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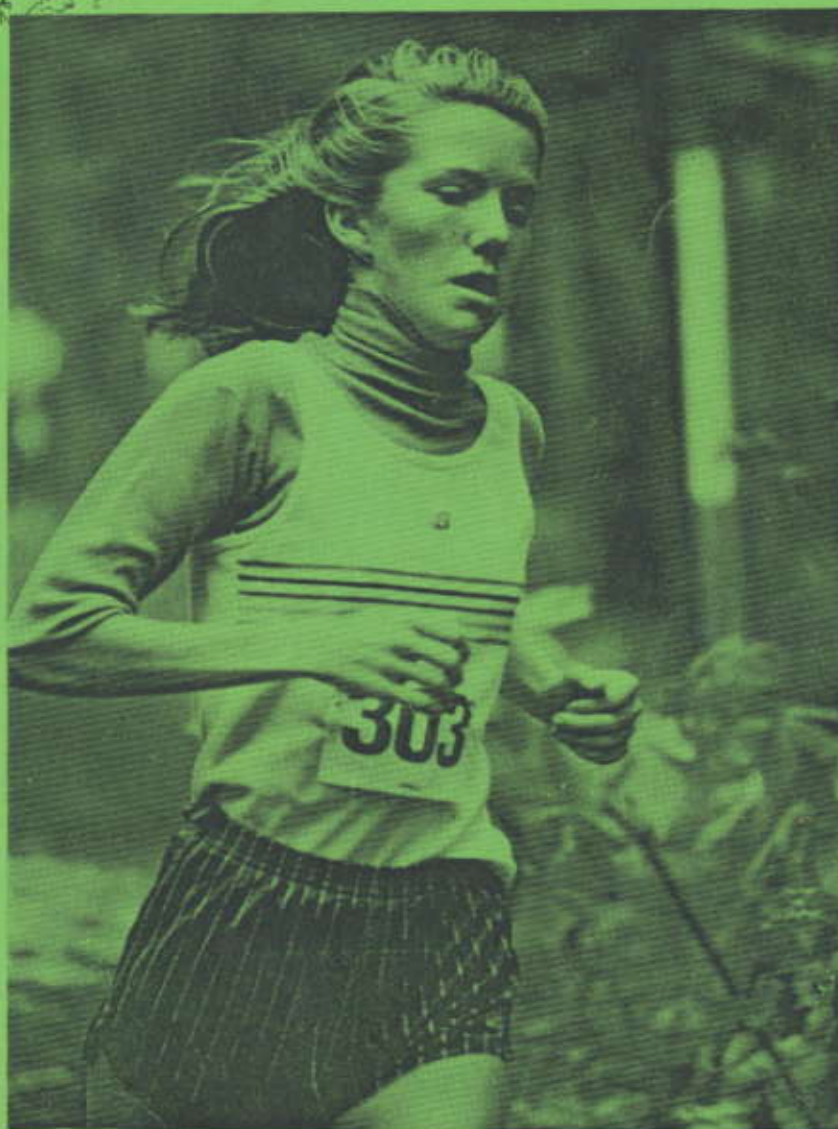
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Maine Running & Outing Magazine



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FEBRUARY 1986
VOL. 7 NO. 2

MAINE
NORDIC COUNCIL



P. O. Box 259

East Holden, Maine 04429

Tel. (207) 843-6262

Here I just get done patting myself on the back for keeping the pressure off high school athletes by keeping them off the cover of MR&O and here we go again. But, this too is an exception. This young lady could very well be the best athlete this state has ever produced! How's that for pressure?

I first saw Susannah Beck run as a 10 year old at the AAU State Championships at Readfield seven long years ago. I was amazed at that time at the ease with which she ran away from her competition. She's still doing it. A nice article on her this month.

We also have what I consider Ed Rice's best article yet on Danny Paul. Lot's of news this month with the Best of Times from all of Maine's fully certified races; the complete February and March road race, XC skiing and canoe calendars.

This issue ends MR&O's sixth year of publication. Seventy-two issues down and twenty-eight more to tie Rick Bayko's string of 100 Yankee Runner's.

With a full time publisher/editor (after six years part-time) and a slight price increase in March (\$1.75/\$17 subscription) we should be right on target to catch and pass Rick's great publication as New England's Oldest ongoing running publication in June of '88. Heh, just in time for another Olympics!

FEBRUARY & MARCH ROAD RACE CALENDAR 2-4
A partial list of the rest of the 1986 race schedule is also provided.

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RACE RESULTS THIS ISSUE

Nov 28 SHAW'S THANKSGIVING 4 MILER 169
Jan 12 January Thaw Road Race 26

SKIING

Biathlon at Camp Ethan Allen, VT
Jan 5 Carter's Last Stand 29
Jan 11 Lake Loop Run 10K 42

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

Publisher/Editor: Bob Booker

February & March Road Race Calendar

In February we traditionally print as extensive a calendar as possible so that race directors and runners can plan the new racing season. Unfortunately, I neglected to start bounding in December, carrying through to January as I have done in the past. I sent letters to all the listed clubs only to find out that the Maine Coast Road Runners, the Androscoggin Running Club, the Downeast Road Runners and the Lesser Durham Striders have had address changes and can't receive mail at their old ones. Therefore...in everyone's best interest, we will have the most complete calendar possible in the March issue. I will print the dates and names of the confirmed races as of this printing. If your favorite race isn't mentioned make sure to contact that race's director and ask them to send along the necessary information immediately. There are 230 road races in Maine each year. Unfortunately MR&O can not afford to send a letter to each of those race directors. So watch out next month, we'll start our seventh year with the most complete calendar ever.

- Feb 1 WINTERTHON '86. (10K cross-country ski race and a flat 4 mile road race) 9:30 a.m. from the Snorada Recreation Center, Lake St., Auburn. \$15 individual/\$25 team (add \$5 after Jan 25th) See flyer in January issue or contact Snorada Rec. Ctr., 525 Lake St., Auburn, ME 04210 782-6602
- Feb 8 5TH ANNUAL WILD KATAHDIN TRUST SNOW RUN. 11 a.m. from Katahdin High in Sherman. \$7 for this 4.8ish race. Nerdlie and Duane - your hosts. See ad, flyer and story in January issue of MR&O or contact: Nerdlie or Duane, Katahdin High School, Sherman Station, ME 04777 365-4218
- Feb 9 5TH ANNUAL MID-WINTER 10 MILE CLASSIC. 12 noon from S.M.V.T.I. in S. Portland. \$4 for this 10 mile M.T.C. event. See flyer in January issue for contact Robert Payne, RFD 1, Box 305, Raymond, ME 04071 655-4156 or Ken Hutchins, 365 Cottage Rd., S. Portland, ME 04106 767-5372
- Feb 16 SNOFEST 5 MILE MILE ROAD RACE. Noon from the U.M.A. Section of the Augusta Civic Center. \$4 day of race. Contact Joanie Rhoda, RFD 2, Box 1092, Union, ME 04862 845-2437 (evenings)
- Feb 22 4TH ANNUAL FROSTBITE 5K. 11 a.m. from Skowhegan Area High School. \$5 pre/\$6 post registration. See flyer.
- Feb 23 DEMERS TRACK GLASSIC. 9 a.m. from Bates College in Lewiston. One of New England's best indoor track meets. See flyer.
- Mar 8 4TH ANNUAL FROSTBITE RUN. 11 a.m. from Ellsworth High School. 3.5 mile road race costs \$5 to enter. Contact Sheldon Booze, Down East Family YMCA, PO Box 512, Ellsworth, ME 04605 667-5647
- Mar 29 3RD ANNUAL GREAT LITE BEER MAINEiac HALF MARATHON. 11 a.m. from the Holiday Health & Racquet Club, Odlin Rd in Bangor. *ME-85022-GN* Maine's earliest fully certified race. \$6 Contact Bob Booker, PO Box 1217, E. Holden, ME 04429 843-6262
- Mar 30 BOSTON PRIMER. 15 miles. 10 a.m. at Maranacook School, Readfield. Contact Rich Abramson, PO Box 216, Manchester, ME 04351 623-2447 Maine Road Rambler Event

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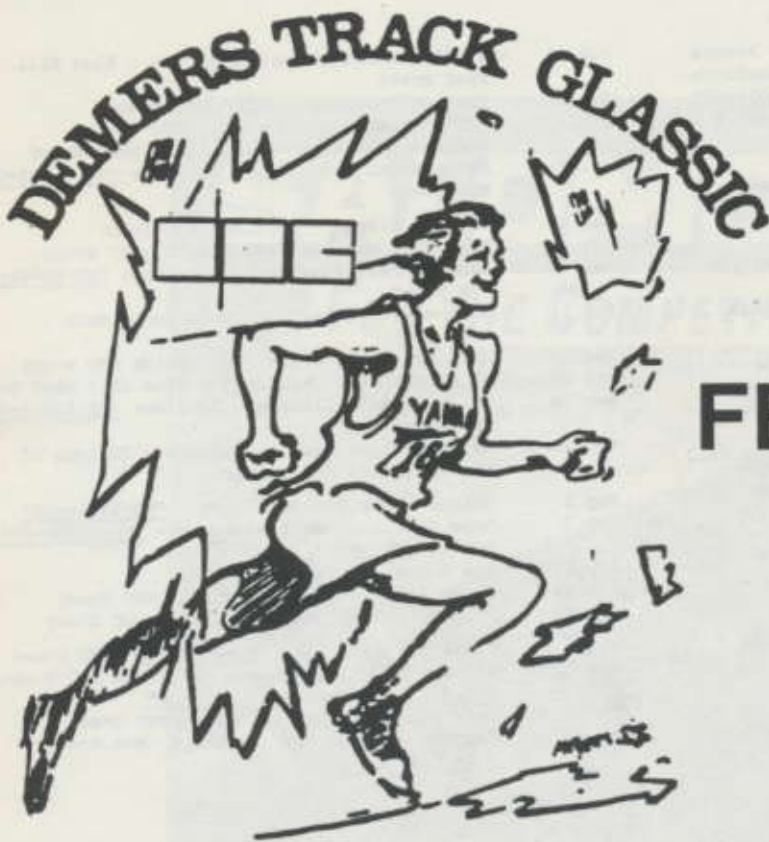
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ENTRY IN THIS ISSUE OF MAINE RUNNING

