

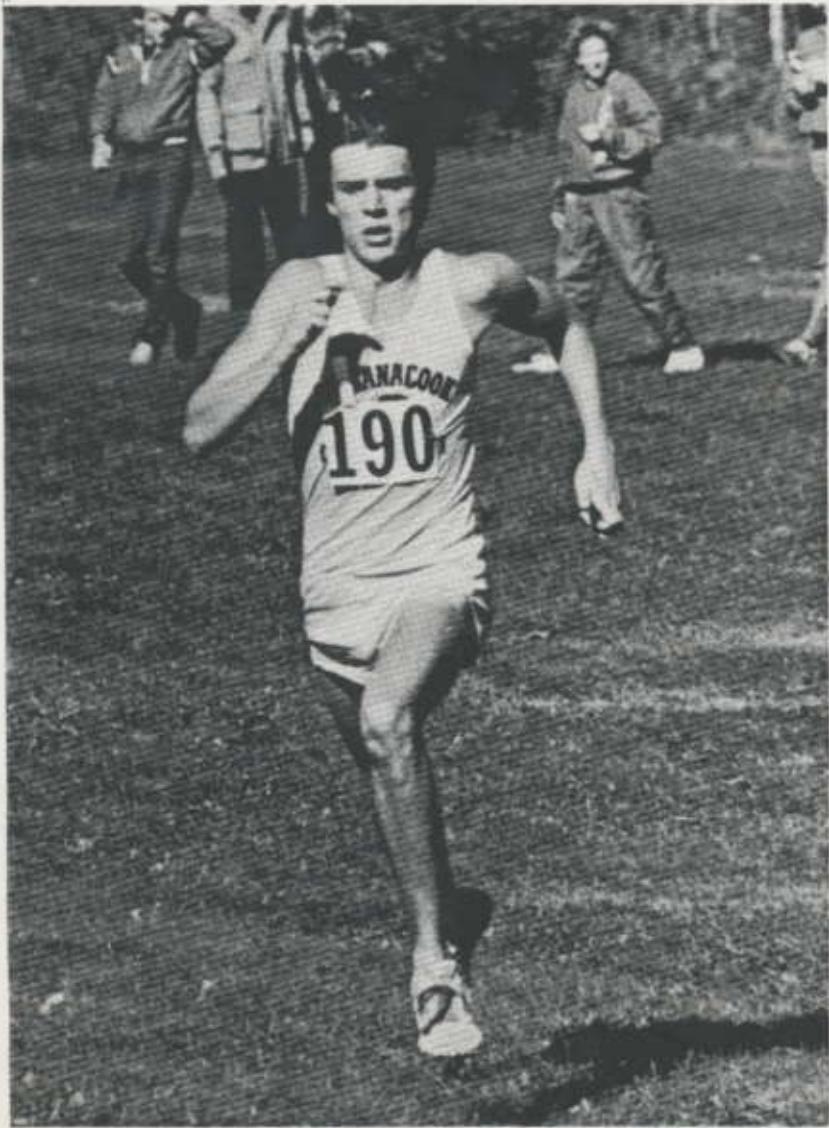
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**MAINE  
NORDIC COUNCIL**

VOL. 6 NO. 12  
DECEMBER 1985

# Maine Running & Outing Magazine

P. O. Box 259

East Holden, Maine 04429

Tel. (207) 843-6262

I was thumbing through old issues looking at the high school athletes we've had on the cover. There have been very few - Brian White, Brian Pettingill, Michele Hallett, Mary Lynn Cyr, and Leslie Walls to be exact. I have avoided writing too much about young athletes because I think adults put too much pressure on them as it is. What young athlete needs to work under the pressure the media and other adults have put on Scott Roberts, our latest high school cover athlete?

Four state championships in four years. Unheard of! Scott has nothing to prove to anyone; he has made his mark on Maine high school athletics. A mark that could stand for a very long time.

Yes, the pressure was on Scott as he entered his last high school cross country meet. Thank God he had someone like Stan Cowan to coach him through it.

Another great thing about outstanding athletes like Scott Roberts - they make runners like Stan Smith, Trey Amundsen and Dale Bailey that much better in pursuit. Laura Duffy, Beth Golden and Jill Decker should be as thankful for the presence of Susannah Beck in Class B x-country.

*Bob*

Maine Running & Outing is published monthly at Bangor, Maine.

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PO Box 259  
E. Holden, ME 04429

Telephone: (207) 843-6262

News cover photo: Bob Delong

## MAINE NORDIC COUNCIL SKI RACE CALENDAR 2

Try x-country ski racing; you'll love it!

## SKIING'S TOO MUCH WORK! 4

You don't have to be a wax expert to enjoy the sport.

JEAN THOMAS IN DUTCH MARATHON 7-9  
by Mason Philip Smith

WHAT, ME RUN? by Don Wismer 10-13

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BED & BREAKFAST 15

CLUBS 16

A FITTING TRIBUTE - Ralph Thomas 15K 17

NO-GAIN HOLIDAY EATING STRATEGY 18  
by Anne Marie Davee

## THE PACK

### ROAD RACES

Sep 29	James Bailey XC 5 & 1.5 Kid's	78 finishers
Sep 7	Jonesport 5 Miler & 1 Mile Kid's	58 "
Sep 7	Lubec Med Center 5 Miler	29 "
Sep 28	Sunrise Run for C.F. (3K)	147 "
Oct 5	St. Joe's Hoop Fall Wellness Run	53 "
Oct 12	Searsport Rec Run	31 "
Oct 13	Casco Bay Marathon *Certified*	242 "
Oct 12	"Codfish Bowl" x-country	lots & lots
Oct 12	Stroh's Run For Liberty "Cert"	312 finishers
Oct 19	Autumn Gold 10K	67 "
Oct 20	Tara Putnam 5K	75 "
Oct 20	T.A.C. Meet at Nokomis	74 "
Oct 27	T.A.C. Meet at Sabattus	124 "
Nov 2	State High School Championships	505 "
Nov 3	T.A.C. Meet at Auburn	120 "
Nov 3	Ralph Thomas 15K *Certified*	88 "
	"Back to Nature Run 1.1	33 "

### TRIATHLON

Oct 20	Waldo County Challenge	51 "
		28 teams

### BICYCLING

Oct 6	Sugarloaf Leaf Peepin	73 finishers
Sep 15	Union River Road Race	88 "

### CANOE

Sep 29	Fall Foliage Canoe Classic	40 "
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Photos at Thomas race, Casco Bay, and Glendon Rand by Vance Brown, PO Box 53, Searsport, ME 04974 548-2508  
Jean Thomas photo by Mason Philip Smith

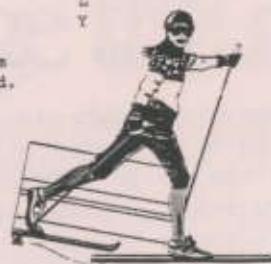
# CALENDAR

## MAINE NORDIC COUNCIL

A skier attempting to win the MNC Race Series Championship in his or her age group must compete in at least one race of longer than 10Km and at least two of 10 or less kilometers. He or she must also compete in the MNC 15Km Championship on March 16th OR the MNC 30-20Km Championships on Feb 16th. Skiers in Class A and G only have to participate in 2 races of 10Km or less plus the 10Km race at Snorada STC on Feb 16th in order to win their classes. The top 5 in each age group will be listed in the May issue of MR&O.

AGE CLASSES	Male	Female
15 and under.....	A	G
16-19.....	B	H
20-29.....	C	I
30-39.....	D	J
40-49.....	E	K
50-59.....	F	L
60 and over.....	X	Y

- Jan 5 CARTER'S LAST STAND. Carter's Farm Market STC, Oxford. 5Km at 11 a.m. \$5.50. Contact: David J. Carter, Rt 26, Oxford, ME 04270 539-4848 See Carter's Ad in this issue.
- Jan 11 LAKE LOOP RUN. Ski Nordic at Saddleback. 10Km at 1 p.m. \$6 pre/57 day of race. Contact: Carl Wegner, PO Box 25, Oquossoc, ME 04964 864-3380 W; 864-5705 H. See Ski Nordic Ad this issue.
- Jan 12 SPRUCE MOUNTAIN CHALLENGE. Spruce Mt XC Center, Livermore 7.5Km at 1 p.m. \$4.00. Contact: Randy Easter, RFD 2, Box 8425, Jay, ME 04239 645-4630
- Jan 19 SNORADA CUP. Snorada Ski Touring Center, Auburn. 15Km for Men; 10Km for Women at 10 a.m. \$7.00 Contact: Buzz Davis, 525 Lake St., Auburn, ME 04210 782-6602
- Jan 25 2ND ANNUAL BEN-LOCH FARM NORDIC COMPETITION. Ben-Loch Farm STC, Dixmont. 21Km at noon. \$6.00 Contact: Howard N. Foley, RFD 1, Box 1020, Dixmont, ME 04932 257-4768. See ad opposite.
- Jan 26 WILD MOOSE RUN. Carrabassett Valley STC. 15Km at 12:30 p.m. \$7.00 Contact: Bill Chenard, C.V.T.C., Kingfield, ME 04947 237-3305 W; 237-2368 H See C.V.T.C. Ad this issue.
- Feb 2 RAMBLEY RAMBLE, Ski Nordic at Saddleback. 40Km at 9 a.m. \$8.00 Contact: Carl Wegner, PO Box 25, Oquossoc, ME 04964 864-3380 W; 864-5705 H. See Ski Nordic Ad this issue.
- Feb 8 THE GREAT CARIBOU BOG WICKED WINTER SKI TOUR & RACE. Caribou Bog trail - Bangor to Old Town. 18.3Km at 10 a.m. \$3 early/\$5 adult Contact: Tom Hanson Box 873, Bangor, ME 04401 825-3230 OR Adrian Humphreys, 20 Forest Ave., Orono, ME 04473 866-5652
- Feb 8 ARROOSTOK COUNTY XC CHAMPIONSHIPS. Puddle Dock Park, Fort Fairfield. 15Km at noon. \$4.00 lens for 13 and under. Contact: Tom Towle, Fort Fairfield Parks & Rec, Fort Fairfield, ME 04742 473-7295
- Feb 9 NORTHERN LIGHTS CLASSIC. Troll Valley STC, Farmington. 10Km at 1 p.m. \$6.00 Contact: Northern Lights, PO Box 108, Farmington, ME 04938 778-6566
- Feb 15 THE LAST WOOD SKI RACE. (Wood Skis Required) Carter's Farm Mkt STC, Oxford. 5Km at 11 a.m. \$5.50 Contact: David J. Carter, Rt 26, Oxford, ME 04270 539-4848 See ad this issue.
- Feb 16 \*MAINE NORDIC COUNCIL 30 & 20Km CHAMPIONSHIPS\* Snorada STC, Auburn. 30Km for Men; 20Km for Women: 10Km for Juniors at 9:30 a.m. \$7.00 Contact: Buzz Davis, 525 Lake St., Auburn, ME 04210 782-6602
- Feb 15 & 16 RUMFORD CARNIVAL. Black Mt of Maine, Rumford. 5 & 10Km (Sat); 10,20,30,40 Meter Jump (Sun) Times TBA; Entry fee TBA. Contact: Eric Roderick, 239 Stratford Ave., Rumford, ME 04276
- Feb 23 BLACK BEAR RUN. 6.5Km from the Meadowhill AC at 1 p.m. for \$4.00. Contact: Todd Mattson, Meadowhill AC, Meadowhill Ext., Farmingdale, ME 04345 623-9831 W; 582-1888 or Larry Poulin 623-1166
- Mar 1 MT. KINED NORDIC SKI CHALLENGE. The Birches, Rockwood. 10Km at 10 a.m. for \$4.00 Contact: John Willard, Jr., PO Box 81, Rockwood, ME 04478
- Mar 2 THE WILD HARE MOUNTAIN RACE. Ski Nordic at Saddleback. 15Km at 1 p.m. \$7.00 for USSA members; \$8.00 non-USSA members and race day. Contact: Carl Wegner, PO Box 25, Oquossoc, ME 04964 864-3380 W or 864-5705 H USSA sanctioned event. See Ski Nordic Ad this issue
- Mar 8 SUNDAY RIVER LANGLAUF. Sunday River Inn STC. 10Km at 1:30 P.M. for \$6.00 Steve Wight, RFD 3, Box 1688, Bethel, ME 04217 824-2410
- Mar 9 TITCOMB MOUNTAIN FUN FEST. Titcomb Mt STC, Farmington. 10Km & 5Km at Noon for \$6.00 Contact: Sandy Record, Box 2140, RFD 1, Wilton, ME 04254 645-4531
- Mar 16 \*MAINE NORDIC COUNCIL 15KM CHAMPIONSHIPS "LEPRECHAUN LOPPET". Carrabassett Valley STC. 15Km at 1 p.m. for \$7.00 Contact: Bill Chenard, C.V.T.C., Kingfield, ME 04947 237-2205 W or 237-2368 H
- \*Jan 25\* \*WINTER-THON\* (Ski-Run). Snorada in Auburn. 10Km Ski/4Mile Road Run Contact: Buzzy Davis, 525 Lake St., Auburn, ME 04210 782-6602



One of the MNC's great innovations has been the development and use of the "generic" race Flyer.

Use the flyer, found in this and all winter issues of MR&O, to apply for any of the races listed above.

If anyone knows about any other nordic competitions that are open to the public that are not listed above, send them in.



## Discover Cross-country skiing.

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POLES: Swix

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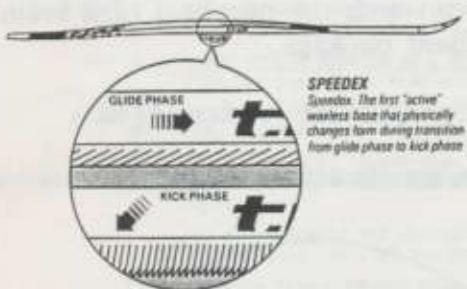
# Skiing's too much work!

This space was going to be reserved for "expert" training tips, but you're gonna' have ta' settle for me - the next to the worst (or seventh from the best, depending on which way you are counting) Maine National Guard biathlete.

Besides standing up, slowing down, turning and stopping, the most difficult aspect of cross country skiing, for me anyway, is waxing. So, don't!

Trac has introduced a new waxless ski this year with an "active base". The kick area of the ski lays flat and smooth during glide and stands up and digs in during the kick phase. The lazy-man's dream. Especially good for us runners who are used to kicking open the door and going; just strap them on and you're off.

Ask your Trac dealer if you could try a pair, go out to your favorite touring center (preferably one that advertises in MR&O), and try them out. You might never wax again.



