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Maine Running & Outing Magazine



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VOL. 6 NO.7 JULY 1985



P. O. Box 259

East Holden, Maine 04429

Tel. (207) 843-6262

For years now Tanya has been asking, "When are you going to put O.J. on the cover?" I hate to admit it but one of the great drawbacks has been the fact that I just didn't have a good picture of him. Well, now Joey is off to Colorado to train for the World Games for the Deaf which will take place this month in sunny Southern California, so I was determined to get a good shot of him for the cover.

When I read that he would be running a ten mile leg for the Rowdies in their cross-state romp for Pine Tree Camp, I called him and arranged to meet in Orono as he flew through. Well, I got a lousy picture but an incredibly fast five mile workout for my effort.

Finally a great opportunity presented itself. O.J. signed up to run in the Papa Gambino's 5K/U.S.A. for Africa run and I arranged with Joe Gambino and race director, Gary Stover to have a professional photographer present loaded with rolls and rolls of black and white film.

The morning of the race Gary introduced me to Todd Sekera, a 16 year old Sophomore at John Bapst High School. This was my "professional" photographer. Pointing to Joey I said, "See that guy? Get right up in his face and get as many shots as you can!"

So, here you go, Tanya. Joey Logue on the cover. I just hope he runs his Deaf Olympic Marathon on July 14 as well as Todd Sekera takes pictures.

Bob

JULY AND AUGUST CALENDAR 2-6

Look for the many fully certified races in July and August.

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Todd Sekera, Eddington

July

- 4 FIFTH ANNUAL STONINGTON SIX 10K ROAD RACE & 1 1/2 MILE FUN RUN. 8 a.m. from Stonington Elementary School. \$5 10K/\$3 Fun Run with T-shirt to all finishers & prizes in 8 categories. Call Dick Powell 667-3507 or Penobscot Bay Press 367-2200 for additional information. 13
- 4 SEVENTH ANNUAL FOUR ON THE 4TH. 10 a.m. from York High School. Maine's only fully certified 4 miler! See flyer in May issue or contact York Rec Dept., PO Box 9, York, ME 03909. A must for single age group winners! 13
- 4 NINTH ANNUAL BRIDGTON 4 ON THE FOURTH ROAD RACE. 9 a.m. from the Bridgton Jr. High. One of Maine's oldest and largest road races. See flyer in June issue or contact Jay & Lorraine Spenciner, RFD 2, Box 2, Bridgton, ME 04009. 14-21
- 4 THOMASTON 4TH OF JULY 10K ROAD RACE. 8:30 a.m. from behind the Thomaston stores. \$4 pre with T-shirts to all who pre-register by June 29th. \$5 post. Contact: Pam Cuthbertson 354-6761. 14
- 4 L.L. BEAN 10K & 2 MILE FUN RUN! 4TH OF JULY ROAD RACES. 7:30 a.m. for 10K & 8:45 for fun run. See flyer in June issue or contact: Brian Brewer, Sr. 865-4761, Ext 2095 19
- 4 BATH HERITAGE DAYS ROAD RACE. Fun run at 8:30 a.m. followed by 5 Miler. See flyer in June issue or contact Bath Rec Dept., 4 Sheridan Road, Bath, ME 04530.
- 4 MACHIAS ROTARY CLUB 4 ON THE 4TH. 9 a.m. Contact Tom McKinney 255-6555. *20*
- *4* GREATER BANGOR FOURTH OF JULY 3K. *Cancelled*
- 6 SEVENTH ANNUAL JAMES BAILEY/GARDINER COMMON 5 MILE ROAD RACE. Fully certified 5 miler! 8 a.m. from Gardiner Common. See flyer in June issue or contact Russell Martin, 31 Cedar St., Augusta, ME 04330 622-1258. Get your Maine Runner of the Year points here! 20
- 6 CELEBRATE GORHAM 85. 3 mile adult course/1.5 mile 12 and under course starts at 8:30 a.m. See flyer in June issue or contact Gorham Arts Council, PO Box 126, Gorham, ME 04038. 20
- 6 FUNLAND 5K. 10 a.m. from Funland Park in Caribou. Mike Bosse, Race Director (Aroostook Mustards) 20
- 6 EIGHTH ANNUAL SOUTHWEST HARBOR DAYS 10K ROAD RACE. 9 a.m. from Harbor House. Contact: Harbor House, Southwest Harbor, ME 04679. 20
- 6 THIRD ANNUAL OXFORD HILLS AREA Y TRIATHLON FOR INDIVIDUALS & TEAMS. 10 a.m. at Norway Lake Park Beach. 3/4 mile swim, 5 mile run, 17 mile bike. \$10 tri-athletes/\$25 team. See flyer in June issue or contact Oxford Hills Area Y.M.C.A., PO Box 208, Norway, ME 04268. 20
- 7 FIFTH ANNUAL SOUTHWEST HARBOR DAYS EVERYBODY'S TRIATHLON. 2 p.m. from Harbor House. Biker, rower (row boat only), runner. Either three person team or Endurance category. See Harbor House address at 6 July. 21-26
- 7 PORTLAND ROTARY TRIATHLON (Bike, Run, Canoe) Back Bay, Portland. Contact: Charlie Scribner (MTC) 26
- 7 THE THIRD ANNUAL SHIPBUILDERS TRIATHLON. 10 a.m. from the city waterfront park in Bath. Swim 2K, Bike 40K, Run 10K. See flyer in June issue or contact: Shipbuilders Triathlon, c/o Bath Area C/C, 45 Front St., Bath, ME 04530. 27
- 7-12 SEVENTH ANNUAL MAINE RUNNING CAMP FOR JUNIOR HIGH AGED RUNNERS. Registration between 3 and 4 on the 7th of July. Andy Palmer is back with Virginia Connors, Anne Norton and many more area running authorities. See flyer in May issue or write to Maine Running Camp, PO Box 259, E. Holden, ME 04429. Room for ten more campers as of 20 June. Call 843-6262 for late entries.

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- 13 GUILFORD DAY RACE. 8 a.m. from Piscataquis Community High School. 5.6 miler for \$2.50. Contact Andre Limoges 876-4155
- 13 SCRIVELSBY 4 MILE CROSS-COUNTRY CRITERION. 10:30 a.m. from Scrivelsby Estate, Peters Point, Blue Hill. See flyer. *Special event: Walk race starts at 9 a.m. sharp
- 13 SEVENTH ANNUAL ROTARY 10,000 METRE ROAD RACE. 8:30 a.m. from Great Salt Bay School in Damariscotta. See flyer.
- 14-21 1985 ST. JOE'S RUNNING CAMP. For boys 8 to 18. At St. Joseph's College, North Windham. See flyer in May issue or contact: St. Joe's KC, PO Box 10032, Portland, ME 04101
- 14 PORTLAND'S PERFECT 10K & FUN RUN. 8 a.m. start from the Athletic Attic for 10K; 2 miler at 9:30 See flyer.
- 19 PA'S PROMENADE PRANCE. A 3-MILE ROADRACE/POST-RACE EXTRAVAGANZA. 7 p.m. on the Eastern Promenade, Portland. Limited to first 300. \$4 with T-shirt if received before July 13. Mail entry to Pa's Restaurant, 104 Washington Ave., Portland, ME 04101. *Oodles of pizza for all runners after race. Free beer to any runner in his/her age group who beats Kim Moody, Ken Flanders, Barb Coughlin, or Lawson Noyes. Race direction by the Maine Rowdies (Rowdy membership scouts will be present in and after the race).
- *20* PAUL BUNYAN MARATHON. *Cancelled*
- 20 FIFTH ANNUAL GREAT CRATE RACE ROAD RACE. 8 a.m. in So. Thomaston 5.5 miles. See flyer
- 20 PAT'S PIZZA 5 MILE RUN. 8 a.m. from the restaurant in Yarmouth. See flyer
- 20 BELGRADE LAKES COUNTRY FAIR 10K RUN. 9 a.m. from Belgrade Lakes Rec Center. See flyer
- 20 POTATO BLOSSOM. 9 a.m. 5 miler from Jenkins School in Fort Fairfield. Carol & John McElwee, Race Directors (Aroostook Mustards)
- 20 OLD HALLOWELL DAY. 8 a.m. from City Hall. Nice family oriented 5 miler. See flyer.
- 20 MOLLYCOKETT DAY CLASSIC. One mile 14 and under; 5K Open and 10K Open from the Bethel Common starting at 8:30. See flyer
- 20 EIGHTH ANNUAL BELFAST BAY 10K. 9:30 a.m. from the East Side School on Swanlake Ave. See flyer
- 21-26 SEVENTH ANNUAL MAINE RUNNING CAMP FOR HIGH SCHOOL AGED RUNNERS. Registration between 3 and 4 on the 21st of July. Andy, Virginia and Tom will be on hand at Bowdoin to aid high school individuals and teams realize their cross country, road racing and track goals. Maine's oldest and finest running camp! Contact: Maine Running Camp, PO Box 259, E. Holden, ME 04429 or see flyer in May issue. Still room for 11 more as of the 20th of June. Call late entries 843-6262.
- 26 FOURTH ANNUAL MOONLIGHT MADNESS 3 MILER. Farmington at 7 p.m. No pre-reg. \$4 with T's for first 100. Contact: Mark Simpson 778-6096.
- 27 EIGHTH ANNUAL HANCOCK LOBSTER CLASSIC ROAD RACE. 10.2 mile with 2.5K Kid's Race. 8:45 from Hancock Town Hall. See flyer

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For more information write:

Ruthie Rohde, Director

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- 27 KNIGHTS OF COLUMBUS 10K. 10 a.m. from the Town Hall in Woodstock, N.B. Joe McGuire, Director. (Aroostook Musterds)
- 27 MUSTERD MILE. 5 p.m. from Caribou H.S. Contact: Conrad Walton (Aroostook Musterds)
- 27 OPERA HOUSE RENOVATION 10K. 9 a.m. from Waterville Opera House, Main St., Waterville. \$3 entry Contact Ken Vloddek (872-2118) or Jerry Saint Amand (873-6753) Central Maine Striders
- 27 NORTHERN BAY ATHLETIC CLUB "WOODS RUN" 3-MILER. (Entirely off-road, cross-country foot race) 10:30 a.m. from Outer Union St. Field, Blue Hill. See flyer
- 28 KEY BANK/MAINE EVENT TRIATHLON 1985. One of Maine's finest triathlons! 10 a.m. runners start on Pond Rd., across from Gardiner Junior High School. Maine's newest fully certified 10K! If you can't bike or row, join a team. Valuable points toward Runner of the Year honors! See flyer in June issue or contact Maine Event, c/o Maine Road Ramblers, PO Box 264, Augusta, ME 04330 Maine Road Ramblers and Penobscot Wheelmen.
- 28-Aug 2 1985 UMO SUMMER YOUTH SPORTS CLINIC - CROSS COUNTRY. Girls and boys grades 7 thru 12. Jim Ballinger, camp director. Contact: Summer Sports Clinic, Memorial Gymnasium, University of Maine at Orono, ME 04469-0143
- 28-Aug 2 COLBY COLLEGE CROSS COUNTRY CAMP 1985. Junior High aged youngsters. Contact: Jim Wescott, Department of Athletics, Colby College, Waterville, ME 04901
- 28 THE JAY REC 5K CROSS COUNTRY RACE AND 1 MILE FUN RUN. 6 p.m. from Jay High School. \$2 5K/Free Fun Run. Ribbons to all finishers. Trophies to top 3 overall M&F, 40 & over and 17 and under. Race Director: Jackie Pelletier

August

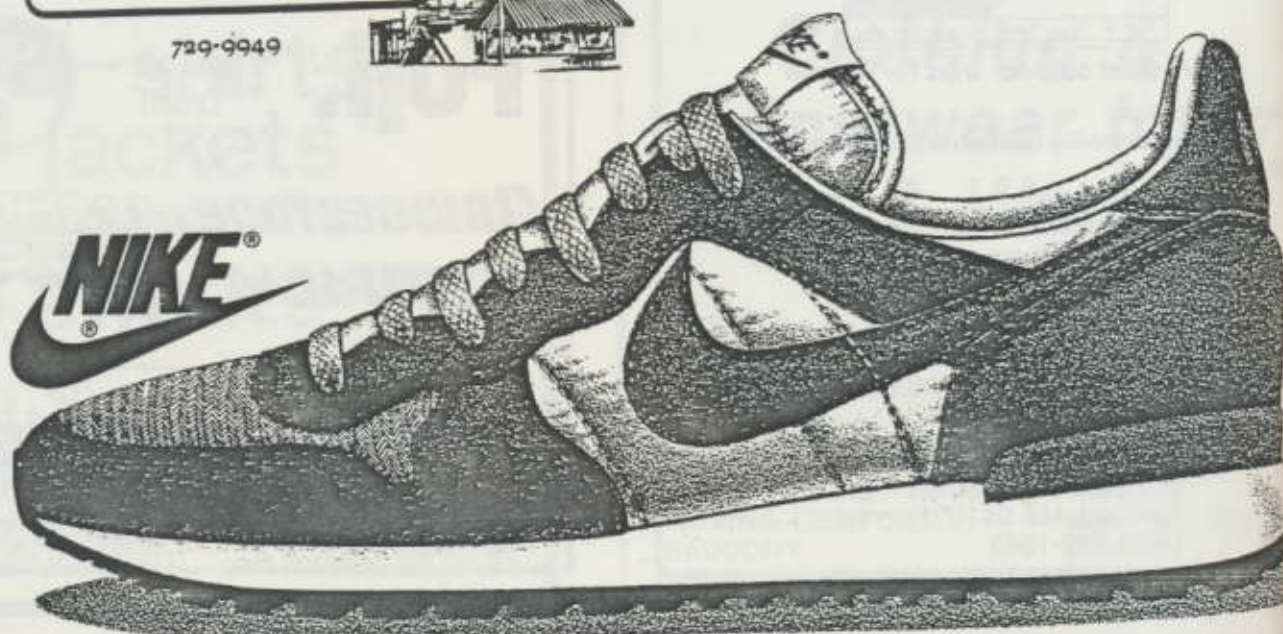
- 3 AROUND THE WORLD 10K. 10 a.m. from Van Buren H.S. Contact: John Pluto (Aroostook Musterds)
- 3 EIGHTH ANNUAL MONSON ROAD RACE. 8 a.m. for difficult 8.5 miler from the Monson Firehouse. Moosehead rocker for first place. Contact John Viscader, RFD 2, Box 155A, Guilford, ME 04443
- 3 FRANK SABASTEANSKI MEMORIAL MAINE T.A.C. CHAMPIONSHIPS OF TRACK AND FIELD. 10K road race \$5; \$3 for track meet. See flyer
- 4 MAINE LOBSTER FESTIVAL 10K. 8:30 a.m. for fully certified 10K and 7:30 for 1 mile kid's fun run. Another stop on your quest for single age supremacy or the Maine Runner of the Year award. See flyer. (Pen Bay Pacers)
- 4 BLUE HILL DAY ROAD RACE. Contact: Northern Bay Athletic Club, PO Box 344, Blue Hill, ME 04614
- 4 FOURTH ANNUAL YORK DAY ROAD RACE. 9 a.m. from York High. \$4 pre/\$5 post for 5K T's to first 200. Contact York Rec Dept., PO Box 9, York, ME 03909 363-2723
- 4-9 COLBY COLLEGE CROSS COUNTRY CAMP 1985. Senior High School Girls & Boys. Contact: Jim Wescott, Dept of Athletics, Colby College, Waterville, ME 04901.

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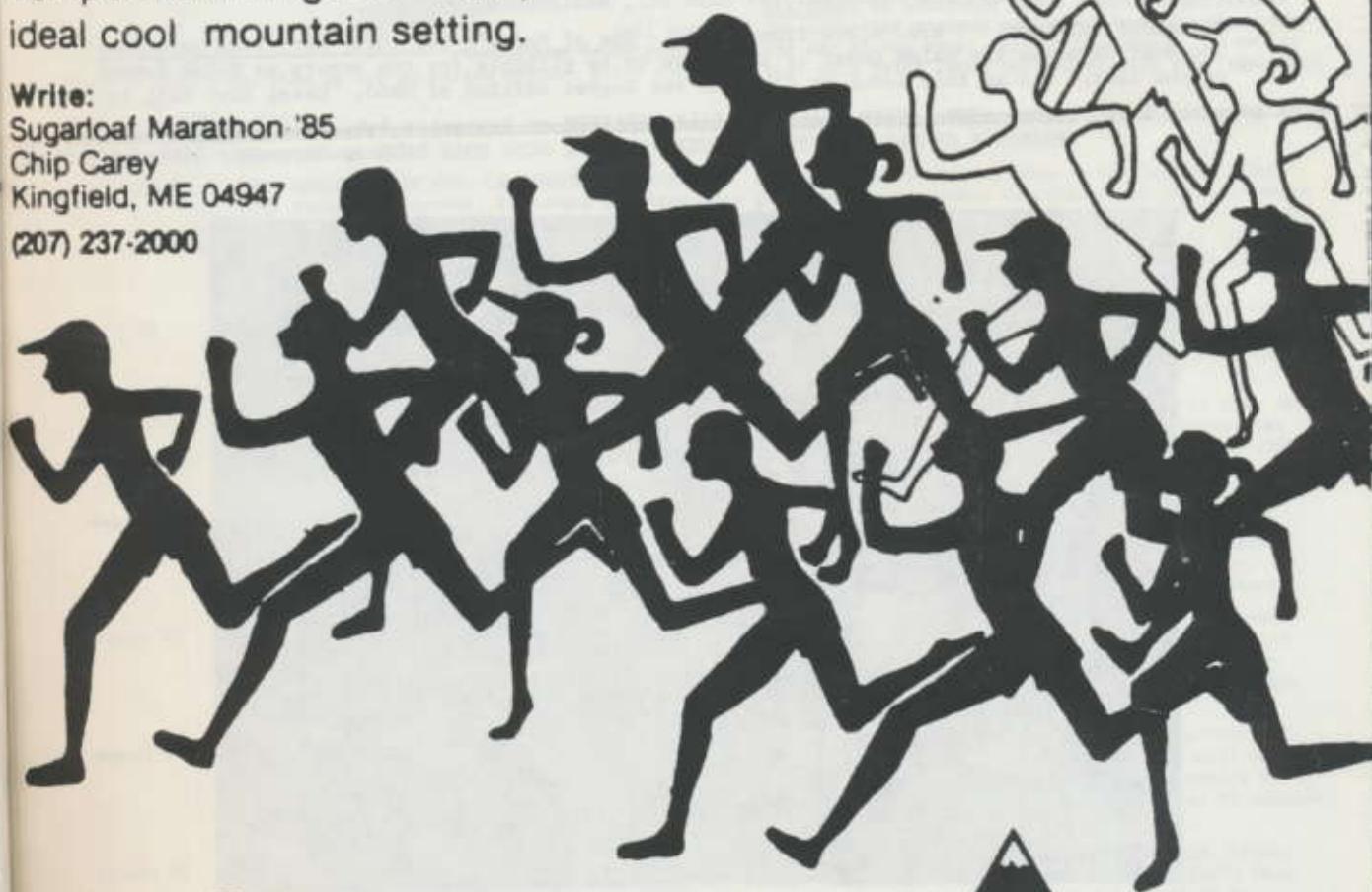
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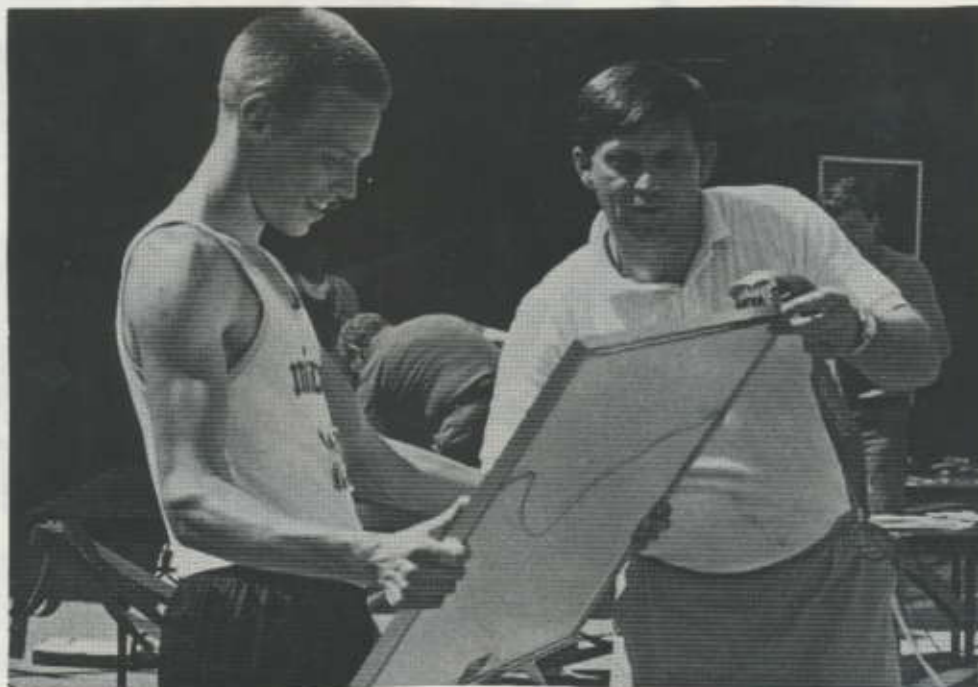
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- 8 THE TWILIGHT FIVE MILER AND 1 MILE FUN RUN AND ½ MILE BURGER KING TOT-TROT. In conjunction with the Skowhegan State Fair. Great family evening! Contact: Dollars For Scholars, Skowhegan Area High School, Skowhegan, ME 04976 \$5 for 5 miler/\$3 for youth runs.
- 10 WILDERNESS ROAD RACE 10K. 6 p.m. from the Moosehead Marine Museum in Greenville. \$6 pre/\$7 post T-shirts to all runners. Lobster dinner and scholarship to Craftsbury Vermont Running Camp to winner. Contact: Priscilla Geetersloh, PO Box 1151, Greenville, ME 04441 695-2716
- 10 LIFE SPORTS SCHOODIC POINT 15K ROAD RACE. 8:30 start from Acadia National Park parking lot at Schoodic Point. See flyer in June issue or contact Al Groh, PO Box 8, Winter Harbor, ME 04693
- 11 P.I. 5 MILER. 4 p.m. from UMPI in Presque Isle. Contact: Dave Maxcy (Aroostook Musterds)
- 11 MACKER'L RUN ROAD RACE. 10K and 5K starting at 10 a.m. Contact: D. Cross at the Waldo County YMCA 338-4598
- 17 WASHBURN FUN RUN. 9 a.m. 2.9 miler from Washburn H.S. Larry Whipkey, Director (Aroostook Musterds)
- 17 WILTON BLUEBERRY FESTIVAL 10K. Fully certified 10K! Kid's 1 miler starts at 9 a.m. See flyer in June issue or contact Bill Yates, Box 525, Wilton, ME 04294 645-4623
- 18 THE GOOD SPORTS RUN TO THE COAST. 10 miler from the Bowdoin track. Charlie Scribner (MTC)
- 18-24 THE SECOND ANNUAL MAINE RUNNING CAMP FOR ADULTS. College of the Atlantic in Bar Harbor. Come run the carriage trails with Andy Palmer, Tom Mulvey, Virginia Connors, Bob Booker and others. The adult running camp that caters to you; not the whims of elite runner/counselors. Still room for 20 campers. Call entries to 843-6262. Group rates considered! Maine Running Camp, PO Box 259, E. Holden, ME 04429
- 24 P.I. TRIATHLON. Hanson Lake in Presque Isle. Director - Jim Nesbitt (Aroostook Musterds)
- 24 HOULTON REGIONAL FUN RUN. 9 a.m. from the Cary Library in Houlton. Brian McKay, Director. (Aroostook Musterds)
- 24 NORTHEAST HARBOR 5 MILER. 9:30 a.m. from the Northeast Harbor Fire Station. \$5 T's to first 100. Come run with the Maine Running Campers. Contact: Northeast Harbor Fire Station, NE HBR, ME 04662
- 24 MOUNTAIN CHALLENGE - 10K NEW ENGLAND. Northern Bay Athletic Club, PO Box 344, Blue Hill, ME 04614
- 24 EASTON 5K. 1 p.m. from the Easton High School. \$5 to Jamie Stephens, 23 Page Ave., Caribou, ME 04736
- 24 MADISON 10K. Contact Bob Hagopian, 109 Main St., Madison, ME 04950
- 25 SUGARLOAF MARATHON. 7 a.m. start from Eustis. One of Maine's two fully certified marathons! You must have run the Maine Coast or this race to be eligible for top honors as Maine Runner of the Year. See ad this issue or flyer in the August edition of MR&O. Great down hill run!

