

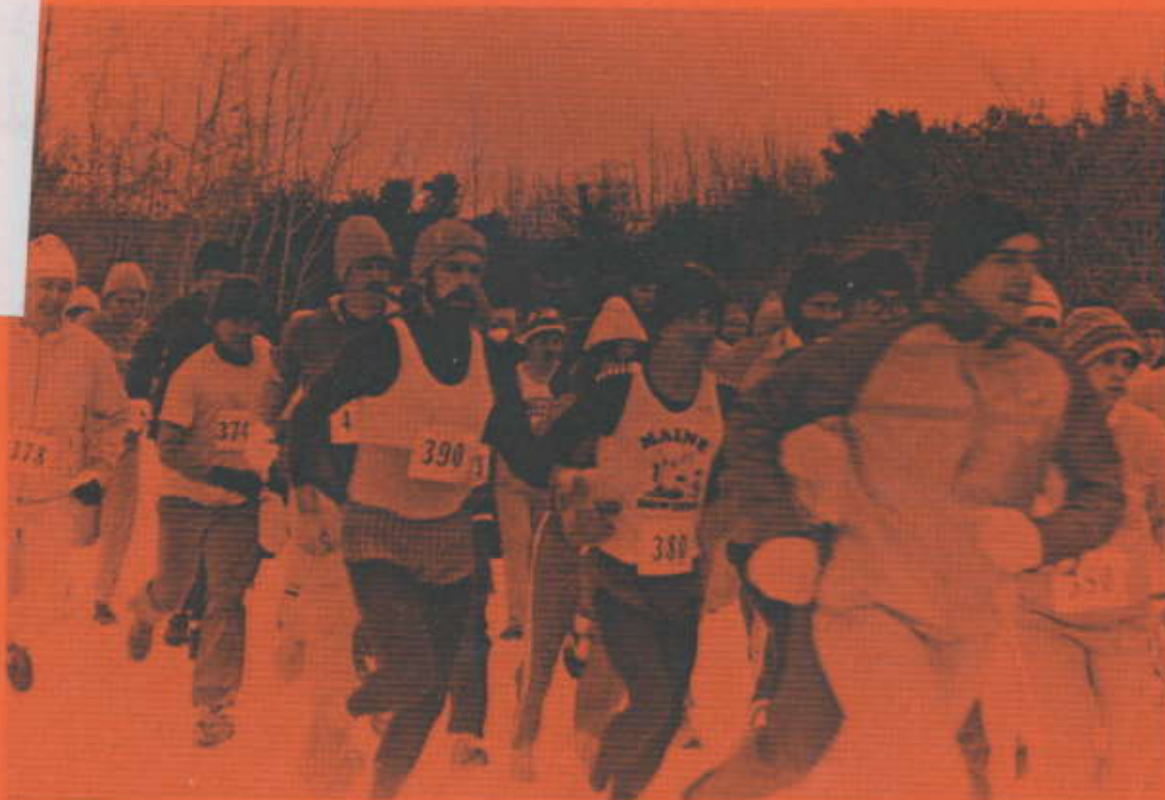
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Maine Running & Outing Magazine



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MARCH 1986

VOL. 7 NO. 3

**MAINE
NORDIC COUNCIL**



P. O. Box 259

East Holden, Maine 04429

Tel. (207) 843-6262

Racing through the snow never appealed to me. Not in running shoes and too much clothing anyway. And that's what is probably the best thing about it - it doesn't appeal to everyone and shouldn't. Those that love the Katahdin Snow Run, the Augusta Snofest (pictured on the cover circa 1985); the Mid-Winter 10 Mile; and the various frostbite runs are a rare, fun-loving breed. I personally would rather strap boards on my feet and plow the cross country slopes with my butt.

Charlie Serritella would rather be teaching people how to racewalk and John Alsop would like to get everyone into a canoe. The one thing we all have in common though is the Maineiac's love of the outdoors.

In typing Charlie's article I found myself itching to get out there and wiggle my way down to an 8 minute pace. I started trying to figure out how I could work a canoe into the budget so Brooke and I could enter a flatwater race this summer after typing John's column. I'm afraid to start typing about biking next month, I'm running out of toy money.

Wasn't it a lot easier just being an armchair athlete? Maybe a pick-up game of touch football or basketball on the weekend supplemented with a massive dose of T.V. fantasy?

I don't know. I can't worry about it now, I must finish this page before the Eastern Maine B Semi-Final game comes on.

Bob

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ROAD RACES

Dec 7	MADISON DRAMA CLUB 4 MILE	29 Participants
Feb 8	WILD KATAHDIN TRUST SNOW RUN 107	"

XC SKIING

Jan 12	SPRUCE MT. CHALLENGE 6K	25	"
Feb 1	THE PIPELINE 15.1K	112	"
Feb 9	AROOSTOOK COUNTY XC CHAMPS	56	"
Feb 8	CARIBOU BOG TOUR & RACE	317	"

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

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March & April Road Race Calendar

- Mar 8 DOWNEAST FAMILY YMCA ANNUAL FROSTBITE RUN AGAINST CHILD ABUSE. 11 a.m. from Ellsworth High School. 3.5 miler. T-shirts to first 50 to pre-register. Contact YMCA, PO Box 512, Ellsworth, ME 04605 667-5647 or 422-3343 evenings. See flyer in February issue of MR&O
- Mar 16 KILLARNEY'S ST. PATRICK'S DAY RUN. 1 p.m. start from Killarney's, Main St., Waterville. 10K & 5K Pledge Walk/Run. Contact St. Pat's Walk/Run American Heart Association, Maine Affiliate, Inc., PO Box 346, Augusta, ME 04330. See flyer.
- Mar 16 KERRYMAN PUB 4 MILER. Maine Coast Roadrunners, PO Box 1333, Biddeford, ME 04005
- Mar 23 EIGHTH ANNUAL BOSTON PRIMER ROAD RACE. 11 a.m. 15 miler from the Maranacook Community School in Readfield. \$4 Contact Rich Abramson, PO Box 216, Manchester, ME 04351 623-2447
- Mar 29 *THE GREAT LITE BEER MAINEIACS HALF MARATHON* *ME-85022-GN* 11 a.m. start for the first certified race of the year from the Holiday Health & Racquet Club, Odlin Road, Bangor. See flyer
- Mar 30 HUSSON COLLEGE RECREATION MAJORS' SIXTH ANNUAL 10K FOOT RACE & FUN RUN. 1 p.m. from the Newman Gym on the campus of Husson College, Bangor. See flyer.
- Apr 5 THE 15 MILE CHAMPIONSHIP RUN. 11 a.m. from Rockland District High. A race where speed and weight could bring you into the winner's circle! See flyer
- Apr 6 NEW BRUNSWICK HEART MARATHON. 12 noon from the Lady Beaverbrook Gym on the University of New Brunswick campus in Fredericksburg. \$12 pre/\$15 post. Contact Connie Guitart, Box 56500, Station A, Fredericksburg, N.B. Canada E3B 6C2
- Apr 13 EPSTEIN'S OF MAINE FIVE ACES ROAD RACE. *ME-85024-GN* 11 a.m. from the Pendleton School in Brewer. See flyer and ad in this issue
- Apr 19 MOOSABEC 3.3 MILE BY THE SEA. 1 p.m. in Jonesport. 1 mile fun run and 2 mile walk race also. \$5 for 3.3; \$2 for fun run and walk. Contact Dave Alley 497-2843
- Apr 20 SUPER RUN II. 10K qualifier to be run in Lewiston to pick Maine's representatives to the "SUPER RUN II" to be held in Lake Tahoe, California on May 24th and broadcast on ABC's "Wide World of Sports" Contact Jeff Jordan, Assistant to City Administrator, City Building, Lewiston, ME 04240 784-2951 ext 210. See related article.
- Apr 21 NINETIETH ANNUAL B.A.A. MARATHON. 12 noon in Hopkinton, MA. \$250,000 total T.A.C. Development Funds. Sponsored by the John Hancock Mutual Life Insurance Company. Writer: BAA Marathon, 17 Main St., Hopkinton, MA 01748 435-6905 (Send SASE)
- Apr 21 57th ANNUAL PORTLAND BOYS CLUB 5 MILE ROAD RACE. Contact Maine Track Club, PO Box 8008, Portland, Maine 04104
- Apr 26 ST. JOSEPH SPRING WELLNESS RUN. 5K starts opposite hospital. Contact Mike McCarty, 297 Center St. Bangor, Maine 04401 947-8311 Look for flyer in April issue of MR&O
- Apr 27 HIGH GROUND TIDE-STRIDE FUN RUN. Race proceeds to benefit the Samantha Smith Foundation. 9 a.m. from the International Ferry Terminal in Portland. See flyer

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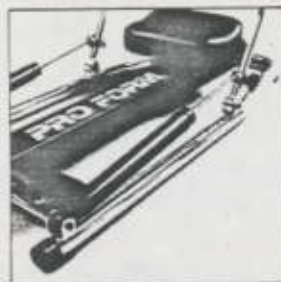
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APPALACHIAN MOUNTAIN CLUB
MAINE CHAPTER

The canoe chairpersons for the AMC this year are Bill and Alice McKenna, RR2, Box 1421, Sweden, Maine 04040 (207) 647-2251. Trip fee: \$2 per non-member

February or March - Ice Out on the Sheepscott! Call Lu Bauer L to register early. (892-4236) or George Patten CL 882-6631

- | | | |
|-----|--|---|
| 1-2 | Leaders Choice, 3. | Norm Reynolds (617) 443-2459 |
| 8-9 | Leaders Choice, 3. | Morrill Nason 846-5167 |
| 15 | Southern New Hampshire Leaders Choice, 3-3+. | Tim Ensworth 767-3679 |
| 16 | Little Ossipee, 2. | Pete and Marianna Mickelson 929-4840 |
| 22 | Leaders Choice, 2-3. | Don Skolfield 773-3642 |
| 23 | Wonalanset-Swift, 3. | Morrill Nason 846-5167 |
| 29 | Sheepscott 2. | Priscilla and Jim Thorne 772-2821 |
| 30 | Leaders Choice, 2-3. | Alice McKenna 647-2251 |
| | | |
| 5 | Leaders Choice, 3. | Ken Jewett 883-5854 CL Ken Hamilton 743-8235 |
| 6 | Leaders Choice, 3. | Mike Patterson 846-9735 CL George Patten 882-6631 |
| 12 | Bearcamp, 3. | Jay and Lorraine Spenciner 647-3347 |
| 13 | Saco 2. | Dick Leslie 846-9544 CL David Spenciner 647-3347 |
| 19 | Carrabassett 3. | Debbie Locke 746-3607 |
| 19 | Leaders Choice 3+. | Tim Ensworth 767-3679 |
| 20 | Carrabassett Area 3. | Jeanne Gutman 772-9673 CL Debbie Locke 746-3607 |
| 26 | Webb & Wild 3. | Jerry Bates 781-4180 CL Dick Leslie 846-9544 |
| 27 | Western Maine Rivers 3-3+. | Morrill Nason 846-5167 CL Ken Jewett 883-5854 |



CANOE

Legend: Number after event represents difficulty of whitewater; the higher the number, the more difficult the event
L = leader; CL = co-leader

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- April 27 - 2ND ANNUAL RAINBOW BICYCLE BIATHLON - Turner Center, Maine. 5 mile run, 20 mile bike. Individual or 2 person team
- May 25 - 3RD ANNUAL LAKE AUBURN TIME TRIAL - Auburn, 22 mile bike race.
- June 29 - 100KM TIME TRIAL - Individual, 2 man, 4 man, or fun ride - Auburn.
- July 13 - THE WICKED GOOD TRIATHLON (Maine State Triathlon Championship) Auburn. 1.2 mile swim, 35 mile bike, 8 mile run - Individual and team.
- July 20 - 1.0 MILE OPEN WATER SWIM - Auburn.
- August 10 - 1.5 MILE OPEN WATER SWIM - Auburn.
- August 24 - 3RD ANNUAL GUT BUSTER BICYCLE ROAD RACE - Buckfield, ME 35 miles

