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# Maine Running & Outing Magazine



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**BIKING & PADDLING SCHEDULES**

**VOL. 6 NO. 5 MAY 1985**





P. O. Box 259

East Holden, Maine 04429

Tel. (207) 843-6262

It's time to praise the backbone of the long distance running movement - THE MIDDLE OF THE PACK.

It isn't the revoltingly lean machines up front that keep our sport going. They ruled the sport for decades and look at the fields they drew. And it isn't (alas) the tough souls at the back of the pack that keep the race fields swelling. They are often the ones pointed at as the reason so many other people don't run. "You mean to tell me that guy's enjoying himself?"

Fortunately most of those tough guys out back eventually move up into that great common ground of humanity known collectively as "THE MIDDLE OF THE PACK". And it gives us Clydesdales of the running world a sadistic joy to see the elite runners slow down and join us.

We're the guys who are looking for random drawings, tiny races in off the road places with 5 year age groupings. We're the guys who's kids have long since (if ever) given up asking, "Did you win, daddy?"

This issue is dedicated to us; Paul Dall, Jerry Saint Amand and the rest of the men and women in "THE MIDDLE OF THE PACK".

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

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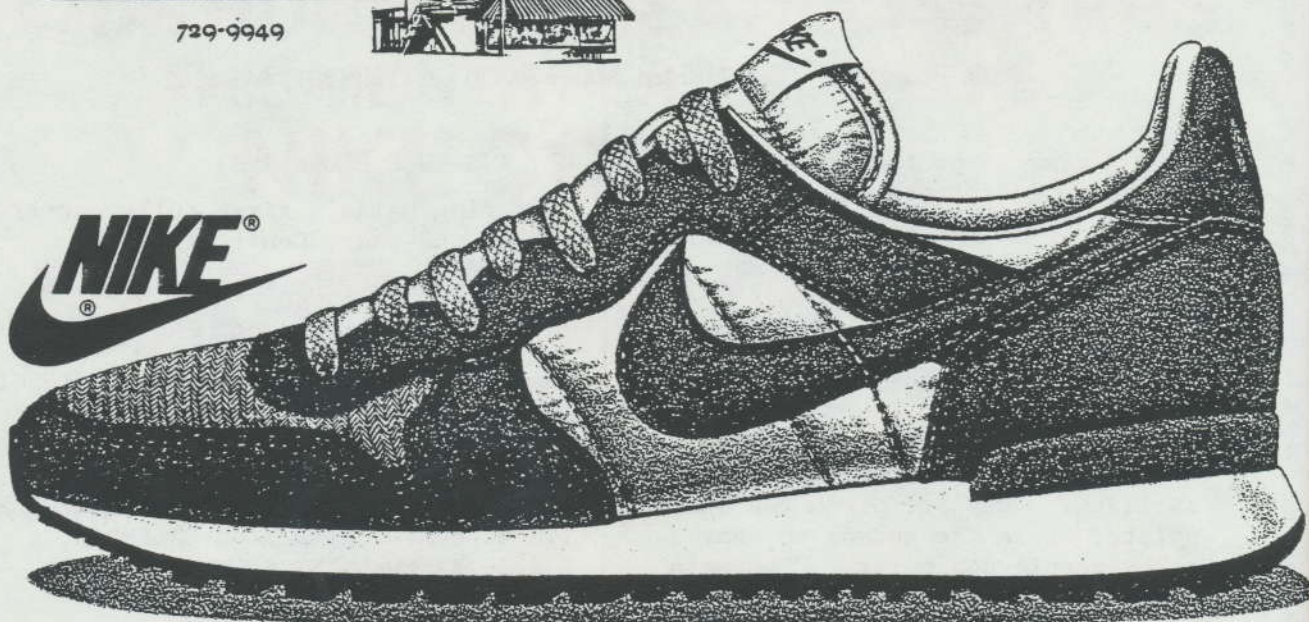


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## MAY

- 4 2ND ANNUAL INSURANCE WOMEN'S SCHOLARSHIP RUN 5K. 10 a.m. from Machias Memorial H.S. Gym. \$5  
Trophies in 6 categories. Contact: Julie Millay 255-4047 after 5 p.m.
- 5 "PEOPLE DIE, DREAMS DON'T" - TERRY FOX 5K. 10 a.m. from the Bangor Motor Inn, Hogan Rd., Bangor.  
See flyer in April issue or contact Charles Summers, Bangor Motor Inn, 701 Hogan Rd., Bangor, ME 04401
- 5 THE FALMOUTH LITTLE LEAGUE BENEFIT RACES. ½ mile, 1 mile and 4 mile. 10 a.m. start for race #1. See  
flyer in April issue or contact Philip Pierce, 79 Waites Landing Rd., Falmouth, ME 04105
- 5 DOWNEAST - DOGTROT. 11 a.m. from Beauchamp Point, Rockport, ME. See flyer in April issue or contact  
Margaret Emerson, RFD 1, Box 4876, Camden, ME 04843
- 11 LIONS 5K. 10 a.m. from the Boy & Book Park in Houlton. Directed by the Houlton Lions Club (Aroostook  
Musterd)
- 11 ATHLETIC ATTIC ROAD RACE SERIES - BANGOR 5 MILER. 8:30 a.m. start from the Bangor Mall. See flyer in  
April issue or contact Athletic Attic, Bangor Mall, Bangor, ME 04401 947-6880
- 11 5TH ANNUAL ROCKY COAST 10K. 10 a.m. from the Boothbay Harbor YMCA. Contact: Jay Krouse 633-2435  
\$6 pre/\$7 post. See flyer in April issue.
- 11 GREAT SPRING CLEAN-UP ROAD RACE. 10 a.m. 1 miler with 5 miler to follow. \$5 with T-shirt Contact:  
East Millinocket Recreation Department, c/o Frank Clukey, Main St., East Millinocket, ME 04430
- 11 THE FIFTH ANNUAL HOSPITAL WEEK ROAD RACE. 10 a.m. from York Town Hall. 3 miler \$4 pre/\$5 post  
T's to first 200 Contact: York Rec Dept, PO Box 9, York, ME 03909 363-2723
- 11 WINDHAM ROTARY FOUR MILE CLASSIC. 10 a.m. from Windham High \$4 T's to first 150 Contact:  
Peter Connolly, Windham High, South Windham, ME 04082
- 12 MOTHER'S DAY FUN RUN. 1 p.m. from the Tremont Community Center. 2 or 4 miles. Contact: Harbor  
House, Inc., Southwest Harbor, ME 04679
- 12 BOY RICE MEMORIAL 4 MILER. 10 a.m. from Cape Elizabeth High School. John Keller, Director See  
flyer (MTC Event)
- 12 TOGUS VA HOSPITAL 5 MILER - U.S.A. FOR AFRICA. 10:45 1 mile fun run/11 a.m. 5 miler. Fun run \$2 pre/  
\$2.50 post trophies in age groups; 5 miler \$3.50 pre/\$4.50 post merchandise awards. Contact: Chris  
Bowie at 623-8411, ext 271 days or 623-1033 evenings and weekends.
- \*18\* THE FIRST ANNUAL WINTER HARBOR "DASH AND THRASH BIATHALON" 10 a.m. from the Naval Base at Winter Harbor  
See flyer in April issue or contact: Pat Stumbras, NSGA, PO Box 710, Winter Harbor, ME 04683



18 KENNEBEC VALLEY YMCA 10,000 METERS.  
10 a.m. from the Hodgkins Jr. High  
in Augusta. See flyer in April  
issue or contact Kennebec Valley  
YMCA, Steve Russell, 33 Winthrop  
St., Augusta, ME 04330

18 THE 2ND ANNUAL PIZZA OVEN 5K DELIVERY  
RUN. 10 a.m. from the corner of  
Union St. and West Broadway in Bangor.  
See flyer.

19 SPECIAL OLYMPICS BENEFIT RACE. 5  
miles and 2. Maramont, Saco

19 HELEN P. KNIGHT 5K. 1 p.m. from  
Downtown Mall in Caribou. Conrad  
Walton, Director (Aroostook Musterd)

19 TRIBUTE TO TERRY FOX. 4 Mile Portland  
Run sponsored by the M.T.C. 10 a.m.  
start from the U.S.M. gym, Falmouth Street, Portland. \$5 See flyer in April issue or contact Bob Coughlin,  
23 High Point Rd., Scarborough, ME 04074.

19 BANGOR-BREWER YWCA RUN FOR LIFE. 12 noon 3 miler from the YWCA, 17 Second St., Bangor. See flyer  
\*26\* 4TH ANNUAL MEMORIAL DAY MDI - WESTSIDE RIDE BICYCLE RACE. 1 p.m. from the Harbor House, Southwest Harbor,  
Maine 04679 Distance 25 miles

26 \*1985 MAINE COAST MARATHON\* Only Boston is a faster New England Marathon! 7 a.m. start from Kennebunk  
High School. \$10 before May 1st/\$15 after. See flyer in March issue or contact Maine Coast Marathon,  
P.O. Box 1686, Biddeford, ME 04005. See you there! See ads this issue.

27 THE INN RACE. 11 a.m. from the Sports Inn in Caribou. Nancy Jackson, Director. (Aroostook Musterd)

27 THIRD MARSH STREAM STAMPEDE 10K. Monroe (Jct of Rte. 139 & 141) 9:30 a.m. at school. \$6. Contact:  
Monroe Lions Club, PO Box 687, Monroe, ME 04951 Bill DoPheide 525-7708.

## JUNE

1 2nd ANNUAL OTTER CREEK CREEP 10K. 10 a.m. start from the Blackwoods Restaurant on Rte 3 in Otter Creek.  
See flyer

1 BRADLEY 5K RUN. 9 a.m. from the Viola Rand School. See flyer

1 SUBLUXATION SHUFFLE 5K & 10K. Caribou Country Club at 9 a.m. Director Mike Mendonca 764-3842 (Moose  
Chasers)

1 OFFICER FRIENDLY CHILDREN'S RUN. From So. Portland Elem School. Contact: Bob Coughlin (Maine Track Club)

2 2ND ANNUAL NORTHERN TIMBER CRUISERS ROAD RACE. 11 a.m. start from Stearns Alumni Field, Millinocket  
5 miler \$5 T's to first 50 to pre-register Contact: Terry Barnes, 31 Minuteman Dr., Millinocket,  
ME 04462 723-4250 evenings.

2 PETER OTT'S 10K. "One of the most scenic races in coastal Maine" 11 a.m. start from the restaurant  
on Bayview St in Camden. See flyer.

5 CAMP KETCHA 5 MILES. Scarborough Contact: Bob Hodgdon (Maine Track Club)

8 TRIATHLON. 10 a.m. from the Caribou Rec Dept Kathy Mazuchelli, Race Director (Aroostook Musters)

8 2ND ANNUAL BAR HARBOR SPRING 5K & FUN RUN. See flyer

\*9\* THE GREAT MAINE RACE. 9 a.m. from the head of Mackerel Cove, Bailey's Island, Maine See flyer

9 SOLSTICE STRUT. 4 miler starts at 9 a.m. from the Auburn Mall. See flyer and Athletic Attic ad

\*9\* 2ND ANNUAL APPLETON BIATHLON. (Bike, Run) Contact Rich Higgins 785-4753 See flyer

15 LIONS HALF MARATHON. 9 a.m. from Bicentennial Park, Presque Isle. Eddie St. John, Race Director  
(Aroostook Musterd)

15 THE GREAT BANDAID RACE (The Agony of De-Feet) 4 mile race or 8 mile walk. 8:00 walkers/10:00 runners  
See flyer

15 UNION TRUST 4 MILER. 9:30 a.m. from the Union Trust, State St., Ellsworth. See flyer

15 THE OCEAN NATIONAL BANK NUBBLE LIGHT RUNAWAY. 9 a.m. 3 mile Nubble Light Fun Run and 10:30 a.m. 10K  
One of Maine's only fully certified 10K's. A must for anyone wishing to rank high in this year's  
10K standings. \$5 pre/\$6 post for 10K; \$4 pre/\$5 post for 3 mile. T-shirts to all. T.A.C. certified\*

21 DOC'S TAVERN. Early Evening (Tentative)

22 COOKIE RUN. 9 a.m. 10K, ½ mile & ¼ mile at East Loring AFB. Mike Mendonca, Race Director (Moose Chasers)

22 WESTPORT ISLAND RECREATION COMMITTEE 4TH ANNUAL 3.75 MILE ROAD RACE. 10:30 a.m. from the town hall.  
Contact: Loren Arford 882-6350

23 MAINE NATIONAL BANK 5 MILER. (Tentative)

29 MOUNTAIN VIEW FUN RUN 5K. Also ½ mile & ¼ mile Pee Wee race. Contact Peter Cuff 325-4541 (Moose Chasers)

29 MOUNTAIN TO THE SEA TRIATHLON. Contact Northern Bay Athletic Club, PO Box 344, Blue Hill, ME 04614

29 JBI RUN. 8:45 a.m. from SMVTI See flyer

30 2ND ANNUAL 8 MILE PERIMETER ROAD RACE. 8 a.m. Brunswick Naval Air Station. Contact: Bob Laberge,  
Athletic Director, Naval Air Station, Brunswick, ME 04011 921-2162

## GRANITE STATE RACE SERVICES

May 19 STARK TREK II 10K ROAD RACE\*. 10:30 a.m. from the Indian Head Bank in Conway Village, N.H. Kids 1 Mile  
Fun Run too. \*Newly certified course See flyer.

June 8 CONCORD COACH & CARRIAGE FESTIVAL 5K. 4 p.m. from the New Hampshire Technical Institute, Concord, N.H.  
RRCA sanctioned. \$5 pre/\$6 post Contact: Greater Concord Chamber of Commerce, 244 North Main St.,  
Concord, N.H. 03301 (603) 224-8128. Send SASE

June 8 ARTISON OUTLET 10,000 METER ROAD RACE. 10 a.m. from Market Square in Portsmouth. See flyer

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Patti Welsh



# NORTHERN BAY



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## ATHLETIC CLUB

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Anticipating 1985, we will again be sponsoring our "Triple Threat" race program (\*). We will, also, be sponsoring the race segment of "Blue Hill Day". We are pleased to host the following race schedule for 1985. Information and applications may be found in Maine Running and Outing Magazine, or by request at the address below.

- Maine Maritime Academy Eagle Challenge.....March 30, 1985
- \* Mountain to the Sea Triathlon.....June 29, 1985
- Skrivelsby Estate X-C Criterion - 4 Miler.....July 13, 1985
- \* Woods Run - 3 Miler.....July 27, 1985
- Blue Hill Day - 10K.....August 3, 1985
- Bicycle Race Penobscot Peddler - 40K.....August 17, 1985
- \* Mountain Challenge - 10K New England.....August 24, 1985

We hope your plans for 1985 will include being Downeast and joining in our competition.

If you have additional athletic interests, perhaps, you would be interested in becoming a member of the NORTHERN BAY ATHLETIC CLUB, if you are not already one of our growing membership. We sponsor events throughout the year, including co-ed softball and white water rafting for our members during the summer season. Yearly membership is @ \$25.00 adults/\$15.00 students. Application materials may be requested from:

NORTHERN BAY ATHLETIC CLUB  
P.O. Box 344  
Blue Hill, Maine 04614





APPALACHIAN MOUNTAIN CLUB  
MAINE CHAPTER



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

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

- May 4-5 SOUTH BRANCH of the DEAD (3) and CARRABASSETT (3) L. Jim Thorne (865-6663); Co-L. Lu Bauer (773-0723).  
May 4-5 CARRABASSETT (2) and NORTH BRANCH of the DEAD (2) L. Debbie Locke (767-3607).  
May 9-12 NORTHERN MAINE RIVERS (3) or (3+) L. Bob Farrington (688-4782); Co-L. Don Skofield (773-3642).  
May 11-12 LOWER SWIFT (4) Interchapter trip with Boston. L. Mel Noll (617-352-7577); Co-L. & R. Jay Spenciner  
May 18 SWIFT (3) &/or KENNEBAGO (3+) L. Marianna Mickelson (929-4840) and Morrill Nason (846-5167).  
May 19 - ISRAEL (2+) L. Ann and Art Bearce (655-4075).  
May 19 WILD (3+) L. Morrill Nason (846-5167) and Marianna Mickelson (929-4840).  
May 25-27 MACHIAS (2-3) L. Ingrid and Richard McCaffery (401-272-8956); Co-L. & R. Marianna and Pete Mickelson (929-4840). Register with \$5 deposit by May 18. Put-in at 3rd Machias Lake.

PENOBSCOT PADDLE AND CHOWDER SOCIETY MAINE CANOE RACING SCHEDULE

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

WW = whitewater race

MF = flatwater race

SL = slalom race

TRI = triathlon (run, bike, canoe)

OC = open canoe

K = kayak

SK = sea kayak

- May 3-5 WEST RIVER SLALOM (WW slalom, CC, K, Jamaica, VT 3 day event) Ken Fisher, Jr., RFD 4, W. Brattleboro, VT  
May 4 SANDY RIVER (WW, OC, K. 9 mi., Strong, ME) Len MacPhee, RFD 3, Farmington, ME 778-4051  
May 5 MACHIAS RIVER (WW, OC, K. 10 mi., 1st Machias L/Airline Campground) George Fatula, RFD 1, Box 258, Robbinston, ME 853-2952  
May 11 WW OPEN CANOE NATIONAL CHAMPIONSHIPS (WW, OC, Jamaica, VT 2 day event, slalom Sat., DR Sun.) Dave Hankins, 32 Mountain Rd., Mansfield Ctr., CT 203-423-5782  
May 18 HUDSON RIVER ICE CHASER ('86 WWOC Nats Site) (WW, OC, ?. 14 mi. Indian Lake/N. Creek, N.Y.) Denny Dvorak, 7690 Seneca Beach Dr., Baldwinsville, N.Y. 315-638-2391  
May 19 UPPER DEAD RIVER (WW, OC, ?. 16 mi. Chain of Ponds to Eustis) Chip Carey, Minister Hill, Kingfield, ME

# SACO RIVER CANOE



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SACO RIVER CANOE  
Bar Mills, ME 04004  
(207) 929-5521



April 1, 1985

Dear Racewalker,

The calender says that Spring has arrived, but six inches of fresh snow has fallen today!

Hopefully this late season "covering" won't be with us very long and we will be back to a more normal routine in just a few days.

Another RACEWALKING season is here and now is the time to "get out to the track or on to the roads" to prepare for this year's events.

Attached is a schedule of the events for 1985.

Please note that this year's schedule includes races for men, women, and the youngsters. The schedule includes races on the track and on the road.

The attached schedule contains a list of "walks only"; however, it should be noted that several road races in Maine will offer racewalking divisions. One such race is the Ben's 10K which is currently scheduled for October 6, 1985. This is one race you can't afford to miss!

A racewalking seminar is being planned for the Bangor area - late spring or early summer. Topics covered will be how to start walking, how to develop style and technique, the health benefits of walking, and racing. This seminar will be open to walkers of all ages and abilities.

It is anticipated that we will be showing the film of the 20K racewalk at 1984 L.A. Olympics. Notices of this seminar will be mailed in the next few weeks.

Again, if you would like to host a racewalk in your area, or if you know of a road race director who's looking to add a racewalking division to his/her road race, call me! I'd be glad to work with you.

