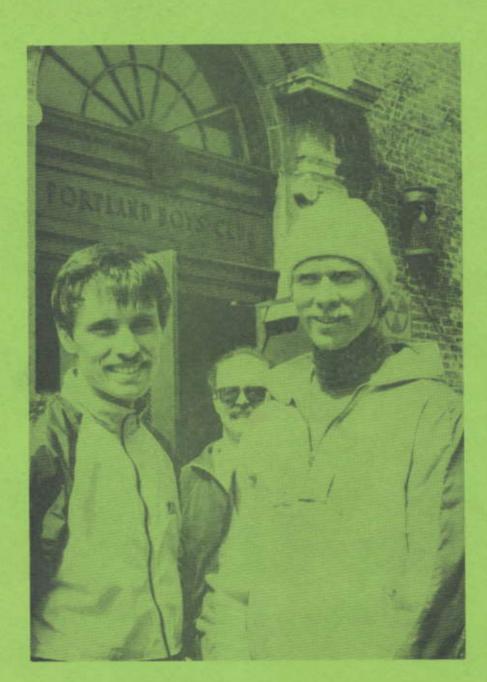
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# Vol. 5, No. 1 JANUARY 84 MAINER RUMARY 84

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\$1.50

MAINE RUNNER OF THE YEAR?

NEW MAINE RUNNING LOG!



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

Who is Maine's best road racer? For the past two years Hank Pfeifle has held the title as the state's best overall road racer by virtue of his performances in four categories: the marathon, the 10K, a distance in between these two, and another performance of any length. Close on Hank's heels both years were the two figures on the cover, captured on film by a Bangor Daily News photographer at this past April's Portland Boys Club 5 Miler.

Sammy Pelletier on the left and Andy Palmer , winners of the Philadelphia Independence and Bostonfest Marathons have a lot to smile about. One of them may just out-point Hank in this year's Annual Edition of Maine Running to be published as the February issue. Tune in next month to see the results.

New this year is the Maine Running Log. Each month there will be two pages with 32 entry areas to record your daily training. Now you can plan with the calendar, record your training and see the results all in the same place. Let me know how you like it.

Don Wismer joins us this month and should add his zaniness on a monthly basis from now on.

I'm sorry I haven't got the results from the T.A.C. state, regional and national competition. I haven't received any information on these events yet. Help!!!

Hope all of you are running like the wind as we enter Maine Running's fifth

Editor: Robert Booker PO Box 259

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East Holden, ME 04429

Telephone: ( 843-6262 ) (between 5 & 9 p.m.) (Babies sleeping!)

January & February Calendars A lot of cross-country ski events and a few road races. If you haven't been in a nordic ski race, try it out. It's a great way to get your total body in shape for the upcoming running season. RUNNING A RACE? Make sure the race directors hear about the February dead-line. I'd like to see all the races in this early '84 issue. INDOOR TRACK IS BACK UMO student, Jon Rummlar previews the Indoor Track Team at Orono for WHAT ME RUN? Don Wismer lends his warped perspective to the running game. All Don's articles appear first in the Maine Road Rambler Newsletter. I don't mind his seconds.

CLUB NEWS 6-12 Lots of news plus the most current complete list of addresses.

ST. JOE'S NEWS 13 Check out how things ended up for Maine's

classy small college. SABE TRACK MEET

14

18

Start sharpening your spikes. AT THE RACES 15-17

Veteran's Day, the Gobbler and the Osprey. Anyone got any bird seed?

Collegiate X-C story.

SOUTH OF THE BORDER Steve is back with the New England

RUNNER'S LOG 19-22 All new! Now you have your calendar,

training notes and results in the same place.

THE PACK 23-30 January

R BILL KOCH LEAGUE OPENER. X-C Ski races. 21, 31 and 5 miler. Akers Ski, Inc., Andover, Maine. Bethel Opener. Junior Olympic Qualifier X-C 5 and 74 miles. 15 Telstar High School, Bethel, Maine. 15 Lake Loop Run. X-C citizens race. 10K. Ski Nordic STC around Saddleback Pond in Rangeley, Me. ROCKWOOD-MT KINEO NORDIC SKI CHALLENGE. Citizens 10K from the 21 Birches STC, Rockwood, Maine. WILD MOOSE RUN. Me. Citizens Series Race. USSA Sanctioned 15K. 22 Carrabassett VTC, Carrabassett, Maine. 22 SNORADA CUP. Senior Olympic Qualifier - USSA Sanctioned 10 and 15 miler. Snorada Rec Area, Auburn, Me. RED ROOSTER NORDICS BKSL RACES. District One BKSL Qualifier. 22 24, 34, 5. Titcomb Mt. STC, Farmington, Me. 22 5TH ANNUAL JANUARY THAW ROAD RACE. 4.5 miler out of Belgrade Central School. Team awards as well as individual. 1 p.m. race Contact: Central Maine Striders or Gene Roy 465-7296 2ND ANNUAL RED CROSS SKIATHLON (2-11-84 is backup date) Citizens 28 race. Teddy Bear STC, North Turner, Me. 29 BILL KOCH LEAGUE BONANZA. District One BKSL Qualifier 24,34 5 Snorada Rec Area, Auburn, Me. 29 6TH ANNUAL SNOFEST 5 MILE ROAD RACE. 12 noon at the Augusta Civic Center. See flyer.

February

- 5 SUMMIT SPRINGS SIZZLER. Me. Citizens Series Race 10 to 15 Summit Springs STC, Poland, ME
- BILL KOCH LEAGUE RACES. Dist One BKSL Qualifier 24,34,5
  Black Mt of Maine, Rumford, Maine
- 11 3RD ANNUAL WILD KATAHDIN TRUST SNOW RUN. 11 a.m. from Katahdin High School in Sherman. See flyer.
- 2ND ANNUAL CARIBOU BOG X-COUNTRY SKI RACE. 11:00 a.m. from the Bangor Mall to Old Town High School. 18K. See flyer in the February issue.
- NORTHERN LIGHTS CLASSIC. Me Citizens Series Race 10 to 15 Titcomb Mt. STC, Farmington, Me.
- BILL KOCH SKI LEAGUE RACES. District One BKSL Qualifier 25,35,5 Spruce Mt. STC
- MOUNTAIN MADNESS. Up Mountain on XC Trails back down best way you can! Ski Nordic STC, Rangeley, Me.
- BILL KOCH LEAGUE TEAM RACE DAY. District One BKSL Qualifier 24,34,5 Akers Ski, Inc., Andover, Me.
- 22 STAN FOX CUP. Citizens Race. Sunday River STC, Bethel, Me.

X-Country schedule from the Maine Nordic Council, 16 Stewart Ave., Farmington Maine. Galen Sayward, Executive Director. Get out and ski!

## **RUNNING A RACE?**

What if you directed a race and nobody came? That's why we publish the most comprehensive year calendar we can in the February issue each year. Race directors, send the name of your race, the distance, the time, the location and the cost to Maine Running before the 15th of January and your race will appear in the year calendar published in the February issue. This is not a solid calendar. Hopefully, the February issue's calendar can be used by the directors to communicate and work out any conflicts that exist. A lot of great races get small fields because they go up against major events in the population centers. Try to use the February calendar as a working tool to maximize the attendance at all races in Maine. Get those notes in the mail! If you think the race director of your favorite race may miss this one-time notice, let them know vourself.



scope into newspapers and radio. Maine Running a weekly newspaper column is sumitted to many of the state's dailies and weeklies. Maine Running the newspaper column now appears were on a frequent basis in the Valley Times of Pitsfield, the Courier-Gazette of Rockland, and the Bar Harbor Times. Has it appeared Heather in your paper yet? Why not find out.

Every Friday at 5:50 p.m. Maine Running Magazine is heard over the air on WABI AM 91 in Bangor. Veteran George Hale and Rich Kimble have given me a lot of help in producing this informative 10 minute show. Hopefully, by spring, we will be in a position to market the show state-wide.

If you would like to more about Maine Running - the magazine, the newspaper column, or the radio show, feel free to contact us.

We're growing to serve the running community of Maine better.

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**WABI-AM91** 

## "Indoor Track Is Back

by Jon Rummlar

The 83-84 Maine Indoor Track Team is looking forward to a very strong season. The team's coaches, Ed Styrna (Head Coach), Jim Ballinger (Assistant Coach), and O.J. Logue (Distance Coach) are excited by the strength of this young team, which benefits from a large underclass and strong senior leadership.

The team will be very strong in the running events, particularly middle and long distances. Gerry Clapper, a placer in last year's New England indoor and outdoor meets, is back after breaking nine minutes for two miles last year. Steve Ridley and Chuck Morris, low 4:10 milers, along with top X-C runners Glendon Rand and John Fiola add strength to distance corps.

In the middle-distances, Ken Letorneau, a low 2:10 thousand yard man and cocaptain John Condon lead a young group of runners. Shawn Hight and Robin Hayes, last year's top 440-600 men in the Maine high school ranks, look very strong. In the 880, sophomore Mark Stillings and frosh Darrin Krug are looking to be in the 1:55 range. Krug was one of the best half-milers in Massachusetts as a senior in High School. John Boucher, Mark Keup and David Winkin add depth to 440 and mile relays.

The leader in field events is junior co-captain Jeff Shain, a top thrower in New England. Joe Quinn is number one in the 35-pound weight. The high jump is led by two black bear football players, Jack Leone and Clay Pickering. Both have been in the 6'6" area. Freshman Jim Vose leads the long and triple jumps. He has gone 21' plus early in the season in the long jump.

Unfortunately, depth is lacking in the dash and hurdles, but overall, it looks like a fine year for the Black Bear squad.

## LEWISTON ADULT EDUCATION

156 East Avenue, Lewiston, Maine 04240 784-8990

#### IMPROVING YOUR RUNNING

This course will present strategies to improve running performance through the prevention of various injuries common to the runner. The participant will develop methods of injury screening and prevention and how to deal with various types of common running ailments. In addition to discussing basic anatomy, the role of orthotics and proper choice of running footwear will be covered. Class meets at Lewiston High School from 6:30 to 9:00 p.m. for four consecutive Wednesdays beginning February 1, 1984. Two CEU's are available which can be used by coaches for teacher recertification.

Instructor: Gerald Hussar, Physician's Assistant and Certified Athletic Trainer working in the Office of Dr. Victor Parisien in Lewiston.

Fee: \$10.00 for Lewiston residents; \$15.00 for non-Lewiston residents. Make check or money order payable to Lewiston Adult Education and send to Lewiston Adult Education, 156 East Avenue, Lewiston, ME 04240 Attention: Running Course Registration.

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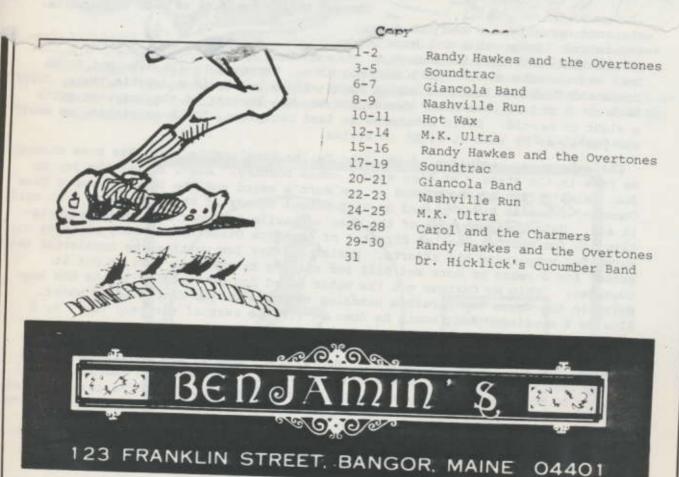
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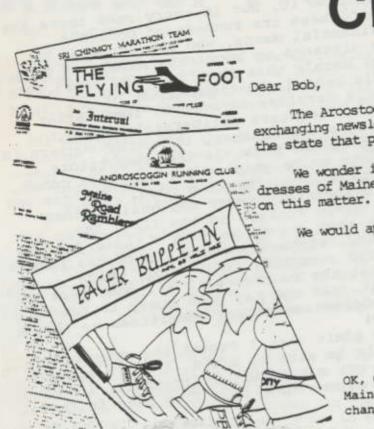
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Many of you may not realize it, but in every race there are what I call "boosters." These are runners of moderate ability but limited financial means, who are employed by race committees for a pittance to boost the morale of the participating runners. Here's what they do. They start out fast, and hang a little behind the tight bunch of frontrunners that always develops in a race. Then, after a few miles, the booster or boosters deliberately begin to slow their pace, and one after another, the other runners in the race begin to catch up and pass. As the competitors pass, the boosters appear to be gasping for air, and croak out phrases like "Way to go," or "Looking good," or "Are you Frank Shorter?" They deliberately sweat copiously. Since passing any competitor gives runners an ego lift, the boosters make sure that they get it -- that's their job. By the time the race is over, virtually every runner has passed at least one booster, and everybody feels good, which increases the chance that the runners will all come back to the particular race next year and pay good money to run in it. You should never underestimate race committees -- they know what they're doing!