OR

CONTACT: JOHN P. LAFRENIERE

Meet Director
207-784-5404

Here's the rest of the skeleton 1986 calendar

Apr 5 THE CHAMPIONSHIP 15 MILER - Pen Bay Pacers
 Apr 6 New Brunswick Heart Marathon - Fredericton
 Apr 13 Epstein's 5 Aces 5K - Brewer *ME-85024-GN*
 Apr 19 Moosabec 3.3 Mile By the Sea - Jonesport
 Apr 21 Portland Boys' Club 5 Miler - MTC Event
 Apr 21 S.A.A. Marathon (90th Annual)
 Apr 27 High Ground 5K Tide-Stride - Portland
 May 10 Papa Gambino's Run For Life - Bangor
 May 16 RRCA 5K - Portland MTC Event
 May 18 RRCA National Championship 10K - Portland
 ME-85021-GN MTC Event
 May 25 8th Annual Rangeley Moose Run - Rangeley
 Jun 8 Officer Friendly Run - MTC Event
 Jun 14 3rd Annual Gray Old Home Days 2 Miler - Gray
 Jun 28 Stroh's III 8K - Portland *ME-85016-GN*
 MTC Event
 Jun 28 26th Annual Mt. Washington Road Race
 Jun 28 Pepsi Mtn. to the Sea Triathlon - Blue Hill
 Jul 4 L.L. Bean 4th of July 10K and Fun Run
 Jul 4 Firecracker 10K - Thomaston
 Jul 4 Veteran's Memorial Road Races - Wiscasset
 Jul 5 James Bailey/Gardiner Common Road Race -
 Gardiner *ME-85004-GN* MRR Event



Jul 12 4 Mile Scrivelsby XC Criterion - Blue Hill
 NBAC Event
 Jul 15 Portland's Perfect 10K - MTC Event
 Jul 19 Pat's Pizza Run - Yarmouth MTC Event
 Jul 26 Woods Run 3 Miler - Blue Hill NBAC Event
 Jul 27 Maine Event Triathlon - Gardiner *ME-85003-GN*
 MRR Event
 Aug 3 10K for Kidney - Portland MTC Event
 Aug 3 Blue Hill Day 10K - Blue Hill NBAC Event
 Aug 3 Lobster Fest Road Race - Rockland *ME-84001-GN*
 PBS Event
 Aug 16 Penobscot Pedaler - 27 Mile Cycle Race
 NBAC Event
 Aug 17 Good Sports 10 Miler - Brunswick MTC Event
 Aug 23 Blue Hill Mtn. Challenge - Blue Hill NBAC Event
 Aug 24 Maine Women's Classic - Gardiner *ME-85003-GN*
 MRR Event
 Aug 24-30 Maine Running Camp for Adults - College of
 the Atlantic, Bar Harbor
 Sep 1 Bangor Labor Day Road Race - *ME-85014-GN*
 Sep 7 Cape Challenge Half Marathon - *ME-85006-GN*
 MTC Event
 Sep 13 6th Annual Jonesport 5 Miler
 Sep 21 James Bailey XC Race - Gorham MTC Event
 Sep 21 9th Annual Gray Race 4 Miler - YRC Event
 Nov 2 Falmouth Lions 10K - *ME-85010-GN* MTC Event
 Nov 11 Veteran's Day Road Races - Augusta MRR Events
 ME-85018-GN and *ME-85017-GN*
 Nov 23 Cape Elizabeth Turkey Trot - MTC Event
 Nov 27 Gasping Gobbler 10K - Augusta MRR Event
 ME-85012-GN

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Susannah Beck

by Quentin Cassidy

Susannah Beck first met Andy at a mutual friend's house three and a half years ago. She told him she would like to be a runner and would he write her up a schedule -- he agreed -- never refusing young people -- and forgot all about her. But one day as he was reading a copy of Maine Running, in the results section of the Mainely Ladies race in Old Orchard Beach second place right below Marj Podgany's name was Susannah Beck's name. It was at this point that he realized here was an extremely gifted young woman and he decided he would follow her career closely. So with skepticism in hand his vigil began.

It was not a long wait. As a freshman Susannah won the Class D X-C meet and repeated as a sophomore. In track she won the two mile as a freshman and as a sophomore won the mile. It was at this point that Susannah Beck began to wonder what this was all about. When you take up the sport of running it's new and exciting and the improvements come fairly quickly. If the improvements come too quickly however then all of a sudden you have "potential" and along with the improvement come pressures oftentimes from unknowledgeable and uninformed sources. Along with subtle pressures that an athlete feels, even from people who care a great deal and have only the athletes best interests at heart i.e., parents, coaches, friends. It is at this point that an athlete especially a young athlete can get overwhelmed and lose why it is that they started this in the first place.

Athletes of all ages and abilities have to confront this problem and different people resolve it in different ways, very few come out unscathed. Suzannah was confronted with this and for a period had trouble figuring out just what her motivations were. Watching from a distance I felt I could see some of this in her performances, but just being an observer it is not always easy to figure out what is happening. The fall of '84 was the turning point, it was a fall of many ups and downs for Susannah and much decision making - ending with a DNF at the nationals. Ho! What is this all about? A long winter to figure it out.

Spring of '85 saw a new athlete, an athlete that knew why she was doing what she was doing. Suzannah was doing this because she liked it. Sure there was pressure, hard work, certainly ups and downs, but deep down it is extremely rewarding. Spring of '85 ended with a State Championship and a 5th place at the T.A.C.'s in the 3000. But more than that, the spring ended with a decision that it was time to be the best she could be remembering all the time that the ultimate was to be the best she could be at 25 or 30 or even 35 or 40. With that in mind it was time to set up a program that would be intense enough to show good success without taking any chances of costing down the road. Suzannah sat down with her coach and together they figured out just what that should be. This program, and Suzannah's diligence in following it led to the fall of '85.

There were no low points this fall. After a summer of very solid base work, racing started with a first at the MDI invitational, followed by a win at the Hyde invitational. After running these races well, it was time to check out some out-of-state competition. On to the Catholic Memorial Race at Franklin Park where she got to race the best Boston-area athletes. With a new course record and a very solid win Suzannah was beginning to get an idea of what type of runner she was. And all of a sudden New England-wide press knew about her. A dark horse, a little nobody from Maine comes down and beats the established stars of the Big City. But in distance running there really are no nobodies who come out of nowhere, there are however, uninformed journalists who have to cover up their lack of preparation with these superlatives.



Home from Boston with the regionals and the states looming on the horizon and some very tough competition right in her own back yard. Laura Duffy of Kennebunk would give Susannah all she could hope for. They would go 1 and 2 in both the regionals and the states - only 9 seconds separating them in both races. Susannah coming away all the better for having the good competition.

The only thing left for this fall is Kinney. Her coach had told her if she ran the hills of Madawaska all summer that she could win this regional, but what did he rally know. No one from Maine had ever won before and only Todd Hewes of Waterville had ever even qualified for the finals and some good people had tried - Michele Hallett and Joanna Green who both after trying at Kinney went on to win National titles (ah, to hit it on the right day). Lisa Wakem, Virginia Connors, Paul Plissey, Scott Roberts - just to name a few. And she found out later Joan Benoit even gave it a shot finishing ninth in the qualifier. Kinney takes the top eight. This race had the state champs from all New England, New York, New Jersey, Pennsylvania. Could she possibly be that calibre? Let's go in with an open mind and see what happens. You never say you can't; just do your best and see what happens. And then you are a success.

What will the strategy be? Somewhere you heard that Seko never makes a move until it is a move to win. So make sure that you are in good position at the mile with lots of room to run and check out the people you are racing with. Don't take the lead unless you are going to do something with it.

So here Susannah is with a half mile to go and running side by side in the lead with the New York State Champion. Then 600 yards to go. Well, if you have a move now is the time to make it. Do you feel a gap? Don't look just keep working at it. It's there you can feel it. You are going to win in a time of 17:40 for 5K - a new PR and a win. Now on to the nationals. San Diego here you come. But the 32 best people in the country; what if you finish last? Well, you got there. Let's see what you can do. Let's check out the competition and see how you compare.

Race day dawns hotter than you wanted. Oh, you wish someone you knew was here. How can they expect a young lady like yourself to come all the way across the country by yourself and still run well? Open mind - Open Mind!!

The gun goes off. Settle in near the back, if they go out in five minutes in this heat. You're a dead woman! Just try to be in control for the first loop, then pick it up. Now it's time. Still feel in control. Let's see how many people you can pick off this last mile. There's one, and another. Oh wow!! You're doing alright. The race is almost over; hold on. Yuh! Fifth place at the Kinney Nationals; 17:20 on a warm day, that's a 20 second PR. You think the year is a success. Now two weeks to eat chocolates and rest. I wonder if I can get a hand maiden to plop them in my mouth?

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Family Oriented Run

Course Records: Gerry Clapper: 14:58 Rose Prest: 18:07

PAPA GAMBINO'S

Odds & Ends

Running boom over? Huh, where? Certainly not in Maine. Look at how many running events we reported on in 1985...

	Calendar	Race Results in THE PACK
January	2	11
February	5	1
March	12	4
April	13	2
May	29	10
June	37	16
July	38	24
August	39	23
September	22	33
October	19	27
November	14	19
December	0	18
Total	230	188



And this isn't counting the triathlons, biathlons, canoe & kayak, bike and cross country ski events listed and reported on. What happened to the 42 races that were advertised in the calendar but failed to show up in the results? We will try for a perfect record in 1986.

Certify in '86

Why do we certify? In a recent letter from Jennifer Hesketh Young of the National Running Data Center I learned that the 30:13 run by Robin Emery Rappa at this year's Bangor Labor Day Road Race (5 mile) ranks 5th on the all-time list for women in the 35-39 age group. Leona Clapper ran a strong 55-59 age group 40:54 that day, good enough for 14th on the interim list for '85 among her peers.

Those figures are impressive when you consider the tough course they were run on.

Remember race directors of certified courses, the results are not official until you submit them to the NRDC. Send a SASE to the Youngs, PO Box 42888, Tuscon, AZ 85733, and they will send you the official Application For Recognition Of Road Race Performances.

Correction

In the December issue of MR&O it was reported that John Alsop finished third in the Waldo County Triathlon. John did have a great day but his third place finish was aided in great part by Bill Anderson, his partner. And we all thought John was that tough all alone!

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Maine Coasters News

On December 7th, the Maine Coasters, the L.L. Bean running club, ran a 24 hour runathon for the Maine Chapter of Reye's Syndrome Foundation. Reye's Syndrome is an often fatal disease affecting children from infancy through age 19, often associated with chicken pox and influenza.