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Dan Campbell

\* The Bangor

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\* The Bangor

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# Ski Touring Centers

Name of Facility Address	Season	Terrain	% Wooded	Kilos	A	B	C	D	E	Trail Fee Group Lesson	Operating Schedule	A	B	C	D	E	F	G	H
AKERS SKI, INC. Nordic Acres Way Andover, ME 04216 (207) 392-3123	Dec to March	Wooded Rolling	99	5	UL	30	35	35	\$3.00 None	Daylight Daily	X X X X X N X								
BEN-LOCH FARM RFD #1, Box 1020 Dixmont, ME 04932 (207) 257-4768	Dec 10 to Mar 15	Rolling	85	30	-	12	70	18	\$3.50 \$5.00	Friday thru Sunday & Holidays	X X X X X X X I								
CARRABASSETT VALLEY CV, ME 04947 (207) 237-2205	Dec to April	Variable	85	90	15	30	55	15	\$4.50 \$7.00	9 to 5 Daily	X X X X X X X X								
CARTER'S FARM Mkt TC Route 26 Oxford, ME 04270	Dec to March	Rolling	80	10	UL	80	20	-	\$3.50 adult \$2.00 youth	9 to 5 Daily/Nites	X X X X X X X X								
SKI NORDIC AT Saddleback	Nov to April	Flat to Mtns	99	25	30	25	50	25	\$5.00 \$6.00	9 to 4 Weekends/ Holidays	X X X X X X X X								

LEGEND  
A = Kilos Maintained and Tracked  
B = Kilos Wilderness  
C = Kilos Entry Level  
D = Kilos More Difficult  
E = Kilos Most Difficult

A = Toilets  
B = Lodge  
C = Change Rooms  
D = Wax Room  
E = Sales & Rentals  
F = Lunch Counter  
G = MNC Competition  
H = Bill Koch League  
I = Bed & Breakfast



MAINE NORDIC COUNCIL  
16 Stewart Avenue  
Farmington, Me. 04938

## OTHER MNC FACILITIES

THE BIRCHES STC, PO Box 81, Rockwood, ME 04478 (207) 534-7305  
95% wooded; 35K maintained & tracked

CARIBOU BOG RACE ASSOCIATION, Tom Hanson, Box 873, Bangor, ME 04401  
HOLLEY FARM RESORT, Holley Rd., Farmington, ME 04938 (207) 778-4869  
75% wooded; 11K maintained & tracked

SPRUCE MTN XC CENTER, RFD 2, Box 8425, Jay, ME 04239 (207) 645-4630 95% wooded; 15K maintained & tracked

MEADOWHILL ATHLETIC CLUB in Farmingdale, Todd Mattson, Meadowhill  
AC, Meadowhill Ext., Farmingdale, ME 04345

NORTHERN LIGHTS, LTD., of Farmington, PO Box 108, Farmington, ME 04938 (207) 778-6566  
SNORAD RECREATION CTR., 525 Lake St., Auburn, ME 04210 (207) 782-6602 90% wooded; 15K  
maintained & tracked

SUMMIT SPRINGS SKI TOURING CENTER, Box 455, Poland Springs, ME 04274 (207) 647-3603 85% wooded  
12K maintained & tracked

SUNDAY RIVER INN, RFD 2, Box 1688, Bethel, ME 04217 (207) 824-2410 99% wooded; 25K maintained  
& tracked

TITCOMB MT SKI TOURING CENTER, Morrison Hill Road, Farmington, ME 04938 (207) 778-9031 90% wooded;  
25K maintained & tracked

TROLL VALLEY SKI TOURING CENTER, 16 Stewart Avenue, Farmington, ME 04938 (207) 778-2830 85% wooded; 25K maintained &  
tracked

## OTHER FACILITIES

AROSTOOK STC, Ashland  
BLACK MT OF MAINE, Rumford  
CAMDEN HILLS STATE PARK/TANGLEWOOD CAMP, Rockland  
COUGAR COUNTRY TC, Farmington  
COUNTRY CLUB INN TC, Rangeley  
CHESUNCOOK LAKE WILDERNESS TOURING, Greenville  
GOULD ACADEMY XC CTR, Bethel  
HEBRON SKIWAY XC CENTER, Hebron  
KATAHDIN LAKE WILDERNESS CAMPS, Millinocket

NATANIS CROSS COUNTRY TOURING CENTER, Augusta  
OAK RIDGE CROSS COUNTRY TOURING CENTER, Brooks  
SQUAW MT SKI TOURING CENTER, Greenville  
The Bethel Inn Ski Touring Center, Bethel (See Ad)  
Doral Ski Touring Center, Aurora (See Ad below)

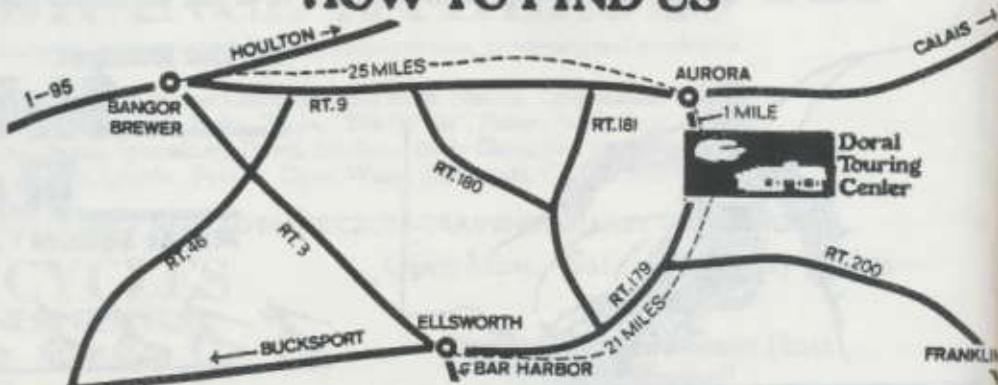


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## JEAN THOMAS OF THE MAINE TRACK CLUB

### RUNS DUTCH MARATHON

By Mason Philip Smith

Maine Track Club member Jean Thomas, who will celebrate her 50th birthday this December, ran her 13th marathon on September 21, 1985 in Leeuwarden, the Netherlands. Her time was 4:16:22 in what proved to be a wind-plagued race. Twenty-one days later she ran the Casco Bay Marathon in 3:57:36 in the rain.

It was Jean's second Dutch marathon. In 1982, Jean, Al and Sandy Utterstrom and myself and my wife, Barbara, flew to the Netherlands for the Amsterdam Marathon and half marathon. Jean set a personal best in the 1982 Amsterdam Marathon by running 3:36.

Both in 1982 and this year our hosts were Anny and Joop De Jong of Leeuwarden in the Dutch province of Friesland.

Barbara has known Anny De Jong since they were both children and pen pals following World War II. Barbara and I visited Anny and Joop for the first time in the early '70's and have been back several times. In addition, Anny has visited Cape Elizabeth twice and Joop has been here once. Anny and her sister-in-law were here in 1980 to see the running of the 1980 Casco Bay Marathon.

Like most Dutch men and women, both Anny and Joop are sports minded. For many years Anny coached a field hockey team and Joop coached a football (soccer) team. In addition, Joop is a professional sports masseur. Two of their four children are currently attending college to be athletic instructors.

In 1982 Jean, Al, Sandy, Barbara and I presented Joop with a Maine Track Club sweatshirt to show our appreciation for their hospitality in putting us up for a week in their home.

Last February, Joop proudly wore his MTC sweatshirt in the famous Elfstedentocht, eleven town, 124 mile, skating tour. Joop skated the tour with his brother-in-law, Theo Van Der Meer in just under 13 hours.

In Franeker he was captured by the national television as he skated through the town wearing his MTC sweatshirt, to which small American and Friesland flags had been sewn.

When Anny and Joop invited us to come to Friesland this September to run in the 1st Soucy Friesland Marathon, Jean and Barbara and I quickly accepted. However, a difficult summer work schedule put an end to my training in July, although I did find an hour here and there where I could cross-train on my bike. Jean trained by following the Galloway schedule of alternating Sundays of speed work and 20-26 mile distance runs.

On September 15th we flew to Brussels and then drove four hours to Leeuwarden. Having heard Alan Leather talk on bike touring at a recent MTC meeting I decided to take my bike with me, knowing that most Dutch bikes are balloon tire machines designed for daily wear and tear, rather than touring.

The second afternoon that we were in Leeuwarden I re-assembled the bike, which had had to be broken down into several parts to go in a "plane-bag". Then Anny, Jean (on a borrowed bike) and I took a bike ride through the town to the Kliene Wielen, a wind surfing lake, to get the kinks out of our legs and to fight a small amount of jet lag.

The next day Jean and I took an early morning ride south of the town. In addition, Jean took several short training runs through the fields and along the canals on the south side of Leeuwarden.

One day Anny and Joop and Jean and Barbara went through the canals on Joop's boat to Eernewoude, a small town on the edge of the Oude Venen, a large lake east of Leeuwarden. Heading south from Leeuwarden and then east, I did a twenty mile circuit on my bike and joined every one else at Eernewoude.

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The first eight miles was directly into the wind and I used almost every gear on the bike. I stopped in a small road-side cafe for a coffee and then found I had the wind directly on my back as I headed east towards Grouw. It was high gear all the way!

Biking in Holland is a pleasure. Everywhere you go there are special bike paths. They come in various sizes and shapes and in some areas are compulsory and in others are optional. There are even special bike lanes through the towns and cities. In a large town like Leeuwarden there are both attended and unattended bike parking lots. Almost everyone in the Netherlands owns and uses a bike in their daily life. The children bike to school and on a rainy windy day you will see children biking to school in tight packs of twenty or even thirty children, jackets flapping, making their way against the wind.

Saturday, September 21, Marathon Day, dawned overcast and with a threat of rain. The temperature was 60 degrees and climbed to 65 degrees by race time.

The race started at the Wilhelmina Plein, a large square in the center of the old section of Leeuwarden. Jean and Theo Van Der Meer, who was running his first marathon, warmed up by running around the square in a light rain. However, the sun came out by the time the gun was fired and the runners were soon off, winding their way through small streets as the race left the town.

Off to an uncharacteristic slow start, Jean ran the first three miles in 32 minutes. Theo, running with the enthusiasm of a first timer, plunged through the same distance in about 23 minutes.

The race started on the streets of the town, but soon switched over to bike paths. The Dutch, unlike the residents of some Greater Portland communities, take a marathon seriously. No automobiles are allowed on the course and bikes are also banned. However, at several points race bikers were observed breaking the wind for several runners. Water and sports drinks were provided at water stations about every three miles. In addition, there were first aid and sports massage personnel at every aid station. Police manned major intersections in the race.

Miles three to six were run on a bike path. However, the runners had to run this stretch into the wind and the path was straight as an arrow, with no twists and turns to break the wind.

Turning north, the course wound through the small towns of Molenend, Roodkerk, Oudkerk, Oenkerk and Giekerk, before turning south-west and passing through Miedum and Lekkum and re-entering

Leeuwarden to finish at the Waag Plein in the center of the town.

Theo had been hoping to run his first marathon in a time of between 3:30 and four hours. Jean, knowing she could not match her previous Dutch time, hoped to run under four hours.

At Giekerk, at about 18 miles, Theo and another first-timer, appeared around a corner running a solid 3:30 pace. I felt the other man, who was carrying a small card with a time schedule on it, was settling into a lock-step pace and taking Theo with him. I told Theo he could pick up the pace a little at the next corner and that he could probably sustain the increase. He did just that, picking up the pace and leaving his companion behind.

The stretch through Lekkum was especially difficult for many of the runners because everyone had to run into a strong wind for several miles. Theo plunged into and through the windy stretch, whereas Jean found the windy stretch so difficult that she had to stop and walk at several points.

The marathon finished alongside a canal in the center of the town. The runners turned a corner from a small and then ran along the canal for about 150 feet, finishing up a slight grade to the entrance to a bridge over the canal. Every runner's name and time was announced as he or she passed over the finish.

A smiling Theo Van Der Meer appeared around the corner and seeing the finish straight ahead did a large jump into the air and then finished his first marathon in 3:21. When Jean finished the announcer give her name and time and said she was from the Maine Track Club in the States.

The Dutch take care of their runners after a marathon. In addition to the usual water, sports drink and food stations, there were professional sports massage areas for both the men and women racers.



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At the awards ceremony Jean was presented a handsome trophy for being the first women finisher from an unorganized group, i.e. a non-Dutch sports club. She was the fifth woman finisher over-all.

At the women sports massage area, where Jean went for a massage, we met several of the Dutch women finishers. We talked to the female winner, a 37 year old woman from North Holland. She won the race with a time of 3:15. Her usual finish time is in the area of 2:50, but she ran this race as a training race and not to go all out. The week previously she had won another marathon with a time of 3:05. Both races were run as training runs to prepare for the 60 mile London-To-Brighton Classic, which was held two weeks after the Soucy Marathon.

The woman said she lived on a diet of fish and salads, and lots of protein. She also said that she trained hard by running on the dunes of the beaches of North Holland.

She ran the Soucy race wearing a hat reversed on her head. She said she wore the hat because she admired Joan Benoit and Joan had worn a hat in the Olympic Marathon.

Last weekend, at the Maine Savings Bank office opening at the Maine Mall, I had Joan Benoit sign a poster for Theo Van Der Meer congratulating him on his first marathon success. I told Joan about the Dutch woman marathoner who wore a hat because Joan had worn one in Los Angeles. Joan quickly said, "Tell her I eat horse radish before each race!"

The 2nd Soucy Friesland Marathon will be in 1987. See you there!



Jean Thomas of the Maine Track Club crosses the finish line at the 1st Soucy Marathon in Leeuwarden, Netherlands. The man to the right, applauding, is Joop De Jong, her Dutch host.

# What, Me Run?

Gail Schade's recent article on what injuries did to her head vis-a-vis running struck a familiar note with me. In fact, it sounded like a gong about an inch away from my right eardrum. I too faced a health crisis late this summer, and it too brought my running career to, as you might say, a standstill.

I set a general goal every year for what I want to accomplish, running-wise. The first year it was to run three miles, the second five, the third to race in a 10K, the fourth to run a half-marathon, and the fifth to beat that. You can see that I don't like to hurry things. This year I had a most compelling goal: I was going to run in October's Casco Bay Marathon.

By early August I was well on my way. Even though I hadn't worked out any precise training schedules -- I would just run "more" -- my weight was down, I had run a mile race and then an independent 17 miles (some weeks later), and the marathon beckoned like a rabbit to Elmer Fudd.

Then I got the flu.

Snort, I thought. I'll get through this in about a week, and then I'll be back on the road. Right now I'll just lie here.

At work the next week, I was evidently planning to play the consumptive Doc Holliday in a remake of "Gunfight at the OK Corral." Several colleagues suggested that I should go home and get some rest. I pointed out that I had a five year old girl and a three year old boy at home, and that I got more rest right there on the job. Anyway, I wasn't contagious, I assured them between bone-shaking heaves.

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The third week nothing much had changed, except that I was starting to worry about the marathon. I decided to see if I could run through this "cold." I went out and ran five miles in the mid-August heat. I enjoyed it. I got through it. Sure, a little wheezing, but that would go away someday. In the long run, everything goes away.

For some reason I seemed to fall into a relapse early that evening, with the damnable intermittent fever that had been hitting off and on for the whole three weeks. Feed a cold, starve a fever, drink plenty of fluids, I thought. I reached for a few beers.

At work the next day, someone had the gall to suggest that I see a doctor. Hah, I thought, I've been there before. My faith in doctors was not quite as strong as my faith in the abominable snowman. Why, one time I baffled the medical community for five years while they tested me almost to death, before I figured out, all by myself, that I had a milk allergy! And then... But enough intimate disclosures. I didn't want to go!

My boss then expressed his opinion. I made an appointment for the following week, figuring I'd be better by then and could cancel it anyway.

I wasn't better by then. I cancelled it anyway.

Rescheduled a few days later, I crawled in and finally submitted myself to modern medicine. I mean, for the flu, for heaven's sake!

"You, my dear sir, have..." — it is amazing how suspense can build in the space of two seconds — "a classic case of...(the drums roll)..."

"Viral pneumonia."



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Well, I had never had pneumonia before, though I had sudden memories of tales of departing relatives from decades ago. So I asked the logical question, which any of you would have asked if you had been in my shoes: "Can't I just run through it?"

"What you need is plenty of rest and plenty of fluids, and here's a prescription for some pills. Come back next week." Rest? REST??? He must be crazy! I thought. Doesn't he understand? I HAVE TWO LITTLE CHILDREN AT HOME. As for the fluids, that I can take care of.

By next week, absolutely nothing had changed, except that I was getting annoyed. I would now have to hustle to make Casco Bay, it being mid-September and all.

"I want to send you in for some tests," the doctor said. "Just a little blood work and a chest x-ray, just to make sure nothing else is at work here." Now I look at a chest x-ray that same way I look at a swim in the Maine Yankee fuel storage pool. "Let's make a deal," I said. "If I don't feel any better next week, I'll call you and happily, cheerfully submit to the x-ray and tests. Just a week — seven little days, ok?" OK.

By heaven, I was going to feel better that next week!

And do you know what? I did.

Later I found out that six weeks is a typical course for viral pneumonia. Yet the story wasn't over yet, for I was left with a secondary symptom that had bedeviled me as a child, and had come back only one time before as an adult.

Asthma. Particularly after about a mile into a run.

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Needless to say, my endurance was off anyway from the six week layoff, and my training was additionally inhibited by not being able to breathe. And I had gained nine pounds while starving the fever.

And so, my friends, I had to kiss Casco Bay goodbye.

Now it is almost November, and I am running regularly, and hit a twenty mile week again for the first time. I carry a Primatene mist inhaler to get over that asthmatic hump, which is going away slowly, gradually, mile by mile. Meanwhile the leaves have all fallen off the trees, and the temperature has turned from 85 to 30, and I have missed some of the most gorgeous running weather there is. And unlike Gail Schade, I did not fill it in with bicycling or swimming or anything else.

You know, it is absolutely amazing how many running allusions you hear in everyday life, if you're sensitive enough or frustrated enough. "Gee, I just ran out of staples," I would hear at the office, and cringe. "Dash off a memo for me..." "Trot over to the State House." "We may be entering another period of runaway inflation..." "What system should we get, AT&T or MCI or Sprint?"

And, friends, I missed a Maine Running and Outing deadline and its accompanying royalties. That hurt. And here I read in Maine Times about Ed Rice and his 50 mile race. Confound it, Ed, anyway.



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by Donald Wismer

#### ROCK WINS TRIPLE CROWN

Rock E. Green of Portland won MR&O's TRIPLE CROWN OF MARATHONING this year by turning in a 2:30:44 third place at Maine Coast; a winning 2:26:51 at Sugarloaf; and here, a 2:29:09 at a cold, wet Casco Bay. Hats off to Lance Gulian and Barry Fifield for keeping the pressure on Rock this season.