Other races to watch for: SECOND ANNUAL CAPE CHALLENGE HALF MARATHON on September 8th. See flyer
EPSTEIN'S OF MAINE'S 75TH ANNIVERSARY FIVE ACES ROAD RACE on September 14th. See flyer



New to the road racing game, Joe Gambino or Papa Gambino's pizza fame, rolled out a red carpet and put on an excellent 5K this spring in Bangor. Gary Stover, also of Bangor did all the leg work, but it was Joe who footed the bill as over 250 runners helped raise more than \$1,000 for the U.S.A. for Africa campaign. Here Joe presents Henri Bouchard with a handsome print symbolic of second place. Gerry Clapper ran a very strong race and came out on top. See the results at THE PACK.

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MAINE FREEWHEELERS 1985 BICYCLE TOURING

- July 12-14 CAPE ELIZABETH-KENNEBUNK 22 & 30 MILER (Overnight) 10:30 both Saturday & Sunday from Scarborough Public Library. L. Sue Motley (942-3283). Flat, Coastal, lighthouses, beaches. Easy going overnight w/o panniers.
- July 28 PEMAQUID 45 MILER. 10 a.m. from Moody's Diner, Rt. 1, Waldoboro. L. Jon Sands (866-4776). Rural, postcard coastline. Lunch, Pemaquid Pt., seafood, New Harbor.
- August 10 CAMDEN 35 MILER. 10 a.m. from the Town Park, next to Yacht Club. L. Brenda Bernard (774-1640). Some hills, lake & ocean views. Browsing, hiking possible.
- August 11-18 ROLLING TRIATHLON CAMP. Down East Bicycle Tours. Contact Art Greif, Box 151, Wayne, ME 04284 685-9538
- August 16-18 BETHEL 55 & 45. (Overnight) 9 a.m. Saturday Moose Brook St. Park, Rt 2, Gorham, N.H. (Umbagog Lake, Errol N.H. Sunday) L. Jon Sands (866-4776) Valley biking, mountain views, unique natural areas. Bring panniers if possible
- August 17 GREAT WAYNE FAIR 22 MILE BIKE RACE. 12:30 Contact: Art Greif, Box 151, Wayne, ME 04284

If you are a member of a bike club or know of other biking events, let us know.

SIERRA CLUB



MAINE GROUP SCHEDULE OF OUTINGS

Outings offered by the Maine Group of the Sierra Club are open to both members and non-members on a first-come, first-served basis. Those interested in participating in an outing may reserve places only by paying in advance the appropriate trip fee(s). For every trip there is a nominal registration fee. Certain trips may also require extra fees to cover such expenses as boat fares or campground use. No reservations will be confirmed without advance payment of all fees. In instances where advance reservations

fall short of the indicated maximum number of openings, late registrations (with payment on the day of the trip) will be permitted. In no instance should you show up for an outing without prior contact either with MAINE GROUP OUTINGS or with the Tripleleader involved.

The outings listed below are generally designed for adults, although younger children may participate if accompanied by a supervising adult.

- July 13-14 GULF HAGAS/BARREN MTN. CAMPING/HIKING WEEKEND. Two hikes in the Monson area: a 6-mile loop around Gulf Hagas on Saturday, featuring a spectacular gorge with many scenic waterfalls and ideal swimming spots; a hike on Sunday to the summit of Barren Mtn. (elev. 2,660'), affording great above-timberline views of central Maine. Overnight camping Friday and/or Saturday nights. Group size limited to 6 intermediate to expert-level hikers. Contact the Tripleleader: Joe Rankin, PO Box 126, E. Wilton, ME 04234 (645-3677). Registration fee: \$3 members, \$5 nonmembers.
- July 20 TUMBLEDOWN MOUNTAIN DAY HIKE. A moderate hike with splendid views in the Weld area. We plan to take the Brook Trail to Tumbledown Pond, then climb to the ridge to look out over the Tumbledown Range. Trip size limited to 8. Contact Tripleleaders: Nancy Stone and Jonathan Levy, 30 Merrill St., Portland, Me 04101 (774-6049). Registration fee: \$2 members, \$3 nonmembers.
- July 27 ISLEBORO BIKE TRIP. Explore this small, relatively flat coastal island by bicycle. We'll take the morning ferry to the island and spend the day cycling, beach-combing, and picnicking. Group size limited to 15. Contact the Tripleleader: Beth Nagusky, RFD 1, Box 1020, Litchfield, ME 04350 (268-4690). Registration fee: \$2 members, \$3 nonmembers. Boat fare extra.
- August 3-4 MOXIE BALD MTN. CAMPING/HIKING WEEKEND. Two hikes near The Forks: Saturday's hike will be an 11 miler taking in the summit of Moxie Bald (elev. 2,630'); Sunday's will be a 5-miler on the Apalachian Trail over the summit of Pleasant Pond Mtn. (elev. 2,480'). Overnight camping Saturday night; join us for either day or for both. Group size limited to 10. Contact the Tripleleader: Joe Rankin, PO Box 126, E. Wilton, ME 04234 (645-3677). Registration fee: \$3 members; \$5 nonmembers.
- August 11 SPECKLED MTN. DAY HIKE. One of many Speckled Mountains in Maine, this one is in Peru. The summit (elev. 2,183') affords excellent views of the Oxford Hills region and, at this time of year, good blueberries. A 6-mile hike of moderate difficulty. Group size limited to 6. Contact the Tripleleader: Bill Hine, RFD 1, Box 1180, W. Peru, ME 04290 (562-8278). Registration fee: \$2 members; \$3 nonmembers.
- August 18 LITTLE JACKSON DAY HIKE. A 6-mile hike of moderate difficulty taking in the summit of Little Jackson (elev. 3,434') near Lake Webb in Weld. Wide open views in all directions; this will be your chance to load up on blueberries and mountain cranberries. Group size limited to 6. Contact the Tripleleader: Bill Hine, RFD 1, Box 1180, W. Peru, ME 04290 (562-8278). Registration fee: \$2 members; \$3 nonmembers.
- August 25 EVANS NOTCH DAY HIKE. A fairly rugged 8-miler from the Evans Notch highway along the N.H. border. The trail starts at Basin Pond, Traverses Mt. Meader (elev. 2,782'), and descends from Eagle Crag via the Bicknell Ridge Trail; swimming in Emerald Pool if it's hot. Group size limited to 6. Contact the Tripleleader: Ken Spalding, 16 Smith St., Augusta, ME 04330 (623-3086). Registration fee: \$2 members; \$3 nonmembers.

IMPORTANT: Checks for trip reservations should be made out directly to the contact person for the particular trip in which you are interested.

Additional outings may be added to the above schedule during the course of the year. Consult the New England Sierran or the Maine Group's Newsletter for periodic updates of the outings calendar. Maine Running & Outing's contact person is, of course, Bill Hine, RFD 1, Box 1180, W. Peru, ME 04290



APPALACHIAN MOUNTAIN CLUB MAINE CHAPTER



Canoe Chairman: Jay Spenciner, RR2, Box 2, Bridgton, ME 04009 (647-3347)

The number after the river is the difficulty rating: "L" is leader; "Co-L" is Co-leader; "R" is Registrar.
Trip fee: \$1 per adult AMC member; \$2 per non-member

- July 13 OCEAN KYACKING - CASCO BAY L. Alice and Bill McKenna (647-2251).
July 20-21 C1 2 INSTRUCTION. All C1 2 and higher paddlers are requested to help instruct. L. Adair Heath (846-4811); Co-L. Pete Mickelson (929-4840).
August 3-5 ST. CROIX, 2. L. Sue and Ken Gordon (784-2745). Register by July 25 with \$5 deposit.
August 10-11 OCEAN KYACKING (Stonington Area). L. Alice and Bill McKenna (647-2251).
August 11 CLASS I INSTRUCTION, Saco. Instructors needed. L. Don Skofield (773-3642); Co-L George Sergeant (442-8195).
August 17-18 DEAD, 3. L. Ingrid and Richard McCaffery (401-272-8956). Co-L and R. Dick Leslie (846-9544). Send \$5 deposit by August 5 for community food.
August 24-25 WEST BRANCH PENOBSCOT, 3+. L. Jim Thorne (865-6663) and Mike Patterson (846-9735).



PENOBSCOT PADDLE AND CHOWDER SOCIETY - MAINE CANOE RACING SCHEDULE

Join the PPCS by sending \$10 to Rita Gallon, 77 James St., Bangor, ME 04401

WW = whitewater race
MF = flatwater race
SL = slalom race
TRI = triathlon (run, bike, canoe)
OC = open canoe
K = kayak
SK = sea kayak

- July 4 SEBEC CANOE RACE (MF, OC, K, Rec. 4 & 10 mi., Sebec Lake) Bob Morris, PO Box 126, Sebec Village, ME (564-3920)
July 14 GREAT PINE TREE TRIATHLON (TRI, OC, 6 mi. Canoe, Colby College, Waterville) Dick Leavitt, PO Box 142, Waterville, ME (873-3315)
July 14 DAMARISCOTTA RIVER OYSTER FESTIVAL (MF, Damariscotta R., Jefferson) Horace Ransom, Star Route, Waldo-boro, ME (529-5485)
July 20 CAMDEN CANOE RACE (MF, 8 mi., Norton Pond to Shirt Tail Point) Gary Spinney, Mt. Pleasant Rd., W. Rockport, ME (236-3649)
July 28 MAINE EVENT TRIATHLON (TRI, Lake Cobosseecontee, Gardiner) Maine Road Ramblers, PO Box 264, Augusta, ME (582-5607)
August 3 KENNEBEC FIFTY (MF, OC, 50 mi. Carratunk/Norridgewock) Adrian Humphreys, PO Box 202, Orono, ME (866-5652)
August 3-4 SAGO BOUND/NORTHERN WATERS WEEKEND (WW, SL, OC, K, CC., Androscoggin R., Errol, N.H.) Ned McSherry, Box 113, Ctr. Conway, N.H. (603-447-2177)
August 10 MEGUNTICOOK LAKE RACE (MF, OC, K. 5.5 mi. Barrett Cove/Norton Pond) Gary Spinney, Mt. Pleasant Rd., W. Rockport, ME (236-3649)
August 10 TORONTO MASTERS (CANADA) (Marathon 8/12 & 8/13. Entry deadline 6/1) Masters Games, PO Box 1985, St. P, Toronto, Canada (416-927-1985)
August 17 USCA NATIONAL MARATHON CHAMPIONSHIPS (MF, OC, Lafayette, Indiana) Lafayette Canoe Club, 2536 Lafayette Dr., Lafayette, IN



The
Athletics Congress
of the USA

1985 MAINE T.A.C. RACEWALKING SCHEDULE

John LaPreniere (784-5403) is the contact person for all races scheduled in Lewiston.

Larry Pelletier is the contact person for all races scheduled in Orono, Bangor, or Brunswick. Home 942-1584; work 942-5211. Mailing address for all race information is: Larry Pelletier, 19 Juniper St., Bangor, ME 04401.

- July 13* ORONO MAINE T.A.C. CHAMPIONSHIPS 10K for Men; 5K for Women; 2K for Juniors
August 3 BRUNSWICK MAINE T.A.C. CHAMPIONSHIPS 5K for Men; 3K for Women
September 1 BANGOR INVITATIONAL RACEWALK 10K. Open at 3 p.m.
October 19 LEWISTON OPEN 10K at 2 p.m.
November 2* ORONO 10K for Men; 5K for Women; and 2K for Juniors

*These races are scheduled to be held on tracks



1985 MAINE T.A.C. JUNIOR DIVISION (14 AND UNDER) TRACK AND FIELD SCHEDULE

	North	South	Meet
July 3	LEWISTON MONTELLO FIELD Steve Sherlock 782-6707 or 782-5951	BIDDEFORD HIGH SCHOOL Craig Orff 282-5005	B
July 11	FARMINGTON - MT. BLUE H.S. Steve Shible 778-3464	PORTLAND - EXPO STADIUM George Towle 797-2981	A

	North	South	Meet
July 17	READFIELD - MARANACOOK H.S. Stan Cowan 685-9232	SCARBOROUGH HIGH SCHOOL Ron Kelly 883-2747	B
July 25	FAIRFIELD - LAWRENCE H.S. Dick McGee 453-7561	BONNY EAGLE HIGH SCHOOL Bob Bourget 642-2372	A
August 1	WATERVILLE HIGH SCHOOL Gwen Bown 873-0684	WESTBROOK HIGH SCHOOL Randy Peters 854-4685	B
August 6	Junior Olympic Qualifying Meet - Entry Deadline August 2		
	MT. BLUE HIGH SCHOOL Steve Shible 778-3464	PORTLAND EXPO STADIUM George Towle 797-2981	
August 10	JUNIOR OLYMPIC FINALS (Qualify August 6) SCARBOROUGH HIGH SCHOOL		



1985 MAINE T.A.C. SENIOR SUMMER TRACK AND FIELD SCHEDULE/MASTERS SCHEDULE

All meets on this schedule are sanctioned by the Maine Association/U.S. The Athletics Congress. All competitors entering the events listed on this schedule MUST BE REGISTERED WITH THE U.S. THE ATHLETICS CONGRESS for 1985. Registration fee for the Maine Association/T.A.C. for 1985 is \$6.00. All meets on this schedule will be run according to the rules and regulations of the U.S. The Athletics Congress/T.A.C. and those of the Maine Association/T.A.C. Competitors should be able to furnish proof of the T.A.C. 1985 registration at any of the events listed on this schedule.

July 7	WEIGHTMEN'S PENTATHLON. Montello Field, Lewiston. John Sinclair.
July 8	MASTERS OLYMPIC DEVELOPMENT. Alumni Field, U of Maine, Orono. 6:15 p.m. Steve Pelletier.
July 10	SENIOR OLYMPIC DEVELOPMENT B. 6:00 p.m. Orono High School, Orono. Includes javelin throw. One eighth inch spikes only. Cliff McCormick (866-4089)
July 13	MAINE T.A.C. 25 and over MENS and WOMENS MASTERS CHAMPIONSHIP. Scarborough High School. 12:00 noon. Steve Ross
July 14	JUMPERS PENTATHLON. Scarborough High School. 12:00 noon. Steve Ross
July 22	MASTERS OLYMPIC DEVELOPMENT. Alumni Field, U of Maine, Orono. 6:15 p.m. Steve Pelletier
July 24	SENIOR OLYMPIC DEVELOPMENT A 6:00 p.m. Windham High School. One eighth inch spikes only. John Casavola (892-4444)
July 27	NATIONAL JUNIOR OLYMPIC CHAMPIONSHIP. Seattle, Washington.
July 28	OAKS FESTIVAL TRACK MEET. George Towle (761-2197)
July 31	SENIOR OLYMPIC DEVELOPMENT B 6:00 p.m. Scarborough High School. Ron Kelly.
August 3	FRANK SABASTEANSKI MEMORIAL - MAINE T.A.C. MENS AND WOMENS TRACK AND FIELD CHAMPIONSHIPS - BOWDOIN COLLEGE, BRUNSWICK. Maine T.A.C. registered only. 11:00 a.m. Entry deadline July 27. More info: BPOE 2043, ATTN: T.A.C., Park Row, Brunswick, Maine 04011 Dave Watson (443-6171) See Flyer
August 5	MASTERS OLYMPIC DEVELOPMENT. Alumni Field, U of Maine, Orono. 6:15 p.m. Steve Pelletier.
August 17	MAINE T.A.C. and OPEN MENS DECATHLON AND WOMENS HEPTATHLON. Scarborough
August 18	High School. 12:00 noon Steve Ross

OFFICERS OF THE MAINE ASSOCIATION/T.A.C.

President:	Ron Kelly 105 Maple Avenue Scarborough, ME 04074 Tel. 883-2747
Vice President:	Roland Trottier 25 East Avenue, P.O. Box 23 Lisbon Falls, ME 04252 Tel. 353-8857
Treasurer:	Carol Trottier 25 East Avenue, P.O. Box 23 Lisbon Falls, ME 04252 Tel. 353-8857
Registration Chairman:	John Sinclair (Yankee Athletic Club) 155 Pine Street Lewiston, ME 04240 Tel. 784-8216
Adult Track and Field Chairman:	Steve Ross 108 Sawyer Road Scarborough, ME 04074 Tel. 883-3617
Racewalking Chairman:	Larry Pelletier 19 Juniper Street Bangor, ME 04401 Tel. 942-1584
Masters Information:	Steve Pelletier P.O. Box 132 Orono, ME 04473 Tel. 866-3137



MAINE RUNNING CAMP

Kids at Bowdoin
July 7-12
July 21-26
Adults in Bar Harbor
Aug 18-24



CAMP DIRECTOR
Andy Palmer - Brandeis University

MAINE RUNNING CAMP
c/o Maine Running & Outing Magazine
P.O. Box 259
East Holden, Maine 04429
Tel. (207) 843-8262

HOG BAY TROTTERS NEWS

The Hogs have started weekly workouts on Wednesdays from Ellsworth High School. Members and non-members are welcome; all ages and skill levels.

This year we are going to have time trial low-key fun runs starting at 6:30 p.m. every week with distances changing, as each week a different member will be in charge of the workout.

Tom Kirby

MAINE TRACK CLUB NEWS

Michael J. Perry, L.L. Bean Public Clinic Coordinator, presented their "Paddling the Coast of Maine by Sea Kayak" slide show at the June meeting of the Maine Track Club on Wednesday, June 12, 1985, at the SMVTI Machine Tool Auditorium.

The slide show which lasted 45 minutes highlighted our beautiful Maine coast from Casco Bay to Canada's Campobello Island, a 220-mile distance. A question-and-answer period followed. The public was invited free of charge.

Michael Perry is an avid outdoorsman, having hiked the Appalachian Trail from Katahdin to New York, the Grand Tetons, the Rocky Mountains, and the Grand Canyon. He's also climbed Mt. Ranier, Mt. McKinley, and many others, and received bronze and silver awards in the Canadian 100-Mile Ski Marathons.

But what does he know about running?, you say. Well, he's completed three Boston Marathons, the Newport Marathon, the Washington, D.C. Marathon, and competed in various local races. Michael is also interested in bicycling, photography, and mountain book collecting.

Robert Jolicoeur

SABASTEANSKI MEMORIAL - MAINE T.A.C. CHAMPIONSHIPS

The Frank Sabasteanski Memorial - Maine T.A.C. Championships is going to be held on August 3, 1985.

The past few years have shown changes in the Meet; the physically greatest, being last year with the advent of the 10K road race.

The concept of the Meet has also changed. Changed from the mere production of a meet to a meet working to a zero budget. After all expenses have been met, all the proceeds are going to the establishment of the Frank Sabasteanski Memorial Scholarship Trust.

Once the Trust has been built up, it will provide scholarships to Maine T.A.C. athletes to further their education - any level of post high school education.

Our goal, in the Brunswick Lodge of Elks, is to build the Trust to a level where at least six (6) scholarships can be awarded annually at a high level. Hopefully, \$500.

At present, the plan to administer the Trust, will start with the application to the Trust being made at the Athlete's local Elks Lodge. The local Lodge would then sponsor the Athlete to the Trust, thru the Brunswick Elks Lodge. The candidates will then be presented to the Scholarship Selection Committee.

The Selection Committee will be made up of seven (7) people. Two (2) from the Brunswick Elks Lodge, Two (2) from Maine T.A.C., One (1) athletic representative from road racing, One (1) athletic rep from Track and Field and One (1) person, the chairperson, not affiliated with any of the other groups.

W. David Watson - Brunswick Lodge of Elks

MADE TRICKS FOR YOU - THE MAINE RUNNER by Mark Hardison of North Ellsworth

Now everyone in the State of Maine has seen those new-fangled, shiny, silky smooth running tights glued to some local runner's toosh. They are lightweight, extremely flexible and from 35° to 50° will keep you from freezing while on those spring or fall runs. Some say that runners look "good", "great", in these tights, while others cry obscenities at those who dare wear such apparel. So, who wins?

His runner, at the risk of being shot on the mud flats, or worse yet, having his pants broken, has decided to speak up and spill his guts on a little known running secret of the Lycra, Nylon, Spandex crowd - Anybody wearing these tights has a definite scientific advantage over the competition in any road race by 20-30%. How you?

Well, anybody wearing such attire must be a good, I mean good runner, or he or she wouldn't dare put them on. Just by wearing the stuff that Alberto Salazar or Carl Lewis are seen in will naturally build up your confidence and improve your times - naturally".

If by some freak of nature that doesn't help, then you should follow this proven formula, developed by a local Maine Runner, no less. Young Dave Alley from Jonesport hit upon a use for these Lycra Spandex tights that few in Maine, or the nation would have thought possible months ago. Of course, being from Maine, Downeast Maine or less, Dave has to be from strong stock and to have the willpower to go on when others fall to the side. Certainly, not lacking from brains, Dave's secret is this -

Dave says, "Before most road races runners will load up on carbohydrates, pasta of anykind to carry them through the race. Worse thing you can eat! Always eat a big meal of homemade baked beans with about 2 pounds of fresh deer or moose liver and wash it down with a quart of beer. Sounds kinda gross doesn't it? Think of the heartburn! But you know, when I put a good meal into me like that, and struggle into those tights the next day before race time, I know that I'll be smiling all the way to the finish line. That meal starts a fermentation process inside of my belly. As my Spandex tights are air tight, the built up gas escaping from me gets trapped inside the tights creating a lifting effect. About 1 mile into a race I have actually lost 10 lbs. due to the trapped gas; at 5K 20 lbs. and at the end of a 10K race possibly 30 lbs. or more. So here's a rugged, muscular, man or woman able to put all that training strength and running energy into a lighter frame at race time. Like putting a 455 V8 4 barrel into a Volkswagen. And, at the end of the race I'm not even tired. But, my family and friends won't come within 100 yards of me. That's the price I have to pay for trying something new - for being the pace setter" end quote.

OPEN 7 DAYS A WEEK

MAIL

8 SCHOOL STREET
FREEPORT, MAINE
(207) 865-3389

Runner's
OUTLET

GRAND OPENING SALE

ALL FRANK SHORTER WEAR 50 - 60% OFF

	RETAIL	OURS
Nylon Shorts	\$13.95	\$4.95
Cotton Shorts	\$15.95	\$7.50
(with pockets)		
Nylon Signlets	\$13.95	\$7.50
Cotton/Poly Short Sleeve	\$15.95	\$7.50
(with zippers)		
Windsuits	\$59.95	\$29.95
(ventilation)		
Gortex	\$199.95	\$99.95

PLEASE SEE OUR CATALOG IN
THIS ISSUE FOR OTHER ITEMS

* FREE 1 YEAR MEMBERSHIP *
TO FIRST 50 PERSONS
WHO PURCHASE \$20. OR MORE
AT OUR OUTLET STORE

MANY SPECIALS NOT IN CATALOG

Water: A necessity for "Hot" Performance

Water is the most vital nutrient to our bodies and takes priority over all other nutrients particularly for athletes. An adequate supply of water is necessary for energy production in all parts of the body, a joint lubricant for body temperature control, digestion and for the elimination of waste products.

