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Maine Running & Outing Magazine



HUBERT STROM
164 Fowler Rd.
Cape Elizabeth, ME 04107



JANUARY 1986

VOL. 7 NO. 1

**MAINE
NORDIC COUNCIL**



P. O. Box 259

East Holden, Maine 04429

Tel. (207) 843-6262

Happy New Year! In the February issue of Maine Running & Outing we will take a look back at 1985, but now, let's take a look forward into 1986 - the year of the Road Runner's Club of America national convention in Portland, Maine.

The year hasn't even started yet, and already that is the biggest story of the year, and the person on the hot seat will be Jane Dolley, newly elected President of the Maine Track Club.

Jane, who has done an outstanding job directing the Cape Challenge Half Marathon for the past two years, has been selected to direct the RRCA National Championship 10K to be held in Portland on May 18. Let's show the many people coming from all over America to the convention how Maine turns out to support such an event. Mark it on your calendar right now, "I'm going to be in Portland on the 18th of May for the National Championship 10K". Did you do it? Good.

Bob

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

Publisher/Editor: Bob Booker
PO Box 259
E. Holden, ME 04429

Telephone: (207) 843-6262

All photos by Vance Brown (See ad at the Pack)

JANUARY & FEBRUARY ROAD RACE & MAINE NORDIC COUNCIL CALENDAR

Make sure your dates are in for the annual calendar in the Feb issue.

JANUARY XC RACE CALENDAR

MAINE NORDIC COUNCIL GENERIC FLYER

ON TRACK! by Bob Booker

Support our ski touring centers.

SKI TOURING CENTERS

LAND OF LINCOLN by Rick Krause

T.A.C. CERTIFIED COURSES IN MAINE

MR&O is starting a point system for 1986. Check it out.

ROWDY

Lance Guliani and Kim win the last real long one of the season.

FUELING YOUR BODY FOR EXERCISE by Anne-Marie Davee

AT THE RACES

Maine Road Ramblers Vet's Day Races

WOODS RUNNERS NEWS

BED & BREAKFAST

AT THE RACES

The Rambler's Gasping Gobbler

MTC NEWS

THE PACK

ROAD RACES

Aug 11	Winthrop Lions *15K* & 4 Mile	130 finishers
Oct 26	Penobscot Valley Hospital 5K	47 "
Oct 27	Great Pumpkin 10K & Fun Run	424 "
Nov 10	Falmouth Lions *10K* & 1 Mile	95 "
Nov 10	Rowdy Ultra *50 Mile*	19 "
Nov 10	Veteran's Memorial 4.5 and 1 Mile	81 "
Nov 11	Veteran's Day Races *1/2 Mara & 5K*	127 "
Nov 17	Osprey Road Race 10K	101 "
Nov 23	Brewer Sophomore 5K Turkey Trot	137 "
Nov 28	Gasping Gobbler *10K* & 2 Mile	252 "

January/February Road Race Calendar

Gene Boy wrote to say, "Wait on the January Thaw 4.5 Miler" so there are no January road races to report on, however, the Sri Chinmoy Marathon Team of Topsham would like to announce the...

SRI CHINMOY 3-MILE RUNS "Runners are Smilers" Every week. Sunday mornings at 9 a.m. rain or shine. A new concept in running. \$1 Starts at the corner of Harpswell St & McLellan St. Registration is from 8:15 to 8:45. One mile loop. Age categories, prizes. Times will only be recorded for the top 7 open male & female and top 3 men and women over 50. Times will called out to everyone at the finish.

8 **5TH ANNUAL WILD KATAHDIN TRUST SNOW RUN.** 11 a.m. from Katahdin High in Sherman. \$7 for this 4.8 or 9 mile race. Join Merdile & Duane for this annual fun event. See ad and flyer and Woods Runners news in this issue.

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

CALENDAR MAINE NORDIC COUNCIL

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

AGE CLASSES

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



- January SEE JANUARY MAINE NORDIC COUNCIL RACE SCHEDULE on page 4
- Feb 1 **THE PIPELINE TOUR & RACE.** McGraw School, Hampden to Winterport Lions Community Building. 15.1Km race starts at 11 a.m. \$3 pre/\$4 post Contact: Bob Salesi, PO Box 427, Hampden, ME 04444 or call 862-1683. See flyer
- Feb 2 **RANGLELEY RANBLE, Ski Nordic at Saddleback.** 40Km at 9 a.m. \$8.00 Contact: Carl Wegner, PO Box 25, Oquossoc, ME 04964 864-1380 W; 864-5705 H. See Ski Nordic Ad this issue.
- Feb 3 **THE GREAT CARIBOU BOG WICKED WINTER SKI TOUR & RACE.** Caribou Bog trail - Bangor to Old Town. 18.3Km at 10 a.m. \$2 early/\$5 adult Contact: Tom Hanson Box 873, Bangor, ME 04401 825-3230 OR Adrian Humphreys, 30 Forest Ave., Orono, ME 04473 866-5652. See flyer
- Feb 4 **ARROSTOCK COUNTY XC CHAMPIONSHIPS.** Puddle Dock Park, Fort Fairfield. 15Km at noon. \$4.00 less for 13 and under. Contact: Tom Towle, Fort Fairfield Parks & Rec, Fort Fairfield, ME 04742 473-7295
- Feb 9 **NORTHERN LIGHTS CLASSIC.** Troll Valley STC, Farmington. 10Km at 1 p.m. \$6.00 Contact: Northern Lights, PO Box 108, Farmington, ME 04938 778-6566
- Feb 15 **THE LAST WOOD SKI RACE.** (Wood Skis Required) Carter's Farm Mkt STC, Oxford. 5Km at 11 a.m. \$3.50 Contact: David J. Carter, Rt 26, Oxford, ME 04270 539-4848 See ad this issue.
- Feb 16 ***MAINE NORDIC COUNCIL 10 & 20Km CHAMPIONSHIPS*** Snorada STC, Auburn. 10Km for Men; 10Km for Women; 10Km for Juniors at 9:30 a.m. \$7.00 Contact: Buzz Davis, 525 Lake St., Auburn, ME 04210 782-6602
- Feb 18 **BUMFORD CARNIVAL.** Black Mt of Maine, Rumford. 5 & 10Km (Sat); 10, 20, 30, 40 Meter Jump (Sun) Times TBA; Entry fee TBA. Contact: Eric Boderick, 239 Straford Ave., Rumford, ME 04276
- Feb 21 **BLACK BEAR RUN.** 6.8Km from the Meadowhill AC at 1 p.m. for \$4.00. Contact: Todd Mattson, Meadowhill AC, Meadowhill Ext., Farmingdale, ME 04245 623-3831 W; 582-1888 or Larry Poulin 623-1166
- Mar 1 **MT. KINEO NORDIC SKI CHALLENGE.** The Birches, Rockwood. 10Km at 10 a.m. for \$4.00 Contact: John Willard, Jr., PO Box 81, Rockwood, ME 04478
- Mar 2 **THE WILD HAKE MOUNTAIN RACE.** Ski Nordic at Saddleback. 15Km at 1 p.m. \$7.00 for USSA members; \$8.00 non-USSA members and race day. Contact: Carl Wegner, PO Box 25, Oquossoc, ME 04964 864-1380 W or 864-3705 H USSA sanctioned event. See Ski Nordic Ad this issue
- Mar 3 **SUNDAY RIVER LAROLAUF.** Sunday River Inn STC. 10Km at 1:30 P.M. for \$6.00 Steve Wright, RFD 1, Box 1688, Bethel, ME 04217 824-3410
- Mar 9 **TITCOMB MOUNTAIN FUN FEST.** Titcomb Mt STC, Farmington. 10Km & 5Km at Noon for \$6.00 Contact: Sandy Record, Box 2140, RFD 1, Wilton, ME 04254 645-4531
- Mar 16 ***MAINE NORDIC COUNCIL 15Km CHAMPIONSHIPS "LEPRECHAUN LOPPET"*** Carrabassett Valley STC. 15Km at 1 p.m. for \$7.00 Contact: Bill Chenard, CVTC, Kingfield, ME 04947 237-2205 W or 237-2268 H
- *Jan 35* ***WINTER-THON* (Ski-Run).** Snorada in Auburn. 10Km Ski/4Mile Road Run Contact: Buzz Davis, 525 Lake St., Auburn, ME 04210 782-6602. See flyer

PINE
TREE
BIATHLON
CLUB



Biathlon Series

The Pine Tree Biathlon Club will be sponsoring its first season of biathlon at Ben-Loch Farm in Dixmont this winter. We will be holding races and novice events on Jan 4, Feb 1 and Mar 15. If you would like to see what it would be like to combine marksmanship with your cross country skiing come out and we will help you with our rifles.

In other ski news, the Sunday River Ski Touring Center in Bethel will be offering lessons in telemarking, the sport that combines the very best of nordic and alpine skiing. See Sunday River's insert in this issue for address and telephone numbers.

The Penobscot Valley Ski Club will be holding a XC clinic at the Essex Street Rec Center in Bangor in conjunction with the Parks & Rec Dept on Jan 12th. Call Tom Hanson 825-3230 H; 945-5542 W for more details.



- 48 Kilometers of woods trails
- Professionally designed one-way loop trail system
- Professionally designed map, with trail descriptions
- Trails groomed and double-tracked with Bachler System
- Instruction - Ski School, Video Room with ski technique films
- Full lunch room - Sunday brunch - beverages B.Y.O.B.
- Lodging - Bed and Breakfast
- Night skiing - with headlamps, by group (14+) reservation
- Nordic Ski Patrol
- Sleigh rides
- Season Passes
- Gift Certificates - for equipment, clothing, accessories or trail passes
- Bathrooms with showers for skiers

COMPLETE RETAIL SHOP

Clothing, Equipment, Accessories

SKIS: Atomic, Asnes, Epoke, Jarvinen and Landsem

BOOTS: Merrell, Alfa, Salomon and Jalas

BINDINGS: Salomon Rottafella and Geze

WAXES: Swix and Jackrabbit

POLES: Swix

RACING SUITS, GLOVES, KNICKERS, HATS, SOCKS, SWEATERS, ETC.

ALL TYPES ACCESSORIES

SEASON EQUIPMENT RENTAL PROGRAM

Rent top quality equipment for entire season for use at Ben-Loch. Price includes lesson, and your option to try various equipment during the season such as waxable and waxless skis, 75mm boots and Salomon System boots, wooden or fiberglass skis, etc. At any time during or at end of season your full cost will be credited towards the purchase of a brand new equipment package.

Adults: \$55., Children [under 14] \$35.



MAINE'S MOST COMPLETE SKI TOURING FACILITY

MAINE NORDIC COUNCIL CROSS-COUNTRY SKI RACING SCHEDULE

Jan. 4

Come try it!



BEN LOCH FARM BIATHLON SERIES 10K & novice race. 10 a.m. from the biathlon range at Ben-Loch Farm in Dixmont. \$6 pre/\$7 post. Contact: Biathlon Coordinator, Ben-Loch Farm, RFD 1, Box 1020, Dixmont, ME 04932. Sanctioned and sponsored by the Maine National Guard Biathlon Team & the Pine Tree Biathlon Club. 942-5804 Steve.

Jan. 5



CARTER'S LAST STAND Carter's Farm Market STC, Oxford.

5Km at 11 a.m. \$5.50

Contact: David J. Carter, Rt. 26, Oxford, ME 04270
539-4848 See Carter's Ad in this issue.

Jan. 11

SKI NORDIC TOURING CENTER AT SADDLEBACK



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

- 45 km. Trail system in Saddleback 12,000 Acre preserve.
- Lakeside skiing (el. 1750') to mountainside challenges (over 3000')

- Wilderness trekking
- Telemarking
- Guided tours

- Rentals, Sales
- PSIA instruction

Walter L. Pepperman, II, President
Carl R. Wegner, Ski Touring Center Director

Races

Jan. 11	Lake Loop Run
	U.S.S.A. \$7.50
	Non-U.S.S.A. 8.00
	Day of Race 8.50
	—U.S.S.A. Sanctioned
Feb. 2	Rangeley Ramble
Mar. 1	The Tortoise
Mar 2	The Wild Mt. Hare



Jan. 12



SPRUCE MOUNTAIN CHALLENGE

Spruce Mountain XC Center, Livermore. 7.5 Km at 1 p.m. \$4.00.
Contact: Randy Easter, RFD 2, Box 8425, Jay, ME 04239. 645-4630. Use Maine Nordic Council flyer opposite to enter this and all MNC events

Jan. 19



SNORADA CUP

Snorada Ski Touring Center, Auburn. 15Km for Men; 10Km for Women at 10 a.m. \$7.00. Contact: Buzz Davis, 525 Lake St., Auburn, ME 04210 782-6602. See blue flyer this issue. Use Maine Nordic Council flyer opposite to enter.

Jan. 25



BEN-LOCH FARM NORDIC COMPETITION

Ben-Loch Farm STC, Dixmont. 21Km at noon. \$6.00 Contact: Howard M. Foley, RFD 1, Box 1020, Dixmont, ME 04932. 257-4768. See ad on page 3.

Jan. 26



WILD MOOSE RUN

Carrabassett Valley STC. 15Km at 12:30 p.m. \$7.00
Contact: Bill Chenard, CVTC, Kingfield, ME 04947
237-3305 W; 237-2368 H. See CVTC ad in this issue.

m. from the
ost. Contact:
Dixmont, ME
ard Biathlon

04270

CK

Run
\$7.50
8.00
8.50
Sanctioned
Ramble

se
Mt. 

\$4.00.
45-4630. Use
MNC events.

or Women at
ME 04210.
Council flyer

1020,

MAINE NORDIC COUNCIL

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

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

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

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

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

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

Name: _____ Class: _____

Club or Town: _____ College Outing Club: _____

Address: _____

Telephone: _____ Date of Birth: _____ Age: _____

Name of Event: _____

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

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

Length of Race: _____ Hill Size: _____

Time In:

:

Start Time:

:

Overall Elapsed Time:

:

Min. Sec.

AGE CLASSES:

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

Male
A
B
C
D
E
F
X

Female
G
H
I
J
K
L
Y

THE RELEASE FORM ABOVE MUST BE SIGNED

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



"FOR THE BETTERMENT OF NORDIC SKIING IN MAINE"

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

On Track!

Have you ever ridden a ten-speed across a hayfield? They just aren't designed for that kind of use. I think everyone would agree, they work much better on a smooth expanse of hot-top.

The same is true of your cross-country skis. You can walk around your hayfield for the rest of your life, get a super workout, but you'll never experience the performance you can from them while visiting your local touring center.

Skiing on a prepared surface is like flying (depending on your level of development in the sport). You can try the new skating technique without having to lift your ski out a drift on every stroke.

The touring centers you see advertising in MR&O go to a great deal of time and expense to help you enjoy the sport to the maximum. And look at the daily trail fees; a full days entertainment for less than the cost of a movie.

Maine's touring centers are just a short drive from the population centers. It's worth the drive.

On December 16th I had the entire 30K of Ben-Loch Farms to myself all morning. I would have gladly shared the track with another.

Support our touring centers; they represent the future of cross country skiing in Maine.



X-C EQUIPMENT

For all ages,
beginning thru
racers, plus those
hard to find items.

Akers Ski

We'll show you how to order.
In no time, you'll have it to use.

FREE: Mailorder Catalog ☐
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Akers Ski, Box 280 J

Andover ME 04216

Call 207-392-4582

SHOWROOM: Andover Village

Tues. - Sat. 10 - 5

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Attention all canoe racers, cross country skiers, cyclists, runners, swimmers and triathletes.

Rainbow Bicycles is your complete cross-training specialty store. Nishiki, Cannondale, Guerciotti, Tunturi, Wabash, Wenonah/Maxcraft, Delta, Thule, "The Fix Kit", Fisher, Excel, Swix, Salomon, Hartjes, Hinds, J.T. Activ, Serac, Specialized, Duegi, Giadana, Body Glove Wet Suits, Campagnolo, Suntour, Shimano, Avocet, Speedo: Pool & Open Water, Barracuda, Custom built wheels.

WE HAVE EVERYTHING YOU WILL NEED TO MAKE CROSS-TRAINING AN EASY TRANSITION.

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TRIATHLON AND FITNESS CENTER

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207-784-7576

Open Mon. - Sat., Also Friday Nights

STAFF:

Jim Hoffmeister • Steve Fluet

Dan Campbell

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The Salomon SR 901 Equipe and the SR Racing Team. You'll experience more precise heel hold and forefoot freedom with Salomon's patented Internal Fit System. And achieve exceptional lateral stability, a more explosive kick and a longer glide. Get the

precision-matched Salomon SR 901 and the SR Racing Team.