Until we meet at the races, good luck with your training.

Keep Walking

Larry D. Pelletier  
Me. TAC Racewalking Chairman





## MAINE FREEWHEELERS 1985 BICYCLE TOURING

- May 5 CHINA LAKE 20 MILER. 10 a.m. from China Center. Group leader is Kim Thompson 862-4280. Flat course circles lake.
- May 18 BOOTHBAY 24 MILER. 10 a.m. from the ballfield opposite Leavitt's Garage on Rt 27. L. Sue Vincent 827-6795. Coastal browsing.
- June 1 MERRYMEETING in BRUNSWICK 43 MILER. 10 a.m. from Cook's Corner Shopping Center on Rt 24. L. Jon Stuart 848-5786. Circles bay. Picnic in Richmond.
- June 16 ISLESBORO 25 MILER. 7:45 a.m. from Lincolnville Ferry Landing. L. Doug Crosby 567-3278. Flat island biking with views. Don't miss 8:00 ferry!
- June 29 OTIS 20 & 40 MILER. 10 a.m. from Brissette's camp on Beech Hill Pond. L. Mike Brissette Woods, some hills. Camp Saturday possible swim, ski, cookout (bring food).



**The Athletics Congress**  
of the USA

## T.A.C. SPRING ROAD RACE PROGRAM

Entry fee 25 cents; Championship fee is \$1.00; registration begins at 12 noon; T.A.C. registration required \$6.00  
Age groups - 8 & under, 9-10, 11-12, 13-14 all run 3K  
Age group determined by subtracting birth year from 1985

Example: 1985 - (born 1974) = 11 must compete in 11-12 age group

Awards - Preliminary meets - Ribbons to top 6 in each age group, participant ribbons to all others

Championship - Medals to top 6 in each age group, patches to winning teams (3 to a team); participant ribbons to all others.

- May 4 ROWE SCHOOL - Yarmouth at 1:00 p.m. contact Irv Felker 846-4669
- May 11 SABATTUS ELEMENTARY, Sabattus at 1:00 p.m. contact Roland Trottier 353-8857
- May 18 MAINE T.A.C. CHAMPIONSHIP at Mark's Fast Foods & Groceries, Inc. (located across the street from Lisbon High School), Route 196, Lisbon Falls, ME at 1:00 p.m. You must compete in two preliminary meets to be allowed to compete in the championship! Contact: Roland Trottier, Race Director at 375-6961 days or 353-8857 evenings.

*Sabattus*



*Trail Blazers*

## 1985 MAINE T.A.C. RACEWALKING SCHEDULE

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

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

Larry Pelletier  
19 Juniper St.  
Bangor, ME 04401

- May 5\* Bangor Open 5K and 2K junior. 2 p.m.
- June 8\* Lewiston 5 mile for men & women 2 mile junior 10 a.m.
- July 13\* Orono MAINE T.A.C. Championships 10K for Men; 5K for Women; 2K for juniors
- August 3\* Brunswick MAINE T.A.C. Championships 5K for Men; 3K for Women
- September 1 Bangor Invitational Racewalk 10K Open at 3 p.m.
- October 19 Lewiston Open 10K at 2 p.m.
- November 2\* Orono 10K for Men; 5K for Women; and 2K for juniors at 12 noon

\*These races are scheduled to be held on tracks

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## Eating for Success!

Can the proper diet help improve your athletic performance? Definitely! Now more than ever it is recognized that NUTRITION is an essential factor in athletic performance. The keys to a high level of fitness and top performance are exercise and training, talent, motivation and NUTRITION.

The human body is a magnificent machine for which hi-test fuel is essential. The food that fuels the body is one of the most critical factors in reaching your athletic potential. Eating the right foods in the proper amounts helps an athlete maintain a desirable body weight, establish optimal nerve and muscle reflexes and maximize the amount of work the muscles can perform. Balanced meals should include foods from each of the Basic Four Food Groups to provide a strong foundation of nutrients to meet the body's needs. The recommended number of servings from each of these groups for the training athlete is as follows:

- Milk Group- 2 (8 ounce servings)
- Protein Group- 2 (2 ounce servings)
- Fruit/Vegetable Group- 8 servings (1/2 cup each)
- Breads/Cereal Group- 8- 12 servings (1 slice or 1/2 cup each)

Athletes consuming a balanced and varied diet do not require supplementation to improve sports performance.

The athlete does have an increased need for energy which is obtained from food in the form of calories. This increase in caloric needs is best met by an increased intake of complex carbohydrates. It is important that 50-60% of an athlete's caloric intake consist of these foods; whole grain breads, cereals, potatoes, pasta rice, fruits and vegetables. These carbohydrates provide the body with two efficient forms of fuel, glucose and glycogen. Glycogen, the storage form of glucose is found in the muscles and liver and often the limiting factor in athletic performance. A diet high in carbohydrate best replenishes depleted muscle glycogen on a daily basis to help prevent muscle fatigue and a lack of energy to exercise.

A good diet, high in carbohydrates by itself cannot give an athlete a high level of fitness or success in competition, but a poor intake will certainly ruin the chances of achieving either. Choose your foods carefully, your performance depends on it!

Anne-Marie Davee, R.D.  
Susan Davis Associates  
RFD#1 Box 1452  
Rockland, ME 04841



# AT THE RACES

THE GREAT LITE BEER MAINEiacs  
HALF MARATHON  
Bangor/Hermon/Hampden Mar 30th

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

There were many notable times turned in this year. Joe McGuire led the Musterds winning team with an outstanding 1:11:53 to take masters honors. He's 41.

Thirty-eight year old Mike Simmons turned in a 1:12:56; 46 year old Al Sproul III ran a great 1:19:58; Terry Goodlad (58) edged 1984 Bunyan 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 race in 1:44:46 but something has happened since then. When she accepted her prize for first place she gave all the credit to Mike Mendonca who she credits with her 1:26:35. Can you find seventeen minutes for me Mike?

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

Bob Booker

SEVENTH ANNUAL BOSTON PRIMER  
Readfield Mar 24

The Seventh Annual Boston Primer 15 mile road race was held on Sunday, March 24, in near perfect running conditions. This contributed to the shattering of both the men's and women's course records. Bob Winn of Cape Neddick ran a lonely race, finishing first in 1:19:45 and breaking the old record by more than a minute. Lance Guliani finished second with a time of 1:23:12. Barry Fifield was third in a time of 1:27:52. Linda LaRue-Keniston of Kents Hill took over two minutes off

## The Starting Block

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the previous women's record by finishing in 1:41:01. Joanne Cole and Sandra Wyman tied for second place with a time of 1:51:31. A field of 68 runners ran the race which circles Maranacook Lake, starting and finishing at Maranacook School. The race is sponsored by the Maine Road Ramblers.

Marge Force

\*\*\*\*\*

KERRYMAN PUB'S TOP O' THE MORNIN 4 MILER  
Saco  
March 17

---

Hank Pfeifle, leading a field of over 300 runners, raced to a record setting finish in the Kerryman Pub's Top O' The Mornin 4 mile road race. Completing the course in 18:30, Pfeifle tore a  $\frac{1}{2}$  minute off the mark set last year by Paul Hammond.

Matching this achievement, Kim Moody trimmed an amazing 37 seconds off the record she set only a year ago.

Despite their extraordinary efforts, neither Pfeifle nor Moody could relax as the first nine runners ran sub 5 minute miles and the top 3 women were under the 6 minute mark.

Jim Swan



Wait a minute!  
That's not Kim  
Moody, or is it?

The former Ms. Beaulieu did pretty good at Boston as well. Her 2:46:51 in the heat was a great performance.

She should be ready to turn in another great performance at this month's Maine Coast.



FROSTBITE RUN AGAINST M.S.  
Ellsworth Mar 9th

A beautiful March day greeted the 173 runners in Ellsworth who turned out for the third annual Frostbite Run Against M.S. The race went extremely well, but most importantly, a total of \$2300 was raised to aid multiple sclerosis victims in this state. Many thanks are offered to the runners and business community for their support and to race director Jim Pendergist who coordinated the event.

Jim Newett



Ed. Note: Speaking of WHO's WHO these days. Robin Rappa will be tearing up the roads of Maine where Robin Emery tore before.



## Maine's First Place Screen Printer

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101 John Roberts Rd.  
South Portland, ME 04530

Maine's most famous NEE, now Samuelson, was at Sugarloaf/USA helping other celebrities raise \$25,000 for cancer research. Joan can still get down a hill in a hurry.



## SECOND WIND

The very latest on State of Maine, Fully certified race courses.

### 5 kilometers

Sri Chinmoy in Brunswick

### 8 kilometers

Long Run in Westport  
Stroh's Run for Liberty  
in South Portland

### 5 miles

Ft. Western Tire Co Twosome  
in Augusta

### 10 kilometers

Sri Chinmoy in Falmouth  
Pen Bay/Trade Winds Classic in Rockland  
Blueberry Festival in Wilton  
The Run Away in York

### Marathon

Sugarloaf in Kingfield MAINE COAST PENDING!

### 4 mile

Four on the Fourth in York

That's it! There are no more! A state with over 250 races and these are all that are certified. If you believe that your course is certified, but it isn't mentioned here, make three photo copies of your letter of certification and send one to Greg Nelson, 138 Maine Ave., Gardiner, ME 04345; one to the National Running Data Center PO Box 42888, Tucson, AZ 85733; and one to us at MR&O. We want to keep the record straight for those runners who are able to run at the national rating level in Maine.

Want to run a certified race? The Stark Trek II 10K Road Race will be run out of Conway village, N.H. on May 19th. This course was just recently certified by Greg Nelson. See the flyer in this issue! How about the Ocean National Bank/Nubble Light Runaway on June 15 out of York High School or how about the Seventh Annual Four on the 4th run also out of York High. These last two count toward the 1985 Maine Runner of the Year awards.

## OTHER PUBS

I received a complementary issue of THE HARRIER the other day. It bills itself as the "exclusive national cross-country coverage" magazine. John Goodridge of Winston-Salem, N. Carolina has been publishing this newsletter for eleven years now. In this "High School All American" issue, Scott Roberts of Maranacook is named to the 50 man All American team and Joanna Green of Brunswick is mentioned as the National TAC Young Women's champion.

Peter Wallan of Sharon, Massachusetts (44 Highland St., Zip 02067) is pumping out the "Baykoesque" HOCK-OMOCK SWAMP RAT. If you miss Rick Bayko's YANKEE RUNNER, you'll love HOCKOMOCK, a magazine that badmouths other editors for not racing in January in Maine. If GOD had wanted me to race in mid-winter, he wouldn't have invented biathlon. (Five issues a year for \$4) A lot of fun and DIRT to boot!

## HASKELL'S SPORTING GOODS

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## Quality Athletic Clothing & Footwear for Men & Women

### FOOTWEAR

NIKE  
ADIDAS  
SAUCONY

TIGER  
ETONIC  
NEW BALANCE

TIGER  
REEBOK  
TURNTEC

### CLOTHING

BILL RODGERS  
MOVING COMFORT  
SAUCONY  
HEAD

NIKE  
NEW BALANCE  
DOLFIN  
HIND



## TRACK OFFICIAL'S CLINIC HELD

On April 6, 1985, there was a Track Official's Clinic held at Roberts Union, Colby College, Waterville, Maine. There were 38 people in attendance at the day clinic specifically arranged by the Maine State Secondary Principals Association Track Committee (Diann Perkins) and The Athletic Congress/USA (Maine Association) (Ray Cooke). Conducting the clinic were Ken Caouette and 3 other members of the 1984 Olympics officials. These gentlemen discussed the responsibilities and duties of officials in all the events, both running and field. There were many handouts and a lot of discussion between the participants and presenter's, leaving each participant a feeling that the time spent was well worth the time spent traveling and being in attendance.

There are other clinics being planned for specific areas within the state of Maine, so keep your eyes and ears open for one coming to your area. Any additional information about track and field officials and the certification process, please contact Ray Cooke, Officials Certification Chairman, Post Office Box 124, Kenduskeag, Maine 04450.

## MY FIRST RACE

by Jerry Saint Amand

I drove into the parking lot  
the cars were everywhere-  
I must admit I was surprised  
to see so many there

I mean, afterall -  
this was early Sunday morn-  
and everytime I tried to stretch  
it ended with a yawn

But, what the heck, I'd made a bet  
I found the entry place  
and tried to keep from laughing  
as I entered my first race

They gave me pins and a number  
I felt like such a fool  
but I pinned it to my tee shirt  
and tried to act real cool

I saw runners of all ages,  
men & women, young & old-  
and though the hot June sun was out  
I could feel my skin grow cold

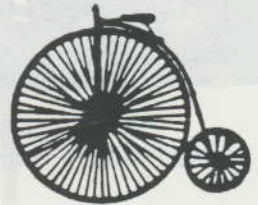
Hey- I'm a jorner, not a runner  
oh I felt so out of place-  
then they called us to the start  
and I was off in my first race

# Bike & Blade

SPORT CENTER

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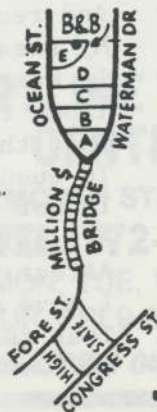
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& CONCORD

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# MAINE RUNNING CAMP

SUNDAY, AUGUST 18 —  
SATURDAY, AUGUST 24, 1985

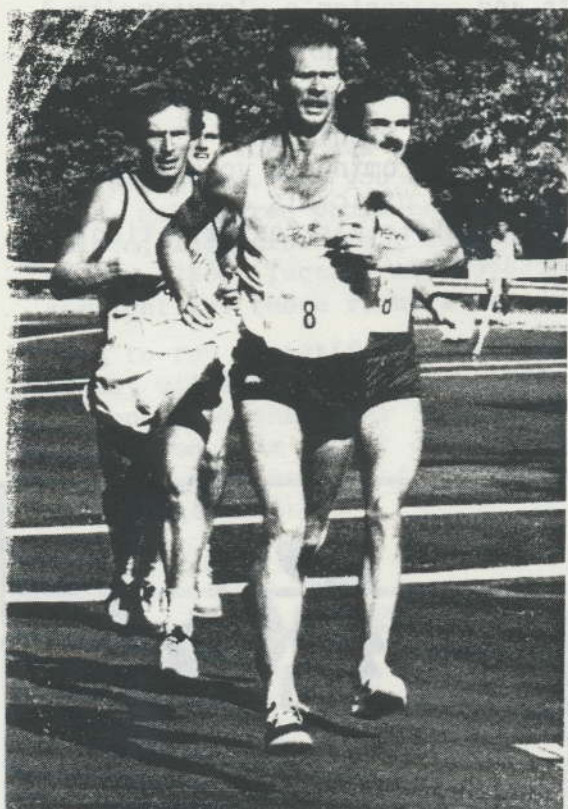


Photo: Jon Lortway

CAMP DIRECTOR  
*Andy Palmer - Brandeis University*

MAINE RUNNING CAMP  
c/o Maine Running & Outing Magazine  
P.O. Box 259  
East Holden, Maine 04429  
Tel. (207) 843-6262

## COME TO THE KIDS CAMPS

Join Andy Palmer, Tom Mulvey &  
Virginia Connors at Bowdoin College  
for the SEVENTH ANNUAL Maine Run-  
ning camps.

July 7-12 5th thru 9th graders

July 21-26 High Schoolers

Maine's oldest and best running  
camps!

Now it could have been just nerves  
it was much too soon to tell  
but I was racing down the pavement  
like a bat right out of hell

Soon I reached a group of people  
"Mile One" it said on their sign-  
"7:30" they yelled to me  
am I right out of my mind?

I was huffing, I was puffing  
I was gasping for each breath-  
Don't tell me it's fun to run  
it's the closest thing to death!

Soon I slowed down with each stride I took  
and they all began to pass me by  
I was getting so discouraged  
I just felt like I could cry

What's the use to keep on going?  
I can't keep up with this pace-  
I'll just quit right here and walk back  
drop right out of my first race

Then a funny thing happened  
it was somewhere near mile three  
I heard runners coming closer  
soon they ran right beside me

"Hang in there son" one said to me  
"You're halfway there" another said  
Hey- I felt better in a moment  
now I only felt half dead!

Maybe there is something to this racing  
running roads mile after mile-  
I know something kept me going  
and I finished with a smile!

I'm not sure what happened to me  
but you could see it in my face-  
and if I run until I'm ninety  
I'll still remember- my first race.

## POEM OF A RUNNER

I work my feet, and cover miles,  
And reclaim wasted muscles  
My sweat runs free and leaves my hair  
In matted tangled tussels  
I pad the path to ease my way  
Thru this strangled world of horrors  
To quench my guilt, then rinse my bod,  
In hot and steamy showers  
A mindless run, or pensive one,  
Affect me quite the same  
I move without the useless strife  
That tears my tired brain.



## HOG BAY TROTTERS

With winter long gone and the greening of forests and fields in full force, the two footed unhooved Hogs have taken to the roads once again. Many members of the club have already tested themselves in such Downeast races as the Frost-bite Run Against M.S. and the Castine 5K and 10K combo. Kerry Shea, Robin Rappa, David Cunio, and Jim Newett received awards for their fine efforts in the Frost-bite Run while it was Kerry Shea winning the 5K and Robin Rappa winning the 10K at Castine.

Two club members and their spouses also deserve recognition for their activities outside of the running arena. The former Robin Emery, an institution in Maine running, became Mrs. Robin Rappa this past winter. She and her husband Joe reside in Ellsworth, and, according to Robin's 20 second P.R. at the Frost-bite Run, things must be going very well.

Tom and Patty Kirby will become three this coming June when their first child arrives. Right now Tom is thinking about running a marathon before the new addition arrives while Patty is certainly "running" hers right now. Congratulations to you both!

Just to remind club members, don't forget our upcoming spring banquet this month. Call Sheldon at the YMCA to confirm your spot.

I'm looking forward to seeing you all at this weekend's Terry Fox runs.

Jim Newett





Receiving pins for outstanding performance in the classroom as well as on the playing field from UMO President Arthur M. Johnson were: Jim Ballinger, men's cross country and women's track coach, whose teams had the highest grade point averages of all inter-collegiate squads at UMO; Heidi Flewelling, women's indoor track, top GPA among women athletes with a 4.0; Glendon Rand, captain of the cross country team; Johnson; Ann England, captain of the women's indoor track team; and Gerry Clapper, highest GPA among male athletes with a 4.0. Pretty good joggers too!





# MAINE LUNG ASSOCIATION

The Christmas Seal People®

128 Sewall Street • Augusta, Maine 04330 • (207) 622-6394

March 25, 1985

**ALERT!**

To: FRIENDS OF CLEAN AIR AND NON-SMOKING

From: MAINE LUNG ASSOCIATION

Re: Legislative Document (LD) 276, AN ACT To Establish Policies Governing Smoking in Places of Work.

After much hard work and considerable compromise -- L.D. 276 is still not assured of passage.

Help is badly needed, especially in the Senate. Please call or write your State Senator now. Urge his/her support for this reasonable and moderate bill, designed to provide tobacco smoke-free air in places of employment.