No woman ran all three marathons in 1985. See you all in '86.

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**Bucky**

Often times great performances go unnoticed because great runners don't win the race. But sometimes that is the sign of a great runner - never shying away because of the caliber of competition. Great runners like Danny Paul, Fred Judkins and others could write volumes about the great performances they turned in and came up short of victory. Glendon "Bucky" Rand is one of those runners.

Just this fall the former Brewer High and UMO standout led the field to a sweet 15:39 victory at Epstein's "Five Aces" road race and the press (including MR&O) wrote about the presence of Boston Celtic, Scott Wedman; he then ran a PR 31:30 at Kingfield to capture third behind Andy Palmer and Misa Fossas; and, on his third time out in three straight weeks he ran sixth at Ben's in his second fastest 10K to date - 31:44.4. All of this while coaching Orrington Middle School as well!

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Bethel, Ma

Bucky

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Maine  
Road  
Ramblers



MAINE COAST ROADRUNNERS  
Newsletter

### PACER BULLETIN



Here is the latest list of Maine's running clubs. I'm sure there are others, so keep us informed.

You might have noticed that we spaced the addresses so that an interested race director or other individual could take this page out and have labels made up. Pretty clever, huh?



the Woods Runners  
Box 201  
Patten, ME 04765

Central Maine Striders  
PO Box 1177  
Waterville, ME 04901

the Pen Bay Pacers  
PO Box 302  
Rockland, ME 04841

Maine Rowdies  
309 Maine Street  
Brunswick, ME 04011

Maine Coast Roadrunne  
Box 1131  
Biddeford, ME 04005

Maine Association T.A.C.  
14 Gray Birch Drive  
Augusta, ME 04330

Downeast Road Runners  
Sanford YMCA  
Springvale, ME 04083

the Lesser Durham Striders  
43 Cumberland St., Apt 2  
Brunswick, ME 04011

Maine Association T.A.  
105 Maple Ave.  
Scarborough, ME 0407

Maine Track Club  
PO Box 8008  
Portland, ME 04104

Androscoggin Running  
PO Box 382  
Auburn, ME 04210

the Bethel Outing Club  
PO Box 157  
Bethel, ME 04217

Yankee Running Club  
Box 726  
Gray, ME 04101

Maine Road Ramblers  
PO Box 264  
Augusta, ME 04330

The Downeast Striders  
26-A Boynton Street  
Bangor, ME 04401

Hog Bay Trotters  
PO Box 512  
Ellsworth, ME 04605

Northern Bay Athleti  
PO Box 344  
Blue Hill, ME 04614

Yankee Athletic Club  
155 Pine Street  
Lewiston, ME 04240

Swift River Runners  
43 Congress St.  
Rumford, ME 04276

Maine Coasters  
L.L. Bean  
Freeport, ME 04032

the Aroostook Muster  
35 Teague St.  
Caribou, ME 04736

the Aroostook Joggernauts  
93 Barton St.  
Presque Isle, ME 04769

the Moose Chasers  
12 McArthur C  
Caribou, ME 04736

Bay Pacers  
302  
d, ME 04841

# A Fitting Tribute

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Road Runners  
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RALPH THOMAS 15K  
Gardiner

Nov 3rd

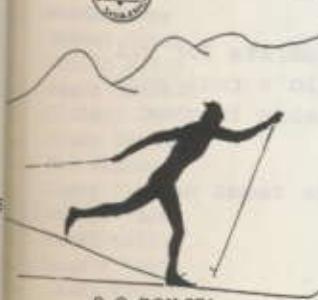
I sure wanted to take part in this tribute, but the National Guard thought it would look bad to let us all make up drill on the weekend that marks the beginning of the hunting season in Maine. So, I sat inside on a raw, cold, wet Sunday in November while the rest of you had the opportunity to pay tribute to Ralph Thomas.

It was the kind of day Dick Goodie calls "Ralph Thomas weather". How appropriate! And what a tribute! Besides his body, Jerry Crommett (pictured above), the Samuelson's of Freeport showed up to honor the unassuming gentleman from Gardiner. Rick Krause is to be thanked for caring enough to make this race a reality.

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### Races

- |         |                   |
|---------|-------------------|
| Jan. 11 | Lake Loop Run     |
| Feb. 2  | Rangeley Ramble   |
| Mar. 1  | The Tortoise      |
| Mar 2   | The Wild Mt. Hare |

## THE NO-GAIN HOLIDAY EATING STRATEGY

Do you fight the Battle of the Bulge each holiday season, often losing control of the trim waistline you worked so hard for all year? It is a fact that this season's festivities and good cheer are focused upon FOOD and overeating. Here are a few tips to pace yourself through the holiday "spread" in style:

### 1. HAVE A POSITIVE PLAN OF ACTION - A PEP TALK WITH YOURSELF

Start by refocusing from the food to the social aspects of the holidays; being with people, socializing, the atmosphere, special activities like gift giving and tree trimming, instead of eating all the time.

Wear something that you feel good in and that fits closely. This technique improves your self esteem, body image and your will power.

Decide how you are going to handle those tempting situations like the high calorie appetizers, buffets, second helpings and the rich desserts. Don't stand by the food table. Learn to say, "No, thank you." Fill up on the low calorie nibbles - raw vegetables. Watch your portion sizes - eat  $\frac{1}{2}$  the serving or split it with someone. Anything becomes fattening if you eat too much of it!

### 2. BEWARE OF THE FATS - THE SOURCES OF CONCENTRATED CALORIES

Each teaspoon of butter or margarine adds approximately 50 calories, so avoid the extra dabs. Try to select holiday foods without the gravy or cream sauce and order salad dressings "on the side". A 4 ounce serving of eggnog yields an average of 335 calories - a whole meal! The cream cheese based dips and desserts will help you lose that figure fast.

### 3. KEEP UP YOUR PHYSICAL ACTIVITY

This is the last but most important point. Increasing your caloric needs by exercising certainly helps to balance the excess calories coming in. Walk after your big meal instead of falling asleep on the couch!

This year, pace yourself through the festivities enjoying them in style. Make your holiday resolution before the damage is done!

Hope your holidays are the best!

Anne-Marie Davee, R.D.  
Susan Davis Associates  
Rockland, ME 04841

## MOOSE CHASERS NEWS

The Moose Chasers Running Club had it's annual elections meeting, 28 October, and here are the results: President - John Civitello; Vice-President - Jeanne Garrett; Secretary - Cathy Atwood; Treasurer - Dennis Gosselin; Editor - Dave Atwood; and Parliamentarian - Kim Meinhardt.

Along with the change in officers the running club has a new address for all correspondence, 12 McArthur C., Caribou, ME 04736 (John Civitello's residence, phone number - 492-4271). Please make this address change available in your upcoming issues of Maine Running & Outing Magazine.

I hope all is well, and look forward to seeing you again at the races next year.

Sincerely,

Michael R. Mendonca

ES BAILEY  
ham  
  
Stu Ho...  
Danny P...  
Peter D...  
George...  
Erich P...  
Werner...  
Dick Ne...  
David C...  
Sid Sol...  
Bob Har...  
Paul Co...  
Michael...  
Mike Sa...  
Joel Ti...  
Mike Ci...  
Phil St...  
Philip ...  
Steve G...  
Dennis ...  
Tad Fost...  
Seymour...  
Rod Star...  
Chuck Ma...  
Bob LaNi...  
Brian Da...  
Sam Sol...  
Laurie M...  
John How...  
Dale Rin...  
Carlton ...  
Elizabeth ...  
Rachel V...  
Dennis M...  
Tom Hebe...  
James Ol...  
Wanda Ha...  
Robert G...  
Philip M...  
Steve Sa...  
Richard ...  
Wendy Wa...  
Ted Wagn...  
Larry Pi...  
Donald Pe...  
Carol Mi...  
Brenna St...  
Laura Fr...  
Maureen S...  
Patty Tit...  
Stephanie ...  
William S...  
Diane Han...  
Ralph Hug...  
Susan Fri...  
Robert Fr...  
Dee Nicel...

Results courtesy of James Bailey, Co.  
Dave Paul  
Race Director



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### 'THE PACK'

#### JAMES BAILEY 5 MILE X-COUNTRY RUN

Betham Sep 29th

1. Stu Hogan	27:04
2. Danny Paul	27:22
3. Peter Dube	28:40
4. George Towle	28:58
5. Erich Reed	29:36
6. Werner Pobatschnig	30:19
7. Dick Neal	30:27
8. David Crawford	30:29
9. Sid Solombier	30:40
10. Bob Hartley	30:52
11. Paul Conley	30:59
12. Michael Kimball	31:06
13. Mike Sargent	31:09
14. Joel Titcomb	31:50
15. Mike Cirillo	32:00
16. Phil Stuart	32:25
17. Philip Pierce	32:55
18. Steve Gifford	33:00
19. Dennis Smith	33:07
20. Tad Foster	33:48
21. Seymour Solombier	34:05
22. Rod Stanley, Jr.	34:35
23. Chuck Massie	35:28
24. Bob LaNigra	35:39
25. Brian Daly	35:43
26. Sam Solombier	36:29
27. Laurie Munson	36:37*
28. John Howe	36:38
29. Dale Rines	36:38
30. Carlton Mendell	36:46
31. Elizabeth Jurkowski	36:49*
32. Rachel Veilleux	36:58*
33. Dennis Morrill	37:57
34. Tom Hebert	38:17
35. James Oliver	38:31
36. Wanda Haney	38:53*
37. Robert Green	39:10
38. Philip Meech	39:25
39. Steve Sargent	39:31
40. Richard Stott	39:44
41. Wendy Wagner	40:28*
42. Ted Wagner	40:29
43. Larry Pierce	42:16
44. Donald Penta	42:46
45. Carol Mills	43:16*
46. Brenna Smith	43:47*
47. Laura French	43:47*
48. Maureen Sproul	43:53*
49. Patty Titcomb	43:53*
50. Stephanie Peters	43:54*
51. William Sproul	43:54
52. Diane Hanscom	46:12*
53. Ralph Hughes	46:42
54. Susan Friedrich	49:16*
55. Robert Friedrich	49:16
56. Dee Nicely	50:38*

#### JAMES BAILEY 1.5 MILE CHILDREN'S RUN

-----

1. Daniel Berube	10:23
2. Mark Amoroso	10:41
3. Eric Worcester	10:53
4. Michael Caiazzo	10:54
5. Jenny Popp	10:58*
6. Eben Graves	10:58
7. Gregory Popp	10:59
8. Chad MacDonald	11:07
9. Janine Jurkowski	11:11*
10. Kristen Jankowiak	11:19*
11. Ryan Kemna	11:35
12. Jennifer Reali	11:39*
13. Kristen Berube	11:39*
14. Joyelle Decker	12:19*
15. Sarah Boemmels	13:23*
16. Joshua Sturges	13:28
17. Jaclyn Quillette	13:30*
18. John Reali, Jr.	14:11
JONESPORT 1 MILER	
1. Braden Alley	10 5:38
2. Donnie Alley	12 5:58

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Western Ave.  
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622-5342

3. B.J. Cherry	11 6:17	8. Dean Crozman	28 31:31	15. Bill Pinkham	43 18:30.5	1. Judy
4. James Harmon	10 6:23	9. Steve Cates	35 31:35	16. Jeff Larsen	14 18:40.7	2. Don I.
5. Ben Brown	12 6:25	10. Chuck Murphy	36 32:26	17. Steve Cates	35 18:45.3	3. Loren
6. Jamie Wood	11 6:38	11. Andy Patterson	28 33:29	18. Tom Libby	15 18:55.3	4. Jamie
7. Bobbie Jo Faulkingham	11 6:53*	12. Robbie Bryant	18 34:13	19. Joe Sapiel	16 19:02.1	5. Becky
8. Jason Harmon	10 6:57	13. Dale Pritchard	43 35:01	20. Dean Crozman	28 19:18.9	6. Mike
9. Joey Cherry	9 7:00	14. Terry Lee Rowden	37 35:26*	21. Dale Lincoln II	15 19:27	7. Charl
10. Toby Crowley	11 7:05	15. Richie Larson	37 35:27	22. David Richardson	15 19:47.8	8. Barry
11. Julie LaPointe	12 7:06*	16. Pete Case	30 35:28	23. Chuck Murphy	36 19:58	9. Steph
12. Jennifer Kenney	12 7:19*	17. Joey Davis	27 36:14	24. Maurice Denbow	15 20:06.7	10. Harry
13. Kellie Young	11 7:26*	18. Brian Cates	31 37:11	25. Andy Patterson	28 20:08.6	11. Dale
14. Mike Kenney	8 7:29	19. Kristan Porter	15 37:23	26. Jeff Coupe	26 20:13.2	12. Greg
15. Trisha Alley	9 7:36*	20. Ann Marie Fitzhenry	37 38:02*	27. Joseph Dowling	33 20:24.4	13. Joey
16. Susie Wyatt	9 7:39*	21. Steve McCarthy	14 38:15	28. Steve McCarthy	14 20:27.2	14. Debbie
17. Shawn Johnson	10 7:47	22. Arvin Young, Sr.	45 38:15	29. Orrin Faulkingham	39 20:27.8	15. Julie
18. Jeremy Beal	6 7:49	23. Pete Mahey	29 38:40	30. Kristan Porter	15 20:28.4	16. Marley
19. Mariene Daley	25 8:13*	24. Elizabeth McCurdy	20 40:02*	31. Bernard Seavey	44 20:29	17. Ricky
20. Julie O'Connor	9 8:17*	25. Marie Triestman	50 40:27*	32. Les Gardner	32 20:32	18. Fran G.
21. Kristen Look	6 8:24*	26. Carl Henderson	43 41:03	33. Sam Auerbach	51 20:40	19. Nicky
22. Jodie Wood	7 8:50*	27. Danny McCarthy	12 41:05	34. Joey Davis	27 20:41.7	20. Butch
23. Kelly O'Connor	7 8:54*	28. Carrie Crosby	33 49:15*	35. Dale Pritchard	43 20:45.9	21. Mike M.
24. Stacy Lakeman	10 9:30*	29. Bruce McCarthy	35 49:15	36. Terry Lee Rowden	37 20:53.1	22. Leslie
25. April Lamson	7 9:32*			37. Braden Alley	10 20:54.6	23. Justin
26. Patricia Robinson	8 9:32*			38. Ken Beland	31 20:56.5	24. Wendy
27. Wayne Doby	9 9:51			39. Wayne Wright	16 21:03.1	25. Diana
28. Larry Emerson	10 10:20			40. J.R. Hanscom	12 21:17	26. Genie
29. Arlin Alley	10 10:22			41. Al Faulkingham	16 21:23.1	27. Arthur
30. Allan Alley, Jr.	12 10:26			42. Mike Mead	38 21:31.7	28. Irene
31. Vicki Look	27 11:13			43. Brian Cates	31 21:46.6	29. Susan

Results courtesy of Phil Stuart  
Downeast Race Results, Inc.

