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Maine Running & Outing Magazine



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Cape Elizabeth, ME 04107



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**MAINE
NORDIC COUNCIL**

VOL. 6 NO. 3 MARCH 1985



P. O. Box 259 East Holden, Maine 04429 Tel. (207) 843-6262

Who says the Jolly Jester is 99 years old? If Ron Fletcher, the Maine Biathlon Team coach, heard that, he'd disown his brother, Cliff. Spring must be just around the corner, all the winter races are here. I can't get over some of the excellent times people manage to run in winter races. One of these days I'm going to try one.

Last year at this time I almost got my chance to run in a winter race at the 1st Great Lite Beer Downeast Maine Half Marathon. I didn't care for it, so, we moved the race back to the 30th of March where we are hoping for far better weather. It just doesn't seem like a race to me if I can't get out of my warm ups.

So to all the jolly jesters out there, you can have your nasty old winter races. Give me the snow trails of cross country skiing in the foul months and the nice dry roads of summer.

See you all on the 30th!

Bob

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Joan Benoit teams up with Maine Savings Bank.

FLYERS IN MAINE RUNNING & OUTING

THE EAGLE RUN
THE GREAT LITE BEER MAINEIAC HALF MARATHON
SKI NORDIC AT SADDLEBACK
HUSSON REC MAJORS RUN
MAINE NORDIC COUNCIL GENERIC FLYER

Photos: Vance Brown
Brown Photography
PO Box 53
Searsport, ME 04974
Telephone: (207) 548-2508

March

- 7 WINGED FOOT 5 MILER. At S.M.V.T.I. Contact: Dick Lajoie (Maine Track Club)
- 2 OWLROCK SAUNA RUN. 11 a.m. from the Owlrock Sauna in Mt. Chase, ME. The 6 miler is directed by Annaliese and Preston Hood. See flyer in February issue or contact the Hoods, Owlsboro Rd., RR1, Box 164, Patten, ME 04765
- 9 FROSTBITE RUN AGAINST M.S. 10 a.m. from Ellsworth High School. \$5 Contact: Jim Pendergist, PO Box 417, Ellsworth, ME 04605. 667-7101 (w); 667-8886 (h) See flyer in February issue
- 10 MARCH OF DIMES SKI TRIATHLON. At Pleasant Mt in Bridgton. Contact: Russ Connors (Maine Track Club)
- 17 KERRYMEN PUB - "TOP OF THE MORNING ROAD RACE" 4 MILER. \$3.50 in Saco Jim Swan. See flyer
- 23 SPRING FLING 10K ROAD RACE. 11 a.m. from the Waterville Area YMCA, North St., Waterville. \$4 entry fee. Tim Rollins - Race Director.
- 24 BOSTON PRIMER. 15 Miler 10 a.m. at Maranacook School, Readfield. Contact: Marge Force, South Road, East Winthrop, ME 04343. 395-4596
- 30 THE GREAT LITE BEER MAINEIACS HALF MARATHON. 11 a.m. from the Holiday Health and Racquet Club, Odlin Rd., Bangor, ME 04401. \$5 minimum donation. Over \$3,000 in merchandise awards! Contact: Maine Running & Outing Magazine, PO Box 259, E. Holden, ME 04429. See flyer
- 30 EAGLE RUN 5/10K. 9 a.m. from MMA in Castine. Contact: Lt Swenson - NROTC Unit, MMA Castine 04421-0902 See flyer
- 31 MAINE MILK RUN 5 MILER. From S.M.V.T.I. Contact: Barbara Footer (Maine Track Club)
- 31 HUSSON COLLEGE RECREATION MAJORS FIFTH ANNUAL 10K FOOT RACE. 12 noon from Newman Gym at Husson in Bangor See Flyer.

April

- 6 CHAMPIONSHIP 15 MILER. Union to Rockland. 11 a.m. from Rockland High. \$4 pre/\$5 post Weight divisions! See flyer in February issue or contact Susan Schmitke, Spruce Head, ME 04859
- 14 FORT KENT 5 MILER. From UofM Fort Kent at 1 p.m. Frank Murphy - Race Director (Arroostook Musterd)
- 15 PORTLAND BOYS' CLUB 5 MILER. From the Boys' Club in Portland. Dave Paul - Race Director (Maine Track Club)
- 20 MOOSABEC ROTARY 3.3 BY THE SEA. 1 p.m. in Jonesport. T-shirts to first 50. Fee \$5. Contact: Dave Alley 497-2843
- 20 SPRING RUN-OFF. 10 a.m. from U.M.P.I. in Presque Isle. 5K is directed by Dave Maxcy (Arroostook Musterd)
- 27 AROOSTOOK TRUST CLASSIC. 11 a.m. from Gouldville School in Presque Isle. 5 Miler directed by Dave Rand
- 27 APRIL AMBLE 4 MILER. Westbrook College Directed by Bob Hodgdon (Maine Track Club)
- 27 2nd ANNUAL GOLD BAR RUN. 10 a.m. in Gorham. Contact: Uof Southern Maine, Dept of Military Science, Gorham ME 04038 (207) 780-5255



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MACHIAS BLUEBERRY RUN - 2 yrs.
KENDUSKEAG CANOE RACE - 2 yrs.
MEDUXNEKEAG CANOE RACE - 2 yrs.
HAMPDEN 8½ 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.
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- 3 yrs.



mid-maine
medical
center



St. Patrick's Day Run

SUNDAY, MARCH 17, 1:00 p.m.
WATERVILLE

Ribbarney's, Valley Distributors, Mid-Maine Medical Center, New Balance and runners throughout central Maine are joining forces with the American Heart Association.

The result is the 6th Annual St. Patrick's Day Walk/Run, an event with two goals — to contribute to the lifesaving programs of the AHA and to make everyone aware of the cardiovascular benefits of running.

Together, runners and heart research organizations strive to lead this country to a happier, healthier way of life by demonstrating that running is a good way to maintain lifelong fitness — and have fun at the same time.

The St. Patrick's Day Walk/Run enables runners, both seasoned and novice, to help the American Heart Association study the heart and heart disease through research with the funds that are raised. In turn, the American Heart Association will share what it learns with medical professionals and the public through education and community service programs.

Runners can also qualify for an assortment of prizes, depending upon which event they enter.

5K Pledge Walk/Run: T-Shirts, Barrel Bags, Walk-a-round Radios, etc. awarded by amounts raised.

10K Road Race: Various donated prizes awarded by position of finish.

10K Road Race with Pledges: Combination of both of the above.

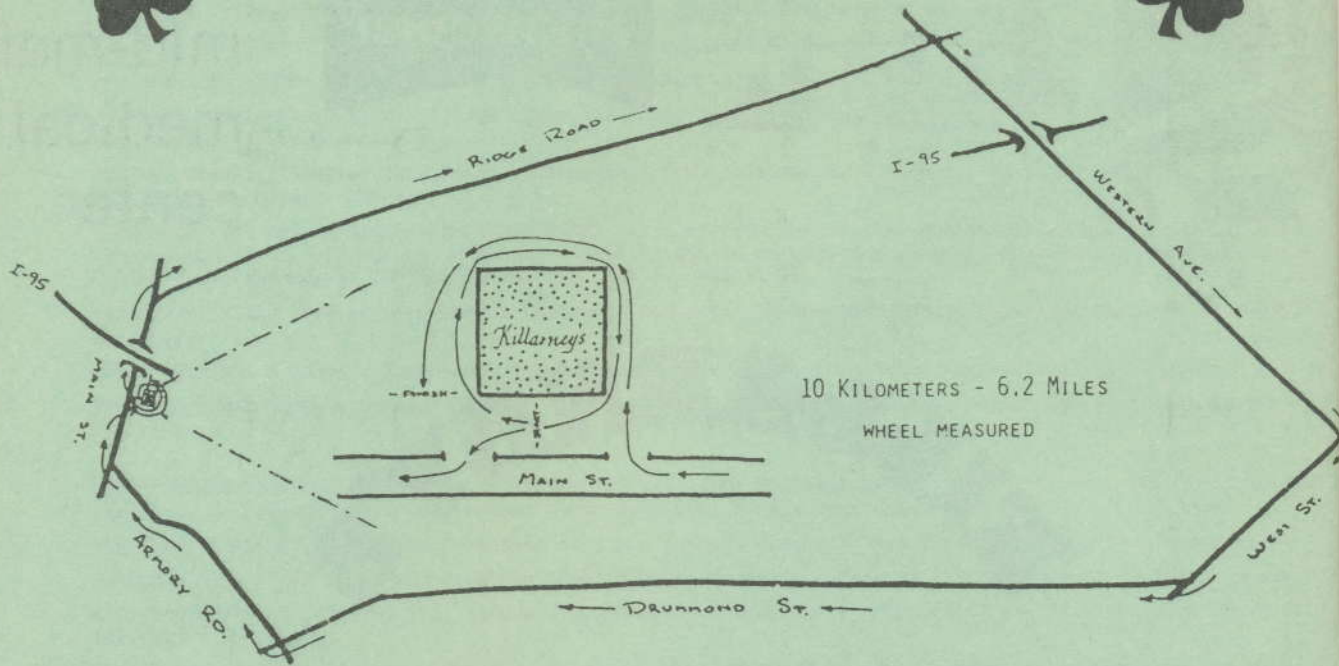


**American Heart
Association**

Maine Affiliate, Inc.

St. Patrick's Day Run

SUNDAY, MARCH 17, 1985
WATERVILLE, MAINE



Send entry form to:

St. Pat's Walk/Run
American Heart Association
Maine Affiliate, Inc.
P.O. Box 346
Augusta, ME 04330

1984 Winners:

1st Place
2nd Place
3rd Place

MEN

Peter Lessard (33:02)
Sean Nicholson (33:40)
Scott Roberts (33:52)

WOMEN

Beth Golden (41:49)
Jerri Bushy (47:09)
Donna Jean Rohlman (49:15)

ENTRY FORM:

NAME: _____

ADDRESS: _____

TELEPHONE: _____ AGE: _____ SEX: _____

☐

10 K Race — Include \$5.00 registration fee and t-shirt size

☐

include pledge form

☐

5 K Pledge Walk/Run

CIRCLE ONE

MEN

1
2
3

WOMEN

A
B
C

12 and under
13 to 19
20 to 29

MEN

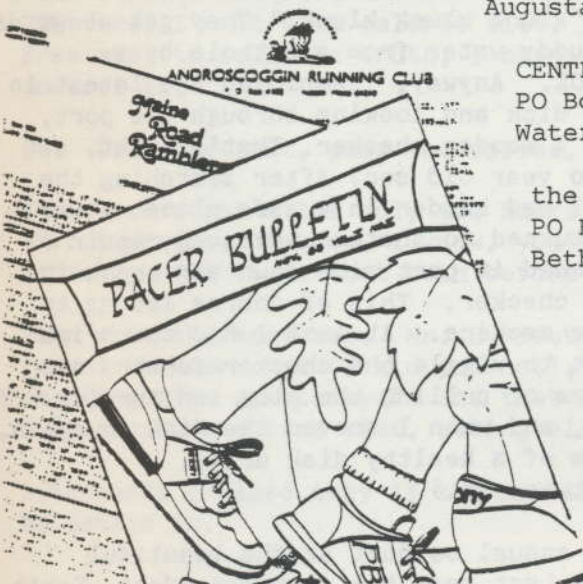
4
5
6

WOMEN

D
E
F

30 to 39
40 to 49
50 and over

CLUB NEWS



HOG BAY TROTTERS
PO Box 512
Ellsworth, ME 04605

NORTHERN BAY ATHLETIC CLUB
PO Box 344
Blue Hill, ME 04614

the MAINE ROAD RAMBLERS
PO Box 264
Augusta, ME 04330

ANDROSCOGGIN RUNNING CLUB
PO Box 382
Auburn, ME 04210

CENTRAL MAINE STRIDERS
PO Box 1177
Waterville, ME 04901

the DOWNEAST STRIDERS
26A Boynton St.
Bangor, ME 04401

the BETHEL OUTING CLUB
PO Box 157
Bethel, ME 04217

the MAINE ROWDIES
c/o Charlie Gordon U.R.
309 Maine St.
Brunswick, ME 04011

MARATHON SPORTS RUNNING CLUB
RD 2, Box 234H
Alfred, ME 04004

the PEN BAY PACERS
PO Box 302
Rockland, ME 04841

the WOODS RUNNERS
Box 201
Patten, ME 04765

the MAINE TRACK CLUB
PO Box 8008
Portland, ME 04104

the AROOSTOOK JOGGERNAUTS
93 Barton St.
Presque Isle, ME 04769

the MAINE ASSOCIATION of the TAC
105 Maple Ave.
Scarborough, ME 04074

DOWNEAST ROAD RUNNERS
Sanford YMCA
Springvale, ME 04083

the LESSER DURHAM STRIDERS
43 Cumberland St, Apt 2
Brunswick, ME 04011

the MOOSE CHASERS
21 Hillcrest Dr.
Presque Isle, ME 04769

the AROOSTOOK MUSTERDS
35 Teague St.
Caribou, ME 04736

If your team isn't listed here, let us know. We want to provide race directors and other interested individuals with the most complete listing of Maine running clubs available. Hope all the addresses are correct as well.

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What, Me Run?

(Writing this column is an adventure all its own. This evening I sat down in front of my Radio Shack TRS-80 Model III to put the latest inspiration on, er, paper, and when I shoved the disk in I heard "klunk klunk klunk klunk klunk klunk klunk." Now, believe me when I tell you that microcomputer owners don't like it at all when their disk drives go "klunk klunk klunk." They get about as excited as a runner getting dowsed with muddy water from a pothole by a speeding truck during a windy 30 degree 10K. Anyway, I employed the latest in electronic troubleshooting by pulling the disk and looking through the port, and what did my enquiring eyes perceive? A wooden checker. That's right, a checker. Did I tell you that I have a two year old son? After searching the house in vain for the tweezers I thought I had hidden in a safe place -- did I tell you I have a two year old son? -- I turned to another advanced repair technique and grabbed the computer and turned it port side down and shook it. Out tumbled a cultured pearl, but not the checker. This of course led me to wonder what else might be inside this fine machine. At last I had the bright idea of sticking my finger inside the port to wiggle the checker forward and out. Then I had the additional bright idea of pulling the plug and turning off the power first. I did get the sucker out, and when I shoved the disk in again, I was rewarded with the quiet clicking hum of a healthy disk drive. Still, I wonder what became of that tweezers.)