As for me, I have to admit that I resent the constant attempt by race officials to slip me a ten. I don't care what it looks like, I'm not a booster, confound it! I've never once yet mistaken anyone in a race I've been in for



## **CLUB NEWS**



The Aroostook Joggermauts Running Club is interested exchanging newsletters with any and all other clubs through

the state that publish one.

We wonder if you could provide us with the names and dresses of Maine running clubs, so that we may contact the

We would appreciate any help you could provide.

Sincerely,

Gehrig Johnson Newsletter Editor Aroostook Joggermauts

OK, Gehrig. Here's the most recent list of Maine running clubs I have. Send any contact changes to the magazine as soon as possible.

Unfortunately, depth is lacking in the dash and like a fine year for the Black Bear squad.

## EWISTON ADULT EDUCATION

156 East Avenue, Lewiston, Maine 04240 784-8990

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Come meet some people in love with the restaurant business.

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

#### January

1-2	Dandy Unikas and the Overtane
3-5	Randy Hawkes and the Overtones Soundtrac
5 5	
6-7	Giancola Band
8-9	Nashville Run
10-11	Hot Wax
12-14	M.K. Ultra
15-16	Randy Hawkes and the Overtones
17-19	Soundtrac
20-21	Giancola Band
22-23	Nashville Run
24-25	M.K. Ultra
26-28	Carol and the Charmers
29-30	Randy Hawkes and the Overtones
31	Dr. Hicklick's Cucumber Band



123 FRANKLIN STREET, BANGOR, MAINE 04401



### Maine Track Club

Have been running 5½ to 6 miles at 5:50 a.m. with Russ Connors on a fairly regular basis. There's a lot more to life than running and races, although to some running is life and I'll have to admit that I was there once. Many people get PR's in races but they also get PR's in life for being great fathers and mothers, husbands and wives, sons and daughters, by being active in community, civic, and church organizations, by pursuing their career, school, or college goals. What is amazing to me is that so many people do as well as they do while excelling at so many other areas of their life. These are really the unsung heroes that make this old world better by putting back a lot more than they received. I would like to put forth a proposal that races should be on Saturday or Sunday at 1 p.m. (weather permitting) so that those people that choose to put other things ahead of races, don't have to make choices.

The 4th or was it the 5th Annual MTC Handicap Race was directed by Pres. Dick McFaul from Cape Elizabeth H.S. A beautiful sunny day with temperatures up in the 30's. Race was won by David Manthorne, 12 or 13 year old that competed nationally, 2nd Dave Trussell, shortly after completing Marine Corps Marathon, 3rd Bill Davenny, one of our newest members, who ran his 1st Marathon at Maine Coast in 83. Dave Paul was 4th, Father of Jeff one of our MTC Pee Wee Runners of the Year and Race Director PBC Patriots Day 5 Miler and Bailey's Cross Country Classic, and 5th was Bob Caron, who warmed up with Russ and I and we could see that Bob was going to have a good one and 29 others from a few seconds to a couple of minutes behind, but winners all.

5th Annual MTC Banquet held at Verrillo's Restaurant at Exit #8 of the Maine Turnpike. Even though we had a bad storm and some real slippery conditions on the road, practically everyone made it, except for some from longer distances and inland. Evie and I and Jerry Roberts got in late, since my son, Steve had to work late and was nice enough to give someone without transportation a ride home and we had not arranged a back-up ride. Happened to sit Mike and Ralph Towle and Paul Families (excluding Dave) and to see Lorie and Katie Towle, Jefff Paul go up and receive their awards for Pee Wee Runners of the Year was quite a sight to behold. David Manthorne as last recipient, has been picking up awards for years, so he took it right in stride.

Chris Kein, as recipient of the John Fyalka Scholarship, sure has come through as tops in the state - at high school cross country. Also, to see the joy on Joan Welch's face as she picked up son Marc's award and the look on Joan & Russ Connors' faces as Sarah picked up High School Runner of the Year award - it said it all. Major contribution of the year - Charlie Scribner has done a superlative job for another year as Director of the Race Directors. Also, plaudits to Norma for supporting his efforts. Marian Leschey for putting the newsletter together for 2 years or more and Bill for sparing to take the time to put it together. "Chip Mc Cartney got the Water Award for outstanding job he has been doing in the Casco Bay Marathon handling the massive job of providing water. Also as I mentioned last month he does it for the rest of the year for 7 or 8 a.m. runners from Payson Park around the marathon course. Dave Trussell was recipient of the John Fyalka Award for the outstanding job that he did putting together the Surf n Turf Challenge. Had written up a little additional to add to the list of awards that were submitted, but if you have been reading Maine Running or checking the results in Portland papers and others, the results speak for themselves. Special thanks to Barry Howgate for fantastic job of organizing the annual banquet and to wife Judy for backing him up. Last but not least, Dick McFaul, Pres; John Conley, Vice Pres., Barry Howgate, Sec., and Dave Trussell, Treas. (re-enlisted). Thanks for a fantastic year. Hope I can get that organized someday.

See you on the run,

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The big news from the coast of Maine is new officers for the Pacers. After Serving two very successful years as president, Sterling LeBlanc has stepped down from that office.

Sterling was instrumental in starting the Pacers and was a great president, and organizer. Unfortunately for the club his work as director of the TRADE WINDS HEALTH CLUB keeps him tied up, making it impossible for him to continue.

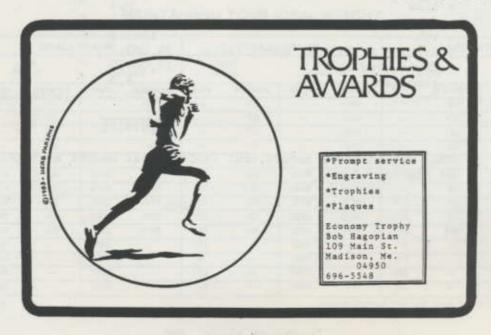
The good news for the Pacers is that Ken and Paulette Sylvester have accepted the job as co-presidents. Ken and Paulette are not new to the Pacers or running. Together they have been very successful race directors, both the Seafood Festival 10K and the Pacer 15 Miler are races they have been in charge of.

Vern Demmons has taken over the job of treasurer from Paulette. Vern made the mistake of saying he wouldn't mind doing it - "Instant Election".

Pacers are planning the yearly banquet, for the end of January. Chairman Dr. Doug Johnstone tells us plans are going good. Details to follow.

On January 15, the Pacers will be sponsoring the Second Annual Snowflake ETA (estimated time of arrival) Run. The race is a 3.1 mile event that anyone can win. You estimate what you think your time will be, leave your watch at the starting line and go for it. Last year's winner (just happened to be me) was only off by 2 seconds. All runners who want to have a fun race without the pressure of trying to get to the finish line first to win are welcome. The Snowflake ETA Run will start and finish at the Rockland Recreation Center, Limerock Street, Rockland, Me. Registration will be from 9 a.m. to 9:45 with the race starting at 10 a.m.

Bob Cuthbertson



#### Woodsrunners

Yep things are really quiet in the woods, right now. Weather conditions are so bad that "no one is stirring 'cept Nurdley's louse." The next big time events are the Snow Run (see flyer) and the coming of the January edition of Muskrat World.

As the year ends, the conscientious Woodsrunners must attend to the tasks associated with the beginning of a new year. Club bylaws require a change of T-shirt and stockings sometime during January of each calendar year - unless you were a swimmer in the Triathalon. Swimmers are allowed to change "gear" anytime before Easter.

Another year end task is the tally of miles put in for the year. Some members have recorded every mile (and one jerk has it all on computer). By the way, some Woodsrunners have devised a new formula for computing mileage. It's based on new revolutionary concepts introduced by R. Taylor and adopted by Nurdley and Duane. It came about like this: Taylor had an incredible year racing - better than ever before. After races, (at the hydrating sessions) he swore to Duane and Nurdley that the secret to his success was the cutting back of weekly mileage to 30 - 35 miles. It sounded alright until the Joggernauts published the mileage of club members, and there was Taylor with an incredible # of miles!! Evidently he counted mileage for other activities as well as running.

Now ole Nurdley and Duane went about re-figuring their mileage. Near as we can tell, Duane and Nurdley logged an incredible 43,919.61 miles in '83.

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- cross country skiing
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This may not be a record, but it is a real decent average!! See ya at the Snow Run.

Anon

## Saint Joseph's College

NORTH WINDHAM, MAINE 04062

TELEPHONE 207-893-6786



ions

for

The Boston Globe released it's final New England Cross-Country team rankings. The final ranking includes all divisions.

1.	Providence College	(I)
2.	Dartmouth College	(I)
3.	Boston University	(I)
4.	Northeastern University	(I)
5.	Brandeis University	(III)
6.	Lowell University	(I)
7.	Harvard	(I)
8.	University of Connecticut	(I)
9.	Boston College	(I)
10.	University of Mass.	(111)
11.	Fitchburg State	(III)
12.	St. Joseph's College	(I)
13.	University of Rhode Island	(I)
14.	Yale University	(II)
15.	Keene State	(11)

St. Joe's had a 28-4 regular season record. They won the N.A.I.A. New England Championship for the third straight year. Coach Brian T. Gillespie was named N.A.I.A. New England Coach of the Year for the second time in three years. St. Joe's finished third in the N.C.A.A. Division III New Englands and llth in the N.C.A.A. Nationals. They thus end the season as the 11th ranked Division III team in the country. They return their entire team next fall. St. Joseph's has a male enrollment of 110:

### MAINTAINING YOUR IDEAL WEIGHT

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Blue Cross



Brunswick Lodge of Elks No. 2043 179 Park Row Brunswick, Maine 04011

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Maine Running P.O. Box 259 East Holden, Maine 04429

Attention: Bob Booker

Dear Sir:

I am writing in regard to the upcoming Frank Sabasteanski Memorial Maine TAC championship to be held August 4, 1984 at Whitter Field on the campus of Bowdoin College in Brunswick, Maine.

For the 1984 meet, we are pleased to introduce the "Sabe" Memorial 10 kilometer championship road race. We are in the process of having the course certified. We are looking forward to this event and feel that it will add immensly to the road race program through-

All entries to this road race are to be pre-entry only and no post entries will be accepted. The entry fee of seven dollars will accompany the entry and all entries will be accepted up to the postmarked date of July 28, 1984. All entries postmarked after that

All participants must be members of TAC and reside in the state of Maine in order to run in either the track meet or the road race.

A commemorative hat will be given to the first thirty-five male and fifteen female finishers of the 10 kilometer race. This hat will be indigenous of that particular year's road race.

Sometime in the spring I will be sending you approximately 900 copies of the entry forms and a remittance so as to include an entry with each of your month's issue. Please advise me as to the exact amount needed in order to do this.

I hope that I will have your support in this matter as I, personally, would like this to succeed because all proceeds from this are to go to the establishment of the Frank Sabasteanski Memorial Scholar-

The Brunswick Lodge of Elks have been sponsoring this TAC championship for twenty-six years now and, as the chairman of the committee in charge of the track meet for the Elks, I hope to see interest grow throughout the state for this particular meet.

Thank you for your cooperation in this matter.

Meet Director

AT THE RACES

VETERANS DAY ROAD RACES AUGUSTA Nov 11th

Many runners were apparently discouraged by the early morning downpour as 40% of those preregistered did not show for the 4th Annual 
Veterans Day Road Races sponsored by the Maine 
Road Ramblers and Augusta Elks for the benefit 
of the American Heart Association. Too bad, 
as the rain stopped before the 10 a.m. start 
of the certified half-marathon (13.109 miles) 
and 5 Km (3.1 mile) and didn't resume until 
nightfall.

The No-shows also missed a great time at the Elks Lodge after the races. A luncheon consisting of beef stew, sandwiches, beer and soda was part of the entry fee. Over 50 prizes were donated by local merchants with 30 going to the race winners and the rest raffled by race number. The big winner of the day was Anne Dudley who won a \$150 pair of Hersey custom fitted running shoes donated by Bart Hersey of Farmington. The drawing of her name triggered screams of delight from her and her friends from South Portland. Race Director, Greg Nelson said he felt like a TV game show host. Anne's lucky day wasn't over however. In a separate raffle conducted by the Elks she won a popcorn popper.

In the half-marathon, for the third year in a row one of the state's top runners took control right from the start to register a wire to wire win. In 1981 it was Kurt Lauenstein, last year Danny Paul and this year Peter Millard. Peter, winner of this summer's Sugarloaf Marathon, negotiated the hilly route in 1:12:09. The 29 year old Orono runner was followed by Peter Lessard, 21 of Winslow, 1:14:29 and Jim Toulouse, 35 of West Buxton, 1:16:52. Ann Blumer, 28 of Orono, led the women in 1:29:25. She was followed by yet another Orono runner; Paula Stone, 22, 1:35:06.

Chris Bovie, 33 of Hallowell, threw a 4:45 first mile at the 5K field. Chris pointing for two Thanksgiving week races, then cruised home when no one went with him. Chris still managed to tie the course record of 16:04. Two Gardiner runners, Floyd Wilson, 33, and Randy Gardella, 17, followed in 16:44 and 17:19. Fourteen year old Karen Boucher of Livermore Falls was the first woman with a time of 21:41. Carolyn Pke, 15 of Turner was next in 22:07.

