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Vol. 5 No. 7 JULY 84

MAINE Running



Maine Coast '84

\$1.50

MAINE Running

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

"Earth calling Kim Beaulieu. Earth calling Kim Beaulieu. Come in Kim" Would somebody tell that lady to come back down to Earth! The iron lady of southern Maine has done it again, a 2:55 win in the Maine Coast just two weeks after running the Olympic trials. She makes me feel weak, feable and old.

Brother Dick is back again this month with an account of some of the doings leading up to the Olympic Trials in Washington. Hopefully, we can complete his saga before the real Olympics are over in August.

This month we welcome Haskell's Sporting Goods of Bar Harbor as another contract advertiser. Please remember folks that it's people like Thom Haskell that make Maine Running possible. We couldn't keep going without our advertisers, so please let them know how much you appreciate their support of running in the state of Maine.

We also welcome Herb Strom as a sometimes columnist (hopefully monthly). If you have any masters news you would like to share, send it on to Herb and he will winnow it on to me.

Rick Krause checks in with a look at the state of the sport these days and of couse Don Wismer takes a look at the other side of the coin as usual.

Frach gives us more on canoeing, the biking scene is awfully quiet (hint) and I give my yearly praise to the folks surrounding the Maine Coast Marathon.

We had to trim down from that June mega-mag, but I'm sure you'll find something to like in the July issue of MAINE RUNNING MAGAZINE. See you at the Bunyan for the Triple Crown Awards.

Maine Running is printed monthly at Bangor, Maine.

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Looking for something to do this summer? Good luck choosing!

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Friday Morning w/Kim and Anne Marie

Kim and Anne Marie meet and try to understand my older (oldest?) brother. No easy task I know!

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Rick Krause takes a fond look back and a hard look forward in our sport.

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I've heard nothing but raves from as far away as Vermont on this weird Road Ramblers ramblings.

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I've heard one negative comment on the log. Is any one using it?

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You want to know what isn't here? Due to time and availability of results, don't look for the state High School Track Meet; the Maine Coast or the Pizza Oven. Maybe next month

Editor: Robert Booker
PO Box 259
E. Holden, Maine 04429

Telephone: 843-6262

- 1 BENEDEICTA ROAD RACE. 5 p.m. start from Benedicta School. 5K race. \$4 T-Shirts to first 50 registrants. Contact: Barry McLaughlin, Sherman Mills, Maine 04776
- 4 5 ON THE 4TH. Boulton 5K starts at 10 a.m. Contact: Fred Putnam
- 4 GREATER BANGOR 4TH OF JULY 5K. "Maine's Fastest Road Race" 2 p.m. from the Brewer Auditorium. See flyer in the June issue or contact: Bob Booker, PO Box 259, E. Holden, ME 04429
- 4 8TH ANNUAL BRIDGTON 4 ON THE 4TH ROAD RACE. 9 a.m. from the Bridgton Junior High School. See flyer in June issue or contact: Jay & Loraine Spenciner, RFD 2, Box 2, Bridgton, ME 04009
- 4 STONINGTON SIX 10K ROAD RACE & 1 MILE FUN RUN. 8:30 a.m. from the Stonington Elementary School. Fee \$5/\$3 T-Shirts to all finishers. Call Dick Powell 348-6896 or Nat Barrows 367-2200 for more information.
- 4 BATH HERITAGE DAYS ROAD RACE. 8:30 a.m. from City Hall on Front Street. 1.5 mile fun run too! See flyer in June issue or contact: Bath Rec. Dept., City Hall, Bath, ME 04530
- 4 L.L. BEAN 100K & 2 MILE FUN RUN. 7:30 a.m. from L.L. BEAN in Freeport. See Flyer in June issue or contact: Rick McCabe, L.L. BEAN INC., ROAD RACE, FREEPORT, ME 04033
- 7 FUNLAND 5K. 10 a.m. in Caribou. Contact: Mike Bossa
- 7 6TH ANNUAL JAMES BAILEY/GARDINER COMMON 5 MILE ROAD RACE. 8 a.m. from Gardiner common. See flyer in June issue or contact: Russell Martin, 31 Cedar St., Augusta, ME 04330.
- 7 7TH ANNUAL SOUTHWEST HARBOR DAYS ROAD RACE. Harbor House Community Center, Southwest Harbor. 9 a.m. Pre \$5 w/T-shirt to first 100 registrants; \$6 day of race. 10K Ribbons 1,2,3
- 8 EVERYBODY'S TRIATHLON. Runner, Bowers & Cyclists will have the opportunity to participate in the race. Teams will consist either of a three-member relay team or a one-member team competing in the Endurance categories. Pre registration is required before July 8th. Start of race TBA. Contact: Harbor House, Southwest Harbor, ME 04679
- 8 PORTLAND ROTARY CLUB TRIATHLON. Run 5 mi; Canoe 6 mi; Bike 16 miles. 8 a.m. start at City Parking Lot opposite Shop N'Save on Baxter Boulevard. Fee \$10 per person. 12 team events: Iron man & woman T-shirts to first 200. Tentative. Contact: Jim Soule 775-3703 x 243
- 14 PAUL BUNYAN MARATHON. 6 a.m. from the Paul Bunyan Statue in Downtown Bangor. See flyer in the May issue of Maine Running or contact: Lee Sumner, 141 Thornton Rd., Bangor, ME 04401
- 15 PORTLAND'S PERFECT TEN. 8 a.m. from the Athletic Attic on Preble St. Ext. See Flyer.
- 15 13TH ROTARY CANOE RACE. Osmiascotta Lake - Great Salt Bay, Jefferson, ME flatwater Marathon. Horace Ransom, Star Route, Waldoboro, ME 04572 529-5485
- 15 SAVE YOUR SOLE 10K AND 2 MILE FUN RUN. 10 a.m. from the Smithfield Baptist Church. \$6 entry. T-shirt to first 50 registrants. Scenic wheel measured course. Contact: Pam Paradis 362-5121
- 15 THE MOOSE CHALLENGE ROAD RACE. 5:30 p.m. from Union Fairgrounds. See flyer in June issue or contact: Betsy Berry, RFD 2, Waldoboro, ME 04572
- 21 WOODS RUN 3 MILE. 10 a.m. from Outer Union St., in Blue Hill. \$5 T-Shirts. Contact: Steve Elliot, 326-9097.
- 21 POTATO BLOSSOM 5 MILE. 9 a.m. from Ft. Fairfield. Contact: Conrad Walton
- 21 PAT'S PIZZA 5 MILE RUN. 9 a.m. from the Village Green Main St. in Yarmouth. See flyer.
- 21 1984 OLD HALLOWELL DAYS 10,000 METER RACE. 9 a.m. from Stevens School in Hallowell. See flyer.
- 21 3RD ANNUAL GUILDFORD AREA J.C. ROAD RACE. 8:00 a.m. P.C.H.S. in Guilford. 5.6 mile race on country roads & tar. Contact: John McNisick, 564-2355 days; 876-3560 eves.
- 21 MOLLYCKETT DAY CLASSIC. 8:30 a.m. from Bethel Common. See flyer.
- 22-27 6TH ANNUAL MAINE RUNNING CAMP. Bowdoin College in Brunswick. Lectures each evening 7 to 9 open to the general public at no cost. Anne-Marie Davies and Steve Ross will be speaking Tuesday and Wednesday evenings. Others to be announced later in local papers. Over 40 registrants as of this writing! Contact: Bob Booker, Camp Director, PO Box 259, E. Holden, ME 04429. Maine's Oldest and Finest!
- 27 MOONLIGHT MADNESS 3 MILE. 7 p.m. from Ferrari Bros. in downtown Farmington. \$3 T-Shirts to top 75 finishers. Contact: Mark Simpson 778-6096 or Marty Pike
- 28 EBB TIDE MARATHON. Lower Penobscot River, Bangor, ME. Flatwater Marathon 10 Miles. Contact: Adrian Humphreys, Performance Paddle Products, Orono, ME 866-5652 or Gregg Farrell, Bangor Canoe 947-8048
- 28 7TH ANNUAL HAWKCOCK LOBSTER CLASSIC ROAD RACE. 8:45 a.m. for Kids 2.5K race. See Flyer.
- 29 THE MAINE EVENT. 10 a.m. from Gardiner Junior High School. See flyer in June issue or contact: Maine Event, C/O Maine Road Ramblers, PO Box 264, Augusta, ME 04330
- 29 BLUE HILL 10K. Contact: Steve Elliott 326-9097
- 29 SKI CHIMNEY 5K RUN. 8 a.m. from Wolf Neck Woods State Park, Freeport. Fee \$5 with T-shirt, \$3 without. A beautiful and enjoyable course. Free refreshments. For application send SASE to: Ski Chimney Marathon Team, 40 Main St., Topsham, ME 04086.
- 29 HARR/MILLER LITE PERIMETER ROAD RACE. 8:30 a.m. from the Station Theater on Neptune Drive. See flyer.

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- 4 KENNEBEC FIFTY. Kennebec River, Carratunk, ME. Flatwater Marathon - 50 Miler. Contact: Bill Stearns, Box 121, Stillwater, ME 04489 827-3609
- 4 AROUND THE WORLD. 10K at Van Buren. Contact: John Pluto
- 4 FRANK SABASTEANSKI MEMORIAL MAINE T.A.C. CHAMPIONSHIPS. 11:15 at Whittier Field on the campus of Bowdoin College. See flyer.
- 5 ISLAND FALLS HOME. 10 a.m. 5 miler in Island falls. Contact: Robert Gellerson
- 5 MAINE SEAFOOD FESTIVAL. 8:30 a.m. from the Rockland Public Landing. See flyer.
- 9 SECOND ANNUAL TWILIGHT FIVE MILER AND ONE MILE FUN RUN. 7 P.M. from the Skowhegan Fairgrounds. See flyer.
- 11 P.I. 5 MILER. 4:00 p.m. 5 miler in Presque Isle. Contact: Larry Mangus
- 11 BLUEBERRY FESTIVAL RACES. 9 a.m. from Kineowatha Park Lodge. See flyer.
- 11 LIFE SPORTS SCHOODIC POINT 15K ROAD RACE. 8:30 start from Schoodic Point parking lot. See flyer.
- 12 BEACHCOMBER CLASSIC. 10 a.m. start from the Old Orchard Beach Chamber of Commerce Office. 4 mile flat and fast. \$3.50 pre/\$4.50 post. All proceeds to M.S. Drawing for 35 m Camera Contact: French Connection, 110 Union Ave., C/O Dick Roberge, O.O.B., ME 04064 934-5390 See Flyer
- 18 WASHBURN FUN RUN. 8 a.m. 2.9 mile Contact: Larry Whipkey
- 18 LOWER DEAD RIVER RACE. Lower Dead River, West Forks, ME. Whitewater Open - 16 mile. Contact: Adrian Humphreys, Performance Paddle Products, Forest & Stillwater Aves., Orono, ME 866-5652
- 18 THE FOURTH ANNUAL CASTINE TWOSOME AND OPEN ROAD RACE. 10 a.m. from the Castine Patriot, Main St., Castine. See flyer.
- 19-24 THE MAINE RUNNING CAMP - FOR ADULTS. An exciting week in Bar Harbor running the carriage trails. We have eight people signed up at this writing. Still plenty of room. Come train with Dr. Peter Millard, Andy Palmer, and others. Contact: Bob Booker, Camp Director, PO Box 259, E. Holden, ME 04429 843-6262
- 25 AROOSTOOK 1-40-10K TRIATHLON. Swim, Bike and Run. Starts at Hanson Lake and ends at the County Racquet Club in P.I. \$8 per person. Merchandise awards to top finishers. Contact: Jim Nesbit
- 25 BLUE HILL MOUNTAIN CHALLENGE - 10K NEW ENGLAND. New course! Gradual climb up Blue Hill Mountain, winding run down into the village and back to the fairgrounds. Contact: Steve Elliott 326-9097
- 26 THE SUGARLOAF MARATHON 1984. 7 a.m. from Cathedral Pines Campgrounds in Eustis, ME See flyer.

See also this issue: the Cape Challenge

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Four Days in Olympia

by Richard Booker, West Coast Branch

Friday Morning w/Kim & Anne Marie

I met Kimberly Beaulieu and a few minutes later, Anne-Marie Davee at the St. Martin's College Student Union Building/Media Center immediately before the Dole Pineapple sponsored "Evening With the Athletes" at the school basketball pavilion. I tried to act professionally and conduct an interview with the two pretty, young ladies, but we reacted to each other rather stiffly and they had a couple of things on their minds more important than sitting still for a balding, weird-looking old duck wearing saggy-bottomed warmups and a dirty, "Beech Hill Pond, Otis, Maine" baseball cap. I mean anybody could pick up one of those caps at the corner store in Olympia, steal the press credentials off a sodden media type unconscious under every tree (lots of them in Washington-the state) and pose as an exalted member of the hype club. Kim and Anne-Marie appeared to be suspicious: I had to say "Paahk thugh caahh n Haahvudd Yaahudd" and "Who faahduh thaht shaught--aahee faahdddit" several times before they agreed that I actually was a Mainiac and not the Green River killer. After that it was easy to convince them that it would be fun and interesting to tour the course with a loco in his private car that was completely at their disposal.

I ran into my "targets" later that evening at the party--which was heaven for me (free Washington wine (excellent) and free Washington beer (not so good but ya have ta use something to chase with)). Anne-Marie especially looked really tired. Falling back on what I could remember about arithmetic, I told her that it was 1:30 in Norway, Maine to which she replied, "I'm going back to the dorm to sleep. (Who said this story would be technical and dry and without logic?)

The next morning, Friday, after visiting the Vance Tyee Motor Hotel main Media Center and assuring everyone for the umpty-umpty time that I had it straight from the Maine grapevine (little brother Bob) that Miss Benoit would win (and in my opinion, in something like 2:22 flat), I loaded Kim and Anne-Marie in my tired, old Ford Fiesta and we went out on the course. This 67% of the Maine team was bundled like they were headed for the outhouse in January instead of basking in the balmy 55° of a western Washington May morning. They said they didn't want to catch a cold before the race. Made sense, eh wot?

The Capitol City Marathon course passes St. Martins College at the seventeenth mile mark, and we drove slowly along the edge of the road, following the map (not included) looking for the ideal place for the girls to make their moves and go for the gold.

I showed them a tricky little downhill-sharp left-uphill-sharp right-steep, short uphill at 20.5 miles that I felt was an important place: from there to the finish, less than a 10K, it was all downhill. I pulled some yellow lumber crayon out of my pocket and wrote "GO KIM - ANNE-MARIE" on the pavement at exactly twenty miles to give them a reminder that this was the place. I also had them get out of the car and look around so they'd recognize it even if someone washed the street. The best mark of the place (which reminded me a lot of where I used to live in the Pine Tree State) was an old, rusty, blue Plymouth that hadn't turned a wheel since Moses wore triangular pants.

A few miles further at 22.5 the road narrowed to little more than a muskrat path and dove into deep, dark woods very similar to the famous rain forests at the foot of Mount Olympus one hundred miles North/Northwest. Not counting the spectacular last half mile along Capitol Lake, it was the most beautiful spot on the trials course. The only man-made thing visible here (with the exception of the mountain beaver boulevard) was a tiny sign: "Entering OLYMPIA"

The Mainers practiced their Rocky poses and shouting in the light mist that keeps the slugs from drying out. (People from more arid climates say that it rains here every day, but indigents know that if one stays at home and complains about mold in every orifice he will miss that one magical afternoon that passes for summer!) Then we drove through the remainder of Priest Point Park and under the pedestrian bridge that some engineer built exactly 5K's from the finish. The road flattened out coming out of the park and bordering Budd Inlet, the southern-most arm of saltwater Puget Sound, then made a right turn onto Fifth Avenue at the 25 mile mark. I pointed out to the ladies that they should be extremely careful with their footplant in this 0.7 mile, because the downtown street was all cut up with patches, railroad tracks, manholes and the like, and this would be a poor place to fracture a tibia on national TV.

As we passed stores and shops Kim began hollering about needing to score some drugs and Anne-Marie chirped about wanting to buy some rag called THE RUNNER. Strange people, these Mainiacs, methot. To borrow a phrase from our president -- "Well!" -- Every place, even Standish, has a white elephant store where drugs and magazines with pictures of people wearing nylon shorts in public can be traded for the coin of the realm -- we detoured about four blocks off the course to "Yardbirds", a regionally famous, bizarrely arranged group of buildings in the celebrated "old warehouse" style that fit our purposes perfectly -- except for THE RUNNER -- There wasn't a copy of any running mag to be had within 42 kilometers -- except a dozen back issues of that Booker guy's newsletter in the Fiesta.



