public Library the other day to do some research on the Bangor Labor Day road race. I wanted to get a feeling for how it was 20 years ago. I wanted to put Maine's second oldest road race into perspective.

The front page of the Bangor Daily News on September 2, 1963 headlined the Robert Kennedy's sailing off North Haven; Castro was in hot water with the rest of the soviet block; the American Embassy in Saigon was harboring persecuted Buddhist monks; and the Maine Milk Commission was taking Cumberland Farms to court to stop them from selling milk for 29¢ per half-gallon.

The Bijou was featuring "The Great Escape" with Steve McQueen for 80¢ while the Opera House had a double-feature - "Hootenanny Hoot and an all new Tarzan adventure.

The Red Sox were in seventh place 24 games behind the Yankees but still several places ahead of the hapless Washington Senators.

Got a feeling for it? Well here goes the first Bangor Labor Day Road Race. (They mention a race in '62 but it was in the summer and not on Labor Day)

### FARLEY FAVORED TO WIN 5-MILE RACE TODAY FIELD WILL START FROM BASS PARK

The second Bangor five-mile road race will be run today starting in front of the grandstand at Bass Park. The gun will start the field promptly at 2 p.m.

A field of 20 distance runners, headed by Brown University track and field captain, David Farley of Orrington. Farley an all-time track great with still another year to go at Brown, will be a heavy favorite to whip the field today.

He starts in the roll of favorite since last year's winner, Mike Kimball of Portland, has not filed an entry. A year ago Kimball covered a course in 23 minutes 36.3 seconds.

The course this year has been measured by Capt. Edward "Touchy" Short of the Bangor Police Department. The course starting at Bass Park will see the field go down Buck Street, on to Main, Railroad, Summer, Exchange, Harlow, Holland, Wiley, Union, West Broadway, back on to the west end of Buck Street and turning into Bass Park at the Third Street gate. The field will come down the harness racing track at the top of the stretch, finishing in front of the grandstand.

People other than those lining the streets on the course may keep abreast of the competition in the comfort of the grandstand. Through the radio facilities of Civil Defense, grandstand patrons will be informed by well known radio announcer, Hal Wheeler. He will report the on-the-spot progress of the race from radio equipped vehicles located along the course.

Like a year ago, the three-mile point is certain to be the critical mark for the field. This mark is located at the foot of Holland Street hill, a brutal stretch which took a heavy toll of last year's field.

Milford Cohen will be the chief of course.

Trophies will be presented to the first five finishers, first Bangor resident to cross the finish line and first high school finisher. The race is sponsored and directed by the Bangor Recreation Department. The field of entries will meet at the old Bangor Auditorium at 1:30 p.m.

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And then came the Tuesday paper, September 3, 1963...

## FARLEY WINS BANGOR RACE

by Owen Osborne

Favored Dave Farley picked heart-breaking Holland Street hill to make his break over four rivals and win the second annual Bangor five mile road race Monday.

The Orrington native and Brown University cross country captain couldn't shake four of the 14 competitors until the steep climb when he widened his lead to 50 feet. He wended his way with a steady pace for the next two miles to win by a comfortable 200 feet over Ben Heinrich of Ashland and the University of Maine.

Farley was clocked in 26 minutes 55.4 seconds, a new course record as the course was changed since last year's event, won by Mike Kimball, University of Maine runner who was not entered in this event.

### MADE HIS BREAK

Farley related between puffs after the finish that the Holland hill was a tough grind but admitted that he picked that spot to make his break. He never lost one long-striding pace going up the steep incline.

Until that time he had four men on this heels over the course that originated at Bass Park and wound through downtown streets. Fred Judkins of Upton, Don Sanborn of Thomaston, Heinrich and Joe Dahl of Old Town stayed with him along Main Street to the junction of Railroad Street. Farley Sanborn and Judkins were all even at Exchange and Washington Streets and crossing the new Morse bridge Farley and Sanborn were neck and neck.

Then came heartbreak hill and Farley's steady grinding while his competitors dropped just a bit. Once at the top the strain showed on his face but he added speed crossing Wiley Street.

Hitting the home stretch along West Broadway he boosted his margin to 150 feet.

He held that margin down Buck Street and back into Bass Park as Heinrich tried to catch up but found the deficit too great. Farley was greeted with applause as he crossed the finish line in front of the grandstand.

Heinrich was second in 27:05 while Sanborn was third in 27:29, Judkins placed fourth in 27:56, and Dahl fifth in 28:16. Two of the 15 starters dropped out. Last to finish in, in 36:05, was Robert Foss of Bangor.

### PRESENTED TROPHY

Farley was presented the winning trophy while awards were made to Heinrich, Sanborn, Judkins and Dahl, the latter winning an additional trophy for being the first high school runner to finish. Alton Sabine received a trophy as the first Bangor entry to finish.

Other finishers were: sixth, James Howell, Sangerville; seventh, Ellsworth Rundlett, Orono; eighth, Carl York, New Sharon; ninth, Alton Sabine, Bangor; tenth, Walter Petty, Dow AFB; eleventh, William Kellett, Brooklin; twelfth, Bud Farley, Bar Harbor; thirteenth, Robert Foss, Bangor.

Meet director was George Hamilton of the Bangor Recreation Department, while Milford Cohen was chief of course and Edmund Styrna, timer. Others who assisted were Edward Short, Bangor Police Department; James O'Connor, Civil Defense; Louis Kotredes, race originator; Hal Wheeler, WLBZ radio; and route checkers Roy Tripp, Tom Tilley, Larry Taylor and Steve Gardner.

The meet was termed very successful by directors who set Farley's time as the record in view of the route change.

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Since then the field has mushroomed; women were allowed in; youngsters under the age of 16 were allowed in; t-shirts are now standard; we've added a water stop and the Labor Day race has matured.



## "THE PACK"

TLC DAY CARE BENEFIT RACE  
Saco 1 & 3 Mile July 16

### 3 miles

1. Hank Pfeifle	14:09	92. Warren Wilson	22:06	109. Jon Sherman	28:22
2. Bruce Madore	15:25	93. Marcel Bouchard	22:08	110. Wayne Sherman	28:22
3. Al Waitt	15:39	94. Jean Smith*	22:11	111. Carlene Anderson*	28:30
4. David Loranger	15:47	95. James Pettae	22:12	112. Peggy Wilson*	28:34
5. Marc Desjardins	16:34	96. John Buel	22:17	113. Keith Heigt	29:09
6. Dave Reintzelman	16:50	97. Lloyd Gaudette	22:21	114. Aline Towle*	29:15
7. Dan McCullough	16:58	98. Betsy McCarthy*	22:42	115. Tracy Simonsau*	29:46
8. Mike Towle	17:07	99. Ted Seymour	22:54	116. Tom Garrispy	30:05
9. Steve White	18:01	100. John Fortiquezra	22:59	117. Anne Garrispy*	30:05
10. Sally Perkins*	18:02	101. Tracy Carroll*	23:10	118. Priscilla Rousselet*	30:11
11. Josh Smith	18:10	102. Frank Malletta	23:16	119. Marc Mercier	30:15
12. Nelson Parise	18:12	103. Richard Rony	23:17	120. Emile Ricard*	30:18
13. Lisa Wakem*	18:15	104. Joi-Lynn Bell*	23:18	121. Dennis Burke	30:18
14. Brian Lapierre	18:19	105. John Surran	23:22	122. Brian Morris	30:23
15. Tony Cote	18:23	106. Mike Gendron	23:23	123. Dawn Anderson*	30:41
16. Chuck Massie	18:25	107. Steve Maloney	23:27	124. Karen Bertrand*	31:29
17. Space Picurant	18:27	108. Denise Bouchard*	23:31	125. Robert Brown	32:03
18. Norwand LaPortune	18:28	109. Lucian Smith*	23:35	126. Anna Parker*	32:43
19. Christine Snow*	18:29	110. Jean Bell*	23:36	127. Robert Beecher	32:45
20. Jason Bell	18:32	111. George Wood	23:41	128. Bobbie Ashe*	33:22
21. Al Sabaka	18:33	112. Shawn Anton	23:43	129. Stephanie Bolduc*	33:22
22. Gilbert Cote	18:48	113. Peggy Semans*	23:55	130. Fleurette Cote*	33:22
23. Richard Whitstone	18:52	114. Wendy Holliday*	24:16		
24. Jack Bell	18:55	115. Ronald Roy	24:21	1 mile	
25. Tim Pickering	18:56	116. Paul Labonte	24:26	1. Shawn Ouellette	6:37
26. David Boothby	19:15	117. Jason Sabaka	24:28	2. David Wakes	6:41
27. Joey Kline	19:17	118. Sally Whitehouse*	24:30	3. Todd Ouellette	6:42
28. Bjorn Jonason	19:22	119. Connie Pratt Leach*	25:02	4. Lori Towle*	6:50
29. Guy Roy	19:25	120. Mary Riddle*	25:06	5. Heather Briggs*	7:11
30. Steve Mooney	19:30	121. Vincent Bass	25:15	6. Kevin Gobeil	7:14
31. Guy Martin	19:42	122. Annette Polsy*	25:20	7. Danny Labonte	7:31
32. Linda Emerson*	19:43	123. Tom Donahue	25:21	8. Scott Sinerd	7:37
33. Al Brunelle	19:46	124. Donna Theriault*	25:38	9. Sherri Downs*	7:46
34. Steven Pennell	19:50	125. Pam Plummer-Welton*	25:44	10. Stephen Roy	7:50
35. Sam Donnellon	19:58	126. Cheryl Pennall*	25:45	11. Mark Cushman	8:05
36. Peter Mercier	20:00	127. Francine Anton*	26:18	12. Jerica-Lee Bell*	8:08
37. Brian Pennell	20:00	128. Joan Oliver*	26:31	13. Scott Polsy	8:12
38. Thomas Gadbois	20:14	129. Mary Ann Theriault*	26:33	14. April Parise*	8:29
39. Norman Jolin	20:23	130. Glenn Baker	26:41	15. Eric Bouchard	8:30
40. Andre Goutet	20:26	131. Norman Mhan Sr.	26:48	16. Priscilla Doyon*	8:35
41. Gary Durancseau	20:33	132. Marie Mercier*	26:49	17. Chris Wilson	8:35
42. Ken Smith	20:50	133. Charles Scribner	26:52	18. Don Wilson	8:38
43. Natalie Buzzell*	20:53	134. Kelly Towle*	27:00	19. Jeffrey Chaplin	8:54
44. Robert Cushman	21:05	135. Charles Towle	27:01	20. Phil Bouchard	9:19
45. Robin Litwinowich*	21:08	136. June Seymour*	27:06	21. Stephen Farrar	9:37
46. Rosalyn Randall*	21:11	137. Lynn Dineen*	27:06	22. Lori Ouellette*	9:43
47. Mark Pomerleau	21:15	138. Amy Sabaka*	27:14	23. Missy Sicard*	9:43
48. Mike Sullivan	21:25	139. Pearl Bolduc*	27:25	24. Stephanie Sicard*	9:54
49. Lee Labonte	21:56	140. Chloe Stearns*	27:29	25. Fran Roy*	10:12
50. Linda Best*	22:02	141. Brenda Cushman*	27:38	26. Karen Towle*	10:40
51. Richard Langevin	22:04	142. Diana Gendron*	27:39	27. Adam Durancseau	10:41
		143. Diana Dery*	27:41	28. Jeff Surran	10:44
		144. Joyce Mercier*	27:42	29. John Surran	10:51
		145. Rene Roy*	27:50	30. Yvette Dean*	10:55
		146. Shella Chaplin*	27:53	31. Lorraine Brown*	10:58
		147. Judith Kelly*	28:05	32. Susan Walters*	12:31
		148. Christina Cote*	28:11		

PAT'S PIZZA CLASSIC 5.1 MILE  
Yarmouth July 17

1. Ken Flanders	25:20	91. Mike Cirillo	34:46	185. Brian Doyle	39:24
2. Doug Ingersoll	25:57	92. Jon Brawn	34:49	186. Steven Dufren	39:24
3. Danny Paul	26:11	93. Don Celler	34:51	187. Bill Rolden	39:26
4. Kim Wettlaufer	27:05	94. Dave Manthorne	34:52	188. Andrew Allen	39:29
5. George Towle	27:11	95. Keith Burton	34:54	189. Roger Gordin	39:31
6. Christopher Bowie	27:16	96. Norman Russell	34:55	190. Everett Johnson	39:35
7. Lawson Noyes	27:33	97. Mike Jackson	34:56	191. Steve Norton	39:37
8. Jim Babb	27:40	98. Dave Canarie	34:56	192. Dale Blodden	39:41
9. Larry Greer	28:01	99. Dave Johnson	34:57	193. Kristina Caragaris-Gordon	39:41*
10. Brian Flanders	28:09	100. Scott Sanford	35:01	194. Lee Gamage	39:42
11. Denny Barker	28:29	101. Don O'Grady	35:04	195. Roger Boders	39:44
12. Jeff Buck	28:45	102. Jon Molkoid	35:04	196. Rip Jones	39:48
13. Peter Connolly	28:56	103. Joe Nagall	35:06	197. Morris Stowell	39:49
14. Dunbar Gehrig	29:04	104. David Paul	35:08	198. Brenda Roja*	39:49
15. Ron Newbury	29:15	105. Fred Madden	35:14	199. Phil Harrison	39:55
16. Bob Coughlin	29:19	106. Jim Meier	35:16	200. Richard Manthorne	39:59
17. Dean Gillatt	29:38	107. Fredaric Barlow	35:17	201. Brian Duffey	39:00
18. Joel Croteau	29:43	108. Charles Drew	35:18	202. Edward Barry	39:04
19. Bob Quentin	29:50	109. Joseph Shubert	35:21	203. Phil Jones	39:09
20. Chuck Radin	29:53	110. Chuck Lamb	35:23	204. Robert Tanner	39:11
21. Dwight Blesse	30:01	111. Alan Mooney	35:23	205. Tom Delois	39:13
22. Frank Brown	30:06	112. David Kramer	35:23	206. John Jalbert	39:15
23. Bob Hunt	30:17	113. Roger Putnam	35:26	207. Lucy Fortin*	39:16
24. Kurt Malesan	30:20	114. Mark Gaynon	35:35	208. Ed Hanery	39:18
25. Chris Miller	30:22	115. Dennis Atherton	35:36	209. Gregory Bernard	39:20
26. Austin Gales	30:23	116. Phil Soule	35:37	210. Peter Cowen	39:21
27. Mike Olayos	30:24	117. Mike Erskine	35:40	211. Ann LeForte*	39:26
28. Mike Gendron	30:24	118. James Moore	35:41	212. Robert Littlefield	39:28
29. Marc Lessard	30:31	119. Bruce Allen	35:42	213. John Doherty	39:32
30. Bob Studt	30:39	120. Colin Hope	35:46	214. Barbara Footer*	39:33
31. Joel Titcomb	30:42	121. Jack McClary	35:47	215. Dunbar Gehrig	39:35
32. Adam Lewis	30:43	122. Martin Moore	35:48	216. Roger Williams	39:44
33. Roger Amory	30:53	123. Norm Rodrigue	35:49	217. Tom Fishery	39:50
34. Arnold Adams	31:00	124. Fred Stone	36:05	218. Winifred Wood*	39:51
35. Eric Ellis	31:09	125. Lynda Dunn*	36:06	219. Nathan Clukey	39:52
36. Mike Guidi	31:09	126. Doug Wood	36:08	220. Jane Delois*	39:55
37. Peter Flaherty	31:15	127. George Rich	36:08	221. Robert Gaughan	39:57
38. John Blanchard	31:24	128. Robert Hilton	36:11	222. James Howell	40:06
39. John Titus	31:27	129. Jeff Bryant	36:13	223. Frank Stevens	40:13
40. Steve Caron	31:28	130. Richard Allan	36:14	224. Carolyn Kisser*	40:20
41. Charlie McDonald	31:28	131. Ben Soule	36:15	225. Robert Evans	40:21
42. Douglas Moody	31:29	132. Cindy Andrews*	36:17	226. Chris Hoagla	40:22
43. Robert Senson	31:35	133. Cliff Dunge	36:18	227. Neal Craffain	40:23
44. Shaun Keenan	31:36	134. G. W. Hadesu	36:18	228. William Small	40:25
45. Dale Perreault	31:38	135. Jack Flynn	36:19	229. Richard Evans	40:26
46. Tom LaRosa	31:38	136. James Soule	36:20	230. Fred Baridoux	40:30
47. Eric Gamage	31:51	137. Dick Dudley	36:22	231. Jill Decker*	40:33
48. Stewart Jordan	31:55	138. J.P. Lavoie	36:24	232. Lenore Falke*	40:36
49. Joe Tacks	31:58	139. Dave Burnmaster	36:29	233. Jim Ouy	40:38
50. Scott Strout	31:59	140. Kay McDonald*	36:32	234. Ford Reiche	40:39
51. Steve Gifford	32:01	141. Dennis Andersen	36:34	235. John Tolson	40:39
52. Bruce Campbell	32:01	142. Art Porter	36:35	236. Guy Thomas*	40:41
53. Virginia Connors*	32:05	143. Austin Hart	36:39	237. Jill Hendricks*	40:42
54. Don Youker	32:09	144. Dave Hyde	36:41	238. Wilbur Solms	40:43
55. Frank Knight	32:10	145. Gary Gauthier	36:44	239. Shawn Swaney	40:44
56. Sumner Weeks	32:12	146. Charles Guillette	36:46	240. Lynne Zimmerman*	40:44
57. Bruce Smith	32:27	147. Laif Nielsen	36:48	241. Fran Forrest*	40:45
58. Don Wilson	32:28	148. Richard Stone	36:48	242. Christine Schenpp*	40:45
59. Peter Cheney	32:37	149. M. Deaming	36:54	243. Ed Muxton	40:50
60. James Westhoven	32:43	150. John Edwards	36:54	244. Christine Tuttle*	40:51
61. Doug Covell	33:01	151. Steven Vance	36:56	245. Donald Johnson	40:56
62. Bob Frowst	33:04	152. Tom Yurkosky	36:58	246. Farla Harvey	41:03
63. Dick Sabine	33:08	153. Karen Dismore*	36:58	247. Bert Andrews	41:11
64. David Comeau	33:12	154. John Hanley	37:05	248. H.C. Hethes	41:13
65. Sumner Williams	33:13	155.		249. Carolyn Gayton*	41:14
66. Doug Allen	33:19	156. Maddy Butcher*	37:11	250. Carl Gurtman	41:22
67. Robert Harvey	33:19	157. Rosalyn Randall*	37:12	251. Helen Cyr*	41:29
68. Carey Wilson	33:20	158. John Raddy	37:14	252. Dave Grant	41:30
69. Rick Strout	33:20	159. Debbie McCleery*	37:15	253. Steve Morrow	41:47
70. Jo Comeau*	33:25	160. Heather Higbee*	37:22	254. Ray Charvat	41:48
71. Bill Nigheu	33:26	161. Daniel Caroons	37:30	255. Beverly Gasser*	41:49
72. Chris Hilton	33:39	162. Tim Clough	37:31	256. Roy Farrough	41:50
73. Ron Cedrone	33:40	163. Mike Wright	37:32	257. Judy Holmes*	41:51
74. Pete Lyons	33:45	164. David Jones	37:32	258. Claire Gribault*	42:02
75. Richard Marino	33:48	165. Andy Lawson	37:33	259. John Dunne	42:03
76. John Boyne	33:49	166. Al Bergeron	37:33	260. Shirley Packard*	42:11
77. Eric Lagois	33:51	167. Will Prescott	37:37	261. Wundy Thorpe*	42:14
78. Patty Boyden*	33:53	168. Dana Johnson	37:38	262. David Hillman	42:15
79. Chris Kinney	33:53	169. Frank Breen	37:39	263. Paul Slovic	42:25
80. Bruce Brawn	33:54	170. David Duret	37:47	264. Phoebe Adams*	42:29
81. Jack Vreeland	34:06	171. Beverly Johnson*	37:50	265. Widoery Thomas	42:29
82. David Monnon	34:07	172. Steve Morris	37:50	266. Lou Wenslaff	42:37
83. John Roberts	34:09	173. Wendy Miller*	37:51	267. Guy Peslt	42:37
84. Bob Moline	34:11	174. Susan Reinisborouen*	37:56	268. Jan Babb*	42:40
85. Peter Thomas	34:17	175. Danny Lamb	37:58	269. Chris Twomey	42:43
86. Charlie Gordon	34:24	176. Timothy Barry	38:05	270. Richard Hale	42:55
87. Richard Celler	34:30	177. Philip Boyne	38:10	271. Kaitlin Polena*	42:56
88. Newton Towle	34:38	178. Jeanne McDonald*	38:11	272. Shonda Morin*	42:57
89. Mathew Williams	34:41	179. David Terpinian	38:11	273. Ray Bellioetti	42:57
90. Tom Guza	34:43	180. Wayne Hamilton	38:12	274. Dennis Rogers	43:00
		181. Judy Ketchas*	38:17	275. Pat Trachik	43:10
		182. Junc Bernikon*	38:17	276. S.A. Fuller	43:16
		183. Marty Ridge	38:21	277. Don McLaughlin	43:18
		184. Ben Bryant	38:23	278. John Guillette	43:25