Gred Nelson



A group of runners negotiate a hill in the Veteran's Day Half-Marathon



Ann Blumer of Orono crosses the finish line in 1:29:25



Rick Lane of Augusta makes faces at photographer Kevin Purcell. This is how the guys at the front of the Pack behave!

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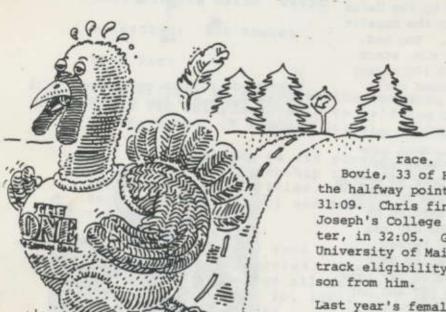
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## Gasping Gobbler

Thanksgiving Day Road Race



The Clapper family of Bucksport can always count on son Gerry to bring home a turkey on Thanks-giving Day. For the fifth year in a row Gerry won the first place turkey at the Gasping Gobbler 10K in Augusta, Maine. Gerry has won every edition of the five year old

race. This year he pulled away from Chris Bovie, 33 of Hallowell, on the long hill just past the halfway point to win in a new course record of 31:09. Chris finished 2nd in 31:43 followed by St. Joseph's College runner Jeff Crocker, 19 of Manchester, in 32:05. Gerry, 22, a graduate student at the University of Maine at Orono still has his indoor track eligibility left at UMO. Look for a good sea son from him.

Last year's female winner, Kathy Knight, 24 of
Hanover, ran well under her course record, but was
a distant 2nd to Anne Marie Davee, 27 of Norway, who
shattered the record by three minutes with a time of
37:41, good for 36th place among the 196 finishers. Anne
Marie recently became the 3rd woman from Maine to qualify
for the 1984 Olympic Marathon Trials. She joined Joan Benoit
and Kim Beaulieu with a 2:51:13 at the Bostonfest Marathon on
October 30. Kathy finished 2nd in 39:38 and Ann Blumer of
Orono was 3rd in 39:55, also under the old course record.

In the accompanying 2 mile race, Steve Sarkozy, 15 of So. Portland, led the 91 finishers in a time of 10:19. Mike Bard, 23 of Waterville, and Alex Hammer 18 of Orono, were close behind in 10:22 and 10:24.

Terri Gousse, 17 of Fairfield, was the first female in a time of 11:52.

Sue Ertha, 18 of Dorchester, MA was next in 12:06. Twelve year old Lenora
Felker of Yarmouth turned in a remarkable performance to finish 3rd in 12:10.

Over thirty turkeys were presented to the various award winners in the 5th Annual races sponsored by Maine Savings Bank. In addition, all the runners received a coffee mug and refreshments. The races are organized by the Maine Road Ramblers with the co-operation of the Augusta Recreation Department. Race Directors Cliff Fletcher and Barbara Godfrey continued the fine tradition of this holiday classic.

Greg Nelson



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## Freeport Community Education

Osprey Run 83



Peter A. Marczak
DIRECTOR

Rock E. Green , 1st place 33:24



Gladys DeWick , 1st place 41:09



John Bell, 1st place 14-18, 36:56



Bob Jolicoeur, 1st place master, 38:42



Harry Giddinge, "Hero" on the way back after quiting smoking in January, 55:11

SOUTH OF THE BORDER

by Steve Vaitones

NEW ENGLAND COLLEGIATE CROSS COUNTRY CHAMPIONSHIPS NOVEMBER 5, 1983 at Franklin Park, Boston, MA Rain, 50's, Muddy Course

Providence College, led by the one-two finish of Irishman Richard O'Flynn and Englishman Andy Ronan, won its 10th consecutive New England Collegiate team championship over Northeastern on Saturday, November 5. The Friars had a 19 point advantage at the finish, 45-64, though in the mid-stages of the race it appeared that N.U. might be able to pull off an upset.

Several teams, notably Boston University and Brandeis, held out their varsity squads in preparation for the following week's NCAA qualifying races. Nonetheless, P.C. came away with a hard-earned victory which put them one behind Maine in the all-time win standings (14 to 15).

O'Flynn's win marked the tenth consecutive year that a Providence runner has taken first in this race, with all but one of those by their foreign legion. The winning time of 23:33 over the traditional 5 mile route was slow by championship standards due to rain and a mud-slick course.

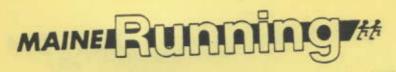
Of the four Maine teams competing, UMO had the highest placing, taking tenth spot out of 33 teams. Leading the Black Bears was Sherril Sprague in 20th. Colby followed in 11th (294) and Bates, after their state meet win, only managed 16th (361, but only 2 points out of 14th, proving that every place counts in cross country races). Bowdoin was 22th (622).

In the junior varsity race, Northeastern easily outdistanced Yale for team honors, 29-72. Maine finished fifth (142) just 2 points behind Providence. Chuck Morris, in position for a top 10 finish, suffered a severe cramp in the final mile and dropped to 23rd in leading the UMO men. Colby was 10th (267) while Bates and Bowdoin didn't run full teams.

Many observers thought that the day's outstanding performance was turned in by Greg Hale of Rhode Island. The Aroostook county product finished third in 24:00, which is no small achievement in this competition. Last year's indoor 5000 meter champ was not afraid to go with the leaders from the start and beat a number of more heralded athletes. Hale has always been a strength runner, but seems to have smoothed out his form and become more efficient this season.

RAMBLINGS: Another runner from THE COUNTY, Presque Isle freshman Paul Plissey, has been in the Boston College top seven all season... B.C. also has two Mainers running for their women's varsity - Michelle Hallett and Chris Snow ... A listing of the all-time top performances on the Franklin Park 5 mile course has Gerry Clapper in 56th position ... Colby's team has been hurt by the loss of Rob Edson, who has left school ...

UMO	finishers			
	20 Sherril Sprague	24.40	J.V.s	
		24:46	23 Chuck Mo	orris 26:27
	36 John Fiola	25:09	24 Mike Rum	
	45 Glendon Rand	25:16	26 John Mil	
	55 Steve Ridley	25:24	34 Kenan Kr	
	79 Dan Deering	25:50		
	80 Al Pierce	25:50	35 John Con	
	90 Mike Leighton	25:57	38 John War	
	Derditon	23:37	42 Matt Dun	lap 26:51



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135. Randall Jordan, Jr.

136. Terrence Johnson (M)

137. Edward Miller

138. Ralph Salamone

140. Paul Breines (M)

141. Dick Colburn (M)

142. Gerald Harvey (5)

145. John Moncure (M)

147. Margaret-Ann Maloney 148. Charles Woodworth

143. Diane Fournier

144. Scott Strout

146. Peter Kennedy

139. Joe Regali

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(M)

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10		2	150. John Peterson
			151. Ann Blummer
			152. Francis Ferland
			153. Corky Keefe (M)
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			156. Bub Predham
			157. Bill Seekins
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3. Gene Coffin	2:34:43	72 74- 74- 1117 41301	
4. Greg Parlin	2:35:08	73 Farmy P/ 41301	
5. Jon Williams	2:35:28	74 71361	
6. Gary Cochrane (M)	2:37:43	75 Sandy Mark	
7. Harry Nelson	2:38:23	76 David d many	
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36. Michael Cabot	2:50:59	105. Oskar Feichtinger (S) 3:03:21	
37. Don Harden	2:51:15	106. Greg Bridgman 3:03:25	198. Nicholas Grey
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19. Russ Connors (S)	2:52:02		200. Bill Kasabuski
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41. Ray Cormier (M)	2:52:36	110. John Dudley 3:04:12	202. Carl Bowen (S)
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43. Gary Wakeland (M)	2:53:01	112 Yoke Manting	204. Dorothy Helling
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45. John Esposito	2:53:18	114. Woodard Openo (M) 3:04:57	206. Fred Madden (M)
46. Ron Paquette	2:53:58	116 Min Paris	207. Tim Grove
47. David Smith (M)	2:54:00	116 Cantan and	208. Doug Swallow
48. Steve Woodsum	2:54:39	117. Barry Howgate 3:05:20	209. Mark Goodberlet
49. James Quinn	2:54:46	178 Tem 177	210. Richard Sullivan
50. Jeff Bengtsson	2:54:48	119. Gary Grady 3:05:47	211. Andrew Dabszynski
51. Mike Towle	2:54:55	120 Tax Taxas	212. Steve Randolph
52. Peter Hanson (M)	2:55:04	121 Barra Bat - 1	213. Carl Heffleringer
53. Chris Salamone	2:55:06	122. Keith Goins 3:06:18	214. Peter Esponnette
54. Albert Becken (S)	2:55:51	123. Steve Caron 3:06:21	215. Fred Ward, Jr.
55. Lance Guliani	2:56:09	124. John Cyr, Jr. 3:06:30	216. Ray Carrol (M)
56. James Cunniff (M)	2:56:18	128 Maria Wales	217. John Lunt
57. Alvin Sproul III (M)	2:56:22	176 Tax Minato (a)	218. Don Turgeon
58. Robert Leighton	2:56:34	127 Bernara Branch 2	219. Anne Gustus
59. Mike Cameron	2:56:36	128 #8400 # 11.4	220. Richard Fanning, Jr.
60. Mike Daly	2:56:51	129. Ricky Mohon 3:06:57	221. Robert Johnston
61. Curtiss Shigo	2:56:53	120 Warran B. C. C.	222. Ernie Poore
62. Richard Wells	2:56:56	131. Charlton Ames (M) 3:07:17	223, Larry Barker
63. Edwin Sprague 64. Steve Hauke	2:56:59	132. Joe Tacka 3:07:31	224. John Skidgell 225. Ron Stokes
64. Steve Hauke 65. Bob Jolioneur (M)	2:57:01	133. Tom Reilly 3:07:36	226. Ralph Estes (6)
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134. William Sennett

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65. Bob Jolicoeur (M)

