

BULK RATE
U. S. POSTAGE
PAID
Bangor, Me. 04401
Permit No. 7

Address Change Requested
PO Box 259, E. Holden, ME 04429

Maine Running & Outing Magazine



DON PENTA 3-87
RR# 3, Box 285
S. Windham, ME 04082



MARATHON ISSUE

\$1.75

MAY 1986

VOL. 7 NO. 5



P. O. Box 1217 East Holden, Maine 04429 Tel. (207) 843-6262

In 1985, Scott Mason edged Gene Coffin, Rock E. Green and Joe McGuire by a minute. Will the 1986 Maine Coast Marathon have as dramatic a finish?

This month in MR&O we'll learn from some of Maine's finest marathoners as well as some of the relative newcomers to the sport.

The marathon is very much here to stay. The numbers of events may fall but the size and quality of fields has not. With Boston joining the modern trend, I'm looking for renewed interest in road racing's most dramatic event.

When you read this many of Maine's top runners will be recovering slowly from Boston. Many will be very pleased with their performances and ready to take it easy for the time being, while others will know they had a little more and start keying on the Maine Coast.

Myself, I will be on my way to Lincoln, Nebraska for the third straight year with the Maine National Guard Marathon Team. We have lost our ringers (Marlin Conrad in '84 and Tim Marquis '85) but hope to do well with solid near-3-hour performances from Bill McFarland, Dave Freeman, Lee Nicely, Mike Lantz and myself.

Maine has three outstanding marathons and many outstanding marathon runners. That's why we dedicate this issue of MR&O to those who go 26.2.

Bob

MAY & JUNE ROAD RACE CALENDAR	2-4
TRIATHLON SCHEDULE	4
CYCLING SCHEDULE	5
APPALACHIAN MT CLUB SCHEDULE	5-6
1986 CANOE CALENDAR	6
THE MARATHON by Bob Booker & Friends - Some good tips and fond memories of mara- thons past	7-16
MR&O ROAD RACE POINT SYSTEM '86	17-18
AT THE RACES	19
GETTING READY TO COMPETE by Anne-Marie Davee	20-21
HAIL TO THE CHIEFS	23
TROUBLE (WHAT TROUBLE?)	24
PART II by Quentin Cassidy	24-26
A MAN WITH A SPECIAL GIFT by Rick Krause	28
LETTER FROM GREG	29-30
THE PACK	31-34

Oct 20	DOWNEAST 4 MILE CLASSIC	167 finishers
Mar 8	FROSTBITE '86	123 finishers
Mar 16	KILLARNEY'S 10K	105 finishers
Mar 23	BOSTON PRIMER 15 MILER	77 finishers
Mar 29	GREAT LITE BEER MAINEIACS HALF MARATHON *ME-85022-GN*	161 finishers
Mar 30	HUSSON COLLEGE 10K and FUN RUN	30 finishers
Apr 5	THE 15 MILE CHAMPIONSHIP	45 finishers
the SKI PACK		
Mar 15	MOOSEHEAD XC SKI TOUR	22 finishers
Mar 16	LEPRECHAUN LOPPET 15K	50 finishers

MAINE RUNNING & OUTING is published monthly at Bangor, Maine.

Publisher/Editor: Bob Booker
PO Box 1217
E. Holden, ME 04429

Telephone: 843-6262

Photos by Vance Brown

Road Race Calendar

- May 3 6TH ANNUAL ROCKY COAST ROAD RACE 10K. *ME-85002-GN* 10 a.m. from the Boothbay Region YMCA. See flyer in April issue or contact the Boothbay Region YMCA, Townsend Ave., Boothbay Hbr., ME 04538. The first of Maine's Dazen Certified 10K's! Top twenty men should pick up points in the MR&O Point System (See article this issue).
- May 4 "PEOPLE DIE, DREAMS DON'T" TERRY FOX RUN. Bill Rodgers is coming to Bangor to celebrate life with over 500 other runners and help lick cancer. 10 a.m. at the Bangor Motor Inn. See flyer in the April issue or contact Charles Summers, Bangor Motor Inn, 701 Hogan Rd., Bangor, ME 04401.
- May 4 "PEOPLE DIE, DREAMS DON'T" TERRY FOX RUN. 5K starts at 1 p.m. from the Caribou Rec. Center. Contact Conrad Walton c/o the Arcoostook Mustards, 35 Teague St., Caribou, ME 04736.
- May 4 RUN FOR A FREE SOUTH AFRICA. 10K and a 3K "Fun Run". 10 a.m. at Bowdoin College in Brunswick. See flyer in April issue or contact R.F.A.F.S.A., M.U. Box 75, Bowdoin College, Brunswick, ME 04011.
- May 4 MARATHON PRIMER 15 MILE. "A service to the Maine Coast Marathoners and any others who enjoy the challenge of 15 miles." 10 a.m. from Biddeford Junior High. \$5 pre/\$6 post For more information contact Bruce Brunelle, 31 Herring Ext., Biddeford, ME 04005 or call 284-5645.
- May 10 LIONS 5K. 10 a.m. from Boy & Book Park in Houlton. Sponsored by the Houlton Lions Club, c/o Arcoostook Mustards, 35 Teague St., Caribou, ME 04736.
- May 10 TOGUS 5 MILE ROAD RACE & 1 MILE FUN RUN. 10 a.m. from the Togus Veterans Administration Medical Center in Augusta. 5 mile: \$3.50 pre/\$4 post; Fun Run: \$2 pre/\$2.50 post. All proceeds to benefit HANDS ACROSS AMERICA Contact Chris Bovie, Medical Library, 142D, V.A.M.C., Togus, ME 04330 623-8411 x 271 work days/ 623-1033 eves & weekends.
- May 10 Papa Gambino's 5K. Joe has got to be in New Jersey and Gary Has got to be in Las Vegas on the weekend in question, so the 5K has been put on the back burner. Look for something really special in the fall!
- May 11 THE MOTHER'S DAY RACE. 1 p.m. from the Tremont Community Center. \$4.50 w/T-shirt or \$3.50 w/o T. Register through Harbor House, PO Box 836, Southwest Harbor, ME 04679 244-1713. "The course will take the participants through a Downeast Fishing Village while viewing the ocean and beauty of Mt. Desert Island."
- May 11 STARK TREK 10K. 10 a.m. in Conway Village, N.H. Visit with Geoff Smith and Johnny Kelley. See flyer in April issue or contact D.A. Sporcio, Box 286, Conway, N.H. 03818
- May 16 R.R.C.A. CONVENTION L.L. BEAN 5K Fun Run. 12:15 p.m. from Congress Square in Portland. Come visit with Joan Benoit-Samuelson and the Mayor of Portland. See flyer in April issue or contact R.R.C.A. RACES, PO Box 613, Westbrook, ME 04092. MTC Event
- May 17 BIDDEFORD POOL SPRING RUN. 3.5 miler at 10 a.m. from Hattie's Deli. Break away from the convention for a typical low key Maine road race. See flyer in April issue or contact Race Director, PO Box 74, Biddeford Pool, ME 04006.

30% OFF Wind Clothing

With This Coupon



AIR THREADS.



CHOOSE FROM:



B
new balance®

MOVING
COMFORT™

Beautifully designed for every move you make.



GOLDSMITH'S
SPORTING GOODS

MAINE SQUARE MALL • HOGAN ROAD • BANGOR, MAINE

207-947-1168

- May 17 HERMON ELEMENTARY-JUNIOR HIGH PARENT-TEACHER ORGANIZATION 5K FUN RUN. 9:15 for the 1 mile fun run. See flyer
- May 17 WINTER HARBOR "DASH AND THRASH BIATHLON II". 10 a.m. is when the runners start their 5 mile run prior to the 11 mile bike ride. See flyer in April issue or contact Bill Weidner, PO Box 281, Winter Harbor, ME 04693.
- May 17 GREAT SPRING CLEAN-UP ROAD RACE. 10 a.m. for the fun run prior to the 5 miler. in E. Millinocket See flyer
- May 18 HELEN P. KNIGHT 5K. 1 p.m. from the downtown mall in Caribou. Contact Conrad Walton, c/o the Aroostook Mustards, 35 Teague St., Caribou, ME 04736.
- May 18 *R.R.C.A./MAINE SAVINGS BANK NATIONAL CHAMPIONSHIP 10K* *ME-85021-GN* This is the big one! Maine's chance to show off the fact that not only do we produce great runners like Benoit and Bickford, but we also can put on big races, races where quality is the name of the game. I urge you all to register and run in this, the ultimate celebration of Maine Running. See flyer in April issue or contact R.R.C.A. RACES, P.O. Box 613, Westbrook, ME 04092. A MTC Event.
- May 18 BELFAST FOUNDERS DAY RACE 5 MILE. 1:30 start for 1.5 mile fun run out of Belfast High. \$4 for the five mile while the fun run is free. Contact Dale Cross at the Waldo County YMCA 338-4598
- May 25 *7TH ANNUAL MAINE COAST MARATHON* *ME-85001-GN* Maine's premier marathon. New England's second fastest course. Come see why the Maine Coast has become a tradition with so many runners in the Northeast. Contact Joe Cesta, PO Box 1333, Biddeford, ME 04005. See the related article on marathoning in Maine in this issue.
- May 25 3RD ANNUAL PIZZA OVEN SPRUCE RUN 5K. Come meet Tabitha King near her home on West Broadway in Bangor. 10 a.m. start for this race that benefits Spruce Run, an organization for abused women and children. See flyer in April issue or ad in this issue or contact Pizza Oven/Spruce Run 5K 33 Lincoln St., Bangor, ME 04401. Very fast course: Gerry Clapper 14:40.4; Henri Bouchard 14:44.1.
- May 25 8TH ANNUAL RANGELEY MOOSE RUN. 3:30 p.m. for this approximately 5.2 mile run. Contact Mike DeRaps at 864-5524. Rangeley Lakes Region Chamber of Commerce, PO Box 117, Rangeley, ME 04970.
- May 26 THE INN RACE. 11 a.m. from the Sports Inn in Caribou. This 5 miler is directed by Nancy Jackson c/o Aroostook Mustards, 35 Teague St., Caribou, ME 04736.
- May 26 4TH MARSH STREAM STAMPEDE 10K RACE. 9:30 a.m. from the Jct. of rte. 139 & 141 in Monroe. \$6 pre/\$7 post. Contact Monroe Lions Club, PO Box 673, Monroe, ME 04951 525-4459

JUNE

- Jun 1 4TH ANNUAL "CORPORATE FUND RUN" AND ROAD RACE FOR SPECIAL OLYMPICS. 9:30 for 2 mile; 10:30 for 5 from the Saco Defense Inc., North Street, Saco. See flyer.
- Jun 1 PETER OTT'S 10K. 11 a.m. from Peter Ott's Tavern and Steakhouse, Bayview St., Camden. See flyer.
- Jun 7 THIRD ANNUAL BAR HARBOR SPRING 5K AND FUN RUN. 9:45 for fun run; 10:30 for 5K. For more information contact Michael Reisman at the M.D.I. Y.M.C.A. 288-3511 See flyer.
- Jun 7 THE GREAT BANDAID RACE (The Agony of De-Fest). 10 a.m. runners bussed to start. See flyer.

Personal Instruction Is Our Strength



Nautilus



Aerobic Conditioning with Healthmate

Fitness Evaluation



Trade Winds HEALTH CLUB

303 Main Street, Rockland, Maine 596-6889

Sponsor for the



Sunday, August 3, 1986



The Appleton Biathlon

Sunday, June 8, 1986

HASKELL'S SPORTING GOODS

Cottage St., Bar Harbor, Me.

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

- Jun 8 OFFICER FRIENDLY FUN RUN. Contact the Maine Track Club, PO Box 8008, Portland, ME 04104
- Jun 8 THE GREAT MAINE RACE. 9 a.m. from Mackerel Cove on Bailey's Island. 15K run or 10 Mile canoe. \$5 pre to Robert Waddle, RFD 2, Box 2152, Brunswick, ME 04011
- Jun 14 JOHNNY MILES MARATHON. New Glasgow, N.S. 5 p.m. start. CANADIAN MASTERS CHAMPIONSHIP
Contact Walter Williams, 4 White St., Dartmouth, N.S. Canada B2X 2P3 (902) 435-6808
It seems to me that the state of Maine could send an extraordinary masters team to this race!
- Jun 14 3RD ANNUAL GRAY OLD HOME DAYS 2 MILER. 8:30 a.m. from the Newbegin Community Center, Gray, ME 04039. \$2.50 Contact Guy Berthiaume of the Yankee Running Club at Box 726, Gray, ME 04039 657-4017
- Jun 14 UNION TRUST 4 MILER. 9:30 a.m. from Union Trust drive-up State Street, Ellsworth. See flyer
- Jun 14 HAMPDEN CREATIVE PLAYGROUND 5K. 9:30 a.m. start and finish on the beautiful new Hampden track (possible track and field events held concurrently). All proceeds to benefit costs incurred in constructing the Hampden Creative Playground. Look for a fun day for the whole family - plenty of room to frolic and picnic!!! Call Mike Halmo at 862-2765
- Jun 15 MAINLY LADIES 5K. Contact Liz Moulin of the Maine Coast Roadrunners, Box 1131, Biddeford, ME 04005
- Jun 21 HAMPDEN 84. One of Maine's oldest on-going races. Contact Skip Howard, PO Box 562, Bangor, ME 04401.
- Jun 27 DOC'S TAVERN 3 MILER. Contact Maine Coast Roadrunners, PO Box 1131, Biddeford, ME 04005
- Jun 28 JBI RUN. 8:45 a.m. from SMVTI, in S. Portland. See Flyer
- Jun 28 26TH MOUNT WASHINGTON ROAD RACE. 11 a.m. from Pinkham Notch, Gorham, N.H. Entries for 1986 CLOSED I hope to run the big hill for my first time this summer. See many of you there.
- Jun 28 STROH'S III 8K. Tentative. Maine Track Club, PO Box 8008, Portland, ME 04104
- Jun 28 TOUR DU LAC. This year's race has been moved back into the first weekend of July. Watch for details in the June issue of MR&O

Triathlon

- Jun 22 THIRD ANNUAL WALDOBORO TRIATHLON. 10 a.m. is the starting time for the 10K run from the Waldoboro town landing. 3 mile canoe and 24 mile scenic bike ride. \$15 individual/\$25 two member teams/\$35 three or four member teams/\$40 for four or more member teams. Fees go up after Jun 9th. All proceeds from race fees will benefit New Hope for Women, a non-profit organization providing services for battered women in Knox, Lincoln, and Waldo Counties. Contact New Hope for Women, PO Box 642, Rockland, ME 04841 594-2128
- Jun 28 MOUNTAIN TO THE SEA TRIATHLON. 1 p.m. from the Blue Hill Fairgrounds. See flyer

THE TOTAL BODY MACHINE



PRO FORM

Available at:

the "Sporting Goods for All Seasons"
Good Sports

3 Pleasant St., Brunswick, Me. 04011

Tel. (207) 729-9949



The Pro Form 935 offers both total body conditioning and aerobic benefits (with electronic workout monitoring.)