The runathon was a great success. We raised in excess of \$2,800 (Money is still coming in).

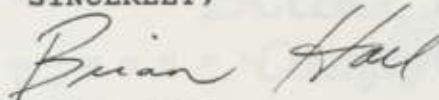
We had 37 Maine Coasters taking shifts on a 3 mile course through downtown Freeport and a half mile course at L.L. Bean's office complex. With a group start (which included Leon Gorman, L.L. Bean's President) and finale and a buddy system during the night, we totaled:

328.5 group miles

156 miles total distance at a 9:13 per mile pace

The Maine Coasters, which is made up solely of L.L. Bean employees, spouses and dependents was started in 1983. The club's main function is directing the L.L. Bean 10K race held on July 4th in Freeport. Now we have something to give us a little Christmas spirit, during this L.L. Bean's busiest time - the annual 24 hour runathon for charity.

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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 I
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	Rolling	85	30 - 12 70 18	\$4.00 \$5.00	Friday thru Sunday & Holidays	X X X X X X X
The Birches STC PO Box 81 Rockwood, ME 04478 (207) 534-7305	Dec to April	Flat to Mounts	95	35 UL 50 25 25	\$3.00 \$7.00	Daylight Daily	X X X X X X X
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
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
Holley Farm Resort Holley Farm Road Farmington, ME 04938 (207) 778-4869	Dec to April	Variable	75	11 UL 35 60 5	\$2.50 None	10:30 to 10:30 Daily	X X X X X X (Pool & Sauna)
Ski Nordic at Saddleback Rangeley, ME 04970 (207) 864-3380	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
Shorada Rec Ctr 525 Lake St. Auburn, ME 04210 (207) 782-6602	First Snow to End	Variable	90	15 2 39 39 22	\$3.00/\$4.00 \$4.00	Tue thru Fri 2-9 Weekends 9 to 9	X X X X X X X
Sunday River Inn STC RFD 2, Box 1688 Bethel, ME 04217 (207) 824-2410	Nov 30 to	Rolling	99	25 UL 30 40 30	\$4.00 \$6.00	9 to 5 Daily	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



MAINE NORDIC COUNCIL
 16 Stewart Avenue
 Farmington, Me 04938

OTHER MNC FACILITIES & EVENTS

CARIBOU BOG RACE ASSOCIATION, Tom Hanson, Box 873, Bangor, ME 04401
 THE PIPELINE TOUR & RACE, Bob Salesi, PO Box 427, Hampden, ME 04444
 SPRUCE MTN XC CENTER, RFD 2, Box 8425, Jay, ME 04239 (207) 645-4630
 95% wooded; 15K maintained & tracked. See race schedule page 4
 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
 SUMMITT SPRINGS SKI TOURING CENTER, Box 455, Poland Springs, ME 04274 (207) 647-3603 85% wooded
 12K 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 &
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 B = Lodge
 C = Change Rooms
 D = Wax Room
 E = Sales & Rentals
 F = Lunch Counter
 G = MNC Competition
 H = Bill Koch League
 I = Bed & Breakfast



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Bethel Inn Ski Touring Center, Bethel (See tri-fold flyer this issue)

Styrna Retires

Steve Elliott sent us a copy of "Friends of Track & Field Newsletter", which chronicals the exploits of UMO track and cross country. The top story in Volume 7, Number 1, of course, is the retirement of coach Ed Styrna after 30 years as head coach of track at Maine. The Eastern Intercollegiate Athletic Association indoor track championship meet will be held at UMO on February 8th in honor of Mr. Styrna.

The meet will be followed by a dinner in Wells Commons at which Styrna's unprecedented term of service will be recognized. Stu Haskell, Maine's athletic director, will speak on the future of track and field and cross country at the university.

There will be a reception at 4:30, immediately after the end of the Easterns with dinner following at 5 in the Wells banquet room. The cost will be nominal, so that members of the men's and women's teams as well as members of the Friends, area high school coaches and others who have been associated with Styrna over the decades, may attend.

Are you interested in UMO track & field or cross country? Why not become a member of the Friends of Track & Field. Write to them c/o General Alumni Association, University of Maine, Orono, Maine 04469. Dues is \$10 per year.

What, Me Run?

I try. Heaven knows I try...
 But
 It's below zero today.
 I'll run when it's above 10 degrees.
 Now it's above ten degrees...
 But
 I have meetings all day.
 So I'll run tomorrow.
 It's tomorrow...
 But
 It's coming down freezing rain.
 Well, maybe tomorrow...
 This is more like it! What a great day!
 But
 I forgot my running clothes.
 My voice is getting hoarse. Maybe tomorrow...
 Another great day!
 But
 I can hardly talk. I think I have a fever.
 Better wait until this goes away.
 Thanksgiving day. Flat on my back.
 A week passes...
 I'll try it today.
 I tried it! Seven miles...
 But

The fever's back.
 Another week...
 More meetings.
 More subzero weather.
 More fevers.
 But
 Now at last I feel fine.
 No meetings today.
 The weather is 25 and sunny.
 No wind.
 There's nothing to stop me now!
 But...



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Danny Paul by Ed Rice

Running in fast company is pretty much expected of Danny Paul on the Maine road racing circuit. But for the past two summers the Greely High School English teacher and cross country coach, who so modestly refers to himself as a "club fighter" style of runner, has put aside his racing flats to test himself against another elite set of heavyweights...the best the literary world has to offer.

Enrolled in the prestigious Bread Loaf summer program at Vermont's Middlebury College, the 1984 Maine Runner of the Year is pursuing his Master's degree. And instead of regular duels with the likes of Rock Green, Ken Flanders and the other top runners of the region, Danny has -- with equal dedication and excitement -- kept pace with the poetry of such frontrunners as Ezra Pound and T.S. Eliot, traveled the long and winding road of the classic novelists, to include his personal favorite Thomas Hardy, and even crossed the finish to applause as an actor on stage, performing in plays by such masters as Sam Shepard.

There are two more summers to go, with a trip to Oxford, England for study purposes there as a special treat. Of course Danny hasn't quit cold turkey on running. He noted that last summer he regularly topped 70 miles per week while in Vermont, easily fitting in training runs on some lovely area trails while on breaks from the books and lectures.

Accepting all manner of challenge has become something of a way of life for Danny Paul, one of New England road racing's truly "nice guys", ever since the 9th grade when he first heard the suggestion from somebody else that HE couldn't do something. That "something", interestingly enough, was running.



In this file photo from the 1984 Cape Challenge, Danny (316) is in his usual position, battling for first place; a battle he eventually lost to Rock E. Green, seen in sunglasses over Danny's right shoulder.

At the time a short, chubby Danny Paul was "either walking or coming in last, something like that" after a training run. The irksome memory which remains very clear, however, was that of a very undiplomatic coach who immediately approached and tried to interest him in managing for the team. Just one year later, having gained a few inches of height to begin assuming his natural, slender build and having done a lot of running on his own, he became a valuable member of the Portland High School cross country team as only a sophomore.

That year, under Coach Jack Wilkinson, Danny passed two runners in the last stages of a race to take fifth place for his team as Portland upset Danny's friend-from-childhood Ken Flanders and a highly-touted Deering High School team. As Danny ran across the finish line he was greeted by Wilkinson who gave him a big bear hug. "It was the greatest high I could imagine," Danny recalled. "We beat a team we weren't supposed to, and it was the first time I realized what I could be."

The difference in coaches wasn't lost on Danny. "Coach Wilkinson was an almost magical person to me, a superior coach for the times. He not only knew how to have us physically ready, but he was a great motivator and showed tremendous enthusiasm and caring. I wanted to do well for him."

And indeed he did. Through an outstanding career at Portland High, Danny said he never thought of himself as potentially "THE BEST", only that he was proud to be a contributing member of state Class A cross country championship teams as well as a member of indoor and outdoor state Class A championship track teams. Danny's omnipresent smile, natural friendliness, ready wit, and upbeat demeanor made him a natural leader; he was elected captain of all three squads and, when he graduated, was presented a very special scholar/athlete award, one not given annually but only when that special kind of candidate was present.

Interestingly, Danny's educational turning point also came back during the 9th grade, under the influence of an excellent English teacher who so encouraged and inspired him that "I knew right then I wanted to become a teacher." At the time of high school graduation Danny ranked 15th in his class of 485 members, and his choices for colleges included Harvard, Bowdoin, Northeastern (largely because his friend Ken Flanders was headed there), California Polytechnical Institute and North Carolina State (both of which wrote letters of interest to him) and, especially, Brandeis University. Money, however, was a real problem and money was going to have to be the determining factor.

For at home Danny's twice-divorced mother was just scraping by, providing for Danny and his four brothers and three sisters. At the time his step-father, a military veteran, was struggling with alcoholism (a problem, Danny proudly noted, he has since been beating). His real father, who he has never met, did write him directly for the first time on the occasion of his 17th birthday, getting the initial for his middle name wrong but offering to subsidize his higher education. A condition for this, however, was that Danny must move out and live with him in the Midwest. "I was not interested," Danny solemnly remembered.

Because a high school guidance counselor was delinquent in providing Brandeis with all of Danny's transcripts a hoped-for full scholarship was not forthcoming; instead, with Northeastern offering a full scholarship, he opted for the Boston-based school, its five-year cooperative education (work/study) program...and its outstanding corps of long distance runners.

NU, in the early 1970s, turned into quite a runners' mecca, particularly for many of the best high school runners from Maine. For not only were Kenny Flanders and Danny Paul attending during this era but so too were Larry Greer of Cape Elizabeth, Steve Jaynes of Windham, Jimmy and Don Doane of Portland and, perhaps destined to become the biggest name of them all, Bruce Bickford of Benton. The Huskies were principally led by Mike Buckley, the Flora brothers (Jon and Bob) and Flanders when Danny arrived to anything but a red carpet welcoming treatment.

"They (the Northeastern coaches) weren't expecting anything from me. I wasn't supposed to be much help. They had recruited 12 to 14 people with better PR's than mine. And my 4:28 mile was a joke compared to what the others around could do," he remembered.

But during the next several seasons Danny Paul repeatedly rose to the occasion to give Northeastern valuable depth points, beating contenders for his spot on NU's own roster as well as opponents in meets. He remembered with a proud grin a time when Irwin Cohen's assistant coach, Everett Baker, came up to him shaking his head with admiration. "Well," Baker told Danny, "You proved to be a hard nose. The New Jersey prima donnas have come and gone and you're still here."