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229. Mimi Mattson 3:21:52* 323. Terry Towne 230. Richard Erbe (M) 3:21:58 324. Brigitte Edgn 231. Phil Sipka 3:22:05 325. Al Mack 232. John Pinsau 1:22:06
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      233. Herman Cappelen
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     234. Larry Fortin
235. Richard Hall (M)
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129. Richard Weirich
     235. Richard Hall (M) 3:22:12
236. Walter Taylor (M) 3:22:14
237. Henry Wolstat (M) 3:22:25
238. James Chaisson 3:22:41
239. Ron Poulin 3:22:45
240. Richard Mynohan 3:22:45
241. Paul LaPointe 3:22:51
242. Andrew Seeley 3:22:56
243. Fred Riemer (M) 3:23:13
244. John Salieburg (M) 3:23:43
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331. Don Bruce (M)
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                                                          333. Jeanette LaPlante (M) 3:39:12*
134. Ken Dirkes (N) 3:39:23
335. Bert Gendron (S) 3:39:32
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     244. John Salisbury (H) 3:23:15
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319. Susanne Blood 3:40:10*
     245. Harvey Rohde (M)
246. Margaret Doenges
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140. James Chase (S) 1:40:15 434. Lindy Beasley (M)
141. Eugene Waters (M) 1:40:33 435. James Reed (M)
     247. John Conley, Jr. 248. Alan Rogers (S)
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     250. John Edmondson (M)
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    251. David Trussell (M)
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349. Robert Milliken (M) 3:41:56
    255. Charles Massie
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    256. Kevin Carley
257. Jim Collins (M)
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    258. Mark Horak
259. Francis Sabol (M)
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353. Wendy Migneault 3:42:43*
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    259. Francis
260. William Fox (V)
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355. Sally Paterson (M)
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    261. Peter Roper
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    262. Charles Davis (M)
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    263. Jack Reagan
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    264. John Archacki
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    265. Richard Lamothe (M)
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    266. Robert Randall (M)
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361. Rohnie Dunn (M)
    267. Ed Malone
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268. David Body (M)
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    269. Judy Romvos
270. John Pluto
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364. Linda Woodward
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365. Peter Rasznann
366. Jean Goldfine
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    271. James Donovan
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272. Warren Wilson (S) 3:28:18
273. James Mroch (M) 3:28:39
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   274. Lewis McDonald 3:28:41
275. Mark Donals 3:28:48
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370. Lloyd Cook (M)
   277. Russell Laste (M) 3:28:52
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   278. Dave Toothaker
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   280. Richard Lates (M) 3:29:39
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375. Edward Markiewicz
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377. John Shane (M)
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   281. Ron Gervais
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   282. Jeff Cyr
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   283. Catherine Jarratt
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  284. Michael Reali
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   286. Arthur Chapman III
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   287. Robin Everett
288. Rosalyn Randall
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                                      3:30:26*
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   289. James Bishop, Jr.
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384. Jay Spenciner (M)
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  299. James Bishop, Jr.
290. Roger Pike (M)
291. John Nichols
292. Jim Davala
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   294. Bruce Wood
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  295. Bill Keniston (M)
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190. Shirley Eaton
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  296. Maura McDermott
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  297. Charlie U.R. Gordon
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  304. Bentley Herbert Jr. (S) 3:33:04
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405. Leslie Page 3:53:21*
406. Stan Shupe 3:54:17
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  311. Gerald Monroe
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  312. John Pollock (M)
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  313. Robert Tracy (M)
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  314. Tim Tiches (M)
315. Richard Campbell
316. Scott Brown
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 316. Scott Brown
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  318. Bruce Marquis (M)
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413. Bernard Clancy 3:56:27
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415. Don Heatley 3:56:59
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  319. Daniel Charette
320. Harold Mann, III
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 320. Harold Mann, III 3:36:43
321. Joe Rosa (M) 3:36:44
322. Bob O'Neill 3:36:47
                                     3:36:43
                                                     416. Ray Hefflefinger (S) 3:57:02
```

417. Jack Vreeland 418. Wayne Hamilton 419. Rene Collins (M) 420. Mike Nixon 421. Scott Shane 422. Edward Kelley 423. Carroll Smith 424. Linda Dion 425. Hal Rubin 426. Eileen Maher 427. Maria DeMarines 428. Mark Goodberlet 429. Joe Croteau 430. Frank Abbadessa 431. J.P. Lavoie 4:0 432. Jim Soule 433. James McGovern (S) 4:0 4.0 4:0 436. Jim Green 436. Jim Green 437. Bruce Pooler 4:0 438. Ed Novak 439. Glen Gaulton 440. Robert Clymer 4:00 4+00 4+01 441. Gary Folsom 442. Peter Thomas 443. Jane Fanning 4 - 01 4+8 4+0 3:42:02 444. Bill Sturgeon (S) 4+01 445. Ed Gayton 445. Ed Gayton 4:05 446. Carol Trottier 4:03 447. Steve Cole 447. Steve Cole 448. Nadine Micoleau 4:15 4:10 449. John Cairns (V) 450. Peter Dalton (M) 4:10 4:10 451. Lynden Toliver 4:10 452. Elizabeth Meiklejohn 4:10 453. Margaret Craven 454. Andrew Willis 4+11 4:11 455. Dennis Connelly, Sr. 4:11 456. Beverly Garber 4:11 457. William Perfetto 4:12 458. Terry Clark 4:12 459. Sandra Utterstrom 4:11 460. Brenda Merriman 461. Wayne Kaiser (M) 4:13 4:15 462. Deborah Minninni 4:17 463. Thelma Laste (S) 4:17 464. Richard Robinov 465. Mark Long 465. Mark Long 466. Peter Maietta 467. Neal Workman 468. Marcia Reisman 4:22: 469, Hugh Zgicker 470. Mike Schumacher 4:224 471. Roger Williams (M) 472. Lea Stabler Jr. 473. Alice Van Deusen 4:26:1 4:27:1 474. Jack Opper (5) 475. Liz Poulin 476. Marsha Komis 4:29:1 4:31:5 477. John Kosnow 478. Caroline Radlow 479. Janet Macher 480. Richard DeCost (M) 4:33:3 4:34:0 4:35:0 481. Brian St. Pierre 482. Richard Ball (S) 4 : 37 : 6 4+38+4 483, Susan Capone 4:39:11 484. Albert Utterstrom (M) 4:19:11 485. Don Lucas (N) 4:40:1 486. Susan Lubner 4:41:1 487. Linda Lawson 4:42:0 488. Dorothy Niss (M) 4:47-7 489. Susan McQuaid 489. Susan McQuaid 490. Elvin Bryant (V) 4:42:31 4:48:11 491. Mary Osborne 5+01:5 492. Kathleen Reichardt 5:01:50 493, Daniel Corbett 5:26:41 494. Daniel Lakatos Bace Director

Results courtesy of Charlie Porter

land	100	THE GREAT PUMPKIN RACE 10K Saco	Oct 23rd	90. B. Peacock 91. A. Cunningham 92. Anita Teschek	39:21 39:25 39:27*	183. R. Baster, Sr. 184. M. Levesque 185. S. Martel	45:00 45:09 45:10 45:11
lton	3:5	Saco		92. Anita Teschek 93. G. Wiles	39:28	186. J. Saint Amand	45:12
ns (M)	3:5		30:42	94. D. Bushey	39129	187. P. Thelin 188. C. Garland	45:13
	3:5	1. Gerry Clapper 2. Chris Bovie	31:19	95. A. Salmarsh	39:44 39:51	189. R. Minard	45:14
	3:5	2. Chris Bovie 3. Danny Paul	31:29	96. H. Saltmarsh	19:52	190. V. Griffiths	45:19
ley ith	312	4. Bruce Ellis	31:52	97. Al Dingley (S)	39153	191. J. Bushey	45:31
a cn	315	5. Seamus O'Sullivan	32:08	98. P. Vinsel	39:58	192. M. Ciancetta	45:34 45:36
	3:5	6. George Towle	32:11	99. J. DaMint 100. R. McCall	40:01	193. B. Bradley	45:54
36	3:51	7. B. Nichols	32:13 32:18	101. T. Arsenault	40:02	194. J. Gould	46:00
rines	4:01	s. K. Crowley	32:24	102. D. Weste	40:15	195. Q. King 196. L. Labonte	46:02
rist	4:02	9. D. Harker 10. Werner Pobatshig	32:35	103. R. Laflamme	40:22	197. A. Laverriere	46106
	4:07	10. Werner Pobacistry 11. Jerry Crommett (M)	32:40	104. P. Hodgkin	40:25	198. D. Croteau	46:07
essa	4:01	12. W. Blood	32:52	105. D. Keefe	40:29	199. B. Harriman	46:10
	4:04	13. G. Nelson	32:55	106. K. Felice 107. J. Graves	40:33	200. G. Gilfoil	46:12 46:14
ern (S)	4:04	14. F. Wilson	33:08	108. D. Sadowski	40:35	201. S. Crockett	46:15
ey (M)	4:05	15. G. Valeriani	33:37-	109. C. Lamb	40:37	202. R. Arsenault 203. L. Lacombe	46:23
(M)	4:07	16. D. Campbell	33:45	110. R. Strout	40:38	204. D. Ingalis	46:33
27	4:07	17. R. Newbury 18. J. Titus, Jr.	34:07	111. Kathy Reinertsen	40:44 40:50	205. C. Glover	46:35
	4:07	19. M. Kimball (M)	. 34:21	112. J. Parker	40:51	206. L. Best	46:36 46:52
	4:07:	20. E. Reed	34:27	113. M. Hayden	40:54	207. R. Pease	46:53