\*\*\*\*\*  
1ST ANNUAL LUBEC MEDICAL CENTER 5  
Lubec Sep 7th

1. Dave McCarthy	19 28:43
2. Dwight Rodgers	34 29:19
3. Deke Talbot	36 29:29
4. Steve McGinley	27 29:45
5. Bion McFadden	45 30:05
6. Mike Carter	35 30:16
7. Craig Maker	39 30:27

1. Mike Francis	28 16:53.6	47. Mary Jane Ackley	32 22:25.6	1. Paul
2. Ric Lamoureux	37 16:59.5	48. Teddy Moreau	17 22:26.1	2. Laura
3. Mike Worcester	36 17:04.7	49. Jeff Davis	28 22:36.8	3. Ruth
4. Travis Beal	22 17:13.3	50. Kevin Alley	16 22:44.7	4. Kris
5. Robert Ashby	17 17:21.9	51. Danny McCarthy	12 22:45.4	5. Sim
6. David McCarthy	19 17:32.7	52. Kerry Porter	13 22:57.1	6. Barbie
7. Alan Aitken	35 17:35.9	53. Bobby MacAllister	14 23:07.6	7. Belinda
8. James Ohmeis	18 17:44	54. Jean Noel Ragot	16 23:10.8	8. Peggy
9. David Alley	37 17:54.8	55. Anne Marie Fitzhenry	37 23:12.5	9. Cherrie
10. Dwight Rodgers	34 18:04.4	56. B.J. Cherry	12 23:13.1	10. Vicki
11. Craig Maker	39 18:09.6	57. Peter Thompson	16 23:32.2	11. Mike
12. Matt Hall	15 18:16.1	58. Carl Henderson	43 24:07.5	12. Kathy
13. Brett Feaney	15 18:16.1	59. Dawn Lamoureux	15 24:08.4	13. Paul
14. Bion McFadden	45 18:17.4	60. Elizabeth McCurdy	20 24:13.8	14. Paul



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MEDUXNEKEAG CANOE RACE - 2 yrs.  
HAMPDEN 8 1/2 MILER - 3 yrs.  
HANCOCK LOBSTER CLASSIC - 3 yrs.  
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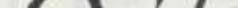
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# LIFESPORTS

HIGH STREET, ELLSWORTH  
MAIN STREET, BAR HARBOR

42. Norman Fitzgerald	25:32.4
43. Keith McKeen	26:36.7
44. Don Cosmos	26:38.8
45. Margaret Murphy	27:10.1*
46. Mary Matava	28:05.3*
47. Greg Cataldo	28:07.2
48. Angeli Parrow	28:49.1*
49. Candace Green	29:39.8*
50. William Baker	29:40.0
51. R.M. Ryckman	32:31.5
52. Ann Dubois	33:42.1*
53. Rena Mackler	NT

Results courtesy of St. Joe's Ambulatory Care Unit

SEASPORT REC DEPT WOODS RUN  
Searsport 5 Mile Oct 12th

1. Jason Merrill	31:17
2. Mike Thompson	31:22
3. Randy White	31:24
4. Ed Carpenter	31:43
5. John Wales	32:10
6. Jason Burleigh	32:15
7. Mike Lantz	32:20
8. Mark Harris	34:20
9. Bruce Magoon	35:05
10. Doug Knobloch	35:06
11. Stephen Brennan	35:07
12. Dylan Newcomb	35:11
13. Randy George	36:00
14. Brian Keyes	36:09
15. Randy Elden	36:49
16. Chris Tomlin	37:07
17. Barbara Hill	37:22*
18. Nevin Eldin	37:32
19. Patricia Forest	38:46*
20. Aaron Fox	39:49
21. Deborah Curtis	39:59*
22. Kathlene Redman	40:53*
23. Reichl Haskell	41:20*
24. Norman Fitzgerald	41:33

25. Damien Hopper 41:34  
26. Don Osborne 42:20  
27. Arlo Redman 42:22  
28. Doug Lockwood 42:33  
29. Harvey Mason 45:50  
30. Dorothy Knobloch 47:13\*  
31. Drexell White 48:30

Here are the results of the Searsport Recreation Department's first annual Searsport Woods Run. The event was held on Saturday, October 12, because it had to be postponed due to Hurricane Gloria. The five mile race was a combination cross country and road race.

Results courtesy of the Rec Dept

CASCO BAY MARATHON  
Portland "ME-85015-GN" Oct 13th

1. Rock E. Green	31	2:29:09
2. Jim Toulouse	27	2:31:12
3. Danny Paul	31	2:32:12
4. Jon Williams	2:35:29	
5. Lance Giuliani	26	2:36:31
6. Robert Haydock III	33	2:37:27
7. Barry Fifield	2:39:35	
8. Paul Merrill	2:39:51	
9. Harry Nelson	31	2:42:02
10. Bruce Jones	32	2:42:54
11. Glynn Gossett	30	2:43:12
12. Walter Williams	43	2:43:42
13. Michael Mendonca	29	2:43:54
14. John Ottaviani	2:44:06	
15. Robert Frail	2:44:16	
16. Peter Hagerman	34	2:44:38
17. Dave Roberts	30	2:46:11
18. Gary Cochrane	44	2:46:28
19. Gregory Dogas	31	2:47:06
20. Joel Croteau	41	2:47:33
21. Alan Quinlan	30	2:47:52

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**CLOTHING**

BILL RODGERS	NIKE
MOVING COMFORT	NEW BALANCE
SAUCONY	DOLFIN
HEAD	HIND

2:48:29  
 2:48:46  
 2:48:52  
 2:49:03  
 2:49:22  
 2:50:06  
 2:51:42  
 2:51:48  
 2:52:01  
 2:52:07  
 2:52:11  
 2:52:34  
 2:52:45  
 2:52:49  
 2:53:13  
 2:53:33  
 2:53:45  
 2:55:31  
 2:55:37  
 2:55:44  
 2:56:20  
 2:56:51  
 2:57:35  
 2:57:43  
 2:57:53  
 2:58:09  
 2:58:14  
 2:58:24  
 2:58:27  
 2:58:28  
 2:59:15\*  
 2:59:37  
 3:00:00  
 3:00:11  
 3:00:13\*  
 3:00:28  
 3:00:54  
 3:00:55  
 3:02:07  
 3:02:21  
 3:02:52  
 3:02:54  
 3:03:06  
 3:03:32  
 3:03:47

67. Mark Reynolds 3:04:13  
 68. Lee Nicely 3:04:16  
 69. Jennifer Rood 3:04:25\*  
 70. Michael Frost 35 3:04:27  
 71. Peter Bastow 3:04:44  
 72. Don Best 30 3:04:45  
 73. Thomas Carll 3:05:43  
 74. Alburn Butler 31 3:06:32.  
 75. Philip Pierce 44 3:06:35  
 76. Lawrence Bridges 3:06:38  
 77. Carl Cuchetti 3:06:44  
 78. Daniel St. Pierre 23 3:06:55  
 79. Kenneth Cole III 38 3:07:04  
 80. Ben Fudge 3:07:28  
 81. Robert Steciuk 3:07:35  
 82. John Roberts 3:07:57  
 83. Dave Trussell 3:08:08  
 84. Fred Marriam 3:08:23  
 85. Tom Allen 3:08:36  
 86. William Ellis 3:08:39  
 87. John Braccio 3:08:46  
 88. Eric Ellis 32 3:09:17  
 89. Richard Golas 3:09:22  
 90. Joseph Ingro 3:09:28  
 91. Vicki Wechsler 3:10:00\*  
 92. David Jenney 54 3:11:13  
 93. Jerry Roberts 3:11:24  
 94. Andrew Gilman 3:12:33  
 95. Bev Williams 3:12:34\*  
 96. Jo Comeau 3:12:41\*  
 97. Carlton Mendell 63 3:13:04  
 98. Edward Miller 35 3:13:11  
 99. Daniel Oliveira 32 3:13:14  
 100. James Gwilym 3:13:21  
 101. Joseph Washburn 41 3:13:28  
 102. Colky Keefe 3:13:41\*  
 103. William Bennett 30 3:14:21  
 104. Dan Kelly 3:14:28  
 105. Charlton Ames 3:14:42  
 106. Peter Lodge 21 3:14:51  
 107. Dick Lajoie 3:15:05  
 108. Edward Luban 3:15:21  
 109. Thomas Bassols 32 3:15:52  
 110. Larry Bedrosian 32 3:16:13  
 111. Barry Howgate 3:16:32  
 112. Thomas Caron 3:16:37  
 113. Rick Strout 47 3:16:45  
 114. Robert Cary 3:16:52\*  
 115. Debbie Sawyer 32 3:17:09  
 116. Norman Lafortune 3:17:15  
 117. Terr Eldridge 3:17:33  
 118. Grant Whitsay 52 3:17:51  
 119. Joe Cespa 3:17:57.6  
 120. James Lightfoot 3:17:57.8  
 121. Edward Stott 3:18:14  
 122. Bob Keating 33 3:18:24  
 123. Kent MacDonald 30 3:18:31  
 124. Rich Littlefield 3:18:49  
 125. Carl Bowen 53 3:19:02\*  
 126. Rosalyn Kendall 35 3:19:19\*  
 127. C. Cuchetti 25 3:19:30  
 128. Ronald Cedrone 3:20:17  
 129. Michael Blithen 24 3:21:23  
 130. Ken Gaeklein 3:21:38  
 131. Curtiss Shigo 3:22:08  
 132. John Perham 42 3:22:13  
 133. Roger Burns 3:22:24.4  
 134. Tom Hines 38 3:22:24.8  
 135. Eric Gottung 29 3:22:37  
 136. James Harmon 3:22:55  
 137. Hubert Strom 56 3:23:13  
 138. Bill Payne 38 3:23:46  
 139. Peter Connell 3:24:38  
 140. William Sproul 3:24:56\*  
 141. Linda Woodward 3:25:30  
 142. James Madden 3:25:52\*  
 143. Carol McElwee 40 3:26:08  
 144. Roger Zimmerman 46 3:26:11  
 145. John Aegeuter 40 3:26:33  
 146. Harry Kechan 36 3:26:36  
 147. Art Chapman III 40 3:27:16  
 148. Paul Vane 31 3:28:44\*  
 149. Beth Gottung 26 3:29:48  
 150. Bill Shea 34 3:29:55  
 151. John Schwerdel 3:29:08  
 152. Leon Hadiaris 33 3:29:12  
 153. Dale Perreault 3:29:44  
 154. Ron Howard 28 3:29:51  
 155. Edward Disy, Jr. 40 3:30:10  
 156. John Ringo 41 3:30:28  
 157. Doug pride 22 3:30:40  
 158. Frank Bednar 47 3:30:47  
 159. Mark Seaman 3:30:54  
 160. James Chase 3:30:54

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4:09:20.9  
4:10:12.9  
4:12:51.4  
4:12:52.8\*  
4:13:03.5  
4:13:28.2  
4:15:04.3  
4:21:59.9  
4:22:11.8\*  
4:22:55.5\*  
4:30:13.7\*  
4:30:14.2  
4:34:23.4  
4:35:25.7  
4:35:34.7  
4:36:13.4  
4:39:53.7  
4:40:27.0  
5:05:23.1

Results courtesy of Charlie Porter  
Race Director

 Casco Bay Marathon

\* \* \* \* \* CODFISH BOWL Franklin Park - Boston 5 Mile Oct 12th

1. Rick Garcia St. Joe's 25:30  
2. Chuck Martin U-Mass  
3. Gary Holterman MIT  
4. Scott Bare UNB  
5. Greg Cornell Bridgewater  
6. George Sockus St. Joseph's  
7. Peter King UNB  
8. Pete Swanson USM  
9. Mike Keegan Westfield  
10. Jim Santiago U of New Haven

TEAMS  
1. MIT 58  
2. St. Joseph's 91  
3. Holy Cross 121  
4. Univ of New Brunswick 129  
5. Univ of Mass - Boston 156  
6. Westfield State 168  
7. Univ of New Haven 209  
8. Bridgewater State 213  
9. Southern Conn 221  
10. Univ of Southern Maine 259  
11. Brandeis Univ 274  
12. Gordon College 335  
13. Quinnipiac 386  
14. Merrimack 457  
15. Maine Mart Acad 474  
16. Salem State 550  
17. UMPI 579

Results courtesy of Ziggy Gillespie  
St. Joseph's XC

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OODS  
or, Me.  
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TIGER  
REEBOK  
TURNTEC

NIKE  
NEW BALANCE  
DOLFIN  
IND

STROH'S RUN FOR LIBERTY 8K  
S. Portland \*ME-84001-JMC\* Oct 12th

1. Bob Winn	24:33	91. Tim Burnham	35:29.3	169. Raymond Roux	39:13
2. Henri Bouchard	25:12	92. Judith Bjorn	35:29.7*	170. Jeanne Garrett	39:20*
3. Andrew Whelan	25:42	93. Bill Seabolt	35:30	171. Lisa Leyden	39:23*
4. Peter Dube	26:19	94. William Smith	35:33	172. Sharon Rivas	39:27*
5. Bill Hine	26:58	95. Brian Gregon	35:33.5	173. Diane Cianciolo	39:32*
6. Kevin McDonald	26:58.1	96. Terri Jordon	35:33.8*	174. Roberta Greenfield	39:35*
7. Ronald Newbury	27:16	97. Janice Brooks	35:38*	175. Stephen Pratt	39:38
8. Paul Fagan	28:04	98. Michael Nadeau	35:39	176. Michael Garland	39:39
9. Joe Bennett	28:07	99. Rudy Plummer	35:40	177. Chris Neagle	39:42
10. John James	28:17	100. Michelle Higgins	35:43*	178. William Weatherbee	39:43
11. Daniel Hutchinson	28:25	101. Walter Smith	35:44	179. Charles Hutchins	39:44
12. Frank Brune	28:28	102. Joseph Johnson	35:47	180. Robert Gowell	39:46
13. Paul Letarte	28:39	103. Raymond Butler	35:48.1	181. Carl Wolf	39:47
14. Dan Cake	28:46	104. Raymond Doherty	35:48.9	182. Kateri Piecuch	39:48*
15. John Kelsey	29:00	105. Walter Flewelling	35:56	183. Carrie Jordan	39:49*
16. Joseph Doane	29:11	106. James Oliver	36:02	184. Tom Little	39:50
17. Steven Cain	29:24	107. St. John Hall	36:02.5	185. Kathryn Perry	39:51*
18. Stephen Westbrook	29:26	108. Randy Smith	36:08	186. Barbara Russell	39:53*
19. Douglas Swallow	29:28	109. Stephen Grow	36:09	187. James Sullivan	40:03
20. Tony Owens	29:49	110. Robert Swanson	36:15	188. Melanie Lewis	40:04*
21. Randy Jordan	29:57	111. Jonathan Hill	36:16	189. Lisa Weymouth	40:12*
22. Joseph Meehan	30:06	112. Geza Egersdorfer	36:17	190. Lou Hamlin	40:13
23. William Pinkham	30:20	113. Dave Novaria	36:22	191. Gayle Cherrington	40:16*
24. Peter Ehni	30:21	114. Timothy Smith	36:26	192. David Bean	40:17
25. Robert Salisbury	30:22	115. Terri Conroy	36:31*	193. Dorothy Stoddard	40:20*
26. Roger Berle	30:28	116. Lamont Boileau	36:34	194. James Legere	40:22.5
27. Gerry Mirabile	30:34	117. David Ray	36:37	195. Martha McNally	40:22.9*
28. Daniel Nadeau	30:35	118. Tim Boyden	36:38	196. George Stoddard	40:28
29. Harry Schmitke	30:43	119. Phillip Bartlett	36:39	197. Annette McRitchie	40:31*
30. Jeff Arsenault	30:45	120. John Beaulieu	36:41	198. Clinton Goodenow	40:35
31. Bill Jensen	30:54	121. Roger Dunbar	36:47	199. Elana Clark	40:36*
32. Charles McMahon	30:56	122. Russell Bradley	37:00	200. William Doughty	40:38
33. Ray Scherenell	30:59	123. Randall French	37:10	201. Cathy Eastman	40:50*
34. John Casey	31:06	124. Carol Mills	37:19*	202. Judith Davis	40:51*
35. Wanda Haney	31:07*	125. Jim Tackett	37:21	203. Rocco Ferrante	41:02
36. John Greene	31:14	126. Dave Horne	37:24	204. Paula Lepore	41:03*
37. Martin Schiff	31:18	127. Jerri Bushey	37:25*	205. John McElwee	41:08
38. Richard Kane	31:34	128. Craig Hall	37:30	206. Susan Kolakowski	41:22*
39. Paul Cole	31:38.1	129. Ted Parry	37:31.1	207. Kimberly Michaud	41:34*
40. Robert Butcher	31:38.5	130. Hans Wendel	37:31.5	208. Thomas Gilbertson	41:38
41. Paul Thibeault	31:41	131. Frank Setter	37:34	209. Eleanor Vance	41:38
42. Doug Reeves	31:51	132. Thomas Reardon	37:37	210. John Berry	41:44
43. Douglas Smith	31:53	133. Larry Zellers	37:38	211. Edward Locke	41:45
44. Richard Flewelling	31:59	134. Daniel Robbins	37:39	212. Maryanne Gunfrey-Ball	41:48*
45. Marc D'Amour	32:05	135. Don Penta	37:41	213. Matthews Gagnon	41:50
46. Dick Cummings	32:07	136. Richard Lepore	37:42	214. Tony Kendrix	41:51
47. Larry Kinner	32:11	137. Thomas Hill	37:51	215. Michael Bell	41:51.9
48. Jeff St. Pierre	32:12.2			216. Melvin Fineberg	41:59
49. Russ Grant	32:12.6			217. John Walters	42:01
50. Charles Hall	32:13			218. Chet Butler	42:02
51. Peter Butryn	32:14.1			219. Mary-Jane Doble	42:05*
52. Howard Spence	32:14.6			220. Lori Leard	42:08*
53. James Cox, Jr.	32:44			221. Jack Cohoon	42:09
54. Terry Dailey	32:45			222. Brenda Cushman	42:12*
55. Bill Pavlisko	32:49			223. Gary Higgins	42:17
56. Paul Cote	32:54			224. Susan Hoople	42:20*
57. Eric LaRue	32:54.7			225. Amy Geren	42:30*
58. Rex Nelson	32:55			226. Deborah Higgins	42:34*
59. David Currier	33:01			227. Philip Meyers	42:40
60. Daniel Robarge	33:01.1	138. Russell Remalia	37:51.9	228. Leslyn Poland	43:00
61. Andrew Alexander	33:05	139. Rosemary Ginn	37:52*	229. Kevin Jameson	43:02
62. Willie McClain	33:28	140. Alan Schock	37:56	230. Cindy Gallant	43:03*
63. Daniel Coons	33:32	141. Robert Murray	38:05	231. Robert Mach	43:10
64. William Gagnon	33:39	142. Kevin Duff	38:06	232. Nancy Noneson	43:16*
65. Gordon Chamberland	33:41	143. Karen Lacasse	38:08*	233. Jacqueline Garland	43:17*
66. Brett Baber	33:43	144. Brian Norton	38:10	234. Barbara Bourgault	43:18*
67. Richard Morrison	33:49	145. Lee Akerley	38:11	235. Marsha Bourgault	43:22.2*
68. Thomas Hebert	34:04	146. Allen Stear	38:18	236. Mary Jane Bourgault	43:22.6*
69. Tony Salamone	34:05	147. Bill Keefer	38:20	237. Dick Cook	43:22.9
70. Robert Libby	34:06	148. Clyde Parker	38:26	238. Lisa Cerulli	43:23.2*
71. Brian Hilfrank	34:07	149. Ted Bonville	38:28	239. Joanne Lannis	43:23.7*
72. Thomas Ahlers	34:09	150. Richard Duncanson	38:31	240. Dan Morris	43:24
73. Dale Rines	34:11	151. Thomas Mcosker	38:34.4	241. Laura Jackson	43:26*
74. Michael Nixon	34:25	152. William Whitter	38:34.9	242. Diana French	43:47*
75. Tom Merrill	34:31	153. Peter Slobogin	38:38	243. Patricia Monaghan	43:54*
76. David Houser	34:32	154. Liz Emmons	38:39*	244. Thomas Hennessey	44:24
77. Guy Smalt	34:37	155. Dwight Cardwell	38:40	245. Judith Rutter	44:36.2*
78. Keith Parsons	34:40	156. Philip Riley	38:41	246. Carrie Bourke	44:36.6*
79. Tim Noble	34:46.4	157. Richard Kranker	38:42	247. Phil Ludwig	44:46
80. Scott Rivas	34:46.8	158. Stephanie Peters	38:51*	248. Christina Corbin	44:47.1*
81.		159. Mary Neff	38:52*	249. Mary Beathie	44:47.9*
82. Gary Monroe	34:52	160. Jean Abradi	38:56*	250. Diane Whitney	45:00*
83. Mark Murphy	35:02	161. Jim Kerney	38:59	251. Ronald Hayes	45:09
84. Dale Peabody	35:08	162. Gary Dunton	39:00	252. Sara Maloney	45:17*
85. Donald McGiltry	35:14	163. Doug Currier	39:01	253. Steve Roman	45:33
86. Frank Ebert	35:23	164. Diane Collette	39:03*	254. Debra Goodwin	45:34*
87. Maurice Cloutier	35:25	165. Brian Wallace	39:05	255. Stephen St. Pierre	45:40
88. Bernie Martin	35:27	166. Doug Brown	39:08	256. Jean Boucher	45:56
89. Kevin Forster	35:28	167. Julie Carbin	39:12*	257. Linda Wheeler	46:18*
90. Doug Kimball	35:28.5	168. Earle Harley	39:12.5	258. Clarissa Holmes	46:18*

