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SEPTEMBER 1981

MAINE Running™

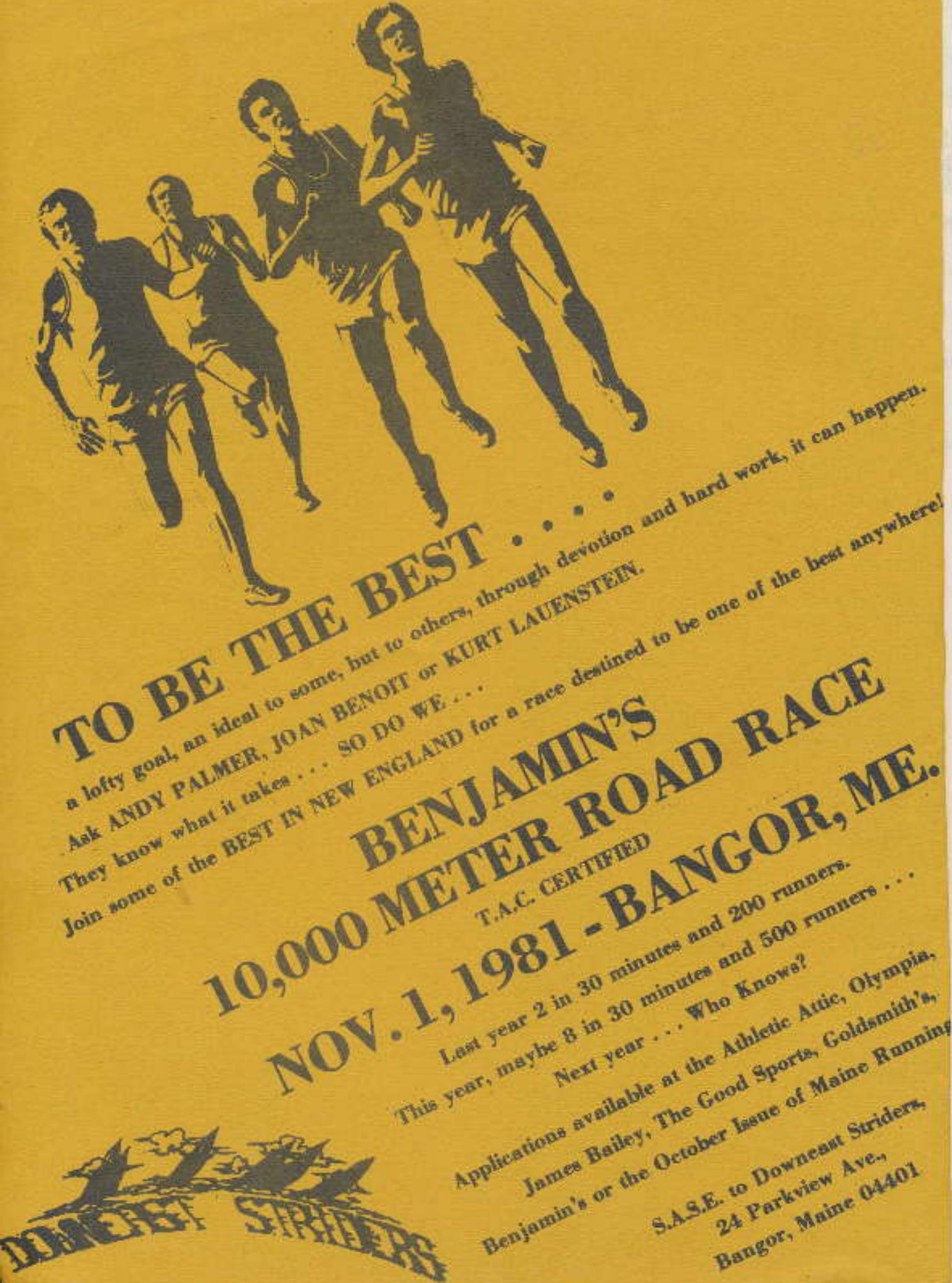
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BIKING TO OLYMPUS
MOJAVE TRIATHLON

THE MAINE LINE

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Last year 2 in 30 minutes and 200 runners.
This year, maybe 8 in 30 minutes and 500 runners . . .

Next year . . . Who Knows?

Applications available at the Athletic Attic, Olympia,
James Bailey, The Good Sports, Goldsmith's,
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S.A.S.E. to Downeast Striders,
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MAINE Running

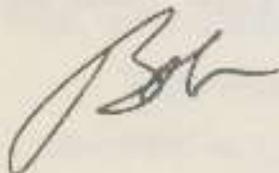
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Harold Hatch seems to be wondering if he should continue testing himself against people well over half his age as he picks up his stick with a big #1 on it a mere 4 seconds in front of Steve Kozlovich in the first Castine Twosome. Harold ran a tough 27:08 over the extremely hilly 5.1 mile course, but Koz picked his partner well and Mary Clapper, fresh from an intensive week of work at the RPM Running Camp, came home in 34:40 enabling the young couple to edge the Hatch family in the twosome competition 61:52 to 62:10.

Harold is a summer resident of Castine and the best master miler in New England.

September is here and the big traditional races are upon us: Bar Harbor, Kingfield, the People's Bank. There are two other big ones you should be looking out for. The Second Annual Autumn Gold 20K is just around the corner and the all new Benjamin's 10K promises to be one of the best races ever in Maine. Larry Allen will be directing the event with the help of the rest of the Downeast Striders. Jan Yerkes of Pennsylvania, third at Falmouth, is coming to run against Maine's best female runners. Andy Palmer will be here and he should put our state's best runners to the test.

This month's issue is loaded with articles from Eastern Maine runners Larry Allen, Skip Howard, John Frachella, Tom Mulvey and I. I'd love to publish more material from Southern and Northern Maine. Don't be shy; I haven't rejected any material yet.



SEPTEMBER/OCTOBER CALENDAR

Due to constant comment the calendar is extended to include all of October.

RPM RUNNING CAMP REVIEW

The pictorial essay this month is on the highly successful third annual RPM Running Camp.

BIKING TO OLYMPUS

John and Joe are still on the roads of Greece and Italy.

MOJAVE TRIATHLON

The Mulv tackles a triathlon in one of the hottest places on earth.

RUNNING ON...

Skip got this month's article in on time and that's his topic.

THE MAINE LINE

Larry Allen's all new column dedicated to Maine athletes competing around the country and the world.

AT THE RACES

Who is Bruce Mortenson and why is he running so well in Maine?

THE PACK

MAINE RUNNING IS PUBLISHED MONTHLY IN
BANGOR

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SEPTEMBER CALENDAR

- 5 THIRD ANNUAL WINDSON FAIR SHRINE DAY 5 MILE Bill McFarland 445-2433
- 5 FOURTH ANNUAL FRANCONIA SCRAMBLE ROAD RACE 10K. Franconia Village Green, Franconia, NH. 11:00 am start. T-shirt or hats to all finishers. Age group awards \$5.00. Write: Bill Briggs, Franconia, NH 03580. Benefit World Hunger. 3 SEC
- 6 THIRD ANNUAL ENGINE HOUSE 5 MILE (AUBURN) Jack Linnell 784-4563 3 USM
- 7 GORHAM LABOR DAY 10K. Mike Towle 772-3617 4 JAY
- 7 NINETEENTH ANNUAL BANGOR LABOR DAY ROAD RACE. Bob Booker 843-6262. Flyer in Aug issue. All St.
- 7 CARIBOU LABOR DAY 4.3 MILE ROAD RACE. Conrad Walton 498-3305. 4 SEC
- 12 ATHLETIC ATTIC KID'S RACE. 12 and under. 50 yd, 100 yd, 440, 880, and mile runs. \$1.00 entry fee. Certificates and prizes. Contact: Skip Howard at the Bangor Attic 947-6880. 10 THI the
- 12 READFIELD RUN TO READ. See flyer in August issue. 10 QUA
- 12 JONESPORT 5 MILER. See ad in August issue. 11 THI Har
- 12 NORTH YARMOUTH 4 MILER. Bob and Barb Coughlin. 11 LIN
- 13 THIRD ANNUAL ROLAND DYER - SENTINEL CLASSIC 5 MILE ROAD RACE. See flyer. 18 CAS
- 19 WORKING WOMEN'S ROAD RACE. Old Port, Portland. 9:00 a.m. Contact: Maine Civil Liberties Union, 97A Exchange St. 04101 or call 774-5444. 25 GRE
- 19 FOURTH ANNUAL BAR HARBOR 13 MILER. See flyer. NOVEMBER
- 20 CHILDREN'S RACE DAY. Charles Scribner 1 SEC
- 20 THIRD ANNUAL PEOPLE'S BANK ROAD RACE. See flyer in August issue. 8 SEC
- 20 DIXVILLE NOTCH INTERNATIONAL MARATHON. Contact: Rick Tillotson, Dixville Notch, NH 03576 or call (603) 255-3631.
- 20 SECOND ANNUAL WADDLE-FOURNIER 10 MILER. Registration and start at Mt. Ararat. Contact: Bob Waddle at 725-6222.
- 26-7 THIRD ANNUAL KINGFIELD 10K WEEKEND. See ad and flyer.
- 26 COMMON GROUND 5 MILER or 10K. Windsor, 8:00 am. \$3.50 entry fee includes T-shirt. Contact: Skip Howard 947-6880. Sponsored by M.O.F.G.A. (Maine Organic Farmers and Gardeners Association)
- 27 JAMES BAILEY X-COUNTRY. Dave Paul at 774-4089.

Autumn Gold

ELLSWORTH AREA CHAMBER OF COMMERCE

P.O. Box 267

Ellsworth, Maine 04605

207-667-5584

OCTOBER PREVIEW

- 3 SECOND ANNUAL AUTUMN GOLD STATE CHAMPIONSHIP 20K ROAD RACE. See flyer.
- 3 USM LAW SCHOOL ALUMNI. Wayne Larochele
- 4 JAYCEES FOLIAGE FOOTRACE. University of Maine, Augusta. 5 Mile course. \$4.00 All profits donated to American Cancer Society. Contact: Al Godfrey, 38 Middle St., Augusta, Me. 04330 or phone 622-7734 in the evening.
- 4 SECOND ANNUAL LISBON FUN RUN (5.4 Miles). See flyer.
- 10 THIRD ANNUAL BLUE OX CO-OP 5 MILE ROAD RACE. 10 a.m. at the Blue Ox Co-Op on the Bonmarc Road in Bangor. John Frachella 884-7467.
- 10 QUAKER HILL CHALLENGE 10K. Contact Ed Raiola at Unity College.
- 11 THIRU ANNUAL FALL FOLIAGE FOOT RACE. Contact Harbor House, Inc. in Southwest Harbor. Marty Lyons 244-3713.
- 11 LINCOLN FALL CLASSIC. See flyer.
- 18 CASCO BAY MARATHON. Contact John Noyes at Unionmutual.
- 25 GREAT PUMPKIN 10K at Camp Ellis. Preston Powell at 934-5560.

NOVEMBER'S MEDEVENTS

- 1 SECOND ANNUAL BENJAMIN'S 10,000 METER ROAD RACE. See ad!!!
- 8 SECOND ANNUAL ROWDY ULTRA. Contact a Rowdy!



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Applications are available at all Maine Athletic Attic Stores, in the September issue of Maine Running or by sending a self-addressed stamped envelope to Kingfield 10K, Chip Carey, Kingfield, ME 04947. You can reach me at 207-237-2000 (work) or 207-265-2273 (home).

(These requests will be answered the 1st week in September.)

Special lodging rates at the Sugarloaf Inn \$32.50/person includes 2 nights lodging, 2 breakfasts, 1 dinner. For reservations, call 207-237-2701.

BIKING TO OLYMPUS

by Dr. John Frachella

Man on a bicycle can go three or four times faster than the pedestrian, but uses five times less energy in the process. He carries one gram of his weight over a kilometer of flat road at an expense of only 0.15 calories. The bicycle is the perfect transducer to match man's metabolic energy to the impedance of locomotion. Equipped with this tool, man outstrips the efficiency of not only all machines, but all animals as well.

Ivan Illich, Energy and
Equity

We left Kato Wasseliki, headed 15 kilometers east and cycled to Nafpactos, a beautiful city, formerly a bastion against the Turks in the 1600's.

Tourists weren't alien to Nafpactos and we found ourselves well received with smiles and English words. We asked about a restaurant and someone suggested a Cafe down a side street on a bay.

It was Sunday afternoon and all the locals were eating, drinking, and laughing. We had some bread, a few salads and some beer while we sat at a table we'd carried onto the beach. We layed down for some rest and sun when a few men began playing drums and horns. Eyes closed, it sounded like midevil crum-horn music in a strange minor key. There was no sign of Western life here until our waitress, who was very pretty, spoke to us in a N.Y. accent. As it turned out, she was the owner's daughter, her family was from Bayside, and each year they returned to Nafpactos to manage their restaurant.

Yes, we were half way around the world eating at a dive owned by some Greeks from New York City...

Later that afternoon we rode our bikes back to Anterion and took

the ferry to Patras where we retrieved our passports at the Youth Hostel. We went to dinner at our favorite old spot on the docks - fish, salad, french fries and more beer.

At 10:00 P.M. our boat was scheduled to leave for Brindizi (Italy) and at 9:30 we were ready, complete with a box of cookies, a bag of brazil nuts and a small bottle of Ouzo. We went through the customary boarder hassles of passport check, port tax questions, tickets, etc, but by 10:00 the ship was under way and we were on board.

Our bikes were in the hold and we climbed into our sleeping bags on the ship's deck. With bright stars and a gently swaying sea, we polished off the Ouzo, and the food. By 11:00 we fell asleep along with a dozen other backpackers from all over the world strewn in their bags from bow to stern.

In the morning, when we woke on the ship, we met Marc. He was an American living in Geneva, Switzerland. His father, who was French, owned Timberland Machinery in Bangor, on the Perry Road. And the whole world suddenly shrank.

Marc had gone to Harvard, and was now in the export business. He was a sailor, a skier, his Mom owned Cannon Mt. ski resort in N.H. and he was a white water canoeist. Umm.... We had nothing in common...

At about 25 years old, Marc was a mature man and an instantaneously good friend. He introduced us to his friend Anne, a very attractive 30 year old lady who was an administrative assistant for a large engineering company in L.A. The 4 of us spent the morning, afternoon, and evening together sitting on deck, sunning ourselves as we made our way with calm seas toward Italy. A conversation ensued about the coevolution of science and spirit, dowsing, white magic, and our role in the big picture of personal happiness.

As we spoke, a man who was sitting adjacent to us removed his hat to reveal a perfectly bald and polished head. He had a huge bushy mustache and liquid, almost exothalmic eyes. He looked Armeanian or Yougoslavian, but I took a chance that he might know some English. I asked him if I could have a picture of his unique face. "With, or without hat?"

"Without." As I photographed his polished skull, I remarked about his likeness to photographs I'd seen of George Ivanovich Gurdjeiff, a Russian-Greek mystic with a following in the early 1900's.

"I'm a bit of a guru myself", he said.

With that he joined our group and we all enjoyed his company. We talked for hours, drank Metaxa, espresso and Greek beer (great combination!).

We were very sad to say goodbye to each other when we finally reached Italy. Some people are difficult to leave behind. The best we could do was exchange addresses, handshakes and hugs.

We had long planned to jump on our bikes in Brindizi and blast out of town. We'd heard horror stories about the chaos and confusion here, so we pedalled hard and made it to Mesagne, 10 kilometers west.

In Mesagne we took a south bound train to gain some time and some sleep. We had to wait a few hours so we stashed our bikes at the station there and went for our first run. Covering about 7 miles, we felt pretty stiff, but we loosened up after a while. No showers here, so after the run we changed into dry clothes, grabbed some pasta and wine in a restaurant, and caught the train just in the nick of time.

From then on, it was disaster. No-one wanted to handle our bikes and the Italians hassled and hollered, making us wait in this station and that. Unfortunately, it took us 2 days to reach Reggio di Calabria and on the way, to add insult to injury, we had to stop in Catanzaro Marina for a 4 hour wait. We grabbed our bikes to take off for the beach but the station attendants tried to stop us. Apparently they were going to charge us extra money to put our bikes back on the train. We ignored their threats, made it quickly to the shore and stopped dead in our tracks: We were on the streets of a town where all the buildings were defiled with graffiti, trash was heaped up all over the place, the smell of human feces was everywhere, idle adults and teenagers milled around, and dried-up water canals were strewn with garbage, old mattresses and tin cans.

I'm sorry to report that most of the parts of Southern Italy we saw were like this from that town on.

We decided it'd be best not to go back to the train station, so we got on our bikes and pedalled 40 kilometers south to the next town. Fortunately, Soverato was the antithesis of Catanzaro. The people were a hard working lot, there wasn't any trash, it was pretty, and we saw lots of friendly, smiling faces. We picked up a train here and met some station attendants who were enthusiastic to learn English and to teach us Italian. From then on, we railed it to Reggio de Calabria (which was, by the way, a hole). We had to bike 15 kilometers to get to St. Giavonni where a ferry crossed the Straits of Messina. The bike ride to St. Giavonni was a nightmare. Every third street corner smelled strongly of urine and feces. People were burning garbage in their yards and the whole place looked like it had gone through a war - smoking, smelling, and festering. We made it to the ferry boat just in time, and presenting our Eurail passes, we got on for free. The boat was filthy but the ride was short, thank God.