Tonight I went to the Maine Road Ramblers annual banquet at the beautiful Holiday Inn near the turnpike in Augusta. Last year the club President, Kevin Purcell, talked me into going by promising to give me an award. This year he talked me into it by promising not to give me an award. The program this year was first class, with guest speaker Amby Burfoot of Runners World. The program last year, as a matter of fact, was exactly the same, but that's another story. I had the pleasure of sitting at a table full of runners who, coincidentally enough, belong to the same running club that I do, so that there was something in common among all of us, making for scintillating and illuminating conversation.

The woman at my right was someone I frequently see at races around central Maine. At least I see her briefly before she disappears in the distance. Several of my companions are prominent in the local running scene, and before the night was out there were at least three trophies or awards on the table. So naturally the talk went something like this (I'll use phony initials to conceal most identities):

FIP: Hi, I'm FIP and I'm pleased to meetcha!

UGH: Charmed, I'm sure.

DW: Duhhh, food!

UGH: Hey, I raced against you last Fourth of July, you old so-and-so. Almost beat you too.

FIP: Almost just doesn't cut it, boyo. How does it feel to be a loser?

DW: Pass the rolls, pass the butter, pass the sour cream, pass the bleu cheese.

PLL: What did you order? Everything looked so good, but I don't want to gain any weight. (She weighs about 76 pounds.)

HAH: I got the fish.

TYU: I got the chicken.

BLA (a comedian): I got the bill!

GHG: Me, I'm on a no calorie diet. I don't take in anything but Diet Pepsi Free and, to tell the truth, I have a weakness for lettuce, but I try to control it.

DW: Pass the salt, pass the coffee, pass the sugar, pass the dressing...

I had run eight miles only two hours before, so I was ready to load those carbohydrates. I know, I know, you're supposed to do that **before** a run, but it's apparent to me that both before and after must be twice as good.

Then came the speeches. Mr. Burfoot showed a series of hilarious slides of his recent 24-hour race (I kid you not), in which he did a lot of clowning around, cheating with a motorcycle and that sort of thing, and the audience was in hysterics the entire time, seeing all kinds of things they all routinely do.

Afterwards I asked Amby if the new layout of Runners World was his fault, but he denied it.

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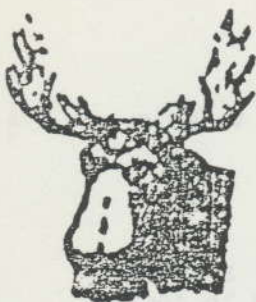
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Carrabassett Valley Touring Center
Carrabassett Valley, Maine 04947
(207) 237-2205



February 6, 1985

Dear Bob,

This letter is in response to the current listing of Maine's running clubs. The obvious omission (no fault of yours) is the most renown and the most popular club in the State of Maine - The Aroostook Mûsterds!!!

After reorganization in the spring of 1984, the Mûsterds had a very successful running season.

We started the year by putting out our Aroostook Racing Calendar, which provided us with enough income to purchase complete racing uniforms for all "terds". I'm sure you've seen those highly visable running suits of black and orange.

Next, several members of our illustrious group acquired a Volkswagon Van and converted it into what we call the "Moosemobil". I'm sure many of your readers have noticed the "Moosemobile" on the highway, especially going to and at the Kingfield 10K. I have to note here that there was some minor damage done to the "Moosemobil" by Rowdie Lawson Noyes. Next year we will be more alert to this type of hostility.

Last fall, Conrad Walton and myself went to Boston to run Freedom Trail sponsored by Saucony. During the post-race ceremonies in Waterfront Park, I overheard a couple of runners say, "What's a Mûsterd?" after noticing my uniform. According to the Patriarch, Sam Hamilton, a Musterd is a "dyed in the wool", "hard core", a "little crazy", perhaps even a "yahoo", but above all he loves a good time, both on and off the race course. A "terd" will go out for a run at the mere mention of the word.

Well, Bob, the Mûsterds are looking forward to the Wild Katahdin Snow Run this weekend and the up-coming road racing season this spring, summer, and fall.

Please include us in your club listing as follows:

The Aroostook Mûsterds
c/o "The Bull" - Bobcat Duprey
35 Teague St.
Caribou, Maine 04736

Thanks,

P.S. Beware!!!
Race Directors and
Runners, because you
never know when or
where the "Moosemobil"
will show up next!!

Signed: "The Bull"

Alias: "Bobcat"

Bobcat Duprey

P.O. Box 437
Machias, Maine 04654
January 30, 1985

Dear Bob:

There comes a time in every backsliding runner/writer's career when (s)he must face the ultimate Question, namely:

Whatever happened to Barney Beal?

Is there anyone out there who remembers or cares?

It is the second question which has played a large part in delaying the resolution to the first. Perhaps I should rest easy on my long-gone fifteen minutes of fame which Andy Warhol promised me as my due. The sad fact is that, in notifying the outside world that I am still alive, I am not poised, pen in trembling hand, ready to offer an orgasmic burst of creative fury. I left Barney down working at the Bath Iron Works in the late summer of 1944 with a writer's vision of what was to happen to him the following year, but no way to get him there. He is still working at the Iron Works, damn tired of it and disgusted at me.

The truth is, I have my hands full preparing for my marriage this spring (yes, I finally suspended my airheaded, prolix windbaggy long enough to tell my girlfriend that is what I wanted), and to psych for the Rowdies' annual trek to the County (Flahive, are you listening?). Speaking of which, I was a little disappointed not to be named non-Rowdy of the Year for 1984, and can only attribute that oversight to my utter obscurity, as I certainly was well-qualified (a no-show at Noyes' party, no races over 15 miles all year, no race longer than a 10-K since July).

All this leads to the fact that you have supplied me with Maine Running since the September issue without compensation. There is no telling when I will be able to offer my services in exchange; I cannot mislead you. Here is my check for \$18.75, which I hope you will accept as my payment for the issues from September 1984 through December 1985.

With best wishes,

Deke

The Deke

Dear Deke,

Here is your check back. Your money is no good in the Booker household. You and Barney carried MR for the first few struggling years and we will never be able to repay you for that. If Barney ever decides to return Downeast we would love to finish the saga.

Best wishes to you and yours on your upcoming nuptials,

Bob, Tanya, Brooke & Ethan
Bob, Tanya, Brooke and Ethan

RFD 1, Box 4876
Camden, ME 04843

February 6, 1985

Dear Bob,

Downeast Dogtrot is scheduled for Sunday, May 5 this year. For those who are wondering, "why DOGtrot", this is a competitive running race of three miles, sponsored by the Camden-Rockport Animal Rescue League, in which each runner must be accompanied by a dog on a leash. Though intended as a fund raiser, the main purpose of this event is to foster a closer companionship between people and their dogs, and to provide a competition in which the dog's pedigree couldn't matter less. Last year's race was won by a nine year old beagle/Erittany spaniel mix with a time of 19:12.

The course will be the same as on previous years. Beginning and ending at the Wm. Gribbel's house on Beauchamp Point, Rockport, it follows a lopsided figure eight, much of it on dirt roads away from traffic, includes several hills, and some lovely sea views. Once again, the Pen Bay Pacers have most kindly agreed to help us with the timing. Modest prizes will be awarded in all the usual age categories for men and women. A fun run, also with dogs, of about one mile, will be included. Refreshments will be served after the race.

The most important point - and the reason we try to get the word out early - is that conditioning of both humans and dogs is vital. The dog that has not been trained to run happily at his owner's side is a menace, and the dog that is not conditioned is going to lose. Just ask one of last year's competitors who had to stop and wait long minutes while Spot, who could run no longer, lay panting at the roadside! (Anyone seen hauling an exhausted dog through the race is disqualified). When the dog is well-conditioned for sustained running it is usually the human competitor who sets the pace. Last May a tiny Chinese pug managed to beat a huge Great Dane by 32 seconds.

Just because a dog can run like a Whippet doesn't mean he can keep it up over the miles. Rover should be started on a short leash for short, happy runs. When he and his owner move as a team the distance can be increased for endurance training. Remember, Rover is subject to all the same skeletal and muscular problems as people. He shouldn't fill up on ice cold water after a run and then be left out in a cold wind or rain while his master takes a hot shower. A dry place to rest, away from drafts will help keep him in good condition.

The race will take place rain or shine. The League is hoping for another good turnout from all over the state, with the usual delightful variety of dogs. Last spring 33 runners participated in the three mile race, and sixteen people, aged from five to seventy-three, took part in the fun run.

For questions - or suggestions - anyone may call me at 236-2597.

Sincerely,

Margaret Emerson

The M
Dan
Jim
Pat
Wal
Gre

ST. JO

Outsta
Outsta
Runner
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Rookie
Most I
MVP F
Coach
MVP -

1984

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Maine Road Ramblers

The Maine Road Ramblers have elected new officers for 1985, they are...

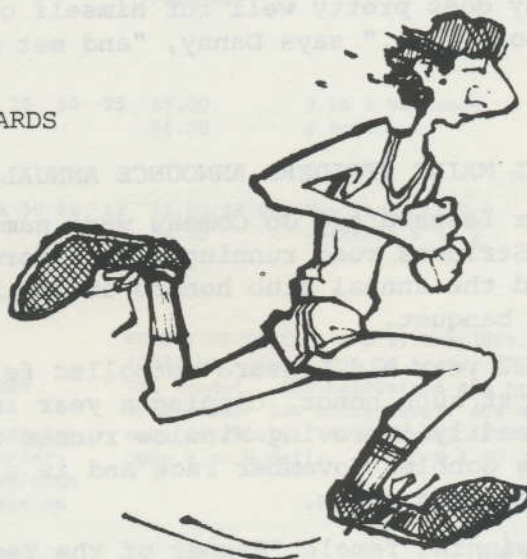
Daniel Force, President & Editor of the Newsletter
 Jim Floyd, Vice President
 Patty Callins, Secretary
 Walter Taylor, Treasurer
 Greg Nelson, Race Committee Chairman

ST. JOSEPH'S COLLEGE 1984 CROSS COUNTRY AWARDS

Outstanding Achievement - Stu Hogan
 Outstanding Dedication - Jeff Crocker
 Runner of the Week - George Bockus
 Most Improved Freshman - Shawn Jeffrey
 Course Record Holder - Rick Garcia
 Rookie of the Year - Andy Kimball
 Most Improved - Brian White
 MVP Freshman - George Bockus
 Coaches Award - Pat Maguire
 MVP - Rick Garcia
 Stu Hogan

1984 St. Joseph's Top Ten Course Times

1.	Rick Garcia	St. Joe's	21:57	1984
2.	Stu Hogan	St. Joe's	22:52	1984
3.	Jeff Crocker	St. Joe's	23:03	1984
4.	George Bockus	St. Joe's	23:07	1984
5.	Henri Bouchard	St. Joe's	23:12	1983
6.	Chuck Martin	U Mass/Boston	23:14	1984
7.	Brian Flanders	St. Joe's	23:18	1984
8.	Brian White	St. Joe's	23:20	1984
9.	John Keller	USM	23:22	1982
10.	Andy Kimball	St. Joe's	23:30	1984



Maine Track Club

Danny Paul, track coach at Greely High School, was the guest speaker at this month's Maine Track Club membership meeting held on Wednesday, February 13, 1985, at the SMVTI Auditorium.

Danny's presentation was on Training and Racing focusing on 3-mile, 5K, 5-mile and 10K distance racing. Among topics discussed, were race preparation - from equipment for all levels, to intervals for the more advanced runners - as well as the mental and physical aspect of racing itself.

Danny Paul started running during the 9th grade in 1968. At 5'4" and 140 lbs., his coach did not foresee an especially bright future in racing for Danny.

However, during the next three years, Danny had grown five inches taller, shed twelve pounds, and qualified for and competed in racing, helping Portland High School win two cross country and two track Maine State Championships.

Attending Northeastern University on scholarship, Danny and his teammates won New England Championships and one Eastern U.S. Title.

Danny's coaching career began in 1976 at Mt. Blue High School in Farmington. Under his guidance, Mt. Blue won state titles in 1977, 1978, and 1979.

Danny's success at coaching continued with his arrival at Greely High School in 1980. In each of the past five years, Greely's track teams have won the Western Maine Championships in either the boys' or girls' divisions.

Danny does pretty well for himself on the race course, too. "I have won my share of races," says Danny, "and met many wonderful people in the process."

Sheryl Kieran

CENTRAL MAINE STRIDERS ANNOUNCE ANNUAL HONORS

Peter Lessard and Jo Comeau were named "Runners of the Year" for the Central Maine Striders road running club according to President Fred Judkins, who announced the annual club honors at the Silent Woman Restaurant during the annual awards banquet.

The 22 year old Lessard outpolled fellow nominee Ron Paquette of Madison to win his first such honor, capping a year in which he competed in over a dozen races. The steadily improving Winslow runner lowered his 10K time to 32:01 in Augusta's Gasping Gobbler November race and is a consistent top three finisher in virtually all area road races.

The winning female "Runner of the Year" honors by Comeau was her second such honor in a row, marking the first time in Strider history that such a mark has been reached. The China resident had a strong '84 and is a consistent top 5 finisher in the women's division of area road races. Runner-up was Claudia Takas of Albion.

Winning honors as most improved runner of the year were Jerry Allanach of Waterville and Donna Jean Pohlman of North Anson. Allanach has become a noted marathon runner and Pohlman has progressed rapidly in the past twelve months.

President Judkins then announced the new Central Maine Strider officials for the 1985 season with Dean Rasmussen elected as President; Jerry Saint Amand of Winslow named as Secretary and Gene Roy of Oakland selected as team captain.

The naming of Rasmussen was a repeat, as the 36 year old Waterville resident was previously in that position in 1983. He is one of the area's finer runners, and competes in between 12 to 20 races each year with a best time of just under 36 minutes for a 10K race.

The Central Maine Striders currently lists some 95 members on its roster and the club was originally formed in 1975 in the Bangor area. The Striders team was relocated to the Waterville area in 1980 where it has grown to become one of the most active and involved clubs in the state.