## RUN FOR LIBERTY II



39:13	263. W.E. Lazzette	48:10	308. Ollie Collins	80:36*	31. Dick Cummings	40:30
39:20*	264. Michael Collins	48:32	309. Daniel Gillis, Sr.	80:41	32. Vaughn Holyoke	40:55
39:23*	265. Ted Allen	48:37	310. Daniel Gillis	84:35	33. Andrew Patterson	41:15
39:27*	266. Dinorah Krunker	48:55*	311. John Kidder	85:26	34. Elwood Jewell	41:15
39:32*	267. Michael Harper	49:01	312. Ray Muchmore	85:31	35. Dwight Brown, Jr.	41:13
39:35*	268. Lois Wendel	49:16*			36. Dick Miles	42:00
39:38	269. Joyce Richardson	49:41*	Results courtesy of Rick Strout		37. Benji White	42:26
39:39	270. Pam Daniels	49:50*	Maine Track Club		38. Robby Shea	42:38
39:42	271. Venessa Gould	50:00*			39. Jo Cooper	42:50
39:43	272. Jerry Rosemeyer	50:27			40. Gehrig Johnson	42:58
39:44	273. Katherine Morin	51:05*	AUTUMN GOLD ROAD RACE 10K		41. Joe Dunn	42:59
39:46	274. Carl Pettis	51:08	Ellsworth	Oct 19th	42. Chris Hooper	43:12
39:47	275. Frank Regiacorte	51:09			43. Barbara Greenstone	43:15*
39:48*	276. Sue Williamson	51:20*			44. Denny Trevett	43:55
39:49*	277. Cate Lamutagne	51:22*			45. Sam Auerbach	44:03
39:50	278. Ben Spacie	51:26	1. Michael Gaige	32:05	46. Terry Rowden	44:07
39:51*	279. David Sprocio	51:36	2. Roy Morris	32:27	47. Tony Beardsley	44:13
39:53*	280. Virginia Pekey	52:24*	3. Jim Hewett	32:49	48. Ed Raymaker	44:27
40:03	281. Dennis Daiphonse	52:26	4. Bruce Bridgman	33:38	49. Walter Taylor	45:01
40:04*	282. Gail Ploud	53:08*	5. Phil Stuart	34:38	50. Adam Sala	45:19
40:12*	283. Chrissy Emmons	53:16*	6. Dan Pennoch	35:05	51. Dwight "Sam" Brown III	45:22
40:13	284. Kathleen Woods	53:42*	7. Steven Carle	35:21	52. Brian Cates	46:34
40:16*	285. Doreen Brown	53:43*	8. David Renault	35:56	53. Don Smith	46:47
40:17	286. Lee Brown	53:58	9. Tom Thibault	36:07	54. Thomas Baer	46:48
40:20*	287. Natalie Forster	55:08*	10. Paul Turner	36:18	55. Don Osborne	46:54
40:22.5	288. Francis Harbert	55:09	11. Greg Hildreth	36:37	56. Bob Milliken	46:08
40:22.9*	289. Corinne Donnelly	56:08	12. Deke Talbot	36:39	57. Betsy Wasson	49:33*
40:28	290. Jacklyn Herbert	57:25*	13. David Alley	37:07	58. Norman Fitzgerald	52:33
40:31*	291. Jeff Bryant	57:50	14. Bruce Theriault, Sr.	37:15	59. Jesse Salisbury	54:13
40:35	292. Kacie Bryant	57:51*	15. Alan Howard	37:33	60. Jason Higgins	54:15
40:36*	293. Kristy McFarland	58:49*	16. Mark Hardison	37:37	61. Jamie Wood	55:43
40:38	294. Terry McFarland	58:51	17. Chip Howe	37:47	62. Janna Poff	55:44*
40:50*	295. Mark Wasowski	62:02	18. Larry Frank	37:50	63. Julie LaPointe	55:44*
41:02	296. Claire Bryant	62:04*	19. Robin Rappa	38:15*	64. Ken Blaisdell	56:51
41:03*	297. Scott Bryant	63:29	20. Bill Pinkham	38:26	65. Dr. Joel Ackerman	58:34
41:08	298. Margaret Leahay	64:55*	21. Diane Wood	39:10*	66. Elizabeth Moore	59:30*
41:22*	299. Kathie Bowman	64:56*	22. Elvin MacDonald	39:14	67. Andria Hourwich	61:35*
41:34*	300. Harold Cain	65:25	23. Oskar Feichtinger	39:17		
41:38	301. Charles Serritella	65:25.5	24. Joyce Richards	39:25*	Results courtesy of Downeast YMCA	
41:38	302. Chrissy McAloney	67:25*	25. Perley Merrick	39:31		
41:44	303. Gordon McAloney	67:27	26. Kenny Awalt	39:33		
41:45	304. Judith Gowen	75:05*	27. Kevin Pottle	39:50		
41:48*	305. Gordon McAloney	75:05.6	28. Frank Carter	39:54		
41:50	306. Patricia McAloney	75:08*	29. Jack Frost	40:13		
41:51	307. Heather Gilliam	80:11*	30. Stephen Cates	40:19		
41:51.9						



## Maine Racquet and Fitness Club

INDOOR TENNIS  
RACQUETBALL  
INDOOR POOL  
NAUTILUS  
FREE WEIGHTS

AEROBIC PROGRAMS  
SAUNAS  
JACUZZIS  
TANNING BEDS

— OPEN TO THE PUBLIC —

P.O. Box 687, Ellsworth, Maine 04605 • Tel. (207) 667-3341

TARA PUTNAM SCHOLARSHIP RUN 5K  
Medway Oct 20th

1.	Dan Bondeson	35	15:51
2.	Rusty Taylor	34	16:09
3.	Steve Gross	22	16:20
4.	Pat Boss	16	16:47
5.	David Cram	14	16:53
6.	Mark Chasse	26	17:13
7.	Brad Cutcliffe	17	17:18
8.	Brian Bell	16	17:23
9.	Kevin Kenny	28	17:35
10.	Rich Darveau	17	17:53
11.	Larry Bradford	17	17:54
12.	Charlie Violette	14	17:56
13.	Chris Barnes	14	18:09
14.	Richard Lindsay	31	18:42
15.	Pat O'Malley	19	18:48
16.	Jason Rush	16	18:50
17.	Loren Ritchie	52	18:51
18.	Donald Russell	15	18:55
19.	Philip Cullins	16	19:05
20.	Barry McLaughlin	37	19:11
21.	David Gelinas	16	19:23
22.	Ron Turcotte	32	19:25
23.	Carla Lemieux	15	19:35*
24.	Ronald Gelinas	37	19:38
25.	Lee Rush	15	20:05
26.	Schuyler Morrison	37	20:07
27.	Timothy Crosby	22	20:15
28.	Brian Ouellette	16	20:24
29.	Karl Cousins	17	20:25
30.	Danny Snowman	16	20:29
31.	Mike Eash	14	20:38
32.	Steve Marshall	37	20:44
33.	Kathy Martin	23	20:52*
34.	Harry Brooker	38	21:19
35.	Art Fraser	48	21:27
36.	D.J. Webster	18	22:17*
37.	Sandy Sturtevant	36	22:22*
38.	Kristi Richardson	14	22:38*
39.	Jodi McCarthy	17	22:57*
40.	Christina Nicholson	16	23:06*
41.	Howard Clements	45	23:14
42.	John A. Doe	34	23:20
43.	David Doore	14	23:52
44.	Kevin Giberson	14	23:53
45.	Bing Popkowski	13	23:58
46.	Paula Shea	17	24:26*
47.	Dean Shea	43	24:27
48.	Donald Hendsbee	30	24:37
49.	Nancy Parsons	16	24:38*
50.	Hazen Maas	38	25:08
51.	Jeremy Deveau	9	25:14
52.	Stacey Holway	16	25:18*
53.	David Dickey	15	25:49
54.	Joleen Khwice	32	26:04*
55.	Susie Brooker	38	26:42*
56.	Alison DeWitt	14	26:54*
57.	Slugger Cannon	37	27:00
58.	Leslie Gordon	17	27:38*
59.	Diane Souther	31	27:40*
60.	April Cox	11	27:48*
61.	Bruce Cox	34	27:49
62.	Rhonda Montgomery	11	28:49*
63.	Sandra Toothaker	26	29:07*
64.	Derrick Thompson	11	29:31
65.	Troy Merritt	11	29:32
66.	Christina Breton	12	29:45*
67.	Peter Misiura, Jr.	32	30:00
68.	Rae Davis	22	30:19*
69.	Jason Gagnon	11	31:00
70.	Jeri Ann Jenkins	24	42:33*
71.	Cathy Cram	12	43:03*
72.	Ben Fiske	12	43:05
73.	Renee Haseltine	12	43:24*
74.	Carmen Tetu	35	48:44*
75.	Pete Misiura, Sr.	65	48:45

Results courtesy of Tom Tetu  
Mike Doore  
Race Directors



Sharon Cannon (Tara Putnam's mother) awards medal to first female finisher of the Benefit 5K (Oct 20, 1985) Carla Lemieux whose time was 19:35

Carla also went on to win the Class C Regionals at UMO on Oct 26th and finished third in the state meet at UMA.

Tara Putnam is the 13 year old cross country runner who died last September that you wrote about in Maine Running.

We had a great run - Tara's mother hung each medal on the winner's neck. We made about \$250 for the scholarship. We hope, next year, to be started organizing early and get many more runners to come to our annual run.

The Medway Teacher's Co-op (Tara's teachers) were very helpful and things went smoothly.

Judy Doore

# Cross-country



T.A.C. MEET AT SABATTUS		Oct 27th	
S & Under	1K	Sabattus	
1.	Mathew Vachon	15:02	8 and under 3k
2.	Kyle Genevics	15:49	1. Mathew Vachon
3.	Chris Nash	19:59	2. Kyle Genevics
4.	Adam Bradstreet	20:00	3. Chris Nash
5.	Keith Wright	21:01	4. Joey Edmondson
1.	Jessica Stokes	19:05	1. Mary Maloney
2.	Christine Huber	19:10	2. Christine Huber
3.	Jessica Adkins	22:22	3. Kate McCarthy
9-10 3K			4. Jessica Stokes
1.	Tim Weems	13:27	5. Erin Fournier
2.	David Stokes	13:28	6. Jessica Adkins
3.	Chris Cowan	14:23	9-10 3K
4.	Gregg Popp	15:05	1. David Stokes
5.	Tony Greenier	16:04	2. Chris Cowan
6.	Scott Whittier	16:14	3. Todd Donoghue
7.	Mitchell Sullivan	17:16	4. Chris Kyajohnian
8.	Kevin Stevens	17:19	5. Daryan Saunders
9.	Jeremie Stevens	17:24	6. David White
10.	James Churchill	17:45	7. Chad Pelletier
11.	Mike LaCasse	19:16	8. Scott Whittier
1.	Sarah Kenoyer	15:30	9. Gregory Popp
2.	Jennifer Reali	15:50	10. Marty Howgate
3.	Joyelle Decker	15:59	11. Mike Bennett
4.	Kim Wogan	16:30	12. Ryan Cloutier
5.	Melenie Genevics	16:33	13. Ron McNaughton
6.	Michelle Adkins	17:34	14. Kevin Stevens
7.	Sara Whitehouse	17:37	15. Tony Greenier
8.	Tanya Byron	18:04	16. James Churchill
9.	Becky Walker	18:36	17. Mike LaCasse
10.	Shakira Provasoli	18:50	18. Abby Erikson
11.	Tiffany Marshall	19:03	19. Kim Wogan
12.	Angela Adams	19:24	20. Amy Fortin
13.	Carrie Davids	19:47	9. Melanie Generics
14.	Ruth Lovett	21:06	10. Melanie McCoy
15.	Kristen Daigle	25:10	11. Sara Whitehouse
11-12 3K			12. Michelle Adkins
1.	Amos Wright	13:18	13. Sarah Lisa
2.	Matt Brown	13:35	14. Danielle Grondin
3.	Erik Worcester	14:08	15. Becky Walker
4.	Steve Colucci	15:01	16. Tanya Byron
5.	Justin Davis	15:06	17. Sara McCarthy
6.	Bill Stiles	15:30	18. Angela Adams
7.	Robert LaCasse	15:46	19. Vicki Tardif
8.	Matt Wright	16:21	20. Ruth Lovett
1.	Christine Boulanger	14:13	11-12 3K
2.	Linda Whittier	14:42	1. Amos Wright
3.	Jenny Popp	14:59	2. Josh Gagnon
4.	Lynn Kenoyer	15:09	3. Isaac Hutchinson
5.	N/A		4. Matthew Bowen
6.	Danielle Hill	17:03	5. Chris Goulet
7.	Jessica Fulmer	17:30	6. Jeremy Graham
8.	Amy Bradstreet	17:55	7. Jason Davis
9.	Crystal McNaughton	18:02	8. Brian White
10.	Crista Woodard	19:15	9. Liam McCoy
11.	N/A		10. Billy Stiles
12.	Kerri Banastis	20:20	11. Carl Young
13.	Alisha Marshall	20:32	12. Justin Davis
13-14 4K			13. Ben Scott
1.	Robby Briggs	16:08	14. Robert LaCasse
2.	Eric Bulger	16:24	15. James Vachon
3.	Eric LaRue	16:33	16. Mike Chase
4.	Sean Berry	16:42	17. Matt Wright
5.	Corey Genevics	17:12	18. Mitchell Sullivan
6.	Mike Sullivan	20:11	19. Rodney Lloyd
7.	Aaron Bourassa	21:06	20. Billy Curran
8.	Ken Fair	22:24	21. Jake Sweetser
1.	Jill Decker	17:01	22. Tom Widger
2.	Katrina Colucci	19:18	1. Theresa Pratt
3.	Nicki Stoddard	19:40	2. Christine Boulanger
4.	Kristin Cook	20:18	3. Lynn Kenoyer
5.	Linda Stiles	20:33	4. Linda Whittier
6.	Heidi Haynes	21:27	5. Amanda Byron
7.	Dianne Gilbert	26:38	6. Jenny Popp
15-16 5K			7. Tiffany Roberts
1.	Eric Mathis	23:04	8. Kristen Jankowiak
2.	Billy Ober	23:24	9. Crystal McNaughton
3.	Steve Kilton	23:27	10. Kneista Wogan
4.	Donnett Hill	24:40	