er .	4:07:	21. R. Northrop	34:46	114. R. Smith 115. J. Bell	41:01	208. L. Belanger	46:56
	4:07	22. G. Coyne	34:56 35:00	116. M. Sassols	41:02	209. A. Dudley 210. W. Morin	46:57
	4:08	23. P. Connolly (M)	15:03	117. Dave Anthony	41:15	211. F. Hemphill	47±00
	4:08:	24. B. Nechsier	35:17	118. R. Jewell	41:18	212. J. Foley	47±12
n (S)	41091	25. R. Moulin	35:39	119. R. Siren	41:19	213. C. Clapper Jr.	47:17
er	4:09:	26. M. Cote 27. D. Doddington	35143	120. K. Casey	41:29	214. R. Ouellette	47:23 47:24
	4:09:0	28. J. Murphy	35:45	121. J. Murchie	41:31	ois, B. Provost	47:25
MAU	4:10:	29. M. Lally	35:48 35:59	122. H. Wolstat 123. D. Bushey	41:34	216. R. Morrison	47:30
(V)	4:10:	30. M. Gendron	36:00	124. F. Abbadessa	41:35	217. R. Lepore 218. R. Cervizzi	47:31
Seas.	4:10:	31. T. Dostie (S)	36:01	125. S. Thomas	41:46	219. D. Penta	47:32
	4:10:	32. 3. 00000	36:03	126. D. Kesseli	41:48	220. L. Sicuro	47:35
	4:10:5	33. D. Tinker 34. J. Fischer	36:04	127. S. Perry	41:55	221. C. Ingalls	47:40 47:41
	4:11:5	35. M. Samers	16:05	128. P. Wirta	41:56	222. T. Hill	47:43
	4:11:2	36. D. Harden	36:06	129. T. Harmon 130. L. Frank	41:57	223, P. Lepore	47:45
The second second	4:11:2	37. Susannah Beck	36:11*	131. R. Johnson	41:58	224. P. Mercier	47:46
	4:12:1	38. P. Bastow	36:27	132. B. Elgee	41:59	225. J. Lavin 226. N. Frederick	47:48
	4:12:5	39. S. Gifford	36:32	133. A. Leggett	42:03	227. S. Chaplin	47:50
	113:1	40. T. Clement 41. J. Dyer	36:37	134. A. Hendrix	42:06 42:07	228. Leona Clapper	47:52* 47:55
	113:4	42. G. Baston	36:38	135. B. Goodrich	42:08	229. N. Hill	48:10
	:15:1	41. F. Merrian	36:52	136. R. Borduas 137. J. Valecko	42:09	230. D. Johnson	48:39
(8) 4	117:4	44. R. Cuthbertson	36:55 37:00	138. C. Fogg	42:13	231. C. Ward . 232. A. Garriepy	48:40
	:18:3	45. G. Jones	37:00	139. A. Merriam	42:16	232. A. Garrieri 233. E. Moulin	48:41*
	:21:05	46. J. Collins	37:05	140. A. Haslam	42:21	234.	0.000
	:21:32	47. J. Titcomb 48. F. Karter	37:07	141. S. Stearns	42:23 42:33	235. D. Monroe	48:48
	:22:01	49. G. Martin	37:13	142. D. Bessey	38104	236. D. Collette	49:12
	:22:25	50. K. Sylvester	37:16	143. 144. P. Beaulieu	42:39	237. M. Soule	49:14
	22:46	51. D. Legassie	37:17 37:18	145. K. Shute	42141	238. W. Kaiser	49:20
	23:00	52. P. Flaherty	37:19	146. J. Merriam	42:42	239. C. Allen 240. J. Burleson	49:25
	26:31	53. S. Perkins	37:21	147. R. Everett	42:48	241. J. Snyder	49:26
	27:23	54. D. Gillett 55. T. Farrell	37:29	148. T. Gadbois	42:50 43:00	242. G. Adams, Jr.	49:35
	29:01	56. B. Teechek	37:31	149. A. Bugbee	43:01	243. N. Nunan, Br.	49:42 49:43
	30:08	57. Marjorie Podgajny	37:32*	150. J. bolley	43:04	244. P. Sylvester	49:44
	31:57	sa. s. Podgajny	37:33	151. C. Eddy 152. D. Blouin	43:10	245. J. Cunningham	49:45
	33:27*	59. Kathy Northrod	37:37* 37:40	153. J. Cesta	43:13	246. P. Cuthbertson 247. S. Dulude	49:49
	34:00*	60. B. Marlow	37:43	154. N. Rutt	43:19	248. J. Harkavy	49:55
(N) 4:3	35:37	61. E. Doughty, Jr.	37:50	155. H. Woodworth	43+20 43+21	249. C. Anderson	149:56
4.4	37:47	62. P. Carr 63. L. Nicely	37:51	156. D. Millatt	43+29	250. R. Curran	50:02
	18:46	63. L. Nicely 64. R. Heal	37:52	157. J. Smith	43:32	251. R. Laqueux	50:10
m (M) 4:3	19:10*	65. Mary Bart (M)	37:54*	158. C. Hannon 159. J. Gale	43:33	252. P. Roy	50:11
	0:27	66. L. Phillips	37:55 37:56	160. D. Breault	43:37	253. F. Maietta 254. W. Davenny	50:12
	1:18*	67. M. Cabelin	37:57	161. D. Harlow	43:40	255. R. Lecuyer	50:20
4:4	2:06*	68. J. Chaisson	37:59	162. J. Bugben	43:45	256. M. Foley	50:28
9 4:4	2:21*	69. D. Kalinski	38:04	163. D. Roberge	43:57 44:02	257. R. Robichaud	50:35
	2:35*	70. G. Wells (S) 71. S. Argereow	38:08	164. R. Zirkle	44:10	258. W. McDonald	50:40 50:42
	8:38	72. Vicki Wechsler	38:09	165. W. Dunn	44:11	259. R. Gaskell	50:43
	1:51*	73. P. Prescott	38:10	166. N. Brunelle 167. L. Kleiman	44:15	260. E. Moreau	50:52*
11 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	1:51*	74. D. Best	38:14	168.	100000	261. J. Berthiaume 262. D. Berthiaume	50:53
	7:37	75. J. Peterson	38:24 38:25	169. C. Moody	44:24	263. L. Cote	50:54
		76. E. Plante	38:26	170. T. Conley	44:27	265. P. Weikel	51:00
Marlie Port		77. P. Orthmann	38:30	171. R. Collard	44:28	266. P. Rulman	51:15
ce Directo	DE .	78. K. Jenkins 79. K. Thompson	38:39	172 K. Luebbert	44:31	267. D. Champeon	51:33 51:41
	4		38:47	173. J. Greenfield	44:32	268. D. Nicely	51:55
		80. D. Comeau 81. R. Faucette .	39:00	174. T. Collins	44:39	269. J. Scales	52:10
		82. B. Sargent	39:05	175. S. Cobb 176. E. Barry	44:46	270. H. Richard	52:11
		83. K. Fickett	39:10 39:12	177. D. Horne	44:47	271. R. Ball 272. J. Eagleson	52:14
		84. Ginny Nichols	39:14	178. E. MacArthur	44:48	273. R. Delaney	52:23
		85. G. Watts	39:16	179. J. Schmidt	44:52	274. M. Guthrie	52129*
		86. R. Gobeil	39:18		44:54 44:58	275. L. Hammond	53:00
		一 一		a contract of the contract of		A101 N1	W. W 12-2
		87. N. LaFortune 88. P. Dall	39:19		44:59	276. L. Leavis	53:01

277. C. Hayward	53:07	24 W 1 W 1	490000000		
278. G. Danis	53:34	54. M. A. Butler	11:58	7. Dan Pennock	18:02
279. N. Ulrich		55. K. Gobeil	12:02	8. Dean Gillett	18:19
	53:40	56. D. Alley	12:03	9. Mike Thompson	18:21
280. M. Ingraham	53:44	57. C. Davis	12:04		
281. T. Turkewitz	53:48	58. M. Northrop			18:35
282. T. Paul	53:59		12:05	ll. Bill Pinkham (M)	18:42
283. K. Foley	54:08		12:06	12. Todd Pokrifka	19:01
284. N. Nunan, Jr.	54:09	60. S. Kelley	12:08	13. Martin Weiss	19:18
285. L. Davis		61. S. Lally	12:12	14. Pete Crovo	19:23
	54:10	62.		15. Jeff Reynolds	
286. P. Gauthier	54:11	63. D. McDougal	12.14		19:47
287. W. Joshi	54:41		12:14	16. Tom Fortier	20:01
288. J. Kelly	54:52		12:24	17. Chris Pennock	20:35
289. P. Murchie	55:00	65. B. Ingraham	12:35	18. Mark D'Amour	20:41
290. J. Petty		66. C. Bride	12:43	19. Todd Hughes	20:42
	55:02	67. J. Bryand	12:47		
291. R. Horan	55:34	68. J. McQueeney		CONTRACTOR OF THE PROPERTY OF	20:52
292. S. Chaplin	55:47	69. G. Samo	12:48	SSS STREET, STREET, STREET,	20:57
293. K. Pelletier	56:11		12:51	22. Steven Greenlaw	21:07
294. 8. Luther	57:58	70. P. Holloway	12:55	23. Robert Lewis	21:33
	1020178	71. L. Getchell	12:56	24. William Donovan (M)	21:36
295. J. Tuohey	59:55	72. K. Bowie	13:00	25. Eric Dee	
296. K. Carney	59:56	73. J. Harriman	13:01		21:40
297. D. Charles	60:34	74. F. Martin		227 270 270 270 270 270	21:41*
298. L. Moreau	60:53		13:05	27. Bob Morgan	21:42
299. H. Huot	60:54	75. M. Nicely	13:06	28. Gerald Hoff (M)	21:47
300. D. Dougherty		76. D. Lahaie	13:10	29. Robert McMahon	21:59
	61:12	77. M. Murphy	13:14	10. Steve Ray	22:06
301. C. Moreau	61:28	78. M. Hannington	13:15		
302. D. Charpentier	62:52	79- A. Cuthbertson		11. Carolyn Pike	22:07*
303. B. Bentley	64:07		13:24	32. Dan Libby (M)	22:11
304. R. Furbish	64:08	80. D. Martel	13:38	33. Dave Gugan (M)	22:17
305. M. Huot	67:56	81. B. Nichols	13:45	34. Bruce Turgeon (M)	22:25
		82. J. Chaplin	13:48	35. Fred Brown (M)	22:35
306. Morris	68:44	83. P. Johnson	13:49	36. Ralph Baldwin	
307. R. Purbish	96:47	84. A. Hilimquist			23±01
		CALL COLUMN TO THE COLUMN TO T	13:54	37. Gary Fitzpatrick	23:02
Results courtesy of Bob	Lanigra	85. J. Pease	14:02	38. Paul Page	23:11
		86. K. Celler	14:05	39. George Ames (H)	23:38
SAC	e Director	87.	The second second	40. Anthony Seidner	23:39
	Ta Estate	88. G. Fleming	14:22	41. Ron LaFratta	24:29
		89. K. Doucette			
			14:23	42. Janet Fontaine	24:54*
GREAT PUMPKIN FUN BUN		90. S. Brunelle	14:27	43. Pat Rulman	25:24*
SACO	Oct 22-4	91. J. Whited	14:28	44. Suzanne Fitzpatrick	25:44*
	Oct 23rd	92. R. McFarland	14:29	45. Pam Twombly	25:50*
	**********	93.	Manage .		
		94. P. Powell	497447		26:01*
1. M. Case	7:17		14:34	47. Ken Armstrong (M)	26:26
2. D. Fritz	8:08	95. R. Cuthbertson	14:40	48. Chris Twombly	26:43
3. J. Martin	8:20	96. S. Anderson	14:41	49. Virginia Pall	26:46*
		97.		50. Pennie Robinson	27:14*
4. J. Fritz	8:30	98. J. Berthiaume	14:43	51. Skip Robinson	27:15
5. D. Pirinton	8145	'99. B. Doughty	14:44		
6. D. Manthorne	8:46				27:41*
7. A. Connolly	9:07	100. B. McDougal	14:55	53. Nicole Drouin	27:42*
8. A. Jones	9:09	101. P. Plummer	15:00	54. Ingrid Scott	28:09*
9. L. Anderson	2000	102. E. Pease	15:02	55. Meagan Hoff	28:28*
	9:13	103. S. McDonald	15:03	56. Lynne Cobb	28:54*
10. D. Lahaie	9:21	104. L. McDonald	15:04		
ll. P. Bushey	9:22	105. L. Bowie			29:34
12. M. Celler	9:23		15:05	58. Sandra Brown (M)	29:35*
13. D. Celler	9:24	106. K. Foley	15:06	59. Mary DiPompo	30:00*
14. R. Manthorne		107. L. Bussiere	15:07	60. Susan Smith	31:02*
	9:27	108. H. Davis	15:11	51. Car-le Baldwin (M)	31:15*
15. L. Sargent	9132	109. A. Woodward	15:17	62. Marc Weymouth	31:57
16. D. Charles	9:47	110. E. Beaulieu			
17. N. Hein	9:48		15:24	63. Martha Butler	34:56*
18. A. LeSlond	9:50	111. S. Richard	15:25	64. Marilyn Heemer (V)	35:42*
19. L. Conley		112. K. Foley	15:49		
	9154	113. M. Foley	15:50	'n Marathon	
20. J. Grant	9:58	114. J. Bateman			
21. M. Neal	10:14	115. W. Bateman	16.17	1. Peter Millard	1:12:09
22. C. Brown				2. Peter Lessard	1:14:29
23. J. White	10.20	116. J. Bateman		3. Jim Toulouse	1:16:52
24. J. Merriam	10.30	117. S. Sohnston	16:39	4. Steve Russell	
25. K. Grant	10-31	118. P. Adams	16:40		1:17:33
	10:31	119. J. Adams	16:54	5. Bob Hunt	1:17:41
26. T. Nicely	10:32	119. J. Adams 120. L.A. Borskias	17-00	6. Brian Minas	1:17:55
27. J. Chaplin	10:35	121. S. Labeid To	17.01	7. Paul Merrill	1:18:03
28. V. M. Blouin	10:37	121. 5. Lahaig, Jr.	10101	8. Rick Lane	1:18:32
29. S. Purinton			17:02	9. Bob Coughlin (M)	1:18:50
30. S. Taylor	10:44	123. N. Latini	17:16	10. Steven Peterson	
31. C. Conley	77.107.7	124. M. Doughty	17:17		1:19:14
		125. R. Collins	17:41		1:21:52
32. K. Houth	10:54	126 C 0-1-1		12. Russell Chretien	1:22:19
33. P. Flaherty			17:42		1:23:26
34. E. Cote	10:58	TAY, SILE, NEWCORD.	17:56	14. Robert Payne (M)	
35. R. Romano			17:57		
36. K. Escude	11.00		10-10	15. Peter Hanson (M)	
	******	130. H. Gearhart	18:37	16. Gene Roy	
17. C. Roy	11:01	131. C. Hewcomb	18:38	17. Guy Berthiaume	
38. A. Siren	11:02	132. B. Newcomb		18. Jim Floyd	
39. K. Kelly		133	19:38		1:26:18