Jerry Saint Amand

Name of
Address

BEN-LO
RFD #1
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LEGE

Name of Facility Address	Season	Terrain	% Wooded	Kilos A B C D E	Trail Fee Group Lesson	Operating Schedule	T L C W S LU CO B
BEN-LOCH FARM RFD #1, Box 1020 Dixmont, ME 04932 (207) 257-4768	Dec 10 to Mar 15	Rolling	85	30 - 12 70 18	\$3.50 \$5.00	Fridays thru Sunday & Holidays	X X X X X X X
THE BIRCHES STC PO Box 81 Rockwood, ME 04478 (207) 534-7305	Dec to April	Flat to Mounts	95	35 UL 50 25 25	\$3.00 \$7.00	Daylight/Daily	X X X X X X X
CARRABASSETT VALLEY CV, ME 04947 (207) 237-2205	Dec to April	Variable	85	90 15 30 55 15	\$4.50 \$7.00	9 to 5 Daily	X X X X X X X
CARTER'S FARM MKT TC Route 26 Oxford, ME 04270 (207) 539-4848	Dec to March	Rolling	80	10 UL 80 20 -	Donations Negotiable	9 to 5 Daily/Nites	X X X X X X X
CHESUNCOOK LAKE WILDERNESS TOURING Rt 76, Box 655 Greenville, ME 04441 (Radiophone) (207) 695-2821	Jan to March	Rolling & Lakes	50	- 40 - - 100	Group Package	Group Package	X X X X X
SKI NORDIC AT SADDLEBACK SKI AREA Rangeley, ME 04970 (207) 864-3380	Late Nov to	Flat to Mtns	99	25 30 25 50 25	\$5.00 \$6.00	9 to 4 Weekends & Holidays	X X X X X X X
SNORADA RECREATION CENTER 525 Lake St. Auburn, ME 04210 (207) 782-6602	First Snow to	Variable	90	15 some 39 39 22	\$3.00/\$4.00 \$4.00	Tue Thru Fri 2-9 Weekends 9 to 9	X X X X X X X

LEGEND A = Kilos Maintained and Tracked
B = Kilos Wilderness
C = Kilos Entry Level %
D = Kilos More Difficult %
E = Kilos Most Difficult %
UL = Unlimited

T = Toilets
L = Lodge
C = Change Rooms
W = Wax Room
S = Sales & Rentals
LU = Lunch Counter
CO = MNC Competition
B = BKL Competition

SUNDAY RIVER INN, RFD 2, Box 1688, Bethel, ME 04217
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wilderness; 30% entry level; 40% more difficult; 30%
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MAINE NORDIC COUNCIL

A skier attempting to win the MNC Race Series Championship in his or her age group, must compete in at least two races of more than 10 kilometers, at least three races of 10 or less kilometers, and the MNC Championships at Carrabassett Valley on the 17th of March. Awards will be given out at that competition.

- Mar 2 MT. KINEO NORDIC SKI CHALLENGE. The Birches STC, Rockwood. 10K at 10 a.m. for only \$4. Contact: the Birches Ski Touring Center, Box 81, Rockwood, ME 04478.
- Mar 2 AROOSTOOK COUNTY CROSS-COUNTRY SKI CHAMPIONSHIPS. Ft. Fairfield. Storm date Mar 3. Contact: Tom Towle 473-7295 or 473-4463
- Mar 3 WILD MT HARE RACE. Ski Nordic at Saddleback. Rangeley. 10K at 1 p.m. for \$7 Nordic Combined Championship. Contact: Ski Nordic TC Director, Ski Nordic, Saddleback, Rangeley, ME 04970
- Mar 9 SUNDAY RIVER LANGLAUF. Sunday River STC, Bethel. 13K at 1:30 p.m. for \$5. Contact: Sunday River STC, RFD 2, Box 1688, Bethel, ME 04217 824-2410
- Mar 10 TITCOMB MT SKI FEST. Sponsored by the Farmington Ski Club. 5K and 10K at 1 p.m. for \$6. Heart Fund Benefit. Contact: Sandy Record, Box 2140, RFD 1, Wilton, ME 04254 645-4531
- Mar 17 LEPRECHAUM LOPPET. CVTC, Carrabassett Valley. 15K at 1 p.m. for \$6. MAINE NORDIC COUNCIL SERIES CHAMPIONSHIPS. Contact: Bill Chenard, CVTC, Carrabassett Valley, Kingfield, ME 04947 237-2205.

BILL KOCH SKI LEAGUE

- Mar 3 CHAMPIONSHIPS OF EASTERN DIVISION OF USSA
- Mar 10 Race at Carrabassett Valley 1 p.m.

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MAINE PERFORMERS AT THE NEW ENGLAND TAC INDOOR CHAMPIONSHIPS
January 19-20, 1985, B.U.'s Commonwealth Armory track
200 meters banked Versaturf-on-wood
800+ entries

WOMEN

New England 55 Meter Hurdles			
3. Terrie Hanna	Colby	8.7	
New England 55 Meter Dash			
4. Kristen Hoitt	Colby	7.5	
6. Tracy Morrow	Colby	7.7	
200 meter - trials			
Kristin Hoitt	Colby	26.5	
Robin Blanchard	Colby	26.9	
Tracy Morrow	Colby	26.9	
Kristen Walsh	Colby	27.4	

400 meter			
final - 8. Kristen Walsh	Colby	61.3	

600			
3. Helen Dawe	U.Maine	1:27.4	
.. Debbie Lindberg	Colby	1:31.3	
.. Nicola Rotberg	Colby	1:33.1	

1000y			
1. Anne England	U.Maine	2:38.3	
6. Wendy Delan	H.S.	2:46.3	

Mile - unseeded #2			
7. Wendy Delan	H.S.	5:27.6	

3000 meters - unseeded			
4. Jennifer Guild	Colby	10:26.0	

Sprint Medley relay - 400-100-100-200			
3. Colby College		1:53.0	

4 X 400 meter relay			
5. Colby College		4:11.1	

High jump			
8. Heidi Irving	Colby	5' 4"	

Triple jump			
3. Heidi Irving	Colby	35' 7 1/2"	
4. Robin Blanchard	Colby	34' 11 1/2"	

Shot put			
8. Jacqueline White	Colby	37' 9"	

MEN

5000 meter			
1. John Gregorek	Athletics West	13:29.3	** 3rd fastest US indoor 5000
9. Gerry Clapper		14:05.9	PR

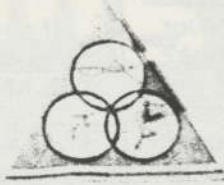
Invitational 2 Mile			
1. Bruce Bickford	New Balance TC	8:29.8	

Mile - unseeded #1			
9. Andy Palmer	New Balance TC	4:18.7	
10. Stan Bickford	Northeastern	4:19.0	
unseeded #4			

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4. Paul Plissey	Boston College	4:25.5
1000 Yard - Unseeded #2		
1. Ken Letourneau	U.Maine	2:13.6
800 Meter - Unseeded #3		
1. Chris Kein	Chevrus - U.Maryland TC	1:59.6
Shot put		
3. Paul Bogdanovich	Portland - Brown Univ.	53' 11 1/2"
6. Mark Dawson	Northeastern	48' 0"
Triple jump		
4. Dan Cochrane	Maine '78 - Nova Scotia	47' 6"
9. Kevin Dyer	Generic TC	43' 11"

Results provided by meet director Steve Vaitones

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HOW MUCH DO YOU KNOW ABOUT NUTRITION?

Take This Quiz

	<u>True</u>
1. Starches are the best source of energy for exercise.	T
2. Drinking water during exercise will cause cramps and slow you down.	T
3. Protein supplements will increase muscle size and body strength.	T
4. Exercise decreases the appetite.	T
5. Eating a candybar or drinking gatorade before practice gives you a quick energy boost for increased speed.	T
6. Drinking milk before an event will not decrease speed or cut your wind.	T
7. People who exercise must take vitamin C and vitamin E supplements.	T
8. A large steak and eggs breakfast before an event will improve performance.	T
9. Salt tablets are recommended to replace the salt lost in sweat on hot days.	T
10. A meal should be eaten three to four hours before competition.	T
11. Beer is not a good choice for fluid and calorie replacement.	T
12. "Organic" or health foods are most nutritious and safe.	T
13. Fasting cleanses the body of harmful toxins.	T
14. Honey is much more nutritious than white sugar.	T
15. Butter is equal in calories to margarine.	T

Quiz Answer Key:

1. T	5. F	9. F	13. F
2. F	6. T	10. T	14. F
3. F	7. F	11. T	15. T
4. T	8. F	12. F	

If you answered any of the above incorrectly or with doubt, you could be handicapping your running abilities. Good nutrition is essential for optimal performance.

For accurate sports nutrition information to give your body the best, call for professional consultation. Both individual programs and group presentations are available to meet your needs.

Anne-Marie Davee, Registered Dietitian

Susan Davis Associates
Nutrition Specialists
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Rockland, ME 04841
(207) 596-6417

Strom on Masters

ED'S NOTE: Herb just missed the February deadline, so we are printing two month's worth of Master's News.

True

Dear Master Runner:

It's been very exciting down in Southern Maine for Masters this month. One of the most active guys at the races this year, Bob Jolicoeur, has taken the helm as President of the Maine Track Club relieving Russ Connors, one of our Senior Masters, who even though injured from a skiing accident and not able to race since Boston where he ran a 3:11-plus on a real tough day has worked, if not every race, just about every one that the MTC has been involved in to any degree. Russ has broken 3 hours at Boston, since turning 50, also has run a 2:52-plus at Casco Bay Marathon in 83 to take the over 50 category by 8/10ths of a second from Sam Hamilton. Sam holds the record in the over 50 category with a 2:48-plus in 1980. Unless someone 50 gets really hot or some one turning age 50 before October 15th does likewise, the record will stand for a while longer. That is unless some out-of-state fast burner like Michael Sullivan, who broke the record wide open with a 2:42-plus at Maine Coast Marathon in 84, decides to run it.

Bob Jolicoeur is a former President of Maine Road Ramblers, who put on the Maine Event Triathlon, the Kennebec River Run, Veteran's Day Half Marathon for Maine Heart Association, Bailey's Gardiner Common 5M, where Ralph Thomas set a National Record for age 47 in 83. One of many National Records that he has set that have not been broken yet. Greg Nelson, one of our faster Junior Masters is very active at the races and writes a column in connection with their races and has had national exposure in Runner's World and Running Times and New England Running.

Since our awards were covered in last month's news, I would like to expand on the fact that Bob Jolicoeur as recipient of Maine Track Club Runner of the Year, ran thirty races and seven marathons in 1984 with a PR of 60:50 at Good Sports 10 miler. He was also director of Stroh's Liberty Run 5 Miler. He has taken over a big part of the load in the newsletter from Dick McFaul and has us set up on the Maine Savings Bank computer.

Recipient of the Female Runner of the Year award is Master Runner, Barbara Coughlin. Barbara has been burning up the roads in the over 40 category for a few years now. She has also done a number of triathlons with Bob and taken the over 40 category in some of those. In addition, she was co-director of Cape Challenge Half-Marathon with Junior Master Jane Dolley. Just recently- she was 2nd in the 40-44 age group with a 3:24:39 in the Tampa Bay British American Marathon. Jane Dolley was 4th in the 35-39 category with a 3:53:56 which was not one of her better days. Rosalyn Randall of Marathon Sports Running Club had a PR of 3:24:23 coming in first in the 30-34 category. Ros and Barbara were 6th and 7th overall for all the women.

Carleton Mendell who received Outstanding Contribution to Running in Maine, in addition to winning Rowdy Ultimate by running 125+ miles in 24 hours, also set a national record for age 62 for 24 hours, 100 miles, 100 k's, 50 miles and possibly more I've overlooked. Carleton recently came in 2nd over 60 in the Marine Corps Marathon, Washington D.C. and a few weeks later came in 3rd over 60 at Philadelphia Independence Marathon. Also, Carleton gives a lot of time and energy working with AA's.

Just a short note to say how much I enjoyed reading Veteran Master Dick Goodie's new book, Maine Quality of Running. I would highly recommend it to anyone who has not gotten a copy.

Would like to give you some more highlights on MTC award recipients and their outstanding performances on as well as off the road, but I just lost my typist wife, Evie again. In addition, this damned typewriter when I'm using it skips

and the v is broken.

Would love to have one of you gals in the Masters category help me out on the female contingent. Also, I would appreciate news from other clubs and parts of the state. You can call me before 8 a.m. or after 6p.m. at 799-7705 or drop me a line to 164 Fowler Road, Cape Elizabeth, ME 04107.

P.S. If you're in the neighborhood and you would like to run at 5:40 a.m. or earlier, Russ Connors and I aren't setting any speed records and we're later and slower on weekends when we take in some of the prettiest scenery on the Maine Coast. Hope to see you at the 5th Mid-Winter Classic an MTC event, which is 10 miles of rolling hills and if Shore Road and the Spurwink Hills don't get you, then Meeting House Hill will. As far as I know this is the only race in the State of Maine that gives 5 year age category awards through age 60, plus over 60. Also, if Jim Carroll or other 70 agers and Sam Ouellette or other 80 agers show, I know Bob Payne will come up with something appropriate for the occasion. Next month I really am going to get organized, in fact, I have a good part of the column already completed.

See you at the races,

Herb

ED'S NOTE: And as promised, here is next month's (which is really this month's)

Dear Master Runner:

In a previous column, I addressed giving awards in the older age categories, Senior Master (50-59), Veteran Master (60-69), and beyond, if they have the determination to be there. If your race does not offer this opportunity, then they'll either not race or go to those that do.