The Tobacco Institute, with assistance from the cigarette distributors, have pulled out all the stops in getting this bill defeated. Your help is needed now. If you have any questions, call 622-6394 or Toll-free 1-800-462-LUNG, and ask for Marshall Burk or George Nilson.

Please share any feedback you get from your legislators, especially your Senator, with us.

Thank you very much!

GTN/sp

OUR FAILURE TO ACT COULD MEAN THAT THE TOBACCO INSTITUTE WILL SUCCEED IN DECIDING THE OUTCOME OF THIS IMPORTANT ISSUE.



# WOODS RUNNERS

The Woods Road is open!! Good ole Buck took his bulldozer and cleaned her in to the four mile mark by the brook!!

All you flatlanders and guys south of Medway probably can't identify with the opening paragraph because you have more than one road to run on during the winter...but we don't. She's good ole route eleven, backwards, frontwards, sideways, in circles, up and over the snowbank, on the back of a pick-up, towed by a skidder; same ole ruts, potholes, and empty beer cans...that's why when Buck breaks open the Woods Road spring is here, new options, mud, buds, babbling brooks, moose, deer and now and then a beady-eyed coyote. No more hot top - back to nature...what a great thing it is!!

Now if it sounds like I'm going on about something that's pretty trivial and doesn't mean a damn thing...you're right! Just trying to fill a column folks, trying to pass the slow days of north country doldrums while at the same time looking forward to the spring runs. Oh yes, another thing about getting off the highway...it gives the runner, who heretofore has had to carefully monitor his morning constitutional, a new perspective on relief; now possessing a part of the world as his very own outhouse. Once again one can survey his running kingdom, surrounded by the bounty of nature and even adding to it!! No more scrunching behind a 14 inch spruce and hoping everything's over - before you're covered with slush from a zooming log truck!! This is going nowhere!!

Oh well...have some good ones...

Buford  
(friend of Nerdlie and Duane's)  
only grosser!!





## 'THE PACK'

FROSTBITE RUN AGAINST M.S.  
Ellsworth 3.5 Miles

Mar 9th

1. Jim Newett	18:15
2. Steve Dexter	18:35
3. Steve Gross	19:00
4. Phil Stuart	19:11
5. Dave O'Connell	19:15
6. Brian McCrea	19:23
7. Robert Ashby	19:27
8. Jerome Strumbas	19:37
9. Tim Marquis	19:39
10. Dave Terry	19:56
11. James Ohmeis	20:07
12. Carl Young	20:17
13. Tim Michaud	20:22
14. Calvin Cousins	20:24
15. Dan Pennock	20:25
16. Chris Farley	20:27
17. Kate Martin	20:29*
18. Mac Noyes	20:30
19. Cliff Rogers	20:32
20. Brad Cutcliffe	20:36
21. Aran Shetterly	20:36
22. Michael Martin	20:38
23. Greg Hildreth	20:39
24. Mike Norman	20:59
25. Andrew Sealey	21:05
26. Dave Renault	21:07
27. Dave Cunio	21:09
28. Mark Hardison	21:16
29. Tim Reid	21:20
30. Bill Pinkham	21:21
31. Deane Wood	21:23*
32. Robin Rappa	21:33*
33. Bob Martin	21:48
34. Brian Newbegin	21:48
35. Mike Clapper	21:55
36. Matthew Hall	22:00
37. Tom Kirby	22:07
38. Gary Vear	22:09
39. Rob Davis	22:09
40. Scott Webb	22:12
41. Dr. Lawrence Ludwig	22:13
42. Perley Merrick	22:16
43. Deane Wood	22:21
44. Oh, That Martin Schiff!	22:25
45. Fred Merriam	22:26
46. Kellev Stratton	22:36*
47. Jamie Stephens	22:46
48. Michael Benjamin	22:48
49. Leif Abrell	22:49
50. Barry Hutchins	22:50
51. Rob Pendergast	22:54
52. Michael Archer	22:56
53. Todd Gray	22:59
54. Roger Marquis	23:01
55. Chuck Dorr	23:01
56. Kellie Connor	23:04*
57. Rick Newbegin	23:16
58. Biff McGilpin	23:17
59. Kerry Shea	23:22*
60. Rob Hopkins	23:27
61. Paul Berg	23:31
62. Jerry Simmons	23:42
63. Kevin Pottle	23:46
64. Carroll Gifford	23:53
65. Dave Cordier	24:04
66. Keith Williams	24:05

67. Al Sproul III	24:06
68. Billy Caddoo	24:12
69. Braden Alley	24:12
70. Ken Awalt	24:20
71. Gehrig Johnson	24:29
72. Chris Nesiba	24:31
73. Doug Knolblock	24:34
74. Doug Babcock	24:36
75. Richard Spearing	24:39
76. Edward Raymaker	24:45
77. Steve Elliott	24:46
78. Burpee Winchester	24:48
79. Robby Shea	24:50
80. Robert Gentler	24:51
81. Hohn Lockhart	24:53
82. Chris Dorr	24:54
83. Sheila Hodges	24:59*
84. Barbara Greenstone	25:06*
85. D.J. Anderson	25:08
86. Steve Reed	25:26
87. Donald Sorey	25:27
88. Janice Nicholson	25:28*
89. Michael Elliott	25:30
90. John Merrigam	25:33
91. Wayne Smith	25:37
92. Frank Bednor	25:41
93. Linda McEachern	25:42*
94. Chris Everett	25:44
95. Dick Powell	25:45
96. Bill Lawlor	25:47
97.	
98. Will Haynes	26:00
99. Rebecca Bryer	26:03*
100. Dwight Brown, Jr.	26:09
101. Sam Auerbach	26:11
102. Laura Darragh	26:21*
103. Connie Dunlap	26:23*
104. Margo Dwyer	26:26*
105. Tim Yuk	26:33
106. Chris Hopper	26:41
107. John Walls	26:53
108. Jay Doucette	26:54
109. Reverend Greg Randall	26:56
110. Steve Barnes	26:57
111. Mary Ratner	27:01*
112. Dwight Brown, III	27:04
113. Tom Savage	27:12
114. Amy Martin	27:18*
115. Linda Bedard	27:18*
116. Bob Janciewicz	27:20
117. Kurt Ludwig	27:28
118. Kathleen Redman	27:46*
119. Deborah Curtis	27:46*
120. Bruce Mitchell	27:59
121. Joseph Paluga	28:00
122. Warren Lenord	28:04
123. Linda Johnson	28:05*
124. Harris Bixler	28:09
125. Peter Mogglor	28:17
126. Peter Johnson	28:18
127. Charles Clapper	28:20
128. Christina Heiniger	28:30*
129. Arnold Francis	28:35
130. Stacy Darragh	28:37*
131. Norman Fitzgerald	28:43
132. Donald Taylor	28:50
133. Don Osborne	28:54
134. Mike Downey	29:03
135. Leona Clapper	29:05*
136. Ed Pierpont	29:14

137. Eddie St. John	29:14
138. Patricia Kennedy	29:14
139. Don Lamoureux	29:14
140. Ric Lamoureux	30:05
141. Jake Gilbert	30:11
142. Michelle Shedeck	30:11
143. Joey Hardison	30:11
144. Betsey Mitchell	30:11
145. Lori Churchill	30:11
146. Susan Gray	30:11
147. John Beardsley	30:11
148. Tony Beardsley	30:11
149. Ellen Wall	31:11
150. Susan Grindall	31:11
151. Edward O'Connell	31:11
152. Mark Eastman	31:11
153. Jane Piper	31:11
154. Frank Donaldson	32:11
155. Ken Blaisdell	32:11
156. Andrea Pelletier	32:11
157. Deborah Sargent	32:11
158. Diane McDonnell	32:11
159. Ann-Dorian	32:11
160. Wade Sargent	32:11
161. Rob Gabe	33:11
162. Joan Talon	33:11
163. Heather Bryan	33:11
164. Adrienne Soto	33:11
165. Michelle Andrews	33:11
166. Becky Robinson	33:11
167. Isom Sargent	33:11
168. Marie Ludwig	33:11
169. Cathy Freer	34:11
170. Carl Bowen	35:01
171. Joel Ackerman	41:11
172. Joe Rappa	41:11
173. Lynn Ahlblad	42:01

Results courtesy of Jim Newett  
Downeast YMCA

\*\*\*\*\*

THE KERRYMEN PUB PRESENTS

6TH ANNUAL "TOP O' THE MORNIN'"

Saco 4 Miler Mar 17th

1. Hank Pfeifle	18:11
2. Andy Kimball	18:51
3. Andy Palmer	19:01
4. Bob Winn	19:01
5. Stu Hogan	19:11
6. Rick Garcia	19:11
7. Gene Coffin	19:11
8. Brian Flanders	19:11
9. John Godin	19:11
10. Lance Guliani	20:11
11. Tim Swope	20:11
12. George Bokus	20:11
13. Rob Spaulding	20:11
14. James Kimball	20:11
15. John Hallee	20:11
16. Kim Wettlaufer	20:11
17. Chris Kein	21:01
18. Kevin Lyons	21:01
19. Sophedes Cotsis	21:01
20. Tom Bennett	21:01
21. Barry Fifield	21:01
22. Peter Grant	21:11
23. Lawson Noyes	21:11
24. Ole Amundson	21:11
25. John McFadden	21:11
26. Bob Hartley	21:21
27. Joel Croteau	21:21
28. Brian Ladner	21:31
29. James Maddin	21:41
30. Frank Brome	21:41
31. Dean Warren	21:51
32. Jeff Dyer	21:51
33. Michael Lally	21:51
34. Guy Berthiaume	22:01
35. Tom Thibeau	22:01
36. Mike Kimball	22:01
37. Kevin Wau	22:11
38. Joel Titcomb	22:11
39. Riciputi	22:11
40. Joe Bennett	22:21
41. Bob Coughlin	22:21
42. John Long	22:31
43. Kent MacDonald	22:31
44. Mike Gendron	22:41
45. Steve Fox	22:41
46. Perry Seagroves	22:41
47. Guy Lindwall	22:41



48. Kim Moody	22:52*	95. Mitchell Merrow	24:53	142. Eric LaRue	26:29
49. Steve Douglas	23:02	96. Steve Ross	24:53	143. Rob Jordan	26:31
50. Doug Darby	23:04	97. Tim Swope	24:54	144. Tom Conley	26:32
51. Dave Smith	23:06	98. Larry White	24:54	145. Greg Shute	26:33
52. Thurman Reynolds	23:07	99. David Stearns	24:55	146. Paul Page	26:34
53. David Gillingham	23:08	100. Barry Woods	24:56	147. Tracey Pooler	26:35*
54. Russ Connor	23:08	101. Eric Ellis	24:59	148. Henry Wolstat	26:37
55. Joan Westphal	23:12*	102. Greg Gephart	24:59	149. Vivian Godin	26:38*
56. M. Daly	23:14	103. Russell Nappi	25:00	150. Kurt Jones	26:40
57. Richard Neal	23:15	104. Ken Frikett	25:04	151. Dan Roberge	26:42
58. Josh Fitzgerald	23:18	105. Bob Wight	25:06	152. Jason Bradley	26:43
59. Brian Corcoran	23:19	106. Brad Goodale	25:07	153. Barb Coughlin	26:45*
60. Greg Baston	23:27	107. Carl LeBlanc	25:11	154. Richard Godin	26:49
61. Roland Moulin	23:27	108. Perley Hodgkin	25:14	155. B. Letourneau	26:50
62. Guy Martin	23:28	109. Valerie Hodgkin	25:16*	156. Maggie Christie	26:52*
63. Howard Chadbourne	23:30	110. Arthur Sloan	25:19	157. John Armols	26:56
64. Bob Ingerski	23:34	111. Don Bessey	25:21	158. Mick LaCroix	26:58
65. Michael Vitale	23:36	112. Chip Savage	25:22	159. David King	27:01
66. Mike Berrier	23:36	113. Larry Frank	25:24	160. Craig Poulin	27:03
67. Barry Sargent	23:37	114. DeWaine Wallace	25:25	161. Frank Morang	27:04
68. James Harrigan	23:38	115. Shnote	25:26	162. James Hogerty	27:05
69. Denise Harlow	23:40*	116. Rick Strout	25:28	163. Dave Grant	27:10
70. Greg Dugas	23:41	117. Pat Kein	25:31	164. Don McGilvery	27:11
71. George Liming	23:42	118. Bruce Pooler	25:39	165. Bob Tanski	27:12
72. Carol Gephart	23:45*	119.	25:40	166. Dennis Morrill	27:13
73. Scott Brown	23:48	120. Cheryl Pennell	25:41*	167. Drew Buckley	27:13
74. J. Scott Shirley	24:00	121. James Garland	25:42	168. Sumner Rupperecht	27:16
75. Kathy Tracy	24:03*	122. Walter Perrin	25:44	169. Brad Haskell	27:19
76. Paul Bourget	24:05	123. Gordon Chamberlain	25:46	170. Frank Hemphill	27:21
77. Albert Piquett	24:07	124. Heidi Bennett	25:50*	171. Blair Dwyer	27:22
78. Herb Strom	24:08	125. Phil Richardson	25:54	172. Steve Crockett	27:23
79. Michael Cook	24:08	126. Thad Dwyer	25:56	173. Greg Thompson	27:25
80. Chuck Massie	24:10	127. Patrick Roy	26:00	174. Dan O'Shea	27:32
81. Greg Thayer	24:20	128. Ron McCall	26:01	175. Rick Griffin	27:35
82. Bill Fenderson	24:22	129. Elizabeth Jurkowski	26:03*	176. Townsend	27:36
83. Katherine Sebert	24:26*	130. Sandra Wyman	26:06*	177. Tom Bates	27:41
84. James Cox, Jr.	24:27	131. Richard Whetstone	26:09	178. Susan Washburn	27:44*
85. Carl Comstock	24:32	132. John Parker	26:11	179. Norman LaFortune	27:48
86. Bob Jolicoeur	24:36	133. Patrick Howe	26:13	180. Tom Girard	27:51
87. Jack Mercier	24:43	134. Cliff Knight	26:17	181. David Boothby	27:53
88. Jim Kein	24:46	135. William Lockhart	26:22	182. Neal Workman	27:55
89. Steven Dowling	24:47	136. John Murchie	26:24	183. Allen Hersom	27:59
90. Nathan Merlin	24:47	137. Jeff Frederick	26:25	184. Matt Kelly	27:59
91. Eric Lagios	24:48	138. Gilbert Cote	26:26	185. Don Penta	28:00
92. Gary Salamone	24:48	139. Paul Casey	26:26	186. Lee Descoteaux	28:02
93. Geryl Bascom	24:49*	140. David Houser	26:27	187. Jane Dolley	28:10*
94. Thomas Caron	24:51	141. Bob Cushman	26:27	188. Rick O'Brien	28:11



189. Jean Smith	28:15*	233. Ron Gaskell	30:29	277. Diane Hanscom	32:24*
190. Walter Smith	28:16	234. Dennis Fortin	30:35	278. Susan Begin	32:25*
191. John Langham	28:17	235. Kim Cocco	30:35*	279. Maggie Soule	32:28*
192. Michael Hodgkins	28:17	236. Jane Clifford	30:38*	280. NewKirk	32:31*
193. Rene Goupil	28:18	237. Richard Kerry	30:39	281. Marsha Ichew	32:37*
194. Joy Eon	28:19*	238. Nancy Stedman	30:40*	282. Don Boisvert	32:38
195. Tom Hebert	28:21	239. Joyce Mailman	30:45*	283. Polly Scott	32:40*
196. Frances Gray	28:33*	240. Bernstein	30:53	284. Linda Winters	32:51*
197. Robert Convery	28:35	241. B. Pooler	30:53	285. Geraldine Mullavey	32:53*
198. Paul Damboise	28:37	242. Steve Morin	30:54	286.	
199. Steve Guay	28:39	243. Shirley Sirois	30:58*	287. Kathy Conley	32:56*
200. Mary King	28:46*	244. Jessie Hemphill	30:58*	288. Romaine LaFlamme	33:01*
201. Ken Pike	28:53	245. Dave Marston	31:00	289. Joe Eragitano	33:10
202. Marcel Bouchard	28:54	246. Bob Letellier	31:03	290. Marie Corbin	33:13*
203. Stoddard Chaplin	29:04	247. H. Mulholland	31:06	291. Scott Descoteaux	33:14
204. Jack Gable	29:08	248. Jennette Strickland	31:08*	292. Sherry Lampron	33:51*
205. Kathy Christie	29:15*	249. Donald Johnson	31:09	293.	
206. Chris Gordon	29:17	250. Anne Garland	31:09*	294. W.E. Lazette, Jr.	34:07
207. Andrew Halsam	29:19	251. Leo Cote	31:10	295. Nancy Burt	34:26*
208. Sheila Colby	29:22*	252. Gary Harris	31:10	296. Sheila Chaplin	34:27*
209. Bouchard	29:25*	253. Rod Stanley	31:10	297. Ted Cunningham	34:28
210. Bonnie Cote	29:25*	254. Bill Hayward	31:13	298. Faith Fenderson	34:38*
211. Linda MacDonald	29:26*	255. Tim Borden	31:13	299. Phyllis Goulet	34:54*
212. Russ Bradley	29:27	256. A. Nick Brewer	31:16	300. Patricia Conley	34:56*
213. Joan Lavin	29:30*	257. Gary Pugatch	31:18	301. Jaylene Summers	34:58*
214. Diane Collette	29:33*	258. Patrick O'Toole	31:20	302. Crystal Loring	35:00*
215. Jennifer Molley	29:36*	259. Diane LeBlanc	31:24*	303. John Lavin	35:02
216. Karen Wood	29:37*	260. Georgianna Hogerty	31:28*	304. Barb Hopkins	35:08*
217. Pam Mullavey	29:41*	261. Jodi Morong	31:28*	305. Kandyleigh Provencher	35:13*
218. Norman Nunan, Sr.	29:42	262. Kim Konieczny	31:30*	306. Gail Caiazza	35:15*
219. Rulman	29:51*	263. Pearl Bolduc	31:33*	307. Stephen Boothby	35:29
220. Ken Sirios	29:52	264. Denise Lipsett	31:35*	308. Gail York	35:38*
221. Debbie Mininni	29:52*	265. David Aldrich	31:37	309. Annabelle Carpenter	35:43*
222. Bob Perkins	29:52	266. Jack Oppen	31:41	310. Maureen Laflamme	35:46*
223. Jim Crawford	29:54	267. Linda Goulet	31:44*		
224. Carolyn Pennoyer	29:57*	268. Maria Hadjaris	31:46*		
225. Kathy Gagne	30:03*	269. Steve Jacobsen	31:57		
226.		270. Van Derhoek	31:59*		
227. Francis Martin	30:06	271. Howard Jackson	32:00		
228. Tom McDonough	30:09	272. David Merlin	32:02		
229. Lloyd Hatch	30:13	273. Timothy Vohon	32:09		
230. Maria Reali	30:19*	274. Brenda Cushman	32:14*		
231. David Breault	30:21	275. Rick Letellier	32:16		
232. Wally McDonald	30:22	276. Shaun Descoteaux	32:23		

