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Maine Running & Outing Magazine



HUBERT STROM 7-85
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Cape Elizabeth, ME 04107



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**MAINE
NORDIC COUNCIL**

VOL. 6 NO. 2 FEBRUARY 1985



Sixty issues old! That's how old we are now. Five full years of bringing the best of our sport to the people of Maine. I would like to be able to say "It seems like only yesterday..." that Skip Howard, my brother Bruce and I spread the pages out on the counter of the Bangor Philippiades and hand colated that first issue in the late days of February 1980, but it really doesn't. It has been a long and wonderful five years, filled with memories of sleepless nights, hard training runs, quick races as well as ones that seemed like they would never end.

The years don't just slip by, they're filled with work and play and I'm sure that's the way it must be for Carlton Mendell. The past five years have taken Carlton well beyond many of our wildest dreams. "I want to win a major road race when I'm 62!" How many of us have dared dream such a mad dream? Carlton has; and Carlton has.

All the years on his back just seem to sit like flower petals. He shows us all that running is truly the thinking person's sport. That you can get as much mileage out of using your body well as the very young get so effortlessly. The old adage, "Youth is wasted on the young" is dramatized in the efforts of the grand Portlander, and we are all left to wonder, "What if he were just 30 years younger?"

Perhaps he wonders, "Just wait 'till I'm 70!"

MAINE RUNNING AND OUTING MAGAZINE is published monthly at Bangor, Maine.
Editor: Robert Booker, PO Box 259, E. Holden, ME 04429 (207) 843-6262

FEBRUARY AND THE YEAR'S EARLY CALENDAR 2-4

Here is what was available on the 14th of January. If your race isn't here, let us know.

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If there is no address on the calendar next to a race you are interested in, write to the club listed after it.

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MR&O would like to extend a welcome to Ski Nordic at Saddleback and the Snorada Ski Touring Center to the list of advertisers. Go ski 'em!

MAINE NORDIC COUNCIL SCHEDULE, 8
BILL KOCH & M.A.R.A.

SKI WAXING PHASE II 9-10

Frach has some more tips that I should have followed in my first Biathlon (see THE PACK)

APPALACHIAN MOUNTAIN CLUB NEWS 11

Are you ready for whitewater canoeing? Just get someone to chop the ice very fast!

KIM BEAULIEU by Ed Rice 12-18

A look at the state's toughest runner; bar none!

MAINE RUNNING & OUTING NEWS 19

THE BEST OF TIMES 1984 20-21

Who did what in '84?

THE PACK 22

February

'85

- 3 SRT CHITMOV INSPIRATION MARATHON. 8 a.m. in Hampton, N.H. The race will be held on an exact, 1 mile flat loop, on well-paved, scenic country roads. Contact: David Rosenberg, 61 Church St., Watertown, MA 02172
- 9 THIRD ANNUAL FROSTBITE 5K. 11 a.m. in Skowhegan. Showers, lots of free soup, chowder, and beverages. T-shirts to the first 100 runners registered and door prizes. \$4 one/\$5 post. Contact: Bill Stone, Dollars for Scholars, Skowhegan Area High, Skowhegan, ME 04976. See flyer.
- 9 4TH ANNUAL WILD KATAHDIN TRAIL SNOW RUN. 11 a.m. from Katahdin High School in beautiful downtown Sherman. 4.8 miles. Contact: Loxen Ritchie, Katahdin High School, Sherman Station, ME 04777 (Woods Runners)
- 10 4TH ANNUAL MID-WINTER 10 MILE CLASSIC. Noon from S.M.V.T.I., So. Portland. \$3 entry. Contact: Bob Payne, RFD 1, Box 105, Raymond, ME 04071 655-6156 (Maine Track Club)
- 16 WINTER TRIATHLON. 10 a.m. from the Country Club in Caribou. Contact: the Arcootook Joggers, 93 Barton St., Presque Isle, ME 04769 (Arcootook Mustards)
- 22 FROSTBITE 5K. 12 noon - Running Mini-clinic; 2 p.m. race. Contact: Hector Pope at 328-7006. The 5 mile starts at the Field House at Loring MFR in Limestone. (Moose Chasers)
- 24 DEMERS TRACK CLASSIC. 9 a.m. in the Athletics Fieldhouse East Bldg., Bates College, Lewiston, ME. See full page ad and flyer in January issue or contact: John Lafraniere at 784-5404

March

- 7 WINGED FOOT 5 MILE. at S.M.V.T.I. Contact: Dick Lajoie (Maine Track Club)
- 2 OWLROCK SAUNA RUN. 11 a.m. from the Owlrock Sauna in Mt. Chase, ME. the 6 mile is directed by Annaliese & Preston Hood. (Arcootook Mustard)
- 9 FROSTBITE RUN AGAINST M.S. 10 a.m. from Ellsworth High School. \$5 Contact: Jim Pendergast, PO Box 417, Ellsworth, ME 04805. 667-7101 (w) 667-8888 (h) See flyer
- 10 MARCH OF DIMES SKI TRIATHLON. At Pleasant Mt in Bridgton. Contact: Ross Connors (Maine Track Club)
- 17 KERRYMEN FOR "TOP OF THE MORNING ROAD RACE" 4 MILE. \$3.50 in Saco. Jim Swan
- 23 SPRING FLING 10K ROAD RACE. 11 a.m. from the Waterville Area YMCA, North St., Waterville. \$4 entry fee. Tim Rollins - Race Director
- 24 BOSTON PRIMER. 15 mile. 10 a.m. at Maranacook School, Readfield. Contact: Naege Force, South Road, East Winthrop, ME 04343. 393-4296
- 30 THE GREAT LITE BEER MAINEHAUS HALF MARATHON. 11 a.m. from the Holiday Health and Racquet Club, Olin Rd., Bangor, ME 04401. \$5 Contact: Maine Running & Outing Magazine, PO Box 259, E. Holden, ME 04429. See flyer.
- 31 MAINE MILK RUN 5 MILE. from S.M.V.T.I. Contact: Barbara Pooter (Maine Track Club)



April

- 6 CHAMPIONSHIP 15 MILE. Union to Rockland. Susan Schmitke - Race Director 594-2958 (Pen Bay Pacers)
- 14 FORT KENT 5 MILE. from UTM Fort Kent at 1 p.m. Frank Murphy - Race Director (Arcootook Mustard)
- 15 PORTLAND BOYS' CLUB 5 MILE. from the Boys' Club in Portland. Dave Paul - Race Director (Maine Track Club)
- 20 MOOSEHEAD ROTARY 3.3 BY THE SEA. 1 p.m. in Jonesport. T-shirts to first 50. Fee \$5. Contact: Dave Wiley, 497-2843
- 20 SPRING RUN-OFF. 10 a.m. from U.M.P.I. in Presque Isle. 5K is directed by Dave Macey (Arcootook Mustard)
- 27 ARCOOTOOK TRUST CLASSIC. 11 a.m. from Gouldville School in Presque Isle. 5 mile directed by Dave Rand (Arcootook Mustard)
- 27 APRIL AMBLE 4 MILE. Westbrook College Directed by Bob Hodgdon (Maine Track Club)

May

- 2 TERRY FOX 5K. 1 p.m. from the Caribou Rec Center. Directed by Conrad Walton (Arcootook Mustard)
- 5 PALMOUTH LITTLE LEAGUE BENEFIT RACES (3 Races). Legion Field, Palmyra. Contact: Phil Pierce (Maine Track Club)
- 11 LIONS 5K. 10 a.m. from the Boy & Book Park in Houlton. Directed by the Houlton Lions Club (Arcootook Mustard)
- 12 WINTER'S DAY ROAD RACE. Women's race. Contact: Skyward 594-9508 (Pen Bay Pacers)
- 12 MCB RICE MEMORIAL 5 MILE. 10 a.m. from Cape Elizabeth High School. John Keller - Director (Maine Track Club)
- 19 STARK TRAIL 5.2 and 1 MILE. 10:30 a.m. from Conway Village, N.H. Contact: David Sporadic, (603) 447-8600.
- 19 SPECIAL OLYMPICS BENEFIT RACE. 5 miles and 2. Maranacook, Saco
- 19 HELEN P. KNIGHT 5K. 1 p.m. from Downtown Mall in Caribou. Conrad Walton - Director (Arcootook Mustards)
- 27 THE INN RACE. 11 a.m. from the Sports Inn in Caribou. Nancy Jackson - Director (Arcootook Mustards)
- 30 VIVIANE WELCH CANCER MEMORIAL RUN. (Replaces Terry Fox Cancer Run) U.S.M. Benoughlin - Race Director (MTC)

June

- 1 BRADLEY 5K. 9 a.m. from the "Government Road" in Bradley. \$2 adult/\$1 12 and under. Contact: SA Delavere, 69 Cran St., Bradley, ME 04411 827-2733
- 1 SUBNATION SHUFFLE 5K & 10K. Caribou Country Club at 9 a.m. Director: Mike Mendonca 764-3847 (Moose Chasers)
- 1 OFFICE FRIENDLY CHILDREN'S RUN From So. Portland Elem. School. Contact: Bob Coughlin (Maine Track Club)
- 3 CAMP KITCHEN 5 MILES. Scarborough. Contact: Bob Hodgdon (Maine Track Club)
- 8 TRIATHLON. 10 a.m. from the Caribou Rec Dept. Kathy Mazuchelli - Race Director (Arcootook Mustards)
- 9 2ND ANNUAL APPLETON TRIATHLON (Bike, Run) Contact: Rich Higgins 785-4753
- 15 LIONS HALF MARATHON 9 a.m. from Bicentennial Park, Presque Isle. Eddie St. John - Race Director (Arcootook Mustards)

- 21 DOG'S TOWN, Early evening (Tentative)
- 22 COOKIE RUN, 9 a.m., 10K, 1/2 mile & 1/4 mile at East Loring Ave. Mike Mendonca, Race Director (Moose Chasers)
- 23 MAINE NATIONAL BASS 5 MILE, (Tentative)
- 24 MOUNTAIN VIEW FUN RUN SK, Also 1/2 mile and 1/4 mile pos waa race. Director: Peter Cuff 325-4541 (Moose Chasers)
- 25 DELTA RUN, 4 miles at S.M.V.T.I. (Tentative)

July

- 4 L.L. BEAN'S 10K & 2 MILE, 7:30 at the store in Freeport. 11 T-shirts and refreshments for all. Contact Brian Brewer, Sr. L.L. Bean, Freeport, ME 865-4761 ext 2095 (Maine Coasters)
- 4 5 on the 4th, 9 a.m. at Bill's Mini Mart in Houlton. 5 miles directed by Fred Putnam (Arroostook Mustards)
- 4 GREATER BANGOR FOURTH OF JULY SK, "Maine's Fastest Road Race" 1 p.m. from the Brewer Auditorium. Run in front of the largest crowd of spectators in the state. Contact: Maine Running and Outing Magazine, PO Box 259 E. Holden, ME 04429 843-8282
- 4 FOUR ON THE FOURTH, Free Bridgton Jr. High. Contact: Charlie Scribner (Maine Track Club)
- 6 FUNLAND SK, 10 a.m. from Funland Park in Caribou. Mike Rosse - Race Director (Arroostook Mustards)
- 6 JAMES BAILEY GARDINER COMMON ROAD RACE, Certified 5 miles 8 a.m. Gardiner Common. Contact: Russ Martin, 31 Cedar St., Augusta, ME 04330 622-1258. (Maine Road Ramblers)
- 7 PORTLAND ROTARY TRIATHLON (BIKE, RUN, CANOE) Back Bay, Portland. Contact: Charlie Scribner (Maine Track Club)
- 14 ATHLETIC ATTIC 10K, Back Cove, Portland. Charlie Scribner and Doug Ingersoll, Race Directors (Maine Track Club)
- 20 Paul Bunyan Marathon, Tentative
- 20 POTATO BLOSSOM, 9 A.M. 5 miles from Jenkins School in Port Fairfield. Carol & John McElwee - Directors (Arroostook Mustards)
- 20 PAT'S PIZZA, Main St., Yarmouth. Charlie Scribner, Director (Maine Track Club)
- 23 HANCOCK LOSTER CLASSIC, 10.2 mile. Preceded by a 2.5K Kid's Race at 8:30. Steve Coffin, Hancock, ME 04640
- 23 KNIGHTS OF COLUMBUS, 10K at 10 a.m. from the Town Hall in Woodstock, N.S. Joe McGuire - Director (Arroostook Mustards)
- 23 MUSTARD MILE, 5 p.m. from Caribou, N.S. Contact: Conrad Walton (Arroostook Mustards)
- 27 OPERA HOUSE RENOVATION, 10K at 9 a.m. from Waterville Opera House, Main St., Waterville. 37 entry. Contact: Ken Vlodet (872-2118) or Jerry Saint Amant (873-6755) (Central Maine Striders)
- 28 MAINE EVENT TRIATHLON, Gardiner Jr. High School, Gardiner. 10K run, 5 Mile Canoe, and 28 Mile Bicycle for 3-4 person teams, 2 person teams, and individuals. Contact: Maine Event Triathlon, c/o Maine Road Ramblers, PO Box 264, Augusta, ME 04110. Phone 822-1186 days/582-5637 nites.