We were in Sicily and, surprisingly, Messina was nice. We even found a clean, cheap hotel, and an excellent restaurant for dinner. We slept well and in the morning we headed for Tauramina on our bikes. It was about 50 kilometers and a pretty nice ride, especially once we cleared the traffic of the city limits. When we got to Tauramina-By-the-Sea we had to climb a steep straight-up hill 3 kilometers long. It was a thigh-buster but worth every inch of the climb. Tauramina was beautiful but it was a tourist town and prices for commodities were very high. We walked around, pedalled, took a few pics and later ate dinner at a nice spot overlooking a bay. We had calamari (squid), pasta, broiled fish and a bottle of wine. At dusk, we carried our bikes to the beach, unloaded our gear and sat up for a while to watch the moon rise above a rocky island, not far offshore.

Sleep came easy...

MOJAVE TRIATHLON

by Tom Mulvey

Although I've used running as a primary base of my fitness program, I've never neglected other training alternatives (swimming, rowing, canoeing, x-country skiing) when they are convenient. I have a passion for running, but enjoy other physical challenges as well.

While vacationing in Southern California this past summer, I was getting all the physical challenge I needed boogie boarding and body surfing in California's perfect 5 to 6 foot glassy tubes. Hanging out at Newport Beach body surfing, catching rays and running a few miles in the evening seemed enough physical activity. I was happily enjoying my vacation.

Returning from a particularly difficult run one evening my wife, Marta, announced that a friend had told her of a Triathlon in the Castaic Lake region of the scorching Mojave Desert.

All right! Just what I've been wanting for years. I couldn't wait!

The Triathlon consisted of a 1,000 meter swim, 30,000 meter bike and a 10,000 meter run in that order. I was confident of being able to complete the race but certainly was nervous about trying to compete. Swimming and running were my stronger events. I would have to wing it on a borrowed bike.

Castaic Lake is located approximately 40 miles east of LA in the foothills of the Mojave Desert. The race was sponsored by Nautilus of California and due to start at 8 a.m. however, the gun didn't sound until 9:30 due to over 850 competitors. The temperature soared to 98. I was elated and nervous. I'd never seen, at one time, so many well conditioned athletes. It was intimidating.

The start was age-group staggered 5 minutes apart. I went with the 35 and over age group with approximately 180 competitors. Thinking swimming

would be my strong event; I pulled out fast. I'm a sprint swimmer by training and pulled out much too fast and got into oxygen debt and couldn't recover. Still I managed to stay in the top 20 out of the water.

Marti was "dutifully" waiting on the beach change of clothes and bike at hand. Watchin others put on biking gloves, helmet, shoes etc. I knew I was in trouble. I lost many places and my confidence during the bike race; it seemed like everyone was passing me. I was depressed.

Not having biked that distance at that speed my quads and derriere were stiff and sore. I handed Marta my bike took a hit of ERG and tried to masquerade as a runner. I must have looked a pitiful sight staggering down the road trying to resemble something called running. Two miles into the run I regained my legs and second wind and started to cruise and clipped off over 70 places before finishing. I finished in 2 hours 28 minutes, 436th place overall and 43rd in my age group.

I was exhausted and toasted my triumph with an ice cold Coors. The recovery was fast; not lingering like after a marathon. The triathlon merely wetted my appetite to enter more of these races in the future. They are a good change of pace.

See you in Camden on September 20th.

FOURTH ANNUAL BLUE OX CO-OP 5 MILER

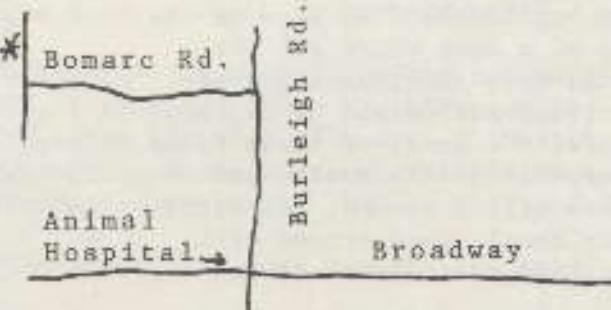
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RUNNING ON...

by Skip Howard

I have a friend opposed to the tyranny of the timepiece. He believes we should all disdain our watches and listen only to the subtle sounds of our bodies. Charles maintains that runners are too reliant on wrist-watching, on maintaining a pace determined from the wrist to the exclusion of the rest of our corporal moving parts. If this were true, I would be the first to applaud, and to discard the digital.

I ran for five years without wearing a watch. Yet, I nearly always noted the time when I left and the minute I returned. With the acquisition of a watch in the past few years, I still note not only departure and arrival, (whether my built-in controller is on strike or not) but frequently my mile splits as well! If I'm running a course I know to have accurate mile marks, I cannot resist checking my pace. I find this valuable in determining the quality of a fartlek workout; in fact, the mere existence of the watch, I believe often influences me to a more intense session than I might otherwise attempt. Nevertheless, I've never run without heeding the synaptic surges of nerve, tissue, muscle and bone. And even on those occasions when the mind was more willing than the body, my Casio was not a factor, only a mute record!

My friend is correct: always listen to your body, without question your most reliable guide to running. Few of you, I suspect, are doing otherwise, but if the good teacher is on track here as well (and the track has definitely to be his next stop) then he's correct here, too. Don't do it! Don't labor under the dictum of the dial; there's too much to lose, too little to be gained.

*****The Mad Witch (it was never a marathon, though later attempts were made to at least categorize it as a midi-marathon, whatever that is, which must be anything from 13.2 to 26.1) has a new half-marathon course and a new director. Rick Coyne, director of Brewer Parks and Recreation and former manager of the Bangor Mall Athletic Attic, and his staff, annual sponsors of this, one of the oldest, most traditional races in Eastern Maine, did another superb job of staging, including ideal weather.

Speaking of races, there are a handful to really watch this year and next. Although the lower-keyed traditional races will and must survive, and deserve our support and participation, (such as the Hampden 8.5, Bucksport 10-Miler, the Mad Witch Half-Marathon and of course, the venerable Bangor Labor Day 5-Miler) these are the glamour events, the ones that will attract big names and consequently big fields: the Cranberry Isle 5K in June, the Paul Bunyan Marathon in July, and the upcoming Benjamin's 10K.

John Parcak, the owner of Benjamin's Tavern on Franklin Street downtown Bangor, has committed a great deal of time and money toward establishing Benjamin's as the Elliot Lounge of Northern New England, and with the help of the Downeast Striders and others, it appears he's well on his way. Old races, new races; support 'em, they're great fun!

*****Compounded contests continued...last month, I dealt with the triathlon as a further means of testing fitness and limits. I'm still dealing. On August 1, the first annual A.T. Muivey Informal Invitational Triathlon was held on the shores of Pushaw Pond at Gould's Landing. There were about fifteen of us involved, either in the events or in support, and a fine time was had. And though the competition was low-key (we waited between events: $\frac{1}{2}$ mile swim, 17-mile bike, $8\frac{1}{2}$ -mile run - for everyone to start together) it was certainly a work-out. More of these events are scheduled, notably the Tin Man Triathlon in Camden on September 20th and the Athletic Attic Biathlon on October 24th. Look for 'em!

THE MAINE LINE

by Larry Allen

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

In this, the initial column there is plenty of news from Benoit, Bickford, Palmer, Pfeifle, Logue, Lauenstein, etc. Maine's best have been to the big races in Eugene, Sacramento, Omaha and Cologne, W. Germany...

Sacramento, June 6-7, Nat'l T.A.C. Track

Joan Benoit, a Cape Elizabeth native, won the prestigious national 10,000 track title. Joan's 33:15 gave her a 150 meter margin of victory and her fastest track 10K since a collegiate record of 32:29 in 1979.

Orleans, MA, July 18, Natural Light Half Marathon Championship

Joan Benoit likes the half marathon distance, she set an American record of 1:11 this spring. Her time was only 1:13 this time but it was good enough to win this championship event of a national race series.

Joan will be coaching women's cross-country this fall at Boston University.

Stowe, VT, July 25, Moriarty 8 Mile Race

Andy Palmer, a Madawaska native, won easily in 39:26. Andy will be attending Springfield College Grad School this fall. His marathon plans call for the Oakland (Calif) Marathon in early December, and hopefully another marathon between now and then if he can find one. Andy hopes to improve his 2:17 PR, it seems inevitable that he will.

Hank Pfeifle of Kennebunk was 2nd in 39:50 after pushing Andy through

5 miles.

Mike Gaige of Bangor (3rd in last year's Casco Bay) also ran well finishing 6th in 41:40. Mike plans to run either NYC, Skyl or the Philadelphia Marathon this fall. He is looking for a time in the low 2:20's.

Clens Falls, NY, Aug 1, Nat'l TAC 15K Race

Hank Pfeifle continued his good racing finishing in 5th place with an excellent 45:53 for 9.3 miles. Hank's plans call for the Marine Corps Marathon in Washington D.C. on Nov 1. Hank ran his PR 2:17 at Mt. Oregon last fall, and would like to improve on the flat Marine Corps course.

Omaha, NEB, July 25 Diet Pepsi 10K

Dr. Kurt Lauenstein of Orono ran in a racing suit all summer to prepare himself for the heat in Omaha (ala, Benji Durden), but the weather turned out cool! It still must have helped, he finished 9th in a PR 30:24. Bill Rodgers won in 29:10.

Kurt has accepted an invitation to participate in the elite marathon in Montreal on September 13. Kurt is also now being sponsored by Reebok shoes. His 2:18 from Boston is obviously opening some doors for him.

Kurt's roommate in Orono has more in common with him than the same address. Peter Millard is also an MD, and a very good runner. In fact, he qualified for and ran in the US "Olympic" trials marathon last May.

Eugene, Oregon, Prefontaine Classic

Bruce Bickford, a Benton native, now competing for Athletics West, ran the 5,000 meter track race finishing 7th with a 13:37! Earlier this spring Bruce ran the 3,000 meter steeple chase in 8:35. Both times are good enough to put Bruce among the top 20 in the US. Late word! Just reached us that Bruce Bickford ran a super 28:26 10K at Peachtree on July 4th - He was 4th out of 25,000!!

Cologne

O.J.

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Cologne, West Germany, July 24-26
"Deaf Olympics"

O.J. Logue is now back home in Orono following his successful trip to Europe. He ran the 10K in 31:36 (PR), good for 6th; the 5K in 15:08 (PR), 7th place; the 25K in 1:24, 6th place - All 3 races were within 4 days. Go O.J.!!

O.J. is preparing for a new challenge, as a teacher at Bangor High School this fall. Yes, he will continue to train hard. His plans call for an attempt at improving his 2:26 marathon PR, at the Casco Bay Marathon on October 18.

Philadelphia, May 31, Broad St. 10 Mile

News is slow to get here, but word finally reached us about Sam Pelletier, a Fort Kent native, and former UMaine stand out. Sam is now a medical school student in Philly. He apparently still finds time to train. He won a 10K early this spring in 30:25.

The Broad St. 10 Miler had 3,300 starters and Sam was 4th in 51:04!! Sam was the Paul Bunyan Marathon champion in 1979.

Lewiston, Me., July 19 Nat'l TAC
25K Race Walk Championship

Todd Scully of the Shore AC (N.J.) won this 15.5 mile race walk easily in 2:01. Steve Vaitones, UMaine grad '78 was 8th in 2:13. Steve was 5th the next weekend in the Nat'l Sports Festival 50K in Syracuse. He set a PR of 4:43 for 31+ miles!

NEXT MONTH...News about Falmouth and other early fall races.

Anyone having information about collegiate, high school or open runners from Maine who have run a race (elite or otherwise) outside our borders, please contact me at:

Athletic Attic
Bangor Mall 04401
207-947-6880

AT THE RACES

WINTHROP LIONS CLUB 9 MILER

Bob:

I checked the NRDC record book and spotted the name of Bruce Mortenson, who won the 9 mile race, several times in the 35-39 age group. Bob Jolicoeur has already informed you that he holds the 20 mile mark, 1:48:08, plus he has the 6th best all time 15K and the 4th best 1980 marathon, 2:22:32, for 35-39 runners.

Bob did a great job of reviving this race which was in decline as the Lions Club who have been holding it since 1974 had lost touch with what it takes to get runners these days.

See you at Bowdoin?

Greg
(Nelson)

For those of you who are not familiar with the Winthrop Lions Club 9 mile course, it winds peacefully along the banks of Lake Marranacook for several miles and then cuts inland. At seven miles there is an absolute mountain. It's so bad they had to put a switch back in the road to get cars up it. Rumor has it that some of Maine's finest old school runners have even been seen walking up it. Heaven forbid!

I ran it in 1977, but haven't worked up the guts to go back. It's really a nice race though and having the finish line only feet away from the public beach is a stroke of genius. I watched the entire awards ceremony that year in waist deep water.

Bob



"THE PACK"

THE NATURAL LIGHT HALF MARATHON

Caribou June 20th

1. Jack Fultz	1:07:28	51. Howard Paradis	1:28:48	105. Laurie Poole*	1:43:54
2. Hank Chipman	1:11:16	52. Roseanna Prest*	1:29:14	107. Charles Tucker	1:43:35
3. Bob Everett	1:11:46	53. Steve Norton	1:29:34	108. Tim Chishman	1:43:42
4. Greg Grondin	1:13:34	54. Vaughn Holyoke	1:29:34	109. Robert Ouellette	1:43:53
5. Tom Clarke	1:13:46	55. Mike McKee	1:29:43	110. Dan Mills	1:44:07
6. Marty Cohen	1:14:01	56. Roger Charrette	1:30:10	111. Cecile McElwee*	1:44:18
7. Paul Libby	1:14:07	57. Steve Carle	1:30:12	112. Craig Rogers	1:45:21
8. Merlin Conrad	1:14:29	58. Rick Johnson	1:30:16	113. Alex Bourdeau	1:46:07
9. Greg Hale	1:14:35	59. Loren Ritchie	1:30:17	114. Michael Watson	1:46:17
10. Rick Hundertmark	1:14:59	60. Barry McLaughlin	1:30:20	115. Eric Cassie	1:46:36
11. Herman Fallstier (M)	1:15:57	61. Edwin Gerwell	1:30:29	116. Gary Ouellet	1:48:40
12. Eric Ellis	1:16:11	62. Richard Goudstein	1:30:32	117. Ken Ouellette	1:48:46
13. Dan Bondeson	1:16:30	63. Gil Roderick	1:30:34	118. Bernard Ross	1:49:13
14. Don Dearing	1:16:46	64. Chris Anderson*	1:30:36	119. Ed Ouellet	1:49:24
15. Glen Holyoke	1:17:32	65. John O'Dea	1:32:00	120. Joseph Mair	1:52:24
16. John Condon	1:17:32	66. Jon Langford	1:32:10	121. Tom Prest	1:52:35
17. Deke Talbot	1:17:52	67. John Hall	1:32:18	122. Judy Delaney	1:53:25
18. Rusty Taylor	1:18:10	68. Tim Crowley	1:33:06	123. Paul Theriault	1:53:59
19. Jane Weizel*	1:18:15	69. Howard Triebold	1:34:11	124. Judy Duprey*	1:55:40
20. Waldron Babidge	1:18:47	70. Harry Taylor	1:34:12	125. Bevita Qualey*	1:55:43
21. Mickey Lackey	1:18:49	71. Nancy Jackson*	1:34:16	126. William Davidhofes	1:55:44
22. Bart Le Vasseur	1:19:25	72. Tom Picard	1:34:58	127. Peter Kelley	1:55:45
23. Aldo Rioux	1:19:33	73. Earl Kirchner	1:34:58	128. Don Leonard	1:56:49
24. Dave Nanguis	1:19:37	74. Larry Mangus	1:35:25	129. Anne Ricci*	1:57:53
25. Conrad Walton	1:20:37	75. Chris Flanagan	1:35:26	130. Tom Doctol	1:59:50
26. Sam Hamilton	1:20:50	76. Chris McDonald	1:35:30	131. Lori Holyoke*	2:01:49
27. Paul Plissev	1:21:18	77. Tom Parks	1:35:41	132. Aurelie Ouellet	2:02:05
28. Linda Weizel*	1:21:37	78. Sean Pendleton	1:36:10	133. Anne Norton*	2:02:08
29. Tony Damelio	1:21:43	79. John Pluto	1:37:05	134. Don Lucas	2:05:16
30. Bob Coughlin	1:22:17	80. Barbara Coughlin*	1:37:20	135. Merle Whittaker	2:05:52
31. Steve Gagnon	1:23:36	81. Kevin Bennett	1:37:27	136. Joe Necco	2:08:24
32. Don Reiner	1:23:47	82. Clark Brewster	1:37:30	137. Ted McNutt	2:08:30
33. Jimmy Caron	1:24:00	83. Owen Jackson	1:37:46	138. Edie Richter	2:09:58
34. Steve Liggett	1:24:06	84. Ken Parrie	1:38:22	139. James Corrigan	2:15:20
35. Anne Sullivan*	1:24:18	85. Kim Hughes	1:38:32	140. William Notman	2:15:21
36. Dave Plourde	1:24:24	86. Alton Wardwell	1:38:38	141. Mark Kaine	2:21:10
37. Fred Putnam	1:24:41	87. John Holyoke	1:38:50	142. Sam Ouellet	2:25:56
38. Lawrence Whippley	1:24:46	88. Robert York	1:38:57	143. Martha Corneau	2:33:56
39. Glenn Bailey	1:25:40	89. Lori Michaud*	1:39:09	144. Kelly Bennett	2:33:56
40. Dave Varis	1:25:41	90. Ron Michaud	1:39:09		
41. Steve Cox	1:25:54	91. James Bishop	1:39:23	Results courtesy of Conrad Walton Race Director	
42. Robin Emery*	1:26:19	92. Anne Ricouer	1:39:52		
43. Bob Duprey	1:26:32	93. Schirig Johnson	1:40:30		
44. Paul Bouchard	1:26:55	94. Dave Alley	1:40:40	*****	
45. Dave Rand	1:27:05	95. Andrew Sealby	1:40:46		
46. Ric Lassureaux	1:27:16	96. James Daigle	1:40:47	THE GREAT RENOVATION ROAD RACE	
47. Edward Dillamento	1:27:30	97. Embri Brandon	1:40:57	Waterville 10K	
48. Maurice L'Ecuyer	1:28:23	98. Lauren Raciney	1:41:10	July 5th	
49. John Park	1:28:34	99. David Belley	1:41:12		
50. James Emery	1:28:40	100. Tai Chang	1:41:17	1. Steve Sidley	32:13:01
		101. Julius Marzul	1:41:27	2. Doug Hill	32:45
		102. Ward Berow	1:41:35	3. Tom Bell	35:02
		103. Steve Curran	1:42:28	4. Rick Stuart	35:02
		104. Gregg Marsden	1:42:35	5. Fred Juddkins	36:28
				6. Bryant Bourgois	36:35
				7. John Hallas	36:54