During physical activity water serves as the body's coolant. Heat is generated by the working muscles and must be removed to maintain the body's normal temperature. As heat builds up, the body temperature rises and performance will suffer. Sweating is the body's mechanism for getting rid of the excess heat. An inadequate water supply strikingly limits both energy production in the muscles and ultimately athletic endurance.

Water intake is often easily overlooked by athletes. The sensation of thirst is not an accurate indicator of the body's water requirements. The best means of assuring adequate hydration for top performance is to have a scheduled intake of water before, during and after exercise (see guidelines below). It may take up to 72 hours to restore optimal fluid balance. A minimum of 8 cups (64 ounces) of fluid should be consumed daily.

About 60 percent of your body weight is water. The effects of proper hydration are particularly apparent when competing at high temperatures and/or high humidities during the summer months. The performance of most male and female athletes will significantly deteriorate when the loss of body water reaches a level which is approximately three percent of your total body weight. Individuals who are in excellent physical condition and acclimatized to the heat may perform until 4 - 5 percent of their body weight is lost in fluid. Large losses of body water will lead to heat injury (heat cramps, heat exhaustion or heat stroke) and can be fatal. The initial warning signals of dehydration include excessive thirst, chills, clammy skin, throbbing heartbeat and nausea. At this time stop exercise and begin proper hydration.

With the onset of the summer season, please keep in mind the following tips for adequate hydration and top performance in the heat:

- ** Cool, plain water (45-50°F) is the BEST for rapid fluid replacement.
- ** Weigh yourself before and after activity - for each pound of weight lost, drink two cups of water.
- ** Drink 8-12 ounces of water one hour and 15 minutes prior to exercise, then four ounces every 15 minutes throughout.
- ** Limit your intake of sports drinks or soft drinks as fluid replacement, their sugar content slows fluid absorption and may cause bloating.

Anne-Marie Davee, R.D.

Susan Davis Associates, RFD #1, Box 1452, Rockland, Maine 04841 (596-6417)

DR PETER
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MAINE'S CERTIFIED ROAD RACES

Joe says, "I ain't racin' 'til ev'ry race in Maine is certified!"

Here's the latest on certified courses in Maine. Run these races if you want to compete for Maine Runner of the Year honors:

- July 4, 1985 - 7th Annual 4 on the 4th in York
- July 6, 1985 - Gardiner Common Road Race 5 Mile
- July 28, 1985 - Maine Event Triathlon 10K, Gardiner
- August 4, 1985 - Maine Lobster Festival 10K, Rockland
- August 17, 1985 - Blueberry Festival 10K, Wilton
- August 25, 1985 - Sugarloaf Marathon, Kingfield
- October 12, 1985 - Stroh's Run For Liberty, 8K in South Portland
- November 11, 1985 - Veteran's Day Half Marathon in Augusta
- November 22, 1985 - Gasping Gobbler 10K in Augusta

Dates are not in yet on the Sri Chinmoy 5K in Brunswick; the Sri Chinmoy 10K in Falmouth; the Long Run in Westport; the Fort Western Tire Co. Twosome in Augusta. If we have missed your certified course on this list please send a copy of your letter of certification to Greg Nelson, 138 Maine Ave., Gardiner, ME 04345; the National Running Data Center, PO Box 42888, Tucson, AZ 85733; and one to us at MR&O.

We hope to start printing the single age records for the year in the August issue so if you won your single age group at Boothbay Harbor's 10K or the Maine Coast, let us know. A comparison of the single age times of Boothbay and York should be possible in the next issue.

DR PETER MILLARD

The Bangor area has sustained yet another blow in it's running community. Dr. Peter Millard has left us for a couple year's practice in Rhodesia. His last formal run in Maine was on June 1st when he took the baton from O.J. Logue in Veazie and ran 10 of the more than 400 miles covered by the Rowdies to benefit the Pine Tree Camp. Here he waits with Barbara Logue for her husband to run through Old Town. I was honored to accompany O.J. on his five mile leg through Orono.





Dear Bob,

I have enclosed a copy of the new TAC Course Measurement Procedures book, a revised copy of my instructions for Maine, an article on Select Timing, and a booklet I put together to help Race Directors obtain national recognition for their certified races. I received six copies of the TAC book and I have decided to distribute them to several people around the state while keeping three copies for myself. One copy I will keep permanently while the other two plus those I have distributed will be available to interested parties for borrowing.

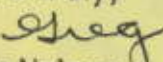
Thus, this copy comes to you free with the stipulation that you will lend it out to others in your area if requested. Since we both know that this may mean that you may not get it back when you want it, I recommend that you purchase a copy for yourself which is available for \$4.00 from:

TAC/USA Book Order Department
P.O. Box 120
Indianapolis, IN 46204.

The following people have also received copies of the TAC book available for lending: Bob Jolicoeur, PO Box 8008, Portland, ME 04104, 799-4127 and Dick Roberge, 110 Union Ave, Old Orchard Beach, ME 04005, 934-5390.

If you wish to print the article on Select Timing and/or parts of the Recognition of Road Race Performances please feel free to do so. I recommend that the form on pages 7-8 may be of interest to people along with the determination of the winning time when 3 watches are used.

Yours truly,


Greg Nelson

Maine Association of the Athletics Congress

Select Timing

by

Greg Nelson

As Race Organizers soon find out, the process of timing hundreds of runners and then posting quick and accurate results can be very difficult. Unfortunately, minor mistakes if allowed to go uncorrected can ruin the results and diminish much of the hard work that goes into the race. In addition to the normal chances of human error, the runners themselves may do things such as leaving the chute early to damage your scoring systems. Then, these same people probably will say "you have my time wrong" or complain about the results taking so long. Thus, an adequate finish line setup with established methods for double checking and correcting the inevitable mistakes is a very important part of race directing. Of all the backup systems, the process of select timing is undoubtedly the most valuable.

Since it is impossible to record both numbers and times at the same time, all finish line systems use two separate teams to record the times and numbers of the runners. The times are taken at the finish line either by handheld stop watches or electronic timers and the numbers are either recorded or tags pulled from the runners at the end of the chute. Then, the two lists are matched sequentially. When an error occurs in either of these processes, the lists get out of sequence and unless corrected, all times and/or places from where the mistake occurred are wrong. When you use select times you can confine the mistake to a few runners even if you cannot correct it.

Select timing is simply the careful matching of selected runner's numbers with times. Instead of trying to record every runner as the finish timers and number recorders have to do, the select timers record only those runners whose numbers and times they are sure of, usually about 10 per minute. Then, these select times can be used by the people posting results to verify and correct them if needed.

For example, when big bunches of runners finish it is possible for your timers miss a runner. When this happens every runner from then on will be given a time slower than they actually ran. Or, say a runner leaves the chute early before his number is recorded. If you have unregistered runners this may occur quite frequently. Because a time was recorded for this runner but not a number, all the runners will be moved up to the previous runner's time. Since the mistake usually occurs when people are finishing close together, the mistake often isn't noticed until near the end of the race when the runners times spread out or at the very end when you realize you have less times than numbers or vice versa. If there is only a second or two difference between the actual time and the posted time, it might be dismissed as just the differences between watches. However, when runners at the end of the race finish from 20-30 seconds to minutes apart the mistake becomes obvious.

These mistakes can either be corrected or isolated to a few runners by the use of select times as the example on the next page demonstrates.

In a 10k packs of runners come streaming across the line close together. Your Chronomix records the times in list (1), your number recorders record the numbers in list (2), and the select timers record list (3).

Place	(1) Time	Place	(2) Number	Number	(3) Time
95	39:44.2	95	34	111	39:41
96	39:44.6	96	196	325	39:47
97	39:46.7	97	290	457	39:55
98	39:46.9	98	301		
99	39:47.1	99	23		
100	39:47.4	100	104		
101	39:52.8	101	325		
102	39:54.6	102	208		
103	39:57.8	103	457		

In the above example, the timer missed a runner in the pack that finished around 39:47, pressing the Chronomix button 4 times when it should have been 5 times. Without a cross checking system runner 325 is assigned a time of 39:52.8 instead of the 39:47 he actually ran. In addition, every runner after him is assigned the next slowest time. However, by using the select times the scorers realize a mistake occurred and can correct the results. They can see from the select times that runner 325 ran 39:47 not 39:52.8. Thus, they can deduce that the timer missed a runner and can assign a time of 39:48 to number 325 and then resume using the Chronomix times sequentially while ignoring the place on the time sheet. A time of 39:48 is used to insure that no runner is assigned a time faster than they ran.

When the select times indicate that an extra time exists between two selected runners, the proper procedure is to delete the fastest time in that section (the first Chronomix time following the last correct selected time). This insures that no runner is assigned a time faster than they actually ran.

In a big race, it is best to have a separate select timing team with one person spotting and timing, while the other records. In a small race (100 or less) that uses tic sheets (see sketch below) and a handheld watch, the select timing can be done by the main timing team. They pick out a runner when they have the time to do so and instead of an x or check mark beside the time, they write the runner's number down instead. When using this method the scorers need to know whether a low number, say 3, means number 3 crossed the line at that time or if 3 runners crossed at the same time. In my races, I tell the timers to use 3 x's just to be sure there is no confusion.

27		28	
	:00		:00
	:01		:01
X	:02	345	:02
	:03		:03
	:04		:04
X	:05		:05
	:06		:06
	:07		:07
XX	:08		:08
	:09		:09
	:10	X	:10



Recognition of Road Race Performances

If you have taken the time to certify your race course, you should also make the effort to obtain **national** recognition for those runners who run well at your race. To do so requires that you send complete results: name, age, sex, town, state, and time for all runners to the National Running Data Center (NRDC), P.O. Box 42888, Tucson, AZ 85733. The NRDC keeps the official national open and age group records plus rankings on road and long distance running. They rank runners up to 200 deep at various distances from 5 km in many age groups plus they also keep single age records for those distances. Thus, even if your winning times may not have been that fast, there is a good chance that some of your age group runners could still make the rankings and receive national recognition. For example, Ralph Thomas set the national age 47 8k record at the 1983 Gardiner Common Road Race even though it was a very hot and humid morning.

However, just as it takes extra effort and care to certify your race course to make sure it is accurate, there is some extra effort required to get your results recognized. However, this extra effort will also help insure that you do correctly the most important function of race directing: obtaining accurate times on an accurate course for all your runners.

In this booklet you will find several notices from the NRDC which detail what they require from you. At first, the descriptions of the requirements might intimidate you, but they really aren't that bad for a race that intends to do its job properly. Remember also, that these instructions are also written to apply to the big time mega races as well as our little ones here in Maine.

The Results

Page 4, Race Results Needed by the NRDC, spells out what the NRDC needs for results to rank runners nationally. Naturally, to rank age group runners they need age, town, and state in addition to name, sex, and time. Odds are that you have all this information ready anyway. You may not normally compile results with all this information as papers and magazines such as Maine Running & Outing usually only print name, age, sex, and time or less. However, if you use a computer you can easily print complete results for the NRDC.

If you don't use a computer, I recommend that you place all the required information on the labels or tags that you use to post results. Thus, when someone types up the results they can get all the needed information off the posted results.

Substantiating Your Data

In addition to complete results, you must supply the NRDC with the following information to substantiate the results:

1. A copy of the certificate granting certification or a copy of the letter granting certification. The certificate should have a code (ex.: ME-85001-GN) which you should use in any correspondence and also on your flyer when you mention TAC certification.
2. A signed statement that the race was run on the course as certified.
3. A description of procedures used to match runners and times at the finish to insure accuracy. Note that an independent cross-check system ("select timing") is required for all races with more than 100 finishers.
4. A description of measures taken to verify performances and to insure against cheating.

Items 2, 3, and 4 can be combined on the form: Application For Recognition of Road Race Performances found on pages 7-8. You should review this application before your race and make as many copies of it as needed to obtain the appropriate signatures. Note that you can submit multiple copies to get the required signatures.

Item A on this form is where you attest that the race was run on the course as certified. Item B is where your starter should sign attesting that there was a fair start according to TAC Rule 60 which is found on page 9.

Item C is important to note as there should be at least three watches on the winner of the race. Most races nowadays use a Chronomix as their primary timing system, but this should be backed up by at least two hand held watches both for accuracy on the winner and for safety in case the Chronomix fails. Page 6: Timing Requirements and TAC Rule 37 (especially 37.7 & 37.8) on page 9 should be read prior to the race as they explain the requirements and how you assign the winning time.

I asked the NRDC if it was permissible to use the lap function to obtain stopped times and they said it was, although they recommended that two people read the time and check the recording of it before the watch is started again. This way you can usually time the winner using the lap function on the backup watches, write the times down, and restart the watches so that you can then obtain the time for the first woman to finish. Of course, if Joan Benoit runs your race you may not have time to do this. This method is recommended if you do not have a timer that prints out stopped times but use a running stop watch for your timing.

Item D is also very important as you are asked to describe your scoring methods. Here you should describe how you matched the times with the runners numbers or tags. All races should use "select timing" to assure the accuracy of their results. If you are unfamiliar with "select timing" see page 11 for more information and some examples. The "select timer" could also be used as one of the extra stopped watches on the winners if necessary although it would be better if it was separate.

Items E and F are where you attest that the competitors competed fairly and didn't cheat. See TAC Rules 65.5 and 65.10 on page 10 for more details. As noted in the statement, Rule 65.5 is subject to interpretation. Certainly many people in road races are paced by friends and are often given advice by friends and coaches during the race. Also, as we all know "rabbits" are a part of the racing scene even though they are technically outlawed. I leave it to you to make any judgements on enforcing these rules. However, it does seem that if either the first man or woman is paced by someone not entered in the race, they should be disqualified.

If you have any questions about the enclosed information or about course certification please feel free to contact me.

Greg Nelson
Maine TAC Certification Chairman
138 Maine Ave.
Gardiner, ME 04345
582-5607 - H
289-3223 - B

The Starting Block

Exclusive Shop For Runners And The
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Running & Aerobic Wear

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In Old Hallowell, Maine

Saucony — Asics Tiger — Brooks
Bill Rogers — Moving Comfort — Dofin
Jogbra — Jogalite — Softouch





Maine
Road
Ramblers



MAINE EVENT, c/o Maine Road Ramblers, P.O. Box 264, Augusta, Maine 04301

Dear Bob,

I would like you to include the following events in your July Calendar.

- July 28 **MAINE EVENT Triathlon**. 10:00 a.m. Gardiner Jr. High School, Gardiner. 10K run, 6 mile canoe, and 28 mile bicycle for 3-4 person teams, 2 person teams, and individuals in 16 categories. Limited to 175 entries on July 20. Contact: MAINE EVENT Triathlon, c/o Maine Road Ramblers, P.O. Box 264, Augusta, ME 04330. Phone: (207) 623-1166 days, (207) 582-5607 evenings.
- July 21 **New England Triathlon Series - New Hampshire**. Mt. Sunapee State Park. Part of a six state series of Triathlons for individuals only. 1 Mile Swim, 25 Mile Bike, and 10K run. Contact: Dave McGillivray Sports Enterprises (DMSE, Inc.), 430C Salem St., Medford, MA 02155. (617) 396-3001.
- July 28 **New England Triathlon Series - Vermont**. Lake Morey Inn, Fairlee. Part of a six state series of Triathlons for individuals only. 1 Mile Swim, 25 Mile Bike, and 10K run. Contact: Dave McGillivray Sports Enterprises (DMSE, Inc.), 430C Salem St., Medford, MA 02155. (617) 396-3001.
- Aug 18 **New England Triathlon Series - Maine**. Gardiner Sportsmans Club, Gardiner. Part of a six state series of Triathlons for individuals only. 1 Mile Swim, 27 Mile Bike, and 10K run. Contact: Dave McGillivray Sports Enterprises (DMSE, Inc.), 430C Salem St., Medford, MA 02155. (617) 396-3001. Greg Nelson, Race Director (207) 582-5607.

I plan to ask DMSE to include some flyers in the July issue also.

Greg

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SECOND
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Result



Maine 0433

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'THE PACK'

SECOND ANNUAL INSURANCE WOMEN 5K Machias SCHOLARSHIP RUN May 4th

1. Bruce Bridgham 24	15:40.8
2. Robert Ashby 16	16:35.2
3. Mike Francis 27	17:05
4. James Ohmeis 18	17:18.5
5. Deke Talbot 35	17:21
6. Travis Beal 21	17:26
7. Mike Worcester 35	17:28
8. Dave Smallwood 19	17:32
9. David Alley 35	17:39
10. Alan Aitken 34	17:41
11. Bion McFadden 45	18:05
12. Tom McKinney 32	18:14
13. Matt Hall 14	18:32
14. Mike Bottalico 27	18:56
15. Alden Foss 25	19:39
16. Craig Maker 39	19:40
17. Wayne Look 28	19:47
18. Larry Alley 29	19:49
19. Noel Francis 17	19:51
20. Paul Berg 33	20:10
21. Troy True 18	20:25
22. Bill Cherry 34	20:28
23. Beth Branham 21	20:39*
24. Dale Pritchard 42	20:43.4
25. Sam Auerback 51	21:06.9
26. Wayne Smith 50	21:49
27. John Dzierzynski 39	21:50
28. Bobby Norman 36	22:24
29. B.J. Cherry 11	22:36
30. Linda Bedard 42	22:40.2*
31. Kurt Ludwig 32	22:43
32. Mike Carter 35	22:52
33. Mike Carter, Jr. 12	22:53.3
34. James Hanscom 12	22:53.6
35. Wayne St. Piere 30	23:12
36. Paula Waterman 21	23:23.8*
37. Mary Jane Ackley 32	23:50*
38. Arnold Francis 49	24:17
39. Liz Demetrius 33	24:20
40. Randy Eigner 25	24:22
41. Carl Henderson 42	25:53
42. Elizabeth McGrady 22	29:12*
43. Julie LaPointe 12	29:48*
44. Jamie Wood 10	29:48.7
45. Sandy Ludwig 33	30:13*
46. Terry Gray 25	30:48

Results courtesy of Phil Stuart

FOX-FERGUSON RUN 1985 Caribou May 5th

1. Rusty Taylor	15:49
2. Terry Monahan	15:56
3. Greg Wardwell	16:01
4. Don Bondeson	16:30
5. Mike Mendonca	17:10
6. Jeff Ashby	17:50
7. Robert Everett	18:41
8. Bill Harrington	18:50
9. Robert Zimeno	18:51
10. Dave Maxcy	19:01
11. Pete Cuff	19:08
12. Connie Cuff	19:16*
13. Ed Malone	19:58
14. Frank McElwain	20:05
15. Mark St. Germaine	20:09
16. Jeff Cyr	20:13
17. Charles Bernard	20:16
18. Gerhig Johnson	20:33
19. Clark Ketchum	20:42
20. Sam Hamilton	20:43
21. Rob Moran	21:26
22. Richard Hartford	21:35
23. Ricky Curtis	21:42
24. David Wiggin	21:45
25. Barry Bartley	21:48
26. Mike Delong	21:49
27. Mike Cannon	21:49
28. Kelly Belyea	21:51
29. Bill Cannon	22:07
30. Bruce Fitzpatrick	22:08
31. Carl Langland	22:18
32. Art Thompson	22:20
33. Ross Kerr	22:26
34. Aaron Carman	23:11
35. Jan Spier	23:42*
36. Juan Fillion	23:55
37. Eddy French	24:18
38. Eddie St. John	24:20
39. Sue Lougee	25:11*
40. Eva Van Patten	25:18*
41. Don Peters	25:21
42. Ralph Ostturd	25:21
43. Wendy Hersey	27:11*
44. Monica Belyea	27:17*
45. Beth Wiggin	27:21*
46. Aurelie Ouellett	27:23
47. Julie St. Germaine	27:48*
48. Ellen McPherson	27:49*
49. Susan McKenzie	38:40*

Results courtesy of Conrad Walton
Race Director

FIFTH ANNUAL ROCKY COAST ROAD RACE Boothbay Harbor May 11th

1. Hank Pfeiffle 34	30:50
2. Bruce Ellis	33:58
3. Lance Guilliani 26	33:48
4. Jim Toulouse	34:21
5. Chris Bovie	34:35
6. Peter Stipe	35:01
7. Eric McNett 30	35:19
8. Andre Benoit	35:30
9. Steve Russell	36:04
10. Rick Lane 38	36:05
11. Lawson Noyes	36:13
12. James Murphy	36:17
13. Joe Bennett 38	36:18
14. Danny Smith	36:32
15. Gary Cochran	36:48
16. Wayne V. Clark	36:52
17. Greg Nelson 37	36:55
18. Al Sproul, III 46	37:34
19. Brian Underwood	37:40
20. Bill Fitzsimmons	38:12
21. Roland Moulin	38:13
22. Daniel Campbell	38:22
23. John Sullivan	38:27
24. Mike Daly	38:54
25. Bill Phillips	38:57
26. Tim Roddy	39:02
27. Bill Haney	39:05
28. Peter Ehn	39:12
29. Mark DeMillo	39:18
30. Chad Gagnon	39:19
31. Ann-Marie Davies 28	39:22*
32. Doug Swallow	39:30
33. Jeff Holmes	39:40
34. Mike Bard	39:44
35. Joanne Cole 29	39:52*
36. James Floyd	39:56
37. Joe Meehan	40:00
38. Bob Wight	40:05
39. Harry Schmitke	40:16
40. Mark Carter	40:26
41. Terry Goodlad	40:37
42. Garrett Tilton	40:42
43. Randy Hastings	40:42
44. Ervin MacDonald	40:42
45. Jim Moore, Jr.	40:45
46. Kevin Rich	40:47
47. Vin Skinner	40:52
48. Tory Rau	40:55
49. Mike Marino	40:58
50. Mardi Reed	41:01*
51.	
52. Robert Cuthbertson	41:04
53. Tom Jones	41:05
54. Walter Webber	41:13
55. James Cox	41:26
56. Terry Dailey	41:29
57. Paul Dall	41:30
58. Skip Williams	41:32
59. Randy Wing	41:34
60. Mark Hurvitt	41:35
61. Harvey Lafreniere	41:38
62. Dick Butler	41:39
63. Joe Gagnon	41:47
64. Greg Shute	41:47
65. Miky Wilson	41:55
66. Joe Washburn	41:55
67. Robert Felkamp	42:06
68. Peter Carleton	42:09
69. Kevin Shute	42:13
70. Martin Schiff	42:16
71. Howard Spence	42:19
72. John Moncure	42:21
73. Jon Ives 15	42:26
74. Gene Roy	42:27
75. Patrick Roy	42:28
76. Ernie Poore	42:40
77. John Cole	42:43
78. Chris Abaldo	42:45
79. Robert Rines	42:50
80. Dave Grant	42:52
81. Ken Brownell	42:53
82. Marsha Giglio	42:54*
83. Karl Rau	43:08
84. Paul Page	43:10
85. Scott Bryant	43:12
86. Don McGilvery	43:16
87. Peter Creaser	43:20
88. Ray Giglio	43:28
89. Byron Cook	43:28
90. Jerry St. Amand	43:29