40. A. Kelley	11:04	133.	21:57		
dl w deducte	47:04		and the same		1:26:48
41. M. Gadbois	11:13	**********			1:27:16
42. P. Monroe	11:27			22. Charlie Frair	1:27:59
43. J. Laflamme	11:28	VETERAN'S DAY ROAD RACES			1+28+13
44. K. Harriman	11:31			24. Ernest Poore	1:28:22
45. M. A. Vincent	11:34		Nov 11th	25. Jeffrey Preble	
46. J. DeMint		***************************************		24 Address Lights	1:28:44
	11:41				1:29:09
47. L. A. Manthorne	11:44	5 Kilometers			1:29:25*
48. R. Kemna	11:47	1. Charle David	200.00	28 Don Bear	1:29:26
49. L. Breault	11:48	1. Chris Bovie	16:04		1:29:35
50. S. Morrison	11:49	2. Floyd Wilson	16:44	30. Martin Schiff (M)	1.20.50
51.	44142	1. Randy Gardella	17:19	21 Page Market (M)	1:29:59
	20.00	4. Mickey Lackey	17:26	A A CONTRACTOR OF THE CONTRACT	1:30:23
52. E. Sargent	11:51	5. John Pischer	17,56		1:31:02
53. D. Welch	11:55	6. Geoff Hill			1:31:51
		OTTO MALE	18:00		1:31:54
					VEGEO CONTRA

		102				
	THE PARTY OF THE P	1:32:03	39. Patricia Rulman	51:27*	THIRTEENTH ANNUAL LOST VALLE	Y 15K
	Fred Merriam	1:33:04	40. Lucy Edmondson	51:32*	AUDUITE-LAWISCOU	
36.	Norm Rodrique James Moore, Jr. (M)	1:33:17	41. Sandra White	51:34*		
	Jim Buzicka	1:33:35	42. Ken Hixon	51:59	1. Paul Hammond	50:31:09
19	John Schwerdel	1:33:59	43. Diane Collette	52:59*	2. Jerry Crommett (M)	51:32
	Paula Stone	1:35:06*	44. Mary Lou Pray 45. Walter Christie	53:38	1. Kevin McDonald	52:11
41.	David Ledew	1:35:20	CALLED AND DESCRIPTION OF THE PARTY OF THE P	54:38*	4. Floyd Wilson	52:23
42.	Clough Toppan	1:35:24	46. Helen Richard 47. Maggie Guthrie	54:41*	5. Eric McNett	53:03
43.	Warren Wilson (V)	1:35:44	48. Harry Giddinge	55:11	6. Doug Ingersoll	53:08
	Debbie Sawyer	1:36:24	49. Bill Harkins	55:57	7. Tim Swope	53:10
45.	Mert Dearnley	1:36:41	50. George Morrison	56:39	8. Bill Hine 9. Daniel Campbell	53:46
46.	Charlie Gordon	1:36:47	51. Ruth Morrison	56:55*		54:02
47.	Richard Jewell (M) Charles Weymouth (M)	1:36:50	52. Carol McRes	58:09*	10. Danny Smith 11. George Liming	57:14
48.	Patty Murray	1:36:58*	53. Ann Parlin	58:10*	12. Greg McLoughlin	58:33
60	Andrew Willis	1:37:25	54. Laurie Brackett	58:43*	13. Paul Cote	58:39
51	Arthur Porter, Jr. (M)	1:37:54	55. Nancy Upton	75:51	14. Steve LaBrecque	58:54
52.	Jane Dolley	7130145.	56. C.F. Pete Howell		15. Richard Celler	58:56
53.	John Power (M)	1:38:53	Results courtesy of Peter	Marczak	16. Mike Simoneau	59:09
	Joe Cesta	1:39:32	Results Codices; Sace	Director	17. Thomas Bennett	52:07
	Ed Atlee (M)	1:39:49			18. Larry Walden	63:16
	Rosalyn Randall	1:42:01*			19. Bob Wight 20. Eric Smith	64:14
57.	Barbara Coughlin (M)	1:42:02				65:02
58.	Lucien Lessard (M)	1:44:49	THE ELEPHANT RUN	13000		65:25
	Gary Dawbin (M)	1:45:01	5. Portland 5+ MILES	Nov 13th	/ TOTAL OF THE STATE OF THE STA	66:24
60.	Color and Color Color Color Color	1:45:04*			23. Raymond John 24. Kelly Bennett	67:00°
62.	CONTRACTOR OF THE PROPERTY AND ADDRESS OF THE PARTY OF TH	1:45:42*	De Capanion and Capanion	27:58	25. Mark McPheters	67:06
63.	The state of the s	1:45:43	1. Steve Sarkory	28:06	26. Bill Johnson	67:19
	Wayne Hamilton	1:46:04	2. Phil Stuart	28:20	27. Don Cannan	68:24
65.		1:47:36*	3. Rodger Foster 4. John Johansson	28:28	Regis Beaulieu	71:32
66.	THE RESERVE OF THE PROPERTY OF	1:48:37		28:45	29. Scott Laliberty	72:46
67.	Andy Loman	1:49:22	5. Rick Chalmers 6. Dick McFaul	28:49	30. Don Celler	74:05*
68.		1:54:52*	7. Greg Bishop	29:22	31. Jane Waddle	77:12
69.		1:57:40*	8. Barry Fifield	29:36	12. Dave Gugan 13. Mike McLellan	78:59
70.	THE PERSON AND ADDRESS OF THE PERSON ADDRESS OF THE PERSON AND ADDRESS OF THE PERSON ADDRESS OF THE PERSON ADDRESS OF THE PERSON AND ADDRESS OF THE	1:58:09*	9. Joel Horne	29:52	TOTAL CONTRACTOR OF THE PARTY O	79:09
71.		1:58:10*	10. Ron Bourget	30:11	34. Elvin Bryant 35. Margaret Craven	81:53*
	Suzanne Chard Ann McDonough (M)	1:58:14*	11. Arnold Amoroso	30:30	36. Joe Bennett	88:40
	Carlene Anderson	1:59:52*	12. James-Cunningham	30:46		
75	William Tomier (V)	2:00:42	13. Barry Howqate	31:35	Results courtesy of Tom :	wan
76	. Marcia Reisman	2:00:47*	14. Herb Strom (S)	31:38	Race	Director
11142	. Kathleen Marquis	2:00:50*	15. David Rand 16. Kevin Kein	31:55		
78	. Abby Jacobson	2:08:29*		31:59		260000
79	. Perry Bernard (H)	2:08:29	17. Bob Peacock 18. Ed Doughty	32:11	15TH ANNUAL TURKEY TROT	S & MILER
	manager of the contract of the contract of	HOT DOM:	19. Harvey Bohde	32+13	15TH ANNUAL TORGET THE	Nov 20th
RE	SULTS COURTESY OF GREG !	DAMBLERS	20. Daniel Rooney	32:22	Cape Elizabeth	
			21. Alan Leathers	32:22		
72			22. Art Cunningham	32:38	1. Bob Winn	28:16
100			23. Peter Halloway	32:46 32:57	2. Chris Bovie	29:20
**	E GREAT OSPREY OCEAN RU	N	24. Jeff Nixon	3-:10	3. Rock E. Green	29:23
	REEPORT 10K N	ov 13th	25. Dick Lajois	33:15	4. Alan Bain	31:12
200			26. Ken Fickett	33+17	5. Ken Flanders	32:03
		33:24.22	27. Sana Weste 28. Brenda Maller	33:46	6. Roger Foster	32:15
	. Bock E. Green	36:56	29. Steve Grannell	14:15	7. Jim Toulouse	32:20
2	2. John Bell	37:11	30. John Hormandin	34:15	8. Steve Sarkory 9. Andre Benoit, Jr.	32:22
	3. Joel Titcomb	37:28	31. Sue Chaer	34:22*		32:25
	4. Mike Perry 5. Steve Labreque	37:44	12. Warren Wilson	34:27	10. Bob Hunt 11. Dick McFaul	32:38
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	7. Paul Cote	38:00	34. Chris Bradbury	34:44	13. Art Schnell	32:48
	8. Bob Jolicoeur (M)	38:42	35. Denise Harlow	35:04	14. Harris Hardy	33:02
	9. Sumner Weeks	38:45	36. Robert Caron	35:15	15. Jason Hamilton	33:02
	O. Vern Demmons	39:00	37. Jeff Maye 38. Mike Bassois	35:16	16. Tim Clement	33:06
	1. Steve Salter	39:05	38. Mike Bassols 39. Paul Alpert	35:24	17. Mike Lally	33:13
	2. Bob Ingerowski	39:52	40. J. Chalmers	35:26	18. Andrew Rosen 19. Bob Coughlin (M)	33+14
1	3. Mike Easmeil	40:37	41. James Dollay	35:44	19. Bob Coughiin (A) 20. Wesley Douglass	33:19
1	4. Barney Smith 5. Thomas McRea	41:06	42. Bob Smyth	36:21	21. Chris Comstock	33:30
- 1	16. Gladys DeWick	41:09*	43. Matalie Buzzeyl	36:40* 36:51*	22. Russ Connors (M)	33:38
3	7. Joanne Cole	41:12*	44. Bun Ross	36:51	23. John Long	33149
- 1	18. Harry Schmitke	41:21	45. Wes Stanhope	37:58	24. Tony Owens	33:58 34:00
10	19. Kevin Shute	42:48	46. Phil Pierce	38:00	25. Thomas Rich	34:01
3	20. David Canarie	43:58	47. Joe Croteau 48. John Alden	38:32	26. Robert Light	34:06
	21. Chris Grant	44:23	the second secon	38:44	27. Barry Fifield	34108
1	22. John Cole	45:33	49. Richard Roussin 50. Tracy Eliades	39:01	28. Dave Smith 29. Barry Howgate	34:16
	23. Denton Bumgardner	45:34	51. Don Penta	39:25	1 1 1 manual 2	34:25
	24. John Mulrooney	45:36	52. Sandy Dunbar	39:39*	the state of the s	34:34
				40±31*	12. Steve Harriman	34142
	25. Brian Hall	45:46	53. Lisa Clifford			34:50
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	25. Brian Hall 26. Wayne Hamilton 27. John Mulrooney, Jr	45:46 45:47 46:00	\$5: Seensayeras	49159* 41:50*	33. Brian Milliken 34. Virginia Connors	34:54*
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	25. Brian Hall 26. Wayne Hamilton 27. John Mulrooney, Jr 28. Steve Crockett 29. Sandi Bumgardner 30. Steve DeWick 31. John Heye 32. Lon Walters 33. Donald Spear	45:46 . 45:47 . 46:00 . 46:06* . 46:46 . 47:39 . 47:57 . 48:28	55: SER STYCHAS 56. Lori Nicholas 57. Al Utterstrom 58. Sandy Utterstrom 59. Pam Twombly 60. Carlene Anderson 61. Carolyn Foley	41:50* 41:57 41:57* 41:59* 42:35* 42:52*	34. Virginia Connors 35. Peter Bastow 16. David Westherbie 17. Terrance Farrell 18. Curt Shipp 19. Joe Regall	34:59 35:06 35:06 35:13 35:15
	25. Brian Hall 26. Wayne Hamilton 27. John Mulrooney, Jr 28. Steve Crockett 29. Sandi Bumgardner 10. Steve DeWick 31. John Heye 12. Lon Walters 13. Donald Spear 14. Martin Desmarais	45:46 45:47 46:00 46:06* 46:46 47:39 47:57 48:28 48:58	55. Sur Sayonas 56. Lori Nicholas 57. Al Utterstrom 58. Sandy Utterstrom 59. Pam Twombly 60. Carlene Andersor 61. Carolyn Foley 62. W. E. Lazette	41:50* 41:57 41:57* 41:59* 42:35* 42:52* 42:55	34. Virginia Connors 35. Peter Bastow 36. David Westherbie 37. Terrance Farrell 38. Curt Shigo 39. Joe Regali 40. Marge Podgajny	34:59 35:06 35:06 35:13
	25. Brian Hall 26. Wayne Hamilton 27. John Mulrooney, Jr 28. Steve Crockett 29. Sandi Bumgardner 10. Steve DeWick 31. John Heye 12. Lon Walters 13. Donald Spear 14. Martin Desmarais 15. Maggie Christie	45:46 . 45:47 46:00 46:06* 46:46 47:39 47:57 48:28 48:58 49:39*	55: SEE SAYORAS 56. Lori Nicholas 57. Al Utterstrom 58. Sandy Utterstrom 59. Pam Twombly 60. Carlene Anderson 61. Carolyn Folsy 62. W. E. Lazette 63. Matt Gary	41:50* 41:57 41:57* 41:59* 42:35* 42:55 43:02	34. Virginia Connors 35. Peter Bastow 36. David Westherbie 37. Terrance Farrell 38. Curt Shigo 39. Joe Regali 40. Marge Podgajny 41. Mike Gendron	34:59 35:06 35:06 35:13 35:17 35:17 35:24 35:28
	25. Brian Hall 26. Wayne Hamilton 27. John Mulrooney. Jr 28. Steve Crockett 29. Sandi Bumgardner 10. Steve DeWick 31. John Heye 12. Lon Walters 33. Donald Spear 34. Martin Desmarais 15. Maggie Christie 36. Kevin Chute	45:46 45:47 46:00 46:06* 46:46 47:39 47:57 48:28 48:58	55. SEEPSHYPRAS 56. Lori Nicholas 57. Al Utterstrom 58. Sandy Utterstrom 59. Pam Twombly 60. Carlene Anderson 61. Carolyn Folsy 62. W. E. Lazette 63. Matt Gary 64. Addy Jacobson	41:50* 41:57 41:57* 41:59* 42:435* 42:55* 42:55 43:02 44:16*	14. Virginia Connors 15. Peter Bastow 16. David Weatherbie 17. Terrance Farrell 18. Curt Shigo 19. Joe Regall 40. Marge Podgajny 41. Mike Gendron 42. David Band	34:59 35:06 35:06 35:13 35:15 35:17* 35:24
	25. Brian Hall 26. Wayne Hamilton 27. John Mulrooney, Jr 28. Steve Crockett 29. Sandi Bumgardner 10. Steve DeWick 31. John Heye 12. Lon Walters 13. Donald Spear 14. Martin Desmarais 15. Maggie Christie	45:46 . 45:47 46:00 46:06* 46:46 47:39 47:57 48:28 48:58 49:39* 49:48	55: SEE SAYORAS 56. Lori Nicholas 57. Al Utterstrom 58. Sandy Utterstrom 59. Pam Twombly 60. Carlene Anderson 61. Carolyn Folsy 62. W. E. Lazette 63. Matt Gary	41:50* 41:57 41:57* 41:59* 42:35* 42:55 43:02	34. Virginia Connors 35. Peter Bastow 36. David Westherbie 37. Terrance Farrell 38. Curt Shigo 39. Joe Regali 40. Marge Podgajny 41. Mike Gendron	34:59 35:06 35:06 35:13 35:17 35:17 35:24 35:28