Cycling

- May 4 MAINE FREEWHEELERS MT. DESERT RIDE. (25-35 miles) 10 a.m. Mt Desert Jordan Pond House. Ride around loop road with an optional initial climb up Cadillac. Richard Carmichael 947-0630
- May 18 MAINE FREEWHEELERS LIBERTY RIDE. (10-30 miles) 11 a.m. Bangor Civic Center. Kodak Liberty Ride Festival. \$20.00 fee/proceeds to the Statue of Liberty Restoration Fund. Maine Freewheelers 945-3507 Ken Doiron.
- May 25 MAINE FREEWHEELERS OWL'S HEAD RIDE. (25-35 miles) 10 a.m. Rockland Owl's Head Airport. Scenic coastal ride. Ken Doiron 942-6327
- May 25 5TH ANNUAL MEMORIAL DAY WEST SIDE RIDE. 1 p.m. from the Harbor House, Main St., Southwest Harbor. \$7 pre/\$8 post. 26 mile race around the west side of Mt. Desert. Harbor House, PO Box 836, SW Hbr., ME 04679
- May 25 3RD ANNUAL LAKE AUBURN TIME TRIAL - 22 mile bike race in Auburn. Contact Rainbow Bicycles, 1225 Center St., Auburn, ME 04240 784-7576
- May 31 MAINE FREEWHEELERS PEMAQUID RIDE. 10 a.m. Damariscotta Lake/Pemaquid Campground. No panniers. Rides from campground. One wicked awful hill. (40 miles a day) Contact Brenda Bernard 862-2846.
- Jun 14 MAINE FREEWHEELERS BUCKSPORT TO CASTINE. (36 miles) 10 a.m. Bucksport IGA Supermarket. Rolling terrain. Lunch at Fort Madison beach. Stop at Castine. Dave Miller 989-3848
- Jun 20-22 TREK ACROSS MAINE 1986 BETHEL TO THE SEA. Meet Friday morning at the Sunday River Ski Area in Bethel. \$20 registration fee. 50+ miles a day for the Maine Lung Association. Contact MLA 1-800-462-LUNG.
- Jun 28 MAINE FREEWHEELERS STOCKTON SPRINGS. (30-40 miles) 1 p.m. Stockton Springs Elementary School. More coastal scenery. Campfires on the beach. Doug Crosby 567-3278.
- Jun 29 100K TIME TRIAL. Individual, 2 man, 4 man, or fun ride - Auburn. Rainbow Bicycles, 1225 Center St., Auburn, ME 04240 784-7576

For more information about the Maine Freewheelers contact Ken Doiron, 381 Howard St., Bangor, ME 04401. They hold Night Rides every Wednesday at 6 p.m. from the Bangor Public Library.

The canoe chairpersons for the AMC this year are Bill and Alice McKenna, RR2, Box 1421, Sweden, ME 04040 647-2251 Trip fee: \$2

- May 3-4 Carrabassett Area 3-3+. Jim and Priscilla Thorne 772-2821
- May 3-4-5 HUDSON & CEDAR 3+-. Norm Reynolds (617) 443-2459
- May 10 AMMONOOSUC 3. Pete and Marianna Mickelson 929-4840
- May 10 LEADERS CHOICE 2+. Jay Spenciner 647-3347 CL Ken Hamilton 743-8235
- May 11 UPPER SAGO & MIDDLE SWIFT 3+. Bill McKenna 647-2251
- May 17 LOWER SWIFT 4. Don Skolfield 773-3642
- May 18 Kennabago 3+. Morrill Nason 846-5167



APPALACHIAN MOUNTAIN CLUB
MAINE CHAPTER

The Store With
The Red Door
In Old Hallowell

The
Starting
Block



Exclusive Shop For Runners And The
Recreationally Active

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

154 Water Street • Hallowell, Maine 04347
(207) 622-4387

RUNNING OUT OF MONEY FOR SCHOOL?

MAINE AIR GUARD EDUCATION BENEFITS
CAN KEEP YOUR EDUCATION "ON TRACK" AND
YOU WON'T HAVE TO GIVE UP YOUR "SOLE"!

COMMUNITY COLLEGE OF THE AIR FORCE CREDIT FOR YOUR MILITARY
TRAINING, FEDERAL STUDENT LOANS AND LOAN-FORGIVENESS PROGRAMS,
AND NOW THE NEW AIR GUARD G.I. BILL! ON TOP OF TECHNICAL
TRAINING, EXPERIENCE, MONEY, AND OTHER
BENEFITS!! FIND OUT IF YOU QUALIFY FOR
PART-TIME JOBS IN BANGOR OR SO. PORTLAND!

MAINE AIR GUARD

CALL COLLECT...

947-0571 EXT 264 OR 772-2873

MAINEIacs

WE GUARD AMERICA'S SKIES!



May 24-26 MEMORIAL DAY - E. Branch Penobscott - Lake Chesuncook. CL's Debbie Locke 767-3607 and Sue & Ken Gordon 784-27-45. Register with \$5 deposit by May 17.

Jun 14-15 DEAD 3. Sean Bresnahan. Register Alice McKenna 647-2251

Jun 21-22 SEA KAYAKING CASCO BAY. Bill and Alice McKenna 647-2251

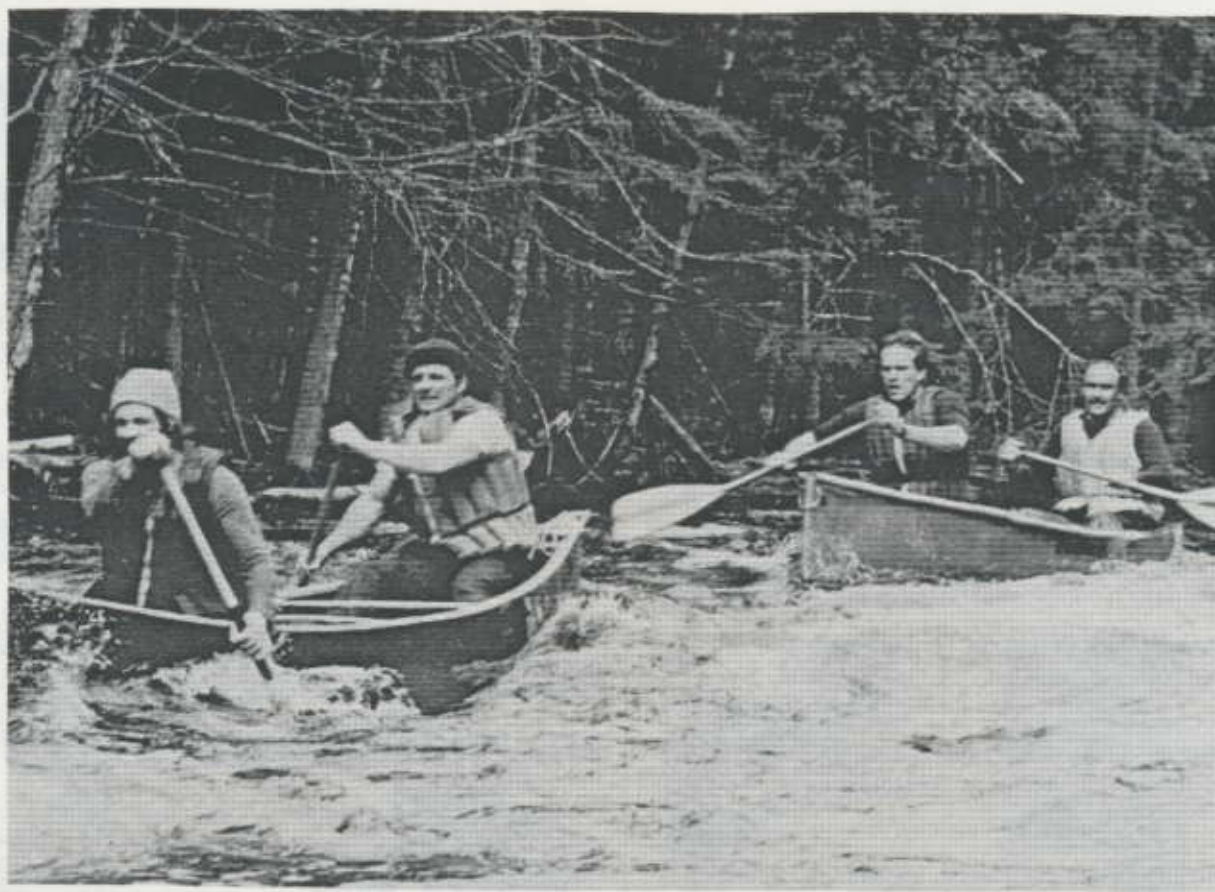
Legend: Number after event represents difficulty of whitewater: the higher the number, the more difficult the event
L = leader; CL = co-leader



1986 STATE OF MAINE CANOE RACING SCHEDULE compiled by Adrian Humphreys

Key: FW or MF = flatwater; SL = slalom; WW = whitewater; OC = open canoe; CC = covered canoe; K = kayak; TRI = triathlon; SK = sea kayak; ROW = rowing boats

May 3-4	WEST RIVER SLALOM WW slalom, OC, K., Jamaica, VT	Ken Fisher, Jr. 802-464-5501	RFD 4 W. Brattleboro, VT
May 3	SANDY RIVER RUNOFF WW, OC, K. 9 mi. 10:30	Len MacPhee 778-4051	RFD 3 Farmington, ME 04938
May 9-10	WW OPEN CANOE NATIONAL CHAMPIONSHIPS WW, S, OC. 12.5 M. Hudson/Indian Rivers	Dennis Dvorak 607-753-8520	12 Morningside Dr. Cortland, N.Y. 13045
May 24-26	GENERAL CLINTON CANOE REGATTA FW, OC, 70 mi. Cooperstown/Bainbridge	Wayne King 607-967-8700	Rd 2 Bainbridge, N.Y. 13733
Jun 1	MATTAWAMKEAG RIVER WW, OC, K. 10 mi M'keag Wilderness Park	Carl Stewart 794-6393	89 Lee Street Lincoln, ME 04457
Jun 1	NEW BRUNSWICK WW CHAMPIONSHIPS, St Croix WW, OC, K. 14 mi. Vanceboro/Loon Bay	David Wittingham	PO Box 623 Calais, ME 04619
Jun 8	THE GREAT MAINE RACE FW, OC, K, SK. 12 mi., Quahog Bay	Ed Mendes 729-0085	21 Western Ave. Topsham, ME 04086
Jun 14	ORONO FESTIVAL CANOE RACE FW, OC, K. 4 mi., Stillwater River	Adrian Humphreys 866-5652	PO Box 202 Orono, ME 04473
Jun 21	CANOE MANIA FW, OC, K. 8 mi., Saco River	Sandy Martin 929-5521	Box 106 Bar Mills, ME 04004



THE MARATHON by Bob Booker & friends

May 25th marks the beginning of Maine's marathon season for another year. The seventh running of the Maine Coast will see many of Maine's finest runners competing with more than a thousand other runners from all over. Joe Cesta of Biddeford is the new race director, succeeding Dick Roberge who deftly handled the reins for the six previous events. Rumor has it that Dick will be running this year.

I've asked a few of Maine's familiar and not-so-familiar name runners to share their thoughts on marathoning with us and to offer some advice to novice marathoners. Here's what they have to offer.



ROCK E. GREEN 32

Number of marathons run: I lost count after 40

Rock's first marathon was Casco Bay in '78 (2:53:57).
Fastest & slowest: Casco Bay '81 (2:25:26) and Bermuda '79 in 2:55+

"I can't remember them all. All the Casco Bay's; four Maine Coast Marathons; 2 Sugarloaf's; 2 or 3 Paul Bunyan's; 4 Boston's; 2 New Orleans Mardi Gras'; one Bermuda; several in New Hampshire and Massachusetts including a win in the 1981 City of Presidents in Quincy, MA and a win at Silver Lake/Dodge in Wellesley in 1983 or 4. I've also run one in Connecticut.

"I haven't really been away from marathons long enough to gain a perspective. When I started, I was absolutely obsessed with running marathons. That's all I lived for and running them became my identity. I was addicted, then I was addicted to improvement and to winning, and so on. In the last two years, I have begun to emerge from that. It seems as though I experience every emotion a human being can feel every time I run one, and it is much more than a physical or emotional experience - it's spiritual.

"If you show up (at your first marathon) in shape without grandiose expectations, you'll finish without problems. In my first marathon, I concentrated on finishing first, on not going out too fast, and I did very well. The time took care of itself. Do lots of long, slow runs. Focus on completing 26.2 miles of running and not on how fast you want to do it. That will come later. And above all, enjoy yourself!"

JOE CESTA 33

The Maine Coast's new race director has finished six marathons himself. His first was the Maine Coast of '83 (3:42:30) and his fastest has been the '84 Casco Bay (3:15:40). Casco Bay has also been Joe's slowest race, as he turned in a 3:45:50 in 1983.

Joe offers this advice to anyone trying their first marathon at the Maine Coast this month: "Start slow. Don't commit to running a marathon till after you have been running for at least 2 years. Don't try to do too much too soon."

Jo Comeau continues to be one of the state's top master performers. Boston '86 marked her seventh marathon. She first ran 26.2 miles back in May of '82 when she turned in a 3:19:53 at the Maine Coast. That was her slowest marathon! She just keeps getting better with a PR in her last marathon, Casco Bay last fall - 3:12:41

She has run Maine Coast twice; Casco Bay twice; Marine Corps, Newport, R.I. and Boston once each.

"Training is often arduous," she writes, "especially those long 20 milers. The feeling of having to run despite weather conditions. But the races are the most enjoyable of all - the feeling of comraderie amongst runners, the excitement generat-d. You have to experience it to believe it! And the post-marathon high stays with you for weeks!!

"Start out slowly - don't let yourself get carried away with the excitement and run the first miles too fast. Be sure you've put in the training. I always run at least three twenty milers and as many 10-12 mile runs as possible. Be sure to take water at every station even though the weather seems cool. When you hit mile 22 or 23 and your legs are just dead, mental imagery can really help. I picture myself 2 or 3 miles from home on one of my daily training runs - just breezing right along - fresh as a daisy!

TED BEAULIEU 44

Ted has run just two marathons. You might remember his picture on the cover of MR&O last October finishing Sugarloaf with an umbrella in his hand. He must have liked it, because he turned around seven weeks later and ran Casco Bay twenty-five minutes slower in 4:21:59.

"If the pain you feel is due to the fatigue of the 26.2 miles you're running, don't worry about it. Go for the distance. But, if the pain you feel is because you're hurting, then STOP!

"Have fun doing it," he advises the novice, "and don't worry about your time. Just to finish it will be reward enough. Believe me."



Route 9, Kennebunk, Maine 04043
207-985-4460

**Full Efficiency Cabins
and Motel Units**

**Wooded Setting
Short Walk to Beach**

T.V.

Pool

Bob Coughlin 47

Bob's an old hand at marathoning having run all of the Casco Bays; all of the Maine Coasts; as well as the Bunyan, the B.A.A., and the legendary Iceberg. With 26 marathons under his belt, Bob could pass as an authority on the subject. When you consider his worst performance came in his very first attempt - Casco Bay in '78 (3:16), and his best run came in the '83 Maine Coast (2:44), you see that he is one who has had great success and very little failure at the distance.

"It is the most "honest" racing form. They each have their own personality in terms of weather, training, etc. Always have a great feeling of accomplishment regardless of time.

"Never run another runner's pace. Always have a pace based on your most recent performances. Never try for big gains!"

CAROL A. McELWEE 40



Carol is a new master, who has been tearing things up in the Aroostook wars for years. She ran her fastest marathon in her very first attempt - Casco Bay of '84 (3:24). She didn't slip much in her other two attempts running 3:31 at last year's Maine Coast and 3:25 in the fall back in Portland. She tried her first Boston last month, look for the result in the June issue of MR&O

"I am quite flattered that you have asked me to share my thoughts concerning marathon running with you. So many different ideas are literally running through my head right now, but I promise not to be too verbose (you'll notice the space on the form was too small for my thoughts!)