91. Peter Gagnon	43:29
92. Nancy Ellis	43:29*
93. Henry Fuller	43:30
94. Ron Paquette	43:40
95. Tom Coy	43:42
96. Faye Gagnon	43:51*
97. Michale Barden	43:53*
98. Charles Woodworth	43:55
99. Phillip Gregory	43:55
100. Andy Abello	44:09
101. Ray Johnson	44:20
102. Rosalyn Randall	44:27*
103. Ken Ellingwood	44:30
104. Sam Martin	44:31
105. Donna Taylor	44:35*
106. Richard Higgins	44:38
107. Charles V. Hutchins	44:39
108. William Donovan	44:41
109. Harry Change	45:09
110. Charles Glover	45:34
111. David Blair	45:44
112. Barry King	45:44
113. David Comeau	45:50
114. Carl Bowen	45:51
115. Dick Sabine	45:51
116. Jane Rau	45:55*
117. Robert Swanson	46:03
118. Amos Wright	46:20
119. Angie Brown	46:22*
120. Dick Cummings	46:25
121. Joe Fulmer	46:27
122. Dave Gagan	46:36
123. Bruce Lewis	46:37
124. Ken Sylvester	46:39
125. Dale Peabody	46:40
126. Howard Laporte	46:42
127. Sam Mitchell	46:46
128. Don Brewer	47:17
129. Ron Poulin	47:20
130. Dave Ray	47:22
131. Crane Poulin	47:26
132. Roy Wells, III	47:27
133. Tom Kahl	47:28
134. Steve Erskine	47:32
135. Joanie Rhoda	47:34*
136. Mark Robinson	47:41
137. B.J. Russell	47:51
138. Charlene Sproul	47:53*
139. Gloria Elliott	48:07*
140. Gary Harris	48:19
141. Stan Pride	48:32
142. Cyndi Haselton	48:40*
143.	
144.	
145. Nikos Kazakos	49:11
146. Don Penta	49:11
147. Don Callar	49:13
148. Earle Tourtillotte	49:21
149. Dave Colburn	49:27
150. John Voorhees	49:28
151. Debby Curtis	49:44*
152. Laura Francis	49:54*
153. Dave Parkhurst	50:14
154. Steve Wilson	50:14
155. Richard Crocker	50:21
156. Lori Wilkins	50:27*
157. Fred Wilkins	50:41
158. Donna Jean Pohlman	50:57*
159. Debbie Berman	50:57*
160. Joan Lavin	51:03*
161. Darryl Grover	51:06
162. Heather Mank	51:06*
163. Doug Munsey, Jr.	51:09
164. Allen Herson	51:15
165. Muffy Floyd	51:28*
166. Fred Wingane	51:35
167. Matthew Carter	52:00
168. Jim Crawford	52:03
169. Chris Kiger	52:04
170. Frank Newcomb	52:05
171. Matt Reynolds	52:11
172. David Foster	52:46
173. Michelle Moroney	52:47*
174. Donna Donald	53:10*
175. Christa Elwell	53:11*
176. William Clardy	53:22
177. Allison Jordan	53:32*
178. Jami Oakes	53:32*
179. Cindy Schmal	53:54*
180. David Flaherty	54:02
181. Allan Parent	54:06
182. Howard Markham	54:28
183. Betty Kahn	55:00
184. Paula Cote	55:00*

185. Kari Richardson	55:34*
186. Mickey Lackey	55:42
187. Michael Hammel	55:56
188. Jerry Bushey	56:08*
189. Michele Vlodka	56:12*
190. Robert Kiulin	56:25
191. Ralph Lathe	56:29
192. John Clark	56:31
193. Diane Crocker	56:45*
194. Don Atkinson	56:52
195. Michael McRae	56:54
196. Jennifer Gowen	58:31*
197. Teresa Ohlin	58:48*
198. Elvin Bryant	1:00:49
199. Stan Paton	1:01:54
200. Steve Dorey	1:02:05
201. Eddie Crocker	1:02:07
202. Mark Gosselin	1:02:37
203. Vicki Carter	1:03:29*
204. Don McRae	1:03:29
205. Sally Baughman	1:03:30*
206. Matt Curran	1:06:57
207. Peter Curran	1:07:10
208. Jack Ross	1:07:49
209. Yvonne Kazakos	1:08:17*
210. Tim Paton	1:09:20
211. Tracy Latter	1:27:45*
212. Regan Reed	1:29:04*

Results courtesy of Jay Krouse
Race Director

11th BOB RICE MEMORIAL 4 MILER

Cape Elizabeth	May 12th
1. Paul Kphoe	20:38
2. George Towle	21:09
3. Gordon Scannell, Jr.	21:24
4. Michael Kimball	21:48
5. John Tarling	22:04
6. Joel Croteau	22:06
7. Dennis Weeks	22:07
8. David Crawford	22:09
9. Richard Neal	22:42
10. John Eldredge	22:46
11. Bob Provost	22:48
12. Steven Harriman	22:56
13. Bob Coughlin	22:57
14. Willard Fenderson	22:58
15. Howard Chadbourne, Jr.	23:34
16. Brian Milliken	23:45
17. Richard Campbell	23:51
18. Don Best	23:59
19. Bob Jolicoeur	24:05
20. Mike Marino	24:15
21. Jack Mercier	24:39
22. Thomas Guter	24:55
23. Joe Isagro	25:00
24. Ken O'Quinn	25:06
25. Perley Bodgkin	25:21
26. Dick Marino	25:28
27. Jeffery Frederick	25:42
28. Eric Ellis	26:06
29. Gary Monroe	26:10
30. Ken Casey	26:20
31. Peter Holloway	26:27
32. Dave Peterson	26:33
33. Maurice Cloutier	26:39
34. Gordon Chamberlain	26:44
35. David Labbe	26:53
36. Jerry Saint Amand	26:57
37. Mike Esposito	26:59
38. Dave Paul	27:08
39. John Driscoll	27:11
40. Frank Morong	27:12
41. Gary Collins	27:23
42. J. Scott Davis	27:29
43. Dennis Currier	27:30
44. Dennis Morrill	27:31
45. Phil Jones	27:49
46. Rick O'Brien	27:58
47. Gayle Nappi	28:03*
48. Joe Esposito	28:13
49. Dave Armstrong	28:17
50. Jane Dolley	28:21*
51. Barbara Coughlin	28:31*
52. Robert Dubois	28:32
53. Chris Neagle	28:54
54. Natalie Buzzell	29:20*
55. Lori Towle	29:48*
56. Mike Towle	30:11

57. Mark Brossman	30:13
58. Russ Bradley	30:30
59. Cindy Andrews	30:32*
60. Jodi Morong	30:43*
61. Bert Andrews	31:13
62. John Caruso	31:24
63. Don Lewis	31:44
64. Sandy Brown	31:51*
65. Susan Talbot	32:53*
66. Wayne Feigenbaum	33:04
67. Dana Dresser	33:27
68. Bonnie Milton	33:28*
69. Dee Nicely	34:17*
70. Marie Wood	34:33*
71. Sue Friedrich	34:40*
72. Heidi Fitz	34:40*
73. Wilbur Holmes	35:01
74. Virginia Frederick	35:07*
75. Pat Monroe	35:18
76. Deanne Wood	35:54*
77. Lloyd Holmes	37:45
78. Faith Fenderson	37:54*
79. Mary Ann Currier	38:37
80. Joe Wildman	38:41
81. Charles Serritella	42:54

Results courtesy of John Keller
Maine Track Club

HARBOR HOUSE ACADIA MOTHER'S DAY FUN RUN
Northeast Harbor 2.5 miler May 12th

	May 12th
1. Matt Hall	15:15
2. Kerry Shes	16:44*
3. Robert Gentle	16:50
4. Robby Shea	17:40
5. Ken Shea	17:40
6. Jeanne Higgins	17:54*
7. Porter Fox	19:21
8. Braden Alley	19:11
9. Michael Olson	19:30
10. Christina Heiniger	19:47*
11. Garrie Worcester	20:11
12. Ann Dorian	20:35*
13. Wendy Sweet	21:53*
14. Ison Sargent	22:03
15. Nellie Fox	25:09*
16. Marjorie Nankervis	25:21*
17. Bess Carter	26:04*

4.5 miler	
1. Dave Renault	27:01
2. David Alley	27:29
3. Glen Maylath	28:07
4. Bill Pinkham	28:12
5. Perley Merrick	29:08
6. Cliff Olson	29:57
7. Ronald Bryant	31:03
8. Andrea Pelletier	35:20*
9. Linda Johnson	36:41*
10. Sharon Grindle	37:11*
11. Kathy Silk	41:17*

This year's race was a merger of the
former Les Femmes d'Acadia and the
Mother's Day Fun Run.
Results courtesy of Harbor House
Northeast Harbor

4th ANNUAL TOGUS ROAD RACE

Augusta	5 Miler	May 12th
1. Bill Hine	26:57	
2. Floyd Wilson	27:50	
3. Jerry Allanach	28:55	
4. Jeff Brown	29:10	
5. David Barker	29:42	
6. Mickey Lackey	29:48	
7. Ray Johnson	29:57	
8. Jorge Leon	30:17	
9. Michael Hachey	31:36	
10. Martin Schiff	31:38	
11. Jim Belmont	32:17	
12. Gerry Miriabile	32:22	
13. Peter Connell	32:25	
14. Phil Pierce	33:27	
15. Don Wisner	34:14	

16. J...
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18. F...
19. D...
20. R...
21. D...
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23. K...
24. L...
25. J...
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12. Don...
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14. Mar...
15. Mik...
16. Dav...
17. Oska...
18. Dick...
19. Rog...
20. Paul...
21. Lar...
22. Dick...
23. How...
24. Kevi...
25. Mall...
26. Doug...
27. Barb...
28. Mark...
29. Bob...
30. Stev...
31. Shei...
32. Mark...
33. John...
34. Bria...
35. Rich...
36. Ed T...
37. Ted...
38. Neve...
39. Ike...
40. Jame...

30:13	16. Jim Booth	34:51
30:30	17. Dave Carrier	36:18
30:32*	18. Fred Wingate	37:03
30:43*	19. David Dowst	37:08
31:13	20. Robert Deeves	37:25
31:24	21. Dennis Dalheim	37:39
31:44	22. Barbara Mauthe	37:40*
31:51*	23. Kari Richardson	37:42*
32:53*	24. Lynn Deeves	37:46*
33:04	25. John McLaughlin	39:36
33:27	26. Mark McLaughlin	39:36
33:28*	27. Errol Arsenault	42:05
34:17*	1 Mile Fun Run	
34:33*	1. Tony Mariano	6:03
34:40*	2. Larry Wilson	6:34
35:01	3. Virgil Brown	7:13
35:07*	4. Nathan Bennett	7:42
35:18	5. Jennifer Whiteside	7:53*
35:54*	6. Kirk Studholme	7:53
37:45	7. Jayne Whiteside	8:15*
37:54*	8. Jason Foster	8:20
38:37	9. Sara Brown	8:20*
38:41	10. Veronica Allanach	9:10*
42:54	11. Audrey Brown	9:27*
	12. Linda Bushkin	10:00*
	13. Neil Dalheim	10:23
	14. Loney Grant (66)	19:22

The Fourth Annual Togus Road Race raised \$151.00 for USA for Africa on this blustery Mother's Day. The five miler race was close for the first 1/4 miles with Floyd Wilson of Gardiner trying to hold off Bill Hine of Farmington. However, Floyd (last year's winner) could not and had to settle for second.

The one mile fun run attracted 14 runners this year ranging in age from 8 to 66. Last year's winner, Tony Mariano kept his crown leading from start to finish.

Results courtesy of Chris Bowie
Race Director

BANGOR ATHLETIC ATTIC FIVE MILER
Bangor May 12th

15:15	1. Glen Rand 23	25:14
16:44*	2. Steve Carle 30	26:01
16:50	3. Dick Fournier 33	26:37
17:40	4. Steve Dexter 27	26:47
17:40	5. Terry Priest 26	27:49
17:54*	6. Dan Pennock 29	28:16
19:21	7. Warren Dean 49	28:22
19:11	8. Deke Talbot 35	28:43
19:30	9. Mike Martin 14	29:07
19:47*	10. Alan Aithen 34	29:20
20:11	11. Andy McKeendry 21	29:37
20:35*	12. Don Ardine 43	29:39
21:53*	13. Bruce Theriault 33	29:47
22:03	14. Mark Melanson 18	30:32
25:09*	15. Mike Thompson 27	30:33
25:21*	16. David McIntyre 23	30:41
26:04*	17. Oskar Feichringer 51	30:57
	18. Dick Balentine 29	31:13
	19. Roger Marquis 21	31:57
	20. Paul Grosswiler 33	32:13
	21. Larry Rich 37	32:36
	22. Dick Miles 30	32:47
	23. Howard Bentley 36	33:25
	24. Kevin Pottle 28	33:42
	25. Mallon Leonard 22	34:20
	26. Doug Knobloch 35	34:26
	27. Barb Greenstone 34	34:27*
	28. Mark Arsenault 22	34:28
	29. Bob Pride 26	34:30
	30. Steve Scott 39	34:32
	31. Sheila Hodges 30	34:35*
	32. Mark Doughty 27	35:14
	33. John Rubino 39	35:20
	34. Brian Kilroy 29	35:33
	35. Rich Cole 42	35:42
	36. Ed Thompson 50	35:50
	37. Ted Silver 38	36:01
	38. Newell Levy 26	36:18
	39. Ike Morgan 28	36:26
	40. James Gerge 30	36:37

41. Michael 32	36:55
42. Joe Aubin 57	37:05
43. Heather Deveau 21	37:13*
44. Fern Sandi 23	37:48
45. Ed Geissler 30	39:13
46. William Baker 27	40:51
47. Ann Wilson 33	41:34*
48. Tom Haller 43	41:57
49. Ed McCaul 38	41:58
50. Ron Cote 36	42:20
51. Sandy Blitz 48	42:39*
52. Ed Brissette 64	42:48
53. JoAnn Brandt 35	43:10*
54. Eileen Haller 40	43:18*
55. W. Lazette 50	46:27
56. Candace Green 36	46:30*
57. Donna Woodworth 47	46:40*
58. Cathy Treer 25	54:43*
59. Linda Snow 28	57:08

The weather for this year's race was 100% better than last year's; in that race many entrants rushed home at the last minute for foul weather gear to fend off unseasonably bad weather. In this year's race the hot sun gave competitors their first taste of hard running in weather more suitable for leisurely strolls down shaded country roads. Since Bangor runners cherish this type of adverse weather condition a good field turned out to give the Athletic Attic's five a go. 59 finished and times were more than respectable. 23 year old Glen Rand led the men's field with a clocking of 25:14 and 34 year old Barb Greenstone led the women with a time of 34:27.

Results courtesy of the Athletic Attic

1985 KENNEBEC VALLEY YMCA 10,000 METER
Augusta May 18th

1. Bill Hine	34:20
2. Brian Ladner	34:34
3. Gary Weber	35:52
4. Gary Cochran	35:54
5. Dennis McWhorter	36:00
6. John James	36:06
7. Tom Thibault	36:33
8. George Liming	37:45
9. Mark DeMillo	37:51
10. Jerry Allanach	38:24
11. David Barker	38:30
12. Doug Ludewig	38:35
13. Mike O'Conner	39:16
14. Bob Marquis	40:07
15. Phil Soule	40:36
16. Bill Gayton	40:49
17. Jim Moore	41:00
18. Diane Wood	41:18*
19. Dave Comeau	41:40
20. Kim LaVoie	41:47*
21. Charlie Gordon	42:22
22. Steve Schuyler	42:27
23. Marcia Giglio	42:30*
24. Joe Meehan	42:44
25. Gerry Mirabile	42:48
26. Alison Van Keuren	42:49
27. Don McGilvery	43:03
28. William Donovan	43:24
29. Dave Gagan	43:30
30. Jerry St. Amand	43:31
31. Geof Hill	43:32
32. Carl Bowen	43:53
33. Niklas Hultgren	44:09
34. Don Brewer	44:28
35. Joe Fulmetz	44:58
36. David Benn	45:28
37. James Booth	45:36
38. Stan Pride	47:46
39. John Palmer	48:45
40. Sally Grande	49:37*
41. Stan Paton	51:38
42. Timothy Paton	52:20
43. Patti Dustin	52:26*
44. Robert Ham	53:10
45. Dennis Harnish	56:18
46. Chris Benn	68:12

Results courtesy of Steve Russell

3RD ANNUAL T.A.C. JR. OLYMPIC ROAD RACE
Lisbon Falls STATE CHAMPIONSHIP May 18th

Boys & Girls 8 & under (1.8 Miles)

1. Matthew Vachon	13:38
2. Jared Felker	15:41
3. Brian Walls	16:26
4. Matthew Forrest	16:33
5. Nathan Brown	23:08
1. Sarah Vail	14:55
2. Jessica Adkins	19:43

Boys & Girls 9 & 10 (1.8 Miles)

1. Dave Stokes	12:52
2. Brett Morgan	13:31
3. Todd Donoghue	13:34
4. Kevin Graham	13:42
5. Andrew Worth	13:48
6. Greg Popp	13:53
7. Chad Pelletier	14:21
8. Jeremy Stevens	14:54
9. Jeff Tetreault	15:44
10. Robert Goucher	16:22
11. Tony Cicco	17:28
12. Chris Long	18:15
13. Ben Parsons	18:31
14. Mike LaCasse	18:32
15. Chad Higgins	19:15

1. Jessica Tighe	13:50
2. Rachel Vachon	14:09
3. Jenny Reali	14:32
4. Joyelle Decker	14:33
5. Laurie Bowie	14:59
6. Shelby Hodgkins	15:03
7. Barbie Bowie	15:05
8. Alexandra Marshall	15:16
9. Michelle Adkins	15:57
10. Vicki Tardiff	16:32
11. Misty Fernald	17:21
12. Angela Adams	20:51

Boys & Girls 11 & 12 (1.8 miles)

1. Josh Gagnon	11:43
2. Isaac Hutchinson	11:57
3. Mike Waldo	12:20
4. Dan Erickson	12:35
5. Jeremy Graham	12:39
6. Chris Goulet	12:45
7. Martin France	12:58
8. Mark Kozs	13:14
9. Brian Bedard	13:17
10. Jimmy Vachon	13:37
11. Peter Ladd	13:41
12. Jason Davis	13:49
13. Brian Lemay	14:01
14. Cory McClure	14:08
15. Matthew Wright	14:58
16. Mike Goetz	15:28
17. Steve Custer	15:35
18. Jay Stevens	15:42
19. Larry Lindquist	16:09
20. Paul Englehart	16:30
21. Bobby St. Hilaire	16:31
22. Ben Brick	16:39
23. Steve McCoy	16:43
24. Jeff Birt	16:44
25. Todd Hutchinson	17:09
26. Andrew Wilding	19:21
27. Nathan Motyl	22:18
28. Donald Marquis	22:31

1. Nicole Howe	13:28
2. Gina Melarango	13:40
3. Venassa Reichartinger	13:46
4. Jenny Popp	13:54
5. Tiffany Roberts	14:00
6. Jenny Waters	14:24
7. Amy Shnur	14:29
8. Jessica Fulmer	15:06
9. Sandy Roberts	15:17
10. Nicole Frazier	15:29
11. Amy Dulac	15:54
12. Julie LaBrecque	15:55
13. Carrie Banaitis	16:23
14. Janine Roberge	16:34
15. Danielle McMahon	17:02
16. Carrie Darling	17:50

Boys & Girls 13 & 14 (1.8 Miles)

1. Chad Gagnon	10:46
2. Eric LaRue	11:36
3. Larry Grenier	11:44
4. Billy Barton	12:26
5. Curtis Sweetser	12:30
6. Kevin Tetreault	12:41
7. Dan Lambert	13:08
8. Jeff Porch	13:12
9. Leon Vachon	13:33
10. Tim Meyer	13:47
11. Chris Darling	14:17
12. Ken Fair	14:45

Results courtesy of Roland Trotter

PIZZA OVEN 5K DELIVERY RUN

Bangor May 18th

1. Henri Bouchard	14:44.1
2. John Condon	15:29.5
3. Doug D'Angelis	16:04
4. Brent Leighton	16:11
5. Dave O'Connell	16:20
6. Mike Martin	16:24
7. Dick Ballentine	16:24
8. Pat Kamm	16:24
9. Mike Francis	16:46
10. Tom Scagliarini	16:52
11. Neal Chamberlain, Jr.	16:54
12. Mark Stover	16:59
13. Bill Barter	17:11
14. Greg Hildreth	17:15
15. Ray Johnson	17:23
16. Warren Bishop	17:27
17. Steve Giles	17:28
18. Mike Thompson	17:30
19. Joe Sopiri	17:43
20. Theodore Cleaves	17:49
21. Albert Condon	17:55
22. Scott Gould	18:00
23. Dave McIntyre	18:06
24. Ken Sivik	18:09
25. Fred Merriam	18:10
26. George Hall	18:13
27. Rideout	18:23
28. Ireland	18:25
29. Larry Rich, Sr.	19:01
30. Martin Schiff	19:13
31. David Wilson	19:30
32. Richard Miles	19:38
33. Al Sproul, IV	19:39
34. John Goodness	19:52
35. Doug Knobloch	20:14
36. Ed Thompson	20:22
37. Aaron Merriam	20:35
38. Joan Merriam	20:40*
39. John Wakely	20:42
40. Larry Rich, Jr.	20:44
41. Richard Everett	20:56
42. Clark Phinney	21:06
43. Chris Martin	21:07
44. Margo Dyer	21:18*
45. Ed Gould	21:33
46. Tyler	21:35
47. Paul Costigan	21:38
48. Ron Chase	21:39
49. Dwayne Decoursey	21:49
50. Bill Lawlor	21:51
51. Andrea Pelletier	21:53*
52. Jerry Bates	21:57
53. Stephen Reed	21:59
54. Frank D'Amelio	22:32
55. Dennis Shibles	22:56
56. John Bates	23:23
57. Ron Cote	23:30
58. Michael Elliot	23:41
59. Rick Pelkey	23:50
60. Leona Clapper	23:58*
61. Linwood Hutchinson	24:12
62. Jamie Mulcahey	24:27*
63. Rhonda Pelkey	24:32

64. Kris Babcock	24:41*
65. Dawn Mulcahey	24:43*
66. Randy Pelkey	25:07
67. Patricia Forrest	25:09*
68. Charles Clapper	25:10
69. Denise Robinson	25:32*
70. Mark Sulya	25:37
71. Ryan Pelkey	25:53
72. Rod Pelkey	25:54
73. L. Leavitt	26:16*
74. Candace Green	26:57*
75. Kimberly Phinney	27:18*
76. Linda Leavitt	27:53*
77. Cathy Treer	28:14*
78. Frank Williams	28:20
79. Carol Williams	28:21*
80. Richard Ruckman	28:42
81. Alice Burget	29:35*
82. Joan Imhoff	29:44*
83. Jill Cote	33:45*
84. Linda Russell	33:45*
85. Lynn Gould	34:02*
86. Kathy Franco	35:26*

Results courtesy of the Pizza Oven

HELEN P. KNIGHT ROAD RACE

Caribou 5K May 19th

1. Greg Wardwell	16:03
2. Rusty Taylor	16:19
3. Steve Moser	16:51
4. Bruce Pelletier	16:52
5. Tim Kenny	17:58
6. Don Audibert	18:02
7. Peter Harmon	18:43
8. Ed Malone	19:36
9. David Loing	19:41
10. Frank McElwain	19:46
11. Jerry Tucker	19:50
12. Neil Gens	19:53
13. Sam Hamilton	20:32
14. Charles Bernard	20:38
15. Gehrig Johnson	20:46
16. Clark Ketcham	20:47
17. Owen Jackson	21:10
18. Dave Atwood	21:40
19. Rob Moran	21:42
20. Bruce Fitzpatrick	21:48
21. Athill Hebert	21:55
22. Barry Bartley	21:58
23. Kelly Belyea	22:18
24. Art Thompson	22:56
25. Hugh Kirkpatrick	23:02
26. Johanna Fleming	23:24*
27. G. Taylor Tunstall, Jr.	23:30
28. Ross Kerr	23:37
29. Mike Cannon	23:41
30. John Civitello	23:48
31. Ralph McElwain	23:49
32. Edie St. John	23:56
33. Shane Lambert	24:19
34. Deborah Eumpa	25:00*
35. Ralph Ostlund	25:01
36. Don Peters	25:16
37. Lendal Johnson	25:29
38. John McElwee	25:47
39. Cathy Brewer	25:56*
40. Wendy Hersey	26:53*
41. Aurelle Ouellette	27:12
42. Karen Sjoberg	27:18*
43. Reggie Bossie	27:19
44. Marc Moseralle	27:20
45. Emily Kirkpatrick	27:37*
46. Milton Bailey	27:41
47. Ann Kirkpatrick	28:30*
48. Mark McKissick	28:50
49. Alicia Willette	28:50*
50. Suzanne Harmon	29:37*
51. Liz Hamilton	29:38*
52. Jackie Bragdon	33:27*
53. Paige Pierson	36:08*
54. Rakel Meir	36:09*
55. Helen Bell	39:26*
56. Michelle Ouellette	39:27*
57. Shannon Whitten	39:28*
58. Darcia McElwee	41:34*
59. Amy Rolfe	41:35*
60. Shelly Cyr	41:45*
61. Lynn Cook	41:48*