Danny's red-letter moment came in 1975 when he ran his fastest 5-miler ever, 24:24, over the grueling cross country course at Franklin Park in the Greater Boston's, the New England-area collegiate championships, to earn a trip to the IC4A's, the Eastern collegiate championships to be held in New York. At the end of the previous season he had set, as his biggest goal, running an outstanding Greater Boston's race, so he could board the



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plane (his first airplane trip ever) for the ride to New York. In a truly stellar field he finished in 15th place, nabbing Northeastern's fifth runner slot. "I remember passionately telling Baker I'd be going to Logan (Airport) with them...and then I did it. It was one of the greatest races of my life. I'm just not that fast!" he recalled.

Danny said that it was during these years that the concept of being a "club fighter" style of runner both described and satisfied him. "It's a sense of knowing how good you are and silently saying to the others 'Okay, if you're better, prove it. But if you're off...' I still think though that the one of the best things about running is it allows you to be more competitive with yourself than with other people."

While running over 70 miles per week, 10 to 14 miles per day, during the years at Northeastern, Danny had started to slip just a bit academically. It bothered him. He began loading up on English and political science courses and his interest in learning was rekindled as he began to enjoy seeing foreign films, like the "King of Hearts", as much as he enjoyed stopping by the Boston Garden to see the Celtics play. Another turning point came when he fell under the guidance of a Brookline high school English teacher, a Dante scholar, whose inspiration continues to work upon him to this day. The teacher not only helped shape some of Danny's philosophical thinking about teaching but arranged for him to take over the classes of a teacher who went on maternity leave. He also implanted the notion of Bread Loaf and gaining valuable graduate work knowledge. "This was the real clincher," Danny said, of his decision to go into teaching. "I'd given law and political science and journalism some thought, but after this experience I felt about teaching the way I had back in the 9th grade."

When Northeastern refused to boost Danny's scholarship to match increases in tuition and then even threatened to cut it back, he left without completing his last year. "I'd already had to take loans. (Coach Irwin) Cohen didn't think he'd need me that last year and that I'd come back anyway. Then when I didn't come back he came after me. But it was too late. It really was a matter of principle to me," Danny related.

He completed his education at the University of Maine at Farmington, which turned out to be a pretty good deal all around since he met his future wife, Tammy, there and his first teaching/coaching situation evolved, perfectly timed, upon UMF graduation at nearby Mt. Blue High School.

Danny had been helpin Mt. Blue's Dick Brown, an English teacher who was coaching an excellent Class A girls cross country team. Brown has state championship teams in 1976 and 1977, and then left the school to join Athletics West where he has since coached, among others, Mary Decker. After serving as Brown's assistant in 1977, Danny coached the girls to two more state titles and also stepped right into Brown's classroom position.

"Dick was a very disciplined, extremely efficient type of a coach. I felt he was a little too immersed in the biological aspects, following heart rates and oxygen debt...things he began researching thoroughly when he went to Athletics West. But from him I learned a lot of things, the most important being that you can work hard and still have a lot of fun. Running can be a crative and imaginative exercise, not just an exercise in beating on yourself. I learned the concept of "speed play", not speed work which tends to burn young runners out. To this day even my track team doesn't go near the track until we have to. Secondly, I coach running as a lifelong sport, that you can race or you can do whatever you need recreationally with running," he said.

In 1980 he and Tammy, now married, moved to Cumberland where Danny took his present post of teaching English and coaching boys and girls cross country plus assisting with boys track. Danny inherited a high-caliber boys team (previously coached by Danny's one-time high school training companion and close friend, Chris Dinan) but had to start from scratch with the girls. His success with both squads has been exceptional. The boys have won their Triple-C league title twice and the Western Maine title once during his five years, notching a 21-5 record last season. The girls have won their Triple-C league title four years, won the Western Maine title the last three years and, after two narrow losses at winning the overall state title the last two years, beat archrival Maranacook to take the top Class B girls title in the state this past season. His girls team went 17-1 last year and posted a perfect 23-0 slate this season just passed. In 1983, when his girls squad just narrowly missed taking the overall state title (one of his best five competitors, suffering from hypothermia, took a fall and couldn't finish), Danny was nevertheless picked by his peers for Coach of the Year honors.

The classroom, too, has proved a fruitful experience. "Greely has a great philosophy in that it doesn't believe in elitism. No one or two teachers have all the best classes while everyone else teaches lower levels. We all have low, medium and upper level students. From the time I first got here I've been teaching Shakespeare to top-level students and also working with other levels," he explained. Further, he developed an interest in public speaking and, in addition to teaching it, he has coached some sterling candidates: two of his males have won back-to-back regional titles while last year his male and female candidates both won the State Principal Association's Spear Speaking Contest, the state titles in high school public speaking.



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Further evidence of his coaching ability, and his peers' recognition of it, is apparent by virtue of the fact that for the past two years he has served as president of the Maine State High School Coaches Association, working in the lobbying trenches to shape and streamline statewide school sports policies.

But of all this remarkable success at coaching Danny is his usual modest self: "I knew I wanted to teach and to continue my own running, but coaching wasn't something I had set as a priority. It's been a wonderful experience and the kids have been great. The real fun part is having them come back to visit, after they've gone off to college or gotten married or whatever. One of the girls, who missed out on a state title team, was just so happy to come back and see us achieve this goal. She felt like she'd been a part of it...and she had," he said.

A common sight for the small, attractive community of Cumberland Center is that of Danny Paul on a training run ("They all think I'm crazy...but they're all very friendly!"), taking advantage of quiet rural roads, wooded trails and a convenient local golf course. He still sets goals for his running, hoping one day that he'll break his 30:16 best for 10-kilometers with a sub 30-minute run, or lower his 2:28 marathon PR with something in the low 2:20's. "I guess I'm like Andy (Palmer, another outstanding Maine runner and coach)," he remarked, laughing, "who once told me he could coach everyone but himself to run faster. I've helped my teams to run faster, my friends, everyone but me."

Again his modesty is getting in the way. Danny Paul's name winds up in the top 10 of just about every race he runs, with the only exception being the Boston Marathon. He's won innumerable Maine races and still holds several course records, including the Veteran's Day half-marathon in Augusta. He said it's "an automatic" that he'll be a lifelong runner: "I hope that when I'm 65 I'll still be doing five or six a day, or whatever."

He continued, "Running still contains for me those two elements that first attracted me. First, that perseverance is rewarded; you don't need a natural talent, you can get as much out of yourself as you're willing to put in. And secondly, you can do it any time you want, for any number of reasons you want, for as long as you want." His first heroes in running, he said, have stood the test of time well. "I really liked Frank Shorter, particularly because he spoke so eloquently and was so clearly a non-jock type. And (the late Steve) Prefontaine, because he was so feisty and nutty. And Rodgers -- the great thing here, for me, is that I've gotten to know him. One of my biggest thrills in running came when Bill arrived at a race, saw me and said, 'C'mon Danny, let's go warm up.'"

Mixing it up with the best that running has to offer has carried right over into his educational concerns. "I realize now that I overlooked quite a lot in literature. I began Bread Loaf with the intention of pursuing further my interest in Shakespeare and Thomas Hardy, both big favorites of mine, but actually I've done very little with both. Instead I've looked more closely at Medieval literature, American novels -- to the point where I've become a fan of Henry James, the poetry of Hughes, Auden and others, and even theater and acting," he commented.

"Bread Loaf is this amazing little place where the best minds in English meet and work with some 200 to 300 very fine students. It's really an incredible atmosphere, comfortable but not modernized. The key is the people, wonderful teachers to compare notes and interests with. And then you add that phenomenal faculty...one of the instructors is accepted as the leading expert on (James) Joyce in the world. It's great to find instructors you can talk Shakespeare with, and then talk about the Red Sox!" he said.

"Cutting loose" at Bread Loaf means a movie or some other cultural event (although the movies can occasionally extend to a frolicsome thing like "The Rocky Horror Picture Show" or "M*A*S*H"). No televisions or radios are allowed. Danny said his playful rebelliousness every once in awhile gets the best of him: "Sometimes I slip out to my car and play a Springsteen or John Cougar tape!"

But supported by Tammy and his infant son, Trevor, Danny Paul continues to put one foot in front of the other in a number of very positive directions.

Ed's Note: At the time this article was written neither Ed nor I knew that Danny Paul would top the list of performers in certified Maine races for 1986 and earn the right to be called "Maine Running & Outing's Maine Runner of the Year". See the next page for the details.



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After five years without, Maine Running & Outing Magazine is finally forced to increase its cover price from \$1.50 to \$1.75. Effective March 1 the new subscription price will also increase to \$17.50 (still less than current newsstand price of \$18).

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Maine Running & Outing's Runner of the Year

In 1981, Larry Allen and I came up with the Maine Running Magazine "Maine Runner of the Year". We chose the top competitive runners by finding Maine runners who ran a great 10K, Marathon, another race of more than 10K, and any other race. Hank Pfeifle, Andy Palmer and Joan Benoit have dominated our choices ever since. Well, in 1986 we are choosing the "1985 Maine Runner of the Year" using only in-state "fully certified" races.

The reasons for this change are many. Primary in our reasoning is the fact that Maine Running and Outing is in the business of promoting "Maine" running. Although we are interested in Maine people's performances outside the state, we reserve the right to reward those who race in Maine. Secondly, we chose only certified races because we want to encourage all race directors to certify their standard distance races. Of course we wouldn't expect people with odd distance races to change to conform with our award program. We also feel that many great times are run on courses that claim to be a certain distance. All we ask is, "If your race is so fast and accurate why not get it certified so your competitors' times can have a chance in the national age group rankings."

This year's competition was close, so we broke the men's points down to one hundredths before adding them up. The points come from Computerized Running Training Programs by J.B. Gardiner and J.G. Purdy and is available to the public for \$8.50 from Track and Field News, Box 296- Los Altos, CA.