279. Sherese Rizzardi*	43:25
280. Sarah Berry*	43:28
281. Ted Morgan	43:34
282. J. McCollum	43:36
283. Nancy Ribler*	43:45
284. Elizabeth Guernsey*	43:54
285. Patricia Duffey*	43:55
286. Matt Rosisto	44:08
287. Richard Neuts	44:14
288. Eileen Doyle*	44:17
289. Cynde Clark*	44:17
290. Jack Collins	44:18
291. Gregg Taylor	44:31
292. Dick Sprowl	44:32
293. Mark LaFeura	44:54
294. Larry Bacon	44:54
295. Pamela Mangon*	44:55
296. Muriel Salisbury*	44:56
297. Chas Vadelain	45:01
298. Larry Weinsborough	45:04
299. Andrew Maslam	45:12
300. Joan Bullock*	45:28
301. Daniel Lambert	45:30
302. Steven Enrad	45:31
303. Tim Clark	45:34
304. Gary Darling	45:40
305. Judy Orr*	45:43
306. Jim Gurney	45:53
307. Bill Loucks	46:01
308. Suzanne Gaibault*	46:03
309. Holly Gamage*	46:09
310. Suzanne MacLaff*	46:13
311. W.E. Laxette	46:22
312. Lois Wardwell*	46:25
313. William Wallace	46:29
314. Lloyd Holmes	46:40
315. Bruce Hamlin	47:08
316. Ann Harzaden*	47:25
317. Lynn Sicurd*	47:45
318. Lynne Watharell*	47:49
319. Mike Newman	47:55
320. Charles Sawyer	47:57
321. Sheila Putman*	48:27
322. Patricia Flanders*	48:47
323. Peter Basiliere	48:58
324.	
325. Susan Mooney*	49:36
326. Claudia Buzialo*	49:37
327. Heather Forrest*	50:17
328. John Forrest	50:44
329. Lilly Valli*	51:50
330. Gwen Alexander*	51:50
331. Daniel Newman	51:50
332. Anthony Newman	52:05
333. Robin Texeira*	52:07
334. Philippe Lambert	52:46
335. Louis Lambert	52:47
336. Betty Holmes*	52:47
337. Peggy Picherine*	53:41
338. Gwen Guillette*	53:42
339. Pamela Walte*	53:48

Results courtesy of Wes Rothenel & Charlie Gordon  
Race Directors  
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FOURTH ANNUAL OLD HALLOWELL DAY RACE  
Hallowell 10K July 17th

1. Steve Russell	12:48
2. Mitch Lowring	13:43
3. Peter Hagerman	14:03
4. Brian Warren	15:09
5. Gene Roy	15:23
6. Gary Weber	16:37
7. Tony Lapore	18:51
8. Lloyd Ferris	17:30
9. Steve Muriarty	17:51
10. John Joseph	19:11
11. Russ Martin	19:15
12. Stacy Prescott	19:33
13. Gary O'Leary	19:48
14. Ed Miller	40:34
15. Geoffrey Hill	40:41
16. Mike Castroia	41:40
17. Dan Janson	43:44
18. Dave Ludew	42:03
19. Skip Rowe	42:45
20. Ted Brown	42:49
21. Ed Atlas	42:56
22. Allan Bond	43:41
23. Cliff Olson	44:05

24. John Schwerdel	44:06
25. Gary Barrett	44:19
26. Jeff Reigel	45:35
27. Dennis Heigel	45:35
28. John Salisbury	45:41
29. Mart Dearnley	46:23
30. Dave Gagan	46:30
31. Roger Carpenter	48:17
32. Gerd Rand	50:03
33. Nancy Seward*	50:08
34. Earl Stevens	52:25
35. John Olson	53:39
36. Suzanne Olson*	53:40
37. Martha Pingree*	54:43
38. Jason Pingree	54:57
39. Joel Davis	55:26

Fun Run

1. Curtis Snyder	6:23
2. Dan Snyder	6:38
3. Jason Harvie	7:33
4. Vanessa Snyder*	8:17
5. Tim Weems	8:18
6. Joshua Weems	8:22
7. Penny Snyder*	9:12
8. Adam Paterson	10:21
9. Philip Alexander	12:00
10. Steve Weems	12:01

Results courtesy of Cliff Olson  
Race Director  
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NORTHERN LIGHTS CLASSIC 5 MILER  
Farmington July 21st

1. Steve Ridley	24:46
2. Dan Paul	25:38
3. Allen Pierce	25:38
4. Marty Casey	26:44
5. Wendell Blood	26:56
6. Chris McMann	27:06
7. Dennis Croteau	27:18
8. Gene Roy	27:29
9. Randy Easter	27:37
10. Mark Simpson	28:05
11. Red Dean (M)	28:26
12. Jeff Brown	28:56
13. Bill Yates	28:59
14. Adrian Lilburn*	29:17
15. Reggie Lesperance	29:26
16. Geoffrey Hill	30:06
17. Michael Cook	30:11
18. Thomas Weisenfels	30:18
19. Ron Burton	30:23
20. Dennis Hayes	30:38
21. Jay Gould	30:39
22. Gary Creston	30:42
23. Robert Nicholson	30:52
24. Lester Everett	30:56
25. Benton Milster	30:58
26. Roy Pettis	31:33
27. Ron Raquette	31:36
28. Karen McCann*	31:39
29. Russell Christian	31:37
30. Byron Cook	31:41
31. Chip Carey	31:42
32. Peter Smith	31:57
33. Glenn Cook	32:13
34. Mary Ann Shick*	32:33
35. William Haskell	32:37
36. Earl Bergeron	32:39
37. David Gilmore	33:01
38. Tom Spofford	33:08
39. Linda LaRue*	33:09
40. Raymond Bryant	33:13
41. Patty Jacobs*	33:15
42. Delinda Smith*	33:27
43. Robin Everett*	33:47
44. Roger Wing	33:50
45. Mary Weenan*	34:20
46. Amy Braddon	34:35
47. Jerry Simpson	35:10
48. Pete Chamberlain	35:31
49. Rosario Quellette	35:33
50. James Meldrum	35:35
51. Judy Bjorn* (M)	36:04
52. Jim Hopkins	36:20
53. Nancy Carey*	36:36
54. Donatessa Pohjan*	36:41
55. Jack Paul	36:44
56. Shelley Paritz*	36:59

57. Ruth MacPhee*	37:46
58. Merrill Andrews	38:15
59. Sandy Roberts*	38:22
60. Nicki Corogean*	39:26
61. Sue Kestler*	40:25
62. Justin Pranson	41:43
63. Keith Shields	41:44
64. Debra Leavitt*	41:53
65. Poppy Thacher*	41:54
66. Tom Eastler	42:21
67. Robert Lively	43:31
68. Renee Potomsky*	44:25
69. Kathy Miles*	44:49
70. Joan Meldrum	46:32

Results courtesy of Tom Upton  
Race Director  
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MAINE TRACK CLUB 350 CELEBRATION  
Portland Marathon July 25th

1. Robert Winn	1:07:37
2. Mark Anderson	1:09:49
3. Denny Paul	1:10:16
4. John Keller	1:11:54
5. Elisha Pierce	1:12:10
6. Gene Coffin	1:12:19
7. David Crawford	1:12:50
8. Doug Ingraham	1:12:51
9. Werner Rohatchnic	1:13:01
10. Richard Benner	1:13:31
11. Robert Sholl	1:14:25
12. William Sullivan	1:15:05
13. Bert Broadfoot	1:15:06
14. Jon Williams	1:16:28
15. Lawson Noyes	1:16:28
16. Steve Mulhern	1:17:26
17. James Rabb	1:17:39
18. David Kayser	1:17:44
19. Philip Sheridan	1:17:58
20. Ken Newcome	1:18:45
21. Frank Corsako	1:18:58
22. Mike Marino	1:19:07
23. Jeffery Buck	1:19:21
24. Phillip Wells	1:19:32
25. John James	1:19:40
26. Harry Nelson	1:19:47
27. Joe LaRose	1:19:55
28. James Corolis	1:20:04
29. Mike Towle	1:20:11
30. Bob Hunt	1:20:33
31. Dick McPaul	1:20:45
32. Charles Gayes	1:20:49
33. Barry Howgate	1:20:54
34. Walter Hayes	1:21:02
35. Richard Lane	1:21:08
36. Marty Cardozo	1:21:09
37. Mark O'Flynn	1:21:12
38. Guy Berthiaume	1:21:18
39. Joe Braccio	1:21:31
40. Bob Caughlin	1:21:32
41. Gary Wright	1:21:52
42. Gino Valeriani	1:21:59
43. Kent MacDonald	1:22:02
44. Marjorie Podgajny*	1:22:10
45. Joel Ticeford	1:22:13
46. Chuck Spear	1:22:26
47. Gordon Scannell	1:22:39
48. Earl Devanny	1:22:42
49. Don Starr	1:22:57
50. Arthur Berry	1:23:03
51. Gary Webber	1:23:04
52. Kurt Nielson	1:23:08
53. James Fee	1:23:20
54. Harvey Hobbs	1:23:31
55. Franklin Bruce	1:23:39
56. Mike Colvrick	1:23:45
57. Tom Pottas	1:23:49
58. Charles McDonald	1:24:03
59. Jerry Altanach	1:24:19
60. David Heitzelman	1:24:26
61. Fernando Torres	1:24:35
62. Michael Aldrich	1:24:37
63. Robert Jolicœur	1:24:43
64. Joe Bean	1:24:55
65. Charley Nichols	1:25:11
66. Guy LaFrasno	1:25:14
67. Larry Barker	1:25:18
68. Richard Graves	1:25:57
69. John Fisher	1:26:16
70. James Kein	1:26:34
71. Roger Zimmerman	1:26:52

72. Wesley Rothwell	1:26:58	166. Joseph Lagre	1:27:02	260. Carmen Torres*	1:56:14
73. Bill Leschey	1:26:59	167. Tom Thomas	1:27:04	261. Tom Courtoise	1:56:21
74. Brad Goodale	1:27:29	168. Natalie Bunnell*	1:27:06	262. Gay Thomas	1:56:53
75. Peter Fishery	1:27:30	169. David Moran	1:27:28	263. Jack Blake	1:57:02
76. Harry Schmirk	1:27:35	170. Brenda Cardoso*	1:27:31	264. Denise Coburn*	1:57:31
77. Martin Donlon	1:27:38	171. Marjorie Adams*	1:27:53	265. Joanne Berthiaume*	1:57:31
78. Steve Harrison	1:27:46	172. Lucia Greenough*	1:27:58	266. Elizabeth Moulin*	1:57:32
79. John Young	1:27:49	173. Don Greenough	1:27:58	267. Don Berthiaume	1:57:33
80. Laurie Munson*	1:27:52	174. Leon Madjaric	1:28:06	268. Joe Connolly, Sr.	1:57:48
81. Ray Fournier	1:27:53	175. Dennis Dodge	1:28:08	269. Al Mace	1:58:36
82. Lawrence Main	1:27:55	176. James Bride	1:28:09	270. John Bride	1:58:51
83. Tim L'Heureux	1:28:02	177. Jeris Bugbee*	1:28:15	271. Widgey Thomas	1:59:40
84. Jim Toulouse	1:28:11	178. David Cunley	1:28:17	272. Richard Wong	1:59:41
85. Brian Millikan	1:28:36	179. Mike Reall	1:28:20	273. Frederick Laroar	2:00:55
86. Frank Knight	1:28:41	180. Peter Thomas	1:28:36	274. Neil Siojan	2:00:59
87. Len Sanlter	1:28:44	181. Barbara Coughlin*	1:28:39	275. Anne McDonough*	2:01:15
88. Steven Bogg	1:28:50	182. Joe Alonise	1:28:52	276. Elvin Bryant	2:01:16
89. Frank Farland	1:28:51	183. Lloyd Cook	1:29:26	277. Marjorie Wolfson*	2:01:20
90. Robert Seyth	1:28:53	184. Larry Godbout	1:29:45	278. James Lohnmeyer	2:01:36
91. Arnold Clark	1:29:04	185. Peter Lyons	1:29:52	279. Augustine Hartman*	2:01:41
92. Roger Sobell	1:29:05	186. Jack Vreeland	1:40:02	280. Patricia Bonner*	2:01:45
93. Bruce Campbell	1:29:14	187. Richard Dudley	1:40:04	281. Mary Belleville*	2:01:51
94. Gary Allen	1:29:13	188. Amy Morton*	1:40:05	282. Beverly Garber	2:01:53
95. John Cyr	1:29:53	189. Tim Crowley	1:40:19	283. Albert Utterstrom	2:02:18
96. Tazzenoe Johnson	1:29:49	190. Richard Turner	1:40:21	284. Joyce Godlie*	2:02:25
97. Bruce Maxwell	1:29:53	191. Joe Reisman	1:40:31	285. Sue Randall*	2:02:59
98. Richard L'Heureux	1:30:12	192. Paul Macinuk	1:40:37	286. Sally Peterson*	2:03:39
99. Doug Moody	1:30:24	193. Edward Stearns	1:40:42	287. Cash Hayward	2:06:05
100. Greg Dooan	1:30:35	194. George Nadeau	1:40:53	288. Mike Farrell	2:06:28
101. Robert Payne	1:30:45	195. Cleon Cook	1:41:05	289. Lowell Weber	2:08:02
102. David Dowling	1:30:46	196. Lynne Fuller*	1:41:08	290. Catherine Silverbrand*	2:08:42
103. Kari Olafsen	1:30:51	197. Robert Patterson	1:41:11	291. Joe McDonough	2:12:06
104. Steven Olafsen	1:30:51	198. Robert Cressley	1:41:19	292. Mark Sharkey	2:15:36
105. Walter Perrin	1:30:55	199. Roger Putnam	1:41:23	293. Wellington Laizette	2:19:26
106. Joseph Tacka	1:30:58	200. Lena Wright*	1:41:42		
107. Doug Morabead	1:31:01	201. Laurent Lambert	1:41:43	Results courtesy of Grace Amoroso	
108. John Archacki	1:31:02	202. Mike Fitzpatrick	1:41:57	Maine Track Club	
109. David Villancourt	1:31:06	203. Don Davidson	1:42:10	*****	
110. Tom Downing	1:31:09	204. Don Grant	1:42:10		
111. James Swan	1:31:34	205. Robert Kelkapp	1:42:14	C'EST SI SON ROAD RACE	
112. Clement Charbonnes	1:31:39	206. Brian Lesalle	1:42:20	Lewiston	4.5 Mile
113. Mike Cook	1:31:42	207. David Goodwin	1:42:26		July 25
114. Alan Leathers	1:31:46	208. Bruce Allen	1:42:51		
115. John Whitman	1:31:56	209. Scott Bryant	1:43:14	1. Kim Wetlaufer	22:34
116. Roger Smith	1:31:58	210. John Kendall	1:43:24	2. Ralph Fletcher	22:49
117. Richard Marino	1:32:09	211. Dennis Webb	1:43:37	3. John Gardner	23:05
118. Henry Wolstat	1:32:10	212. Catherine Heffernan*	1:43:42	4. Seamus O'Sullivan	23:25
119. Lee Nicely	1:32:45	213. Rosalyn Randall*	1:43:51	5. Tim Swops	23:57
120. Craig Kinney	1:32:58	214. Joe Hegall	1:44:05	6. Dan Campbell	24:08
121. Howard Sausans	1:33:02	215. Jerry Coruso	1:44:10	7. Mitch Lawrence	24:10
122. Joey Pizzo	1:33:15	216. Martha Shuz*	1:45:20	8. Kyle Rankin	24:29
123. James Valencia	1:33:17	217. John Edmonson	1:45:56	9. Alan Decosta	24:42
124. David Bright	1:33:18	218. Dennis Welch	1:46:30	10. Brian Warren	24:45
125. Jim Archacki	1:33:19	219. Beverly Johnson*	1:46:33	11. Paul Schae	25:11
126. Victor Yeki	1:33:24	220. Michael Haroy	1:46:37	12. Dan Coko	25:21
127. Don Hadden	1:33:25	221.		13. Roland Trotter	25:25
128. Nelson Parise	1:33:33	222. Joan Welch*	1:46:40	14. Dean Gillett	25:31
129. Tom Krebs	1:33:34	223. Ron Goerin	1:46:48	15. Sidney Hazleton	25:32
130. Frank Moxong	1:33:43	224. Marlon Leschey*	1:46:53	16. Don Reich	25:32
131. Mike Wordan	1:33:50	225. Cindy Andrews*	1:47:05	17. Lou Marin	25:39
132. David Bushay	1:33:51	226. Lynne Zimmerman*	1:47:15	18. Ron Picard	25:51
133. Newton Towla	1:33:51	227. Joanne McDonald*	1:47:18	19. Chase Pray	26:36
134. Richard Reichhaud	1:33:54	228. David Young	1:47:30	20. Jeff Arsenault	26:46
135. Orlando Balagu	1:33:55	229. Dennis Andersen	1:48:18	21. Andy Hobbitt	26:49
136. Randy Talbot	1:33:56	230. Rob Tanner	1:48:34	22. Harold Amor	27:17
137. William Higbee	1:33:57	231. Steven Nantis	1:49:06	23. Dennis Cypriotes	27:18
138. Hugh McCormick	1:33:59	232. Lawrence Day	1:49:09	24. Bryan Douch	27:19
139. David Sullivan	1:34:29	233. William Elce	1:49:13	25. John Kelley	27:48
140. Steve Perry	1:34:42	234. Richard Lahaue	1:49:29	26. Stacy Frawcott*	27:49
141. Dick Rooney	1:34:52	235. Lucy Fortin*	1:49:30		
142. Charles Drew	1:34:59	236. Paul Trusiani	1:49:38	28. John Gagnon	27:52
143. Dale Rindan	1:35:08	237. Jeffery Preble	1:50:22	29. Diane Fournier*	27:55
144. Alan Quinlan	1:35:13	238. Stephen Hyde	1:50:45	30. Bob Provost	27:56
145. Deb Sawyer*	1:35:18	239. Joe Connolly, Jr.	1:50:52	31. Mike Rioux	28:15
146. Michael Morse	1:35:27	240. Nancy Altenburg*	1:51:02	32. Russ Chretien	28:18
147. Carlton Wendall	1:35:33	241. David Plimpton	1:51:02	33. Joanne Cole*	28:20
148. Gerald Milone	1:35:38	242. Pat Collins*	1:51:17	34. Rufus Howe	28:39
149. Michael Lacroix	1:35:42	243. Jay Spenciner	1:51:42	35. John Raicicki	28:40
150. Scott Johnston	1:35:46	244. James Grady	1:51:53	36. Frank Corrao	28:41
151. Hubert Strom	1:35:58	245. Ellie Rohde*	1:51:54	37. John Cavanaugh	28:50
152. Joe Truworthy	1:35:59	246. Wayne Hamilton	1:51:59	38. Kully Benet	28:51
153. Edmund Muskie, Jr.	1:36:10	247. Caroline Breitenberger*	1:52:10	39. Mark Danya	28:52
154. Dwight Janorich	1:36:10	248. Robert Benson	1:52:27	40. Ryan Cook	29:05
155. William Johnson	1:36:11	249. Nancy Plowman*	1:52:31	41. Regis Beaulieu	29:16
156. Ron Codrone	1:36:15	250. Linda McKerr*	1:53:01	42. Gary Rousseau	29:22
157. Wayne Forester	1:36:16	251. Jacri Bushay*	1:53:19	43. Kathy D'Ambrise*	29:26
158. Ronald Turvaia	1:36:18	252. Stephen Collins	1:53:35	44. Cindy Morse*	29:34
159. Ian Laizala	1:36:41	253. Carol Greenhalgh*	1:54:11	45. Jeff Gray	29:38
160. Steve Edwardson	1:36:42	254. Nancy Nicompi*	1:54:50	46. Mike Vail	29:43
161. Cheryl Edwardson*	1:36:43	255. James DeCardino	1:55:51	47. Nicholas Smith	30:02
162. James Soala	1:36:45	256. Suzanne Charli*	1:55:19	48. Bob Carlier	30:03
163. John Gale	1:36:49	257. George Rizzardi*	1:55:29	49. Joanne Petkus*	30:21
164. Elliott Galloway	1:36:55	258. Bill McKeate	1:55:30	50. John Cole	30:23
165. Kevin Kelley	1:36:57	259. Linda Blum*	1:55:36	51. Paul D'Amboise	30:24