★ **The Bangor**

**Ski
Rack**

**Maine Square
Bangor, Maine 04401**

945-6474

Ski Touring Centers

Name of Facility Address	Season	Terrain	% Wooded	Kilos A B C D E	Trail Fee Group Lesson	Operating Schedule	A B C D E F G H I
Akers Ski, Inc. Nordic Acres Way Andover, ME 04216 (207) 392-3123	Dec to March	Wooded Rolling	99	5 UL 30 35 35	\$1.00 None	Daylight Daily	X X X X X X 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 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 X
Carter's Farm MNT 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 04936 (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) 864-1380	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
Snorads Rec Ctr 525 Lake St. Auburn, ME 04210 (207) 782-6602	First Snow to End!	Variable	90	15 2 39 39 22	\$1.00/\$4.00 \$4.00	Tue thru Fri 2-9 Weekends 9 to 9	X 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 &

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



MAINE NORDIC COUNCIL
 16 Stewart Avenue
 Farmington, ME 04938

OTHER MNC FACILITIES & 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 &
 tracked

OTHER FACILITIES

The Bethel Inn Ski Touring Center, Bethel (See ad)
 Doral Ski Touring Center, Aurora (See Ad below)



DORAL



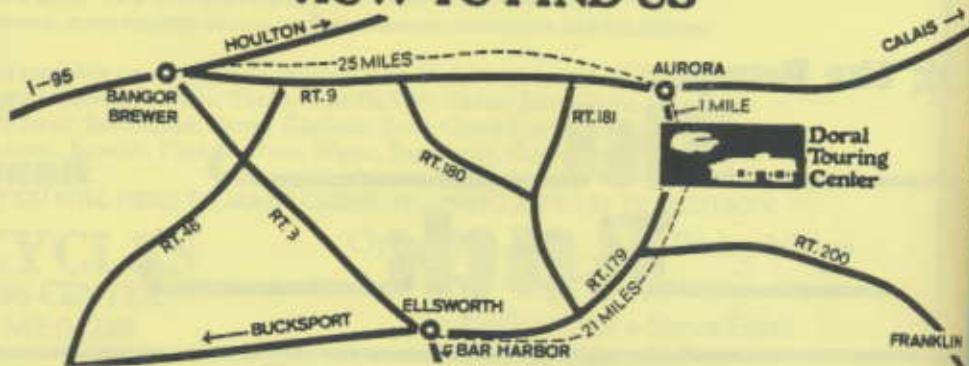
TOURING CENTER

CALL

207-584-3131

FOR SNOW CONDITIONS

HOW TO FIND US



SNORADA

SKI TOURING CENTER

We'd like to
introduce you
to skiing.

Special Learn To Ski Packages

Complete Equipment Rental
One Hour Beginner Lesson
A Full Day Trail Fee

ALL FOR ONLY
\$15.00 ADULTS
anged for Groups of 3 or more
By Appointment

Children's Learn to Ski Program

Lessons for children ages 5-13
Every Wed. between 1 & 3 p.m.
From Jan. 8 through Feb. 26
Total Cost \$20.00
Rental Available at half price



We're the
cross-country
experts.

The Snorada Staff has experience in all aspects of cross country skiing. For the racer, the tourist, and even the mountaineer. We can service all of your needs. Excellent tracks over varied terrain offer interesting skiing for all ability levels. Conveniently located on the outskirts of the Auburn Suburb, Snorada has all the picturesque beauty of a "WINTER WONDERLAND".

LOCATION:

Outer Lake Street
Auburn, Maine
Plenty of FREE PARKING
TELEPHONE: (207) 782-6602

OPERATING HOURS:

Open Daily 7 a.m. - 9 p.m.

NIGHT SKIING

Almost 2 Miles
Of Lighted Trails

TRAIL FEE:

\$5.00 ADULT WEEKEND
\$4.00 ADULT WEEKDAY
\$4.00 UNDER 14 WEEKEND
\$3.00 UNDER 14 WEEKDAY

SEASON PASS RATES

FAMILY	\$120.00
ADULT	\$60.00
STUDENT	\$50.00
UNDER 14	\$40.00

WE RENT TOP NAME SKI EQUIPMENT

FISCHER, SALOMOM, EXCEL
Rental Package Includes:
Skis, Boots, Poles, Trail Fee
\$10.00 ADULT
\$7.00 UNDER AGE 14



1986
RACES

Cross-Country Ski Packages for Beginners.

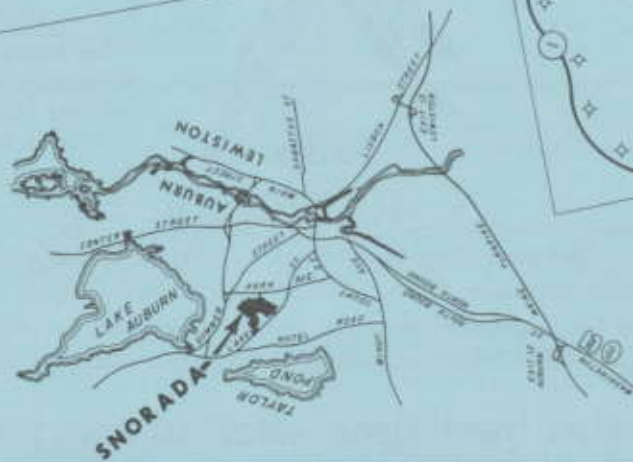
Adult Packages	\$95.00
Junior Packages	\$69.00

The Snorada Retail Shop is now working in conjunction with Rainbow Bicycles to service all of your cross country skiing needs. From top quality equipment, wax, and accessories to just good advice.

12/31/85 through 2/25/86 Tuesday Night Race Series, 10km Races for men, 7.5km for women, 5km for juniors; 7:30 p.m.; \$4.00; Mass Start.
1/19/86 Snorada Cup, 15km For men, 10km for women, 5km for juniors; 10 a.m.; \$7.00; Mass Start.
2/1/86 Winterthon, 10km Ski followed by 4 mile run to the Auburn Mall; 9:30 a.m.; Mass Start; Teams and Individuals; 16 Classes.
2/16/86 USSA-Eastern & Maine Nordic Council 30 & 20km Championships, 30km for men, 20km for women, 10km for juniors; 9:30 a.m.; \$7.00; Interval Starts.

Now's the best time ever to start skiing.

FOR INFORMATION AND SKI CONDITIONS TELEPHONE 782-6602



TRAIL NAMES:

1. GRAMPA'S WAY
2. MILLIE'S MANOR
3. WILBUR FUN
4. CHARLIE'S PLACE
5. BUZZY'S BLUFF
6. HAROLD'S CHOICE
7. OLD SPECK
8. PATH OF EARL
9. URQUHART ALLEY
10. AUNT MARY
11. ORLONSO STRAIT
12. BUCKBOARD
13. HURRICANE JANE
14. WHITE RABBIT LOOP
15. EDDIE'S EDGE

NIGHT SKIING

○ BEGINNER

□ INTERMEDIATE

◇ EXPERT

SNORADA

Main
105
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all le

- So
- Su
- Ca
- Ol
- w/
- Co
- Tra
- P.S
- Wa
- Cit

Land of Lincoln by Rick Krause

In the early 70's the handful of us serious road racers had to search through the newspapers, where in fine print, we might be able to find a road race. But there never seemed to be enough to quench our competitive thirsts.

So it often turned out that several of us, usually Walt Renaud, Bill Deering, Ralph Thomas, and myself would turn our wheels south to Massachusetts for competition.

But in time we discovered that by traveling to Washington County we could run at least three races a year in addition to the dozen or so annual races held throughout the state. It was in the Calais-Eastport area where one of the great pioneers of Maine road racing was quietly doing his thing. He was a man who I would come to admire and respect because he was many things besides being a true gentleman. Dale Lincoln of Perry was busy providing distance running opportunities in a sport which was uncommon in that era.

I remember the Calais 7-Miler, and the 7.2 mile Perry to Eastport race on the 4th of July which stands today as one of the oldest annual races in the state. And then there was Lincoln's extravaganza and true test of endurance - the Calais to Eastport "Super-Joggers Day 29-Miler" held the first of April.

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But it was Dale Lincoln himself who fascinated me as much as his races. He had an immense enthusiasm which he somehow placed within a sphere of informality, making even racing fun. He often kidded us down-staters about coming up to his races, taking all the glory away from the local folks by walking off with all the trophies. But it was just that - kidding. As far as Lincoln was concerned, serious distance runners and joggers were made of the same flesh and bone and differed only in their goals.

A native of Perry, a small town about seven miles west of Eastport, Lincoln had graduated from Maine Maritime Academy and during the 60's taught at S.M.V.T.I. While in the Portland area he did some casual running. But his participation in L.D.R. dates back to 1954 when he was a senior in high school. He remembers the year well because it was the same year that Roger Bannister broke the 4-minute mile. Like other beginning runners of that time, Lincoln ventured into running as a conditioner for another sport - baseball. But he enjoyed the running more.

"I started jogging a lot, but my parents were still encouraging me to do my running after dark so the neighbors in Perry wouldn't think their son was crazy," he said.

Lincoln's first road race was one which was organized by Maine Maritime Academy. It was a 3-miler. "I can only recall one runner in that race who was not a cadet at the academy," said Lincoln. "I took second place in that race and was severely defeated by a skinny kid who lived in Castine during the summers." That runner was Harold Hatch who went on to become a schoolboy New England Cross Country Champion and later a top masters runner in Maine road races.

"But the people of his hometown of Perry and the nearby city of Eastport had not forgotten Dale Lincoln," recalled Deke Talbot, a veteran road racer and Machias attorney who participated in many of Lincoln's races.

"The city of Eastport was trying to organize a Fourth-of-July Festival, something to improve the town's sagging fortunes and to improve its morale. Somebody on the festival committee remembered that Dale Lincoln ran in long foot races, and wondered if he would help them organize one as part of the festival. One call to South Portland enlisted Dale's help. He'd seen how the races were run in the Portland area, and he'd be glad to show them what to do.

"On July 4, 1970," continued Talbot, "road racing was born in Washington County. Before that day, the local people assumed that a road race was a car race, because no person could possibly run all the way from Perry to Eastport, a distance of 7 miles. But, that day the spectators were transfixed by the sight of Ralph Thomas running to victory over the causeways and down into the village to the finish at the local breakwater. They were startled by his marvelous proportions as he ran by; could running help to make an athlete like that? No one had even imagined it before.

"Now there was an embryo of interest in road racing, and by happy coincidence, Dale Lincoln was coming home. He had accepted a position as industrial arts teacher at Woodland High School. While living in Woodland, he met and ran with Brian Manza, a former Woodland High School standout who had been State Class "C" cross country champion in 1968, and was still the best runner in the area. They collaborated to form the Sunrise County Roadrunners, to give a focus for local long-distance runners, some of whom didn't even have a local school program to help them train.

"Dale decided to fill the void by arranging small, local, low-key races to encourage participation, especially for the young. He took on the duties of both elementary and high school cross country coach at Woodland and encouraged widespread participation rather than focussing on talent. But the talent was there and would soon show."

One of the first successful runners to come out of the area was Bill Pike who in 1971 had begun his running career with a win in Lincoln's 2-mile youth run, held in conjunction with his annual Eastport race. Pike went on to star at the University of Maine and later scored on the roads as well.

Then there was Roger Young, who at age 13, completed the full 29 mile distance of Lincoln's "Super Joggers Day" event. There was also Sheril Sprague, who evolved into a top notch cross country runner and steeplechaser at UMO.



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Among the many races which Lincoln directed, there is perhaps none which projects the uniqueness, mystic, and challenge as the Calais-to-Eastport "Super Joggers Day" event. Lincoln describes how...

"It was 1971, and I was training for the Boston Marathon. My wife's parents live down in Eastport so we were going down to supper one Saturday night on the first of April, and I said, 'I'll meet you in Eastport. Drop me off at Calais.'

"I completed that route all the way on the 1st of April and on the way down I said, hey, this is something that should be an annual event. Alexander Brown, who is also on the 4th of July committee, encouraged this as an annual event. He helped several years on organizing it, and the next year, I remember Brian Manza and his dog Duke, myself, and half-a-dozen other people ran. Paula Frost finished it, and that was the first formal running of it.

"And the thing about it was its informality - and maybe it discouraged people - but it wasn't meant to. But you come there, you complete the course, everybody does their own thing (there were 2-man, 3-man, and 4-man relay teams as well)." Every runner and team kept its own time.

Lincoln calls the course "tougher than a marathon, because in a formal marathon you are always running with somebody. In this event, however, there may be only 25 people at the start and you are on your own a lot. You have to set your own pace."

As the years went by, said Talbot, the race was building a reputation for rotten weather, for rain, snow and raw, wet cold. "I built up a vision of the first 17 miles of hills, followed by 12 miles of an unrelenting headwind. Dale Lincoln relished talking about. He loved it."

Talbot, who probably knew and admired Lincoln more than anyone called him "a man who enjoys the race itself, the way races were run when he began in the old days. The old days, for those of us who remember, were before there were such things as paid, non-running race organizers who wore special T-shirts and carried bullhorns. Before the days when politicians and celebrities used road races as fundraising events and publicity shows. Before the days of the Natural Light No Nukes Brown-for-President Half-Marathon.

"For a time," said Talbot, "Dale held other informal races, and the Sunrise County Roadrunners was an active club. He was even able to encourage businesses in Calais and Woodland to sponsor more organized races for a while. Gradually, the running population which he had nursed gained a taste for the bigger, more organized races in Bangor and elsewhere, and many of the local races died, leaving only the Fourth of July Eastport race. The club became dormant.

"Dale Lincoln, though, did not stop working. There was a new generation of youngsters to be exposed to running. Now teaching in Eastport, Dale coaches the elementary school running program there. The Eastport fourth-of-July race, which long lingered with fields of 15 to 50, had 51 finishers in 1982. Money or politics had no part in this growth, and will not distort it, if Dale has his way.

"The fun-run concept is firmly at the center of his thoughts. If running is a tree, Dale Lincoln is patiently caring for the roots."

But perhaps the summation of Lincoln's character is revealed best in an account which appeared in the Boston Globe in April, 1969.

"Dale Lincoln of South Portland," said the Globe, "Tuesday had the glow of a Good Samaritan, but his assistance to a fellow competitor cost him a place in the Boston Marathon record books.

"Lincoln, an engineer and former instructor at Southern Maine Vocational Technical Institute, slowed his steady pace in the late stages to lend encouragement to a runner from Notre Dame University.

"The collegian gained his second wind and struggled to the finish line just under the four-hour registration mark. Lincoln, almost ten years older, was timed in 4:03. His role and time in the BAA - went unrecorded."

Here in Maine, however, his record stands.

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Distance	Town	Name of Race Course	Race Date	Certification Code	85 Race Certification
5 km	Augusta	Veterans Day	Veterans Day	ME-85017-GN	Yes
	Bangor	Epsteins 5 Aces	April	ME-85024-GN	No-19
	Brunswick	Sri Chinmoy	Not Held	ME-83002-TC	Not H
4 miles	Bridgton	Four on the Fourth	July 4	ME-85019-GN	No-19
	York	Four on the Fourth	July 4	ME-84009-AS	Yes
8 km	So. Portland	Strohs Run For Liberty	October	ME-85016-GN	Yes
5 miles	Augusta	Ft. Western Twosome	Not Held	ME-83001-GN	Not H
	Bangor	Labor Day	Labor Day	ME-85014-GN	Yes
	Gardiner	Gardiner Common	July	ME-85004-GN	Yes
	Hallowell	Old Hallowell Days	July	ME-85023-GN	No-19
	So. Portland	Maine Milk Run (used Stroh's)	March	ME-84001-JM	Yes
	Portland	Maine National Bank	June	ME-85005-GN	Yes
10 km	Augusta	Gasping Gobbler	Thanksgiving	ME-85012-GN	Yes
	Bangor	Benjamin's	October	ME-85009-GN	Yes
	Boothbay	Rocky Coast	May	ME-85002-GN	Yes
	Brunswick	Brodies	Labor Day	ME-85008-GN	Yes
	Falmouth	Falmouth Lions	November	ME-85010-GN	Yes
	Falmouth	Sri Chinmoy	Not Held	ME-83004-TC	Not H
	Gardiner	MAINE EVENT Triathlon	July	ME-85003-GN	Yes
	"	Maine Women's Classic	August	" " "	Yes
	Portland	National Championship	May	ME-85021-GN	No-19
	Rockland	Maine Lobster Festival	August	ME-84001-GN	Yes
	Wilton	Blueberry Festival	August	ME-84001-TC	Yes
	York	The Run Away	June	ME-83001-TC	Yes
15 km	Gardiner	Ralph Thomas	November	ME-85020-GN	Yes
	Winthrop	Winthrop Lions	August	ME-85007-GN	Yes
	Winter Harbor	Schoodic	August	ME-85013-GN	Yes
Half-Mar.	Augusta	Veterans Day	Veterans Day	ME-85018-GN	Yes
	Bangor	MAINEiacs	March	ME-85022-GN	No-19
	So. Portland	Cape Challenge	September	ME-85006-GN	Yes
Marathon	Biddeford	Maine Coast	May	ME-85001-GN	Yes
	Kingfield	Sugarloaf	August	ME-83003-TC	Yes
	Portland	Casco Bay	October	ME-85015-GN	Yes
50 miles	Brunswick	Rowdy Ultimate	November	ME-85011-GN	Yes
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Lance Guliani of the Lesser Durham Striders won this fall's event, and Debby Sawyer once again showed off her remarkable vertical leaping ability as she crossed the finish line - Air Jordan take note.