Paul & Moody are Tops

Danny Paul

32:30 Brodie's 10K	782.33
2:32:12 Casco Bay	780.32
1:11:01 Cape Challenge	805.72
26:34 Maine Milk Run III	726.06
Total	3094.43

Jim Toulouse

34:21 Rocky Coast 10K	701.04
2:31:10 Maine Coast	790.16
1:13:59 Cape Challenge	745.17
2:31:12 Casco Bay	789.85
	3026.22

Lance Guliani

34:29 Ben's 10K	695.55
2:32:18 Maine Coast	779.35
6:17:43 Rowdy Ultra	524.22
2:32:41 Sugarloaf	775.65
	2774.77

Kim Moody

38:16 Maine Event Triathlon 10K	550
2:47:57 Maine Coast	640
6:46:52 Rowdy Ultra	430
29:56 Maine Milk Run III	560
	2180

Debbie Sawyer

39:54 Brodie's 10K	500
3:07:22 Maine Coast	500
7:25:19 Rowdy Ultra	340
31:19 Maine National Bank 5 Mile	510
	1850

The fact that the final certification of Kingfield and the Great Pumpkin has not been accomplished yet effected both Jim and Lance's point total. The York Day Run Away was not used because we never received their results despite repeated attempts to do so.

According to the latest NRDC newsletter, Ken and Jen have yet to receive verified results on any of Maine's three marathons and many more of our 36 certified races. What's the sense of going to the expense and trouble of certifying if you have no intention of finishing the job? I hope to be able to notify all race directors of their reporting status in the next few months.

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The Best of Times

5K

Nov 11 - Veteran's Day 5K

1. Chris Bovie	35	16:19	1. Diane Wood	23	19:30
2. Floyd Wilson	35	16:36	2. Kristin Vickers	14	20:45
3. Brent Leighton	16	16:48	3. Allison Giustra	16	21:40
4. Todd Elwell	19	16:59	4. Patricia Titcomb	28	23:10
5. Rick Lane	38	17:04	5. Judy Barone	26	23:12
6. Lee Stover	21	17:17	6. Linda Ladd	25	23:54
7. Stephen Westbrook	22	17:27	7. Mary James	29	24:33
8. Mike Cameron	40	17:53	8. Nancy Ulrich	27	25:12
9. Thomas Wells	31	17:57	9. Leah Yates	09	25:15.0
10. Ray Johnson	37	18:10	10. Cynthia Norton	45	31:35

Congratulations to all of you for a fine effort in this year's Vet's Race but watch out...next year you will be competing against the Epstein's and the York Day 5K's plus (we hope) many more.

5 Mile

Mar 31 - Maine Milk Run (8K) Jun 23 - Maine National Bank Jul 6 - Gardiner Common
Sep 2 - Bangor Labor Day Oct 12 - Stroh's Run for Liberty (8K)

1. Bob Winn	24:33	Stroh's	1. Kim Moody	29:56	MMR III
2. Bob Winn	24:49	MMR III	2. Joanna Green	29:57	MMR III
3. Stu Hogan	24:52	MNB	3. Robin Emery Rappa	30:12.1	BLD
4. Stu Hogan	24:55	MMR III	4. Anne Marie Davee	30:57	MMR III
5. Gerry Clapper	25:00.9	BLD	5. Wanda Haney	31:07	MMR III
6. Henri Bouchard	25:12	Stroh's	Wanda Haney	31:07	Stroh's
7. Rick Garcia	25:14	MMR III	7. Debbie Sawyer	31:19	MNB
8. Doug Ingersoll	25:31	MNB	8. Linda LaRue-Keniston	31:46.1	GC
9. Rick Garcia	25:33	MNB	9. Denise Harlow	31:47	MMR III
10. Andrew Whalen	25:34	MNB	Denise Harlow	31:47	MNB

It's quite evident that the Maine Milk Run/Stroh's 8K course is awfully fast! Old Hallowell Days will join this group of outstanding 5 milers in 86.

10K

May 11 - Rocky Coast Jul 28 - Maine Event Triathlon Aug 4 - Maine Lobster Fest
Aug 17 - Blueberry Fest Aug 25 - Maine Women's Classic Sep 2 - Brodie's
Oct 6 - Ben's

1. Andy Palmer	31	30:01.3	Ben's	1. Cecily Currier	26	36:42.6	Ben's
2. Dean Kimball	25	30:33.6	Ben's	2. Robin Emery-Rappa	38	37:17.0	Ben's
3. Misa Fossas	24	30:35.6	Ben's	3. Nancy Ellis	32	37:36.9	Ben's
4. Stu Hogan	24	30:39.4	Ben's	4. Kathy Tracy		37:38	Brodie's
5. Hank Pfeiffle	34	30:50	RCRR	5. Ann England	22	37:47.2	Ben's
6. Paul Plissey	21	30:58	MET	6. Roseanna Prest	22	38:04	MWC
7. Keith Woodward	30	30:59	MET	7. Kim Moody	30	38:16	MET
8. John Fitzgerald	21	31:02	BF	8. Cynthia Lynch	25	38:19.5	Ben's
9. Henri Bouchard	24	31:05.6	Ben's	9. Kim Moody	30	38:20	MWC
10. Dave Westover	21	31:22	MET	10. Brook Merrow	30	38:21.8	Ben's

As you can see, Ben's is back with an outstanding field once again. Next fall Kingfield and the Great Pumpkin should both be re-certified. Watch out for the upcoming RRCA National Championship event!

15K

Aug 10 - Schoodic Point Aug 11 Winthrop Lions Nov 3 - Ralph Thomas

1. Bob Winn 26	47:22 RT	1. Joan Samuelson 28	54:54 RT
2. Bruce Ellis 33	47:42 SP	2. Rebecca Richards 18	57:59 SP
3. Henri Bouchard 24	48:16 SP	3. Cynthia Lynch 24	59:05 SP
4. James Newett 27	48:51 SP	4. Linda Larue-Kenniston	59:32 WL
5. Tim Wakeland 20	48:56 SP	5. Mardi Reed 42	59:49 SP
6. Erich Reed 17	49:00 SP	6. Nancy Ellis 32	61:14 SP
7. Mike Gaige 32	49:54 SP	7. Carol McRea 31	62:38 SP
8. Roy Morris 22	50:21 RT	8. Camilla Rogers 22	62:46 SP
9. Todd McGraw 20	51:10 SP	9. Mardi Reed 42	63:28 RT
10. Dick Fournier 33	51:21 SP	10. Annie Blumer 29	63:39 SP

Hopefully, Schoodic Point and Winthrop Lions directors can get together in 1986 and make a deal to move their two great events apart. Who knows, this year "ol" Mardi Reed could show up three times in the top ten.

Half-Marathon

Sep 8 - Cape Challenge Nov 11 - Veteran's Day Half

1. Bruce Ellis 33	1:08:43 CC	1. Nancy Ellis 32	1:27:19 CC
2. Ralph Duquette	1:10:41 CC	2. Jennifer Rood	1:30:43 CC
3. Danny Paul	1:11:01 CC	3. Wanda Haney	1:30:53 CC
4. Rock E. Green	1:13:44 CC	4. Lisa Muller	1:31:55 CC
5. James Toulouse	1:13:59 CC	5. Ellen Chandler	1:33:25 CC
6. George Towle	1:14:06 CC	6. Linda Woodward 38	1:34:19 VD
7. Barry Fifield 28	1:15:11 VD	7. Jo Comeau	1:34:52 CC
8. Dave Patterson	1:16:05 CC	8. Gail Kinney	1:37:11 CC
9. Bob Kent	1:16:08 CC	9. Claudia Takacs	1:38:33 CC
10. Ron Newberry 35	1:16:49 VD	10. Gayle Richards	1:38:56 CC

This just shows you how tough the Veteran's Day race is. Greg Nelson feels that with the inclusion of the Great Lite Beer MAINEIacs event this March, that the half marathon will be a classic event in the Maine Running calendar. How about that New Hampshire husband and wife team Ellis?

Marathon

May 26 - Maine Coast Aug 25 - Sugarloaf Oct 13 - Casco Bay

1. Rock E. Green 31	2:26:51 SL	1. Christine Maisto	2:45:52 MC
2. Scott Mason	2:28:45 MC	2. Kim Moody	2:47:57 MC
3. Rock E. Green 31	2:29:09 CB	3. Gina Sperry	2:54:22 MC
4. Joe Banas 28	2:29:26 SL	4. Kim Moody	2:59:15 CB
5. Gene Coffin	2:29:55 MC	5. Connie McLellan-Cuff	3:00:13 CB
6. Joe McGuire (M)	2:30:59 MC	6. Constance Kimball	3:02:19 MC
7. Jim Toulouse	2:31:10 MC	7. Jennifer Rood	3:04:25 CB
8. Jim Toulouse	2:31:12 CB	8. Debbie Sawyer	3:07:22 MC
9. Tom Amiro	2:31:14 MC	9. Vicki Wechsler	3:10:00 CB
10. Danny Paul 31	2:32:12 CB	10. Laura Kuhn	3:11:45 MC

Maine Coast continues to have the strong field and the especially fast female times. It seems Maine is blessed with 3 solid marathons. Let's hope they all continue to grow and prosper.

Ultra

The Ultra was reported on in the January issue of Maine Running & Outing.

Maine's Junior Olympians

Maine's Jr. Olympic runners overcame 12 degree temperature and icy snow covered trails at the T.A.C. National Jr. Olympic Cross Country Championships held last month at the Jack Nicklaus Sports Center in Ohio. Over 1700 runners from around the country competed in the 13th annual event.

Maine runners were once again fine representatives of the state. Five of our young athletes brought home medals for finishing in the top 25 in their respective age groups. Jill Decker of North Yarmouth finished 6th in the age 13-14 girls division and Karen Salsbury of Canaan finished 10th in the 15-16 girls division. Deron Weatherbie of Cape Elizabeth lead a strong Maine contingent in the 10 and under boys division. Deron's 9th place finish was followed closely by Tim Weem of Hallowell (11th) and Braden Alley of Jonesport (25th).

One of the more enjoyable parts of the weekend was a runners' meeting hosted by U.S. Olympic marathon runner Julie Isphording.