52. Dan Ascolin	30:42
53. John White	30:47
54. Mike Kay	30:48
55. Ray Bryant	30:52
56. Paul Cote	30:54
57. Albert Richard	31:11
58. Robert Tanski	31:13
59. Tim Amaro	31:17
60. Dan Slouin	31:32
61. Dan St. Pierre	31:49
62. James Hyattson	31:50
63. Pat White	31:53
64. Srearin Ouellette*	32:09
65. Shirley Fackard*	32:14
66. Roger Lavertu	32:15
67. Laurin Gordon*	32:17
68. Phil Sloux	32:18
69. Jennifer Beaulieu*	32:27
70. Paul Veilleux	32:39
71. Bert Gendron	32:58
72. Paul Begin	33:05
73. Ray Picard	33:13
74. Ray Martin	33:14
75. Marc D'Amour	33:16
76. Paul Gouzeaux	33:22
77. Nicholas Paradis*	33:33
78. John Belisle	34:06
79. Leo Poirier	34:18
80. Dave Meyer	34:27
81. Marc Belisle	34:33
82. Ann Morin*	35:00
83. Carol Tremblay*	35:11
84. Josef Bennett	35:31
85. Gerry O'Meara	35:34
86. Alfred Plouffe	35:36
87. John Pettengill	35:48
88. Brian Falls	35:56
89. Carol Raymond*	36:18
90. Scott Rousseau	36:20
91. Joe Simokaitis	36:25
92. John Soales	36:29
93. Dick McKean	36:52
94. Sandy Yuscotte*	37:30
95. Denise Cavanagh*	37:47
96. Harry Simoes	37:57
97. Marcel Poulin	38:19
98. Diane Pitman*	38:55
99. Everett Haxrick	40:02
100. J. Paul Jalbert	40:04
101. Susan Boucher*	40:08
102. Victor Duprey	40:13
103. Ronald Rouillard	40:50
104. Donna Keend*	41:07
105. Carol Howell*	41:08
106. Dannie Willette	41:09
107. Charles Sakrezt	41:42
108. Jeff Kania	43:34
109.	54:17
110. Joan Willette*	61:11

Results courtesy of Tom Swan  
Androscooggin Running Club  
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PITTS FIVE/ROAD BIKE 4.1 MILE  
Pittsfield July 25th

1. Richard Kherlyan	21:58
2. Tim Wakeland	23:07
3. Chris McMann	23:22
4. Mike Cole	23:28
5. Fred Jenkins II	23:32
6. Bob Nagopian	23:54
7. Kirk Stuart	24:04
8. Gary Wakeland	24:07
9. Tom McWalters	24:11
10. Terry Priest	24:39
11. Dean Rasmussen	24:55
12. Lee Stover	25:03
13. Kevin Dyer	25:09
14. Ken Stickney	25:23
15. Tom Ritchie	25:50
16. Mike Kebes	26:03
17. David Pesch	26:10
18. Paul Meservy	26:50
19. Bill Johnson	26:51
20. Barry Hopkins	26:59
21. Jeff White	27:33
22. Tim Quision	27:41
23. Ron Paquette	27:59
24. Keith Goins	28:33
25. Paul Gail	28:34
26. William Gurney	28:39

27. Roberts Hickman*	28:44
28. Mark Stover	28:54
29. Sam Mitchell	28:59
30. Robert Gaboury	29:03
31. Rodney MacMichel	29:09
32. Bob Bergeron	29:44
33. Billy Laverdiere	29:56
34. Brenda Childs*	30:01
35. Susan Blaisdell*	30:12
36. Bobby Burgeron Jr.	30:28
37. Doug Waterman	30:38
38. Blanchard Hupper	30:36
39. Don Abrams	30:48
40. Alfred Dana	31:14
41. Kathy Burgeron*	31:49
42. James George	32:13
43. DonnaJean Pohlman*	32:19
44. Sarah Roy*	33:12
45. Tami Wakeland*	33:21
46. Steven Giorgetti	33:31
47. David Rupp	33:36
48. Greg Lorello	33:39
49. Keith Shields	34:17
50. Peggy Clark*	34:47
51. Keith Richardson	34:57
52. George Kotros	35:10
53. Dorothy Stockard*	35:15
54. Joe Cleaves	35:33
55. Kim Damian*	35:42
56. Steven Braininger	35:42
57. Frank Jewell	36:23
58. Roger Lightbody	36:52
59. Johnna Meservy	37:59
60. Tom Wood	38:14
61. Julianne Gaboury*	38:51
62. Wade Meade	42:41
63. Dave Allan	43:07
64. Peter Hayward	43:25
65. Toby Kishall	54:27

Results courtesy of Gary Fitts  
Race Director  
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ARCOSTOKE PARK FUN RUN 3.5 MILES  
Pittsfield July 28th

1. Paul Flissey	17:32
2. Marlin Conrad	18:02
3. Conrad Walton	18:41
4. Paul Libby	18:48
5. Danny Boodeson	18:58
6. Rusty Taylor	19:13
7. David Mangus	19:14
8. Matt Scott	19:17
9. Fred Putnam	20:32
10. Chris McDonald	20:56
11. Dave Rand	21:20
12. Katie Martin*	21:57
13. Jim Mesbitt	21:58
14. Maria Krug	22:21
15. Jim Buckley	22:33
16. Emily Higgins*	22:41
17. David Delyea	22:42
18. Tom Small	22:49
19. Heidi Flwelling*	22:49
20. Robert Farley	22:59
21. Chris Griffiths	23:14
22. Kevin Boyle	23:22
23. David Griffiths	23:26
24. Carol McElwae*	23:44
25. Mike Sand	24:12
26. Paula Snowland*	24:19
27. Dave Mancy	24:48
28. Janet Boyle*	24:53
29. Mark Freeman	24:55
30. Art Thompson	25:22
31. Pat Mancy*	25:32
32. Ben Mancy	26:36
33. Aurele Ouellette	28:52
34. Ernest Krug	38:01
35. Lisa McGraw*	38:22
36. Katherine Gardiner*	39:12
37. Harry McCrum	39:25
38. Kim Woodhead	39:36
39. Ryan Buckley	39:22
40. Tommy Buckley	39:19
41. Eddie St. John	39:56
42. Aaron Libby	34:13
43. Sam Ouellette	34:29
44. Jill Snowland*	34:41
45. Christie Mesbitt*	34:59
46. Mike Graves	34:59

47. Maggie Mesbitt*	
48. Charles Serritella	55:00

Results courtesy of Larry Mangus  
Caribou Joggers  
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ST. MARY'S FESTIVAL 3 MILE ROAD RACE  
Blodford July 31st

1. Paul Raymond	14:44
2. Chris Adams	14:57
3. Peter Downs	15:05
4. Bruce Madore	15:14
5. Al Waitt	15:22
6. Scott Brown	15:38
7. Jonathan Sumlar	15:39
8. Mark Hribar	15:46
9. Mike Simenak	15:51
10. Tim L'Heureux	16:13
11. Chan Robbino	16:17
12. Jeff Harnsberger	16:19
13. Mike Gendron	16:21
14. John Sullivan	16:28
15. Roland Moolin	16:45
16. Tim Duhas	17:17
17. David Fritz	17:21
18. Bobby Sprague	17:29
19. Jeff Runtrees	17:28
20. Dave Saintsalman	17:33
21. Bob Jolinoux	17:34
22. Harle Hartford	17:35
23. Christine Snow*	17:36
24. Sam Sleeper	17:39
25. Bob Provost	17:41
26. Peter Orthmann	17:43
27. Lisa Waken*	17:55
28. Richard L'Heureux	17:56
29. Beth Kohl*	18:01
30. Don Wilson	18:03
31. Don Harden	18:05
32. Guy LaFlamme	18:08
33. Norman LaPortuna	18:11
34. Keith Croteau	18:14
35. Ricky Fritz	18:15
36. Joe Orgo	18:22
37. Brian LaPierre	18:23
38. Richard Whetstone	18:26
39. Alan Sabaka	18:27
40. Brett Babar	18:28
41. Chuck Keating	18:38
42. Walter Parrie	18:40
43. Jason Gail	18:43
44. Karen Sprague*	18:43
45. Chris Moore	18:44
46. Justin Deloy	18:45
47. Mike Lacroix	18:46
48. John Rouselle	18:56
49.	
50. Guy Martin	19:04
51. David Boothby	19:05
52. Russell Stanton	19:06
53. Linda Emerson*	19:08
54. Gilbert Cote	19:10
55. Jim Bergeron	19:14
56. Guy Roy	19:17
57. Josh Smith	19:17
58. David Harris	19:21
59. Rachel Veilleux*	19:25
60. Gary Milano	19:33
61. Sean Brown	19:34
62. Nancy Drapeau*	19:35
63. John Gail	19:48
64. Brian Desmarais	19:49
65. Greg Landry	19:53
66. Thomas Girard	19:55
67. Bruce Brunelle	19:57
68. John Boud	19:59
69. Tim Shoop	20:00
70. Charles Koch	20:04
71. Luc Simard	20:05
72. Dick Pinette	20:05
73. Robert Thibodeau	20:06
74. Sam Dundellon	20:12
75. Steve Holas	20:14
76. Jeff Dyer	20:15
77. Les Burnett	20:17
78. Ronald Frith	20:17
79. Gerry Stone	20:21
80. Richard Langevin	20:34
81. Kathy Reinertsen*	20:37
82. Dick Gagne	20:42
83. Stoddard Chaplin	20:47

84. Rene Simard*	20:44
85. Michael Sullivan	20:48
86. Lloyd Gaudette	20:49
87. Mark Pomeroy	20:51
88. Mike Smith	20:55
89. Ken Smith	20:58
90. Rosalyn Mandall*	21:07
91. Nathan Clukay	21:12
92. Shawn Anton	21:12
93. Corinna Frita*	21:18
94. Marcel Bouchard	21:18
95. Bonnie Cote*	21:30
96. Andy Laverriere	21:33
97. Tom LaFountain	21:25
98. Lee Labonte	21:27
99. Jennifer Audett*	21:37
100. Millie Pelletier*	21:41
101. Judith Gagne*	21:42
102. John Hanley	21:43
103. Lloyd LaFountain	21:47
104. Lucian Smith*	21:48
105. Russ Bradley	21:52
106. Ben Chretien	21:54
107. Earle Harvey	21:57
108. George Wood	21:57
109. John Kelly*	22:03
110. Gregory Lavello	22:14
111. John Fortiguerra	22:14
112. Shane Griffin	22:15
113. Betsy McCarthy*	22:17
114. Ted Seymour	22:21
115. Patricia Campanelli*	22:29
116. David Wakan	22:30
117. Jean Bell*	22:38
118. Denise Ferro*	22:44
119. David Skidgel	22:47
120. Jane Anton*	22:57
121. Bob Carrier	23:04
122. Jon Sherman	23:08
123. Mike Surran	23:19
124. Daniel Lambert	23:20
125. Cedric Turner	23:23
126. Jason Sabaka	23:23
127. Antonio Anthony	23:25
128. Denny D'Autswail	23:27
129. Frederic Veona	23:29
130. Debbie Tefft*	23:36
131. Julianne Daley*	23:37
132. Amy Leclerc*	23:41
133. Daniel Lamb	23:42
134. Mary Lou Lavivino*	23:42
135. Denise Bouchard*	23:44
136. Frank Maletta	23:46
137. Vincent Bass	23:57
138. James Lacey	23:58
139. Joi-Lynn Bell*	24:04
140. Paul Carrara	24:07
141. Art ?	24:18
142. Francine Anton*	24:20
143. Sally Whitehouse*	24:22
144. Teri Maloney	24:27
145. Connor Mours	24:40
146. Romaine Caralvon	24:49
147. Mitchell Carr	24:59
148. Joe Morani	25:00
149. Jon Burgess	25:30
150. Amy Sabaka*	25:30
151. Preston Powell	25:36
152. Carri Binette*	25:42
153. Cindy Spiller*	25:42
154. Brian St. Pierre	25:47
155. Kelly Towle	25:51
156. Charles Towle	25:53
157. Glenn Baker	25:54
158. Tom Donahue	25:54
159. Joan Oliver*	26:05
160. Wayne Sherman	26:08
161. Francine Currier*	26:14
162. Judith Kelly*	26:14
163. Norman Nunan	26:15
164. Diane Dery*	26:17
165. Diane Gaillerauit*	26:28
166. Manuel Torres	26:31
167. Robert Brown	26:35
168. Jane Miniutti*	26:43
169. Charles Scriboer	26:42
170. Scott Gagne	26:45
171. Sheila Chaplin*	26:53
172. Chris Wilson	26:57
173. Rene Roy*	26:59
174. Luis Garcia	27:00
175. Mary Ann Theriault*	27:01
176. Aline Towle*	27:05
177. Peggy Wilson*	27:06
178. Philippe Lambert	27:12

179. Louis Lambert	27:35
180. Carol Wanley*	27:47
181. Carlene Anderson*	27:56
182. Heather Briggs*	27:56
183. Kathryn LaFountain*	28:00
184. Lorri Binette*	28:21
185. Keith Height	28:44
186. Thomas Garrippy	28:45
187. Anne Garrippy*	28:53
188. Robert Frita	29:36
189. Roberto Guay	29:41
190. Pam Deeroches*	29:41
191. Maurice Huot	29:47
192. Marie Mercier*	29:47
193. Michelle Mercier*	29:43
194. Gary L ?	30:13
195. Jason Gibson	32:33
196. Ricky Robitaille	33:00
197. Eugene Robitaille	33:00
198. Karen Wilson*	33:17
199. Anna Parker	37:25