We entered 1985 with eleven fully certified races in the state of Maine; we exit with the thirty-four opposite and Kingfield and the Pumpkin 10K's pending.

Maine Running & Outing Magazine wishes to reward these races by setting up a certified point system for 1986. Points will be earned as follows: 5 pts for a win (male & female) and points that represent 1/10th of last years field, i.e. for the '86 Ralph Thomas race: 72 males; 16 females - round up, 8 points for 1st, 7 for second, etc - 2 points for 1st woman, 1 for 2nd. In addition each runner in the race earns 1 point. What do you think?



Lance



Kim



Debbie

FUELING YOUR BODY FOR EXERCISE

The human body is a magnificent machine fueled by food. For hi-test performance the body MUST receive hi-test fuel. Food is one of the most critical factors in achieving top athletic performance and high level fitness.

ENERGY, the power to do work, is obtained from food in the form of calories. This food power comes from three major sources; carbohydrates, proteins and fats. Protein comes from meats, poultry, fish and dairy products. It's primary function is to build and repair the body's tissues. Protein is used as a last resort form of energy. Only 15% of our calories should come from protein.

FATS are a concentrated source of energy. They provide 2 $\frac{1}{2}$ times more energy than the same amount of carbohydrate or protein. Fats, however are not an efficient source of fuel thus cannot be used for high intensity sports which require short bursts of energy. Obvious forms of fat in the diet are butter, margarine, salad dressings and oils. Hidden sources are dairy products, marbling through meats and convenience food items. Twenty to thirty percent of our calories should come from fat.

CARBOHYDRATES are the body's source of HIGH OCTANE FUEL. This is the fuel most efficiently used by the muscles and can be burned for all types of exercise. Primary food sources are breads, cereals, pasta, vegetables and fruits. Carbohydrate is stored as glycogen in the muscles. Athletes may improve their performance by maintaining their muscle glycogen stores, particularly in events lasting longer than 1 hour. More than half of our calories, 50-60%, should come from carbohydrates.

There are two types of carbohydrates, simple and complex, each of which affects athletic performance. The complex carbohydrates or starches, like breads, cereals and pasta restore muscle glycogen more readily than the simple ones; sugar, sweets, regular soft drinks and sports drinks. Complex carbohydrates are packaged with vitamins and minerals necessary to create food power and do not create wide swings in blood sugar as their simpler counterparts. A diet high in complex carbohydrates will reduce the incidence of muscle fatigue and the frequency of experiencing those "bad days".

To boost your energy levels and increase your endurance strive to eat the following:

1. 8 or more servings from the Vegetable/Fruit Group DAILY
(1 serving = $\frac{1}{2}$ cup juice or canned fruit, $\frac{1}{2}$ cup cooked vegetable or 1 medium fresh fruit)
2. 8 or more servings from the Bread/Cereal Group DAILY
(1 serving = 1 slice bread, $\frac{1}{2}$ cup cooked cereal, pasta or rice, 1 muffin or 1 pancake)

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Breakfast

1 cup cooked cereal or 1 $\frac{1}{2}$ cups
dry cereal
 $\frac{1}{2}$ cup fresh fruit or juice
1 cup skim or lowfat milk
1-2 slices whole wheat toast
1 tablespoon peanutbutter

Snacks: Muffins and fruit juice
Lowfat yogurt and fruit
Popcorn and crackers

Lunch

Tunafish sandwich on
whole wheat bread
Lettuce and tomato
Fresh Fruit
1 cup skim or lowfat
milk

Supper

2-3 ounces LEAN meat
chicken or fish
1 cup cooked rice or
pasta
1 cup cooked vegetable
1-2 slices wheat bread

Tossed salad/herb vinaigrette
dressing
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Written by: Anne-Marie Davee, R.D. Susan Davis Assoc., Rockland, ME

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NEWS RELEASE 1985 VETERANS DAY ROAD RACES

The 6th Annual Veterans Day Road Races on Monday November 11, were held on a cold and damp morning at Hodgkins School in Augusta. However, the conditions were perfect for preparing the runners and volunteers for the highlight of the day, the post race Beef Stew luncheon at the Augusta Lodge of Elks.

Chris Bovie, 35 of Hallowell, an infrequent road racer of late due to muscle problems used his bicycle racing conditioning to hold off Floyd Wilson, 35 of Randolph, for the third year in a row in the certified 5K (3.1 Miles) with a time of 16:19. Floyd finished in 16:36. Diane Wood, 23 of Augusta, improved her 1984 time by 33 seconds and 1984 place by one to win the women's race. The impressive young Winthrop High Schooler, Kristen Vickers who is only 14, was second in 20:45.

In the certified but hilly Half Marathon (13.1 Miles) Barry Fifield, 28 of Portland, was the men's winner. Fifield, who is more noted for his canoeing triathloning, bested the field of 73 to win in a time of 1:15:11. Ron Newbury, 35 of Auburn, 1:16:49 and John James, 33 of Augusta, 1:18:14 followed. Linda Woodward, 38 of Brunswick, held off 16 year old Heather Mank of Waldoboro to win the women's title. She ran 1:34:19 to Heather's 1:39:05.

A tight battle was waged in the Men's Over 50 Age Group where Oskar Feichtinger, 52 of Orono, edged 53 year old Russ Connors of Cape Elizabeth by only 13 seconds in 1:26:26. In fact, 10% of the runners in the Half Marathon were over 50 while four more ran the 5K. Truly a day to honor Veterans.

The two races were sponsored by the Augusta Lodge of Elks and the Maine Road Ramblers to benefit the American Heart Association. 127 runners ran in the two races raising more than \$730 for the Heart Fund.

Greg Nelson, Race Director
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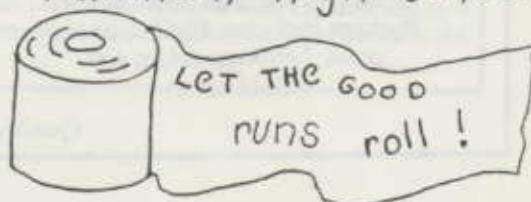
—Elnora Herff '85

"how can you certify the snow run when it's a different
distance every year. . . hell, the finish line changes
just during the race."

—Vaughn Holyoke '83

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Woods Runners

December 10, 1985

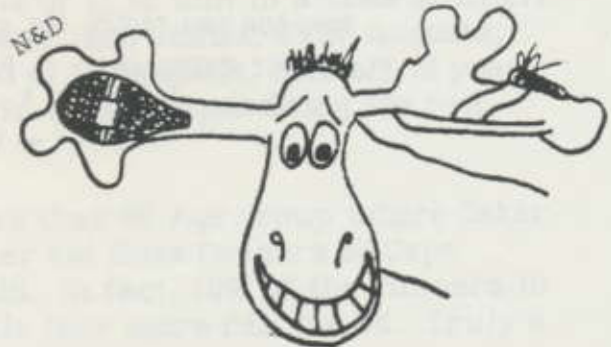
Well...would ya looky here!! Less than two months from SNOW RUN DAY. My, my....how tempus does fugit (old Latin saying with meaning only if over fifty): afore we know it that day of sub-zero weather with a 40 MPH, butt-kicking wind will be upon us...thus we plan. (Please see full page ad elsewhere in this fine publication and pre-registration form also tucked somewhere amongst these timeless pages.) The hoopla begins but...can it really disguise the serious and professional approach taken by the SNOW RUN staff which has always prided itself on the low-key and mature manner in which the race has been conducted. Willimantic Times, February, "84"... "Snow Run a credit to conservatism"!! Moose River Journal, January, "83"... "A race for the serious runner." T2R6 Monthly, January, "84"... "A race without excesses. Its dimensions as a non-frivolous and steady approach to the most serious art of running are commendable."

Baxter Park Weekly, December, "82"... "The running world needs more sincere and articulate race directors like Duane and Nerdlie. Never have so few done so little to promote a sport so much in need of class and rib-rocked traditionalism."

If you believe this, try to come to the SNOW RUN anyway!! Bring your best hugs and kisses cause we get right into this awards stuff. You just won't believe what the mean runner's gonna get!! Just hope it isn't you!! Bring your friends. Better still, bring your wife!! Heh-heh----

Till the 8th.....

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Maine Track Club Banquet



Nearly 150 members and friends of the Maine Track Club participated in the Club's annual awards banquet held at Verrillo's Restaurant on Sunday, December 1, 1985.

Andy Palmer of Hiram, Maine was awarded Maine Male Runner of the Year and Joan Benoit Samuelson was selected Maine Female Runner of the Year. Palmer, who won a half dozen Maine races this year including the Kingfield 10K in a time of 29:54, says he actually had an off-year and is looking forward to a very competitive year in 1986.

Palmer also competes strongly outside of Maine and has coached some of Maine's best high school and college students who have gone on to distinguish themselves. These include Michelle Hallet, Paul Plissey, Rose Prest, and Virginia Connors. In 1984, he qualified for the 1984 marathon Olympic trials and hopes to do so again in 1988.

Joan Benoit Samuelson is the current U.S. female record holder for her marathon time of 2:21:21 set in Chicago in October. Samuelson is a lifetime honorary member of the Maine Track Club.

Other awards presented were as follows:

Maine Track Club Male Runner of the Year - Peter Dube
Maine Track Club Female Runner of the Year - Jane Dolley
Youth Runner of the Year - Denise Harlow

Maine Track Club/John Fyalka Scholarship Award of \$200 was awarded to Susannah Beck of Yarmouth and a student at Waynflete Academy. This year the Maine Track Club increased its scholarship awards because it has had a good year financially and awarded another \$200 scholarship to Scott Roberts of Maranacook School.

Greg Nelson was given the award for Individual Outstanding Contribution to Running. Nelson of Farmingdale, Maine has vigorously promoted T.A.C. standards in Maine and has become the official T.A.C. national course certifier for the State of Maine. He personally reviewed and certified 26 course certification applications for Maine runners in 1985. Nelson is also race director for the Maine Event triathlon and very active in running and biking organizations.

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The field outside the Holley Farm center is a good warm-up for some good woods touring through the hardwood forestland of this region. It is a well-cared-for-system that, although not large, offers good variety and some excellent training tracks. A race program is being developed for the area, and all levels of recreational tourers will find comfortable ski surroundings here. The area also offers pool, sauna, restaurant, and lounge.

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Maine Savings Bank was given the award for Outstanding Contribution to Running by an Organization. Bob Masterton, president and CEO of the bank, was there to accept.

Jean Thomas was presented with the John Fyalka Award for Outstanding Contribution to the Club.

Rick Strout - Outstanding Race Director for the Stroh's Run for Liberty II race, and Paul Merrill received the Triathlon Award.

Most Improved Awards went to Russ Bradley, Dick Lajoie, Joyce Cook, Joan Lavin, Ron Cedrone, and Wanda Haney.

Benjamin Davenney was named Pee Wee of the Year.

Greg Dugas was named Comeback Runner of the Year.

Awards were presented to all 50 members who ran a marathon in 1985, and to various members for most miles run, most races run, most races worked, and most race miles run.

Jane Dolley was installed as president by outgoing president Bob Jolicoeur. The Maine Track Club's membership has doubled this year to 288 members.

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Bed & Breakfast - That's what Maine's nordic ski community wants. So many of us in the urban areas of Bangor, Portland, Biddeford/Saco and elsewhere miss out on a lot of great skiing because we have to travel so far on Saturday morning to the snowier areas of the state. If only we had a place to stay Friday and Saturday night. We don't need indoor pools or other amenities, just a comfortable room and a warm bed, and a bonus breakfast to help us face the chilly trails.

Why not join your hosts at the Chapman or the Bethel Inn and enjoy your weekend ski from dawn 'til dusk and even later, without worrying about that long drive home. Discover cross country skiing; you may never run on ice again!



For Nordic skiing, there is really nothing quite like it.

We offer 30 kilometers of groomed trails that begin on our own 85 acres, right out the back door.

From the open vistas of our beginner golf course trails to wooded intermediate or expert competitive trails, we have skiing for all levels.

Whether it's free skiing on your own, competitive events, or a moonlight 5 k tour to our lake house, it's all here.

Our instruction is EPSIA approved, with private and group lessons available, including Telemark. Rentals include brand new Trak skis, boots and poles.

Our brand new state-of-the-art Exel Latu Expert groomer crushes crust and ice and rolls tracks to virtually guarantee terrific skiing, regardless of conditions.

- House guests and day skiers alike can enjoy the atmosphere and service of a classic New England resort with fireplaces aglow and outstanding cuisine, formal and informal.

- Day tickets are \$4 midweek, \$5 weekends, and complete weekends including unlimited skiing, two nights, two breakfasts and two dinners start at \$104 per person, double.

*The
Bethel Inn
&
Country Club*



Bethel, Maine 04217 (207) 824-2175



Gasping Gobbler

Thanksgiving Day Road Race

When I was asked to be director for the 1985 Gasping Gobbler road races I was faced with two basic problems:

- 1) To try to come up with a different pre-registration incentive other than the usual race tee shirts for the first 300 registrants, and
- 2) Come up with something unusual for the race itself. The first problem was fairly easily solved - there was a rumor that runners were occasionally starting to take showers, so I figured a good quality screen printed towel would encourage them to continue to participate in such an activity, but as far as the race itself was concerned, well, this was proving to be a stumbling block.

However, after a few meetings with co-directors Cliff Fletcher and John Schwerdel we came up with the ideal solution - hey kids, let's run the races during a snowstorm! And as they say in Hollywood, the rest is history. Thanksgiving Day dawned reassuringly gray and by 9 a.m. the flakes had started to fall right on schedule, so that by 10 a.m. race time we had a nice inch or so on the ground.

We started with the 2-Miler, and at the first corner Chris Bovie, who had been biking all summer, slipped and in the best tradition of the Tour de France he took down 4 or 5 other runners with him. Fortunately, no one was hurt and they all jumped up, brushed the snow off their hind tights (a god-send on a day like this) and carried on. The race was won by Robert Wranosky in a time of 10:45, followed by Ted and Wally Cleaver who both clocked 11:12, with Bovie coming in fourth at 11:41.

In the meantime we had started the 10K, and Gerry Clapper, formerly of Bucksport and now a resident of Columbia, Maryland maintained his unbroken string of firsts for all prior Gobbler races by winning in a time of 32:50 followed by Peter Lessard at 33:23 and Roy Morris at 34:19.

In the female category for the 2-Miler, Lynn Kenoyer won with a time of 15:18 followed by Sarah Kenoyer at 15:20 and Sarah Yates at 15:32.

The 10K was won by Kathy Knight with a time of 41:57, followed by Kristin Vickers at 42:58 and Veronica Knight at 43:22.

After the races, 73 turkeys were awarded as prizes to the first 3 finishers (male & female) in both races in each of the 6 age categories in addition to the first 3 overall winners, plus one for the "mean average runner" who placed halfway in the pack in the 10K.

Congratulations to all who braved the lousy conditions to run, and thanks to all of the 33 volunteers who worked hard to ensure the success of this popular annual event.