This month, since race directors are planning their flyers for this year and a lot of you people out there that have been paying your dues on the road this winter would like to have a goal to shoot for any you are in the upper part of your ten year age category. It's tough enough getting older, but if you're over 35, is it right that you should have to compete with the likes of Andy Palmer, Rock Green, George Towle, Ralph Fletcher, Werner Pobatshnig, Harry Nelson, Greg Parlin, Bill Hine, Ken Flanders, Gino Valeriani, Kevin MacDonald, and if that is not enough, Peter Millard and Hank Pfeifle have got to be leaning on 30 real hard, if they're not already over. If you happen to be a gal in the upper 30's then you have to compete with the likes of Debbie Sawyer, and if Diane Fournier and Robin Emery are not over 30, they've got to be real close. Also Kim Beaulieu is 29, so will be joining the Junior Masters soon. I realize there are a lot of fast men as well as fast women (no offense intended), not included in the 30-34 category, but the majority of race results in Maine Running & Outing do not have ages, since they obviously are not submitted. If you're still out there plugging away at it and you happen to be 45 or over, look at the field you have to come up against. How about Lawson Noyes, Gary Cochrane, Joel Croteau, Jerry Crommett, Dick McFaul, Fred Judkins, Frank Brume, Dave Smith, Herm Pelletier, Peter Connolly, Doug Ludewig, Stan Dutton, Fran Richards, Bill Pinkham, Paul Dall, Peter Hanson, Mike Mendonca, Larry Mangus, Herb Parsons, Jim Paterson, Pete Galli, Will Bill Yates, Bill Kerwin, Rob Jarratt, Gary Wakeland, Bob Nicholson, John Moncure and last but far from least awesome Harold Hatch. If you're a gal 35 or over, take a look at who you may have to dust off if you expect to get some thing in your category. How about Barb Coughlin, Jo Comeau, Jerri Bushey, Mardi Reed, Lynn Presby, Darlene Higgins, Andrea Hatch, Sally Paterson, Carolyn Gayton, Sandy Utterstrom, Barbara Pike. If you think that when you get into your upper 50's it's going to get any easier to get something, cause the fast ones are getting older and in some cases better. How about Lloyd Slocum, Sam Hamilton, Bill Sayres, Russ Connors (when he gets back to fighting weight), Loren Ritchie,

George Wells, Gil Cote, Don Cheatham, John Lougee, Warren Wilson, Oscar Feichtinger, Harvey Wolstat, Richard Sullivan, Cliff Hatfield, Fred Beck, Vaughan Holyoke, Walt DeVault, Bob Waddle, Sam Auerbach, and Donnie O'Brien. If you're a gal in the second half of your age category in the 50's don't expect too much relief unless you feel you can hang in with Wendy Sayres, Natalie Buzzell, Leona Clapper, Judith Bjorn, for openers.

So you say, what the hell, I'm still hanging in there and I really deserve to have a decent shot at something, that is if the race even offers anything at all. Well, if they do and think you've got it made, you'd better check out the following first - Carlton Mendell, Bill Fox, Jim McGovern, Russ Bradley, Andre Benoit Sr., Phil Harman, Dick Goodie, Ed Brissette and if you're over 70, you still have to compete with Jim Carroll and over 80 with Sam Ouellet. So Masters, take heart if you'd like to hear the sound of applause for you after the finish line then stand up and be counted. Don't be bashful, tell them I've been paying my dues on the road for a long time and I'd like a fair shot at something, even if it's only a ribbon, or how about a Medallion, and if you really want to spring for it, how about a Pewter Mug, a trophy, a gift certificate, or some running gear.

Sure would like to receive your comments or anything else you would like to pass along for this column. You can write me at 164 Fowler Rd., Cape Elizabeth, ME 04107 or call me after 9 p.m. most nights, but not too much after 10.

P.S. We started fun runs from my house in Cape Elizabeth a month or so ago and for a couple of weeks we have been leaving SMVTI at 8 a.m. with showers available afterward followed by breakfast. Come and pick your pace and your distance. The showers are free, but we've been going to some real nice places for breakfast, so bring a few bucks, if you want to join us, unless you're planning on traveling light.

See you at the races,

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NATIONAL T.A.C. JUNIOR OLYMPIC XC
St. Louis, MO Dec 8th

1408 Competitors

10 & under Girls - 3K - ? competitors

1st place time 12:02
60. Jennifer Tighe Auburn 14:12
77. Tiffany Roberts Sabbatus 14:39
Winning team - Time Machine of CA

10 & under Boys - 3K - 141 competitors

1st place time 11:37
34. Josh Gagnon Auburn 12:53
49. Braden Alley Jonesport 13:15
72. Matt Deschaine Auburn 13:44
78. Jeremy Graham Auburn 13:50
98. John Francis Readfield 14:12
Winning team - Time Machine of CA

11-12 Girls - 3K - 145 competitors

1st place time 11:21
74. Kristy Bryant Ellsworth 14:05
Winning team - Prospect Height, Ill

11-12 Boys - 3K - 150 competitors

1st place time 11:13
54. Richard LaRue 12:33
Winning team - Sterling T.C., Ill

13-14 Girls - 4K - 156 competitors

1st place time 14:51
51. Wendy Buffington Frye 16:51

13-14 Boys - 4K - 187 competitors

1st place time 13:40
35. Ray Rodney Windham 14:39
78. Jon Ives Waterville 15:07
83. Corey Garrison Bar Har 15:10
95. Todd Pokrifka Gardin 15:12
114. Mike Martin Hampden 15:28
128. Todd Wilkins Bruns 15:39
Winning team - Woodlands T.C., Tex

15-16 Girls - 5K - 121 competitors

1st place time 19:26
52. Elizabeth Jurkowski W'bo 22:08
53. Carrie Billheimer Ten Har 22:09
59. Denise Whelton Winth 22:20
72. Kathy Wight Monmouth 22:39
98. Allison Guistra Waldob 23:46
99. Heather Mank Waldboro 23:48
103. Nyla Hein Rockland 24:11
Winning team - Nobelsville TC, Ind

15-16 Boys - 5K - 169 competitors

1st place time 16:51
59. Harold Stairs Owls Head 18:20
77. Pat Boss Hampden 18:29
91. Jeff Bender Camden 18:40
109. Dale Bailey Madawaska 18:53
112. Steve LaPointe Winthrop 18:55
115. Tom LaRose So. Portland 18:59
125. Brent Leighton Hampden 19:10
1st place team Glen Brook TC, Ill

17-18 Girls 5K - 74 competitors

1. Joanna Green Brunswick 19:12
5. Lisa Wakem Scarboro 20:04
21. Wanda Haney S. Portland 20:56
33. Kristin Lindquist Camden 21:22
70. Corinna Fritz Biddeford 24:00
74. Carolee Bradley Hyde 24:50
Winning team - Queen City, Ohio

17-18 Boys - 5K - 132 competitors

1st place time 16:34
11. Scott Roberts Readfield 17:01
33. Kevin Rolfe Waterville 17:33
34. Rick Fritze Topsham 17:34
48. Richard Brooks Standish 17:44
51. Stan Smith Readfield 17:49
52. Erich Reed Lake Region 17:50
61. Brian Hurst Bangor 18:01
110. Al Garrison Bath 19:08
Winning team - Queen City, Ohio

Results courtesy of Ron Kelly
Maine Association of T.A.C.

6TH ANNUAL JANUARY THAW ROAD RACE
Belgrade 4.5 miler Jan 13th

1. Chris Bovie 35	24:06
2. Steve Russell 29	25:00
3. Mike Gordon 18	25:02
4. Doug Ludwig 45	26:26
5. Jeff Brown 34	26:44
6. Michael Cameron 39	26:48
7. Greg Nelson 36	27:12
8. Joseph Meehan 38	27:47
9. Carl Comstock 46	28:52
10. Bruce Fenalson 38	29:06
11. Martin Schiff 48	29:30
12. Geoff Hill 38	29:35
13. Bill Sayres 53	29:48
14. Tom McGuire 38	29:53
15. James Moore 41	30:02
16. Philip Pierce 43	30:12
17. James Cox Jr. 28	30:37
18. Bob Nicholson 43	30:39
19. John Schwerdel 39	30:43
20. Paul Dall 43	31:11
21. Dave Gugin 48	31:49
22. Rex Nelson 53	32:10
23. Jerry Saint Amand 41	32:55
24. Warren Wilson 51	33:04
25. Donna Jean Pohlman 34	33:13*
26. Ron Paquette 43	33:14
27. Allen Pierce 22	33:15
28. Daniel Force 36	33:21
29. Jim Garland 36	34:12
30. Earle Tourtillotte 35	35:11
31. Wendy Sayres 51	36:16*
32. Richard Sabol 46	37:02
33. Patricia Kennedy 36	40:13*
34. Donald Boisvert 29	43:55
35. Kendyleigh Provencher 28	47:55

Results courtesy of Gene Roy & Gerry
Saint Amand - Central Maine
Striders

SNOFEST
Augusta 5 Miler Jan 27th

1. Rock E. Green 31	26:55
2. Brian McCrea 25	27:55
3. Chris Bovie 35	29:00
4. Steve Malloy 20	29:10
5. Rick Lane 37	29:11
6. Jason Greenleaf 16	29:22
7. Tom Thibeau 26	29:40
8. Paul Engineri 34	30:20
9. Tom Wells 30	30:50
10. Michael Cameron 39	31:00
11. Micky Lackey 40	31:10
12. Gary Cochrane 43	31:20
13. Joe Meehan 38	31:25
14. Mike Thompson 26	31:50
15. Dan Doherty 22	31:55
16. Howard Chadbourn, Jr. 30	31:57
17. David Barker 31	31:58
18. Jeff Preble 31	31:59
19. Jerry Allanach 35	32:03
20. Doug Ludwig 45	32:04
21. Ray Johnson 37	32:10
22. Carlton Comstock 46	32:32
23. Biff McGilpin 39	32:42
24. Joe Washburn 40	32:43
25. Bill Pinkham 42	32:47
26. Diane Wood 22	33:01*
27. Martin Schiff 46	33:10
28. Larry Fortin 36	33:18
29. Tim Rogers 32	33:25
30. Stephen Brennan 37	33:31
31. James Moore 41	33:32
32. Byron Cook 37	33:57
33. Bill Gayton 44	34:02
34. Carl Bowen 52	34:10
35. John Cordts 34	34:23
36. James Cox, Jr. 28	34:24
37. Don Celler 41	34:24
38. Troy Alexander 17	34:25
39. Michael Cook 23	34:31
40. James Hogerty 30	34:45
41. Dick McDonald 49	34:47
42. Carlton Mendell 63	34:48
43. John Edmondson 44	34:49
44. Dick Cummings 47	34:53
45. Phil Soule 43	34:59
46. Marc Damour 30	35:26
47. Joe Lorello 30	35:27
48. Kevin Pottle 28	35:31
49. Philip Pierce 43	35:38
50. Robert Rines 30	35:54
51. Thomas Hart 32	35:56
52. Donald Wismer 38	36:35
53. Robert Gaboury 47	36:45
54. Jamie Morrill 36	36:59
55. Normand Rodrigue 35	37:04
56. Leonard Dow 41	37:08
57. Jerry St. Amand 41	37:12
58. Alison Van Keuren 38	37:31
59. Chris Wales 43	37:51
60. Paul Dall 43	37:53
61. Claudia Takacs 29	38:04*
62. James Booth 39	38:05
63. Don Brewer 30	38:11
64. Craig Haggett 30	38:16
65. Allen Hersom 26	38:19
66. Gloria Elliott 30	38:46
67. Charlie Gordon 37	38:51
68. Joanie Rhoda 31	39:02*
69. Mike McLellan 38	40:01
70. Nancy Stetson 33	40:09*
71. Jerri Bushey 40	40:48*
72. Kari Richardson 23	41:05*
73. Charles Wingate 38	41:37
74. Laurent Gilbert, Sr. 39	41:39
75. Marianne Salvato 21	42:34*
76. William Tozier 57	43:49
77. Avis Ingalls 36	44:15*
78. Nancy Slaughter 37	44:28*
79. John Clark 54	45:01
80. Georgianna Hogerty 30	45:05*
81. Carolyn Gayton 44	46:00*
82. Ian Mackinnon 46	46:08
83. Margaret Soule 43	46:11
84. Patricia Kennedy 36	46:25
85. Greg Durgin 35	46:40
86. Byron Bennett 63	46:41
87. Michael Levy 40	49:11.0
88. Carol Linker 41	49:11.1*
89. Jolly Jester 99	49:14