Results courtesy of Lix Moulin  
Marathon Sports Running Club  
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FIFTH ANNUAL LOBSTER CLASSIC  
Hancock Point 10.2 miles July 31

1. Bruce Ellis	55:20
2. Jim Hewett	56:04
3. Sheril Sprague	57:48
4. John Condon	57:48
5. Harold Hatch (M)	58:15
6. Brian McCrea	59:25
7. Dave Stratton	1:00:31
8. Oake Talbot	1:00:53
9. John Hurley	1:01:19
10. Dean Rasmussen	1:01:33
11. Steve Giles	1:02:35
12. Steve Swan	1:02:35
13. Mike Worcester	1:02:46
14. Lawrence Bridge	1:02:51
15. Jack Trefethen	1:02:01
16. Steve Falley	1:03:37
17. Don Ray	1:03:41
18. Cliff Rogers	1:03:43
19. Dave Cunio	1:03:55
20. Greg Dorr	1:04:25
21. Charlie Casey	1:04:27
22. Allen Howard	1:04:30
23. Win Bulger	1:04:35
24. Vaughn Holyoke	1:05:00
25. Dennis Harmon	1:05:07
26. Kay Langlois	1:05:16
27. Joel Haves	1:06:10
28. Hal Nelson	1:06:18
29. Robert Cleveland	1:06:58
30. Bill Weidner	1:06:58
31. Craig Baker	1:07:22
32. Tim Pruzy	1:08:49
33. Frank Haqq	1:09:12
34. Craig Everett	1:09:16
35. Bob Becker	1:09:16
36. Carlton Wendell	1:09:31
37. John Merchant	1:09:35
38. Don Ardine	1:10:06
39. Bill Pinkham	1:10:26
40. Greg Farrell	1:10:53
41. Andrea Hatch*	1:11:09
42. Clay Howell	1:11:20
43. Gary Veer	1:11:40
44. Rudy Kelley	1:11:42
45. Chuck Holt	1:12:07
46. Greg Everett	1:12:08
47. Rusty Byrne	1:12:10*
48. Ron Paquette	1:12:11
49. Martin Schiff	1:12:19
50. Diane Lounser*	1:12:24
51. Adam Berlew	1:12:25
52. David Koch	1:12:31
53. Peter Searich	1:13:33
54. Robert Soderick	1:13:42
55. Rod MacNichols	1:13:51
56. Syla Tracy	1:14:09
57. Doug Denny-Brown	1:14:13
58. Craig Boyd	1:14:49
59. Erik Swenson	1:15:34
60. Chris Everett	1:15:40
61. David Jones	1:15:53
62. Dwayne Carver	1:15:57
63. Mike Merritt	1:15:58
64. Leon Goldstein	1:16:06
65. Patty Clapper*	1:16:06

66. Bob Nesiba	1:16:31
67. Richard Davis	1:16:32
68. Don Berg	1:16:35
69. Jeannette LaPlante*	1:16:41
70. Bob Haryeron, Jr.	1:17:09
71. Bob Bergeron	1:17:25
72. Frank Redgar	1:17:32
73. Billy Barter	1:17:56
74. Kelli Stratton*	1:18:11
75. Eddie Briassetta	1:18:28
76. Bruce Sherman	1:20:23
77. Leona Clapper*	1:20:41
78. Kathy Bergeron*	1:20:45
79. Fred Schmidt	1:21:06
80. Susan Stahler*	1:22:22
81. Judy Trefethen*	1:22:46
82. Charles Clapper	1:23:04
83. Norm Fitzgerald	1:23:39
84. John Gorczyas	1:24:53
85. Mike Clapper	1:25:58
86. Don Osborne	1:26:36
87. Tyler Thompson	1:27:59
88. Pat King*	1:29:28
89. Joan Leslie*	1:34:27
90. Frank Jewell	1:35:25
91. Sarah Kunhardt*	1:36:00
92. Peter Curran	1:38:01
93. Bill Peake	1:38:52
94. Stan Zaslau	1:38:57
95. Dave Hushon	1:39:01
96. Phil Newsholme	1:39:26
97. David Zaslau	1:39:47
98. Kianne Foley*	1:41:27

Results courtesy of Steve Coffin  
Race Director  
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2ND ANNUAL PROXYER'S DAY 5.4 MILES  
Lisbon Falls Aug 1, 1982

1. Peter Brigham	29:04.48
2. Bill Hine	29:49
3. Eric McNett	30:24
4. Gino Valeriani	30:39
5. Mac McCoy	30:39
6. Rook Green	30:43
7. Dan Campbell	30:53
8. Daniel Smith	31:43
9. Darren Vique	31:57
10. Sidney Hazelton	32:01
11. Mike Simoneau	32:37
12. Jeff Fosroy	32:42
13. Robert Stuart	32:48
14. Dean Gillett	32:53
15. Garrett Tilton	33:01
16. David Grossman	33:23
17. Jeff Arsenault	33:29
18. Donald Stowell	35:56
19. Bill Gayton	36:06
20. Dan Greenleaf	36:07
21. Gary Bauman	36:10
22. David Kelly	36:13
23. Jon Bauman	36:27
24. Ethan Goldman	36:41
25. David Kramer	37:13
26. Kelly Bennett	37:21
27. Charles Hutchins	37:33
28. Paul Cote	37:51
29. Keith Bruton	38:00
30. Andy Jean	38:18
31. Ron Mitchell	38:32
32. James Floyd	38:38
33. Robert Marquis	38:50
34. Paul D'Abolise	38:53
35. Dave Bokus	38:57
36. Mark Farnun	39:03
37. Jon Moikow	39:04
38. Dennis Sproi	39:07
39. Clifton Morse	39:08
40. William Guernsey	39:21
41. Bradley Mallett	39:30
42. Bertrand Gendron	40:05
43. Jamie Stewart	40:06
44. Scott LaLiberty	40:13
45. Ed Gayton	40:23
46. Donald Clark	40:44
47. Eric Dean	41:12
48. Mike Miller	41:15
49. Dana Reed	41:16
50. David Young	41:43
51. Donald Cheathan	42:47
52. Betsy Barry*	42:48
53. David Valle	42:52

54. Robert Strout	43:21
55. Jill Walker*	43:36
56. Carolyn Gayton*	44:26
57. Raymond Doherty	44:43
58. Leonard Rainey	45:49
59. Margie Furze*	45:52
60. Joe Bennett	46:26
61. David Miller	46:34
62. Bart Dickinson	46:17
63. Mike Stern	47:05
64. Diana Pittman*	47:43
65. Larry Barron	47:56
66. James Isman	48:08
67. Bobby Kadish	48:09
68. Marjory Laliza*	48:36
69. Jon Shore	50:14
70. Marc Butler	52:46
71. Stuart Rosenthal	53:43
72. Vitaly Gurevich	53:39
73. M.P. Torres	54:05
74. David LaFavor	55:16
75. Midge Arndt*	55:16
76. Amy Shnur*	55:17
77. Beth White*	55:35
78. Andrea Daigle*	55:38
79. Tammy Belanger*	55:39
80. Eric Hartman	58:29
81. Janet Kuiper*	59:33
82. Rebecca Doughty*	61:26
83. Todd Hoyman	61:29
84. Joe D'Amelio	61:44
85. Richard Ross	61:48
86. Ann Shnur*	63:37

Results courtesy of Roland Trottiuz  
Race Director

THE MATINE RUNNING CAMP 5K

Oseno Aug 6

1. Darryl Boynton	16:18
2. Erich Reed	16:31
3. Duane Hall	17:27
4. Chad Gagnon	17:50
5. Doug MacDonald	18:25
6. Tom Luttrell	18:40
7. Frank Johnson	18:42
8. Jenny Shea*	18:44
9. Charlie Knight*	19:01
10. Bruce Pooler	19:23
11. Eric Mattson	19:28
12. Beth Hall*	20:59
13. Tracy Pooler*	21:23
14. Lauren Sanchi*	21:23
15. Scott Hall	21:25
16. Billy Jayne Wolf*	21:26
17. Missy Shea*	21:32
18. Russ Gemery*	21:42
19. Dave Menthorns	22:07
20. David Doore	22:09
21. SeaDee DeLong*	23:14
22. Nadan Norton	24:33

Results courtesy of Bob Becker  
Camp Director

COUNTRY BANK CLASSIC  
Presque Isle 5 Miles Aug 7

1. Bruce Press	24:55
2. P.J. Neagher	26:00
3. Bill Pike	26:15
4. Marlin Conrad	26:29
5. Conrad Walton (M)	26:54
6. Bob Everett	27:07
7. Dan Bondeason	27:20
8. David Mangus	27:35
9. Rick Shelton	27:49
10. Daniel Rearich	28:38
11. Matt Scott	29:02
12. John Palmer	29:33
13. Mark Cowell	29:51
14. Sam Hamilton	29:53
15. Randy Wilcox	30:04
16. Chris McDonald	30:20
17. Howard Paradis	30:35
18. Yvon Levesque	30:38
19. Perrin Paterson	30:39
20. Terry Goodlad	30:47
21. Bob Duprey	30:52
22. Larry Whiskey	31:02

23. Rose Prest*	31:03
24. Mike Carey	31:36
25. Kathy Smith*	31:48
26. Katherine Martin*	31:52
27. Jim Nesbitt	31:56
28. Tai Chang	32:17
29. Pete Duff	32:29
30. Jim Buckley	32:32
31. Emily Higgins*	33:02
32. Paul Flissey	33:02
33. David Maxcy	33:35
34. Marla Stragg	34:41
35. John McIntyre	34:58
36. Carol McIlwain* (M)	35:07
37. Mike Rand	35:33
38. Joel Maxcy	36:42
39. Bryan Cyr	37:05
40. Dana Giggey	38:18
41. Bonnie Nelson*	38:32
42. Aurora Ouellet	39:05
43. Mark Freeman	39:30
44. William Davidshofer	39:31
45. Ben Maxcy	39:48
46. Ruthe Cunningham*	41:20
47. Pat Maxcy	41:30
48. Michael Peters	41:34
49. Joanne Cyr*	42:23
50. Katherine Gardiner*	42:42
51. Ben Sharp	44:17
52. Jacquelyn Bregdon*	44:36
53. Betty Deveau*	44:40
54. Russell Cyr	45:23
55. Eddie St. John	45:43
56. Mike Mangus	46:12
57. Ryan Buckley	48:13
58. Sam Ouellet	54:29

Results courtesy of Dave Rand  
Race Director

THE LOVELL ROAD RACE 5.3 Miles  
Lovell Aug 7th

1. Leo Lechance	27:13
2. Pete Bottomley	27:26
3. Werner Pobatschnig	27:48
4. Larry Greer	28:04
5. Bill Hine	28:23
6. Roger Foster	28:43
7. Charlie Pratt	29:08
8. Mike Kerins	29:25
9. Doug Craib	29:34
10. Sid Hazelton	29:35
11. Mike Aldrich	31:05
12. Rick Deuce	31:15
13. Richard Campbell	31:18
14. Jim Gifford	31:29
15. Ken Voorhees	31:45
16. Chris Axford	31:46
17. Charles Maddaus	32:40
18. Brad Pomeroy	32:30
19. Dave Rohde	32:31
20. Russ Hollander	33:05
21. Cathy Livingston*	33:17
22. Bill Turnbull	33:40
23. John Moore	33:41
24. Anne Marie Davee*	33:57
25. Gary Haroux	34:05
26. Chuck Frost	34:33
27. Dave Kemerer	34:46
28. Rudy Plummer	34:56
29. Julie Green*	35:26
30. Ed Malone	35:26
31. Ed Stearns	35:31
32. Mike LaCombe	35:44
33. Bailey Charles	35:48
34. Sean Livingston	36:20
35. Harvey Rohde*	36:22
36. Eileen Livingston*	36:24
37. Teresa Roby*	36:34
38. Pat Williams	36:36
39. Paul Alpert	36:37
40. Ted Perry	36:38
41. Steve Floyd	36:39
42. Richard Bloom	36:48
43. Sumner Ropereht	36:57
44. Skip Cove	37:02
45. Linda Gagnon*	37:10
46. Bruce Herbert	37:25
47. Jeanne Wallace*	37:26
48. Kenyon King	37:31
49. Mark Warren	37:33

50. Karen Stoyko*	37:35
51. Davis Johnson	37:40
52. Tim Sulzer	37:46
53. Doug MacKeicky	38:03
54. Rod Korrnig	38:13
55. Mike Wheeler	38:21
56. Roger Williams	38:27
57. Brad Borden	38:39
58. Joe McMiniman	39:19
59. Sandy Dunbar*	39:44
60. John Moss	39:50
61. Dana Reed	39:51
62. Ellie Robde*	40:49
63. Dawn Vance*	41:10
64.	
65. Carl Gurtman	41:59
66. Rochelle Leader*	42:08
67. Niel Wallace	42:12
68.	
69.	
70. Jean Thomas	42:52
71. Albert Utarstrom	42:55
72. Ad Lirear*	43:13
73. Janice Stoyko*	43:29
74. Melanie Lewis*	43:31
75. Karen Olmstead*	43:53
76. Jim Gillis	43:54
77. Carmal Gentile*	44:06
78. Helen Gerna*	44:06
79. Sandy Otterstrom*	44:08
80. Margaret Sorenson*	44:48
81. John Williams	45:28
82. Colin Hebb	45:31
83. Cathy Hazelton*	46:18
84. Victoria Smith*	46:32
85.	
86. Jana Rothemel	47:01
87. Ron Gestwicki	47:43
88. Diana Obbard*	48:58
89. Gonzalo Lana	49:05
90. Betsy Wood*	49:22
91. John Gardini	49:56
92. Don Angwin	50:08
93. Marie Muehberger*	50:14
94. Cricket Derr*	50:53
95. Matt Gerber	51:07
96. David Levy	51:27
97. Rich Hoquandoff	51:28
98. Eric Dunn	51:32
99. Lou Leaser	51:37

One Mile Race (12 years and under)

1. Jason Bell	5:09
2. Ben Wallace	5:10
3. Alex Detzall	5:11
4. John Norton	5:12
5. Steve Millett	5:20
6. Ricky Skerman	5:21
7. Josh Radner	5:24
8. Jay Gestwicki	5:29
9. John Dormally	5:35
10. Tim Livingston	5:45
11.	
12. Deana Vance*	5:51
13. Diane Vance*	6:02
14. Woody Cliff	6:04
15. Peter Sokolowski	6:04
16. Wendy Ruffington*	6:04
17. Christine Arsenault*	6:05
18.	
19. Joannie Sobler*	6:16
20. Karl Lieberman	6:17
21. Jesse Knight	6:25
22. Jacki Eastman*	6:28
23. Denise Arsenault*	6:29
24. Josh Williams	6:31
25. Jason Roy	6:33
26. Kate White*	6:39
27. Kate York	6:39
28. Bryce Thurston	6:45
29. Carl Lindberg	6:48
30. Kent Weymouth	6:48
31. Renee Pazzoli*	6:50
32. Kristin York*	6:50
33. Sarah Gurtman*	6:56
34.	
35. Jordan Marks	7:03
36. Erika Vasely*	7:06
37. Jim McClug	7:08
38. Ari Singh	7:15
39. Bree McDonald	7:15
40. Darren Johnson	7:16
41. Juan Alvarez	7:18

42.	Mark Weymouth	7:18
43.	Jim Baker	7:19
44.	Russell Forester	7:19
45.	Benji Greenberg	7:20
46.	Amara Lewis*	7:26
47.	Mike Michel	7:27
48.		
49.	Jack Sadner	7:36
50.	Derek Potter	7:44
51.	Shane Vesely	7:47
52.	Kristen Lindberg*	7:49
53.	Jessica McLaughlin*	7:49
54.	Jody Knight*	7:57
55.	Kari Rothbaum*	8:05
56.	Mark Hinds	8:06
57.	Chris Rothbaum	8:09
58.	Coleen Minkins*	8:10
59.	Doug MacFalcian	8:11
60.	Christiane Lieberman*	8:14
61.	Nalson Kim	8:18
62.		
63.	Angie Thomson*	8:28
64.	Kelly Livingston*	8:29
65.	Rachael Buffington*	8:39
66.	Schelly Sperling	8:40
67.	Leslie Gernon*	8:55
68.	Ryan Mae McDonald	8:59
69.	Godi McLaughlin	10:12
70.	Joe McMenimen	10:17
71.	Phillip Obert	10:27
72.	Marghan McMenimen*	10:28

Results courtesy of Kevin McDonald  
Race Director

FOURTH ANNUAL BIRCH HILL DAY 10K  
Blue Hill Aug 8th

1.	Mark Hatch	33:39
2.	Larry Allen	34:00
3.	Harold Hatch (M)	34:25
4.	Steve Frederick	34:42
5.	Doug Graves	35:02
6.	William Broad	36:03
7.	Dennis Bates	36:05
8.	Andy Beardsley	36:36
9.	John Trefethen	37:08
10.	Alan Howard	37:19
11.	Calvin Trus	37:23
12.	Cornelius Russell	38:18
13.	Ray Langina	38:43
14.	Rod Anderson	38:43
15.	Richard Sabine	38:57
16.	Steve Norton	39:01
17.	Jerry Wood	39:25
18.	Craig Baker	39:37
19.	Jon Taylor	39:42
20.	Steve Gross	39:48
21.	Frank Bragg	39:57
22.	Gary Coyne	41:07
	Rob Bookas	41:07
24.	Scott Sabine	41:13
25.	Geoff Merrifield	41:19
26.	Bill Finkham	41:22
27.	Steve Elliott	41:25
28.	Tim Heavrin	41:26
29.	Colin Lavague	41:28
30.	Janet MacColl*	41:52
31.	Bernie Rubetz	41:59
32.	Geoff Wright	42:10
33.	Al Michelson	42:14
34.	Tom Beardsley	42:20
35.	Harrie Price	42:30
36.	Martin Schiff	42:43
37.	Craig Boyd	43:53
38.	Fred Schmidt	43:27
39.	Don Berg	43:29
40.	Dick Broad	43:32
41.	John Filalderer	41:49
42.	Jeannette Laplante	44:20
43.	Terry Truena	44:50
44.	Guy Dunbar	44:57
45.	Erik Mattson	45:15
46.	Alan Johnson	45:20
47.	Sam Kinker	45:38
48.	Bill McHenry	45:40
49.	Martin Booko	46:00
50.	Jim George	46:01
51.	Tom Severance	46:09
52.	Walt Noyes	46:49
53.	David Beal	47:01
54.	Sam Wilson	47:24
55.	Sam Otis	47:53