Dave Gogan
Race Director



'THE PACK'

WINTHROP LIONS 15K RACE

Winthrop *ME-85007-GN Aug 11

1. Tom Thibeu	54:00
2. Dana Maxim	54:55
3. Jerry Allanach	55:35
4. Bob Coughlin 46	56:06
5. Ray Johnson	56:45
6. Jason Greenleaf	56:49
7. Paul Cote	56:55
8. Doug Ludwig 45	57:33
9. John Kasey 40	58:34
10. Bob Jolicoeur 48	59:03
11. Tom Trytek	59:09
12. Bob Payne 47	59:21
13. Joseph Meehan	59:23
14. Linda LaRue-Keniston	59:32*
15. Thomas Swan	59:51
16. Jeff Arsenault	60:01
17. Kelly Bennett	60:25
18. Steve Ross	60:43
19. Joseph R. Washburn	60:48
20. Mert Dearnley	61:15
21. Mike Berrier	62:19
22. Mike Simoneau	62:15
23. Bob Wight	62:21
24. John Schwerdel	62:40
25. Byron Cook	63:15
26. Carlton Mandell 63	65:24
27. William A. Donovan 43	65:29
28. Bob Heid	65:36
29. Rick Landry	65:37
30. Robert Lewis	67:16
31. Harriet Zieles	67:21
32. Ed Atlas 45	67:34
33. Walter Devault, Jr. 55	67:44
34. Dave Gagan 49	68:13
35. Paul Dingle 41	68:21
36. Walter Taylor 50	71:30
37. John Erwin	72:48
38. John Snell	73:16
39. Mike Levey 41	73:21
40. Mark Dube	73:45
41. Warren Newton	74:04
42. Chris Bryant	74:04
43. Jerry Saint Asand 41	75:53
44. George Maxim 53	76:24
45. Berrie Stephenson 41	76:35
46. Cliff Fletcher 49	76:59
47. Fred Wingate	77:48
48. Roberta Nelson	77:54*
49. Taylor Harmon 40	78:10
50. Dave Novaria 40	78:13
51. H. Burr Richardson 50	78:48
52. Bonnell Gardner	80:48
53. Margaret Craven 40	81:22*
54. John Moylan 60	85:26
55. Joyce Goodie 52	85:58
56. John Beebe	91:22

4 Mile

1. Scott Roberts	21:19
2. Randy Gordella	21:27
3. Thomas Bennett	21:28
4. Ron Newbury	21:55
5. Kevin Way	21:59
6. David Nutt	22:19
7. Daniel Cake 40	23:36
8. Michael Hachey	24:05
9. Rod White	24:15
10. Daniel Lemieux	24:52
11. Ann England	25:02*

12. Daniel Madau	25:04
13. Tom Fortier	25:49
14. Diane Wood	26:02*
15. Kennedy Yeaton	26:12
16. Peter Crovo	26:20
17. Dick Cummings 48	26:26
18. Richard Ellis	26:26
19. Eric LaRue	26:38
20. Chris Crovo	26:52
21. A. Wayne Newton 41	26:54
22. John Coale	27:11
23. Randy Landry	27:14
24. Joe McGillicuddy	27:30
25. Kristin Vickers	27:30*
26. Dave Grant	27:54
27. Francis Prashong 43	27:59
28. Scott Yeaton	28:07
29. Art Fraser	28:23
30. Scott Bowker	28:25
31. Michael Madau	28:32
32. Louie Collins, Jr.	28:32
33. Ron Burnham	28:33
34. Steve Stephens 63	29:11
35. Jan Madau	29:12
36. Bob Ryan	29:25
37. Chuck Ravis	29:35
38. Poppy Thacher	29:36
39. Missy St. Pierre	29:37*
40. Denise Imbruno	30:12*
41. Norm St. Pierre	29:37
42. Ron Lindholm 42	30:46
43. Martyn Vickers 43	31:32
44. Laurent F. Gilbert, Sr.	31:33
45. William Tozier 57	31:51
46. Scott Deschaines	32:21
47. Dick Goodie 62	32:55
48. Suzette Hutchinson	33:29*
49. Joseph A. Bennett 65	34:01
50. Sharon Beaudoin	34:04*
51. Jim Lewis	34:12
52. Raymond Doherty, Jr.	34:16
53. Peter Bragdon	34:27
54. James Thibeu	34:34
55. Helen Yeaton	35:27*
56. Lynne Cobb	35:55*
57. Nancy Ludwig 40	35:55*
58. Carolyn Burnham	35:57*
59. Heather Yeaton	35:59*
60. Deb McSweeney	36:04*
61. Andrea Ruff	36:04*
62. Stacy Burnham	36:06
63. Timothy Slauenwhite	36:29
64. Albert Glasson 66	36:54
65. Suzy Ruff	37:06*
66. Tom Wheeler	38:00
67. Sue Steen	39:58*
68. Susan Lubner	40:02*
69. Michelle Palermo	40:30*
70. Jennifer Guarette	43:25*
71. Christy Hachey	43:25*
72. Kim Wheeler	43:25*
73. Leslie Bourassa	48:18*
74. Kim Amburg	48:58*

PENOBSCOT VALLEY HOSPITAL 5K

Lincoln Oct 26th

1. Phil Stuart	16:43
2. Steve Westbrook	17:21
3. Greg Hildreth	17:30
4. Mike Doore	17:56
5. Bruce Theriault	18:10
6. Richard Lindsay	18:32

7. Ervin MacDonald	18:44
8. Jim Crowley	18:46
9. Ron Kafka	19:31
10. Larry Seafeld	19:39
11. Tom Tetu	20:10
12. Michael Corbin	20:13
13. Don Smith	20:29
14. Alan Stockley	20:39
15. Brian Pelkey	21:09
16. Scott Dyer	21:30
17. Arthur Fraser	21:37
18. Philip Johnson	21:56
19. Paul Gamble	22:08
20. J. Paul Ciarrochi	22:10
21. Chris Kafka	22:40
22. Mike Pelkey	22:44
23. Heidi Bruce	22:48*
24. Derek Parlee	23:08
25. Carleton James	23:09
26. Howard Clements	23:17
27. Jodi McCarthy	24:13*
28. Peter Lothrop	24:39
29. Todd Dow	25:15
30. David Baker	25:34
31. Albert Benar	25:42
32. Rene Polnsbee	25:46*
33. Holly Ludden	26:03*
34. Clinton Mayo	27:38
35. Denise Towle	27:53*
36. Paul Smith	28:02
37. Sean Tibbs	28:03
38. Kourtney Aiken	28:12*
39. Bonnie Porter	28:19*
40. Sharon Aiken	28:20*
41. Cherrie Porter	28:24*
42. Josephine James	29:01*
43. Annette Ham	31:31*
44. Carlene Fraser	32:54*
45. Ruth Worster	35:38*
46. Amy Pelkey	36:47*
47. Patricia Frech	45:51*

Penobscot Valley Hospital's Third Annual Road Race, a 5 kilometer fitness run, was held on Saturday, October 16, 1985 and was a huge success. All of the 47 runners who started the race finished on that windy day. Taking top honors in the female division overall were Heidi Bruce of Lincoln, Jodi McCarthy of Mattawamkeag and Rene Polnsbee of Lincoln. In the male category, Phil Stuart from Machias finished first. Steven J.P. Westbrook from West Bath finished second and Greg Hildreth from Milford finished third.

Special thanks go to the Employees Activities Committee of Penobscot Valley Hospital, Mattanawcook Jr. High School, the Lincoln Police Department, McDonald's of Lincoln, the Community Relations Department of Penobscot Valley Hospital and all of the runners and volunteers who showed up on the day of the race to make it the success that it was, thank you.

Results courtesy of Michael Corbin

GREAT PUMPKIN 10K

Camp Ellis Oct 27th

1. Bruce Ellis	30:51
2. Stuart Hogan	31:05
3. Peter Lessard	31:33
4. Kim Wetlauffer	31:41
5. Myron Whipkey	31:57
6. Charlie Gunn	32:04
7. Rusty Coffin	32:11
8. Peter Dube	32:23
9. Sophocles Cotsis	33:24
10. Floyd E. Wilson	33:34
11. Ron Newberry	33:39
12. Barry Fifield	34:00
13. Lawson Noyes	34:27
14. Rick Lane	34:41
15. Dick Neal	34:45
16. Tom Thibeu	34:47
17. John James	34:49
18. Frank Brume	35:00
19. Joe Bennett	35:03
20. Bob Coughlin	35:14
21. Fred Karter	35:19

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22. Steven Cain	35:26
23. Gary Cochrane	35:28
24. Brian Ladner	35:48
25. Paul Merrill	35:55
26. Guy Martin	36:00
27. Grant Avery	36:02
28. David Cothorn	36:05
29. Wayne Clark	36:07
30. David Tinker	36:15
31. Stephen Westbrook	36:16
32. Ray Johnson	36:20
33. Joel Titcomb	36:33
34. Tom Frederick	36:35
35. Roland Moulin	36:37
36. Brian Milliken	36:39
37. Gregory Baston	36:56
38. Larry Frank	37:03
39. Michael Dinehart	37:06
40. William Marlowe	37:07
41. Patrick Connell	37:08
42. Arnold Amoroso	37:09
43. Vern Demmons	37:11
44. Frank Ferland	37:17
45. Roger Berle	37:22
46. Michael Cirillo	37:24
47. Bob Jolicoeur	37:31
48. Ron Cedrone	37:33
49. Ed Doughty, Jr.	37:34
50. Peter Flaherty	37:35
51. Paul Bourget	37:40
52. Jeff Arseneault	37:43
53. Steve Salter	37:45
54. Gary Salamone	37:48
55. David Young	37:50
56. Terry Hersh	37:52
57. John Lunt	37:56
58. Brian Kelly	38:03
59. Joe Regaci	38:03
60. John Law	38:16
61. Don Best	38:19
62. Guy Laflamme	38:20
63. Roland Laflamme	38:21
64. Bob Quentin	38:23
65. Don Wilson	38:26
66. Randy Jordan, Jr.	38:28
67. Wanda Haney	38:30*
68. Jim Moore	38:33
69. Ray Shevenell	38:39
70. John Edwards	38:44
71. Lori Allen Serell	38:45*
72. Larry Phillips	38:46
73. David Dowling	38:47
74. David Trussell	38:47
75. Rick Strout	38:48
76. Jack Mercier	38:51
77. Norman Lafortune	38:53
78. Robert Marquis	38:58
79. John Center	38:59
80. Barry Sargent	39:00
81. Aims Coney III	39:04
82. Vin Skinner	39:05
83. Martin Schiff	39:08
84. Steve Gifford	39:09
85. Bob Lanigra	39:13
86. Chad Chadwick	39:28
87. Dewain Wallace	39:39
88. Alvin Bugbee	39:46
89. Larry Kinner	39:50
90. John Ash	39:51
91. Chuck McCormack	39:53
92. Scot Martel	39:55
93. Donald Bessey	39:57
94. Paul Dail	39:59
95. Dick Cummings	40:00
96. Tom Gadbois	40:09
97. Michael Hayes	40:10
98. Paul Beaulieu	40:16
99. Lee Nicely	40:20
100. Roger Borduas	40:21
101. Jim Demint	40:22
102. Joe Costa	40:23
103. Nancy Ellis	40:27*
104. Gary Perrett	40:28
105. Bill Paulisko	40:29
106. Rex Nelson	40:34
107. James Hogerty	40:35
108. John Schwerdel	40:36
109. Wayne Fordham	40:43
110. Debbie Sawyer	40:50*
111. Carl Bowen	40:56
112. David Wilson	41:04
113. Fred Merriam	41:05
114. David Canarie	41:06
115. Thomas Caron	41:07

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116. Peter Carr	41:07	161. Eric Unterborn	43:26	206. Debby Curtis	47:00*
117. Pat Roy	41:09	162. William Barker	43:30	207. Elizabeth Handy	47:01*
118. Philip Pierce	41:16	163. Steve Boudrick	43:32	208. Edward Geissler	47:02
119. Pete Connell	41:19	164. Dennis Kager	43:33	209. Carl Kego	47:06
120. Rosalyn Randall	41:20*	165. George Phelps	43:34	210. Stoddard Chaplin	47:07
121. Walter Perren	41:23	166. Paul Casey Harvey	43:35	211. Ralph C. Baxter	47:08
122. Rick Forbes	41:26	167. Robert Dubois	43:36	212. Diane Colette	47:28*
123. Dan Roberge	41:38	168. Henry Wolstat	43:42	213. Charles Glover	47:35
124. Jeff Bell	41:42	169. Bernadette May	43:44*	214. Norman Nunan	47:35
125. Gary Monroe	41:43	170. Paul Cote	43:45	215. Connie Towne	47:38*
126. John Patriquin	41:45	171. Joe St. Hilaire	43:49	216. William Whitten	47:41
127. Richard Jewell	41:54	172. William Donovan	43:56	217. Nancy Carr	47:48*
128. Jim Damboise	41:55	173. Paul D'Amboise	43:57	218. Dave Horne	47:50
129. Tony Salamone	41:56	174. William Sproul	43:59	219. Roberta Green Field	47:53*
130. John Murchie	42:03	175. Terri Jordan	44:00*	220. Doug Palmeter	47:54
131. Ken Sirois	42:06	176. Katti Towle	44:05*	221. Jerry Harkavy	47:55
132. Bill Dunn	42:07	177. Nathan Maxfield	44:13	222. Taylor Harmon	47:56
133. Cassandra Kirby	42:08*	178. Robert Morrison	44:14	223. Diana Avery	48:04*
134. Robin Robinson	42:10*	179. Doug Pearson	44:28	224. Linda Best	48:06*
135. Donald McGilvery	42:18	180. David Novaria	44:35	225. Rich Robinson	48:10
136. Jeff Nixon	42:23	181. Bruce Wood	44:40	226. Kateri Plecuch	48:15*
137. Stephen Beale	42:25	182. Bob Gardner	44:43	227. Don Millett	48:18
138. Daniel King	42:26	183. Scott Crockett	44:52	228. Ray Geissler	48:19
139. Thomas Hebert	42:28	184. Andrew Haslam	44:59	229. Don Osborne	48:22
140. Dave Gagan	42:31	185. Maureen Sproul	45:00*	230. Patricia Titcomb	48:29*
141. Paul Lachance	42:32	186. Teri Ann Conroy	45:06*	231. Mary Ann Peck	48:31*
142. John Beaulieu	42:33	187. Tom Morton	45:12	232. Nancy Ketchum	48:35*
143. Bill Gayton	42:34	188.		233. Paula Lapore	48:35*
144. John Erikson	42:34	189. William Donovan, Jr.	45:14	234. Jean Fletcher	48:41*
145. Cindy Dray	42:37*	190. Russ Bradley	45:15	235. Fred Wingate	48:45
146. Arthur Sloan	42:42	191. David Benn	45:30	236. Mary Pike Dowling	48:48*
147. Yvonne Surkowski	42:44*	192. Joan Lavin	45:33	237. Roland Perry	48:55
148. Barbara Coughlin	42:46*	193. Ken Luebert	45:45	238. Richard Lepore	49:07
149. Walter Smith	42:48	194. John Woods	45:51	239. Bonnie Cote	49:12*
150. Shawn Benn	42:49	195. Tom Lanigra	45:53	240. Joseph Palmacci	49:13
151. Bill Tescheic	42:50	196. Tom Wilson	45:56	241. Don Putman	49:16
152. Richard Theberge	42:52	197. Raymond Doherty, Jr.	45:58	242. Amy Thomas	49:26*
153. Rondo Bourget	42:54	198. Mirle Goss	46:01	243. John Ouellette	49:29
154. Robert Handy, Jr.	42:59	199. Carol Mills	46:05*	244. Alan Fink	49:32
155. Russell Martin	43:03	200. Charles Garland	46:06	245. Shirley Sirois	49:41*
156. Richard Barnes	43:07	201. Christopher Newell	46:24	246. Diane Hansrom	49:44*
157. Roger Hills	43:11	202. Louis Kielman	46:25	247. Claire Edwards	49:57*
158. Carlton Wendall	43:12	203. Kevin Lavoie	46:46	248. Joy Eon	50:09*
159. Tom McMillan	43:15	204. Don Penta	46:53	249. Jean Smith	50:11*
160. William Martin	43:16	205. Rick O'Brien	46:59	250. Roland Eon	50:12