Results courtesy of Martin Weiss
Maine Road Ramblers

3RD ANNUAL FROSTBITE 5K
Skowhegan

Feb 9th

Jan 27th

1	26:56	1. Erich Reed	16:29
	27:58	2. Stan Smith	17:08
	29:06	3. Fred Judkins (M)	17:10
	29:12	4. Tom Thibeau	17:40
	29:18	5. Mike Bard	17:47
16	29:27	6. Mike Cameron	18:07
	29:49	7. Tom Wells	18:15
	30:23	8. Gust Stringos	18:19
	30:52	9. Mike Martin	18:20
39	31:03	10. Joe Meehan	18:31
	31:10	11. Tim Rogers	18:35
	31:22	12. Barry Peabody	18:48
	31:25	13. Joe Watts	19:02
	31:50	14. Troy Alexander	19:04
	31:53	15. Dwane Blometh	19:06
Jr. 30	31:57	16. Michael Clapper	19:13
	31:58	17. Diane Wood	19:17*
	31:59	18. Bill Pinkham	19:18
	32:03	19. Kevin Liberti	19:20
	32:04	20. Steve McCarthy	19:21
	32:10	21. Linda LaRue-Kenniston	19:24*
16	32:32	22. Tim Lawrence	19:33
	32:42	23. John Belanger	19:35
	32:43	24. John Alsop	19:38
	32:47	25. Warren Newton	19:40
	33:01*	26. Darrell Buzzell	19:42
	33:10	27. James Gildart	19:56
	33:18	28. Bob Clement	20:01
	33:25	29. Ellery Borow	20:05
	33:31	30. Marti Reed (M)	20:07*
	33:32	31. Tory Rau	20:27
	33:57	32. Perley Merrick	20:31
	34:02	33. Paul Berg	20:35
	34:10	34. Jerry Saint Amand	20:45
	34:23	35. Jeff Moore	20:46
	34:24.0	36. Ron Paquette	20:50
	34:24.1	37. Bob Hagopian	20:50
	34:25	38. Robert Nicholson	20:50
	34:31	39. Charles Weymouth	21:00
	34:45	40. Kevin Pottle	21:06
	34:47	41. Dick DeForge	21:15
	34:48	42. Eric LaRue	21:16
	34:49	43. Alison Van Keuren	21:19
	34:53	44. Poppy Thacher	21:57*
	34:59	45. Dale Pritchard	21:59
	35:26	46. Michele Kyes	22:02*
	35:27	47. John Cayford	22:03
	35:31	48. Ed Thompson	22:04
	35:38	49. Alan Campbell	22:05
	35:54	50. John Malek	22:06
	35:56	51. Susan Blaisdell	22:08*
	36:35	52. Dana Hayden	22:30
	36:45	53. Joyce Sheridan	22:32*
	36:59	54. Jane Rau	22:34*
	37:04	55. Paul D'Amboise	22:38
	37:08	56. Claudia Takacs	22:40*
	37:12	57. Linda McEachern	22:48*
	37:31	58. Stuart Silverstein	22:51
	37:51	59. Ellen Spring	22:55*
	37:53	60. Donald Sanborn	22:56
	38:04*	61. Howie Prozansky	22:57
	38:05	62. Sheila Colby	23:00*
	38:11	63. Margo Dyer	23:05*
	38:16	64. Earle Tourtillotte	23:12
	38:19	65. Jerri Bushey	23:15*
	38:46	66. Donna Jean Pohlman	23:18*
	38:51	67. Diane Dolham	23:24*
	39:02*	68. James Moore	23:24
	40:01	69. Deborah Curtis	23:59*
	40:09*	70. Frank D'Amelo	24:05
	40:48*	71. Wayne Newton	24:07
	41:05*	72. Kay Redman	24:11
	41:37	73. Sheldon Kilkenney	24:16
	41:39	74. Bill Clardy	24:27
	42:34*	75. Aaron Newton	24:46
	43:49	76. Tony Ayotte	25:05
	44:15*	77. Michael Spiotta	25:16
	44:28*	78. Eric Weymouth	25:22
	45:01	79. Margaret Guthrie	25:25*
	45:05*	80. William Layman	26:05
	46:00*	81. Leona Clapper	26:30*
	46:08	82. Ethan Pierce	26:59
	46:11	83. Eddie St. John	27:16
	46:25	84. Charles Haley	28:01
	46:40	85. Paul Thompson	28:02
	46:41	86. Mary McGann	28:54*
	49:11.0	87. Sarah Van Keuren	29:33*
	49:11.1*	88. Adrian Aveni-DeForge	30:13
	49:14	89. Liz Lindsley	30:49*
		90. Robert Buzzell	31:03

91. Traci Yeaton 31:12*
92. Marc Weymouth 31:56

Results courtesy of the Central
Maine Striders

4TH ANNUAL MID-WINTER 10 MILE CLASSIC
S.M.V.T.I. S. Portland Feb 10th

1. Rick Garcia	51:55
2. Rock E. Green	53:09
3. Tom Bennett	55:50
4. Barry Fifield	57:01
5. John Hallee	58:11
6. Jeff Crocker	58:12
7. Joel Croteau (M)	58:53
8. Lawson Rowdeswell U.R.	59:32
9. Bob Coughlin	60:03
10. Paul Merrill	60:07
11. Michael Lally	60:09
12. Tom Thibeau	60:23
13. Bob Hunt	60:35
14. Guy Berthiamie	61:10
15. Dave Smith	61:14
16. Doug Darby	62:10
17. Kim Beaulieu	63:10*
18. Greg Dugas	63:26
19. Michael Vitale	63:53
20. Phil Vezina	64:08
21. Steve Harriman	64:27
22. Ron Cedrone	64:41
23. Al Butler	64:41
24. Peter Bastow	66:24
25. Carl Comstock	66:27
26. Don Best	66:43
27. Lee Nicely	66:48
28. Jack Mercier	67:18
29. Mike Daly	67:33
30. Dave Trussell	68:04
31. Martin Schiff	68:15
32. Roland Moulin	68:34
33. Jim Moore	68:42
34. Carlton Mendell (V)	68:43
35. Herb Strom	68:51
36. Joe Isgro	69:57
37. Steve Woodsom	70:12
38. Gordon Chamberlain	70:49
39. James Hagerty	70:49
40. Phil Soule	70:52
41. Sandy Wyman	71:46

42. Bob Jolicoeur	71:46
43. John Schwerdel	71:51
44. Frank Morong	71:54
45. Walter Webber	71:57
46. Phil Pierce	72:11
47. Gary Monroe	72:23
48. Joe Certa	73:32
49. Bob Cushman	73:49
50. James Chase	73:53
51. Orlando Delogo	74:24
52. Gilbert Cook	75:02
53. Jerry Saint Amand	75:14
54. Heidi Bennett	75:33*
55. Dave Gagan	76:41
56. Donald McGilvery	77:08
57. Elizabeth Moulins	77:50*
58. Joe Lorello	78:04
59. Jane Dolley	78:29*
60. John Murchie	78:32
61. Jerrie Bugbee	78:33*
62. Roger Dutton	78:34
63. Robert Swanson	79:00
64. Gay Thomas	79:17*
65. Dave Conley	79:59
66. Rick O'Brien	80:31
67. Mark Danyla	81:02
68. Richard Lepore	81:50*
69. Elanna Clark	82:25
70. Allen Heison	82:29*
71. Paula Lepore	83:03*
72. Anne Garriely	83:30
73. Doug Moorehead	84:45
74. Frank Setter	84:52
75. Bill Devaney	85:49
76. Richard Robinson	85:51
77. Stoddard Chaplin	86:07*
78. Sheila Colby	86:41
79. James McGovern	87:07*
80. Frances Gray	87:42*
81. Georgianne Hagerty	87:45
82. Widgery Thomas	89:24*
83. Maggie Guthrie	90:52*
84. Joyce Beckley	90:52*
85. Anne Garland	95:03
86. Bruce Akers	95:28
87. Robert Stanley	

Results courtesy of Bob Payne
Maine Track Club

RUN IN BEFORE WE RUN OUT

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Wos. Challenge	\$37.95	\$29.95
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BROOKS: Graphflex-Mens'	\$42.95	\$31.95
ELLESEE: N.Y.C. Marathon	\$76.00	\$37.95
Mens'/Wos.		
ETONIC: Quasar - Mens'	\$52.95	\$37.00

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THE SKI PACK

CARTER'S LAST STAND 5K XC RACE Oxford Jan 6th

1. John Eldridge	30	17:34
2. John Tarling	33	17:55
3. Jeff Meserve	26	18:31
4. Dick Brink	29	19:31
5. Mike Turnbull	16	20:05
6. Paul Morton	15	20:08
7. Scott Burrill	18	20:10
8. Don Reimer	37	20:59
9. Mark Weirich	15	21:11
10. Richard Marino	36	21:21
11. Rob Wales	16	21:27
12. Doug Zinchuk	31	21:41
13. Mike Marino	40	21:47
14. Thomas Upham	41	21:52
15. Dick Trafton	35	22:10
16. Dave Carter	36	22:16
17. Roger Wing	54	22:28
18. Ben Lounsbury	35	22:46
19. James Upham	12	22:50
20. Bob Poirier	29	22:52
21. Richard Haskell	38	23:02
22. David Greenleaf	45	23:17
23. Dan Works	24	23:24
24. Arne Borsen	55	23:34
25. Chase Pray	40	23:43
26. Galen Sayward	52	24:02
27. Alice Goodwin	27	24:13*
28. Mike Beaudoin	42	24:19
29. Bob Garrett	45	24:56
30. Scott Vlaun	26	25:18
31. Kathy Hassett	18	26:48*
32. Isaac Hutchinson	11	26:52
33. John Hodgkins	49	27:04
Joanne Martin	18	27:04*
35. Maren Haskell	12	29:28*
36. Jen Greenleaf	14	29:40*
37. Tim Carter	43	30:47
38. Larry Johnson	45	31:16
39. Dewey Chase	43	35:55
40. Reynold Reilly	53	36:42
41. Bea Chase	42	36:58*
42. Elizabeth Reilly	52	39:49*

Packed base; crusty surface

Results courtesy of Galen Sayward
Maine Nordic Council

FRANKLIN COUNTY NORDICS 28 METER Titcomb Mt., Farmington Jan 12th

	Dis	Points	Total
1. Alex McCall	12m	45.6	
Class A	15m	53.8	
	16m	56.2	110.0
1. Kevin Joyce	22m	74.1	
	24m	80.4	
Class B	26m	61.2*	154.5
1. Mike Sayward	28m	97.5	
	28m	99.0	
Class C	29m	104.4	203.4
2. John Twitchell	27m	90.6	
	25m	82.8	
Class C	23m	75.0	173.4

* Fell

Distance points are awarded and they are added to the style points awarded by the three judges. Finally the best two totals are added for the final score.

STEARN'S CUP NORDIC COMBINED Titcomb Mt. Farmington Jan 13th

Junior II Special Jumping 28 meter

1. Chris Leggett	31.5	110.4
Gunstock	31.5	111.2
		221.6
2. Mason Dwinell	31	108.45
Ford Sayre	31	109.2
		217.65
3. Jim Leggett	31	107.0
Gunstock	32	110.1
		217.1
4. Greg Prince	30	106.1
Ford Sayre	31	107.0
		213.1
5. Nicholas Orem	27	89.1
Ford Sayre	27	86.1
		175.2
6. Skip Comstock	26	82.2
Carlisle	27	86.9
		169.1
7. Matt Norris	25	79.8
Procter	26.5	84.2
		164.0
8. Ben Saunders	20.5	66.8
VA	21.5	69.9
		136.7
9. Greg Cerveney	29*	68.4
Gunstock	28.5*	68.0
		136.4

*Fall

Junior I Special Jumping 28 Meter

1. Ned Cerveney	29.5	96.6
Gunstock	29.5	96.6
		193.2
2. Hans Estrin	27.5	88.1
Putney	29.0	96.2
		184.3
3. John Jepson	27	89.1
Boston U.	29	93.2
		182.3

Junior I Nordic Combined Jumping

1. Ned Cerveney	30.5	96.0
Gunstock	29.5	93.0
	29.5	93.0
		189.0
2. John Jepson	30.5	98.3
Boston U	27.0	85.5
	29.0	89.6
		187.9
3. Hans Estrin	27.5	85.1
Putney School	27.5	84.5
	29	99.6
		177.7
4. Jason Hartman	27.5	86.6
Proctor	27.5	88.1
		174.7
5. Peter Emerson	26	80.7
Proctor	26.5	79.7
		160.4
6. Carter Holliday	22	68.1
Proctor	22	68.9
		137.0

Senior I Special Jumping 28 Meter

1. John Twitchell	28	87.8
FSC	28	88.5
		176.3
2. Mike Sayward	29*	69.9
FSC	27	94.4
		164.3
3. Tom Sayward	27	88.4
Gunstock	26.5*	62.4
		150.8

*Fall

Junior II Nordic Combined Jumping

1. Chris Leggett	31.5	100.1
Gunstock	31.5	102.0
	31.5	101.6
		203.6
2. Mason Dwinell	32	101.3
Ford Sayre	31	100.1
	31	99.6
		201.4

3. Jim Leggett	32	98.3
	31	98.6
	32	100.5
		199.1
4. Greg Prince	31	94.9
	30	97.7
	31	97.4
		195.1
5. Nicholas Orem	25.5	74.4
	27.0	80.7
	27.0	76.5
		157.2
6. Greg Cerveney	29	91.8
	29	60.0
	28.5	58.4
		151.8
7. Skip Comstock	26.5	72.3
	26.0	73.8
	27	77.3
		151.1
8. Matt Norris	25.0	71.0
	25.0	71.4
	26.5	74.6
		146.0
9. Ben Saunders	22	59.3
Vermont Aca	20.5	58.4
	21.5	60.3
		119.6

Junior II Nordic Combined 5.5 KM and 28 Meter Jump

1. Chris Leggett		422.4
Jump	1.	202.4 pts
Ski	1.	19.44
		419.9
2. Mason Dwinell		
	2.	200.9
	2.	19.47
		407.4
3. Greg Prince		
	4.	193.9
	3.	20.03
		406.3
4. Jim Leggett		
	3.	198.8
	4.	20.21
		305.4
5. Skip Comstock		
	7.	149.9
	6.	22.50
		287.1
6. Ben Saunders		
	9.	119.6
	5.	22.18
		275.75
7. Nick Orem		
	5.	156.0
	7.	24.38
		223.6
8. Greg Cerveney		
	6.	150.6
	8.	26.55
		181.85
9. Matt Norris		
	8.	145.6
	9.	28.43

Junior I Nordic Combined 5.5 KM and 28 Meter Jump

1. Hans Estrin		397.7
	3.	177.7
	1.	18.46
		339.0
2. Ned Cerveney		
	1.	189.0
	2.	22.11
		187.9
3. John Jepson		
	2.	187.9
	3.	30.01

Junior II Girls XC Special

1. Cheri Walsh	25:43
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Results courtesy of Galen Sayward
Maine Nordic Council

BILL KOCH LEAGUE - SNORADA RUN Auburn Jan 13th

Lollipop II

Abby Hutchinson	Auburn
Ian Cambell	Auburn
Sam Trafton	Auburn
John Roderick	Rumford
Kurt Milligan	Andover
Michael Waddle	Brunswick
Sandy Beaulieu	Topsham
Ellen Grimnes	Brunswick
Wesley Nescitta	
Michael Camire	Auburn

Cheryl H
Christop
Kristy S
Karen L
Betsy U
Kevin C
Joran E
Michell
Brett C
Michael
Delia I
Charlie
Kayla
Sarah
Moriah

1. H
2. G
3. P
4. J
5. K
6. L
7. M
8. N
9. O
10. P
11. Q

1.
2.
3.
4.
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12.
13.
14.
15.