Martin Weiss

10 and Under Girls (3,000 meters)
 1st place team - Time Machine (CA) 60 points
 1st place finisher - Kristy Engesser (CA) 12:19.86
 51st Jessica Tighe (Auburn) 14:24.72
 77th Jenny Reali (Yarmouth) 15:05
 83rd Kristin Berube (W. Kennebunk) 15:12.82
 86th Rachel Vachon (Sabattus) 15:13.62

10 and Under Boys (3,000 meters)
 1st place team - Silver State Studies (Nevada) 105 pts
 1st place finisher - Jake Corey (Nevada) 11:40:83
 9th Deron Weatherbie (Cape Elizabeth) 12:23.80
 11th Tim Weems (Hallowell) 12:32.63
 25th Braden Alley (Jonesport) 12:54.32
 35th David Stokes (Yarmouth) 13:07
 92nd David White (Yarmouth) 14:14

11 & 12 Girls (3,000 meters)
 80th Jenny Popp (N. Yarmouth) 15:05

11 & 12 Boys (3,000 meters)
 1st place team - Providence Cobras (R.I.) 163 pts
 1st place finisher Steve Ponce (IN) 10:53.91
 35th Issac Hutchinson (Auburn) 12:02.56
 44th Amos Wright 12:08.69

13 & 14 Boys (4,000 meters)
 1st place team - Silver State Studies (Nevada) 89 pts
 1st place finisher - Jessie Calum (Michigan) 14:07.51
 122nd Tom Barry (Cape Elizabeth) 16:16.47
 129th Peter LaRose (S. Portland) 16:20.97



13 & 14 Girls (4,000 meters)

1st Place Team - Silver State Studies (Nevada)	129 pts
1st place finisher - Tina Gorbet (CA)	16:16.11
6th Jill Decker (N. Yarmouth)	16:39
63rd Lenora Felker (Yarmouth)	18:02
93rd Theresa Pratt (Livermore Falls)	18:34.28

15 & 16 Girls (5,000 meters)

1st place team - Bonney Bell Striders	88 pts
1st place finisher - Lorri Gormaz (Ohio)	18:32.43
10th Karen Salsbury (Canaan)	19:15.77
31st Missy St. Pierre (Jay)	20:07.66
41st Kristen Vickers (Winthrop)	20:34.30
74th Elizabeth Jurkowski (Alfred)	21:13.42
83rd Denise Whelton (Winthrop)	21:27.91
89th Allison Giustra (Warren)	21:39.81
90th Heather Mank (Waldoboro)	21:40.98
110th Kathy Wight (Monmouth)	22:45.11

15 & 16 Boys (5,000 meters)

1st place team - Motor City Striders (Mich)	68 pts
1st place finisher - Ernest Shepard (S. Carolina)	15:56.74
50th Mike Martin (Rumford)	17:08
56th Rusty Snow (Auburn)	17:15.77
75th Kevin Way (New Glouster)	17:25.18

17 & 18 Girls (5,000 meters)

1st place team - Lake Shore Striders	40 pts
1st place finisher - Tracy Bowers (Penn)	18:42.64
70th Carolin Gross	22:46.88

17 & 18 Boys (5,000 meters)

84th Harold Stairs (Rockland)	17:09.37
88th Ben Millis (Waterville)	17:13.37

Maine Track Club

The monthly membership meeting of the Maine Track Club will be held at 7:00 p.m., Wednesday, February 12, 1986, at the Machine Tool Auditorium, Southern Maine Vocational Technical Institute, Fort Road, South Portland, Maine.

Guest speaker will be Danforth DeSena, D.P.M. He will speak on running, the foot, foot injuries and disorders, mechanics, and podiatry.

Public is invited; admission is free

Sincerely,

Joan Lavin
Joan Lavin



What, ME Run? Part II



One would suppose from recent news stories that the onset of heart attacks for most people occurs during or just after aerobic exercise. The facts are quite otherwise. You'll never guess it, but more people are afflicted with heart attacks during bowel movements than at any other time.

This indelicate statistic is not widely reported by the news media, nor dramatized in prime time network broadcasts. It is a most revealing comment on our society, however. It pinpoints the most strenuous activity engaged in by the bulk of the population, and that is sad.

I have not seen studies showing what those few runners who have heart attacks were doing at the precise moment when the heart attack hit. What is, after all, the most strenuous aspect of running? Well, with years of running behind me in all sorts of weather and course conditions, I can certainly guess.

They must occur most often while putting on or taking off running shoes. You know what I'm talking about.

It was tempting to get more specific about it. In the winter, for example, the prying off of frozen upon sweaty layers of clothing is just about as stressful as taking off shoes. If you wear glasses, the experience of complete blindness and disorientation just after entering a warm building after a run could be the trigger. In the summer, stress comes from several directions, the most severe being tourists asking for directions, but other triggers including rabid dogs, days in which the number 98 applies to temperature and humidity at the same time, and finally, deciding which race to run on any given day. I haven't mentioned the stress of losing your job, wife, or the respect of your neighbors because of running, but those factors probably play a part too.

Still, to generalize over all weather and running conditions, I have to say that it is probably the taking off of shoes that would be the immediate cause for most runners, since they seem to be glued on after a run. I have to also say that the most immediate trigger for heart attacks among running bystanders, those standing around runners, is also the same taking off of shoes, but there the cause involves an assault on the senses rather than muscular stress. Similarly and the other side of the coin, the second most common activity triggering a heart attack for runners must be putting shoes on. After crowbarring the feet in, the laces must be tied, and here emotional stress comes in as they inevitably break, both on the same day two minutes before the biggest race of the year.

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Sports Nutrition Fact and Fiction

Today, more than ever health experts recognize that what you eat directly affects how your body operates. Fortunately our knowledge of nutrition has advanced so that recommendations can be given to athletes wanting to best meet the physical demands of exercise. In the past many athlete's eating practices believed to improve performance, may have done more harm than good. Let's take a look at some of the beliefs which can in fact impair athletic performance.

FICTION: Athletes should consume a high protein diet to increase the size and strength of their muscles.

FACT: A high protein diet in itself will not increase the body's musculature. It is the use of the muscles that increases their strength and efficiency. Carbohydrates provide the best form of muscle fuel for both training and endurance. Protein is used only, as a last resort form of energy.

The athlete's protein requirements may be slightly higher than the sedentary individual or .8 grams of protein per kilogram of body weight. An athlete's diet should include 15-20% of the calories from protein foods in the form of lowfat meats, poultry, fish and dairy products. (1 ounce of meat=7 grams protein, 8 ounces milk= 8 grams protein) The average American consumes 2-3 times his protein requirement. With an increase in caloric intake the athlete may consume 4-5 times the requirement thus there is no need for supplementation, particularly protein powders. The body does not store excess protein, it is only converted to fat.

A high protein diet may dehydrate the body, placing undue stress on the kidneys. It may also result in tissue damage, a loss of appetite and diarrhea.

FICTION: Athletes need extra vitamins for top performance and must take vitamin pills.

FACT: There is no evidence that vitamin or mineral supplements will improve athletic performance in a well nourished individual. If an athlete is suffering from a shortage of a particular vitamin, a deficiency will certainly impair physical potential and should be treated accordingly by a physician.

Vitamins are best utilized when obtained from food. Vitamin pills often provide megadoses of vitamins up to 1000 times the Recommended Daily Allowances. Any supplement in excess of 200% of the RDA may cause harm by creating excesses which upset the body's critical balance, with unwanted side effects.

Recent studies suggest that the requirements for certain B-vitamins, (Riboflavin, Vitamin B-6, Thiamine) may be increased in physically active persons, however these needs can easily be met through diet. These B-Vitamins are found in abundance in whole grain and enriched breads and cereals, dried beans, milk and eggs.

ACTION: Thirst is a good indicator of the amount of fluid lost through perspiration.

FACT: Research shows that athletic performance diminishes with a 2-3% loss in body weight. Athletes who routinely lose water in excess of 5% of their body weight are at risk of developing severe dehydration and heat injuries which can be fatal. The body's thirst mechanisms may not signal until 1% of the body weight is lost or half way to dehydration.

Athletes must think actively about drinking enough water, the essential nutrient most often ignored. Individuals should weigh themselves before and after exercise to monitor fluid losses. Consume one pint of water or fluid for every pound lost. Cool, plain water (40-50°F) empties fastest from the stomach in moderate portions, (4-8 ounces every 15 minutes) and best brings the body's electrolytes back into balance. If sports drinks are to be consumed for fluid replacement, the American College of Sports-medicine recommends they be diluted to one-third their concentration. Your total daily fluid intake should not be less than 8 cups daily, particularly during the summer months. Remember, dehydration is the one factor which most often reduces athletic performance.

Anne-Marie Davee, R.D.
Susan Davis Associates
Rockland, ME 04841
596-6417

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'THE PACK'

SHAW'S THANKSGIVING 4-MILER

Portland

Nov 28th

1. Andy Kimball	19:59
2. Andy Whalen	20:11
3. Mike Herson	20:40
4. Mike Turner	20:41
5. Barry Fifield	20:46
6. Werner Pobatschnig	21:07
7. Rusty Snow	21:27
8. Stephen Fluet	21:28
9. Wayne Pelletier	21:29
10. Joel Croteau	21:34
11. Frank Brume	21:54
12. David Clark	22:07
13. Mike Lapinski	22:22
14. Wayne Clark	22:24
15. Stephen McGrat	22:26
16. David Smith	22:27
17. Charlie Nichols	22:28
18. Bob Coughlin	22:35
19. Dan Campbell	22:39
20. James Doane	22:40
21. Dave Kimball	22:43
22. Paul Bourget	22:45
23. Muzzy Barton	22:56
24. John Beatty	22:57
25. Joel Titcomb	23:10
26. Greg Dugas	23:15
27. Jim Harmon	23:20
28. Chase Pray	23:22
29. John Lunt	23:33
30. Peter Flaherty	23:38
31. Ron Cedronis	23:43
32. Roger Berle	23:47
33. Frank Whittier	23:48
34. Russ Connors	23:51
35. Tom Swan	23:53
36. Sam Merrill	23:56
37. Andrew Sawyer	23:59
38. Norman LaPorte	24:02
39. Alvin Bugbee Jr.	24:03
40. Bob Ingerowski	24:16
41. Don Wilson	24:21*
42. Wanda Haney	24:23
43. Charles Peters	24:29
44. Lee Nicely	24:35
45. Alvin Bugbee	24:41
46. Lloyd Crocker	24:51
47. Bill Paulisko	24:55
48. Chuck Massive	24:56
49. Roy Morejon	24:58
50. Norm Twaddel	25:09
51. Ralph Salomone	25:10
52. John Fischer	25:11
53. Richard Wood	25:15
54. Joseph Happi	25:17
55. Tony Benoit	25:22
56. Carl Hefflefinger	25:24
57. Biff McGilpin	25:26
58. John Balicki	25:28
59. Joe Doane	25:29
60. Lee Crocker	25:30
61. Gary Barton	25:34
62. Gerry Myatt	25:36
63. Carl Comstock	25:47
64. Dennis Morrill	25:51
65. Dick Brink	25:52
66. Thomas Carll	25:53
67. Chris Salomone	
68. Randy Schroede	