LIFE

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LIFESPORTS

HIGH STREET, ELLSWORTH
MAIN STREET, BAR HARBOR

251. Arthur Greene	50:14	39. Mike McDaniel	10:34	FALMOUTH LIONS 10K	
252. Walter Ashley	50:15	30. Ray Bilodeau	10:34	Falmouth *ME-85010-GH*	Nov 10th
253. Warren M. Ludson	50:22	31. Julie Kleiman	10:35*		
254. Rod Stanley, Sr.	50:47	32. Thomas Garriepy	10:35		
255. Mornand Voisine	50:50	33. Shawn Morrison-	10:45	1. Alton Stevens	33:48
256. Sue Friedrich	50:57*	34. Amy Wallace	10:46*	2. Werner Pobatschnig	33:56
257. Elizabeth Hager	50:57*	35. Danielle Camire	10:53*	3. George Towie	34:11
258. Widgey Thomas	51:00	36. Kresti Pfeifle	10:53*	4. Jim Toulouse	34:25
259. William Davenney	51:05	37. Beth Doughty	10:55*	5. Michael Cirillo	35:22
260. Ken Crepeau	51:06	38. Jeff Mercier	10:57	6. Frank Brume	35:37
261. John Clark	51:08	39. Erin Malia	11:01	7. Gary Webber	35:42
262. Jean Thomas	51:09	40. Emery Piecuch	11:04	8. Michael Lally	35:47
263. Jack Milton	51:13	41. Ben McDougall	11:09	9. Bob Coughlin	35:50
264. France Lavigne	51:27	42. Daniel Gurtman	11:14	10. Gordon Scannell	36:46
265. Melvin Fineberg	51:30	43. Jaclyn Ouellette	11:29*	11. Mike Doore	36:55
266. Tricia Conley	51:36*	44. Benjamin Davenney	11:31	12. Frank Cook	37:13
267. Chris Bern	51:54	45. Jill Garland	11:31*	13. Brian Milliken	37:28
268. Cathy Eastman	51:56*	46. Doris Ewing	11:32*	14. Arnold Amoroso	37:37
269. Ernest Moreau	52:01	47. Ginger Kelso	11:33*	15. Roger Berle	37:40
270. James McGovern	52:03	48. C. Newcomb	11:34	16. Dick McFaul	37:45
271. Don Johnson	52:03	49. S. Newcomb	11:34	17. John Lunt	37:58
272. Bob Delaney	52:20	50. Dianne Whitcomb	11:36*	18. Frank Ferland	38:00
273. Mike Martin	52:26	51. Susan Van Wyck	11:37*	19. Bill Dubord	38:09
274. Dan Dutcher	52:37	52. R. Danoff	11:40	20. Barry Howgate	38:17
275. Dave Marston	52:54	53. Mary Sousa	11:46*	21. Bob Jolicœur	38:34
276. Carl Gurtman	52:58	54. Eric Gadbois	11:48	22. John Edwards	39:00
277. Maggie Guthrie	53:13*	55. Dennis Garriepy	11:48	23. Bob Ingerowski	39:13
278. Donna Barnes	53:14*	56. Brian Reid	11:51	24. Richard Scribner	39:51
279. Pam Twombly	53:16*	57. Karen Harvey	11:51*	25. Alvin Sugbee	39:51
280. Elizabeth Moulin	53:31*	58. Amanda Erik	11:52*	26. Barry Sargent	39:56
281. Dee Nicely	53:36*	59. Jeff Erik	11:56	27. Dick Cummings	40:12
282. Craig Phillips	53:34	60. Brian Hanson	11:58	28. Charles Hall	40:16
283. Susan Begin	54:01*	61. Sarah Langevin	11:58*	29. Lee Nicely	40:29
284. Brenda Cushman	54:13*	62. Marcel Doucette	12:02	30. Paul LaChance	40:46
285.		63. Virginia Fleming	12:03*	31. Dick Brink	40:58
286. Kay Pelletier	54:27*	64. Mary Ellen Montgomery	12:07*	32. Jim Demint	41:01
287. William Turkewitz	54:27	65. Melissa Nicely	12:11*	33. Jon May	41:06
288. Nancy Frederick	54:53*	66. Kim Scruton	12:13*	34. Dan Burke	41:08
289. Deborah Ellis	55:00*	67. Steven Epperson	12:13	35. Len Saulter	41:11
290.		68. Kimberly Doucette	12:16*	36. Wanda Haney	41:23*
291. Tom Turkewitz	55:17	69. Caitlin Barnes	12:16*	37. Mike Mosley	42:01
292. Susan Davenney	55:41*	70. Joey Poirier	12:20	38. Rick Strout	42:09
293. Louise Parise	55:49*	71. Eliz Newcomb	12:25*	39. Deborah Hewson	42:12*
294. George Dunn	56:31	72. J. Newcomb	12:25	40. Gary Monroe	42:18
295. Dail Martin	57:27	73. Wendy Kelso	12:26*	41. Peter Roper	42:21
296. Luther Lovely	57:58	74. Leah Ouellette	12:39*	42. Walter Smith	42:24
297. Mike Binette	58:14	75. Melanie Perry	12:40*	43. Don McGilvery	42:53
298. Paul Gunthier	58:45	76. Rim Rubin	12:43	44. Gerald Poirier	43:01
299. Linda Brown	59:11*	77. Eileen Rubin	12:45*	45. Dennis Morrill	43:20
300. Claude Dube	59:44	78. Hal Rubin	12:46	46. Lloyd Smith	43:41
301. Donald Dougherty	59:56	79. Lesley Cedrone	12:46*	47. Jerry Saint Amand	43:58
302. Stan Piecuch	1:00:15	80. Vanessa Greene	12:47*	48. Thomas Hebert	44:21
303. Jaylene Summers	1:00:52*	81. Jesse Connolly	12:47	49. Gordan Chamberlain	44:37
304. Ellen Harvey	1:01:06*	82. Emily Dalton	12:49*	50. Tom McMillan	44:40
305. William Allen	1:01:21	83. Jean Dalton	12:51*	51. James Mroch	44:46
306. Lucille Moreau	1:01:42*	84. Anne Lynn Borduas	12:52*	52. Joan Lavin	45:02*
307. Anita Byrnes	1:03:03*	85. Cheri McDaniel	13:03*	53. David Brink	45:08
308. Linda Benn	1:03:04*	86. Megan Noyes	13:15*	54. Terri Conroy	45:38*
309.		87. Mitch Pfeifle	13:16	55. Russ Bradley	46:01
310. Roger Furbush (Walk)	1:35:11	88. Nathan Gurtman	13:29	56. Maureen Sproul	46:10*
<u>Wheel Chair</u>		89. Eric Beaulieu	13:31	57. Graig Han	46:17
1. Joseph Dowling	30:19	90. Deborah Henry	13:40*	58. S.M. Hall III	46:22
2. Paul Cole	33:56	91. Melanie Doughty	13:47*	59. Grace Amoroso	46:28*
<u>GREAT PUMPKIN FUN RUN 1.5 Mile</u>		92. Suzanne Couigne	13:58*	60. Richard Duncanson	46:36
1. Jerry Crommett	7:05	93. Beth Twomey	14:01*	61. Carol Mills	46:37*
2. John Martin	7:07	94. Brooks Pfeifle	14:25*	62. David Ray	46:47
3. Wendy Delan	7:09*	95. Chris Cardillo	14:34	63. Rick O'Brien	47:25
4. Frank Brume, Jr.	7:11	96. Keith Matharna	14:36	64. Mark Taggart	47:33
5. William Donovan	8:06	97. Hannah Curtis	14:40*	65. Jane Chessie	48:03*
6. Tom McMillan	8:18	98. Nathan Curtis	14:50	66. Dave Horne	48:19
7. Carey Jordan	8:32*	99. Letha Lovely	14:57*	67. Don Penta	48:24
8. Kim Kelly	8:57*	100. Robin Schneckloth	15:11*	68. Meg May	49:12*
9. Janine Jurrowski	9:00*	101. Martha Butler	15:12*	69. Mark Clivch	49:42
10. Danielle St. Laurent	9:01*	102. Ellen Cedrone	15:13*	70. Jean Abeadi	49:53*
11. Ben Brown	9:11	103. Marco Cedrone	15:18	71. Dick Dudley	50:06
12. Erik Cote	9:14	104. Jonah Cardillo	15:43	72. Lou Hamlin	50:19
13. Maura Malia	9:15*	105. Kenneth Cardillo	15:43*	73. Rod Stanley, Sr.	50:38
14. Timothy Ashley	9:30	106. Megan Kemna	15:43*	74. Chris Neagle	51:01
15. Christopher Roy	9:31	107. Karen Hanson	16:44*	75. Jean Thomas	51:43*
16. Julian Barnes	9:32	108.		76. Lisa Weymouth	52:18*
17. Julie O'Brien	9:43*	109. Pamela Pierson	16:53*	77. Lori Leard	52:24*
18. Ryan Kemna	9:44	110. Maggie Connolly	16:54*	78. Mary-Jane Dobb	52:37*
19. Babbie Akerley	9:45*	111. Paulette Cardello	17:05*	79. Stella Alexandre	52:39*
20. Kelly Donovan	9:49*	112. Adam Trussell	17:05	80. Dave Marston	54:32
21. Seth Kelley	9:53	Results courtesy of Ken Dion		81. Dee Nicely	55:22*
22. Dan Garland	9:55	MCCR Race Director		82. Dail Martin	58:39*
23. Toni Sousa	9:55*	*****		83. Marcia Feller	61:55
24. Paul Twomey	9:56	<u>Fun Run 1 Mile</u>			
25. Jamie Brown	10:10	1. Marty Howgate	7:24		
26. Michael Gadbois	10:11	2. Craig Hall, Jr.	7:55		
27. Debbie Belanger	10:17*	3. Benjamin Davenney	8:05		
28. Michelle Edwards	10:20*	4. Isaac Harris	8:06		
		5. Nathan Harris	9:20		
		6. Michael Lamontagne	9:38		

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7. Joe Wildman	9:55
8. Tarsha Reagan	10:12*
9. Jack Reagan	10:12
10. Courtney Croteau	10:19*
11. Joseph Croteau	10:19
12. Nicole Conroy	12:07*

Results courtesy of Sandy Utterstrom
MTC Race Director

1985 ROWDY ULTRA 50 Mile Race
Brunswick *ME-85011-GN* Nov 10th

1. Lance Guliani	26m	6:17:43
2. Bryant Bourgoin	35m	6:25:45
3. Dave Roberts	30m	6:46:52
4. Kim Moody	30f	6:46:52
5. James Gowle	34m	6:54:31
6. Philip Pierce	44m	7:07:54
7. Mike Daly	40m	7:14:02
8. Dave Delois	37m	7:18:27
9. Bill Kane	34m	7:24:02
10. Debbie Sawyer	32f	7:25:19
11. Rosalyn Randall	35f	7:36:52
12. Bruce Ball	46m	7:58:59
13. Roger Clark	48m	8:41:48
14. Joseph Washburn	41m	8:46:44
15. John Schwardel	39m	8:46:44
16. David Trussell	42m	8:47:19
17. Carlton Mendell	64m	8:55:34
18. Dennis Collins	30m	8:59:57
19. Gary Cantrell	24m	9:04:32

Results courtesy of Gary Cochrane
Race Director

7TH ANNUAL VETERAN'S MEMORIAL RACES
Wiscasset Nov 10th

1 MILE RUN (Age 12 & under)

1. Terry Peters	12m	6:28
2. Tommy Abello	11m	6:43
3. Jeff Cumming	10m	6:59
4. Alex Rankin	11m	6:59
5. Chris Nesbitt	8m	7:00
6. Andrew Taylor	12m	7:19
7. Jeremy Rankin	9m	7:20
8. John Denaco	11m	7:45
9. Peter Nesbitt	7m	7:58
10. Michael Taylor	10m	8:15
11. Jaclyn Ouillette	7f	8:26
12. Brian Swift	7m	9:09
13. Tommy DeCourcy	5m	9:25
14. Nikki DeCourcy	10f	9:35
15. Heidi Wasson	6f	9:44
16. Leah Ouillette	5f	10:01
17. Hannah Wasson	4f	11:44
18. Andrea Taylor	6f	11:48

4.5 MILE RACE

1. Floyd Wilson	35m	23:50
2. Todd Elwell	19m	24:45
3. John-David Mathieu	27m	24:58
4. David Cothorn	18m	25:01
5. Brian Ladner	27m	25:18
6. Steve Westbrook	22m	25:33
7. Ray Johnson	37m	25:49
8. Warren Dean	49m	25:52
9. Don Reimer	38m	25:58
10. Rick Shea	17m	25:59
11. Duncan Cumming	16m	26:05
12. Rick Krause	39m	26:12
13. Dan Cake	41m	26:17
14. Steve Shea	15m	26:20

15. Chase Pray	41m	26:27
16. Joe Meehan	39m	27:08
17. Rich Wells	41m	27:36
18. Art Warren	44m	27:56
19. Ken Awalt	42m	28:51
20. Scott Shea	16m	28:59
21. Dianne Fournier	38f	29:11
22. Ed Lopes	34m	29:49
23. Jane Rau	35f	29:57
24. Andrew Patterson	28m	30:43
25. Ken Gaecklein	39m	30:47
26. Donna Taylor	36f	30:47
27. Dean Shea	45m	31:13
28. Steve Erskine	25m	31:50
29. Terry Peters	12m	32:11
30. Gard Rand	49m	32:18
31. Dennis Dodge	35m	32:37
32. Mike Conahue	34m	32:41
33. Craig Haggett	30m	32:57
34. Chuck Shea	44m	33:02
35. Amanda Russell	26f	33:05
36. Allen Harsom	27m	33:08
37. Robert Rines	30m	33:29
38. Jennifer Rankin	15f	33:55
39. John Ouillette	37m	33:58
40. Ellen Spring	33f	34:13
41. Betsy Wasson	31f	34:46
42. R.J. Nesbitt	32f	34:48
43. Bob Nesbitt	33m	34:48
44. Clint Goodenow	47m	35:02
45. Ralph Lathe	37m	35:10
46. Dean Stoddard	41m	35:53
47. Christa Elwell	15f	36:00
48. Dorothy Stoddard	33f	36:16
49. Harry Hilton	31m	36:32
50. Tom Rankin	46m	37:09
51. Harry Giddings	52m	37:41
52. Judith Jackson	34f	38:02
53. Joe Nichols	14m	41:55
54. Steven Wasson	36m	42:11

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HIND

55. Lucille Moreau	44f	42:21
56. Dea Lewis	39f	44:52
57. Becky-Jean Tibbetts	20f	45:18
58. Sue Mallonee	22f	45:33
58. Cheryl Poland	19f	45:33
60. Jacki Winters	64f	55:55
61. Roger Furbish	60m	66:10
62. Rita Furbish	59f	72:21
63. Ernest Moreau	50m	75:05

Results courtesy of Don Brewer
Race Director



6TH ANNUAL VETERAN'S DAY RACE
Augusta *ME-85018-GN* Nov 11th

Half-Marathon *ME-85018-GN*

1. Barry Fifield	28m	1:15:11
2. Ron Newberry	35m	1:16:49
3. John James	31m	1:18:14
4. Fred Karter	36m	1:18:35
5. Stephen Fluett	27m	1:19:07
6. Lawson Moyes	43m	1:19:45
7. Tom Thibeau	27m	1:20:17
8. Russ Pickering	45m	1:20:32
9. Linwood Hildreth	43m	1:20:43
10. Neill Miner	35m	1:21:18
11. Henry Kanter	30m	1:21:37
12. Gary Cochran	44m	1:22:05
13. Paul Merrill	31m	1:22:51
14. George Liming	34m	1:23:10
15. Mert Dearnley	37m	1:23:47
16. Gerry Mirabile	25m	1:24:18
17. Mike Simoneau	38m	1:24:45
18. Paul Bourget	27m	1:25:03
19. Bruce Theriault	31m	1:25:15
20. Benard Boisvert	24m	1:25:24
21. Oskar Feichtinger	52m	1:26:13
22. Russ Connors	53m	1:26:26
23. Bob Jolicœur	48m	1:26:45
24. Thomas Clemence	28m	1:28:22
25. Martin Schiff	46m	1:28:30
26. Dave Comeau	40m	1:28:47
27. Mark Seamans	28m	1:30:35
28. Larry Breton	18m	1:31:15
29. Bob Crosswell	34m	1:32:03
30. William Bartlett	28m	1:32:38
31. David Ladd	25m	1:33:04
32. William Pavlisko	35m	1:33:30
33. Carl Bowen	53m	1:34:11
34. Peter Hanson	45m	1:34:17
35. Linda Woodward	38f	1:34:19
36. Stephen Schuyler	29m	1:34:35
37. Francis Preshong	43m	1:34:50
38. Al Newman	36m	1:35:03
39. Peter Runnells	29m	1:35:14
40. Herb Strom	56m	1:35:19
41. James Moore, Jr.	42m	1:35:57
42. Jeffrey Preble	32m	1:36:02
43. James Booth	40m	1:36:04
44. Ron Paquette	44m	1:36:12
45. Mark Danyla	32m	1:36:27
46. Terrence Eldridge	31m	1:37:28
47. Robert Marquis	47m	1:38:37
48. Jerry St. Amand	42m	1:38:50
49. Heather Mank	16f	1:39:05
50. Clough Toppan	38m	1:39:59
51. Peter Connell	33m	1:40:39
52. Donna Jean Pohlman	34f	1:40:47
53. William Donovan	43m	1:41:29
54. Jamie Morrill	37m	1:41:33
55. Marc Demers	26m	1:41:53
56. Louise Dunlap	45f	1:42:55
57. Robert Hines	30m	1:43:25
58. Lloyd Smith	36m	1:44:34
59. Curt Hagenbuch	17m	1:45:22
60. Roger Dutton	42m	1:45:35
61. Jerie Bugbee	38f	1:46:37
62. Al Godfrey	31m	1:46:58
63. Barbara Luce	33f	1:47:04
64. Dave Conley	46f	1:47:37
65. Barbara Godfrey	31f	1:50:46
66. Cliff Fletcher	50m	1:50:47
67. Sally Grande	33f	1:53:58
68. Andrea Demers	21f	2:00:34

69. Charlie Gordon	38m	2:00:35
70. Lynne Cobb	29f	2:09:46
71. Burtt Richardson	50m	2:09:47
72. Christa Elwell	15f	2:13:17
73. James Berry	59m	2:13:18