August

- 7 AROUND THE WORLD 10K, 10 a.m. from Van Buren H.S. Contact: John Pluto (Arroostook Mustards)
- 4 SEAFOOD FESTIVAL 10K, Certified 10K Contact: Ken Sylvester 594-7035 (Pen Bay Racers)
- 11 P.I. 5 MILE, 4 p.m. from UMPT in Presque Isle. Contact: Dave Maxcy (Arroostook Mustards)
- 17 WASHBURN FUN RUN, 9 a.m. 2.9 mile from Washburn H.S. Larry Whipkey, Director (Arroostook Mustards)
- 19 THE GOOD SPORTS RUN TO THE COAST, 10 mile from the Bowdoin track. Charlie Scribner (Maine Track Club)
- 19-24 THE SECOND ANNUAL MAINE RUNNING CAMP FOR ADULTS, Colleague of the Atlantic in Bar Harbor. Come run the carriage trails with Andy Palmer, Tom Mulvey, Bob Booker and others. Contact: Maine Running & Outing, PO Box 259, E. Holden, ME 04429 843-8282
- 24 P.I. TRIATHLON, Hanson Lake in Presque Isle. Director - Jim Nesbitt (Arroostook Mustard)
- 24 HOULTON REGIONAL FUN RUN, 9 a.m. from the City Library in Houlton. Brian McKay, Director (Arroostook Mustards)
- 25 MAINE WOMEN'S DISTANCE CLASSIC, 10K for women only. 10 a.m. at Augusta Civic Center. Tentative. (MSR)

September

- 2 CARIBOU LABOR DAY RACE, 11 a.m. for this 4.4 mile from Caribou High. Conrad Walton, Director (Arroostook Mustards)
- 2 BANGOR LABOR DAY ROAD RACE, 5.01 mile. Contact: Bangor Parks and Rec.
- 7 JONESPORT 5 MILE & 1 MILE FUN RUN, Benefits the Jonesport Volunteer Ambulance. 11 a.m. Contact: Dave Alley, 497-2843
- 8 CAPE CHALLENGE HALF MARATHON, SNVT. Directors: Jane Doherty & Barbara Coughlin (Maine Track Club)
- 10 DYER-SENTINEL 10K & 2 MILE, 10 a.m. from Winslow High School. 84 pre/95 post/92 Fun Run. Contact: Gene Roy 465-7296 Flat, Fast course in memory of Winslow's Roland Dyer. (Central Maine Striders)
- 28 HOMEcoming SK, 10 a.m. from U.N.P.I. in Presque Isle. Dave Maxcy, director (Arroostook Mustards)
- 29 JAMES BAILEY X-COUNTRY 5 MILE & CHILDREN'S FUN, USM, Gorham. Dave Paul, director (Maine Track Club)

October

- 17 STECH'S RUN FOR LIBERTY SK, Certified 3.M.V.T.I., Rock Street, director (Maine Track Club)
- 13 CASCO BAY MARATHON, Expo building, Charlie Scribner, Director (Maine Track Club)
- 11 ELEM RUN 10K FOR DIABETES & 1 MILE FUN RUN, 11 a.m. from Waterville Bike Club, Appleton St., Waterville, ME. \$5 donation for 10K/12 Fun Run. Contact: Bill Johnson 873-1315 or Jerry Saint Amant 873-6755



November

- 3 PALMOUTH LIONS 5.1 MILE, Palmouth High. Contact: Sandy & Al Utterstrom (Maine Track Club)

- 10 ASCENT CLASSIC. 5.8 Mile road race from the corner of Portland St./Park Ave. Charlie Scribner (Maine Track Club)
- 11 VETERAN'S DAY 5K. CERTIFIED HALF MARATHON and 5K. 10 a.m. at Hedges School, Augusta. Free luncheon at Augusta Elks afterwards. Races benefit the American Heart Assoc. Contact: Greg Wilson, 178 Maine Ave., Gardiner, ME 04845 582-5607. (Maine Road Runners)
- 22 TRASPING GOBBLER HEAD RACES. CERTIFIED 10K and 2 Mile. 10 a.m. at Augusta Civic Center. Sponsored by Maine Savings Bank. Contact: Dave Guran, Pond Road, Manchester, ME 04351 822-0389 (Maine Road Runners)
- 24 TURKEY TROT 5.8 MILES. Cape Elizabeth High. Joan Lavin, Race Director. (Maine Track Club)
- 30 WTC HANDICAP RUN. Cape Elizabeth Middle School. Ron Jolicoccus (Members only) (Maine Track Club)

Well, that's it, the most complete calendar available as of January 14th. Now it's up to race directors to fill in the holes and shift around to maximize their fields. We never try to make this early calendar a final product. We hope that all the race directors who didn't respond will check out this listing and try to fit in without causing too many problems. I'm sure I'll be hearing from many of them soon now. Pick your races, and start training!

What, Me Run?

My friend Rex Tetevide is a runner too, but he's also an A-1 personality who's always trying to get ahead. He reads every success book there is. In fact, I think that he runs to impress the big boss. Frankly, the big boss weighs 240 pounds, smokes like a chimney, eats like a pig and drinks like a fish and thinks that Rex is a halfwit, but Rex spreads management studies around the place showing the link between exercise and work efficiency. The effective manager takes cognizance of the latest in management research, and Rex believes that the message will eventually get through. Like I say, the big boss thinks that Rex is a halfwit.

On the running field, Rex dresses in the latest fashions from RUNNERS WORLD, and carries a couple of dumbbell weights (that have HANDLES, for heaven's sake!). He straps five pounds around each ankle, and the weights are color coded to match the dumbbells. In fact, Rex is a model of coordinated running attire while on the road. That's probably why cars tend to spin their wheels in mud puddles when they see him.

"I aim to be noticed," he told me once. "The squeaky wheel gets the grease." He showed me an interview with himself that he wrote under a pseudonym, called "The Rising Star of Maine Running: 48th at Casco Bay, Nothing but More Ahead." I advised him to submit it.

Rex follows trends. That has proven a problem in his training, because every month a new trend is spotted in RUNNERS WORLD or THE RUNNER, and he moves from fartlek to intervals to Long Slow Distance (LSD) to the triathlon technique of Canoeing, Running, Aerobics, and Push-ups (CRAP). His diet is erratic too. He read some back issues of MAINE RUNNING recently and went from carbohydrate loading to starvation to the beer runner's diet, all in one day.

Rex dresses for success. He also hero-worships, to the extent that he shamelessly copies his running heroes in everything from shoes to the kind of car he drives. For a long time he wore nothing but Bill Rodgers sportswear, which caused him some trouble on the job (he works at a fancy restaurant as a waiter). His boss ordered him to dress formally, no matter who his current heroes are. When Joan Benoit won the Olympic Marathon, every runner in Maine took her for his or her own, and Rex was no exception. He identified with Joan Benoit and immediately found that his PRs improved. She inspired him in every way. He had trouble finding a pair of women's running shoes that fit him. Luckily Joan's overall track outfit was not so bizarre that people took notice when Rex wore exactly the same thing. However, her civilian clothes, the ones she wears at speeches and awards events, got him into real trouble at the restaurant. His case is now before the Maine Labor Relations Board. Things being the way they are these days, I think he's going to win.

CLUB NEWS



HOG BAY TROTTERS
PO Box 512
Ellsworth, ME 04605

NORTHERN BAY ATHLETIC CLUB
PO Box 344
Blue Hill, ME 04614

the MAINE RAMBLERS
PO Box 264
Augusta, ME 04330

ANDROSCOGGIN RUNNING CLUB
PO Box 382
Auburn, ME 04210

CENTRAL MAINE STRIDERS
PO Box 1177
Waterville, ME 04901

the DOWNEAST STRIDERS
26A Boynton St.
Bangor, ME 04401

the BETHEL OUTING CLUB
PO Box 157
Bethel, ME 04217

the MAINE ROWDIES
c/o Charlie Gordon U.R.
309 Maine St.
Brunswick, ME 04011

MARATHON SPORTS RUNNING CLUB
R.D. 2, Box 234H
Alfred, ME 04004

the PEN BAY PACERS
PO Box 302
Rockland, ME 04841

the Woods Runners
Box 201
Patten, ME 04765

the MAINE TRACK CLUB
PO Box 8008
Portland, ME 04104

the AROOSTOOK JOGGERS
93 Barton St.
Presque Isle, ME 04769

the MAINE ASSOCIATION OF THE T.A.C.
J. Frank Glynn
14 Gray Birch Dr.
Augusta, ME 04330

DOWNEAST ROAD RUNNERS
Sanford YMCA
Springvale, ME 04083

Here is the most current listing of Maine's running clubs we have available at this time. If there are any errors or omissions please contact us immediately and we will right the wrong.

SKI NORDIC TOURING CENTER AT SADDLEBACK



P.O. BOX 671
RANGELEY, MAINE 04970
(207) 864-3380

- 45 km. Trail system in Saddlebacks 12,000 Acre preserve.
- Lakeside skiing (el. 1750') to mountainside challenges (over 3000')
- Wilderness trekking
- Telemarking
- Guided tours
- Rentals, Sales
- PSIA Instruction

Races

- Jan. 12 Lake Loop Run
- Feb. 10 Rangeley Ramble
- Mar. 2 The Tortoise
- Mar. 3 The Wild Mt. Hare



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

TAMPA BAY BRITISH AMERICAN MARATHON

Sunday, December 16, 1984 - It was cold and dark at 5:30 a.m. when Jane Dolley, Barbara Coughlin, and Rosalyn Randall found themselves wedged into the back of a bus with 100+ other nervous runners, for the long ride from St. Pete to the start line in Tampa, Florida.

The sun finally came up at 7:00 a.m., as 700 runners started the trek back to St. Pete. The chill left the air, but the skies remained overcast and the 75 degree weather never became a problem.

The race course is known for being extremely flat - and it was. No Turkey Trot hills to be found anywhere in the state! Rosalyn and Barbara had a super race, finishing in 3:24:23 and 3:24:39, respectively, and Jane...well, she did finish, in 3:53:56. All three Maine ladies placed in their respective age categories and limped away with handsome trophies. Approximately 530 runners completed the marathon. It was estimated that 75% of the field were first-time marathoners.

The Tampa Bay race directors did a magnificent job in organizing the race, and especially in controlling traffic. It was a point-to-point race over major roads and bridges, and not one car was allowed on the entire course! Even half of the Gandy Bridge, connecting Tampa and St. Pete, was closed to traffic. There were water stations (not as good as our Sebago Lake water, that's for sure), and portable showers every mile after 15 miles. They were like oases to those who found the going tough. Also, in order to raise money, the directors "sold" rights to the water stations and most of the stations had a theme. At mile 20, the runners were treated to belly dancers, and a 5-piece band lifted their spirits (if not their feet) at mile 25.

Jane Dolley is from Yarmouth, Barbara Coughlin from Scarborough, and Rosalyn Randall is from South Portland.