PIZZA OVEN SPRUCE RUN 5K Sunday, May 25



- Race applications in April issue of M R & O
- Complete results in M R & O
- TAC certification applied for
- Chronimix finish

Ski Touring Centers

Name of Facility Address	Season	Terrain	% Wooded	Kilos A B C D E	Trail Fee Group Lesson	Operating Schedule	A B C D E F G H I
Akers Ski, Inc. Nordic Acres Way Andover, ME 04216 (207) 392-3123	Dec to March	Wooded Rolling	99	5 UL 30 35 35	\$3.00 None	Daylight Daily	X X X X X X X
Ben-Loch Farm RFD #1, Box 1020 Dixmont, ME 04932 (207) 257-4768	Dec 10 to	Rolling	85	30 - 12 70 18	\$4.00 \$5.00	Friday thru Sunday & Holidays	X X X X X X X X
The Birches STC PO Box 81 Rockwood, ME 04478 (207) 534-7305	Dec to April	Flat to Mounts	95	35 UL 50 25 25	\$3.00 \$7.00	Daylight Daily	X X X X X X X
Carrabassett Valley CV, ME 04947 (207) 237-2205	Dec to April	Variable	85	90 15 30 55 15	\$4.50 \$7.00	9 to 5 Daily	X X X X X X X X
Carter's Farm MKT TC Route 26 Oxford, ME 04270	Dec to March	Rolling	80	10 UL 80 20 -	\$3.50 adult \$2.00 youth	9 to 5 Daily/Nites	X X X X X X X
Holley Farm Resort Holley Farm Road Farmington, ME 04938 (207) 778-4869	Dec to April	Variable	75	11 UL 35 60 5	\$2.50 None	10:30 to 10:30 Daily	X X X X X X X (Pool & Sauna)
Ski Nordic at Saddleback Rangeley, ME 04970 (207) 864-3380	Nov to April	Flat to Mtns	99	25 30 25 50 25	\$5.00 \$6.00	9 to 4 Weekends/ Holidays	X X X X X X X
Snorada Rec Ctr 525 Lake St. Auburn, ME 04210 (207) 782-6602	First Snow to End	Variable	90	15 2 39 39 22	\$3.00/\$4.00 \$4.00	Tue thru Fri 1-9 Weekends 9 to 9	X X X X X X X X
Sunday River Inn STC RFD 2, Box 1688 Bethel, ME 04217 (207) 824-2410	Nov 30 to	Rolling	99	25 UL 30 40 30	\$4.00 \$6.00	9 to 5 Daily	X X X X X X X

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

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



MAINE NORDIC COUNCIL
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Farmington Me 04938

OTHER MNC FACILITIES & EVENTS

CARIBOU BOG RACE ASSOCIATION, Tom Hanson, Box 873, Bangor, ME 04401
THE PIPELINE TOUR & RACE, Bob Salesi, PO Box 427, Hampden, ME 04444
SPROUCE MTN XC CENTER, RFD 2, Box 8425, Jay, ME 04239 (207) 645-4630
95% wooded; 15K maintained & tracked. See race schedule page 4
MEADOWHILL ATHLETIC CLUB in Farmingdale, Todd Mattson, Meadowhill AC
Meadowhill Ext, Farmingdale, ME 04345
NORTHERN LIGHTS, Ltd., of Farmington, PO Box 108, Farmington, ME 04938
(207) 778-6566
SUMMITT SPRINGS SKI TOURING CENTER, Box 455, Poland Springs, ME 04274 (207) 647-3603 85% wooded
12K maintained & tracked
TITCOMB MT SKI TOURING CENTER, Morrison Hill Road, Farmington, ME 04938 (207) 778-9031 90% wooded;
25K maintained & tracked
TROLL VALLEY SKI TOURING CENTER, 16 Stewart Avenue, Farmington, ME 04938 (207) 778-2830 85% wooded; 25K maintained &
tracked



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On Track!

THE PIPELINE - WHAT A DAY WE HAD! There were 113 skiers and nearly as many volunteers in various support roles; everyone appeared to have a good time. It was a great way to shorten the winter.

Well, you know where the Pipeline is now and you have your map. It's usually well packed and smooth (sometimes even tracked), so make plans to enjoy it. Plan to be with us next year.

Bob Salesi

THE GREAT CARIBOU BOG WICKED WINTER SKI TOUR & RACE - This year's course was longer, had more hills than last year, and was tougher than we thought. A large timber-cutting operation on the north side of the old railroad bed and the attendant truck traffic on the road bed itself prevented us from using last year's trail. We didn't know there was a problem until mid-November. Since then, Gil Roderick has worked tirelessly to identify, mark, and clear the new trail that we skied on this year. The work wasn't completed until a few days before the tour. We were so taken with the variety of terrain and beauty of the trail that we failed to account for the increased difficulty of the course. Top 10% finished in under 1:45:31.0; median time for all racers was 2:22:51.2. REMEMBER: You'll be in better shape next year, and all those other folks in your class will be a year older!

Oak Ridge - Last week I tried the trails at Oak Ridge in Brooks. The Meadow Run and one called "Off the Map" were very pleasant novice level trails through huge farmland hedgerows. The ridge itself is gorgeous, but the sun had burnt a lot of snow. See their flyer in this issue.

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AROOSTOOK MÛSTERDS

They travel throughout the state in a bright orange Volkswagen bus that's personalized with brown painted etchings. And when they pull into town, heads turn at the sight of a huge moose rack mounted on the roof of the bus, and the sound of a P.A. system that sounds moose calls. Who are these people packed inside the bus like sardines?

An elite part of the popular fitness craze, the Aroostook Musterd's Men's Roadracing Team and the Lady Musterd's are some of Maine's finest roadracers, and obviously some of the craziest.

Thirty-two men and six women comprise two organizations dedicated to the highest ideals of roadracing. A Musterd demonstrates a willingness to extend the body's limits to its fullest potential. A Musterd displays a toughness of mind and spirit, traditionally characteristic of "The County". And a Musterd is committed to upholding all rules of sportsmanship and courtesy while engaged in competition on the roads.

And "oh yea", they draw crowds, says Conrad Walton, co-founder of the Aroostook Musterd's. The men's team was founded in 1979 by Bruce Freme, Sam Hamilton, Conrad Walton, Bob Duprey, along with other roadracing friends in the area.

"We needed to show Maine runners and racing teams what kind of runners are in the County," Walton said, "I feel we have some of the best racers in Maine, considering all men's and women's divisions."

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Off the roads they are just as spirited and fun, as was proven in Kingfield last year when the men Musterds had an opportunity to unveil their vehicle "the Moose-Mobile" at the Kingfield 10 Kilometer and Sugarloaf Mountain lunge races and captivate an audience of admirers from around the state and New England with their company and humor.

There was, however, a rather ugly but humorous incident that marred the wonderful weekend. Shortly after the close of the awards ceremony (in which the Musterds earned a seventh place men's finish and three wins in three of the four women's divisions), the Musterds' van was surrounded by a small band of Maine Rowdies, one of the few other roadracing clubs in Maine. Their actions could only be explained as a fit of jealous rage said Walton. The group was led by two enraged members, one of whom was supposedly wearing a steel toed running shoe, because after several futile attempts, he managed to completely dislodge the rear bumper of the Moose-Mobile.

"Fortunately, we had anticipated action of this nature," said Walton, "and were able to continue back to the County- much to the dismay of our attackers."

All in competitive fun, the club is now consulting their legal advisor on what action should be taken.

Including a district attorney, teachers, doctors, a bank president and wood-cutters, the Aroostook Musterd men range in ages from 22 to 80.

Sam Ouellette, 80, is "the Granddaddy" of all Musterds, "the ageless guru of all Maine roadracers", and a historic winner of the Boston Marathon, said Walton.

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Honorary members, those who aren't Aroostook County natives, include the famed Bill Rodgers, Andy Palmer, Greg Meyer and Patty Catalano who have been invited to wear the Musterd uniform at various races and run for the team, with the team.

Carol McElwee, president of the Lady Musterds says that she and the lady racers are organized like the men, with the same goals of dedication and accomplishment in road racing, promoting the image of County road racing throughout the state of Maine, New England, and New Brunswick.

McElwee said that women's racing has come a long way in the county, and she attributes that success to the help of leaders Walton and Duprey who have always been glad to help them. "They've really promoted women's running," she added, "and we want to do the same, using the organization as a vehicle for women's support, because comradery is so exciting," McElwee said.

The lady Musterds enjoy the competition in racing and thrive on dedication to the sport. "My family shares in the excitement, and supports me. That's very important," McElwee said.

"I remember our first race as an organized group. We wore our new orange and black uniforms. I remember hearing a local newspaper ask who the girls in the outfits were."

"Watch those girls," came a reply, "they're the hardcore fast racers."

Darlene Higgins, a fellow lady Musterd, won the Paul Bunyan Marathon in the summer of '84, three have competed in the Casco Bay Marathon, one in the Boston Marathon, and member Katie Martin, past winner of the Kingfield 10K, is one of the best 10K runners in the state.

The lady Musterds are inviting new members who display the dedication and competitiveness displayed by the team. "We want to show other people what quality women racers we have here in Aroostook," said member Nancy Jackson.

Officers for the men Musterds include the Patriarch (General Chairman), the Bull (President), the Bagger (Treasurer), and the Terd Herder (Membership). Membership is by invitation only from the board of directors. The board constantly monitors the Aroostook racing circuit for prospective members who meet membership requirements including competitive racing times, and a will to wear the racing uniform at all races, and with great pride.

In addition to the official Musterd running clothes and warm-ups, is the Musterd regalia necklace made of raw cowhide and adorned with a real preserved moose terd or beads of different colors signifying membership, offices held

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and race winners of different divisions. These divisions include: Open (ages 19-29), Jr. Masters (30-39), Masters (40-49), and Senior Masters (50 and up).

The men's first big race was at Cook's Corner in Brunswick in 1979, where honorary members Bill Rogers and Andy Palmer aided the Musterds to an unofficial team victory.

The Katahdin Snow Run held in February is a favorite of the Musterds, where winners receive 50 lb. bags of potatoes, and sleds for prizes.

The Musterds have sponsored benefit races such as the annual Terry Fox runs and set up a booth at the Cary Medical Health Fair, giving advice on physical fitness and offering running shoe demonstrations and information to those interested.

Including marching in three summer parades last year, the Musterds marched 20 miles one day in August to be best men in a fellow member's wedding, an event the Musterds refer to as "The Royal Wedding". The men were all dressed in their black and orange uniforms, but not the groom.

Looking into the future, the Aroostook Musterds would like to see more team involvement in Maine road racing.

'Terd leaders are hoping to organize a Musterd mile race in August, a take-off on the famous 5th Avenue Mile Race in New York. They'd like to give a prize to all runners that would have their racing time engraved or painted on it, to remind participants of their personal record in the only Maine state mile race.

An annual reorganization meeting and banquet is held on the date coinciding with the last day of moose hunting seasons. On that day the Musterds all go out for a team run together and later feast on steak dinners.

Moose and Aroostook, names indiginous to the wild and where they roam, give the Musterds an individual and inherent pride.

CATHY BREWER wrote this article while a journalism major at UMO. She ran cross country for Caribou High in the early '80's and is currently working for Soloman Distributors in the Portland area. By the way, she got an A on the paper.