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44. Eric Ellis	25.15				
45. Glenn Jones	35:35	138. Phil Harmon	44:53	20	
	35:39	139. George Gilfoil	45:24	28. Randy White	18:42
2000年1日の日日の日本の市内市を行って	35:40	140. Joe Foley	45:24	29. Bill Pinkham	18:47
47, Paul Jackson	35:41	141. Sarah Maccoll	2217.7.7.0	30. Larry Rich	19:03
48. Herb Strom (S)	35:48	142. Joe Croteau	45:27*	31. Robin Emery	
49. Randy Talbot	35:50		45:29	32. Barney Smith	19:15*
50. Michael Martin	35:59	143. Stan Arnold	45:31	CONTRACTOR CONTRACTOR	19:16
51. Steve Caron		144. Dave Goodwin	45:38	The state of the s	19:23
	36:01	145. David Kreiton	46:02	34. Skip Howard	19:33
52. Bob Peacock	36:08	146. Patrick O'Toole	12070000	35. Paul Walsh	19:36
53. George Prescott	36:22	147. Robert Dubois	46:08	36. Martin Schiff	19:38
54. Michael Beaudoin	36:27		46:12	37. Ann Blumer	
55.		148. Jerry Harkavy	46:15	The second secon	19:48*
56. Ron Cedrone	36.30	149. Donald Penta	46:24	A STATE OF THE PARTY OF THE PARTY.	19:59
57. Tom Bradley	36:38	150. Chris Marion	46:24	19. Guy Roy	20:05
	36:39	151. Katie Bliss	46:25*	40. Richard Miles	20:31
58. Harvey Rohde	36:44	152. Leslie Wilson		41. Bob Johnson	20:35
59. Grace Smith	36:45*	153. Dave Bean	46:28*	42. Howard Dunn	20:36
60. Lee Nicely	36:47		46:36	43. Ed Thompson	
61. Chris Selomone	36:47	154. Jean Thomas	46:50*	The state of the s	20:47
62. Alan Leathers		155. Peter Kenistor	46:55	Annual annual and very	20±57
63. Janet Price	36:48	156. Widgery Thomas, Jr	46:56	45. Joe Libby	21:09
	36:58*	157. Nick Sampson	47:17	46. Ed Curran	21:14
THE PERSON NAMED IN COLUMN TO A PARTY OF THE PERSON NAMED IN COLUMN TO A PARTY	37:00*	158. Joyce Beckley		47. Jon Dickhart	21:19
65. Andrew Willis	37:02	159. Al Utterstrom	47:31*	48. Jamie Robinson	21:27
66. Barry Sargent	37:16	160 Tames Had Occurrence	47:34	49. Bill Lawlor	
67. Michael Fitzgerald	37:32	160. James McGovern	47:53	50. John Davis	21:37
68. Mike Worden		161. Paul Chamberlain	47:54	The state of the s	21:41
69. Don Best	37:32	162. Margaret Soule	47:54*	51. Craig Boyd	21:49
	37:46	163. Bob Sarkory	47:55	52. Peg Fournier	22:03*
12.17.1 100 100 100 100 100 100 100 100 100 1	37:51	164. Sandy Utterstrom		53. Dawn Fraser	22:18*
71. Joe Vokey	37:55	165. Dee Nicely	48:19*	54. Lori Holyoka	22:18*
72. Alvin Bugbee	37:57		48:28*	55. Nancy Graves	
73. John Conley, Jr.	38:02	166. Larry Barron	48:32	The state of the s	22:30*
74. Arthur Chapman	22776	167. Kathryn Perry	48:35*	The state of the s	22:57
The second second	38:08	168. Bob Small	48:39	57. William Fletcher	23:14
The state of the s	38:28	169. Sandy Brown	48:57*	58. Don Osborne	23:19
76. Carlton Mendell	38:29	170, James Carroll		59. Frank Setter	23:31
77. John Lunt	38:33		49109	60. Michelle Kogut	23:32*
78. Dick Lajoie	38:34	171. Sally Paterson	49:18*	61. Jan Washburn	
79. Rick Strout	38:42	172. Bart Andrews	49147	OSES CONTRACTOR OF THE PERSON	23:33*
80. William York	1-0,00000	173. Carolyn Foley	49:51*	The state of the s	23:44
The second second	38:52	174. John Flaherty	49:55	63. Rene Collins	23:46*
The state of the s	38:56	175. Skip Robinson		64. Dennis Marble	23:51
82. Dave Anthony	39:00	176. Jim Guy	50:44	65. Perry Barnard	23:59
83. Mark Seamans	39:01		51:07	66. Nick Eremita	
84. David Sadowski	39:14	177. Bruce Morse	51:17	67. Alan Langille	24:07
85. John Pineau		178. Addy Jacobson	51:12*	THE PERSON NAMED OF PARTY OF	24:11
The state of the s	39:20	179. Rocco Andreozzi	51:16	TOTAL TOTAL TERMINANT	24:19
The same of the sa	39:25	180. Diane Fitzgerald	51:31*	69, Mike Fletcher	24:25
87. Roger Sorduas	39:30	181. Wilbur Holmes		70. Lisa Taylor	24:42*
88. David Thibodeau	39:36		52:05	71. Bill Libby	24:46
89. John Cordts	39:40	182. Tammy Sutler	52108*	72. Lori Artesani	
90. John McGovern	39:40	183. Cush Hayward	52:35	73. Aimee Brochu	25:19*
91. Anne Hendrix		184. Patrick Connelly	52:36	The state of the s	25:31*
	39:53*	185. Maria Reali	52:45*	74. Charleen Wiseman	25:34*
92. David Riggs	39:59	186. Karen Silverman	53:31*	75. Donna Snowman	25:53*
93. Wandy Thorpe	40:08*	187. Kay Pelletier	Laborator Company	76. Dorothy Whalen	25:55*
94. Bob Cushman	40:14		53:40*	77. Anne Sorton	
95. Denise Harlow	40:16*	188. Lloyd Holmes	53:55	78. Louis Naida	26:01*
96. Ken O'Quinn	40:26	189. Frank Long	54417		26:25
97. Dick Campbell		190. Patricia Flanders	57:08*		27:00*
	40:30	191. Jane Barron	57:08*	90. Janis Piper	27:00*
98. James Chase	40:30	192,	31100	81. Bob Millette	27:13
99. Peter Thomas	40:32	193. Pamela Brennan	22.000	82. Jim Gilbert	27:19
100. Michael Reali	40:36		57:11*	83. Linda Robertson	
101. Barbara Coughlin	40:38*	194. Nancy Crowell	58:34*	84. Gwen Clement	27:29*
102. Jane Dolley				The state of the s	27:35*
102 Take Doubley	40:40*	Results courtesy of Werne	r Pobatschnig	85. Louise Clement	27:44*
103. John Soothby	40:42	Maine Track Club Even		86. Candace Green	27:51*
104. Robert Caron	40:43		*	87. Malanie Brochu	27:55*
105. Perley Hodgkin	40:52		THE PARTY OF THE	88. Terry Breau	27:57*
106. Ken Casey	41:03			. 89. Bob Severus	12010
	41:11	Hard Co.		90. Tom Severance	28:52
100 -		BREWER HIGH'S 2ND ANNUAL	TURKEY TROT	01 main severance	28:53
	41:19	Brewer 5K	Nov 21st	91. Edina Naida	30±06*
109. Natalie Buzzell	41:22*			92. Liz Curran	30:45*
110. David Goodwin	41:28			93. Setty Kiah	30:46*
111. John Quillette	41:32	1. Glendon Rand	18.44	94. Robbie Smith	31:28
112. Richard Manthorne	41:41		15:33	95. Paula Tarr	31-42*
113. Brian Hall	41:42	2. Sheril Sprague	15:33	96. Andy Kiah	21.66
114. Ed Kelley	41:49	3. Michael Gaige	16:10	97 Chair Mason	37133
115. Stephen Crockett		4. Tim Marquis	16:14	97. Chris Nason	31:57
116 tade Outsidett	41:53	5. Brian McCrea	16:28	98. Mike Rolnick	32:19
116. Andy Culpovich	42:22	6. Glen Holyoke	16:31	99. Diane White	32:45*
	42:25	7. John Mills		100. Jill Kiah	33:20*
118. Travis Kinney	42:30	8. Dick Fournier	16:37	101. Dennis Kiah	11.51
119. Dale Rines	42:40	o. Dick Fournier	16:42	102. Paul Paulson	33.64
120. Tim Burnham	42:44	9. Tim Parritt	16:47		33134
		10. Lenny Price	16:50	Warmed has been as a second	
121. Jeanne Steinmetz	42:56*	11. Alex Hammer	16:52	Results courtesy of Ronnie	Delano-Ell
122. Bill Elgae	42:57	12. Phil Stuart		- Alleria	
123. Jay Spenciner	42:57	13. Lee Stover	17:10		
124. J.P. Lavole	43:02		17:19	The state of the s	
125. Andre Benoit, Sr.	43:07	14. Tom Scagliarini	17:19	216	
126. Jarri Bushey		15. Phil St. Piere	17:30	THE WALL COME	
TOTAL CONTRACTOR OF THE PARTY O	43:09*	16. Hal Nelson	17:33	The state of the s	
127. Martin Weiss	43:10	17. Tom Byers	17:38	THE REAL PROPERTY OF THE PERSON OF THE PERSO	
128. Russ Bradley	43:15	18. Dave Clement		A STATE OF THE STA	
129. Philip Pierce	43:38	19. Doug DeAngelia	17:42	(2.64) 5336 (SC)	
130. Richard Roussin	43:48	70 0-1-	17:49		
131. William Bennett	44:01	20. Deke Talbot	17:50	CHARLES AND THE STREET	
132. Steven Cobb		21. Patrick Boss	17:59	A STATIONARY	
	44:15	22. David Terry	18:01	THE PROPERTY OF THE PERSON OF	
133. David Bushey	44:19	23. Jeff Brochu	18:10		
134. Susan Sharkey	44:39*	24. Erik Mattson		THE PARTY OF THE P	
135. Linda Best	44:41*	25. David Torrey	18:21		100
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137. Brian Collins	44:49	26. Bruce Theriault	18:29		A STATE OF THE PARTY OF THE PAR
	44143	27. Susan Elias	18:31*	ADD.	Maria.
			VACABLE IN THE STATE OF THE STA		CARL COLOR

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	12121	91. Pruitt Torres	43:17	185. Peter Catway	60:22*
HAINE SAVINGS BANK GASPING	Nov 24th	92. Steve Greenlaw	43:20	107 She McIntire	60:22*
Augusta	The same	93 Leon Hadiakis	43:41	tog Tonnifer Haskell	60:30*
		94. Scott Sanford 95. Ed Atlee (M)	43:48	189. Lucille Moreau (A)	61:44*
1. Gerry Clapper	31:09	96. Carl Bowen (S)	43:50	190. Cindy Moreau 191. Carol Linker (M)	63:20*
2. Chris Bovie	31:43	97. Fred Eis	43:52	102 Wike Lavey	63:20
3. Jeff Crocker	32:32	gg. Fave Gagnon	44:01	193. Rita Furbish (5)	70:03* 74:12*
4. Ralph Duquette 5. Eric McNett	32:55	99. Robert Lewis 100. Goff French	44:02	194. Shelley Gayton	74:12
6. Scott Roberts	33:17	101. Tom Fortier	44:11	195. Bill Gayton 196. Roger Furbish (S)	
7. Scott Wagner	33:20	102. Steve Ellis	44:12	196. Hoder I drawn	
a Jeff Sanborn	33:26 33:35	103. James Mansir	44:14	2 Mile	
9. Steve Russell	33:39	104. Mike Case	44:18*	1. Steve Sarkozy	10:19
10. Brian Warren 11. Peter Lessard	33:46	105. Melinda Small 106. Mark Ouellette	44:21	2. Mike Bard	10:22
12. Floyd Wilson	33:50	107. Wes Fjeldheim	44:24	1. Alex Harmer	10:24
13. Gred Nelson	33:57	108. Chad Warner	44:27	4. Lee Stover	10:35
14. Erich Reed	34:45 34:50	109 Andrew Haslam	44:34	5. Eric Gamage 6. Tom Harrington	10:40
15. Phil Stuart	35:01	110. Rich Abramson	44:41	7. Steve Turner	10:43
16. Brian McCrea 17. Edward Small	35:13	111. Hike Bowie 112. Cliff Hannan	44:41	a crave Labreque	10:58
18. Richard Daves	35:28	111 Mark Jose	44:46	a Robert Cuthbertson	11:05
19. Jon Wescott	35:40	114 Dan Gilbert	44:49	10. Art Warren (M)	11:06
20. John Mathieu	35:45 35:59	tre Maralia Buzzeil (2)	44:55	11. Tim Childs 12. Richard Celler (M)	11:16
21. Mike Perry	36:02	116. Lucien Lessard (M)	44:57	12 Martin Welss	11:18
22. Hal Nelson 23. Gary Cochrane (M)	36:05	117. Gary Dawbin (M) 118. Tom Daggett	45:02	14. Todd Pokrifka	11:30
24. George Liming	36:42	119. Warren Newton	45:04	15. Jeff Ames	11:38
25. Al Brynes	36:55	ton Mike Cook	45:07° 45:09	16. Rit Roberts	11:45
76 Dan Pennock	36:56 36:57	191 Gard Rand (M)	45:10	17. Conrad Skov 18. Dale Gamage	11:47
27. Robert Wranosky	37:01	122. Peter Connell	45:13	19. John Jalbert	11:49
28. Mark Simpson 29. Jeff Brown	37:04	123. Joe Washburn 124. Don Wismer	45:23	on. Terri Gousse	11:52*
10. Todd Guite	37:19	125. Cliff Ives (M)	45:26	21 Norman Wood	12:01
11. Eric Mattson	37:24 37:26	176 Diane Wood	45:37*	22. Steve Roberts	12:06*
32. Mike Thompson	37:32	137 Sichard Fletcher	46:01	23. Susan Ertha 24. Lenora Felker	12:10*