8. Dean Kassusson	36:57	72. Kathy Conrad*	46:28	3RD ANNUAL JOHN FYALKA MEMORIAL 10,000 METER
9. Bob Clement	37:30	73. Wendy Stork*	49:06	Durham STATE CLUB CHAMPIONSHIP July 18th
10. Robert Jullcoeur	38:24	74. Art Milow	49:07	
11. Harold Runyon	38:23	75. Darlene Ward*	49:26	
12. Russell Clivamy	42:13	76. Sam Ouellet	51:14	1. Hank Pfeiffer MTC 30:37
13. David Glandinning	43:26	77. Richard Scott	52:54	2. Mike Quinn MTC 31:52
14. David Hoppe	44:35	78. Ann Hiblock*	54:03	3. Phil Page MTC 32:18
15. Richard Boardman	46:33	79. Peter Everett		4. Warner Bobatschag MTC 32:20
16. Mike Connally	47:26	80. Aaron McConnell		5. Danny Paul Bowditch 32:33
17. Arnold Vincent	48:39			6. John Keller MTC 32:37
18. Myla John Tracy	49:04			7. Rick Garcia MTC 33:06
19. Sam LaLiberty*	49:08			8. Art Schmoll 34:18
20. Peter Walden	49:40			9. Brian Bettney MTC 34:50

Results courtesy of Dave Baird
Race Director

Results courtesy of Conrad Walton
Race Director

MOLLYCOCKETT/SUNDAY RIVER SKI CLUB

Bethel July 18th

THE POTATO BLOSSOM 3 MILES
Fort Fairfield July 17th

10K Results

1. Bruce Frame	25:37	1. Dan Vogt	32:52	17. Russ Coonors MTC 38:02
2. Greg Wardwell	26:29	2. Pete Bottomley	32:52	18. Bill Leschey MM 38:10
3. Danny Bonderson	37:10	3. Bernd Heinrich	34:28	19. Ken Curtis MTC 38:42
4. Bob Everett	37:41	4. Kevin McDonald	35:04	20. Harold Runyon MTC 38:50
5. Merlin Courad	38:04	5. Alan DeCosta	35:21	21. Arnie Clark MTC 38:55
6. Conrad Walton (M)	38:17	6. Bob Hogenepian	37:11	22. Jim Webb MTC 38:56
7. Matt Nightingale	38:24	7. Paul Lemire	39:29	23. Robert Fauchette MTC 39:09
8. Waldron Habbidge	39:23	8. Peter Paulishan	39:57	24. Bill Sayres AR 39:25
9. Maurice Litzotte	39:31	9. Harvey Rohde	40:04	25. George Mason MTC 39:26
10. David Mangus	39:58	10. Ted Gallant	41:12	26. Tom Swan AR 39:31
11. Sam Hamilton	30:00	11. Ted Gallant	41:12	27. Harvey Rohde MTC 39:42
12. Rusty Taylor	30:34	12. John Mose	41:25	28. Doug Foote MTC 40:02
13. Chris McDonald	30:39	13. Mark Tilton	42:31	29. Martin Bonson MTC 40:05
14. Fred Putnam	30:49	14. Phil Taylor	42:39	30. Larry Barker MTC 40:06
15. Glenn Bailey	31:30	15. Steve Engman	43:53	31. Tom Bradley MTC 40:21
16. David Rand	31:35	16. Harry Jones	44:43	32. Phil Soule Bowditch 40:28
17. Randy Wilcox	31:42	17. Fasty Noll*	45:09	33. Steve Clifford MTC 40:32
18. Matt Scott	31:57	18. Paul MacLean	45:52	34. Ron Burton MTC 40:33
19. Bob Duprey	32:14	19. Peter Norkin	46:04	35. Katrinia Leschay MTC 40:37
20. Mike Mandona	32:28	20. Sara Hazelwood*	47:43	36. Virginia Connors MTC 40:45
21. Michelle Hellett*	32:53	21. William Swanson	47:54	37. Peter Holloway MTC 40:57
22. Paul Bouchard	32:56	22. Wesley Scrons	48:01	38. Tom Peterson MTC 40:57
23. Harry Taylor	33:06	23. Mark Plummer	48:34	39. Steve Dargis MTC 41:26
24. Suzanne Frost*	33:15	24. Steve Chandler	48:58	40. Charlie Beseltine MTC 41:36
25. David Ward	33:47	25. Michael Cohen	50:05	41. Arthur Chapman MTC 42:09
26. Loren Bailey	33:48	26. Ron Paasi	50:36	42. Glen Poland MTC 42:18
27. Skip Bafaneau	34:12	27. Sonny Hastings	51:38	43. Dave Mantherne MTC 42:28
28. Owen Jackson	34:41	28. Joe Bennett	52:45	44. Tim Quinn MTC 42:36
29. Larry Mangus	34:44	29. Henry Domkowski	53:55	45. Bob Prebas MTC 43:18
30. Nancy Jackson*	34:51	30. Bridget Geraghty*	53:55	46. Lee Nicely MTC 43:21
31. Jake Nutzman	34:57	31. Priscilla Webster*	54:27	47. Ron Zorn AR 43:27
32. Mike Young	35:35	32. Bonnie Pooley*	57:11	48. Lloyd Cook MTC 43:37
33. Dan Mills	35:51	33. Steve Collins	57:22	49. Scott Herwig MTC 44:04
34. Kent Cousins	36:00	34. Linda Chandler*	64:58	50. Jerry Norbert MTC 44:13
35. Mike Carey	36:26			51. Bob Prevost MSBC 44:13
36. Bob Brandon	36:28			52. Guy LaFlamme MSBC 44:16
37. Dale Bailey	36:32			53. Bruce Brunelle MSBC 44:17
38. Ken Compton	36:41			54. Ron O'Grady MTC 44:26
39. Dennis Johnson	36:42			55. Mike Lacroix MTC 44:33
40. Kathy Barnes*	36:58			56. Arnold Frachette MTC 44:52
41. Kurt Tomquist	37:11			57. Kevin Crozin MTC 45:00
42. Gary Ouimet	37:23			58. John Conley MTC 45:09
43. Mike Watson	37:28			59. Paul Dergis MSBC 45:11
44. Fred Hiblock	37:36			60. Richard Fletcher MTC 45:24
45. Tim Nightingale	37:43	1. Kevin Bennett	5:10	61. Dave Trussell MTC 45:42
46. George Higgins	37:44	2. Herbert Coolidge	5:23	62. Wendy Sayres AR 45:43
47. Paul LaPointe	37:52	3. James Nichols	5:44	63. Mike Warden MTC 46:30
48. Bryan Cyr	38:01	4. Roy Hall	5:44	64. Phil Duke MTC 46:32
49. Francine Charrette*	38:02	5. Kurt Brown	6:01	65. Philip Call MTC 46:41
50. Carol McElwee*	38:11	6. Kristi Larocque*	6:03	66. Al Baltar MTC 47:04
51. Howard Paradis	38:12	7. Sue Angevine	6:21	67. Dave Harris MTC 47:34
52. Robert York	38:10	8. Jason Dewitt	6:40	68. Judy True MTC 47:41
53. Rick Johnson	38:12	9. Todd Adams	6:41	69. John Gale MTC 47:42
54. Peter Cuff	38:17	10. Brant Remington	6:51	70. Marion Leeschay MTC 47:45
55. Heidi Raines*	39:07	11. Sharon Beck*	7:26	71. Dave Mulcey MSBC 47:50
56. Peter McDonald	39:12	12. Andy Adams	7:31	72. Grace Amerson MTC 48:01
57. John McClymont	39:13	13. Deana Vance*	7:32	73. Dick Mantherne MTC 48:38
58. David McCrea	39:42	14. Cindy Howard*	7:33	74. John Godfrey MTC 48:47
59. Judy Gray*	40:54	15. Travis Gregory	8:00	75. Steve Cruckett MTC 48:51
60. David Casley	41:17	16. Harry Dyer	8:00	76. Janet McCann MTC 48:53
61. Kathy Hubert	41:20	17. Bryce Gaddie	8:13	77. Earl Bergeron MTC 48:54
62. Ed Quilliet	41:27	18. Debbie Parker*	8:15	78. John Fyalka Sr. SBR 49:09
63. Fran Gray	42:04	19. Janet Nichols*	8:38	79. Steve Rooney MSBC 49:21
64. William Davidshafer	42:05	20. Julie Morse*	9:07	80. Rosalyn Randall MSBC 49:21
65. Aurelie Ouimet	42:24	21. Danny Gregory	10:25	81. Mike Miller MTC 50:15
66. Don Peters	42:49	22. Ken Kintzedge	10:37	82. James Lee MSBC 50:44
67. Judy Ricks*	43:23	23. Josh Ottem	10:44	83. Wayne Baltar MTC 51:21
68. Scott Barnes	43:51	24. Los Ottem	10:46	84. Lincoln Page MTC 51:46
69. Lenny Cole	44:17	25. Serene Merrill*	12:33	85. John Tuohy MTC 51:51
70. Connie McLellan*	46:13			86. Dave Miller MTC 52:15
71. Ralph Ostlund	46:16			87. Sandra Ulterstrom MTC 53:07

Maine Miles

1. Kevin Bennett	5:10	64. Phil Duke MTC 46:32
2. Herbert Coolidge	5:23	65. Philip Call MTC 46:41
3. James Nichols	5:44	66. Al Baltar MTC 47:04
4. Roy Hall	5:44	67. Dave Harris MTC 47:34
5. Kurt Brown	6:01	68. Judy True MTC 47:41
6. Kristi Larocque*	6:03	69. John Gale MTC 47:42
7. Sue Angevine	6:21	70. Marion Leeschay MTC 47:45
8. Jason Dewitt	6:40	71. Dave Mulcey MSBC 47:50
9. Todd Adams	6:41	72. Grace Amerson MTC 48:01
10. Brant Remington	6:51	73. Dick Mantherne MTC 48:38
11. Sharon Beck*	7:26	74. John Godfrey MTC 48:47
12. Andy Adams	7:31	75. Steve Cruckett MTC 48:51
13. Deana Vance*	7:32	76. Janet McCann MTC 48:53
14. Cindy Howard*	7:33	77. Earl Bergeron MTC 48:54
15. Travis Gregory	8:00	78. John Fyalka Sr. SBR 49:09
16. Harry Dyer	8:00	79. Steve Rooney MSBC 49:21
17. Bryce Gaddie	8:13	80. Rosalyn Randall MSBC 49:21
18. Debbie Parker*	8:15	81. Mike Miller MTC 50:15
19. Janet Nichols*	8:38	82. James Lee MSBC 50:44
20. Julie Morse*	9:07	83. Wayne Baltar MTC 51:21
21. Danny Gregory	10:25	84. Lincoln Page MTC 51:46
22. Ken Kintzedge	10:37	85. John Tuohy MTC 51:51
23. Josh Ottem	10:44	86. Dave Miller MTC 52:15
24. Los Ottem	10:46	87. Sandra Ulterstrom MTC 53:07
25. Serene Merrill*	12:33	88. Adele Hutchins* MTC 53:10
		89. Jerry Milano MTC 53:40
		90. Deana Vance* MTC 58:09
		91. Tammy Hartline MTC 58:10