Strom on Masters

Here is an article from Bob Payne on age categories.

I have a couple additional comments to make. I would delete the first two age categories for marathons. Second, a winner, male and female, in the open category, regardless of age and lastly, if an over age 70 registers for the race, he or she should get an award just for being there as an inspiration to the rest of us and not just as the oldest finisher.

Also I'd like to mention what an inspiration 62 year old Carlton Mendell has been for so many of us for such a long time. He's kept me honest more times than I care to remember.

Sincerely,

Herb

I would like to make a suggestion on age divisions for most of the road races in the state. With all the runners now entering road races, the age division needs to be changed to treat all runners equally. For example, I will use the fastest growing group of runners, the masters. In my opinion, it is not right to expect a 45 to 49 year old to compete against the runners now moving into the 40 year age group. I have seen many 45 to 49 year old improving runners sliding back in finishing positions to the runners now turning 40. This is also happening to the other age divisions.

For all the races that have over 150 entrants including the state's four marathons, I recommend the following age divisions:

14 and under	40-44
15-19	45-49
20-24	50-54
25-29	55-59
30-34	60-64
35-39	65 and over

There have been a lot of fellow runners that have expressed the same opinion. I am writing this to see how others feel and to generate some controversy. I welcome support and constructive criticism. Let's hear from runners and race directors. Race directors, loosen your purse strings and put some of your take back into your races. I feel it will pay off for you in the long run. In case some are wondering, I am in the upper half of the 40 to 49 division.

Robert Payne

STROM ON MASTERS will be a regular feature of Maine Running over the coming months. If you are a master or contemplate becoming one some day (it's easy; just wait!) and you have some master-type concerns, direct them to Herb Strom, 164 Fowler Rd., Cape Elizabeth, ME 04107 and hopefully he'll forward them on to me.

The Demise of the "New Breed:" Yes, running has lost it's uniqueness.

by Rick Krause

When I run today I often think what it was like even just 15 years ago. The few of us who trained on the roads then were seen as an unusual spectacle, a wierd phenomenon, maybe even some kind of freak. But we were unique. We had an identity. We were set apart from the rest.

That is something I miss today because with the rapid growth of running has come the end of an era - one which I often wish I could return.

The runner of yesteryear was truly a loner if he was any kind of runner at all.

Today, although still in racing shape, I don't race. To the hundreds of runners who now see me, I'm just another jogger - again, the loss of identity and uniqueness.

And when you pass them on the roads there is seldom a signal of recognition - a wave or hello. This is the part that bothers me most. It seems today that very little excites anybody. Running has become a common acceptance, a way of life.

Just 12 years ago I remember standing in line at a grocery store in Newport when a man approached me. Asking how far I ran each day, I told him, "between 12 and 20 miles." He turned, and without another word, walked off in obvious disbelief. Yes, it was fun being different from every Joe on the street.

Just the other day while playing tennis at the Colby courts, my partner yelled across the net, "Gee you're kind of cocky." I swallowed that one hard and thought about it for a few days. Then it occurred to me. He was really confusing cockiness with pride - something we all share as the best conditioned athletes in the world.

No, nobody likes to be "just another runner," but today with the thousands out there, it is difficult to be anything else.

Yet, there may be a solution. Since everyone by nature's hand has a given amount of potential, it might follow that the development of that potential should be the ultimate goal - not headlines in the newspapers. Because if headlines were the objective there would be many failures.

And the pride of course comes with the achievement of that potential, and only we know when we've made it.

What, Me Run?

The faster I go, the behinder I get. Ever think that, running friends?

Healthier than thou: When people throw rocks at runners, it's because they figure that the runners are being obnoxiously healthier-than-thou. And why not think that? The entire social framework of our society is based on the putdown. Sex isn't the basic drive; it's the drive to be one up. Ugly graceless mothers badger and demean children at supermarkets, and think they're mature. Kids rant and rave at littler kids. Snideness is an upper class art form. Politicians work like loudmouthed demons to insult their opponents without seeming to. Age is made a liability; virtue is a sin. And the fat and ugly and stupid and insecure and immature and poor and short and tall and flat insult themselves, and that's the worst thing of all.

And they're taught to do it! Teachers use "ability grouping," and kids define themselves. Content is never considered when authority is challenged. Rightness isn't counted, only the impudence of the question. You've all heard teachers say that the kids are ruined by the time they reach fourth grade. Is it the schools? They blame everyone and everything but themselves. Is it the home? The home doesn't give a damn. Is it the kids themselves, eviscerated by television and indifference?

And runners! (You knew I'd get to them eventually.) Runners run races. Races are putdowns. They have winners and losers. There are PRs and bad days. People keep time and records define excellence. There are runners of the year and awards and trophies and age groupings. Runners are haggard and driven by weekly goals and clockwatch expectations. Personal rivalries arise and become feuds. Like a big base drum, a beat is heard. A beat. A beat. Drive. Drive! Faster. Faster! YAAAAAHHHHHHH!!!!

Then, like the coolness after a storm, the wisdom comes.

I have this friend who runs four miles a day. What club does he belong to, I asked him. None (a puzzled look). Want to see my copies of Maine Running? No — he avoids running magazines because they always make him feel he's not doing something right. How about races — is he going to the Allout 10K next week? No; no interest.

A calm man. A rational man. And, I might add, a successful man. No wonder.

Copyright 1984
by Donald Wismer

CHINA 10K CLASSIC

Saturday April 28th was a gorgeous day. For the first time in four years the sun shined brightly on the China 10k Classic. The dedicated workers from F.O.C.E.S. (friends of China Elementary School) basked in the glorious glow while the band of runners led by Peter Lessard of Winslow and Robin Emery of Lamoine traversed the rolling hills of China. If the truth were to be told however, those warming rays and whispering breezes were convincing many runners that the rain, mud, and snow of previous years wasn't so bad after all. A little adverse weather often takes ones mind off those grueling 6.2 miles.

Since Peter had to be at work at 12:00 (the race started at 11:00), he figured he'd best move quickly. He won the race in a time of 33:32 and left his dad (46:53) to pick up his \$50 gift certificate. Lucien was just as happy because this gave him a chance to relax with his yogurt and fresh fruit while waiting for a chance at one of the many drawing prizes ranging from 5 lbs. of mooseburger to fine hand crafted cribbage boards.

The race organizers were really pleased that Robin Emery, a perennial winner of many, many Maine road races, decided to come to China this year. She responded admirably, beating Kathy Knight(39:28) in what was a darn good race most of the way. Robin's time (38:58) was a new course record.

The highlight of the day was the joy experienced by all of the fun runners and their families. 56 trophies and ribbons were awarded to top finishers in each grade, K - 8, in the one mile fun run. The extreme enthusiasm of the kids presented a prerace problem however when the advertized 100 free t-shirts were gobbled up by the locals in the first few hours after the registration forms were distributed. Since there was certainly no intent to exclude outsiders, the race committee quickly ordered 60 more t-shirts to make sure that those not fortunate enough to live in China were taken care of.

All in all it was a fun day in a friendly, spirited Maine community. Everyone involved seemed to go home a little happier and a little healthier.

P.S. Favorable rapport with town officials should continue in 1985 since the 12 speed bicycle was won by the town manager's daughter.

DAVE COMEAU
P.O. Box 119
CHINA, ME 04926

Maine Coast '84

"Boy, this race is super organized!" was the comment I heard from the gentleman sitting behind me on the bus that would take us to the starting line of the Fifth Annual Maine Coast Marathon.

I turned to him and pointed out the window, "You know it is when the race director can stand around and chit-chat less than two hours before the race." He looked out the window at a relaxed and confident Dick Roberge as he spoke with the bus driver and others in a calm almost matter-of-fact way.

"Oh, that's Roberge?" He could have been saying, "Oh, that's Lebow" or "Oh, that's Kardong". Dick Roberge has earned that kind of awe and respect from the running community of northern New England. He is simply the best we have here in Maine and as you all know, we have some great ones.

I was riding the bus, because this year I was trying to experience the Maine Coast like so many runners from out-of-state do, I was traveling solo (Tanya, Brooke and Ethan were relaxing at home). I checked in the night before, ate the carbo-loading meal, watched the video of last year's event and this year's men's trials, drank a couple of beers and read until sleep overtook me around 12:30.

I managed to beat everyone else on the floor to one of the two showers at a little after 4:30 a.m. and get up to the main building in time to enjoy a hot cup of coffee before the bus ride.

The race could have been a carbon copy of all the rest. For me that is. I was undertrained and willing to accept any time Bob Provost would call out at the finish line. I'm easy to please. I'd like to thank Dick for providing the two horses who paced a group of us from mile five to six. I never saw runners scatter like that for cars and trucks. Think about it.

I'm disappointed in our Vice-President once again. At least he could have the secret service guys hose us down or something. This blatant disinterest has been noted and will be answered for come November.

I was glad to see ol' Carlton Mendell go flying by at 20 or so. I was equally happy for Martin Shiff of Blue Hill who passed me even further along in the race. He finally qualified for Boston.

I've had it with Kim Beaulieu. Any mere woman who can run three 3 hour marathons in six weeks and claim to be using them as training runs for the Western States 100 Miler should be shunned from our sport for life. I mean, I've had to become more humble as age and weight crept up on me, but how much humility can a guy take?

A tip of the cap to Jimmy Fallon for trying to break a super state record on an awfully hot marathon day. Congrats also to Rock E. Green as he comes one step closer to his second straight Triple Crown of Marathoning award to be given away after the Bunyan in July.

The Maine Coast rolls on. By next year Dick Roberge may be able to stay home and the race will come off as well. He has really trained a great team well. With Davide and Fallon back in 85 all we need is some home grown ones like Palmer, Pfeifle, and Pelletier to keep them honest.



1908 MORRIS CANOE CATALOG FROM VEAZIE, MAINE

B.N. Morris opened his canoe shop in Veazie, Maine in 1887, and it was then that he started advertising - a full fifteen years before Old Town Canoe Company was even established. Indeed, Morris was the first company to advertise wood-and-canvas canoes for sale nationally, and certainly was one of the first to make such canoes commercially.

Morris became known not only as a pioneer wood-and-canvas canoe builder, but as a builder of superlative, high-quality boats. At his peak, his factory employed some 75 craftsmen, and he had dealers throughout the country, as well as in Europe and the South Pacific. Tragically, an arsonist succeeded in burning down the Morris factory buildings in 1920, ending the company's prominence. Morris never rebuilt, but did continue to make a few canoes each year on his own. Today, Morris canoes still exist throughout the U.S. and are treasured by their owners.

The 1908 Morris Canoe Catalog is now available from the Wooden Canoe Heritage Association as a reprint. In it are illustrated the various Morris canoe models, as well as Morris's own description of the origins of his company and his canoes. Write the American Canoe Association, 7217 Lockport Place, P.O. Box 248, Lorton, Va 22079. Softbound - \$3.95.

Submitted by,

Dr. John C. Frachella



APPALACHIAN MOUNTAIN CLUB
MAINE CHAPTER

Jay Spenciner, Canoe Chairman Maine AMC
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Bridgton, ME 04009
647-3347

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Skofield 773-3642
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Spenciner 647-3347 or Tim Ensworth
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July 7 Saco Call Jay & Dave Spen
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July 14 Songo Call Deanne Ranco
839-4275
July 21 Hancock & Waldon Ponds.
June Parker 775-1000
July 28 Tenney River. Call Pat C
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World Track and Field Records Predicted for Year 2000

Men				
Event	World Record, 1984	Holder	Year	Projection, 2000
100	9.93	Calvin Smith(USA)	1983	9.74
200	19.72	Pietro Mennea(ITA)	1979	18.96
400	43.86	Lee Evans(USA)	1968	41.09
800	1:41.8	Sebastian Coe(GB)	1981	1:38.4
1,500	3:30.77	Steve Ovett(GB)	1983	3:26.1
Mile	3:47.33	Sebastian Coe(GB)	1981	3:44.6
Steepie	8:05.4	Henry Rono(KEN)	1978	7:52.4
5,000	13:00.42	David Moorcroft(GB)	1982	12:51.4
10,000	27:22.4	Henry Rono(KEN)	1978	26:34.8
Marathon	2:08:13	Alberto Salazar(USA)	1981	2:04:02
4 x 100	37.86	(USA)	1983	37.4
4 x 400	2:56.16	(USA)	1968	2:55.0
High jump	2.34m(7'9.75")	Zhu Jianhua(CHN)	1981	2.45.5m
Long jump	8.90m(29'2.5")	Bob Beamon(USA)	1968	9.09m
Pole vault	5.83m(19'1.5")	Thierry Vigneron(FR)	1983	No end in sight
Shot put	22.22m(72'10.75")	Udo Beyer(GDR)	1983	24.80m
Discus	71.86m(235'9")	Yurii Dumchev(USSR)	1983	75.90m
Hammer	84.14m(276'0")	Sergey Litvinov(USSR)	1983	85.61m
Javelin	99.72m(327'2")	Tom Petranoff(USA)	1983	103.00m

Women				
Event	World Record, 1984	Holder	Year	Projection, 2000
100	10.79	Evelyn Ashford(USA)	1983	10.58
200	21.71	Marita Koch(GDR)	1979	20.97
400	47.99	Jarmila Kratochvilova(CZE)	1983	47.1
800	1:53.28	Jarmila Kratochvilova(CZE)	1983	1:49.5
1,500	3:52.47	Tatyana Kazankina(USSR)	1980	3:46.1
Mile	4:17.44	Marcia Pulcia(RUM)	1982	4:06.3
5,000	15:08.26	Mary Decker(USA)	1982	14:32.2
10,000	31:27.58	Raisa Sadreydinova(USSR)	1978	30:29.6
100H	12.36	Grazyna Rabastyn(POL)	1980	11.09
400H	54.02	Anna Ambrosena(USSR)	1983	51.8
Marathon	2:22:43	Joan Benoit(USA)	1983	2:15:04
4 x 100	41.53	(GDR)	1983	40.8
4 x 400	3:19.04	(GDR)	1982	3:14.9
High jump	2.04m(6'8.25")	Tamara Bykova(USSR)	1983	2.09m
Long jump	7.27m(23'10.25")	Anisoara Cusmin(RUM)	1983	7.58m
Shot put	22.45m(73'8")	Liong Siuplanek(GDR)	1980	23.88m
Discus	73.26m(240'4")	Galina Savinkova(USSR)	1983	76.00m
Javelin	74.76m(245'3")	Tiina Lillak(FIN)	1983	79.20m

LIFE



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MAINE RACE RAMBLINGS - by Greg Nelson

Record Setters

Recent information received from the National Running Data Center (NRDC) is that several Maine runners have established running records at various distances. Ralph Thomas, of Gardiner, set the 8K record (4.97 miles) for age 47 at last July's Gardiner Common 5 Mile Road Race. Although the Gardiner race was longer than 8K, results from the 5 miles can be used. His time was 27:59 on a very hot and humid morning. Hank Pfeifle of Westbrook set the age 32 record at 8K in California last December with a time of 23:05. Congratulations to both of these fine runners....The NRDC also publishes the verified long distance track rankings at distances of 30, 40, and 50 miles, and 50, 100, 250, and 200,000 meters (124 miles). There were hundreds of runners ranked in various age groups. Looking through them, I found that 42 of the times were established at the last three Rowdy Ultras in Brunswick. Carlton Mendell, 62 of Portland has six times ranked at various distances including the only one for a man over 46 at 200,000 meters (that's 500 laps around the track). Carlton had a 45:21:57 clocking last year. God, that's almost two days. Carlton doesn't seem to realize that a man his age isn't supposed to be running around anymore.