Lollipop I

BILL KOCH CROSS COUNTRY
Rumford

Jan 27th

Andover

Feb 3rd

Lollipop I

32	98.3	Cheryl Hamilton	Auburn
31	98.6	Christopher Grimmes	Brunswick
32	100.5	Kristy Simoneau	Jay
	199.1	Karen Lamay	Livermore
31	94.9	Betsy Upham	Mt. Blue
30	97.7	Kevin Coates	Livermore
31	97.4	Joran Elias	Auburn
	195.1	Michelle Probert	Jay
25.5	74.4	Brett Christie	Rumford
27.0	80.7	Michael Monzel	Auburn
27.0	76.5	Delia Lamore	Auburn
	157.2	Charlie Eastman	
29	91.8	Kayla Favreru	
29	60.0	Sarah Clouky	Topsham
28.5	58.4	Moriah Clouky	Topsham
	151.8		

Class V Girls 2.03 KM

1.	Hannah Upham	Mt. Blue	11:05
2.	Gretchen Elias	Auburn	14:19
3.	Rebekka Kuzyk	Bethel	14:42
4.	Jennifer Percival	And	15:01
5.	Erin Matzen	Auburn	15:30
6.	Beth Hutchinson	Auburn	17:16
7.	Kirsten Grieshaber	Aub	17:28
8.	Kate Nicita	Brunswick	19:43
9.	Susan Maheux	Spruce Mt	20:28
10.	Amy Chervanak	Auburn	21:39
11.	Nicole Cloukey	Brun	31:56

Class V Boys 2.03 KM

1.	Patrick Cote	Mt. Blue	10:21
2.	David Chamberlain	Mt. B	10:50
3.	Timothy Simoneau	Jay	11:43
4.	Charlie Swift	Auburn	11:51
5.	Brant Grieshaber	Auburn	11:58
6.	Nathan Emery	Andover	12:38
7.	Nate Abbott	Auburn	13:56
8.	Aaron Milligan	Andover	14:15
9.	Ben Trafton	Auburn	14:18
10.	Robert Waddle	Brunswick	15:12
11.	Eric Grimmes	Brunswick	15:40
12.	Corey Roderick	Rumford	17:25
13.	Travis Nicita	Brun	18:12
14.	Eric Milligan	Andover	18:27
15.	Morgan Cuthbert	Brun	18:51

Class IV Boys 3.43 KM

1.	Isaac Hutchinson	Auburn	15:13
2.	Josh Gagnon	Auburn	15:14
3.	Chris Record	Mt. Blue	15:20
4.	Roger Knight	Mt. Blue	16:45
5.	Paul Cote	Mt. Blue	17:43
6.	Tom Morton	Andover	18:25
7.	Scott Emery	Andover	18:27
8.	John Lentznes	Brun	18:34
9.	David Hamilton	Auburn	18:55
10.	Cora Willis	Brunswick	21:00
11.	Steven Maheux	Spruce Mt	21:49
12.	Jason Cloukey	Topsham	25:23
13.	Matheua Arsenault	Beth	25:48
14.	Todd Snyder	Andover	26:31
15.	Chris Probert	Livermore	27:04
16.	Tristan Cuthbert	Brun	32:34
17.	Steven Coates	Liver	36:22

Class IV Girls 3.43 KM

1.	Patti Abbott	Auburn	17:20
2.	Jennifer Oxman	Auburn	22:23
3.	Julie Lamay	Livermore	29:56

Class III Girls 4.06 KM

1.	Paige Christie	Rumford	20:15
2.	Marin Haskell	Auburn	20:30

Class III Boys 4.06 KM

1.	Marcus Nash	Fryeburg	15:42
2.	Jon Martin	Andover	16:19
3.	Chad Gagnon	Auburn	16:43
4.	James Upham	Mt. Blue	17:27
5.	Chris Badger	Jackson	18:02
6.	Nathan Miserochi	Andover	19:30
7.	Daniel Kuzyk	Bethel	31:05

Lollipop I

Cheryl Hamilton	Auburn
Kristofer Grimmes	Brunswick
Christy Simoneau	Jay
Joran Elias	Livermore
Devin Morrill	Mt. Blue
Michael Probert	Livermore
Ethan Lowell	Auburn
Betsy Upham	Auburn
Abby Hutchinson	
Sarah Coukey	
Michael Hamill	
Corey Mann	
Jason Hubbard	
John Roderick	
Jarud Dumas	

Class V Girls

1.	Hannah Upham	8:29
2.	Gretchen Elias	10:28
3.	Rebekka Kuzyk	11:15
4.	Beth Hutchinson	12:33
5.	Kirsten Grieshaber	13:36
6.	Nicole Cloukey	13:40

Class V Boys

1.	David Chamberlin	8:18
2.	Tim Simoneau	9:00
3.	Patrick Cote	9:01
4.	Charlie Swift	9:26
5.	Brant Grieshaber	9:41
6.	Nathan Emery	10:07
7.	Danny Irish	10:29
8.	Nate Abbott	11:23
9.	Aaron Milligan	11:47
10.	Andrew Lowell	11:58
11.	Ben Tafton	12:05
12.	Erik Grimmes	12:13
13.	Corey Roderick	12:15
14.	Eric Milligan	14:09
15.	Frank Martin	14:54
16.	Tristan Cuthbert	15:09
17.	David Simoneau	15:51

Class IV Girls

1.	Christen Powell	15:18
2.	Patti Abbott	15:32
3.	Erica Lowell	18:03
4.	Jennifer Oxman	19:03
5.	Laurie Mann	20:53

Class IV Boys

1.	Josh Gagnon	12:16
2.	Isaac Hutchinson	12:17
3.	Chris Record	12:48
4.	David Hamilton	14:15
5.	Tom Morton	14:15
6.	Roger Knight	14:25
7.	Scott Emery	14:43
8.	Paul Cote	15:25
9.	John Lentznes	15:31
10.	Cora Willis	17:14
11.	Todd Snyder	17:21
12.	Steve Maheux	17:49
13.	Dean Irish	19:38
14.	John Simoneau	20:45
15.	Jason Cloukey	27:28

Class III Girls

1.	Rachel Yahn	24:07
2.	Marin Haskell	25:45

Class III Boys

1.	Marcus Nash	17:41
2.	Chad Gagnon	18:11
3.	Jon Martin	18:36
4.	James Upham	18:44
5.	Chris Badger	19:45
6.	Travis Bernard	25:14

Joran Elias	
Kristofer Grimmes	
Christy Simoneau	
Michael Hamill	
Sarah Cloukey	
Ethan Lowell	
Abby Hutchinson	
Peter Miserochi	
Betsy Upham	
Liza Fyrberg	
Megan Meisner	
Jarrod Dumas	

Class V Girls

1.	Hannah Upham	Mt Blue	12:34
2.	Gretchen Elias	Snorada	14:52
3.	Jeniffer Percival	Pine	15:19
4.	Rebekka Kuzyk	Bethel	16:17
5.	Beth Hutchinson	Snorada	16:45
6.	Nicole Cloukey	Brunswick	17:38
7.	Kristen Grieshaber	Snorada	19:43
8.	Susan Maheux	Jay	25:31

Class V Boys

1.	David Chamberline	Snorada	11:39
2.	Pat Cote	Mt. Blue	12:17
3.	Tim Simoneau	Livermore	12:38
4.	Danny Irish	Pineland	13:45
5.	Charles Swift	Snorada	13:52
6.	Nathan Emery	Pineland	14:09
7.	Brant Grieshaber	Snor	14:57
8.	Ben Trafton	Snorada	15:18
9.	Aaron Milligan	Pineland	15:34
10.	Nate Abbott	Snorada	15:46
11.	Andre Lowell		16:21
12.	Erik Grimmes	Brunswick	16:40
13.	Morgan Cuthbert		17:00
14.	Eric Milligan	Pineland	17:41
15.	Tracy Jodery		20:19
16.	Frank Martin	Pineland	21:19
17.	Tristan Cuthbert		21:47

Class IV Girls

1.	Patti Abbott	Snorada	17:13
2.	Kristen Powell	Bethel	18:12
3.	Erica Lowell		18:33
4.	Jennifer Oxman	Snorada	22:49

Class IV Boys

1.	Isaac Hutchinson	Snorada	14:35
2.	Josh Gagnon	Snorada	14:38
3.	Chris Record	Mt. Blue	14:54
4.	Roger Knight	Mt. Blue	15:50
5.	Scott Emery	Pineland	16:30
6.	Tom Morton	Pineland	16:34
7.	Paul Cote	Mt. Blue	17:11
8.	John Lentz	Brunswick	17:35
9.	Cava Willis	Brunswick	18:45
10.	Todd Snyder	Pineland	19:33
11.	Dean Irish	Pineland	19:42
12.	Steve Maheux	Spruce Mt.	19:45
13.	Jason Cloukey	Topsham	27:20

Class III Girls

1.	Rachel Yahn	25:38
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Class III Boys

1.	Chad Gagnon	Snorada	18:37
2.	Jon Martin		19:38
3.	John Elliot	Lynd V	20:38
4.	Chris Badger	Jackson	21:16
5.	James Upham	Mt. Blue	21:43
6.	Nathan Miserochi	Pine	25:04
7.	Danny Kuzyk	Bethel	32:38

combined
r Jump

1.	202.4 pts	422.4
1.	19:44	419.9
2.	200.9	407.4
2.	19:47	393.9
4.	193.9	20:03
3.	20:03	406.3
3.	198.8	20:21
4.	20:21	305.4
7.	149.9	287.1
6.	22:50	119.6
9.	119.6	22:18
5.	22:18	275.75
5.	156.0	24:38
7.	24:38	223.6
6.	150.6	26:55
8.	26:55	181.85
8.	145.6	28:43
9.	28:43	397.7
3.	177.7	18:46
1.	18:46	339.0
1.	189.0	22:11
2.	22:11	187.9
2.	187.9	30:01
3.	30:01	

Special

25:43
Galen Sayward
c Council

SNORADA RUN
Jan 13th

Auburn
Auburn
Auburn
Auburn
Rumford
Andover
Brunswick
Topsham
Brunswick
Auburn

BILL KOCH LEAGUE - BETHEL
Bethel Feb 10th

Lollipop II (age 5)	
Sam Trafton	Auburn
Mariah Cloukey	Brunswick
Elizabeth Kuzyk	Bethel
Dustin Laferriere	Bridgton
Ellen Grimmes	Brunswick

Lollipop I (age 6-7)	
Cheryl Hamilton	Auburn
Joran Elias	Auburn
Kristofer Grimmes	Brunswick
Christie Simoneau	Spruce Mt.
Michael Hamell	Bridgton
Abby Hutchinson	Auburn
Sarah Cloukey	Brunswick

Class V Boys (age 8-9)		
1. Patrick Cote	Mt. Blue	12:26
2. David Chamberlin	Auburn	12:33
3. Charles Swift	Auburn	15:19
4. Tim Simoneau	Spruce Mt	15:39
5. Andrew Lowell	Bridgton	16:19
6. Danny Irish	Pineland	16:47
7. Nate Abbott	Auburn	16:50
8. Ben Trafton	Auburn	16:57
9. Tim Remington	Bethel	19:06
10. Erik Grimmes	Brunswick	19:18
11. Brant Greishaber	Auburn	19:53
12. Ryan Albert	Mt. Blue	21:05
13. Tristan Cuthbert	Brunswick	33:07

Class V Girls (age 8-9)		
1. Hannah Upham	Mt. Blue	13:26
2. Gretchen Elias	Auburn	15:16
3. Rebekka Kuzyk	Bethel	17:09
4. Beth Hutchinson	Auburn	17:26
5. Nicole Cloukey	Brunswick	20:16
6. Lauren Laferriere	Bridgton	21:33
7. Kristen Grieshaber	Auburn	23:14

Class IV Boys (age 10-11)		
1. Josh Gagnon	Auburn	16:29
2. Chris Record	Mt. Blue	16:38
3. Isaac Hutchinson	Auburn	17:48
4. David Hamilton	Auburn	19:23
5. Tom Morton	Pineland	19:55
6. John Lentz	Brunswick	20:23
7. Paul Cote	Mt. Blue	20:31
8. Matt Arsenault	Bethel	22:38
9. Cova Willis	Brunswick	24:43
10. Dean Irish	Pineland	26:49
11. Jason Cloukey	Brunswick	28:46

Class IV Girls (age 10-11)		
1. Patti Abbott	Auburn	20:03
2. Kristen Powell	Bethel	20:09
3. Ericka Lowell	Bridgton	22:37
4. Jennifer Oxman	Auburn	27:35

Class III Boys (age 12-13)		
1. Marcus Nash	Fryeburg	18:32
2. Chad Gagnon	Auburn	19:19
3. Chris Badger	Jackson	19:36
4. James Upham	Mt. Blue	20:42
5. Brant Reminton	Bethel	22:32
6. Jon Martin	Pineland	23 00
7. Kevin Davis	Bethel	24:10
8. Dean Angevine	Bethel	28:58
9. Danny Kuzyk	Bethel	34:55

Class III Girls (age 12-13)		
1. Paige Christie	Rumford	24:35
2. Marin Haskell	Auburn	28:33

All Bill Koch League results courtesy
of Don Angevine - Bethel Outing Club

BETHEL NORDICS - JUNIOR/SENIOR QUALIFIER
Gould Academy, Bethel Feb 10th

5.8 KM	
Junior II Girls (age 15-16?)	
1. Kerrin Petty	Stratton 21:10 Vt
2. Natalie Cartwright	21:16 NH
3. Jenny Holden	Stratton 22:03 Vt
4. Nancy Taylor	Holderness 23:30 NH
5. Kirsten Froburg	Nansen 23:51 NH
6. Andrea Clarke	WVBBS 24:16 MA
7. Lovisa Johnsson	Scam 24:43 Vt
8. Kari Van Winkle	24:45 Vt
9. Andrea Gagner	KRHS 25:30 NH
10. Tammy Milligan	Chisholm 28:03 ME

Junior I Girls (age 17-18?)	
1. Kristanya Ryan	CMRS 21:31 Vt
2. Susy Svatek	WVBBS 21:41 MA
3. Poppet Seymour	Holderne 22:32 NH
4. Anne Williams	Dover 22:42 NH
5. Christine Burdette	VAST 22:50 Vt
6. Becky Flynn	CMVS 22:51 NH
7. Chris Philbrick	WVBBS 23:15 NH
8. Stacey Wooley	LOC 23:46 NH
9. Sarah Pribram	Auburn 23:47 ME
10. Mary Seibert	Logan 24:23 Vt
11. Vanda Lewis	Holderness 25:05 NH
12. Janet Moyes	25:20 NH
13. Molly Adriance	Holder 27:09 NH

Older Junior Girls	
1. Heidi Gatz	UNH 41:48 NH
2. Simone Brake	Stratton 42:17 Vt
3. Anne Guerrerol	UNH 42:24 NH
4. Lorelee Cartwright	44:44 NH
5. Julie Lunt	UNH 45:04 NH
6. Mona DePrey	UNH 47:04 NH