REGION #1 ANA/USA JUNIOR OLYMPICS
Scarborough July 18th

Boys 800 Meter
1. Mike England 1:58.1

1500 Meter Race Walk

1. Scott Albert 8:14.9

2. Jim Albert 8:26.0

3. Joey Quinlan 8:43.4

110 Meter High Hurdles

2. Marvin Purnam 15.6

3. Chris Hickay 15.6

3000 Meters

2. Tom Briggs 9:08.1

Triple Jump

2. Keith Grotteau 40'8"

3. Scott Rollins 40'4"

Shot Put

1. Paul Bogdanovich 36'8"

2. Mark Libby 49'24"

Discus

1. Paul Bogdanovich 156'34"

Pole Vault

3. Jeff Beale 11'

1500 Meter

2. Harry Hardy 4:06.6

Girls 100 Meter Low Hurdles

2. Beth Hedman 13.8

3. Stephanie Andrews 16.2

3000 Meters

2. Theresa Lewis 11:44.6

Javelin

2. Carol Atwell 115'11"

3. Diane Leclerc 101'14"

High Jump

3. Jennifer Wiebe 5'

400 Meter Hurdles

3. Beth Haslam 57.5

800 Meter

1. Peggy Perkins 2:18.7

3. Therese Doucette 2:19.4

1500 Meter Race Walk

1. Bridgett Dupre 7:43.8

Triple Jump

2. Donna Barker 34'1"

3. Joan Dillihunt 33'54"

1500 Meter

1. Jeanette Malone 4:51.5

2. Sally Perkins 4:53.8

3. Beth Haslam 5:24.9

Results courtesy of J. Frank Glynn

3RD ANNUAL GREAT FRANKLIN ROAD RACE
Franklin 10K July 19th

1. Jim Newitt 33:53

2. Peter Swanson 35:49

3. Rick Packie 36:08

4. Steve Frederick 36:35

5. Rick Lamoureux 36:38

6. Arthur Johnson 37:58

7. Kevin Dyer 38:11

8. Chris Everett 39:06

9. Greg Everett 39:10

10. Rick Davis 39:16

11. Dick Powell 39:34

12. Walter Crabtree 39:56

13. Dennis Harmon 40:26

14. John Trefethen 40:42

15. Brent Richardson 40:43

16. David Ailey 41:19

17. Laurel Nowaksky* 41:26

18. Steve Norton 41:26

19. Jeff White 41:54

20. David O'Connell 42:24

21. Geoff Manifold 42:46

22. Steve Novak 42:46

23. Bill Pinkham 43:10

24. Tom Mapleton 43:21

25. Mark Danico 43:23

26. Patricia Richard* 43:32

27. Leo Goldstein 44:34

28. Lee Stover 44:38

29. Jeff Gordon 44:56

30. Terrance Cousins 45:16

31. Bill Kerosky 45:21

32. Jackie Trefethen* 45:22

33. Franklin Bragg 45:43

34. Chris Guite

35. Susan Blaisdell*

36. Ann Gilhes*

37. Greg Carter

38. Edward O'Connell

39. Carey Caxia*

40. Mark Stover

41. Patricia King*

42. Cathie Fugal

43. Anne Norton*

44. Gerald Gordon

45. Dave Richardson

46. Judy Trefethen*

47. Jan Venore

48. Jane Bragg*

49. Mike Swanson

50. Harold Hatch (M)

51. Anthony Lombardo

52. Mark Hech

53. Duane Young

54. Charlie Casey

55. David Stratton

56. Jim Boynton

57. Waldron Babidge

58. Deke Talbot

59. Alan Harrington

60. Peter Swanson

61. Gerald Ellis

62. Larry Allen

63. Greg Everett

64. Steve Norton

65. Bill Lauchay

66. Chris Everett

67. Arthur Johnson

68. Cliff Hatfield

69. David Cunio

70. Dennis Harpon

71. Dick Powell

72. Brian White

73. Alan Howard

74. Robin Knutson*

75. Steve Hartington

76. Marsha Giglio*

77. Charles Francis

78. Susan Beachman*

79. Bill Pinkham

80. Don Rae

81. Vence Stoddard

82. Ray Giglio

83. Carol Roy*

84. Dave Gorczyca

85. Larry Lunn

86. Steve Hartington

87. Marsha Giglio*

88. Charles Francis

89. Susan Beachman*

90. Bill Pinkham

91. Don Rae

92. Vence Stoddard

93. Ray Giglio

94. Carol Roy*

95. Dave Gorczyca

96. Larry Lunn

97. Steve Hartington

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100. Susan Beachman*

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115. Ray Giglio

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118. Larry Lunn

119. Steve Hartington

120. Marsha Giglio*

121. Charles Francis

122. Susan Beachman*

123. Bill Pinkham

124. Don Rae

125. Vence Stoddard

126. Ray Giglio

127. Carol Roy*

128. Dave Gorczyca

129. Larry Lunn

130. Steve Hartington

131. Marsha Giglio*

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136. Vence Stoddard

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148. Ray Giglio

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152. Steve Hartington

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196. Steve Hartington

197. Marsha Giglio*

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199. Susan Beachman*

200. Bill Pinkham

201. Don Rae

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203. Ray Giglio

204. Carol Roy*

205. Dave Gorczyca

206. Larry Lunn

207. Steve Hartington

208. Marsha Giglio*

209. Charles Francis

210. Susan Beachman*

211. Bill Pinkham

212. Don Rae

213. Vence Stoddard

214. Ray Giglio

215. Carol Roy*

216. Dave Gorczyca

217. Larry Lunn

13.	Wabb Hovey	12:36	61.	Ellen Carlisle*	26:18	40.	Paula Lowrance*	29:03
14.	Bill Peabody	12:49	62.	John Springer	26:22	42.	Kitchard Campbell	29:17
15.	Ed Bailey	12:52	63.	Kurt Boursfield	26:30	43.	Norman Lewis	29:18
16.	David Pape	13:06	64.	Enkhu Pendergast	26:31	49.	Dan Orcutt	29:19
17.	Katy Johnson*	13:23	65.	Sharryl Davis*	26:34	50.	Frank McGinley	29:53
18.	Michael Diamond	13:43	66.	Berry Mills	26:41	51.	Scott Decker	30:07
19.	Kristina Gordon*	13:43	67.	Danny Audit	26:47	52.	Arthur Deneen	10:08
20.	William Von	13:45	68.	Karen Stocklin*	28:03	53.	John Quilliette	30:11
21.	Catherine Jarrett*	13:57	69.	Jen Vencit*	28:10	54.	Dennis Morrill	30:13
22.	Tim Long	14:02	70.	David Brenton	28:16	55.	Kristina Gordon*	30:18
23.	Marilyn Wilcoff*	14:04	71.	Terri Sargent*	28:18	56.	Lori Duvallette*	30:38
24.	Mark Martin	14:21	72.	Bruce Riddin	28:19	57.	Steve Krohet	30:55
25.	Paul Jenkins	14:39	73.	Missy Shea*	28:25	58.	Chip Bartlett	31:07
26.	Pam King*	14:39	74.	Kenneth Shea	28:36	59.	Dan Rankin	31:08
27.	Alex Kowalick	14:39	75.	Mary Katsafias*	28:40	60.	Rachel Veilleux*	31:11
28.	Don Speer	14:52	76.	Jim Conniff	28:53	61.	Doug Orcutt	31:21
29.	Soren Cote	15:07	77.	Chad Satter	29:14	62.	Jonathan May	31:21
30.	Colby Holt	16:28	78.	Jamina Boynton*	30:01	63.	Charles Probert	31:26
31.	Robin Walden*	17:11	79.	Terry Budzinski*	30:06	64.	Wayne Fordham	31:31
32.	Ann McDonald*	17:48	80.	Kathy Budzinski*	30:32	65.	Maureen Bucken*	31:44
33.	Meg Johnson*	18:17	81.	Dougie Pendargie*	31:27	66.	Meg May*	31:51
34.	Daisy Hoogan*	18:58	82.	Jab Beardaly	31:39	67.	De Sonney	32:09
35.	Carolyn Hogan*	18:59	83.	Darren Taylor	32:41	68.	Matthew Probert	32:15
36.	Marilyn Bruce*	19:39	84.	Stanley Zaslan	32:44	69.	Bill Gayton	32:18
37.			85.	Tom Taylor	32:45	70.	Bruce Howard	32:33
38.			86.	Steve Taylor	32:45	71.	Mary MacLean*	32:44
39.			87.	Steve Barnes	33:04	72.	Susan Reinsborough*	32:56
40.			88.	David Zaslan	33:12	73.	Alan Ward	33:10
41.			89.	Danielle Kamae*	33:21	74.	Michelle Jordan*	33:31
42.			90.	Bonny Whitchurch	33:47	75.	Geoff Miller	34:12
43.			91.	Joel Neale	33:49	76.	Catherine DiCenzo*	34:42
44.			92.	Kim Curtis*	33:49	77.	Arthur Quattucci	35:01
45.			93.	Dan Smith	35:16	78.	John Orcutt	35:19
46.			94.	Alan Zaslan	35:18	79.	Linn Anderson*	36:11
47.			95.	Clara Beardaley*	35:02	80.	Amy Bradon*	36:12
48.			96.	John Preble*	36:02	81.	W.E. Lazzette	36:44
49.			97.	Claude Cousins*	38:13	82.	Larry Rainesborough	37:55
50.			98.	Mark Sanchez	38:15	83.	Mike Doherty	38:28
51.			99.	Cindy Sanchez*	38:45	84.	Jean Howard*	38:42
52.						85.	Elizabeth Mouline	38:50
53.						86.	Willard Gillette	46:39
54.						87.	Allison Chesley*	48:31
55.						88.	Becky Servais*	48:31

Results courtesy of Sukany's Garage

Ski Chimney Running Club

SCOTT TAYLOR MEMORIAL ROAD RACE

Ellsworth Aug 1st

5K
y 26th

1. Mike Swanson 17:49

2. Peter Swanson 18:16

3. Jim Blynton 18:28

4. Adam Berlew 18:51

5. Brian White 18:56

6. Steve Frederick 19:30

7. Chris Holt 19:47

8. Chris Everett 19:52

9. Greg Swartt 19:55

10. Steve Swanson 20:13

11. Rick Packie 20:16

12. Dennis Bates 20:31

13. Ernest Tracy 20:43

14. Rick Davis 20:52

15. Brent Richardson 21:13

16. Fred Schmidt 21:22

17. Pat Maguire 21:36

18. Dave Chase 21:36

19. Edward Small 21:38

20. Walter Craftree 21:40

21. Brian Clark 21:48

22. Doug Pierson 21:52

23. Don Kae 21:59

24. David O'Connell 22:17

25. Benji Whitcomb 22:29

26. Bill Whitmore 22:34

27. Billy Beardley 22:35

28. Bill Pinkham 22:43

29. Gary Oggins 22:53

30. Kenny Aweil 22:57

31. Terrance Cousins 23:02

32. Russell White 23:06

33. Tony Beardley 23:11

34. Ed Mieszkowski 23:22

35. Pete Willy 23:30

36. Dan Koch 23:43

37. Michael Davis 23:46

38. Jeff Frank 23:49

39. Paul Dudzinski 24:11

40. Johnathan Holmes 24:16

41. Jim Pansergist 24:20

42. Kevin Puttle 24:30

43. Michael Kane* 24:45

44. Gary Davis 24:45

45. Kyle John Tracy 25:11

46. Scott Fraser 25:11

47. Robert Fraser 25:14

48. Gary Kane 25:27

49. Shelly Hodges* 25:31

50. Wayne Bradon 25:32

51. Steve Jay 25:37

52. Ed O'Connell 25:40

53. Alfred Gang 25:48

54. Paul Romich 25:50

55. Richard Kane 25:51

56. Mark Dudzinski 25:59

57. Kevin Bassfield 26:08

58. Kellie Stratton* 26:09

59. Joe Mahon 26:11

60. Patti Naleksi* 26:13

61.	Ellen Carlisle*	26:18	40.	Paula Lowrance*	29:03
62.	John Springer	26:22	42.	Kitchard Campbell	29:17
63.	Kurt Boursfield	26:30	43.	Norman Lewis	29:18
64.	Enkhu Pendergast	26:31	44.	Dan Orcutt	29:19
65.	Sharryl Davis*	26:34	50.	Frank McGinley	29:53
66.	Berry Mills	26:41	51.	Scott Decker	30:07
67.	Danny Audit	26:47	52.	Arthur Deneen	10:08
68.	Karen Stocklin*	28:03	53.	John Quilliette	30:11
69.	Jen Vencit*	28:10	54.	Dennis Morrill	30:13
70.	David Brenton	28:16	55.	Kristina Gordon*	30:18
71.	Terri Sargent*	28:18	56.	Lori Duvallette*	30:38
72.	Bruce Riddin	28:19	57.	Steve Krohet	30:55
73.	Missy Shea*	28:25	58.	Chip Bartlett	31:07
74.	Kenneth Shea	28:36	59.	Dan Rankin	31:08
75.	Mary Katsafias*	28:40	60.	Rachel Veilleux*	31:11
76.	Jim Conniff	28:53	61.	Doug Orcutt	31:21
77.	Chad Satter	29:14	62.	Jonathan May	31:21
78.	Jamina Boynton*	30:01	63.	Charles Probert	31:26
79.	Terry Budzinski*	30:06	64.	Wayne Fordham	31:31
80.	Kathy Budzinski*	30:32	65.	Maureen Bucken*	31:44
81.	Dougie Pendargie*	31:27	66.	Meg May*	31:51
82.	Jab Beardaly	31:39	67.	De Sonney	32:09
83.	Darren Taylor	32:41	68.	Matthew Probert	32:15
84.	Stanley Zaslan	32:44	69.	Bill Gayton	32:18
85.	Tom Taylor	32:45	70.	Bruce Howard	32:33
86.	Gary Taylor	32:45	71.	Mary MacLean*	32:44
87.	Steve Barnes	33:04	72.	Susan Reinsborough*	32:56
88.	David Zaslan	33:12	73.	Alan Ward	33:10
89.	Danielle Kamae*	33:21	74.	Michelle Jordan*	33:31
90.	Bonny Whitchurch	33:47	75.	Geoff Miller	34:12
91.	Joel Neale	33:49	76.	Catherine DiCenzo*	34:42
92.	Kim Curtis*	33:49	77.	Arthur Quattucci	35:01
93.	Dan Smith	35:16	78.	John Orcutt	35:19
94.	Alan Zaslan	35:18	79.	Linn Anderson*	36:11
95.	Clara Beardaley*	35:02	80.	Amy Bradon*	36:12
96.	John Preble*	36:02	81.	W.E. Lazzette	36:44
97.	Klaude Cousins*	38:13	82.	Larry Rainesborough	37:55
98.	Mark Sanchez	38:15	83.	Mike Doherty	38:28
99.	Marc Sanchez*	38:45	84.	Jean Howard*	38:42
			85.	Elizabeth Mouline	38:50
			86.	Willard Gillette	46:39
			87.	Allison Chesley*	48:31
			88.	Becky Servais*	48:31