"Running a marathon has been the ultimate run for me. My advise for anyone is to relax! I truly feel that the key to long distance running is to relax and enjoy the run. I find that smiling really helps me to do this.

"If the runner has done his homework and his training is complete, the chances for an enjoyable, exhilarating experience are enhanced.

"I think the hardest part of running a marathon is the training. One, also, has to be very careful of injury. Just be sensible in selecting a training program and watch body signals.

"In the race itself, the long distance runner needs determination and courage after mile 18. The sheer desire to finish and personal pride often help in putting one foot before the other. The "loneliness of the long distance runner" can certainly be an appropriate phrase at this time.

"I also feel I must add a note of caution. If a runner "hangs around" marathons long enough, he realizes this race of all races can be a very humbling experience, but the sense of fulfillment and satisfaction often lure us back."

GEORGE LIMING 34

One year George and I ran most of the Bunyan together, but he had to catch a flight to South America right after he finished - needless to say, he kicked my butt. George ran all ten Bunyans; four Casco Bays; two Maine Coasts and Sebago Lake ('75?); National Capital, New York, B.A.A., Brockton and a PR at Mt. Washington Valley in '83 (2:45:31). That's a far cry from his very first marathon - the Bunyan in '75 when he went 3:53:38. In fact, George's four worst times came at the annual mid-summer run around Bangor and Orono. The only person I know anywhere near that sick is me - my worst three races (4 out of my worst 5) came at the Bunyan as well.

"I miss running the Bunyan every year. The Maine Coast is a nice course; good scenery; excellent first marathon. Casco Bay seems to get tougher each year - not an easy course. Mt. Washington Valley is fairly flat. The Ottawa race (National Capital) is also a good one.

"Don't worry about the time (in your first marathon). Just relax and enjoy it. Start very slow and resist the temptation to pick up the pace.

SHARYN KINGMA 36

Sharyn Kingma of Bar Harbor has only run one marathon - Casco Bay '85 in 3:39:41.

"Training properly paid off along with a seven year base. Having no expectations other than to finish allowed me to run a very comfortable race.

BEACHWOOD MOTEL & RESTAURANT

RT. 9 RFD, KENNEBUNKPORT

(207) 967-2483

AT THE 18th MILE

Goose Rocks Section

New Deluxe 78 Unit Motel

Kitchenette and Regular Units

Swimming Pool - TV - Heat - Tennis Court

"Be the Guest of the Twelve Spang's"



To the first timer, Sharyn says, "Have a base of running, (at least a year) before attempting your first marathon and then train 6-8 weeks prior, steadily increasing mileage with one long run per week. (Steadily increasing the running time of the long run).

JONATHAN WILLIAMS 28

Jonathan Williams is a young star from the County who will continue to burn up the competition in the marathon. In his first seven, Jon has had tremendous success. He started with a slow 2:47:39 in his first try back in '82 at the Maine Coast and improved that to a 2:32:44 in the '84 Casco Bay. He has run four Casco Bays and two B.A.A.'s along with his Maine Coast run.

"The Maine Coast course is nice, very scenic and fairly flat. Casco Bay is well organized with good facilities. The course is good, not counting the Boulevard. They are generous with their prizes. The framed prints that they have been awarding are top class. It's a good time and people are friendly.

"Boston is definately worth the experience if the chance to run it comes up. Running a course lined with cheering people and finishing at the Pru is exciting. From the time the gun goes off and you cross the finish line, it's a first rate race. Otherwise, it's a pain in the rear. Sitting four hours at cramped Hopkinton High School. Waiting for your gear at the finish, and standing around in lines is the pits.

"The most important quality a first time marathon runner needs is patience. A marathon is a long race. The first 5 miles should be run at a slower than comfortable pace. Don't listen to what the body says in the early miles. It will say, 'Let's go, I feel great; gee, this is exciting!' If you take off like your body says, be ready for a different story at around 20 or 22 miles - 'Oh, please let's stop. This is insane. I'm pooped. My legs are tired and my feet are sore. Don't push hard now, it's not worth it.'"

As far as training advise goes, be sure to get one long run of 18 or more miles in a week for 2-3 months before the race. Try to run at least 55 miles a week. It all depends on what your goal is, and how much time you have. The more mileage the better. Cut back if you're continually tired."

THE D'ALLAIRE'S MOTEL & CABINS 523 Elm St. (Rt. 1) Biddeford (207) 284-4100

New modern Motel Units with or without Kitchenettes, Color TV, Air Conditioning & large Swimming Pool. Housekeeping Cottages available. All of Maine's famous beaches nearby. Open year round.

NORMAN & CONNIE POIRIER
OWNER/MANAGERS

CARLTON E. MENDELL 64



Carlton is one of the nations top senior road racers. The marathon and ultra-marathon are the proving ground where Maine's grand ol' man proves over and over again that it's never too late to start and it's never time to call it quits.

Carlton ran his first marathon at age 55 in the 1977 Paul Bunyan. A 4:08 performance was quite respectable for a man his age. Since then he has made steady progress and in 1983 at the Maine Coast he turned in a sparkling 3:03! He was 61 at the time!

Carlton has run forty-seven marathons since '77 including N.Y.C.; Boston; Lowell; Newport; the Bunyan; the National Capitol in Canada; Casco Bay; the Marine Corps; Cape Cod; Philadelphia; the Maine Coast and Maryland.

Carlton is a man of few words, but he wanted you to know that he considers a "proper 3 week preparation" the key to a successful marathon. He would also urge runners to "run the distance in preparation" of racing it. And I hardly ever run over 10 miles!

BAILEY'S IS YOUR SUMMER SPORTS STORE BAILEY'S HAD IT ALL AT GREAT PRICES!!



BAILEY'S carries a full line of running, court and cleated shoes. Mens, womens and kids clothing. Licensed and logo clothing. socks, baseball goods, fitness equipment, braces and supporters, tennis racquets and stringing, hockey equipment and skates, bocce, badminton, shuffleboard and croquet, lacrosse and all kinds of balls, plus our team sales and trophy departments, and much, much more.



JAMES BAILEY CO.

26 Center Street
Intown Portland
774-6635

Western Avenue
Augusta Plaza
622-5342

"THE MAINE TRADITION IN SPORTS"

Bill Fox has run eleven marathons. He adds, "All eleven since age 59 - Dick Goodie please take note)". Bill ran his first marathon in October of 1980, a 3:22:23 at Casco Bay. Since then he has run Casco four more times; Boston four times; the Bunyan and Maine Coast once each.

"Casco Bay - It's still my favorite marathon partly perhaps because it was my first. The course is scenic and great fun to run on a sunny October day. Like most marathons it's hell if the wind and/or rain get at you. Good crowds at designated spots help. Fairly challenging course.

"Paul Bunyan - Only ran one but it was a great experience. I love to run early in the mornings. Well run but I did miss the encouragement & help from spectators as there were few. Sorry that it's not still being run.

"Maine Coast - Ran it once on a real windy day. The course is another scenic & beautiful one. The crowds were good along most of the course and very encouraging. Also very well run.

"Boston Marathon - For a non-entity such as me it was a great thrill. The numbers of runners participating and the crowds along the way were high points for me. The crowds were knowledgeable about running and had all kinds of help available for runners. And don't forget the GIRLS at Wellesley to stimulate you about half way. For runners such as myself, to be able to qualify and to participate on an amateur level was the greatest accomplishment of this marathon.

**•WHITEWATER BOATING
•SAILBOARDING •SPORTSWEAR
•WATER/SPORTS •CAMPING
•FISHING SUPPLIES**

We carry summer sportswear by CB, Off Shore, Jansport & Woolrich.
Kayaks and supplies by Prijon, Noah Boatworks, Body Glove, Norse Paddles, dry bags & booties.
Backpacking, Eureka tents, sleeping bags, and much more. Coleman sales and service.

Eureka tent rentals
Old Town Canoe rentals



HANSON'S
Ski & Sport
TWIN CITY PLAZA • BREWER
989-7250

And what about the novice?

"Prepare well. You need about 2 years of consistent year-round running to get a proper base. My first marathon was my best. I started my watch & then never looked at it again until about an hour after finishing. I just ran & enjoyed the scenery and good companionship of fellow runners I met along the way. If you're a gunner and after a top spot, O.K. plan your strategy and watch your watch. Otherwise, just run and enjoy the whole experience."

JIM TOULOUSE 37

Jim has run 13 marathons in the past five years including a fifth place finish at last year's Maine Coast and a second place at last fall's Casco Bay. He fell just 2 seconds shy of his Maine Coast 2:31:10 PR in Portland. Consistent or what!

"Assuming favorable weather conditions and a (relatively) orthopedically sound body, running marathons are events that should be quite predictable in terms of one's finishing time. The following items have been helpful to me

in taking the element of surprise out of the marathon:

1. Write up an 8 to 10 week training schedule which is specific as to type of running done each day, mileage, speed workouts, racing, rest, etc., and adhere to it 95%.
2. Have a game plan for the marathon: Know where you should be within a minute or so at each major split and run even splits. Monitor your pace by keeping tabs on the mile markers and your watch.
3. Most important during the race: Concentrate on what you are doing. Monitor 'the vital signs' and keep tuned in to how you are feeling. Don't let your mind drift off over the Maine coastal scenery or your pace will go adrift. When things look bleak at mile 15 or 20, tell yourself you are in control of the situation and that this 'feeling of dread' will pass in a mile or two."

LOUISE DUNLAP 45

Louise is the winner of last summer's Sugarloaf marathon. She has run eleven of them including a 3:32:04 PR at last fall's Casco Bay, less than seven weeks after running down the Carrabassett Valley! She has run the Great Downeast (now the MAINEiacs Half); Coastal; Paul Bunyan; Sugarloaf; Casco Bay; and Boston Peace.

"Maine's 3 remaining are all very pretty, nice places to be. Casco seems most difficult, but I've had my two easiest/fastest runs there. All are very well managed, except I couldn't find mile markers during last 3 miles of Casco Bay - very frustrating.

"Maine Coast Marathon seems to always have lots of support people on the beautiful route as well as at the end - with massage people available (also true of Sugarloaf & Casco Bay).

"I also appreciate the dinner and dorm room (although one year the room was freezing and I couldn't sleep) the night before.

"Sugarloaf for me is the existential marathon - often I find myself alone running for miles through the mountains - quite an experience.

"Casco Bay is the elusive one - either I finish my best or worst (not finish and injured). The weather usually helps me - cool, autumnal air. It's the only marathon or race I have a DNF, and I have 2 - and then another year I got a metatarsal break the week before. But I love it for my good years and because I find the 1st half so pretty with the fall colors and amazing homes. I really felt those hills building up to mile 20 last year.

"The Boston Peace Marathon was a great odyssey because of what it stood for and because it was in my old neighborhood - I grew up in Lexington and lived a lot of my young adult years in and around Boston - running through my home town 'LHS Class of '58' was a trip, as they say!

"I do love the Maine marathons, hard to imagine getting smart enough to choose one a year - which one?"



Bob Jolicoeur 49

Bob has changed Maine running for ever. His influence on the sport in the past eight or nine years has been profound: starting with the Capitol Joggers, winding a way through the Gasping Gobbler; the presidency of the Maine Track Club; and leading now to the Road Runner's Club of America convention this month, Bob's career in our sport has been marked by optimism and a never-say-never attitude that's contagious. He has also managed to run thirty-one marathons in his spare time. He chose an aptly named 'Plodders' marathon for his first and worst (3:49) and fine tuned that to a 2:56:12 at the '83 Clarence DeMar. He has run Casco, Maine Coast, Bunyan, N.Y.C., B.A.A., DeMar, Montreal, Iceberg, Shamrock and Cape Cod.

"One could write a book about marathons. Every one of them is different. You can sum up by saying 'Anything can happen in a marathon, but it really pays to do your homework'. Twenty milers in training are a must.

The marathon is the "most satisfying of all races. Can also be the most grueling, most energy depleting and a true test of your spirits, will, and stamina. Can be run in comfort with proper training.

"It's achievable and well worth the effort. Go for it!!

BOB BOOKER 38

I've wanted to write a piece on marathons for a long time. I figured with 23 to my credit (not including the 1986 Lincoln Marathon in Lincoln, Nebraska on May 4) I had most of the answers. I recognize all the advice my friends have imparted on these pages, but can't remember ever applying any of it!



I love this picture Vance Brown took at last summer's Sugarloaf. It shows an over-weight runner and the clock that never lies. I bet I must hold some sort of record for most performances between three hours flat and 3:01! I've accomplished that frustrating feat four times; three times before I finally broke the three hour barrier at Skylon in '81.

I've come to the conclusion in the short time since the '84 Olympics that Lopes had the right

idea. I've stopped running long, taxing training runs and now concentrate on steadily improving my training pace on my eight mile course over a four to six week period. I try to fit in a few half marathon distance runs and a few short races to sharpen my speed. I know that the long runs helped me in the late going back in '81 and '82 when I was at my best, but I feel I can get almost as much out of a lot less mileage if I concentrate on quality instead of quantity. Check back in the June issue and see how close I came to a predicted 3:05:30 at Lincoln on forty miles a week. I'll be prepared to eat some words.



MAINE RUNNING & OUTING ROAD RACE POINT SYSTEM '86

Devising a point system that makes everyone happy is a very hard thing to do. What we are attempting with this latest try is to reward race directors who have gone to the trouble and expense of certifying their courses and reporting those results to MR&O, Greg Nelson and the National Running Data Center, as well as those runners who compete in these certified events.

Here is how the system works. The winners (male and female) of certified races run in Maine receive five points for their victory. They also receive points representing 10% of the field. For example: Peter Lessard won the MAINEiacs Half Marathon. He received 5 points for the win, plus 14 points because there were 138 males in the race (we always round up). Henri Bouchard received 36 points for winning the Epstein's race because there were 310 men running that day. Robin Emery-Rappa received 8 points for her win at the Lite Beer Half (5+3 for 23 women) and 14 for her win at Epstein's (5+9 for 90 women). Also the other runners who finished in the top 10% receive points as well. Because there were 138 males at MAINEiacs, Lessard received 14 points, Joe McGuire got 13, Jon Williams 12 etc. At the Epstein's race the first thirty-one male and nine female competitors received points. We also give points for master men and women. Women can figure in the open division (as Robin did with her 31st place finish and masters can figure in the open division as well as Danny Cake and Jo Comeau did. Is all this clear? I hope so because I will refer you back to this May issue if you ever question the rules of the game. And, of yes, we do not discriminate against anyone for living outside the state of Maine. These are merely the standings of the top 10% of the performers in Maine's 36+ certified road races. I hope you like it; I hope you will be included.

RACES TO DATE...

Great Lite Beer MAINEiacs Half Marathon		
Epstein's Five Aces 5K		
1.	Henri Bouchard	36
	Jim Newett	36*
	Dan Dearing	36*
4.	Steve Giles	30
5.	Lance Guliani	29
6.	Mike Gaige	28
7.	Randy Hastings	27*
8.	George Bockus	25
9.	Alex Hammer	24*
	John Hallee	24
11.	Glendon Rand	23
12.	Paul Comeau	20
13.	Peter Lessard	19
	John Condon	19
15.	Dennis Berard	18
16.	Jody Norton	17
17.	Bob Camara	16
18.	Dave Clement	15
19.	Dave Renault	14
20.	Dan Campbell	13

Maine's First Place Screen Printer

- T-shirts
- jackets
- caps
- sweats
- uniforms

COASTAL SILKSCREEN

502 Woodfords St. Portland, Maine 04103

(207) 772-4530

WANTED

FORMER AIR FORCE, ARMY, NAVY, MARINE, ENLISTED PERSONNEL

You may have a skill that is needed NOW in the Air Force. If you've been out of the military less than five years, the Air Force may have a contract with your name on it. Plus, all Air Force benefits will be yours: great pay, 30 days of vacation with pay each year, complete medical and dental care, and more!