#

COURSE CERTIFIED

The Stroh's Run for Liberty course at SMVTI, South Portland, has been declared to be a certified 5-mile course by John McGrath, New England Certification Chairman for the New England Athletics Congress.

The news was received by the Maine Track Club (the Applicant) on December 31, 1984, and was based on course measurements made in September and submitted to the TAC on October 2, 1984.

Bob Jolicoeur, club president, said he was pleased at the news because Maine doesn't have very many TAC certified courses. "Certified courses tend to attract the better runners and greater participation because of the accuracy of the distance," he said.

Ed's Note: MR&O is not the only outfit with a new logo. The original MTC logo is back. I like it! Glad to hear about the certification too!

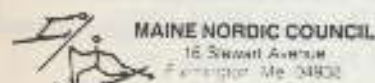
AKERS
(207)
ARCOSE
0473
BLACK
(207)
CAMDEN
Rock
COUGAR
Farm
2K
COUNTY
(207)
COULB
(207)
HEBRON
0423
HOLLEY
(207)
KNYARD
Kot.
MAINT
Rock
MAIN
OAK ST
2200
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SKI NO
Rung
25K
SHOMAC
ME
SPOON
(207)
SPON
695-
SUNNY
Duff
MAIN
TITON
Farm
25K

SKI TOURING CENTERS

Name of Facility Address	Season	Terrain	% Wooded	Kilos A B C D E	Trail Fee Group Season	Operating Schedule	I L C W S E T O S
BEN-LYNCH FARM RFD #1, Box 1020 Diamond, ME 04917 (207) 257-4768	Dec 10 to Mar 15	Rolling	85	30 - 12 70 18	\$3.50 \$5.00	Fridays thru Sunday & Holidays	X X X X X X
THE BIRCHES STC PO Box 81 Rockwood, ME 04078 (207) 534-7305	Dec 10 April	Flat to Mounts	95	35 UL 50 25 35	\$3.00 \$7.00	Daylight/Daily	X X X X X X
CARRASSETT VALLEY CV, ME 04947 (207) 237-2305	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
CARTER'S FARM MKT TC Route 26 Oxford, ME 04270 (207) 739-4848	Dec to March	Rolling	80	10 UL 80 20 -	Donations Negotiable	9 to 5 Daily/Nites	X X X X X X
CURRIEWOOD LAKE WILDERNESS TOURING Rt 76, Box 555 Greenville, ME 04441 (Radiophone) (207) 895-2821	Jan to March	Rolling & Lakes	90	- 40 - -	100 Group Package	Group Package	X X X X X
SUNDAY RIVER INN RFD 2, Box 1688 Bethel, ME 04217 (207) 824-2410	Nov 30 to Apr 15	Rolling	99	25 UL 30 40 30	\$4.00 \$8.00	9 to 5 Daily	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
UL = Unlimited

T = Toilets
L = Lodge
C = Change Room
W = Wax Room
S = Sales & Rentals
LU = Lunch Counter
CO = MIC Competition
B = BKL Competition



AKERS SKI, INC., Sordie Acres Way, Andover, ME 04216
(207) 392-3123 99% wooded 1K maintained and tracked
ARROSTOCK STC, Wrightville Rd., Box 291, Rockland, ME
04752 (207) 435-6076 90% wooded 10K maintained
BLACK MTN OF NADIR, 50 Congress St., Rumford, ME 04478
(207) 364-8977 90% wooded 13K maintained & tracked
CAMDEN HILLS STATE PARK/TANGLEWOOD CAMP, 375 Main St.,
Rockland, ME 04841 (207) 594-2104 100% wooded
CONGAR COUNTRY CC, ME, Blue Hill School, Season Rd,
Farmington, ME 04938 (207) 778-1561 30% wooded
5K maintained and tracked
COUNTRY CLUB INN TC, Mingo Loop, Bangor, ME 04970
(207) 864-3851 40% wooded 5K maintained & tracked
GOULD ACADEMY XC CTR, Gould Academy, Bethel, ME 04217
(207) 824-2161 75% wooded 7.5K maintained
HEBRON SKINAY XC CENTER, Hebron Academy, Hebron, ME
04238 (207) 366-2100 95% wooded 10K maintained
HOLLEY FARM RESORT, Holley Rd., Farmington, ME 04938
(207) 778-4868 75% wooded 11K maintained
KATAHDIN LAKE WILDERNESS CMRS, PO Box 198, Millinocket,
ME 04462 All wooded except lakes 10K tracked
KAYAKA CROSS COUNTRY TOURING CENTER, RFD #1, Box 554,
Aroostook, ME 04730 (207) 622-6533 75% wooded 10K
maintained and tracked
OAK RIDGE CROSS COUNTRY TOURING CENTER, Route 7,
Brooks, ME 04921 (207) 722-3517 75% wooded
15K maintained and tracked
SKI NORDIC at SADDLEBACK, Saddleback Ski Area,
Bangor, ME 04970 (207) 864-3380 99% wooded
15K maintained and tracked
SNORADA RECREATION CENTER, 523 Lake Street, Auburn,
ME 04213 (207) 782-6602 90% wooded 15K maintained
SPENCE MTN XC CENTER, RFD 2, Box 8425, Jay, ME 04239
(207) 845-4630 95% wooded 15K maintained and tracked
SUONA ME SKI TOURING CENTER, Greenville, ME 04441 (207)
691-2272 75% wooded 15K maintained and tracked
SUNSHINE SPRINGS SKI TOURING CENTER, Box 455, Poland
Springs, ME 04274 (207) 847-1603 85% wooded 12K
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MAINE NORDIC COUNCIL

A skier attempting to win the MNC Race Series Championship in his or her age group, must compete in at least two races of more than 10 kilometers, at least three races of 10 or less kilometers, and the MNC Championship at Carrabassett Valley on the 17th of March. Rewards will be given out at that competition.

- Feb 2 GREAT CARIBOU BOG RACE & XC SKI TOUR. Sponsored by the Penobscot Paddle & Chowder Society. Bangor Mall, Bangor. 18K. Contact: Adrian Humphreys, Box 202, Orono, ME 04473 866-4652
- Feb 3 SUMMIT SPRINGS SIZZLER. Summit Springs STC, Poland Springs. 10K at 1 p.m. for \$5. Contact: Summit Springs STC, Box 455 Poland Springs, ME 04274 647-3603
- Feb 10 RANGLEY RANBLE. Ski Nordic at Saddleback, Rangleley. 10K at 1 p.m. for \$6. Contact: Ski Nordic TC Director, Ski Nordic, Saddleback, Rangleley, ME 04970. 864-5366
- Feb 17 NORTHERN LIGHTS CLASSIC. Sponsored by the Farmington Ski Club. Titcomb Mt. STC, Farmington. 10K at 12:30 p.m. for \$6.00. Contact: Northern Lights, PO Box 108, Farmington, ME 04938 778-6566
- Feb 24 BLACK MT NORDICS. Black Mt of Maine, Rumford. 5,10, & 15K at 10 a.m. for \$6. Contact: Eric Roderick, Strafford Ave., Rumford, ME 04276 364-8977 or Jeff Knight, 30 Congress St., Rumford, ME 04276
- Mar 7 MT. KIMBO NORDIC SKI CHALLENGE. The Birches STC, Rockwood. 10K at 10 a.m. for only \$8. Contact: the Birches Ski Touring Center, Box 91, Rockwood, ME 04478.
- Mar 8 WILD MT HARE RACE. Ski Nordic at Saddleback, Rangleley. 10K at 1 p.m. for \$7 Nordic Combined Championship. Contact: Ski Nordic TC Director, Ski Nordic, Saddleback, Rangleley, ME 04970
- Mar 9 SUNDAY RIVER LANGLEAF. Sunday River STC, Bethel. 15K at 1:30 p.m. for \$5. Contact: Sunday River STC, RFD 2, Box 1648, Bethel, ME 04217 824-2410
- Mar 10 TITCOMB MT SKI FEST. Sponsored by the Farmington Ski Club. 5K and 10K at 1 p.m. for \$6. Heart Fund Benefit. Contact: Sandy Record, Box 2140, RFD 1, Wilton, ME 04254 645-4531
- Mar 17 LEPRECHAUN LOppet. CVTC, Carrabassett Valley. 15K at 1 p.m. for \$6. MAINE NORDIC COUNCIL SERIES CHAMPIONSHIPS. Contact: Bill Chenard, CVTC, Carrabassett Valley, Kingfield, ME 04947 237-2205.



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JUMPING

- Feb 2 SUMMIT SPRINGS SPRINGER TOURNEY. Swan's Corner Jump, Bethel. With Summit Springs Sizzler for Nordic Combined. 2 p.m. for \$4. Contact: Summit Springs STC (address above)
- Feb 9 RUMFORD WINTER CARNIVAL. Black Mt of Maine, Rumford 5,10,20, & 30 Meter. With Rangleley Ramble for XC. 2 p.m. for \$4. Contact: Eric Roderick (address above)
- Feb 16 NORTHERN LIGHTS CLASSIC. Titcomb Mt. Stearns Jump, Farmington. 10, 20, & 30 Meter with Northern Lights Classic for XC. 2 p.m. for \$4 NL above.
- Feb 23 BLACK MT NORDICS. Black Mt of Maine, Rumford 5,10,20 & 30 Meter with Black Mt Nordics for XC 2 p.m. for \$4. Contact: Eric Roderick (address above)

BILL KOCH SKI LEAGUE

- Feb 3 Qualifier in Andover 11 a.m.
- Feb 9 Qualifier in Rumford in Jumping 10 a.m.
- Feb 10 Qualifier in Bethel in XC 9 a.m.
- Feb 16 Qualifier in Farmington in Jumping 2 p.m.
- Feb 17 Qualifier in Farmington in XC 10:30 a.m.
- Feb 24 Open
- Mar 3 CHAMPIONSHIPS OF EASTERN DIVISION OF USSA
- Mar 10 Race in Carrabassett Valley 1 p.m.

MAINE ALPINE RACING ASSOCIATION

Contact Kathy Allen, Box 242, Stratton, ME 04982 about the Maine Alpine Racing Association if you plan to compete in downhill events.



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SKI WAXING - PHASE II by Dr. John Frachella

After I wrote that article for the December issue on ski waxing, a close friend asked me if I always waxed my entire ski base with Red Glider. Yup, that's what I do, but you don't have to. If you know of something that's faster, use it. Red Glider works best for me. Marty Hall in his classic book One Stride Ahead advises using a melted mixture of alpine waxes instead of the typical CC glider-type of waxes. I've tried this but I still like Red Glider best.

In case you missed the first article in this series, let me reiterate:

Waxing skis is hard work. I've been waxing for almost 15 years now and it's never been easy. Nonetheless, it's always a challenge well worth accepting.

Many people fail to wax correctly because they don't understand their skis. There are several types of skis each designed for specific snow conditions. Many ski racers blame their poor performance on a bad wax job when they've actually selected the wrong pair of skis.

I hate to have to make this next comment because so few of us can afford to accept it. But, I cannot tell a lie. The serious racer needs a choice of three types of skis: a soft, powder ski, a hard powder ski and a klister ski. Again, I'm sorry about that.

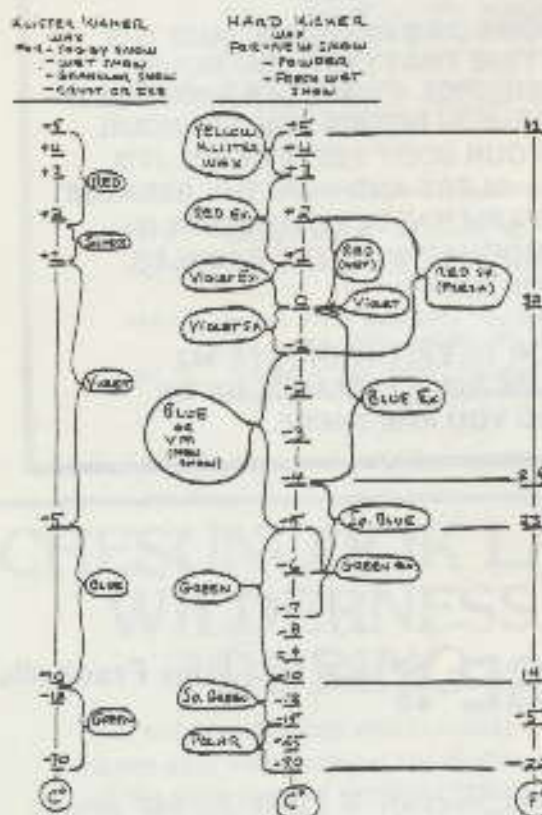
Soft powder skis are designed for snow temperatures between 15° and 30°F (-9° and -1°C). They are soft, flexible and have a single camber construction to maximize the

contact between the kicker wax and the soft snow.