Results courtesy of Rick Strout

Race Director

CUMBERLAND NO. YARMOUTH LIONS

HUSTER DAY 4 Miles AUG 1st

THIRD ANNUAL BLUE HILL DAYS 10K RACE

Blue Hill Aug 2nd

1. Mike Geige 31:47

2. Doug Hill 33:09

3. Mike Swanson 33:44

4. Adam Berlew 33:51

5. Harold Hatch (M) 34:13

6. Larry Deane 34:29

7. Gary Coyne 34:38

8. Doug Graves 35:24

9. Charlie Wade 36:58

10. Darren Billings 37:30

11. Dennis Bates 37:44

12. Francis Byrne 37:47

13. Mark Simpson 38:04

14. Vance Scoddard 38:19

15. Dave Alley 38:29

16. Chris Hamilton 38:33

17. Alan Howard 38:43

18. Joey Lepore 38:44

19. Ernest Tracy 39:00

20. Fred Schmidt 39:28

21. George Clements 39:45

22. Robin Emery* 40:07

23. Bill LaForte 40:16

24. Veri Dyct 40:19

25. Bruce Strom 40:32

26. Steve Moors 42:10

27. Tim Carter 42:19

28. Gil Roderick 42:32

29. Dave J'Connell 42:55

30. Ben Whitcomb 42:59

31. Bill Pinkham 43:01

32. Bill Beardley 43:06

33. Brenda LaForte* 43:15

34. Roger Wilson 43:28

35. Ron Paquette 43:32

36. Bruce Strom 44:12

37. Steve Barber 44:15

38. Terry Cousins 44:20

39. John Timcott 44:20

40. Steve Barber 44:20

41. John Timcott 44:20

42. Steve Barber 44:20

43. John Timcott 44:20

42. Gary Allen	44:21	47. Russell Martin	42:00	141. Gail H. Schade*	53:54	17. Gl
Steve Swanson	44:21	48. David Comeau	42:04	142. Marlene Mallora	56:33	18. Ha
Bob Becker	44:21	49. Gary Bartlett	42:08	143. Marc Zei	57:06	19. Tr
Peter Swanson	44:21	51. John Boyne	42:13	144. Ellen Raskin*	57:21	20. Le
Larry Allen	44:21	52. David Young	42:16	145. Signs Taylor*	57:29	21. Mi
47. Jon Lenterink	44:42	53. Mike Murphy	42:27	146. James Smith	57:43	22. Ch
48. Bob Morrison	44:47	54. Dave Kennedy	42:48	147. Richard Ball	57:45	
49. Tony Beardsley	44:52	55. Dick Loughlin	42:49	148. Don McRae, Jr.	58:38	Ma
50. Bob Millikan	45:03	56. Don P. O'Grady	42:52	149. Gun Hollaryd	58:39	
51. Ann Moore	46:17	57. Dennis Simmons	43:22	150. Lynne Wetherell*	59:19	Results
52. George Means	46:22	58. Leonard Geaco, Jr.	43:23	151. Catherine Staunton*	61:25	Office
53. John Noll	46:26	59. Dewey Sanborn	43:32	152. Ken Hopkins	62:23	
54. Myles John Tracy	46:27	60. Eric Smith	43:33	153. Harjory Lalima*	64:11	
55. Bob Mandelman	48:34	61. Janice Rhodes*	43:35	154. Lyn Sampson*	64:33	
56. Rob Roy McGregor	49:50	62. James E. Moore, Jr.	43:36	155. Rosemary Zelka	70:48	THIRD A
57. Ed O'Connell	49:56	63. David Krauss	43:38	156. James Boyce	72:21	ELLSWOR
58. Martin Schiff	50:18	64. Dennis Jones	43:40	157. Chuck Day	72:21	
59. Kathie Sudrinski*	50:32	65. Matt Berger	43:43	158. Laurel Cross*	74:31	
60. Paul Sudrinski	50:33	66. Charles Knight	43:45	159. Puddin Collins*	74:32	1. Br
61. Jeannette LaPlante*	50:35	67. Charlene Knight*	43:48	160. Marlene Shriver*	81:51	2. Ja
62. Anne Norton*	51:17	68. Paul Guertin	43:51	161. Jacqueline Wilson*	82:03	3. Ri
63. Judy Trefethen*	51:30	69. Phil Boyne	43:59	162. Terry Franklin*		4. Ha
64. Todd Atcock	51:47	70. Ken Sylvester	44:11	Results courtesy of Ken Sylvester Race Director		
65. Theodore Cohn	51:55	71. Neal Smith	44:12			
66. Donna Jean Pohman*	52:07	72. Bob Beauregard	44:16			
67. Juan Allen*	53:01	73. Lona Wright*	44:17			
68. Colleen Bunker*	53:01	74. Larry Taylor	44:26			
69. Nori Ahrens*	53:30	75. John Garcia	44:30			
70. Tom McCabe	53:40	76. Fred Madden	44:31			
71. Gayle Chadwick*	53:50	78. John Fall	44:32			
72. Forrest Savary	53:54	79. Richard Lane	44:47			
73. Melba Wilson*	54:31	80. Gary Giudagnino	44:49			
74. Barbara York*	54:38	81. Tim Clough	44:50			
75. Arnold Richards	57:12	82. Richard Higgins	45:08			
76. Pinsky Noll*	59:00	83. Mike Downing	45:09			
77. Peg Blackadar*	61:02	84. Gary Teil	45:10			
78. Judy Pass*	61:23	85. Phil Smith	45:17			
79. Ruth Brown**	75:45	86. Roger T. Cole	45:19			
Results courtesy of Barry Mills Race Director		88. Karyn Joyce*	45:31			
*****		89. John Bird	45:34			
MAINE SEAFOOD FESTIVAL 10K RACE		90. Lloyd Wentworth	45:38			
Rockland Aug 2nd		91. Joseph Godfrey	45:42			
*****		92. Bernard Ross	45:47			
		93. Christie Baldwin*	46:07			
		94. Bonnie Loughlin*	46:15			
1. Robert Oberst	33:18	95. Jack Crothers	46:16			
2. Anthony Lombardo	33:22	96. Dan Joseph	46:37			
3. Bernd Bainbridge	33:39	97. Brian Barnes	46:47			
4. Steve Dexter	34:06	98. Fred Clemens	46:53			
5. George Towle	34:31	99. Angela Adams*	46:56			
6. Eric Kangas	34:50	100. Kathleen Wright*	46:59			
7. Henry Grubb	36:07	101. Rose Deblie	47:05			
8. Tom McWalters	36:26	102. Craig Ervin	47:23			
9. Steve Hombrinker	36:34	103. Art Mercure	47:27			
10. Don Andrus	38:39	104. Karen Clugue*	47:38			
11. Sam Hamilton	38:40	105. David Speed	47:47			
12. Arnold Adams, sr.	38:41	106. Michael Neagher	47:48			
13. Eugene Pool	37:11	107. Paul Davis	47:49			
14. Jim Baird	37:22	108. Frank Stevens	47:55			
15. Mike Olaves	37:47	109. Mike Wright	47:58			
16. Scott Gordon	37:51	110. Jackie Koller	48:05			
17. David Johnston	37:54	111. James Frederick	48:09			
18. Chris Meredith	37:56	112. Karen Kangas*	48:21			
19. Herb Parsons	37:59	113. Roger Taylor	48:24			
20. Doug Ludwig	38:12	114. Linda Saari*	48:34			
21. Doug Sanborn	38:25	115. Larry Ryky	48:38			
22. Paul Konan	38:26	116. Scott Code	48:51			
23. Jane Parsons*	38:48	117. Doc Richardson	48:52			
24. Robert Jobe	38:53	118. Jeannie MacMillan*	48:58			
25. Gerald Graves	39:04	119. Robert Agnew	49:00			
26. Harold Runyon	39:14	120. Bonnie MacMillan*	49:04			
27. Kit Roberts	39:15	121. Sarah Campbell*	49:32			
28. Edward Flanders	39:33	122. Jeffrey Dorez	49:37			
29. Donald Sanborn	39:46	123. Tim Adams	49:46			
30. Chris McNamee	39:50	124. Robert Boycon	50:03			
31. Margaret Johnson*	39:59	125. John Purse	50:06			
32. Leonard Simons	40:00	126. Geoffrey Phelps	50:17			
33. Jeff White	40:30	127. Sara Glenn*	50:40			
34. Gavin Cook	40:42	128. Richard Gramer	50:54			
35. Harold Bates	40:55	129. Tom Jarrig	51:10			
36. Vernard Lewis	40:59	130. Ted DeNardo	51:27			
37. Jeanie Lewis*	41:04	131. Carey Davis	51:33			
38. Philo	41:10	132. John Tripp	51:45			
39. Scoville Lahtienc	41:15	133. Dale May	51:58			
40. Ray O'Neal	41:16	134. Robert Sampson	52:33			
41. Russell Clukey	41:31	135. Bonnie Sauve*	52:45			
42. Vern Dammons	41:32	136. Bill Kennedy	53:00			
43. Tim Burdenki	41:44	137. June Bragg*	53:16			
44. Joe Keller	41:44	138. Kevin Purcell	53:24			
45. Beth Koll*	41:46	139. Victoria Strong*	53:35			
46. Ed Miller	41:56	140. Ellen Spring*	53:42			
		1. Jim Daach	Caribou 15:37			
		2. Scott Johnson	Rockland 15:41			
		3. George Rockus	Edward Little 15:50			
		4. Larry Burkett	Rockland 16:00			
		5. John O'Dea	Caribou 16:17			
		6. Keith Johnston	Edward Little 16:30			
		7. Erich Reed	Raymond 17:18			
		8. Greg Archer	Bucksport 18:06			
		9. Jenny Camp*	Orono 19:17			
		10. Darryl Roynon	Georges Valley 19:36			
		Kyle Rankin	Port Washington, PA 19:36			
		Veri Dyer	Dover Isle/Stonington 19:36			
		13. Patty Clapper*	Bucksport 19:40			
		Jeanne Dolby*	Hampden 19:40			
		15. Charlie Knight*	Cadmen/Rockport 19:44			
		Lynn Vickery*	John Bapte 20:08			

LOVELL ROAD RACE (5.3 Miles)		
		Aug 8th
17. Gienny Nahen Mars Hill 23:18	77. Matt Dunlop 44:17	1. Larry Great 27:00 Record
18. Heidi Neeson* Bucksport 23:13	78. John Fairiss 44:17	2. Dan Vogt 27:20
19. Traci Herriman* Bucksport 23:03	79. Kenny Awele 44:19	3. Bill Hine 28:33
20. Lenore Falster* Yarmouth 23:08	80. Dave Austin 44:22	4. Cory Schwartz 28:47
21. Missy Knutson* Georges Valley 23:06	81. Linda Wright 44:24	5. Josh Minkler 29:00
22. Charlie Saitdel Camden/Rockport 23:13	82. Sheldon Boone 44:31	6. Roger Foster 29:22
Mary Clapper* Bowdoin 23:13	83. Bob pride 44:35	7. Alan DeCosta 29:35
Results courtesy of Paul Pickering	84. Leon Goldstein 44:40	8. Charles Pratt 29:45
Official timer Gross	85. Tyler Clements 44:42	9. Bob Blaks 29:57
*****	86. Richard Tupper 44:43	10. Mike Kerins 30:19
THIRD ANNUAL GRAND WILLET ROAD RACE	87. Jo Commaus 44:51	11. Ed Nurley 30:37
ELLSWORTH 10K Aug 8th	88. Frank Sedmer 44:53	12. Philip Wells 30:58
72:21	89. Doug Wentworth 45:09	13. John Gasser 31:15
72:21	90. G.B. Brieger 45:28	14. Sara Sundborg 31:23 Record
74:31	91. Dennis Hoosan 45:29	15. Barnie Livingston 31:29
74:32	92. Richard Davis 45:33	16. Brad Pomeroy 31:30
81:31	93. Cliff Schlaeter 45:42	17. Chas Pray 32:01
82:03	94. Craig Boyd 45:46	18. Peter Folham 32:05
ster	95. Bob Nesiba 46:02	19. Jim Gifford 32:10
ster	96. Diana Lounder* 46:07	20. Tom Swan 32:11
*** * *	97. Theodore Duffy 46:09	21. Richard Matthews 32:20
103	98. Jeff Frank 46:17	22. Steve Dowling 32:29
Aug 5-9	99. Eddie Brissette 46:28	23. Harvey Rohde 32:37
in trial heat.	100. Kyle John Tracy 46:34	24. George Suduth 33:12
al heat.	101. Gary White 46:42	25. Nathan McDonald 33:39
alizing round.	102. Dave Wilson 46:43	26. Boar Hollander 33:44
qualifying.	103. Robert Leach 46:54	27. Ethan Goldman 33:58
fying heat,	104. Silvia Coffin 47:07	28. Jeff Scavensou 34:11
FY, PM 2:18, 6	105. Chuck Holt 47:10	29. Bailey Charles 34:12
3 in semi-final.	106. Gary Davis 47:19	30. Ed Abendroth 34:13
Missed qualifying	107. Andrew Hailes 47:21	31. Albert Plamer 34:14
but had co	108. Ben Thomas 47:32	32. Linnal Palletier 34:16
injury.	109. Ann Gibbs* 47:52	33. Steve Floyd 34:17
47:1 for	110. Bruce Sherman 47:57	34. Rich Turner 34:17
finals with	111. Mike Cresser 48:02	35. Regis Beaupre 34:30
fracture in	112. Ralph Mastriano 48:17	36. John Kells 34:31
pedal	113. Robert Fraser 48:30	37. George Wells 34:45
ad ankle	114. Charles Lantz 48:34	38. James Peasey 34:52
in Club	115. Alex Miller 48:34	39. Phil Platt 34:58
7th	116. Erik Miller 48:36	40. Phil Taylor 35:11
*****	117. Kevin Pottie 48:43	41. Paul Biase 35:19
13:37	118. Eileen Carlisle 49:10	42. Mark Gensio 35:24
15:41	119. Pasar Pallitiar 49:17	43. Steve Fisher 35:29
25:50	120. Robert Pendarigst 49:25	44. Neil Vanhouzen 35:30
16:00	121. James Pendegast 49:25	45. Elm Koch* 35:31
16:21	122. Norman Fitzgerald 49:26	46. Dave Wurtman 35:32
16:30	123. Martin Schiff 49:30	47. Allan Kettler 35:36
17:18	124. Andrew Evans 49:32	48. James Oliver 35:44
18:06	125. Ed O'Connell 49:42	
18:17	126. Pat King* 49:43	
19:36	127. Jeannette LaPlante*(M) 49:50	
PA 19:36	128. Sharyl Davis* 49:53	
20:36	129. Pat Callahan* 50:09	
19:40	130. Michaela Kane* 50:14	
19:40	131. Harry Tracy 50:20	
19:44	132. Richard Kane 50:36	
20:08	133. Ralph Baldwin 50:30	
	134. Judy Trefethen* 50:53	
	135. Katherine Brieger* 50:58	
	136. Barry Mills 50:59	
	137. Kelli Stratton* 51:01	
	138. Ted Colm 51:08	
	139. Dick Lord 51:36	
	140. Ray Fitch 51:47	
	141. Steven Burt 52:12	
	142. Dale Richardson 52:16	
	143. Sandra King* 52:24	
	144. Rose Mills* 52:30	
	145. Forrest Sasey 52:35	
	146. Gerald Boldus 52:54	
	147. Todd Nesiba 53:00	
	148. Peter Corran 53:18	
	149. Kim Demien* 53:23	
	150. James Boyer 53:36	
	151. James Smith 53:53	
	152. Gail Schaefer* 54:11	
	153. Judy Folger* 54:40	
	154. Janice Sorenson* 54:47	
	155. Robert Walker 55:06	
	156. Sarah Hatch* 55:31	
	157. Nancy Lord* 55:44	
	158. Richard Birth 56:41	
	159. Steven Mierszynski 57:08	
	160. Dennis King 57:38	
	161. Susan Stahler* 57:42	
	162. Beron Schlaeter 57:47	
	163. Liz Constantine* 59:19	
	164. Scott Fraser 59:20	
	165. Chris Clements 60:24	
	166. David Izaak 60:59	
	167. Nancy Kelley* 61:17	
	168. Stanley Izaak 63:24	
	169. Lori Manino 63:24	
	170. Janice Rockwell* 68:11	
	Results courtesy of Steve Coffin 69:11	
	Race Director 69:11	

92. Mike Wheeler	43:00	64. Margo Fainman*	38. Mike Miller	13. Dan C.
93. Eberhart Kuhns	43:09	65. Corry Lyons	39. Roger Smith	13. David
94. Rochelle Leeder	43:28	66. Miss Levy	40. David Fritz	14. Harold
95. Sandy Utterstrom*	43:31	67. Ethan Abendroth	41. Chuck Lamb	15. Martin
96. Jean Thores*	43:34	68. Jane Tibbets	42. Rick Strout	16. Chris
97. Gay Sherman*	44:01	69. Amy Kooshue*	43. Mike Worden	17. Mike
98. Karen Olmsted*	44:09	70. David Brown	44. Lester Everett	18. Greg
99. M. Alison Rohde*	44:32	71. Judy Knight	45. Larry Walden	19. Harold
100. Jack Poggi	45:35	72. Gabriel Abendroth	46. Dennis Welch	20. Ed B.
101. Terry Oliver*	45:36	73. Kristin Abendroth*	47. Bill Elger	21. Gary
102. Bonnie Pooley*	45:46	74. Emily Mann*	48. Joshua Bradford	22. Mike
103. Scott Yaboff	46:06	75. Christina Thompson*	49. Lee Nicely	23. Dan D.
104. Donald Lambert	46:17		50. Dave Paul	24. Bill
105. John Williams	46:21		51. Lloyd Gook	25. Mike
106. Cuchy Hamilton*	46:27		52. John Harvey	26. Chri
107. Kristi Shanahan*	48:13	WINTER HARBOR LOBSTER FESTIVAL	53. Larry Gillis	27. James
108. Alex Klein	50:14	12 Miler Aug 9th	54. Hugh McCormick	28. Mike
109. Janice Stoyko*	51:22		55. Julie Fritz	29. John
110. Kathy Dowling*	51:38		56. Roger Putnam	30. David
111. Rocco Menoriti	52:13	1. Dick Fourrier	57. Dick Micucci	31. Walt
112. Steve Silverman	52:58	2. Phil Stuart	58. Alan Pomerleau	32. Kath
113. Craig Forstner	53:05	3. Dick Brant	59. Arnold Frechette	33. Chris
114. Bill Dopheid	56:57	4. Kirk Lemontezek	60. Denise Coburn	34. Kral
Results courtesy of Kevin McDonald Race Director		5. Alton Lockyer	61. Martha Shurz	35. Bill
*****		6. Vance Scoddard	62. Bruce Allen	36. Bill
*****		7. Oskar Feichtinger	63. Mike Cray	37. Marc
Lovell 1 Mile Race (A bit short)		Steve Norton	64. Marc Welch	38. Albe
1. Sean Livingston	5:03	8. Dick Fisher	65. Dick Campbell	39. Don
2. Tazza Zach Paesey*	5:07	10. Fred Schmidt	66. Bobbi Everett*	40. Inam
3. Stacy Wurster*	5:15	11. Bill LaPietra	67. Charles Probert	41. Bart
4. Alex Dalzell	5:22	12. Dave Gorczyca	68. Lee Crocker	42. Bert
5. Ricky Charnas	5:30	13. Darryl Sargent	69. George Foster	43. David
6. John Connolly	5:35	14. Jerry Wood	70. John Guilletts	44. Gord
7. Taylor Tibbets	5:38	15. Brenda LoPotro*	71. Kathy D'Amhine*	45. Lisa
8. Don Koschut	5:39	16. Brian Clark	72. Bruce Micucci	46. Jeff
9. Jay Ostwicki	5:41	17. Susan Elms*	73. Neal Worman	47. Jason
10. Mike Peterson	5:44	18. John Sharp	74. Peter Frederick	48. Dennis
11. Adam Gifford	5:45	19. Phil Boyne	75. Nancy Whitcomb*	49. Walter
12. Ted Troubh	5:45	20. Carl Nelson	76. Lenora Felker*	50. Jim
13. David Adler	5:45	21. Lawrence Merchant	77. Barry Brown	51. Don
14. Chris Fortune	5:47	22. Robert Racioppi	78. Robert Libby	52. John
15. Marcus Nash	5:47	23. Alan Haase	79. William Harvey	53. Ray
16. Mike Adler	5:48	24. Anne Norton*	80. Geoffrey Martin	54. Jen
17. Ryan Edwards	5:48	25. Donald Osborne	81. Michael Maloney	55. Nat
18.		26. Tom MacMichael	82. Corinna Fritz*	56. Sue
19. Peter Keils	6:00	27. Joan Leslie*	83. Jeff Paul	57. Nan
20. Deana Vance*	6:01	28. Dan Smith	84. Ed Minden	58. Tim
21. David Cass			85. Jim Dunn	59. Don
22. Chester Gordon			86. Ned Connolly*	60. Jim
23. Kim Riggins*			87. Paul D'Ambrose	61. Jan
24.			88. Nancy Frederick*	62. Lau
25. Brenda Smith*			89. Donald Spear	63. Dan
26. Bobby Tunis			90. Brenda Allen*	64. Theo
27. Tim Livingston			91. Sue Yandell*	65. Wil
28. Jesse Knight		1. John Koller	92. Conrad Damens	66. Bel
29. Lance Delhat		2. George Towle	93. James Carroll	67. New
30. Wendy Delan*		3. Brian Flanders	94. Maureen D'Amicoise*	68. Ray
31. Stan Clukey		4. Chan Robbins	95. Wm. B. Bullock	69. Ste
32. Paul Baguer		5. Dick McFeal	96. Don Walker, Jr.	70. Sam
33. Chris Kellier		6. Greg DiBaise	97. Sue Rand*	71. Gen
34. Casey Faisten		7. Kent McDonald	98. W. E. Lazarus, Jr.	72. Sam
35. Russell Matthews		8. Ted Hollidge	99. Liz Baker*	73. Gen
36. Karl Liebermann		9. Jay Krug	100. Jennifer Rabina*	74. Jim
37. Holly Palmer*		10. Bob Hunt	101. Kathy Oliver*	75. Dan
38. Lee Morgan		11. Russ Connors	102. Bill Utileto	76. Doug
39. Nelson Pray		12. Larry Delton	103. Lindy Holmes	77. Ed
40. Mike Helles		13. Gerry Myatt	104. Della Nicely*	78. Far
41. Robin Dunham		14. John McFaland	105. Robin Walden*	79. Carl
42. Alexis Gentile*		15. Hubert Fauchette		80. Bob
43.		16. Russell Neppi		81. Jim
44. Arthur Treatin		17. Steve Jordan		82. Linda
45. Wendy Dunham*		18. David Fishberry		83. Ma
46. Kent Weymouth		19. Mike Toole		84. Jim
47. Mark Bedore		20. Dave Fanning		85. Ed
48. Bryce Canner		21. Roland Kunner		86. Jen
49. Josh Williams		22. Tom Bradley		87. Ma
50. Andy Carr		23. Warren Dean		88. Jim
51. Barry Shemof		24. George Nason		89. Ed
52. Sean Slaughter		25. Ed Crockett		90. Jen
53.		26. Ray Cooper	4 Miler	91. Ma
54. Leon Hicks		27. Michael Beaupain		92. Jim
55. Mike Baker		28. Doug Moody	1. Mark Hatch	93. Ro
56. Evan Deluty		29. John Coale	2. Mitch Lauer	94. Mi
57. Carl Lindberg		30. Richard Colonan	3. Greg Parlin	95. Al
58. Gaite Feeney		31. Bill Conn	4. Todd McGrath	96. Bo
59. Jessica Holm*		32. Donald Davidson	5. Bradford Brown	97. Ga
60. Ben Molin		33. Ben O'Grady	6. Greg Nelson	98. Ra
61. Olivia Gentile*		34. Joe Tacka	7. Brian Warren	99. Ge
62. Kristin Sereno		35. Gary Hamilton	8. Jeff Bengtsson	100. Ge
63. Julie Morse*		36. Scott Stratton	9. Steve Holmbrucker	101. Ge
		37. Hal Leighton	10. Ken Williams	102. Ge
			11. Bryant Bourgoin	103. Ge