MAINE Running

DATE: _____ DISTANCE: _____ TIME: _____

COMMENTS: _____

DATE: _____ DISTANCE: _____ TIME: _____

COMMENTS: _____

DATE: _____ DISTANCE: _____ TIME: _____

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DATE: _____ DISTANCE: _____ TIME: _____

COMMENTS: _____

DATE: _____ DISTANCE: _____ TIME: _____

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DATE: _____ DISTANCE: _____ TIME: _____

COMMENTS: _____

DATE: _____ DISTANCE: _____ TIME: _____

COMMENTS: _____

DATE: _____ DISTANCE: _____ TIME: _____

COMMENTS: _____





'THE PACK'

INSURANCE WOMEN SCHOLARSHIP RUN

schias May 5th

1. Steve Frederick	16:52.8
2. Bobby Hewell	16:58.2
3. Malcolm Moyes	17:11.7
4. Deke Talbot	17:24.8
5. Mike Frances	17:32.6
6. Dave Alley	17:39.8
7. Mike Bottalico	17:41.3
8. Bion McFadden	17:44.1
9. Craig Maker	17:54.8
10. Billy Pinkham	18:01.4
11. Greg Rich	18:23.8
12. Joe Sapial	19:50.1
13. Tommie Sprague	19:05.1
14. Kirk Cyr	19:22.3
15. Paul Berg	19:50.6
16. Alden Foss	20:16.9
17. Paul Vane	20:22.7
18. Mike Look	20:24.7
19. Wayne Baldwin	20:38.3
20. Matt Hall	20:44.8
21. Braden Alley	21:09.1
22. Leslie Gardner	21:16.7
23. Brian Albee	21:38.1
24. John Dziernynski	21:50.7
25. Buck Owens	22:21.1
26. Joelle Owen	22:21.7*
27. Wayne Smith	23:00.0
28. Bobby Norman	23:39.0
29. Linda Sedard	23:51.0*
30. Chris Baldwin	24:41.3
31. Dale Fritchard	24:47.6
32. Paula Waterman	24:52.6*
33. Sarah Plummer	25:05.3*
34. Barbara Granville	25:19.3*
35. T.J. Sprague	26:05.9
36. Wallace "Butch" Hall	26:07.6
37. Dyan Putnam	27:22.6*
38. Suzanne Berg	28:11.9*
39. Kark Saddler	31:51.5

Results courtesy of Julie Millay
Race Director

2ND ANNUAL SUBLINGUATION SHUFFLE 10K

Caribou May 12th

1. Rusty Taylor	33:51
2. Dan Harrigan	34:34
3. Mike Mendonca	35:16
4. David Mangus	36:43
5. Doug Swallow	36:56
6. Mike Donnelly	37:47
7. Peter Gref	38:32
8. Jim Curran	39:20
9. Dan Bondeson	39:32
10. Hector Pupo	39:45
11. Peter Cuff	39:59
12. Darlene Higgins	40:31*
13. Harn Pelletier	40:32
14. Sam Hamilton	41:16
15. Larry Mangus	42:10
16. Carol McElwee	42:45*
17. Rick Johnson	43:37
18. Ralph McElwain	47:47
19. Ken Hodson	48:06
20. Connie McLellan-Cuff	48:58
21. John McElwee	50:09

RESULTS COURTESY OF ELLEN MENDONCA
MOOSE CHASERS RUNNING CLUB

MOTHER'S DAY FUN RUN

Tremont 2 mile or 4 Mile May 13th

1. Paul Berg	12:38
2. Braden Alley	13:26
3. Todd Sargent	16:07
4. Garric Worcester	16:52
5. Ann Dorian	16:57*
6. Greg Straub	17:04
7. Deborah Sargent	17:38*
8. Chris Meachum	17:50
9. Greg Swane, Jr.	18:18
10. David Jones	18:36
11. Karl Sapdker	18:37
12. Jay Swane	19:25
13. Linda Musson	19:48*
14. Noel Musson	19:51
15. Trisha Alley	20:10*
16. Dianne Blanchette	20:14*
17. Greg Swane, Sr.	20:21
18. Connie Springer	20:22*
19. Marjorie Hankervis	20:30*
20. Jason Swane	20:39
21. Ramona Swane	21:19*
22. Becky Southerland	21:25*
23. Elizabeth Carter	21:37*
24. Linda Meachum	21:40*
25. Nancy Alley	22:07*
26. Tina Blanchette	22:38*
27. Tami Wagstaff	22:40*
28. Cheryl Sutherland	23:10*
29. Connie Springer	27:11*
30. Muriel DeCorte	33:29*
31. Gladys Sawyer	33:29*
32. Joleen Swane	34:35*
33. Billy Swane	34:36

1. Steve Frederick	21:52
2. Harvey Springer	22:36
3. David Alley	23:16
4. Carl Young	23:34
5. Bill Pinkham	23:36
6. Mark Hardison	23:51
7. Andrew Swane	25:00
8. Isom Sargent	25:30
9. Morris Springer	26:39
10. Tom Kirby	26:47
11. Robert Gentle	27:05
12. Connie Gottlund	27:41*
13. Mark Lawler	29:53
14. Don Osborne	31:40

Results courtesy of Harbor House

FALMOUTH LITTLE LEAGUE BENEFIT RACES

Falmouth May 13th

Race #1: 9 and under half mile

1. Erik Worcester	2:25.6
2. Ryan Carrigan	2:39
3. John Brennan	2:41
4. Darren Wallach	2:42
5. Peter Roper	2:45
6. Ben Roper	2:45
7. Meaghan Carrigan	2:48*
8. Amie Purher	2:50*
9. Jenny Wood	3:20*
10. Jill Pierce	3:35*
11. John Pierce	4:02

Race #2: 10 thru 15 1 mile

1. Steve Carpenter	4:43.6
2. Josh Whipple	4:47

3. Mike Celler	4:49
4. Ken Allen	4:58
5. Erik Worcester	5:02
6. Steve Colucci	5:06
7. Kurt Parker	5:07
8. Susie Humlin	5:22*
9. Joshua Maisel	5:27
10. Michelle Hamlin	5:35*
11. David Babcock	5:37
12. Eric Pelton	5:46
13. Kenny Pelton	5:49
14. Jennifer Roper	6:10*
15. Dana Maisel	6:16
16. Melissa Nicely	6:24*
17. Kate Carpenter	8:17*
18. Karen Wood	8:24*

Race #3: Falmouth Four Miler

1. George Towle	20:50.9
2. Jon Rummier	21:04
3. Paul Kahoe	21:31
4. Floyd Wilson	21:51
5. Dave Smith	23:12
6. George Altieri	23:31
7. Lee Nicely	24:21
8. Don Harden	24:27
9. Eric Ellis	24:38
10. Joseph Isagro	25:14
11. Joe Potts	25:41
12. Peter Holloway	26:02
13. Chris Bowie	26:13
14. Peter Detroy	26:34
15. Maurice Cloutier	27:03
16. Bob Cushman	27:09
17. Norman Linden	27:32
18. Jane Colley	28:15*
19. Allyson Jones	29:27*
20. Gary LeMons	29:31
21. Gayle Mappi	29:42*
22. Russ Bradley	29:46
23. Don Penta	29:51
24. Carolyn Kidder	31:48*
25. Tracey Richardson	32:51*
26. Dee Nicely	33:09*
27. Margaret Soule	34:16*
28. Brenda Cushman	35:14*
29. Mary Lou Maisel	37:08*
30. Perry Barnard	37:28
31. Ann Allan	37:50*
32. Cora Gagnon	43:47*

Results courtesy of Philip Pierce
Gerald Davis
Race Directors

KENNEBEC VALLEY YMCA 5K

Augusta May 19th

1. William Sullivan	16:11
2. Chris Bowie	16:16
3. Fred Judkins 40	16:40
4. Mark Pagnano	17:01
5. John Hallee	17:29
6. Mike Sard	18:15
7. Andy Abrams	18:17
8. Robert Fahey	18:27
9. Robert Byrd	18:43
10. Ralph Thomas 48	19:21
11. Todd Pokrifka	19:23
12. John Edmondson 43	19:38
13. Byron Cook	19:53
14. Dick Cummings 46	20:37
15. Jim Clair	20:45
16. Cody Dean	20:54
17. Diane Wood	21:02*
18. Wesley Scrone 51	21:46
19. Albert Christian	22:19
20. Don Abrams 50	22:24
21. Margo Dyer	22:46*
22. Jerri Bushey 40	23:43*
23. Jean Camuso	23:58*
24. Don Osborne 62	24:02
25. Steve Dorey 41	24:16
26. Darlene Mealey	25:01*
27. Harry Trask 56	25:03
28. Denise Imbruno	25:58*
29. Jeff Zabik	26:17
30. Becky Murray	26:24*
31. Cathy Bartley	26:33*
32. Kristin Cook	27:21*

33. Patti Abbott	28:32*
34. Jackie Pellitier	30:29*
35. Carol Nichols	30:46*
36. Julie Chretien	31:18*

RESULTS COURTESY OF THE MAINE
ROAD RAMBLERS RUNNING CLUB

KVMCA COUPLES RELAY
AUGUSTA

	May 19th
1. David Roberts	37:30
Sandra Wyman	21:00
2. Chris Lang	38:05
Ruthie Davis	20:53
3. Stacy Bryant	38:23
Allison Giustra	21:27
4. Allen Pierce	38:43
Sarah Roy	21:44
5. Todd Elwell	38:56
Heather Mank	21:44
6. David Comeau	39:05
Jo Comeau (40)	20:09
7. Timothy Reid	40:30
Sheila Hodges	21:31
8. Paul Engineri	40:33
Tricia Engineri	22:00
9. Alton Stevens	41:08
Lynn Stevens	23:24
10. Vern Demmons	41:39
Ellen Spring	23:08
11. Biff McGilfin	42:08
Sue Brown	22:38
12. Mark McWede	42:11
Ellen Sheehan	22:20
13. Hilton Drake	42:33
Cindy Drake	22:40
14. Paul Dall (42)	42:41
Jerri Bushey (40)	22:43
15. Bruce Pooler	42:54
Tracey Pooler	21:43
16. Clifford Olsen (41)	42:56
Suzanne Olsen	22:08
17. Robert Cuthbertson III	43:01
Pamela Cuthbertson	24:41
18. Bill Sayers (52)	43:29
Wendy Sayers (50)	23:00
19. Charles Irving	44:02
Judi Austin	23:31
20. William Pine	44:29
Patricia Pine	26:25
21. Donald Moser (50)	44:47
Betty Hahn (50)	34:20
22. Doug Ludwig (44)	44:50
Nancy Ludwig	26:28
23. Chuck Munier	45:41
Patty Callens	26:04
24. Chris Hebert	47:05
Heather Warren	23:50
25. Roger Mills	47:25
Gisele Morin (44)	47:25
26. Jerry Casey	47:34
Cheryl Spencer	26:47
27. Joe Washburn	48:02
Diana Stewart	28:20
28. Bruce Pooler	48:50
Cheryl Pooler	26:19
29. Fred Brown (42)	49:00
Sandra Brown (40)	26:07
30. Enoch Albert (41)	49:25
Sharon Knopp	26:57
31. Michael O'Connor	49:57
Laurie Thomas	30:55
32. Byron Bennett (63)	50:54
Crystal Bennett	25:54
33. Walter Taylor (49)	51:27
Liz Breton (61)	29:38
34. Charles Dupuy (45)	51:41
Valerie Dupuy (41)	26:55
35. Bill Ridlon	52:19
Ann Predham	29:00
36. Robert Webber (45)	53:26
Jan Michaud	27:42
37. John Olson	53:34
Kathy Foley	29:01

Results courtesy of the Maine
Road Ramblers Running Club

THE GREAT SPRING CLEAN UP
E. Millinocket 5 Miler May 19th

1. Rusty Taylor	25:38
2. Mark Chasse	25:49
3. Steven Gross	26:22
4. Mike Doore	28:23
5. Jim Herlihy	28:50
6. Larry Rich	29:45
7. Scott G. Brown	30:18
8. Tom Blaisdell	30:37
9. Danny Snowman	31:18
10. Randy Birmingham	31:22
11. Jerry Burleigh 40	31:25
12. Art Fraser 46	33:05
13. Sandy Sturtevant	33:40*
14. Harry Brooker	34:03
15. Darrell Toothaker	34:36
16. John Linscott 55	35:08
17. John A. Doe	35:21
18. Chris Barnes	35:54
19. Craig Gordon	36:01
20. Judy Doore	36:42*
21. Benita Qualey	37:30*
22. Doug Snowman	37:39
23. Ron Turcotte	38:04
24. Heather Ferguson	38:08*
25. Jacqueline Hodgdon	39:55*
26. Stacey Jameson	40:04*
27. Lee Rush	40:24
28. Janice Nicholson	40:39*
29. Debbie Cyr	40:40*
30. John H. Doe 50	42:24
31. Sue Brooker	42:35*
32. Carmen Doe 47	42:44*
33. Walt Landry 48	43:11
34. Leslie Gordon	44:00*
35. Joan Gordon	44:23*
36. Marie Benar	44:59*
37. Sandra Toothaker	46:59*

1 Mile

1. Mike Benar	5:37
2. Darrell Toothaker	5:42
3. David Doore	5:48
4. Art Fraser 46	5:54
5. Johnna Fleming	6:07*
6. Neil Benar	6:09
7. Heather Ferguson	6:14*
8. Lee Rush	6:27
9. Jason Witham	6:50
10. Marie Michaud	7:01*
11. Jason Fernald	7:02
12. Gerry Caron	7:03
13. Cynthia Deveau	7:09*
14. Alex Heid	7:09
15. Michele Witham	7:10*
16. Joshua Gallant	7:16
17. Albert Benar 54	7:17
18. W. Jonathan Doe	7:18
19. Sandra Toothaker	7:43*
20. Melanie Witham	7:55*
21. Shawn Brown	7:57
22. Adam Chasse	8:05
23. Angeli Perrow	8:09*
24. Angela Daigle	8:09*
25. Bobbi Jean Madden	8:19*
26. James Grindal	8:31
27. Simon Miner	8:49
28. Priscilla Collinsworth	8:50*
29. Angela Goddard	9:13*
30. Keli Daigle	9:16*
31. Christine LeClair	9:17*
32. Brooks Sturtevant	9:18
33. Lisa Provenzano	9:42*
34. Michael Wiltse	9:46
35. Muffy Held	9:48*
36. Laura Bishop	10:41*
37. Christine Whitmer	11:35*
38. Lisa Michaud	11:55*
39. Jana Stratton	12:01*
40. Sarah Ferguson	12:02*
41. Janis Bishop	12:57*
42. Nikki Brown	13:12*
43. Donald Drew 81	16:15

Results courtesy of Frank Clukey
Race Director

ORONO BOOSTERS CHALLENGE RACE
Orono 5.5 Miles May 19th

1. Phil Stuart	28:41
2. Levi Ross	30:01
3. John Sucec	31:05
4. Jeff Brown	31:09
5. Mark Harrison	32:11
6. Skip Howard	33:11
7. Richard Miles	33:39
8. Jamie Wagner	33:57
9. Frank Woodard	34:44
10. Steve Woodard	34:48
11. Bucky Owen	35:17
12. David Trafethen	35:52
13. Ed Thompson	36:11
14. Phil Brown	36:18
15. William McHenry	36:39
16. John Henderson	37:40
17. David Wilson	38:21
18. Matt Sucec	39:56
19. Linda Cuddy	40:19
20. John McDonough	43:51
21. JoAnn Brandt	47:21
22. David Fullerton	47:51
23. Cathy Trear	47:52
24. Ray McKarrow	47:54
25. Scotty Folger	47:56
26. Thomas Parry	47:57
27. Mary Matava	48:17
28. Mary Ann Devoe	48:35

Results courtesy of Charles Ross

2ND ANNUAL T.A.C. STATE FINALS
Lisbon Falls 1.8 Miles May 19th

Boys 8 & under

1. David Stokes	13:43
2. Travis Roy	13:49
3. Kevin Graham	14:21
4. Shawn Gagnon	14:40
5. Neal Trotter	14:58
6. Matt Porter	15:07
7. Scott Whittier	15:17
8. Andrew Worth	15:34
9. Brett Morgan	15:37
10. Chris Joslin	16:18
11. Matthew Vachon	16:20
12. Joshua Petri	16:42
13. Adam Barter	16:52
14. Joshua Rogers	17:15
15. Shane Vitalius	17:24
16. Mark Hibyan	18:14
17. Matt Forrest	18:43
18. Ben Parsons	19:16
19. James Dennison	19:59
20. Brian Jacobs	20:48
21. Jason Stowell	21:35
22. Jared Felker	21:58
23. Ben McDonald	22:48
24. Matt Nickerson	24:02
25. Mike Pires	24:37
26. Brendan Nichols	25:58

Girls 8 & under

1. Jenny Reali	14:32
2. Abby Erickson	16:24
3. Alexandra Marshall	16:33
4. Bridget Foley	17:22
5. Shelby Hodgkins	17:23
6. Amy Trebilcock	17:48
7. Rebecca Nichols	18:07
8. Mary Maloney	18:16
9. Courtney Newick	18:22
10. Kathy Maloney	18:25
11. Kerri Roberts	19:37
12. Robyn Reeder	20:11
13. Alyssa Vitalius	21:11
14. Tyme Meyers	21:36
15. Suzanne Farring	22:03