Hard powder skis are used in snow temperatures between 0° and 15°F (-18° and -9°C). They are stiffer, less flexible and slightly double cambered to minimize contact between the kicker wax and the snow. This stiffer ski is faster in cold conditions because the kicker wax is off the snow during the glide phase. If you can only buy one racing ski, this is probably the type you want.

Klister skis are designed for icy snow above 0°F (-18°C). They are very stiff, and definitely double cambered to assure that the kicker wax contacts the snow/ice only during the kick phase.

OK, in the last article, I told you how to base-prepare your skis and how to apply the kicker wax. Now we'll investigate what kicker wax to use when. I use Swix waxes almost exclusively. Here are the systems for the Swix brand of waxes:



The simple two-wax (gold and silver) system works about as well as waxless skis. I'm afraid I'm not an advocate of either, except for those folks who are committed to no more than recreational skiing now and again in the course of each winter.

After you've prepared your bases with glide wax and melted on your kicker wax for the day, allow your skis to cool outside, off the snow. Then ski on them for about a mile before making any adjustments to the kicker. If your kicker is not working (skis are slipping in the kick phase) the first adjustment is to make it thicker. If it still doesn't work, make it longer. If it still doesn't work, add a softer wax.

The better the kicker you are, the less kicker wax you'll need. A good skier hardly ever waxes anymore than four inches in front of his toe and four inches behind it. No one should ever wax behind their heel.

Klister kicker waxes are used when the snow has melted and refrozen. They are dabbed onto the bases from the tube, heated with a torch and spread onto the kicker area with a plastic scraper. They should be smoothed well to prevent icing and the sidewalls should be cleaned off before putting the skis out to cool.

Here are some final tips on applying kicker waxes:

Dry cleaning fluid available at your local dry cleaners works well to dissolve wax and to clean skis and is much cheaper than commercial wax removers.

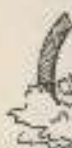
If you're losing a lot of wax while racing, switch skis. Wax wears on the inside edges first so switching your left and right skis midway in a race could keep you kicking longer.

When using klisters, keep your skis moving. Standing still causes klister to ice up.

The only consistency in waxing is inconsistency. There are really no hard and fast rules, there are only theories, ambiguities and variables. Waxing is an hour to hour challenge. Try to be organized and as objective as possible. Hard work and careful evaluation are the only true secrets to successful waxing. Good luck and good skiing!



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APPALACHIAN MOUNTAIN CLUB

Jay Spenciner, RR 2, Box 2, Bridgton, Maine 04009 (647-3347) writes, "Bob - I know it's winter but some of us are already thinking of canoeing. Here's our 1985 schedule.



The number after the river is the difficulty rating; "L" is leader; Co-L is Co-leader; "R" is Registrar. Have a good Holiday."

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- 9-10 Souhegan, 3 and Millers, 3 (Mass.). L Norm Reynolds (617-443-2459); R Morrill Nason (846-5167).
- 16 Leader's Choice, 2. L Don Skofield (773-3642)
- 17 Limington or Leader's Choice, 3. L Tim Sullivan (797-6874)
- 23 Leader's Choice, 3. Probably So. N.H. L Tim Ensworth (767-3679); Co-L Adair Heath (846-4911).
- 24 Little Ossipee or Leader's Choice, 2. Sue and Ken Gordon (784-2745)
- 30 Sheepscot, 2. L Priscilla and Jim Thorne (865-6663); Co-L Mark Hanson (487-5141, PM)
- 31 Leader's Choice, 3. L Jay Spenciner (647-3347)

More in the March thru August issues of Maine Running & Outing.

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KIM BEAULIEU

by Ed Rice

Young woman, her passenger thought to himself, Houdini couldn't get out of this spot.

Kim Beaulieu's little foreign sedan was effectively sardined on three sides in a sea of vehicles at the University of Southern Maine, where she is a faculty member for the nursing program. Some rude, apparently frantic late-arrival had abandoned a car, lengthwise, a couple of feet behind Kim's auto on the only exit path.

Politely refusing the offer of using her companion's car for the ride to a nearby restaurant, Kim warmly joked about the worn condition of her car and its mission impossible task while she patiently maneuvered, inch by precious inch, into a position to back out. She never once complained about the thoughtlessness of the other driver. Her face never reflected any pressure or tension. She almost seemed to be happily relishing the opportunity of the challenge. The extrication successfully completed, Kim wheeled the car down the street while her companion shook his stunned head. She laughed and told him that she had decided against having him get out and try to direct her...concerned that he'd be too fearful of how close to the edge of accident she'd have to work and not wanting to put him into that kind of worrisome predicament.

And so thoughtful, personable Kim Beaulieu once again worked out the angles on the run and easily skipped past another barrier.

The little incident typifies Kim's running attitude -- be the barrier 26.2 miles, 50 miles, even 100 miles. A runner who rarely competes or trains with a watch, Kim is genuinely hard pressed to recall the or details from even the most stellar of her many winning performances. With apologetic to Shakespeare, "the running's the thing," to her: the sheer joy of challenging herself and testing her limits is what inspires her to try and prove that, indeed, there ain't no mountain high enough or, perhaps more accurately, distance long enough.

In a state already blessed with a number of skilled women runners -- led, of course, by Joanie Benoit but including Diane Fournier, Robin Emery, Michele Hallett and Anne Marie Davee, just to name a few -- Kim has earned her own distinctive niche, nationally for her abilities as an ultra marathoner.

Last year Kim posted the fastest 50-mile ultra marathon by a woman in the U.S., running the American Medical Joggers Association's national race in Chicago in 6 hours, 30 minutes. Running a very "evenly paced" race Kim led the women for most of the way on a very hot, humid day. What she remembered best, however, about the event was the whirlwind chain of events surrounding the run itself: flying into Chicago the day before, doing the 50 miles, walking back to the hotel, showering, taking a taxi back to the airport, and returning to Portland so she could go into work that very day. At the time Kim was working a night shift in intensive care in the Special Care Unit at Maine Medical Center.

This past spring, when she knocked off a 2 hour, 51 minute time in the Boston Marathon, she was startled by a lot of commotion and fuss made over her as she approached and finished the famous 26.2 mile course. She well remembered the confusion and

thinking, "What's going on? What's this mean?" It turned out that she'd crossed the finish line in just the right time to qualify for a pass into very exclusive, elite company -- the 240-member field which participated in the first-ever women's Olympic Marathon trials in Olympia.

Aaash, the spring! Nothing like doing a few long runs...Say, the Boston Marathon, the women's Olympic Marathon trials and the Maine Coast Marathon, all in the space of just six weeks. However, as she explained to a newspaper reporter, "there's method to my madness." Kim was using all these marathons in purposeful training for what is possibly the most demanding test of running since that Ancient Greek captain decided that Pheidippides could use a little post-battle workout, and sent the little messenger running from the fields at Marathon back to Athens. Introducing: The Western States 100-Mile Endurance Run!

By virtue of her sterling performance at Chicago, Kim had earned a prized berth and entry waiver into America's most arduous "road race" --if you can call this little 24-hour jaunt through rugged, mountainous terrain, ascending to nearly 9,000 feet above sea level, and offering temperatures spanning a range of 30 to 100 degrees, a "road race."

It began at 5 a.m. in darkness, at Squaw Valley, California. The course immediately ascended some 3,000 feet in the first handful of miles. Kim remembered thinking, "It was like looking up from the bottom of an ice cream cone." While others started out running, Kim, with only a concern at the beginning for just finishing, walked the opening miles. As she made her way along the tight confines of the very narrow trail, marked occasionally by little yellow ribbons to assure the runner of the right direction, Kim found her odyssey every bit as eventful as Odysseus found his. She would go through periods of depression and near dehydration, from torrid temperatures and humidity at the lower elevations, to near exhaustion and "throbbing feet, stabbing quadriceps and a nosebleed" at the 9,000-foot elevation where the temperature was numbing 30 degrees...in the just short of 21 straight hours that would follow.

"There were stretches where I was discouraged, but I've learned to put things into perspective, to have a state of mind where I can say to myself, 'Yes, it's a blister..."



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and it feels like glass cutting into my feet. But it's a small problem. There's no permanent injury' and set my focus on my goal. Kim explained, when asked how she handles "down" periods.

Emerging from one of the course's seemingly inexorable canyons, Kim found herself mesmerized and exhausted as she stumbled into one of seven check points on the course, established not only so competitors can get appropriate supplies (e.g. flashlights for night running, food and drink, changes of clothing) but to allow run officials to check the runner's vital signs and weight. Runners who have dropped more than 3 to 5 percent of their body weight must remain at the station until the weight is regained.

Kim vaguely remembered staggering toward her three friends, John and Bonnie Esposito and Tom Taylor, who voluntarily were helped to pace her on the course and serve as crew for her. "Tom was asking 'What do you need?' I said something like 'Just dig a hole and shove me in.' My gluteal muscles were all cramped up. I just wanted to lie down. I suddenly one of them was holding up a towel and Bonnie was changing me. Another one was giving me Coke and a banana. Then Bonnie was massaging the cramped muscles. Before I knew it I was stepping out again...after one of them gave me a pat on the rear end help me get going."

Kim's endurance strength began to show. She passed five women, moving into seventh place in that competition. Overhead, the ominous whirling sounds of rescue helicopters swooping in to fish out the defeated, provided eerie accompaniment. She pressed on, concentrating on shortening her stride, swinging her arms and just moving her legs. Even at the height of weariness she remembered being awe-struck by the beauty of the terrain. She began to feel psychologically refreshed yet another time.

"At around 70 miles I felt like I was climbing out of a pit. I was telling myself to have faith; that I wasn't injured, only exhausted," she said.

In the first 20 to 30 miles of the event Kim met a runner who turned out to be Gord Ainsleigh, the man who created the Western States run some 10 years earlier. Running along with Gordie during the heat of the race she heard him say that he knew where some water was and that, for a particularly hot

dry stretch coming up, it would be important to get some. But he said they would have to veer a short distance off the course. "My first reaction was 'Absolutely not. I'm not taking one step in some other direction' but I decided he must know what he's talking about," Kim remembered. It was a wise decision. For a little later "we began to pass people sitting down, totally burned out." Kim and Gordie were together for much of the remainder of the run.

The tough terrain never let up. "In some places," Kim said, "you could actually be crawling, down on all fours, grabbing for a stump to pull yourself up."

During the night she "made a bad strategical mistake." Runners are allowed pacers for portions of the run and, as Kim was bearing down on the fourth place woman, she and one of her handlers, John, came upon that woman, also being paced by a male. It was Kim who spoke the universal word to pass: "Track." The woman immediately sped up, trying to maintain her place. John quickly asked, "Why did you speak. Let me do it and they'll think I'm the runner and just let you go." Fortunately for Kim her run-away adversary couldn't hold the faster pace, and Kim moved into fourth place.

"When we came upon the next woman, it was John who called out 'Track.' No one even looked around and we went right by...a good lesson in strategy was learned," said Kim who then took over third place.

In the darkness, Kim fell, dropping and breaking her flashlight. It was Gordie to the rescue. Graciously he handed Kim his flashlight and took up Kim's which worked sporadically. Together, in the blackness, they forded a river, the waters rising above Kim's chest. Together, in the wee hours of the morning, Kim and Gordie crossed the finish line of the run.