62. Carol McElwee	41:51
Walkers/Wheelchairs/students	
Rebecca St. Peter	
Patrick Michaud	
Amanda Skidgel	
Sherrie Skidgel	
Ermine Skidgel, Jr.	
Charline Skidgel	
Doris Michaud	
Walter Stanczye	
Liz Stanczye	

Results courtesy of Conrad Walton
Race Director

TRIBUTE TO TERRY FOX 4 MILE

Portland May 19th

1. Gene Coffin	19:43
2. Peter Grant	20:23
3. Gordon Scannell	20:42
4. Ron Newberry	20:43
5. John Tarling	21:26
6. Joe Bennett	21:30
7. Bob Hunt	21:35
8. Wayne Clark	21:47
9. Michael Lally	21:53
10. David Smith	21:56
11. John Long	21:60
12. Greg Dugas	22:23
13. Joel Russ	22:26
14. Howard Chadbourne	22:32
15. Scott Gilbert	22:33
16. Steven Merrill	22:39
17. Phil Vezina	22:47
18. Bill Fenderson	22:49
19. John Jalbert	22:52
20. Chase Pray	22:56
21. John Kester	23:16
22. Brian Daly	23:18
23. Bill Phillips	23:24
24. Tom Swan	23:29
25. David Dowling	23:35
26. Jim Harmon	23:39
27. Jim Garland	23:42
28. Joe Isgro	23:59
29. Jeff Ringrose	23:61
30. James Cox	24:07
31. Ken Fickett	24:11
32. Terry Clark	24:13
33. John Moncure	24:19
34. Martin Schiff	24:24
35. Matt Most	24:35
36. Brian McCluster	24:37
37. Thomas Bassols	24:44
38. Frank Knight	24:56
39. Doug Moody	25:18
40. William Whelan	25:27
41. Gary Downs	25:39
42. Bob Doble	25:42
43. John Murchie	25:43
44. Dennis Morrill	25:45
45. Michael Esposito	25:49
46. Karen Dinsmore	25:52*
47. Erik Weagle	25:55
48. Frank Morong	25:57
49. Rick Mannette	26:02
50. Charles Hutchins	26:09
51. Joe Esposito	26:14
52. Mike Warren	26:17
53. Jerry Amand	26:19
54. John Driscoll	26:25
55. Dale Rines	26:32
56. Louise Girard	26:37*
57. Ernest Dieckmann	26:38
58. William Sproul	26:45
59. Mark Doughty	26:50
60. Barry Sloat	26:56
61. John Driscoll	26:59
62. Joe Hillaire	27:05
63. Maureen Morin	27:06*
64. Amanda Lambert	27:08*
65. Paul Manescalco	27:24
66. Paul D'Amboise	27:28
67. Jerri Bugbee	27:33*
68. Guy Turbush	27:37
69. Thomas Hall	27:38
70. Kevin Duff	27:40
71. Marty Ridge	27:41
72. D. Craig Canedy	27:42



RACE

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Director

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May 19th

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73. Bill Bennett	27:54
74. Frank Martin	28:03
75. Sandy Dunbar	28:06*
76. S.M. Hall	28:18
77. Richard Coffey	28:21
78. M.C. Hotham	28:22
79. Alan Ramsdell	28:37
80. Ralph Baxter	28:43
81. Brian Wallace	29:19
82. Chris Neagle	29:28
83. Loral Kane	29:29
84. Susan Barnhart	29:43*
85. Terri Morris	30:10
86. Tom Crosby	30:13
87. John Caruso	30:25
88. Mary Rhode	30:27*
89. Yvette Knight	30:34*
90. Peggy Maniscalco	31:07*
91. Hugh Zwicker	31:27
92. Diane Hanscom	31:28*
93. Ed Barnhart	31:40
94. Andrew Sharp	31:43
95. Susan Wyka	31:43*
96. Laura Nickerson	32:06*
97. Bonnie Milton	32:21*
98. Barbara Gros	32:23*
99. Janice Kenny	32:37*
100. Maggie Soule	32:42*
101. Linda Hirst	32:43*
102. Judith Petty	32:44*
103. Lisa Insirillo	32:46*
104. Terrance Farrell	32:47
105. Kathleen Conley	32:59*
106. Joyce Earle	33:03*
107. Michael Grant	33:09
108. Alice McGrath	33:10*
109. Nancy Ulrich	33:18*
110. Marie Wood	33:45*
111. Deborah Luhrs	34:19*
112. Patricia Monroe	35:05*
113. Alison Berglund	35:16*
114. Jane Walsh	35:27*
115. Faith Fenderson	38:16*
116. Terry Bonelli (WC)	2:27:16

Results courtesy of Bob Coughlin
Maine Track Club

RANGELEY LAKES REGION CoC MOOSE RUN Rangeley 5.2 Miles May 26th

1. Stan Bickford	26:40
2. Bill Hine	27:47
3. Steve Russell	27:52
4. Steve Malloy	27:56
5. Danny Smith	28:53
6. Johnny Morton	29:55
7. Warren Dean	29:57
8. Kevin Therrien	30:04
9. Mike Leighton	30:18
10. Keith Johnston	30:43
11. Scott Noble	30:48
12. Mark Luebbers	31:01
13. Shaun Lander	32:09
14. Les Hoekstra	33:19
15. Larry Turner	33:40
16. Berton Cleaves	34:11
17. Devin Anderson	34:41
18. Patrick Rathowski	34:47
19. Mark Radcliffe	35:12
20. Brian Kelly	35:14
21. David Greenleaf	35:16
22. Liz Hinckley	35:33*
23. Pete Malloy	35:39
24. Tracey Turner	35:46*
25. Jerry Saint Amand	36:14
26. Erik Anderson	36:28
27. Judith Bjorn	36:35*
28. Arthur Wing	37:40
29. John Freeman	38:28
30. John Morton	38:32

Only results available - 55 entrants

MARSH STREAM STAMPEDE 10K RACE Monroe May 27th

1. Gerry Clapper	31:00
2. Stan Bickford	32:04
3. Dennis McWhorter	34:01
4. Brian Lander	34:30
5. Frank Brume	34:54
6. Steve Holmbraker	35:12

7. Steve Peterson	35:15
8. Dick Ballentine	35:18
9. Al Sproul, III	36:34
10. Tom Thibau	36:40
11. Peter Beslam	36:51
12. Bob Melvin	37:00
13. Bob Cuthbertson	37:11
14. Alex Hammer	37:34
15. Daniel Lemieux	37:39
16. Mark Hardison	37:43
17. Fred Karter	37:46
18. Mike Clapper	37:49
19. Dale Cross	38:13
20. Oscar Feichtinger	38:16
21. Jorge Leon	38:30
22. Tom McGuire	39:54
23. Martin Schiff	39:56
24. Robert Bremner	40:14
25. Roy Rodgers	40:45
26. Albert Sproul IV	41:21
27. David Blair	41:22
28. Don Cross	41:55
29. Dan Merrill	42:17
30. Peter Egan	43:04
31. Jerry Saint Amand	43:09
32. Brian Kilroy	43:46
33. Art Fraser	43:53
34. Carl Bowen	44:23
35. Sam Auerbach	44:41
36. Ed Thompson	44:54
37. Carlene Sproul	46:01*
38. Bob Johnson	46:12
39. Dan Chavez	48:09
40. John Hwalek	48:41
41. Deborah Curtis	48:48*
42. John Goldfine	49:15
43. Jean Goldfine	49:15
44. Ann Blumer	50:34*
45. Tom Hallee	51:02
46. Kate Otterson	51:23*
47. Leona Clapper	51:38*
48. Don Osborne	51:40
49. Eileen Hallee	52:23*
50. Marilyn Petit	56:35*
51. Ginger Hwalek	57:03*

Results courtesy of Bill DoPheide
Race Director



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CAPS - BUMPER STICKERS - SIGNS

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or you can work with our fully equipped
art department to create a design that
will help make your event a SUCCESS!!

*QUALITY PRINTING * QUANTITY PRICES

* ART DESIGN AND LETTERING

* EMBROIDERY AND MONOGRAMMING

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WE HAVE A GREAT TRACK RECORD!!

BENJAMIN'S ROAD RACE - 4 yrs.
LITE BEER - PAUL BUNYAN ROAD RACE - 2 yrs.
CRANBERRY ISLAND ROAD RACE - 2 yrs.
MACHIAS BLUEBERRY RUN - 2 yrs.
KENDUSKEAG CANOE RACE - 2 yrs.
MEDUXNEKEAG CANOE RACE - 2 yrs.
HAMPDEN 8 1/2 MILER - 3yrs.
HANCOCK LOBSTER CLASSIC - 3 yrs.
BOB BOOKERS - MAINE RUNNING CAMP - 3 yrs.
MARCH OF DIMES - WALK AMERICA!
KATAHDIN TRUST SNOW RUN - 2 yrs.
TERRY FOX MEMORIAL RUN - 2 yrs.
ATHLETICS EAST TRACK CLUB
PLUS MANY MORE!

COMMERCIAL SCREENPRINT
114 Main St., Bangor, Me.
942-2862



BRADLEY 5K RUN

Bradley

Jun 1st

1. Mike LaBossiere	16:48
2. Larry Deans	16:57
3. Tim Marquis	16:59
4. Steve Giles	17:05
5. Mike Martin	17:11
6. Hollis Phelps	17:28
7. Katie Martin	17:41*
8. Alex Hammer	18:04
9. Greg Hildreth	18:07
10. Cornelius Russell	18:31
11. Tory Rau	18:51
12. Larry Scofield	19:02
13. Roger Marquis	19:11
14. William Comeau	19:31
15. Kevin Pottle	19:41
16. Dick Miles	19:44
17. Jason Rutherford	19:59
18. Edward Delaware	20:00
19. Tom Tremblay	20:40
20. Mike Kay	20:41
21. Dana Conary	20:47
22. Jamie Stephens	20:53
23. Rich Cole	20:55
24. Larry Zwart	21:04
25. Garry Higgins	21:22
26. Jane Rau	21:26*
27. James Redding	21:39
28. Ken McMerney	21:47
29. Alex Eaton	21:52
30. John Hvalek	22:16
31. Isa Silva	22:20
32. Debbie Sferrazza	22:46*
33. Mike Conary	23:15
34. Frank D'Amelio	23:32
35. Joe Hoxie	23:34
36. Neils Neilson	24:38
37. Jeannette LaPlante	24:41*
38. Eddie Brissette	25:26
39. Regina Marquis	25:43*
40. Jodie Faero	25:44*
41. Ann Wilson	25:51*
42. Stan Peterson	26:11

43. Ginger Hvalek	26:25*
44. Robert Connor	26:55
45. Jason Bosse	27:18
46. Cody Rau	27:19
47. Karl Rau	27:20
48. D. Bruce Cole	27:21
49. Merrill Boynton	28:35
50. Renee Thibodeau	28:58*
51. Ronda Thibodeau	32:23*
52. Laurie Levesque	34:57*
53. Lisa Cartwright	35:13*
54. Helen Pajama	35:41*
55. Chris Plourde	35:42*
56. Peter Posse	36:36

Although the weather for the race was a bit damp and drippy - 56 for the first time was not too bad - hopefully we will be able to make this an annual event in our small town. Thanks for your help - it was and is appreciated.

Results courtesy of Ed Delaware
Race Director

1985 PETER OTT'S 10K
Camden

Jun 2nd

1. Glendon Rand	32:45.7
2. Bruce Ellis	33:21.6
3. Bill Hine	33:34
4. Mike Gaige	33:53
5. Chris Bowie	34:35
6. Mark Pagnano	34:42
7. Steve Dexter	34:42
8. Jim Murry, Jr.	35:36
9. Doug DeAngelis	35:57
10. John James	35:58
11. Steve Peterson	36:44
12. George Liming	36:46
13. Doug Ludewig	37:01
14. Jeff Bender	37:09
15. Dan Rearick	37:18

16. David Harrison	37:32
17. Mike Simoneau	37:37
18. Stanley Low	37:39
19. Pat Lambert	37:48
20. Alan Crocker	38:08
21. Andrew McKendry	38:11
22. Anne Marie Davies	38:24.3*
23. Robert Salisbury	38:34
24. Andrew Sims	38:35
25. Jeff Coleman	38:41
26. Matt LeVasseur	38:47
27. Dana Knowlton	38:48
28. Mark McClellan	38:48
29. Mark Hardison	38:57
30. Jorge Leon	38:57
31. Mike O'Connor	38:58
32. Alfred Strout	39:09
33. Jeff Holmes	39:18
34. Biff McGilpin	39:28
35. Mark Harris	39:36
36. Harry Schmitke	39:48
37. Don Andrus	39:55
38. Bill Payne	40:01
39. Paul Grosswiler	40:02
40. Chris Catell	40:12
41. Mike Thompson	40:27
42. Jim Cox	40:30
43. Craig Boyd	40:32
44. Robert Bremner	40:36
45. Bernis Roberts	40:37
46. Dean Read	40:39
47. Robert Dean	40:43
48. Dennis Simmons	40:51
49. Nancy Ellis	40:56*
50. Jim Moore	41:10
51. Martin Schiff	41:11
52. Forrest Sprague	41:11
53. Roy Rodgers	41:12
54. Frank O'Hara	41:21
55. Bud Pradham	41:30
56. Terry Eldridge	41:37
57. Diane Wood	41:42*
58. Al Sproul, III	41:44
59. Steve Hanscom	41:47
60. Bob Rosenberg	41:48
61. Justin Grohs	41:54

LIFE

SPORTS
OF ELLSWORTH

WE DO carry many running shoes, have a large selection of accessories, sponsor the LifeSports/Schoodic Race.

But LifeSports is MORE than a Running Store:

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Visit the People Who Use the Equipment

LIFESPORTS

HIGH STREET, ELLSWORTH
MAIN STREET, BAR HARBOR

37:32	62. Mike Clapper	42:01	108. Paul Rhoda	47:03	154. Maureen Flanagan	50:44*
37:37	63. Alan Edmond	42:07	109. Jeff Powell	47:09	155. Fred Russ	50:50
37:39	64. Fritz Hobacher	42:22	110. Gordon Smith	47:11	156. Paul McFarland	51:14
37:48	65. Richard Gross	42:27	111. Sean Boggs	47:17	157. Danford Plourde	51:24
38:08	66. Jim Bishop	42:38	112. Bob Johnson	47:19	158. Stan Paton	51:53
38:11	67. Ted Dishner	42:42	113. Richard Theberge	47:22	159. Ralph Lathe	52:02
38:24.3*	68. Peter Roper	42:44	114. Ted Pieri	47:24	160. Carol Goodridge	52:30*
38:34	69. Paul Boetsch	42:52	115. Don Gross	47:29	161. Jim Karuounis	53:09
38:35	70. Robert Rines	42:57	116. Ted Beaulieu	47:38	162. Peter Slobogin	53:10
38:41	71. Lindsey Dean	42:59	117. Michael Skaling	47:38	163. Leona Clapper	53:28*
38:47	72. Frederick Brodin	43:00	118. Denny Emory	47:40	164. Don Atkinson	53:30
38:48	73. Toni Goodridge	43:16*	119. Kennedy Crane	47:46	165. George Thomas	53:44
38:57	74. Parker Johnson	43:23	120. Darrell O'Leary	47:47	166. Susan Hall	53:59*
38:58	75. Andy Abello	43:30	121. Melissa Sandpiper	47:52*	167. Paul Chamberlin	54:04
39:09	76. Peter Rearick	43:41	122. Winslow Miller	47:57	168. John Fullerton	54:35
39:18	77. Jerry Saint Amand	43:45	123. Bill Barbour	48:12	169. Edmond Brissette	54:44
39:28	78. Don Brewer	43:46	124. John Bly	48:12	170. Avis Ingalls	54:49*
39:36	79. Donna Ames	43:46	125. Terry Sprague	48:19	171. Charles Seidel	54:57
39:48	80. Jeff Dow	44:03	126. Susan Vincent	48:23*	172. David Grant	55:06
39:55	81. Frank McGrady	44:12	127. Aaron Henderson	48:27	173. Val Gates	55:11
40:01	82. Charles Hutchins	44:27	128. Gary Schilmoeller	48:29	174. R. Hieb	55:31
40:02	83. Doug Knoblock	44:32	129. Chris Bly	48:29	175. Susan Crane	56:07*
40:12	84. Rich Cole	44:35	130. Earle Tourtillotte	48:34	176. Ken Blaisdell	56:25
40:27	85. Carl Bowen	44:36	131. David Cappella	48:35	177. Lorra Hills	56:27*
40:30	86. Tim Corcoran	44:37	132. Tom Severance	48:42	178. Chris Cokinis	57:10
40:32	87. Steve Reed	44:37	133. Joan Lavin	48:43	179. Stu Smith	57:32
40:36	88. John Lippman	44:41	134. Bill Knox	48:44	180. Nancy Rearick	57:38*
40:37	89. Joe Keller	44:47	135. Sarah Hughes	48:50*	181. Celinda Rearick	57:42*
40:39	90. Ron Poulin	44:55	136. Randall French	48:56	182. Ern Colvin	58:12
40:43	91. Bob DeMar	44:57	137. Gordon Blacker	49:06	183. Jane Piper	58:12*
40:51	92. Robert Tapley	44:58	138. Earl Kenney	49:08	184. Judith Hunnewell	58:43*
40:56*	93. Sarah Andrus	45:04*	139. Peter Maggiore	49:16	185. Doug Hall	58:50
41:10	94. Richard Robinov	45:05	140. Donn Gifford	49:34	186. Richard Ball	59:40
41:11	95. David Libby	45:14	141. William Baker	49:39	187. Christine Juppe	59:44*
41:12	96. Mikkes Huttgren	45:28	142. Peter Rearick	49:43	188. Beverly White	59:55*
41:21	97. John Rubino	45:43	143. Jerri Bushey	49:44*	189. Barbara Crocker	61:00*
41:30	98. Robert Janewicz	45:47	144. Jim Rutland	49:46	190. Jamie Weggler	62:26
41:37	99. Darrell Thonet	45:49	145. Harold Jones	49:58	191. Kathy Schilmoeller	62:33*
41:42*	100. Gregory Leatnard	46:07	146. Janet Ottmann	50:08*	192. Donnie Mullen III	64:37
41:44	101. Holly Montgomery	46:08*	147. Bruce Bender	50:08	193. Donnie Mullen, Jr.	64:50
41:47	102. Philip Kowling	46:16	148. Glen Granrud	50:19	194. Judy Bricker	65:53*
41:48	103. Charlie Strout	46:23	149. Ron Cote	50:20		
41:54	104. Jake Barbour	46:30	150. Linda Gifford	50:31*		
	105. Tom Mapleton	46:46	151. Jim Noland	50:35		
	106. Gloria Elliot	46:54	152. Carole Petzer	50:39*		
	107. Terri Rich	46:55*	153. Nick Rehagen	50:44		

Results courtesy of Bill Cochran
Race Director

c Race.

&



Price Performer.

Now, there's an Air shoe with a more down-to-earth price tag. The NIKE Pegasus. Featuring the NIKE Air-Wedge™. The Center-of-Pressure™ Waffle™ outsole. And a lighter EVA formed midsole. Geared to performance on virtually any surface. And within any budget.

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The Maine Tradition in Sports

264 Middle Street, Portland

774-6635

2ND ANNUAL NORTHERN TIMBER CRUISEES

Millinocket	5 Mile	Jun 2nd
1. Rusty Taylor		26:19
2. Steven Gross		26:40
3. Frank Suttan		30:05
4. Mike Doore		30:22
5. Dave Gellinas		30:36
6. Roger Bailey		30:53
7. Jerry Burleigh		31:18
8. Gerald Michaud		32:02
9. Larry Rich		32:04
10. John Boynton		32:35
11. Cliff Hatfield		32:40
12. Chris Barnes		33:50
13. Ron Gellinas		34:01
14. Harry Brooker		34:13
15. Schuyler Morrison		34:59
16. Ted Allen		35:11
17. Eddie Girs		35:19
18. Ron Turcotte		35:25
19. Gary Rideout		35:29
20. Dottie Friehe		35:29.5*
21. Phil Healey		35:48
22. Jay Doucette		36:20
23. Brian Ouellette		36:26
24. Jonathan Schultz		36:26
25. Paul MacDonnell		36:27
26. Margo Dyer		37:01*
27. Linda McEachern		37:27*
28. Ben Barr, Jr.		37:50
29. Paul McCourt		38:06
30. Charles Archinah		38:11
31. Daisy Schultz		39:22*
32. Deanna Webster		40:30*
33. Joy Campbell		41:41*
34. Jane Body		42:30*
35. Francis McMahon		42:56
36. Susan Brooker		43:04*
37. Albert Benar		43:18
38. Diane Souther		44:54*
39. Marguerite Coutu		46:10*
40. Joleen Khwice		46:30*
41. Marie Benar		47:29*
42. Walt Landry		49:08
43. Brian Barnes		51:43
44. Jeff Daigle		52:17
45. Kathy Myers		53:42*
46. Judy Herlihy		53:46*
47. Nancy Schneider		56:58*
48. Jean McInnis Walker		78:30*
49. Marjory Moore		78:32*
50. Pauline Arsenaault	"	90:25*
Ellen Morrison	"	90:25*
Dora Cousins	"	90:25*
Phyllis Brown	"	90:25*

Results courtesy of Terry Barnes
Race Director

1985 ARTISAN OUTLET MARKET SQUARE 10K Portsmouth, N.H. Jun 8th

1. Guy Stearns	26	29:38
2. Hank Pfeifle	34	30:18
26. Kathleen Northrop	34	35:57*
28. Karen Dunn	22	36:21*
35. Dick McKenney	43	36:53
46. Greg Baston	32	37:38
50. Roland LaFlamme	31	38:03
51. Kurt Hofacker	25	38:03
62. Rita Gow	29	38:33*
69. Richard Bartlett	28	38:54
89. Hans Hackett	27	39:36
95. Frank Ferland	36	39:48
96. Brad Goodale	42	39:49
98. Todd Desgross	21	39:51
100. Martin Schiff	46	39:53
115. Eugene Pianté	36	40:28
116. Roger Clements	30	40:29
117. Peter Quinn	36	40:30
119. Dave Hager	22	40:31
130. Dewain Wallace	42	40:40
137. Joe Brooks	28	40:52
141. Dan Kulaga	35	41:03
143. Richard Daniel	30	41:05
146. Daniel Rodney	40	41:08

These are the Maine finishers in
the top 150 of this 900+ field.
Further results were not made
available.