33. Geoff Hill	37:38	128. Robert Whitten (S) 129. Mike McLellan	46:04	25 Barry Warren	12:16
34. Fred Karter 35. Peter Bastow (M)	37:40	130. Rohnie Dunn (M)	46:22	26. Jack Hodgkins	12:20
16 Anne Marie Davee	37:41*	121 Tohn Malak	46:23	27 Scott Clark	12:36
17. Jerry Allanach	38:06	112 Louis Collins, Jr.	46:26 46:35	28. John Leonard 29. Robert McMahon	12:44
18. Bruce Poliquia	38:13	133. Fred Brown (M)	46:47	30. Chris Bryant	12:45
19. Brian Ladner	38:21	134. Lee St. Peter 135. Allen Hersom	46149	31 Marc D'Amour	12:46
40. Dean Rasmussen 41. Biff McGilpin	38:24	136. Charlie Gordon	46156	12 Mike Clapper	12:50
42. Brian Dominquez	38:25	137. Jane Waddle	46:57*	22 Mike Celler	12:54
22 Frad Marriam	38:30 38:32	138 ton Walters	47:17	34. John Hodgkins (M) 35. Don Celler	12:55
44. Sob Jolicoeur (M)	38:33	139. Craig Haggett	47:31*	16. Seth Thornton	13:02
45. Steve Ham 46. Roland St. Pierre	(M) 39:04	140. Jerri Bushey 141. Roger Mills	47:33	37. Paul Jenkins	13:05
		142. Cindy Oakes	47:38*	ta. Josh Gagnon	13:27*
47. Chad Gagnon 48. Oskar Feichtinger	(S) 39:23 39:27	143. Don Osborne (5)	47:45	39. Sarah Berry	13+29
49. Skip Rowe	39:29	144. Gail Schade (A)	48:01	40. Brian Stabbins 41. Ron Lindholm (M)	13:35
50. Jim Floyd	39:38*	145. Patrick Roy 146. Roland Yeaton	48:03	41. Ron Lindholm (M) 42. Raymond McFarland	, Jr. 13:16
51. Kathy Knight 52. Ken Sylvester	39:43	146. Moland Tonydar	48:05	43. Jason Turner	13:37
52. Ken Sylvester 53. Hert Dearnley	39:52 39:55*	148. Sarah Roy	48:14* 48:15	44. Lee Gamage	13:52
sa ann Blumer	40.10	1 am Sob Morran		45. Chris Atles 46. Robert Gray	14:02
55. Martin Schiff ()	40:15	150. Edmond Brissette	48:17	46. Robert Gray 47. Chris Roy	14:09
56. David Bronder 57. Chuck Munier	40:21	151. Bruce Fenlason 152. Gary Schulz (M)	48:26	48. Ross Holt (5)	14:11
58. David Ledew	40:25	153 Vicki Cochran	48:36*	49. Ellen Spring	
re Down Moody	(M) 40:44	154. Charles Clapper	(S) 48:38 48:54	50. Bert Gendron (S) 51. Mary McGenn	A. 电子中分
60. James Moore, Jr.	40:46	155. George Ames	49:00	on Claim (M)	14:42
61. Larry Taylor 62. Russell Martin	40:48	156. Bill Akins 157. Jeff Williams	49:01	51. Sara Fenlason	14:43*
61 Barney Smith	40:52	158, Batty Hahn (S)	49:08*	54. Jamie Wilson	15:02
AA. Chris Cameron	40:53 40:54	159, Dale Cushman	49:14	55. Mike Mallar 56. Don Stresser (M)	15:06
es Derey Runnells	(High Think	ten Genrae Shea		57 Maureen Sanborn	15:12*
66. Rick Strout (M)	40:58*	161. Leona Clapper 162. Tom Crowley	50:00	so Patty Callens	15:25*
67. Beth Golden 68. Sonja McLaughlin	n 40±59*	162 Dobbie Deeves	50:02	so. Mary Lou Sherman	15:32*
69. Michael O'Conno	E	tex William Toxier	(S) 50:12 (S) 50:14	60. Jeri Flournoy	15:34
70. Bob Croswell	41:07	165 Richard Wagner	(0)	61. Jason Simpson 62. Virgil Brown	15:38
71. Kevin White	41:15	166. Dick Mercier () 167. John Flournoy	50:26	43. Backy Tibbetts	16:09*
72. Doug Gilbert 73. Bernard LeWolf	41:19	168 Matt Coffin	50:44	es Penny Soyder	
74 Toni Sumpf	41:26	140 John McAleer	5) 50:58 51:32	65. Kevin McLaughli	16:39
75. Richard Fallon	41:30	170. Kathie Marquis	51:53		16:50*
76. Ken Gaecklein	41:37	171 Rick Deeves	52:05	sa. Justin Lambert	
77. Norm Rodrique 78. Bob Peterson	41:41	172. Lynn Deeves 173. Kathy Shea	52:06	se Tim Simoneau	17:07
79. William Bartle	tt 42:09	174. Ernest Moreau	(M) 52:17	70. Andy Stebbins	17:14*
on Jaff Moore		175 Mark Plummer	10001	ne da suma	17:16*
at the contract Ch. Pate		176. Mary Jean McKe. 177. Perry Barnard	(M) 52:3	73. Wendy Morgan	17:38*
82. Matthew Hollin 83. Jim Gilbert	42:53	178 Abby Jacobson	52:3	7* Ti Sarbara Tufts	17:51° (M) 17:53
84. Raymond Bryant	(M) 42:55	170 Nadine Bullion	52:4 53:5	8* we awould Stephing	
as. Mike Vail	43:00	ron hour scatterroop	G T		18:08
os Tavne Chase	The second secon	181. Ken Blaisdell	54:3	4* 70 Allison Dall	18:09
87. Peter Gagnon 88. Charles Weymon	4000	182. Anita Brynes 183. Philip Trask	57:0	79. Rob Cuthbertso	n 18:34
88. Charles weyner 89. Ron Paquette	(M) 43144	184. David Slone	57:5	51	
90. Gary Barrett	43:13	AGE STORY OF THE STORY			
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80.	John Simoneau	18:38
81.	Susan Greenlaw	18:44*
82.	Constance Moore	18:46*
83.	Jennifer Lambert	19:02*
84.	Jo-Ann Turner	19:19*
85.	Brownie Plournoy	19:42
86.	Sharon Lowell	21:14*
87.	Kathy Stebbins	21:25*
88.	Lillian Abbott (5)	21:56*
39.	Mikaela Foster	22:43*
90.	Amy Sansouci.	24:06*
91.	Mardi Brown (S)	24:09*

Results courtesy of Barbara Godfrey Maine Road Ramblers Race Director

		CLUB	HANDICAP	5	м	LER
Portla	ind			De	e	3rd
						1000

1.	David Manthorne	39:19
2.	Dave Trussell	40:59
3.7	Bill Davenny	41:01
4.		41:12
5.	Bob Caron	41:22
6.	Sandy Utterstrom	41:32*
7.	Bob Perkins	41:41
8.	Warren Wilson	41:56
9.	Marion Leschey	42:05*
10.	Pam Twombly	42:09*
11.	Margaret Soule	42:10*
12.	Richard Manthorne	42:13
13.	Kenneth Hutchins	42:16
14.	John Gale	42:20
15.	Frank Knight	42:21
16.	John McGovern	42:28
17.	Bob Payne	42:29
18.	John Conley	42:32
19.	The state of the s	42:34
20.	Al Utterstrom	42:57
21.	The state of the s	43:06*
22.	Bob Coughlin	43:13
23.	Ray Hefflefinger	43:22
24	Herb Strom	43:39
25.	Harvey Rohde	44:08

RESULTS COURTESY OF THE PPH





HIGH STREET, ELLSWORTH

### RUNNING

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#### FROSTBITE 5K

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-SHIRTS TO FIRST ONE HUNDRED ENTRANTS

DOSE RIVER FOOTWEAR AWARDED TO FIRST THREE PLACES, MALE AND FEMALE, IN FOUR CATAGORIES

C Showers readily available, soup and chowder at the FINISH FOR RUNNERS

omfo MPLE DOOR PRIZES FOR RUNNERS IN CONJUNCTION WITH THE SKOWHEGAN CRAFTS FAIR WITH OVER ONE HUNDRED EXHIBITS

TE: February 11, 1984

ME: 11:00 AM

Des & MACE: Skowhegan Area High School, Skowhegan, Maine

MTRY FEE: \$4.00 in advance

\$5.00 the day of the race

Make check payable to Dollars for Scholars Results will be printed in The Maine Runner



\*\*\*\*\*\*\*\*\*\*\*\*\*\* ptrails consideration of this entry being accepted I for myself, my heirs, administrators, and issigns, 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.

e havename\_\_\_\_\_ age \_\_\_\_ sex \_\_\_\_ ampingaddress\_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE \_\_\_\_\_\_T-SHIRT SIZE\_S M L

SCHOOL OR ORGANIZATION\_

SIGNATURE

PARENTS SIGNATURE IF UNDER 18 \*\*MAIL TO DOLLARS FOR SCHOLARS, SKOWHEGAN AREA HIGH SCHOOL, SKOWHEGAN, ME 04976\*\*

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## 3rd Annual WILD KATAHDIN TRUST **SNOW RUN**

Come!! Visit Nurdlie and Duane in their natural habitat!! Watch their dandruff as it dances crazily in the crisp morning air. AH ---- Woods Runners country ---- The beauty of it all!

HERE:

Katahdin High School

HEN:

Saturday, February 11, 1984 - 11: A.M.

DW FAR:

4.8 miles - or a little more - anyway - it's absolutely akkurit!

ACILITIES:

Restrooms - showers at Katahdin High School on Route 11, Sherman

Exit, I-95. Old catalogue pages available if outside preference.

EGISTRATION:

\$5.00 - Registration at 9:30 on day of race.

WARDS:

Trophies to first 5 finishers plus fifty pounds of Grade A spuds to 1st

male and female overall.

Trophies to 1st three finishers in each category. Wicked cool drawings.

Lotsa home grown items!!

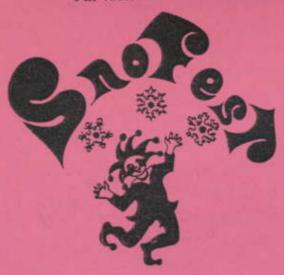
ATEGORIES:

13 & under 14-19

20 - 29 30 - 39 40 - 49 50 & over most mature

Mean runner gets a corkin good ride on a \_ tet three runners - male and female ?!!?

## aine Road amblers





: Sunday, January 29, 1984

: 12 Noon

#### 5 MILE ROAD RACE

CE: Univ. of Maine at Augusta at the rear of the Augusta Civic Center. Locker rooms, showers, and refreshments will be available. Splits will be at 1 and 3 miles. Wheel measured. Moderate terrain.

ISTRATION: 10:30 - 11:45 A.M. at the rear of the Augusta Civic Center. Entry fee of \$3.00 plus SnoFest Ticket (\$1.). SnoFest Ticket entitles holder to attend other SnoFest events (Jan. 21 - Feb. 5) and a chance to win the Grand Prizes to be drawn on Feb. 8. Tickets may be purchased at the registration desk.

THERE WILL BE NO PRE-REGISTRATION.

ARDS:

#### MALE

First 5 places
13 & under: 1st
14-18: 1st
19-29: 1st, 2nd
30-39: 1st, 2nd, 3rd
40-49: 1st, 2nd
50 & over: 1st

#### FEMALE

First 3 places
13 & under: 1st
14-18: 1st
19-29: 1st, 2nd
30-39: 1st, 2nd
40-49: 1st
50 & over: 1st

FORMATION: Call Joanie Rhoda, 845-2437 evenings.

PONSORS: Maine Road Ramblers, in cooperation with the UMA Recreation Department.

#### REGISTRATION 6th ANNUAL SNOFEST 5 MILE ROAD RACE

In consideration of this entry being accepted, I for myself, my heirs and assigns aive and release any and all rights and claims or damages I may have against any possor, their representatives, successors and assigns for any and all injuries suffered by me at said race.

Mffered by me at said race.	AGE:	SEX:
1131		
DOPESS:		
IGNATURE:	DATE:	
	nder 18)	

#### PLYERS IN MAINE RUNNING MAGAZINE

Do you want to reach a great many runners without a great deal of hassle? Why not put your race application in Maine Running Magazine. Here's all you do:

Send us 900 flyers by the 10th of the month prior to the issue you want your flyer to appear in and a check for \$20. If the statement "Complete Results Will Be Published In Maine Running Magazine" appears on the flyer only send \$15. Or...send us one photo ready copy of your flyer and \$50 and we'll print it for ya.

#### ADVERTISING RATES IN MAINE RUNNING

The advertising rates in Maine Running are down-right incredible.

a full page \$50 a month; \$500 per year half page \$30 a month; \$300 per year 1 page \$17.50 a month; \$175 per year

There are special rates for 3 month; 6 month and mixed packages as well. Professional lay-out rates are extra.



The only way to handle large race fields. \$50 per race Where can I pick up a copy of Maine Ru

If anyone ever asks you where they too get a copy of Maine Running Magazine, them to one of the following stores:

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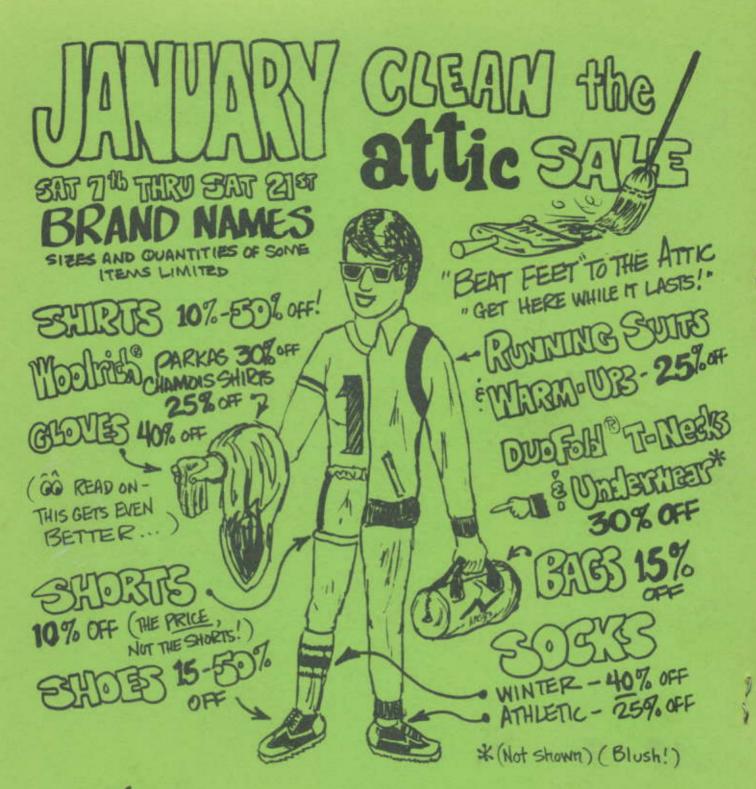
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