Call your Air Force recruiter today at 207-942-6167.

Find out if you qualify for a reenlistment bonus in the Air Force.



	Joe McGuire	13
22.	Jon Williams	12
	Pat Boss	12
24.	Rusty Taylor	11
	Phil Stuart	11
26.	Chip Howe	10
27.	Mike Sargent	9
28.	Barry Fifield	8
	Terry Priest	8
30.	Brian Ladner	7
	Charlie Violette	7

32.	Tim Marquis	6
	Bill Hine	6
34.	Ian Davison	5
35.	Dan Cake	4
	Kevin Way	4
37.	Brian McCrea	3
38.	Steve Gross	2
	Dave Alley	2
40.	Bill Ledrew	1
	Robin Emery-Rappa	1*

WOMEN'S DIVISION

1.	Robin Emery-Rappa	22*
2.	Wanda Haney	8
3.	Rose Prest	7
4.	Kay Oregon	6
5.	Kellie Connor	5
6.	Jo Comeau	4*
	Denise Harlow	4
8.	Carol McRea	2
	Kerry Shea	2
10.	Jane Rau	1

MASTER'S DIVISION

1.	Joe McGuire	10
	Danny Cake	10
3.	Guy Berthiaume	4
	Mike Doore	4
5.	Joel Croteau	3
	Mike Opitz	3
7.	Al Sproul III	2
	Steve Norton	2
9.	Greg Hildreth	1
	Erv MacDonald	1

WOMEN MASTER'S

1.	Jo Comeau	12*
----	-----------	-----

* depicts persons who have run in both races.

O.K. That's the system. Our lines are now open for your comments. I'm sure we have overlooked something. If you can add something constructive, we'd be glad to entertain your views. Where do we go from here? Check the calendar for the May and June certified races in Maine and crack that magic top 10%. Choosing your races now becomes more of a challenge. "Do I run the Rocky Coast or the R.R.C.A. Championship 10K? Where is the most competition going to be? Who will draw the bigger field?" Why not run them both as good speed workouts before the Maine Coast. Look at all those points!!!

AT THE RACES

THE BOSTON PRIMER

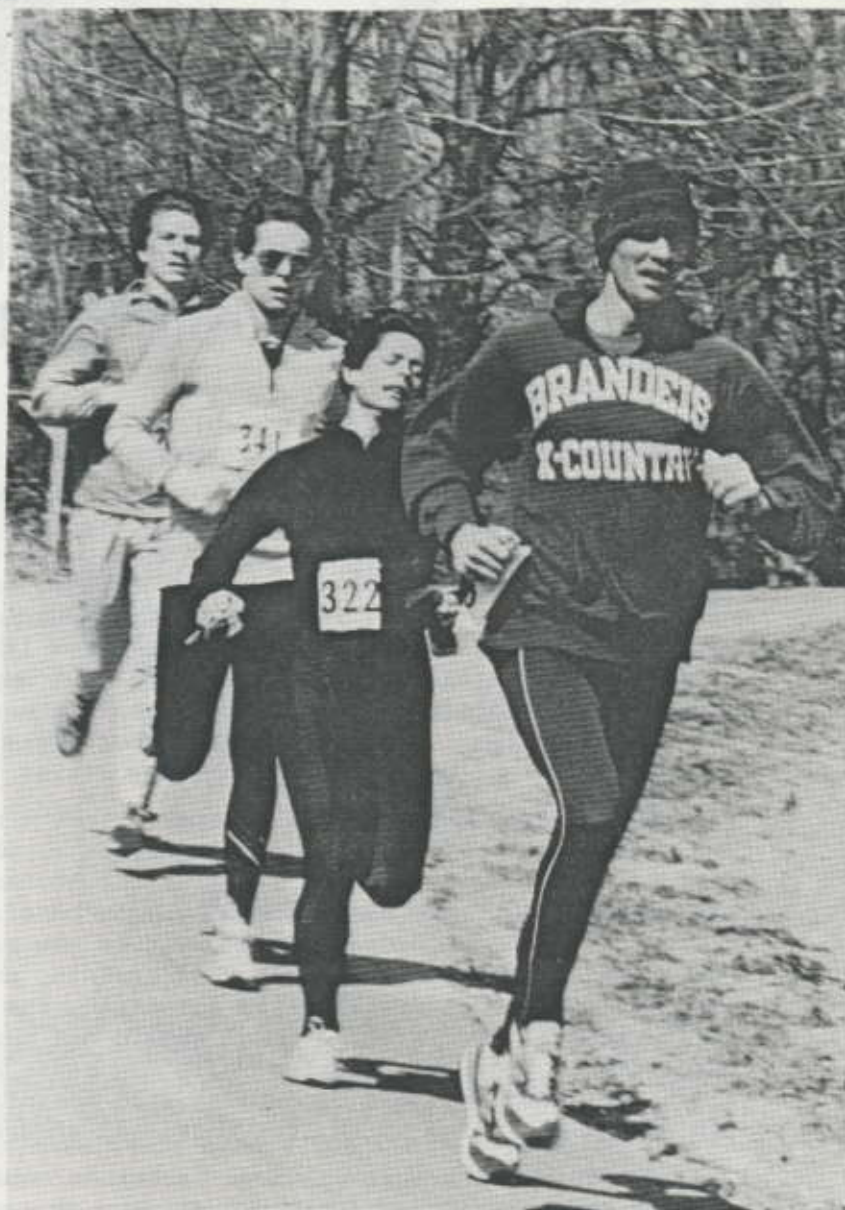
I was chatting with Dan Cake at the Epstein's race, and he mentioned running a ways with Andy Palmer and Kim Moody at the Primer (see picture opposite).

"Andy just ran along for the first five miles with us and decided to get some speed work in over the last ten miles. He finished in third place!"

Kim, recently named by Ultra Running magazine the top female 50-mile runner, shattered the old Primer record. See results at THE PACK.

GREAT LITE BEER MAINEiacs HALF

Boy, wouldn't it have been great if the Primer field could have doubled the next weekend at Bangor! Peter Lessard ran a great race from the front, kept honest by the sensational 42 year old Joe McGuire, the pride of the Mustards. The Central Maine Striders were able to wrestle the team award away from the Aroostook county crowd and the Maine Army National Guard squad out legged the Air side for the third straight year.



Willey's
Style Center

137 High Street • Ellsworth, Maine • 667-2511

Headquarters
AT OUTLET PRICES
new balance **B**



adidas

LARGEST INVENTORY
IN EASTERN MAINE

Branch:
Southwest Harbor
207-244-5423

Branch:
Belfast
207-338-3375

Branch:
Bar Harbor
207-288-5060



GETTING READY TO COMPETE by Anne-Marie Davee

Did you know that you can eat to win? The timing, size, and composition of your pre-race meal can affect your athletic performance. The traditional high-protein, high-fat, steak and eggs breakfast is OUT and the high-carbohydrate foods are IN! To name a few of your best bets; pancakes, waffles, cereal, toast, muffins, pasta, potato, fruits, and vegetables. These are sources of high test fuel for your working muscles. But WAIT - don't load them up with butter, margarine or oils. Fats like these will take up to 6 hours to be digested. Your stomach should be empty at the start of competition. The rationale of the pre-race meal is merely to prevent hunger pangs during competition. Consume a high carbohydrate breakfast or meal 3-4 hours prior to the start of your event thereby giving it time to digest.

Glycogen, the storage form of energy in the muscles, has been formed from what you ate 24-48 hours ago. Therefore, what is consumed the day prior to competition is perhaps the most important. Events lasting longer than 1 hour (endurance events) will surely benefit from the new modified version of the "Carbohydrate Load". It is now called the "Loaf Load Technique", which simply means taper your training schedule 3 days prior to competition, rest and relax while increasing the amount of starches (breads, pasta, rice) in your diet. "Load" should not mean consumption of excessive quantities of food and calories which may cause an uncomfortable weight gain. The "Loaf and Load Technique" will maximize muscle glycogen storage without the depletion phase, for increased endurance.

Hydration is the most critical factor in achieving top performance. Water is the best choice! Begin hydrating at least three hours prior to race time (with your breakfast) by consuming 2-3 cups water then. One hour before consume another cup or 8 ounces and repeat 15 minutes to the gun. During any event try to consume 4 ounces of cool, plain water every

ATLANTIC AWARDS

34 Summer Street
Bangor, Maine 04401

TROPHIES • PLAQUES
ENGRAVING • CUSTOM GIFTS

TEL: 942-6464 or 947-8588

Buy direct for lowest prices, highest quality and fast service
BECAUSE WE MANUFACTURE, WE SAVE YOU MONEY !

15 minutes to prevent dehydration. Don't wait for the thirst signal because it's not an accurate one.

Lastly, every person is **UNIQUE**. Experiment during your training periods and find out what foods work best for you. **DO NOT** try any new regime the day of an important race. To minimize stomach distress, or indigestion, select foods which are easy to digest, nothing spicy or gas producing. Candy bars and concentrated sweets will **NOT** provide a quick energy boost. Remember, your muscles are running on what you ate the day before. As starting time draws near, drink plenty of water, stretch out and relax.

Good Luck - see you at the races!

Anne-Marie Davee, R.D.
RFD#1, Box 1452
Rockland, ME 04841
596-6417



Bicycles

**TREK • SHOGUN • CANNONDALE
FUJI • UNIVEGA • SPECIALIZED
PEUGEOT • RALEIGH • CINELLI**

**WE BUILD CUSTOM WHEELS. SHOES, HELMETS,
CLOTHING, COMPUTERS AND OTHER ACCESSORIES.
HONEST ADVICE ON ALL YOUR CYCLING NEEDS.**

**SEE US AT OUR NEW ROUTE 1 LOCATION NORTH OF
THE CARLTON BRIDGE IN WOOLWICH!**

Route 1, Woolwich

442-7002



9-5:30 Mon. - Sat.

Fri. 9-8:00

EDITOR'S NOTE: Most race directors are very safety conscious. Next time you feel like saying, "There wasn't enough water out there" stop and think and say to yourself, "I should have taken on more water before the race and more at every water stop". I never saw a volunteer refuse a runner a second or third cup!

**AWARDS FOR
ALL OCCASIONS
TROPHIES
ENGRAVING
PLAQUES
CLOCKS
SILVER
PEN SETS
MEDALS
PINS
ETC., ETC.**



PERSONALIZED PRODUCTS
(for your company
or organization)
**T-SHIRTS
CAPS
JACKETS
EMBLEMS
SWEATERS
DUFFLE BAGS
TOTE BAGS
APRONS
TOWELS**

Imprinted or embroidered

9 WESTMINSTER STREET [INDUSTRIAL PARK] LEWISTON, MAINE 04240
TEL. 207-786-2931 - 207-784-5155

PAPA GAMBINO'S

PAPA GAMBINO'S 5K has been put on the back burner for a while because several key people must be out-of-town the 10th of May

But look for something special in the fall!

In the meantime, Joe wants everyone to get out there and support the Bangor-Brewer area's other outstanding running events...



Congratulations to Henri Bouchard and Robin Emery-Rappa on their victories at the Epstein's 5 Aces Road Race.

We hope St. Joseph's had as good a turnout.

Look for Bill Rodgers at the Terry Fox Race!

May 4

THE TERRY FOX RUN

sponsored by Village Subaru and Bangor Motor Inn that benefits the American Cancer Society

May 25

PIZZA OVEN SPRUCE RUN

that benefits Spruce Run for Abused Women and Children

PAPA GAMBINO'S



Hail to the Chiefs

O.K. I won't make any wise cracks about even the best sandwich being ruined by pasty-white bread. The "filling" deserves better though. At the recent Boston Primer, Maine Track Club president, Jane Dolley squeezed between Central Maine Strider boss, Jerry Saint Amand and the head-honcho of the Maine Road Ramblers, John Schwerdel for this deli-delight. Maine's other R.R.C.A. clubs are pitching in to help the MTC pull off the best Road Runners convention ever. Don't miss any of the festivities from May 15 through the 18th. The R.R.C.A. awards banquet on Saturday the 17th will feature keynote speaker Don Kardong.

Joan Lavin writes that, "The next meeting of the Maine Track Club will be held Wednesday, May 14, at the Machine Tool Auditorium, S.M.V.T.I. No program, from this meeting, as it will be an organizational meeting to discuss final details of the R.R.C.A. convention. Public invited, refreshments following meeting."



BIKE PEDDLERS

BIKES • TRIKES • EXERCISERS

Expert Service For All Bikes

Wheel Building • Frame Repairs

201 Penobscot Square
Brewer

AT THE END OF
THE OLD BRIDGE

989-2288

TREK
DIAMOND
BACK

MIYATA

PEUGEOT

Trouble (What trouble?)

The wind chill factor puts it way below zero
Still he dons his running suit--he's got to be his own hero
The boy's got trouble--tries to run it all away
Puts his body through the grinder each and every day
Yes, the boy's got trouble--his legs are tender to the touch
But, when he hits the open roads they don't hurt so much
The boy's got trouble--his life is closing in on him
Yet the pacifying action tends to open it again
The boy's got trouble--unable to satisfy his needs
So he runs his legs still more, until they want to bleed
O yea the boy's got trouble--but he knows what must be done
And he always tries to do it with yet another run

anonymous from Portland



Part II by Quentin Cassidy

I've had this in the back of my mind for a few years and I believe that now is the time for my say. In my travels around the state I continually run into many athletes participating in all sports and while these athletes deserve credit and positive reinforcement I believe that many times we as a public do a discredit to some of these athletes that have the most potential.

With few exceptions athletes in Maine are not anywhere near the level of competitiveness and accomplishment of their counterparts in other states, yet we often treat these stars as super athletes - sometimes trying to live

our lives through them; sometimes just giving them things that if they weren't quite as talented as they are they would have to work for (grades, accolades, freedoms). My observations tell me that this hurts the athletes and costs them a great deal in future performance because they have been led to believe that mediocrity is excellence. The moral of this is - hunger is necessary for high level performance. Which leads me to what this story is all about.

In the state of Maine we have produced a few very exceptional athletes. In the running community we have produced two that have risen to the level that I am talking about. One of these, Joanie (we don't even need a last



BAR HARBOR BICYCLE SHOP

Trek, Peugeot, Ross,
Specialized, Haro, GT,
Cainago, Olmo,

We handle a full line
of products for the racer,
tourer, bmxer or
mountain biker

On the doorstep of
Acadia National Park

Sales • rentals • parts • repairs
Open 7 days a week

141 COTTAGE ST.
• Bar Harbor •
TEL. 288-3886

MEMBER OF BAR HARBOR
CHAMBER OF COMMERCE
Established 21 years

name) gets all the credit in the world and deserves every bit of it. The other is going to get some now. He has been ignored for too long and just recently he is starting to get some credit in this state - out of state he gets some recognition - on the track, roads and on X-country terrain, he gets recognition, respect, awe, even fear - he has tread ground long ago that mediocre talent has yet to discover. The person I am referring to has to be Bruce Bickford.