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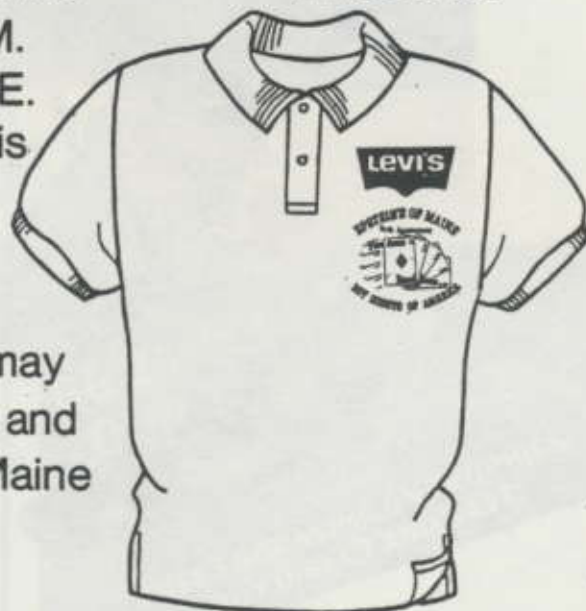


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State High School Championships

There were some outstanding performances in the state indoor track & field championships held February 17th at Bates (A) and UMO (B). Laura Duffy set a new state record in the B two mile - 10:53.7. She doubled in an outstanding 5:09.4 mile win. Trey Admundsen of Cape Elizabeth won the same B double with a 9:48.6 two and a 4:31.6 one mile performance. Wendy Dellan of Bonny Eagle tore up the Bates College track in a blazing state meet record 5:00.6 mile. She was strong enough to earn a double with an 11:22.9 win in the two. The Class A mile was won by my next-door neighbor (with two ugly dogs who hate joggers), Paul Haskell. Paul's two mile win in 10:03.2 goes along well with his state championship victory in cross country. Waterville's Kevin Rolfe ran the fastest mile of the day in 4:31.5.



Maine Track Club

The monthly membership meeting of the Maine Track Club will be held at 7:00 p.m., Wednesday, March 12, 1986, at the Machine Tool Auditorium, Southern Maine Vocational Technical Institute, Fort Road, So. Portland, Maine.

The guest speaker will be William F. Gayton, Ph.D., Psychology Department, University of Southern Maine. He will speak on the subject, "THE MIND OF THE RUNNER". The public is invited, admission is free.

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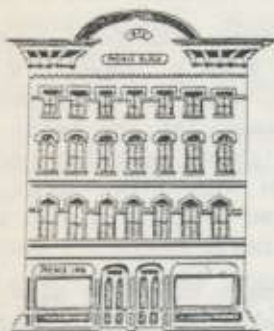


Family Oriented Run

Course Records: Gerry Clapper: 14:58 Rose Prest: 18:07

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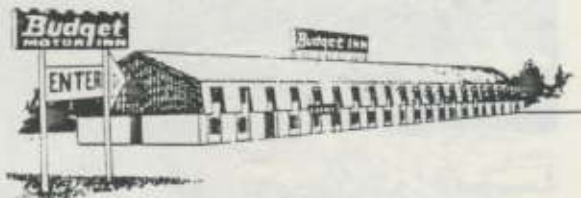
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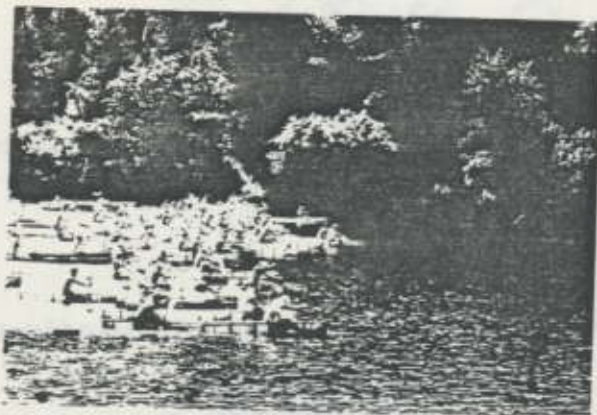
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- All teams that enter as such are recognized at the awards ceremony.
- The Maine National Guard Marathon Team competes for the eleven slots that earn the right to represent the state at the National Guard Championships in Lincoln, Nebraska this coming May. Your Maine team has finished sixth and eleventh in the two year history of this event. With several key additions, we could finish even higher in '86. Teams from the New Hampshire and Rhode Island National Guards come to compete in Bangor as a pre-championship warm up.

See you on the 29th of March!

Let's Go Canoeing! A Paddling Polemic

by John Als



There's nothing like four days of rain in January to turn a canoeist's thoughts toward spring, warm weather, and "ice out". Race schedules are being put together, equipment is being repaired or traded. In only a few short weeks it will be time to hang up the skis and hit the river.

But also, there comes to mind, last year's noticeable slump in canoe race attendance. Where have all the paddlers gone? Why do 150 boats show up at a

triathlon and only a dozen appear for the next week's flatwater race. I'm not sure, but what follows is an unabashed attempt to whip up a little enthusiasm for canoe racing in Maine.

Why should people like canoe racing? Let's look at the good points:

- Canoeing is a great form of exercise, stressing aerobic fitness and good overall conditioning. It combines some of the best elements of cross country skiing, cycling, rowing and running. It is easy on the body, and interestingly, age, sex, or body type make relatively little difference in performance as compared with other sports. It's particularly handy for people with leg injuries or disabilities. Whether you are short, heavy, tall, skinny, there is a place for you in a canoe. You may never win a 10K road race, but with training and skill, you may win a canoe race.

- Much like cross country skiing (and unlike running) canoe racing is most often performed in settings of natural beauty, devoid of carbon monoxide and hostile motor vehicles. The schedule takes the paddler to some of the finest stretches of water in Maine, which otherwise one might never see... the Dead, the Mat-tawamkeag, Quahog Bay, the Upper Androscoggin, Kennebec, the Carrabassett - and so on.

- Each race on the schedule is different, and each has a wide variety of classes so that everybody from aspiring flatwater champions to family recreational paddlers can participate and improve in whatever boat they're in. And from the whitewater St. George in April to the flatwater Optimists Race in September, there's a warm friendly atmosphere at the races. The sponsors usually put on a good show. Camaraderie abounds and lasting friendships are formed among persons who otherwise would never meet!

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by John Als

Unlike the loneliness of the long distance runner and all that, tandem or two person canoeing provides an opportunity for teamwork. Without it, the canoe won't move. With it comes success and aesthetic rewards summed up in the equation that one plus one makes three. Furthermore canoeing is one of the few sports where women need not take the stern seat. a women's or mixed boat is often faster than a macho male gorilla boat. Take that Chauvinists!

- Canoe racing involves tactics. Starts, trim, drafting, sprints, carries, and route selection are all factors to be considered in a race. As such paddling shares many of the attributes of cycling and cross country ski racing.

- The techniques of canoe paddling are simple and natural. Proper paddling is easily taught, learned and practiced. And consider. You can drink fluids while you do it and splash yourself with water. And what better way to spend a summer evening than practicing on a nearby lake or stream. And if you like triathlons, canoe racing skills can give you a real leg up on the dry landers who put all their eggs in the running and cycling basket!

- The proper equipment is more and more available and affordable. The cost of a competitive canoe, particularly a used one, is in line with the cost of a complete cycling or skiing outfit. It's cheaper than an ATV or a windsurfer and such. It can be used for general recreational purposes. Of course you can rig out in the finest lycra aerobic wear, but some of the best paddlers wear t-shirts and dungarees.

- Canoe racing is part of a great North American tradition of voyaging and river transportation. Canadians are crazy about it. Midwesterners are big on it. You can have great fun at the entry recreational level, and you can go right up to the national races if so inspired.

So, given all the above attributes, what ails canoeing in Maine? Does it appear too clubby? Do we need a one design boat class? Are there too many races spread too thin? Is whitewater racing too risky to persons and property? Do we need a point system for selected races? Do we just need better publicity? Certainly the sport must be opened up! Suggestions will help.

Stay tuned for the Canoe Racing Calendar soon to be printed here. You will find a complete campaign of canoe events for the expert and beginner. Talk to your local canoe buff about equipment and techniques. And then hang up the running sneaks for a weekend and come on out to the races!

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Cultivating the Racewalking Technique

by Dr. Charles Serritella

Walkways Newsletter, a national publication dedicated to promoting the health, recreational and social aspects of walking, recently quoted a survey which indicated that of the many thousands of people out walking, 55 per cent are walking for health, while 45 per cent are out for recreational purposes. After many years of long distance walking, beginning with the famous Macfadden Health Walks which were held from 1935 through 1943, and about 15 years of intermittent racewalking, beginning in 1940, it is heartwarming to see that the public is recognizing the many positive values of walking.

According to friend, Gordon Wallace, a national and world champion in his age group, now 75, there is a greatly increasing interest in racewalking at the present time. Top racewalkers like Allan Price are covering 100 miles under 19 hours; Raul Gonzales, the Olympic champion from Mexico does 31 plus miles (50 kilometers) under 4 hours and Todd Scully has walked a mile under six minutes. These and hundreds of other talented walkers are being recognized for their accomplishments.

Jim Hocking, another friend, was one of the greatest long distance walkers of all time. Jim used to join us in our hikes in New Jersey when he was in his 80's. He walked the Appalachian Trail four or five times, did several coast-to-coast jaunts, and established many distance records that are still unbroken. Jim told me that the doctors who used to examine him said that long distance walking was one of the best exercises for achieving positive, buoyant health. Jim used a modified racewalking style in his long walks. It was a privilege and a joy to know this fine man who was an inspiration to all of us.

In this article it is my plan to present an intense three-week program for learning the racewalking technique. After concentrating and practicing the method and performing the associated exercises, you will learn to walk more easily, faster and farther with increased health benefits and enjoyment. You will get a "high" without artificial stimulants. It is my opinion that the racewalking style is the most efficient and beneficial walking method.

People who are abusing their bodies with alcohol and/or drugs should find that regular walking in the fresh air would be an invaluable aid in their recovery programs. It can help them bolster up the confidence and self esteem they so desperately need.

Many junior and high school, as well as college students who may not be athletically inclined, would appreciate learning the racewalking style. It would fit in nicely with their studies as it would help to relax and refresh them as well as improve fitness and confidence.

Former high school and college athletes who have become out of condition might find that learning the racewalking technique would help them get back on track and start a resurgence back to fitness.

Elderly people who may have become inactive could find a social outlet that they would enjoy with others and they could improve their health as well as their mental outlook, if they tried a walking program.



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Mental health patients should realize fantastic benefits from walking at a gradually increased pace. The improved circulation would help bring needed oxygen and other needed nutrients into all body parts, especially the brain cells where they are desperately required. Without adequate nutrition into the individual tissue cells, none of them will be able to function at their optimum levels. Our diet is what we eat and nutrition is what gets into the cells. Regular walking in the outdoors would mentally refresh and exhilarate mental health patients.

Many people with chronic diseases, including arthritis, asthma, emphysema, multiple sclerosis, circulatory problems, nerve tension, etc., may be helped by a graduated walking program. Heart patients have been helped back to health with dietary measures, along with carefully supervised exercise programs, including walking by two famous fitness experts, Dr. Thomas Cureton of the University of Illinois and Dr. Kenneth Cooper of Texas, who developed the aerobic fitness concept, which is so popular now. The slowly increased race-walking stride may be of invaluable help in this area. Dr. Cureton has pointed out that vigorous arm and shoulder action as in fast walking is an excellent way to increase the heart rate and these movements go hand and hand with the fast walking stride. The University of Southern Maine at Portland has been conducting successful fitness programs for heart patients, and others with health problems, in it's Lifeline Program.

Gordon Wallace, mentioned above, from Arizona, had a triple by-pass operation in the mid-seventies, adopted a racewalking program for his health and five years later was on his way to winning four world and 28 national race-walking championships. He also established many records, at various distances, which will probably stand unbroken for many years to come. Gordon's book, *The Valiant Heart*, is a fascinating account of his experiences and contains the Foreword by the famous Dr. Denton A. Cooley. The book may be obtained from Mr. Wallace by writing him at 102 Aztec St., Prescott, Arizona 86301. Send \$12.95 for the book plus \$1.75 postage.