5K *ME-85017-GN*

1. Chris Bovie	35m	16:19
2. Floyd Wilson	35m	16:36
3. Brent Leighton	16m	16:48
4. Todd Elwell	19m	16:59
5. Rick Lane	38m	17:04
6. Lee Stover	21m	17:17
7. Steve Westbrook	22m	17:27
8. Mike Cameron	40m	17:52
9. Thomas Wells	31m	17:57
10. Ray Johnson	37m	18:10
11. Chip Howe	34m	18:16
12. Brian Shacter	40m	18:36
13. Randy Landry	18m	18:53
14. Tony Lepore	38m	18:58
15. Aaron Sanborn	15m	19:11
16. Mike Beachler	34m	19:16
17. Chad Chadwick	17m	19:22
18. Mike Hein	15m	19:29
19. Diane Wood	23f	19:30
20. James Cox, Jr.	29m	19:42
21. Richard Cummings	48m	19:46
22. Marc Damour	30m	20:14
23. Scott Andrews	17m	20:44
24. Kristin Vickers	14f	20:45
25. Scott Deschaines	14m	21:01
26. Sean Berry	13m	21:03
27. Dave Gagan	49m	21:12
28. Bob Donovan	13m	21:30
29. Allison Giustra	16f	21:40
30. Peter Siefinger	29m	21:53
31. Brian Pickard	30m	22:00
32. Rich Abramson	36m	22:10
33. Allen Hersom	27m	22:24
34. Tom Fortier	18m	22:47
35. Patricia Titcomb	28f	23:10
36. Judy Barone	26f	23:12
37. Earle Tourtillotte	36m	23:17
38. Rany Doak	30m	23:19
39. Ben Yates	11m	23:20
40. Linda Ladd	25f	23:54
41. Don Osborne	64m	24:08
42. Mary James	29f	24:33
43. Nancy Ulrich	27f	25:12
44. Leah Yates	09f	25:15.0
45. Bill Yates	44m	25:15.1
46. Bill Tozier	58m	25:30
47. Harry Trask	68m	25:38
48. Loren Mathews	53m	26:27
49. James Hummer	44m	26:41
50. Joseph Hummer	11m	27:28
51. Perry Banard	45m	28:17
52. Cynthia Norton	45f	31:35
53. Susan Dearnley	34f	32:04
54. Sue Lavigne	24f	38:40

Results courtesy of Greg Nelson
MRR Race Director

OSPREY ROAD RACE 10K
Freeport Nov 17th

1. Andrew Whelan	24	32:28
2. Floyd Wilson	35	33:39
3. Rusty Taylor	34	34:55
4. Joshua Antrim	24	35:06
5. David Cothorn	18	35:21
6. Harry Nelson		35:32
7. Joel Croteau	41	35:44
8. Jim Murphy		36:03
9. Steve Ransom	27	36:15
10. Joel Titcomb		36:59
11. Scott Samuelson		37:04
12. Gerry Mirabile		37:04
13. Jay Lindsey		37:20
14. John Long		37:31
15. Jeff Bengtsson		37:34
16. Scott Steele		37:42
17. Peter King		37:54
18. Mike Thompson		38:13
19. Eric McNett		38:36
20. Andrew Deane		38:37
21. Joe Regali		38:38
22. Joe Meahan		38:39

23. Tom Allen		38:43
24. Andrew Sawyer		38:53
25. Charles Hall		38:59
26. Norman Lafaiteune		39:06
27. Mike Petters		39:10
28. Jack Mercier	41	39:26
29. Frank Whittier		40:12
30. Dick Cummings		40:26
31. Donald Spittle		40:41
32. Peter Vachon		40:52
33. Jim Moore, Jr.		40:53
34. Arnold Stevens		40:53
35. Wayne Harlon		41:06
36. Paul Dall		41:22
37. Robert Marquis		41:50
38. Blair Dwyer		42:23
39. Richard Chipman		42:30
40. Rich Jewell		42:33
41. Don McGilvery		42:55
42. Alan Edmond		43:07
43. Ted McCarthy		43:14
44. Ron Kovner		43:35
45. Ken Brennan		43:52
46. Jeff Nixon		44:06
47. Jim Bishop		44:09
48. Steve Collins		44:21
49. Mike Mosley		44:23
50. Rich Merrill		44:35
51. John Marshall		44:39
52. Scott Harrison		44:41
53. Ron Pelton		44:42
54. Mike Kay		44:48
55. Marc Demers		45:00
56. Mike Kasabian		45:00
57. Ival Stratford	34f	45:16
58. William Donovan		45:19
59. James Crawford		45:23
60. S.M. Hall, III		45:29
61. Terri Ann Conroy	27f	45:33
62. David Barker		45:42
63. John Cole		46:10
64. Maggie Christie	14f	46:24
65. David Ray		46:28
66. Joe Wishcamper		46:33
67. Raymond Butler		47:26
68. Patty Titcomb	27f	47:44
69. Ralph Lathe		47:54
70. Rick Baker		47:53
71. Fred Wingate		48:04
72. John Ouillette		48:05
73. Donna LaPierre	45f	48:29
74. Wayne Hamilton		48:38
75. Robert Rhatigan		49:00
76. Pamela Butler	18f	49:05
77. Chris Neagle		49:57
78. Thomas Rhatigan		50:04
79. Katherine Christie	41f	50:18
80. Dorothy Stoddard	33f	50:30
81. Jon Fillmore		50:55
82. Tim Boyden		51:05
83. Sue Blood	f	51:14
84. Arthur Greene		51:19
85. John Clark		52:11
86. Richard VanWie		52:31
87. Jean Pare		53:00
88. Harry Giddings		53:04
89. Sherri Belanger	f	53:08
90. Paul Belanger		53:09
91. David Shaw		54:47
92. Dennis Harnish		55:06
93. Walter Christie		56:41
94. Caroline Sinclair	f	57:37
95. Sue Morejon	32f	57:52
96. Roy Morejon		57:53
97. Harvey Mason		57:58
98. Eileen Lowell	f	57:59
99. Bill Harkins		58:00
100. Marsha Campbell	f	60:51
101. Doug Calhoun		62:49

Results courtesy of Gail Senese Wright
Race Director



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f 60:51
62:49

Gail Senese Wright
Race Director

4TH ANNUAL 5K TURKEY TROT

Brewer

Nov 23rd

1. Glendon Rand	15:28
2. Mike Gaige	15:35
3. Roy Morris	15:40
4. Chris Williams	15:41
5. Phil Thornton	15:42
6. Bob Cuddy	15:43
7. Brian Warren	15:49
8. Mark Pagnand	16:10
9. Dan Bondeson	16:10
10. Hans Hagen	16:12
11. Tim Fisher	16:17
12. Steve Giles	16:19
13. Tim Parritt	16:20
14. Lewis Gordon	16:50
15. Chris Bovie	17:01
16. James Ayles	17:06
17. Neil Chamberlain	17:07
18. John Condon	17:11
19. Doug DeAngelis	17:11
20. Mike Sargent	17:17
21. Kathy Martin	17:25*
22. Chris Pinsent	17:29
23. Brian McCrea	17:37
24. Warren Dean (M)	17:39
25. Greg Hildreth	17:54
26. Rod White	17:58
27. Kathy Tracy	18:07*
28. Len Price	18:15
29. John Mills	18:18
30. John Moore	18:23
31. Bruce Theriault	18:24
32. Hal Nelson	18:25
33. Edward Harrow	18:27
34. Becky Weed	18:30*
35. Steve Norton	18:32
36. Ian Davison	18:34
37. Dave Clement	18:38
38. Tom Dugan	18:40
39. Oskar Feichtinger	18:43
40. Tim Rogers	18:48
41. Robin Emery-Rappa	18:55*
42. Mike Haimo	18:58
43. Bill Pinkham	19:02
44. Perley Merrick	19:08
45. Bob Salese	19:14
46. Jason Rush	19:15
47. Greg Kobelski	19:16
48. Sean Deffelmeyer	19:20
49. Scott Smith	19:22
50. Vaughn Holyoke	19:23
51. Kerri Pottle	19:27
52. Ken Sivik	19:30
53. Shawn Gilly	19:31
54. Harry Dyer	19:33
55. Phil Jurgeleit	19:35
56. Craig Boyd	19:36
57. Chuck Blodget	19:37
58. Paul Healey	19:38
59. Dick Miles	19:40
60. Seth Harrow	19:50
61. Al Sproul	19:54
62. Mike Jeffrey	20:01
63. Steve Reed	20:05
64. Tom Tetu	20:07
65. Ken Awalt	20:12
66. Bob Booker	20:21
67. Danny Akers	20:28
68. Newel Lewey	20:35
69. Patrice Galvin	20:40
70. Shane Withee	20:44
71. Linda Martin	20:47*
72. John Holyoke	20:52
73. Josephine Cooper	21:00*
74. Bob Gaboury	21:01
75. Howard Richards	21:03
76. Gerry Bates	21:09
77. Dan Outchens	21:19
78. Jim Pendergast	21:26
79. Terry Rowden	21:30
80. Barbara Greenstone	21:31*
81. Lee Rush	21:32
82. Mike Hutchins	21:37
83. Ed Thompson	21:42
84. Ron Adams	21:44
85. Art Fraser	21:45
86. Lori Holyoke	21:46*
87. Scott Webster	22:24
88. Patricia Forest	22:31*
89. Brenda LaPetro	22:36*
90. Patrick Connelly	22:41

91. J. Paul Ciarrocchi	23:00
92. Betsy Wasson	23:01*
93. Marty McCrea	23:12
94. Bill Lawlor	23:14
95. Nancy Price	23:18*
96. Pam Farley	23:26*
97. Frank D'Amelio	23:32
98. Brian Nichols	23:34
99. John Goodness	23:36
100. Kim Malcolm	23:37*
101. Leon Dupuis	23:41
102. Leigh Barclay	23:48*
103. Tony Cyrus	23:53
104. Lynn Dow	23:59*
105. Allan Snell	24:02
106. Scott Clement	24:04
107. Don Osbourne	24:05
108. Diane Potvin	24:08*
109. Leona Clapper	24:19*
110. Nivan Saada	24:31*
111. Charles Clapper	24:33
112. Wendy Harper	24:43*
113. Steven Wasson	25:12
114. Mary Hobgood	25:16*
115. Aimee Brochu	25:20*
116. Eric Berce	25:30
117. Dan Peters	25:36
118. Ben Adams	25:57
119. Jason Perkins	25:58
120. Susan Gray	26:07*
121. Joel Pinkerman	26:09
122. Tasmy Turner	26:55*
123. Denise Robinson	26:56*
124. Louise Clement	27:15*
125. Anne Macalouy	27:18*
126. Ann Andrie	27:30*
127. Susan Dumont	27:57*
128. Phil Huckins	28:45
129. Tom Severance	28:52
130. Bob Severance	28:53
131. Betty Kiah	29:12*
132. Jill Kiah	29:54*
133. Dennis Kiah	29:59
134. John Hutchins	31:39
135. Todd Rogers	32:27
136. Barbara Grant	34:31*
137. Linda Reeves	36:42*

Results courtesy of Dave Jeffrey
Race Director

7TH ANNUAL GASPING GOBBLER ROAD RACES
Augusta Nov 28th

2 MILE ROAD RACE

1. Robert Wranosky	21m 10:45
2. Ted Cleaver	21m 11:12
3. Wally Cleaver	21m 11:12
4. Chris Bovie	36m 11:41
5. Dan Calk	41m 11:44
6. Gene Roy	39m 11:46
7. Jason Greenleaf	17m 11:55
8. Rick Lane	38m 11:57
9. Troy Alexander	18m 11:59
10. Arthur Warren	44m 12:01
11. Robert Cuthbertson	28m 12:05
12. Isaac Tapley	15m 12:23
13. Gary Grady	36m 12:28
14. Tory Rau	12m 12:33
15. Chris Atlee	14m 12:41
16. Marc Damour	30m 12:57
17. Tim Weems	10m 12:58
18. Sean Berry	13m 13:08
19. Peter Slefinger	29m 13:19
20. Jamie Halperin	14m 13:30
21. John Hodgkins	50m 13:32
22. Paul Dall	44m 13:36
23. Robert McMahon	34m 13:47
24. Raymond McFarland	21m 14:05
25. William Donovan	13m 14:07
26. Thomas Mayer	15m 14:08
27. Fran Brennan	49f 14:10
28. Ben Yates	11m 14:24
29. Brian Starie	14m 14:38
30. David Chambers	20m 15:01
31. Jeffrey Williams	32m 15:06
32. Corey Lessard	12m 15:07
33. Harold Way	48m 15:13
34. George D'Alessandro	40m 15:13
35. Roger Katz	36m 15:17
36. Lynn Kenoyer	11f 15:18

37. Sarah Kenoyer	9f 15:20
38. Sarah Yates	14f 15:32
39. Bethany Boisvert	8f 15:33
40. Ellen Spring	33f 15:35
41. Harvey Mason	52m 15:47
42. Carolyn Burnham	36f 15:51
43. Lynne Cobb	29f 15:54
44. Amy Spenciner	14f 16:12
45. Ernest Moreau	51m 16:18
46. Robert Huotari	40m 16:20
47. Leona Clapper	55f 16:20
48. Charles Clapper	56m 16:21
49. Cody Rau	7m 16:24
50. Ken Armstrong	42m 16:36
51. Kelly Donovan	16f 16:37
52. Dwight Desjardin	10m 16:37
53. Amy Fortin	10f 16:42
54. Loren Mathews	52m 16:53
55. Chris Roy	14m 17:02
56. William Tozier	58m 17:04
57. Lean Yates	9m 17:10
58. Yibarek Bessey	12m 17:15
59. Mike Huber	12m 17:25
60. Penny Snyder	39f 17:43
61. Ryan Paradis	11m 17:43
62. Jocelyn Bessey	13f 17:43
63. Lucille Moreau	44f 18:07
64. Nancy Talbot	33f 18:13
65. Stephanie Clark	12f 18:22
66. Aaron Cuthbertson	8m 18:27
67. Ethan Bessey	9m 18:48
68. Ben Brown	12m 18:58
69. Marianne Paley	42f 19:03
70. Nat Clark	8m 19:18
71. Louise Way	47f 19:19
72. Christina Thompson	11f 19:26
73. Susan Dearnley	35f 20:01
74. Susan Schmitke	44f 20:04
75. Julia Fearon	26f 20:05
76. Bob Chambers	49m 20:52
77. Paine Wingate	8m 21:15
78. Phyllis Goodlad	57f 21:31
79. Michael Bolnick	49m 21:32
80. Shad Wingate	9m 22:52
81. Katie Clark	7f 22:56
82. Wendy Wingate	38f 23:33
83. Lillian Abbott	65f 27:01
84. Roger Furbish	60m 29:48
85. Rita Furbish	59f 36:08

10K *ME-85011-GN*

1. Gerry Clapper	24m 32:50
2. Peter Lessard	23m 33:23
3. Roy Morris	22m 34:19
4. Richard MacDonald	23m 35:59
5. Jon Westcott	21m 36:24
6. Mike Sargent	34m 36:39
7. Tom Thibeau	27m 36:44
8. Randy Hastings	31m 36:46
9. Stephen Westbrook	22m 36:58
10. Mickey Lackey	41m 37:18
11. Fred Karter	36m 37:28
12. John Hallee	20m 37:36
13. Kevin Way	16m 37:43
14. Gary Cochrane	44m 37:50
15. Paul Thompson	38m 38:01
16. Ray Johnson	37m 38:03
17. Mike Reinsborough	16m 38:30
18. Fred Saben	16m 38:31
19. John Mathieu	28m 38:38
20. Michael Cameron	40m 38:40
21. John Creasy	40m 38:53
22. Charles Howe	34m 38:55
23. Deke Talbot	36m 38:59
24. Stephen Turner	38m 39:00
25. Stephen Ives	21m 39:05
26. Skip Bates	16m 39:12
27. Michael Thompson	27m 39:13
28. Jeffrey Bengtsson	26m 39:17
29. Mart Dearnley	37m 39:29
30. Bill Jensen	33m 39:29
31. Oskar Feichtinger	52m 39:31
32. Stephen Norton	45m 39:42
33. Bob Heald	17m 39:51
34. Vern Demmons	39m 39:52
35. Bill McFarland	39m 39:53
36. Thomas Wells	31m 39:55
37. Terry Goodlad	59m 40:08
38. Kevin White	23m 40:13
39. Phil Stuart	38m 40:16
40. Mike Simoneau	38m 40:19
41. Ed Miller	35m 40:24
42. Joseph Meehan	39m 40:37
43. Brian Ladner	27m 40:43