Bruce has accomplished things that other talented athletes may never see. Bruce has held national and world records, represented the U.S. in the world X-country championships and finished 10th, been ranked Number 1 in the world for 10,000 in 1985, and is continuously ranked in the top few in the country on the roads despite only running a few road races a year. Let me explain what a couple of these things mean.

**66 2/3% OFF ALL
OUR TROPHIES**

- OVER 200 ON DISPLAY
- TROPHIES, PLAQUES, RIBBONS
- GIFT AWARDS
- ENGRAVING

**FREE ENGRAVING ON TROPHIES!
BUY DIRECT AND SAVE!**

CALL FOR
FREE
CATALOG!



SPORTLINE TROPHY CENTER

14 FALMOUTH ST., PORTLAND

TEL. 772-7508

MON, TUE, WD 9-5

THUR, FRI 9-6 SAT 9-2

WE MANUFACTURE OUR OWN AWARDS



For Complete Boston Marathon Coverage

and

All The Latest On the
Boston And New England Running Scene
Including our 1986 Triathlon Section

Read

the May/June Issue of

Boston Running News

New England's Running and Fitness Magazine
Available on newsstands and at running stores
throughout New England, or by subscription to:

Boston Running News

PO Box 252

Boston, MA 02113

1 yr. \$12.95

2 yr. \$22.95

Canadian and Foreign Subscribers Add \$7 U.S.

U.S. X-Country Team - 8 runners go out of all the cross country runners in this country. Pat Porter, Craig Virgin, Al Salazar, Mark Curp, Keith Brantley, Greg Meyers, Bill Rodgers, Frank Shorter are just a few names of people who are now or have represented the U.S. 10th in the world! This is probably the single most competitive race in the world, with all the best people trying to be at their best at the same time for the same race.

#1 In The World rankings speak for themselves, but just for a minute think about the last race you ran, and how you did; then put it on a world scale. Pretty impressive I'd say.

You get the idea that Bruce is pretty good. And he obviously had to work a little bit to get to this level. I'm not going to dwell on this, but Bruce is a Maine man through. He grew up in Benton, Maine; went to Lawrence High School, then to Northeastern. He excelled at every level and continues to do so.

Maine has produced some solid talent at the high school level, college level, and open (Masters goes without saying), but I'm sure if you ask Andy, Hank, Sammy Pelletier, Bobby Winn, Paul Hammond, Danny Paul and any number of others, they would all say Bick is in another league.

STATISTICS

Mile.....	4:00
5K.....	13:13
5 Mile.....	22:17
10K.....	27:37 (track)
	28:16 (roads)

The 575: One tough running shoe.

If you are tough on shoes and long wearing durability is your goal, then the New Balance 575 is your answer. The 575 provides shock absorbing durability through a PU/EVA ENCAP[®] Wedge[®] and a 2-density EVA midsole. Durability and toughness is carried through the outsole in a carbon rubber houndstooth design. The 575: one tough shoe. Available for men in B-D-2E-4E widths.
Made in the U.S.A.

B[®]
new balance[®]
575



*Encap[®] Wedge patent pending.

Wight Sporting Goods

589 Wilson St., Brewer

Tel. 989-6677

PIZZA OVEN SPRUCE RUN 5K



Sunday, May 25 10:00 A.M.

CORNER OF WEST BROADWAY AND
UNION STREET

VERY FAST! Gerry Clapper 14:40
Henri Bouchard 14:44

Features:



- * Chronomix Finish,
- * Mostly Downhill,
- * Mile Splits, Water Stop,
- * Awards Ceremony and Music at Finish
- * Restrooms at Finish
- * Refreshments
- * 100 T-Shirts to the First 100 Applicants, AND
- * Special Appearance by Tabitha King at Start!

ALL PROCEEDS TO BENEFIT SPRUCE RUN AGENCY FOR
ABUSED WOMEN AND CHILDREN



**EASTERN
EXPRESS**



Saucony

A MAN WITH A SPECIAL GIFT by Rick Krause



Fast feet come and go. Great people and great personalities linger on. People like Roland Dyer, Danny Paul, Dale Lincoln, and Greg Nelson are among them. Another is Dennis Morrill.

Dennis is one of the runners I remember most from the road racing era of the 1970's. Now 50 and living in Falmouth, Dennis had been a member of the Maine Masters, and like others in this pioneering group, he directed road races in the Portland area.

As a competitive runner, Dennis always seemed preoccupied with a certain kind of fear - a fear of finishing last. But I never recalled that he did. It was clear that he envied many of the great runners of those days - Thomas, Greer, Flanders, to name some.

After a race it was always easy to find Dennis. He'd be standing in a group with Thomas and others chatting away. A lot of Laughter came out of that group. Dennis could make that happen. He was a catalyst of good cheer, a humorist, and above all, a special friend to these people.

Dennis never held back his convictions, his opinions, on any matter concerning road racing. They were both useful and entertaining. In time, many of his ideas would find themselves incorporated into the heart of the sport, with someone else's name attached to it. But there were a certain number among us who knew where they had originated.

Dennis may not have realized it at the time, but we all had good reasons to envy him. He made road racing a lot of fun. He offered us a special human gift which transcends beyond running.

MOUNTAIN BIKES • BMX

BMX • FREE STYLE • UNICYCLES • BMX

Pat's Bike Shop

"ANNOUNCING"

RALEIGH TECHNIUM

The Hottest New Line of Bicycles in the industry!

WATCH FOR THE GRAND OPENING OF OUR SECOND LOCATION IN DOWNTOWN BANGOR

**27 No. Main Street
OLD TOWN TEL. 827-2122**

UNICYCLES • BMX • FREE STYLE • BMX

T E N S P E E D S • T W E L V E S P E E D S

Brown Photo

N. Main St., Box 53,
Searsport, Me.
(207) 548-2508

Race photos in Black and White

New Prices Effective Jan. 1, 1986
 (5x7) \$4.25
 (8x10) \$7.25
 shipping and handling \$1.00

Discounts on poor quality photos and large orders.

Open by appointment only or see you at the races!

Vance Brown

ause



ROAD RUNNERS CLUB of AMERICA

April 4, 1986

Greg Nelson
138 Maine Ave.
Gardiner, ME 04345

Dear Bob:

This letter is a bit longer than I first intended but I think it contains several items that will be of interest so could you print it in your next issue.

1. I would like the running clubs of Maine to know that I have succeeded Kevin Purcell as the Road Runners Club of America (RRCA) State Representative. In this capacity I will act as the liaison between the Maine chapter clubs and the national organizers. The chapter clubs at this writing are: Maine Track Club, Maine Road Ramblers, Maine Coast Roadrunners, Central Maine Striders, Swift River Runners, and Yankee Running Club. If any of Maine's other clubs are interested in joining or would like more information about the RRCA please contact me. This year is a good one for clubs to join since the RRCA National Convention will be held in Portland on May 16-18, hosted by the Maine Track Club. RRCA Membership will allow your club to enjoy full participation in the Convention including voting privileges.

2. I have been Race Committee Chairman for the Maine Road Ramblers for five years. During that time I have collected materials such as: addresses for flyers, checklists, timetables, and descriptions of the procedures and jobs needed to organize a race. This material has been given to our Race Directors with the intent being to lessen the trepidation that many people may have about directing a race, by providing them on paper with the information they need to organize a race. Until now this information has been incomplete and unorganized. However, in the past couple of months I have compiled it all into a 90 page Maine Road Ramblers Race Director's Manual.

It is written with small Maine road races (250 runner or less) in mind rather than generalizing procedures for both small races and huge tens of thousand runner urban races. The club has agreed to share it with anyone who might be interested for the cost of printing and postage. If anyone wishes to obtain a copy, send your request along with a check for \$8.00 payable to the Maine Road Ramblers to me.

Also, as was mentioned in Maine Running a couple of months ago I have (in my capacity as TAC Certification Chairman) several copies of the TAC Road Race and Finish Line Management Manual. This Manual describes in detail Finish Line procedures, especially for larger races, as well as how to comply with TAC and National Running Data Center (NRDC) requirements. Some of the material dealing with how to manage thousands of runners isn't applicable to most Maine races but selective reading will help any Race Director. I especially recommend this Manual to anybody directing races approaching 500 runners.

Jane Dolley who will be directing the RRCA National Championship 10K at the RRCA Convention was very grateful to receive a copy. I have 14 copies left and they are free until gone. After that they can be obtained from the TAC national office for \$6.00.

3. Now that the snow has melted and we can get out on our bikes again I urge that Race Directors considering having their courses certified get an early start. Remember that you can't advertize your course as certified until I approve it. If you wait until just a couple of months before the race to start the procedures then you may have to publish your flyer without the certification notice.

If you need information on certification procedures and/or forms contact me. I have a booklet available for \$3.00 that describes the procedures needed as well as providing you with the necessary applications and forms. If you want someone to measure your course for you, I also provide that service. Rick Krause in Central Maine (622-3996) and the Maine Track Club in So. Maine are also available. Since certifying a course takes considerable time we all charge for our services. However, to insure an accurate course as well as to get your results ranked by Maine Running and the NRDC it is necessary for you to certify your course.

4. Those of you who are joining the trend to triathlons be sure to mark July 27 and August 3 on your calendars. These are the dates of the MAINE EVENT Triathlon and the Toyota Triathlon Series - Maine respectively and both will be held at the Gardiner Sportsmans Club. The MAINE EVENT offers a 10K run, 6 mile canoe, and 27 mile bike for individuals, 2 person, or 3-4 person teams. The Toyota race is a 1 mile swim, 28 mile bike, and 10K run for either individuals or teams.

The Toyota race is the successor to the New England Triathlon Series organized by Dave McGillivray Sports Enterprises (DMSE) of Medford, Mass. and is part of a five race series in all the New England states except Conn. Last year the race was unsponsored and to be honest lacked many amenities for the high race fee. This year with the sponsorship of the New England Toyota Dealers the prospects for a first class swimming triathlon in Maine with lots of goodies are excellent. I will be the Race Director for the MAINE EVENT which is organized by the Maine Road Ramblers and the Penobscot Wheelmen and I will be the Maine liasion for DMSE for the Toyota Triathlon as well. For information and/or applications contact:

MAINE EVENT Triathlon
c/o Maine Road Ramblers
PO Box 264
Augusta, ME 04330
(207) 623-1166 - days
(207) 582-5607 - evenings

DMSE
430C Salem St.
Medford, MA 02155
(617) 396-3001

Thanks,

Greg Nelson
TAC Certification Chairman, and now
RRCA State Representative
582-5607



'THE PACK'

DOWNEAST 4 MILE CLASSIC Sanford-Springvale Oct 20th

Bob: I recently received this copy of complete results of the Downeast Classic 4 Miler, held on 20 Oct '85 in Sanford-Springvale. I know it is late but I hope you can publish them.

Sincerely,

Don Penta

Ed's Note: It's never too late (or early) to send your complete results to MR&O. We have built our reputation on publishing complete results of all of Maine's running events.

1. Bob Winn	19:16
2. Shawn Gardner	20:03
3. Hank Pfeifle	20:20
4. Jon Rummier	20:22
5. Mike Turner	20:36
6. Jeff Robie	21:08
7. Ken Houle	21:09
8. Lawson Moyes (M)	21:35
9. Kert Robert	21:37
10. George Towle	21:38
11. Mark O'Flynn	21:40
12. Lee Fairbanks	21:40
13. Kent Thompson	21:40
14. Jamie LaChance	21:40
15. Dick Neal	21:51
16. Alvin Goodrich	21:55
17. Joe Malloux	22:23
18. John Wentworth	22:32
19. Paul Latarte	22:36
20. Jon Bridges	22:52
21. Joel Titcomb	22:55
22. Dave Tinker	22:58
23. Ronald Johnston	23:07
24. Mike Dinehart	23:09
25. Wendy Delan	23:10*
26. Denis Tranchemontagne	23:17
27. James Graham	23:23
28. David Cothorn	23:30
29. Ed Doughty, Jr.	23:54
30. Arnold Amoroso	23:57
31. Robert Carrier	23:57
32. Brian Kelly	23:58
33. Stanford Wilder	24:02
34. Matt Hutchins	24:09
35. Daniel Rooney	24:13
36. Linda St. Laurent	24:15*
37. Ray Keller	24:24
38. Jack Mercier	24:24
39. Ben Sylvain	24:31
40. Jason Bradley	24:32
41. Rick Dooliver	24:34
42. Alan Miner	24:43
43. Scott Dugas	24:47
44. Bobby Provoncha	24:48
45. Thomas Littlefield	24:49
46. Robert LaNigra	24:52
47. Robert Randall	25:03
48. Cheryl Pennell	25:04*
49. Michael Alexandre	25:05
50. Gene Plante	25:26
51. Roger Borduas	25:27
52. James Cox, Jr.	25:28
53. Carol Rowe	25:31*
54. Carmine Cartonio	25:35
55. Chris Dixon	25:40
56. Jeff Hames	25:44

57. William Sproul	25:52
58. Paul Beaulieu	25:52
59. Kevin Jenkins	25:55
60. Brian Chamberlain	25:56
61. Michael Beagen	26:08
62. Bill Thompson	26:10
63. Chuck McCall	26:15
64. Ron McCall	26:17
65. David Norfleet	26:19
66. Ray Goodwin	26:20
67. Rick Forbes	26:21
68. Art Cunningham	26:24
69. Ken Sirois	26:28
70. John Erikson	26:29
71. Keith Parsons	26:32
72. Carl Comstock	26:41
73. Russell Stanton	26:42
74. Roy Herson	26:43
75. Mark Gardner	26:45
76. Linda Holton	26:48*
77. Bob Cushman	26:51
78. Bob Forcier	26:57
79. Yvonne Jurkowski (M)	27:11*
80. Robert Goodrich	27:13
81. Jeff Huppe	27:21
82. Sam Allen	27:22
83. Sean Thompson	27:24
84. David Belleville	27:25
85. Peggy O'Neil	27:27*
86. John Beaulieu	27:27
87. Jason Goodrich	27:30
88. Ray Doherty	27:32
89. Chris Newell	27:54
90. Robert Braig	28:02
91. Albert Pulver	28:21
92. Randy Pimpore	28:25
93. Thomas Littlefield, Jr.	28:25
94. Tim Smith	28:30
95. Tom Norton	28:34
96. Sandy Lincourt	28:36
97. Betsy Barrett	28:36*
98. Thomas Habert	28:44
99. Bruce Grant	28:50
100. Wesley Morin	28:55
101. Don Penta	29:07
102. Maureen Sproul	29:09*
103. Wilfred Doe	29:13
104. Dan Barrett	29:16
105. Grace Amoroso	29:18*
106. Danforth DeSena	29:27
107. Jim Puckett	29:28
108. Mike Levesque	29:30
109. Patty Titcomb	29:38*
110. Janine Jurkowski	29:59*
111. Michael Hootor	30:05
112. Terry True	30:15
113. John Ouilllette	30:35
114. Robert Holmes	31:01
115. Richard Lecuyer	31:07
116. Wanda Hoffman	31:12*
117. Elizabeth Disanza	31:14*
118. Melanie Lewis	31:14*
119. Tricie Conley	31:16*
120. Karen Wood	31:17*
121. Scott Trafton	31:21
122. Judith Davis	31:28*
123. Everett Davis	31:32
124. Dean Stoddard	31:43
125. Shirley Sirois	31:45*
126. Jane Hamel	31:46*
127. Gary Winten	31:51
128. Eleanor Vance	31:55*
129. Dorsey James	32:06
130. James Farbon	32:07
131. William White	32:17
132. Jean Hamel	32:19*