Boys 9 & 10

1. Josh Gagnon	12:05
2. Isaac Hutchinson	12:18
3. Matt Deslaines	12:34
4. Amos Wright	12:36
5. Erik Worcester	13:11

6. Steve
7. Dan E
8. Jay O
9. Mark
10. Brian
11. Shawn
12. Gavin
13. Jimmy
14. Josy
15. George
16. Jason
17. Larry
18. Bill
19. Ken
20. Keith
21. Dale
22. Todd
23. Scott
24. Jeremy
25. James
26. Brandt
27. Todd
28. Stewar
29. Jason
30. Kevin
31. Aaron
32. Aaron
33. Iris
34. Cathy
35. Carrie
36. Linda
37. Jenny
38. Julie
39. Rachel
40. Tiffan
41. Beth
42. Rebecca
43. Melissa
44. Jessica
45. Melissa
46. Jenni
47. Naomi
48. Lisa
49. Oani
50. Melissa
51. Kriste
52. Susan
53. Wendy
54. Sherie
55. Casie
56. Jenny
57. Kerri
58. Brea
59. Chad
60. Chris
61. Matt
62. Casey
63. Scott
64. Chris
65. Todd
66. Rich
67. Marty
68. Jeff
69. Nathan
70. Dan
71. Kevin
72. Tim
73. Matt
74. Leon
75. Chris
76. Stan
77. Shane
78. Chad
79. William
80. David
81. Curt
82. Mike
83. Jeff
84. Phil
85. Peter
86. Scott
87. Eric
88. Scott
89. Chris
90. Mike
91. Jill
92. Jenny

CHALLENGE RACE Miles May 19th

1.	Steve Colucci	13:35
2.	Dan Erikson	13:39
3.	Jay Ostis	13:47
4.	Mark Kosa	14:09
5.	Brian Lemay	14:11
6.	Shawn Tobin	14:25
7.	Gavin Porter	14:28
8.	Jimmy Vachon	14:31
9.	Joey Kliche	14:41
10.	George Worth	14:56
11.	Jason Davis	15:03
12.	Larry Linquist	15:04
13.	Billy Stiles	15:06
14.	Ken Wood	15:12
15.	Keith Poulin	15:15
16.	Dale Black	16:02
17.	Todd Gorden	16:10
18.	Scott Bennett	16:16
19.	Jeremy Nickerson	17:38
20.	James Ouellette	17:55
21.	Brandon Preston	18:49
22.	Todd Hutchinson	18:54
23.	Stewart MacDonald	21:09
24.	Jason Browne	22:14
25.	Kevon Rideout	22:19
26.	Aaron Splint	22:46
27.	Aaron Laliberty	23:32

Girls 9 & 10

1.	Cathy Mecham	13:51
2.	Carrie Deraspe	14:12
3.	Linda Whittier	14:13
4.	Jenny Popp	14:30
5.	Julie LaBrecque	14:47
6.	Rachel Vachon	14:48
7.	Tiffany Roberts	14:49
8.	Beth Curtis	14:57
9.	Rebecca Mynahan	14:59
10.	Melissa Parent	16:23
11.	Jessica Fulmer	16:25
12.	Melissa Chandonnet	17:14
13.	Jennifer Ballow	17:31
14.	Naomi Stevens	17:42
15.	Lisa Mason	18:08
16.	Danielle McMahon	18:23
17.	Melissa Trembley	19:17
18.	Kristen Dennison	20:00
19.	Susan Roberts	20:46
20.	Wendy Jipson	21:32
21.	Sherie Begin	22:26
22.	Cassie Simmons	22:42
23.	Jenny Pepin	23:44
24.	Kerri Winslow	23:58
25.	Bree Mitchell	25:53

C. STATE FINALS 1.8 Miles May 19th

1.	Chad Gagnon	11:24
2.	Chris Nichols	12:26
3.	Matt Kosa	12:30
4.	Casey Carroll	12:43
5.	Scott Deshanes	12:46
6.	Chris Goulet	12:47
7.	Todd Harlee	12:49
8.	Richard Mynahan	12:58
9.	Marty France	13:04
10.	Jeff Rioux	13:18
11.	Nathan Clukey	13:29
12.	Dan Lambert	13:35
13.	Kevin Tetreault	13:46
14.	Jeff Porch	13:53
15.	Tim Meyer	14:05
16.	Matt Billey	14:08
17.	Leon Vachon	14:11
18.	Chris Darling	14:13
19.	Stan Bennett	14:16
20.	Shane Levasseur	14:22
21.	Chad Lachance	14:31
22.	William Donovan	14:40
23.	David Trask	14:48
24.	Curt Sweetser	14:55
25.	Mike Scott	15:08
26.	Jeff Clark	15:09
27.	Phillip Roy	16:11
28.	Peter Ladd	16:13
29.	Scott Carville	16:37
30.	Eric Labbe	16:38
31.	Scott Wood	17:03
32.	Chris Roberts	18:52
33.	Mike Hodgman	23:20

Girls 11 & 12

1.	Jill Decker	12:40
2.	Jenny Plummer	13:20

3.	Amy Shnur	14:23
4.	Nicki Stoddard	14:24
5.	Sandra Roberts	14:59
6.	Nicole Fraser	15:02
7.	Heather Linquist	15:15
8.	Marie Hancock	15:40
9.	Amy Wright	16:05
10.	Wendy Moreross	16:19
11.	Becky Purcell	16:39
12.	Jill Landry	17:05
13.	Stephanie Bowie	18:13
14.	Tina Fortin	18:45
15.	Carrie Morin	19:20
16.	Erin Williams	19:25
17.	Wendy Long	20:17
18.	Kim Nichols	21:03
19.	Janine Roberge	21:32
20.	Nicole Laliberty	23:17

Boys 13 & 14

1.	John Jalbert	11:19
2.	Larry Graham	11:43
3.	Robert Whisenant	11:52
4.	Phil Ebner	11:57
5.	David Sterling	11:58
6.	Will Sweetser	12:13
7.	Jerry Sparks	12:19
8.	Larry Rideout	12:29
9.	Chris Morrison	12:48
10.	Dennis Dulac	13:05
11.	Eric Frayer	13:08
12.	Bruce Pooler	13:44
13.	Ric Leslie	14:27
14.	Chris Hayes	14:43
15.	Mike Craffam	15:07
16.	Scott Kelly	15:14
17.	Phil Lambert	17:24
18.	Robbie Anderson	23:19
19.	Charlie Varney	23:30

Girls 13 & 14

1.	Tracy Pooler	13:11
2.	Lynn Furrow	13:24
3.	Karen Rugillies	14:09
4.	Lisa McLean	14:12
5.	Laurie Morin	14:34
6.	Jenny Cosgrove	21:14
7.	Dina Parent	21:46
8.	Jessica Brown	23:18

T.A.C. TEAM CHAMPIONSHIP RESULTS

Boy's 8 & under
Royal River Ramblers

Girl's 8 & under
C.I.T.C.

Boy's 9 & 10
Auburn Running Club

Girl's 9 & 10
Sabattus Trailblazers

Boy's 11 & 12
Lisbon Rec Striders

Girl's 11 & 12
Lisbon Rec Striders

Boy's 13 & 14
Auburn Running Club

Girl's 13 & 14
Bath Rec Running Club

Results courtesy of Roland Trotter
Race Director

1984 FRANK SABASTEANSKI MEMORIAL Bowdoin College Polar Bear Run May 20

10K Race

1.	Rock E. Green	31:28
2.	Lance Guliani	32:12
3.	Eric McNett	32:47
4.	David Pinkham	34:14
5.	Jim Murphy	34:26
6.	Bob Hillgrove	34:34
7.	Michael Martin	35:12
8.	Joe Bennett	36:00
9.	Bill Haney	36:07
10.	John Long	36:14
11.	Jeff Brown	36:28

12.	Bob Jolicoeur	37:19
13.	Frank Ferland	37:48
14.	Mike Daly	38:05
15.	Stephen Reed	38:14
16.	Doug Ingersoll	39:01
17.	Scott Samuelson	39:01
18.	David DeLois	39:04
19.	Alan Quinlan	39:30
20.	Bill Gayton	40:04
21.	Paul Connor	40:25
22.	Gary Cochran	40:35
23.	David Bray	40:58
24.	Donald Brewer	41:08
25.	Craig Haggett	41:09
26.	Thomas S. Bassols	42:21
27.	Frederick H. Ward, Jr.	42:53
28.	Bill Phillips	43:13
29.	Alan Wing	43:30
30.	Jane Waddle	43:38*
31.	Charlie Gordon	43:39
32.	Ken Casey	43:41
33.	Frank Sabasteanski, Jr.	44:08
34.	Jane Dolley	44:16*
35.	Rob Jarrett	44:17
36.	Barry Lohnes	45:22
37.	Ted McCarthy	46:13
38.	Linda Best	46:45*
39.	Donald Cheatham	46:59
40.	Bob Payer	47:37
41.	Paul Connolly	47:37
42.	Katherine Christie	48:16*
43.	Joan Benoit	48:16*
44.	Perry Barnard	54:36
45.	Gerry N. Wing	54:52
46.	Susan Langbein	64:58*

Results courtesy of Lynn Ruddy
Race Director

SEGUINOS ITALIAN RESTAURANTE 5K Bangor May 20th

1.	Mike Gaige	14:48
2.	James Newett	15:07
3.	Don Reimer	16:49
4.	Doug DeAngelis	17:10
5.	James Barc	17:14
6.	Lee Stover	17:17
7.	Brant Leighton	17:31
8.	Tim Michaud	17:35
9.	Rodney White	17:35
10.	Mark Hardison	17:42
11.		
12.	Calvin True	18:17
13.	George Hall	18:20
14.	Dick Miles	18:21
15.	Richard Lindsay	18:27
16.	Charles Allen	18:29
17.	Richard Everett, Jr.	18:30
18.	Dennis Beers	18:38
19.	Greg Hildreth	18:44
20.	George Brewer	18:48
21.	Larry Lunn	19:35
22.	Susan Higgins	19:35*
23.	William Higgins	19:49
24.	Joan Merriam	19:49*
25.	Martin Schiff	19:58
26.	Bill Clifford	19:58
27.	Jim Van Oden	20:08
28.	Amy Curtis	20:10
29.	Bernard Kubets	20:25
30.	John Wakely	20:26
31.	James Cox	20:30
32.	Sheila Hodges	20:33*
33.	Cary Gillis	20:34
34.	Benji White	20:37
35.	Brian Kilroy	20:38
36.	Richard Higgins, Jr.	20:40
37.	Barbie Seal	20:51*
38.	Robert Tomlinson	20:57
39.	Chelson	21:00
40.	Leon Dupuis	21:01
41.	Aaron Merriam	21:03
42.	Timothy O'Connor	21:09
43.	T. J. Menendez	21:18
44.	Seth True	21:23
45.	Shawn Smith	21:31
46.	Doug Knobloch	21:33
47.	Patty Minnehan	21:44*
48.	Dick Day	21:45
49.	Dean Lindstrom	21:46

50. Lenny DeMuro	22:00
51. Lynn Caron	22:08
52. Joe Aubin 56	22:16
53. John Scofield	22:16
54. Timothy Doughty	22:17
55. Bob Magaw	22:33
56. Peter Gott	22:34
57. Larry Watt	22:40
58. Jane Bragg 43	22:51*
59. Tim Doughty	22:56
60. Barri Babcock	23:01
61. Reginald Elwell, Jr.	23:14
62. Maggie Flynn	23:26*
63. Eric Jones-Baker	23:45
64. Carol Jones-Baker	24:02*
65. Nora Lee Holloway	24:05*
66. Rob Ebeling	24:09
67. Liz MacNevin	24:11*
68. Lynne Santerre	24:15*
69. Vicky Danielak 40	24:34
70. John Krause	24:35
71. Bill Libby	24:43
72. Jo-Ann Yacono-Brandt	24:46
73. Patricia Kennedy	24:51
74. Anthony Lumino	24:58
75. Jamie Sousa	25:03
76. Charles Murphy	25:19
77. John Diamond	25:19
78. Sandy Blits 47	25:30
79. Joseph Krause	25:32
80. Kris Babcock	25:41
81. Craig Babcock	25:42
82. Dennis Shibles 41	25:48
83. Mike O'Brien	25:49
84. Ross Moriarty 50	25:58
85. Sandra Toothaker	26:01*
86. Sarah Marcetta	26:23*
87. Suzy Bragoon	26:26*
88. Anne Tilley	26:28*
89. Laurie Haller	26:56*
90. Elaine Jennings	27:06*
91. Carol Cyr	27:07*
92. Lisa Gill	27:07*
93. Beth Tenca	27:12*
94. Etta Davenport 45	27:32*
95. Judy Fincham	27:32*
96. Gina Butler 50	27:35*
97. Paul Dudley	28:01
98. David Kull 42	28:05
99. Debi Cox	28:12*
100. Ann Ingalls	28:16*
101. Jeff Ingalls	28:16
102. Bob Topliff 53	28:23
103. Laurie Littlefield	28:24*
104. Peter Diplode	28:24
105. Nancy Vaikos	28:28*
106. Amy Dorsey	29:10*
107. Mary Nelson	29:16*
108. Stephanie Sequino	29:30*
109. Parker K. Harris 43	29:40
110. Penny Harris 43	29:40*
111. Debbie Elwell	29:56*
112. Mandy Johnson	29:56*
113. Mary Ellen Allen	30:41*
114. Patricia Watt	30:42*
115. Jennifer Libbey	31:09*
116. Molly Marston	31:09*
117. Penny Bohac	31:10*
118.	
119. Gaynor Jewell	31:46
120. Theresa Sprague	33:04*
121. Holly Wood	33:25*
122. Nancy Dudley	33:35*
123. Fred Merriam	33:59
124. Jane Moore	35:03
125.	
126. Sue Reitenback	39:07*
127. Shawn Cox	39:08
128. Paul Regan 48	39:23
129. Helen Regan 46	41:08*

Results courtesy of Paul Guerin
Race Director

ANDY VALLEY 10K and 2 MILE FUN RUN
Lewiston May 20th

1. Ralph Fletcher	34:05
2. Bill Hine	34:12
3. Tim Swope	34:34
4. Ron Newbury	34:50

5. Paul Kehoe	35:00
6. Dan Smith	37:22
7. Mark DeMillo	37:45
8. Chase Pray	37:49
9. George Liming	38:04
10. Gary Weber	38:17
11. Thomas Bennett	38:21
12. Richard Campbell	39:35
13. Rusty Snow	39:40
14. Eric Smith	41:44
15. Peter Gagnon	42:05
16. Jeff Gray	42:33
17. Bob Wight	42:43
18. Kelly Bennett	42:43*
19. Dan Blouin	43:31
20. Norm St. Pierre	43:36
21. Frank Knight	43:38
22. Marc D'Amour	43:47
23. Bill Johnson	44:25
24. Raymond John	44:32
25. Faye Gagnon	45:59*
26. Kenneth Ellingwood	46:15
27. Will Sweetser	47:48
28. Roger Dunbar	48:17
29. D. Craig Canedy	48:50
30. Paul Page	49:43
31. Mike McLellan	49:58
32. Yvette Knight	50:39*
33. Joe Bennett	52:15
34. Alanna Everett	53:52*

1. Chad Gagnon	11:42
2. Will Sweetser	12:12
3. Isaac Hutchinson	13:46
4. Steve Caron	13:50
5. Chris Hayes	14:36
6. Gerry D'Amour	15:01
7. Curt Sweetser	16:25
8. Josh Gagnon	16:45
9. Jon Scales	16:46
10. Jacob Sweetser	16:49
11. Albert Giasson	17:06

Results courtesy of Tom Swan
Race Director

SECOND MARSH STREAM 10K STAMPEDE
Monroe May 28th

1. Daniel Buck	31:32
2. Floyd Wilson	33:10
3. Phil Stuart	34:50
4. Mark Parsekian	35:38
5. Fred Karter	36:36
6. Bill Pinkham	37:02
7. Peter Haslam	37:29
8. Mark Hardeson	37:36
9. Keith Goins	37:38
10. Matt Farrington	37:39
11. Joe Washburn	37:59
12. Randy White	38:25
13. Biff McGilpin	38:34
14. Barney Smith	39:01
15. Brent Leighton	39:09
16. Roy Rogers	39:16
17. Bob Porier	39:32
18. Ray Quimby	39:54
19. Anne Blumer	39:55*
20. Dale Cross	40:24
21. Terry Cousins	40:35
22. Bethany Haslam	40:37*
23. Greg Dankin	40:52
24. Kevin Pottle	40:57
25. Craig Everett	41:64
26. Jerry Casey	41:16
27. Alex Turner	41:49
28. Jane Rau	41:52*
29. Carl Bowen	41:54
30. Steve Brennan	42:00
31. Ed Thompson	42:10
32. Sean Skaling	43:02
33. Sari Skaling	43:02*
34. Doug Knoblock	43:44
35. Mike Lantz	43:45
36. Mike Skaling	43:56
37. Tom Nelson	44:47
38. Austin Pritchard	45:37
39. Charles Francis	46:05
40. Warren Greeley	47:59
41. Zach Bingham	48:09
42. Bruce Mitchell	48:11