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Runners who may have suffered injuries and who feel they need to take a break from running would do well to consider learning the racewalking technique. Another factor to consider is that walking tends to strengthen the feet, ankles, knees and hips. Walking up and down hills is especially helpful. Runners usually make excellent racewalkers because of their cardio-vascular-respiratory fitness and of the hard training that they undergo. It appears to me that many running injuries are caused by starting a strenuous running program too soon without giving the skeletal system a chance to build a stronger foundation. A better way might be to adopt a three-month program by learning racewalking for a month, then a second month of alternating walking and jogging, followed by the third month of combining all three. This should help build a more solid base for the stresses that running involves.

Exercise enthusiasts who are in to extensive stretching and aerobics usually become excellent racewalkers because of their flexibility and cardio-vascular-respiratory fitness.

Walking offers that which you may seek - adventure, companionship, solitude, a time to think, a time to listen, relaxation, better general health, increased cardio-vascular-respiratory fitness, weight control, an enhanced appreciation of nature's wonders, better understanding of your fellow walkers, etc. Walking seems to instill an intricate harmony in our minds and bodies.

When the racewalking technique is mastered it can be used in a modified form at a pace of 3 to 5 miles an hour for health and recreational benefits or as a beginning step into the field of racewalking. As you learn the stride in about three or four weeks you will no doubt want to increase the distance up to four or five miles. Just cruise along at first. After a few months you might want to try longer distances of eight or ten miles occasionally to help your endurance. It takes time to build up your strength, endurance and speed so don't rush things. It is a good idea to find companions to join in the walks and even to form walking clubs. It is my hope that many walkers who learn the racewalking style will become enthusiastic enough to want to enter racewalks.

CHARLES SERRITELLA is a 72 year old semi-retired chiropractor from Porter, Me. Charlie is originally from Nutley, N.J. and has been racewalking intermittently since 1940. He is a member of the Maine Track Club and is interested in instructing budding racewalkers in the Portland area. Along with John LaFreniere of Lewiston and Larry Pelletier of Bangor, Charlie is looking forward to making Maine a haven of great racewalkers. Charlie will be sharing his thoughts and memories on the topic in the coming months. If you are interested in learning the racewalking technique, contact Charlie at PO Box 69, Route 25, Porter, Maine 04068 (207) 625-8043.

NEXT MONTH: THE MECHANICS OF THE RACEWALKING STRIDE

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Is Your Diet Plugging Up Your Arteries?

Heart Disease is the #1 killer in the United States today and is responsible for over 50% of the deaths in Maine. The heart is the major muscle in the body and should be treated accordingly. Active individuals who are placing physical demands on their heart should pay close attention to its health. Regular exercise does reduce one of several known risk factors, however does not create an immunity. The list of factors associated with heart disease are as follows: smoking, heredity, hypertension, high serum cholesterol, stress, lack of exercise and obesity. Certain factors you cannot control but others you most certainly can - diet does affect blood level cholesterol and your weight.

Fats are the major culprit in the typical American diet. We derive more than 40% of our calories from FAT. You should be familiar with a number of terms relating to fat in our diet and in our bodies; saturated, polyunsaturated, lipids, triglycerides and cholesterol. Fats in the body are called triglycerides or lipids. A measure of triglycerides and cholesterol is an indication of an increased risk of heart disease. Cholesterol is not a true fat, it is made by the liver and is found primarily in two food sources, eggs and organ meats.

Saturated fats are usually solid at room temperature and are obtained primarily from animal sources (butter, meats, bacon, cream, lard). Some vegetable fats undergo a chemical process called hydrogenation, which makes them solid and saturated. All saturated fats tend to raise cholesterol levels in the body.

Unsaturated or polyunsaturated fats are of vegetable origin and are generally liquid at room temperature (safflower, sunflower, corn oils). Polyunsaturates tend to lower serum cholesterol levels. Coconut and palm oils are exceptions to this rule, although liquid, they are highly saturated.

All medical experts agree that our total intake of FAT must be reduced. To determine how much fat you eat, try doing without it for a day. Don't use any margarine, mayonnaise, butter, gravy or oil in cooking or on food. In the future, use just enough to make your food taste palatable. The minimum requirement for good health is only 1 tablespoon of a polyunsaturated fat per day!

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2. Saute meats and vegetables in chicken broth, wine, tomato juice or fruit juice instead of oil.
3. Choose lean meats, fish, poultry, dried beans as protein sources.
4. Use skim or lowfat milk and dairy products.
5. Make stews, soups and casseroles a day ahead, skim off the hardened layer of fat. It will taste better!
6. Skip the butter or margarine on vegetables, pasta, rice, breads and muffins. They have lots of flavor without it!
7. Use soft tub margarine, a poly-unsaturated fat, as a substitute for butter or stick margarine.
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Congratulations and thanks to all who participated in the Demers Track Classic again in 1986. In just a short time our meet has become one of the most respected indoor meets in the Northeast. Demers was voted one of the top indoor track meets in New England in the January issue of *Boston Running News*. Thanks again to you, the competitors, for making Demers what it is today and what it will be in the future. See you all next February!

Sincerely,

John P. LaFreniere
Meet Director

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From Greg Nelson

Greg Nelson wrote recently and sent two copies of the new T.A.C. Road Race and Finish Line Management manual. Greg has approximately thirty copies of the paperback and he would like to share them with the state's road race directors. Greg writes, "...it may be too much for us Mainiacs and no one may read it. However, selective reading should help all of us."

If you would like to use one of Greg's copies contact him through the Maine Road Ramblers, PO Box 264, Augusta, ME 04330

From St. Joe's

Ziggy Gillespie's St. Joseph's College Cross Country team had yet another outstanding season: 10-1 on the regular season; 2nd in the Codfish Bowl; 2nd in the Maine College Championships; 6th in the NCAA Division III New England's and 18th at the NCAA Division III National Championships.

Brian's happy about his latest recruit. He writes, "Former Winslow High Cross-Country star, Peter Lessard, is now attending St. Joseph's College. Lessard had been running for the University of Maine-Augusta the past two years. This past fall he was the N.A.I.A. New England Cross-Country Champion. He is considered one of Maine's outstanding 10K runners. This past fall he finished 4th in the Kingfield 10K, 31:43; 3rd in the Saco "Great Pumpkin 10K" in 31:33; and 2nd in the hilly, Augusta "Gaspings Gobbler 10K" in 33:23.

Lessard, a 1981 Winslow High Graduate, is very happy with his present situation. Peter will major in Math.

"I'm very happy here at St. Joe's, both as a student and a runner. It's easy to see now why St. Joe's has such quality runners. I just hope I can help."

"Peter will help us in so many ways. His maturity and leadership is as outstanding as his running ability. We have a very young team, with 10 freshmen expected this fall, including Scott Roberts and Stan Smith. Peter Lessard will be one of the top Division III runners in New England this fall."

St. Joseph's is one of the top ranked Division III NCAA teams in the country. Coach Gillespie's five year record is now 106-8. They have not been beaten at home during the five years.



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Each trying mile makes him proud of his accomplishment
He glories in the soaking ache of muscles long past spent
His hardened body a sharp contrast to that of years ago
A sharpened mind cleaned free of drugs now always on the go
Some say, of his compulsiveness, that less would be much better
But running is the only thing that holds his mind together

anonymous from Portland

From Rick Krause

Just have a suggestion. Due to the fact that many race directors find themselves short of help when race day rolls around, would you consider starting a list, which you might call "Friends of Maine Road Racing" (or something similar). The list would contain the names of anyone who might like to volunteer their time occassionally to help out with a race in their area. You could give their residence also so that race directors won't be asking people to travel too far.

If you do decide to do this, put my name on the list and my phone number 622-3996.

Take care,
Rick Krause

Brown Photo

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Vance Brown



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Next Month in M R & O

We were flooded with great material this month, so you will have to wait until April to read Rick Krause's tribute to Rollie Dyer; more racewalking with Dr. Charles Serritella; the Perfect Race, an account of Phil Pierce's experience in his first Rowdie Ultra; and much more.

We hope to have complete white and flat-water race schedules as well as a comprehensive bike schedule.

So be looking for the April issue of MR&O



Nerdie and Duane may have reached an all time low with this outhouse ride for mean runner Brian Ouellette of East Millinocket at the

Super Run II

I raced over to Lewiston to a press conference held by mayor, Al Plourde on the 13th of February, only to miss the entire affair while searching for City Hall. I got my packet, a few brief words with Buzz Davis the race director, and a quick hello from Kim Wettlaufer and John Sinclair before winding up back out on the street. The gist of the meeting was this: LEWISTON TO HOST \$1 MILLION QUALIFYING RUN. It is billed as a dream race for the Walter Mittys, the side-street runners of America: a ten-kilometer run for big bucks and live television exposure on ABC's "Wide World of Sports". World-class athletes need not apply.

The press release goes on to say, "Mayor Alfred Plourde announced today that the City of Lewiston has been named as one of the fifty cities across the United States which have been selected to host a state-wide qualifying ten-kilometer running event. The winning male and female from the April 20th qualifying race in Lewiston will be flown, all expenses paid, to Lake Tahoe, California, on May 24, 1986, to compete for a grand prize of \$1 million to be split between the first man and woman who finish first.

"All contestants must be U.S. citizens; never have won or been paid money, including expenses, for athletic competition; never have competed in Olympic Games or Trials; never have won a state or national NCAA, AAU, or TAC championship; and cannot have competed in college or university track sports in the last three years." Who does that leave? Danny Paul? Robin Emery-Rappa?



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'THE PACK'

MADISON DRAMA CLUB RACE Madison 4 Mile Dec 7th

1. Peter Lessard	23	21:12
2. Chris Bowie	36	22:37
3. Steve Malloy	21	23:28
4. Fred Judkins	41	23:55
5. Steve Westbrook	22	24:06
6. Jerry Allanach	36	24:19
7. Gene Roy	36	24:50
8. Dennis Marshall	15	25:53
9. Martin Schiff	46	26:01
10. Francis Preshong	44	26:28
11. Nancy Lagin	35	28:06*
12. Doug Kimball	16	28:25
13. Sam Mitchell	31	28:52
14. Doug Malloy	39	29:00
15. Jerry Saint Amand	42	29:25
16. Jim Moore, Jr.	42	29:29
17. Geoff Hill	39	29:30
18. Dean Rasmussen	37	29:30
19. Tim Holland	40	29:48
20. Claudia Takacs	30	29:55*
21. DonnaJean Pohlman	35	30:02*
22. Jerri Bushey	41	31:23*
23. Earle Tourtellotte	36	31:56
24. Nancy Ulrich	27	33:09*
25. Jim Garland	37	34:18
26. Richard Sabol	47	34:47
27. Ralph Tranten	49	35:11
28. Sam Gray	44	36:11
29. Ruth Higgins	37	41:22*

Winslow's Peter Lessard wrapped up the year with another victory while Nancy Lagin of Starks took women's honors.