133. Rod Stanley, Sr.	32:24
134. Alison Saunders	32:27*
135. Cathy Herson	32:28*
136. Dorothy Stoddard	32:47*
137. Stella Alexander	32:50*
138. Maureen Puckett	32:51*
139. Karen Shields	33:08*
140. Don Putnam	33:15
141. Cynthia Morse	33:22*
142. Brent L'Heureux	33:48
143. Ted Vassalle	33:53
144. Judy LeBrun	33:56*
145. Marty LeBlanc	34:06
146. Susan Rose	34:07*
147. Brenda Cushman	34:11*
148. Jim McGlovin	34:22
149. Elaine Goodrich	34:25*
150. Pamela Thompson	34:36*
151. Marshall Bernier, Jr.	34:38
152. Bonnie Hatin	34:42*
153. Karen Winner	34:44*
154. Anne Garriepy	34:45*
155. Catherine Fox	35:06*
156. Beverly White	37:23*
157. Paul Gauthier	37:33
158. Edward Leveille	37:38
159. Jill Dias	38:10*
160. Donald Dougherty	38:14
161. Debbie LeBrun	38:57*
162. Patricia Lecuyer	38:59*
163. Lisa Breault	39:04*
164. Christie L'Heureux	39:05*
165. Peter Gagnon	39:51
166. Mary Kay Sousa	41:14*
167. Arthur Nobert	45:48

FROSTBITE '86 Ellsworth 3.5 miles Mar 8th

1. Roy Morris	18:31.7
2. James Newett	19:13.3
3. Gary Allen	19:46.3
4. Paul Turner	20:12.6
5. Neal Chamberlain	20:21.1
6. Steve Emery	20:23.9
7. David O'Connell	20:28.8
8. Pat Stumbras	20:40.6
9. Jim Ohrmeis	20:44.8
10. Aran Shetterly	20:45.3
11. Michael Westphal	20:48.0
12. Chip Howe	21:00.4
13. David Renault	21:02.6
14. Katie Martin	21:05.6*
15. Cliff Rogers	21:12.3
16. Mac Moyes	21:24.9
17. Deke Talbot	21:32.6
18. David Alley	21:44.6
19. Alan Aitken	21:50.8
20. Dirk Bradt	21:58.4
21. Robert Brenner	22:01.9
22. Robby Shea	22:04.1
23. Mike Berrier	22:14.5
24. Dwight Rodgers	22:21.6
25. Robin Emery Rappa	22:28.0*
26. Perley Merrick	22:30.4
27. Brian Newbegin	22:33.1
28. Michael Beardsley	22:41.3
29. Phil St. Pierce	22:42.6*
30. David Cunio	22:46.2
31. Bob Martin	22:48.5
32. Scott Weber	22:52.4
33. Diane Wood	22:53.5*
34. Kellie Connor	22:54.8*
35. Todd Gray	23:05.0
36. Steve Krichels	23:10.1
37. Larry Alley	23:14.9
38. Denny Harmon	23:18.1
39. Sam Mitchell	23:24.0
40. David Wilson	23:29.5
41. Ken Shea	23:34.9
42. Rebecca Bryer	23:35.8*
43. Tom McKinney	23:45.5
44. Isom Sargent	23:49.8
45. Cliff Hatfield	23:57.4
46. Kelly Stratton	24:00.6
47. Bob Gaboury	24:01.7
48. Dwight Brown, Jr.	24:03.2
49. Ben VanPelt	24:06.8
50. Tom Kirby	24:14.9
51. Scott Beede	24:22.6
52. Chuck Blodget	24:23.5

53. David Gelinias	24:27.7	16. Tom Wells	31	36:49
54. Andy Patterson	24:28.8	17. Doug Ludwig	46	36:54
55. Terry Rowden	24:48.2	18. Brian McCrea	26	37:03
56. Mike Clapper	24:49.7	19. Michael Cameron	40	37:06
57. Herbert Oxtom, Jr.	24:57.0	20. Brent Elwell	24	37:26
58. Jamie Stephens	24:57.5	21. Randy Wilson	33	37:43
59. Carl Bowen	24:57.8	22. Bill Ottmann	30	38:00
60. Paul Berg	25:00.0	23. William McFarland	40	38:02
61. Richard Dupont	25:07.0	24. Michael Thompson	27	38:03
62. Chico Jewell	25:09.2	25. Jeff Littlefield	25	38:17
63. Dwight Brown, III	25:10.4	26. Robert Bremner	27	38:19
64. Jim Blood	25:12.8	27. Ray Johnson	38	38:28
65. Jo Cooper	25:19.1	28. Donna Davis	24	38:53*
66. Byron Cook	25:22.4	29. Kenny Audet	16	39:07
67. Ron Adams	25:35.6	30. Joseph Meehan	39	39:19
68. Brian Greenlaw	25:39.4	31. Bob Payson	24	39:22
69. Ron Gelinias	25:46.4	32. Joe Isagro	31	39:39
70. Sam Gray	25:49.9	33. John Schwerdel	40	39:40
71. Ed Raymaker	26:02.6	34. Sam Mitchell	32	39:54
72. Don Anderson	26:12.8	35. Roy Rodgers	32	39:56
73. Dan O'Connell	26:18.9	36. Tom McGuire	39	39:59
74. Charles Colson	26:23.9	37. Larry Deans	29	40:27
75. Mike Elliott	26:37.7	38. Steve Dexter	28	40:27
76. Cole Sargent	26:42.7	39. Michael White	27	40:28
77. Tony Beardsley	26:47.9	40. Richard Cummings	48	40:36
78. Dick Day	26:56.0	41. Bob Crosswell	35	40:42
79. Frank Setter	27:00.2	42. Philip Pierce	44	40:43
80. Mary Jane Ackley	27:00.8*	43. Larry Fortin	37	41:00
81. Terry Rich	27:05.3	44. Jeff Holmes	16	41:12
82. Steve Sisson	27:14.1	45. Bill Gayton	45	41:38
83. Jack Richards	27:22.7	46. Jane Rau	36	41:44*
84. Olivia Scott	27:33.4*	47. Bob Gaboury	48	41:45
85. Dale Pritchard	27:37.6	48. Chris Coffin	22	41:50
86. John Beardsley	27:51.5	49. Cliff Hatfield	52	41:53
87. Jeanne Higgins	27:57.4*	50. Clifford Hall	50	42:15
88. Linda Bedard	28:06.4*	51. Bruce Penlason	39	42:27
89. Laura Darragh	28:09.4*	52. Charles Weymouth	44	42:37
90. Jessie Salisbury	28:21.4*	53. Carl Bowen	53	42:47
91. Marcos Mixer	28:26.7	54. Nancy Lagin	36	42:52*
92. Will Haynes	28:27.4	55. Dick Miles	30	42:53
93. Steve Elliott	28:29.8	56. Don Profenno	42	42:53
94. Mary Mixer	28:40.9*	57. Mark Jose	36	43:14
95. Brian Kilroy	29:11.5	58. Andy Patterson	29	43:28
96. Barbara Kilroy	29:12.0*	59. David Crooker	24	43:44
97. Elana Clark	29:14.9*	60. David Gogan	49	44:03
98. Tom Severance	29:24.8	61. Paul Meservey	39	44:11
99. Andrea Pelletier	29:28.4*	62. John Palmer	29	44:23
100. Dennis Carter	29:39.9	63. Alan Edmond	32	44:40
101. Unknown		64. Robert Rines	31	44:58
102. Bill Lawlor	30:06.1	65. Susan Kistenmacher	32	45:05*
103. Joe Peluga	30:14.8	66. Tia LaMarre	28	45:12*
104. Mary Graley	30:34.9*	67. Louise Dunlap	45	45:17*
105. Nathan Smith	30:50.3	68. Don Wismer	39	45:17
106. Donald Benson	31:12.4	69. Russell Martin	36	45:36
107. Fran McMahon	31:35.9*	70. Leonard Dow	42	45:49
108. Mike Tinto	32:00.6	71. Randy Landry	18	46:00
109. Caleb Jolley	32:04.1	72. Tom Kahl	35	46:16
110. Don Osborne	32:06.3	73. Deborah Prescott	30	46:26*
111. Patricia Clapper	32:07.0*	74. Terry Rich	22	46:33*
112. Raymond Cote	33:06.3	75. Gard Rand	49	47:07
113. Kim O'Brien	33:06.6*	76. Timothy Holland	40	47:08
114. Mark Eastman	34:39.1	77. Deborah Curtis	28	47:11*
115. Nancy Talbot	34:55.7*	78. Nancy Graves	31	47:14*
116. Dr. Joel Ackerman	35:22.6	79. Carol Hale	35	47:28*
117. Frank Donaldson	35:23.0	80. Donna Jean Pohlman	35	47:29*
118. Beth Rush	35:32.3*	81. Donald Carter	41	47:35
119. Christina Heiniger	35:56.9*	82. Ron Paquette	44	47:38
120. Cathy Treer	36:08.2*	83. Michael Whalen	38	47:50
121. Bill Williams	36:08.8	84. Greg Learned	33	48:04
122. Cissy Newenham	36:34.4*	85. Rodney Williams	27	48:06
123. Wendy Swett	37:23.0*	86. Ted Beaulieu	44	48:26
		87. Phil Smith	35	48:32
		88. Kenneth Hooper	36	48:34
		89. Buffi Thompson	15	48:41*
		90. Thomas Daggett	38	48:47
		91. Garrell O'Leary	48	49:30
		92. Tim Smith	39	49:40
		93. Sally Grahde	33	49:49*
		94. Michael Spiotta	35	50:27
		95. Lynn Deeves	26	50:40*
		96. Eric Weymouth	12	50:44
		97. Jerri Bushey	41	50:47*
		98. Harold Jones	58	51:11
		99. Ralph Snyder	58	51:21
		100. Unknown		
		101. William Tozier	58	55:10
		102. Robert Oliver	46	56:25
		103. Harvey Mason	52	58:29
		104. Verne Pinney	36	59:36
		105. Perry Barnard	45	60:45

Results courtesy of Sheldon Boose
Downeast YMCA

7TH ANNUAL KILLARNEY'S 10K Waterville

Mar 16th

1. Stu Hogan	24	11:46
2. Steve Giles	25	13:20
3. Dan Bondeson	35	13:32
4. Chris Bowie	36	13:56
5. Stan Smith	19	14:06
6. Steve Gross	22	14:40
7. Fred Judkins	41	14:55
8. Fred Karter	36	15:15
9. Chris Metcalf	17	15:22
10. Bryant Bourgois	35	15:26
11. Jerry Allanach	36	16:00
12. David Alley	36	16:22
13. Dan Cake	41	16:25
14. Pat Boss	17	16:28
15. Gary Cochrane	44	16:36

Stu Hogan of Old Orchard Beach
pulled away from the pack at the 1
mile mark and won this traditional
St. Patrick's Day event easily,

with Brewer's Steve Giles and surprising
Dan Bondeson of Mattawampkeag third.
Donna Davis destroyed the women's record,
with Jane Rau and Nancy Lagin rounding
out the last 3 places on an overcast
Sunday afternoon that kicks off the
central Maine road racing season.

Results courtesy of the Central Maine
Striders

8TH ANNUAL BOSTON PRIMER

Readfield 15 miles Mar 23rd

1. Bruce Ellis	34	1:22:10
2. Danny Paul	32	1:23:39
3. Andy Palmer	32	1:26:00
4. Mike Gaige	33	1:26:28
5. Paul Merrill	31	1:26:37
6. Werner Pobatschnig	35	1:27:01
7. David Roberts	31	1:27:22
8. Bryant Bourgois	35	1:29:19
9. Alan Quinlan	30	1:30:18
10. Barry Fifield	29	1:30:37
11. Gary Cochrane	44	1:30:51
12. Kevin White	23	1:33:30
13. John James	33	1:33:35
14. Robert Coughlin	47	1:36:14
15. Kim Moody	30	1:37:25*
16. Jerry Allanach	36	1:37:25
17. Dan Cake	41	1:37:59
18. Doug Ludwig	46	1:38:08
19. Jason Greenleaf	17	1:38:20
20. Robert Jolicœur	49	1:38:45
21. Mike Simonneau	39	1:39:14
22. Russ Connors	53	1:40:45
23. Steve McGrath	31	1:41:29
24. Paul Bourget	28	1:42:20
25. Phil Vesina	26	1:42:27
26. William McFarland	40	1:42:32
27. Brian Shacter	41	1:43:05
28. Joel Titcomb	27	1:43:29
29. Joe Isagro	31	1:44:08
30. John Schwerdel	40	1:44:15
31. Bill Ottmann	30	1:45:24
32. Philip Pierce	44	1:45:29
33. Robert Bremner	27	1:45:51
34. Jeffery Prable	32	1:45:52
35. Martin Schiff	46	1:47:17
36. Dick Cummings	48	1:47:50
37. Mark St. Pierre	27	1:48:05
38. Gary Barrett	41	1:48:48
39. Tom Cash	44	1:48:50
40. John Edmondson	45	1:49:12
41. John Jalbert	16	1:49:24
42. Sam Mitchell	32	1:49:47
43. Roy Rodgers	32	1:49:48
44. Carl Bowen	53	1:49:50
45. Sandra Wyman	29	1:50:00*
46. Cliff Hatfield	52	1:52:03
47. Carlton Mendell	64	1:52:35
48. Stanley Sheldon, Jr.	19	1:54:49
49. Paul Dall	44	1:55:07
50. Jane Colley	37	1:55:10*
51. Ron Paquette	44	1:55:57
52. Kim Vandermoulen	35	1:56:23
53. Joe Washburn	41	1:56:24
54. Jerry Casey	30	1:57:32
55. Ron Burnham	36	1:58:14
56. Fred Beck	52	1:58:26
57. Richard Robinov	25	1:58:41
58. Louise Dunlap	45	1:59:15*
59. Robert Gaboury	48	2:01:30
60. Ted Beaulieu, Jr.	44	2:08:03
61. Mike Levey	41	2:08:06
62. Philip Soule	44	2:10:36
63. Charlie Gordon	38	2:10:44
64. Katherine Christie	41	2:10:52*
65. Cliff Fletcher	50	2:12:08
66. Deborah Curtis	28	2:12:18*
67. Andrea Demars	22	2:12:28*
68. Allan Touhman	38	2:13:34
69. Diane Casey	28	2:13:46*
70. Al Godfrey	31	2:13:47
71. Nelson Mathews	29	2:14:11
72. Georgianna Hogarty	31	2:15:37*
73. Terry Rich	22	2:20:49*
74. Jean Frankovic	26	2:21:58*
75. Steve McCullough	38	2:21:59
76. James Berry	59	2:43:48
77. Duong Nguyen	35	2:48:17

Results courtesy of Rich Abramson
Maine Road Ramblers

files and surprising
wampkeag third.
the women's record,
cy Lugin rounding
on a overcast
kicks off the
izing season.

the Central Maine
.....