Results courtesy of Barbara Marshall  
Meet Director



Results courtesy of Roland Trottier  
Meet Director

# State High School Championships

STATE HIGH SCHOOL XC CHAMPIONSHIPS  
Augusta Nov 2nd

## Boys Class A Team Results

South Portland 60, Westbrook 85  
(awarded 2nd place based on 6th runner's finish), Cheverus 85,  
Waterville 96, Bonny Eagle 140,  
Brewer 143, Edward Little 153,  
Skowhegan 166, Bangor 205

1. Paul Haskell Brewer 15:55
2. Steve Sarkozy S. Port 16:01
3. Tom Larose S. Portland 16:06
4. Kevin Rolfe Waterville 16:14
5. Kevin Lyons Cheverus 16:15
6. Dave Donnelly E.L. 16:17
7. Ben Millis Waterville 16:18
8. Rusty Snow E.L. 16:26
9. Paul Riciputi Cheverus 16:27
10. Doug MacDonald Wtvl 16:32
11. Dave Kimball Westbrook 16:34
12. Mike Lyons Cheverus 16:37
13. Lewis Gordon Brewer 16:41
14. Steve Rolfe Westbrook 16:42
15. Robert Silvius Lawrence 16:44
16. Dylan Cooper S. Port 16:47
17. Bruce Jardine Skow 16:51
18. Brian Newbegin Bangor 16:52
19. Neal Chamberlain Brew 16:53
20. Jamie Harvie S. Port 16:55
21. Jason Keefe Westbrook 16:57
22. Dave Gillingham S.E. 16:58
23. Mike Chayer Westbrook 16:59
24. Greg Knapton Westbrook 17:04
25. David Wong S. Port 17:05
26. Eric Veilleux Gardiner 17:09
27. Aron Clegg Bonny Eagle 17:10
28. Roland Thibeault West 17:11
29. Tim French Bonny Eagle 17:12
30. Mike Peterson S. Port 17:13
31. Steve Cain Bonny Eagle 17:17
32. Chad Crabtree E.L. 17:19
33. Mark Stover Cheverus 17:21
34. Jay Sutton Cheverus 17:22
35. Barry Hopkins Skow 17:23
36. Steve Sargent Westbrook 17:24
37. Roger Stevens Skowhegan 17:25
38. Will Sweetser E.L. 17:26
39. Anthony Anderson Morse 17:27
40. Paul Fick Bangor 17:28
41. Ken Audet Waterville 17:29
42. Todd Knight Nokomis 17:30
43. Steven McCarthy Skow 17:31
44. Tom Dunbar Edward L. 17:32
45. Rick Oliver Waterville 17:34
46. Peter Jensen Cheverus 17:35
47. Matt Geren Bonny Eagle 17:36
48. Jason Greenleaf Gard 17:37
49. Al Condon Edward Little 17:45
50. Alex Grant Bonny Eagle 17:49
51. Chris Gaudour E.L. 17:50
52. Christophe Kruger Chev 17:55
53. Mark Turcotte Skowhegan 17:56
54. Jerry Sibley Bangor 17:57
55. Kip Gallant S. Port 18:01
56. Troy Newbegin Gard 18:02
57. Gary Smith Edward Little 18:05
58. Sam Trotzky Bangor 18:09
59. Eric Champlin Wtvl 18:22
60. Chris Lyford Waterville 18:26
61. Phillip Winchester Bang 18:37
62. Michael Donnelly Gard 18:42
63. Phillip Jurgieleit Bang 19:12
64. Lee Lewis Brewer 20:08
65. Seth Harrow Brewer 20:11
66. Doug Robertson Brewer 21:00
67. Arthur Dickerson Skow 21:37
68. Allan Geiser Brewer 28:00

## Girls Class A Team Results

Mt. Blue 52, Westbrook 87, Lewiston 102, Catherine McAuley 121, Windham 128, Gardner 139, Waterville 144  
(awarded 7th place based on 6th runner's finish), Bangor 144, Deer-  
ing 168

1. Karen Salisbury Skow 18:35
2. Val Hodgkin Lewiston 19:01
3. Andrea Elder Windham 19:32
4. Sharon Bay Portland 19:40
5. Sarah Welch Mt. Blue 19:45
6. Laura Patrie Lewiston 19:48
7. Kelly Manning C.M. 19:52
8. Christine Bradbury West 19:54
9. Laura Barton Bonny Eagle 19:56
10. Marny Dunham Mt. Blue 20:02
11. Brenda Gillespie Gard 20:19
12. Denette Hill Nokomis 20:23
13. Beth Taylor Waterville 20:25
14. Sara Pickett Oxford H 20:28
15. Kaela Curtis Gardner 20:31
16. Melanie Fleming Mt. Blue 20:34
17. Krista DiBiase West 20:46
18. Rachel Dunn Lawrence 20:49
19. Karen Thompson Caribou 20:50
20. Carrie Hagan Sanford 20:51
21. Katy Lynch Nokomis 20:52
22. Kris Campbell C.M. 20:52
23. Susie Higgins Bangor 20:57
24. Christine Ivers Mt. Blue 20:58
25. Erica Fennessy Lewiston 20:58
26. Holly Feeney Portland 21:01
27. Michelle Varney Wind 21:02
28. Anissa Sanborn Bangor 21:03
29. Marcie D'Entremont S.P. 21:04
30. Emily Wilson S. Portland 21:05
31. Amy Rolfe Mt. Blue 21:07
32. Teresa Letourneau West 21:12
33. Wendy Harper Brewer 21:20
34. Paula Carlin Windham 21:24
35. Ellen Champlin Wtvl 21:26
36. Diane Dolham Waterville 21:33
37. Lauri Nicholas West 21:34
38. Kathy O'Leary Deering 21:35
39. Karen Betz Deering 21:36
40. Jennifer Rolfe West 21:36
41. Kim Harvie S. Portland 21:37
42. Michelle Chayer West 21:37
43. Elizabeth Kenny Bangor 21:37
44. Lori Pratt Gardner 21:40
45. Sandra Smith C. McAuley 21:45
46. Lauren Eastler Mt. Blue 21:49
47. Erin Minear Mt. Blue 21:56
48. Kristen Cyr Lewiston 22:06
49. Mary Queen C. McAuley 22:10
50. Brenda Blackmer Deering 22:12
51. Joanna Dell Waterville 22:13
52. Denise Croce C. McAuley 22:17
53. Vicki Stilphen Deering 22:22
54. Geraldine Kenny Bangor 22:24
55. Venise Bard Waterville 22:37
56. Lisa Mazer Deering 22:38
57. Denise Downer Gardner 22:39
58. Jenny Zelenka Windham 22:40
59. Jennifer Tingley Bangor 22:43
60. Tracy Roy Windham 22:44
61. Leslie Proulx Wtvl 22:50
62. Denise Deschamps Lew 22:52
63. Pam Manelick Gardner 22:59
64. Kathleen Evers Windham 23:04
65. Alicia Taymar Deering 23:09
66. Bethany Lucas Deering 23:13
67. Yvonne Dubois Lewiston 23:17
68. Lyn Bonner Lewiston 23:18
69. Cassie Banks C. McAuley 23:18
70. Catherine Kenny Bangor 23:36
71. Denise Henry Bangor 24:07
72. Christine Campbell West 25:22
73. Kelly Veilleux Gardner 25:27
74. Tricia Monroe C. McAuley 25:54
75. Katy Roy Waterville 26:22

## Boys Class B Team Results

Cape Elizabeth 77, Maranacook 103,  
Mt. Desert Island 115, Gray-New  
Gloucester 116, Old Town 156, Camden  
Rockport 161, Greely 167, Hampden  
193, Lake Region 202 (awarded 9th  
place based on 6th runner's finish)  
Rockland 202, Scarborough 225, Mas-  
sabesic 302, Gorham 318

1. Scott Roberts Maranacook 15:30
2. Stan Smith Messalonskee 15:38
3. Ole (Treg) Amundsen C.E. 15:59
4. Dale Bailey Madawaska 16:03
5. Jeff Bender Cam-Rock 16:15
6. Kevin Way Gray-New G 16:19
7. Harold Stairs Rockland 16:20
8. Brent Leighton Hampden 16:21
9. Andy Dolby Hampden Ac 16:23
10. Erich Reed Lake Region 16:26
11. David Weatherbie Cape E. 16:28
12. Jeff Young Gorham 16:30
13. Rick Reed Maranacook 16:31
14. Tim Michaud Old Town 16:35
15. Steve Heath M.D.I. 16:36
16. Chris Farley M.D.I. 16:38
17. Patrick Bass Mattanawc 16:43
18. Eric Matteson Bucksport 16:44
19. Perry Pepper M.D.I. 16:45
20. Robert Sprague Gray-NG 16:48
21. Jason Merrill Belfast 16:54
22. John Bridges York 16:55
23. Todd Vincent Greely 16:57
24. Sheldon Milligan Gray-NG 16:58
25. Peter Albright Lincoln 16:59
26. Bobby Ray Cape Elizabeth 17:01
27. Dub Brakewood Cam-Rock 17:03.0
28. Skip Bates Maranacook 17:03.1
29. Scott Gilbert Cape E 17:04
30. Sean Doody Scarborough 17:04
31. Robert Whisenant Cam-Roc 17:05
32. Al Clausen Cape Eliza 17:06
33. Gary Vear Ellsworth 17:08.0
34. Mike Martin Rumford 17:08.1
35. John Dougherty Marsh 17:09
36. James Francis Old Town 17:09
37. Brian LaPierre Massabesic 17:10
38. Brian St. Louis Old Town 17:11
39. Dave Heavily Greely 17:12
40. David Maurice Rockland 17:15
41. Shayne Worcester M.D.I. 17:18
42. Dave Bernard Greely 17:21
43. David Gelinas Stearns 17:22
44. Art Drisko Scarborough 17:23
45. Matt Crook Maranacook 17:24
46. Dave Dehahn Gray-NG 17:27
47. Jeff Delisle Maranacook 17:30
48. Willie Dumont Sacopee V 17:32
49. Glen Placey Greely 17:34
50. Marco Ertha Maranacook 17:35
51. Mike Rainborough Maran 17:36
52. Frank Ireland Hampden 17:39
53. Darrin Allen Lake Reg 17:40
54. Alex Kimball M.D.I. 17:43
55. Travis Kinney Gray-NG 17:44
56. Jason Rutherford OT 17:45
57. Dan Kelleher Scarborough 17:48
58. Jeff Letourneau Old Town 17:50.0
59. John Kelleher Scarborough 17:50.1
60. Kyle Rhodes Lake Region 17:51
61. Todd Leblanc Rockland 17:51
62. Brent Rittersdorf Rock 17:52
63. Robert Butcher Lake Reg 17:54
64. Don Graumann Greely 17:54
65. Scott Desimon Greely 17:56
66. Eric Hatch Lake Region 17:58
67. David Hill Gorham 18:06
68. Chris Catell Cam-Rock 18:09
69. Darin Stillman M.D.I. 18:10
70. Tim Corcoran Cam-Rock 18:11.0
71. Dan Bisson Gray-New G 18:11.1
72. Andy Sullivan Cape E 18:12
73. Pat Howe Massabesic 18:13
74. Aaron Rog Old Town 18:15
75. Travis Ford Camden-Rock 18:16
76. Tom Dupuis Massabesic 18:17
77. John Dow Lake Region 18:18
78. Walter Gaudet Lake Regio 18:19
79. Kris Less M.D.I. 18:20
80. Peter Seal Rockland 18:21
81. Kevin Sean Hampden 18:21

Happy  
Holidays!

82. George Feero Old Town	18:26	68. Sarah Terison Falmouth	24:09	69. Andy Cline Stevens A	18:49
83. Marty Messer Hampden	18:28.0	69. Michelle Shedek Ellsworth	24:13	70. Chris Smith Yarmouth	18:54
84. Geoff Thayer Massabesic	18:28.1	70. Cheryl Perkins Massabesic	24:14	71. Jim Campbell Sumner	18:55
85. Matt Ray Gray-New G	18:31	71. Libby Willison Falmouth	24:15	72. Gary Sirois Fort Fair	18:55
86. Marc Conner Cam-Rock	18:34	72. Rhaba Fletcher Oak Hill	24:39	73. Tom Ogden Foxcroft Acad	18:56
87. Peter Hars Cape Elizabeth	18:35	73. Andrea Scattoloni Oak Hill	24:40	74. Tom Stevens Foxcroft A	18:58
88. George Anderson Greely	18:40	74. Michelle Leavitt Ellsworth	24:42	75. Warren Leonard Stevens	19:01
89. Ralph Karam Scarborough	18:49	75. Tammy Buffington Fryeburg	24:51	76. Clint Felker Yarmouth	19:02
90. Tim Sullivan Massabesic	18:49	76. Christina Heiniger M.D.I.	24:52	77. David Medeiros Foxcroft	19:06
91. Peter Merriam Rockland	18:51	77. Ellen Parker Falmouth	25:10	78. Keith Williams Stevens	19:10
92. Brian Drisko Hampden	18:57	78. Susan Buffington Frye	25:26	79. Chris Vreeland Yarmouth	19:19
93. Todd Boyington Massab	19:01	79. Amanda Murray Falmouth	26:35	80. Andy Shedd Yarmouth	19:20
94. Jason McCormack Gorham	19:06	80. Jan Harvey Stearns	26:53	81. Danny Haskell Searsport	19:27
95. Joe St. Petar Rockland	19:23	81. Becky Hale Falmouth	27:14	82. Warren Newton Jay	19:29
96. Tom Vail Massabesic	19:36	82. Debra Morrison Massabesic	27:19	83. Lonnie Thompson Fort F	19:30
97. John Dudley Gorham	19:52	83. Donna Glover Kennebunk	29:21	84. Andy Jacques Up Ken Val	19:32
98. John Flint Gorham	20:43			85. Richard Gray Sumner Mem	19:38
99. Brett Coffin Scarborough	20:48			86. Darin Pridham Traip	19:40
100. Tim Barthleman Scarborough	20:51			87. Charles Curtis Foxcroft	19:48
101. Jess Smith Gorham	21:01			88. Wes Gerrish Sumner Mem	19:57

#### Girls Class B Team Results

Greely 50, Ellsworth 78, Maranacook 84, Stearns 123, Kennebunk 127, Mt. Desert Island 147, Hampden 159, Massabesic 182, Fryeburg Academy 221, Oak Hill 249, Falmouth 288