42. Jean Goldfine	48:17*
43. Harriet Sekins	48:46*
44. Martha McGilpin	48:49*
45. Bob Fenney	49:24
46. Jody Rolnick	50:25*
47. Jeff Howard	50:26
48. David Hurley	51:43
49. Jill Beecher	51:47
50. Pat Kennedy	52:06
51. Joel Dougherty	52:10
52. Jeff Ingalls	52:12
53. Jake Gilbert	54:37
54. Amy Rolnick	54:40*
55. Mike Knupp	56:39
56. Josh Richards	56:40

Results courtesy of Bill Dopheide
Race Director

OTTER CREEK CREEP
Otter Creek 10K Jun 2nd

1. Gary Allen	33:49
2. Mike Westphal	33:49
3. Phil Stuart	34:41
4. Mac Moyes	36:42
5. Norm Hawes (M)	37:54
6. Mark Hardison	38:23
7. Henry Williams	38:39
8. Jack Walls	39:34
9. Sam Mitchell	39:39
10. Dave Renault	39:47
11. Barney Smith	40:03
12. Craig Everett	40:22
13. Cliff Olson	40:27
14. Tom Kirby	41:34
15. Gordon Graham	41:45
16. Paul Berg	42:27
17. Mike Carey	43:33
18. Cole Sargent	45:01
19. Bill Silvia	45:10
20. Mardi Reed	45:14*
21. Ron Horvath	45:58
22. Tom Clark	46:28
23. John Walls	46:33
24. John Stanley	46:41
25. Cynthia Mroch	47:31*
26. James Mroch	47:32
27. Peter Sarkhez	47:33
28. Robert Jordan	47:34
29. George Hillman	47:59
30. Wayne Smith	48:00
31. Edward Raiker	50:50
32. Tracey Adams	50:51
33. Tom Persico	51:25
34. Andrea Pelletier	51:25
35. David Dorr	52:27
36. Kristine Smith	53:50*
37. Patricia Kennedy	54:26*
38. Norman Gray	56:43
39. Jeff Solan	59:20
40. Chris Parsons	59:21
41. Kevin Walls	59:23
42. Lori Wheelock	80:31

Results courtesy of John Sharp
Race Director

OFFICER FRIENDLY RACE
S. Portland Jun 2nd

One Mile

1. Erik Worcester	6:15
2. Katie Towle	6:16*
3. Lori Towle	6:18*
4. Clay Conley	6:35
5. Terri Jordan	6:42
6. Stephen Thoms	6:52
7. John Crosby	6:55
8. Douglas Robbie	7:00
9. Kevin Welch	7:03
10. Carrie Jordan	7:04*
11. Peter Pappas	7:17
12. John-Scott Brennan	7:28
13. Jonathan Knights	7:29
14. Chris Strnad	7:59
15. Ryan Kemna	8:09

16. Sa
17. Ma
18. An
19.
20. Br
21. Ja
22. Br
23. Pa
24. Li
25. Br
26. Jo
27. Ti
28. Th
29. Er
30. W
31. Ch
32. Sc
33. Pa
34. Ch
35. Ja
36. Er

Three M
1. Sco
2. Ray
3. Mik
4. Pet
5. Kev
6. Lee
7. Mat
8. Gus
9. Nik
10. Jan
11. Mar
12. Tom
13. Jay
14. Gre
15. Rys

Results
Mal

SRI CHID
Topshan

1. Lay
2. Jas
3. Flo
4. Ste
5. Jis
6. Fra
7. Pau
8. Mar
9. And
10. Ric
11. Rob
12. Don
13. Bob
14. Ant
15. Jan
16. Wil
17. G
18. Wil
19. Lan
20. Phi
21. Tre
22. Joh
23. Sus
24. Mic
25. Lyn
26. Cat
27. Bud
28. Joe
29. Con
30. Joh
31. Joh
32. Don
33. Hen
34. Ric
35. Yve
36. Wen
37. Har
38. Las
39. Don
40. Jar
41. Bru
42. Ger
43. Jan
44. Har
45. Lau

48:17*	16. Sara Lolar	8:19*
48:46*	17. Mary Beth Keaney	8:22*
48:49*	18. Anne Thombs	8:23*
49:24	19.	
50:25*	20. Brian Hamlin	8:41
50:26	21. James News	8:43
51:43	22. Brian Huntley	8:51
51:47	23. Patrick Thombs	8:52
52:06	24. Lisa Bussler	8:53*
52:10	25. Brento Hamlin	9:00
52:12	26. Joshua Sturge	9:01
54:37	27. Tiffany Demaree	9:11*
54:40*	28. Theresa Ronco	9:28*
56:39	29. Eric Gilbert	9:52
56:40	30. William Donnini	10:00
	31. Chris Whinery	10:10
	32. Scott Anderson	10:26
	33. Patrick Smith	10:35
	34. Chris Galle	10:40
	35. Jason Williams	10:56
	36. Erin Tolan	11:25

Bill Dopheide
Race Director

Jun 2nd	Three Mile	
33:49	1. Scott Gilbert	16:59
33:49	2. Ray Rodney	17:22
34:41	3. Mike Peterson	18:33
36:42	4. Peter Ronco	19:45
37:54	5. Kevin Gribbin	20:34
38:23	6. Lee Anderson	20:35
38:39	7. Matt Most	20:55
39:34	8. Gus Doughty	20:59
39:39	9. Niko Pappas	22:26
39:47	10. James Gillis	23:21
40:03	11. Mark Cushman	23:35
40:22	12. Tom Libby	24:54
40:27	13. Jayson Blake	26:42
41:34	14. Gregory Hall	30:58
41:45	15. Ryan Welch	32:01

Results courtesy of Bob Coughlin
Maine Track Club

42:27	SRI CHINMOY 2 MILE RUN	
43:33	Topsham	Jun 3rd
45:01		
45:10	1. Lance Guliani	9:41
45:14*	2. Jason Cakouros	9:57
45:58	3. Floyd Wilson	10:15
46:28	4. Steve Palmer	10:48
46:33	5. Jim Anderson	12:01
46:41	6. Frank Knight	12:03
47:31*	7. Paul Roane, Jr.	12:04
47:32	8. Mark D'Amour	12:07
47:33	9. Andrew McCourt	12:08
47:34	10. Richard Campbell, 43	12:09
47:59	11. Rob Jarratt	12:16
48:00	12. Don Moser, 50	12:21
50:50	13. Bob Jolicœur, 47	12:24
50:51	14. Anthony Anderson	12:30
51:25	15. James Cox, Jr.	12:35
51:25	16. William Phillips	12:37
52:27	17. Gerald Monroe	12:42
53:50*	18. William Peabody	12:45
54:26*	19. Larry White	12:51
56:43	20. Philip Pierce, 42	12:53
59:20	21. Tracy Pooler	13:01*
59:21	22. John Guillet	13:03
59:23	23. Suzanne Blood	13:08*
80:31	24. Michael Trebilcock	13:13
	25. Lynn Furrow	13:14*
	26. Catherine Jarratt	13:15*
	27. Bud Cherry, 53	13:19
	28. Joe Valecko, 41	13:20
	29. Don Spear, 54	13:28
	30. John Lougee, 51	13:33
	31. John Murchie	13:35
	32. Don Cheetham, 57	13:41
	33. Heather Higbee	13:55*
	34. Richard White	14:13
	35. Yvette Knight	14:14*
	36. Wendy Pooler	14:24*
	37. Harold Hart	14:26
	38. Larry Barron, 55	14:38
	39. Don Atkinson	14:40
	40. Jane Barron	15:07*
	41. Bruce Pooler	15:09
	42. Gerry D'Amour	15:18
	43. Janice Parry, 41	15:34*
	44. Harry Gladding, 51	15:59
	45. Laurie Leavis	16:37*

in Sharp
Director

Jun 2nd	10 Mile Canoe Race	
6:15	1. John Mathieu O-C 2 Med	73:24
6:16*	Bill Reagan	
6:18*	2. Ben Pearson O-C 2 Med	74:36
6:35	Ed Mendes	
6:42	3. Barry Fiffield O-C 2 M	76:05
6:52	Bill Hepburn	
6:55	4. Rich Cole Kayak	80:07
7:00	5. George Walsh O-C 2 Short	82:07
7:03	John Morris	
7:04*	6. Al Prysunka O-C 1	82:11
7:17	7. John Aloy O-C 1	82:50
7:28	8. Louis Chabot O-C 2 Rec	85:02
7:29	Raymond Chabot	
7:59	9. Andy Upjohn Kayak	85:10
8:09	10. Women's War Canoe	85:50
	11. Kenneth Pink Kayak	86:18
	12. Adrian Humphrey O-C 1	87:50

46. Patricia Monroe	16:38*
47. Phoebe Peabody	17:29*
48. Judith Kelly, 42	17:30*
49. Patricia Flanders	17:31*
50. Amy Trebilcock	17:32*
51. Nancy Gordon	18:30
52. Wesley Scrone, 51	18:40
53. Christine Kukka	19:00*
54. Mary Ellen Matava	19:02*
55. Sarah Trebilcock	19:55*
56. Eleanor Spear, 57	20:06*
57. Kathy Harden	20:06*
58. Gertrude Peabody, 62	24:26

Results courtesy of Sukanya Csenge
Sri Chinmoy Marathon Team

THE GREAT MAINE RACE 15K Harpwell Islands Jun 10th

1. Rock E. Green	51:10
2. Gordon Scannell	55:22
3. Gary Cochrane 42	56:10
4. Joe Bennett	58:22
5. Bill Fitzsimmons	59:39
6. Ron Gervais	60:15
7. Bruce Poliquin	60:43
8. Keith Bennett	62:42
9. Don Best	63:35
10. Denis Curley	64:08
11. Bill Gayton 44	64:47
12. Gladys DeWick	65:28*
13. Gus Warden	66:39
14. Bruce King	67:02
15. Mark Seamen	67:22
16. Fred Ward	67:38
17. Matt Waddle	68:08
18. Rick Manette	69:18
19. Sandra Wyman	69:39*
20. Ralph Treacastin	69:42
21. Ronald Paquette 43	70:00
22. Robert Morrison 42	70:22
23. Bob Waddle 55	70:25
24. Charlie Gordon	70:36
25. Mike Daly	70:40
26. Thad Dwyer	70:51
27. Dick Dudley	71:15
28. Philip Pierce 42	71:22
29. Jane Dolley	71:25*
30. Carlton Mendell 62	71:28
31. Barbara Coughlin	72:57*
32. Dave Delois	74:06
33. John Moncure	74:07
34. Bob Ingersoll	75:32
35. Steve DeWick 44	75:58
36. Jerri Bushey	76:07*
37. Barbara Hamaluk	76:20*
38. David Conley 44	77:15
39. Linda Best	77:23*
40. Ted McCarthy 42	77:43
41. Donna Jean Pohlman	77:59*
42. William Donovan 42	78:32
43. Jane Waddle	79:18*
44. Sandra Utterstrom	81:49*
45. Leo Richardson	82:45
46. Jean Thomas	83:08*
47. Irving Faunce	84:10
48. Don Atkinson	84:19
49. Robert Cahners 42	85:25
50. Tim McDowell	87:47
51. Larry Favreau	91:39

10 Mile Canoe Race

1. John Mathieu O-C 2 Med	73:24
Bill Reagan	
2. Ben Pearson O-C 2 Med	74:36
Ed Mendes	
3. Barry Fiffield O-C 2 M	76:05
Bill Hepburn	
4. Rich Cole Kayak	80:07
5. George Walsh O-C 2 Short	82:07
John Morris	
6. Al Prysunka O-C 1	82:11
7. John Aloy O-C 1	82:50
8. Louis Chabot O-C 2 Rec	85:02
Raymond Chabot	
9. Andy Upjohn Kayak	85:10
10. Women's War Canoe	85:50
11. Kenneth Pink Kayak	86:18
12. Adrian Humphrey O-C 1	87:50

13. Craig Kellorgbeck	
Kayak	88:14
14. James Chute Kayak	90:04
15. Keith Miller O-C 2 Rec	92:40
Darlene Bullard	
16. Phil Savignano Kayak	101:28
Harry McPherson	
17. David Estabrook O-C 1	102:10
18. Sally Stoops O-C 2 Mix	103:03
Rupert White	
19. Aimes Cohey O-C 1	110:26
20. Mary Jeton O-C 2 Rec	135:54
Frank Jeton	

Results courtesy of Bob Waddle
Event Director

Dear Bob, 6-7-84

Why wasn't the race director and track club listed for the Terry Fox Race. Our Maine Track Club paid for all expenses in addition to running this race so all fees could be donated to the Cancer Society. The race director was yours truly.

Enclosed please find the race results of our 4th Mike Anderson Officer Friendly Race (1&3 Milers) held for children 6-16. It was a tough day with heavy rain and strong winds. These kids had a real introduction to running and showed a great deal of courage and determination. Looks like more competition coming along for us, as if we needed that. Hamlin School won the school participation award as having the most finishers. Race director was once again yours truly.

See you on the road,

Bob Coughlin

Dear Bob,

I'm sorry the race director and track club were not given credit for the Portland Terry Fox race but as you can see in the June results, I had to cheat one line to get the 56th and last place finisher on a page and I thought that information would look dumb on the top of the next page and I was too damn lazy to type the page over. Thanks for keeping me honest. I owe you one.

Bob Booker

From St. Joe's...

Andy Kimball, recent Westbrook High graduate, will attend St. Joseph's College this fall. Over the past 2 years Andy has been one of the top High School runners in New England. He recently won the state outdoor 2 mile title for the second year in a row. His best time of 9:26, ranks as one of the best in New England this Spring. Andy will run cross-country this Fall for the nationally ranked St. Joe's team and major in Biology.

Adds St. Joe's Coach Brian Gillespie, "We are very pleased to have Andy with us this Fall. We have our entire team back from last year. The fact that Andy could be our third man, is proof of his outstanding ability. He is going to be an outstanding college runner."

A message from those who don't to those who do.

We're uncomfortable.

To us, the smoke from your cigarettes can be anything from a minor nuisance to a real annoyance.

We're frustrated.

Even though we've chosen not to smoke, we're exposed to second-hand smoke anyway.

We feel a little powerless.

Because you can invade our privacy without even trying. Often without noticing.

And sometimes when we speak up and let you know how we feel, you react as though *we* were the bad guys.

We're not fanatics. We're not out to deprive you of something you enjoy. We don't want to be your enemies.

We just wish you'd be more considerate and responsible about how, when, and where you smoke.

We know you've got rights and feelings. We just want you to respect our rights and feelings, as well.

A message from those who do to those who don't.

We're on the spot.

Smoking is something we consider to be a very personal choice, yet it's become a very public issue.

We're confused.

Smoking is something that gives us enjoyment, but it gives you offense.

We feel singled out.

We're doing something perfectly legal, yet we're often segregated, discriminated against, even legislated against.

Total strangers feel free to abuse us verbally in public without warning.

We're not criminals. We don't mean to bother or offend you. And we don't like confrontations with you.

We're just doing something we enjoy, and trying to understand your concerns.

We know you've got rights and feelings. We just want you to respect our rights and feelings, as well.

Brought to you in the interest of common courtesy by
R.J. Reynolds Tobacco Company

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7th Annual CASCO BAY MARATHON

Portland, Maine

Sunday, October 14th, 8:30 a.m.

The Casco Bay Marathon Committee invites you to a 26-mile, 385 yard foot race over primarily coastal and rural roads of varied scenery and terrain. The certified, one loop course tours the Casco Bay communities of Portland, Falmouth, Cumberland and Yarmouth, Maine.