Results courtesy of Central Maine Striders

WILD KATANDIN TRUST SNOW RUN Sherman 4.8 miles Feb 8th

1. Rusty Taylor	16	24:30
2. Steve Gross	22	24:50
3. Mark Chasse	26	25:50
4. Steve Emery	30	26:14
5. Phil Stuart	38	26:25
6. Conrad Walton	117	26:42
7. Micky Lackey	41	26:46
8. Rick Lamoureux	37	27:13
9. Perry Lilly	37	27:23
10. Mike Francis	28	27:34
11. Pete Cuff	29	27:37
12. Larry Tonal	39	27:53
13. Robert Farmer	23	27:58
14. David Gellinas	16	28:04
15. Kevin Adams	17	28:13
16. Richard Hale	17	28:15
17. Barry Dickinson	16	28:22
18. Peter Carr	38	28:34
19. Vaughn Molyoke	51	29:09
20. David Rand	46	29:16
21. Erv McDonald	43	29:35
22. Larry Rich	38	29:41
23. Neal Genz	39	29:44
24. Fred Merriam	38	29:58
25. Tom McKinney	33	30:11
26. Garth Duff	35	30:14
27. Tom Tetu	37	30:22
28. Lawrence Whipkey	48	30:26
29. Gordon Chamberlain	47	30:33
30. Dean Shea	45	30:36
31. Jerry Michaud	44	30:41
32. Sam Hamilton	55	30:54

33. Ed Rice	117	30:54
34. Charles Bernard	42	31:03
35. Carl Bowen	53	31:24
36. Ted Allen	39	31:36
37. Barry Bartley	41	31:37
38. Cliff Hatfield	52	31:40
39. Carol McElwee	40F	31:44*
40. Gehrig Johnson	37	31:45
41. Joe Beasley	46	31:54
42. Bob Gadbury	48	32:08
43. Jim Moorehead	16	32:19
44. Richard Lindsay	31	32:24
45. Rene Collins	44F	32:39*
46. Terry Rowden	37	32:45
47. Ron Gellinas	38	32:49
48. Bob Duprey	42	32:54
49. Karl Cousins	17	32:58
50. Bob Dyer	38	33:31
51. Robert Gardner	52	33:40
52. Sam Auerback	51	33:42
53. Lloyd Smith	37	33:48
54. Brian Ouellette	16	33:57
55. David Atwood	35	33:59
56. Art Fraser	48	34:13
57. Kari Richardson	24F	34:17*
58. Chris Farmer	14	34:44
59. Benita Qualey	36F	34:59*
60. Craig Gordon	21	35:06
61. Charles Sprague	44	35:24
62. Joan Merriam	17F	35:48*
63. Denise Shed	14F	35:55*
64. Kristi Richardson	14F	35:56*
65. Jeff Stevens	14	36:02
66. Jeremy Bell	10	36:16
67. Terri Rich	22F	36:34*
68. John McElwee	40	36:36
69. Tony Bowers	27	36:36
70. Tim Potter	26	36:57
71. Debbie Curtis	28F	37:02*
72. Judy Doore	36F	37:14*
73. Charlie Lane	38	37:25
74. Carol Duffy	14F	37:27*
75. Maurice Sheehan	15	37:35
76. Mike Eash	14	37:59
77. Don Peters	49	38:00
78. Lynette Bell	37F	38:16*
79. Jeanne Garrett	27F	38:09*
80. Lendal Johnson	53	38:16
81. Mark Freeman	37	38:28
82. Clyde MacDonald	56	38:50
83. Rick McAvoy	37	39:01
84. Martana McAvoy	37F	39:01*
85. Joey Cox	18	39:05
86. Joleen Khwice	33F	40:02*
87. Ted Beaulieu	44	41:07
88. Jake Gilbert	47	41:21
89. Justine Michaud	44F	41:30*
90. Rodney Lambert	36	41:41
91. Milton Bailey	66	41:42
92. Fran McMahon	62	43:04
93. Mandy DeTour	19F	43:35*
94. Ann Morse	42F	44:11*
95. Travis Libby	8	46:19
96. Louise Ellis	44F	46:44*
97. Betty Rush	30F	47:28*
98. Patsy Dyer	33F	47:28*
99. Earle Tyler	21	48:02
100. Paul Doucette	23	48:08
101. Margaret Dunlap	41F	48:32*
102. Nancy Schneider	49F	50:08*
103. Leslie Gordon	17F	52:05*
104. Joan Gordon	45F	52:46*
105. Jeremy Boutlier	14	58:57
106. Leona Lane	19F	
107. Dawn Willigar	13F	

Results courtesy of Murdley & Duane
Race Directors



The Ski Pack

SPRUCE MT. CHALLENGE 6 KM

Livermore

Jan 12th

1. Jeff Meserve	27	20:27
2. John David Mathieu	28	30:57
3. Mike Simoneau	38	21:25
4. Bob Heald	17	22:09
5. Ben Lounsbury	36	22:35
6. Lee Martin	31	23:22
7. Randy Easter	30	23:27
8. Chris Bryant	17	24:00
9. Doug Zinchuk	33	24:47
10. Richard Couture	24	25:04
11. Dawn Pelletier	29F	25:17*
12. Roger Wing	55	25:20
13. Owen Haskell	57	25:25
14. Chase Pray	41	26:11
15. Robert Salese	44	27:27
16. Rick Cole	43	27:58
17. Tom Swan	35	27:59
18. Bruce Haskell	42	29:14
19. John Alsop	34	30:57
20. Phil Harmon	64	33:39
21. Marsha Giglio	41F	34:07*
22. David Barker	32	34:27
23. Michael Davidson	13	35:54
24. Richard Davidson	43	36:16
25. Robert Houtar	40	41:16

Results courtesy of Randy Easter
Race Director

THE PIPELINE - A SKI TOUR AND RACE Hampden-Winterport 15.1K Feb 1

1. Dr. John Frachella	64:43
2. Mauri Peltó	65:11
3. Gil Roderick	65:51
4. Dawn Pelletier	66:22*
5. Bob Salese	67:05
6. Greg McConnell	67:06
7. Mike Gaige	75:25
8. Scott Dolan	75:26
9. Doug Dolan	75:59
10. Barry Dana	77:07
11. A.J. Gallant	78:11
12. Bill Turnbull	78:19
13. Richard Cole	79:07
14. John Karod	79:15
15. Jerry Rawcliffe	80:58
16. Steve Moser	81:03
17. Darrell Tracy	81:22
18. Martin McAlear	81:59
19. Mark Munne	82:59
20. David Russell	85:53
21. Ray Owen, Jr.	85:53
22. Richard Hale	87:03
23. William Hanson	87:34
24. Dave Tyler	88:49
25. Tom Hanson	88:50
26. Martin Sosville	90:15
27. Jim Lisius	91:16
28. Roger Buck	91:24
29. Adrian Humphreys	92:55
30. Jack Rawcliffe	92:56
31. Freeman Doore	93:09
32. Anthony Mulvey	94:15
33. Richard Couture	95:43
34. Ann Hanson	95:55*
35. Gary Capehart	96:52
36. John Hwalek	96:57
37. Mark Bamford	97:15
38. Rod Hanscom	97:32
39. J. Hillary Billings	97:47
40. Linwood Parsons	98:58
41. Mark Berlinger	99:49
42. David Miller	100:25
43. Donald Ardine	101:19
44. Gilbert Martin	102:22
45. Lori Ann Later	102:42*
46. Joshua Gallant	103:04
47. Cliff Hatfield	104:19
48. Michael Robbins	105:39
49. Steve Oleksyk	106:39
50. Jim Gilbert	107:37

51. Deborah Johnson	109:15*	98. Morna Rawcliffe	168:59*	24. Himie Towle	63	70:10
52. Thomas Feeney	113:38	99. Ellen Van Vranken	174:25*	25. Dick Pelletier	55	70:25
53. Patricia Kaneall	118:25*	100. Laurie McLean	175:45*	26. Sue Seaudet	36	72:13*
54. Jefferson Jacobs	118:39	101. Donna Gilbert	179:08*	27. Susan Houghton	32	73:14*
55. Katie Donovan	118:45*	102. Jackie Harris	182:12*	28. Tricia Gorman	17	74:26*
56. Scotty Folger	118:47	103. Donna Giles	182:33*	29. Thomas Feeney	33	75:05
57. Mike Lawlor	118:58	104. Kathy Abbott	184:30*	30. Heather Conant	18	75:35*
58. Lois Cole	118:59*	105. Andy Abbott	184:34	31. Debbie Poirier	16	75:51*
59. Clem Jurgeliet	119:21	106. Debbie Spencer	186:22*	32. Paul MacDonnell	36	78:12
60. David Rawcliffe	121:49	107. Debbie Hamilton	187:27*	33. Francis Cyr	28	78:31
61. Robin Gallant	121:50	108. Chris Cole	189:18	34. Linwood Parsons	46	79:37
62. Christine Joost	122:21*	109. Frances Swallow	191:25*	35. Michael Aldrich	25	79:38
63. Ardeana Knowles	125:22*	110. Theresa Gormely	195:15*	36. Carol Orlofsky	30	80:53*
64. Andrew Graham	125:45	111. Barbara Murray	195:26*	37. Tracy Hitchcock	16	81:33*
65. Carol Graham	125:57*	112. Patricia Atwood	221:09*	38. Lorin Van Wagenen	16	81:36*
66. Fred Merriam	126:36			39. Phil Roberts	60	81:43
67. Sally Jacobs	129:58*			40. Kim O'Clair	18	81:55*
68. Dana Hunter	131:27			41. Gavin Lonidoreu	54	82:50
69. Sean Dougherty	132:33			42. Bill Schofield	45	87:47
70. Dave Platt	132:35			43. Marguerite Contu	32	98:42*
71. Karen Boucias	133:03*			44. Betty Parsons	49	119:04
72. Sue Owen	134:12*					
73. Lewis Swallow	134:59					
74. Kevin Zaring	137:49					
75. Robert Johnson	138:54					
76. Patricia Kennedy	138:59*					
77. Michael Cram	139:41					
78. Eric Keppel	142:22					
79. Mary Sherwood	142:59*					
80. Peter Carr	144:10					
81. Victoria Lee	145:18*					
82. Jane Brann	145:20*					
83. Lois Barclay	146:46*					
84. Steve Brown	147:27					
85. John Woodcock	148:22					
86. Beverly Woodcock	148:28					
87. George Snow	148:29					
88. David Frey	148:35					
89. Oscar Poulsen	148:39					
90. Reynold Dubois	152:15					
91. Ann Marie Dubois	152:39*					
92. Greg Winston	154:35					
93. Rudy Rawcliffe	154:56					
94. Sheridan Rawcliffe	156:12*					
95. Barb Sutch	160:22*					
96. Betty Ann Parsons	160:32*					
97. Janet Klitch	164:30*					

Results courtesy of Bob Salese
Race Director

ARROSTOCK COUNTY XC SKI CHAMPIONSHIP Fort Fairfield 14K Feb 9th

1. Thomas Towle	27	51:02
2. John Poirier	17	53:01
3. Paul Cyr	33	53:12
4. Stephen Miller	39	53:17
5. Jeff Ashby	18	53:44
6. Ray Cyr	31	53:47
7. Hiram Adleman	30	54:46
8. Reggie Bossie	18	54:49
9. Scott Fields	16	55:06
10. Jim Park	23	55:12
11. James Love	37	56:28
12. Sonny Sirois	17	57:57
13. Dwight Dorsey	18	58:15
14. John Shaw	18	59:12
15. Steve Towle	35	60:07
16. John McCrea	31	61:10
17. Tim Cushman	25	61:16
18. Scott Pelletier	16	62:46
19. Keith Forsman	14	63:20
20. Michael MacAfee	38	67:05
21. Dallas McCrea	57	67:37
22. Lendal Johnson	53	67:59
23. April McLaughlin	16	69:28*

Twelve DNF

2K for 13 and under

1. Thomas Houghton	11	13:10
2. Gretchen Van Wagenen	13	13:45
3. Haley Pelletier	13	13:49*
4. Kent Willette	12	15:44
5. Ryan Legace	11	22:49
6. Sean Russell	6	25:58
7. Sara Cyr	9	26:00*
8. Kim McCrea	7	26:48*
9. Krista Zinck	11	29:55*
10. Amy Albert	10	30:04*
11. Matthew Cyr	7	34:45
12. Kiersten McCrea	5	41:59*

Two DNF

Results courtesy of Tom Towle
Race Director

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Carrabasset Valley Maine 04947

207 237-2200

63 70:10
55 70:25
36 72:13*
32 73:14*
17 74:26*
33 75:05
18 75:35*
16 75:51*
36 78:12
28 78:31
46 79:37
25 79:38
30 80:53*
16 81:33*
16 81:36*
60 81:43
18 81:55*
54 82:50
45 87:47
32 98:42*
49 119:04