18:17	12. Dan Campbell	29:30	12. Darren Billings	37:17	42. Art Marcoux	36:04	
18:19	13. David Noet	29:45	13. Harry Bowgate	37:20	43. Charles Durr	36:05	
18:20	14. Harold Runyon	29:50	14. Lenny Hatch	37:28	44. Gerald Levine	36:11	
18:21	15. Harry Weiss	29:53	15. Robert Nicholson	37:57	45. Charles Ross	36:21	
18:21	16. Chris McCann	29:57	16. Bill Leachey	38:25	46. Carlsson Small	36:30	
18:21	17. Mike Bachey	29:57	17. Jaff Ardenault	38:43	47. Robert Hess	36:31	
18:25	18. Greg Durgin	29:57	18. Diane Fournier*	39:14	48. Bob Johnston	36:36	
18:38	19. Harold Bates	29:57	19. Kim Beaumais*	39:27	49. Jones Ohmnia	36:40	
18:40	20. Ed Sainla	29:57	20. Dana Maxie	39:30	50. Roberts Sharp*	36:41	
18:43	21. Gary Chretien	29:57	21. Martin Dominn	39:38	51. Craig Makar	36:41	
18:44	22. Mike Thompson	29:57	22. Mark Juse	39:57	52. Steve Puckett	37:23	
18:45	23. Dan Williams	29:59	23. Mike Cameron	40:20	53. Pat Lusky	37:25	
18:46	24. Bill Gayton	29:59	24. Al Dingley	41:29	54. Tom Allen	37:31	
18:48	25. Mike Miller	29:59	25. Karen McCann*	42:23	55. Jim Sparago	37:33	
18:53	26. Chris Grove	29:59	26. Carlton Mendall	42:49	56. Robert Jung	37:34	
18:58	27. James Rich	29:59	27. Tim Loisel	43:13	57. Alden Foss	37:38	
19:01	28. Mike Rerrier	29:59	28. Dennis Simons	43:18	58. Chris Durr	37:39	
19:02	29. John Schwerdel	29:59	29. Gary Barrett	43:32	59. David Whitney	37:48	
19:03	30. David Stresser	29:59	30. Richard Stratton	44:01	60. Arthur Nelson	37:59	
19:05	31. Walter McKee	29:59	31. Paul Kebee	44:31	61. Millard Crowley	38:14	
19:06	32. Kathleen Dinane*	29:59	32. Mike Ryan	44:45	62. Bob Ahrens	38:17	
19:09	33. Chris Cook	29:59	33. Wes Ward	44:57	63. David McCarthy	38:20	
19:11	34. Kraig Hall	29:59	34. Bill Hawksal	45:31	64. Steve Crane	38:47	
19:15	35. Bill Thornton	29:59	35. Paul Ceron	45:38	65. David Kerling	38:50	
19:18	36. Bill Small	29:59	36. Dennis Hayes	45:44	66. Ken Brady	38:51	
19:19	37. Martha Thornton*	29:59	37. George Maxim	45:45	67. Richard Rutino	38:52	
19:28	38. Albert L. Godfrey	29:59	38. Ken Sylvester	45:48	68. Kathleen Sparago*	39:05	
19:31	39. Don Abrams	29:59	39. Jim Holmbraker	46:49	69. Dena Ughart	39:09	
19:44	40. Joanne Petrus*	29:59	40. Art Warren	47:19	70. Kevin Brady	39:40	
19:46	41. Barbara Godfrey*	29:59	41. Bruce Bell	47:19	71. Bill Brady	39:42	
0:00	42. Gorsev Kleitz	29:59	42. Jack Penney	47:20	72. David Erickson	39:44	
0:04	43. Earla Kennedy	29:59	43. Bill Johnson	47:28	73. Nancy Davis*	39:51	
0:05	44. David Boynton	29:59	44. Barbara Coughlin*	48:01	74. Linda Bedard*	40:03	
0:13	45. Gordon Smith	29:59	45. Dee Brewer	48:46	75. Nori Amane*	40:03	
0:14	46. Lisa Dodge*	29:59	46. Bob Day	48:54	76. Brad Hermanson	40:05	
0:15	47. Bob Bruder	29:59	47. Dave Ogan	49:20	77. Steve Buggs	40:13	
0:17	48. Jeff Aurnauer	29:59	48. Rose DeBlois*	49:28	78. Dan Collipp	40:18	
0:25	49. Jason Simons	29:59	49. Ernest Dieckmann	50:06	79. Joe Asbury	40:30	
0:27	50. Dennis McNeil	29:59	50. Jim Packman	52:12	80. Larry Salvason	40:31	
0:43	51. Walter Taylor	29:59	51. Dick Goodie	52:25	81. Michelle Swaiman-Bulster*	40:34	
0:45	52. Don Poulin	29:59	52. Bob Boynton	53:19	82. Tom Bawyr	40:34	
0:49	53. Jim McDevitt	29:59	53. Mary Jane Day*	54:41	83. Sally Nulligan*	41:26	
0:51	54. Jim Paulin	29:59	54. Byron Bennett	55:41	84. Eric Miller	41:39	
0:07	55. Ray Glandrea	29:59	55. Joyce Gondis*	56:34	85. Reginald Chipman	42:04	
0:10	56. Jennifer Beaulieu*	30:24			86. James Varhey	42:27	
0:12	57. Mark Pulkkinen	30:35	Results courtesy Bob Jolicœur Race Director			87. Ann Bidlingmaire*	42:39
0:13	58. Susan DeBlois*	30:57			88. Scot Crane	42:44	
0:15	59. Nancy R. Reward*	30:58			89. Sally Morrissey*	42:56	
0:18	60. Terry Brooks	31:27	*****			90. Joan Laslie*	43:30
0:20	61. Don Stresser	31:29			91. Chris McCann	43:54	
0:27	62. James Chick	31:29	BLUZZERRY RUNS			92. Wade Davis	44:02
0:29	63. Jean Karpinski*	31:27			93. Doty Foster*	44:06	
0:30	64. Laura McNeish*	31:32	Muchines	5 Miles	94. Janet Blaisdell*	44:06	
0:31	65. Donald Dodge	31:34			95. Phil Plante	44:16	
0:33	66. Thane Pulkkinen	31:40	1. Mike Calke	25:10	96. Lisa Noyes*	44:20	
0:45	67. Carolyn Head*	31:50	2. Sheril Sprague	27:28	97. Mary Ahrens*	44:34	
0:50	68. William Tessier	31:52	3. Peter Davis	27:42	98. Peter Neirick	45:18	
0:52	69. Brian Cockson	32:14	4. Al Harrington	28:44	99. Steve Apogea	45:49	
0:57	70. Neal McCarthy	32:28	5. Bim McFadden	28:49	100. Berdie Daly	46:11	
0:59	71. Raymond Doherty	32:34	6. Richard Lemouroux	28:54	101. Danny Condon	46:15	
0:59	72. Scapton Spring	32:36	7. John Hansen	29:10	102. Brent Sowle	46:19	
0:55	73. Sandra Luoma*	32:40	8. David Aller	30:31	103. Anne Griswold*	46:19	
0:56	74. Susan Shinn-Smith*	33:15	9. Mike Russ	30:53	104. Mike Henderson	46:41	
0:58	75. Gene Roy	33:32	10. Greg Dox	30:57	105. Earl Henderson	46:54	
0:00	77. Jerry Huskey*	33:35	11. Maurice Walsh	31:00	106. Linda Burley*	47:38	
0:09	78. Deb Dougherty	33:38	12. Vladimir Brzadoff	31:06	107. Jodi McGuire*	48:20	
0:54	79. Ellen Spring*	33:43	13. George Fountas*	31:26	108. Nitto Hillier*	48:25	
0:58	80. Dan Sanborn	33:44	14. Richard Bedard	31:30	109. Fred Kao	48:26	
0:59	81. Edward Dodge	34:32	15. Tim Parks	31:42	110. Ann McCann*	48:27	
0:59	82. Peter Mercier	34:44	16. Todd Shuman	31:46	111. Julie Makar*	48:56	
0:59	83. Carole Rossell*	35:10	17. Dan Werner	31:48	112. Suzanne Dodge*	50:12	
0:59	84. Deb McCann*	35:13	18. Rod Eyes	32:16	113. Kathi Rogers*	50:12	
0:59	85. Linda Soucy*	35:27	19. Daniel Higgins	32:27	114. Mike Savman	50:15	
0:59	86. Merr Hatch	35:47	20. Stephan Harrington	32:34	115. Eric Treadwell	51:20	
0:59	87. Jeannette Michaud*	35:54	21. David Coronado	32:43			
0:59	88. James McCann	35:55	22. Fred Schmidt	32:51	Results courtesy of Mike Worcester Race Director		
0:59	89. Kathy Roberts*	36:07	23. Bill Pinkham	33:20			
0:59	90. Jefferson Award	36:07	24. Richard Sturvin	33:30			
0:59	91. Marjorie Lalime*	36:21	25. Ron Brooker	33:59			
0:59	92. Miller		26. John Sharp	34:07			
0:59	1. Bruce Mortenson	49:00	27. Mai Crotty	34:10			
0:59	2. Rock Green	49:00	28. Alan Siflinger	34:11			
0:59	3. Nickie Lackey	52:37	29. Terry Cousins	34:12			
0:59	4. Allan Pierce	54:08	30. Andrew Smiley	34:18			
0:59	5. Bob Coughlin (M)	54:30	31. Brian Thompson	34:27			
0:59	6. Gary Cochrane	54:35	32. Paul Letby	34:32			
0:59	7. B.J. Raper	55:56	33. David Bowley	34:40			
0:59	8. Gary Weber	56:11	34. Daniel Lee	34:51			
0:59	9. Joe Grobe	56:19	35. Jim Mallor	35:00			
0:59	10. George Liming	56:26	36. John Peerson	35:04			
0:59	11. Doug Ludwig	57:00	37. Matt Pyer*	35:20			
0:59			38. David Bolton	35:45			
0:59			39. Tim Eave	35:47			
0:59			40. Sue Blaisdell*	35:47			



KEAG 5 MILER
Kenduskeag

Aug 15th

1. Mike Swanson	25:39	51. Gary Langley	31:16	146. Eric Bergerson	35:22
2. Henri Bouchard	25:57	52. Joe Dowling	31:24	147. Charles Drew	35:26
3. Larry Dennis	27:13	53. Mark Dorney	31:29	148. Ed Manganello	35:34
4. Mike Cola	28:49	54. Norm Lewis	31:33	149. Tom Noonan	35:38
5. Peter Swanson	29:44	55. Brian Milliken	31:35	150. H. Alan Rooney	35:42
6. Jeff White	30:34	56. Brad Goodall	31:36	151. Louis Bussault	35:48
7. Cliff Hatfield	30:36	57. Ron Burton	31:36	152. Richard Jewell	35:50
8. Larry Rich	31:42	58. Guy Berthiaume	31:42	153. Bruce Hadley	35:40
9. Bob Morrison	33:06	59. John Kelly	31:53	154. Pamela Lawrence*	35:41
10. Jim Weeschenen	33:32	60. Jerry Joubert	31:59	155. Julie M. Bernikow*	35:42
11. Bob Markwood	34:13	61. Jeff Arsenault	32:02	156. Doug Orcutt	35:47
12. Jim Neal	34:35	62. Doug Moody	32:06	157. Dennis Webb	35:49
13. Sheila Hodges*	36:16	63. Rick Elder	32:09	158. Tom Wmcker	35:51
14. Steve Burt	36:56	64. Bob Razzard	32:20	159. Dan Healey	35:52
15. Mike Keegan	37:03	65. Mike Guidi	32:22	160. Martin Demarais	35:55
16. Peter Pellerier	37:23	66. Scott Stretut	32:23	161. Jim Penney	35:58
17. Ron Crane	37:58	67. Shawn Leonard	32:34	162. Jeff Nichols	36:01
18. Sue Knowlton*	38:00	68. Mike Macdonald	32:37	163. Cindy Andrews*	36:02
19. Rick Floyd	38:26	69. Bob Stuart	32:37	164. Bill Cummings	36:03
20. Norman Fitzgerald	38:32	70. Dick Sproul	32:31	165. John Edwards	36:04
21. Henry Trask	38:41	71. Bob Patterson	32:32	166. Stephen Filler	36:05
22. Forrest Seavy	39:47	72. Wesley Rothamel	32:33	167. John Flynn	36:06
23. Dot Stockard*	39:51	73. Doug Allen	32:34	168. Larty Gillis	36:06
24. Kim Damien*	40:46	74. Robert Mohlin	32:35	169. Tony Cleaves	36:07
25. George Sutherland	41:44	75. Barton Cleaves	32:50	170. Fred Stone	36:08
26. Mike Smith	41:53	76. Carey Wilson	32:50	171. John Quillette	36:10
27. Bill Shaw	41:53	77. William Kene	32:51	172. Kevin Warrington	36:13
28. Judy Folger*	42:34	78. Gary Hamilton	32:54	173. Charles Guillebeau	36:20
29.		79. Greg Flimpton	32:55	174. William Sproul	36:23
30. Carol Martin*	46:38	80. Steve Bumps	32:58	175. Carol Ann D'Amour*	36:24
31. Lou Ann Filtschan*	46:48	81. R. Mark Harris	33:01	176. Andy Ouattara	36:27
Results courtesy of Jim Neal		82. David Morgan	33:04	177. John Shostack	36:32
Race Director		83. Mike Spindler	33:05	178. Brenda Buja*	36:34
*****		84. Richard Marimo	33:07	179. Steve Hyde	36:38
MUDGY SLINGER RUN		85. Don Brewer	33:09	180. Robert Choiniere	36:46
Tarouth 5.1 Miles		86. Bruce Twombly	33:10	181. Kristine Gordon*	36:53
Jul 18th		87. Bill Sylvester	33:15	182. Steve Burton	36:59
		88. Gerald Wiles	33:17	183. Lyn Hastings*	37:04
		89. Mark Danyla	33:19	184. Bruce Micucci	37:05
		90. John Roberts	33:23	185. Steve Smith	37:07
		91. Joel Tilton	33:32	186. Richard E. Campbell	37:09
		92. Mike Robinson	33:34	187. Everett Johnson	37:11
		93. Keith Burton	33:25	188. Dan Orcutt	37:13
		94. Dick Lajote	33:27	189. Jim Leonard	37:14
		95. Adam Lewis	33:29	190. Charles Thomas	37:16
		96. Dan Burke	33:39	191. Alan Rothamel	37:17
		97. Donald Endrizzi	33:40	192. Bruce Robbins	37:21
		98. Balby O'Neal	33:41	193. John Polson	37:25
		99. Bill Highes	33:42	194. Bud Cherry	37:29
		100. Richard Stratton	33:50	195. Jon May	37:33
		101. Frank Knight	33:50	196. Kathleen D'Amours*	37:37
		102. Bob Gilman	33:52	197. Ron McLaren	37:41
		103. Charlie Gordon	33:53	198. E. Cosby	37:42
		104. Todd Burham	36:00	199. Andrew Reilan	37:43
		105. Ray Siegert	36:01	200. Paul A. Quothopani	37:46
		106. Ron Poulin	36:01	201. Sam Humphert	37:49
		107. Scott Stamford	36:02	202. Richard Foote	37:52
		108. James Herrid	34:03	203. John J. Forrest	37:55
		109. Roger Pike	34:04	204. Richard A. Munther*	37:58
		110. Tom Brewster	34:06	205. Karie Harvey	38:01
		111. Bruce Allen	34:01	206. Jill Walker*	38:04
		112. John Solak	34:08	207. Carol A. Scott*	38:07
		113. Peter Bachelder	34:09	208. Malcolm Poole	38:10
		114. Brad Rockwood	34:10	209. J. P. Lavate	38:13
		115. Steve Corry	34:14	210. Jeff Way	38:16
		116. Lloyd Cook	34:20	211. Sue Reinshorugh*	38:21
		117. Mike Kriskine	34:22	212. Marc Bowgate	38:26
		118. George Limie	34:27	213. Norman McDonald	38:31
		119. Neil Kerrigan	34:29	214. Ralph Barchulaw*	38:36
		120. Greg Harris	34:32	215. Jacky Dalton	38:41
		121. Gene Fitzpatrick	34:34	216. Tim Barry	38:43
		122. Douglas Munsey	34:34	217. Rip Jones	38:49
		123. Roger Putman	34:36	218. Marty Ridge	38:52
		124. Doug Wood	34:38	219. Thomas Davis	38:55
		125. Gary Gander	34:39	220. Paul Peters	38:58
		126. Richard Micucci	34:42	221. Lenore Feifer*	39:00
		127. Dave Hanthorne	34:43	222. Cari D. Andrews	39:07
		128. Dr. John Dorsey	34:44	223. Lorissa Sylvester*	39:08
		129. Harold Beyou Jr.	34:44	224. Joe McGovern	39:09
		130. James Moore	34:45	225. Meg May*	39:12
		131. Peter Thomas	34:46	226. Jeff Amullen	39:13
		132. Roger Popper	34:49	227. Dave Verrill	39:16
		133. Don Betteau	34:52	228. Shirley Packard*	39:18
		134. Bruce Brumelle	34:52	229. Richard Maile	39:22
		135. William York	34:58	230. Tom Currie	39:25
		136. Bob Milliken	34:59	231. Jim McDevitt	39:27
		137. Dick Dedley	35:01	232. Sue Hinman*	39:33
		138. Newton Toole	35:02	233. Roy P. Hibyan	39:36
		139. John Totman	35:03	234. Doug Conn	39:37
		140.		235. Norman Belmore	39:39
		141. Patrick Richards	35:13	236. John Orcutt	39:39
		142. Robert Benson	35:17	237. James Sheehan	39:40
		143. Bill Dalton	35:19	238. Diane Amos*	39:41
		144. Nicholas Sampson	35:20	239. P. S. Condweir	39:44
		145. Robert Littlefield	35:21	240. Ed Minden	39:54