69. Steve Robertson	25:54
70. Scott Martel	25:56
71. Donald McGilve	26:01
72. Gordon Chamber	26:04
73.	
74. Ken Casey	26:20
75. Tom McMillan	26:35
76. Ken Fickett	26:46
77. Carl Fogg	26:50
78. Jane Dolley	27:02*
79. Ken Curtis	27:04
80. Don Stanhope	27:06
81. Richard Duncan	27:10
82. Tim Maloy	27:11
83. Barbara Coughlan	27:15*
84. Michael Hancock	27:23
85. Steve Collins	27:26
86. Diane LaVangie	27:34*
87. Kevin Salomone	27:39
88. Thomas Herbert	27:41
89. Craig Hall	27:45
90. Len Locke	27:49
91. Paul D'Amboise	28:01
92. Don Penta	28:03
93. Bill Finley	28:05
94. Chris Neagle	28:07
95. Scott Segal	28:10
96. Maureen Sproul	28:23*
97. Steven Beatty	28:27
98. Jean Bennett	28:35
99. Barney Morrill	28:41
100. Jamie Hill	28:42
101. Ken Ray	28:44
102. David Ray	28:51
103. Rick O'Brien	28:52
104. Mike Valliere	29:18
105. Rebecca Harkavey	29:22*
106.	
107. Alan Ramsdell	29:28
108. Doug Brown	29:31
109. Warren Alpern	29:32
110. Ken Luebbert	29:33
111. Sandra Caufiel	29:40*
112. Robert Cushman	29:47
113. Patty Titcomb	29:47*
114.	
115. William Whitte	29:52
116. Raymond Brunel	29:53
117. Tim Smith	30:03
118. Richard Lemieux	30:06
119. Sarah Stuckey	30:07*
120. Kris Jankowiak	30:08
121. Patty Medina	30:10*
122. Earle Harvey	30:17
123. Susan Young	30:29*
124. David Cohen	30:32
125. James McFarland	30:34
126. Rod Stanley	30:51
127.	
128.	
129. Joseph Croteau	30:59
130. Warren Foye	31:00
131. Anthony Harvey	31:00
132. John Caruso	31:01
133. Melissa Smith	31:02*
134. Liz Burke	31:04*
135. Kim Hampton	31:07*
136. Dick Goodie	31:08
137. David Ryder	31:17
138. Pam Tremblay	31:17*
139. Molly Ellis	31:18*
140. Jean Thomas	31:28*

141. Sandy Utterstrom	42	31:32*
142. Diane Hanscom	29	31:33*
143. Liz Goodie	24	31:40*
144. Alicia Harding	45	32:00*
145. Paula Sweatt	28	32:02*
146. Polly Loughton	23	32:03*
147.		
148. Mort Soule	40	32:13
149. Johanna Beamer	19	32:18*
150. Dee Nicely	45	32:23*
151. Melvin Fineber	50	32:24
152. David Valliere	36	32:32
153. Raymond Nevel	47	32:47
154. Joyce Goodie	52	33:06*
155. Edward Sogge	14	33:10
156. Brenda Cushman	44	33:02*
157. Don Atkinson	38	33:25
158. Terri Morris	57	33:30*
159. Gerald Davis	49	33:38
160. Mary Selknap	39	33:43*
161. Bonnie Bickford	15	33:49*
162. Christina Corb	22	34:10*
163. James Carroll	76	34:14
164. W.E. Lazzette Jr.	51	34:15
165. Al Utterstrom	44	35:13
166. Judith Henness	23	36:14*
167. Frank Long	68	36:31
168. Ruth Hefflefin	56	36:33*
169. Kathleen Woods	29	NTG

Results courtesy of George Towle
Race Director

7TH ANNUAL JANUARY THAM ROAD RACE Belgrade 4.5 Miler Jan 12th

1. Chris Bovie	36M	24:21
2. Mike Gordon	18m	25:11
3. Tom Thibau	27m	25:16
4. Fred Judkins	41m	25:36
5. Jerry Allanach	36m	25:58
6. Doug Lodewig	46m	26:10
7. Jeff Brown	35m	26:55
8. Martin Schiff	46m	28:24
9. Tom McGuire	39m	28:39
10. John Schwerdel	40m	29:01
11. Paul Dall	44m	29:11
12. Donna Davis	24f	29:21
13. Jim Moore	42m	29:27
14. Nancy Lagin	35f	30:00
15. Ed Worcester	24m	30:11
16. Philip Pierce	44m	30:13
17. Carl Reilly	32m	30:55
18. James Cox, Jr.	29m	31:01
19. Gary Barrett	41m	31:43
20. Bill Sayres	54m	31:50
21. Ron Paquette	44m	34:05
22. Dean Rasmussen	37m	34:06
23. Claudia Takacs	30f	34:14
24. Donna Jean Pohlman	35f	35:33
25. Wendy Sayres	52f	38:01
26. Harvey Mason	52m	40:29

Fred Judkins' 25:36 was a new masters' record and Donna Davis' 29:21 was a new open women's record

Results courtesy of Gene Roy
Race Director



The Ski Pack

BIATHLON AT CAMP ETHAN ALLEN VERMONT

Kirk Seigel, President of the Pine Tree Biathlon club won this early season event, skiing the 10K course in 36:15 while missing two out of five prone and only 1 out of five standing.

Club Secretary, Steve Scott of Bangor came in 14th in 60:36 and missing 2 shots each, prone and standing



Atom 42 31:32*
m 29 31:33*
24 31:40*
ng 45 32:00*
28 32:02*
on 23 32:03*

40 32:13
er 19 32:18*
45 32:23*
er 50 32:24
re 38 32:31
47 32:47
52 33:06*
14 33:10
n 44 33:02*
38 33:25
77 33:30*
49 33:38
19 33:43*
rd 15 33:49*
b 22 34:10*
76 34:14
r. 51 34:15
44 35:13
e 23 36:14*
36:31
56 36:33*
29 NTG

George Towle
Race Director

THAN ROAD RACE
Jan 12th

36M 24:21
19m 25:11
27m 25:16
41m 25:36
36m 25:58
46m 26:10
35m 26:55
46m 28:24
39m 28:39
40m 29:01
44m 29:11
24f 29:21
42m 29:27
35f 30:00
24m 30:11
44m 30:13
32m 30:55
29m 31:01
41m 31:43
54m 31:50
44m 34:05
37m 34:06
30f 34:14
35f 36:33
52f 38:01
52m 40:29

as a new masters'
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Race Director

Ski Pack

ALLEN VERMONT

of the Pine Tree
early season
course in 36:15
of five prone and
nding.

Scott of Bangor
and missing 2
standing

CARTER'S LAST STAND

Oxford	SK	Jan 5th
1.	Ron Newberry	35m 19:56
2.	William Haskell	19m 20:15
3.	Jason Wilson	18m 20:57
4.	Ben Michaud	15m 21:34
5.	Dan Greenleaf	18m 21:47
6.	Roger Smith	24m 22:05
7.	Ron Berry	18m 23:41
8.	Scott Burrill	18m 23:47
9.	Bob Heald	17m 25:19
10.	Doug Zinchuk	32m 26:20
11.	Alice Goodwin	28f 26:37
12.	Chase Pray	40m 26:41
13.	Dave Carter	37m 26:21
14.	Owen Haskell	57m 28:23
15.	Chris Bryant	17m 28:54
16.	Bruce Haskell	42m 29:05
17.	Warren Newton	18m 30:44
18.	Andy Davis	16m 30:46
19.	Michael Davison	13m 32:26
20.	Richard Davison	43m 32:26
21.	Dawn Smith	18f 32:36
22.	Patty Davison	16f 33:05
23.	Debbie Davison	16f 33:28
24.	John Hodgkins	50m 34:07
25.	Robert Payne	47m 34:48
26.	Jen Greenleaf	15f 35:20
27.	Kathy Kaatrude	32f 36:55
28.	Sue Hultgren	29f 37:39
29.	Robert Houtare	40m 38:38

Results courtesy of Anne Carter
Race Director

LAKE LOOP RUN 10K

Ski Nordic at Saddleback Jan 11th

	Class	
1.	Jeff Meserve	c 36:39
2.	Mike Varuolo	b 36:55
3.	Frits Onion	b 39:27
4.	Bruce Wing	b 40:25
5.	Bruce Conit	b 41:00
6.	Steve Hall	b 41:20

5.	Steve Hall	b	41:20
7.	Raul Siren	e	42:04
8.	Dan Record	b	42:55
9.	Arnie Amoroso	e	44:51
10.	Ken Twaddell	c	45:00
11.	Martin Burnham	d	45:45
12.	Matt Nazar	b	46:23
13.	Richard Haskell	d	46:39
14.	Roger Wing	f	47:08
14.	Tina Whitney	h	47:08*
16.	Dan Works	c	48:02
17.	Jim Hine	d	49:34
18.	Owen Haskell	f	50:09
19.	Ron Sawyer	b	50:33
20.	Sara Welch	g	51:17*
21.	Todd Pokrita	a	51:42
22.	Rebecca Chipman	h	53:12*
23.	Kirstin Schultz	g	54:31*
24.	Amanda Onion	g	55:26*
25.	Alice Fleming	h	56:29*
26.	Erin Minear	h	57:02*
27.	Anna Glass	g	57:54*
28.	Mark Bryant	a	58:32
29.	Kathy Palowski	h	58:49*
30.	Katherine Kaatrude	j	59:14*
31.	Alan Cyr	a	59:42
32.	Sue McKechnie	h	59:44*
33.	John Roderick	x	60:03
34.	Kim Marden	g	62:13*
35.	Amy Graham	g	63:21*
36.	Loren Eastler	h	63:48*
37.	Amy James	g	65:21*
38.	Sarah Yates	g	71:52*
39.	Tammy Folsom	g	72:22*
40.	Shelley Spear	g	73:01*
41.	Melissa Franson	h	75:24*
42.	Diane Smith	h	76:17

Results courtesy of Carl Wegner
Race Director

Canoe and Kayak enthusiasts be watching the March issue for the most complete whitewater information ever. Here's a sneak preview from the Appalachian Mountain Club:

February or March

Ice out on the Sheepscott! Call Lu Bauer L to register early (892-4236) CL George Patten 882-6631

March

- 1-2 Leaders Choice, 3. Norm Reynolds (617) 443-2459
- 8-9 Leaders Choice, 3. Morrill Nason (207) 846-5167
- 15 So. N.H. Leaders Choice, 3-3+. Tim Ensworth (207) 767-1679
- 16 Little Ossipee, 2. Pete and Marianna Mickelson (207) 929-4840
- 22 Leaders Choice, 2-3. Don Skolfield (207) 773-3642
- 23 Wonalanset-Swift, 3. Morrill Nason (207) 846-5167
- 29 Sheepscott 2, Priscilla and Jim Thorne (207) 772-2821
- 30 Leaders choice, 2-3. Alice McKenna (207) 647-2251

the canoe chairman for the AMC this year is Bill and Alice McKenna, RR2, Box 1421, Sweden, Maine 04040 (207) 647-2251
Trip fee: \$2 per non-member



CANOES



PEN BAY PACERS

As of the Annual Banquet (January 29) the Pen Bay Pacers have some changes in officers. These changes were discussed and agreed upon at the Christmas Fun Run/Party held at the Sylvester's.