THE GREAT MAINE RACE

Bailey's Island	Jun 9th
15K Run	
1. Lance Gullani	51:09
2. Dennis McWhorter	51:30
3. Jim Murphy	52:22
4. Peter Hagerman	52:57
5. Joe Bennett	55:03
6. Gary Cochrane	55:31
7. Mike Daly	56:02
8. Dave Smith	56:18
9. Patrick Connell	56:24
10. George Johnson, Jr.	57:45
11. Michael O'Connor	57:58
12. Dave Sier	58:42
13. Mark Seaman	59:20
14. Jack Dennen	59:28
15. Randy Wing	59:46
16. Bruce Bell	59:52
17. Dave Delois	60:18
18. Greg Bridgman	60:31
19. Bruce King	61:45
20. Bill Gayton	61:50
21. Robert Marquis	62:26
22. Fred Ward, Jr.	63:21
23. Kevin Shute	63:24
24. Howard Spence	63:32
25. Bruce Pooler	64:01
26. Robert Rines	64:30
27. Rick Marnette	64:38
28. Andy Abello	64:38
29. Matt Waddle	65:50
30. Charlie Gordon	65:51
31. Daniel Fisher	66:08
32. Don Brewer	66:29
33. John Elliott	66:35
34. Tracy Pooler	66:44*
35. David Prinall	67:07
36. William Donovan	67:23
37. Dawn Pelletier	68:25*
38. Gard Rand	69:32
39. Roy Wells	69:44
40. Jane Dolly	69:54*
41. Carlton Mendell	71:46
42. Dave Conley	72:07
43. Paul McFarland, Jr.	74:02
44. Bill Perfetto	74:33
45. David Cappello	74:45
46. Wyatt Anderson	76:22
47. Nancy Slaughter	78:24*
48. David Rose	78:25
49. Jean Thomas	78:45*
50. Sandra Utterstrom	82:15*
6 Mile Canoe	
War Canoe	51:18
OC-2	
Martin & Paradise	53:18
Soule & Morris	53:19
Varnay & Davis	54:54
OC-1	
Eric McNett	56:04
John Mathieu	57:07
Bob Morris	58:57
OC-2 Mixed	
Thatcher & Keniston	62:56
Pratt & Pratt	65:48
Martin & Norton	66:04
Results courtesy of Robert Waddle	
Race Director	

OFFICER FRIENDLY CHILDREN'S RACE	
S. Portland	Jun 9th
1 Mile	
1. Steve Thombs	6:35
2. Danny Hatch	6:49
3. Ryan Kemna	6:53
4. Joe Wagnis	6:54
5. Jon Knight	6:55
6. Maura-Ellen Malia	6:59*
7. John Brennan	7:01
8. Mike Gallant	7:12
9. Erin Malia	7:12
10. Wade Bachelder	7:23

11. Becky Larry	7:28*
12. Bryan Harvie	7:30
13. Michail Butler	7:31
14. Billy Donnini	7:34
15. James Hews	7:34
16. Todd Andrews	7:44
17. Jaclyn Ouellette	7:48*
18. Patrick Thoms	7:49
19. James McDonald	7:50
20. Bryan Hamlen	7:54
21. Seth Robie	7:55
22. Debbie Akerley	7:56*
23. Michael Chase	7:58
24. Matthew Butler	8:03
25. Charles Brogan	8:07
26. Jennifer Cook	8:18*
27. Tommy Rand	8:21
28. Matthew Mills	8:22
29. Jason Bowen	8:23
30. Daniel Lydon	8:23
31. Eric Gilbert	8:25
32. Clifford Ginn	8:29
33. Matt Thompson	8:32
34. Chris Jalbert	8:35
35. Emily Piccuch	8:38*
36. Kurt Jalbert	8:39
37. Chris Whinery	8:40
38. Leslie Cedrone	8:41*
39. Patrick Rand	8:42
40. Teresa McDonald	8:45*
41. David Goulet	8:47
42. Drew Hews	8:55
43. Jennifer Rodrigue	9:01*
44. Erica Pearl	9:10*
45. Cory Hamilton	9:14*
46. Karl Coyne	9:18*
47. Jason Cook	9:19
48. Jennifer Ginn	9:25*
49. Norman Harmon	9:30
50. Heidi McDonald	9:30*
51. Lisa Ring	9:32*
52. Allisa Group	9:40*
53. Mark Smith	9:47
54. Katherine Darnesille	9:49*
55. Chris Gailley	9:52
56. Thomas Foss	9:53
57. Scott Anderson	10:26
58. Denise Tremblay	10:27*
59. Mark Cedrone	10:47
60. Josh Jordan	10:53
61. Megan Kemni	10:54*
62. Kymberly Nelsen	11:34*
63. Melissa Braveman	11:35*
64. Alice Robie	11:38*
65. Katie Chase	11:40*
66. Emily Hawkins	11:42
67. Terry Whinery	11:46
3 Miler	
1. Scott Gilbert	17:02
2. Lee Anderson	18:18
3. Matt Most	18:29
4. Cliff Gallant	18:46
5. Terri Jordan	21:00
6. Doug Robie	21:13
7. Todd Larry	21:29
8. Carrie Jordan	21:29*
9. Darren Wallach	22:14
10. Jim Gailley	23:14
Results courtesy of Bob Coughlin	
Maine Track Club	

PAPA GAMBINO'S 5K/USA for AFRICA RUN	
Bangor	Jun 9th
1. Gerry Clapper	14:28
2. Henri Bouchard	15:04
3. Glendon Rand	15:32
4. Mike Gaige	16:03
5. Chris Jones	16:09
6. Steve Gross	16:15
7. Steve Dexter	16:21
8. Mike LaBosaiere	16:22
9. Mark Pagnaro	16:24
10. Doug DeAngelis	16:25
11. Steve Giles	16:38
12. Paul Cole	16:39
13. O.J. Logue	16:43
14. Tim Michaud	16:54
15. Matt Dunlap	16:57
16. Jody Norton	16:57

7:28*	17. Mike Martin	17:02
7:30	18. Erik Mattson	17:03
7:31	19. Robin Hays	17:14
7:34	20. Phil Stuart	17:15
7:44	21. Robert Ashby	17:29
7:48*	22. Al Sproul, III	17:42
7:49	23. Alex Hammer	17:48
7:50	24. Greg Hildreth	17:51
7:54	25. Dave Alley	17:57
7:55	26. Mark Hardison	17:59
7:56*	27. Neal Chamberlain	18:00
7:58	28. Paul Comeau	18:05
8:03	29. James Barr	18:06
8:07	30. Don Ardine	18:07
8:18*	31. Rose Prest	18:07*
8:21	32. Ken Rensen	18:10
8:22	33. John Mills	18:16
8:23	34. Mike Bard	18:18
8:25	35. Fred Merriam	18:20
8:29	36. Mike Doore	18:23
8:32	37. Todd Allen	18:28
8:35	38. Warren Caruso	18:29
8:38*	39. Troy Titterington	18:33
8:39	40. Tory Rau	18:34
8:40	41. Matt Hall	18:43
8:41*	42. Brian McCrea	18:43
8:42	43. Daniel Lemieux	18:44
8:43*	44. Francis Arseneault	18:46
8:47	45. George Hall	18:47
8:55	46. Jeff Brown	18:49
9:01*	47. Mike Clapper	18:51
9:10*	48. Larry Scofield	18:53
9:14*	49. Ann England	18:54*
9:18*	50. Tom Dugan	18:56
9:19	51. Paul Grosswiler	18:57
9:25*	52. Oskar Feichtinger	19:00
9:30	53. Tom Kirby	19:05
9:30*	54. Jason Rush	19:10
9:32*	55. Ken Sivik	19:12
9:40*	56. Craig Boyd	19:14
9:47	57. Luanne White	19:17*
9:49*	58. Gary Quimby	19:22
9:52	59. William Comeau	19:25
9:53	60. Paul Pick	19:37
10:26	61. Walt Luro	19:41
10:27*	62. Dick Miles	19:46
10:47	63. Don Roclefort	19:49
10:53	64.	
10:54*	65. Shaw Gilley	19:56
11:34*	66. Dave Kendall	19:56
11:35*	67. Gerald Michaud	19:57
11:38*	68. Carl Rau	20:03
11:40*	69. Mike Cole	20:06
11:42	70. Henry Wong	20:08
11:46	71. Chris Willey	20:12
	72. Eric Taylor	20:28
	73. Jerry St. Amand	20:30
	74. Carl Bowen	20:32
	75. Rhonda Arseneault	20:33*
	76.	
	77.	
	78. Art Fraser	20:34
	79. Al Sproul, IV	20:36
	80.	
	81. Jim Moorhead	20:37
	82. Trevor Snow	20:41
	83. Jan Rau	20:43*
	84. Ron Chase	20:48
	85. Paul Coston	20:49
	86. Doug Knobloch	20:53
	87. Art Kotredes	20:56
	88. Brad Thompson	21:00
	89. Joan Merriam	21:03*
	90. Pat Lewis	21:09
	91. Richard Everett	21:12
	92. Steve Burgess	21:12
	93. Mike LaChance	21:14
	94. Martin McCrea	21:15
	95. Sheila Hodges	21:16*
	96. Mike Naylor	21:21
	97. Steve Reed	21:23
	98. Rick Guyer	21:26
	99. Scott King	21:32
	100. Wayne Smith	21:34
	101. Heidi Stevens	21:38*
	102. Lynda Martin	21:39*
	103. Kim Boles	21:39*
	104. Donnie Penbroke	21:41
	105. Laura Wallis	21:42*
	106. Kim Hamm	21:43*
	107. Ted Beaulieu, Jr.	21:43
	108. Dottie Friel	21:45*
	109. Jeff Sudgey	21:47
	110. Bryan Pearle	21:47

Coughlin
Club

AFRICA RUN
Jun 9th

14:58	107. Ted Beaulieu, Jr.	21:43
15:04	108. Dottie Friel	21:45*
15:32	109. Jeff Sudgey	21:47
16:03	110. Bryan Pearle	21:47
16:09		
16:15		
16:21		
16:22		
16:24		
16:25		
16:38		
16:39		
16:45		
16:56		
16:57		
16:57		

111. Debbie Sferrazza	21:53*	205. Mona Davis	28:16*
112. Gary Gillis	21:53	206. Bobbi-Jo Walls	28:17*
113. Shane Withee	21:54	207. Chip Brooks	28:23
114. Phil Taylor	21:55	208. Holly Noyes	28:26*
115. Bill Lawlor	21:58	209. Beverly White	28:46
116. Nicole Martin	21:59*	210. Paul Willis	28:49
117. Joe Clapper	22:02	211. Nathaniel Hall	29:22
118. Carlene Sproul	22:03*	212. Jim Gross	29:28
119. Braden Alley	22:05	213. Carol Williams	29:43*
120. Paul Guerin	22:06	214. Joan Talon	30:23*
121. Denis Collins	22:11	215. Debby Johnson	30:24
122. Doug Allen	22:16	216. Brett Johnson	30:26
123. Jerry Bates	22:18	217. Bob Johnson	30:26
124. Margo Dyer	22:20	218. Johnson	30:42
125. Frank Damelio	22:27	219. Chris Shepley	31:04
126. Jerry Bushey	22:29*	220. Hayes Henderson	31:04
127. E.F. Geissler	22:33	221. Peter Gripson	31:25
128. Mark Van Savage	22:33	222. James Garrity	31:54
129. Chris Hooper	22:34	223. Ruth Ann Winchester	31:55*
130. Gary Snow	22:37	224. Barbara Grant	32:00*
131. Lee Rush	22:38	225. Mike Rolnick	32:26
132. Joe Pooler	22:39	226. Leslie Winchester	32:30*
133. Bennis Shibles	22:41	227. Heather Bryan	32:30*
134. Walt Harris	22:42	228. Dr. Myerwitz	32:33
135. Mike McKnight	22:46	229. Nancy Schneider	33:20*
136. Chico Guwell	22:46	230. Maggie Black	33:44*
137. Brad Weiland	22:48	231. Kathy Franco	34:01*
138. Joe Aubin	22:50	232. Judy Bouchard	34:12*
139. Ron Cote	22:53	233. Linda Reeves	34:23*
140. Steve Dunning	23:06	234. Aaron St. Peter	35:04
141. Bill Baker	23:08	235. Candace Green	35:12*
142. Ann Blumer	23:10*	236. Denise Robinson	35:12*
143. Suzanne Smith	23:11	237. Stacie Reed	35:49*
144. Kevin Tilton	23:16	238. Paul Woodworth	36:23
145. Joe Gallant	23:17*	239. Holly Ingerson	36:24*
146. Andrea Pelletier	23:21*	240. Kaylea Weiland	36:54*
147. Amy Rolnick	23:23*	241. G.W. Weiland	37:02
148. Nancy Graves	23:24	242. Sandra Guyer	37:06*
149. Jay Dakette	23:26	243. Shirley St. Peter	38:24*
150. Ryan White	23:26	244. Richard St. Peter	38:25
151. Debby Curtis	23:36*	245. Carlene Fraser	38:47*
152. Barb Baker	23:41*	246. Britany St. Peter	38:56*
153. Jamie Marshall	23:44	247. Chatherine Hall	40:03*
154. Ray Hills	23:56	248. Padrick Sheehan	40:40
155. Thomas Clapper	24:03	249. Jennifer Sheehan	40:40*
156. Don Loewer	24:03	250. Marjorie Emerson	41:25*
157. Mike Picard	24:07	251. Matt St. Peter	46:21
158. Mike Goodwin	24:11	252. Tina McCommie	46:22*
159. Harland Williamson	24:12	253. Sara Lagasse	48:40*
160. Chuck Shepley	24:12	254. Wendy Lagasse	48:41*
161. Ron Soucie	24:13		
162. Robyn Lippoth	24:17*		
163. Dorothy Knobloch	24:25*		
164. Patty Clapper	24:25*		
165. Judy Doore	24:28*		
166. Charleen Wiseman	24:29*		
167. Michele Snow	24:33*		
168. Leona Clapper	24:34*		
169. Don Osborne	24:43		
170. Eddie Brissette	24:51		
171. Kim Weiland	24:57*		
172. Patricia Forrest	25:01*		
173. Lisa Stamm	25:03*		
174. Michael Karvn	25:05		
175. Aimee Hatt	25:08*		
176. Eileen Grananan	25:10*		
177.			
178. Nick Broutas	25:24		
179. Pat Roberts	25:25*		
180. Ed McCaul	25:26		
181. Jason Merriam	25:29		
182. Aaron Merriam	25:39		
183. Daniel Lupo	25:39		
184. Lance Zimmerman	25:39		
185. Kris Babcock	25:43*		
186. John Withee	25:48		
187. J. Paul Ciarrocini	26:10		
188. Lisa Smith	26:15*		
189. Robert Connor	26:27		
190. Fran McMahon	26:29*		
191. Jeff Bouchard	26:35		
192. Tom Abendroth	26:55		
193. Mark Eastman	27:02		
194. Tara McCarthy	27:03*		
195. Michaela McCarthy	27:06*		
196. Daniel Forgarler	27:22		
197. Brian Mathews	27:29		
198. Joan Imhoff	27:32*		
199. Gordon Bell	27:39		
200. Luanne White	27:44*		
201. Ed Andonizy	27:47		
202. Leah Conlon	28:04*		
203. Denise Carlson	28:05*		
204. Donna Woodworth	28:13*		

Results courtesy of Gary Stover
Race Director



BICYCLE PACK

RANGE POND PRIMER BICYCLE RACE 28 MILES
May 12th

1. Dick Brink	1:09:44
2. James Wohlgemuth	1:09:44
3. Larry Poulin II	1:09:44
4. J.P. Parisien	1:09:44
5. Scott McLellan	1:09:44
6. Dan Works	1:09:44
7. Robert Pfister	1:09:44
8. Eddie Quinn	1:09:44
9. Barry Fifield	1:09:44
10. Eric McNett	1:09:44
11. Kenny Smith	1:10:59
12. Carl Holmquist	1:11:39
13. David MacNair	1:11:39
14. Michael Brousseau	1:11:42
15. Glenn Fenlason	1:13:26
16. Mark Jones	1:13:27
17. Byron Davis	1:13:28
18. David Cordier	1:15:1-
19. Todd Richard	1:15:41
20. David Brink	1:16:01
21. Ron Robichaud	1:16:05
22. Hank Taber	1:16:07
23. Dan Smith	1:16:12
24. Theodore Junkus	1:16:59
25. David Miller	1:17:00
26. Steve Goodman	1:17:05
27. Mark Hanson	1:17:06
28. Mark Danyla	1:17:07

29. Chris Brewer	1:19:02	4. John Holton	59:34
30. Ben Lounsbury	1:20:09	5. Peter Lessaril/Sharon Cayer	60:25
31. Mark Pelletier	1:20:12	6. Neal Caron/Larry Turner	60:57
32. Pat Pelletier	1:20:32	7. Gene Roy	61:14
33. John Farr	1:22:26	8. Rit Roberts	61:19
34. Scott Bertschy	1:22:34	9. Dean Rasmussen	62:23
35. Peter Fasano	1:23:46	10. Andy McKendry	62:29
36. Larry Johnson	1:24:51	11. Mark Simpson	63:36
37. Michael Case	1:24:58	12. Tom Gebhardt/Chris Metcalf	63:47
38. Doug Bergfeld	1:25:13		63:59
39. Russell Radcliff	1:25:14	13. Daniel Koch	64:07
40. Chase Pray	1:25:15	14. Mark Weatherford/Larry Ludwig	64:28
41. Ron Carpentier	1:25:15	15. Terry Towne	64:41
42. Victor Parisien	1:25:15	16. Gordon Chamberlain	64:41
43. Paul Bellfy	1:25:15	17. James Hooper/Richard Reiman	64:43
44. Chris Wales	1:25:15	18. Leland Martin	64:57
45. Larry Johnson, Jr.	1:25:49	19. Thomas Gadois	65:31
46. Andy Haskell	1:27:04	20. Tom McKinney	66:12
47. Eric Agren	1:27:34	21. Alan Edmond	67:35
48. Dennis Carpentier	1:29:01	22. David Rand	68:07
49. Sharon Cayer	1:29:13*	23. Ted Dishner	68:11
50. William Katz	1:30:02	24. Garth Duff	68:22
51. Patrick Roy	1:30:07	25. Pat Roy	69:14
52. Joe Fulmer	1:34:16	26. Ron Paquette	69:15
53. Tricia Engineri	1:34:23*	27. Dave Miller	70:18
54. Paul Engineri	1:34:23	28. Brian Kilroy	70:26
55. Richard O'Brien	1:35:30	29. Kevin Pottle	70:53
56. Chris Hayes	1:40:19	30. Randy Paquette	71:43
57. Gary Kent	1:44:11	31. Robert Jordan	71:50
58. Susie Wilding-Hartford	1:45:43*	32. Paul Berg	72:04
59. Susan Vincent	1:46:14*	33. Kurt Ludwig/Steve Ziegler	72:30
60. Richard Bissonnette	2:04:49	34. Rich Cole	72:30
Results courtesy of the Penobscot Wheelmen		35. Greg Rich	73:18
*****		36. Tory Rau	74:10
WINTER HARBOR "DASH & TRASH BIATHLON"		37. Andrew Haslam	74:23
Schoodic Point May 18th		38. Jim Noland	74:42
		39. Penny Sullivan/Kent Kurchak	76:21
1. Pat Scumbras/Bill Weidner	57:30	40. Greg Learnard	76:42
2. Tim Clough/John Titus	58:09	41. Beau Robinson	77:39
3. Bruce Ellis	59:29	42. Dave Foster	79:06

43. John Fawcett/Stead Crawford	79:32
44. Paul Guerin	81:56
45. Perian Haslam/Marian Bouchard	84:30
46. James Kelly	85:20
47. Larry Richardson/Joe Kenney	86:46
48. Eddie Brissette	
49. Tom Severance	

Results courtesy of Bill Weidner
Race Director

TEN MILE GORHAM TIME TRIALS Gorham

May 21

1. Dick Brink	22:40
2. Neil McInnis	24:49
3. Buzz Davis	25:00
4. Eric McNett	25:28
5. Marc Welch	26:13
6. Pete Thomas	26:33
7. Tim Cocoran	26:42
8. Ren Welch	26:44
9. Tom	26:51
10. Marc Wolman	27:52
11. Mark Lambert	27:58
12. Andy Haslam	28:10
13. Bill Kelly	28:33
14. Bill Pedesar	28:40
15. Jim Broddock	28:53
16. Pat Roy	29:22
17. Steve Laurett	29:28
18. Mark Etschultz	29:46
19. Karen Dinmore	30:02
20. Sharon Cayer	30:28
21. Roz Randall	31:08
22. Nancy Uhrich	32:48



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YOUR
MOVE.
Miyata
MOVE TO THE HEAD OF THE CLASS.

There's a full line of Miyata bicycles - racing, touring, mountain, commuting and all-sport. Our four models designed for triathlon competition are the 710, the 912 and the Pro Miyata and the 310. Prices start at about \$310. Come in soon and see Miyata. The bicycles of the team that won the World Cup two years running.

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85 Pleasant Street, Brunswick - 729-8240



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Longfellow Square, Portland, ME
Phone: 774-2933
Mon. - Wed. 10:00 - 5:30,
Thurs. - Fri 10:00 - 7 Sat. 10:00 - 7

Lead Crawford
79:32
81:56
Marian Bouchard
84:30
85:20
on/Jo Kenney
86:46

Bill Weidner
Race Director

TRIALS
May 22nd

22:40
24:49
25:00
25:28
26:15
26:33
26:42
26:44
26:51
27:52
27:59
28:10
28:33
28:40
28:55
29:22
29:29
29:49
30:02*
30:22*
31:08*
32:48*

4TH ANNUAL MEMORIAL DAY MDI WESTSIDE RIDE BICYCLE RACE 25 MILES Southwest Harbor May 26th

1. Dan Works Auburn	61:20
2. Hugh Caggiano Bangor	61:20
3. Scott McLellan Bangor	61:20
4. Mike Woodworth Ba Haba	61:20
5. Mark McPheters II Auburn	61:20
6. Robert Pride Sangerville	61:20
7. Glenn Fenlason Sidney	61:20
8. Greg Desjardin Portland	61:20
9. Steve Goodman Auburn	61:20
10. Dan Koch Ellsworth	61:20
11. David Cordier Belfast	61:20
12. David Miller Holden	61:20
13. Mike Archer Sedgwick	61:20
14. Gadhois Friendship	61:20
15. Andy McKendry Old Town	61:33
16. John Wieb Bangor	64:09
17. Kit Roberts Friendship	64:25
18. Mark Pelletier Camden	66:08
19. William Gulliver Sedgwick	67:11
20. Doug Eames Lewiston	67:51
21. Pat Pelletier Old Town	67:53
22. Norm Haves Seal Haba	67:57
23. Scott Mitchell Ba Haba	68:46
24. Mark Weatherbee Lincoln	68:48
25. Steve Langley ?	70:11
26. Bill Sylvia Ba Haba	70:22
27. Eathan Holloway Sedgwick	70:44
28. Chip Reeves Ba Haba	72:04
29. Mike Brissette Bradley	72:52
30. Austin Works FLA	72:53
31. Doug Birgfeld III Sears	73:33
32. Bob Gutman Islesboro	73:34
33. Freeman Doore D-Foxcroft	73:35

34. Duane Smith Ba Haba	73:36
35. Garrett Long SW Haba	73:37
36. Marsha Giglio Augusta	73:41*
37. Dave Penley Skowhegan	74:02
38. John Reeves Sabattus	75:31
39. Rene Tardif Alfred	75:32*
40. Ray Giglio Augusta	75:37
41. Sandy Whittlesey W. Tremont	76:43*
42. Roger Hoffmann Surry	77:41
43. Peter Burgher Wv1	77:43
44. George Smolley Ba Haba	78:25
45. Barry Wilber E. Holden	79:06
46. Stan Pride D-Foxcroft	79:07
47. Rick Davis MASS	79:08
48. James Kelly Ba Haba	79:11
49. Larry Sweet Ba Haba	79:15
50. Al Minutolo Ba Haba	79:27
51. Doug Birgfeld, Jr. Sears	82:27
52. Paul Matlack SW Haba	82:48
53. Leslie Rich SW Haba	84:01*
54. Beth Buckley MASS	84:15*
55. Ingrid Tancyc Ba Haba	84:16*
56. James Pendergast Ella	88:14
57. Sue Vincent Holden	88:25*
58. Charles Kellett Brooklin	88:57
59. Greg Straub SW Haba	89:00
60. Kevin Pottle Ellsworth	89:52
61. Tom Boyson MASS	93:50
62. Greg Swaney SW Haba	93:59
63. Bill Kellett Brooklin	94:10
64. Ricky Marden Bangor	94:14
65. Robert Pendergast Ella	107:30
66. Betsy Mitchell Ba Haba	107:34
67. Marshall Whittlesey W. Tremont	108:43

Results courtesy of Harbor House

NATURAL HEALTH CARE

Learning About Ourselves

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Classes Available in Your Area

For appointment call:
Virginia Lubell
207-774-4770
Downtown Portland

JONES COUNTERS AND CALIBRATED COURSES

The following list of Jones counters available and Calibrated Courses approved by the RRTC in Maine is incomplete at this time. If you know of any other devices or Calibrated Courses or can correct or update the addresses listed, please contact Greg Nelson whose address is listed below under Augusta.