- ★ Shirts, certificates, and snacks provided after race. (Full results will be mailed.)
- ★ Awards at 1:30 sharp.
- ★ Limited to the first 1000 entrants; no substitutions. (10/7 Deadline if fewer)
- ★ Mail entry form, non-refundable fee (\$7.00), and self-addressed, stamped envelope to: Casco Bay Marathon, P.O. Box 3172, Portland, Maine 04104.
- ★ Number will be mailed as confirmation of entry. You must mail self-addressed, stamped envelope.
- ★ For race information, call evenings 6-8 p.m., Charlie Porter 207-839-3258.
- ★ For lodging information contact Greater Portland Conventions and Visitors Bureau, 142 Free St., Portland, ME 04101, tel. 207-772-2811.
- ★ Facilities (doors open 6:30 a.m.), snacks, and awards ceremony at Portland Exposition Building, 239 Park Avenue. Exit Interstate 295 at Congress St. East, Exit 5A if Northbound, or Forest Avenue South, Exit 6A if Southbound.

1983 WINNERS

OPEN:

Rock Green 2:26:03
Linda Mary Larue 3:02:56

MASTERS:

Gary Cochtrane (>40) 2:37:43
Russ Conners (>50) 2:52:02

COURSE RECORDS:

OPEN - MALE:

Kurt Lauenstein 2:20:16 (1981)

OPEN - FEMALE:

Marjorie Podgajny 2:49:36 (1981)

Sponsored by



Unionmutual

Casco Bay Marathon Official Entry Form

Please enter me in the October 14, 1984 Casco Bay Marathon

Full Name _____ Sex _____ Age on 10/14/84 _____

Mailing Address _____

City _____ State _____ Zip _____

Previous Best Marathon _____ (or first _____) Phone # _____

ASSUMPTION OF RISK AGREEMENT AND RELEASE

(Read carefully before signing)

I agree to assume all responsibility for and all risk of damage or injury that may occur to me as a participant in this event. In consideration of being accepted as a participant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge the Casco Bay Marathon Committee, Union Mutual Life Insurance Company, Portland Parks and Recreation Department, and all persons associated with this event from all claims, damages, causes of action, present or future, known or unknown, anticipated or unanticipated, which result from, arise out of, or are incident to my participation in this event. I hereby certify that I am physically fit and sufficiently trained for competition in this event. Further, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

Signature _____ Date _____

If under 18, parent's signature _____

TAIL B

13 mi

Yarmouth

DETAIL B



SKOWHEGAN LOG DAY

FIVE MILE FOOT RACE

DATE: September 1, 1984

TIME: 9:15 A.M. Rain or shine!!

PLACE: Skowhegan Fairgrounds. Sorry, no showers. Changing rooms are available. Refreshments of fresh fruit slices and several cold drinks will be available. The trophies and prizes will be presented at the Fairgrounds grandstand. Plenty of parking.

COURSE: Five miles of fairly flat terrain, skirting the town of Skowhegan; a loop course with two relatively steep hills. There will be spotters on all corner and intersections to direct runners and to stop traffic. There will be police officers stopping traffic in the heavy traffic intersections with police cruisers leading the race and trailing the last runners.

REGISTRATION: A map of the course will be given each runner in their packet the day of the race along with one T-Shirt from the Skowhegan Log Day Committee. The pre-registration fee is \$3.00 and registration the day of the race will be \$4.00. Registration is from 8:00 A.M. to 9:00 A.M. with the race starting at 9:15 sharp. Pre-registration can be made by mailing the attached application along with a check made out to the Skowhegan Chamber of Commerce. Mail to P.O.Box 326, Skowhegan, Maine 04976.

SPONSORS: Skowhegan Chamber of Commerce
New Balance Athletic Shoe Company

Join us at the Skowhegan 9th Annual Log Day celebration and enjoy yourself with many other activities the day of the race. We are open to suggestions that will help the Log Day Race remain a successful event.

Race Results will be given in MAINE RUNNING!!

9th ANNUAL SKOWHEGAN LOG DAY 5 MILE FOOT RACE

OFFICIAL ENTRY FORM

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

NAME _____ AGE _____ SEX _____

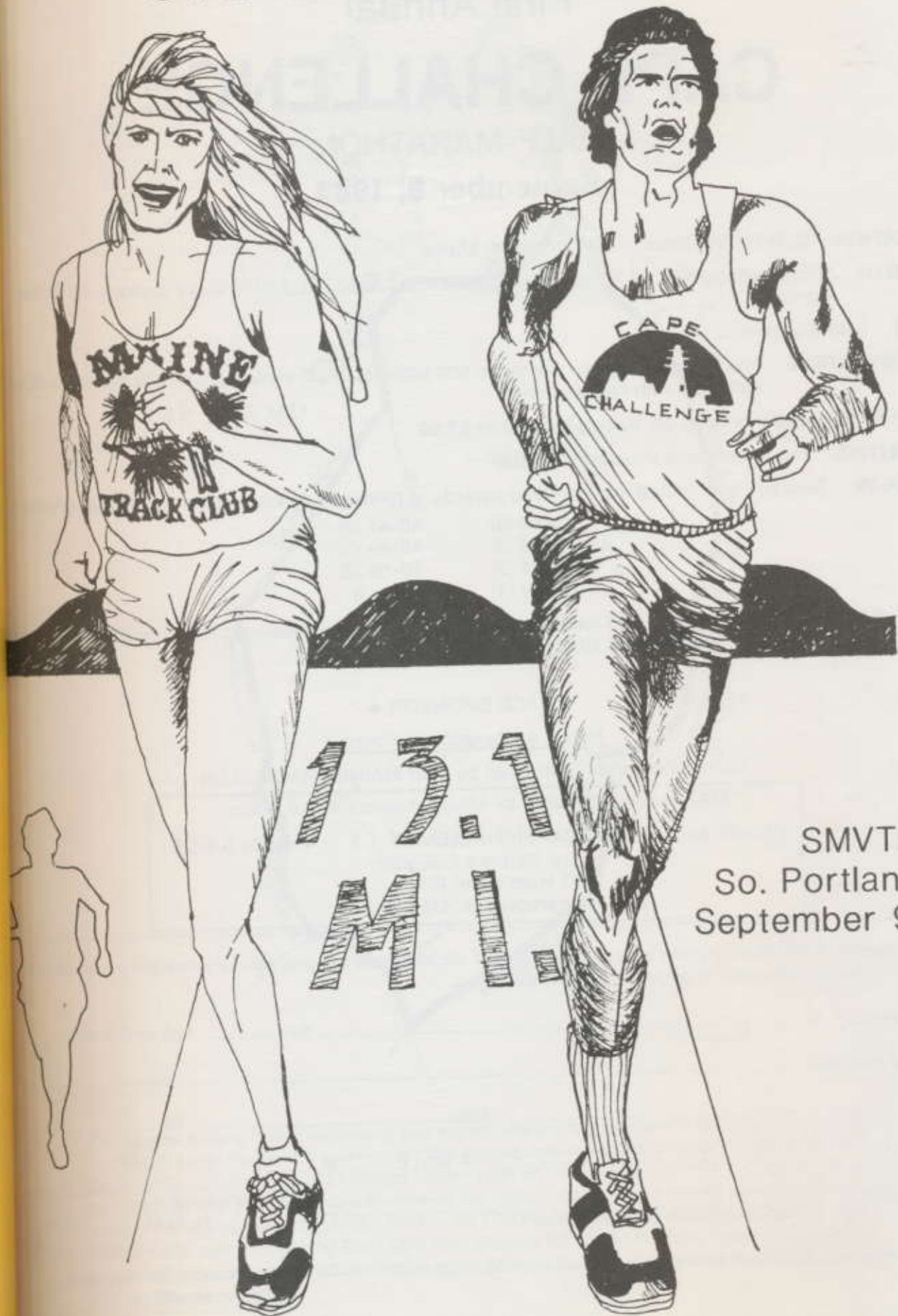
ADDRESS _____

PARENT'S SIGNATURE (If under 18) _____

T-SHIRT SIZE (S, M, L, XL) _____

First Annual

CAPE CHALLENGE



SMVTI
So. Portland, Me.
September 9, 1984

Maine Track Club's
First Annual
CAPE CHALLENGE
HALF-MARATHON
September 9, 1984

LOCATION: SMVTI, Fort Road, South Portland, Maine

LENGTH: Wheel measured 13.1 Miles. Splits at Miles 1, 5, 6.55, 10. Ample water stations. All M marked.

TIME: 9:00 AM start.

REGISTRATION: Pre-registration only. Limited to 500 entrants. Must include a *self-addressed, stamped envelope* with registration.

ENTRY FEE: Race only **\$5.00**. Race plus T-shirt **\$7.50**.

FACILITIES: Restrooms and showers available.

AWARDS: Trophies and limited merchandise awards in following categories for males and females

Open (5)	40-44 (3)
Under 19 (3)	45-49 (3)
30-34 (3)	50-59 (3)
35-39 (3)	60 + (3)

POST-RACE: Refreshments served following the race. Awards ceremony at 12 noon. COMPLETE RESULTS IN "MAINE RUNNING."

• RACE SPONSOR •

Maine Association of Police

Co-sponsored and directed by THE MAINE TRACK CLUB

Make checks payable to: Maine Association of Police

Mail to (by 8/31/84): CAPE CHALLENGE include S.A.S.E.
c/o Barbara Coughlin
23 High Point Road
Scarborough, ME 04074

In consideration of this entry being accepted, I for myself, my heirs and assigns, hereby waive and release all claims against sponsors or organizers of this event.

Full Name _____ Sex _____ Age on 9/9/84 _____
Please Print

Mailing Address _____

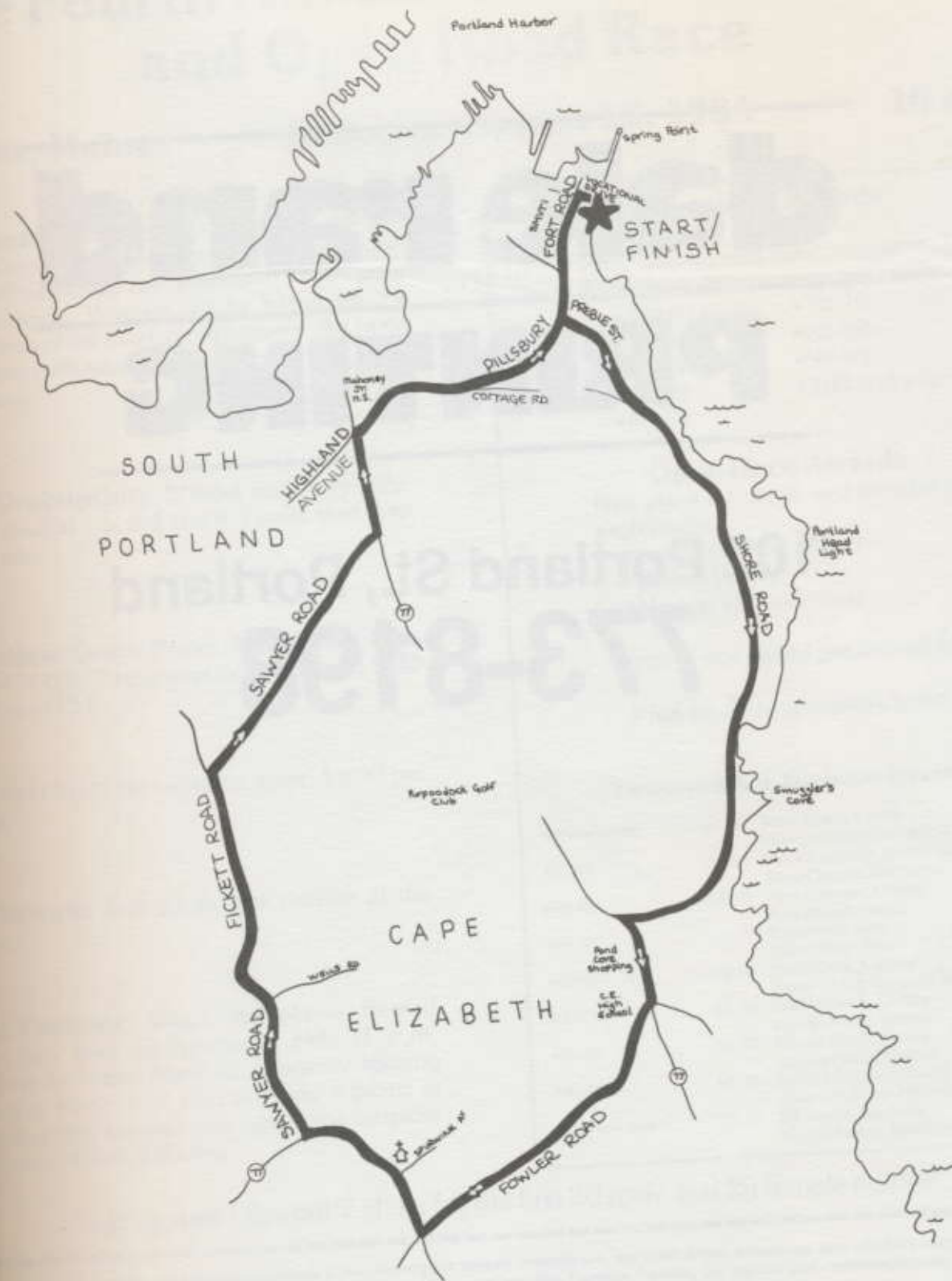
City _____ State _____ Zip _____

Phone # () _____ T-shirt S _____ M _____ L _____

Signature _____
Parent or Guardian if under 18

Previous best 1/2 Marathon time _____

Fee enclosed:
\$5.00 ☐ \$7.50 ☐
(includes T-shirt)
(Must include self-addressed stamped envelope)



The Course: Rolling hills, challenging and scenic, starts and finishes at S.M.V.T.I. gymnasium on Fort Road, South Portland. From Fort Rd. the course continues onto Preble St. left on Shore Rd.; left on Rt. 77; past the Spurwink Church and cemetery; right on Sawyer Rd. (which merges with Fickett and then becomes Sawyer Rd. again); left at the traffic light on Rt. 77/Ocean House Rd. (Patti Ann's Variety Store); right at traffic light at Highland Ave.; right onto Cottage Rd. (by Red's Dairy Freeze); up Meetinghouse Hill; left on Pillsbury; left on Preble again (Willard Square) and back to Fort Rd. to finish in front of the gymnasium.

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The Fourth Annual Castine Twosome and Open Road Race

Castine, Maine

Saturday, August 18, 1984

10 a.m.

Twosome Idea: It's simple. Pick a partner opposite sex, enter as a team, and your aggregates will determine the division in which you will compete. Winners will be based on the best times of the two team members. An open or singles (with separate awards) will take place concurrently.

Race Description: 5 miles and very hilly. Distances of 1.5, 3.4 and 4.1 miles (see map on reverse side).

Registration: Castine Patriot, Main Street, Castine, Maine 04421. (Post entries accepted until 9:30 on August 18.)

Entry Fees: \$6.00 per twosome team; \$3.00 per individual.

Refreshments: Soft drinks and cookies at the race line.

Other Features: Watch the Maine Retired Persons Race from the lighthouse cliffs (1 p.m.). Tour the Maine Maritime Academy training ship *State of Maine*. And plan to enjoy a picnic at Madison after the road race, under the auspices of the Castine Historical Society.

Twosome Awards

First, second and third overall and first in each division (aggregate ages):

- 30 and under
- 31-39
- 40-49
- 50-59
- 60-69
- 70-79
- 80-89
- 90-99
- 100 and over

Open Race Awards

First place for males and females in each division:

- Junior (18 and under)
- Open (19-39)
- Masters (40 and over)

(Limit of one award per individual)

Plus an exciting mystery prize!

Twosome Age Division Records

• 30 and under	63:03	Mark Hatch, Castine	(1982)
		Nancy Sullivan, Marshfield, Mass.	
• 31-39	61:52	Steve Kozlovich, Millinocket	(1981)
		Mary Clapper, Bucksport	
• 40-49	64:28	Alex Hammer, Orono	(1983)
		Ann Blumer, Orono	
• 50-59	65:15	Erich Reed, Alna	(1983)
		Mardi Reed, Alna	
• 60-69	59:18	Mark Hatch, Castine	(1983)
		Barbara Pike, Concord, Mass.	
• 70-79	62:10	Harold Hatch, Castine	(1981)
		Andrea Hatch, Castine	
• 80-89	61:07	Harold Hatch, Castine	(1982)
		Andrea Hatch, Castine	
• 90-99	81:37	Richard Sullivan, Marshfield, Mass.	(1981)
		Joanne Sullivan, Marshfield, Mass.	
• 100 and over	75:57	Bill Sayers, Readfield	(1983)
		Wendy Sayers, Readfield	

Sign up **now!** Special T-shirts for the first 20 male and 20 female entries!