Kim completed the Western States 100 in 20 hours and 55 minutes, taking third place in the women's competition. Kim's astute attention to taking care of herself, through proper eating and drinking, also paid off. It was later discovered that she was the only competitor to actually gain weight during the run. She gained two pounds... and also came away \$1,000 richer, the prize money for her excellent finish. For finishing the 100-mile run in under 24 hours she was also presented the valued Western States silver buckle. Characteristically, Kim tried to split her prize money with her three crew handlers, but all three returned her checks.

Her achievements are impressive, but perhaps not nearly so impressive as the vivacious athlete behind them. Don't even begin to imagine a weaned-from-childhood jock, with Amazon features, who now routinely reads "The Best of the Marquis de Sade."

The 29-year-old Gorham native, who has a passion for reading (she's in an Ayn Rand mood currently) and hot fudge sundaes, has the kind of zestful, ebullient personality that, if converted into pure energy, could fuel the space program for another decade. Hyperbole aside, Kim is as friendly, caring and outgoing as she is motivated to live life to its fullest measures.

These qualities were surely recognized and put to full advantage in her nursing career as she worked her way from floor nurse in Maine's largest hospital into a more intense, specialized nursing position -- dealing with major trauma victims and the very sick in the Special Care Unit. Running became a very nice release from the daily pressure of seeing and working with the seriously ill and injured.

Yet, not content to stop her education, Kim returned to college, acquiring a Master's degree from Boston University, and joined the teaching staff at the University of Southern Maine this fall. She said she's enjoying teaching, although she's continually looking to better herself at it -- even, it seems, while she's in the middle of winning a marathon! After taking an early lead in Portland's Casco Bay Marathon in mid-October Kim began working out a strategy for teaching a particularly difficult area of nursing care to one of her group of seniors. By Mile 21 or 22, victory virtually assured, Kim was also exalting in the feeling that she'd arrived at the perfect approach. But, she jokingly mourned later, by the time that class period arrived her theory, unfortunately,

had evaporated!

From a male or female's perspective, the 5-foot-5, 124-pound runner is, indeed, a lovely person with a spirited soul...a soul, it should be added, that still occasionally wonders what happened to the dancer.

For when Kim was only 4 years old, her mother, a beautician who was finding the family's finances particularly tight, worked out a straight swap of services with a local dance instructor: dancing lessons for her daughter in exchange for doing the instructor's hair. The arrangement lasted for years. Dreaming of becoming a ballerina, Kim took classical ballet, jazz and tap dancing, reaching a point of skill and excellence where she even served the school as an instructor herself. While still a high school student she starred in a professional summer theater musical production of "Dames at Sea," drawing glowing critical review.

Though gymnastics and dancing, field hockey and even cheerleading were in the picture during her high school years, running wasn't. She went to Norway as an exchange student and found the experience of cross country skiing 10 miles to and from school "fantastic"; however, she discovered that she "went away with these very thin, long ballet muscles and came back the picture of health and a little on the plump side." Dancing faded out of her life, though she aspires to return to it one day.

It wasn't until she was looking for a way to keep fit, while doing undergraduate work in the nursing program at Westbrook College, that Kim and running became mutual friends. Kim joined Westbrook professor Ted Perry and a few others for a noontime fun run. The little group did a 1.5 mile loop and upon the return Kim exclaimed, "That was fun. Anyone want to go again?" Kim, Perry and one or two others began to meet regularly for these runs and soon Perry was telling her "You've got something special." I liked hearing it but I didn't believe him." When she began, in 1977, to win regularly on the Maine road racing circuit, it was clear Perry knew exactly what he was talking about. Though she is a frequent winner, Kim isn't motivated to run because of thoughts of victories. Don't look



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around her apartment for trophies; most of them have been donated to charitable runs, conducted by her running club, the Maine Track Club. Running is best for me when it seems like I'm flying along, effortlessly, not wearing a watch and not concerned about time. My work is my primary interest. Running is that special time...like taking a bubble bath," she said.

And what about her motivation for ultra long distance running? "I like those challenges, the pure play of it, the complete change from my every day experiences. These events excite me...trying to do 50 miles in the shortest amount of time but being careful to budget my energy. Doing the 100's I know I must be patient, that I'll go through the periods when I'll feel awful but then, just a half hour later, I'll be limber and loose again.

"To me it's important to be constantly in touch with my body, to attend to the rhythm of the run. I don't detach myself. The idea is to go slow...you don't get a second chance on your energy resources," she added. Kim particularly values the special comradeship that develops among competitors in the ultra distance runs. "It's like we're soul mates," she stated simply.

Kim snapped up the lure of a 24-hour competition first in 1981, when she logged 102 miles, running 21 hours on the Bowdoin College outdoor track in the "Last Rowdy Ultimate" 24-hour race. It was long-time friend Bill Gayton, a psychology professor at the University of Southern Maine, who put out the bait.

"I wanted to see how far I could go and I think I learned right there just how determined I can be," Kim remembered. It was a day of horrible weather, raining, often hard, throughout much of the night.

"It was incredible...just the slap, slap, slap of my running shoes for hour after hour. I was very interested in what I'd feel," noting that those feelings ranged from "euphoria to depression" but that once she "passed 50 miles, I set my goal for 100." She was fascinated by her ever-changing psychological and physical rhythms. "Blistering and chaffing became irritants, but little ones, I was calm about them, thinking how they were unrelated to any life crisis. All of it became so full of meaning for me as if, by running, I'd made time stand still."

Kim's experience at the Olympic trials is a much valued one, though for a time she was disappointed with her actual race. After qualifying at Boston there was even a period where she wasn't certain she could afford to go. She didn't make the select first 200 qualifiers (based on time, she was ranked 206th) who received expense money, but was subsequently picked to represent the Kangaroo shoe company, based on her ultra marathoning success.

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Out in Olympia, "it was just incredible. They treated us like queens," Kim said, citing food, training attention and even daily body massages. Kim became immediate good friends with another Maine qualifier, Anne Marie Davee. And when the big day came, both made the same crucial mistake.

"We both got caught up in the excitement and enthusiasm. I had wanted to just break my PR (personal record) of 2:50. But I went out way too fast. I was 37:05 for the first 10-kilometers (her PR is 36:25) and was just over 61 minutes by the 10-mile mark, which is also much too close to my personal best. I would try to slow down—maybe for two steps or so -- and then I'd be right back at that pace," Kim said, noting that almost all the women in this elite field weren't at all accustomed to being back-of-the-packers. By the 18th mile, "I was spent, just dying," she remembered ruefully. Still, she pushed herself to the finish, in just over 3 hours.

Laughing as she recalls that Kim "is always a couple steps in front of me," Anne Marie Davee (who ran a 3:14 at the Olympic trials) said of her friend Kim: "She's such a unique person...such a sweet, sensitive person who's always ready to help, even in a very tense, competitive atmosphere like the one out at the trials. She's not at all self-centered and yet I don't know anyone who's got her drive, her heart and soul."

By running in the 2 hours, mid-50-minute range Kim captured the women's titles this year in both May's Maine Coast Marathon (her third title there) and October's Casco Bay Marathon in Portland (her second title). She's not exactly sure just how many 50-milers she's done (yes, she really said that!); however, she has a personal best of 6 hours, 22 minutes at the Rowdy Ultra in 1982 and has completed the nationally-known Lake Waramaug 50-miler in Connecticut twice.

What about future athletic challenges?

Well, there's a two-day 100-mile cross country ski race in Canada that's caught her attention...and, oh yes, she already has the application for next year's Western States 100!

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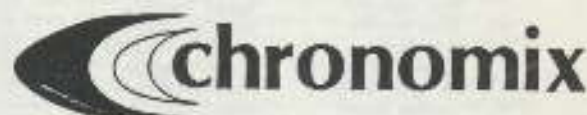
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THE BEST OF TIMES - 1984

Here are the 1984 "Best of Times". The lists this year are restricted to certified courses in the State of Maine. If you ran a time better than any shown here, you probably ran in an uncertified race. In the 10K, every performance under 35 minutes for males and 42 minutes for women are listed. In 1985 we will try to keep a running list of best performances in certified races month to month. This should serve to encourage race directors to get their courses certified and the quicker runners to take part in certified events. In the marathon we've listed men's times under 2:35 and women's under 3:30. If any woman is really a man, please let us know.

10K

1. Malcolm East	Kingfield	29:57
2. Mark Kimball	Kingfield	30:13
3. Andy Palmer	Kingfield	30:16
4. Mark Pfeiffer	Kingfield	30:24
5. Gerry Claggett	Caspio Gobbler	30:29
6. Bob Winn	Great Pumpkin	30:35
7. Stan Bickford	Caspio Gobbler	30:58
8. David Voss	Kingfield	31:02
9. Danny Paul	Kingfield	31:22
10. Greg Wardwell	Kingfield	31:34
11. John Fitzgerald	Caspio Gobbler	31:37
12. Peter Millard	Great Pumpkin	31:57
13. Peter Millard	Pen Bay Trade Winds	31:57
14. Peter Lussard	Caspio Gobbler	32:01
15. Dan Barker	Great Pumpkin	32:15
16. Peter Lussard	Kingfield	32:33
17. Steve Carlo	Kingfield	32:33
18. Tim Weller	Kingfield	32:34
19. Rusty Coffin	Great Pumpkin	32:36
20. Brian Warren	Caspio Gobbler	32:38
21. Kim Weller	Great Pumpkin	32:45
22. Ralph Duquette	Caspio Gobbler	32:52
23. Ken Botting	Great Pumpkin	32:53
24. Jeff Meserve	Kingfield	32:53
25. Jeff Meserve	Caspio Gobbler	33:04
26. Gregg Hix	Great Pumpkin	33:06
27. Bill Foulk	Great Pumpkin	33:11
28. Steve Podgajny	Great Pumpkin	33:15
29. Ross Northrup	Great Pumpkin	33:16
30. Mike Leighton	Caspio Gobbler	33:16
31. Floyd Wilson	Caspio Gobbler	33:22
32. Greg Nelson	Great Pumpkin	33:24
33. George Hockus	Caspio Gobbler	33:27
34. Alton Stevens	Kingfield	33:29
35. Floyd Wilson	Pen Bay Trade Winds	33:29
36. Steve Malloy	Kingfield	33:33
37. Robert Fitzgerald	Kingfield	33:34
38. Bill Hill	Kingfield	33:36
39. Herman Pallutier	Kingfield	33:37
40. Greg Nelson	Caspio Gobbler	33:40
41. Alan DeCosta	Caspio Gobbler	33:43
42. Ron Newbury	Great Pumpkin	33:43
43. Eric McNett	Caspio Gobbler	33:43
44. John Malice	Caspio Gobbler	33:44
45. Lawson Noyes	Great Pumpkin	33:44
46. Jeffery Meserve	Blueberry Festival	33:44
47. Lawson Noyes	Kingfield	33:48
48. Phil Stuart	Kingfield	33:50
49. Brian McCrea	Kingfield	33:51
50. Keith Turner	Great Pumpkin	33:52
51. Brian McCrea	Caspio Gobbler	33:54
52. Greg Barlin	Kingfield	33:54
53. Leslie Moody	Kingfield	33:57
54. Gordon Bonnell	Great Pumpkin	33:58
55. C. Barry Piffard	Great Pumpkin	33:59
56. Greg Nelson	Kingfield	33:59
57. David Carrier	Kingfield	33:60
58. John Cadden	Caspio Gobbler	34:04
59. Steve Russell	Caspio Gobbler	34:10
60. Lee Stover	Kingfield	34:10
61. John Titus, Jr.	Kingfield	34:11
62. Dana Martin	Caspio Gobbler	34:13
63. Paul Cole	Great Pumpkin	34:14
64. Rusty Taylor	Caspio Gobbler	34:19
65. G.T. Logue	Great Pumpkin	34:21
66. Jeff Baugstsson	Kingfield	34:24
67. Rick Lane	Great Pumpkin	34:30
68. Wayne Pallutier	Great Pumpkin	34:32
69. James Gault	Great Pumpkin	34:35
70. Frank Stone	Great Pumpkin	34:38
71. Phil Stuart	Caspio Gobbler	34:39
72. Ron Johnston	Great Pumpkin	34:46
73. Phil Coffin	Kingfield	34:47
74. D. Peabody	Pen Bay Trade Winds	34:48
75. Dick McFaul	Great Pumpkin	34:49
76. Mike Towle	Kingfield	34:49
77. John Washien	Caspio Gobbler	34:51
78. Fred Judkins III	Kingfield	34:55
79. Wayne Clark	Kingfield	34:56
80. Danny Campbell	Caspio Gobbler	34:57
81. Bob Provost	Great Pumpkin	34:57
82. Mike Tally	Kingfield	34:58
83. Stacey Fontaine	Kingfield	34:59

1. Kathy Northrup	Great Pumpkin	35:20
2. Joanne Green	Great Pumpkin	35:34
3. Katie Martin	Kingfield	36:14
4. Savannah Beck	Kingfield	36:31
5. Robin Emery	Kingfield	37:08
6. Anna Maria Davies	Kingfield	37:19
7. Emily Carrier	Kingfield	37:49
8. Brook Marrow	Kingfield	37:51
9. Anna Maria Davies	Pen Bay Trade Winds	38:04
10. Delinda Smith	Kingfield	38:05
11. Linda Kammiston	Kingfield	38:05
12. Debby Sawyer	Kingfield	38:09
13. Mardi Reed	Great Pumpkin	38:07
14. Donna Dearborn	Great Pumpkin	38:44
15. Mary Bart	Great Pumpkin	39:17
16. Debby Sawyer	Great Pumpkin	39:32
17. Diane Wood	Caspio Gobbler	39:50
18. Linda Roberts	Caspio Gobbler	40:14
19. Denise Barlow	Blueberry Festival	40:33
20. Karen Goodhart	Blueberry Festival	40:48
21. Jill Shave	Caspio Gobbler	41:48

Only the first 9 female finishers at Kingfield were available.