Jones counters are available for purchase for \$20 from:

New York Road Runners Club, Box 881, FDR Station, New York, NY 10150

Attn: Bill Noel (212) 860-4455

AREA	CONTACT	ADDRESS	CITY	PHONE	STATUS
Augusta	Greg Nelson	138 Maine Ave.	Gardiner, ME 04345	582-5607 289-3223	Rent
Bangor	Bob Booker	PO Box 259	E. Holden, ME 04429	842-6262	Postage
Biddeford	Steve Mooney	54 Scammon St.	Saco, ME 04072		?
	Dick Bell	110 Union Ave.	Old Orchard School-Brewer		

-8:30 a.m.... T-Shirts, numbers, map & race information will also be distributed at the Epsteins in Brewer Thurs. & Fri., Sept. 12-13

Name: _____
Address: _____ City _____ State _____ Zip Code _____
Phone: _____ Age _____ Sex _____ T-Shirt Size (S, M, L, XL) _____
Circle one

Team: (yes, no) Name of Business _____

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.

Signature: _____ Date: _____
*Parents signature is required if participant is under 18 years of age. HAVE FUN!
Date: _____



Distance: 5 K
 Date: Saturday - September 14 at 9:00 a.m.
 Start: Pendleton Grade School - Brewer
 Entry Fee: \$5.00 per individual - includes T-Shirt and "other surprises"
 Prizes: Trophy's, gift certificates & "Levi" products for the first two male & female finishers in the following age groups.

12 & Under
 13 - 15
 16 - 18
 19 - 29
 30 - 45
 45 - 50
 50 - up

Sponsored by
EPSTEINS OF MAINE
 &
LEVI STRAUSS & CO.

*plus one lucky person will win a mini weekend vacation at the Holiday Inn Raquet Ball Club in Bangor.
 Team challenge: lowest aggregate time of 5 runners made up of employees from area businesses.

Proceeds: All proceeds will be donated to the Boy Scouts of America.

Registration: Make check or money order payable to "Epsteins 5 Aces Road Race" and mail or drop off at Epsteins - 527 South Main St., Brewer, 04412... Register the day of the race at Pendleton Grade School-Brewer between 7:00 -8:30 a.m.... T-Shirts, numbers, map & race information will also be distributed at the Epsteins in Brewer Thurs. & Fri., Sept. 12-13

Name: _____
 Address: _____ City _____ State _____ Zip Code _____
 Phone: _____ Age _____ Sex _____ T-Shirt Size (S, M, L, XL) _____
 Circle one

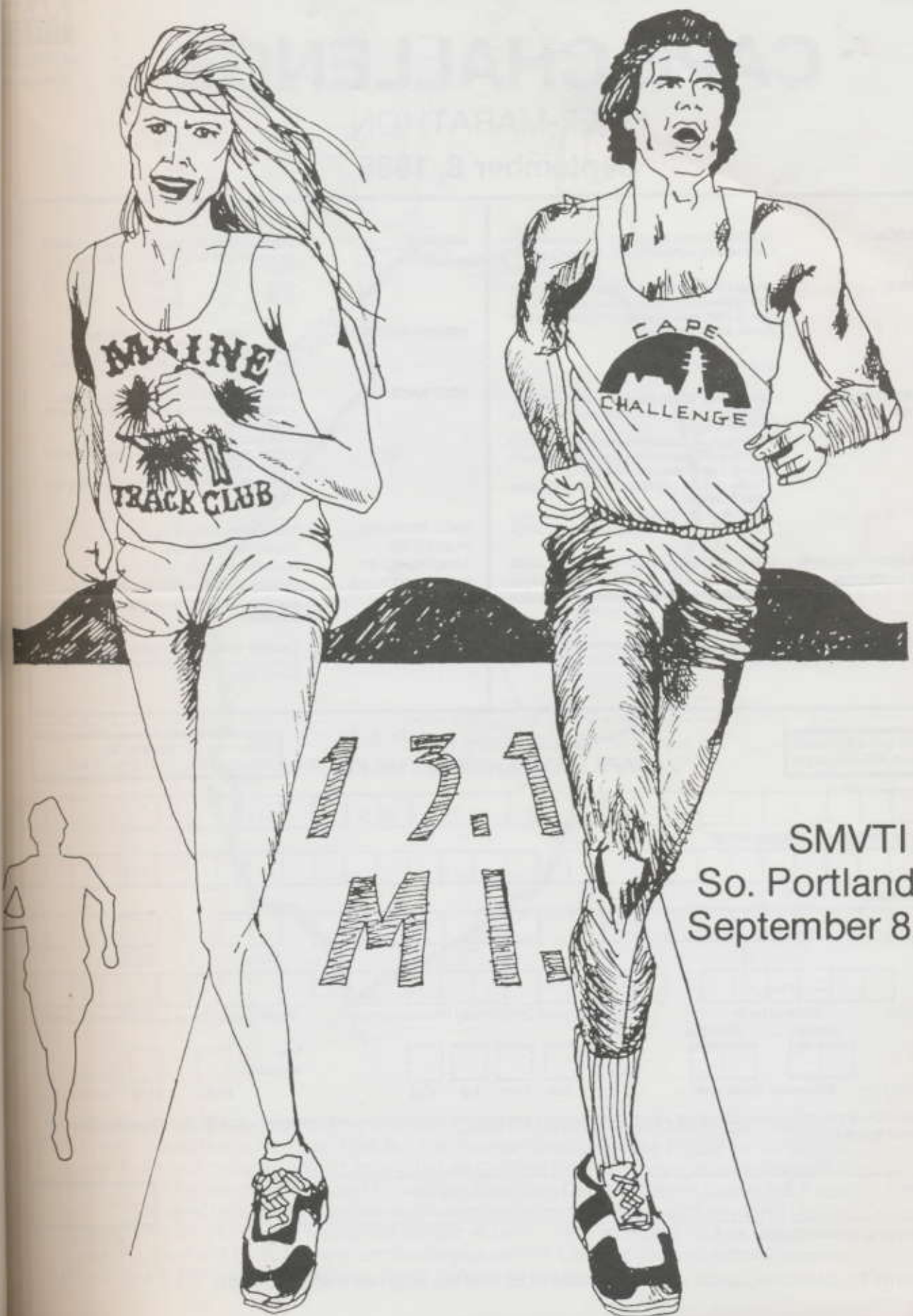
Team: (yes, no) Name of Business _____

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.

Signature: _____ Date: _____
 *Parents signature is required if participant is under 18 years of age. HAVE FUN! Date _____

Second Annual

CAPE CHALLENGE



SMVTI
So. Portland, Me.
September 8, 1985

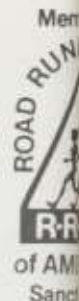


Maine Track Club's Second Annual

CAPE CHALLENGE

HALF-MARATHON

September 8, 1985



LOCATION:	Southern Maine Vocational Technical Institute (SMVTI) on Fort Rd., So. Portland, Maine.	AWARDS:	Trophies and limited merchandise awards for males and females in several divisions: Open (5) 30-34 (3) 45-49 (3) under 19 (3) 35-39 (3) 50-59 (3) 20-29 (3) 40-44 (3) 60+ (3)												
COURSE:	Wheel-Measured 13.1 Miles. Challenging, rolling hills on an out-and-back course. Splits at 1, 5, half, and 10 Miles. All miles marked. Ample water stations.	COURSE RECORDS:	<table border="1"><thead><tr><th colspan="2">Open</th><th colspan="2">Masters</th></tr></thead><tbody><tr><td>Rock Green</td><td>1:08:31</td><td>Lawson Noyes</td><td>1:14:35</td></tr><tr><td>Lisa Muller</td><td>1:27:44</td><td>Meg May</td><td>1:39:48</td></tr></tbody></table>	Open		Masters		Rock Green	1:08:31	Lawson Noyes	1:14:35	Lisa Muller	1:27:44	Meg May	1:39:48
Open		Masters													
Rock Green	1:08:31	Lawson Noyes	1:14:35												
Lisa Muller	1:27:44	Meg May	1:39:48												
TIME:	9:00 AM start	POST RACE:	<ul style="list-style-type: none">• Refreshments served following the race.• Raffle of various prizes before awards ceremony.• Awards ceremony at 12 noon.• Post race massages provided by AMTA Sports Massage Team• Complete results in "Maine Running and Outing"												
REGISTRATION BY MAIL:	<ul style="list-style-type: none">• Race only: \$5.00. Race plus T-shirt \$7.50.• Please include a stamped, self-addressed #10 envelope.• Entries must be postmarked before 8/31 to receive verification of registration and additional information on the race.• Make checks payable to: Maine Association of Police.• Mail to: Cape Challenge, c/o Maine Track Club, P.O. Box 8008, Portland, Maine 04104.	RACE SPONSOR:	Maine Association of Police												
POST-REGISTRATION:	Day of race registration 7:00-8:30 AM: \$6.00 .	HOSTED BY:	The Maine Track Club												
RACE NUMBERS:	Race numbers may be picked up from 7:00-8:30 AM on race day in the Hutchinson Union Building ("the gym") on Fort Road.	SANCTIONED BY:	Road Runners Club of America												
FACILITIES:	Changing facilities, restrooms and showers at SMVTI in the Hutchinson Union Building	RACE DIRECTORS:	Barbara Coughlin and Jane Dolley												
		INFORMATION:	Evenings 6-9 PM: (207) 846-6018 or (207) 883-9659												
		LODGING:	Contact the Greater Portland Chamber of Commerce, 142 Free Street, Portland, Maine 04101 (207) 772-2811												

Include self-addressed stamped #10 envelope

Official Entry Form CAPE CHALLENGE 13.1 MILES

Make checks payable to:
MAINE ASSOCIATION OF POLICE

Last name, first name, middle initial									
Street address									
City									
State									
Zip Code									
Age on 9/8/85		Date of birth		Home phone (area code) Phone number				Work phone (area code) Phone number	
Hours		Minutes		T-Shirt size		Fee enclosed		(includes T-shirt)	
Sex (M or F)		Estimated finish time		Sm Med Lg XLg		\$5.00		\$7.50	

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

Signature

Date

Signature of Guardian if under 18

Official Use
Only

MAIL ENTRY TO: CAPE CHALLENGE, c/o MAINE TRACK CLUB, P.O. Box 8008, PORTLAND, ME 04104

The C
Fort R
Squar
Left on
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Cottag
Willard

chandise awards
several divisions:
(3) 45-49 (3)
(3) 50-59 (3)
(3) 60+ (3)

Masters
on Noyes 1:14.35
May 1:39.48

owing the race.
before awards

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46-6018 or (207)

and Chamber of
Portland, Maine

le to:
ON OF POLICE

Code

Phone number

(includes
0 T-shirt)

ainst sponsors or

Official Use
Only



The Course: Rolling hills, challenging and scenic, starts and finishes at SMVTI gymnasium on Fort Road, South Portland. From Fort Rd. the course continues onto Preble St. to Willard Square. Right on Pillsbury; left on Lehave; left on Cottage Rd. which merges with Shore Rd. Left on Rt. 77 (Ocean House Rd.); past Pond Cove Shopping Center; right on Fowler Rd. Right on Rt. 77 (Spurwink Rd.); past the Spurwink Church and cemetery. Right on Sawyer Rd.; left at traffic light on Rt. 77 (Ocean House Rd.) 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 at Willard Square and back to Fort Rd. to finish in front of the gymnasium.

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PRINTING

102 Portland St., Portland
773-8198

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RELEASE
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IN THIS

NAME:

ADDRESS

T - SHI

SIGNATU

WHEN: Sunday, August
4, 1985



WHERE: Rockland, Maine
at The Public Landing

10K - 6.2 Miles

KIDS FUN RUN

COURSE: 10K Tac Certified
3 Water Stops & Splits

COURSE: 1 Mile, Wheel
Measured.

TIME: 8:30 A.M.

TIME: 7:30 A.M.

REGISTRATION: Fee is \$5.00 for
Pre-registration.
\$6.00 day of race.

REGISTRATION: Fee is
\$1.00. Limited to
school grades,
Kindergarten through
8th grade in Sept. 1985.

DIVISIONS: Men's and Women's Ages:
Open - First In
14 & Under 30-39
15-19 40-49
20-29 50 & Up
WHEELCHAIR

AWARDS: 1st place Boy
& Girl.
1 winner in each grade,
K - 8

AWARDS: Prizes to 1st and 2nd
places in each category.

MAIL TO: Ken Sylvester
109 Talbot Avenue
Rockland, Maine 04841

SPECIAL TROPHY TO FIRST
PROFESSIONAL FISHERMAN
FROM KNOX COUNTY

MAKE CHECKS OUT TO:

Rockland Festival Corp.

GIANT PRIZE DRAWING AFTER
THE RACE

COMPLETE RESULTS WILL BE IN THE MAINE RUNNING MAGAZINE

Goldsmith's • Trade Winds HEALTH club

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

NAME: _____

() KIDS RACE: _____
(Grade) (Sex)

ADDRESS: _____

() 10K: _____
(Age) (Sex)

T - SHIRTS SIZE: XS S M L XL

() PROFESSIONAL FISHERMAN FROM
KNOX COUNTY

SIGNATURE: _____

(Parent or Guardian if Under 18)

FRANK SABASTEANSKI MEMORIAL MAINE TAC CHAMPIONSHIPS

MEN and WOMEN

Whittier Field - Bowdoin College - Brunswick, Maine

Sponsored by Brunswick Lodge of Elks #2043

Saturday, August 3, 1985

OFFICIAL ENTRY FORM Page 1 of 2

1. No post entries, for division B.
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 \$5.00). 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) 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 events will not be held up due to other competition. It is the athletes's 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 legal guardian.)

Saturday, August 3, 1985

NO POST ENTRIES

**** ALL Participants MUST be a Registered TAC member.**

****Entries close on July 27, 1985 Postmark ***NO POST ENTRIES***Division B****

Division A 10,000 Meter Run (Roadrace)

Section 1 Men _____

Section 2 Women _____

Best performance in the past year _____

Starting time 9:00 A.M.

POST ENTRIES

Entry Fee \$5.00

Division B - Track and Field

In column listed Perform., list best performance in past year

Section 1 Men _____

Section 2 Women _____

Event	X if Competing	Perform.	Event	X if Competing	Perform.
100M	_____	_____	100M	_____	_____
200M	_____	_____	200M	_____	_____
400M	_____	_____	400M	_____	_____
800M	_____	_____	800M	_____	_____
1500M	_____	_____	1500M	_____	_____
5000M	_____	_____	3000M	_____	_____
110MHH	_____	_____	100MLH	_____	_____
	_____	_____	400MLH	_____	_____
Race Walk	_____	_____	3000M Race Walk	_____	_____
plechase	_____	_____	Shotput	_____	_____
tput	_____	_____	Long Jump	_____	_____
g Jump	_____	_____	High Jump	_____	_____
ple Jump	_____	_____	Javelin	_____	_____
velin	_____	_____	Discus	_____	_____
Miscus	_____	_____	Triple Jump	_____	_____
Pole Vault	_____	_____			

CLUB

ADDRESS

SIGNED

8TH 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 27

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: John Fiola - 53:02 - 1984
Female: Robin Emery - 1:06:25 - 1984

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

Time: 8:45 a.m. Kids Race, 9:30 a.m. Classic
Location: 8:00-9:15 Hancock Town Hall, or by mail
July 24th. All runners should report to the start
to avoid any delay in starting.

See map on reverse. Time given at the 1 mile
and 5.1 mile marks. Aid stations 3 & 7 miles.

Restrooms only; in Town Hall.

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

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. The 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

Present this tab
for a 20% DISCOUNT
on any meal at
O'S RESTAURANT
on 27th or 28th



NORTHERN BAY

ATHLETIC CLUB



"WOODS RUN" 3-MILER

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

SATURDAY, JULY 27, 1985, 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:
<14, 15-19, 20-29, 30-39, and 40> OPEN WALK RACE*

T-SHIRTS FOR THE FIRST 30 REGISTRANTS.

REGISTRATION \$5.00/PERSON, AT THE FIELD. (NBAC MEMBERS/\$3.00)

PRE-REGISTER BY MAIL: NORTHERN BAY A.C.
BOX 344
BLUE HILL, ME 04614

OR CALL 326-9097

SPECIAL EVENT: WALK RACE STARTS AT 9:00 A.M. SHARP
AWARDS TO TOP THREE FINISHERS OVER 50 YEARS OF AGE

FULL NAME _____

AGE _____ SEX _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

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 damages I may have against any sponsor, their representatives, successors and assigns for and all injuries suffered by me at said race.

Signature: _____

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

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

BELFAST BAY 10 K

5 Mile Run



The Original of ORONO

1985
Clam Festival
Yarmouth, Maine



Where: Starts at Village Green in front of Town Hall, Main Street, Yarmouth

When: Saturday, July 20, 1985 at 8:00 A.M.
Runners register from 6:30 - 7:30 A.M.
Yarmouth Clam Festival Weekend

Registration: Limited to 400 runners. See entry form below.
Entry Fee: \$4 prior to day of race. \$6 day of race.

The Course: The five-mile route is patrolled and traffic controlled. Times are given at first and third miles.
Aid stations near the second and fourth mile. The course is wheel measured.

Awards: First Five Male Finishers - Open
First Three Women Finishers
First Female & Male Finishers Ages 12 & Under; 13 - 18; 30 - 39; 40 - 49; 50 - 59; and 60 & Over
Additional awards to First Female and Male Yarmouth Finishers; Youngest and Oldest Finisher

Free T-Shirt To All Entrants

Changing and shower accommodations available at Yarmouth High, West Elm Street.

Free Refreshments Served Following Race

Awards Ceremony will be held following the race at Village Green in front of Town Hall.

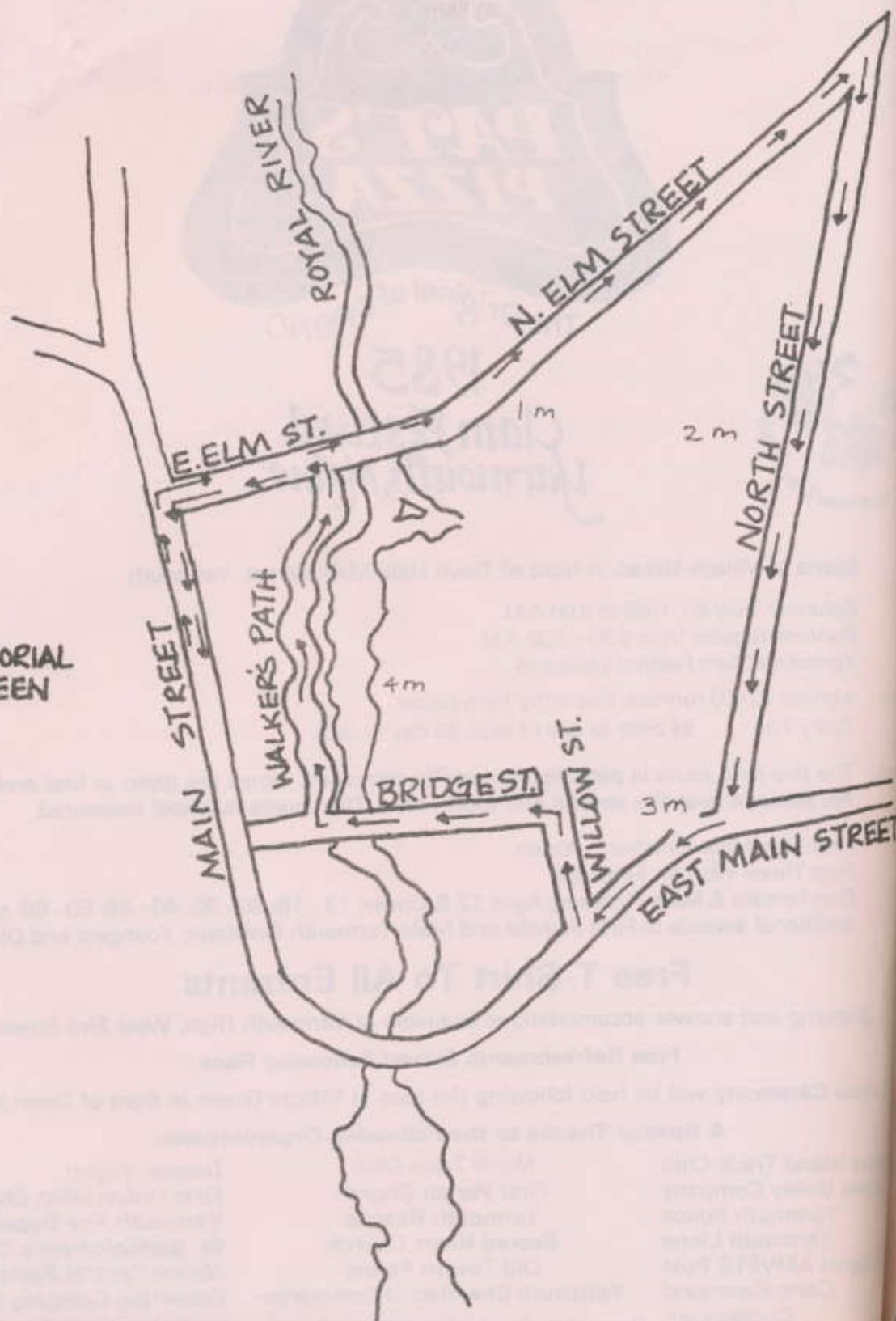
A Special Thanks to the Following Organizations:

Debeague Island Track Club
James Bailey Company
Yarmouth Police
Yarmouth Lions
Bird-Googins AMVETS Post
Camp Hammond
Cuddledown

Maine Track Club
First Parish Church
Yarmouth Rescue
Sacred Heart Church
Old Tavern Farms
Yarmouth Chamber of Commerce
Results published in Maine Running

Damon Yogurt
First Universalist Church
Yarmouth Fire Department
St. Bartholomew's Church
Maine Central Railroad
Cole-Haan Company Store
North Yarmouth Academy
Junior Women's League

MEMORIAL
GREEN



BELFAST BAY 10K

THE BELFAST BAY FESTIVAL ANNOUNCES THE 8TH ANNUAL
BELFAST BAY FESTIVAL ROAD RACE

- DATE: July 20, 1985 at 9:30 a.m.
- START: EAST SIDE SCHOOL ON SWANLAKE AVENUE
- FINISH: CITY PARK ON NORTHPORT AVENUE
- REGISTRATION: THROUGH THURSDAY JULY 18, 1985
ON THE DAY OF RACE UNTIL 9:00 a.m. AT EAST SIDE SCHOOL
- ENTRY FEE: \$5.00
- CLASSES:
1. MALE/FEMALE 17 and UNDER
 2. MALE/FEMALE 18 to 39
 3. MALE/FEMALE 40 and OVER
- AWARD: AWARDS TO FIRST THREE FINISHERS IN EACH CLASS
- ADDITIONALLY: T-SHIRTS TO ALL CONTESTANTS WHO PREREGISTER
POST RACE REFRESHMENT!!!
PARADE BEGINS AFTER RACE
- COURSE: STARTS AT THE SCHOOL AND FOLLOWS EAST SIDE OF THE PASSAGASSAWAKEAG
RIVER, CROSSES THE RIVER AT CITY POINT AND RETURNS VIA THE WEST
SIDE OF THE RIVER DOWN HIGH STREET THROUGH THE CENTER OF TOWN
FINISHING AT THE CITY PARK ON NORTHPORT AVENUE. (6.2 MILES)
- INFORMATION: CALL 338-4598 or WRITE DALE CROSS, 125 HIGH STREET, BELFAST, ME. 04915
- ** COMPLETE RESULTS PRINTED IN MAINE RUNNING ****



ENTRY FORM

NAME: _____ CLASSIFICATION: M F 1 2 3
CIRCLE TWO (SEX & AGE DIVISION)

COMPLETE MAILING ADDRESS: _____ T-SHIRT SIZE: S M L XL

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 claims
damages I may have against Belfast Bay Festival, their representatives, successors,
assigns for any and all injuries suffered by me at said race.