In consideration of this entry being accepted, I (we) hereby for myself (ourselves), my (our) heirs, executors and administrators waive and release any and all rights and claims for damages I (we) may have against the Castine Patriot, its agents and representatives, successors and assigns for any and all injuries suffered by me (us) at the Castine Twosome and Open Road Race.

NAME(S)

AGE(S) ADDRESS(ES)

(M)

(F)

* Signatures:

Division (see above):

Entry fee:

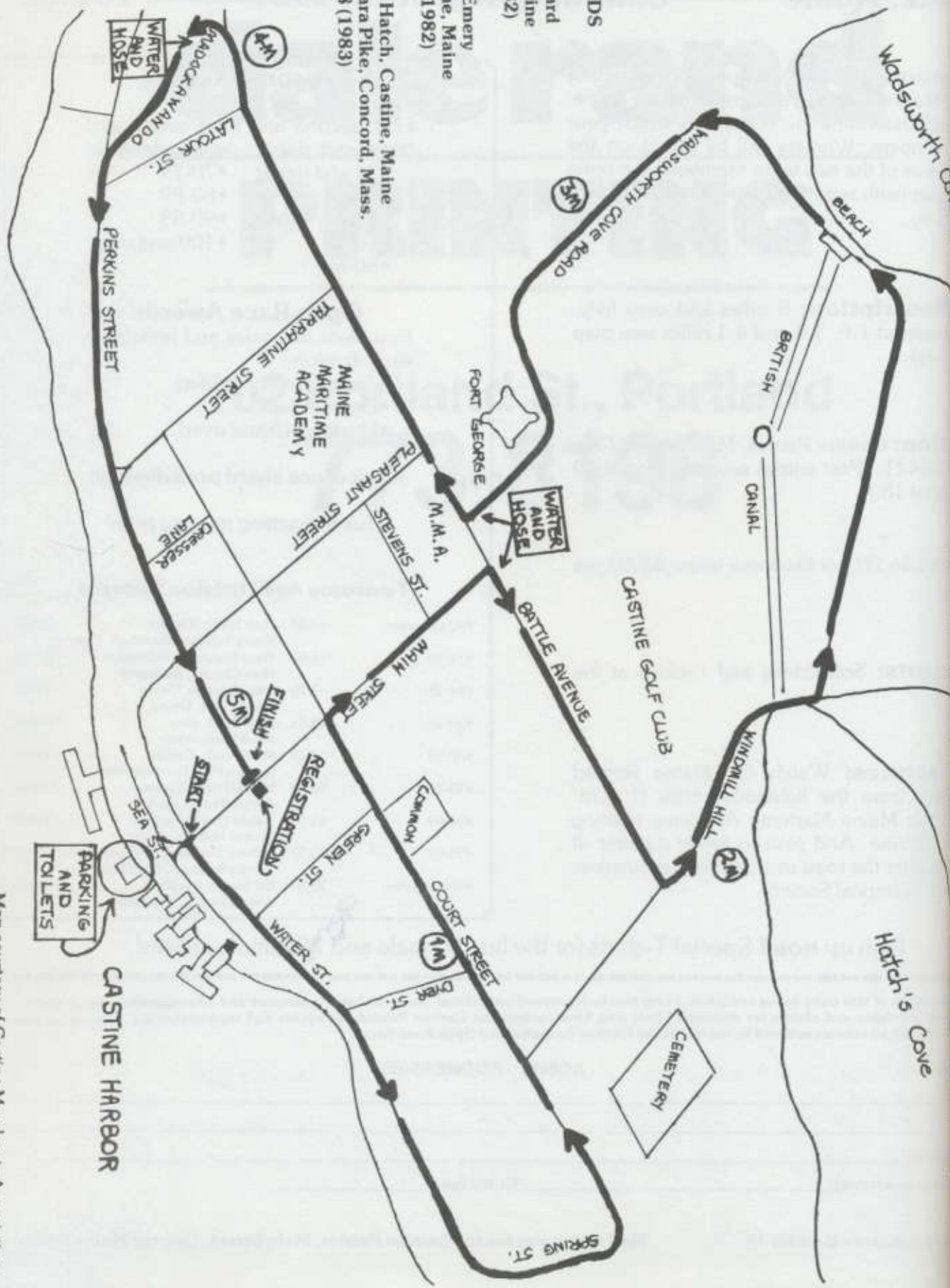
* Parent's signature if under 18

Mail with entry fee to: Castine Patriot, Main Street, Castine Maine 04421

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COURSE RECORDS

- Men: Peter Millard
Orono, Maine
25:48 (1982)
- Women: Robin Emery
Lamoine, Maine
31:36 (1982)
- Twosome: Mark Hatch, Castine, Maine
Barbara Pike, Concord, Mass.
59:18 (1983)



Map courtesy of Castine Merchants Association

BLUEBERRY FESTIVAL RACES

Wilton, Maine

Saturday, August 11, 1984 9:00 a.m.

Sponsored by BACKUS GARAGE, E. WILTON, ME

STRATION by mail or at Kineowatha Park Lodge in Wilton on day of race
8:00-9:00 a.m. TAC course certification in process.

course circles Wilson Lake, 39% hills, the remainder is rolling to
Times will be given at the 5 kilometer mark. Water stops will be at
approximately 4 and 7 1/2 kilometer marks. Roadside signs and pavement
pers will mark each kilometer. Awards and prizes to be presented at
ds ceremony at Kineowatha Park Lodge at 10:30 a.m. sharp!

ONE MILER starts at Kineowatha Park and ends in downtown Wilton. The
rse runs gently down hill most of the way with a gentle uphill at the
sh. Awards for winners, and raffle prizes drawn by entry form will be
sented in downtown Wilton immediately after the race at approximately
0 a.m.

AWARD CATEGORIES

10 K (male and female)

40 and over

30-39

High School grad-29

School boy, girl-all grades

ONE MILER (male and female)

7 and under

8-9

10-11

12-14

1st Wilton resident

EBERRY FESTIVAL T-shirts to first (100) entrants in each race. Trophies
1st FINISHER in each category for both races. Ribbons for all finishers
the ONE MILER. Raffle prizes awarded by drawing entry forms at awards
emony for both ONE MILER, and 10K. Jogging suits to winners in 10K.

HT REFRESHMENTS AFTER THE RACES. Free swimming at Kineowatha Park beach.
stroom facilities at Kineowatha Park and Downtown Wilton.

e complete brochure for WILTON BLUEBERRY FESTIVAL for other activities.
d to Wilton Chamber of Commerce, Box 501, Wilton ME 04294.

please print)

ME:

AGE: _____ SEX: M F

DRESS:

FOR INFORMATION

and MAIL ENTRY

BILL YATES

Box 525

Wilton, ME 04294

645-4623

WN:

Birthdate / /

entry blank as needed for additional entrants.

K Roadrace Fee \$5.00

E MILER (14 and under) \$2.00

SK OF PERSONAL INJURY FROM PARTICIPATION IN ANY OF THE EVENTS IS ASSUMED
THE REGISTRANT.

gnature (parent or guardian of entrants <18)

ce results will be published in the MAINE RUNNING.

Hatch's Cove

SECOND ANNUAL
SKOWHEGAN STATE FAIR



TWILIGHT FIVE MILER

and

ONE MILE FUN RUN



Proceeds to Dollars for Scholars

**Commemorative Duffel Bags to
first 25 Five Miler Registrants**

MILER

August 9, 1984, race starts at 7:00 p.m. sharp!

Registration closes at 6:45 p.m. day of race.

5M starts and finishes on the Skowhegan State Fair trotting track, the wheel measured course winds through the streets of Skowhegan. Certification pending.

Digital timer.

Water stops and refreshment after the race.

Splits every mile.

Commemorative long sleeve T-shirts to first 100 registrants — short sleeve T-shirts to the next 100 registrants.

Awards, three deep in categories for both males and females: 18 and under, 19 to 29, 30 to 39, 40 to 49, 50 to 59, and 60 and over.

Entry fee entitles you to two fair passes and 20% discount for anyone that passes through the gate with you on the day of the race (bring a bus load if you want to). Pre-entry (before August 2) \$5.00, \$6.00 day of fair. (Fair entrance fee discounted).

Escorts and traffic control by Skowhegan Police and Fire Departments.

FUN RUN

★ Starts at 6:30 p.m., registration closes at 6:15 p.m.

★ Two laps around the finest trotting track in Maine — completely enclosed and free of traffic.

★ Refreshments available for all finishers.

★ T-shirts for first 100 registrants.

★ Entry fee \$3.00 entitles bearer to two fair passes and 20% discount for anyone that accompanies the runner.

★ Awards and gift certificates in categories for both males and females.

★ Medals for top finishers.

Race Director:

Bill Stone 474-2403 or 696-3664

FULL NAME _____

AGE ON RACE DAY _____ SEX _____

ADDRESS _____

PHONE _____

BEST PREVIOUS 5 MILE:

--	--	--	--	--

5 MILE ☐

T-SHIRT SIZE:

CHILD

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FUN RUN ☐

ADULT

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XL

Please make checks payable to: Skowhegan State Fair Five Miler
Address: Skowhegan State Fair, P.O. Box 39, Skowhegan, Maine 04976

All registrations must include a stamped, self-addressed envelope.

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

SPONSORED BY:

Skowhegan State Fair Association
Burger King,
and Other Local Area Merchants

Signature _____

Parent or Guardian if participant is under 18

Send applications to:

Summer Sports Clinics
Memorial Gymnasium
University of Maine
Orono, ME 04469

UNIVERSITY OF MAINE AT ORONO

CROSS COUNTRY CLINIC

In conjunction with the summer youth clinics, the University of Maine Athletic Department will sponsor its second annual summer cross country clinic for boys and girls. The clinic will run from August 5 to 10. The program will cover the many facets of running including nutrition, form, race strategy, training programs, and equipment. Each daily session will include at least two runs with one session dedicated to various training methods and techniques. The philosophy of the school will be for youngsters to have fun while gaining background information on cross country and distance training. The final day of the week will be set aside for a fun run as the culmination of the week's activities.

Participants will be housed in modern campus residence halls and will be provided with a bed, two blankets, two sheets, a pillow and pillow case, towels bureau, and desk. Two persons are assigned to each room. Specific roommates may be chosen at check-in during registration.

The fee for the clinic is \$160.00 with a \$50.00 deposit required at the time of application and the remainder payable at registration. The fee for day students is \$95.00.

Registration is from 1:00 to 3:00 p.m. on Sunday, August 5. The sessions will end on Friday, August 10 at approximately 3:00 p.m.

The clinic will be directed by the University of Maine Cross Country Coaches, Jim Ballinger and O. J. Logue. In addition, sessions will be held with experts in the field of nutrition and equipment, as well as successful athletes in distance and cross country running.

Each participant should have at least three changes of running gear (shorts, shirt, socks) and, if possible, two pair of running shoes. A sweat suit and/or wind suit would be advisable.

Registration Form

Name..... Sex _____

Mailing Address _____

City _____ State _____ Zip _____

Phone Number _____ Resident or Day Student _____

Height _____ Weight _____ Age _____ Grade _____

Deposit enclosed _____ (\$50.00)

FRANK SABASTEANSKI MEMORIAL MAINE TAC CHAMPIONSHIPS

MEN and WOMEN

Whittier Field - Bowdoin College - Brunswick, Maine

Sponsored by Brunswick Lodge of Elks #2043

Saturday, August 4, 1984

OFFICIAL ENTRY FORM Page 1 of 2

1. No post entries.
2. TAC Competition Rules are in effect.
3. Must have the membership card at meet for presentation to officials.
4. Club affiliation must be stated on Entry Form, for N.B. point scoring.
5. The event is broken into two Divisions. Division A; The 10k Road Race (entry fee \$7.00). Division B, the Track Meet (entry fee \$3.00). For an individual to enter both divisions, he/she would have to pay the entry fee of both divisions.
6. If an athlete is a member of a track and field club and a member of a long distance running club, that athlete may compete for both clubs. The track club in Division B and the long distance club in Division A.
7. A competitor may not compete in an event unless checked on entry form. May cancel from event without penalty.
8. Wearing of numbers in the 1500 and below on back, above 1500 on front. Field events, except for H.J. and P.V. on back.
9. Field event implements will be inspected prior to meet. After meet starts, no inspections will be conducted.
10. Club relay team members must wear same color club shirts.
11. Athletes not TAC club members, must wear plain shirts.
12. Division A is scored separately from Division B.
13. Road race (10k)
 - a) Starts and finishes on the track.
 - b) Individual awards for first 6 places.
 - c) Team awards - maximum of 8 on team - scoring first 5.
 - d) Team scoring for championship is lowest aggregate time.
14. Time schedule for running events will not be held up due to other competition. It is the athletes' responsibility to sign in.
15. Track is all-weather tartan, needle spikes or flats only.
16. Competitors are expected to supply their own implements.
17. Without TAC registration number on application, application may be rejected.
18. In the event that there are not three (3) people in an event, that event will be cancelled.

Mail to: B.P.O.E. 2043 ATT: TAC, Park Row, Brunswick, Maine 04011

In consideration of your accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive any and all rights, claims, or damages I may have against Bowdoin College, the Maine Association of the Athletic Congress, the Brunswick Lodge of Elks #2043, their representatives, successors and assigns for any and all injuries suffered by me at said meet. (If applicant is under the age of 18, this waiver must also be signed by his parent or



SIXTH ANNUAL BLUE HILL DAYS 10 KILOMETER ROAD RACE

HOSTED BY
NORTHERN BAY ATHLETIC CLUB

Date : Sunday, July 29, 1984
Registration : By mail or by 8:30 am on race day
Starting Time : 9:00 a.m. at Blue Hill Town Park
and Location : \$5.00 per person, includes T-shirt.
Entry fee : \$3.00 without T-shirt.

COURSE : Out and back on the gently rolling Parker Point Road. A couple of hills but nothing serious.

AWARDS : First place overall and in Masters Division (over age 40), male and female, will receive two lobster dinners on the shore. If you intend to win, bring a friend.
Other categories will be: second and third place overall and Masters, and the first Blue Hill finisher, male and female; and oldest, youngest and meanest. Winners in these categories will receive one dinner each. Complete results to be printed in **Maine Running**.

Bring your family and make a day of it. Soon after the awards are announced, clams begin cooking and musicians begin warming up for the Blue Hill Folk Festival. Enjoy a free, full afternoon folk concert on the lawn at the town park by some of Maine's favorite professional and amateur musicians. Restore your energy and vital bodily functions by pigging out at the Chamber's annual clambake. Enjoy genuine early American rest room facilities. Cool off with a refreshing dip at the town park beach. It's the nicest day of the summer.

OFFICIAL ENTRY FORM BLUE HILL DAYS 10 KILOMETER ROAD RACE

I certify that I have trained adequately and that I am in good physical condition. I know of no reason why I should not compete in the Blue Hill Days 10-K race, finishing safely and in good humor. In consideration of your acceptance of this entry, I do hereby release from all liability and indemnify and hold harmless the Blue Hill Chamber of Commerce, its directors, the Town of Blue Hill, Northern Bay Athletic Club, and all others helping with this race.

Signature _____

Name (print) _____ Age on Race Day _____

Address _____

Signature of Parent or
Guardian if under 18 _____

T-Shirt Size _____

Please note: Only one prize will be awarded per person. Detach this form and please mail with entry fee to:

Northern Bay Athletic Club

ME 04614

For further information call:
326-9097 evenings

The Commanding Officer of the
Naval Air Station, Brunswick, Me.
invites all runners (military & civilian)

to participate in the

**1ST ANNUAL
NASB/MILLER Lite
PERIMETER ROAD RACE
SUNDAY,
JULY 29, 1984**



All entrants must pre-register. There will be no registrations accepted on the day of the race. All entries must be received no later than Friday, 20 July 1984.

The entry fee is \$2.00 (This is not a misprint!)

Upon receipt of the entry form and fee, an official race number will be mailed out to facilitate access to the Base.

The course is 8 miles long and is 99% flat.

Trophies will be awarded to the top four runners in the following age divisions:

Male & Female - Under 16, 16-25, 26-35, 36-45, 46-55, 56 & older

And to the top 3 runners overall, male and female.

All runners will receive a participation cap and free Miller-Lite Beer provided by Miller Brewery after the race.

Splits will be announced and water will be available at the 2, 4 and 6 mile marks.

The race will start at exactly 8:30 AM, Sunday, 29 July in front of the Station Theater on Neptune Drive and will finish at the same place.