9f	15:20	44. Rich Harper	39m	40:47	97. Jane Rau	35f	44:38	130. Terry Peters	12m	49:30
14f	15:32	45. Ben Street	20m	40:51	98. Larry St. Peter	41m	44:41	131. Charlotte Gifford	27f	49:32
9f	15:33	46. George Liming	34m	40:56	99. Joe Washburn	41m	44:43	132. Frank Setler	41m	49:36
33f	15:35	47. Larry Fortin	36m	40:56	90. James Mansir	31m	44:45	133. Jeffrey Bragg	21m	50:40
52m	15:47	48. Frank Knight	40m	41:03	91. Brian Lothridge	26m	44:54	134. Yvette Knight	39f	50:49
36f	15:51	49. James Hogerty	30m	41:10	92. Ed Atlee	46m	45:02	135. James Pierce	30m	50:50
29f	15:54	50. Andy Spaulding	14m	41:13	93. Peter Connell	31m	45:05	136. Peter Golding	30m	50:50
14f	16:12	51. David Sargent	29m	41:16	94. Dick Cummings	48m	45:25	137. Allen Pierce	23m	50:53
51m	16:18	52. David Barker	32m	41:32	95. Bill Gayton	45m	45:27	138. Kari Richardson	24f	50:54
40m	16:20	53. Brian Schacter	40m	41:41	96. Chuck Bourke	29m	45:37	139. Tom Snyder	41m	50:55
55f	16:20	54. Harry Schmitke	47m	41:43	97. Barbara Greenstone	35f	45:48	140. Allen Ryan	43m	51:01
56m	16:21	55. William Bartlett	28m	41:46	98. Jennifer Beaulieu	20f	46:12	141. Clint Goodenow	46m	51:04
7m	16:24	56. Jeff Holmes	16m	41:51	99. Sydney Sewall	36m	46:12	142. Barbara Godfrey	31f	51:09
42m	16:36	57. Robert Sallsbury	29m	41:53	100. Wesley Fjeldheim	38m	46:18	143. Fred Brown	43m	51:12
16f	16:37	58. Kathy Knight	26f	41:57	101. Faye Gagnon	40f	46:19	144. Jerri Buchsey	41f	51:21
10m	16:37	59. Francis Preshong	43m	42:13	102. Sam Mitchell	31m	46:20	145. Wendy Sayres	51f	51:27
10f	16:42	60. Martin Schiff	46m	42:18	103. Ron Paquette	44m	46:20	146. Jerry Doughty	35m	51:37
52m	16:53	61. Karl Knight	27m	42:21	104. Bill Hood	46m	46:21	147. Donna Donald	36f	51:38
14m	17:02	62. Bruce Fenlason	39m	42:37	105. Jim Whalen	33m	46:21	148. Sharon Beaudoin	28f	51:51
58m	17:04	63. Ray Quimby	34m	42:42	106. Charles Gordon	38m	46:22	149. Don Osborne	64m	51:56
9m	17:10	64. Scott Bell	16m	42:42	107. Ron Burnham	36m	46:23	150. Allen Marsom	27m	52:34
12m	17:15	65. Roy Rodgers	32m	42:53	108. Dick MacDonald	50m	46:24	151. Craig Hagget	30m	52:34
12m	17:25	66. Randy Landry	18m	42:54	109. Robert Peterson	37m	46:40	152. Ralph Lathé	47m	52:53
39f	17:43	67. Kristin Vickers	14f	42:58	110. William Donovan	43m	46:46	153. Kris Rollender	12m	53:13
11m	17:43	68. James Moore	42m	42:58	111. Richard Spearing	31m	46:49	154. Elana Clark	36f	53:15
13f	17:43	69. Bill Yates	44m	43:05	112. Leon Hadiaris	33m	46:55	155. Mert Hickey	49m	53:17
44f	18:07	70. Frank O'Hara	25m	43:21	113. Gard Rand	49m	47:01	156. Libby Heselton	19m	53:37
33f	18:13	71. Bill Ottmann	30m	43:22	114. Terri Conroy	27f	47:10	157. Fred Wingate	39m	53:49
12f	18:22	72. Veronica Knight	18f	43:23	115. Cliff Ives	48m	47:30	158. Jean Pare	48f	54:10
8m	18:27	73. Kenneth Gaecklein	39m	43:27	116. Rich Abramson	36m	47:48	159. Dave Spenciner	16m	55:07
9m	18:48	74. Susan Ertha	20f	43:38	117. Allison Glustra	16f	48:09	160. Missy St. Pierre	15f	55:20
12m	18:58	75. Bruce Bell	46m	43:40	118. Geoffrey Hill	39m	48:12	161. Warren Newton	17m	55:20
42f	19:03	76. Diane Wood	23f	43:45	119. James Crawford	34m	48:18	162. Jay Spenciner	46m	56:03
9m	19:18	77. Fred Brown II	19m	43:50	120. Charlotte Sayres	22f	48:22	163. Arthur Granholm	47m	56:26
47f	19:19	78. Carl Bowen	53m	43:51	121. Dale Navish	26m	48:22	164. Georgianna Hogerty	30f	56:27
11f	19:26	79. Wayne Newton	41m	43:52	122. Timothy Richardson	36m	48:39	165. Amy Rolnick	22f	57:21
35f	20:01	80. Sheldon Belmain	44m	43:57	123. Deborah Cushman	32f	48:47	166. Jody Rolnick	20f	57:21
44f	20:04	81. Amos Wright	11m	43:59	124. Richard Fallon	33m	48:47	167. Paul McFarland	41m	60:22
26f	20:05	82. Beth Golden	17f	44:01	125. Cole Sargent	36m	48:58			
49m	20:52	83. Jon Ives	15m	44:03	126. Al Godfrey	31m	49:00			
8m	21:15	84. Bob Jolicœur	48m	44:09	127. Robert Whitten	52m	49:05			
57f	21:31	85. Peter Gagnon	42m	44:15	128. John Doiron	24m	49:08			
49m	21:32	86. Bill Sayres	53m	44:20	129. Randall French	40m	49:25			
9m	22:52									
7f	22:56									
38f	23:33									
65f	27:01									
60m	29:48									
59f	36:08									

Results courtesy of Dave Gagan
MRR Race Director



GOLDSMITH'S SPORTING GOODS

MAINE SQUARE MALL • HOGAN ROAD • BANGOR, MAINE
207-947-1168

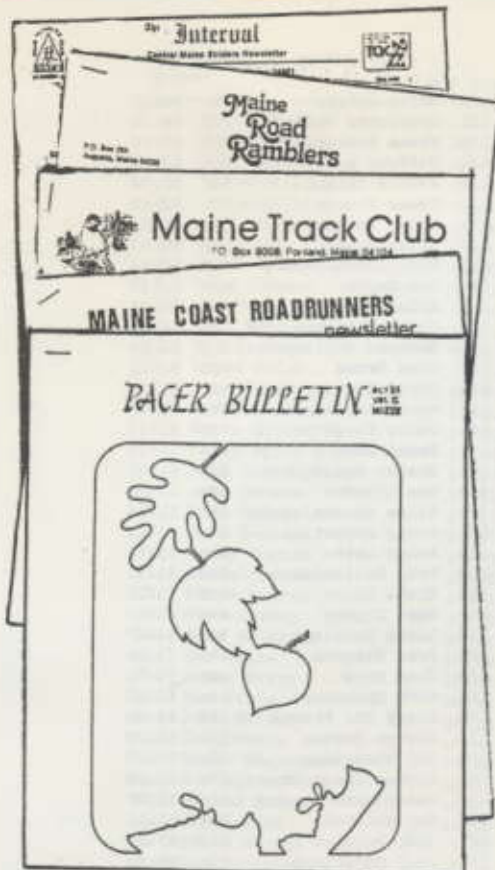
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All of our packages have the latest in hi-tech
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All packages include skis, boots, bindings, poles,
mounting, base prep. and ski holders.
CROSS COUNTRY SKI CLOTHING
& ACCESSORIES BY PATAGONIA, SWIX,
and OUTDOOR PRODUCTS

All prices effective while supplies last!



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

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



the Woods Runners
Box 201
Patten, ME 04765

Central Maine Striders
PO Box 1177
Waterville, ME 04901

Maine Rowdies
309 Maine Street
Brunswick, ME 04011

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

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

Maine Track Club
PO Box 8008
Portland, ME 04104

the Bethel Outing Club
PO Box 157
Bethel, ME 04217

Maine Road Ramblers
PO Box 264
Augusta, ME 04330

Hog Bay Trotters
PO Box 512
Ellsworth, ME 04605

Yankee Athletic Club
155 Pine Street
Lewiston, ME 04240

Maine Coasters
L.L. Bean
Freeport, ME 04032

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

the Pen Bay Pacers
PO Box 302
Rockland, ME 04841

Maine Coast Roadrunners
Box 1131
Biddeford, ME 04005

Downeast Road Runners
Sanford YMCA
Springvale, ME 04082

Maine Association T.A.C.
105 Maple Ave.
Scarborough, ME 04107

Androscoggin Running Club
PO Box 382
Auburn, ME 04210

Yankee Running Club
Box 726
Gray, ME 04101

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

Northern Bay Athletic Club
PO Box 344
Blue Hill, ME 04614

Swift River Runners
43 Congress St.
Rumford, ME 04276

the Aroostook Mustangs
35 Teague St.
Caribou, ME 04736

the Moose Chasers
12 McArthur C
Caribou, ME 04736

Bay Pacers
302
d, ME 04841

Coast Roadrunners
1
rd, ME 04005

Coast Road Runners
YMCA
ale, ME 04083

Association T.R.
e Ave.
ugh, ME 0407

ggin Running
82
ME 04210

unning Club
04101

Coast Striders
nton Street
ME 04401

Bay Athletic
14
, ME 04614

er Runners
ss St.
ME 04276

took Musterd
St.
ME 04736

Chasers
ur C
ME 04736



FIFTH ANNUAL MID-WINTER 10 MILE CLASSIC 1986

CATEGORIES: 1-5 Open Men
1-5 Open Women
Men and Women

30 to 34
35 to 39
40 to 44
45 to 49
50 to 54
55 to 59
60 & over



SUNDAY, FEBRUARY 9th
12 NOON
SMVTI, SO. PORTLAND

COURSE RECORD:
51:55
Rick Garcia
63:10
Kim Moody

RESULTS TO BE PUBLISHED IN "MAINE RUNNING AND OUTING".

Runners report to SMVTI Gym no later than 11:45 a.m. \$4.00 entry fee - proceeds to Maine Track Club.

Directors: Robert Payne, RFD 1, Box 305, Raymond, Maine 04071, Tele: 655-4156 and
Ken Hutchins, 365 Cottage Road, South Portland, Maine 04106, Tele: 767-5372

Wheel Measured Course - maps available race day. Timed splits 1 mile and 5 mile -
or available 5 mile mark.



In consideration of this entry being accepted, I, the undersigned, declare that I am physically fit and trained well enough to compete in this event, and understand I accept full responsibility for any injury I may receive in the above-described road race.

NAME (print) _____ SIGNATURE _____
ADDRESS _____ YOUR AGE _____

Maine Track Club



5th Annual WILD KATAHDIN TRUST SNOW RUN

Come!! Visit Nerdlie-Duane Land! See the wind peel the lint from their unwashed shorts! Watch the little snowflakes as they seek frantically to avoid landing on their matted scalps! Ah...WOODS RUNNER country...Share it with us...sigh...

- ERE: Katahdin High School
- EN: Saturday, February 8, 1986 - 11:00 A.M.
- N FAR: 4.8 miles - or a little more - anyway - it's absolutely akkurit!
- ILITIES: Restrooms - showers at Katahdin High School on Route 11, Sherman Exit, I-95. Free T-Paper — if pre-registered.
- ISTRATION: \$7.00 - Registration at 9:30 on day of race.
- ARDS: 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!!
- EGORIES:
- | | | |
|------------|---------|-----------------------|
| 13 & under | 20 - 29 | 50 and over |
| 14 - 19 | 30 - 39 | "I've been injured!!" |
| | 40 - 49 | |
- Mean runner gets You'll never believe it!!???!! Team trophies - 1st three runners - male and female
- HER INFO: Beaucoup refreshments, long sleeved T-shirts (Famous Moose brand) to first 1250 runners.
Time splits each mile — Banana splits each half mile!
- URSE: Bussed at start then bused to start. Shotgun start (stay low), again courtesy of McLaughlin Shot Co. Mostly downhill and flat.
- ONSOR: KATAHDIN TRUST COMPANY of Patten, Island Falls and Oakfield. All of us in the "woods" use one of their "branches"! Heh Heh
- ALLENGE: You just ain't a HCBFAR (hard-core, butt frozen American runner) til you've crossed the finish line (wherever it may be) at the Snow Run! Show the kids how tuff you are ... Come on up ... or down!!
- URSE RECORDS: Joe McGuire 23:44 Nancy Jackson 30:06

COMPLETE RESULTS IN MAINE RUNNING MAGAZINE
FOR BENEFIT OF PINE TREE CAMP



Saturday February 8, 1986

Start at 11:00 a.m. behind Bangor Mall

Late registration and bib distribution beginning at 9:00 a.m. inside Bangor Mall, main entrance.

Pre-registration: Write Caribou Bog Tour, P.O. Box 873, Bangor, ME 04401 enclosing self-addressed envelope, or call 866-5652.

Course: Bangor to Old Town, about 18 kilometres. Starts at Gilman Road and Stillwater Avenue, follows old railroad bed and trails through Caribou Bog and woods, to finish at Herbert Sargent School.

Classes: Participants may enter either as individuals or as the member of one team. Individual team members will also be scored as individuals and will be eligible for individual class awards. Classes include all USSA age group classes for ages 13 and up. Ages 12 and under should enter with parents as a family team.

Teams: Teams may comprise from three to five persons. Groups of six or more persons should organize in two or more teams. Team scores will be determined by summing the finish places of the three fastest team members.

Team categories are:

- (1) High School (All members are students at the same high school)
- (2) Faculty (All members are teachers at the same school or university)
- (3) Undergraduate (All members are students at the same college or university)
- (4) Family (All members are same family)
- (5) You-Name-It (Any group of friends, club members, co-workers, etc.)

Post Tour/Race: Transportation from the Sargent School back to the start will be provided between 2:00 p.m. and 3:00 p.m. We will take your clearly labeled bag of dry clothes to the finish while you race. Refreshments will be sold at the finish. Awards will be presented as soon as results for a class are posted.

No Snow: In the unlikely event that there is no snow on February 8th, the tour will be held on the alternate date of March 1st, 1986. Everyone pre-registered for the first date will automatically be registered for the second date. If you let us know before the 15th that you can't make the second date, we'll refund your entry fee. If we can't ski on either date, all entry fees will be refunded and the event cancelled.

Time Limits: Skiers must complete the course within 3-1/2 hours to win the tour ribbon and to be eligible for the Caribou Bog Ski Tour hat (separate charge this year).

Fees: \$3.00 per person before January 25th.
\$5.00 per person after January 26th.
Discounts for families and children!

Organized by: Caribou Bog Tour, Inc.
Sponsored by: Penobscot Valley Ski Club, Penobscot Paddle and Chowder Society,
Bangor-Brewer TB and Health, Bangor Motor Inn

WINTERTHON '86

SATURDAY, FEBRUARY 1, 1986

EVERGREEN SNORADA AUBURN MALL

START/FINISH

Snorada Recreation Center,
Lake St., Auburn/Auburn Mall

EVENT:

Combined 10K cross-country ski
race (consisting of two moderately
hilly 5K loops) and a flat 4-mile
road race.

DATE/TIME:

February 1, 1986 - 9:30 a.m.
Raindate February 8.

ENTRY FEE:

Individual Preregistration . . \$15.
After Jan. 25 . . \$20.
Team Preregistration \$25.
After Jan. 25 . . \$30.

LONG-SLEEVE T-SHIRTS TO FIRST
50 ENTRANTS. All race packets
contain \$100. worth of coupons
from the Auburn Mall.

CATEGORIES AND AWARDS:

FIRST AND SECOND PLACE PRIZES TO:

- Iron Man
- Iron Woman
- Mixed Team/Open
- 18 and under (Male & Female Teams)
- 19-34 (Male & Female Teams)
- 35 and over (Male & Female Teams)

FIRST PLACE PRIZES TO:

- Junior/Senior Team (Any combination
with one member 18 or under, one
member 35 or older.)

SPECIAL RACE FEATURES:

- * Door Prizes
- * Expert Cross Country trail grooming
- * Digital Timing
- * First lap split times for skiers
- * Split mile times for runners
- * Flat running course
- * Instant results
- * Finish results provided to all
competitors.

Pre-entries to: Buzz Davis / Snorada Recreation Center
525 Lake Street
Auburn, Maine 04210
Tel: 782-6602

RUNNER				SKIER			
Name:		Age:		Name:		Age:	
Address:				Address:			
City:	State:	Zip:		City:	State:	Zip:	
Sex:				Sex:			
T-Shirt size:	S	M	L XL	T-Shirt size:	S	M	L XL

In consideration of this entry being accepted, I, intending to be legally bound,
do hereby for my heirs, executors, and administrators waive and release any and all
rights and claims for damages I may have against the Evergreen Snorada Recreation
Center and the Auburn Mall, and all others connected with the Winterthon '86 for
any injuries suffered by me at this competition.

Signature: _____

Signature: _____

HAMPDEN TO WINTERPORT A CROSS COUNTRY SKI TOUR & RACE SATURDAY, FEBRUARY 1, 11 a.m.



WHEN SATURDAY, FEBRUARY 1, 1986 at 11 a.m.

WHERE The point-to-point race will begin at the McGraw School (Main Road) in Hampden and end at the Winterport Lions Community Building (Park Drive) in Winterport. Over 9.4 miles (15.1K) in length, THE PIPELINE offers scenic vistas to the tour skier and a challenge to racers of every level. The wide, sheltered trail will be dragged and a double tracked where possible. Transportation back to the start will be provided by THE BUS. This event is an excellent opportunity to tune up for the upcoming Caribou Bog Tour and Race.