SIGNATURE: _____

EST'S SIGNATURE: _____
(for runners under 18 years of age)

SEND TO: WALDO COUNTY Y.M.C.A.
DALE CROSS
WALDO COUNTY Y.M.C.A.
125 HIGH STREET
BELFAST, MAINE 04915

5th ANNUAL

GREAT CRATE RACE ROAD RACE

DATE: JULY 20th
TIME: 8:00 A.M.
MEET AT THE KEAG STORE PARKING LOT, RT. 73, SO. THOMASTON
DISTANCE: 5.7 MILES - WHEEL MEASURED
COURSE: KEAG RIVER TO SPRUCE HEAD ISLAND. A ONE WAY RUN WITH SOME
ROLLING HILLS AND COOL OCEAN AIR.
ENTRY FEE: \$4.00 PRE-REGISTRATION \$5.00 ON RACE DAY
SERVICES: MILE MARKERS, WATER STOPS, TIME SPLITS, ROADGUARDS
REFRESHMENTS AT END OF RACE, PRIZES AWARDED IMMEDIATELY
RIDES BACK TO START

FREE T-SHIRTS TO
FIRST 50 ENTRANTS

*

PROCEEDS TO CHARITY

*

LAST YEAR'S WINNERS:

MALE- STANLEY LOW 31:15
FEMALE- BECKY SNOW 37:37



AWARDS TO
1st MALE AND FEMALE
19 and under
20 - 29
30 - 39
40 - 49
50 and over

STAY AND CELEBRATE THE 10th ANNIVERSARY OF THE GREAT CRATE RACE
RUN THE CRATES * EAT LOBSTER AND CLAM DINNERS * ENJOY LIVE MUSIC

Return entry form with fee to race director-

Susan Tripp Box 660 South Thomaston, Me. 04858

Complete Results in Maine Running

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

Mollyockett Day Classic
Bethel, Maine

SPONSERS * Bethel Outing Club - Footpath Sports-
- Bonnema Potters - Groan & McGurn

Courses * Wheel measured - All start and finish
at the Bethel Common - Splits and water
stations - 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 the 5 Km circuit.



DATE * July 20, 1985

* 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
6,7,8,
9,10,11
12,13,14

5 Km & 10 Km -- Men/Women
15 -- 19
20 -- 29
30 -- 39
40 -- 49
50 -- and over

ACCOMODATIONS * Toilets, showers, and changing facilities.

REGISTRATION * \$3.00/Mile \$5.00/5Km & 10Km Received by July 16.
\$3.00/Mile \$6.00/5Km & 10Km 7:45a.m. -- 8:15a.m.

AWARDS * PRIZES * T-shirts to the first 75 registrants. Ribbons
awarded to each finisher. Commemorative pottery tiles to the first
3 men/women overall in 5Km and 10Km. Trophies to first 3 boys/girls
in mile.

** Complete Results In Maine Running and Outing Magazine. - - - -

MOLLYOCKETT 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 _____
CITY _____ 1 Mile _____ 5 Km _____ 10Km _____

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

Signature if under 18 _____

Mail this form plus entry fee to Bethel Outing Club before July 16:
Don Angevine, P.O. Box 157, Bethel, Maine 04217. (207-824-2714)



JULY 14, 1985



Benefit Races for Back Cove Running Project, All Welcome!!

At: Athletic Attic, Back Cove, 295 Forest Ave., Portland, ME.

Portland's Perfect 10K & Fun Run

Entry Fee Goes To Back Cove Running Path Project.

Scheduled for completion by Spring, 1986, the Running Path will cost \$30,000.00

The entire cost must be covered by donations. You can help!!

Portland's Perfect 10K

Sunday, July 14 8:00 a.m. start.

\$5.00 preregistered by mail or in store before Tuesday, July 10.

\$6.00 race day 6:45 to 7:45 a.m.

Awards 1st two males & females as follows:

18 & under, 19-29, 30-39, 40-49, 50 & up

2 Mile Fun Run

Sunday, July 14 9:30 a.m. start

\$3.00 preregistered by mail or in store before Tuesday, July 10.

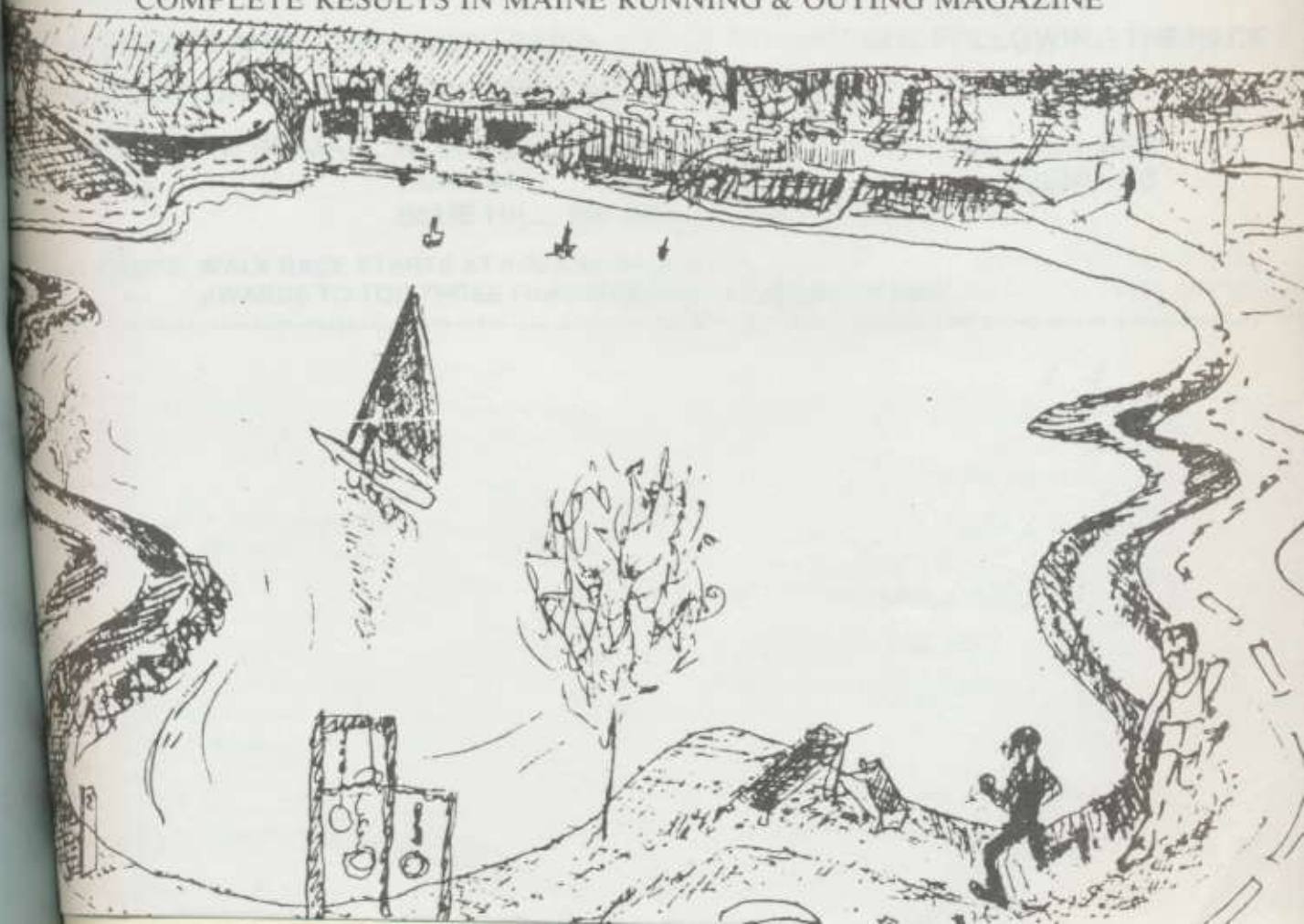
\$4.00 day of Fun Run.

Time Clock at Finish.

T-SHIRTS TO FIRST 150 ENTRANTS

The first 150 registered overall for either event.

COMPLETE RESULTS IN MAINE RUNNING & OUTING MAGAZINE





NORTHERN BAY

ATHLETIC CLUB



"CAN THE CONDOS!"

SCRIVELSBY 4 MILE CROSS-COUNTRY CRITERION!

SATURDAY, JULY 13, 1985, RACE STARTS @ 10:30 A.M.

START AND FINISH: SCRIVELSBY ESTATE, PETERS POINT, BLUE HILL

3 AWARDS IN THE FOLLOWING AGE CATEGORIES FOR BOTH MALE AND FEMALE:
<14, 15-19, 20-29, 30-39, and 40>, SPECIAL OPEN WALK RAGE**

GOLD TRI-COT RUNNING SHORTS FOR THE FIRST 30 REGISTRANTS.

SHRIMP FEED AND COMPLIMENTARY GLASS OF CHAMPAGNE FOLLOWING THE RACE

REGISTRATION \$8.00/PERSON (NBAC MEMBERS/\$6.00)

PRE-REGISTER BY MAIL: NORTHERN BAY A.C.
BOX 344
BLUE HILL, ME 04614

OR CALL 326-9097
EVENINGS

SPECIAL EVENT: WALK RACE STARTS AT 9:00 A.M. SHARP
AWARDS TO TOP THREE FINISHERS OVER 50 YEARS OF AGE

FULL NAME _____

AGE _____ SEX _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

SHORT SIZE S M L XL _____

SIGNATURE _____

Scrivelsby
CROSS COUNTRY
Criterion!
BLUE HILL, ME

"CAN THE CONDOS!"

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

Signature: _____

Signature (participants under age 18): _____

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



SEVENTH ANNUAL ROTARY

10,000 METRE (6.2 Mile) ROAD RACE

"RUN FOR THE OYSTER"

at the

DAMARISCOTTA RIVER OYSTER FESTIVAL

WHEN: Saturday July 13, 1985 at 8:30 A.M.

WHERE: Registration, Parking, and Finish at Great Salt Bay School on Business Rt. #1 - north of town.

FACILITIES: Locker Rooms, Rest Rooms, Showers (Bring your own towel) at the registration point and finish at Great Salt Bay School. Water at 2 & 4 miles - Splits as 1 and 4 miles.

COURSE: A beautiful scenic countryside and town run around the 6000-year old Oyster Shell Heaps on the Damariscotta River. For the first four miles the Great Salt Bay is in view. The last 2 miles are through beautiful downtown of Damariscotta-Newcastle.

FREE OYSTER LOGO "T" SHIRTS for the first 100 registrants for the race.

AWARDS: Trophies to first 3 in each class- men and women: 1.) 14 and under; 2.) 15 thru 19; 3.) 20 years thru 29; 4.) 30 years thru 39; 5.) 40 years thru 49; 6.) 50 thru 59; 7.) 60 and over .

SOME STATISTICS of the Wheel-Measured Course: 1984 Time- MEN 34:05 minutes; WOMEN 42:21 minutes. 147 Finishers. COURSE RECORD: MEN 32:15; WOMEN 39:00.

" Complete Results Will be Published in Maine Running Magazine"

OFFICIAL ENTRY FORM

In consideration of this entry being accepted, I, for myself, my heirs, and assigns, hereby waive and release all rights and claims for personal damages I may have against officials and race sponsors.

Signature) _____ (Date) _____ (If minor, parent of guardian must sign above) (Date) _____

ADDRESS: _____

STATE: _____ ZIP _____ . (AGE: _____ MALE _____ FEMALE: _____)

WE: _____ "T" Shirt Size _____

FE \$4.00 - check payable to "D.R.O.F." Program sponsored by the Damariscotta-Newcastle Rot. Mail entry fee to Damariscotta-Newcastle Rotary Club, P.O. Box # 687, Damariscotta, ME 04543.

ECTOR: Bill Murdoch (207-563-5780)

REGISTRATION closes July 8th. Registration may be made on RACE day.

A black and white line drawing of two women standing side-by-side. They are both wearing light-colored, short-sleeved athletic tops and dark, patterned shorts. The woman on the left has her hands on her hips, and the woman on the right has her hands on her hips. They are both looking towards the viewer.

A black and white line drawing of a male athlete in mid-stride, running towards the right. He is wearing a short-sleeved athletic shirt with horizontal stripes across the chest and dark shorts. His expression is focused, and his arms are pumping. The drawing is simple, with clean lines and no shading.

Please enter me in the KENNEBEC 10,000 Road Race.
Place: Madison, Maine
Date: Saturday, August 24, 1985 Time: 9:00 a.m.

Divisions (age): 19 & under _____ 20-29 _____
 30-39 _____ 40-49 _____ 50 & over _____

3 and Under			40-49		
Todd Hews	33:02	1979	Ralph Thomas	33:15	1979
Dianna Raedle	43:58	1980	Jeannette LaPlante	47:37	1980
3-29			50 & Over		
Dan Paul	33:26	1979	Vern Lewis	40:35	1982
Rose DeBlois	50:39	1981	Leona Clapper	49:07	1981
3-39					
Henry Chipman	32:03	1982			
Adrian Lilburn	42:08	1981			

Starting Time:	9:00 a.m.	
Registration:	8:00 to 8:45 a.m., Madison High School, or by mail before August 16. All Runners should report to start early to avoid any delay in starting.	
Course:	Start and finish at Madison High School.	
Facilities:	Restrooms available.	
Awards Ceremony:	Will take place upon completion of the race at Madison High School. Trophies to first place finishers in each category, plus youngest and oldest finishers. T-Shirts to the first 125 registrators. Soft drinks to all participants. Several Drawings for New Balance merchandise upon completion of the 10K. All finishers are eligible.	
Awards Fun Run:	All Finishers receive a ribbon.	
Fee:	Pre-Registration — \$4.00 Day of Race — \$5.00 Fun Run FREE	<p>SPONSOR</p> <p>Madison-Anson Chamber of Commerce</p>

Madison-Anson
Chamber of Commerce

consideration of this entry being accepted I, for myself, my heirs, executors, administrators waive and release
and all rights and claims for personal damages I may have against officials and race sponsors. I attest and
that I have full knowledge of the risks in this event and I am physically fit to participate in THE KENNEBEC

*Parents signature is required if participant is under 18 years of age.

696-3088

606 5549



WINTHROP LIONS CLUB

P. O. Box 398
WINTHROP, MAINE 04364

12th ANNUAL ROAD RACE

DATE: August 11, 1985

PLACE: Winthrop, Maine

RACES: 9.3 mile, 15 Kilometers
4.0 mile, 6.5 Kilometers

Both races start at 8:30 a.m. at Winthrop High School. Courses Certified

REGISTRATION: Begins at 7:15 a.m. - closed 8:15 a.m.

The course is laid out along beautiful Lake Maranacook following along other Winthrop roads back to the Winthrop High School. Splits will be given at the 1 and 2 mile mark for the 4 mile race and at the 1, 5, and 7 1/2 mile marks in the 9.3 mile race. Water will be available every 2 1/2 miles. Maps will be available on race day.

Power facilities available at the High School. Refreshments for runners.

AWARDS

15K

4 Mile Race

Overall Winner- Wilson 4' Challenge Trophy

1st Five finishers

Five finishers

1st three women finisher

Longest and Oldest Runners

Oldest runner

Three women finishers

1st three finishers 30&over/men & women

Three finishers 30&over/men & women

1st three finishers 40& over/men & women

Three finishers 40&over/men & women

1st three finishers 50&over/men & women

Three finishers 50&over/men & women

COMPLETE RESULTS IN MAINE RUNNING

ONE AWARD PER INDIVIDUAL

15K

1984 WINNERS

4 Mile Race

Rock Green 50:34

Scott Robert 21:40

Linda LaRue-Kenniston 61:20

Ann England 25:19

ENTRY FEES: PREREGISTRATION \$5.00 DAY OF RACE \$6.00

T-SHIRTS WILL BE GIVEN TO ALL ENTRANTS

COMPLETE RESULTS WILL BE PUBLISHED IN MAINE RUNNING

Checks payable to the Winthrop Lions Club. Mail entry forms & check to
Mr. Hodgkins, 64 High Street, Winthrop, Maine 04364; Tel: 377-2053 or 377-2275

In consideration of the acceptance of this entry form, I hereby, for myself, my
heirs, my executor and administrators, waive and release any and all rights and
claims for damages or injury I may incur in connection with these events, against
the Winthrop Lions Club, Race Officials, and race organizers. I further attest
that I am physically fit and sufficiently trained to compete in these events.

AGE _____ SEX _____

9.3 mile _____ 4 mile _____

SIGNATURE _____

THIRD ANNUAL
SKOWHEGAN STATE FAIR

TWILIGHT FIVE MILER and ONE MILE FUN RUN Plus TOT TROT



Proceeds to
Dollars for Scholars

Race Directors:
Bill Stone 474-2403 or 696-3664
Jane Watson 474-5511

5 MILER

- * August 8, 1985, 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.
- * Water stops and refreshment after the race.
- * Splits every mile.
- * Commemorative shorts to the first 50 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.
- * Results to be published in "The Maine Runner".

FUN RUN

- * Starts at 7:15 p.m., registration closes at 6:30 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.

TOT TROT

- * Starts at 6:30 p.m., registration closes at 6:15 p.m.
- * Registration fee is \$3.00.
- * One lap around (1/2 mile) around the finest trotting track in Maine. Completely enclosed and free of traffic.
- * Refreshments for all runners.
- * Burger King gift certificates for all entrants.
- * Awards and gift certificates for top finishers in male and female categories.

FULL NAME _____

AGE ON RACE DAY _____ SEX _____

ADDRESS _____

PHONE _____

5 MILE ☐

FUN RUN ☐

TOT-TROT ☐

SHORT SIZE: ADULT S M L XL

T-SHIRT SIZE: ADULT S M L XL
CHILD S M L

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

FEBRUARY 4, 1985

VOLUME 5 CO1

MAIL

Runner's
SHOP



Bill Reifsnyder, (No. 33) running for Mail Runner's Shop, ran a 1:02:26 half marathon at the Philadelphia Distance Classic. This effort placed Bill on top ten all-time list.

SPRING 1985



RUN FOR LIBERTY II

OCTOBER 12, 1985

On October 12, 1985 Americans will unite to show the world what it means to exercise their freedom. Join us for the greatest run of the 20th Century and help get the Statue of Liberty back into shape. After all, as long as you enter, she wins.



Stroh's RUN FOR LIBERTY II

OFFICIAL ENTRY FORM

☐ ☐ ☐ ☐ Official
(Use Only)

WHAT: An 8K (5 mile) 10K run open to participants of all ages and athletic ability.

WHERE: 127 separate runs, each on 10K, sanctioned and certified courses, will take place across the country (see this form for race in your area).

WHEN: Saturday, October 12, 1985.

ENTRIS FEE: \$6 if postmarked by October 1 (final deadline). After October 1, \$11 late entry fee may be paid as designated locations in your race area. (It's currently only a \$2 minimum from each entry fee will be donated to The Statue of Liberty restoration.)

RECEIVE: Each entrant will receive an official Stroh's Run For Liberty II commemorative medalion (cost of 30¢), authentic material from the Statue of Liberty, mounted in an attractive hard case, complete with a certificate of authenticity signed by Lee A. Iversen.

Each mail to entrant will receive a confirmation containing specific local

race information and designated locations for packet pick-up of bus, beer, runner number and commemorative medalion.

A commemorative booklet highlighting individual race results and event activities will be mailed to each entrant after the race.

OPTIONAL T-SHIRT: Entrants may obtain an official SPT 11 T-shirt by checking the appropriate block below, and including \$5 with their entry fee.

HOW: Complete this entry form and mail, by October 1, along with a check or money order payable to Stroh's Run For Liberty II to the appropriate race city address indicated on this form. (Include additional \$5 if a shirt is desired.)

AMOUNT REMITTED (U.S. DOLLARS) Entry Fee \$ _____
T-shirt(s) Optional \$ _____
TOTAL \$ _____

First Name

Shirt Size

Last Name

Age (on 10/12/85)

Address

City

State

Zip

Sex

Day Phone

Whereabouts City in which you will run

Address

RELEASE

In consideration of your accepting my entry, I intend to be legally bound by myself, my heirs, executors, and administrators, do hereby release and discharge The Stroh Brewery Company, Chrysler Plymouth Dealers Association, Hudson Barnes and Associates, any and all sponsors, and their respective officers, directors, agents and employees, jointly and severally, from any and all liability for illness, injuries, and damages I may suffer arising out of or resulting from my participation in this event.

I also understand and agree that any sponsor may subsequently use for publicity and/or promotional purposes my name and/or pictures of my participating in this event, without any obligation or liability to me, I further understand and agree that my entry fee is non-refundable.

I hereby represent and certify that I am over eighteen years of age or have the consent of my parent or legal guardian, that I have carefully read the foregoing Release and know the contents thereof, and that I sign it of my own free will.

THIS IS A RELEASE—READ BEFORE SIGNING. Must be signed by participant or parent/guardian.

Signature of Participant

Signature of Parent or Guardian if participant is under 18 years of age. Illegal for minors in West Virginia.
© 1985 The Stroh Brewery Co., Detroit, MI 48207

Stroh's RUN FOR LIBERTY II



PORTLAND, ME COURSE

Plymouth

WHAT

An 8K (5 mile) fun run open to participants of all ages and athletic ability.

WHEN

Race will begin at 10:00 a.m. on Saturday, October 12, 1985.

WHERE

The Stroh's Run For Liberty II is an out and back course that starts and finishes on the campus of Southern Maine Vocational Technical Institute. The turn around point will be at the National Historic Portland Headlight. Split times will be given at each mile; water will be available along the course.

ENTRY FEE

\$8.00 if postmarked by October 1 (mail-in deadline). After October 1, \$11.00 late entry fee may be paid at designated locations in your race area. (U.S. currency only.) A \$2.00 minimum from each entry fee will be donated to The Statue of Liberty restoration. Entrants may obtain an OPTIONAL SRFL II t-shirt by checking the appropriate block and including \$5.00 with their entry fee.

REGISTRATION

Complete this entry form and mail, by October 1, along with a check or money order payable to Stroh's Run for Liberty II, c/o Maine Track Club, P.O. Box 8008, Portland, ME 04104.

PACKET PICKUP

You may pick up your race packet at the pre-registration desk in the SMVTI gym from 8:30 a.m. to 9:45 a.m. on race day.

LATE REGISTRATION

Late registration will be available race day from 8:30 a.m. to 9:45 a.m. in the SMVTI gym.

MORE INFORMATION

For more information, contact Rick Strout, Maine Track Club at (207) 829-3216.

EACH PARTICIPANT WILL RECEIVE

An official Stroh's Run For Liberty II commemorative medallion cast of 100% authentic material from the Statue of Liberty, mounted in an attractive lucite case, complete with a certificate of authenticity signed by Lee A. Iacocca. A commemorative booklet highlighting individual race results and event activities will be mailed to each entrant after the race.

AWARDS & PRIZES

Award presentations will be held at the SMVTI gym at 12:00 p.m.

First place overall male and female winners will receive a custom made Stroh's Run for Liberty II award. First through third places in each of the following groups will receive Stroh's Run for Liberty II commemorative awards.

MEN	WOMEN
19 and under	19 and under
20-24	20-24
25-29	25-29
30-34	30-34
35-39	35-39
40-44	40-44
45-49	45-49
50-59	50-59
60 and over	60 and over

Wheelchair Participants — First male and female.

RACE RESULTS/TIMING

Results will be sent to each participant showing time and place in their specific race and comparisons with all participants nationwide.

SPECIAL THANKS

To the City of South Portland and the Town of Cape Elizabeth.

WPOR-FM



adidas athletic footwear and apparel

Event Coordination: Hobson, Barnes & Associates, Inc. 091