11 13:10
13 13:45
13 13:49*
12 15:44
11 22:49
6 25:58
9 26:00*
7 26:48*
11 29:55*
10 30:04*
7 34:45
5 41:59*

Towle
Director

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GREAT CARIBOU BOG WICKED WINTER TOUR

Bangor-Old Town 18.3Km Feb 8th

1. Paul Siren	1:19:44.8
2. Leland Martin	1:22:08.4
3. Harald Pien	1:24:13.2
4. Doug Linchuk	1:24:43.7
5. Ken Remsen	1:24:52.8
6. Mauri Pelto	1:25:22.1
7. Scott Burrill	1:25:43.4
8. Roger Wing	1:27:37.9
9. Dawn Pelletier	1:29:24.3*
10. John Frachella	1:30:43.0
11. Alice Goodwin	1:30:48.8*
12. Robert Salesi	1:32:37.2
13. Gil Roderick	1:33:16.7
14. David Brouwer	1:33:35.0
15. Jeff Bender	1:34:23.4
16. John Alsop	1:34:45.5
17. Gregg McConnell	1:35:27.5
18. Willem Brutsaert	1:36:09.2
19. Herman Cappelen	1:37:01.8
20. Tim Rambo Parent	1:37:19.1
21. Martin McAleer	1:37:51.7
22. Barry Dana	1:38:19.1
23. Doug Malloy	1:41:16.7
24. Paul Corrigan, Jr.	1:41:30.8
25. Oskar Feichtinger	1:41:59.7
26. Doug Dolan	1:42:22.9
27. A.J. Gallant	1:43:25.9
28. Gary Cole	1:43:43.8
29. Scott Dolan	1:43:50.8
30. Philip Garwood	1:44:19.8
31. Michael Avery	1:45:16.7
32. Norm Hawes	1:45:31.0
33. Bret Vicary	1:45:33.2
34. Arne Borssen	1:45:38.6
35. Fer Podnaess	1:46:42.1
36. David Stainton	1:46:57.7
37. Robert Van Vranken	1:47:35.9
38. Bob Lincoln	1:48:07.2
39. Rich Cole	1:49:07.3
40. Anthony Mulvey	1:49:27.4
41. Pete McAllister	1:49:48.4
42. Rev. Roland Couture	1:50:32.1
43. David Stearns	1:51:08.4
44. Dick Hale	1:51:24.6
45. Bob Garrett	1:52:23.4
46. Peter Mackintosh	1:52:41.8
47. Tony Pinette	1:52:44.9
48. Ray Owen	1:53:17.8
49. Ralph Ostlund	1:53:29.1
50. Robert Moulton	1:54:03.1
51. David Marceau	1:54:36.8
52. Ron Logan	1:54:42.7
53. Keith Pratt	1:54:50.3
54. Larry Berthiaume	1:55:01.7
55. Patricia Davidson	1:55:06.2*
56. Bob Pride	1:55:12.2
57. Fred DiBello	1:55:12.4
58. Anders Wetland	1:55:31.2
59. Michael Rioux	1:55:37.6
60. John Roderick	1:56:19.9
61. Thomas Rumpf	1:56:47.3
62. Jim Lisias	1:56:49.5
63. Phil Harmon	1:57:01.6
64. Mark Collitch	1:57:09.4
65. Bob Burke	1:57:30.8
66. Kireti Warner	1:57:35.4*
67. Brian McCrea	1:57:46.9
68. Paul Van Steenberghe	1:57:47.9
69. Hilary Billings	1:57:53.2
70. Bill LoPetro	1:58:03.7
71. Erich Reitenbach	1:58:21.0
72. John Wiebe	1:58:32.3
73. Stephen Oliveri	1:58:46.4
74. Paul Macaulay	1:59:04.3
75. Bob Jackson	1:59:25.4
76. Larry LaPointe	1:59:26.4
77. Greg McMorroo	1:59:32.5
78. Gary Capehart	1:59:36.8
79. Steve Oleksyk	1:59:39.8
80. Deborah Davidson	1:59:58.1*
81. William Livingston	2:00:00.2
82. Sandy Cook	2:00:11.1*
83. Bryant Landean	2:00:42.1
84. Stephen Moser	2:00:49.6
85. Weston Braunlou	2:00:54.8
86. David Johnston	2:01:15.6
87. Doore Freeman	2:02:00.0
88. Glen Porter	2:02:04.4
89. Doug Collins	2:02:38.5
90. Stan Moyer	2:02:54.8

91. Richard Wahle	2:03:04.4
92. Katharine Kastrude	2:03:10.2*
93. Brian Plankey	2:03:26.0
94. Irwin Gross	2:03:28.9
95. Sean Leatham	2:03:50.3
96. Marty Sosville	2:04:09.0
97. Connie Dunlap	2:04:15.6*
98. Kirk Barnes	2:04:21.4
99. Roger Buck	2:04:51.0
100. William Hanson	2:04:57.8

101. Ed Cates	2:04:59.1
102. Richard Davidson	2:05:01.0
103. Edward Harrow	2:05:16.0
104. Sam Comstock	2:05:46.8
105. Michael Davidson	2:06:13.5
106. Patrick Pelletier	2:06:24.8
107. Justin Poland	2:06:41.8
108. David Tyler	2:06:46.0
109. Gilbert Martin	2:07:00.8
110. Walter Abbott	2:07:28.4

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**AIR
FORCE**

111. Frank Knight	2:07:28.4	182. Richard Rowe	2:33:30.6	253. Russell Whitney	2:55:45.0
112. Kevin Scully	2:07:33.0	183. Polly Shafer	2:33:32.6*	254. Bernice Stockley	2:54:07.8*
113. Katie Donovan	2:07:40.3*	184. Ardeana Knowles	2:33:40.1*	255. Jeremy Dresser	2:57:15.7
114. Alex Eaton	2:07:43.9	185. Terrance Knowles	2:33:41.4	256. Robert Fenderson	2:57:58.5
115. Grant Gambell	2:08:13.5	186. Arthur Howard	2:34:14.3	257. Sheila Whitney	2:58:16.0*
116. Robin Owen	2:08:15.6*	187. Patricia Howard	2:34:15.6*	258. Jane Philbrick	2:58:15.6*
117. Rodney Hanscom	2:08:31.0	188. Fern Stearns	2:34:24.1*	259. Fred Fowler	2:59:32.9
118. Kenneth Mumme	2:08:39.3	189. Lieve Brutsaert	2:34:28.7*	260. Frank Bednar	3:00:06.3
119. Scotty Folger	2:08:42.8*	190. James Crowley	2:34:34.9	261. Ellen Gates	3:00:43.6*
120. Alan Stockley	2:08:58.6	191. John Daigle	2:34:58.5	262. Linda Olday	3:01:08.7*
121. Sandra Wyman	2:09:00.2*	192. Susan Putnam	2:35:06.3*	263. Judy Finchum	3:01:18.8*
122. John Hwalek	2:09:15.3	193. Edward Huff	2:35:14.8	264. Greg Winston	3:01:31.1
123. Alan Macaulay	2:09:22.7	194. Paul Paradis	2:36:35.2	265. Laureen Moors	3:02:00.7*
124. Bill Ceckler	2:09:29.9	195. Russell McGregor	2:36:49.3	266. Barbara Fogg	3:02:39.3*
125. Peter Eremita	2:10:05.7	196.		267. Bob Brown	3:03:04.4
126. Chris Daily	2:10:32.1	197. Joseph Taylor	2:37:57.2	268. William Carr	3:03:04.7
127. Norman Jackson	2:10:32.7	198. John Veeneman	2:38:00.2	269. Chris Hopper	3:03:22.0
128. Neil Postlewaite	2:10:46.5	199. Jefferson Jacobs	2:38:22.0	270. Tom Weber	3:03:52.8
129. David Crocker	2:11:12.1	200. Sam Garwood	2:38:31.0	271. Allen Grafton	3:03:52.8
130. Jack Flanagan	2:11:38.1	201. Carla Leashem	2:38:51.4*	272. Nathan Henderson	3:04:00.9
131. William Stearns	2:11:49.2	202. Rick Levasseur	2:39:30.0	273. Amy Kimball	3:04:22.7*
132. Stephen Hardy	2:12:41.1	203. Michael Rutan	2:39:32.1	274. Julie Bednar	3:04:28.6*
133. Jim Gilbert	2:13:07.9	204. Tom Hale	2:39:39.7	275. Michael Bednar	3:05:29.1
134. Ines Vial	2:13:26.1*	205. Dianna Benner	2:39:42.7*	276. Gerry Kempen	3:06:18.9
135. David Miller	2:14:10.4	206. Heather Lumpio	2:39:57.6*	277. Deanna Wade	3:07:04.2*
136. Paul MacDonnell	2:14:20.6	207. Barbara Taylor	2:40:10.1*	278. P. Harris	3:07:11.4
137. Sean McCahill	2:14:43.5	208. Chris Qualey	2:40:19.7	279. Ginger Hwalek	3:08:27.1*
138. Malcolm McConnell	2:15:32.7	209. Mark Eggleton	2:40:29.9	280.	
139. Stephen Giles	2:15:37.7	210. Mike Lantz	2:40:43.7	281. Debbie Spencer	3:09:12.6*
140. Robert Vadar	2:16:04.1	211. Kim Thompson	2:41:08.8	282. John Krause	3:09:27.1
141. Lori Ann Later	2:16:22.5*	212. Darrah Wagner	2:41:09.6	283. Carol Hollenbeck	3:09:31.5*
142.		213. Mary Phillips	2:41:11.6*	284. Heidi Moore	3:09:36.9*
143. Robert Lumpio	2:16:25.9	214. Peter Hart	2:41:43.3	285. Marianne Owen	3:09:57.1*
144. Andrew Sheaff	2:16:51.6	215. Carolyn Moody	2:42:00.2*	286. Robert Goodwin	3:10:03.7
145. David Conover	2:18:19.3	216. Judy Scholten	2:43:05.2*	287. Martha Wiebe	3:10:07.8*
146. Joshua Gallant	2:18:42.4	217. Marguerite Coutu	2:43:28.4*	288. Aurele Ouellet	3:10:08.0
147. Louis Pelletier	2:19:30.8	218. Alma McMahan	2:43:30.1*	289. Sam Ouellet	3:10:09.7
148. John Mander	2:19:41.9	219. Anne Macaulay	2:43:31.7*	290. Tim Winters	3:10:58.3
149. Lois Cole	2:20:13.2*	220. Larry Nicholson	2:43:36.0	291. Norman Fitzgerald	3:11:18.6
150. Ron Davis	2:20:14.3	221. Paul Richard	2:43:42.6	292. Gary Fessler	3:11:48.8
151. Chuk Qualey	2:20:42.0	222. Victoria Woodhull	2:43:57.7*	293. Daniel Varney	3:11:58.8
152. Mike McMahon	2:21:02.3	223. Joseph Bornstein	2:44:12.1	294. Joseph Krause	3:11:52.3
153. Nancy Remson	2:21:22.3*	224. Karen Bavelas	2:44:29.4*	295. Donald Krause	3:12:02.0
154. Leon Djoah	2:22:07.0	225. Pam Tremblay	2:45:15.1*	296. Ken Anderson	3:12:02.0
155. Ralph Libby	2:22:22.6	226. Sally Jacobs	2:45:22.3*	297. Jan Corrigan	3:12:45.5*
156. Robert Foster	2:22:39.6	227. Herb Scribner	2:45:33.5	298. George Snow	3:14:21.8
157. Thomas Feeney	2:22:50.1	228. Sue Owen	2:45:55.4*	299. Jean Woodard	3:14:22.0
158. C. Scott Aspinall	2:22:51.2	229. Susan Wight	2:46:12.6*	300. Carrie Martin	3:14:28.3*
159. Mark Berlinger	2:23:53.2	230. Bob Johnson	2:47:11.2	301. Maynard Munroe	3:14:29.6
160. Ron Otis	2:24:12.1	231. Michael Sturgeon	2:47:18.6	302. Penny Harris	3:14:32.3*
161. Ike Morgan	2:24:47.4	232. Sean Dougherty	2:47:31.1	303. Bruce Weeden	3:14:34.2
162. Zip Kellogg	2:24:58.7	233. Eric Danboise	2:47:48.3	304. Lisa Kempen	3:16:22.2*
163. Thomas Page	2:25:12.3	234. William Saucier	2:48:03.4	305. Dottie Boynton	3:19:46.9*
164. Dana Hunter	2:25:31.0	235. Bob Lee	2:48:40.3	306. Merrill Boynton	3:19:58.4
165. Jerry Herlihy	2:26:09.1	236. Lionel Merrill	2:48:55.3	307. Alan Brawn	3:23:17.7
166. Johnna Brazier	2:26:14.6*	237. Jeff Nichols	2:49:18.1	308. Barb Sutch	3:25:48.2*
167. Larry Pixley	2:26:29.4	238. Lewis Swallow	2:50:36.0	309. Alexandra Makofsky	3:26:04.5*
168. Cathy Jessup	2:26:35.1*	239. Bill Conglton	2:51:14.0	310. Bonnie Sammons	3:22:36.6*
169. Bill Leatham	2:27:15.4	240. Sean Brown	2:51:48.0	311. Mitch Sammons	3:22:37.1
170. Greg Daigle	2:28:18.9	241. Ed Thompson	2:52:01.0	312. Andrew Horchler	3:34:55.6
171. Norman Rattey	2:28:50.4	242. Oscar Poulsen	2:52:23.0	313. Janine Leach	3:51:27.0*
172. Phillip McFarland	2:29:31.7	243. Clem Jurgelait	2:52:24.0	314. Frances Swallow	3:51:27.0*
173. Anne Hanson	2:29:45.3*	244. Armand Andrie	2:52:42.0	315. Jymme O'Roak	3:51:47.3*
174. Jim Nichols	2:29:47.3	245. Greg Beswick, Jr.	2:52:56.0	316. Beck Guigey	3:51:49.2*
175. Kevin Cookson	2:30:30.8	246. Jane Thompson	2:53:13.0*	317. Mike McGlellan	3:56:29.2
176. Parke Oldenburg	2:31:38.6	247. W. Tad Johnston	2:53:55.0		
177. Fritz Oldenburg	2:31:38.6	248. Paula Hanson	2:54:06.0*		
178. Arthur Marcho	2:32:34.8	249. Richard Loukes	2:54:20.0		
179. Judy Lawson	2:32:42.8*	250. Patricia Kennedy	2:54:21.0*		
180. John Van Suran	2:32:52.0	251. Gloria Howard	2:54:29.0*		
181. Bob Bayer	2:33:07.9	252. Emily Taylor	2:54:46.0*		