Depth of Field:

Man	Kingfield	32	39%	Women	Kingfield	9	45%
	Pumpkin	24	29%		Pumpkin	6	29%
	Gobbler	23	28%		Gobbler	3	14%
	Pen Bay	3	4%		Blueberry	2	10%
	Blueberry	1	1%		Pen Bay	1	5%

Congratulations to all these great races and their race directors. Let's hope that more 10K's are certified in 1985!

MARATHON

1. Jimmy Fallon	Maine Coast	2:23:01
2. Henri Bouchard	Casco Bay	2:25:46
3. Rock E. Green	Maine Coast	2:26:50
4. Peter Millard	Sugarloaf	2:26:57
5. Rock E. Green	Casco Bay	2:28:13
6. Ray Nelson	Maine Coast	2:29:04
7. Peter Crooks	Paul Bunyan	2:29:10
8. Tim Pritchard	Maine Coast	2:29:42
9. Larry Skinner	Maine Coast	2:29:46
10. Bill Gennies	Paul Bunyan	2:29:47
11. Mike Westphal	Sugarloaf	2:29:53
12. Rob Sholl	Maine Coast	2:30:47
13. Mark Dehan	Casco Bay	2:31:10
14. Tom Andre	Maine Coast	2:31:23
15. Steve Carlo	Casco Bay	2:31:25
16. Jim Toulouse	Casco Bay	2:32:10
17. Jonathan Williams	Casco Bay	2:32:44
18. Jeff Mello	Casco Bay	2:33:09
19. Richard Weinstein	Casco Bay	2:33:40
20. George Towle	Casco Bay	2:33:45
21. Ray Mathew	Maine Coast	2:33:55
22. John Boyle	Maine Coast	2:34:03
23. Lance Guilbert	Casco Bay	2:34:18
24. Brian McGee	Casco Bay	2:34:20
25. George Towle	Maine Coast	2:34:28
26. Eric McNett	Maine Coast	2:34:55



QUICK ONES

1. Kim Beaulieu	Casco Bay	2:54:59
2. Kim Beaulieu	Maine Coast	2:55:23
3. Marcia Fahy	Casco Bay	2:59:03
4. Constance Kishall	Maine Coast	2:59:21
5. Darlene Higgins	Paul Bunyan	3:02:43
6. Ellen Schmidt	Maine Coast	3:04:34
7. Beverly Williams	Superleaf	3:04:41
8. Ann Blumer	Casco Bay	3:05:10
9. Ann Blumer	Paul Bunyan	3:05:24
10. Carol Roy	Casco Bay	3:06:18
11. Debbie Sawyer	Superleaf	3:09:14
12. Darlene Higgins	Casco Bay	3:08:22
13. Christandra Simmons	Maine Coast	3:09:32
14. Kelly Bennett	Maine Coast	3:10:05
15. Connie McLellan-Cuff	Casco Bay	3:10:51
16. Judy Ketchum	Casco Bay	3:11:33
17. Joanne Cole	Maine Coast	3:12:28
18. Mary Rowe	Casco Bay	3:12:35
19. Darcy Johnson	Maine Coast	3:13:40
20. Kathy Barry	Maine Coast	3:14:11
21. Dorothy Helling	Maine Coast	3:14:48
22. Jo Coxson	Maine Coast	3:15:30
23. Mary Zickus	Maine Coast	3:17:36
24. Carol McKee	Casco Bay	3:18:08
25. Nancy Gagnon	Maine Coast	3:18:21
26. Debra Murphy	Maine Coast	3:18:40
27. Renee Walker	Maine Coast	3:18:53
28. Irene Kalfonik	Maine Coast	3:18:55
29. Rose Galligan	Casco Bay	3:19:27
30. Donna Howard	Maine Coast	3:20:23
31. Carla Desbois	Casco Bay	3:21:14
32. Mimi Mattson	Casco Bay	3:21:18
33. Carol McElwain	Casco Bay	3:24:20
34. Rosalyn Randall	Maine Coast	3:24:28
35. Linda Cristoforo	Maine Coast	3:24:43
36. Bert Kearney	Casco Bay	3:24:53
37. Virginia Vendrell	Maine Coast	3:26:39
38. Beth Geranetta	Maine Coast	3:26:40
39. Brook Morrow	Casco Bay	3:27:06
40. Catherine Jarratt	Maine Coast	3:28:02
41. Sandra Wyman	Maine Coast	3:28:15
42. Patricia Murray	Maine Coast	3:29:14
43. Barbara Coughlin	Maine Coast	3:29:43

Depth of Field:

Men		Women		
Maine Coast	11	42%	Maine Coast	24 55%
Casco Bay	11	42%	Casco Bay	15 36%
Paul Bunyan	1	8%	Paul Bunyan	2 5%
Superleaf	1	8%	Superleaf	2 5%



For the past three years Maine Running has chosen "Runners of the Year" based on an objective formula. We looked at the best marathon, 10K, distance greater than 10K and any other best time and added up points earned through charts contained in a computerized training guide.

This year we are changing the ground rules. The same formula will be used, but the only times that will be used are those run in certified races in the State of Maine.

Maine Running and Ozing salutes those runners who are brave enough and strong enough to test themselves on the national level. Runners like Andy Palmer who heartily won our 1984 laurels with these outstanding performances:

2:22:16 marathon at Toronto
1:32:37 10K
29:27 10K
19:02 8K

and, of course, Joan Benoit who is without equal in the long distance community.

But, now we wish to salute all runners who run the roads of Maine. We do so for several reasons. One, we want to attract the very best runners to our races. Two, we hope to encourage race sponsors and directors to get their events certified and sanctioned by the national governing body, the U.S.A.C. And finally, there has been some debate about whether or not runners like Andy, Susan, Sallatier, and others are truly Maine runners. Well, under the new system that concern will be thrown out, for we will be crowning the best performers in the State of Maine and not the best citizens although many of our citizens who live and go to school outside the state are our greatest ambassadors. So, get busy, plan your schedule and send your best times to MR&O when you have completed the four requirements. We will periodically publish the standings and will go as deep as you let us. We will update the standings if you improve on any of your times and you will be able to see just where you stand throughout the entire year. Good luck, and thanks Andy & Joan.



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1. Eric McNett 29	34:04
2. Stephen Sarkozy 16	34:10
3. Phil Stuart 37	34:53
4. Henry Gilet 47	35:09
5. Joshua Antriss 22	35:10
6. Bruce Jones 31	35:17
7. John Titus 29	35:19
8. Ron Johnston 32	35:22
9. Joel Crockett 40	36:14
10. Steve Peterson 35	36:18
11. John Jones 32	36:19
12. Paul Letarte 41	36:29
13. Mike Perry 32	36:39
14. Jeff Bengtson 25	37:10
15. Joel Titcomb 25	37:36
16. Robert Outhartson 27	37:38
17. Kurt Nielsen 30	37:53
18. William Landis 11	37:54
19. Mike Thompson 36	38:04
20. Joel Meahan 38	38:09
21. Tom Allen 28	38:23
22. Jorge Lenn 33	38:23
23. Chase Pray 40	38:24
24. Dave Burgess 23	38:29
25. Frank Farland 36	38:35
26. Don Haden 34	38:42
27. Gregory Galt 20	38:50
28. Vern Deanna 38	39:02
29. David Bray 16	39:07
30. Patrick Connell 31	39:20
31. James Graham 25	39:36
32. Mark Seamus 27	40:09
33. David Stone 31	40:17
34. Ray Conner 42	40:36
35. James Cox 29	41:09
36. Mark Ramsey 25	41:27
37. Robert Miles 29	41:41
38. Charles Hall 21	41:56
39. Rick Manetta 33	42:15
40. Vin Skinner 28	42:37
41. Eric Smith 26	42:40
42. David Quinn 36	42:45
43. Frank Whittier 23	42:58
44. John Schwardel 39	43:09
45. Brian Hall 37	43:20
46. Rick Rosengren 25	43:22
47. Thomas Hall 18	43:28
48. James Booth 39	43:50
49. Chuck Stargis 24	43:51
50. Terry Pownham 30	43:52
51. Charles Farrell 34	43:54*
52. Joanne Cole 29	43:54
53. John Cole 43	43:59
54. Dave Gogan 48	44:11
55. George D'Alessandro 39	44:17
56. Ken Brennan 40	44:30
57. Don McIlwery 31	44:36
58. Brad Owens 17	44:40
59. Don Celler 41	45:01
60. Terry St. Azand	45:09
61.	45:13
62. Don Brewer 29	45:13
63. Neil Malinis 27	45:23
64. Steve Collins 47	

65. Robert Jones 43	45:28
66. Tim Boyden 22	45:37
67. Walter Smith 43	45:40
68. Ron Pelton 31	45:41
69. Tim Holland 39	45:41
70. Ron Davis 33	45:45
71. Gregory Long 27	45:48
72. Margaret Morin 21	45:50*
73. John Culllette 36	46:25
74. Carole Gagliardi 26	46:40*
75. Allen Harrow 26	46:51
76. Kate Buland 34	46:54*
77. Chris Grant 24	46:59
78. Wayne Hamilton 34	47:00
79. Donna LaPierre 44	47:22*
80. Craig Maggett 29	47:38
81. Patricia Hulsan 27	47:46*
82. Gloria Elliott 30	48:09*
83. Doug Cross 33	48:30
84. S.M. Hall III 24	48:31
85. Steve Huber 37	48:33
86. Carole Ciffrino 29	48:35*
87. Jane Bowdy 30	48:40*
88. Bernadette Sylvain 37	48:43*
89. Matthew Rutter 28	48:52
90. Patty Jacobs 15	48:59*
91. Don Spear 35	49:03
92. Walter Hoxman 25	49:08
93. Jonathan Fillmore 36	49:22
94. Sandra White 23	49:25*
95. Maryellen O'Connor 23	49:30*
96. Jennifer Oddleifson 23	50:01*
97. Edward Juhl 30	51:09
98. Beth Whitman 24	51:36*
99. Donna Glover 18	51:40*
100. Charles Glover 46	51:41
101. Geraldine Goler 19	51:48*
102. Denise Huber 37	52:28*
103. Avis Ingalls 35	53:15*
104. Bridget Healy 40	53:36*
105. Perry Barnard 44	53:37
106. Kathleen Carney 26	54:40*
107. Lynne Netherell 32	56:37*
108. Jill Litchfield 29	57:38*
109. Judith Golding 29	62:26*
110. Kandyleah Provencar 27	62:57*
111. Scott Wilson 19	67:57

Results courtesy of Pete Marczak
Race Director



Bretton Woods

BIATHLON SERIES

BRETTON WOODS BIATHLON SERIES Bretton Woods, N.H. Jan 12th

1. Keith Woodward VT	2-2	39:35
2. Rob Baydock MA	3-3	41:05
3. Mark Engbert NH	6-2	45:20
4. *THOMAS TOWLE ME	4-5	46:50
5. Eric Chandler NH	4-4	47:40
6. Chris Cogswell MA	1-3	47:57
7. Barry Bedeau NH	5-2	48:08
8. Dan Jacques NH	5-4	49:37
9. *AL GALLANT ME	7-3	50:13
10. Brian Earl NH	7-5	50:31
11. Stu Tremblay NH	4-4	51:52
12. Richard Luff NH	5-3	56:19
13. Andy Haroni MA	3-2	56:59
14. Pat Rowe CT	4-2	59:23
15. *STEVEN SCOTT ME	1-2	59:40
16. Leonard Wood RI	4-3	60:15
17. Donna White ME	2-4	60:57*
18. Paul Ricciardi MA	4-4	61:37
19. Dean Allard CT	4-3	62:23
20. Richard Surveister RI	5-4	63:07
21. Michael Murray RI	4-5	73:59
22. Carl Blackside CT	1-4	76:11
23. Lawrence Curtis MA	4-4	80:07
24. *RON OTIS ME	5-5	83:32
25. *BOB BOOKER ME	4-6	85:58
26. David Morris CT	4-3	88:36
27. *BOB CALDWELL ME	5-4	99:18
DNF Bill Duggan NH		

Well, it came to fall, and it fell more than once! That yours truly tumbled into biathloning with both underwaxed feet.