ER

Mar 23rd

1:22:10
1:23:39
1:26:00
1:26:28
1:26:37
1:27:01
1:27:22
1:29:19
1:30:18
1:30:37
1:30:51
1:33:30
1:33:35
1:36:14
1:37:25*
1:37:25
1:37:59
1:38:08
1:38:20
1:38:45
1:39:14
1:40:45
1:41:29
1:42:20
1:42:27
1:42:32
1:43:05
1:43:29
1:44:08
1:44:15
1:45:24
1:45:29
1:45:51
1:45:52
1:47:17
1:47:50
1:48:05
1:48:48
1:48:50
1:49:12
1:49:24
1:49:47
1:49:48
1:49:50
1:50:00*
1:52:03
1:52:35
1:54:49
1:55:07
1:55:10*
1:55:57
1:56:23
1:56:24
1:57:32
1:58:14
1:58:26
1:58:41
1:59:15*
2:01:30
2:08:03
2:08:06
2:10:36
2:10:44
2:10:52*
2:12:08
2:12:18*
2:12:28*
2:13:34
2:13:46*
2:13:47
2:14:11
2:15:37*
2:20:49*
2:21:58*
2:21:59
2:43:48
2:48:17

GREAT LITE BEER MAINEIACS HALF MARATHON

Bangor ME-05022-GN Mar 29th

1.	Peter Lessard	23	1:11:13
2.	Joe McGuire	42	1:12:16
3.	Jon Williams	27	1:12:33
4.	Rusty Taylor	34	1:12:56
5.	Dan Dearing	24	1:13:23
6.	James Newett	28	1:13:49
7.	Barry Fifield	29	1:15:24
8.	Brian Ladner	27	1:15:28
9.	Bill Hine	36	1:15:48
10.	Randy Hastings	31	1:15:57
11.	Kevin Way	16	1:16:29
12.	Alex Hammer	20	1:16:39
13.	Steve Gross	22	1:17:03
14.	Bill Ledrew	38	1:17:06
15.	Tom Thibeau	27	1:17:49
16.	Paul Comeau	31	1:18:17
17.	Guy Berthiaume	40	1:18:31
18.	Dan Bondeson	36	1:18:47
19.	Joel Croteau	42	1:19:19
20.	Richard Neal	39	1:20:20
21.	Al Sprout III	47	1:20:47
22.	Greg Hildreth	44	1:21:31
23.	Robert Cuthbertson	28	1:21:37
24.	Allen Pierce	24	1:21:58
25.	James Tucker	43	1:22:07
26.	Larry Cook	32	1:22:28
27.	Steve Peterson	36	1:22:33
28.	John Lunt	26	1:22:36
29.	John Gregorczyk	35	1:22:46
30.	Chip Howe	34	1:22:47
31.	Darrell Seekins	31	1:22:55
32.	Scott Spaulding	26	1:22:56
33.	Steve Moser	29	1:23:14
34.	Charles Nichols	36	1:23:35
35.	Mike Gaige	33	1:23:35
36.	Tom Wells	31	1:24:00
37.	Roger Maxfield	40	1:24:04
38.	Alan Aitken	35	1:24:06
39.	Gene Roy	39	1:24:18
40.	Norman Lafortune	27	1:24:24
41.	Don Wilson	38	1:24:37
42.	Bill McFarland	40	1:24:58
43.	Doug Swallow	35	1:25:00
44.	Mickey Lackey	41	1:25:24
45.	Steve Dexter	28	1:25:39
46.	Mark Chasse	27	1:26:01
47.	Tom Bunting	40	1:26:11
48.	Mike Doore	40	1:26:29
49.	Peter Carr	38	1:26:49
50.	Runna	35	1:26:56
51.	Robin Emery Rappa	39	1:27:06*
52.	Mark Wallace	38	1:27:35
53.	Cyrace Maxfield	17	1:27:56
54.	Dave Freeman	37	1:27:56
55.	Kenny Audet	16	1:28:08
56.	Lee Nicely	46	1:28:16
57.	Harry Schmitke	47	1:28:53
58.	Roger Clements	31	1:29:08
59.	David Sewall	18	1:29:21
60.	Dave Comeau	41	1:29:29
61.	Patrick Turner	28	1:29:33
62.	Robert Bremner	27	1:29:53
63.	Neal Chamberlain	18	1:29:57
64.	Chuck Allen	34	1:29:58
65.	Terry Goodlad	59	1:30:22
66.	Thomas Carli	41	1:30:46
67.	Steve Cates	36	1:31:03
68.	Ed Rice	38	1:31:17
69.	Paul Dall	44	1:31:19
70.	Ray Quimby	35	1:31:39
71.	Sam Mitchell	32	1:31:41
72.	David Cunio	43	1:31:45
73.	John Schwerdel	40	1:31:47
74.	Chris Barnes	14	1:31:49
75.	Al Sprout IV	23	1:32:21
76.	Don Ardine	44	1:32:24
77.	Carol McRea	31	1:32:32*
78.	Robert Hamilton	37	1:32:36
79.	Bob Booker	38	1:32:43
80.	Thomas Churas	38	1:32:55
81.	John Meehan	42	1:33:06
82.	Carl Bowen	53	1:33:09
83.	Mike Lantz	41	1:33:31
84.	Peter Cluff	29	1:33:46
85.	Paul Howard	40	1:33:47
86.	Roy Rodgers	32	1:34:19
87.	Jo Comeau	41	1:34:20*
88.	Steven Scott	40	1:34:44
89.	Frank Knight	40	1:35:00

90.	Tom Tetu	38	1:35:02
91.	Erv MacDonald	43	1:35:28
92.	Gerald Michaud	44	1:36:01
93.	Kellie Connor	17	1:36:14*
94.	Don McGilvery	34	1:36:32
95.	Steve Reed	26	1:36:35
96.	David Wilson	42	1:36:35
97.	Chico Jewell	26	1:36:38
98.	Dean Shea	45	1:37:37
99.	Thomas McKinney	33	1:38:33
100.	Ron St. Pierre	48	1:38:43
101.	Joe Washburn	41	1:38:43
102.	Cliff Hatfield	52	1:38:51
103.	Andrew Patterson	29	1:39:05
104.	Dave Gagan	49	1:39:29
105.	Clark Ketcham	36	1:39:33
106.	Joe Beasley III	46	1:39:34
107.	Richard Miles	31	1:39:38
108.	Carlene Sproul	46	1:39:45*
109.	Carol McIlwee	40	1:40:03*
110.	Ike Morgan	29	1:40:30
111.	Joan Lavin	38	1:41:15*
112.	Bob Cushman	48	1:41:33
113.	Alan Robertson	37	1:41:40
114.	Bill Woodbury	29	1:41:55
115.	Tom Kirby	29	1:42:08
116.	Dave Crocker	24	1:42:22
117.	Terry Lee Rowden	38	1:42:54
118.	Richard Higgins	40	1:43:00
119.	Sam Auerbach	51	1:43:03
120.	Susan Blaisdell	45	1:43:04*
121.	Rene Collins	44	1:43:08*
122.	Brian Davis	29	1:43:33
123.	Dean Rasmussen	37	1:44:17
124.	Ron Paquette	44	1:44:18
125.	Ron Otis	38	1:44:38
126.	Cole Sargent	37	1:45:07
127.	James Chase	54	1:45:31
128.	William Kasabuski	38	1:45:47
129.	Herb Oxtan, Jr.	22	1:46:29
130.	Richard Lepore	55	1:46:46
131.	Scott Webster	15	1:47:10
132.	Louise Dunlap	45	1:47:21*
133.	William Davenney	41	1:47:41
134.	Wallace Morton, Jr.	19	1:49:23
135.	Robert Mitchell	34	1:49:30
136.	Debby Curtis	28	1:49:43*
137.	Benita Qualey	37	1:50:27*
138.	Paul Connor	38	1:50:31
139.	Gary Cyr	32	1:50:36
140.	Robert Lumpio	44	1:51:07
141.	Paula Lepore	34	1:51:14*
142.	David Atwood	34	1:51:17
143.	Patricia Forrest	31	1:51:22*
144.	Mike McKnight	32	1:51:23
145.	DonnaJean Pohlman	35	1:52:43*
146.	Charlie Gordon	38	1:53:37
147.	Frank Setter	41	1:54:49
148.	Terry Rich	22	1:55:03*
149.	Bruce Spaulding	31	1:55:47
150.	Elena Clark	37	1:56:28*
151.	Jerry Saint Amand	42	1:57:26
152.	Salli Grende	33	1:57:57*
153.	Theresa Hainer	31	1:59:20*
154.	Richard Duncanson	42	2:05:00
155.	Andrea de Mars	22	2:05:30*
156.	Dee Nicely	46	2:07:04*
157.	William Tozier	58	2:07:58
158.	Jeff Bragg	22	2:08:02
159.	Leona Clapper	56	2:09:20*
160.	Charles Clapper	56	2:11:24
161.	Brenda Cushman	44	2:19:41*

Results courtesy of the Air National Guard Race Committee



HUSSON COLLEGE REC MAJORS 10K AND FUN RUN

Bangor Mar 30th

1.	Jon Rummel	34:00
2.	John Condon	36:28
3.	Dan Alley	38:04
4.	Peter Elni	38:30
5.	Dan Caks	39:03
6.	Everett Sapiel	39:46
7.	Mike Thompson	39:58
8.	Larry Alley	40:21
9.	Perley Merrick	41:14
10.	Jane Rau	42:34*
11.	Bob Gaboury	42:53
12.	Mike Halmo	42:54
13.	Henri deWild	47:40
14.	James Hanlon	50:20
15.	Cost Vafiades	52:49
16.	Carol Sanford	54:03*
17.	Nathan Ewer	54:28
18.	Don Osborne	55:42
19.	Nathan Ewer, Jr.	59:38
20.	Lana Komoroski	60:04*
21.	Aurele Ouellet	61:51
22.	Jill Clark	68:00*
23.	Gerry McKinney	82:36
24.	Jean Connors	82:36*

14 mile Fun Run		
1.	Rusty Taylor	8:53
2.	Bradon Alley	9:27
3.	Harvey Mason	11:14
4.	Shannon Whiting	11:39*
5.	Hilma Adams	19:17*
6.	Sam Ouellet	19:24

Results courtesy of Pam Hennessey Race Director

THE 15 MILE CHAMPIONSHIP

Union to Rockland Apr 5th

1.	Barry Fifield	1:27:15
2.	Alex Hammer	1:28:36
3.	Bryant Bourgois	1:32:30
4.	Steve Peterson	1:32:51
5.	John James	1:34:29
6.	Alan Aitken	1:35:07
7.	George Liming	1:36:06
8.	Dan Cooke	1:37:18
9.	Bob Cuthbertson	1:37:30
10.	Mike Simoneau	1:37:55
11.	Mike Doore	1:38:11
12.	Paul Bourget	1:38:32
13.	Don Wilson	1:38:39
14.	Stan Low	1:43:13
15.	James Hogarty	1:43:43
16.	John Jalbert	1:44:00
17.	David Comeau	1:44:18
18.	James Cox	1:45:27
19.	Jorge Leon	1:45:46
20.	Robert Bremner	1:46:12
21.	Josh Hanna	1:46:25
22.	Jo Comeau	1:47:45*
23.	Steve Reed	1:48:11
24.	Carol McRae	1:48:17*
25.	Martin Schiff	1:48:39
26.	Ray Quimby	1:49:55
27.	Carl Bowen	1:51:03
28.	Sam Mitchell	1:53:44
29.	Dave Gagan	1:56:03
30.	Paul Dall	1:56:05
31.	Larry Taylor	1:57:09
32.	Richard Higgins	2:01:22
33.	Robert Rines	2:02:27
34.	Don Brewer	2:02:42
35.	Charlie Gordon	2:02:44
36.	Carol Linker	2:05:28*
37.	Joseph Washburn	2:05:30
38.	Al Godfrey	2:10:54
39.	Diane Casey	2:10:56*
40.	Patricia Forrest	2:14:15*
41.	Georgianna Hogarty	2:15:59*
42.	Chris Lee	2:17:20
43.	Ellen Spring	2:18:04*
44.	Jim Karvounis	2:25:33
45.	Stanley Paton	3:02:44

Results courtesy of Ken Sylvester Race Director



The Ski Pack

MOOSEHEAD CROSS COUNTRY SKI TOUR Greenville 15K Mar 15th

1. Ray Cyr	D	52:13
2. Warren Cochrane	E	52:55
3. Mike Rioux	D	53:19
4. Freeman Doore	D	55:04
5. Richard Cole	E	55:48
6. Tony Pinette	A	57:37
7. Don Audibert	D	59:06
8. Fern Rioux	I	1:06:10*
9. Linda Koski	J	1:07:57*
10. Lois Cole	J	1:09:03*
11. Kevin Cookson	A	1:17:36
12. John Cobb	E	1:19:02
13. Pat O'Connor	A	1:20:14
14. Paula Hanson	K	1:24:40*
15. Lisa Kempen	I	1:24:48*
16. Carol Hollenbeck	I	1:30:17*
17. Dave Wing	E	1:31:39
18. Nancy Soule	K	1:34:26*
19. Misty Cole	H	1:43:51*
20. Ralph Libby	D	1:57:15
21. Kerry Alley	G	2:05:00*
22. Joe Alley	E	2:05:02

Results courtesy of Warren Cochrane
& Linda Koski - Race Coordinators

LEPRECHAUN LOPPET 15K CITIZEN RACE Carrabassett Valley Mar 16th

1. Kirk Siegel	C	42:45
2. Ron Newbury	D	45:14
3. Gordon Scannell	D	48:32
4. John Tarling	D	48:50
5. Mike Simoneau	D	48:57
6. Burnham Martin	D	51:04
7. Doug Tinchuk	D	51:58
8. Raul Siren	E	52:37
9. Tim Oakes	C	53:08
10. Owen Haskell	F	53:23
11. John Frachella	D	53:31
12. James Upham	A	53:32
13. Dean Gillett	D	53:55
14. Ken Remsen	D	54:52
15. Earl Stetson	X	55:49
16. Warren Cochrane	E	56:29
17. Arnold Amoroso	E	56:44
18. Bob Salesi	E	57:56
19. John Alsop	D	59:18
20. Chase Pray	E	61:00
21. Gene Roy	D	61:18
22. Stan Washuk	D	62:15
23. Gil Roderick	F	62:18
24. Eric Hanson	B	62:39
25. Blake Johnson	C	63:02
26. Scott Dolan	B	63:46
27. Douglas Malloy	D	64:50
28. Carol Graham	J	64:54*
29. Richard Tucker	E	65:55
30. Linda Stetson	K	66:05*
31. Nels Liljedahl	C	66:33
32. Mark Berlinger	D	67:13
33. John Hodgkins	F	68:39
34. Eugene Lagonarsina	C	69:27
35. Grant Gambell	D	69:57
36. Carey Trimble	F	70:32

37. Nancy Kettle	L	70:40*
38. James Kuhn	E	72:34
39. Linda Koski	J	80:27*
40. Galen Sustis	C	80:42
41. Greg McMorrow	E	80:46
42. Burt Kettle	F	80:51
43. Janet Kuhn	K	82:23*
44. Jake Ulick	B	82:51
45. Kim Downes	G	82:53*
46. Katherine Kaatrude	J	94:07*
47. Judith Marden	K	85:00*
48. Ted Silver	D	86:19
49. Richard Davidson	E	89:31
50. Claire Ackroyd	J	96:56
Patricia Davidson		DNF
John MacDonald		DNF
Adrian Humphreys		DNF

CLASSES

Male	Female
A - 15 and Under	G
B - 16 to 19	H
C - 20 to 29	I
D - 30 to 39	J
E - 40 to 49	K
F - 50 to 59	L
X - 60 and over	Y

Results courtesy of Bill Chenard
Race Coordinator

Running Teams

Singlets - Lined Running Shorts
Running Suits - Jackets

We Carry Name Brands.

BILL RODGERS

DOLPHIN SOFFEE

Printed with your Team Name or
Design and personalized with an
Embroidered Name on our in-house
Monogram Machine.