CONDITIONS If you do not accept fully the conditions below, DO NOT PARTICIPATE !!

I, the undersigned, know that cross country skiing is an action sport carrying significant risk of personal injury. Race competition is even more dangerous. I know that there are natural and man-made obstacles or hazards, surface and environmental conditions and risks which in combination with my actions may cause me very severe or occasionally fatal injury. I agree that I, as a participant, must take an active role in understanding and accepting these risks, conditions, and hazards. I also agree that I and not the organizers or staff or sponsors or USSA or any subordinate groups am responsible for my safety while I participate in this event.

SIGNED _____ DATE _____

NAME (PRINT) _____ BIRTHDATE / / AGE _____

MAILING ADDRESS _____ TELEPHONE _____

ZIP _____

CLASSES

(Circle appropriate age and sex)

AGE	MALE	FEMALE
15 & under	A	G
16 - 19	B	H
20 - 29	C	I
30 - 39	D	J
40 - 49	E	K
50 - 59	F	L
60 & over	X	Y

ENTRY FEES BY JANUARY 27, 1986 \$3.00
ON FEBRUARY 1, 1986 \$4.00

CONTACT BOB SALESI
P.O. Box 427
Hampden, ME

REGISTRATION BEGINS AT 9:30 a.m.

BIB NUMBER _____

AWARDS 1st, 2nd and 3rd OVERALL. MALE and FEMALE
1st and 2nd, BY AGE and SEX CLASS
COMPLETE RESULTS TO BE PUBLISHED IN "MAINE RUNNING"

Ski School



The Birches Ski Touring Center is proud to be a certified member of the PSIA (Professional Ski Instructors of America). We offer quality instruction for beginning through advanced skiers and specialize in telemark and backcountry touring techniques. Group lessons for beginners and intermediates are offered on Saturdays and Sundays; all other lessons are conducted on a private and semi-private basis at your convenience. During each lesson our instructors utilize a video television unit to pinpoint flaws in your technique and to improve your skiing. We combine 25 miles of marked, machine tracked trails, the best in the area, with a caring staff of folks who are dedicated to helping you enjoy your stay with us. All lessons are one and a half hours in duration.

Lesson Rates Per Person

Group	\$7.00
Private	\$10.00
With Video & Analysis	20.00
Daily Trail Fee	4.00
Season Pass	30.00

Quality Rentals

Skis, Boots, Poles

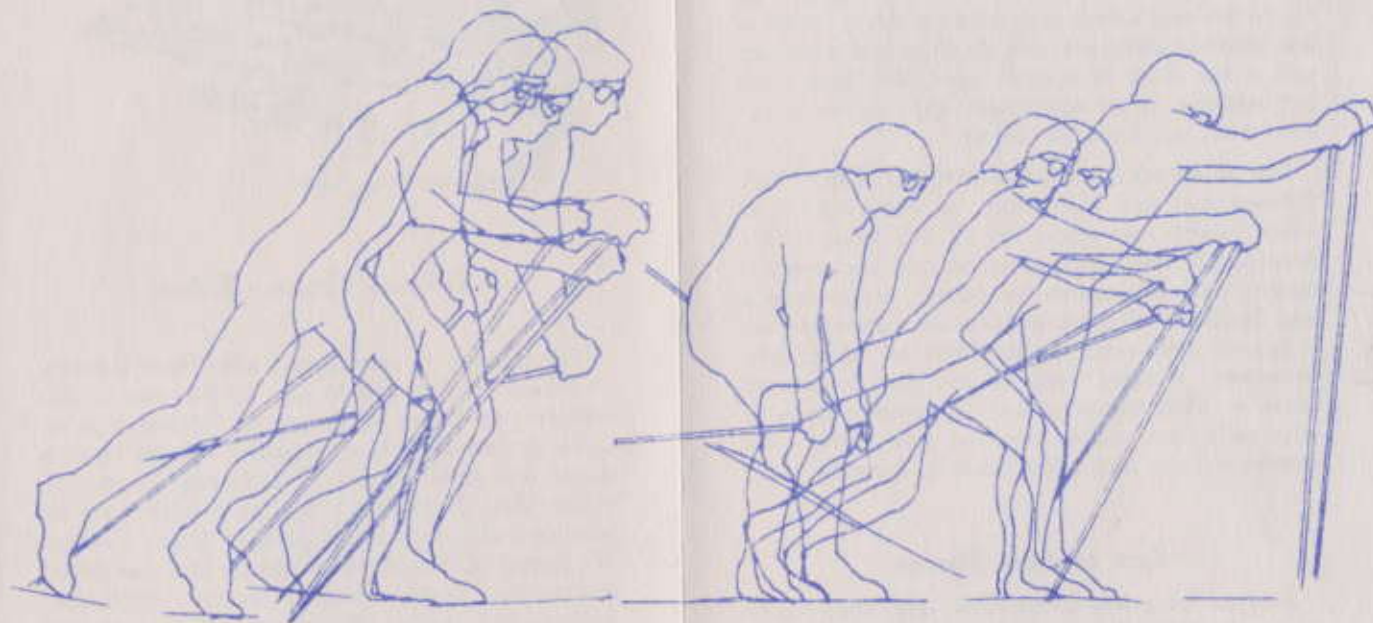
By Day	\$ 8.50
By Week	37.00

Snowshoes

By Day	\$ 3.50
By Week	16.00

The Birches Ski Touring Center

on Moosehead Lake
Rockwood, ME 04478



Telephone 207-534-7305

BULK RATE
U.S. POSTAGE
PAID
Permit No. 1
Rockwood, Maine

The Birches Ski Touring Center

on Moosehead Lake
Rockwood, ME 04478

Telephone 207-534-7305

The Birches Ski Touring Center

The Birches Ski Touring Center is located two miles from Rockwood, Maine, in the heart of one of the East's last great wilderness areas: The Moosehead Lake region. To get here follow route 15 to Rockwood, cross the Moose River, and follow our signs.

Stay with us during ski vacation and view picturesque Mt. Kineo from the doorstep of a rustic wood-heated log cabin nestled in one of Moosehead Lake's many coves. Just outside, miles of machine tracked and wilderness trails combine to create the area's best cross country skiing. After a few hours of skiing visit our ski shop and warm up with a hot drink or a quick sandwich, look over our selection of ski equipment, sign up for a lesson, or try out a pair of rentals.

Our ski school is a certified member of the PSIA (Professional Ski Instructors of America), and offers quality instruction for all skill levels. We specialize in telemark instruction and backcountry touring. Group lessons are offered on Saturdays and Sundays; all other lessons are conducted on a private and semi-private basis at your convenience. During each lesson our instructors utilize a video television unit to pinpoint flaws in your technique and to improve your skiing. All lessons are one and a half hours in duration.

Inn to Inn Tours

Join us for a few memorable days and nights as we journey through some of Maine's most beautiful backcountry. During the day we'll ski from inn to inn via old logging roads and trails. Towering 1500 to 2000 feet above us, mountains such as Baker, Elephant, Hedgehog, Indian, and Gulf Hagas will provide us with many exciting side trips and skiing possibilities. By late afternoon we'll be ready to relax around a warm stove before partaking of a bounteous home-cooked meal at our inn for the evening. This trip is perfect for those who wish to take a wilderness ski trip and leave behind the hardships of winter camping.

Trip Dates: Feb. 3-7

March 17-21

Trip Cost: \$465.00 per person



Trips - Trips - Trips

The Birches, in conjunction with North Country Outfitters, invites you to join us for one of the following multi-day ski programs. All our trips require no previous ski experience; all you need is desire and good health. Personalized instruction is provided during each trip by qualified ski instructors who are also Registered Maine Guides. We furnish all the necessary group and specialized equipment, food, lodging where applicable, guides, and round trip transportation from the Birches. Skis, boots, and poles are not included, but may be rented separately.

Visit our Wilderness Store in Greenville, where rentals are available, or our Ski Shop at the Birches in Rockwood.

Ski Center Cabin Rates

Weekends \$15.00 per person—day

\$45.00 minimum per cabin

Weekly (7 days) \$75.00 per person

\$225.00 minimum per cabin

No trail fee for Birches guests. Group rates available for skiers.

Ski Backpacking Adventure: Destination—Mt. Katahdin

This is the East's ultimate ski backpacking experience. Mt. Katahdin, located in Baxter State Park, is only a few feet short of a mile high and boasts of the Northeast's worst weather. Chimney Pond, our destination, is in a totally alpine setting surrounded by rock faces, ice falls, and snow fields. Our days will be spent learning the basics of winter ski mountaineering, skiing the lower snow bowls, and exploring the basin area of majestic Mt. Katahdin. This trip promises to be both physically and mentally demanding—an adventure of a lifetime.

Trip Date: March 3-8

Trip Cost: \$450.00 per person

Annual Rockwood—Mt. Kineo Nordic Ski Challenge

There will be a 10K open race with a 3K fun race. Prizes will be awarded. Entry fee is \$3.00. Race time will be 10 A.M.

Race Date: March 1, 1986

Custom Trips

Have a trip that you'd like to do, but need someone to help with the logistics and execution? Call us. Our professional staff can make your dream trip come true. Ask about our Mt. Kineo Overnight trip.

We reserve the right to cancel any trip due to weather. Should this happen, all monies collected will be returned.

A group discount is available for group sizes from 8 to 10; please contact us for more information.

To Get Here From There

You'll find Benloch Farm conveniently located five miles from Interstate 95 in Dixmont, Maine, 20 miles from Bangor, 22 miles from the coast and 35 miles from Waterville.



**BEN-LOCH FARM
SKI TOURING CENTER**
R.F.D. 1, North Road, Box 1020
Dixmont, Maine 04932

Ben-Loch Farm Ski Touring Center



R.F.D. #1, Box 1020
North Road
Dixmont, Maine 04932
257-4768

stamp

Benloch Farm
Maine's Most Complete Ski Touring Center
-Since 1979-

Hours

Open: 10:00 am - dusk

7 Days a Week

We encourage group skiing at other times by arrangement. Private ski parties are welcome, from club races to intimate moonlight ski parties with sumptuous meals.

Trails

Over 25 miles of groomed and double-tracked trails pass through orchards, meadows, streams, hardwood stands and pine groves, offering spectacular mountain views and rural scenery along the way.

The trails range from gentle fields and beginner's loops to rolling terrain with slopes which will thrill even expert skiers.

The same precision Swiss track-setting equipment used by the Olympics is used at Benloch Farm.

For your safety and peace of mind, our trails are patrolled by members of the Maine Nordic Ski Patrol.

Rental Shop

We carry a complete line of high quality cross-country ski equipment for rent. Our rental inventory will accommodate children of all ages and adults of all shapes and sizes. Daily or seasonal rentals are available; seasonal rentals are especially suitable for growing children.

Ski School

Our ski instructors offer group or private lessons for beginning to intermediate skiers. We especially recommend lessons for beginning skiers, in order to learn proper -and safe- ski technique.

We also maintain a Nordic skiing library and instructive videotapes to help you polish your technique.

The Ski Shop

At Benloch Farm we take pride in our complete selection of fine quality ski equipment including:

Skis by Atomic, Jarvinen, Asnes, Epoke, and Landsem;
Boots by Salomon, Alfa, Jalas and Merrell;
Poles by Liljedahl.
Bindings by Salomon, Troll and Geze.

Discounts are offered on all complete ski packages. Second hand equipment is often available.

In addition to ski equipment, we offer a complete line of ski clothing including racing suits, sweaters, hats, gloves, socks, gaiters, thermal underwear, packs, and anything else you might need to keep warm in the winter outdoors.

Gift Certificates are available for anything offered at Benloch Farm: just ask.

Repairs and Services

Ski repairs, mounting bindings, hot waxing, and wax removal are the most asked-for services from our "Fix-It Shop". Try us out!

The Kitchen

Charcoal-broiled hamburgers, fresh home-made pastries, hearty nutritious soups and steaming hot chocolate are among the most popular items on the Benloch Farm menu. Our tasty home cooking especially hits the spot after a day's vigorous skiing.

The Lodge

Benloch Farm's ample, cheery lodge offers warmth by the fireside while you rest your bones, study ski technique, refuel with a hot meal, and enjoy the company of friends.

Accommodations

Our lodging combines mountain views, country hospitality and modern comforts. Single, double and group rooms are available, with or without private bath. A gourmet meal, a moonlight ski and hot cider by the fire make your stay at Benloch Farm an unforgettable treat. Reservations can be arranged by calling or writing us at the farm.





Sunday River Ski Touring Center

Bethel, Maine



Western Maine's Premier
Cross Country Ski Resort

Sunday River Ski Touring Center serves as a base for skiers of all ages and abilities offering rental equipment, instruction, ski equipment sales, trail maps, advice on waxing and tour planning, and ski repair. A woodstove-heated warming and waxing room, picnic tables, and a coffee bar serving beverages and light snacks are located in the base lodge. Twenty five miles of professionally groomed, tracked, and marked cross country trails lead skiers through scenic woodlands to destinations including mountaintop overlooks, sheltered picnic spots, and the Artists' Covered Bridge over the Sunday River.

RATES

Area Use Fee

Daily-Weekend/holiday	Individual	5.00
	Family	12.00
Midweek	Individual	4.00
	Family	10.00
5-Day Midweek		15.00
Season	Individual	25.00
	Family	60.00

Equipment Rental

Daily	8.00
2-Day	14.00
5-Day	30.00
½ day (after 1 p.m.)	6.00
Telemark	15.00

Lessons

Group - per person	6.00
Private	15.00
Telemark	15.00

For more information on cross country skiing and country inn lodging contact:

Steve & Peggy Wight
Sunday River Inn & Ski Touring Center
RFD 2 Box 1688
Bethel, ME 04218
Tel. (207) 824-2410



HOURS OF OPERATION

Weekend/Vacation	9 a.m. - 4 p.m.
Wednesday - Friday	3 p.m. - 7 p.m.
Wednesday - Saturday	6 p.m. - 10 p.m.



LIFT TICKETS

Weekend/Vacation

	9-4	9-1	12-4
Adult	\$11.00	\$8.00	\$8.00
Junior/Senior	\$ 8.75	\$6.50	\$6.50

Wednesday - Friday (3 - 7 Afternoon)

Adult	\$7.00
Junior/Senior	\$7.00

Wednesday - Saturday ((Evening)

Adult	\$8.00
Junior/Senior	\$7.00

Tots - 4 and under - FREE

Junior	5 - 12 years of age
Adult	13 - 55
Senior	55 +

* * SEASON PASSES * *

Starting at \$80.00
10% Discount if purchased
before December 15, 1985



SPECIAL GROUP RATES - upon request
Information (207) 848-5192



HERMON MOUNTAIN

THE TECHNOLOGY OF RUNNING



RUNNING SUITS FOR FALL AND WINTER

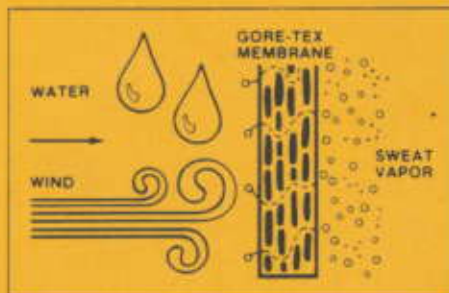
- **GORETEX**
BY Bill Rodgers
& Frank Shorter
- **PERMIA**
by Sportco
- **HELLY TECH**
by Helly Hansen/Lifa
- **VERSATECH**
by Bill Rodgers
- **NYLON**
by Bill Rodgers
& Cheetah

This is our biggest suit selection ever! We have suits for the worst winter cold and for cool autumn days. Stop in soon!!

G O R E - T E X[®]

GORE-TEX FABRIC IS COMPOSED OF A MICROPOROUS GORE-TEX[®] MEMBRANE PROTECTED ON ONE OR BOTH SIDES BY FABRIC. The membrane is made of 100 percent PTFE (polytetrafluoroethylene) popularly known under the Du Pont trade name of Teflon. This membrane can be bonded to any durable outer material for use in an almost unlimited variety of products — from shoes and gloves to outerwear and sleeping bags. It is remarkably lightweight, weighing only one-half ounce per square yard.

The GORE-TEX membrane has 9 billion tiny pores per square inch. Each pore is 700 times larger than a water vapor molecule, but thousands of times smaller than a drop of liquid water therefore GORE-TEX fabric is waterproof and breathable. Since the membrane's pores are so small and also are misaligned, the fabric is windproof, keeping you much warmer than conventional fabric. The combination of the membrane and the fabrics to which it is bonded represents the most breathable, waterproof fabric available.



Gore-Tex[®] Membrane 5000 X Magnification

BANGOR MALL
Karen Powers
[207] 947-6880

METHUEN MALL
Paul Hammond
[617] 683-5069



AUBURN MALL
Karen Goodberlett
[207] 786-2507

BACK BAY PORTLAND
Joanna Hatt
[207] 775-6244

"Specialists in Athletic Footwear and Clothing"