Results courtesy of Tom Hanson
Race Director

Carter's Farm Market & XC SKI Center

XC SKI SHOP

Fully Equipped

Asnes, Bonna, Epoke, Fisher
Peltonen & Valtonen Touring Skis
Fisher, Landsen, Peltonen Racing Skis
FULL LINE OF EXEL POLES
Adult packages from \$79.95
Children's packages from \$49.95
Package includes: XC Skis, boots,
poles, bindings, set-up and
XC ski lesson



Expert Advice

Quality XC SKI Equipment At Affordable Prices

XC SKI TRAILS

"X-country specialist
for over 20 years"

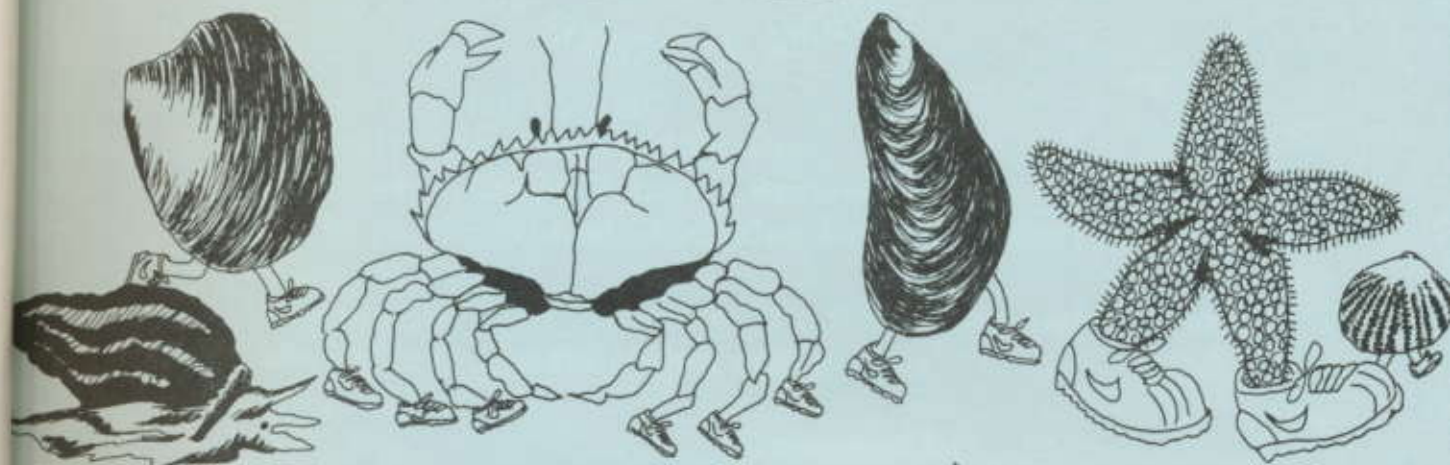
Lessons & Tours - Group Rates Available
Rental: Adult \$6/day
Child \$3.50/day
Group & Private Lessons

Route 26, Oxford, Me.

(207) 539-4848

HIGH GROUND TIDE-STRIDE

FUN RUN



Distance: 3.5 miles
Finishing times shown by
large digital clock.

Race proceeds to benefit
the Samantha Smith
Foundation.

© W.A. Wyman 1986

Date:

Friday, April 27, 1986

Time:

7:00 a.m. Registration begins at 7:30 a.m.

Place:

International Ferry Terminal
Portland, Maine

Refreshments available to all.

Awards:

Medals to the first 200 registrants.

Awards in the following categories:

1st, 2nd, 3rd male and female overall.

1st, 2nd, 3rd male and female: 14 and under,

19-29, 30-39, 40-54, 55 and over.

Registration:

Pre-registration by April 15; \$6 day of race

Make checks payable to:

High Ground Productions

Mail to:

High Ground Productions

Building 1A

Thompson's Point

Portland, Maine 04102

Sponsored by Citibank Maine, Peterson Realty Inc. and
Ramada Inn Portland.

CITIBANK MAINE
A CITICORP COMPANY



Peterson Realty

RAMADA

All race participants eligible for Tide Stride Raffle:
25 tickets for Smile-A-Mile Cruises aboard Scotia Prince
For additional information, please contact race director
Jim Crawford (207) 772-8322.

Complete Results Published in Maine Running Magazine

Last Name

First Name

Mailing Address

City

State

Zip Code

Age

Sex

Signature (Parent if under 18)

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.



Distance: 5 K - Certified by TAC
Date: Sunday - April 13 at 11:00 a.m.
Start: Pendleton Grade School - Brewer
Entry Fee: \$5.00 per individual - includes Levi Polo Shirt and "other surprises"

Prizes: Plaques & "Levi" jeans for the first three male & female finishers in the following age groups.

12 & Under

13 - 15

16 - 18

19 - 29

30 - 40

41 - Up

Sponsored by

EPSTEIN'S OF MAINE

&

LEVI STRAUSS & CO.

Plus Getaway weekend for 2 at the Somerset Inn, Rockport, for both the 1st male and 1st female finishers.

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

Registration: Make check or money order payable to "Epstein's Five Aces Road Race" and mail or drop off at Epstein's - 527 South Main St., Brewer, 04412 . . . Register the day of the race at Pendleton Grade School-Brewer between 8:00 a.m. & 9:30 a.m. . . . Polo Shirts, numbers, map & race information will be distributed at Pendleton Grade School on the day of the race.

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: _____

THE 15 MILE CHAMPIONSHIP RUN

4TH ANNUAL

'S DIFFERENT!!!

TRY A RACE WHERE SPEED AND WEIGHT COULD BRING YOU INTO THE WINNER'S CIRCLE!!!

THE MAIN EVENT: 15 Miles,
feet measured.

DATE: Saturday, April 5, 1985

LOCATION: Rockland Dist. High School

TIME: Race starts at 11 a.m.

Runners should be ready by 10:30 a.m.
(to be driven to the starting point.)

SPLITS: 1, 5 & 10 miles

WATER: 3, 6, 9 & 12 miles

SHOWERS: Available at high school after race, along with soup, breads & juices.

FEE: \$4.00 pre-registration

\$5.00 day of race

WEIGHTS: FIRST IN EACH WEIGHT DIVISION FOR BOTH WOMEN AND MEN
Gloves to the first eighty registrants.

FLYWEIGHT: M up to 112 lbs
F up to 105 lbs

BANTAMWEIGHT: M 113-118 lbs
F 106-111 lbs

FEATHERWEIGHT: M 119-126 lbs
F 112-117 lbs

LIGHTWEIGHT: M 127-135 lbs
F 118-123 lbs

SUPER HEAVYWEIGHT: M 196 lbs and over
F 161 lbs and over

WELTERWEIGHT: M 136-147 lbs
F 124-129 lbs

MIDDLEWEIGHT: M 148-160 lbs
F 130-135 lbs

LT. HEAVYWEIGHT: M 161-175 lbs
F 136-141 lbs

HEAVYWEIGHT: M 176-195 lbs
F 142-160 lbs

MAKE CHECKS PAYABLE TO: PEN BAY PACERS

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

REGISTRATION - 15 MILE CHAMPIONSHIP RUN

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

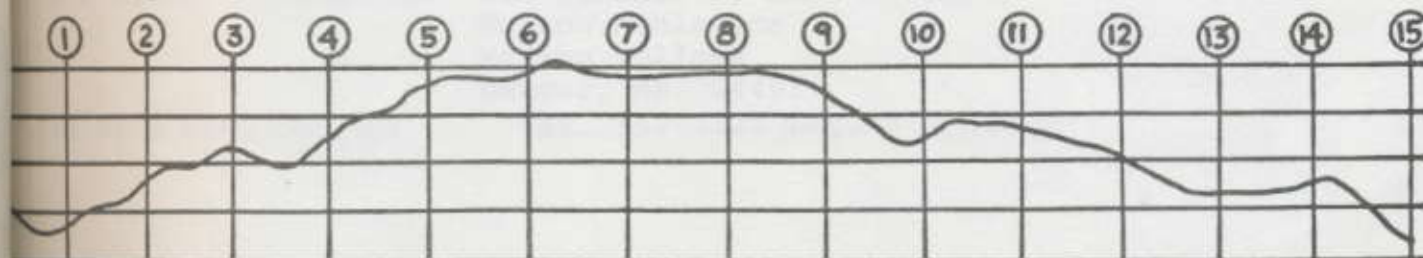
NAME _____
ADDRESS _____

AGE _____
SEX _____
WEIGHT _____

YOUR SIGNATURE OR
PARENT/GUARDIAN IF UNDER 18)



WILL PROFILE OF RACE ROUTE:



HUSSON COLLEGE RECREATION MAJORS'
SIXTH ANNUAL 10K FOOT RACE & FUN RUN
Sunday, March 30, 1986

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 before 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.

Fun Run is 1.5 miles. Splits available at the 1 and 3 mile points in the 10K.