1. Susannah Beck Waynflete	17:34	2. Carl Young Sumner Mem	16:21
2. Laura Duffy Kennebunk	17:43	3. Jay Henderson John Bapst	16:26
3. Beth Golden Maranacook	18:29	4. Elvin Munsey Lee Academy	16:36
4. Jill Decker Greely	18:38	5. Pat Kamm John Bapst	16:38
5. Karen Sprague Gray-MG	18:45	6. Todd Sekera John Bapst	16:41
6. Kellie Connor Ellsworth	19:28	7. Danny McCollar Up Ken V	16:43
7. Melanie Lounder Ellsworth	19:30	8. Willie Thompson Fort F	16:50
8. Eliza Booth Greely	19:39	9. Aran Shetterly Stevens A	16:51
9. Deanna Webster Stearns	19:46	10. Rick Landry Jay	16:52
10. Amy Gorham Hampden	19:47	11. Rick Shea Wiscassett	16:53
11. Wendy Buffington Frye	19:49	12. Robert Ashby Shedd	16:59
12. Allyson Jones Greely	19:53	13. Mike Linewood Shedd	17:02
13. Kerry Shea Ellsworth	20:04	14. Kevin Bates John Bapst	17:05
14. Jessica Cail Maranacook	20:08	15. Jeremy Bates John Bapst	17:06
15. Jennifer Halstead Kenn	20:16	16. Ryan Hews John Bapst	17:07
16. Liz Jurkowski Massabesic	20:21	17. Scott Noble Mt. Abram	17:08
17. Sue Norton Greely	20:22	18. Duncan Cumming Wiscass	17:10
18. Beth Gleeson Greely	20:23	19. Joe McEachern Traip A	17:14
19. Cathy York Harmon	20:24	20. Rick Hale Schenck	17:17.0
20. Jeanne Higgins M.D.I.	20:29	21. Mike Abbott Wiscassett	17:17.1
21. Robin Wilson M.D.I.	20:34	22. Dana Southworth Searsport	17:17.2
22. Lori Colley Ellsworth	20:35	23. Dave Cross Schenck	17:18
23. Denise Allen Greely	20:37	24. Joseph Wiley Wiscassett	17:19
24. Allison Giustra Medom	20:40	25. Bob Heald Jay	17:21
25. Buffi Thompson Messal	20:40	26. James Ohmeis Shedd	17:26
26. Marianne Stevens York	20:42	27. Steve Shea Wiscassett	17:27
27. Christie Wilson Maran	20:47	28. Larry Bigelow Up Ken V	17:29
28. Denise Whelton Marana	20:49	29. Sherman Gingarella Stev	17:35
29. Katherine Hartley Stea	20:51	30. Joe James Yarmouth	17:37
30. Hanley Denning Greely	20:52	31. Ed King Traip Academy	17:38
31. Becky Knight Gray-MG	20:58	32. Mike Raymond Foxcroft	17:39
32. Maridith Bourque Kenne	21:00	33. Chris Southworth Sears	17:41
33. Ann O'Leary Orono	21:04	34. John Jalbert N Yarmouth	17:43
34. Kristi Richardson Stear	21:05	35. Fred Saban Erskine	17:44
35. Tanya Seymour Marana	21:07	36. Dave Robeck Traip Acad	17:45
36. Teresa Perry Fryeburg	21:18	37. Alex Roeder Wiscassett	17:46
37. Leah Conley Massabesic	21:22	38. Jay Putnam Shedd	17:47
38. Laura French Gorham	21:25	39. Dwayne Joy Sumner Mem	17:49
39. Carolyn Gross Stearns	21:28	40. Josh Hanna Carrabassett	17:50
40. Kelsy Bernier Maranac	21:30	41. Andrew Spaulding Sears	17:51
41. Leigh Barclay Hampden	21:32	42. Chris Cunningham Traip	17:52
42. Bess Harrod Falmouth	21:34	43. Kevin Whalen Sumner Mem	17:58
43. Heather Smith M.D.I.	21:42	44. Larry Bradford Schenck	18:04
44. Natalie McBean Hampden	21:44	45. Steve Gervais Jay	18:05
45. Michelle Annis Harmon	21:47	46. Fred Grant Searsport	18:07
46. Blue Karnofsky M.D.I.	21:51	47. Brian Corcoran COB	18:08
47. Stacey Holway Stearns	21:53	48. Todd Weston Up Ken Val	18:11
48. Becky Sawyer Kennebunk	21:54	49. Sean Sullivan Foxcroft	18:13
49. Celine Edgecomb Ellsw	21:55	50. John Guyotte Foxcroft	18:15.0
50. Roxie McCafferty Hamp	21:58	51. John Rice Wiscassett	18:15.1
51. Sandy Turcotte Oak Hill	22:06	52. Tom Langille Schenck	18:19
52. Kristine Smith M.D.I.	22:11	53. Darin Hermon Searsport	18:20.0
53. Sarah Kasprzak Massab	22:22	54. Todd Gray Stevens Acad	18:20.1
54. Chrissie Gilberti Hamp	22:24	55. Randy Landry Jay	18:21
55. Julie Horne Maranacook	22:28	56. Dale Lincoln Shedd	18:23
56. Joelle McCoy Massabesic	22:29	57. Bret Matsuba Traip	18:27
57. Melissa Bonin Oak Hill	22:39	58. Charlie Peter Paul Lee	18:32.0
58. Marsha Fuller M.D.I.	22:41	59. Sean Sullivan Foxcroft	18:32.1
59. Allison Lowell Kenne	22:46	60. Chad Howard Searsport	18:34
60. Connie Hall Massabesic	22:51	61. Dave Gilbert Jay	18:37
61. Chrystal Brown Fryeburg	23:02	62. Glen Selwood Shedd	18:38.0
62. Jill Walker Oak Hill	23:06	63. Don Ardine John Bapst	18:38.1
63. Erin Crowley Hampden	23:10	64. Rich Darveau Schenck	18:38.2
64. Katie Neal Oak Hill	23:21	65. Jeff Galipeau Stevens A	18:39
65. Teri Bonin Oak Hill	23:22	66. Chris Bryant Jay	18:41
66. Sharon Rivas Kennebunk	23:38	67. Peter Malloy Up Ken Val	18:41.0
67. Susan Bishop Hampden	23:41	68. Dave Sewall Schenck	18:47

#### Boys Class C Team Results

John Bapst 39, Wiscassett 92, Shead 131, Traip Academy 166, Schenck 167, Searsport 175 (awarded 6th place based on 6th runner's finish), Jay 175, Stevens Academy 203, Valley-Bingham 210, Sumner 217, Fort Fairfield 232, Foxcroft Academy 259, Yarmouth 305

1. Jerry Monahan Fort Fair	16:09	2. Carl Young Sumner Mem	16:21
3. Jay Henderson John Bapst	16:26	4. Elvin Munsey Lee Academy	16:36
5. Pat Kamm John Bapst	16:38	6. Todd Sekera John Bapst	16:41
7. Danny McCollar Up Ken V	16:43	8. Willie Thompson Fort F	16:50
9. Aran Shetterly Stevens A	16:51	10. Rick Landry Jay	16:52
11. Rick Shea Wiscassett	16:53	12. Robert Ashby Shedd	16:59
13. Mike Linewood Shedd	17:02	14. Kevin Bates John Bapst	17:05
15. Jeremy Bates John Bapst	17:06	16. Ryan Hews John Bapst	17:07
17. Scott Noble Mt. Abram	17:08	18. Duncan Cumming Wiscass	17:10
19. Joe McEachern Traip A	17:14	20. Rick Hale Schenck	17:17.0
21. Mike Abbott Wiscassett	17:17.1	22. Dana Southworth Searsport	17:17.2
23. Dave Cross Schenck	17:18	24. Joseph Wiley Wiscassett	17:19
25. Bob Heald Jay	17:21	26. James Ohmeis Shedd	17:26
27. Steve Shea Wiscassett	17:27	28. Larry Bigelow Up Ken V	17:29
29. Sherman Gingarella Stev	17:35	30. Joe James Yarmouth	17:37
31. Ed King Traip Academy	17:38	32. Ed King Traip Academy	17:38
32. Mike Raymond Foxcroft	17:39	33. Chris Southworth Sears	17:41
33. Chris Southworth Sears	17:41	34. John Jalbert N Yarmouth	17:43
34. John Jalbert N Yarmouth	17:43	35. Fred Saban Erskine	17:44
35. Fred Saban Erskine	17:44	36. Dave Robeck Traip Acad	17:45
36. Dave Robeck Traip Acad	17:45	37. Alex Roeder Wiscassett	17:46
37. Alex Roeder Wiscassett	17:46	38. Jay Putnam Shedd	17:47
38. Jay Putnam Shedd	17:47	39. Dwayne Joy Sumner Mem	17:49
39. Dwayne Joy Sumner Mem	17:49	40. Josh Hanna Carrabassett	17:50
40. Josh Hanna Carrabassett	17:50	41. Andrew Spaulding Sears	17:51
41. Andrew Spaulding Sears	17:51	42. Chris Cunningham Traip	17:52
42. Chris Cunningham Traip	17:52	43. Kevin Whalen Sumner Mem	17:58
43. Kevin Whalen Sumner Mem	17:58	44. Larry Bradford Schenck	18:04
44. Larry Bradford Schenck	18:04	45. Steve Gervais Jay	18:05
45. Steve Gervais Jay	18:05	46. Fred Grant Searsport	18:07
46. Fred Grant Searsport	18:07	47. Brian Corcoran COB	18:08
47. Brian Corcoran COB	18:08	48. Todd Weston Up Ken Val	18:11
48. Todd Weston Up Ken Val	18:11	49. Sean Sullivan Foxcroft	18:12.1
49. Sean Sullivan Foxcroft	18:12.1	50. Chad Howard Searsport	18:14
50. Chad Howard Searsport	18:14	51. Dave Gilbert Jay	18:17
51. Dave Gilbert Jay	18:17	52. John Guyotte Foxcroft	18:19
52. John Guyotte Foxcroft	18:19	53. John Rice Wiscassett	18:20.0
53. John Rice Wiscassett	18:20.0	54. Sean Sullivan Foxcroft	18:20.1
54. Sean Sullivan Foxcroft	18:20.1	55. Todd Gray Stevens Acad	18:21
55. Todd Gray Stevens Acad	18:21	56. Randy Landry Jay	18:21
56. Randy Landry Jay	18:21	57. Dale Lincoln Shedd	18:23
57. Dale Lincoln Shedd	18:23	58. Bret Matsuba Traip	18:27
58. Bret Matsuba Traip	18:27	59. Charlie Peter Paul Lee	18:32.0
59. Charlie Peter Paul Lee	18:32.0	60. Sean Sullivan Foxcroft	18:32.1
60. Sean Sullivan Foxcroft	18:32.1	61. Chad Howard Searsport	18:34
61. Chad Howard Searsport	18:34	62. Dave Gilbert Jay	18:37
62. Dave Gilbert Jay	18:37	63. John Guyotte Foxcroft	18:39
63. John Guyotte Foxcroft	18:39	64. Rich Darveau Schenck	18:38.2
64. Rich Darveau Schenck	18:38.2	65. Jeff Galipeau Stevens A	18:39
65. Jeff Galipeau Stevens A	18:39	66. Chris Bryant Jay	18:41
66. Chris Bryant Jay	18:41	67. Peter Malloy Up Ken Val	18:41.0
67. Peter Malloy Up Ken Val	18:41.0	68. Dave Sewall Schenck	18:47

#### Boys Class C Team Results

Jay 61, Foxcroft Academy 92, John Bapst 95, Georges Valley 116, Monmouth Academy 132, North Yarmouth Academy 135, Forest Hills 154, Calais 176, Piscataquis 198, Carrabec 205

1. Missy St. Pierre Jay	19:30
2. Katie Leighton No. Yar A	19:42
3. Liz Hinckley Carrabasset	19:50
4. Carla Lemieux Piscataqua	19:57
5. Coleen King Traip	20:04
6. Laura Darragh Stevens	20:11
7. Stacy Darragh Stevens	20:13
8. Sunshine Weinrich Fox A	20:21
9. Kristen Vickers Winthro	20:23
10. Farah Paradise Forest H	20:30
11. Mariette St. Pierre Jay	20:32
12. Heidi Stevens Foxcroft	20:34
13. Erica Ingersoll No. Yar	20:45
14. Lori Leach Jay	20:48
15. Michelle Johnson Calais	20:53
16. Sarah Parker John Bapst	20:54
17. Kathy Wright Monmouth	20:55
18. Jenny Allen Yarmouth	20:58
19. Barbara Baker John Bapst	21:06
20. Carrie Billheimer G.V.	21:07
21. Angela Bonnarijo G.V.	21:09
22. Nickie Sekera John Bapst	21:14
23. Michelle Merry Georges V	21:18
24. Johanna Fleming Hodgdon	21:24
25. Joyce Houle Jay	21:25
26. Linda Peter-Paul C.A.	21:25
27. Karen Boucher Livermore	21:29
28. Michelle Andrews Traip	21:32
29. Liz Emmons No. Yar A	21:41
30. Erin Greenier Monmouth	21:43
31. Debbie Cox Monmouth	21:44
32. Heather News John Bapst	21:47
33. Dana Flye Erskine	21:56
34. Nyla Hein Georges Valle	22:00
35. Cindy Michaud Foxcroft	22:01
36. Rachelle Smith Woodland	22:05
37. Bobbi Jo Thomas Fort F	22:06
38. Peggy Clark Carrabec	22:10
39. Johannah Burdin Foxcrof	22:11
40. Stacie Dauzak Jay	22:14
41. Liss McLean Yarmouth	22:20
42. Debby Garey Calais	22:24
43. Lisa Pierce Carrabec	22:30
44. Kathie Tardiff Jay	22:34
45. Kristin Pullen Foxcroft	22:34
46. Adrienne Soto Sumner	22:37
47. Allison Coro Forest H	22:38
48. Denyse Robinson John B	22:38
49. Maureen Bryant Jay	22:46
50. Angela McClure Calais	22:48
51. Andrea Ward Monmouth	22:55
52. Christine Nicholson Sch	22:57
53. Gwen Clement Foxcroft	23:00
54. Patty Feeney Forest Hil	23:00
55. Erika Theriault Forest	23:04
56. Wendy Lessard Forest H	23:09
57. Wendy Johnson Calais	23:12
58. Abby Ela Carrabec	23:15
59. Michelle Hannum Monmou	23:18



		RALPH THOMAS 15 KILOMETER ROAD RACE	
		Gardiner *ME-85020-GN*	Nov 3rd
ns A	18:49	1. Isaac Hutchinson Aub	11:07
outh	18:54	2. Josh Gagnon Aub	11:29
er	18:55	3. Chris Goulet Sab	11:37
Pair	18:55	4. Brian White CITC	11:47
ft Aca	18:56	5. Jeremy Graham Aub	11:48
croft A	18:58	6. Erik Worcester CITC	12:07
avens	19:01	7. Jason Davis Sab	12:27
south	19:02	8. Billy Stiles CITC	12:34
xcroft	19:06	9. Liam McCoy	12:39
avens	19:10	10. Justin Davis CITC	12:57
armouth	19:19	11. Matthew Wright Sab	13:00
uth	19:20	12. Ben Scott	13:01
rsport	19:27	13. Robert Lacasse Sab	13:03
Y	19:29	14. Michael Grant Port	13:07
ort F	19:30	15. Brian Bedard Sab	13:14
an Val	19:32	16. George Worth CITC	13:16
er Mem	19:38	17. James Vachon Sab	13:39
ip	19:40	18. Rodney Lloyd	14:31
xcroft	19:48	19. Tom Widger	14:41
er Mem	19:57	1. Christine Boulanger	11:40
ch	19:59	2. Sarah Stuckey	12:12
ert F	20:06	3. Jenny Popp CITC	12:18
mouth	20:09	4. Linda Whittier CITC	12:25
Mem	20:17	5. Lynn Kenoyer	12:28
ert F	20:20	6. Amanda Byron Lakers	12:50
an Val	20:45	7. Deanna Smalley	12:58
Fair	20:46	8. Liz Burke Port	13:19
Valley	23:20	9. Krista Wogan Lakers	13:25
nts		10. Gina Malaragno Aub	13:27
Jay 92, John		11. Lori Marquis Aub	13:27
116, Mon-		12. Sandy Roberts Sab	14:05
Yarmouth		13. Crystal McNaughton Aug	14:18
154, Calais		14. Corie White	14:19
Carrabec 205		15. Amy Turcotte Sab	14:27
	8 & under 3K	16. Amy Bradstreet	14:32
Jay 19:30		17. Carey Darling Sab	14:36
Yar A 19:42		18. Naomi Stevens Sab	14:46
abassat 19:50		19. Nicolle Fraser Lis	15:09
cataqu 19:57		20. Jenny Jones Aub	16:45
20:04		21. Laura Godin Sab	17:49
evens 20:11		13-14 4K	
evens 20:13		1. Casey Carroll Yar	13:41
Fox A 20:21		2. Frank Carr	13:43
inthro 20:23		3. Eric Bulger Wat	14:14
rest H 20:30		4. Eric LaRue	14:16
re Jay 20:32		5. Sean Berry Lakers	14:24
croft 20:34		6. Mark Chretien	14:51
. Yar 20:44		7. Corey Genevics Wat	15:13
20:48		8. Jeff Porch CITC	16:36
Calais 20:53		9. Nate Smith	17:55
Bapt 20:54		10. Ken Fair Sab	18:15
uth 20:55		1. Theresa Pratt	15:22
uth 20:58		2. Lenora Felker CITC	15:34
Bapt 21:06		3. Heather Lane Lakers	16:34
G.V. 21:07		4. Adelle Belisle	17:14
Bapt 21:09		5. Kristen Kenoyer	17:21
Bapt 21:14		6. Melissa Grant PTC	17:50
orges V 21:18		7. Melissa Smith PTC	17:58
ldon 21:24		8. Amy Wright Sab	19:00
21:25		9. Tina Fortin Sab	19:19
C.A. 21:25		10. Heidi Haynes CITC	19:39
ermore 21:29		11. Dianne Gilbert Aug	21:25
Traig 21:32		12. Jerry Saint Amand	42
Aca 21:41		13. Damon Meyer	48
mouth 21:43		14. Timothy Holland	40
uth 21:44		15. Seth Ackerman Aub	18:08
Bapt 21:47		16. Jason Hutchinson Aub	18:42
21:56		17. Mike Hein	20:21
Valle 22:00		18. Chris Hays Aub	20:54
croft 22:02		19. Billy Ober	22:54
land 22:05		20. Tracey Cleveland Aub	21:01
ort F 22:06		21. Pam Dunbar Aub	23:09
abec 22:10		22. Lynn Andrews Aub	23:32
xcroft 22:11		23-18 5K	
22:14		1. Robert Haskell Aub	18:31
outh 22:20		2. Mark Sherburne Aub	19:18
ris 22:24		3. Serena Rosen Aub	20:57
abec 22:30		4. Donna McLaughlin	23:07
ay 22:34		5. Terri Conroy	27
xcroft 22:34		6. Paul Bourget	27
mer 22:37		7. Mondo Bourget	27
est H 22:38		8. Barbara Godfrey	31
John B 22:38		9. Taylor Harmon	40
ay 22:46		10. Barbara Luce	33
Calais 22:48		11. Don Penta	39
outh 22:55		12. Al Godfrey	37
on Sch 22:57		13. Fred Wingate	39
croft 23:00		14. Ralph Lathe	47
est Hill 23:00		15. Jerri Bushey	41
Forest 23:04		16. Irv Faunce	40
rest H 23:09		17. Ellen Spring	33
Calais 23:12		18. Dorothy Stoddard	33
23:15		19. Jessie Lawrence	13
ormou 23:18		20. William Tozier	52
		21. Joyce Goodie	52
		22. Georgianna Rogerty	30
		23. Charyl Spencer	24
		Results courtesy of Rick Krause Race Director	