Vern Demmons' year as president came to an end. Vern did an excellent job and his energy kept the Pen Bay Pacers one of the best running clubs in the state. Although Vern is stepping down as president he assured everyone that he would still be there to help whenever and wherever needed.

Pam & Bob Cuthbertson will be replacing Vern as head of the Pacers. Susan Schmitke will replace the Cuthbertson's as editor of the Bulletin. She will of course have the excellent art work of husband, Harry as well as Paul Cole.

Maine Track Club

Several nominations for national recognition awards are being made by the Club as follows:

Bob Jolicoeur for the RRCA Scott Hamilton Award given annually to the most outstanding RRCA Chapter President; Charlie Scribner for the NIKE/RRCA Rod Steele Memorial Award for the most Outstanding Club Volunteer. In addition, Bob Jolicoeur has submitted 10 copies (as requested) of the September, 1985 newsletter to enter it in the Outstanding Club Newsletter competition.

Ed's Note: If you have never seen the MTC Newsletter borrow one from a friend in the club. I'm sure you will be impressed.

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In Old Hallowell

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Men's & Women's 565	\$ 62.95	\$ 39
Men's & Women's 470	\$ 52.95	\$ 49
Men's 575	\$ 65.95	\$ 59
Women's 520	\$ 59.95	\$ 55

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Augusta Plaza
622-5342



Annual Frostbite Run Against Child Abuse



To Benefit: Hancock County
Child Protection Council

Join us in the annual FROSTBITE RUN to benefit the Hancock County Child Protection Council, as they strive to help prevent child abuse through various educational programs throughout the communities of Hancock County. The Council strives to educate parents, children and community citizens alike on the many types of abuse that children encounter throughout their childhood years.

Please join us in our Frostbite Run Against Child Abuse.

- DATE:** Saturday, March 8, 1986
- TIME:** 11:00 a.m.
- LOCATION:** Start & Finish at Ellsworth High School, off Route 1A
- REGISTRATION:** Fee - \$5.00; Registration begins at 9:30 a.m. T-shirts to first 50 to pre-register. Checks should be made payable to Hancock County Child Protection Council and should be forwarded with registration form to Down East Family YMCA, P. O. Box 512, Ellsworth, ME 04605 Telephone: YMCA-667-5647; Home-422-3343.
- FACILITIES:** Restrooms at the high school. Refreshments at finish.
- AWARD CATEGORIES:** Male/Female-Overall Finisher; 14-under; 15-18; Top 3 finishers 19-29; 30-39; 40-49; 50-over
*Only 1 award per person
- Dress accordingly!

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 official volunteers for any and all injuries suffered by me in the above-named road race.

NAME: _____ T-shirt Size: S M L XL

MAILING ADDRESS: _____ AGE (as of March 8) _____

SIGNATURE: _____ Male/Female _____

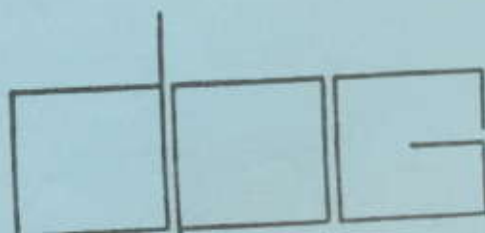
Signature of Parent or Guardian if under 18: _____

Regal Press, Inc.
Ellsworth, Maine
Supports the Fight Against Child Abuse

DEMERS TRACK GLASSIC



FEBRUARY 23, 1986



DEMERS PLATE GLASS CO.

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**BATES
COLLEGE**

LEWISTON, MAINE



DANKEE
athletic club

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DEMERS TRACK GLASSIC

Name _____ Address _____

City _____ State _____ Zip Code _____

Date of Birth _____ Sex _____

Club _____

(Club scoring is for TAC Clubs only; entry will decide a competitor's affiliation)

TAC Association _____ TAC # _____

Division: 10 & under Boy/Girl _____ Open Men/Women _____
(Born 1976 and later)

11-12 Boy/Girl _____ Masters _____
(Born 1974 or 1975)

13-14 Boy/Girl _____ Non-Competitive _____
(Born 1972 or 1973)

In consideration of this entry being accepted, I intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may incur against Demers Plate Glass Co., The Yankee Athletic Club, Bates College, the Maine TAC and their agents or assigns for any injury by me at said meet.

Signature _____ Date _____

(Parent/Guardian if under 18)

Please check the events you wish to enter:

Events	Men	Women	10&under B/G	11-12 B/G	13-14 B/G	Master	Non- Competitive
55 Meter							
55 Highs							
55 Lows							
200 Meter							
400 Meter							
800 Meter							
1500 Meter							
3000 Meter							
5000 Meter							
1500 Racewalk							
4 X 200 Relay							
4 X 400 Relay							
High Jump							
Long Jump							
Triple Jump							
Pole Vault							
Shot Put							
35 lb. Weight							

Invitationals Seeding Times:

Walter V. Demers, Sr. Memorial Mile _____
Invitational 1000 Meter _____

Post Entries will be accepted.

The Games Committee reserves the right to reject any entry.

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DEMERS TRACK GLASSIC

Date: Sunday, February 23, 1986

Place: Athletics Fieldhouse East Building, Bates College, Lewiston, Maine

Time: 14 & under Field - 9:00 Track - 9:30
all other divisions Field - 12:00 Track - 9:30

Entry Fee: Open Division - \$3.00
Master's Division - \$3.00 (non-scoring)
All Youth Divisions - \$.50 (Limit - 2 run/1 field/relay or
1 run/2 field/relay)
Special Non-competitive 1500 - No charge (non-scoring)

Registration: All competitors must be registered with their local association of "The Athletics Congress/USA". Registration materials will be available at the meet.
(Not required for non-competitive 1500) Cost - \$6.00
(Maine TAC)

Awards: Open events - Medals to top three places. Ribbons to 4,5,6,
(& Masters) - Also winners will receive individual prizes.

Youth events - Ribbons to top six places.
- Also winners will receive individual prizes.

Relays - Ribbons to top three places.

Special glass awards to top male & female TAC clubs and top male & female Individual. Team award to TAC Youth Club scoring most points in all divisions combined.

Invitational Events - (Demers Memorial Mile & 5000 Meter Inv.)
- Commemorative awards to top six athletes.

Non-Competitive 1500 - Certificates to all competitors.

Sanctioned by: Maine Association of the Athletics Congress.

Sponsored by: DEMERS PLATE GLASS CO. 669 Main St. Lewiston, Maine

Host Team: Yankee Athletic Club

Facilities: 200 meter Ruba - turf track & runways. Restrooms and showers will be available on site.

Walter V. Demers, Sr. Memorial Mile/ Invitational 5000 Meter: If you wish to be considered for either of these races, please furnish us with your fastest times within the last year.

Makes checks payable to: DEMERS PLATE GLASS CO.

for further info contact: John P. Lafreniere c/o Demers Plate Glass Co.
(207) 784-5404

Send completed entries to: Demers Plate Glass Co.
P.O. Box 1562
Lewiston, Maine 04240

Special Rules: Per order of Bates College - spiked shoes will only be allowed in the Open High Jumps and Pole Vault (1/8" in length only). All other events - no spikes allowed. Bring your flats.

DEMERS TRACK GLASS

"ORDER OF EVENTS"

Field Events

"Youth Field Events"

9:00 A.M. High Jump Area
10 & under Girls
11 & 12 Girls
13 & 14 Girls

followed by boys same order

Long Jump Area
10 & under Boys
11 & 12 Boys
13 & 14 Boys

followed by girls same order

"Adult Field Events"

12:00 A.M. Shotput Area
Mens Shotput
Mens 35 lb. weight
Womens Shotput

Long Jump Area
Womens Long
Mens Long
Womens Triple
Mens Triple

High Jump Area
Mens High
Womens High

1:00 Pole Vault Area
Mens Open

Track Events

9:30 A.M. Invitational 5000 Meter
55 High Hurdle - Trials - Men's Open
55 Low Hurdle - Trials - Women's Open
55 Meter - Trials - All groups
3000 Meter Run - Women -
55 High Hurdle - Finals - Men's Open
55 Low Hurdle - Finals - Women's Open
55 Meter - Finals - All groups
4 x 200 Relay - Finals - All groups
Lunch Break

1:00 P.M. Walter V. Demers, Sr. Memorial Mile
1500 Meter Run - All groups
400 Meter - Finals - All groups
1500 Meter Racewalk - Men's Open
1500 Meter Racewalk - Women's Open
800 Meter Run - All groups
200 Meter - Finals - All groups
5000 Meter - Men's Open
4 x 400 Relay - Finals - All groups

Track events will be conducted as follows:

Youngest to oldest groups and
Male before female divisions.

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SS

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FROSTBITE 5K

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ARDS THREE DEEP (MALE & FEMALE) IN FIVE CATEGORIES

- 18 - under
- 19 - 29
- 30 - 39
- 40 - 49
- 50 - over



2: February 22, 1986

lt Area: 11:00 AM

***** CE: Skowhegan Area High School, Skowhegan, Maine

RY FEE: \$5.00 in advance
\$6.00 the day of the race
make checks payable to: Dollars for Scholars

SULTS TO BE PRINTED IN THE MAINE RUNNER

In consideration of this entry being accepted I for myself, my heirs, administrators, and assigns, 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 _____ SCHOOL OR ORGANIZATION _____

SIGNATURE _____

PARENT'S SIGNATURE IF UNDER 18 _____

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