56.	Terry Burton*	47:55
57.	Jane Bragg*	48:04
58.	Jill Totenberg*	48:18
59.	David Gorczyca	48:20
60.	Clayton Cuban	48:45
61.	Lynn Emerson*	48:36
62.	Larry Johnson	48:54
63.	Judy Trefethen*	48:57
64.	Kirsten Snyder*	49:02
65.	Bill Beardsley	49:20
66.	Billy Ward*	49:29
67.	Keith Schmitt	50:11
68.	Jan Lenferink*	50:55
69.	Stanley Zaslan	51:08
70.	Joan Leslie*	51:29
71.	Malissa Wiggins*	51:40
72.	Steve Stevens	51:43
73.	Kirsta Schmitt*	52:05
74.	Gene Grindie	52:36
75.	Dot Heuse*	53:56
76.	Ted Cohn	53:59
77.	Anne Norton*	54:17
78.	David Snow	54:49
79.	Lisa Delbruyckere*	55:54
80.	Sandra Johnson*	55:59
81.	Susan Sively*	56:17
82.	David Zaslan	60:00
83.	Susan Goldstein*	60:56
84.	Shella Rubetz*	61:44
85.	Aasa Wilder	63:28
86.	Donna Gilbert*	63:30
87.	Warty Trovillion*	64:33

Results courtesy of Barry Mills  
Race Director

MAINE SEAFOOD FESTIVAL 10K  
Rockland Aug 8th

1.	Tom Lombardo	33:19
2.	Kyle Rankin	33:53
3.	Eric McHett	34:05
4.	Jon Wescott	34:17
5.	Mark Parsons (M)	34:18
6.	Stacey Bryant	34:51
7.	Tom McWalters	35:30
8.	Jerry Graves	35:33
9.	Eugene Pool	35:39
10.	Nike Simoneau	35:53
11.	Arnold Adams, Sr.	36:05
12.	Scott Gordon	36:09
13.	Gary Wright	36:40
14.	Stu Katz	36:44
15.	Vaughn Holyoke	36:49
16.	Glen Holyoke	36:49
17.	Eric Anderson	36:56
18.	Bob Stuart	36:57
19.	Steve McLaughlin	37:05
20.	Tom Prosser	37:11
21.	Don Sanborn	37:19
22.	Cavin Cook	37:25
23.	Harry Schmitke	37:28
24.	Geoffrey Hill	37:53
25.	Don Andrus	37:56
26.	Donald Harden	38:05
27.	Philip Smith	38:07
28.	Timothy Burdowski	38:12
29.	Tom Luttrell	38:13
30.	David Sobel	38:14
31.	Jane Parsons*	38:24
32.	Jerry Taylor	38:40
33.	Sterling LeBlond	38:42
34.	Robert Payne	38:43
35.	Paul McGurran	38:44
36.	Russell Martin	38:45
37.	Robert Hillgrove III	38:49
38.	John Snow	38:50
39.	Bob Hillgrove	38:54
40.	William Hilger	38:55
41.	Jeannia Lewis*	38:58
42.	Greg Mort	39:01
43.	David Cosseau	39:08
44.	Bill Gayton	39:16
45.	Fate Reponnette	39:26
46.	Ed Miller	39:27
47.	George Miller	39:28
48.	Vern Demmons	39:31
49.	Natt Berger	39:34
50.	Brian Horne	39:44
51.	Gary Billington	39:45
52.	Lionel Mero	39:53
53.	Barney Hallowell	39:54
54.	Becky Snow*	39:59

55.	Forest Sprague	40:10
56.	Dennis Simmons	40:11
57.	Dalyne Divino*	40:14
58.	Paul Dall	40:21
59.	Carlton Snow	40:23
60.	Jo Cosseau*	40:25
61.	Mike Turner	40:35
62.	Dan Rankin	40:49
63.	Robert Cuthbertson	40:55
64.	Keith Golins	41:03
65.	Richard Lane	41:04
66.	Charlie Gordon	41:05
67.	Victor Quintana	41:06
68.	Ron Gervais	41:16
69.	Michael Downing	41:25
70.	Steve Hassoon	41:28
71.	Roger Cole	41:32
72.	Robert Rosenberg	41:39
73.	Laura Kolwalaki*	41:42
74.	Paul Cannon	41:46
75.	Robert Gaborary	41:51
76.	Steve Nhoio	41:53
77.	Neal Smith	41:55
78.	James Moore, Jr.	41:59
79.	Charles Knight	42:05
80.	Ferry Bernard	42:06
81.	Don Mullen	42:08
82.	G.P. Krause	42:19
83.	David Libby	42:21
84.	Chester Creamer	42:28
85.	Arthur Sprawl	42:34
86.	Charles Hutchins	42:44
87.	Steve Campbell	42:46
88.	Thomas Curran	42:50
89.	Charlene Knight*	43:18
90.	Shirley Packard*	43:24
91.	Dwight Lee	43:27
92.	Steve Lawrence	43:29
93.	Richard Yarnand	43:33
94.	Christie Baldwin*	43:35
95.	John Hansen	43:36
96.	Karyn Joyce	43:37
97.	Kurt Woss	43:38
98.	Phillip Street	43:39
99.	Richard Cook	43:58
100.	Abbie Scholz*	44:03
101.	Richard Higgins	44:05
102.	Harold Jones	44:07
103.	Lloyd Westworth	44:07
104.	Joania Rhoda*	44:11
105.	Lona Wright*	44:12
106.	Bodie Brissette	44:22
107.	Sarah LaGasse*	44:28
108.	Debra Benzer*	44:39
109.	John Tripp	44:40
110.	Stephen Roberts	44:55
111.	Gordon Mack, Jr.	45:15
112.	Al Khoury	45:19
113.	Anthony Seidner	45:20
114.	David Baker	45:21
115.	Bonnie Sauve*	45:28
116.	Ken Crane	45:32
117.	Carroll O'Leary	45:47
118.	Carol McRae*	45:48
119.	Gil Ray	45:52
120.	Kristina Gordon*	46:01
121.	Jo Godfrey	46:10
122.	Dick Laughlin	46:15
123.	Terry Sprague	46:18
124.	Roger Poulton	46:21
125.	Richard Rowe	46:25
126.	C. Rouvier, Jr.	46:26
127.	Ken Kirkes	46:29
128.	Jaff Hallowell	46:35
129.	Linwood Young II	46:43
130.	Danielle Hill*	46:43
131.	Betsey Barry*	46:51
132.	Tom Jastrog	46:56
133.	Ellen Spring*	46:57
134.	Donald Spear	47:28
135.	Lori Holyoke*	47:38
136.	Kenneth Hopkins	47:46
137.	Leo Laubka	47:54
138.	David Hillgrove	48:00
139.	Deve Talley	48:41
140.	Carolyn Galton*	48:46
141.	Bill Kennedy	48:58
142.	Janet Berkel*	49:03
143.	John Hilton	49:07
144.	Jack Glover	49:16
145.	David Sprague	49:20
146.	John Bragg	49:27
147.	David Manning, Jr.	49:54
148.	Ruth Jones*	49:54
149.	Vicki Strong*	50:00

150. Sean Boggs	50:02
151. Jeannia MacMillian*	50:16
152. Jim Wallis	50:39
153. Sara Glenn*	50:43
154. Clayton Fowlie	50:53
155. Peter Adams	51:05
156. Connie Campbell*	51:26
157. Pat Hughes	51:32
158. Scott Cook	51:35
159.	
160. Stephen Lea	51:59
161. Maryann Dunfee*	52:12
162. Susan Tripp*	52:41
163. Susan Beck*	53:04
164. Norton Charles	53:20
165. Karen Welch*	53:47
166. Mary Fitzpatrick*	54:21
167. David Campbell, Jr.	54:33
168. Marianne Steinacker*	55:19
169. David Campbell	55:19
170. Ted DeMatteo	55:20
171. Kathy Hillgrove*	55:21
172. Constance Souvler*	55:29
173. Philip Saccar	56:08
174. Mary Jo Mathieson*	56:37
175. Pat Snow*	57:28
176. Mathew Baran	58:09
177. Andrew Moore	60:27
178. Mary Jane Carlick*	61:54
179. Bonnie Wegner*	61:55
180. John Jeffers	62:09
181. Perry W. Bernard	62:23
182. Mark Baran	64:29
183. Tom Bodner	65:06
184. Felicia Knightly*	65:08
185. Kathryn Fogy*	65:17
186. Ellen Green*	65:28
187. Diana Rosenberg*	65:33

Results courtesy of Ken Sylvester  
Race Director  
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MAINE SEAFOOD FESTIVAL  
Nockland Kids 1 Mile Fun Run

1. Kevin Luttrell	5:55
2. Jeff Moore	5:59
3. Mike Wright	6:11
4. Jamie Moore	6:22
5. Tony Seidner	6:25
6. Heather Meno*	6:26
7. Sean Hillgrove	6:27
8. Todd LeBlanc	6:34
9. Jeffrey Zaltman	6:35
10. Scott Seal	6:50
11. Zachary Meno	6:56
12. Peter Seal	7:02
13.	
14. Brian Hill	7:11
15. Audi Seidner	7:13
16. Mike Luttrell	7:15
17. Shane LeBlanc	7:23
18. Allison Dall*	7:25
19. David Seal	7:26
20. Peter Comeau	7:27
21. Richard Curran	7:28
22. Allison Murray*	7:30
23. Chris Comeau	7:32
24. Zach Geig	7:38
25. Richard Mazurek	7:46
26. Kristy Higgins*	7:48
27. Michelle Comeau*	7:54
28. Darren Goeke	7:55
29. David MacMillan	7:59
30. Amy Laughlin*	8:00
31. Karen Miller*	8:13
32. Jennifer Higgins*	8:17
33. Pam Marshall*	8:15
34. Suzy Maher*	8:43
35. Timothy Simeone	8:51
36. Shanon Levesseaur	9:03
37. Jeffrey Lane	9:05
38. Kimberly Comeau*	9:07
39. Aaron Cuthbertson	9:12
40. Lorna Paige*	9:13
41. Kerman Army*	9:35
42. Jamie Connor	9:38
43. Jenny Maher*	9:44
44. Dayen Krause	9:54
45. Tracey Sylvester	9:57
46. Sandra Smith*	10:13
47. Todd Smith	11:12

WINTEROP LIONS ROAD RACES

Aug 8th

9.08 Miles

1. Colin Peddie	48:42
2. Andy Schmitt	52:44
3. Greg Paolin	53:29
4. Jon Schmeyer	53:30
5. Brian Warren	53:32
6. Daniel Smith	55:11
7. Bob Coughlin (M)	55:15
8. Paul Kehoe	56:16
9. Rick Lane	56:53
10. Russ Connors	58:02
11. Jeff Brown	58:40
12. Dr. L.G. Soular	59:15
13. Steven Russ	59:30
14. Gary O'Leary	60:32
15. Doug Ludewig	60:52
16. Peter Millano	61:03
17. Mike Cook	61:26
18. Carlton Mendell	62:43
19. Steve Dubord	62:53
20. Joanne Cole*	63:25
21. Gary Rousseau	63:36
22. Harry Hanes	63:37
23. Gary Christian	63:39
24. John Schwardel	63:43
25. Donald Ingham	64:42
26. Joseph Ingro	64:53
27. George Maxie	65:27
28. Ed Atlee	65:34
29. Brett Miller	65:56
30. Skip Rowe	66:03
31. Stewart Gitler	66:21
32. Gary Barrett	66:29
33. Raymond Bryant	67:13
34. Tim Amoro	68:18
35. John Cole	68:46
36. Barbara Godfrey*	69:53
37. Cliff Fletcher	69:53
38. Byron Cook	70:27
39. Jeremy Glinshan	71:22
40. Nancy Login*	71:25
41. Jack Penney	72:22
42. Jane Shain*	72:30
43. Dick Goodie	73:30
44. Dave Gupan	73:34
45. Irving Pando	79:16
46. Joyce Goodie*	80:44

4 Miles

1. Phil Pillin	21:31
2. Mitchell Loverine	21:54
3. Dean Rasmussen	22:56
4. David Butt	23:08
5. Dean Gillett	24:19
6. Denis Macleas	24:26
7. Andy Abrams	24:29
8. Greg Halson	25:08
9. Ron Horn (M)	25:27
10. Mike Harrier	25:31
11. Ron Paquette	25:44
12. Kelly Bennett*	25:48
13. Mike Vail	26:11
14. M.C. Lloyd	26:27
15. Roberts Hickman*	26:30
16. Robert Borgeas	26:37
17. Paul Cote	26:43
18. Barry Lohnes	27:45
19. Jack Paul	28:01
20. Peter Selwood	28:13
21. Chris Cameron	28:25
22. Jason Ingham	28:29
23. Joe Vidulich	28:33
24. Jennifer Beaulieu*	28:43
25. Don Abrams	29:01
26. Gerald Huff	29:08
27. Tim Schmitt	29:50
28. Nancy Bevard* (M)	30:02
29. William Foster	30:45
30. Joe Bennett	30:49
31. Don Dougherty	30:52
32. Paul Dufour	30:57
33. Linda Best*	30:58
34. Allen Brown	31:07
35. Michael Ladd	31:26
36. Thomas Coronado	33:44
37. James Potzsky*	34:14
38. Mari LaLime*	34:26
39. Bob Foley	35:10

40. Donna Keane*	37:06
41. Luann Calcagni*	38:01
42. Tom Calcagni	38:26
43. Mary O'Sara*	40:31

Results courtesy of Bob Jolicowar  
Race Director  
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SCOTT TAYLOR MEMORIAL ROAD RACE  
Ellsworth 3.5 miles Aug 7th

1. James Newett	19:00
2. Chris Holt	19:22
3. Adam Berlew	19:47
4. Steve Frederick	19:03
5. Pat McGuire	19:10
6. Chuck Holt	19:11
7. Andy Beardsley	19:31
8. Greg Everett	19:36
9. Mark Goodwin	19:49
10. Gene Colley	19:50
11. Dennis Bates	19:55
12. Chris Everett	20:29
13. John Trefethan (M)	20:35
14. David Chas	20:38
15. Cliff Rogers	20:42
16. Larry Frank	21:01
17. Erich Reed	21:03
18. Greg Farrell	21:20
19. Robert Merchant	21:28
20. Jerry Wood	21:34
21. Robin Emery*	21:40
22. Daniel Koch	21:54
23. John Merchant	22:00
24. Gary Veer	22:00
25. Kenny Asalt	22:05
26. Geoff Hanford	22:14
27. Bill Barter	22:17
28. Mike Benjamin	22:19
29. Peter Kelly	22:20
30. Bill Pinkham	22:21
31. Woy Beardsley	22:40
32. Lori Stratton*	22:45
33. Don Norwood	22:55
34. Bob Morrison	22:56
35. Robbia Panderyist	22:59
36. Kellie Stratton*	23:05
37. Dwayne Carver	23:06
38. Michael Harritt	23:09
39. John Tunney	23:10
40. David Gifford	23:28
41. Bob Wesiba	23:29
42. Terry Cousins	23:32
43. Richard Tupper	23:49
44. Jeff Frank	23:56
45. Jennifer Rhaa*	24:16
46. Chris Soyle	24:23
47. Richard Davis	24:29
48. Mark Hardison	24:34
49. Tom Kirby	24:41
50. Kevin Seneffeld	24:52
51. Tim Higgins	24:53
52. Sen Gooe	25:01
53. Obie Philbrook	25:29
54. Bill Beardsley	25:41
55. Michaels Rana*	25:42
56. Norman Fitzgerald	25:44
57. Doug Panderyist	26:03
58. Karen Carden*	26:04
59. Jimmie Davis	26:13
60. Brian Stapell	26:16
61. Tracey Farnsworth	26:17
62. Erik Philbrook	26:25
63. Nardi Reed*	26:30
64. Judy Trefethan* (M)	26:39
65. Frank Donaldson	26:40
66. Gary Davis	26:46
67. Russell White	26:47
68. Donald Osborne	26:48
69. Kelly Ellis*	26:58
70. Jennifer Madman*	27:08
71. Missy Shee*	27:27
72. Karen Cikes*	27:29
73. Charles Katsiafices	27:39
74. Steve Joy	27:40
75. Sheryl Davis*	27:42
76. Ray Katsiafices	27:42
77. William Caddes	27:54
78. Stanley Kaslau	28:08
79. Bernie Giacetti	28:25
80. Barbara Greenstone*	28:35
81. Jer Beardsley	28:51

82. Sandy Emerson*	28:58	16. D. Swain	49:04
83. Ellen Carlisle*	29:14	17. H. Pupo	49:04
84. Karry Shea	29:31	18. A. Quale	49:15
85. Ken Shea	29:32	19. Mike Miller	50:19
86. Steve Coffin	30:08	40. L. Richter	50:30
87. Vicky Lewis*	30:12	41. Julie Marshall	50:37
88. Paul Scoyell	30:19	42. P. Ciaccia	51:30
89. Dee Dee Delong*	30:26	43. J. Wright	51:34
90. Linda Mills*	30:54	44. M. Savage	51:52
91. Janet Ross*	31:03	45. F. Jewell	55:03
92. David Kealau	31:22	46. W. Savage	55:07
93. Ken Blaisdell	31:54	47. A. Krnkowski	55:46
94. Patrick Bailly	31:43	48. J. Stanhope	55:46
95. Jane Hackett*	31:48	49. P. Roger	56:10
96. Mike Beardale	32:18	50. P. Ciaccia	56:20
97. John Lounder	32:21	51. D. Schappel	59:15
98. Charles Ashmore	32:54	52. R. Lopez	59:15
99. Laura Beardale*	33:04	53. C. Dillon	61:38
100. Suzanne Goldstein*	33:23	54. Sam Quaillette	76:03
101. Robin Jacobs*	34:21		
102. Cathy Jacobs*	34:22		
103. Phyllis Worthley*	34:30		
104. Brett Stoyall	36:56		
105. Ruth Brown*	37:42		
106. Jack Maguire	38:27		