The team travelled to the Washington Valley in an Army ambulance (like the ones you see on M.A.S.H.) and took on the rest of New England's National Guard biathlon teams.



I only fell twice in the first 2.5K loop and managed to hit the fifth of five targets before slipping into the long 8K stretch. At least a dozen long legged marathon skaters swooshed by me as I entered this second loop. I was quite proud of myself for not breaking anything (especially my rifle as I puffed into the range for a second crack at the metal targets. After managing yet another hit out of my five rounds, I attacked the first 2.5K leg again. It seems I fell in exactly the same two areas this time as well.

I finally crossed the finish line in 1 hour 17 minutes and 58 seconds. I felt good that I had finished and would only suffer two or three aches and pains for the experience. Later I was to learn that with my 8 penalty minutes added on for my eight misses on the range, I was to finish 25th out of 28 contestants. That's just about the same position I finished my first road race in - ahead of just 11% of the field.

The next day our coach, Ron Fletcher, (Cliff the Maine Road Runner's brother) taught me how to ski. He put some wax on the bottoms of my skis and made me run back up hills I'd fall on and try them again until I made it. I sure hope I learn fast because we're on our way to the nationals in less than two weeks!

Ye Runners of Woods

Awright you guys and guyettes!! You know that the 4th annual Wild Katahdin Trust Snow Run is coming up on February 9th, right?!? Planning on coming right?!? Wouldn't miss it, right!! Oh sure... Do you know how many times ole Nerd and Duane have said that and how many times they've missed the race and got completely messed up!!?? Well...if these dedicated, finely tuned, world class athletes can find an excuse not to race, even us common folk might be so inclined. Anyway... in that event please consider that none of the following will be acceptable in lieu of your presence at this festive event!

- But honey...it's so fassar...
- The weather will be lousy anyway so why plan on going...
- Where the hell is Patten?!
- But dear...that's mother's birthday...
- I'll probably be the mean runner and they'll embarrass me something wicked.
- Last year Nerdie kept pinching me!
- I'm not running anyplace that's not wheel-measured!
- It's a great race and I don't mind all the hugging, but those two guys haven't showered in a month!!
- I don't like potatoes!!
- Geez, I only got 10 miles in last week...
- I'm into swimming now...
- Well, I'll go but I'm not going to race it...
- I don't like shotgun starts...
- I might go just to eat some of Ellis's grub!!

If you choose one or more of the above welcome to the "wimp" class - True SNOW RUNNERS ain't afeared a nuthin. Be a tough dude, put you carcass on the funnest 4.8 miler in North America!!!!

12th
30:35
41:05
45:20
46:50
47:40
47:57
48:08
49:37
50:13
50:53
51:50
54:19
56:09
59:23
59:40
60:14
60:57
61:33
62:22
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OWLROCK SAUNA

ROAD RACE



WHERE: Owlrock Sauna, Mount Chase, Maine., 04765

WHEN: Saturday, March 2, 1985, 11 AM

COURSE: Six miles on a country road, no traffic, hilly and challenging; it is an out and back course, the first mile down hill, the last up hill. Last year it was very cold! So come prepared. There are orange stick markers every mile and a vehicle will be available for all who do not finish.

FACILITIES: Restroom, changing rooms, sauna rooms and relaxation area.

Registration: \$5.00

Since last years race there have been many inquiries. Due to the size of the facilities and the anticipation of many runners we will have to limit the race to the first 100 entrants. PLEASE register early by mail. If there is any question as to how many runners there will be don't hesitate to call. Tel. 5282095

TROPHYS: Hand made trophies to the first three finishers in each category:

13 and under	30-39
14-19	40-49
20-29	50 and over

A door prize chance for all participants!

REFRESHMENTS: Orange juice, herb teas and natural foods

OTHER INFO: A wild moose horn start!

SPONSOR: Owlrock Sauna, Mt. Chase

--SAUNA FOR ALL PARTICIPANTS--

In consideration of this entry being accepted, I for myself, my heirs, executors, administrators waive and release any and all rights and claims for personal damage I may have against officials and race sponsors. I attest and certify that I have full knowledge of the risks in this event and I am physically fit to participate in the Owlrock Sauna Road Run.

Signature:

Parents signature is required if participant is under 18

Name:

Address:

City: State:

Zip: Age: Sex:

13 and under..... 19and under..... 20-29.....

30-39..... 40-49..... 50 and over.

Mail entry and fee to:

Annaliese or Preston Hood
Owlrock Sauna
Owlsboro Road, RR1 Box 164
Patten, Maine 04765

Make checks payable to: Owlrock Sauna

Owsboro Rd.
 2.7 Mi.
 Clark Rd.
 5 Miles
 Patten
 Rt. 115
 To 14



IT'S DIFFERENT!!!

TRY A RACE WHERE SPEED AND WEIGHT COULD BRING YOU INTO THE WINNER'S CIRCLE!!!

THE MAIN EVENT: 15 Miles,

wheel measured.

DATE: Saturday, April 6, 1985

LOCATION: Rockland Dist. High School

TIME: Race starts at 11 a.m.

(Runners should be ready by 10:30 a.m. to be driven to the starting point.)

SPLITS: 1, 5 & 10 miles

WATER: 3, 6, 9 & 12 miles

SHOWERS: Available at high school after race, along with soup, breads & juices.

FEE: \$4.00 pre-registration
\$5.00 day of race

AWARDS: FIRST IN EACH WEIGHT DIVISION FOR BOTH WOMEN AND MEN
Gloves to the first eighty registrants.

FLYWEIGHT: M up to 112 lbs
F up to 105 lbs

BANTAMWEIGHT: M 113-118 lbs
F 106-111 lbs

FEATHERWEIGHT: M 119-126 lbs
F 112-117 lbs

LIGHTWEIGHT: M 127-135 lbs
F 118-123 lbs

SUPER HEAVYWEIGHT: M 196 lbs and over
F 161 lbs and over

WELTERWEIGHT: M 136-147 lbs
F 124-129 lbs

MIDDLEWEIGHT: M 148-160 lbs
F 130-135 lbs

LT. HEAVYWEIGHT: M 161-175 lbs
F 136-141 lbs

HEAVYWEIGHT: M 176-195 lbs
F 142-160 lbs

MAKE CHECKS PAYABLE TO: PEN BAY PACERS

MAIL TO: Susan Schmitke, Spruce Head, Maine 04859

REGISTRATION - 15 MILE CHAMPIONSHIP RUN

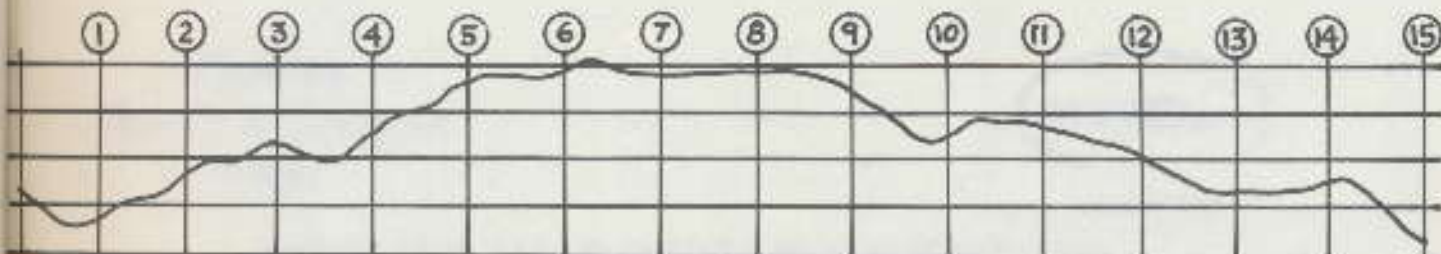
IN CONSIDERATION OF ACCEPTANCE OF THIS ENTRY, I HEREBY WAIVE AND RELEASE ANY AND ALL RIGHTS AND DAMAGES I MAY HAVE AGAINST THE SPONSORS AND OFFICIALS FOR ANY AND ALL INJURIES SUFFERED BY ME IN THE ROAD RACE.

NAME _____ AGE _____
 ADDRESS _____ SEX _____
 _____ WEIGHT _____

(YOUR SIGNATURE OR PARENT/GUARDIAN IF UNDER 18)



HILL PROFILE OF RACE ROUTE:



Lite



THE GREAT LITE BEER MAINEiacs HALF MARATHON

IN SUPPORT OF THE MAINEiacs CHARITIES



SATURDAY, MARCH 30, 1985 11:00 A.M. BANGOR, MAINE

Course: 13.0938 miles. Consists of one loop through the outskirts of Bangor, Maine. Course maps will be included in race packet. Return to the "Iceberg" course. A classic!

Entry Fee: A minimum donation of \$5.00 to the MAINEiacs Charities. Feel free to donate more, it's to a very worthy cause. Registration material and final instruction sheets may be picked up at the Holiday Health and Racquet Club, Odlin Road, Saturday, March 30 from 9 to 10:30 a.m.

Race Features: Course Control and Medical Aid supplied by the Maine National Guard.

Digital Clock on lead vehicle and at finish.

Chronomix electronic finish

Mile markers every mile

4 water stations

Splits at 1 mile and 10K

Post Race Party with beer and refreshments

Long sleeved T-shirts for the first 100 registrants

Sauna, showers and changing facilities available

Team Competition: Teams must enter separately with a maximum of 7 members, 5 scoring. There will also be special team awards for competition between the Army and Air National Guard. The first ten guardsmen to finish will be chosen to represent the State of Maine at the upcoming National Guard Marathon Competition in the Lincoln Marathon, Lincoln, Nebraska.

Awards: Merchandise awards to top finishers plus additional random drawings. Awards ceremony at 1:30 p.m.

**Holiday
Health & Racquet
Club**



COMPLETE RESULTS WILL BE PRINTED IN MAINE RUNNING & OUTING



Directions to Start: Take the Hermon Exit West off Interstate 95, then left at the traffic light to the Holiday Health & Racquet Club of Bangor.

Detach below and mail to:

Great Lite Beer MAINEIac Half Marathon
PO Box 259
E. Holden, ME 04429

Please make check payable to: MAINEIac Charities.

Entry must be mailed (for teams) by March 20th.

Team Registration: This year, we are only accepting pre-registered teams of five or more athletes. There will be special plaques for every team and every team will be recognized at the awards ceremony. Find four club members, or other soul mates and form a team. It makes it all that much more enjoyable for everyone. Team captains should report to the registration table to pick up results form.