Screenprinting
Embroidery

Team Numbering
Patches

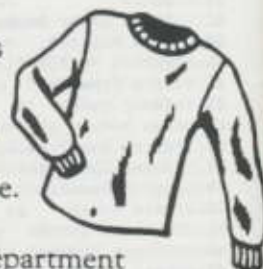
Long Sleeve T-Shirts

Great for Winter Races
and Promotions. We
screenprint on the front,
back and sleeves for the
best looking shirt possible.

Bring in your own
design or have our art department
help you develop one.

Quality 50 poly/50 cotton, Name Brand
Tees.

LOW PRICES!!



**Commercial
Screenprint, Inc.**

114 Main Street, Bangor, Maine
Tel. (207) 942-2862

4 mile family event for fun and prizes

Saturday, June 28

REGISTRATION 7:00 A.M.
RACE STARTS 8:45 A.M.



Sponsored by
Jackson Brook Institute

The Course

Starting at the SMVTI Campus, the course follows Fort Road to Willard Square, continues down Preble Street to Cottage Road to Broadway, then along Broadway to Pickett Street to the finish line at SMVTI.

Grand Prizes

- 2 Round-Trip Air Tickets between Portland and Bermuda, one each for a male and female (courtesy of Jackson Brook Institute). Winners determined by lottery. Only registered finishers are eligible.

Prizes and Trophies to Males and Females in the following categories:

- Open Division—1st, 2nd and 3rd place
- First and Second in the following age groups:

7 thru 10	40 thru 44
11 thru 14	45 thru 49
15 thru 19	50 thru 59
30 thru 34	60 and over
35 thru 39	

Additional Prizes and Trophies

- Youngest, oldest and the last 10 finishers
- Father and daughter with the lowest combined time
- Mother and son with the lowest combined time
- Largest family of finishers, i.e., parents, children, and grandchildren
- Trophy for the business with the greatest number of registrant/finishers
- Trophy for the school system with the greatest number of registrant/finishers

Special Features

- Lapse Time Clock • Water Stops • Refreshments
- Shower and Locker Facilities

Complete race results will be posted and appear in Maine Running Magazine.

Pre-Registration doubles your chance to win the Grand Prize.

First 100 finishers receive Limited Edition JBI Run Tee Shirts

The South Portland Spring Point Festival is a joint project of the City of South Portland, The South Portland Chamber of Commerce and the Southern Maine Vocational Technical Institute. (All finishing prizes courtesy of members of the South Portland Chamber of Commerce.)



JBI Run Registration Form Register today, field is limited to 500!

Name _____

Address _____

Telephone Number _____

If you are a member of a school or a business team, please indicate name: _____

Male ____ Female ____ Age ____

Entry Fee of \$5.00 enclosed _____

On the back side of this form indicate names and relationship of your family members in this race.

Make checks payable to: South Portland Chamber of Commerce, P.O. Box 2356, South Portland ME 04106.

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

Signature _____

Parent's signature if under 18 _____





Blue Hill, Maine June 28, 1986

RUN — 10K



Cross-Country,
Moderately Hilly, 600
Ft. Drop in Elevation,
On and Off Road.

CANOE — 2.5K



On Blue Hill Harbor,
Out and Back Loop
Around Inner Islands -
Patrolled.

CYCLE — 16K



Gradual Climb Out to
Half Way Point, Rolling
Hills All the Way Back.
Finish at Blue Hill
Fairgrounds.

Note: Teams and Individuals Must Supply Own Equipment, i.e., Bicycle, Canoe, Safety Gear For Both.

EIGHT AWARD CATEGORIES

- 1st Place Individual Masters - Special "Brass Orbs" Award
- 1st Place Individual Male - Special "Brass Orbs" Award
- 1st Place Individual Female - Special "Brass Orbs" Award
- 1st Business Team
- 1st Family Team (must be related)

- 6. 1st Women's Team - Open
- 7. 1st Men's Team - Open
- 8. 1st Mixed Team - Open (M & F)
- 9. 1st Junior Team - Open (18 & Under, M and/or F)
- 10. 1st Place Individual Junior - Special Brass

NOTE: Special Pepsi Cola Certificates for Members of Top 3 Teams in Each Category
Commemorative T-shirts for the first 50 registrants. Indicate sizes with application.

INSTRUCTIONS

- Parking and registration at Blue Hill Fairgrounds (11:30-12:30). Starting time (1:00 p.m.)
- Participants must supply their own equipment including canoe, cycle, riding safety gear (if desired), U.S.C.G. approved life preservers (mandatory).
- Canoes must be of conventional design. **No** kayaks, or shells — No motors, sails, or double-ended paddles will be allowed.
- Cycles need only have 2 wheels and must be peddled.
- Team competition requires 3 or 4 individuals. Each individual must complete one segment of the race. A wrist band will be passed along between members in relay fashion.
- Liquid refreshment provided, food may be purchased at fairgrounds.

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



THIS YEAR TO BENEFIT OPERATION LIFTOFF

- DATE: June 14, 1986
- TIME: 9:30 a.m.
- LOCATION: Union Trust Company, start & finish, at drive-in facility on State Street, Ellsworth.
- REGISTRATION: Fee is \$5.00. 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.
- RACE FEATURES: Chronomix timer and electronic time and place display at the finish line.
- FACILITIES: Rest rooms will be available at the Bank and City Hall.
- AWARD CATEGORIES: 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).
- COURSE 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 any office of the Union Trust Company 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 1986 Union Trust 4-Miler.

NAME _____ SEX: M ___ F ___ T-SHIRT SIZE: XS, S, M, L, XL
ADDRESS _____ CITY _____ STATE _____ ZIP _____
AGE _____ CLUB _____
SIGNATURE _____
(parent or guardian if under 18)

3rd ANNUAL APPLETON BIATHLON*

SUNDAY, JUNE 8, 1986 9:30 A.M.

303 Main Street
Rockland, Maine 04841



AWARD CATEGORIES

1st, 2nd & 3rd man and woman:	Individual and team	open
1st man and woman:	Individual and team	18 & under
1st man and woman:	Individual and team	30 to 40
1st man and woman:	Individual and team	40 & over
1st:	mixed team (man & woman)	

Registration at junction of Routes 131 and 17 (in Union) 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. The 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, passing the starting point and ends at the Appleton School. At this point the runners leave the school running out and back a 5.0 mile course, ending at the Appleton School. Both bike and run are on paved roads. Bikers must wear protective head gear and drafting is permitted. Bikers are responsible for their own bikes. All roads will be open to traffic during the race.

T-shirts to the first 200 participants.

ENTRY FEES: \$6.00 for individuals/\$8.00 Race Day • \$10.00 for team/\$12.00 Race Day

PRE-REGISTRATION WOULD BE APPRECIATED

Enclose a stamped, self-addressed No. 10 envelope to receive your pre-registration packet which includes: your entry number, race map and complete rules. (present your number before the race to receive your T-shirt).

Race will be limited to 200 participants.

Facilities include: rest rooms and limited showers at the school, digital clock at relay and finish lines, water stops on course, a lead vehicle, mile markers on a wheel measured course and refreshments after the race.

Make checks payable to: Richard Higgins, HCR 62 Box 885, Hope, Maine 04847. Tel.: 207-785-4753

*Proceeds to benefit Appleton Village School Library

Complete results will appear in Maine Running & Outing Magazine

Please color in appropriate box

Male Open	Female Open	Male Team Open	Female Team Open	Male Under 18	Female Under 18	Male Team Under 18	Female Team Under 18	Male Over 40	Female Over 40	Male Team Over 40	Female Team Over 40	Mixed Team Open	Mixed Team Under 18	Mixed Team Over 40
-----------	-------------	----------------	------------------	---------------	-----------------	--------------------	----------------------	--------------	----------------	-------------------	---------------------	-----------------	---------------------	--------------------

<input type="checkbox"/> Mo	<input type="checkbox"/> Fo	<input type="checkbox"/> M10	<input type="checkbox"/> F10	<input type="checkbox"/> M18	<input type="checkbox"/> F18	<input type="checkbox"/> M18	<input type="checkbox"/> F18	<input type="checkbox"/> M40	<input type="checkbox"/> F40	<input type="checkbox"/> M40	<input type="checkbox"/> F40	<input type="checkbox"/> X10	<input type="checkbox"/> X18	<input type="checkbox"/> X40
-----------------------------	-----------------------------	------------------------------	------------------------------	------------------------------	------------------------------	------------------------------	------------------------------	------------------------------	------------------------------	------------------------------	------------------------------	------------------------------	------------------------------	------------------------------

Name (Bike) _____	Name (Run) _____
Address _____	Address _____
City, State, Zip _____	City, State, Zip _____
Age _____ Phone _____ T-Shirt Size S M L XL	Age _____ Phone _____ T-Shirt Size S M L XL
Signature _____	Signature _____
Parent's signature if under 18	Parent's signature if under 18

THE GREAT BANDAID RACE
(The Agony of De-Feet)

4-Mile Race or 8-Mile Walk

ALL PROCEEDS TO BENEFIT WATERBORO FIRE DEPARTMENT RESCUE

Date: Saturday, June 7, 1986

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, May 24th.

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

Walkers: All Ages Welcomed

<u>Racing Division:</u>	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-----VCR---Video Cassette Recorder

Prizes: Walkers and Racers:

\$50.00 or more Pledge - T-Shirt

\$5.00 or more Pledge Qualifies for Raffle-Portable T.V. with AM/FM Radio
\$100.00 to \$200.00 Pledge-\$20.00 Gift Certificate for Roge's, Leedy's,
Peppercorn or Brunetti's 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

MOUNT
OLLECTED



THIRD ANNUAL BAR HARBOR SPRING 5K AND FUN RUN



Saturday June 7, 1986

9:45 1 mile fun run for runners
12 & under

10:30 5K wheel measured race
intown course, flat terrain

AWARDS - First & Second place male and female finishers in many categories.

DRAWINGS - For lots of wonderful prizes.

COUPONS - For discounts at area shops with registration packet.

Mile markers, 1 mile and 2 mile time splits, water at 1/2 way, refreshments at finish.

Showers, restrooms, festivities at the MDI YMCA.

Pre-registration:

\$4.00 for fun run with free T-shirts to first 40 entries

\$6.00 for 5K with free T-shirts to first 150 entries

Race day registration:

8:45 - 9:30 \$5.00 for fun run

8:45 - 10:15 \$7.00 for 5K

Course records: Bruce Ellis, 15:36 and Robin Emery Rappa, 18:32

Proceeds to benefit MDI YMCA youth programs.



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 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) _____

Your Gifts and Bequests are Tax Deductible and will Perpetuate the Work of The Young Men's Christian Association



PETER OTT'S 10K

JUNE 1, 1986

CAMDEN, MAINE

One of the most scenic races in coastal Maine

Where: Peter Ott's Tavern and Steakhouse
Bayview Street
Camden, Maine 04843

When: Sunday, June 1, 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 1st & 2nd place
Overall women's 1st & 2nd place
First Camden finisher
Oldest and youngest finisher
First finisher 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 scenic 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 _____



GREAT SPRING CLEAN-UP ROAD RACE

EAST MILLINOCKET
RECREATION DEPARTMENT



Great Northern Paper
a company of
Great Northern News Corporation

WHERE: East Millinocket - Park by Opal Myrick School
WHEN: May 17, 1986, at 10:00 a.m. - 1 miler first with
5 miler directly after
SPONSORS: East Millinocket Recreation Department, Nicholson's
Insurance Agency, Pepsi Cola Bottling-Bangor and
Great Northern Paper Company
REGISTRATION: \$5.00 - Includes T-Shirt

AWARDS: Trophies to division winners - Male and Female

DIVISIONS -
ONE MILE:

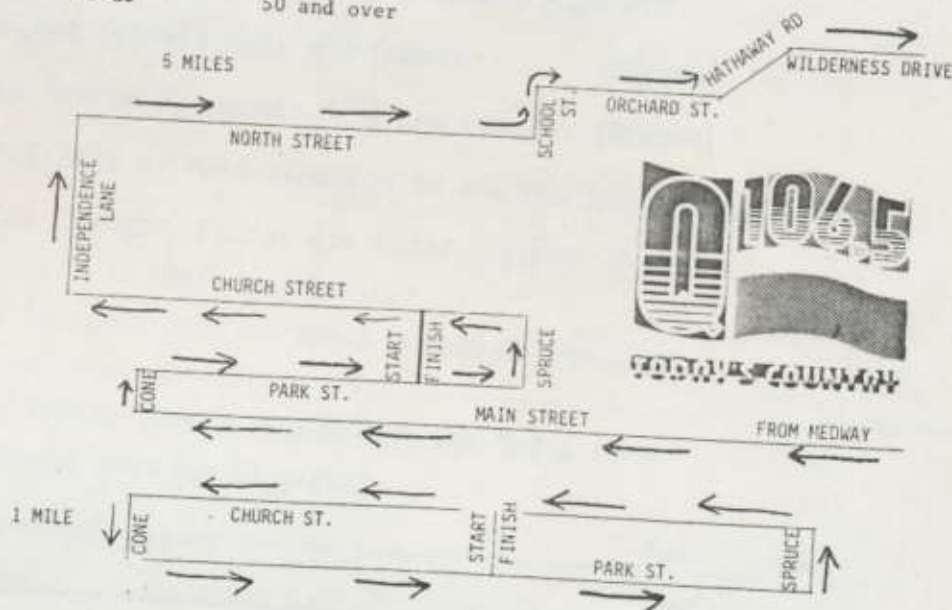
Male and Female - 7 and under	30-39
8-14	40-49
15-19	50 and over
20-29	

DIVISIONS -
FIVE MILE:

Male and Female - 14 and under	30-39
15-19	40-49
20-29	50 and over



NICHOLSON
INSURANCE
AGENCY
INC.



Send pre-registration and self-addressed stamped envelope to:

East Millinocket Recreation Department
c/o Frank Clukey
Main Street
East Millinocket, Maine 04430

NAME _____ SEX: F M
ADDRESS _____ AGE _____

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

SIGNATURE _____
SIGNATURE OF PARENT, IF UNDER 18 _____

FIRST ANNUAL

HERMON ELEMENTARY-JUNIOR HIGH PARENT-TEACHER ORGANIZATION

5K FUN RUN

Saturday, May 17, 1986

PLACE: Hermon Elementary School, Hermon, Maine
(Adjacent to Hermon Meadows Golf Course)

START / FEES: 1 Mile FUN RUN 9:15 am \$1.00
(12 years and younger)

5K FUN RUN 10:00 am
\$5.00 Advance Registration
\$6.00 Race Day Registration

TEE SHIRTS FOR THE FIRST 50 PRE-REGISTRANTS FOR 5K RUN

Sponsored by Hermon Elementary - Junior High PTO

AWARDS: 5K First Overall Male and Female (Plaque)

First Hermon Resident: Male and Female (Plaque)

Certificate of Participation to all who pre-register

1 Mile FUN RUN Prizes for First, Second, Third
(Male and Female)

(Results to be published in "Maine Running" Magazine)

1986 First Annual Hermon PTO 5K RUN RUN Entry Form

(Please enclose race fee)

Name _____ Age _____ Sex _____

Address _____ Phone _____

The undersigned accepts all responsibility for any illness or injury in connection with these events and waives all claims against the sponsor of this event.

(Signature. Parent's signature if under 18) _____ (Date Signed) _____

T-Shirt Size: Small _____ Med _____ Large _____ XLarge _____

Send registration and fee to: Michael O'Brien, Principal, Hermon Elementary School
Route #2, Box 366, Bangor, Maine, 04401