Results courtesy of Jim Swan  
Marathon Sports Running Club



1985 BOSTON PRIMER  
Readfield 15 miler Mar 24th

1. Bob Winn 26	1:19:45
2. Lance Guliani 26	1:23:12
3. Barry Fifield 28	1:27:52
4. Paul Merrill 30	1:28:31
5. Ron Johnstone 32	1:29:51
6. Tom Bennett 27	1:30:48
7. Bob Couchlin 46	1:31:44
8. Rick Lane 38	1:34:53
9. Mike Simoneau 37	1:34:57
10. Greg Nelson 37	1:35:08
11. Mike Lolly 30	1:35:24
12. Dave Barker 31	1:37:15
13. Doug Ludewig 45	1:37:55
14. Bob Payne 46	1:38:37
15. Don Reimer 37	1:39:35
16. Garry Leonard 28	1:40:21
17. Bob Jolicoeur 48	1:40:48
18. Don Best 29	1:41:00
19. Linda Keniston 31	1:41:01*
20. Mike Daly 40	1:43:00
21. Jeff Preble 31	1:43:36
22. Martin Schiff 46	1:44:04
23. David Delois 37	1:44:46
24. Mert Dearnley 36	1:45:15
25. Brian Schacter 40	1:46:21
26. Joe Washburn 40	1:46:30
27. Dale Dorr 37	1:46:31
28. James Hagerty 30	1:46:46
29. Mark Seamans 27	1:47:49
30. Af Marple 37	1:48:27
31. Stan Sheldon 38	1:48:30
32. Carlton Mendell 63	1:48:37
33. Dan Kelly 27	1:49:07
34. Richard Morrison 26	1:49:18
35. Jerry Casey 29	1:49:26
36. Eric Ellis 32	1:50:06
37. John Schwerdel 39	1:50:16
38. Greg Durgin 35	1:50:56
39. Joe Isgro 30	1:51:01
40. Joanne Cole 29	1:51:31*
41. Sandra Wyman 28	1:51:31*
42. Dick Cummings 47	1:52:21
43. Philip Pierce 43	1:52:26
44. John Edmondson 44	1:52:52
45. John Leeming 28	1:53:05
46. Don Wismer 38	1:53:32
47. Ray Quimby 34	1:54:45
48. John Cole 43	1:54:53
49. Russell Martin 35	1:55:07
50. Kim Vandermeulen 34	1:55:28
51. Paul Dall 43	1:55:59
52. Peter Tozier 28	1:56:11
53. Kimberly LaVoie 32	1:58:13
54. Jane Dolley 36	1:58:17*
55. Art Greif 33	2:00:00
56. Ed Atlee 45	2:01:29
57. Nelson Mathews 28	2:03:44
58. Louise Dunlap 44	2:05:12*
59. Allan Toubman 37	2:06:18
60. Carol Linker 41	2:08:15*
61. Jerry St. Amand 41	2:09:42
62. Bill Mathews 25	2:13:13
63. Jerri Bushey 40	2:14:07*
64. David Capella 36	2:14:21
65. Irv Faunce 39	2:16:11
66. William Tozier 57	2:17:01
67. Georgiana Hogerty 30	2:17:08*
68. Byron Bennett 64	2:28:07

Results courtesy of Marge Force  
Race Director

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THE GREAT LITE BEER MAINEIacs  
HALF MARATHON

Bangor-Hermon-Hampden Mar 30th

1. Misa Fossas 23	1:07:53
2. Gerrv Claoper 23	1:08:12
3. Ed McCarthy 22	1:11:17
4. John Condon 23	1:11:21
5. Joe McGuire 41	1:11:53
6. Scott Hare 20	1:12:46
7. Jon Williams 26	1:12:47
8. Mike Simmons 38	1:12:56
9. Rustv Taylor 33	1:13:07
10. Peter Lessard 21	1:13:48
11. Roly McSorely 34	1:14:29
12. Stephan Dexter 27	1:14:48

13. Russ Northrop 36 N.H.	1:15:05	60. Barry Sargent 40	1:27:39
14. Mike Mendonca 28	1:16:29	61. Al Sabaka 38 MeNG	1:27:49
16. Bob Christopher 29 R.I.	1:17:04	62. Jim Robertson 35	1:28:14
17. Bill Hine 35	1:17:24	63. Paul Dall 43	1:28:33
18. Tim Marquis 19 MeNG	1:17:50	64. James Hogerty 30	1:28:38
19. Rick Lane 38	1:18:42	65. Tim Reid 31	1:29:38
20. Greg Nelson 37	1:19:26	66. Bill McFarland 39 MeNG	1:28:41
21. Paul Libby 35	1:19:34	67. Joe Washburn 40	1:28:43
22. Brian Ladner 26	1:19:48	68. Dave Rand 45	1:29:04
23. Al Sproul III 46	1:19:58	69. Dave Freeman 36 MeNG	1:29:09
24. Stan Low 32	1:20:13	70. Dave Mello 32 R.I.	1:29:15
25. Ted Farrington 31	1:21:02	71. Larry Ludwig 37	1:29:29
26. Mark Chasse 26	1:21:10	72. Mike Carter 34	1:29:35
27. John James 32	1:21:25	73. Roger Marquis 21	1:29:47
28. Larry Tonzi 38	1:21:49	74. Jacque Gagnon 48 N.H.	1:29:57
29. Phil Stuart 37	1:22:37	75. John Lunt 25	1:30:25
30. Jeff Brown 35	1:22:51	76. Cal Hopkinson 35 R.I.	1:30:28
31. Mike Doore 39	1:22:57	77. Dan Lemieux 24	1:30:33
32. Greg Hildreth 43	1:22:59	78. John Meehan 41 N.H.	1:30:39
33. Allen Pierce 23	1:23:21	79. Dennis Courtemanche	1:31:13
34. Gene Roy 38	1:23:21	35 R.I.	
35. Doug Swallow 34	1:23:25	80. Joel Hawes 24	1:31:25
36. Dan Harrigan 30	1:23:28	81. Rick Rosengren 25 N.H.	1:31:25
37. Peter Cashion 44	1:24:15	82. Skip Howard 39	1:31:33
38. James Tucker 41	1:25:32	83. Lee Lewis 15	1:31:35
39. Patrick Boss 16	1:25:38	84. Harry Schmitke 46	1:31:36
40. Bruce Theriault 30	1:25:45	85. Mike LaChance 32	1:31:37
41. Bob Salisbury 28 MeNG	1:25:47	86. Allan Geiser 15	1:31:37
42. Tom Scagliarini 19	1:25:55	87. Gerard Michaud 43	1:31:41
43. Ken Newsome 36	1:25:58	88. Carol McRea 30	1:31:43*
44. Hal Nelson 38	1:26:00	89. Larry St. Peter 40	1:32:04
45. Tom Bunting 39 N.H.	1:26:07	90. Frank O'Hara 24	1:32:32
46. Larry Cook 31 N.H.	1:26:08	91. Bill Harrington 18	1:32:27
47. James Willey 23	1:26:11	92. Paul Vane 31	1:32:45
48. Lee Nicely 45 MeNG	1:26:14	93. Dick Miles 30	1:32:55
49. Bob Cuthbertson 27	1:26:17	94. Kathy Northrop 34 N.H.	1:32:56*
50. Peter Cuff 28	1:26:27	95. Mike Halmo 33	1:33:04
51. Oskar Feichtinger 51	1:26:33	96. Rob Zunino 15	1:33:08
52. Connie McLellan-Cuff	1:26:35*	97. Vaughn Holyoke 50	1:33:40
53. Bob Booker 37 MeNG	1:26:40	98. Dean Shea 44	1:34:04
54. Neal Chamberlain 17	1:26:50	99. Bill LoPetro 45	1:34:29
55. Mike Stotler 26	1:27:06	100. John Schwerdel 39	1:34:34
56. Dana Prest 25	1:27:06	101. Kelli Stratton 18	1:34:59*
57. Warren Patterson 32	1:27:16	102. Ervin MacDonald 42	1:35:09
58. Terry Goodlad 58	1:27:32	103. Kellie Connor 16	1:35:37*
59. Darlene Higgins 44	1:27:34*	104. Dave Guzan 48	1:36:54

# Bicycles

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THE CARLTON BRIDGE IN WOOLWICH!

Route 1, Woolwich

442-7002



9-5:30 Mon. - Sat.

Fri. 9-8:00



105. Joe Alfano 35	1:37:18
106. Ron Otis 37 MeNG	1:37:36
107. James Chase 53	1:37:41
108. Bob Cushman 47	1:37:53
109. Ed Thompson 50	1:38:04
110. Alan Robertson 36 N.H.	1:38:05
111. Joe Beasley III 45	1:38:11
112. Don McGilvery 33	1:38:16
113. Steve Scott 39 MeNG	1:38:16
114. Paul Rappaport 26	1:38:23
115. Jim Wright 35	1:38:45
116. David Wilson 41	1:39:10
117. Charles Francis 42	1:39:51
118. Ike Morgan 28	1:40:56
119. Phil Healey 38	1:41:02
120. Bill Davenney 40	1:41:21
121. Charles Vadakin 43	1:41:21
122. Paul LaPointe 35	1:42:02
123. Gerald Monroe 35	1:42:11
124. Lon Winchester 24 MeNG	1:42:18
125. Tom Tetu 37	1:42:34
126. Gary Cyr 32	1:42:42
127. Walter Goodrich 37	1:42:46
128. Doug Knobloch 34	1:43:22
129. Bill Kasabuski 37	1:43:35
130. Richard	1:43:39
131. Gwen Rossman 24 R.I.	1:43:51*
132. Bruce Robinson 43 R.I.	1:43:52
133. Louise Dunlap 44	1:44:19*
134. Ken Awalt 42	1:45:26
135. Debbie Sperrazza 22	1:45:43*
136. Theresa McGlaufflin 30	1:46:14*
137. David Thomson 38	1:46:15
138. Maurice Brisson 42	1:46:47
139. Tom Kirby 28	1:46:59
140. Lisa Thulstrup 32	1:47:14*
141. Linda McEachern 33	1:47:49*
142. Wayne Smith 56	1:47:49
143. Jerri Bushey 41	1:48:05*
144. Rene A. Goupil 38	1:48:33
145. Ellen Spring 32	1:49:26*
146. David McIntire 23	1:50:10
147. Edward King 42	1:50:14
148. Ken Audet 15	1:50:29
149. Jerry St. Amand 41	1:50:44
150. Nancy Price 31	1:51:04*
151. Len Price 29	1:51:04
152. Dale Pritchard 42	1:51:32
153. Gerald Cobleigh 43 R.I.	1:51:36
154. Joe Labrie 44 R.I.	1:51:38
155. Alex Lindsey 39 R.I.	1:52:19
156. Widgery Thomas 60	1:52:43
157. Linda Bedard 42	1:52:44*
158. Mike Toronto 16	1:52:54
159. Nick Elbaum 46 R.I.	1:53:38
160. Margo Dyer 32	1:53:38*
161. Joan Lavin 37	1:54:49*
162. Richard Lepore 55	1:55:31
163. William Tozier 57	1:55:58
164. Paula Lepore 37	1:56:46*
165. Nick Brontas 10	1:57:10
166. Kim Weiland 29	1:57:11
167. Roland St. Pierre MeNG	1:59:14
47	
168. Arnold Francis 49	1:59:21
169. Lisa Page 27 MeNG	1:59:56*
170. Georgianna Hogerty 30	2:01:05*
N.H.	
171. Ed Watson 38 MeNG	2:02:04
172. Maggie Guthrie 33	2:02:55*
173. Deborah Curtis 27	2:03:30*
174. Karen Knuuti 21	2:03:30*
175. Marjorie Knuuti 47	2:09:28*
176. Bruce Spaulding 38	2:09:28
177. Brenda Cushman 43	2:16:15*
178. Dee Nicely 45	2:16:47*

R.I. indicates members of the Rhode Island National Guard  
N.H. indicates members of the New Hampshire National Guard  
MeNG indicates the Maine National Guard Marathon Team

Results courtesy of MAINEIacs Charities  
Race Directors

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NEBRASKA

National Guard Bureau

MARATHON



## EAGLE RACE 5K & 10K

Castine Mar 30th

### 18 and under men

1. Dave Terry 18	18:14.8
2. Erik Mattson 17	18:35.4
3. Mike Martin 14	19:19.3
4. Mike Clapper 16	20:09.4
5. Mathew Hall 14	20:31.3
6. Chris Dorr 14	22:09.5
7. Mike Darragh 13	22:17.0
8. Fred Cole 14	24:05.5
9. Tim York 15	24:09.7
10. Warren Leonard 15	26:24.9
11. Braden Alley 9	26:25.2

### 18 and under women

1. Kerry Shea 14	21:33.5
2. Stacy Darragh 16	23:58.3
3. Amy Burget 14	29:09.0
4. Sara Van Keuren 13	31:00.0
5. Wendy Swett 15	32:59.6
6. Alice Burget 16	33:14.6

### Open men

1. Mike Thompson 26	19:36.4
2. Perley Merrick 37	20:39.6
3. Isom Sargent 33	20:50.1
4. G. Desgrosseilliers	21:21.1
5. John Sewall 22	21:36.6
6. Kevin Pottle 28	21:37.1
7. Will Haynes 38	22:34.0
8. Fred Hathaway 33	22:52.2
9. Patrick Zrioka 26	24:05.9
10. Rob Ebeling 26	26:19.5
11. H. Nichols 29	28:32.1

### Open women

1. Katherine Eisenhardt 39	24:45.7
2. Mary McGann 33	25:55.5
3. Louise Cole 33	26:32.6
4. Jean Piper 34	31:15.0

### 40 and over men

1. Bill Pinkham 42	20:16.4
2. Chuck Dorr 40	21:25.3
3. Howard Richards 45	22:03.3
4. Ed Raymaker 55	22:41.1

### 10K Results

#### 18 and under men

1. Todd Gray 14	37:06.0
2. Shawn Gilley 16	38:17.7
3. Keith Williams 16	39:03.6
4. Daniel Cutchens	46:40.0

#### 18 and under women

1. Deborah Garey 14	40:02.2
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### Open men

1. Dan Pennock 29	32:25.9
2. David Alley 35	34:17.0
3. James Adams 29	38:46.0
4. Allison Van Keuren 38	40:41.9
5. Brian Kilroy 29	40:54.0

### Open women

1. Robin Rappa 38	36:25.3
2. Linda Johnson 33	48:26.9
3. Sharon Grindle 26	51:05.2

### 40 and over men

1. David Jones 44	40:31.1
2. Bill Garey 40	42:16.6

Results courtesy of Northern Bay  
Athletic Club

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## MAINE MILK RUN III

S. Portland 5 Miler Mar 31st

1. Bob Winn	24:49
2. Stu Hogan	24:55
3. Rick Garcia	25:14
4. Myron Whipkey	25:53

5. Brian Flanders	26:27
6. Danny Paul	26:34
7. Kim Wetlaufer	26:45
8. Erich Reed	26:49
9. John Hallee	26:56
10. Gordon Scannell	26:57
11. George Towle	26:58
12. Dave Robert	27:28
13. John Tarling	27:39
14. Kevin McDonald	27:58
15. Steve Brown	28:09
16. Danny Smith	28:10
17. Paul Merrill	28:14
18. Frank Brume	28:17
19. Joe Bennett	28:21
20. John Eldridge	28:25
21. Harry Nelson	28:26
22. Guy Berthiaume	28:27
23. Barry Webber	28:31
24. Doug Ludewig	28:36
25. Bob Coughlin	28:58
26. Dana Bartlett	29:08
27. Dick McFaul	29:13
28. Doug Darby	29:15
29. Stephen Fluet	29:19
30. David Smith	29:20
31. John Long	29:24
32. Muzzy Barton	29:50
33. Kimberly Moody	29:56
34. JoAnna Green	29:57
35. Richard Neal	30:03
36. Guy Martin	30:06
37. Bob Poirier	30:07
38. Ron Cedrone	30:07
39. Peter Baston	30:10
40. Tom Getchell	30:13
41. Jeff Arsenault	30:14
42. Joel Russ	30:18
43. Joe Meehan	30:19
44. Phil Vezina, Jr.	30:25
45. Brian Milliken	30:28
46. Russ Connors	30:33
47. Ray Johnson	30:34
48. Howard Chadbourne	30:40
49. Tom Allen	30:42
50. Eric Ellis	30:43
51. Bob Ingerowski	30:45
52. Larry Kinner	30:51
53. Ethan Minton	30:52
54. Anne Marie Davee	30:57
55. Andre Hudson	30:58
56. Les Berry	30:59
57. Dennis Dunton	31:00
58. Bill Phillips	31:03
59. Wanda Haney	31:07
60. Shawn Jeffrey	31:09
61. Paul Cote	31:13
62. George Waterhouse	31:16
63. Alburn Butler	31:18
64. Frank Ferland	31:20
65. Dick LaJoie	31:21
66. John Taxter	31:24
67. David Dowling	31:30
68. Thomas Carl	31:32
69. Willard Fenderson	31:33
70. John Holton	31:34
71. Robert White, Jr.	31:41
72. James Cox	31:43
73. Bob Jolicoeur	31:45
74. Denise Harlow	31:47
75. Martin Schiff	31:50
76. Mardi Reed	31:56
77. Joe Isgro	31:58
78. David Trussell	32:03
79. Michael Reali	32:04
80. Gary Salamon	32:11
81. John Jalbert	32:21
82. Terry Clark	32:24
83. Roger Berle	32:25
84. Charles Woodworth	32:30
85. Allan Leathers	32:32
86. Kevin Shute	32:33
87. Herb Strom	32:39
88. Paul Cole WC	32:44
89. Rachel Veilleux	32:47
90. Donna Hubert	32:48
91. Pat Roy	32:49
92. Heidi Bennett	32:50
93. Brian Brackett	32:51
94. Eric Lagios	32:52
95. Ellen Chandler	32:53
96. Rick Strout	33:01
97. Melora Coggeshall	33:03
98. Steven Carleton WC	33:09