Name of Team: _____

Team Members:

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | |

The organizers of this event guarantee far better weather this year than last. If this is not the case... sue us! Just think nice thoughts. Sunny! Warm! In the mid 50's with no wind. Trust us, it will work!
The Management

PLEASE PRINT

NAME _____ Age _____ Occupation _____

ADDRESS _____ Sex _____

FASTEST PREVIOUS HALF MARATHON: Hour _____ Min. _____

I hereby waive and release any and all rights and claims for damages I have against any sponsors and officials of the Great Lite Beer MAINEIac Half Marathon for any and all injuries suffered by me in said event and verify that I am physically fit and have sufficiently trained for this event.

Your Signature / Parent or Guardian if _____

The Great Lite Beer MAINEIacs Half Marathon

Our race last year was set up primarily to pick up the baton from the Maine's National Guard Marathon team, which captured 6th place among all the states' teams at the Lincoln Marathon last May.

We raised over \$650 for the MAINEIacs Charities. They in turn invested the bulk of that sum in sponsoring a Christmas party for handicapped young people at the Ronald McDonald House, the Jaws of Life and other area charities.

Misa Fossas, an All-American Cross Country runner at Brandeis University, ran away from the field with an impressive 1:07:57.7 win nearly 5 minutes ahead of his teammate, Ed McCarthy. The two young men will be back to take on Maine's finest runners at the MAINEIac Half Marathon.

Ann Blumer started her great year with a bang by capturing the women's event in 1:26:31. She will get a serious challenge from some of the Northeast's quickest women.

TEAM PALMER (Fossas, McCarthy and Garfield) will have to add a few more runners to defend their team championship and the Army National Guard will have to bring out their best to take on much improved Air National Guard team.

Don't miss the "after the run" get together at the Dooley of Haffenreffer Beverage throws out the first of the season in eastern Maine!

Frostbite Run Against M.S.



*** 3rd ANNUAL EVENT ***

Join us in the 3rd annual Frostbite Run Against M.S. By entering, you will contribute toward multiple sclerosis patient services in Maine. M.S. strikes young adults in the prime of their lives. There is no known cause nor any cure for this disease. According to the National Multiple Sclerosis Society, Maine has more than 1500 M.S. patients which is one of the highest incidents of multiple sclerosis victims per capita in the nation.

Please join our Frostbite Run Against M.S. Your support will help comfort those suffering with this crippling disease.

Date: Saturday, March 9, 1985. Time: 10:00 A.M.

Location: Start and finish at Ellsworth High School, off Route 1A.

Course: 3.5 miles on back roads and Route 1A.

Registration: Fee is \$5.00. Registration begins at 9:00 A.M. T-shirts to first 50 to pre-register. Pre-registration checks should be made payable to Maine M.S. Society and should be forwarded with registration form to: James L. Pendergist, P.O. Box 417, Ellsworth, Me. 04605. Tel: office-667-7101, home-667-8886.

Facilities: Rest rooms at the high school. Beverage at finish.

Award Catagories:

Male/Female-	14 and under	20-29	40-49
Overall	15-19	30-39	50 and over

* Huge trophy awarded to top high school team. Minimum 3 boys, 2 girls/team.

REGISTRATION FORM

In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against sponsors and officials for any and all injuries suffered by me in the Frostbite Run '85.

Name _____ T-shirt size: S M L XL

Address _____ City _____ State _____

Signature _____ Age _____

Parent or guardian (if under 18) _____



DOWNEAST GRAPHICS & PRINTING, INC.
ELLSWORTH, MAINE
Supports The Fight Against M.S.

ROSTBITE

5K

T-SHIRTS TO FIRST ONE HUNDRED
ENTRANTS

SHOWERS AVAILABLE, SOUP AND
BREAD AT THE FINISH FOR
RUNNERS

AMPLE DOOR PRIZES FOR RUNNERS IN
CONJUNCTION WITH THE SKOWHEGAN
TRAFFIC FAIR

DATE: February 9, 1985

TIME: 11:00 A.M.

PLACE: Skowhegan Area High School, Skowhegan, Maine

ENTRY FEE: \$4.00 in advance

\$5.00 the day of the race

Make checks payable to Dollars for Scholars

In consideration of this entry being accepted I for myself, my heirs, administrators and
signs, hereby waive and release any and all rights, and claims I may have against the
sponsors of this event. I also release the rights to all photographs to the sponsors of
the race for current or future publicity purposes.

NAME _____ AGE _____ SEX _____

ADDRESS _____ ZIP CODE _____

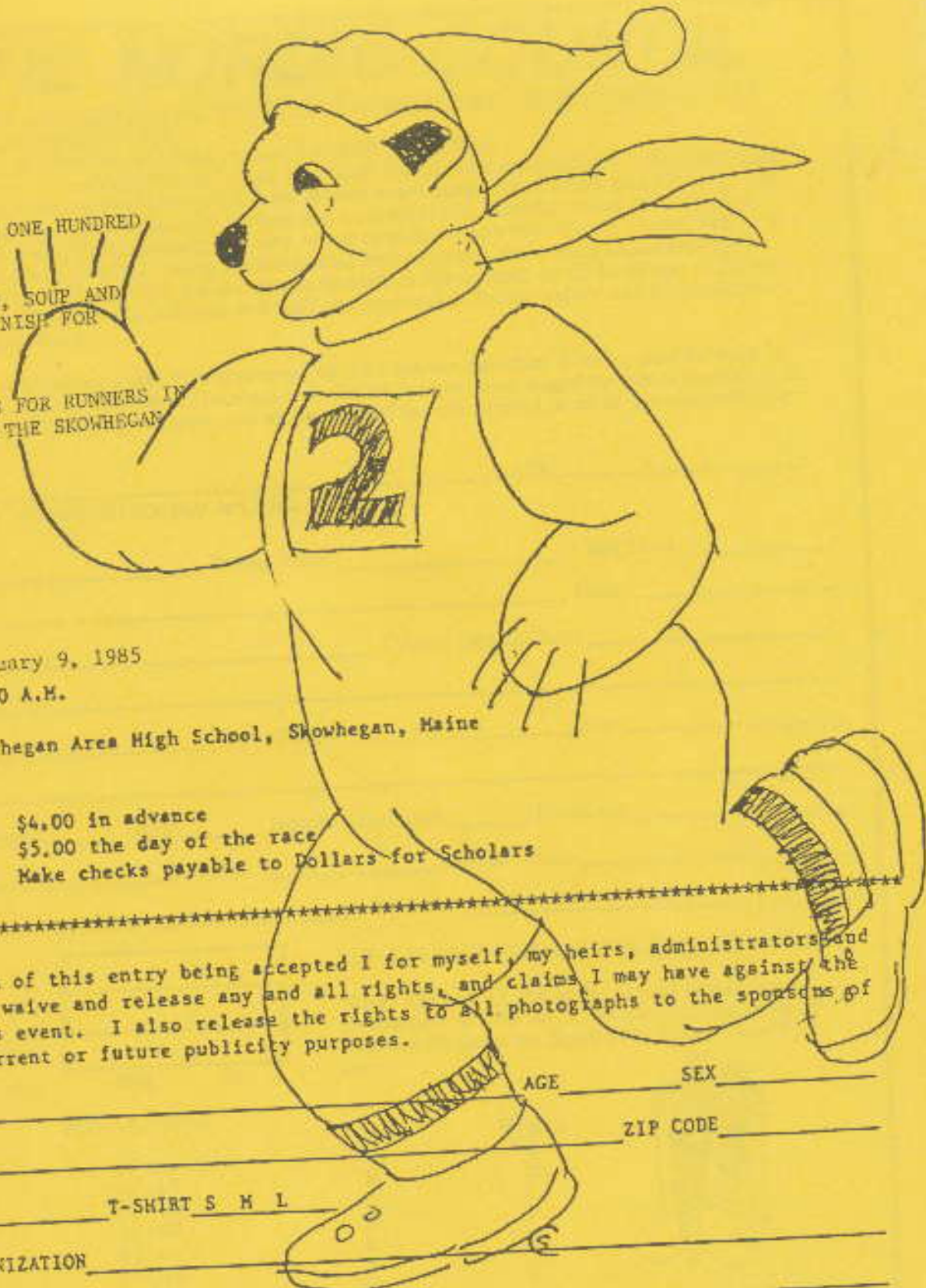
PHONE _____ T-SHIRT S M L _____

SCHOOL OR ORGANIZATION _____

SIGNATURE _____

PARENTS SIGNATURE IF UNDER 18 _____

MAIL TO DOLLARS FOR SCHOLARS, SKOWHEGAN AREA HIGH, SKOWHEGAN, ME 04976



MAINE NORDIC COUNCIL

THE FOLLOWING MUST BE SIGNED IN ORDER TO PARTICIPATE IN ANY MAINE NORDIC COUNCIL SERIES COMPETITION.

If you do not accept fully the conditions below, DO NOT COMPETE.

I undersigned, know that Nordic Skiing Events are action sports carrying significant risk of personal injury. Racing, jumping, or biathlon competition is even more dangerous. I know that there are natural and man-made obstacles or hazards, surface and environmental conditions and risks which in combination with my actions can cause me very severe or occasionally fatal injury. I agree that I, as a participant must take an active role in understanding and accepting these risks, conditions and hazards. I also agree that I, and not the ski area or its staff or the sponsor or USSA or any of its subordinate groups and/or its clubs, officials and staff, am responsible for my safety while I participate in or train for these events.

Organizers and racers please note: This statement of risk, and the signature thereto, shall be valid for all single competitions of this meet. The meet includes all competitions staged by this organization at this site in a contiguous period of time, and acceptance of the risk applies to all of the competitions of this meet.

SIGNATURE: _____ DATE: _____
(Parent or Guardian or Coach if under 18)

Bib No.: _____ Overall Place: _____ Class Place: _____

Name: _____ Class: _____

Club or Town: _____ College Outing Club: _____

Address: _____

Telephone: _____ Date of Birth: _____ Age: _____

Name of Event: _____

Event: Cross Country: _____ Jump: _____ Nordic Combined: _____ Biathlon: _____

Date of Event: _____ Fee Paid: _____ Amount Paid: _____

Length of Race: _____ Hill Size: _____

Time In: _____
Start Time: _____
Overall Elapsed Time: _____
Min. Sec.

THE RELEASE FORM ABOVE MUST BE SIGNED

Note: Anyone 13 and under should be encouraged to compete in Billy Koch Youth Ski League competitions with meets on Sundays in January and February.

AGE CLASSES:

15 and under
16 - 19
20 - 29
30 - 39
40 - 49
50 - 59
60 and over

Male
A
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FOR THE BETTERMENT OF NORDIC SKIING IN MAINE

16 STEWART AVENUE
FARMINGTON, ME 04938
(207) 778-2830



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Atomic ACC Microstep 15 Ski Waxless "No Work" Base

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Adidas Arosa Boot, 50/7 Toe	\$49.99
Adidas 50/7 Touring Binding	\$7.99
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	<u>\$180.97</u>

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All Packages Include:

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Choose Other Packages From:

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Boots and Bindings From:

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all skis are 60% off. (Sizes limited)

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Mon. - Thurs.....10 - 8
Fri.....10 - 9
Sat.....10 - 6

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Saucony brings wings to your feet in its Flite. A lightweight, durable shoe. Mesh and pigskin upper. Dual density urethane midsole. "Indy 500" rubber outersole.

women's
sizes



The Dixon Trainer, inspired by Rod Dixon, winner of the 1983 N.Y. Marathon. Exclusive Dixon heel design. Nylon upper w/ suede trim. 3-density EVA midsole. Carbon rubber outersole.



CUSTOMER SERVICE AND QUALITY RUNNING SHOES
LIKE SAUCONY ARE THE FIRST PRIORITY AT THE
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MEET OUR STAFF, AND
TRY

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Just Plus: Saucony superior quality for the medium to high mileage runner. Nylon Mesh Upper. "Indy 500" rubber outsole. Men's and women's sizes.



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BACK BAY PORTLAND
Doug Ingersoll
(207) 775-6244