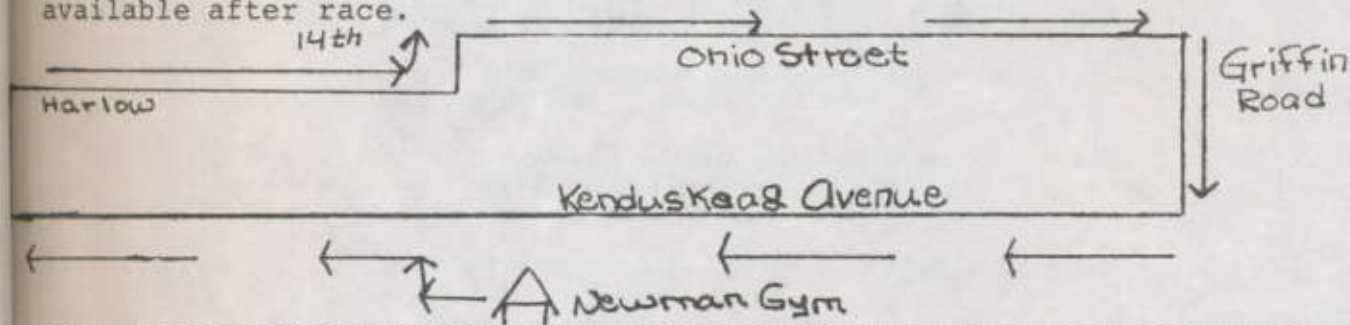
Entry fee: Pre-registration \$3.50, \$4.50 day of the race. T-shirts will be given to the first 50 who register.

Awards: 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

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

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



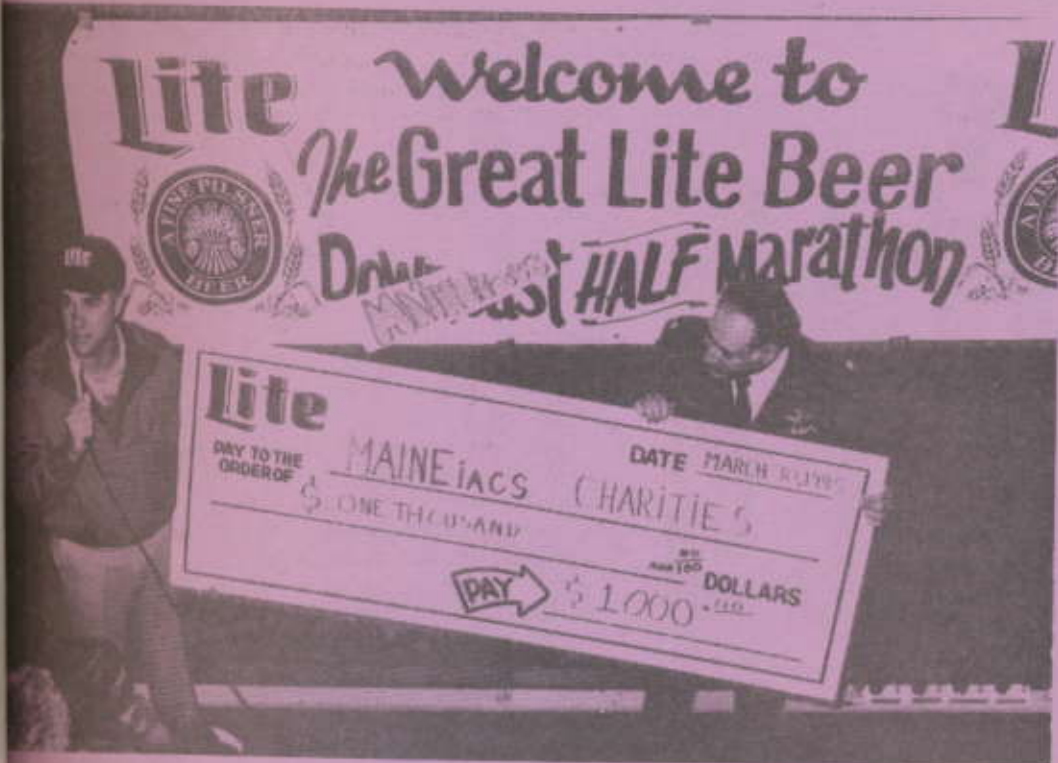
In consideration of acceptance of this entry, I, for myself, heirs, and assigns waive and release all rights and claims for personal damages I may have against the persons and officials of this race.

NAME _____
ADDRESS _____
PHONE _____ SEX _____ AGE _____
SIGNATURE _____

(GUARDIAN IF UNDER 18)

Make checks payable to: Pam Hennessey, Race Director
Husson Athletics
Husson College
Bangor, ME 04401

For more information: Tel. 947-1121 Ext. 270 Husson



THE GREAT LITE BEER MAINEiacs HALF MARATHON

IN SUPPORT OF THE MAINEiacs CHARITIES

SATURDAY, MARCH 29, 1986 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 \$6.00 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 29 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 150 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**

ME-85022-GN

MAINEiacs
CHARITIES

COMPLETE RESULTS WILL BE PRINTED IN MAINE RUNNING & OUTING



Fossas and Clapper racing and finishing 1 - 2

Detach below and mail to:

Great Lite MAINEiacs Half Marathon
P.O. Box 1217
E. Holden, Maine 04429

Please make check payable to:
MAINE-iacs Charities

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

THE GREAT LITE BEER MAINEiacs Half Marathon

A side-stitch at seven miles opened the door for Fossas' second straight Great Lite Beer Half Marathon win as many tries. Local favorite, Gerry Clapper slowed when a stitch caught up with him and Misa put him down. Misa put thirty seconds on Gerry in about a mile and the former UMO star just couldn't make up the difference.

There were many notable times turned in last year. McGuire led the Musterds winning team with an overall 1:11:53 to take masters honors. He's 41. Thirty-eight Mike Simmons turned in a 1:12:56; 46-year-old Al McGuire ran a great 1:19:58; Terry Goodlad (58) edged the Bunyan Marathon winner, Darlene Higgins (44) by two seconds in 1:27:32, but the big surprise was Connie McLellan-Cuff. The year before Connie jogged through the finish in 1:44:46, but something has happened since then. She accepted her prize for first place she gave all the credit to Mendonca who she credits with her 1:26:35. Can she do seventeen minutes for me Mike?

The big winner once again was the MAINEiacs Half Marathon. They grossed over a thousand last year. A hard act to follow. I hope Misa and Connie are up to it as well.

1984 - Misa Fossas 1:07:57.7

Ann Blumer 1:26:31

97 finishers

1985 Misa Fossas 1:07:53

Connie McLellan-Cuff 1:26:35

178 finishers

Once again Mike Dolley of Haffenreffer Beverages was on hand to tap Eastern Maine's first keg of the season.

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

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 four other 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. | |

An individual application must be submitted on each team member along with the team application.

PLEASE PRINT

NAME..... Age..... Occupation.....

ADDRESS..... Sex.....

..... ZIP.....

FASTEST PREVIOUS HALF MARATHON: Hour..... Min..... Sec.....

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

.....
Your Signature/Parent or Guardian if under 18

MAINEiacs Half Marathon
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him and Misa put th
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couldn't make up t

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He's 41. Thirty-eight y
56; 46-year-old Al Sp
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7
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1:26:35

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the traffic light to th
Club of Bangor.

athletes. There
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more enjoyable
form.

n application.

sponsors and
by me in said
event.

an if under 18



St. Patrick's Day Run

SUNDAY, MARCH 16, 1:00 p.m.
WATERVILLE

Kilbarney's, Valley Distributors, Central Maine Striders, New Balance and runners throughout central Maine are joining forces with the American Heart Association.

The result is the 7th 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 the American Heart Association 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.

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

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

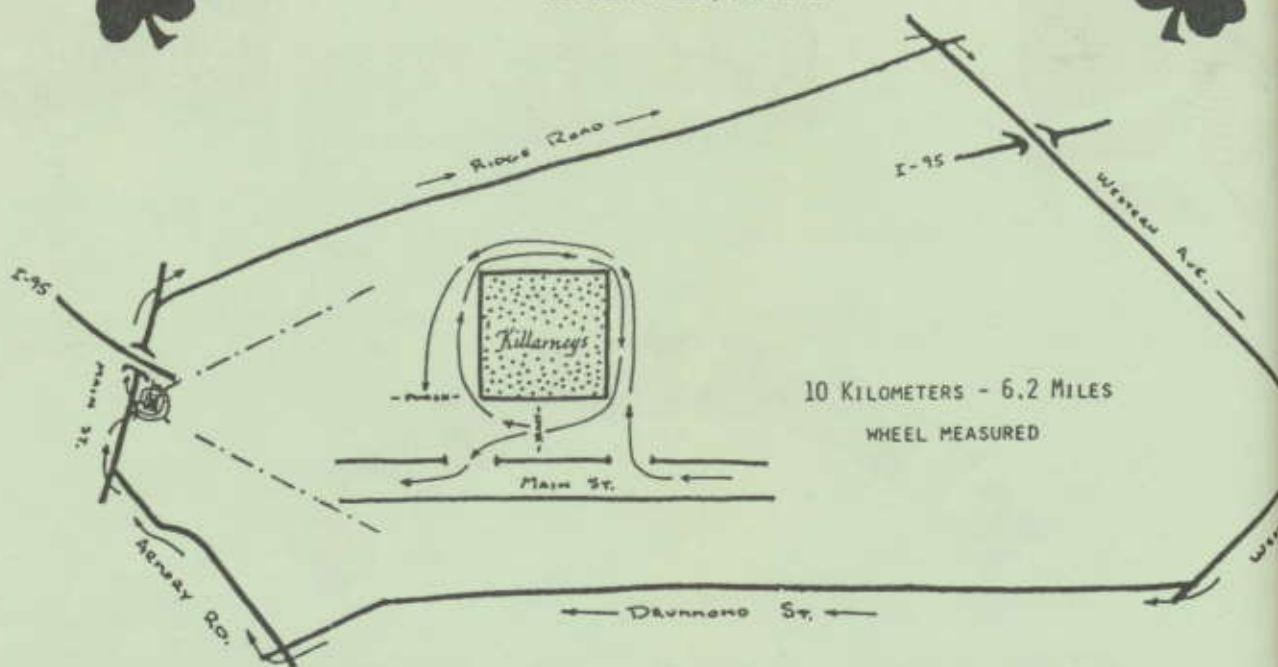
OK Road Race with Pledges: Combination of both of the above.



Central Maine Striders

St. Patrick's Day Run

SUNDAY, MARCH 16, 1986
WATERVILLE, MAINE



Send entry form to:

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

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

2nd Annual Leprechaun Loppet

**The Maine Nordic Council's
Sanctioned 15K Championship Race**

March 16, 1986

1 P.M.

\$7.00



**Carrabassett
Valley
Ski Touring
Center**

Contact: Bill Chenard, CVTC, Kingfield, ME 04947

237-2205 or 237-2368

AT THE BASE OF SUGARLOAF MOUNTAIN

FLYERS IN MAINE RUNNING & OUTING MAGAZINE

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

Send us your flyer by the 10th of the month prior to the issue in which you wish your flyer to appear. The number varies depending on the time of year, but is usually between 900 and 1,200. The current rates are as follows:

\$20.00 for 8½ x 11 flyer with the words "Complete results in Maine Running & Outing Magazine."
\$25.00 for 8½ x 11 flyer without the above statement.

\$30.00 for 8½ x 14 pre-folded only!

\$30.00 for multiple page and loose insert flyers.
\$60.00 for single side 8½ x 11 flyer that we print for you on colored paper.

\$85.00 for front and back flyers.

Add \$15.00 extra if professional lay-out work is desired.

Best advertising deal around for your race!

ADVERTISING RATES IN MAINE RUNNING & OUTING MAGAZINE

The advertising rates in **Maine Running & Outing Magazine** are down-right incredible.

A full page \$65.00 a month	\$650 per year
Half page \$37.50 a month	\$375.00 per year
Quarter page \$22.50 a month	\$225 per year

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