99. Gary LeMons	33:15
100. Bill Pavlisko	33:18
101. D.A. Roper	33:22
102. Brian Hall	33:29
103. Greg Shute	33:29
104. Paul Page	33:31
105. John Patrizi	33:36
106. Peter Maietta	33:46
107. Peter Hollway	33:51
108. Paul Alpert	33:52
109. Barney Morrill	33:58
110. Peter Connell	34:00
111. Terry Dailey	34:01
112. Philip Pierce	34:03
113. Carleton Mendell	34:07
114. Richard Jewell	34:10
115. Michael Hayes	34:11
116. Dave Grant	34:14
117. Thomas McKinney	34:18
118. Norman Lafortune	34:26
119. Wayne Fordham	34:30
120. Ken Gaecklein	34:37
121. Gorden Chamberlain	34:48
122. Tia LaMarre	34:52*
123. Roger Hills	34:53
124. Jason Keefer	34:54
125. James Boote	35:11
126. Bill Bayreutner	35:15
127. Scott Segal	35:15
128. Dale Rines	35:16
129. Rex Nelson	35:24
130. James Oliver	35:30
131. Peter Vachon	35:32
132. Michael O'Brien	35:33
133. Bob Tansk	35:36
134. Charlie Hutchins	35:37
135. Thomas Hart	35:38
136. Stephen Grow	35:39
137. Rick O'Brien	35:44
138. Jerry Saint Amand	35:44
139. Steven Maddock	35:51
140. Gary Monroe	36:01
141. Paul Marcinuk	36:03
142. Dwain Simpson	36:08
143. Donald McGilvery	36:12
144. Steven Winter	36:17
145. Thomas Hall	36:21
146. Thomas Poirier	36:34
147. William Elgee	36:39
148. Fran Brennan	36:41*
149. Philip Bartlett	36:43
150. Steve Collins	36:47
151. Yvonne Jurkowski	36:48*
152. James Legere	36:49
153. Helen Curhan	36:52*
154. Tim Boyden	36:54
155. Sean Boggs	37:00
156. Robert Convery	37:00
157. Frank Mello	37:01
158. Edward Kelly	37:09
159. Don Penta	37:11
160. Paul D'Amboise	37:12
161. Natalie Buzzell	37:13*
162. Jean Smith	37:17*
163. Amanda Lambert	37:20*
164. John Driscoll	37:21
165. Ralph Baxter	37:46
166. Stephen Crockett	37:48
167. S.M. Hall	37:50
168. John Love	37:51
169. Warren Alpern	37:52
170. Doug Brown	37:52
171. Mike Feener	37:59
172. William Whitten	38:03
173. William Chase	38:11
174. Charlotte Hartwell	38:16*
175. Charles Baker	38:25
176. William Bennett	38:31
177. Daniel Robbins	38:45
178. Joe Croteau	38:46
179. Glenn Clavet	38:56
180. George Gilfoil	38:57
181. Lloyd Hatch	38:58
182. Frank Martin	38:59
183. Kim Schroeter	39:04*
184. Gerry Lambert	39:06
185. Russell Bradley	39:11
186. Richard Lemieux	39:15
187. Bruce Hadley	39:20
188. Chris Kiger	39:22
189. Patrick Bernier	39:23
190. Patricia Rulman	39:30*
191. Nancy Stedman	39:38*
192. Ralph Hughes	39:43
193. Karen Wood	39:46*

194. Bob Perkins	39:49
195. Kathryn Perry	39:52*
196. Claire Edwards	39:57*
197. Larry Zellevs	40:07
198. Leni Weintraub	40:17*
199. Bill Keefer	40:17
200. Jerry Harkavy	40:18
201. Beth Lunt	40:44*
202. Lisa Nicholson	40:52*
203. William Thomas	40:58
204. David Mosley	41:03
205. Robert Friedrich	41:12
206. David Sporcic	41:23
207. Janice Kenney	41:26*
208. Jennifer Lawson	41:49*
209. Martin McKenna	41:53
210. John Berry	42:26
211. Joe Montimurro	42:28
212. Howard Jackson	42:36
213. Greg Crocker	42:44
214. Susan Friedrich	42:47*
215. Sherry Lampron	42:58*
216. Diane Hanscom	42:59*
217. Jim MacKenzie	43:01
218. Hugh Zqicker	43:14
219. David Horne	43:46
220. Rodney Stanley	43:49
221. Maggie Soule	43:52*
222. Rod Redstone	44:10
223. Paul Worth	44:47
224. Suzanne Greenleaf	45:13*
225. Eileen Lowell	45:14*
226. Brenda Cushman	45:27*
227. Dan Pierce	45:48
228. Norman White	46:02
229. Carol Wooten	46:48*
230. Marie Corbin	47:32*
231.	
232. E. Paul Kelly	47:57
233. Louise Boisvert	48:00*
234. Kandileight Provencher	48:02
235. Sally Whitche	48:15*
236. Pat Caple	48:44
237. Ryan Paradis	48:49
238. Judith Golding	49:31*
239. Jeff Johnson	51:51
240. Joe Wildman	57:26
241. Charles Serritella	72:08

#### 1 1/2 Mile Fun Run

1. Peter LaRose	9:15
2. Terry Jorelan	10:08
3. Lori Towle	10:14*
4. Erik Worcester	10:16
5. Doug Robie	10:18
6. Chris Morehead	10:54
7. John Scott	11:00
8. Chris Roy	11:01
9. Michael Morehead	11:45
10. Matt Niss	11:48
11. Chris Hall	11:48
12. Dana Albright	11:51
13. Sally Lovegren	11:53*
14. Ryan Kemna	11:53
15. Marc Ferland	12:26
16. Brenda Leconto	12:46*
17. Kim Pitula	12:50*
18. Jaclyn Ouillette	13:16*
19. Peter Owens	13:16
20. Carrie Holten	13:21*
21. Chris Ferland	13:25
22. Lesley Cedrone	13:28*
23. Janet Malley	14:12*
24. Seth Robie	14:15
25. Julie McKown	14:22
26. James Hews	14:54
27. Cynthia Kilburn	14:55
28. Marlene Manooagian	15:09
29. Andrew Hews	15:09
30. Meghan Owens	15:21*
31. Adam Trussell	15:53
32. Fran Brennan	16:13*
33. Laura Leconte	16:23*
34. Ronda Leconte	17:00*
35. Angela Pinkham	17:00*
36. Leigh Ouillette	17:06
37. Kathrine Ludewig	18:12

Results courtesy of Barbara Footer  
Race Director

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#### THE 15 MILE CHAMPIONSHIP RUN

Rockland	Apr 6th
1. John David Mathieu*	1:32:47
2. Daniel Pease*	1:35:24
3. Garry Leonard*	1:40:42
4. Robert Cuthbertson*	1:44:07
5. James Hogerty	1:46:47
6. Vern Demmons*	1:48:48
7. Harry Schmitke	1:48:50
8. Joseph Washburn	1:49:03
9. Stephen Salter*	1:50:05
10. Thomas Gadbois	1:50:21
11. Joseph Isgro	1:51:38
12. Paul Dall	1:53:04
13. Richard Sabine	1:54:27
14. James Moore Jr.	1:54:58
15. Michael LaChance	1:56:24
16. Kenneth Sylvester	1:56:37
17. Skip Howard	1:57:37
18. Ellen Ellis	1:57:47
19. James H. Cox, Jr.	1:58:23
20. Carol McRea	1:58:53*
21. Jerry Saint Amand	1:59:10
22. Martin Schiff	1:59:32
23. Joan Merriam*	1:59:33*
24. Fred Merriam	2:00:07
25. Kenneth Kirkes	2:00:35
26. Richard Higgins	2:02:29
27. Charlie Gordon	2:04:12
28. Ike Morgan	2:05:04
29. Larry Rich	2:09:20
30. Louise Dunlap*	2:11:16*
31. Andrew Haslam	2:12:21
32. Susan Blaisdell*	2:12:21*
33. Alan Aitken	2:14:55
34. Jerri Bushey*	2:15:19*
35. Ellen Spring*	2:19:37*
36. Claire Hall	2:27:16*
37. Georgianna Hogerty*	2:54:45*
38. Susan Welch	2:54:45*

Results courtesy of Susan Schmitke  
Pen Bay Pacers Race Director

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#### 1985 FRANK SABASTEANSKI MEMORIAL

Bowdoin College 10K Apr 14th

1. Paul Kehoe	32:34
2. Bob Hunt	33:42
3. Floyd Wilson	34:13
4. Mike Cirillo	36:38
5. Mike Perry	36:41
6. Mike Towle	36:42
7. Bob Jolicoeur	37:03
8. B. Crehore	37:26
9. Steve Salter	37:37
10. Glenn Waters	37:42
11. Jonathan Brawn	38:10
12. Mike Brust	38:46
13. George Johnson, Jr.	39:04
14. Bob Felkamp	39:58
15. R. Wing	40:91
16. Jim Anderson	40:06
17. Jon Wescott	40:06
18. Nord Samuelson	40:06
19. Stu Palmer	40:06
20. Steve Palmer	40:06
21. George Phelps	40:12
22. James Cox	40:26
23. Bruce King	40:30
24. Martin Burzynski	40:31
25. Bill Fitzsimmons	40:33
26. Robert Stubbs	40:48
27. Terry Dailey	40:52
28. Paul Roane	41:03
29. Walter W. Webber	41:07
30. Fred Ward Jr.	41:30
31. Tom Rentz	41:44
32. Doug Pride	41:48
33. Wayne Harlow	42:07
34. J. Moncure	42:08
35. C.V. Hutchins	42:54
36. Don Brewer	43:00
37. Jerry Saint Amand	43:11
38. Elizabeth Jurkowski	43:12*
39. David Heivly	43:14
40. Walter Smith	43:54
41. Dennis Scott	44:12
42. Fran Brennan	44:13*
43. Yvonne Jurkowski	44:35*
44. Andre Walker	44:48



45. Ruth Borgeson	44:56*
46. Gloria Elliott	44:59*
47. Bob Waddle	45:27
48. Allen Hersom	46:19
49. Heather Deveau	46:43*
50. Stephen Kasabula	46:44
51. Don Cheetham	48:05
52. Steve Ryan	52:08
53. Avis Ingalls	52:09*
54. Doris Bohnert	52:13*
55. Larry Favreau	52:18
56. Harry Giddinge	52:25
57. Jack Alden	56:14
58. Perry Barnard	57:44
59. Michael Daughan	59:25
60. Michelle Roy	

Results courtesy of the Society  
of Bowdoin Women

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## THE SKI PACK

1985 SNORADA CUP  
Snorada Rec Center, Auburn Jan 13

### Junior II Boys

1. Will Sweetser	22:10
2. Lee Poulin	26:39
3. Jason Greenan	50:50

### Junior I Boys

1. Jason Wilson	38:40
2. Jack Hodgkins	44:53
3. Kurt Hoefler	45:08

### Senior I Men

1. John Mathieu	36:46
2. Dick Brink	38:24
3. Bruce Ingersoll	41:38
4. Pelte Mouri	42:15
5. Larry Poulin	43:11
6. Dan Works	45:03
7. Robert Beaudette	46:50
8. Tim Cocoran	49:02
11. Daryl Brown	49:03
12. Stephen Ridley	49:38
13. Bruce Fowler	51:25
14. Glendon Rand	56:37

### Senior II Men

1. Eric McNett	35:42
2. Gordon Scannell	36:37
3. Ron Newbury	36:47
4. Buzz Davis	37:57
5. John Tarling	38:32
6. Dan Danforth	43:47
7. Richard Marino	43:59
8. Don Reimer	44:22
9. John Morris	46:17
10. Doug Zinchuk	46:40
11. John Alsop	50:08
12. Ray Giglio	51:37
13. Peter Drinkwater	52:38
14. Dick Greenan	DSQ

### Senior III Men

1. Mike Marino	43:46
2. Chase Pray	44:46
3. Mike Beaudoin	49:44
4. John Hodgkins	52:19
5. Robert Garrett	53:03

### Senior IV Men

1. Roger Wing	45:26
2. Owen Haskell	49:06

3. Galen Sayward	51:06
4. Arnie Borssen	51:55

### Senior I Women

1. Susan Elias	23:09
2. Nancy Ulrich	28:24
3. Gretchen Nivceska	28:50
4. Barbara Trafton	49:14
5. Jane Waddle	50:32

### Senior II Women

1. Kelly Hackett	28:56
2. Sue Greenan	51:05

### Senior III Women

1. Marsha Giglio	27:31
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Results courtesy of the Maine  
Nordic Council

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SPRUCE MOUNTAIN CHALLENGE  
5K, cold, hard-packed Jan 14th

1. Jeff Meserve	26	13:56
2. Ron Newbury	34	14:14
3. Dan Greenleaf	17	14:31
4. Dick Brink	29	15:13
5. Mauri Pelto	23	15:41
6. Chris Bryant	16	16:26
7. Paul Morton	15	16:27
8. Mike Marino	40	16:38
9. Chris Smith	17	16:41
10. Dan Record	16	16:59
11. Matthew Nazar	17	17:09
12. Roger Wing	54	17:17
13. Ray Broomhall	49	17:41
14. Martin Maurais	17	17:53
15. Chase Pray	40	18:07
16. Warren Newton	17	18:16
17. Don Reimer	37	18:20
18. Dan Works	24	18:26
19. Randy Easter	29	18:38
20. Steve Hall	16	18:41
21. Jim Goss	17	18:45
22. Michael Beaudoin	42	19:19
23. David Greenleaf	45	19:33
24. John Elliott	49	19:34
25. Tom Swan	34	19:41
26. John Morris	37	19:47
27. Mike Lally	29	19:56
28. Alice Goodwin	27	20:07*
29. Raymond Bryant	48	20:24
30. Arne Borssen	55	20:30
31. Bill Hepburn	34	20:38
32. Peter Drinkwater	30	21:16
33. Bob Garrett	45	21:29
34. Chris Read	15	23:49
35. John Hodgkins	49	27:23
36. Dewey Chase	43	29:21
37. Raymond Reilly	53	29:53
38. Bea Chase	43	30:37*
Jeann Hepburn	32	DNF

Results courtesy of the Maine  
Nordic Council

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BEN LOCK FARM 10K & 21K  
Dixmont Jan 19th

### Class C

1. Glendon Rand	49:10
2. Joel Hawkes	49:40
3. Paul Hackey	50:24

### Class D

1. John Frachella	42:07
2. Alfred J. Gallant	42:32
3. Mike Gaige	42:42

### Class E

1. Tom Norton	41:20
2. Bob Garrett	45:51
3. Rich Cole	49:32

### Class F

1. A.F. Bonsser	57:06*
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### Class H

1. Sonja Norton	47:59
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2. Teresa Breau	1:13:3
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### Class I

1. Theresa McGluflin	1:03:4
2. Sue Vincent	1:04:4

### Class J

1. Brenda LoPetro	51:58
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### 21K

### Class A

1. Soren Siren	1:41:4
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### Class C

1. John Leckey	1:13:3
2. Mauri Pelto	1:18:1
3. Steve Ridley	1:42:2

### Class D

1. Leland Martin	1:22:4
2. Don Reimer	1:28:1
3. Gene Roy	1:32:0

### Class E

1. Raul Siren	1:21:5
2. Tom Norton	1:27:5
3. Anthony Mulvey	1:46:2

### Class F

1. Gil Roderick	1:30:0
2. Cliff Hatfield	2:03:5

### Class I

1. Alice Goodwin	1:28:1
2. Dawn Pelletier	1:31:2
3. Susan Elias	1:38:3

### Class K

1. Marsha Giglio	1:48:5
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Results courtesy of the Maine  
Nordic Council

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SUMMIT SPRING SIZZLER  
Poland Packed Powder low 20's Feb 2

### 10K

1. Eric McNett	30	28:21
2. Ron Newberry	34	28:59
3. Dan Greenleaf	17	30:08
4. Erich Reed	17	32:57
5. Chase Pray	40	33:52
6. Barry Fifield	27	34:46
7. Dan Works	24	35:02
8. Doug Zinchuk	32	35:28
9. Jake Laferrier	37	36:10
10. Mark Danya	31	36:12
11. Alice Goodwin	27	36:18*
12. Michael Beaudoin	42	38:11
13. David Greenleaf	45	38:13
14. Tom Swan	34	38:56
15. Mark Bouchard	22	39:08
16. Gwen Stevens	16	40:49*
17. Laura Pulsifer	16	41:33*
18. Kevin Winsor	32	41:42
19. Joyce Parent	17	41:53*
20. Rick Paul	32	42:39
21. Shari Pulsifer	15	44:46*
22. Larry Barron	55	45:15
23. Nancy Kettle	50	51:17*
24. Burt Kettle	50	53:31

Results courtesy of the Maine  
Nordic Council

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THE RANGELEY RAMBLE at Ski Nordic  
Saddleback 10K; 15 Feb 11th

1. Eric McNett	30	34:03
2. Gordon Scannell	32	34:03
3. John Tarling	33	34:58
4. John Leckey	24	36:12
5. Erik Anderson	19	38:23
6. Dan Works	24	39:57
7. Tom Norton	41	40:10
8. Arnold Amoroso	42	41:37
9. Owen Haskell	56	42:57
10. Gil Roderick	52	44:18
11. Devin Anderson	15	45:13



12.	Jane Waddle	29	46:08
13.	Jeff Russell	25	46:41
14.	Robert Garrett	45	46:47
15.	Sonja Norton	18	47:02
16.	Stan Washuk	33	47:39
17.	John Roderick	73	49:43
18.	Kelly Kay Hackett	31	56:50
19.	Burt Kettle	50	61:40
20.	Chase Pray	40	DNF

In post race discussion, the possibility of making future Rangeley Rambles into long races came up. If further interest is shown, and all logistics can be worked out, next year's Rangeley Ramble will be a mini to full marathon (30K to 50K)

Results courtesy of Carl Wegner  
Through the Maine Nordic Council

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NORTHERN LIGHTS CLASSIC 6.6K  
Titcomb Mt STC 30 Feb 17th

1.	Eric McNett	23:26
2.	Kirk Siegel	23:26
3.	Dan Greenleaf	24:00
4.	John Eldridge	24:00
5.	John Leckey	24:17
6.	Ron Newbury	25:25
7.	Mike Simoneau	26:48
8.		27:03
9.	Richard Marino	27:23
10.	Mauri Pelto	28:23
11.	Marc Danyla	28:47
12.	Raul Siren	29:24
13.	Robert	29:41
14.	Randy Easter	29:41
15.	Martin Grohman	30:02
16.	Rick Abbott	30:07
17.	Gil Roderick	30:39
18.	Doug Zinchuk	31:10
19.	Rick Haskell	31:11
20.	Chase Pray	31:13
21.	Roger Wing	31:38
22.	Alice Goodwin	32:05*
23.	Ron Beedy	32:14
24.	Glen Edeloehls	32:15
25.	John Morris	32:18
26.	Bob Garrett	32:36
27.	Owen Haskell	32:49
28.	Jane Waddle	32:59*
29.	Bob Cary	33:00
30.	Annie Berseen	33:15*
31.	David Greenleaf	34:02
32.	Dennis Breton	34:53
33.	Michael Warren	36:01
34.	Robert Schehr	36:59
35.	Phil Harmon	37:36
36.	Molly Lauck	37:44*
37.	Jane Barron	38:03*
38.	John Roderick	38:33
39.	Risto Saloranya	38:46
40.	Frank Ridley	39:05
41.	Heather Toor	39:29*
42.	Laurence Barron	40:00
43.	Jean Abbott	40:18*
44.	Kerri Reynolds	42:49*
45.	Beth Hill	44:16*

Results courtesy of the Maine  
Nordic Council

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SUNDAY RIVER LANGLAUF  
Sunday River STC Mar 2nd

Class A

1.	Alex Siren	22:13
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Class H

1.	Tina Remington	25:10
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Class G

1.	Heidi Belanger	16:59
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10K

Class A

1.	Brent Remington	53:37
2.	Chris Hayes	55:43

Class C

1.	John Leckey	42:26
2.	Joe Henshaw	45:21

Class I

1.	Alice Goodwin	44:47
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Class D

1.	Eric McNett	37:47
2.	John Eldridge	38:37
3.	John Tarling	39:39
4.	Gordon Scannell	41:01
5.	Doug Zinchuk	42:38
6.	Bob Remington	43:50
7.	Terry Ingalls	43:37