"BACK TO NATURE RUN" 1.1 Mile  
Frankfort Elementary School

1.	Doug McFarland	8:49
2.	Roger Tripp grade 5 win	9:18
3.	Tracey Bishop grade 5 win	9:36
4.	Merlon Lewis	9:56
5.	Kenny Lavin	10:01
6.	Bobby Legassie	10:01
7.	Mike Smith	10:18
8.	Jason Bishop grade 4 win	10:27
9.	Angela Redmond	10:44*
10.	Paul Tripp	10:55
11.	Kelley Fields grade 5 w	11:00*
12.	Mariko Haskell grade 4	11:04*
13.	Bridgette Robert	11:04*
14.	Jamie Bishop	11:18
15.	Jen Cyr	11:18*
16.	Bruce Coulter	11:24
17.	Amy Tripp	11:28*
18.	Tyler Brassbridge 6th g	12:04*
19.	Kim Staples	12:07*
20.	Lisa Colson	12:12*
21.	Christina Ellis	12:14*
22.	Melanie Danforth	12:38*
23.	Timmy Hopper	13:20
24.	Jerry Hewes	13:34
25.	Adrian Stone	14:02
26.	Barry McCarthy	14:34
27.	Joseph Sanborn	14:35
28.	Valerie McIntire	14:43*
29.	Cherish Lang	14:53*
30.	Philicia Parker	14:58*
31.	Tanya Mass	15:31*
32.	Scott Redmond	16:34
33.	Holly Stevens	17:03*

Results courtesy of Vance Brown  
Race Director  
Assistants - Ann England & Carl Bowen

\*\*\*\*\*  
Bob,

Enclosed is the results of our first cross country run - distance 1.1 miles - which was open to grades 4-6 in the school - it went well (no broken bones and everyone finished) - I've also enclosed a story by the girl who came in last

See you at the races,

Vance B

# Back to Nature Run

Right before the race I kind of knew I'd come in last, but I was still going to race. I was glad we did stretches, so I wouldn't get cramps. I knew I would get a ribbon, because there are only four girls in my class, but I convinced myself to try hard anyway.

When I met the people returning on the trail I made myself run. Entering the field gave me a sigh of relief because I was half way through the race. When I passed Mr. Brown, he told me to pass ~~to~~ Scott Redmond just before the finish line. The rest of the race I kept saying to myself, "Get ahead of Scott, but I never did."

I hope we can have another race in the spring. If we can do I'm going to try not to come in last. I am glad I won a ribbon ~~anyway~~ anyway,

Holly Stevens

## Triathlon

1985 Waldo County Challenge Triathlon (5-17-5 mile event)  
Belfast Oct 20th

	Canoe	Bike	Run	Overall				
1.	John-David Mathieu	42:07	52:04	28:40 2:02:51	15.	Dave Estabrook	51:48	63:58 33:14 2:29:0
	Peter Heed				16.	Paul Kerrigan	59:51	63:23 32:59 2:36:1
2.	Eric Mcnett	44:23	53:08	30:40 2:08:11	17.	Roy Rodgers	64:11	58:18 36:44 2:39:1
3.	John Alsop	42:55	54:59	31:43 2:09:37	18.	Warren Greeley	72:51	62:41 29:14 2:44:6
4.	Barry Flifield	50:34	50:31	32:00 2:13:05	19.	Dale Cross	69:21	65:41 29:50 2:44:6
5.	Carl Stewart	49:39	52:11	33:35 2:15:45	20.	Michael Thompson	73:09	58:29 33:28 2:45:1
	Mark Weatherbee				21.	Tim Light	67:05	69:49 28:24 2:45:1
6.	Bob Poirier	53:57	52:42	29:50 2:16:29	22.	Rick Davee	71:10	63:32 33:22 2:48:1
	Mark McPheters				23.	Anne Marie Davee	68:30	70:10 32:26 2:51:1
7.	Marty Kenniston	47:22	57:17	33:03 2:17:42	24.	Clifford Baxter	72:01	65:55 37:14 2:55:1
	Rett Wieland				25.	George Davis	66:15	63:07 42:43 2:52:1
8.	Paul Bourget	49:41	63:00	30:41 2:23:22	26.	Butch Richards	76:49	60:59 43:06 3:00:1
	Don Boucher				27.	Jason Merrill	78:03	70:06 45:26 3:11:1
9.	Andrew Haslam	53:42	58:21	32:32 2:24:35	28.	Marty Crowe	50:40	86:51 38:28 2:55:1
	Tom Gadbois				29.	Carl Bowen	66:15	63:07 42:43 2:52:1
10.	Poppy Thacher	45:40	63:46	36:02 2:25:28	30.	Lenny Poulin	68:30	70:10 32:26 2:51:1
	John Morris				31.	Joe Washburn	72:01	65:55 37:14 2:55:1
11.	Greg McHarrow	45:34	69:47	30:30 2:25:51	32.	John VanBuren	66:15	63:07 42:43 2:52:1
	Cindy Lynch				33.	Dana Wren	74:49	60:59 43:06 3:00:1
12.	Chasy Pray	58:46	58:38	29:50 2:27:14	34.	Gary Sutcliffe	74:49	60:59 43:06 3:00:1
	Dan Campbell				35.	Alan Ransdell	74:49	60:59 43:06 3:00:1
13.	Randy Hastings	54:28	64:32	29:02 2:28:02	36.	Dana Turner	74:49	60:59 43:06 3:00:1
	Judith Remley				37.	Chris Kenney	74:49	60:59 43:06 3:00:1
14.	Tim Clough	54:40	57:25	36:23 2:28:28	38.	Jane Stairs	74:49	60:59 43:06 3:00:1
	Jon Hill				39.	Paul Smith	74:49	60:59 43:06 3:00:1
					40.	Deborah Prescott	74:49	60:59 43:06 3:00:1
					41.	Lisa Newcomb	74:49	60:59 43:06 3:00:1
					42.	Gordon Chamberlain	74:49	60:59 43:06 3:00:1
					43.	Stephen Fluet	74:49	60:59 43:06 3:00:1
						Results courtesy of Waldo County YMCA		



**SMITH-WEHLE**

27 State Street  
Bangor, Maine 04401  
207-942-8405

PRESENTS

## FOCUSING

Concentration and Relaxation Techniques For  
The Competitive Runner

A Winter Running Workshop featuring Sports Hypnosis

DATE: Saturday, December 14, 1985

TIME: 8:30 a.m. - 12:30 p.m.

PLACE: Bangor Civic Center  
Mezzanine  
100 Dutton Street  
Bangor, Maine

COST: \$40.00

The skills you will learn in this workshop will help you to maximize your winter maintenance program. By learning to control and improve your concentration you will increase your speed, distance capacity and efficiency. This workshop is a must for the serious runner.

Registration is limited in order to insure appropriate supervision.

A follow-up weekend workshop in preparation for spring training will be held in late February.



DONALD A. SMITH and SARA K. WEHLE are human resource consultants who maintain a private practice in Bangor. They teach hypnotherapeutic techniques for stress control, relaxation, performance maximization and communication. The integration of these techniques is useful for athletes.

For more information regarding this workshop or other SMITH-WEHLE trainings contact Deborah Johnson at 942-8405 or 947-8139.

### REGISTRATION FORM

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

Phone \_\_\_\_\_ Occupation \_\_\_\_\_

Please register me for the FOCUSING workshop. I have enclosed a check for \$40.00.

I am unable to participate in this workshop but would like to remain on the mailing list for future trainings.

Please note previous experience in Sports Hypnosis or previous trainings with SMITH-WEHLE \_\_\_\_\_

Make check payable to: **SMITH-WEHLE**

Return registration form to: 27 State Street, Suite 21, Bangor, Maine 04401

## Cycling

Dear Maine Running:

Is there any chance of getting these results published? Don't know what your policy is... A fun & competitive race, well attended, sunny...followed by a super

Glad to see bicycle races listed in your magazine (as a runner turned cyclist & triathlete).

Good Luck

Debt: Newman

Ed Note: Nice to see Deb Hewson still alive and well and still cranking.

SUGARLOAF SKI CLUB "LEAF PEEPER PEDAL"  
28 mile bike race in the mountains

Oct 6th



Deb Hewson	1.	Robert Pfister	47:03
Ed Note: Nice to see Deb Hewson still alive and well and still cranking.	2.	S. McLellan	47:03
SUGARLOAF SKI CLUB "LEAF PEEPER PEDAL" 28 mile bike race in the mountains	3.	E. Fishbein	47:04
	4.	S. Gingerella	47:05
	5.	H. Caggiano	47:05
	6.	J. Hinshaw	47:05
	7.	Chip Reeves	47:05
Oct 6th	8.	R. Markwood	47:08
	9.	S. Mitchell	47:09
1. Dan Works	10.	S. Hoelter	47:10
2. Chris Mills	11.	D. Cordier	47:11
3. Mike Entwistle	12.	E. Holloway	47:11
4. Joel Hinshaw	13.	M. Archer	47:15
5. Mark McPheters	14.	D. Miller	47:18
6. John Wiebe	15.	P. Boss	47:20
7. G. Carpenter	16.	M. Weatherbee	47:23
8. Mark Luehbers	17.	B. Hallsey	47:23
9. Dave Merriam	18.	R. Willett	47:25
10. Dave Harrison	19.	Wm. Sylvia	47:27
11. Henry Taber	20.	J. Minutolo	47:30
12. Dana Synder	21.	P. Pelletier	47:31
13. Jack Dainton	22.	L. Abrell	47:32
14. Chris Bovie	23.	H. Schmitke	47:33
15. Doug Eames	24.	Renee Parent	47:34
16. Bob Markwood	25.	D. Snyder	47:36
17. Todd Olsen	26.	G. Wright	47:41
18. Jim Floyd	27.	N. Hawes	47:44
19. Bob Peacock	28.	T. Feoley	47:45
20. John Nelson	29.	M. Miller	47:56
21. Michael George	30.	E. Ellisen	47:58
22. Francis Eberle	31.	D. Basse	48:06
23. Mike Appicelli	32.	S. Rulon-Miller	48:08
24. Pat Pelletier	33.	J. Fowler	48:17
25. Fred Munro	34.	R. White	48:18
26. Jim Dowling	35.	S. Wesar	48:53
27. George Bragdon	36.	D. Riley, Jr.	49:35
28. G. Chamberlain	37.	W. Ulrich	50:14
29. Norman Auclair	38.	J. Mullen	50:38
30. Kirk Harrison	39.	A. Haslam	51:59
31. Don Sochinski	40.	A. Hepler	53:15
32. Jeff Byrne	41.	S. Shuten	53:26
33. Richard Shew	42.	S. Sisson	53:35
34. Deb Hewson	43.	J. Sweet	54:26
35. Bryan Johnson	44.	J. Brassil	55:02
36. John Brassil	45.	P. Smith	55:03
37. Duane Smith	46.	F. Gensheimer	55:14
38. Damon Frampton	47.	D. Bennett	55:29
39. Renee Parent	48.	R. Young	55:31
40. D. Carpenter	49.	R. Robinson	56:13
41. Eric Nelson	50.	S. Shaw	56:36
42. David Albright	51.	S. Pride	56:39
43. Paul Mirabito	52.	E. Hills	56:52
44. John Cordts	53.	K. Doiron	57:10
45. R. Carpenter	54.	M. Saylor	57:41
46. Rick Pelletier	55.	G. Buell	57:45
47. Peter Burgher	56.	C. Greene	57:45
48. Barry Wilbur	57.	C. Brann	57:59
49. Roger Doherty	58.	J. Watkins	58:19
50. W. Spencer	59.	J. Sharp	58:51
51. Todd Casey	60.	G. Norcross	1:00:16
52. Scott Olsen	61.	C. White	1:01:58
53. Colin Ridley	62.	J. Young	1:02:00
54. Muffy Floyd	63.	T. Kirby	1:02:14
55. Judy Remley	64.	C. Brian	1:02:36
56. Randy Palkey	65.	R. Sharp	1:03:26
57. Shawn Ellis	66.	D. Carre	1:04:10
58. Peter Webber	67.	S. Muise	1:04:22
59. Steve Hinman	68.	P. Bohac	1:04:46
60. Mike Day	69.	M.A. Bruce	1:05:23
61. Jeff Hanner	70.	G. Howard	1:06:01
62. Delinda Smith	71.	G. Holloway	1:06:04
63. Stacey Boylestad	72.	M. Goodwin	1:07:07
64. Joan McWilliams	73.	G. Swaney	1:08:36
65. Chip Milner	74.	S. Lambdin	1:11:14
66. Judith Fenderson	75.	J. Googins	1:13:42
	76.	E. Raymaker	1:13:45

UNION RIVER ROAD RACE  
Ellsworth 20 Mile Bike Race Sep 15

Results courtesy of the Maine Racquet  
& Fitness Center

CANOE

SOUTH SOLON OPTIMISTS CROSS COUNTRY SKI  
CLUB FALL FOLIAGE CANOE CLASSIC II  
South Solon Sep 29th

OC-1	Racing	Martin, L.	1:12:16
	Men	Morris, B.	1:12:40
		Humphreys, A.	1:18:28
		Stewart, C.	1:20:25
OC-2	Racing	McAllister/Alsop	1:09:58
	Men	Chabot/Lord	1:12:36
		Rogers/Rogers	1:15:33
		Peckham/Kaelin	1:23:18
OC-2	Racing	Pelletier/Nichols	1:23:45
	Women		
OC-2	Racing	Tyler/Weed	1:14:20
	Mixed	McMorrow/McMorrow	1:15:28
		Walsh/Koch	1:19:26
		Tracy/Tracy	1:30:24
Kayak -		Killingbeck, C.	1:13:05
racing		Chute, J.	1:14:55
Rec -		Swengel, K.	1:21:51
1 man		Davis, A.	1:36:55
Rec -		Ripley/Ridley	1:16:22
2 mixed		Roman/Keller	1:36:20
OC-open		Kamys	1:19:22
family		Staehli	1:23:15
		Sullivan/Anderson	1:25:40
		Andrews	1:26:17
		Warren/Stringos	1:29:28
		Silverstein/Slamm/Connors	
			1:36:17
		Ihrig	1:42:06

Results courtesy of John Alsop



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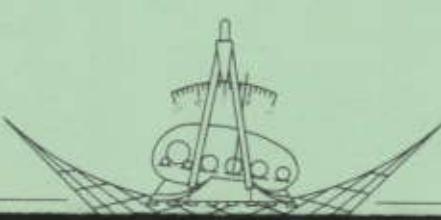
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# THE TECHNOLOGY OF RUNNING



## RUNNING SUITS FOR FALL AND WINTER

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### — VERSATECH

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### — NYLON

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& Cheetah

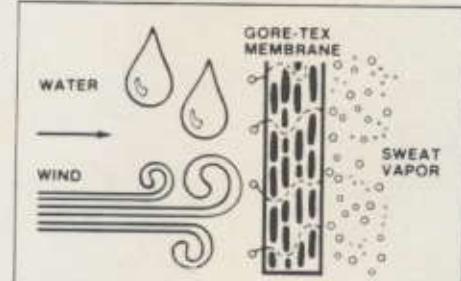
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### G

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