Junior II Boys (age 15-16?)	
1. Carl Swenson	ESSCL 18:11 NH
2. Sam Punderson	Stratton 19:08 Vt
3. Barney Hodges	CRUST 19:37 Vt
4. Kip Van Valkenburgh	BMA 19:42 Vt
5. Chris Clark	SMS 19:43 Vt
6. Brad Bates	WVBBS 19:46 NH
7. Sohler Hall	WVBBS 19:53 MA
8. Pete Cole	Contocook 20:21 NH
9. Todd Burdette	WVBBS 20:32 NH
10. Torin Porter	LRUHS 20:41 Vt
11. Robert Nordgren	Hanover 20:45 NH
12. Erik Johnson	WVBBS 21:15 NH
13. Benjamin Michaud	Wilton 22:03 ME
14. Mark Weirich	Rumford 22:12 ME
15. Will Sweetser	22:29 ME
16. Mike Taffe	Holderness 22:49 NH
17. Skip Comstock	Carlisle 23:17 MA
18. Henry Spindler	LSRHS 24:08 MA
19. Jeff Stevenson	Hanover 25:47 NH
20. Derek Dresser	Gould 25:58 ME

Junior I Boys	
1. Eugene Martin	BHS 35:02 Vt
2. Bill Ingram	GMVS 35:06 Vt
3. Ian Harvey	Holderness 35:08 NH
4. Bill Bron	VAST 35:10 Vt
5. Bjorn Danielson	GMVS 35:16 Vt
6. Sven Heistad	Lebanon 36:23 NH
7. Rob Schultheis	VAST 36:35 Vt
8. Bret Cartwright	37:04 NH
9. Scott Freeman	GMVS 37:05 Vt
10. Rick Ziegler	KRHS 37:45 NH
11. David Rohde	Fryeburg 37:53 ME
12. Dan Greenleaf	Rumford 37:56 ME
13. Bryant Tolles	Holderne 38:03 NH
14. Mike Varuolo	38:16 ME
15. Ed Oswalt	KRHS 39:38 NH
16. David Spindler	LSRHS 40:11
17. George Clark	WVBBS 40:22 MA
18. Adam Verrier	40:45 NH
19. Timothy Wei	Holderness 41:06 NH
20. William Peabody	Proctor 41:34 NH
21. James King	42:10 MA
22. Rick Bodwell	Telstar 42:23 ME
23. Chris Bryant	Jay 42:45 ME
24. Danny Daigle	Kenneth 44:04 NH

Older Junior Boys		
1. Stuart Johnson	Pingree	45:55 MA
2. Liam Kelly	SMS	45:57 Vt
3. John Sween	GMVS	46:48 Vt
4. Gregory Kroitzsh	DOC	47:29 NH
5. Brian Swanson	DOC	48:04 NH
6. Tim Minor	UNH	49:00 NH
7. Andy Sterns	GMVS	49:39 Vt
8. Keith Johnstone	UNH	49:40 NH
9. James Holstein	UVM	50:22 Vt
10. Doug Billings	DOC	50:33 NH
11. Bo Douglass	Fryeburg	53:00 ME
12. Pete Chudy	UNH	54:16 NH
13. Karl Goetze	DOC	56:06 NH
14. Rhadames Tradjillo	Hold	59:10 NH
15. Philip Schumm	DOC	59:51 NH
16. Ethan Jeffrey	UNH	60:49 NH
17. Scott Holley	Proctor	69:07 NH

Senior I Men		
1. Thad Thorne	UNH	47:52 NH
2. Martin Kryska	DOC	48:49 NH
3. Tim Allen	Putney	54:58 NH

Senior II Men		
1. Bob Bradlee	CSU	50:59 MA

Senior II Women		
1. Jennifer Caldwell	Putney	51:07 Vt
2. Karen Henry	UVAA	55:18 NH
3. Linda Greenwood		61:43 Vt
4. Frances Benton	PVRA	61:57 NH

Masters Men		
1. James Fredericks	GMVS	43:48 Vt
2. Doug Armstrong	ESSC	45:39 NH
3. Bubba Parker	Proctor	48:37 NH
4. John Morton	DOC	50:56 NH
5. Kenneth Kimball		53:38 NH
6. Stephen Swenson	ESSC	65:43 NH
7. Robert S. Schehr	WVBBS	80:27 NY

Results courtesy of Don Angevine
Bethel Outing Club

LAKE LOOP RUN - SKI NORDIC AT SADDLEBACK
Rangeley Jan 12th

1. Arnold Amoroso	41	42:46
2. Devin Anderson	15	47:47
3. Ray Giglio	40	51:48
4. John Roderick	73	52:10
5. Marcia Giglio	40	52:45*
6. Ray Atwood	64	58:21
7. Mark Amoroso	11	69:54
8. Grace Amoroso	40	69:55

We had a small turnout for our second Lake Loop Run, but all had a good time. Nice crisp weather that set up the tracks well. Even a renegade snowmobile didn't dent them. Our field again spanned three generations, from 11 year old Mark Amoroso, son of over-all winner Arnie Amoroso, and grandson of Ray Atwood. John Roderick, now 73, returned to continue showing the young folks how to ski.

Despite the Amoroso family's aversion to sugar and junk food, Arnie did not hesitate to accept the grand prize of a home baked chocolate French silk pie.

Carl Wegner



'The Egg'

THE BEST OF TIMES - 1984

After printing the Best of Times last month, I received several letters from Peter Carr of Saco and Don Penta of Little Sebago pointing out several important omissions in the women's fields. Here is a corrected copy. Thanks Pete and Don.

10K

1. Kathy Northrop
2. Joanna Green
3. Katie Martin
4. Susannah Beck
5. Robin Emery
6. Anne Marie Davee
7. Cecily Currier
8. Brook Merrow
9. Anne Marie Davee
10. Delinda Smith
- Linda Larue Kenniston
12. Debby Sawyer
13. Jeanne MacDonald
14. Mardi Reed
15. Donna Dearborn
16. Darlene Higgins
17. Mary Bart
18. Debby Sawyer
19. Diane Wood
20. Jo Comeau
21. Linda Roberts
22. Anita Teschek
23. Carol Weeks
24. Denise Harlow
25. Debbie Latro
26. Sandra Sprague
27. Karen Goodberlet
28. Kathy Knight
29. Sandy Anderson
30. Jill Sheive
31. Julie Anne Mathieu
32. Liz Hinckley

Depth of Field:

Kingfield	14	44%
Pumpkin	12	38%
Gobbler	3	9%
Blueberry	2	6%
Pen Bay	1	3%

Great Pumpkin	35:20
Great Pumpkin	35:34
Kingfield	36:14
Kingfield	36:31
Kingfield	37:08
Kingfield	37:39
Kingfield	37:49
Kingfield	37:51
Pen Bay Trade Winds	38:04
Kingfield	38:05
Kingfield	38:05
Kingfield	38:09
Great Pumpkin	38:22
Great Pumpkin	38:37
Great Pumpkin	38:44
Kingfield	39:11
Great Pumpkin	39:17
Great Pumpkin	39:32
Gaspings Gobbler	39:50
Kingfield	39:53
Gaspings Gobbler	40:14
Great Pumpkin	40:22
Great Pumpkin	40:25
Blueberry Festival	40:33
Great Pumpkin	40:38
Great Pumpkin	40:42
Blueberry Festival	40:48
Kingfield	40:54
Great Pumpkin	41:37
Gaspings Gobbler	41:48
Kingfield	41:51
Kingfield	41:56

46. Beth Germanotta
47. Brook Merrow
48. Catherine Jarratt
49. Sandra Wyman
50. Patricia Murray
51. Barbara Coughlin

Maine Coast
Casco Bay
Maine Coast
Maine Coast
Maine Coast
Maine Coast

3:26:40
3:27:06
3:28:03
3:28:35
3:29:34
3:29:43

Depth of Field:

Maine Coast	29	57%
Casco Bay	18	35%
Paul Bunyan	2	4%
Sugarloaf	2	4%



HIGH STREET, ELLSWORTH

RUNNING

Saucony - Tiger - Etonic Shoes

Bill Rodgers, Moving Comfort

Woman on the Run

Everything from Sorbethane to

Pulseometers

PADDLING

Large selection of canoes &
kayaks Complete line of
accessories.

CAMPING EQUIPMENT

Northface - Kelty - Camptrails
White Stag

From stuff sacks to Fabiano
ultra-lite hiking boots, we have
the largest selection of camping
goods in Eastern Maine.

TENNIS & RACQUETBALL

Prince - Head - Rossignol -
Ektelon & Donnay Racquets
Diadora & Etonic Shoes
Le Coq Sportif Apparel

MARATHON

1. Kim Beaulieu
2. Kim Beaulieu
3. Debby Sawyer
4. Marcia Fahy
5. Constance Kimball
6. Margaret Maloney
7. Darlene Higgins
8. Ellen Schmidt
9. Beverly Williams
10. Ann Blumer
11. Ann Blumer
12. Carol Roy
13. Donna McDonald
14. Debbie Sawyer
15. Darlene Higgins
16. Chrisandra Simmons
17. Kelly Bennett
18. Connie McLellan-Cuff
19. Judy Ketcham
20. Joanne Cole
21. Mary Rose
22. Nancy Chipman
23. Darcy Johnson
24. Kathy Barry
25. Dorothy Helling
26. Jennie Archibald
27. Jo Comeau
28. Deb Hewson
29. Mary Zickus
30. Carol McRea
31. Nancy Gagnon
32. Debra Murphy
33. Renee Walker
34. Irene Kamfonik
35. Rose Galligan
36. Jody Newton
37. Donna Howard
38. Carla Desbois
39. Mimi Mattson
40. Faye Gagnon
41. Carol McElwee
42. Rosalyn Randall
43. Linda Cristofaro
44. Mert Dearnley
45. Virginia Vendrell

Casco Bay	2:54:59
Maine Coast	2:55:23
Casco Bay	2:58:25
Casco Bay	2:59:03
Casco Bay	2:59:21
Casco Bay	2:59:22
Paul Bunyan	3:02:43
Maine Coast	3:04:34
Sugarloaf	3:04:41
Casco Bay	3:05:10
Paul Bunyan	3:05:24
Casco Bay	3:06:18
Maine Coast	3:08:06
Sugarloaf	3:08:14
Casco Bay	3:08:22
Maine Coast	3:09:32
Maine Coast	3:10:05
Casco Bay	3:10:51
Casco Bay	3:11:33
Maine Coast	3:12:28
Casco Bay	3:12:35
Maine Coast	3:12:38
Maine Coast	3:13:40
Maine Coast	3:14:11
Maine Coast	3:14:48
Maine Coast	3:15:13
Maine Coast	3:15:30
Casco Bay	3:15:32
Maine Coast	3:17:36
Casco Bay	3:18:08
Maine Coast	3:18:21
Maine Coast	3:18:40
Maine Coast	3:18:53
Maine Coast	3:18:55
Casco Bay	3:19:27
Maine Coast	3:19:37
Maine Coast	3:20:23
Casco Bay	3:21:14
Casco Bay	3:21:18
Maine Coast	3:23:15
Casco Bay	3:24:20
Maine Coast	3:24:26
Casco Bay	3:24:43
Maine Coast	3:26:39

APPALACHIAN MOUNTAIN CLUB

Jay Spenciner, RR 2, Box 2, Bridgton, Maine 04009 (647-3347) writes, "Bob - I know it's winter but some of us are already thinking of canoeing. Here's our 1985 schedule."



The number after the river is the difficulty rating; "L" is leader; Co-L is Co-leader; "R" is Registrar. Have a good Holiday."

Trip fee: \$1 per adult AMC member; \$2 per non-member.

Spring and Summer 1985 Whitewater Schedule.

MARCH

- 9-10 Souhegan, 3 and Millers, 3 (Mass.). L Norm Reynolds (617-443-2459); R Morrill Nason (846-5167).
- 16 Leader's Choice, 2. L Don Skofield (773-3642)
- 17 Limington or Leader's Choice, 3. L Tim Sullivan (797-6874)
- 23 Leader's Choice, 3. Probably So. N.H. L Tim Ensworth (767-3679); Co-L Adair Heath (846-4811).
- 24 Little Ossipee or Leader's Choice, 2. Sue and Ken Gordon (784-2745)
- 30 Sheepscot, 2. L Priscilla and Jim Thorne (865-6663); Co-L Mark Hanson (487-5141, PM)
- 31 Leader's Choice, 3. L Jay Spenciner (647-3347)

More in the March thru August issues of Maine Running & Outing.



STILL

ENTER
ONE

On February 13, 1985, Joan Benoit and her dog, Creosote went to work for THE ONE, Maine Savings Bank.

At a morning news conference, Joan announced her first endorsement since winning the women's olympic marathon last summer. It's refreshing to see someone who demands more from themselves than they do from the products they back. Joan has been with Nike since she started running; she has been eating Dole products all her life; and she has been banking with THE ONE since she

was seven years old. I doubt that you will see her in any Skol commercials in the near future.

The two slick ads we were treated to seemed quite nice with scenes of Cape Elizabeth and Freeport.

Joan was asked whether or not she planned on racing in Maine this year and she indicated that she may run a local race or two as a tune up for some of her more important international encounters. Bill Green asked if and when she would take a crack at 2:20 and she indicated that she might try to run a hard marathon in the fall. I then asked if that marathon might be New York, Chicago or the Twin Cities and she thought that those three seemed like very likely possibilities. I'll bet on Chicago!

CLUB

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Co-L Adair

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THE GREAT LITE BEER MAINEiacs HALF MARATHON



IN SUPPORT OF THE MAINEiacs CHARITIES

**SATURDAY, MARCH 30, 1985
11:00 A.M. BANGOR, MAINE**

Course: 13.0938 miles. Consists of one loop through the outskirts of Bangor, Maine. Course maps will be included in race packet. Return to the "Iceberg" course. A classic!

Entry Fee: A minimum donation of \$5.00 to the MAINEiacs Charities. Feel free to donate more, it's to a very worthy cause. Registration material and final instruction sheets may be picked up at the Holiday Health and Racquet Club, Odlin Road, Saturday, March 30 from 9 to 10:30 a.m.