Class E

1.	Raul Siren	44:14
2.	Michael Caldwell	54:08

Class D

1.	Ray Giglio	58:16
2.	Kerry Reynolds	62:51

Class K

1.	Marcia Giglio	54:32
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Class X

1.	Phis Harmon	55:23
2.	John Roderick	59:09

Class F

1.	Owen Haskell	57:05
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Results courtesy of the Maine  
Nordic Council

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THE WILD MOUNTAIN HARE 10K  
Ski Nordic at Saddleback Mar 3

1.	Doug Armstrong	30:50
2.	John Eldrege	32:33
3.	Byron Davis	33:09
4.	John Darling	33:32
5.	Ron Newbury	33:44
6.	Daniel Normandeau	34:04
7.	Peter Gluck	35:34
8.	Gordon Scannell	35:44
9.	Doug Zinchuk	39:26
10.	Mike Hoyer	39:56
11.	Richard Marino	40:06
12.	Arnold Amoroso	41:27
13.	Alice Goodwin	41:33*
14.	Jim Pingeon	42:04
15.	Barry Fiefeld	42:13
16.	Ben Lounsbury	42:14
17.	Chase Pray	42:18
18.	Arthur LeBlanc	42:41
19.	Owen Haskell	42:51
20.	Dan Tenen	43:31
21.	Gil Roderick	44:24
22.	Roger Wing	45:29
23.	Susan Elias	46:27*
24.	Steven Adler	46:36
25.	Bob Garrett	52:34
26.	Phil Harmon	55:55
27.	Linda Clayton	57:04*
28.	Walter Pepperman II	57:25
29.	Burt Kettle	58:08
30.	Danny Fitzgerald	62:07
31.	Frank Magnussen	63:45
32.	Kerry Reynolds	64:52
33.	Nancy Kettle	69:46*
34.	Jeff Poltz	80:24
35.	T. Ann Wilkes	81:12*

Results courtesy of Maine Nordic  
Council

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HEART FUN SKI FEST 5K & 10K  
Titcomb Mt. STC Mar 10th

1.	Eric McNett	30	35:01
2.	John Mathieu	27	36:04
3.	Jeff Meserve	26	36:36
4.	John Leckey	24	37:15
5.	John Tarling	33	37:39
6.	Dan Greenleaf	17	37:57
7.	Ron Newbury	35	38:26
8.	Gary Broomhall	17	38:55

9.	Mark Danyla	31	39:52
10.	Doug Zinchuk	32	40:04
11.	Paul Morton	15	40:14
12.	Gil Roderick	53	40:30
13.	Chase Pray	41	41:25
14.	Robert Saleci	43	41:44
15.	Tom Upham	41	42:17
16.	Dave Botkus	18	43:11
17.	Carl Wegner	34	46:34
18.	Dean Gillett	32	47:04
19.	Roger Wing	54	47:49
20.	John Roderick	73	54:05
21.	Sander Orent	35	55:22
22.	Michael Warren	27	57:19
23.	Roger Knight	11	58:05

Women

1.	Sue Elias	22	44:05
2.	Betsy Berry	34	60:59

5K

1.	Dan Record	16	20:03
2.	Benjamin Michaud	14	20:33
3.	Bruce Wing	15	20:45
4.	Steve Hall	16	22:19
5.	James Upham	13	23:36
6.	Chris Record	11	25:59
7.	Burgess Record	41	26:52
8.	Seth Roman	12	27:37
9.	Robert Huctari	39	30:51
10.	Doug Allen	27	30:59
11.	Nate Abbott	8	38:59

Women

1.	Tina Whitney	17	20:41
2.	Sarah Pribram	16	21:04
3.	Kirsten Proburg	15	21:24
4.	Joyce Parent	17	23:19
5.	Tammy Milligan	16	23:31
6.	Jen Greenleaf	15	25:24
7.	Terry Jackson	35	27:39
8.	Patti Abbott	11	30:13
9.	Hannah Upham	10	30:13
10.	Tammy Knight	12	34:13
11.	Jean Abbott	35	40:00

Results courtesy of the Maine  
Nordic Council

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LEPRECHAUN LOPPET 15K  
CVSTC, Kingfield Mar 17th

1.	Eric McNett	40:21
2.	John Eldredge	40:58
3.	John Tarling	43:11
4.	Gordon Scannell	43:23
5.	Ron Newbury	43:26
6.	Byron Davis	43:53
7.	John Mathieu	44:00
8.	Keith Johnson	44:09
9.	Peter Gluck	46:35
10.	Greg DiBiase	47:42
11.	Raul Siren	48:15
12.	Dick Brink	49:14
13.	Richard Marino	49:25
14.	Doug Zirchuk	50:18
15.	William Haskell	50:20
16.	Mike Marino	51:25
17.	Chase Pray	51:55
18.	Tom Norton	52:19
19.	Sue Elias	52:22*
20.	Alice Goodwin	52:26*
21.	Gil Roderick	52:35
22.	Gene Roy	53:49
23.	Don Reimer	53:58
24.	Paul Corrigan	56:36
25.	Andrew MacGillivray	57:22
26.	Warren Cochrane	57:52
27.	Roger Wing	57:59
28.	Doug Malloy	59:52
29.	Owen Haskell	60:57
30.	Bob Garrett	62:20
31.	Phil Harmon	63:29
32.	Kevin Selwood	63:58
33.	Jane Waddle	64:16*
34.	Galen Sayward	64:26
35.	Tom Page	64:50
36.	Peter Selwood	66:30
37.	Paul Howard	68:26
38.	Mark Berlinger	69:48
39.	John Roderick	71:03
40.	Patti Murphy	71:48*



# TROPHIES AWARDS



\*Prompt service  
\*Engraving  
\*Trophies  
\*Plaques

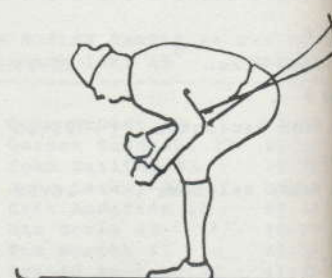
Economy Trophy  
Bob Hagopian  
109 Main St.  
Madison, Me.  
04950  
696-5548

41.	Frank Magnussen	73:01
42.	Bruce Hopkins	73:10
43.	Kerry Reynolds	75:13
44.	Kelly Hackett	75:37*
45.	Nancy Kettle	75:48*
46.	Burt Kettle	78:25
47.	Linda Koski	80:08*
48.	Don Murphy	91:36
49.	Charles Murphy	91:37
50.	Theresa McGlaufflin	107:05

Results courtesy of the Maine  
Nordic Council

Here are the final standings in the Maine Nordic Council's Race Series Championships. Results are based on at least two races of more than 10K, at least three races of 10K or less, and the MNC Championships at Carrabassett Valley on March 17.

Class A		Class E		Class I	
Paul Morton	75	Mike Marino	122	Alice Goodwin	12
Siren Soren	50	Raul Siren	122	Susan Elias	11
Phil Jurgeleit	45	Chase Pray	116	Jane Waddle	10
James Upham	40	Tom Norton	106	Dawn Pellitier	66
Will Sweetser	25	Bob Garrett	88	Sue Vincent	27
Rob Stenger	25				
Devin Anderson	25	Class F		Class J	
Danny Fitzgerald	25	Gil Roderick	122	Kelly Kay Hackett	50
Flen Edelohts	25	Roger Wing	119	Jean Abbott	47
Ben Michaud	25	Owen Haskell	117	Brenda LoPetro	47
Brant Remington	25	Arne Borssen	105	Joanne Hepburn	25
Don Murphy	25	Burt Kettle	75	Barbara Sullivan	25
				Elizabeth Pience	25
Class B		Class X		Linda Clayton	25
Dan Greenleaf	100	John Roderick	122	Betsy Berry	25
Dan Record	43	Phil Harmon	122	Terry Jackson	25
Steve Hall	35	Hiram Towle	20		
Tom Page	34	Fred Fowler	18	Class K	
Mike Turnbull	25	Joe Bornstein	16	Marsha Giglio	10
Jon Hansen	25			Bea Chase	50
Jason Wilson	25	Class G		Sandy Meil	25
Mark Pellitier	25	Jen Greenleaf	47	Ann Wilkes	25
Erik Anderson	25	Marin Haskell	25	Marie Benar	22
Keith Johnson	25	Shari Pulsifer	25		
		Leigh Barclay	25	Class L	
Class C		Heather Tobin	25	Nancy Kettle	75
John Leckey	122	Heidi Belanger	25	Elizabeth Reilly	25
John Mathieu	116			Fern Stearns	25
Dick Brink	104	Class H		Alma McMahon	25
Mauri Pelto	100	Sonja Norton	75	Ellen Huff	25
Dan Works	88	Joyce Parent	38		
		Kathy Hassett	25		
Class D		Judi Hansen	25		
Eric McNett	125	Gwen Stevens	25		
John Eldridge	113	Beth Casarsian	25		
Don Reimer	111	Molly Lauck	25		
Ron Newbury	107	Tina Whitney	25		
John Tarling	102	Tina Remington	25		
Gordon Scannell	102				







# 1985 ST. JOE'S RUNNING CAMP JULY 14-21 BOYS 8-18



SAINT JOSEPH'S COLLEGE

ROPHIES  
WARDS

\*Prompt service  
\*Engraving  
\*Trophies  
\*Plaques  
Economy Trophy  
Bob Hagopian  
109 Main St.  
Madison, Me.  
04950  
696-5548

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# 1985 St. Joe's Running Camp

The camp is designed to be an intensive learning experience for boys 8-18. A comprehensive schedule will include (1) Sports Nutrition, (2) Sports Medicine, (3) Running Form, (4) training programs, (5) Race Strategy. This process will be accomplished through exposure of the camp runners to highly successful staff runners.

## St. Joe's Camp Staff



**Stu Hogan**

Maine TAC 5K Champ  
All-Maine College XC  
NCAA All-New England  
St. Joe's MVP past 3 years



**Rick Garcia**

Maine Milk Run Champ  
All-Maine College XC  
NCAA All-New England  
St. Joe's Course Record Holder



**Jeff Crocker**

Maine AAU XC Champ 1981  
April Amble 4 Mile 2nd 19:43



**Brian Gillespie**

St. Joe's XC Coach 96-7  
3 Time New England Champs  
Nat Catholic College 2nd  
Founder, Past Pres., Maine  
Track Club

### FACILITIES:

At beautiful St. Joseph's College on the shores of Sebago Lake. Regular college dorms and meals. Gym, weight room, tennis court, ballfields, lake beach, woods running trails.

### WHAT TO BRING:

T-shirts, shorts, running shoes, toilet articles, plenty of socks, jacket, sweater, rain gear, sleeping bag.

### LOCATION:

North Windham, Maine — two hours from Boston — off at Exit 8 Maine Turnpike. Take Route 302, left at Route 35.

### CHECK-IN:

11 a.m.-3 p.m. July 14 at college gym. Sign in and get room assignment.

### CHECK-OUT:

12 noon July 21st. A 5,000 meter race will be held at 10 a.m. for all campers and local runners.

### MEDICAL POLICY:

At check-in parents must provide written evidence of recent physical exam and indicate in writing their child is covered by health insurance.

### COST:

## "Running Films"

**Mon.** — "Run, Race, Win!"  
World Class runner Marty Liquori covers it all: Techniques, warmups, diet, race strategy. 1 hour film

**Tues.** — "Road Running Review 1984"  
1½ hour film of 1984 top road races — great film! by *Running Times Magazine*

**Wed.** — "The Right Track"  
A 2 hour film by three of New Zealand's greatest runners, John Walker, Peter Snell, and Dick Quax. Training, peaking, nutrition, a unique film.

**Thurs.** — "Running Brave"  
True story of Billy Mills — 1964 10,000 Meter Olympic champion — 1 hour film.

### Fri. — "Chariots of Fire"

The true story of two runners who ran in the 1924 Olympics — a movie that won four Academy Awards.

Please accompany this application with a non-refundable registration fee of \$50.00. Balance due by July 1, 1985.

Name \_\_\_\_\_ Parent's Name \_\_\_\_\_

Address \_\_\_\_\_ State \_\_\_\_\_

Phone \_\_\_\_\_ Age \_\_\_\_\_ T-shirt Size \_\_\_\_\_

In consideration of your acceptance of this application; I hereby release Saint Joseph's College and its Running Camp staff from any claims arising from injury or damage, regardless of how sustained, during the camp period July 14-21, 1985.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



16TH ANNUAL  
PERRY TO EASTPORT  
7.2 MILE ROADRACE

TE: SATURDAY, JULY 6, 1985.

TIME: 10:00 A.M.

LOGO T-SHIRTS

TO THE FIRST 50 ENTRANTS

COURSE: FROM THE INTERSECTION OF ROUTES #1 AND #190 IN PERRY TO THE EASTPORT,  
MAINE BREAKWATER.

COURSE RECORD: WILLIAM PIKE 1982

TIME: 36:27

SPONSORED BY: THE EASTPORT FOURTH OF JULY COMMITTEE  
THE SUNRISE COUNTY ROADRUNNERS

PRIZES: TROPHIES TO THE FIRST FIVE FINISHERS  
RIBBONS TO FIRST FIFTY FINISHERS  
TROPHY TO FIRST MALE AND FEMALE EASTPORT RESIDENT TO FINISH  
TROPHY TO FIRST MALE AND FEMALE RUNNER AGE 40 OR OVER TO FINISH  
TROPHY TO FIRST MALE AND FEMALE RUNNER AGE 15 OR UNDER TO FINISH  
TROPHY TO FIRST WOMAN TO FINISH

ALL COMPETITORS MUST BE AT LEAST 10 YEARS OF AGE. ALL RUNNERS UNDER 18 YEARS OF  
AGE MUST HAVE PARENT'S SIGNATURE ON THIS FORM.

RUNNERS SHOULD REPORT TO THE EASTPORT MUNICIPAL AUDITORIUM BY 9:00 A.M.

TRANSPORTATION WILL BE PROVIDED FROM THE AUDITORIUM TO THE STARTING LINE

RACE WILL BE HELD REGARDLESS OF WEATHER CONDITIONS

ENTRIES WILL BE ACCEPTED UNTIL RACE TIME

RACE ENTRY FEE: \$3.00

REGISTER WITH:

DENNIS M. CLINE  
RFD BOX 48  
EASTPORT, MAINE 04631

PLEASE ENTER ME IN THE 7.2 MILE RACE

PRINT NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

I HEREBY RELEASE ALL RIGHTS AND CLAIMS FOR DAMAGE AGAINST THE EASTPORT FOURTH OF JULY  
COMMITTEE, AND THE SUNRISE COUNTY ROADRUNNERS FOR ANY AND ALL INJURIES SUFFERED BY ME  
WHILE COMPETING IN THIS RACE ON JULY 6, 1985.

PARENT'S SIGNATURE \_\_\_\_\_

RUNNER'S SIGNATURE \_\_\_\_\_





CELEBRATE GORHAM '85

\*\*ROAD RACE\*\*

SATURDAY, JULY 6, 1985

\*\*\*3 MILE, WHEEL MEASURED ADULT  
COURSE, STARTING TIME---9:00 am

\*\*\* 1.5 MILE, 12 AND UNDER COURSE,  
STARTING TIME -----8:30 am

SPONSORED BY: GORHAM ARTS COUNCIL  
GORHAM, MAINE

Race will be held-RAIN OR SHINE-

REGISTRATION

\* PRE-REGISTRATION - - - - - ADULTS-----\$3.00  
CHILDREN----- 1.50  
POST ENTRIES - - - - - ADULTS-----\$4.00  
CHILDREN----- 2.00

\*Return pre-registration entry form to:  
Gorham Arts Council  
P. O. Box 126  
Gorham, Maine 04038

POST ENTRIES CLOSE AT 8:00 AM THE DAY OF THE RACE

\*\*\*\*\*AWARDS FOR ALL MAJOR CATEGORY WINNERS\*\*\*\*\*

ENTRY FORM

I agree to assume any and all responsibility for all risk, damage or injury that may occur to me as a participant in this event. I hereby for myself, my heirs, executors and administrators release and waive any and all sponsors of the CELEBRATE GORHAM '85 ROAD RACE from all claims, present or future, whether the same results from or arises out of, or in incident to, my participation in this event. I certify that I am physically fit and physically capable of competing in said event.

(Parents must sign for children under 18)

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ AGE \_\_\_\_\_  
FEMALE \_\_\_\_\_ MALE \_\_\_\_\_  
SIGNATURE \_\_\_\_\_



IT'S TIME AGAIN FOR THE.....



.....AND RUNNER'S CLINIC

5 YEAR TO BENEFIT MDI WORKSHOP

DATE: June 15, 1985

TIME: 9:30 A.M.

CATION: Union Trust Company, start & finish, at drive-in facility on  
State Street, Ellsworth

RATION: Fee is \$4.00. Registration begins at 8:30 A.M. Pre-registration is  
encouraged. T-shirts awarded to first 150 entrants. Send registration  
forms and entry fee to Union Trust Company, 66 Main Street, Ellsworth,  
Maine 04605. If there are any questions, contact Race Committee, at  
667-2504.

COURSE: Run on back roads of Ellsworth and along Route 1A. Approximately four  
(4) miles.

EATURES: Chronomix timer and electronic time and place display at the finish line.

ILITIES: Rest rooms will be available at the bank and City Hall.

AWARD

EGORIES: First male & female finishers  
Youngest & oldest finishers  
First three male & female finishers in the following categories:

Ages: 10 and under  
11-14  
15-18  
19-29  
30-39  
40-49  
50 and over

(Only one prize per person, except for youngest & oldest category).

RECORDS: Male: 1983, Andy Palmer 19:47; Female: 1981, Robin Emery 24:44.

If you wish to participate, please detach the ENTRY FORM below and return to Union Trust  
Company in the enclosed envelope or register on the day of the race. Hope to see you there!

.....  
ENTRY FORM

In consideration of acceptance of this entry, I hereby waive and release any and all rights  
and claims for damages I may have against sponsors and officials for any and all injuries  
suffered by me in the 1985 Union Trust 4-Miler.