261. Ste

243. Wic

244. Fra

245. Eliz

246. Twi

247. Wis

248. De

249. Ken

250. Ir

251. Jo

252. Mi

253. Ma

254. al

255. G

256. W

257. Je

258. G

259. Na

260. M

261. M

262. R

263. S

264. C

265. G

266. W

267. S

268. A

269. C

270. M

271. C

272. T

273. T

274. T

275. G

276. G

277. T

278. G

279. G

280. G

281. G

282. G

283. G

284. G

285. G

286. G

287. G

288. G

289. G

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291. G

292. G

293. G

294. G

295. G

296. G

297. G

298. G

299. G

300. G

301. G

302. G

303. G

304. G

305. G

306. G

307. G

308. G

309. G

310. G

311. G

312. G

313. G

314. G

35:22
 35:26 241. Steve Edward 40:01
 35:34 242. T. LaMan 40:02
 35:38 243. Wildgery Thomas 40:03
 35:38 244. Francine Currier* 40:04
 35:39 245. Elizabeth Guarnsey* 40:09
 35:40 246. Teri Curnell* 40:10
 35:40 247. Winifred Wood* 40:11
 35:41 248. Dennis P. King 40:14
 35:42 249. Ken Pike 40:20
 35:47 250. Irving Walker 40:21
 35:49 251. John Marvaxo 40:23
 35:51 252. M.H. Garrison 40:25
 35:52 253. Maureen Buckar 40:27
 35:53 254. Alan Ward 40:28
 35:58 255.
 36:01 256. Wilburn Holmes 40:33
 36:02 257. John Hanley 40:34
 36:09 258. Christine Clothier* 40:35
 36:04 259. Mark E. McConnell 40:37
 36:05 260. Mike Wright 40:39
 36:06 261. Mark Barnes 40:42
 36:06 262. R. Storer 40:43
 36:07 263. Gregg Taylor 40:44
 36:08 264. Carolyn Dalton* 40:49
 36:10 265. Christina Tuttie* 40:50
 36:11 266. William Robertson 41:02
 36:20 267. Sandy Turcotte* 41:03
 36:23 268. Alney Stowell 41:05
 36:24 269. Gayla Chadwick* 41:07
 36:27 270. Mimi Joy* 41:12
 36:32 271. Pam Moulton* 41:12
 36:34 272. Carroll Greenhight* 41:17
 36:38 273. Yvette Knight* 41:23
 36:46 274. Jack Cook 41:29
 36:51 275. Steven Morrow 41:42
 36:59 276. Jon Horin 41:45
 37:04 277. Barbara Hooten* 41:50
 37:05 278. Ann Allian* 41:54
 37:07 279. Robert Holland-Stanley :59
 37:09 280. Frank Bräu 42:02
 37:11 281. Nancy Kibler* 42:09
 37:13 282. Mimi Barber* 42:14
 37:14 283. Wayne Dockey 42:14
 37:16 284. Mark Irish 42:16
 37:17 285. Robert Evans 42:21
 37:21 286. Maureen D'Ambrosia* 42:26
 37:25 287. Jason Walker 42:26
 37:29 288. Richard Cromwell 42:29
 37:33 289. Sandra King* 42:33
 37:37 290. Mark Gilbert 42:33
 37:41 291. Cathy DiCenzo* 42:46
 37:42 292. Helen Cyr* 42:47
 37:43 293. Sarah Faunce* 42:52
 37:46 294. Richard Coffey 42:56
 37:49 295. James Milton 42:56
 37:52 296. Edward McDonough 42:58
 37:53 297. Elizabeth Puryear* 42:59
 37:58 298. Carolyn Reed* 43:04
 38:01 299. Tony Taxio 43:12
 38:04 300. Judy Loenig* 43:16
 38:07 301. James Smith 43:29
 38:10 302. Amelia Payson* 43:36
 38:13 303. Richard Bosaventure 43:37
 38:16 304. Stephen Hyde 43:38
 38:21 305. Matthew Bigbee 43:42
 38:26 306. Denise Howard* 43:46
 38:31 307. Ruth Ann McCall* 43:45
 38:36 308. Brian Holland 44:06
 38:41 309. Larry Reinborough 44:09
 38:43 310. Linda Wilson* 44:20
 38:49 311. J. Ernest 44:38
 38:52 312. Muriel Pepper* 44:54
 38:55 313. Jane Rutherford* 45:02
 38:58 314. Muriel Salisbury* 45:03
 39:00 315. Debbie Berman* 45:12
 39:07 316.
 39:08 317. Dot McCorm* 45:24
 39:09 318.
 39:12 319. Nascia Hanson 45:30
 39:13 320. Nancy Leonard 45:55
 39:16 321. Lorraine Starr* 45:58
 39:18 322. W.E. Lassette, Sr. 46:36
 39:22 323. Mary Delois* 46:43
 39:25 324. Malya Alberio* 46:44
 39:27 325. Charles Sawyer 46:48
 39:33 326. Cecile LePlante* 46:49
 39:36 327. Martin Nagulis 46:49
 39:37 328. Eleanor True* 46:52
 39:39 329. Lynn Wetherell* 46:53
 39:39 330. Libby Nemur* 47:30
 39:40 331. Rebecca Sampson* 47:30
 39:42 332. Karen Trouwman* 47:40
 39:44 333. David LeFevre 48:00
 39:54 334. Tim Davies 48:04
 335. Jim Helone 47:27
 336. Judy Hoy 48:29

48:29
 48:36
 48:40
 48:55
 49:39
 50:39
 50:40
 50:41
 51:23
 51:34
 51:15
 51:34
 52:34
 52:34
 53:00
 1. Bruce Frazee 24:51
 2. Greg Hardwall 25:28
 3. Marlin Conrad 26:24
 4. Conrad Walton (N) 26:31
 5. Herman Palleter 27:01
 6. Waldron Babbidge 27:42
 7. Rusty Taylor 28:27
 8. Paul Bouchard 29:13
 9. David Mangus 29:22
 10. Fred Putnam 29:38
 11. Chris McDonald 30:10
 12. Larry Whipple 30:12
 13. Mike Headon 30:34
 14. Bob Duprey 30:37
 15. Mark Cowell 30:41
 16. Mike Casey 31:09
 17. Rick Johnson 31:31

Results courtesy of Wesley Rutherford
Race Director

**Come meet
some people
in love with
the restaurant
business.**

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

SEPTEMBER

- 14-15 Searsmont Street Band
 - 16-17 The Drones
 - 18-19 Randy Hawkes & the Overtones
 - 20-22 The Blue Flames
 - 23-24 Jeff Dow & Arol West
 - 25-26 Surprise!
 - 27-28 Lower Eastside Band
 - 29-30 Chris Kleeman
- OCTOBER**
- 1-3 Scott Folsom Band
 - 4-6 Waldo County Line
 - 7 Montage
 - 8-10 Blues Over Easy



18.	Randy Wilcox	31:53	45.	Aurele Ouellet	37:59
19.	Bruce Twombly	31:54	46.	George LeBlanc	38:12
20.	Ted McNutt	32:17	47.	William Davidshofer	38:35
21.	Nancy Jackson*	33:00	48.	David McCrea	39:08
22.	Dan Charette	33:24	49.	Don Leonard	41:26
23.	Larry Mangus	33:31	50.	Russell Cyr	43:54
24.	Freeman Deuhay	33:38	51.	Allen Toubman	43:55
25.	Ed Buckley	33:48	52.	Joanne Cyr*	44:01
26.	Mike Young	33:52	53.	Dana Giggey	45:03
27.	Alton Wardwell	34:02	54.	Betty Deveau*	45:31
28.	Robert York	34:03	55.	Stan Scott	46:39
29.	Brent O'Clair	34:06	56.	Sam Ouellet	48:00
30.	Kathy Smith*	34:42	57.	Ann Niblock*	49:27
31.	Gary Ouellet	34:54	58.	Ryan Buckley	51:28
32.	Fred Niblock	35:15	59.	Eddie St. John	52:07
33.	Tai Chang	35:16			
34.	Peter Cuff	35:32			
35.	Fred Howes	35:37			
36.	James Buckley	35:40			
37.	Robert Farley	35:45			
38.	Glenn Mahan	36:09			
39.	Emily Higgins*	36:44			
40.	Paul Plissey	36:45			
41.	Doug McNutt	36:58			
42.	Julius Marzul	37:07			
43.	Phil Cormier	37:18			
44.	James Kinny	37:51			

Walkers

1. Edward Ouellet 51:48
2. Dr. Charles Serritella
3. Pauline Blake* 1:05:46

Results courtesy of Dave Rand
Race Director

* * * * *

SHOE REPORT FOR X-COUNTRY 1981

Each year I try to give some advise to high school x-country runners about what is new, different, and good in training and racing shoes for their sport. I'm not trying to put down one company or another; I'm just trying to lay out what I feel, as a shoe salesman who also runs in them, are the best shoes available this year for x-country.

The Nike Internationalist is the main shoe I'm now training in. It is the true next generation LDV. I find that it is much more stable than the Daybreak, but the sole doesn't wear as well as the old LDV.

The Saucony Jazz is an excellent shoe, as well as the Adidas TRX Trainer. Avoid Brooks like the plague, there is a rumor that the company is or will be going out of business. I have a pair of New Balance 730's that I really like. If you get a pair and get sore on the outside of the shoe near the back, don't be alarmed. That's where the "double" heel-counter tucks under and with time it smooths out. I'd love to have a pair of Etonic Eclipse Trainers. I have the racer and love it.

"Sporting Goods for All Seasons"

Good Sports

3 Pleasant St, Brunswick



5000 meters

TINOCIN FALL CLASSIC

5000 meters

The 2nd Annual 20 Kilometer Road Race

Autumn Gold

Ellsworth, Maine

The Ellsworth Area Chamber of Commerce Presents
The State Championship Twenty Kilometer Road Race

Thousands of dollars worth of prizes will be given away in nine age groups as well as open and team categories!

First place male and female finisher will win an all expenses paid trip anywhere on Bar Harbor Airlines!

Come to Ellsworth October 3rd and run in the state championship 20K road race over beautiful and demanding course. Race time 10:00 a.m. at the triangle.

Come see the Rowdies, Musterds, Maine Rack Club, Androscoggin Harriers, Downeast Striders, Central Maine Striders and

other teams come head to head in team competition!

- The race is sanctioned by the Road Runners Club of America and Running Programs of Maine.
- Bob Booker is the race director along with technical help from Robin Emery, Steve Coffin and Jack Trefethen.
- Come discover the Ellsworth area, the fine lodging and dining and downeast hospitality.

Write for more information to
the Ellsworth Chamber of Commerce:
P.O. Box 267, Ellsworth, Maine 04605, (207) 667-5584.



18. Randy Wilcox 31:53
19. Bruce Twombly 31:54

45. Aurele Ouellet 37:59
46. George LeBlanc 38:17

5000

The 2nd Annual Autumn Gold 20 Kilometers Ellsworth, Maine Road Race

October 3rd, 1981

Official Entry Form

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

Name _____ Street _____
City _____ State _____ Zip _____
Date of Birth _____ Sex _____ Club _____
Signature _____

Mail this form plus the \$3.50 pre-registration Entry Fee (registration fee on day of race is \$4.00) payable to The Ellsworth Chamber of Commerce, P.O. Box 267, Ellsworth, Maine 04605, (207) 667-5584.

5000 meters

LINCOLN FALL CLASSIC

5000 meters

DATE: Sunday-October 11, 1981 (Columbus Day Wknd.)

TIME: Race Starts at 3:00 sharp
Registration from 2:00 to 3:00

WHERE: Mattanawcook Junior High School
Lincoln, Maine - (just 45 minutes North of
of Bangor)

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

FACILITIES: Showers and restrooms available at junior
high school. Bring your own towel.

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

1:02:58

AWARDS: OVERALL MALE OVERALL FEMALE
Junior Male (13 under) Junior Female
14-18 male 14-18 female
19-29 male 19-29 female
30-39 male 30-39 female
40 over male 40 over female

1:19:05

FEATURES: *Aid station halfway
*All miles marked
*No traffic problems
*Times at 1 and 2 miles
*Immediate Results posted
*Free post race liquid refreshment
***Free Screened T-Shirt

OFFICIAL ENTRY FORM

Name:.....

Address:.....

Age:..... Sex: M F T-Shirt Size: sm med lg

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 road race.

SIGNATURE:

(parent or guardian if under 18)

Make checks payable to: Lincoln Fall Classic (\$4.00)

Mail to: Mike Salvato-Mattanawcook J.H.S.-Lincoln, Maine 04457

SECOND ANNUAL LISBON FUN RUN (5.4 miles)

SPONSORED BY: Mr. Paul Triggiani for the benefit of Rotary Club projects

IN: Sunday, October 4, 1981 2:00 PM Rain or Shine

MEET: MARK'S Fast Foods, Rt. 190, Lisbon Falls, Me.

RACE: Maps available on race day. Splits at 1 and 3 miles.
Water at 2.5 miles.

REGISTRATION: Adults = (18 and over) pre-registration \$2.00;
registration day of the race \$3.00;
Juniors pre-registration \$1.00;
registration day of the race \$2.00.

Day of the race registration from 12:30 - 1:45 PM.
Pre-registration deadline, September 30.

PRE-REGISTRATION MAIL ENTRY FORM TO:
Mr. Paul P. Triggiani - Race Director
Two Rivers Medical Center
Lisbon Center, Me. 04251

FRESHMENTS: For all racers, donated by MARK'S Fast Foods.

UTILITIES: Restrooms at Lisbon High School

AGES:	Up to 15 years old male	40-49 male
	Up to 18 years old female	40-49 female
	18-29 male	50-and over male
	18-29 female	50-and over female
	30-39 male	
	30-39 female	

AWARDS FOR ALL CLASSES

Second Annual Lisbon FUN RUN Entry Form

NAME:

ADDRESS:

consideration for this entry being accepted, for myself, my heirs, executors and administrators, waive and release any and all claims for damages I may have against the race sponsors or officials. I have full knowledge of the risks in this event and attest that I am physically able to participate.

Signature

Signature of parent or minor

Kingfield
SAVINGS BANK



Peter Webber's
**SUGARLOAF
INN**

Kingfield 10K Weekend

Kingfield 10K

Kingfield
Kids' K

Sugarloaf
UpHill Climb



**Saturday & Sunday
September 26 & 27
Kingfield, Maine**



Kingfield 10K
Saturday, September 26, 1981
11:00 A.M.

The Kingfield 10K has earned a reputation as one of the finest races in the state of Maine.

It features high caliber competitors, the fastest 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 villages 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 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.

New Balance Running Clinic — a free running clinic put on by the New Balance racing team — will take place at 1:00 pm on Sunday at the Sugarloaf Inn.