Race Features: Course Control and Medical Aid supplied by the Maine National Guard.

- Digital Clock on lead vehicle and at finish.
- Chronomix electronic finish
- Mile markers every mile
- 4 water stations
- Splits at 1 mile and 10K
- Post Race Party with beer and refreshments
- Long sleeved T-shirts for the first 100 registrants
- Sauna, showers and changing facilities available

Team Competition: Teams must enter separately with a maximum of 7 members, 5 scoring. There will also be special team awards for competition between the Army and Air National Guard. The first ten guardsmen to finish will be chosen to represent the State of Maine at the upcoming National Guard Marathon Competition in the Lincoln Marathon, Lincoln, Nebraska.

Awards: Merchandise awards to top finishers plus additional random drawings. Awards ceremony at 1:30 p.m.

**Holiday
Health & Racquet
Club**



COMPLETE RESULTS WILL BE PRINTED IN MAINE RUNNING & OUTING



Directions to Start: Take the Hermon Exit West off Interstate 95, then left at the traffic light to the Holiday Health & Racquet Club of Bangor.

Detach below and mail to:

Great Lite Beer MAINEIac Half Marathon
PO Box 259
E. Holden, ME 04429

Please make check payable to: MAINEIac Charities.

Entry must be mailed (for teams) by March 20th.

Team Registration: This year, we are only accepting pre-registered teams of five or more athletes. There will be special plaques for every team and every team will be recognized at the awards ceremony. Find your club members, or other soul mates and form a team. It makes it all that much more enjoyable for everyone. Team captains should report to the registration table to pick up results form.

Name of Team: _____

Team Members:

- | | |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | |

The organizers of this event guarantee far better weather this year than last. If this is not the case. . . sue us! Just think nice thoughts. Sunny! Warm! In the mid 50's with no wind. Trust us, it will work!
The Management

PLEASE PRINT

NAME _____ Age _____ Occupation _____

ADDRESS _____ Sex _____

FASTEST PREVIOUS HALF MARATHON: Hour _____ Min. _____

I hereby waive and release any and all rights and claims for damages I have against any sponsors and officials of the Great Lite Beer MAINEIac Half Marathon for any and all injuries suffered by me in said event and verify that I am physically fit and have sufficiently trained for this event.

Your Signature/Parent or Guardian if under 18

The Great Lite Beer MAINEIacs Half Marathon

Our race last year was set up primarily to support the efforts of Maine's National Guard Marathon team which captured 6th place among all the states' Lincoln Marathon last May.

We raised over \$650 for the MAINEIacs and they in turn invested the bulk of that sum in a Christmas party for handicapped youth at the Ronald McDonald House, the Jaws of Life area charities.

Misa Fossas, an All-American Cross Country runner from Brandeis University, ran away from the field with an impressive 1:07:57.7 win nearly 5 minutes ahead of his teammate, Ed McCarthy. The two young men will be back to take on Maine's finest runners.

Ann Blumer started her great year with capturing the women's event in 1:26:31. She got a serious challenge from some of the North's quickest women.

TEAM PALMER (Fossas, McCarthy and G. Cranberry Island) will have to add a few more to defend their team championship and the Air National Guard will have to bring out their best to match much improved Air National Guard team.

Don't miss the "after the run" get together. Dolley of Haffenreffer Beverage throws out the season in eastern Maine!

HUSSON COLLEGE RECREATION MAJORS FIFTH ANNUAL 10K FOOT RACE Sunday, March 31, 1985

Registration begins at 12:00 noon at the Newman Gym, Husson College.

Race starts at 1:00 p.m. RAIN OR SHINE!

Course description for 10K: Runners will do a partial lap around the circle are going off campus to Kenduskeag Avenue to Harlow Street; up 14th Street onto Ohio Street to Griffin Road; return via Kenduskeag Avenue to the Newman Gym.

Run is 1.5 miles. Splits available at the 1 and 3 mile points in the

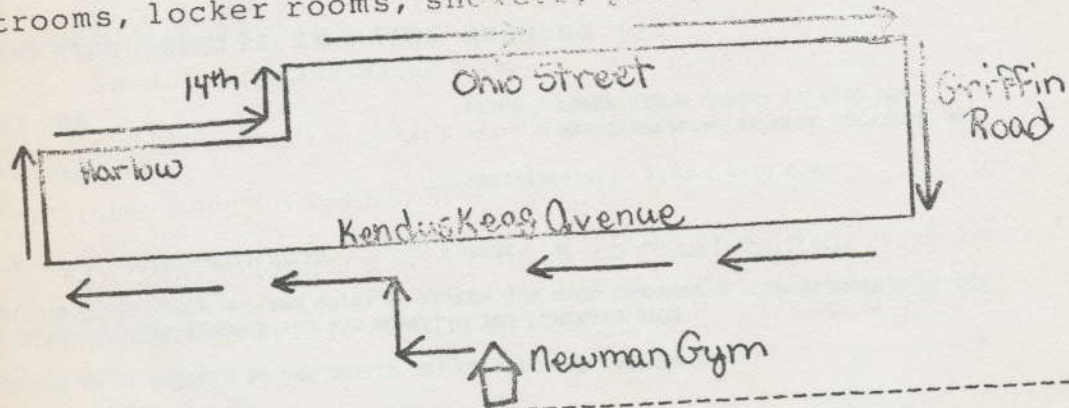
Entry fee: Pre-registration \$3.50, \$4.50 day of the race. T-shirts will be given to the first 50 who register.

Prizes: Prizes will be given to male and female winners in each category in addition to the first male and female finishers. One category prize only awarded to an individual.

- 19 and under
- 20 - 29
- 30 - 39
- 40 and over

1st place prize will also be given to male and female in Fun Run.

Facilities: Restrooms, locker rooms, showers, pool, steam room available for race.



In consideration of acceptance of this entry, I, for myself, heirs, and assigns waive and release all rights and claims for personal damages I may sustain against the persons and officials of this race.

Occupation _____
 Sex _____
 Min. _____
 Signature _____
 (GUARDIAN IF UNDER 18)

Make checks payable to: Pam Hennessey, Race Director
 Husson Athletics
 Husson College
 Bangor, ME 04401
 Tel. 947-1121 Ext. 270 Husson

For more information:

Parent or Guardian if under 18



5/10 K

CASTINE, MAINE

!! COMPLETE RESULTS IN MAINE RUNNING !!

DATE: 30 MARCH 1985

PLACE: LOWER BARON CASTIN PARKING LOT
MAINE MARITIME ACADEMY CASTINE, ME

START TIME: 9:00 A.M.

REGISTRATION: 7:30 - 8:30 A.M.

FEE: \$4.50

FREE T-SHIRTS TO FIRST 30 PRE-REGISTRANTS.

SIZE: XL ___ L ___ M ___ S ___

BARBEQUE AND REFRESHMENTS (both hot and cold) TO FOLLOW THE RACE COMPLETION. CO-SPONSERED BY THE NROTC UNIT AT MAINE MARITIME ACADEMY AND THE NORTHERN BAY ATHLETIC CLUB.

!!! ALL PROCEEDS TO BE DONATED TO THE UNITED WAY OF PENOBSCOT VALLEY !!!

NAME: _____

AGE: _____

SEX: _____

RACE CATEGORY: 5 Kilometer ___ 10 Kilometer ___

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

SIGNATURE: _____

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

MAILING ADDRESS FOR REGISTRATION AND INFORMATION: NROTC UNIT
MAINE MARITIME ACADEMY
CASTINE, ME 04421-0902

ATTN: LT SWENSON (make checks payable to NROTC UNIT)

MAINE NORDIC COUNCIL

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

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

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

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

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

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

Name: _____ Class: _____

Club or Town: _____ College Outing Club: _____

Address: _____

Telephone: _____ Date of Birth: _____ Age: _____

Name of Event: _____

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

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

Length of Race: _____ Hill Size: _____

Time In: _____
Start Time: _____
Overall Elapsed Time: _____
Min. Sec.

THE RELEASE FORM ABOVE MUST BE SIGNED

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

AGE CLASSES:

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

Male
A
B
C
D
E
F
X

Female
G
H
I
J
K
L
Y



"FOR THE BETTERMENT OF NORDIC SKIING IN MAINE"

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

SKI NORDIC TOURING CENTER



AT SADDLEBACK



"The Tortoise and Hare"

Rangeley, Maine

The Wild Mountain Hare

Sunday, March 3, 1985

SKI NORDIC TOURING CENTER at SADDLEBACK

10 km. USSA Sanctioned Race - Part of the
MAINE NORDIC COUNCIL RACE SERIES

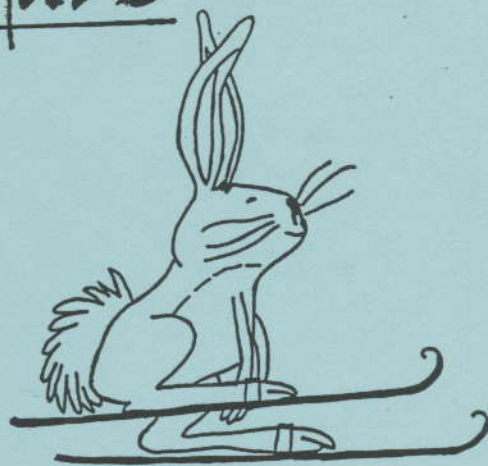
Mass Start at 1:00 PM

Entry Fees: USSA Member \$7.00
Non-member \$7.50
Day of Race \$8.00

PRIZES! REFRESHMENTS!
MUZZLE LOADER START! (To get y'all movin')

Use Maine Nordic Council entry form.

Race director: 864-5705

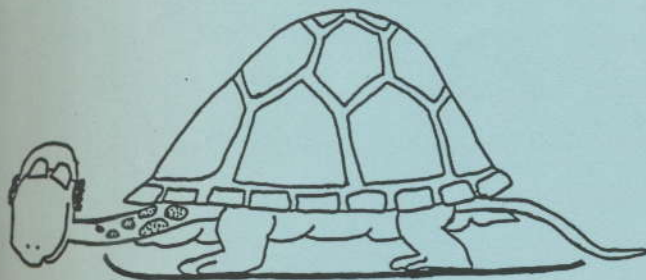


"The Tortoise"

Saturday, March 2, 1985

A for fun tour/race between Inns
of Rangeley. Self-timed, the
winner is the skier whose
time is closest to the
average time of all skiers.

Register on Saturday, March
2, at the Rangeley Inn
or the Farmhouse Inn.



A weekend of
winter Ski Fun!

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



&
MILLER BREWING

Hosts The
6th Annual



The

Top

Road Race

Mornin'

March 17, 1985
12:00 noon
at the
"Kerry men Pub"
Route 1, Saco

4 Miles, Flat
Wheel Measured
Come ready to run



Course Records
Paul Hammond 18:58
Kim Beaulieu 23:29
Divisions
13 and under
14-18
19-29
30-39
40-49
50 and over

Awards



Prizes



Special Features



First Man and Woman
Top Three Divisional Winners
Special - Spring Weekend
at a condominium on the Maine
coast to anyone breaking the race
record

Registration Fee \$3.50
10:45 - 11:45 at Kerry men Pub

Pizzas To

- Every finisher born on St. Patrick's
Day (Verification please)
- First finisher with the name
"Patrick"
- First finisher dressed entirely in
green
- Every 25th finisher

Post Race Refreshments

Finish line clock
Chronomix timing
and many surprises

Payable to: Marathon Sports Running Club
Mail to: Marathon Sports Running Club
c/o Jim Swan, Race Director
Box 1131
Biddeford, Maine 04005

Official Entry Form

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

(day mo. year)

Name _____ (Male Female) _____ Age _____ Birthdate _____

Address _____ City _____ State _____

Runner's Signature _____ Guardian (if under 18) _____

GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S GOLDSMIT



GOLDSMITH'S

HOGAN ROAD • 947-1168 • BANGOR
VISIT OUR OTHER LOCATIONS
ROCKLAND • PRESQUE ISLE • OLD TOWN • AUBURN

WE HAVE YOUR NEXT PAIR OF SKIS



Atomic ACC Microstep 15 Ski Waxless "No Work" Base

package includes:	
Atomic ACC Microstep 15 Ski	\$110.00
Adidas Arosa Boot, 50/7 Toe	\$49.99
Adidas 50/7 Touring Binding	\$7.99
Exel or Swix Fiberglass Pole	\$12.99
	<u>\$180.97</u>

Goldsmith's Package Price \$99.99
While Supplies Last

All Packages Include:

- FREE Mounting •FREE Base Preparation •FREE Ski Ties

Choose Other Packages From:

Adidas - Atomic - Epoke - Karhu - Trak

Boots and Bindings From:

Salomon - Dachstien - Adidas - Trak - Rottefella

Also: Don't forget to check our sale rack—where
all skis are 60% off. (Sizes limited)

GOLDSMITH'S
SPORTING GOODS
HOGAN RD.
BANGOR, 947-1168

Mon. - Thurs.....10 - 8
Fri.....10 - 9
Sat.....10 - 6

SKI PACKAGES ALSO AVAILABLE AT OLD TOWN & PRESQUE ISLE

GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S

GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S GOLDSMIT



1
9
8
5

ATHLETIC ATTIC ROAD RACE SERIES!



MAY: BANGOR 5-MILER
JUNE: SOLSTICE STRUT-4MILES AUBURN
JULY: PORTLAND'S PERFECT 10K

1st YEAR ANNIVERSARY CELEBRATION PORTLAND ATTIC

MARCH 20, 1985

Celebrate with us all March
— Shoe Savings all Month

GORETEX SUIT GIVEAWAY!!

ONE CHEETAH GORETEX SUIT WILL BE GIVEN AWAY IN EACH ATHLETIC ATTIC.
NO PURCHASE NECESSARY! JUST STOP IN AND REGISTER. DRAWING WILL BE
HELD SATURDAY, MARCH 30 AT 12:00.

BANGOR MALL
Skip Howard
(207) 947-6880

METHUEN MALL
Kevin Retelle
(617) 683-5069



AUBURN MALL
Paul Hammond
(207) 786-2507

BACK BAY PORTLAND
Doug Ingersoll
(207) 775-6244

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