NAME \_\_\_\_\_ SEX: M \_\_\_ F \_\_\_ T-SHIRT SIZE: XS, S, M, L, XL

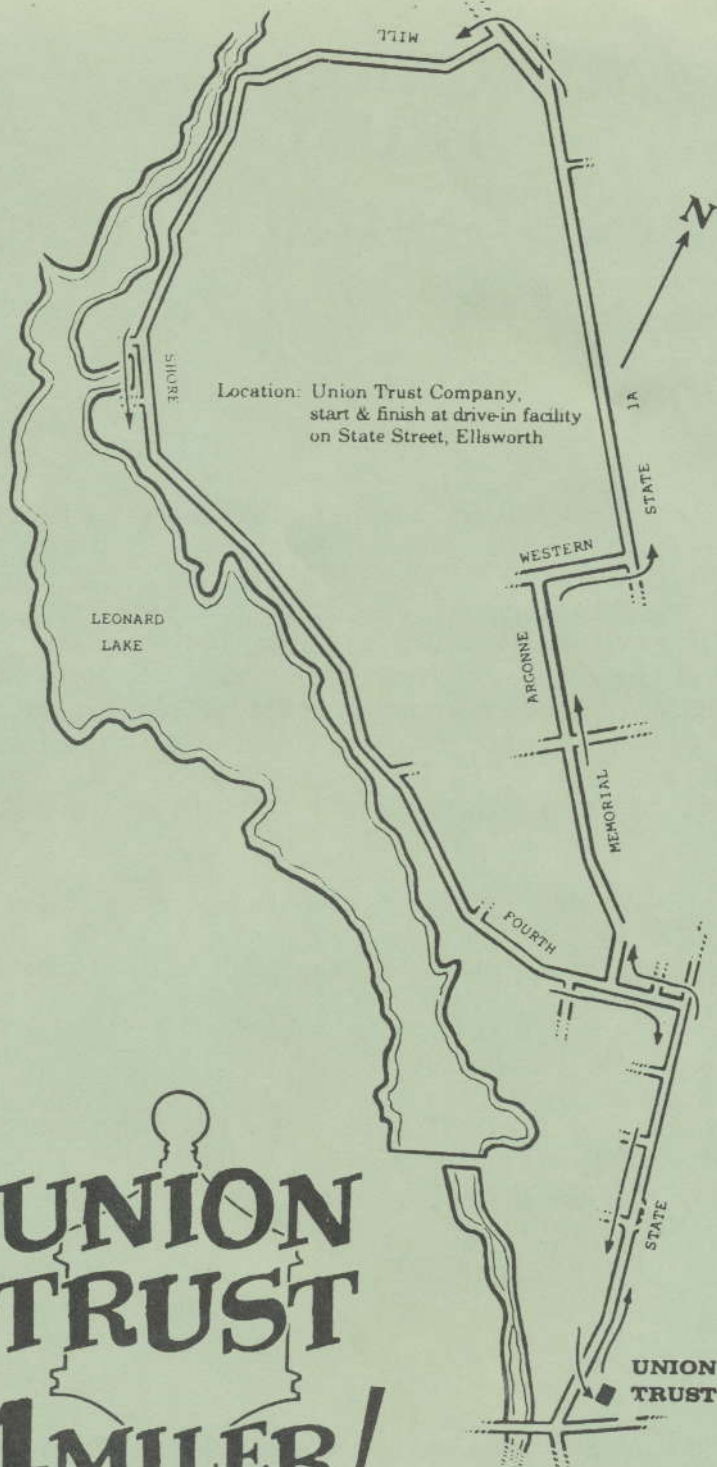
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

SIGNATURE \_\_\_\_\_ AGE \_\_\_\_\_ CLUB \_\_\_\_\_

(parent or guardian if under 18)



# UNION TRUST 4MILER!





**THE GREAT BANDAI RACE**  
**(The Agony of De-Feet)**

4-Mile Race or 8-Mile Walk

ALL PROCEEDS TO BENEFIT WATERBORO FIRE DEPARTMENT RESCUE

Date: Saturday, June 15, 1985

Place: Massabesic High School, Waterboro, Maine

Registration: Walkers: 7:30 A.M.-8:00 A.M. (Start Time 8:00 A.M.)  
Racers: 9:00 A.M.-9:30 A.M. (Start Time 10:00 A.M.)  
Runners bussed to start.

Walkers: No Entry Fee, Pledges Required

Runners Only: Entry Fee-\$5.00 minimum donation (Pledges encouraged)  
Free T-Shirts to first 50 Pre-Registrants postmarked by Saturday, June 1st.

Course: Scenic, mostly flat, black top  
8-Mile Walk-Circuit  
4-Mile Race-Point to Point

Walkers: All Ages Welcomed

Racing Divisions: Men and Women

14 and under	30-39
15-18	40-49
19-29	50 Plus

Certificates awarded to Division Winners.

Trophies awarded to First, Second and Third Overall.

Services: Water Stops, Mile Markers, Digital Clock Display, Chronomix Timing,  
Wheel-Measured course, Bathroom and shower Facilities, Refreshments,  
First Aid Stations.

**COMPLETE RESULTS IN MAINE RUNNING**

Grand Prize for most money raised—16-Foot, Fiberglass, 2-man Saco River Canoe.

Prizes: Walkers and Racers:

\$50.00 or more Pledge-T-Shirt

\$75.00 or more Pledge Qualifies for Raffle-A.M.-F.M. Radio Cassette Player

\$100.00 to \$200.00 Pledge-\$20.00 Gift Certificate for Roge's, Leedy's, or Peppercorn  
Restaurants (Your Choice)

\$200.00 to \$300.00 Pledge-\$40.00 Gift Certificate from Waterboro Radio Shack

\$300.00 to \$400.00 Pledge-\$60.00 Gift Certificate from Levinsky's

\$400.00 to \$500.00 Pledge-\$80.00 Gift Certificate to Service Merchandise

\$500.00 or more Pledge-\$100.00 Gift Certificate to L.L. Bean

Special Prize for most creative bandaid.

**Grand Prize winner ineligible for Gift Certificates.**

**Prizes awarded upon collection of pledges.**

Mail entries and Donations to:

The Great Bandaid Race  
Waterboro Rescue, W.F.D.  
Box 219  
Waterboro, Maine 04087

For more information: Call 247-4425 or 247-4133



# nd ANNUAL APPLETON BIATHLON\*

sponsored by the Trade Winds Health Club in Rockland and the Appleton P.T.F.

## SUNDAY, JUNE 9, 1985

9:30 A.M.

Registration at junction of Routes 131 and 17 starting at 7:30 A.M.

Individuals or 2 person teams can compete in this event which consists of a 15 mile bike race followed by a 5.0 mile run. Bike race starts near the junction of Rts. 131 and 17 and heads east on Rt. 131 from a rolling start and does a loop around Sennebec Pond, passes the starting point and ends at the Appleton School, at which point the runners leave the school running out and back a 5.0 mile course, ending at the Appleton School.

**ENTRY FEE:**      \$ 6.00 for individuals      \$ 8.00 Race Day  
                         \$10.00 for team              \$12.00 Race Day

**T-SHIRTS FOR THE FIRST 200 PARTICIPANTS**

**RULES:** All bikers must wear protective head gear  
There will be no drafting  
Bikers are to stay to the far right side of the road at all times  
Numbers must be visible at all times, especially at the finish area  
Wrist bands will be worn by team members and passed to partner at the end of bike race  
Time will be kept continuously from start of bike race to finish of run  
Bike/Run relay area is in the school driveway

**FACILITIES:** Rest rooms and limited showers available at school

**COURSE:** Bike race is a loop around Sennebec Pond and is paved and rolling terrain.  
Run has some rolling terrain (but no big hills — remember last year?)  
Water stops on both bike and run. Wheel measured; mile markers.  
Accurate times, road guards at all major intersections.  
Course maps available on race day.

Refreshments provided by Appleton P.T.F. (Parents, Teachers and Friends Assoc.)

### AWARD CATEGORIES

1st man and woman:	individual and team	open
1st man and woman:	individual and team	18 & under
1st man and woman:	individual and team	40 & over
1st man and woman:	mixed team	

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

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Division \_\_\_\_\_ Partner's Name \_\_\_\_\_

Signature \_\_\_\_\_

T-Shirt Size      ☐ Small      ☐ Medium      ☐ Large      ☐ X-Large

Make checks payable to: **Richard Higgins, Star Route, Hope, Maine 04847. Tel. 207-785-4753**

**\*Proceeds to benefit Appleton Village School Library**

Complete results will appear in Maine Running Magazine



# LINE UP!!



FOR THE

1985

## ATHLETIC ATTIC

ROAD RACE SERIES

MAY 11 - BANGOR 5 MILER

JUNE 9 - SOLSTICE STRUT - AUBURN

JULY 14 - PORTLAND'S PERFECT 10K

## SOLSTICE STRUT-AUBURN

Distance: 4 miles, point to point, fast!!  
When: Sunday, June 9, 1985  
Where: Auburn Mall, Auburn, Maine  
Time: 9:00 A.M. start  
Registration: \$4.00 pre-registered by mail or in store  
before June 4. \$5.00 race day. 7:45 to 8:45  
A.M. Make checks payable to Athletic Attic.

## T-SHIRT TO 1st 100 REGISTRANTS

## AWARDS → ATHLETIC ATTIC GIFT CERTIFICATES!

Male and Female 1st 2 places in these age groups:

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

COMPLETE RESULTS IN MAINE RUNNING & OUTING MAGAZINE



Name \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

In consideration of this entry 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 yrs. of age.



# THE GREAT MAINE RACE

MASS START

FIRST 100 GET 'T' SHIRTS

DATE JUNE 9, 1985

TIME 9 AM

PLACE HEAD OF MACKEREL COVE, BAILEY'S ISLAND MAINE

COURSE FOR RUNNERS MACKEREL COVE TO QUAHOG LOBSTER INC.

DISTANCE RUN 15K  
RIVER 10 MI.

COURSE FOR CANOES MACKEREL COVE TO QUAHOG LOBSTER INC.

REGISTRATION BY MAIL OR AT START 7:45 to 8:45

CLASSES RUNNERS 1, 2, & 3 IN MALE AND FEMALE  
18 YEARS AND UNDER  
19 - 29  
30 - 39  
40 - 49 1st PLACE FOR OLDEST MALE AND FEMALE  
50 AND OVER

CANOES (Coast Guard approved life jackets must be worn)

OC - 2 SHORT	OC - 1
OC - 2 MED.	OC - 2 FEM
OC - 2 MIXED	OC - 2 JR - SR (14 YRS FOR JR)
OC - 2 REC	KYAK SHORT
	KYAK LONG

Complete results will be published in Maine Runner

NAME \_\_\_\_\_ AGE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ SEX \_\_\_\_\_

IN NO WAY WILL I HOLD THE ABOVE PERSONS OR SPONSORS OF THIS EVENT LIABLE  
FOR ANY INJURIES WHICH I MIGHT SUSTAIN IN THIS COMPETITION.

\_\_\_\_\_  
SIGNATURE

ENTRY FEE \$4.00

BY MAIL TO ROBERT E. WADDLE  
R.F.D. 2 BOX 2152  
BRUNSWICK, MAINE 04011  
PHONE 725-6222





# PETER OTT'S 10K

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## JUNE 2, 1985

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## CAMDEN, MAINE

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*One of the most scenic races in coastal Maine*

- Where:** Peter Ott's Tavern and Steakhouse  
Bayview Street  
Camden, Maine 04843
- When:** Sunday, June 2, 1985
- Time:** Race starts at 11:00 a.m. sharp.
- Fee:** Pre-entry, \$5.00. Day of race, \$6.00.  
T-shirts to first 100 entrants.
- Awards:** At 1:00 p.m.  
Overall men's winner  
Overall women's winner  
First Camden finisher  
First and second finishers in five age groups  
Complete results in *Maine Running*
- Course record:** Men — Mike Gaige, 31:25 (1982)  
Women — Karen McCann, 38:23 (1982)
- Registration:** Peter Ott's Camden 10K, P.O. Box 756, Camden, Maine 04843. Day of race: 9:00 to 10:30 a.m.
- Course description:** The course consists of gently rolling terrain with beautiful views of Camden Harbor, Mt. Battie and Mt. Megunticook. Except for one short section, the roads are paved. Splits will be given at 1, 3.1 and 5 miles with water stops at 2 and 4 miles. The course has been recently remeasured by wheel. Computer timing.

Race Director: Bill Cochran

### ENTRY FORM

---

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Shirt size    S      M      L      XL

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

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent if under eighteen



# 2ND ANNUAL OTTER CREEK CREEP 10K

## JUNE 1, 1985

### To Benefit the Otter Creek Fire Department

A measured 10K run through the towns of Mount Desert, Bar Harbor and Acadia National Park. Police from all three jurisdictions take part in traffic control and leading the race.

**Location:** Otter Creek, U.S.A. - 5 miles from Bar Harbor (Route 3) on Mt. Desert Island

**Length:** A measured 10K, about 1/2 of which is run in Acadia National Park - through the Blackwoods Campground and along the Ocean Drive.

**Time:** 10:00 a.m.

**Registration:** 9:00 a.m. at the Blackwoods Restaurant (not campground) on Route 3 in Otter Creek — You can't miss it!

**Entry Fee:** \$5.00 - T-shirts to the first 50 to pre-register. Make checks payable to the Otter Creek Fire Dept.

**Prizes & Refreshment:** Merchandise prizes to age group winners — Free beer at the end of the race.

**Additional Activities:** A bake sale and giant yard sale.

**Race Director:** John Sharp, P.O. Box 88, Otter Creek, Me. 04665 (288-4821) send pre-registration to this address.

#### RACE SPONSORS

Blackwoods Restaurant  
Rt. 3, Otter Creek

Horace E. Bucklin  
General Contractor, Northeast Harbor

Crobb Box. Co.  
Wholesale Lumber, Ellsworth

The Hobby House & Laundromat  
Rt. 3, Otter Creek

Everett G. Jordan  
Plumber & Service Garage, Seal Harbor

McEachern & Hutchins, Inc.  
Building Supplies, Bass Harbor

Miller Gardens Greenhouses  
Otter Cliffs Rd., Otter Creek

Murray's Market  
Rt. 3, Otter Creek

Otter Creek Fire Department

Don Smith & Son, Inc.  
Nursery & Landscaping, Rt. 3, Otter Creek

Race results will appear in the Maine Running and Outing magazine.

#### OFFICIAL ENTRY FORM — OTTER CREEK CREEP

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 and the National Park Service. I attest and verify that I am physically fit and have sufficiently trained for this event.

Name \_\_\_\_\_ Male/Female \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Signature \_\_\_\_\_ Guardian, if under 18 \_\_\_\_\_



# BRADLEY, MAINE



*Sesquicentennial*  
1835-1985

## 5-K RUN

SATURDAY  
JUNE 1, 1985  
9 A.M.

AWARDS: SESQUICENTENNIAL PLAQUE FOR FIRST PLACE OVERALL MALE AND FEMALE  
GIFT CERTIFICATES FOR FIRST PLACE FINISHERS IN EACH CLASS  
RIBBONS FOR SECOND AND THIRD PLACE FINISHERS IN EACH CLASS  
(NO DUPLICATE PRIZES)

DIVISIONS: MALE.....14 YEARS AND UNDER.....FEMALE  
.....15 TO 20 YEARS.....  
.....21 TO 30 YEARS.....  
.....31 TO 40 YEARS.....  
.....OVER 40 YEARS.....

REGISTRATION: 8 AM AT VIOLA RAND SCHOOL, BRADLEY

PRE-REGISTRATION (FREE T-SHIRT FOR FIRST 100 PRE-REGISTRANTS)  
\$5.00 PER RUNNER, \$4 FOR 14 & UNDER

SAME DAY REGISTRATION (NO T-SHIRT)  
\$3.00 PER RUNNER, \$2 FOR 14 & UNDER

MAKE CHECKS PAYABLE TO TOWN OF BRADLEY.  
SPONSORED BY SESQUICENTENNIAL COMMITTEE, TOWN OF BRADLEY.

SEND FORMS & ED DELAWARE, RACE CHAIRMAN  
CHECKS TO: P.O. Box 109, BRADLEY, ME. 04411

OTHER EVENTS THAT DAY: PARADE - COOKOUT - FLEA MARKET - FIELD EVENTS - FIREWORKS

### OFFICIAL ENTRY FORM

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I HEREBY, FOR MYSELF  
MY HEIRS AND ASSIGNS, RELEASE AND DISCHARGE ANY AND ALL RIGHTS AND  
CLAIMS I MAY HAVE AGAINST THE SPONSORS OF THIS RACE.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_

SIGNATURE \_\_\_\_\_ T-SHIRT SIZE

S M L XL

IF UNDER 18 SIGNATURE OF PARENT OR GUARDIAN





# BANGOR-BREWER YWCA RUN FOR LIFE



DATE: Sunday, May 19, 1985  
TIME: 12:00 Noon  
DISTANCE: 3 Miles  
PLACE: Bangor-Brewer YWCA  
17 Second St., Bangor

REGISTRATION: Pre-registration at the YWCA or  
register on May 19 from 10:30 - 11:45

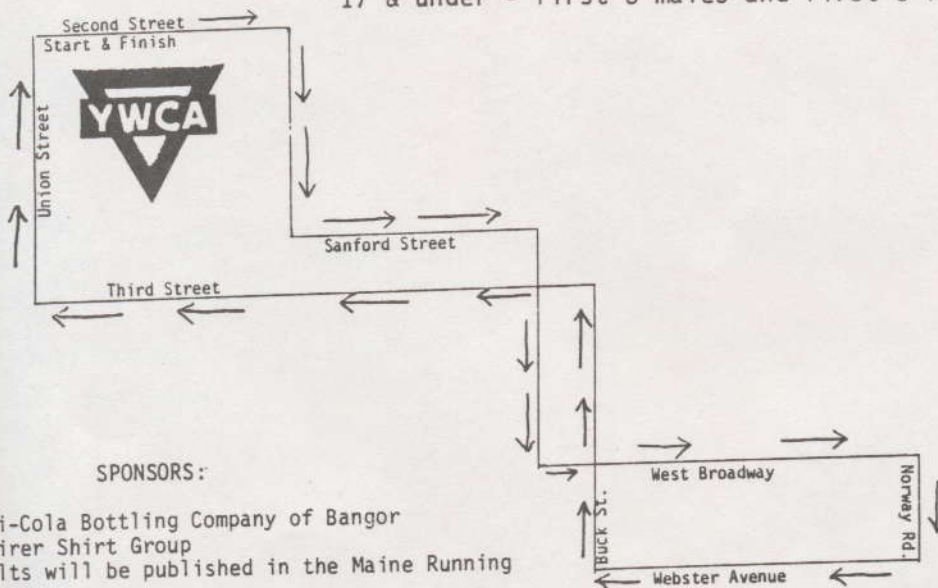
FIRST 50 RUNNERS GET T-SHIRTS  
Door prizes will be given away

RACE DIRECTORS: Kathy Perry - YWCA, 17 Second St., Bangor  
Phone: Home - 947-8519; Work - 942-6746  
Rhonda Hey - 17 Second St., Bangor  
Phone: Home - 945-5586; Work - 942-6746  
ASSISTANTS: Matthew Curran - 942-6746  
Young Mothers Group of the YWCA

COURSE: 3 Miles. Consists of a loop around the area of the YWCA  
ENTRY FEE: A minimum donation of \$5.00 to the adolescent pregnancy  
program of the Bangor-Brewer YWCA. Feel free to donate  
more, it is a very worthy cause! Registration material  
and final instruction sheet may be picked up at the  
YWCA on May 19 from 10:30 - 11:45 AM.

FACILITIES: Showers and restrooms are available at the YWCA. Refreshments.  
Splits and water: Splits at 1st, 2nd, and finish.

AWARDS: 18 & over - first 3 males and first 3 females  
17 & under - first 3 males and first 3 females



## SPONSORS:

Pepsi-Cola Bottling Company of Bangor  
Esquiver Shirt Group  
Results will be published in the Maine Running



I hereby waive and release any and all rights and claims for damages I may have  
against any sponsors and officials of the Bangor-Brewer YWCA race 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.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_

SHIRT SIZE M L XL

SIGNATURE \_\_\_\_\_

(Parent, if under 18)



Attitash

FIRST STOP



Burnell  
Land  
Surveying

Jog-a-Lite

chuck roast



Joe Jones  
ski & sports shop

First NH Banks  
White Mountain National Bank

PONY



INNOVATIVE  
INDUSTRIES  
screen printers



SATURDAY MAY 18th

time: 6:30 PM

Special Complex-Carbo Loading Dinner

Whole wheat spaghetti and whole wheat bread with meatless tomato sauce  
Free Draught Beer

Provided by Synergy Natural Foods, Mt. Valley Court Club and Conway Cooperative Kindergarten  
Cost: \$3.50/serving, Children 2.00

Location: Mt. Valley Court Club  
Rte. 16, No. Conway, N.H.  
(Just behind Merlino's Restaurant)

Cartoon Video tapes for the kids and special programs for adults. More information  
in race packet.