DETAILS

Best Finishers: Kingfield 10K Bob Hodge ('79) 29:11, Andy Palmer ('80) 29:29; Scott Graham ('79) 30:18; Joan Bonnill ('79) 33:41; Michelle Haller ('80) 36:30; Loren Ritchie ('79) 38:28
Sugarloaf UpHill Climb Record 29:29

Registration: Kingfield Kids' K-8:30-10:00 am race day at Kingfield Savings Bank; Kingfield 10K-8:30-10:45 am race day at Kingfield Savings Bank; Sugarloaf UpHill Climb 9:00-10:00 am race day at Sugarloaf/USA Base Lodge; By mail: use form on back cover.

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



Peter Webber's
SUGARLOAF
INN

We enjoy sponsoring the Kingfield 10K

For reservations, call or write: Peter Webber's Sugarloaf Inn
Kingfield, ME 04947, (207) 237-2701

**Sugarloaf
UpHill Climb**
Sunday, September 27, 1981
10:15 A.M.

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

The event starts at the base lodge (elev. 1600') and proceeds up on the Binder ski trail, and ends, less than 3 miles later, 2800 feet higher, at the summit of Sugarloaf Mountain. The record time is 29 minutes, 29 seconds. This is not a race; it is a challenge that can only be attempted by conditioned athletes. Commemorative T-shirts will be given to the first 75 finishers. Free refreshments and a ride on the gondola at Sugarloaf/USA (weather permitting) will be given to all competitors. This event begins at 10:15 sharp.

Kingfield. Follows 1st mile of Kingfield 10K course, slightly modified. Ends back at start in front of Kingfield Savings Bank. 1st summit Kingfield 10K-10 kilometer (6.2 miles) course on paved roads, 70% flat, 30% slightly rolling terrain, scenic, incl. Fee: Kingfield 10K \$5.00, Kingfield 10K-10 \$10.00, Kingfield 10K-10K \$15.00, Kingfield 10K-10K-10 \$20.00.

Sugarloaf UpHill Climb-an extremely difficult course, incl. a climb up with a loose gravel and rock surface. Climbs 2800 ft. from 1600 feet over nearly 3 miles, uphill all the way. Very demanding.

Prize Categories: Kingfield 10K-Males & Females - 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, Open, 1st Club, 1st Individual

Prizes: Kingfield 10K-Slates & Pewter Plaques (top 3 finishers in each category), many more gifts by bib number, including New Balance running shoes, Splitkeen X-C skis, X-C touring boots, bicycle (kid's), lift ticket to Sugarloaf, Chip more.

3 GRE/

**SPECIAL
RACE PACKAGE**
2 Nights Lodging - Me
\$32.50/person
Saturday night dinner
1 regular breakfast and
light, pre-race breakfas

Kingfield Kids' K Race & Raffle
Saturday, September 26, 1981
10:15 A.M.

27. 1981

acement of the Kingfield 10K has many younger kids fired up to race. To fill this need, the Kingfield Savings Bank and Peter Webber's Leaf Inn will sponsor a 1-EK (1 mile) race at 10:15 A.M. for runners 12 and under. (The Kingfield 10K is open to runners of all ages who want 6.2 miles.)

will be given to the first 50 registrants, and trophies will be led 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 Kids' K race. It's another community commitment from your local bank. The Kingfield Savings Bank and Peter Webster's Sugarloaf Inn are the fun! The Kingfield 10K Weekend has an event for everyone in

the
day

10K course: slightly
Savings Bank
course on paved
area, scenic, one loop
difficult course up
one. Climbs 2600
feet. Very demand-
ing. 14 & under
awards. 1st Club;
1st three
(top 3 finishers =
bib numbers 1-300)
Splitkin X-C skis
kit to Sugarloaf/U

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

Fee: Kingfield Kids' K-\$2.00, includes free T-shirts to 1st 80 finishers, trophies, free liquids refreshments, live entertainment and a chance to win a \$195 10-speed Motobecane bike from The Ski Book (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 zipline (weather permitting).

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

GREVENTS



Kingfield
SAVINGS BANK
KINGFIELD, MAINE 04947
MEMBER F.D.I.C.

**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.**

SCHEDULE OF EVENTS

Friday, Sept. 26

Check-in at lodges, pre-rose dinner specials at Chateau des Tagues and Matcho's in Cutabasset Valley, and Longfellow's in Kingfield.

Saturday, Sept. 27

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
All Day	Sugarloaf Fall Foliage Art Show at Sugarloaf/USA base lodge

Sunday, Sept. 27

9:00-10:00 am	Registration
10:15 am	Sugilant UpHill Climb
12:00 Noon	Awards Ceremony at The Sugaloof Inn with free liquid refreshment
1:00 pm	New Balance Running Clinic
All Day	Sugaloof Fall Foliage Art Show

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

Spain. I find 6 miles. Water and ice and snow (and snow more if hot). Houses along course if extremely hot.

Lodging: Sugarloaf Inn \$32.50; includes 2 nights lodging, Saturday night dinner, a regular breakfast and a light pre-mine breakfast. Call (207) 237-2701 for reservations.

Showers: Kingfield Elementary School, just before 2-mile mark on the course (Rt. 142 West).

New Balance Running Clinic: Free running clinic sponsored by New Balance Running Shoes, featuring members of the New Balance Running Team, 1:00 pm, following the Sugarloaf UpHill Climb, at the Sugarloaf Inn.

NEW BALANCE

B

WE'RE WITH YOU EVERY STEP OF THE WAY.

Have a Coke
and a smile.



The Coca-Cola Company
Atlanta, GA 30360



Scenic Gondola Rides
10 - 5
Weather Permitting

mountaininside real estate

base lodge at Sugarloaf/USA, exclusive realtor for Sugarloaf Mountain Corporation. Offering condominiums, vacation homes, home sites, woodlands, farms and commercial properties from Farmington to Eustis, and unique real estate throughout Maine.

CONTACT: C. Susan Mason,
Sugarloaf/USA
Kingfield, ME 04947 or
call collect, 207-237-2100

Put more kick in your skiing
with **Alfa boots**
and **Splitkein skis**



For all your
biking & skiing ne
run to **The Ski R**

IT'S NICE TO HAVE A FRIEND IN THE
SKIRAC
Central Plaza, Livermore Falls,
Maine Square, Hogan Road, Bar

athletic
Tattic®

ENTRY FORM

(Please Print)

NAME _____

Kingfield 10K Weekend

ADDRESS _____

CHECK RACES ENTERING Kingfield 10K (\$5) Kingfield Kids' K (\$2) Sugarloaf UpHill Climb (\$3)

CLUB

MALE FEMALE

RACING IN WHAT CLASS Open* or Age Group (Circle One)

AGE _____

Time _____ Distance _____

PREVIOUS BEST RACE Name _____

Place _____

SHIRT SIZE: Small Medium Large Youth (Circle One)

*Open - No age limit, race against all ages, usually recommended for men; others should sign in age group

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 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.

Mail to: Chip Casey

Kingfield 10K

Kingfield, ME 04947

Your Signature

Parent's Signature

(for runners under 18)

**The climb is very demanding. Only conditioned athletes should attempt the climb.

SUGARLOAF AREA CHAMBER COMMER

While you're here,
to visit our Fall F
Art Show in t
Base Lodge at Sugarc



Lee

Lee Woolrich
KNITS



Keanan Auction Co.'s
LEE Factory Outlet Store
Downtown Kingfield on the Corner

SUGARLO
AREA
CHAMBER
COMMER

le you're here, be
visit our Fall Fe
Art Show in th
Lodge at Sugarlo

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the Ski Ra

FRIEND IN THE BU
RAC

Livermore Falls
Ogan Head, Bang

ic
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3rd ANNUAL
ROLAND DYER—SENTINEL CLASSIC
5 MILE ROAD RACE
1 MILE FUN RUN
Sunday, Sept. 13, 1981 at 1 P.M.
WINSLOW HIGH SCHOOL

Sponsored by: Winslow High School cross country teams
and the Morning Sentinel with the cooperation
of the Central Maine Striders.

Registration: By mail or 11:45 to 12:45 the day of the race.

Entry fee: \$2.00 in advance, \$3.00 that day
50¢ for the fun run.

T shirts: To the first 60 entries in the five mile.

Trophies: To the first male and female overall.

Prizes: To male and female winners in the following
categories: 15 and under, 16-19, 20-29,
30-39, 40-49, 50 and over.

Ribbons to all finishers in the fun run.

Facilities: Locker rooms, toilets and showers.

Split at two miles, water at 2.5 miles.

COURSE RECORDS

Karen McCann, Mercer 36:29 1980

Todd Hew , Waterville 26:43 1979

Masters

Del Drouin, Winslow 43:22 1979

Dick MacDonald, Waterville 31:29 1980

send entry to: Gene Roy c/o Central Maine Striders P.O. Box 1177
Waterville, Me. 04901 5 MILS _____ FUN RUN _____

name _____ age _____ M _____ F _____

address _____

circle one: 1 2 3 4 5 6
15 and under, 16-19, 20-29, 30-39, 40-49, 50 and over

In consideration of this entry being accepted, I, intending to be
legally bound, do hereby, for myself, my heirs and executors waive
any and all rights and claims for damages I may have against the
sponsors of this race.

Sign _____ Parent's if _____
under 18



COMMERCIAL SCREENPRINT

PO Box 1205 • Bangor, Maine 04401 842-2882

A T-SHIRT REMINDER for AUTUMN RUNNING EVENTS

Again -

- : QUANTITY PRICING
- : QUALITY PRINTING
- : 10 DAY DELIVERY
- : NO SCREEN OR OTHER CHARGES

Give us your camera-ready art or drawing
and we'll do the lettering.
Many styles to choose from.

WERE YOU THERE?

We printed for the following and more -

- : Bob Booker's "ICEBURG MARATHON"
- : "GREAT CRANBERRY 5000 METER"
- : Benjamin's "NATURAL LIGHT 10K Road Race"
(Heart Fund)
- : RUNNING PROGRAMS OF MAINE Running Camp
- : Benjamin's "PAUL BUNYAN MARATHON"
- : "HANCOCK LOBSTER CLASSIC"
- : "H.P.S.E. 5K NOVICE RACE"
- : "DOWNEAST STRIDERS"
- : "CANUSA TORCH RUNNER 1981"

Also

- : "MAINE RUNNING" Bumper stickers

Give us a call and come see us -

Thank you,

Tom Robinson, Prop.



4TH ANNUAL
BAR HARBOR
13 miler

New England's Most Scenic Road Race

WHEN: Saturday, September 19, 1981, 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 React 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

	Awards
	1-10
	1-3
	1-3
	1-2
	1-5
	1-3
	1-3
	1
	1
	1
	1
	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
WOMEN: Robin Emery

1979
1980

Caribou, ME
Lamoine, ME

1:09:08
1:24:33

ENTRY FORM

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assigns, 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 _____

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

Dennis S. Jenkins, Race Director
Bar Harbor Chamber of Commerce
Bar Harbor 13 Miler - 1981
Bar Harbor, ME 04609
Tel: 207-288-5103, for information

ENTER EARLY AND BE A PART OF A MAINE RACING TRADITION

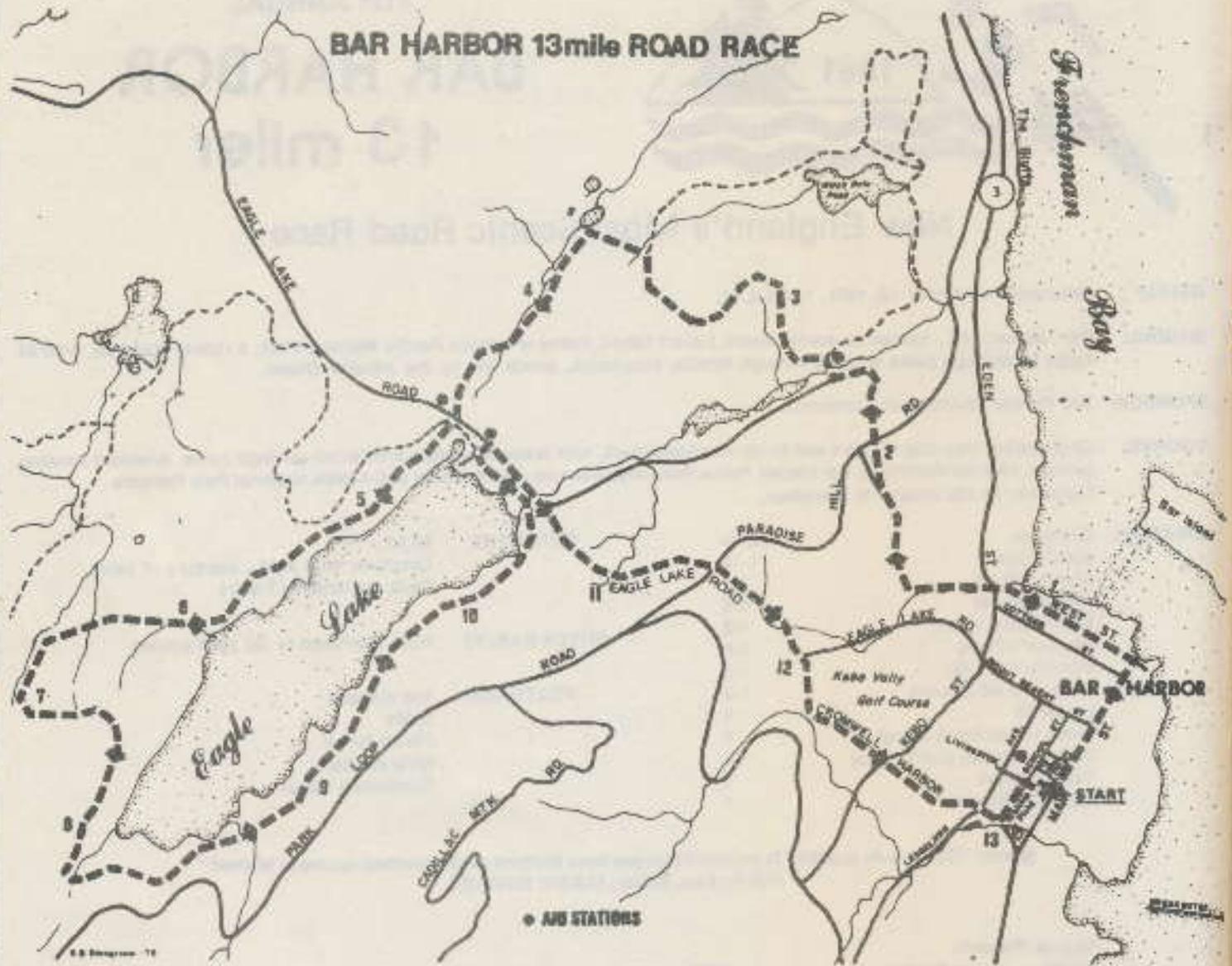
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If you would like a souvenir T-shirt, send \$5.00 and T-shirt size to address above.

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To save the best for last, we have the all new Nike Terra. I just got a pair and I can't say enough about them. The second time I ran in them someone said I should do an advertisement for Nike, because I kept repeating, "You just can't run slow in 'em!!" And it's true, you can't.

The first time I put them on I was going to run my very hilly 10 mile loop, and after less than a half mile my hair was standing straight out in back. I was flying!

I cranked around my loop in just over sixty-eight minutes and felt super. What a shoe!

The Terra weighs 6.8 ounces and gives up to 8% more shock absorbency than any conventional training shoe. I may never by a racing flat again.

OTHER NEWS...

The Terry Fox memorial runs that Ed Rice talked about in the last issue have been put off until next May. Ed wants to do a bang-up job of it and doesn't want to be hurried. He's receiving quite a bit of support, especially from the clubs.

RECOGNIZING THAT STRUGGLING NEW PUBLICATIONS SOMETIMES CANNOT BE VERY SELECTIVE IN THEIR CHOICE OF ADVERTISERS, BUT RECOGNIZING ALSO THE DANGERS OF UNSUPERVISED USE OF DRUGS AND MATERIALS NOT AUTHORIZED FOR HUMAN APPLICATIONS, WE HAVE PURCHASED THIS SPACE IN MAINE RUNNING MAGAZINE IN ORDER TO SUPPLANT ADVERTISING FOR DMSO, WHICH WE FEEL IS AN UNPROVEN AGENT, POSSIBLY DANGEROUS, WHICH SHOULD NOT RECEIVE THE SANCTION OF ADS IN A MAGAZINE FOR PEOPLE CONCERNED WITH FITNESS AND HEALTH--

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MAINE RUNNING INFORMATION CORNER

Make sure you check the tag on the cover of the magazine to see when your subscription runs out. If it says: 4-82 that means that the last issue you will receive will be the April issue of 1982. If we do not receive \$12.50 before April 15th, you will have to pay the full subscription price of \$15.

If you need a Chronomix Timing Device the price is \$35 if you pick it up and return it; \$50 if I bring it to you.

Want to give a nice gift to a running friend or looking for a different prize at your race? How about giving Maine Running. Call about special rates.

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