Parking, locker, toilet and shower facilities will be available at the Base Gym, Bldg. #25, located just a quarter mile from the start/finish line.

Medical facilities will be available close by, if needed.

An Awards Ceremony will immediately follow the race!



MORALE, WELFARE & RECREATION

NAVAL AIR STATION

BRUNSWICK, MAINE

Complete results will be published in "Maine Running Magazine"

4TH ANNUAL

GREAT CRATE RACE

FOOT RACE

3.5 MILES - KEAG RIVER TO SPRUCE HEAD ISLAND

SATURDAY

JULY 28TH

8:00 A.M.

AWARDS TO
1ST MALE + FEMALE

19 and under

20 - 29

30 - 39

40 - 49

50 and over



REGISTRATION -

BY MAIL OR 7:00 A.M. RACE DAY

KEAG STORE PARKING LOT

RT. 73 SOUTH THOMASTON

ENTRY FEE -

\$4.00 PRE-REGISTRATION

\$5.00 RACE DAY

WHEEL MEASURED

PROCEEDS TO CHARITY

FREE T-SHIRTS TO
FIRST 50 ENTRANTS

Return entry form with fee to director -

Susan Tripp Box 660 South Thomaston, Me. 04858

COMPLETE RESULTS IN MAINE RUNNING

y 29, 1984

REGISTRATION FORM

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

NAME _____ AGE _____ SEX _____

ADDRESS _____ T-SHIRT SIZE S M L XL

SIGNATURE _____ PARENT OR GUARDIAN _____

IF UNDER 18

part by





7TH ANNUAL HANCOCK LOBSTER CLASSIC ROAD RACE

*** OFFICIAL ENTRY BLANK ***

HANCOCK LOBSTER CLASSIC Road Race (Wheel Measured 10.2 Miles)

KIDS RACE (Wheel Measured 2.5 K)

Place: Hancock Town Hall, Hancock, Maine. Starts and finishes at the Hancock Town Hall, nine miles east of the Ellsworth Triangle.

Date: Saturday, July 28

Time: 8:45 a.m. Kids Race
9:30 a.m. Classic

Name
Address
City State Zip
Phone Age Sex
Divisions: (Age)

13 & Under High School (18 & Under) 19-39
40-49 50 & Over

T-Shirt Size: (circle) XS S M L XL

Entry Fee Classic: \$5.00
Kids: \$3.00

Course Record: Male: Gerry Clapper - 0:54:58 - 1983
Female: Robin Emery - 1:07:30.1 - 1981

In consideration of this entry being accepted I, for myself, my heirs, executors, administrators waive and release any and all rights and claims for personal damages I may have against officials and race sponsors. I attest and verify that I have full knowledge of the risks in this event and I am physically fit to participate in this event. I hereby release the Town of Hancock and all others assisting with the Hancock Lobster Classic Road Race from any liability for any injury or accident occurring as a result of my participation in this race.

Signature _____ Date _____

Under 18, parent or guardian signature _____ Date _____

Check here for Kid's Race ☐

Race Information

Start Time: 8:45 a.m. Kids Race, 9:30 a.m. Classic

Registration: 8:00-9:15 Hancock Town Hall, or by mail by July 24th. All runners should report to the start to avoid any delay in starting.

Map: See map on reverse. Time given at the 1 mile halfway (5.1 miles) marks. Aid stations 3 & 7 miles.

Restrooms: Restrooms only; in Town Hall.

Ceremony: Will take place in front of Town Hall opposite finish line. Refreshments will be served.

Awards: Lobsters will be awarded to the 1st, 2nd, and 3rd place finishers in each category. THE 1ST 100 FINISHERS WILL RECEIVE A LOBSTER CLASSIC T-SHIRT. 1st 50 in Kids' Race will also get a shirt.

And Other Festivities

Bean Supper
Horse Shoe Pitching Contest
Band Concert
Drill Team
Tennis Match
Square Dance
Antique Car Show

MAIL ENTRY AND FEE:

Make check payable to **Lobster Classic Road Race**, and mail to:
Steve Coffin * Hancock Point Road * Hancock, Maine 04640 * 207/422-6888
Complete results will be published in *Maine Running*

MOLLYCKETT DAY CLASSIC

Bethel, Maine

* SPONSORS * Bethel Outing Club - The Bethel Hall
- Bonnama Potters - Prim's Rexall Pharmacy -
Groan & McGurn.

* COURSES * Wheel measured - All start and finish
at the Bethel Common - Splits and water sta-
tions - Refreshments.

One Mile / 14 years and under - Single gentle
loop on village streets.

5 Km / Open - Figure eight circuit with chal-
lenging rolling terrain on village streets.

10 Km / Open - Twice around 5 Km circuit.



* DATE * July 21, 1984

* TIME * 8:30 a.m. 1 Mile
8:50 a.m. 5 Km
9:00 a.m. 10 Km

* LOCATION * Bethel Common

* DIVISIONS *	1 Mile -- Boys/Girls	5 Km & 10 Km -- Men/Women
	6,7,8,	15 -- 19
	9,10,11	20 -- 29
	12,13,14	30 -- 39
		40 -- 49
		50 -- and over

* ACCOMODATIONS * Toilets - Limited showers and changing facilities.

* PRE-REGISTRATION * \$3.00/Mile \$5.00/5Km & 10Km Received by July 15.

* POST-REGISTRATION * \$3.00/Mile \$6.00/5Km & 10Km 7:45a.m. -- 8:15a.m.

* AWARDS * PRIZES * T-shirts to the first 75 registrants. Ribbons will be
awarded to each finisher. Commemorative decorative pottery tiles to the
first three men and women overall in 5 Km and 10 Km.

** Complete Results Will Be Published In Maine Running Magazine **

MOLLYCKETT DAY CLASSIC

In consideration of acceptance of this entry, I hereby, for myself, my
heirs, my executors and administrators waive and release any and all
claims for damages against the sponsors and directors of this race as
well as their assigns and representatives for injuries and illnesses
which directly or indirectly result from my participation in this race.
I hereby certify that I am physically fit and have sufficiently trained
for this event.

NAME _____ MALE _____ FEMALE _____ AGE _____

ADDRESS _____

1 Mile _____ 5 Km _____ 10 Km _____

SIGNATURE _____ T-shirt size Adult S M L XL
Child S M L

PARENT SIGNATURE if under 18 _____

Mail this form plus entry fee to Bethel Outing Club before July 15:

5 mi.

5.1 (Halfway) Time



NORTHERN BAY

ATHLETIC CLUB



"WOODS RUN"

3-MILER

(Entirely Off-Road, Cross-Country Foot Race)

- ___ SATURDAY, JULY 21, 1984, RACE STARTS @ 10:30 A.M.
- ___ FACILITIES AT GEORGE STEVENS ACADEMY
- ___ START AND FINISH: OUTER UNION ST. FIELD, BLUE HILL
- ___ 3 AWARDS IN THE FOLLOWING AGE CATEGORIES FOR BOTH MALE AND FEMALE:
10-14, 15-19, 20-29, 30-39, AND OVER 40, 50 AND OLDER WALK.*
- ___ T-SHIRTS FOR THE FIRST 30 REGISTRANTS.
- ___ REGISTRATION \$5.00/PERSON, AT THE FIELD.
- ___ PRE-REGISTER BY MAIL: NORTHERN BAY A.C.
BOX 344
BLUE HILL, ME 04614

OR CALL 326-9097

****SPECIAL EVENT: "SENIOR CITIZEN" WALK RACE STARTS AT 9:00 A.M. SHARP**

FULL NAME _____
AGE _____ SEX _____
ADDRESS _____
CITY _____ STATE _____
T-SHIRT SIZE S ___ M ___ L ___ XL ___ CHILDREN'S SIZE: _____
SIGNATURE _____

In consideration of your accepting this entry I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims or damages I may have against any sponsor, their representatives, successors and assigns for any and all injuries suffered by me at said race.

Signature: _____

Parent's Signature (participants under age 18): _____

Return with payment to: NBAC, Box 344, Blue Hill, Maine 04614

1984 OLD HALLOWELL DAYS

10,000 Meter Race

Sponsored by

THE STARTING BLOCK RUNNING SHOP

Complete results will
be published in Maine
Running Magazine.

DATE/TIME: July 21, 1984 at 9:00 a.m.

LACE/COURSE: Through the countryside and the streets of Old Hallowell on the Kennebec. The race will start at the Stevens School at the top of Winthrop Street and move west across the turnpike, turning south through rolling countryside to Litchfield Road, then back to the city, traversing the hill of the city north on Middle Street, south on Second Street, finishing on Water Street in front of The Starting Block. The course will be wheel measured. Water stations will be placed at 2 and 4 miles, and splits will be called at 1 and 3 miles.

REGISTRATION: Registrations may be mailed to The Starting Block at 117 Water Street, Hallowell, Maine 04347. Registration on the day of the race will be at The Starting Block between 7:45 and 8:30. The first fifty registrants will receive a t-shirt commemorating the day and the race.

ENTRY FEES: Pre-entry fee will be \$5.00. On the day of the race it will be \$5.50. Checks may be made out to The Starting Block - Race. Proceeds will be donated to the Chemical Free Graduation Party Fund for Hall-Dale High School Class of 1986. Class members will man the course and participate in the administration of the race.

AWARDS: Trophies will be awarded to the top two male and the top two female finishers. Merchandise prizes will be awarded to the top two finishers in each of the following age groups:

18 years and under, 19 to 29 years, 30 to 39 years,
40 to 49 years, 50 to 59 years, 60 years and over.

REFRESHMENTS: Fresh bread, honey, fruit, fruit juice, coffee and tea will be available for all runners after the race at the City Mini-Park on Water Street, where awards will be presented at 10:30 a.m.

MEDICAL: Medical attendants will be on duty on the course and at the finish line.

TELEPHONE: 207/622-6225

ENTRY FORM

In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against sponsors and officials or any and all injuries suffered by me in the 1984 Old Hallowell Days 10,000 meter race.

Name: _____ T-shirt size: S M L XL

Address: _____

Telephone: _____ Age: _____ Sex: _____

Signature: _____
(Parents or guardians must also sign for those under 18 years.)

The Starting Block



*Running & Aerobic Wear
The Runners' Emporium*

117 Water Street
Hallowell, Maine 04347
(207) 622-6225

Thornton McGlamery

*Unusual Handcrafted Gifts By
New England's Finest Craftsmen*

EARTHLY DELIGHTS



81 Water Street Hallowell, Maine 04347 (207) 622-9801

GRANITE

Wine & Cheese Co.

Ginny Crabtree
Clayton Crabtree

100 Water Street
Hallowell Maine 04347
Tel. 623-9137



The Marvelous Merry-Go-Round

Cards—Candles—Crafts

188 Water Street
Hallowell, Maine 04347
(807) 682-4387

Thornton McGlamery

Hallowell Printing

145 WATER STREET HALLOWELL, MAINE 04347

DONALD H. HASTINGS
PRESIDENT

623-1161
AREA CODE 207



Dragon Fly Studio

STAINED GLASS WINDOWS & LAMPS
SANDBLASTING & COMMISSIONS
CUSTOM BEVELED GLASS
CLASSES & SUPPLIES

106 WATER ST., HALLOWELL, MAINE

622-1865



132 Water Street ★ Hallowell, Maine 04347
Tel. (207) 622-9727

Judy Powell ★ Katy Perry

Folk Art & Crafts

kitchen wares • cards • gifts

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Carolyn Nolin

142 Water Street • Hallowell, Maine • (207) 623-2704



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The Beachcomber—Muscular Dystrophy Classic

a spectacular 4 mile run thru the streets of
OLD ORCHARD BEACH

DATE: Sunday, August 12, 1984

TIME: Registration at 9:00/Race starts at 10:00

WHERE: THE BEACHCOMBER located next to "Liquid Lightening," the new Waterslide at Palace Playland, Old Orchard Beach.

PROCEEDS: Net proceeds to be donated to Muscular Dystrophy.

COST: \$3.50 pre-registration; \$4.50 the day of the race.

AWARDS: Trophies will be awarded to the top three male and female runners in each of the following five age categories: 19 and under; 20 to 29; 30 to 39; 40 to 49; 50 and over.

PRIZES: Pre-registrants will receive a free t-shirt and will be eligible to win a 35 mm camera compliments of Palace Camera, Old Orchard Beach.

All runners will receive a ticket good for a free ride at Palace Playland and will be eligible for other exciting door prizes.

RUNNERS' PARTY Following the race there will be an awards ceremony and dance party at the Beachcomber featuring a live dj, and reduced prices on traditional refreshments and pizza. Drawings to be held all afternoon. Friends and relatives cordially invited.

ATTRAC-TIONS Bring the entire family and take advantage of the fun excitement of Palace Playland, Maine's most thrilling amusement park. Play volleyball. Or simply relax on the beautiful sands of Old Orchard Beach.



REGISTRATION FORM



NAME: _____ PHONE: _____

ADDRESS: _____ ZIP: _____

AGE: _____ SEX: _____ T-SHIRT SIZE: S M L XL

PLEASE CHECK ONE:

_____ I plan to participate in both the America's Love Run (see below) to help raise money for MDA as well as the Beachcomber—MDA Classic.

_____ I plan to run in only the Beachcomber—MDA classic on August 12.

PLEASE MAKE CHECKS PAYABLE TO: THE BEACHCOMBER CLASSIC
SEND TO: Dick Roberge, 110 Union Ave., Old Orchard Beach, ME 04064

For more information, call 934-7676. Ask for Barry or Bobby.

DATE: Sunday, August 12, 1984

TIME: Registration at 9:00/Race starts at 10:00

WHERE: THE BEACHCOMBER located next to "Liquid Lightening," the new Waterslide at Palace Playland, Old Orchard Beach.

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ATTRACTIONS Bring the entire family and take advantage of the fun excitement of Palace Playland, Maine's most thrilling amusement park. Play volleyball. Or simply relax on the beautiful sands of Old Orchard Beach.



Tear along dotted line

REGISTRATION FORM



NAME: _____ PHONE: _____

ADDRESS: _____ ZIP: _____

AGE: _____ SEX: _____ T-SHIRT SIZE: S M L XL

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PLEASE MAKE CHECKS PAYABLE TO: THE BEACHCOMBER CLASSIC
SEND TO: Dick Roberge, 110 Union Ave., Old Orchard Beach, ME 04064
For more information, call 934-7676. Ask for Barry or Bobby.

While training for the Beachcomber—MDA Classic, why not participate in

AMERICA'S LOVE RUN

How: Simply check off the box below. When you receive your "Love Run" packet from MDA, get your friends and relatives to pledge for each "training" mile you run during the month of July in anticipation of the Beachcomber—MDA Classic.

Prizes: Prizes will be awarded for whomever raises the most money.

1st prize: Home Computer **2nd prize:** Portable Stereo

_____ Sure, I'd love to help raise money for MDA. Please send me a America's Love Run registration packet.

In consideration of the Beachcomber, Budweiser and the Muscular Dystrophy Association permitting me to participate in the event, I hereby for myself, my heirs, administrators and assigns, waive and release any and all rights and claims of any nature I may have against MDA and any organizations connected with this event, their representatives, successors and assigns for any and all injuries or damages of any nature which I may suffer while taking part in any activities connected with the event.

Signature _____

STRIKER STTM



TIGER

A Company Committed
to Excellence



ATHLETIC ATTIC

Also a company committed
to excellence

OUR STAFF REFLECTS OUR QUEST FOR EXCELLENCE:

- AUBURN:** Paul Hammond, mgr., 2:21 marathon, 29:36 10K, 4:08 mile
Jamie Goodberlet, 4:07 mile
Kelly Bennett, 3:10 marathon (1st try!!)
- BANGOR:** Skip Howard, mgr., triathlete & marathoner
Therese Pratt, ass't mgr., aerobics/fitness specialist
Mark Stillings, 1:56 half miler
- PORTLAND:** Doug Ingersoll, mgr., 51:15 10 mile, 30:37 10 KM, 4:07 mile
Linda Best, road racer
Jim Logen, cyclist, has toured the world on his bike

WE'RE PROUD OF OUR STAFF AND WE'RE PROUD OF THE
PRODUCTS WE CARRY - WE'RE GOOD AND WE WANT YOU TO
HAVE THE BEST!

BANGOR MALL
Skip Howard
(207) 947-6880

METHUEN MALL
Kevin Retelle
(617) 683-5069



AUBURN MALL
Paul Hammond
(207) 786-2507

BACK BAY PORTLAND
Doug Ingersoll
(207) 775-6244