Results courtesy of Conrad Walton  
Mike Miller - Race Director  
\*\*\*\*\*

POTATO BLOSSOM 3 MILES  
Port Fairfield July 17

Walkers

1. Andy Healan	40:29
2. Stu Taylor, Jr.	42:06
3. Kurt Bauersfeld	44:50
4. Diane Whitmore*	47:00
5. Jill Warren*	47:01
6. Dan Awalt	47:06
7. Ben Adams	47:12
8. Jeannette Lounder*	47:16
9. Fran Marquis*	48:05
10. Nancy Adams*	48:17
11. Sharon Awalt*	48:18
12. Phyllis Haraco*	48:19
13. Jennia Hathaway*	53:21
14. Janice Morse*	54:06
15. Robin Manson*	58:24
16. Virginia Soyama*	58:25
17. Jo Beardale*	58:26
18. Harideth Kane*	59:27
19. Mrs Mac	62:05
20. Wendy McCarthy	62:37
21. Pam Marlowood	62:38
22. Tim Ray	64:28

Results courtesy of Sheldon Boone  
Race Director  
\*\*\*\*\*

WOODLAND 10K  
Loring AFB July 13th

1. Robert Everett	12:00
2. Rick Shelton	33:34
3. Conrad Walton (M)	33:34
4. Rusty Taylor	34:45
5. Dave Mangus	35:42
6. Scott Mathew	36:00
7. Sam Hamilton	36:03
8. Robert Duprey	37:29
9. Chris McDonald	38:14
10. Jim Emery	38:21
11. Dave Sand	38:43
12. Howard Paradis	38:53
13. Dan Harrigan	39:09
14. Y. Levesque	39:25
15. W. Harrison	39:35
16. Kathy Martin*	39:56
17. R. Johnson	40:03
18. T. Novak	40:40
19. R. Goodstein	41:17
20. Dave Balya	42:20
21. O. Palmer	43:12
22. M. Rhoads	43:23
23. Carol McEwen*	43:29
24. Fran Charette*	43:49
25. J. Kloe	44:13
26. T. Yackert	44:49
27. B. Poole	45:07
28. D. Gustafson	45:53
29. K. Greys	46:06
30. A. Robinson	46:35
31. K. Harris	46:38
32. S. Nelson	48:11
33. L. Martinez	48:22
34. K. Forbes	48:32
35. R. Slapson	48:53

1. Bruce Frame	25:45
2. Paul Plissey	26:34
1. Bob Everett	26:50
4. Glenn Heinas	27:06
5. Rick Shelton	27:37
6. Rusty Taylor	28:50
7. Phil St. Pierre	29:36
8. David Mangus	29:44
9. Matt Scott	30:12
10. Fred Potnam	30:20
11. Sam Hamilton (Sr. M)	30:39
12. Roseanna Preat*	30:47
13. Clark Brewer	30:53
14. Bob Duprey	31:06
15. David Sand	31:14
16. John O'Dea	31:20
17. Yves Levesque	31:37
18. Jim Emery	31:39
19. Katie Martin*	31:48
20. Frank McEwen	31:49
21. Terry Godard	32:18
22. Matt Nightingale	32:52
23. Mike Cyr	32:52
24. Larry Whipkey	34:14
25. Owen Jackson	33:34
26. Merle Brady	33:54
27. Jerry Monahan	34:18
28. Billy Higgins*	34:23
29. Robert Farley	34:24
30. Rick Forbes	35:28
31. Paula Kneisled*	36:31
32. Stan McPherson	36:33
33. Paul Gurnood	37:08
34. Dan Ayoub	37:19
35. John McIntire	37:35
36. Dave Jaglanski	37:54
37. Dave Ouellette	38:33
38. Bonnie Nelson*	38:38
39. Donna Burd*	38:46
40. Pat Macky*	38:58
41. Ed Copps	39:08
42. Barbara Jackson*	39:10
43. Bob Marshall	39:23
44. Aurelie Ouellette	39:40
45. Art Thompson	40:43
46. Dave Cowley	42:01
47. Kathy Christie*	42:17
48. Don Peters	42:19
49. Ralph Ostland	42:19
50. George Ayoub	42:57
51. Cathy Gardner*	43:18
52. Gilbert McLaughlin	43:50
53. Don Love	44:00
54. Hugh Hartman	44:03
55. Aaron McCormell	45:02
56. Walter Christie	45:20
57. Jackie Stragdon*	46:25
58. Wendy Stark*	47:44
59. Peter Everett	51:12
60. Chad Bouchard	51:14
61. Connie Cuff*	51:23
62. Sam Ouellette	52:01
63. Carmen Shans*	54:22
64. Ruth McLaughlin*	55:44
65. Jean Roberts*	64:37
66. Ruth Russell	65:58

57. Charles Serritella (walk) 64:10

Results courtesy of Conrad Walton

\*\*\*\*\*

DIAMOND JUBILEE ROAD RACE  
East Hillinocket Aug 8th

7.5 miles

1. Dan Dearing	41:43
2. Robert Farmer	43:19
1. Rusty Taylor	44:31
4. Loren Ritchie (M)	45:43
5. Harry McLaughlin	45:53
6. Christopher Wilson	46:40
7. Alfred Gallant	47:11
8. Mike Doore	47:31
9. Larry Rich	47:52
10. Don O'Grady	48:46
11. Bub Prudham	49:18
12. Mark Nesbitt	49:23
13. MARK Bell	49:25
14. Mark Chessa	50:10
15. Howard Dentrament	50:47
16. Fay Foggy*	51:06
17. Dean Shea	52:16
18. Carl Ambrose	58:54
19. Carl Stanley, Jr.	59:36
20. Stacey Waterman*	59:43
21. Judy Doore*	59:49
22. Harry Davis	60:14
23. Joe Adams	62:24
24. Jeff Hays	63:46
25. Doug Showman	68:32
26. Jerry Hays	68:59

3 miles

1. Rusty Taylor	18:15
2. Morris Deigle	18:21
3. Mike Benar	18:29
4. Sandy Birmingham	19:09
5. Pat Ross	19:23
6. Mark Collingsworth	19:30
7. Dan Tardy	19:42
8. Roy Carter	19:55
9. Carl Franck	20:11
10. David Sewall	20:14
11. Ricky Shaw	20:17
12. David Doore	20:35
13. Robert Lynch	21:07
14. Ricky Carross	21:38
15. Arthur Fraser	22:13
16. Dennis Civallo	22:54
17. Russ Taylor	23:05
18. Paul Bouchard	23:06
19. Chris Farmer	24:42
20. Richard Hays	24:59
21. Carmen Fetu*	26:53
22. Tom Fetu	26:53
23. Maria Michael*	27:07
24. Mark Farland	28:15
25. Paula Shea*	28:17
26. Judy Davis*	28:39
27. Michelle Doore*	29:00
28. Sandra Shea*	29:58
29. Jewell Mertz*	31:58
30. Gonja Sams*	33:19
31. Wandy Porcell*	33:20
32. Peter Grant	35:29

Results courtesy of Mike Doore  
Race Director  
\*\*\*\*\*



1982  
CASCO  
BAY  
MARATHON



## 5th Annual CASCO BAY MARATHON

Portland, Maine

Sunday, October 17th, 8:30 a.m.

The Casco Bay Marathon Committee invites you to a 26-mile, 385 yard foot race over primarily coastal and rural roads of varied scenery and terrain. The certified, one loop course tours the Casco Bay communities of Portland, Falmouth, Cumberland and Yarmouth, Maine.

- ★ Experienced crews handling splits, liquids, finish line, awards and first aid.
- ★ Shirts, certificates, and snacks provided after race.
- ★ Full results will be mailed.
- ★ Awards at 1:00 sharp.
- ★ Limited to the first 1500 entrants; no substitutions. (10/9 Deadline if fewer)
- ★ Mail entry form, non-refundable fee (\$5.00), and S.A.S.E. to: Casco Bay Marathon, P.O. Box 3172, Portland, Maine 04104.
- ★ Number will be mailed as confirmation of entry. Please mail self-addressed, stamped envelope.
- ★ For race information, call evenings 6-8 p.m., Charlie Porter 207-839-3258.
- ★ For lodging information contact Greater Portland Conventions and Visitors Bureau, 142 Free St., Portland, ME 04101, tel. 207-772-2811.
- ★ Facilities (doors open 6:30 a.m.), snacks, and awards ceremony at Portland Exposition Building, 239 Park Avenue. Exit Interstate 295 at Congress Street East, Exit 5A if Northbound, or Forest Avenue South, Exit 6A if Southbound.

### 1981 Winners (Course Records)\*

#### Open:

Kurt Lauenstein 2:20:16\*  
Marjorie Podgajny 2:49:36\*

#### Masters:

Gary Cochrane (>40) 2:39:19\*  
Hubert Strom (>50) 2:56:33

Sponsored by



Union Mutual

### Casco Bay Marathon Official Entry Form

Please enter me in the October 17, 1982 Casco Bay Marathon

Full Name \_\_\_\_\_ Sex \_\_\_\_\_ Age on 10/17/82 \_\_\_\_\_  
Mailing Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Previous Best Marathon \_\_\_\_\_ (or first \_\_\_\_\_) Occupation \_\_\_\_\_  
Phone # \_\_\_\_\_

#### ASSUMPTION OF RISK AGREEMENT AND RELEASE

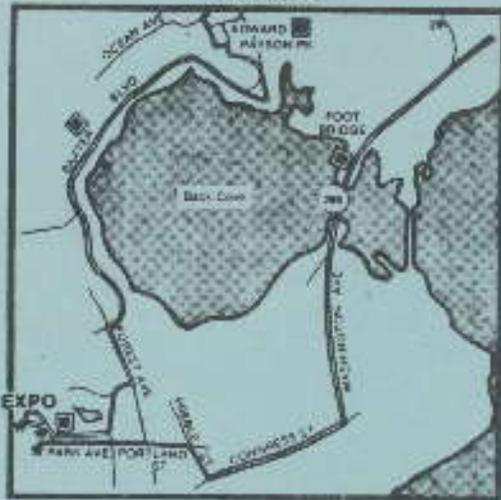
(Read carefully before signing)

I agree to assume all responsibility for and all risk of damage or injury that may occur to me as a participant in this event. In consideration of being accepted as a participant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge the Casco Bay Marathon Committee, Union Mutual Life Insurance Company, Portland Parks and Recreation Department, and all persons associated with this event from all claims, damages, causes of action, present or future, known or unknown, anticipated or unanticipated, which result from, arise out of, or are incident to my participation in this event. I hereby certify that I am physically fit and sufficiently trained for competition in this event. Further, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

Signature \_\_\_\_\_ Date \_\_\_\_\_ If under 18, parents signature \_\_\_\_\_



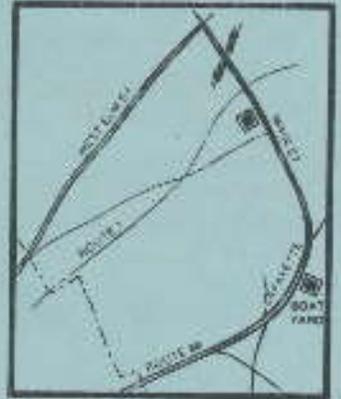
### DETAIL A



### SEE DETAIL B



### DETAIL B



### SEE DETAIL A



FINISH  
START

Portland

Falmouth

Cumberland

Yarmouth



■ Ideal spectator spots  
Please keep vehicles off race route



# BENJAMIN'S 10,000 meter (6.213 miles) T.A.C. Certified ROAD RACE

**Sunday  
Oct. 31, 1982  
12 Noon  
Bangor, Maine**

## Featuring:

We've been negotiating with these runners and expect many of them to participate in this year's Benjamin's 10K.

Dick Beardsley	Nancy Conz
Greg Meyer	Karen Dunn
Bruce Bickford	Andy Palmer
Joan Benoit	Judy St. Hilaire
	Paul Oparowski

## Sponsored by:

Benjamin's Tavern  
Nike  
Budweiser Light  
Goldsmith's Sporting Goods  
Merrill Family of Banks  
Doug's Shop 'n Save  
New England Institute  
Athletic Attic  
City of Bangor  
Bangor Hilton Inn  
Kelley Pontiac  
Bangor Motor Inn



**GOLDSMITH'S**  
Sporting Goods  
Hogan Rd., Bangor, ME 04401

**Doug's Shop 'n Save**

Airport Mall • Bangor Mall • Union St., Bangor  
State St., Brewer • Main St., Buck • Main St., Old Town



**BANGOR MOTOR INN**  
"Just across the street from the bangor mall"

**New England  
Institute**

**KELLEY**  
PONTIAC-MAZDA  
SALES • SERVICE • PARTS

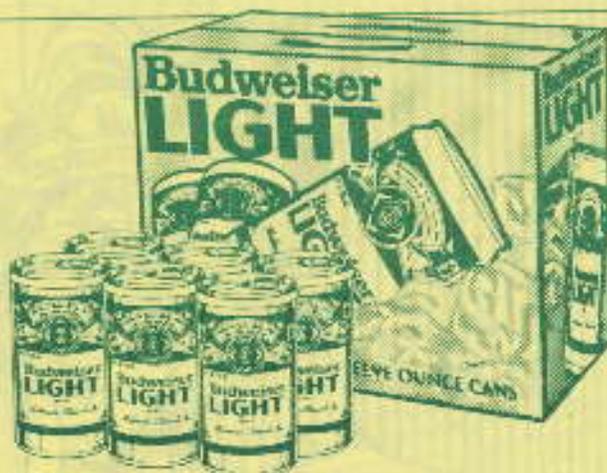
**CITY OF BANGOR**



**Bangor Hilton Inn**



Bangor International Airport  
Bangor, Maine 207/947-6721



**BUD. LIGHT**

**Bring out your best!**



**The Merrill Family of Banks**

Merrill • Federal • Washburn • Houlton • Firstbank

## SCHEDULE OF EVENTS

Saturday Night, October 30, 1982

5:00 p.m.-Dinner at Benjamin's on Franklin St.-Special Runners' Pasta Feed \$5.95

7:00 p.m.-11:00 p.m. - Pre-race Hospitality Suite, 117 Broadway (see map) corner of Broadway and Somerset

11:00 p.m. ill. Benjamin's Tavern, "unofficial Downeast Striders Headquarters." Entertainment and a great time for spectators, officials and hardcore runners

Sunday, October 31, 1982 - Race Day!

9:00 a.m.-11:00 - Late Race Packet pick-up at New England Institute, 117 Broadway (see map). Also late registration if the field is not filled.

12:00 noon - Benjamin's 10K. Start at Abraham Lincoln School (see map).

12:28 p.m. - First Runner Finishes!

1:30 p.m. - Press conference for first 3 men and women.

2:30 p.m. - Awards ceremony at Benjamin's Tavern.

## RACE DETAILS

Date: Oct. 31, 1982 12:00 noon sharp  
Distance: 10,000 meters (6.213 miles) T.A.C. Certified  
Registration: By mail, if received NOT later than Oct. 26, 1982

The first 500 will be accepted and will receive a confirmation card, and race information by return self-addressed stamped envelope. This card must be presented for packet pick up.

Late Registration: Will occur only if field is not filled by mail, 7-11 p.m., Oct. 30, 1982 at the Hospitality Suite at 117 Broadway (see map) and from 9-11 a.m., Oct. 31 at the New England Institute, 117 Broadway (see map).

Entry Fee: \$6 by mail, make checks payable to Benjamin's 10K.

Course: Mostly flat residential streets winding through sections of historic homes, elm-lined parks and finishes by following the Kenduskeag Stream to Benjamin's Tavern in Downtown Bangor. There are slight uphill at 2 1/4 miles, 5 miles and 5 3/4 miles, none are steep or long. (see course elevations on map).

Award Categories: Male and Female, 18 and under, 19-29, 30-39, 40-49, 50-59, 60+, team

Start: Abraham Lincoln School, Forest Ave., Bangor (see map).

Finish: Benjamin's Tavern, Downtown Bangor (see map) Distance start to finish is 1/2 mile.

Parking: Parking is most available in Downtown Bangor, an easy run or walk from the start or finish.

Team Competition: All entrants competing for a team must register individually. All teams that wish to be considered for the championship must send a separate list of those team members on each team (A, B, Women, etc.) Minimum of 3 members per team, maximum of 6 per team. No post entries or substitutions for teams.

Logging: Request for motel information should be directed to Bangor Chamber of Commerce, Penobscot Plaza, Bangor, Maine 04401 (207) 947-0307.