If you are coming up for the weekend, plan on staying at Labnon's Motel. A very clean  
and comfortable motel adjacent to the village green/finish area.  
Call for reservations. Phone: 447-3395

## 10K RACE INFORMATION:

This race course has been certified by The Athletics Congress.

Race limited to 300 runners.  
The 6.2 Mile course involves 2 lane asphalt roads thru wooded, scenic countryside.  
Hills are of a moderate length and grade. One third of the course is flat.

The race begins at 10:30 a.m. sharp. Registration begins at 9:00 a.m.  
Parking will be provided in the Indian Head Bank parking lot adjacent to the village  
green.

Splits will be provided at each mile as well as at 5K mark.

Race will be videotaped and shown at post race party.  
Your race number, map of courses, and a list of all prizes and awards will be mailed  
to you in a race packet 1 week prior to race.

At least 2 water stations will be provided. If the weather dictates, more will be  
added. H<sub>2</sub>O available at finish area.

Ambulance will be on duty for emergency care.  
Bathroom facilities will be available at Labnon's Motel adjacent to village green/  
finish area. No shower facilities.

Start will be approximately 1/4 mile from library/Village green area, well marked.  
We will provide a Conway village school bus to transport runners or families to  
start area.

Both kids Fun Run and 10K race will be well marked and protected with the aid of  
volunteers and the Conway Police Department.

## KIDS 1 MILE FUN RUN INFORMATION:

Two(2) laps around 1 "country block" on sidewalks, starting and finishing at same  
spot as 10K finish.

No entry fee

Ages: Kindergarten thru 12 years of age.

Awards to first male and female finishers.

All children will receive a certificate of participation following the run.

Volunteers will be on hand to ensure that safety is the first priority.

Adults may run with younger children

## POST RACE INFORMATION:

Complimentary food and refreshments will be provided by Synergy Natural Foods at  
the finish area immediately after the race.  
Awards ceremonies in all categories as soon after the finish as possible.

## PRIZE DRAWING FOR REGISTERED RUNNERS:

All 10K runners will have an opportunity to win prizes that have been donated by  
various local business.

The drawing will be held while the 10K results are being tabulated. Prize winners  
will be drawn at random from race numbers

## POST RACE PARTY:

At the Mt. Valley Court Club, Rte 16, No. Conway, N.H.

We will show a video tape of the race immediately. Also, tape of mens and womens  
marathon from '84 Summer Olympics.

Hamburg and hotdog barbecue planned. MAYBE CHICKEN!

The first 300 10K participants will receive a long sleeved, heavy cotton t-shirt and a  
painters hat from Joe Jones Sport Shop. The shirts are 100% cotton and are preshrunk.

LAST YEARS WINNERS:  
CHARLES CLEVELAND 32:27  
MELISSA LACASSE 35:44



COURSE  
CERTIFIED  
BY:

Shirt Size: Shirts are in adult men sizes. S M L XL

The top five (5) men and women finishers in each category will receive prizes. A detailed  
list of all prizes will be mailed to each runner approximately 1 week prior to the race  
along with race number and a map of the course.

Check your division:

WOMEN

13 thru 19  
20 thru 29  
30 thru 34  
35 thru 39  
40 thru 49  
50 plus

13 thru 19  
20 thru 29  
30 thru 34  
35 thru 39  
40 thru 49  
50 plus

MEN

Age as of 5/19 Sex

Telephone #

Zip code

State:

Kids Fun Run

planning on attending the Saturday night carbo loading dinner:

# Children

# Adults

I agree to assume all  
Swark Trek 10K Road Race or Fun Run. I agree to assume all  
or damage or injury that may occur to me as a participant in this  
being accepted in this event, I hereby, for myself, my heirs,  
release and discharge any and all sponsors of the Swark Trek  
Run, including the Conway Cooperative Kindergarten, and all  
present or future, whether the same be known, anticipated, or  
arising out of, or incident to my participation in this  
on, or arising out of, or incident to my participation in this  
I am physically fit and my entry fee is not refundable.

HAVE FUN  
RUN SMART!

Division for kids 12 and under who wish to run the 10K will allow for prizes



PRESS  
LEASE

NOTE:  
To John and Jane Runner:  
So many races, big and small, ask for a race fee  
to benefit a worthy cause. This is great and we're  
all glad to be able to help out, but how many times has  
a race offered to do something for the runner. In most cases,  
the runner is a means to an end with little thought for what can  
be done for the individual before, during and after the race.  
This race will attempt to be of greater benefit to the runner than  
those of the past. And what of the rest of the family, the wife or husband  
and children who don't run. We want this weekend to benefit all. Please read  
on and see how.

W.S.



# THE CONWAY COOPERATIVE KINDERGARTEN

# STARK TREK II

## 10K ROAD RACE

CONWAY VILLAGE, N.H. MAY 19, 1985

**Attitash**

FIRST STOP



INNOVATIVE  
INDUSTRIES  
screen printers

**Burnell**  
Land  
Surveying

**Jog-a-Lite**

**shaw's**

**chuck roast**



**synergy**  
natural foods

**CREST**  
Chevrolet-Chrysler-Saab

**Joe Jones**  
ski & sports shop

**Field House**  
North Conway, N.H. 03860

**First NH Banks**  
White Mountain National Bank

**PONY**

Printing  
**MINUTEMAN PRESS**  
447-5407

SATURDAY MAY 18th

time: 6:30 PM

Special Complex-Carbo Loading Dinner

Whole wheat spaghetti and whole wheat bread with meatless tomato sauce  
Free Draught Beer

provided by Synergy Natural Foods, Mt. Valley Court Club and Conway Cooperative Kindergarten  
Cost: 3.50 serving, Children 2.00

Location: Mt. Valley Court Club  
Rte. 16, No. Conway, N.H.  
(Just behind Merlino's Restaurant)

Cartoon Video tapes for the kids and special programs for adults. More information  
in race packet.  
If you are coming up for the weekend, plan on staying at Labnon's Motel. A very clean  
and comfortable motel adjacent to the village green/finish area.  
Call for reservations. Phone: 447-3395

### 10K RACE INFORMATION:

This race course has been certified by The Athletics Congress.  
Race limited to 300 runners.  
The 6.2 Mile course involves 2 lane asphalt roads thru wooded, scenic countryside.  
Hills are of a moderate length and grade. One third of the course is flat.  
The race begins at 10:30 a.m. sharp. Registration begins at 9:00 a.m.  
Parking will be provided in the Indian Head Bank parking lot adjacent to the village  
green.  
Splits will be provided at each mile as well as at 5K mark.  
Race will be videotaped and shown at post race party.  
Your race number, map of courses, and a list of all prizes and awards will be mailed  
to you in a race packet 1 week prior to race.

**LAST YEARS WINNERS:**  
**CHARLES CLEVELAND 32:27**  
**MELISSA LACASSE 35:44**



adult men sizes. S M L XL

women finishers in each category will receive prizes. A detailed  
map will be mailed to each runner approximately 1 week prior to the race  
and a map of the course.

HAVE FUN,  
RUN SMART.

WOMEN

13 thru 19	□ □ □ □ □ □
20 thru 29	□ □ □ □ □ □
30 thru 34	□ □ □ □ □ □
35 thru 39	□ □ □ □ □ □
40 thru 49	□ □ □ □ □ □
50 plus	□ □ □ □ □ □

for kids 12 and under who wish to run the 10K will allow for prizes  
and girls.



2ND ANNUAL BAR HARBOR SPRING 5K AND FUN RUN

Date: Saturday June 8, 1985

Time: 1 mile fun run (for children 12 and under) 9:45 A.M.  
5 K race 10:30 A.M.

Course: 5K is wheel measured; in town course: flat terrain.



The race is sponsored by these Bar Harbor businesses:

Acadia Bike and Canoe Co.	Haskell's Sporting Goods	Maine St Motel
Bar Harbor Banking and Trust	H&H Supermarket	Napoli's Pizza
Caleb's/Sunrise	Jeff Dobbs Productions	Mullen's Restaurant
First National Bank	Morang-Robinson Auto. Co.	Poor Boy's Gourmet

Pre-Registration: \$6.00 for 5K race (free t-shirts to first 150 entrants)  
\$4.00 for fun run (free t-shirts to first 40 entrants)

Mail to: M.D.I. Y.M.C.A.  
23 Mt. Desert St.  
Bar Harbor, Me. 04609

Race Day Registration: Fun run 8:45-9:30 \$5.00  
5K race 8:45-10:15 \$7.00

at: Haskell's Sporting Goods  
43 Cottage St., Bar Harbor

All proceeds go to Mount Desert Island Y.M.C.A.

Facilities: showers, restrooms, and changing facilities available at M.D.I. Y.

Services to runners: mile markers, 1 mile and 2 mile time splits, water at 1/2 way point and finish. Refreshments at finish.

Last year's winners: Men- Gerry Clapper Women- Robin Emery

Prizes to 1st and 2nd place male and female in several categories. Plus a random drawing and special coupon packet.

ENTRY FORM

-----  
In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against sponsors and officials for any and all injuries suffered by me in the Bar Harbor Spring 5K

Name ----- T-shirt size adult S M L  
child M L

Address ----- City ----- State -----

Signature ----- Age -----

Parent or guardian (if under 18) -----



# THE 2ND ANNUAL PIZZA OVEN 5 K DELIVERY RUN

DATE: May 18, 1985 at 10:00 am

START: Corner of Union St. and West Broadway in Bangor

REGISTRATION: Race Day: From 8:30 to 9:45 am at Union St. Pool. Pre-registration: Mail to Pizza Oven 5K Delivery Run, 33 Lincoln St., Bangor, Me. 04401.

The first 50 to register will receive a commemorative race T-shirt.

ENTRY FEE: \$5.00 per individual.

COURSE: Flat and very fast. Mile splits and a water stop will be included.

COURSE RECORD: Gerry Clapper 14:40:4

AWARDS: First two male and female in the following age groups:

15 and under

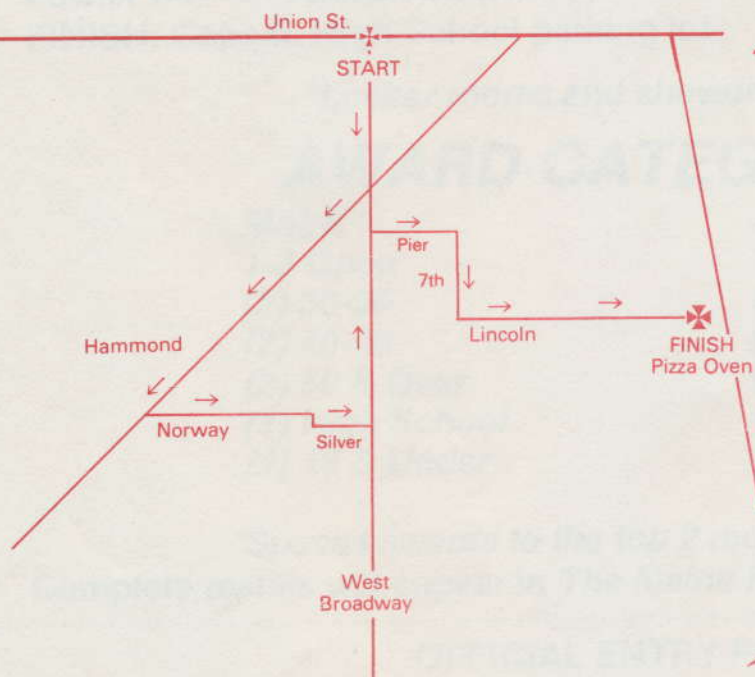
16 to 19

20 to 35

Over 35

Free Bar Harbor Airline Round Trip Tickets for First Man and Woman

★ Complete Results In Maine Running And Outing Magazine ★



sponsored by

THE  
**PIZZA OVEN**



and



NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
PHONE: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ T-SHIRT SIZE (S, M, L, XL)

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

Signature \_\_\_\_\_ Date: \_\_\_\_\_

\* Parents signature required if under 18.





11th RUNNING

1985

**BOB RICE**

# MEMORIAL 4-MILER



**WHEN:**

Sunday, May 12, 1985 at 10:00 A.M.

**WHERE:**

Cape Elizabeth High School, Cape Elizabeth, Maine

**COURSE:**

A loop course involving all left turns.

**START:** Scott Dyer Rd. — Spurwink Ave. — Bowery Beach Rd. —

Fowler Rd. — Ocean St. (Rt. 77) —

**FINISH:** Cape E. High School parking lot

*\*Locker rooms and showers available.*

## AWARD CATEGORIES

**MALE**

1-3 Open

(2) 30-39

(2) 40-49

(2) 50 & Over

(1) High School

(1) 16 & Under

**FEMALE**

1-3 Open

(2) 30-39

(2) 40-49

(2) 50 & Over

(1) High School

(1) 16 & Under

*\*Special awards to the top 2 mothers that finish*

**Complete results will appear in *The Maine Running & Outing Magazine***

## OFFICIAL ENTRY FORM

In consideration of this entry being accepted, I for myself, and administrators, waive and release any and all rights and claims for damage I might have against the organization hosting the event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said road race known as "The 11th Running of the Bob Rice Memorial 4-miler—1985."

**PLEASE PRINT CLEARLY**

Mother ☐

Name \_\_\_\_\_ Male ☐ Female ☐ (check one)

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on May 12, 1985 \_\_\_\_\_ Phone \_\_\_\_\_

Signature \_\_\_\_\_ Parent or Guardian (if under 18) \_\_\_\_\_

Mail this entry plus \$2 Pre-registration fee (registration fee on day of the run is \$3) payable to **Maine Track Club** to:

John Keller, P.O. Box 333, Gray, ME 04039



# York, Maine Recreation Department

Over the course of a year, the York Recreation Department coordinates and directs a series of road races that, due to the breathtaking beauty of the rocky Maine coast which the courses follow, and the organization and professionalism with which the races are run, has evolved as a favorite race series with New England runners.

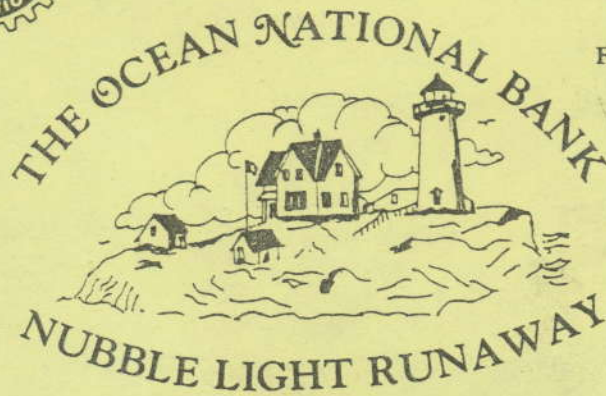
Each race includes splits, mile markers, water, police traffic control, on-course ambulance and professional timing.

T-shirts are given to early registrants and trophies and/or prizes are awarded to every division winner!

For information or applications for any York Recreation Department race, contact the office at P.O. Box 9, York, Maine 03909, or call 207 363-2723.



Rotary Club of York, Maine  
Presents



## SATURDAY, JUNE 15, 1985 YORK HIGH SCHOOL — YORK, ME

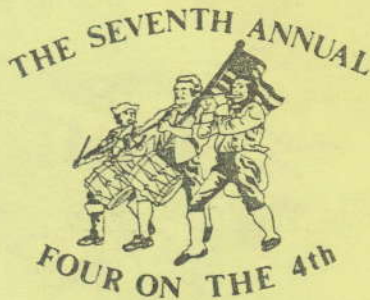
FEATURE EVENT — 10:30 am, 10K NUBBLE LIGHT RUNAWAY  
PLUS — 9:00 am, 3 Mile NUBBLE LIGHT Fun Run

10 K RUNAWAY — \$5.00 pre-registration, \$6.00 race day  
ENTRY FEE • 3 MI FUN RUN — \$4.00 pre-registration, \$5.00 race day  
CHECK-IN, REGISTRATION • opens 7:00 am on race day  
T-SHIRTS • To all race participants  
PRIZES & AWARDS • over \$1,000. worth of prizes and gift certificates  
PLUS • water, mile markers, splits, professional timing, police and ambulance  
GIANT RAFFLE • Free to all registered runners  
AFTER RACE REFRESHMENTS • hot dogs, soda, juice,  
fruit cups & watermelon



THE YORK RECREATION DEPARTMENT  
Presents

\*The Athletics Congress  
Standards Committee has  
certified the Four on the  
4th, four mile course at  
York, Maine



THURSDAY, JULY 4, 1985

YORK HIGH SCHOOL YORK, MAINE

COURSE • Four miles of Scenic York Beach, T.A.C. Certified  
START • 10:00 a.m., York High School  
ENTRY FEE • \$4.00 pre-registration, \$5.00 race day  
CHECK-IN & REGISTRATION • Opens 8:00 a.m. on race day  
T-SHIRTS • To the first 500 registrants  
PLUS • Water, mile markers, splits, professional timing, police and  
ambulance. PRIZES AWARDED TO ALL DIVISION WINNERS.  
AFTER-RACE REFRESHMENTS • Watermelon, soda, juice

The York Recreation Department Presents

## The Fourth Annual

SUNDAY  
AUGUST 4, 1985

YORK HIGH SCHOOL  
YORK, MAINE



## YORK DAY ROAD RACE

COURSE • 5k Certified by the Athletics Congress  
START • 9:00 a.m., York High School  
ENTRY FEE • \$4 pre-registration, \$5 race day  
CHECK-IN & REGISTRATION • Opens 7:00 a.m. on race day  
T-SHIRTS • To the first 200 registrants  
PLUS • Water, mile markers, splits, professional  
timing, police and ambulance  
PRIZES • Awarded to all division winners



# LINE UP!!

FOR THE

1985

## ATHLETIC ATTIC

ROAD RACE SERIES

MAY 11 - BANGOR 5 MILER

JUNE 9 - SOLSTICE STRUT - AUBURN

JULY 14 - PORTLAND'S PERFECT 10K



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## SOLSTICE STRUT-AUBURN

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Distance: 4 miles, point to point, fast!!  
When: Sunday, June 9, 1985  
Where: Auburn Mall, Auburn, Maine  
Time: 9:00 A.M. start  
Registration: \$4.00 pre-registered by mail or in store  
before June 4. \$5.00 race day. 7:45 to 8:45  
A.M. Make checks payable to Athletic Attic.

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### T-SHIRT TO 1st 100 REGISTRANTS

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### AWARDS → ATHLETIC ATTIC GIFT CERTIFICATES!

Male and Female 1st 2 places in these age groups:

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

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COMPLETE RESULTS IN MAINE RUNNING & OUTING MAGAZINE

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