Race Information: (207) 947-6880 evenings or Downeast Striders, 24 Parkview Ave., Bangor, Maine 04401.  
Sponsors: Benjamin's Tavern, Athletic Attic, Goldsmith's Sporting Goods, Bangor Motor Inn, Hilton Inn, City of Bangor, New England Institute, Keiley Pontiac, Merrill Family Banks, Doug's Shop 'n Save, Budweiser Light & Nike

## FEATURES

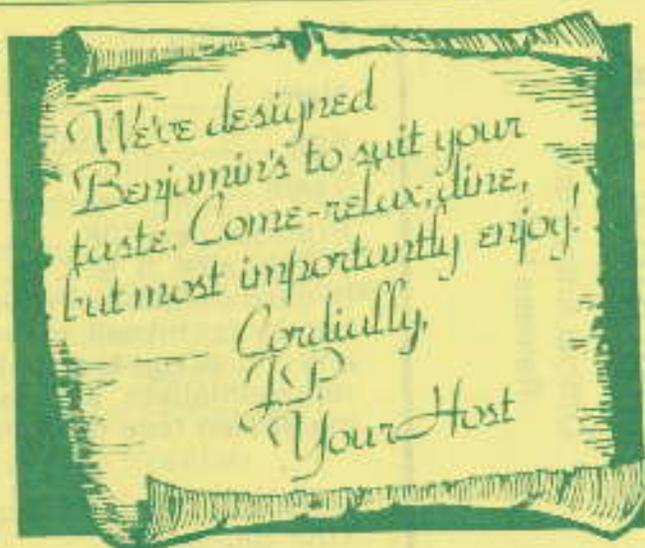
- Directed by Downeast Striders
- Chronomix electronic finish
- Digital display clock
- Water station at 5 kilometers
- Splits every mile
- Post race refreshments

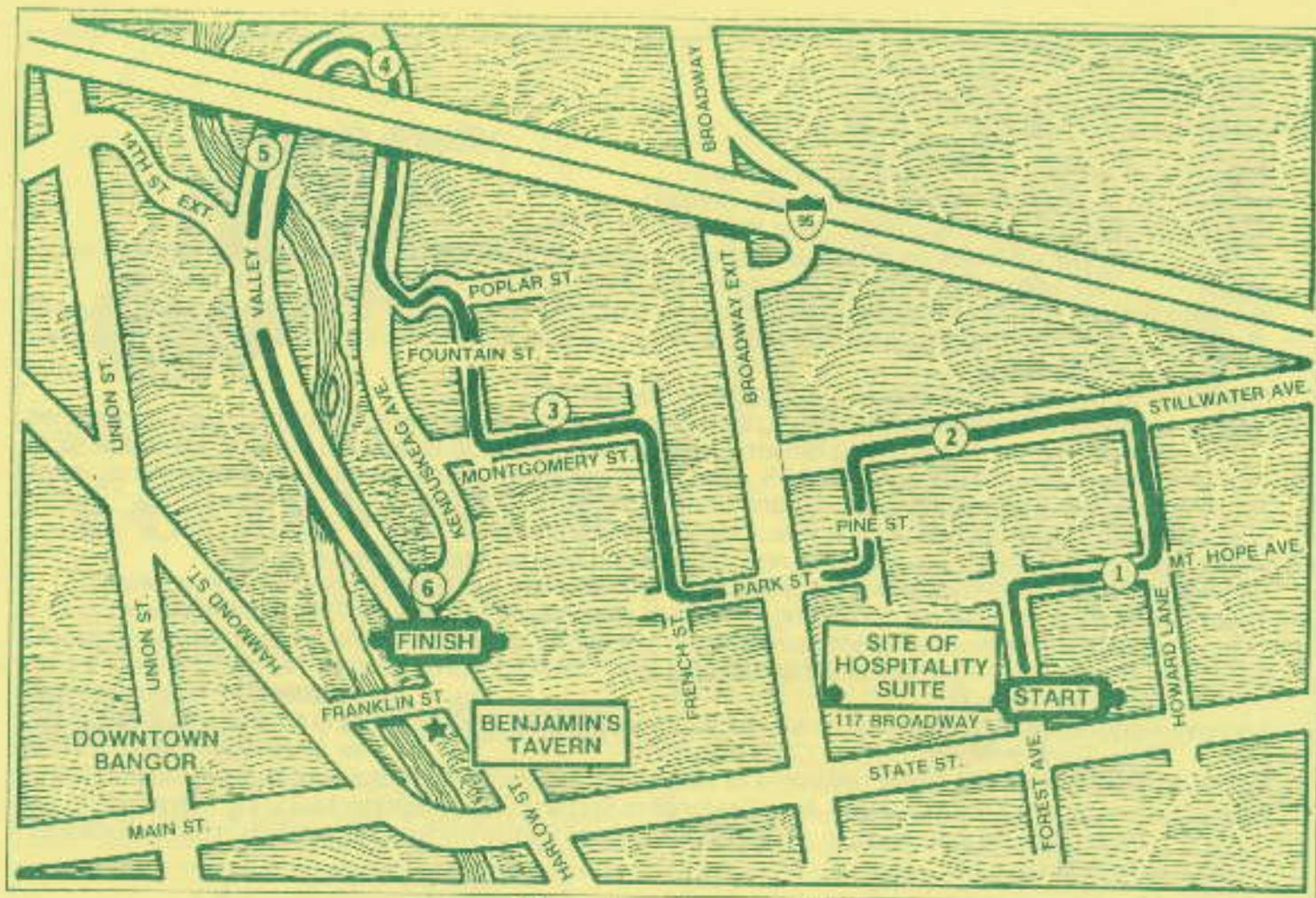
- Computerized results
- T-shirts to all entrants
- Accurate time/place for ALL runners
- Showers available at Abraham Lincoln School
- The 1st T.A.C. certified 10K in Maine
- Merchandise awards

**"Run on over to Ben's"**  
**We've got something**  
**special for you!**

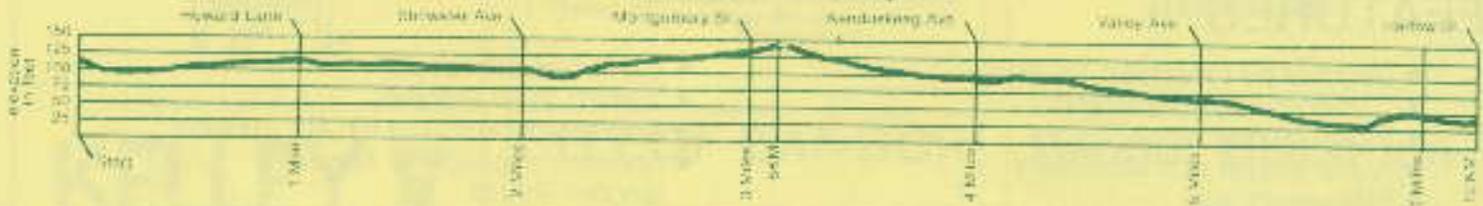
**BENJAMIN'S**

123 FRANKLIN STREET, BANGOR, MAINE 04401





## Benjamin's 10K Course Profile



This entry cannot be processed unless you sign your application, include your entry fee and include a self-addressed stamped envelope. Detach and Mail to Benjamin's 10K, 24 Parkview Ave., Bangor, Me. 04401

**Benjamin's 10K**  
Official Entry Form  
Release Form

Please print

Official Use

Name \_\_\_\_\_ Address \_\_\_\_\_

Age \_\_\_\_\_ Male - Female (circle one)

Team \_\_\_\_\_ - (see special information inside)

Previous best 10K \_\_\_\_\_ Expected time Oct. 31 \_\_\_\_\_

T-Shirt size: S M L XL (circle one)

In consideration of your accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims or damages I may have against any sponsor, their representatives, successors, and assigns for any and all injuries suffered by me at said race or event.

Your Signature \_\_\_\_\_

Parents signature (for runners under 18) \_\_\_\_\_

2nd ANNUAL  
**5K LINCOLN FALL CLASSIC** 3.106 Miles

DATE: Sunday-October 10, 1982 (Columbus Day Weekend)

TIME: 3:00 sharp. Registration from 2:00 to 3:00.

WHERE: Mattanawcook Junior High School - LINCOLN, Maine.  
 (just a pleasant 45 minute ride from Bangor)

COURSE: 5 kilometers - (3.106 miles) - Wheel Measured.  
 Start/Finish at Junior High School.

FACILITIES: Showers and Restrooms available at Junior High.  
 Bring your own towel.

ENTRY FEE: \$4.00 \*\*\* FREE SCREENED T-SHIRT TO ALL ENTRANTS \*\*\*

AWARDS:	OVERALL MALE	OVERALL FEMALE	1st-TROPHY
	Junior Male (13 under)	Junior Female	
	14-18 Male	14-18 Female	2nd thru 5th-
	19-29 Male	19-29 Female	RIBBONS
	30-39 Male	30-39 Female	
	40 over Male	40 over Female	T-SHIRTS to all

FEATURES: \*Water Station 1/2way      \*ALL Miles Marked  
 \*Times at 1 & 2 Miles      \*Immediate Results Posted  
 \*Free Screened T-Shirt      \*Spotters at ALL intersections  
 \*Copy of results      \*Free liquid refreshment  
 \*ALL Traffic routed AWAY from Course.

SPONSORED BY: M.S.A.D. 67 Teachers Assoc. & Ireland's Market  
 Proceeds to benefit SCHOLARSHIP FUND.

\*\*1981 Race numbered 102 Runners  
 Course Records: MEN-15:56-Chris Bovie      WOMEN-21:10-Lisa Hesselstine

O F F I C I A L   E N T R Y   F O R M

Name:..... Age:..... Sex: M F

Address:..... Phone:.....

In consideration of acceptance of this entry, I, for myself, heirs and assigns, waive and release any and all rights and claims for personal damages I may have against the officials, volunteers, or towns involved with this roadrace.

SIGNATURE:..... T-SHIRT SIZE: sm med lg Xlg  
 (parent or guardian if  
 under 18 years old)

Make checks payable to: LINCOLN FALL CLASSIC - (\$4.00)

Mail to: Mike Salvato - Mattanawcook J.H.S.  
 Lincoln, Maine 04457 School Tel.-794-8935



PEN BAY - SAMOSET  
CLASSIC



Come and run with us on Sunday,  
October 10, 1982, at 10 a.m.!!!(8K)  
9:15(5K)

Choose either an 8K(5 mile) or 5K  
(3.1 mile)scenic Pen-Bay course.  
Both very flat !!!!!!! Enjoy the  
fall foliage and ocean view.

REGISTRATION

FEES: \$5.00(pre-registration) \*  
\$6.00(Race day) \*

\*Both fees entitle runners to AWARDS BUFFET after race!

DON'T GO AWAY HUNGRY!!!!!!

\*FREE Tee-shirts to first 100 entries.

- \* RESERVATIONS available for
- \* the weekend at the Samoset
- \* Resort at reduced runners'
- \* rates. For more information
- \* call 207-594-2511.
- \* \*\*\*\*\*
- \* CHRONOMIX TIMING!!!!!!
- \*
- \* Mile markers, splits, water
- \* stops.

\*\*\*\*\*AWARDS\*\*\*\*\*

GRAND PRIZE: AWARDED TO 1st place Open division Male and Female in  
8 K (5 mile),....

SPORTING LIFE WEEKEND for 2 at the Samoset Resort...  
Includes welcoming cocktails, 2 nights and 3 days,  
breakfast each morning and \$25 Samoset money.

1st and 2nd places in each category in each race(8K and 5K)

OPEN- 1st In	30-39	One prize per person
14 & Under	40-49	
15-19	50 & up	
20-29		

SPECIAL CLUB AWARD: Top three times-men and women.

Checks Payable to: PEN BAY PACERS

MAIL TO: STERLING J. LEBLANC, 14 MELROSE CIRCLE, ROCKLAND, MAINE 04841

\*\*\*\*\*

IN CONSIDERATION OF ACCEPTANCE OF THIS ENTRY, I HEREBY WAIVE AND  
RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST  
THE SPONSORS AND OFFICIALS FOR ANY AND ALL INJURIES SUFFERED BY ME IN  
THIS ROAD RACE.

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

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

SIGNATURE: \_\_\_\_\_  
(Parent or Guardian if not 18)

Tee Shirt Size : S M L XL

( ) 8K(5Mile) \_\_\_\_\_ age \_\_\_\_\_ sex \_\_\_\_\_

( ) 5K(3.1mile) \_\_\_\_\_ age \_\_\_\_\_ sex \_\_\_\_\_

CLUB AFFILIATION \_\_\_\_\_



# Third Annual Maine State Championship 20 Kilometer Road Race



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

## OFFICIAL ENTRY BLANK



**Date:** Saturday, October 2  
**Place:** Ellsworth Triangle

**Time:** 10:00 A.M.  
**Sanction:** Road Runners Club of America

Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Age \_\_\_\_\_ Sex \_\_\_\_\_ Size \_\_\_\_\_ Club \_\_\_\_\_

**Entry Fee:** \$3.50 (pre-registration) or \$4.00 on day of race.

**Mail To:** Ellsworth Chamber of Commerce  
P.O. Box 267, Ellsworth, Maine 04805

**Phone:** 207-667-5584

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

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent or guardian signature if under 18 \_\_\_\_\_

---

## RACE INFORMATION



**Starting Time:** 10:00 A.M.

**Registration:** 8:30 - 9:45 Linnehan Ford, or by mail before Sept. 30. All runners should report to the start early to avoid any delay in starting.

**Course:** See map on reverse. Times given at the 1 mile and halfway 6.2 marks. Aid stations 6 & 9 miles.

**Facilities:** Restrooms on site.

**Awards Ceremony:** Will take place in front of Linnehan Ford opposite finish line. Refreshments will be served.

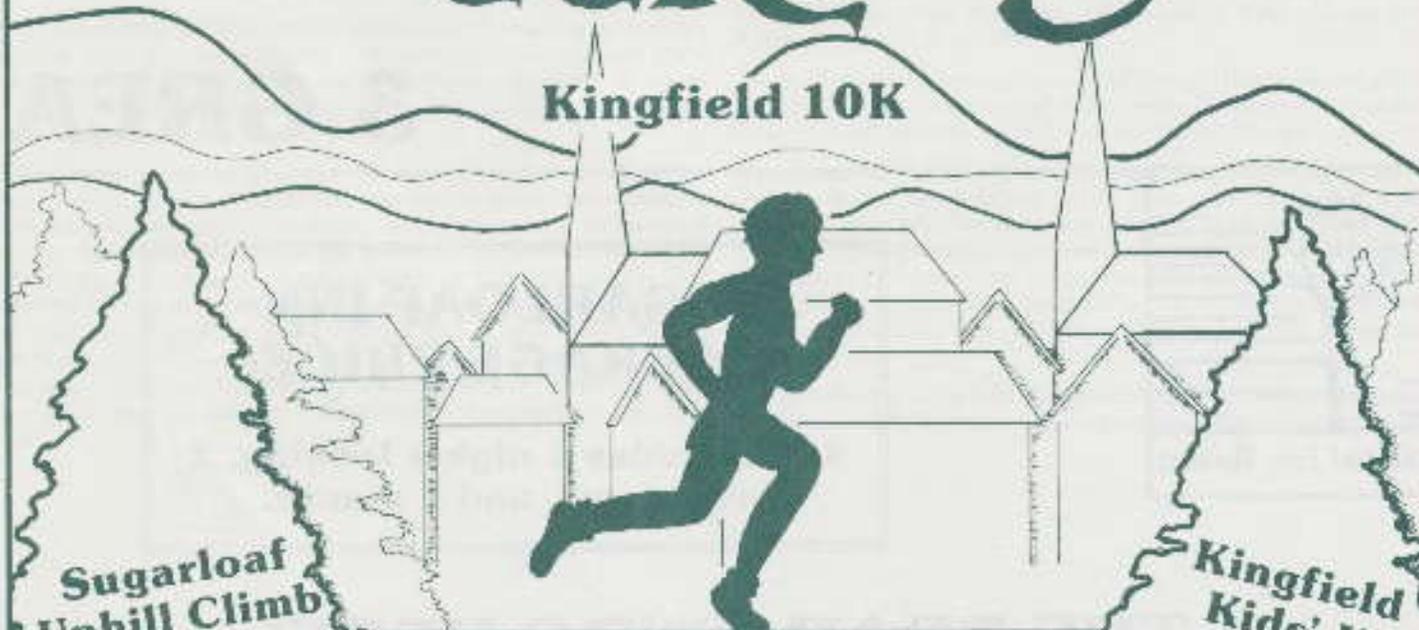
**Awards:** Thousands of dollars worth of prizes in nine age groups as well open and teen categories!





# Kingfield 10K Weekend

Kingfield 10K



Sugarloaf  
Uphill Climb

Kingfield  
Kids' K

Saturday & Sunday  
September 25 & 26  
Kingfield, Maine



**Kingfield 10K**  
**Saturday, September 25, 1982**  
**11:15 A.M.**

The Kingfield 10K has earned a reputation as one of the finest races in the state of Maine. Amby Burfoot's book, "The Guide to New England Road Races," recognized the Kingfield 10K with a Gold Medal, only 20 were awarded for all of New England.

The Kingfield 10K features high calibre competitors; the finest 10K course in the state, a beautiful setting with no traffic, spectators, written results at awards ceremony, free refreshments and live entertainment after the race.

The 70% flat and 30% easy, rolling hills take you on a tour of the beautiful village of Kingfield. A one mile loop brings racers back to the start before heading out of town on an out-and-back course with spectacular views of the mountains. The course is being certified this summer. The finish line is a stone's throw from the start, but the finish is not the end.

Post race activities include an outdoor concert and barbecue with free liquid refreshment and the awards ceremony. It's a warm, friendly gathering in a relaxed atmosphere.

**Sugarloaf UpHill Climb**  
**Sunday, September 26, 1982**  
**10:15 A.M.**

The Sugarloaf UpHill Climb is actually an older event than the 10K. The organizers of the 10K have decided to bring it out of retirement to test all the hardy runners.

The event starts at the base lodge (elev. 1600') and proceeds up a tote road on the Binder trail, and ends, less than 3 miles later, 2637 vertical feet higher, at the summit of Sugarloaf Mountain. The record for the climb is 29 minutes, 29 seconds. This is not a race; it is a challenge that should only be attempted by conditioned athletes. Commemorative T-shirts will be given to the first 75 finishers. Free refreshments and a ride down the gondola at Sugarloaf/USA (weather permitting) will be given to all competitors. This event begins at 10:15 sharp.

**DETAILS**

**Best Finishers:** Kingfield 10K-Bob Hodge ('79) 29:11; Andy Palmer ('80) 29:29; Scott Graham ('79) 30:18; Jean Benoit ('79) 33:41; Michele Hallett ('80) 35:30; Loren Ritchie ('79) 38:28  
Sugarloaf UpHill Climb-Record 29:29

**Registration:** Kingfield Kids' K-8:30-10:00 A.M. race day at Kingfield Savings Bank; Kingfield 10K-8:30-10:45 A.M. race day at Kingfield Savings Bank; Sugarloaf UpHill Climb-9:00-10:00 A.M. race day at Sugarloaf/USA Base Lodge; by mail, use form.

**Start Locations:** Kingfield Kids' K-in front of Kingfield Savings Bank on Main Street; Kingfield 10K-in front of Kingfield Savings Bank on Main Street; Sugarloaf UpHill Climb-in front of Sugarloaf/USA Base Lodge.

**Course Descriptions:** Kingfield Kids' K-a one mile (1.6K) tour of

Kingfield. Follows 1st mile of Kingfield 10K course, slightly rolling. Ends back at start in front of Kingfield Savings Bank.

Kingfield 10K-10 kilometer (6.2 miles) course on paved town roads, 70% flat, 30% slightly rolling terrain, scenic, one loop, then out and back. Application has been filed for certification.

Sugarloaf UpHill Climb-an extremely difficult course up a tote road with a loose gravel and rock surface. Climbs 2600 vertical feet over nearly 3 miles, uphill all the way. Very demanding!

**Prize Categories:** Kingfield 10K-Males & Females-14 & under; 15 to 19; 20 to 29; 30 to 39; 40 to 49; 50 to 59; Open; 1st Club; 1st 3 locals

**Prizes:** Kingfield 10K-State & Pewter Plaques (top 3 finishers in each category), and many, many raffle gifts by bib number (save bib).

## 3 GREAT



### SUGARLOAF INN PACKAGE PRICE

**\$40 includes 2 nights lodging, 2  
breakfasts, and 1 dinner.**

## THE TRAIL ENDS HERE!

**For reservations, call or write: Sugarloaf Inn Resort  
Kingfield, ME 04947, (207) 237-2701**

**Kingfield Kids' K Race & Raffle**  
**Saturday, September 25, 1982**  
**10:15 A.M.**

The excitement of the Kingfield 10K has many younger kids fired up to run a race. To fill this need, the Kingfield Savings Bank and Peter Webber's Sugarloaf Inn will sponsor a 1.5K (1 mile) race at 10:15 A.M. for runners 14 and under. (The Kingfield 10K is open to runners of all ages who want to run 6.2 miles.)

T-shirts will be given to the first 150 registrants, and trophies will be awarded in the following age groups — 5 and under, 7 & 8, 9 & 10, 11 & 12, 13 & 14. A grand prize of a bicycle will be raffled off at the award ceremony around 1:00 P.M. All entrants will be eligible. Stop in at the Kingfield Savings Bank to see the 10-speed bike and sign up for the Kingfield Kids' K race. It's another community commitment from your friends at the Kingfield Savings Bank and Peter Webber's Sugarloaf Inn. Join in the fun, the Kingfield 10K Weekend has an event for everyone in the family.

**SCHEDULE OF EVENTS**

- Friday, Sept. 24 Check-in at lodges; pre-race dinner specials at Marho's & The Chateau in Carabasset Valley
- Saturday, Sept. 25  
8:30-10:45 am Registration at Kingfield Savings Bank—all 3 races  
10:15 am Kingfield Kids' K Race (1 mile)  
11:00 am Kingfield 10K (6.2 miles)  
Post Race "Friendly Gathering" with free liquid refreshments and music by Dan Carpenter, behind Kingfield Savings Bank  
1:00 pm Awards Ceremony
- Sunday, Sept. 26  
9:00-10:00 am Registration  
10:15 am Sugarloaf UpHill Climb  
12:00 Noon Awards Ceremony at The Sugarloaf Inn with free liquid refreshment

Gondola rides both days 10:00 am - 5:00 pm, weather permitting.

Sugarloaf UpHill Climb-Commemorative T-shirts to 1st 75 finishers at summit & free liquid refreshments

**Entry Fee:** Kingfield Kids' K-\$3.00 includes free T-shirts to 1st 150 entries, trophies, free liquid refreshments, live entertainment and a chance to win a 10-speed bike from The Ski Rack (to be raffled off at the awards ceremony).

Kingfield 10K-\$5.00; includes T-shirt to 1st 400 registrants, free refreshments and entertainment after race (save bib)

Sugarloaf UpHill Climb-\$3.00; includes T-shirts to 1st 75 finishers, liquid refreshment & free ride down Sugarloaf/USA's gondola (weather permitting)

Make check payable (for all races) to Kingfield 10K. Mail to: Chip Carey, Kingfield 10K, Kingfield ME 04947

**Splits:** 1 and 5 miles. Water at 3.5 and 4.5 mile mark (same location), more if hot. Hoses along course if extremely hot

**Lodging:** Sugarloaf Inn-\$40.00; includes 2 nights lodging, Saturday night dinner, 1 regular breakfast and a light pre-race breakfast. Call (207) 237-2701 for reservations.

**Showers:** Kingfield Elementary School, just before 2-mile mark on the course (Rte. 142 West). Doors close 1:00 P.M.

**Information:** Chip Carey  
Kingfield 10K  
Kingfield, ME 04947  
(207) 237-2000 work  
(207) 265-2273

## EVENTS



# Kingfield

**SAVINGS BANK**  
KINGFIELD, MAINE 04947

**We're proud to sponsor  
the 3 great races during the  
Kingfield 10K Weekend**

**Come in and see the bicycle and trophies  
to be raffled & awarded as part of the  
Kingfield Kids' K race.**

# Knapp BROS.



Depot Street,  
Kingfield

# Keenan Auction Co.'s

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265-2011



## Official pre-race dinner at

Macho's

Route 27, Carrabassett Valley 235-2421

# Hacienda



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Mexican-American Restaurant

## Official pre-race dinner at



Route 27, Carrabassett Valley  
235-2731

# athletic Tattic

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KINGFIELD, MAINE

### ENTRY FORM

(Please Print)

### Kingfield 10K Weekend

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

CHECK RACES ENTERING: Kingfield 10K (\$5)  Kingfield Kids' K (\$3)  Sugarloaf Uphill Climb (\$3)  Club \_\_\_\_\_  
(SE the day of the race)

RACING IN WHAT CLASS: Open\* or Age Group (Circle One) AGE: \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ (Circle One)

PREVIOUS BEST RACE: Name \_\_\_\_\_ Place \_\_\_\_\_ Time \_\_\_\_\_ Distance \_\_\_\_\_

SHIRT SIZE: Small Medium Large Youth (Circle One)

\*Open - No time limit, race against all ages, usually experienced runners, unless stated, none in age group.

In consideration of your accepting this entry, I, intending to be legally bound, hereby represent, my heirs, executors and administrators, waive and release any and all rights and claims or damages I may have against any sponsors, their representatives, successors, and assigns for any and all injuries suffered by me at said race or event.

Mail to: Chip Carey  
Kingfield 10K  
Kingfield, ME 04947

Your Signature \_\_\_\_\_  
Parent's Signature \_\_\_\_\_  
(for runners under 18)

P. O. Box 111, 2000, Carrabassett Valley, ME 04947. This conditioned release should accompany a check.

## THE KINGFIELD 10K WEEKEND

In three years, the Kingfield 10K has become one of the top races in Maine. Quality is the word that best describes this event. Andy Burfoot added prestige to the event this summer by awarding it a gold medal in his book, "Guide To New England Road Races." Of all the races in New England, only 20 received this measure of excellence.

The Kingfield 10K began in 1979, during a time when running was growing in popularity. Its goal from the start was to be a high quality and well-respected race. Also, there was the desire to create an event which could take advantage of the natural beauty of the Sugarloaf and Kingfield area. The course was selected with both racer and spectator in mind. 70% flat and 30% slightly rolling hills, it was planned as a fast course. The fastest 10K time in Maine was turned in on this course by Bob Hodge in the inaugural year, a 29:11. Runners have fantastic views of the western mountains along most of the course. A late September date allows Mother Nature to add her beautiful touch, fall foliage. An out and back section of the course allows runners the opportunity to see the leaders. The race starts with a one mile loop which brings the racers back to the start. Here, both the runner and the spectator benefit. The competitor gets a boost from the fans. The by-standers get a chance to see two of the three most exciting parts of the course without moving. A 50 yard walk to the finish line and you have seen the best parts of the race. A good set-up for all involved.

September weather in the Sugarloaf area is ideal for running — cool, dry and clear. After the race, a friendly gathering centers around free liquid refreshments and live entertainment. There is a barbecue and an award ceremony with gifts being raffled off by bib numbers. This allows everyone the opportunity to win.

For the first two years, the Kingfield 10K stood by itself as the only event of the weekend. As it became obvious that whole families were coming to the event, staying the weekend and taking advantage of the good package deal at the Sugarloaf Inn, more events were added to the weekend. For the youngsters, the Kingfield Kids' K, a one mile race (first loop of the course) was created. It was given its own identity and starting time, with lots of trophies and prizes for kids 14 and under. Racing parents did not miss seeing their children compete. 140 kids completed the race in its first year. The winner was Kevin Keen in 5:15, proving that it was a real event. The kids got T-shirts and an opportunity to win a 10-

speed hike. The excitement of this event was amazing; some felt the kids stole the show. It was a sight to behold.

For the hardcore runners, Sunday offered a chance to see how conditioned they were. The Sugarloaf Uphill Climb, a 3 mile run up Sugarloaf Mountain, was brought out of a two year retirement. Commemorative T-shirts were given to the 70 finishers in this grueling challenge.

The Kingfield 10K has developed into a true weekend event. It offers the opportunity for runners to take a mini-running vacation at a reasonable cost with many events going on. The amenities of the Sugarloaf area add to the experience, and allow the opportunity to play tennis, go hiking, canoeing, biking or just relax at poolside. Many trails in the area offer good training runs. The Sugarloaf Gondola operates for easy access to one of the finest views in Maine.

The following have had the distinction of winning the 10K event:  
In the men's division: In 1979, Bob Hodge turned a 4:32 first mile and cruised to victory in the fastest 10K time in Maine, 29:11. Andy Palmer ran 29:29 to win in 1980. Hank Plafie matched Palmer's time in 1981 to win the event.  
In the women's division: Joan Bonoi holds the course record, established in 1979, 33:41. Michele Hallett does not run the roads very often, but she is the only two time Kingfield 10K winner. In 1980 she ran a 36:30, followed by a 36:35 in 1981.

There have been other highlights like 7 year old Ben Robinson getting the hot track last year. He ran in all three events! How about 77 year old Sam Ouellet finishing both the 10K and the Uphill Climb?

The Kingfield 10K Weekend has been very successful. One of the reasons is the fine sponsors which support the races and make the weekend possible. The Kingfield Savings Bank and Peter Webber's Sugarloaf Inn Resort have shown great community involvement and willingness to provide the race organizer with what it takes to put on these high quality events. This program is full of other supporters which deserve recognition and patronage. They support you, please support them.

On behalf of the entire Sugarloaf community, I invite and welcome you to the Kingfield 10K Weekend. Have a great race! Chip Carey, Race Director



Where the families stay ....  
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KINGFIELD, MAINE 04947 207-235-2641

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Carrabassett Valley, Maine



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For complete details, call (207) 237-2967 or (617) 425-6600.

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at sugarloaf

Brighton, Maine



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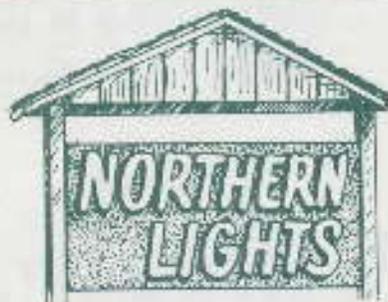
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Sugarloaf/USA  
Kingfield, ME 04947  
Call collect: 207-237-2100



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While you're here, be sure to visit our  
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and a smile.**



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Farmington, Maine 04938

# 3rd ANNUAL WADDLE FOURNIER MEMORIAL 10 MILE RACE



Date: *SEPTEMBER 19, 1982*  
Start: *MT. ARARAT SCHOOL, TOPSHAM ME.*  
Time: *9 AM SHARP*  
Finish: *MT. ARARAT SCHOOL, TOPSHAM ME.*

Registration: *7:45 - 8:45 AM THE DAY OF THE RACE*  
*OR MAIL TO*  
*ROBERT WADDLE RFD 2, BOX 2152, BRUNSWICK, ME. 04011*

★ T-SHIRTS TO THE FIRST 100 ENTRANTS ★

Awards: *TO THE FIRST 3 IN EACH CATEGORY; MALE AND FEMALE*  
*18 AND UNDER, 19 - 29, 30 - 39, 40 - 49, 50 AND OVER;*  
*THE OLDEST MALE AND THE OLDEST FEMALE,*  
*AND THE FIRST 3 180 lbs. AND OVER.*

ENTRY FEE \$3.00

-----  
NAME-----AGE-----

ADDRESS-----

-----SEX-----

(please circle one)

MALE	FEMALE
18 AND UNDER	18 AND UNDER
19 - 29	19 - 29
30 - 39	30 - 39
40 - 49	40 - 49
50 AND OVER	50 - AND OVER
180 lbs. AND OVER	



In no way will I hold the above persons or  
sponsors of this event liable for any injuries  
which I might sustain in this competition.

SIGNED-----



# 5 ANNUAL BAR HARBOR 13 MILER

New England's Most Scenic Road Race

**WHEN:** Saturday, September 18, 1982, 10:00 A.M.

**WHERE:** Bar Harbor, ME., located on scenic Mount Desert Island, home of famous Acadia National Park, a runner's Mecca, with 52 miles of carriage paths winding through forests, mountains, ponds and by the Atlantic Ocean.

**SPONSOR:** Bar Harbor Chamber of Commerce

**COURSE:** Challenging loop course, start and finish at athletic field, nine miles on vehicle prohibited carriage paths, excellent running surface, race monitoring by Bar Harbor Police Reserves, Hancock County Fleet and Acadia National Park Rangers.  
Distance: 13.109 miles - 1/2 marathon.

AWARDS:	Divisions	Awards
	Men's Open	1-10
	Men's (30-39)	1-3
	Men's (40-49)	1-3
	Men's (50 & over)	1-2
	Women's Open	1-5
	Women's (30-39)	1-3
	Women's (40 & over)	1-3
	Under 16	1
	Team - Men (top 3 times)	1
	Team - Women (top 3 times)	1
	1st MDI Man	1
	1st MDI Woman	1

**ENTRY FEE:** \$3.00  
Deadline: 9:00 A.M., morning of race  
Does not include T-shirt

**ENTER EARLY!** Race restricted to 1st 1000 entries

**FEATURES:** Aid stations  
Splits  
Finish times  
Mile markers  
Chronomix Timer

Quote: "There is no question in my mind that you have the best mini-marathon course in Maine!"  
Rick Krause, Editor, MAINE RUNNER

**Course Records:**

MEN:	Bruce Frame	1979	Caribou, ME	1:09:06
WOMEN:	Robin Emery	1980	Lamoine, ME	1:24:33

### ENTRY FORM

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

Signature \_\_\_\_\_

If under 18 parent or guardian must also sign

Print Name \_\_\_\_\_

Address \_\_\_\_\_

Club or School Affiliation \_\_\_\_\_

Age \_\_\_\_\_ Division Entering \_\_\_\_\_

RETURN ENTRY WITH REMITTANCE TO: Entry fee: \$3.00

Dennis S. Jenkins, Race Director  
Bar Harbor Chamber of Commerce  
Bar Harbor 13 Miler - 1982  
Bar Harbor, ME 04609  
Tel: 207-288-5103, for information

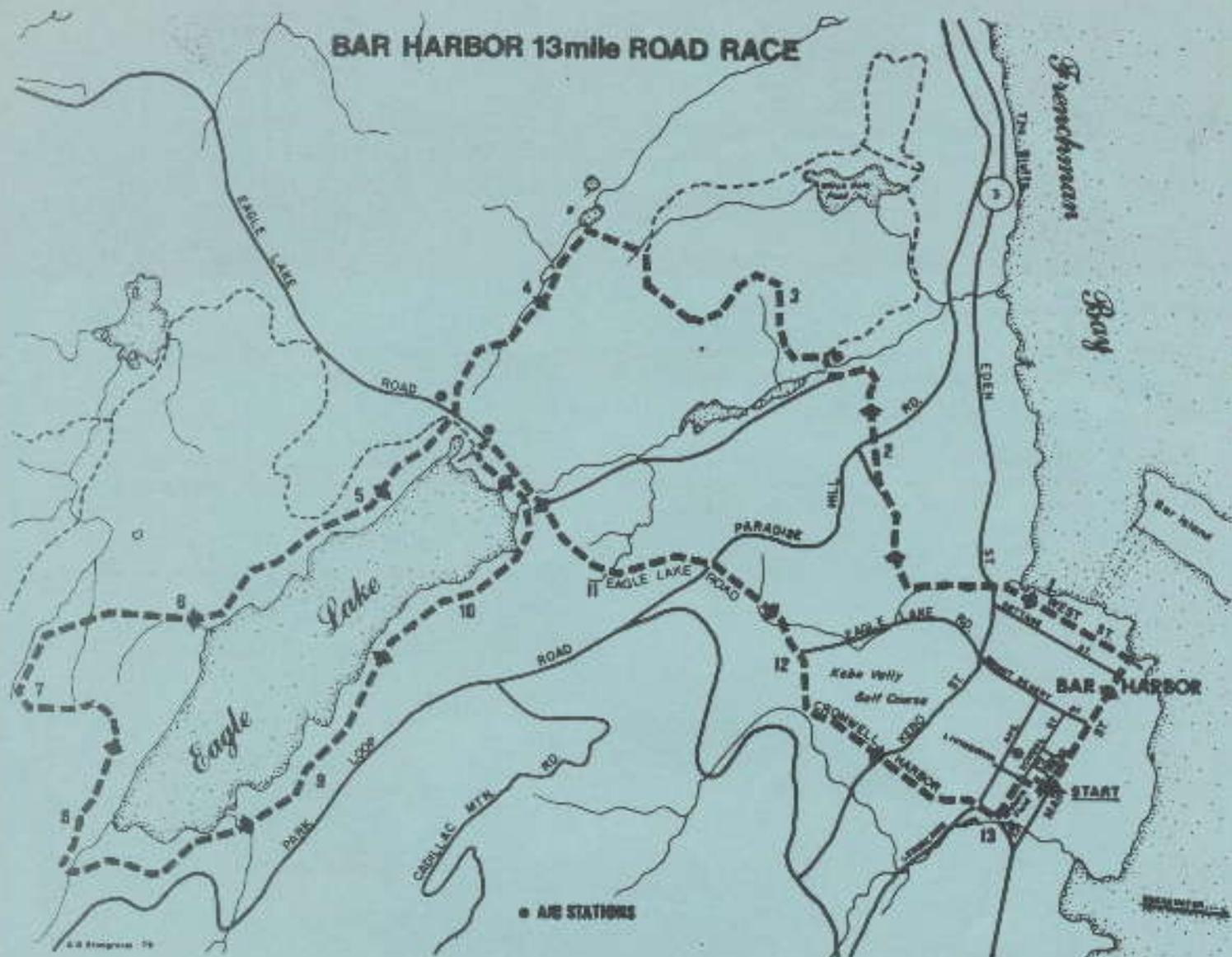
ENTER EARLY AND BE A PART OF A MAINE RACING TRADITION

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# BAR HARBOR 13mile ROAD RACE



## 5 ANNUAL BAR HARBOR 13 MILER



New England's Most Scenic Road Race

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

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

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