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Maine Running & Outing Magazine



DONALD P. PENTA
RR#3, Box 285
S. Windham, ME 04082

3-86



\$1.50

VOL. 6 NO. 11
NOVEMBER 1985



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

7 come 11! No, we're not shooting craps, that just happens to be the place spread of this month's cover runners in the Benjamin's 10K. Jim Newett (496) finished 7th and Peter Dube of the Maine Track Club (in the rear, wearing glasses) came in 11th overall while Dan Dearing (200) and Chuck Morris (16) tied for 8th and Albert Goss (31) finished 10th. This swift group all finished in the 32 minute range as well.

As we approach the end of another road racing year, perhaps this groups thoughts are turning to the long easy base work of winter, or perhaps the extra dimension of an active nordic ski season.

This month's issue is loaded with alternatives: biking, skiing, and canoeing but we always have room for the best in Maine Running.

7 come 11 today is easily 1 thru 5 tomorrow!

Bob

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

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Benjamin's photos by Todd Sekera of the John Bapst Cross Country team
Epstein's photos and the file shot of Phil Soule canoeing by Vance Brown, Brown Photography, PO Box 53
Searsport, ME 04974 548-2508

NOVEMBER CALENDAR

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Four fully certified races in this the last month of the Maine road race year.

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Biking across Maine to help the Lung Association.

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Want a real flat-water workout? Try this one on for size.

AT THE RACES - Andy's back to stay! 10-12

FARMINGTON NORDIC TRAINING CENTER 13-15

Galen Sayward brings big-time training to Maine.

T.A.C. CALENDAR 16

CLUB AND MR&O NEWS 17-18

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ROAD RACES

Aug 24	Northeast Harbor 5 Miler	179 participants
Sep 14	Lewiston-Auburn Jaycees 5 & 1	132 "
Sep 14	St. Joe's College XC Invitational	28 "
Sep 14	Epstein's Five Aces 5K	259 "
Sep 15	Waddle-Fournier Mem 10 Miler	61 "
Sep 15	Sentinel 10K Classic & 1 Mile	142 "
Sep 21	Old Mill Pub 10K Road Race	54 "
Sep 22	Common Ground 5 Miler	45 "
Sep 21	Bar Harbor 13 Miler	150 "
Sep 22	4 Mile Gray Road Race	47 "
Sep 29	James Bailey XC 5 & 1.5	78 "
Sep 29	Taylor Hospital 2 Mile	66 "
Oct 5	Quaker Hill 10K	21 "
Oct 6	T.A.C. XC Meet - Greely	81 "
Oct 6	10K for Kidneys - Portland	89 "
Oct 6	Lite Bear/Ben's *Certified 10K*	431 "

TRACK & FIELD

Aug 3 T.A.C. Championships - Bowdoin

TRIATHLON

Sep 7 U.S. Health Corp Aroostook Triathlon 24 teams
44 individuals

CALENDAR

- 3 RALPH THOMAS 15 KILOMETER ROAD RACE. *MAINE CERTIFICATION ME-85020-GN* 1 p.m. from Gardiner Common. Join the celebration in recognition of one of Maine's finest all-time runners! See flyer in October issue or contact Rick Krause, 8 Middle St., Hallowell, ME 04347
- 9 COLBY COLLEGE RUN FOR MULTIPLE SCLEROSIS. Contact Kelly Chopus 872-3056
- 10 FALMOUTH LIONS 10K ROAD RACE. *MAINE T.A.C. CERTIFICATION ME-85010-GN* One mile fun run begins at 10:30 a.m. See flyer in October issue or contact Len Sauter, 9 Colonial Village, Falmouth, ME 04105 781-2003 days.
- 10 7TH ANNUAL VETERANS MEMORIAL ROAD RACE AND ONE MILE FUN RUN. 12:30 from Wiscasset High School. See flyer in October issue or contact Wiscasset Rec Dept., Muni. Bldg., Wiscasset, ME 04578
- 10 THE ROWDY ULTRA - A 50 MILE RACE. 7 a.m. at the Polar Bear on the Bowdoin College Campus, Brunswick. Pre-register by November 4. Send \$15 in small bills (or check) to Gary Cochrane, 30 Cumberland St., Brunswick, Maine 04011 *MAINE T.A.C. CERTIFICATION ME-85011-GN* One of America's top 50 milers!
- 11 VETERANS DAY ROAD RACES. Half-Marathon and 5K. 10 a.m. from the Hodgkins School, Augusta. Post-race luncheon at Augusta Elks. Re-certification pending. Contact Greg Nelson, 138 Maine Ave., Gardiner, ME 04345 582-5607.
- 17 THE GREAT OSPREY OCEAN RUN - PART IV. 12 noon from Wolf Neck State Park, Freeport, ME. A 10K road race. See flyer in September issue or contact Freeport Community Ed., Holbrook St., Freeport, ME 04032 865-6171
- 23 4TH ANNUAL 5 KILOMETER TURKEY TROT. 9 a.m. start from Brewer High School, Parkway South, Brewer. See flyer.
- 24 TURKEY TROT 5.8 MILER. Cape Elizabeth High. Joan Lavin, Race Director Maine Track Club.
- 28 MAINE SAVINGS BANK'S 7TH ANNUAL GASPING GOBBLER THANKSGIVING DAY ROAD RACE. *MAINE T.A.C. CERTIFICATION ME-85012-GN* 10K and 2 Mile 10 a.m. from the Augusta Civic Center. \$6 See Flyer.

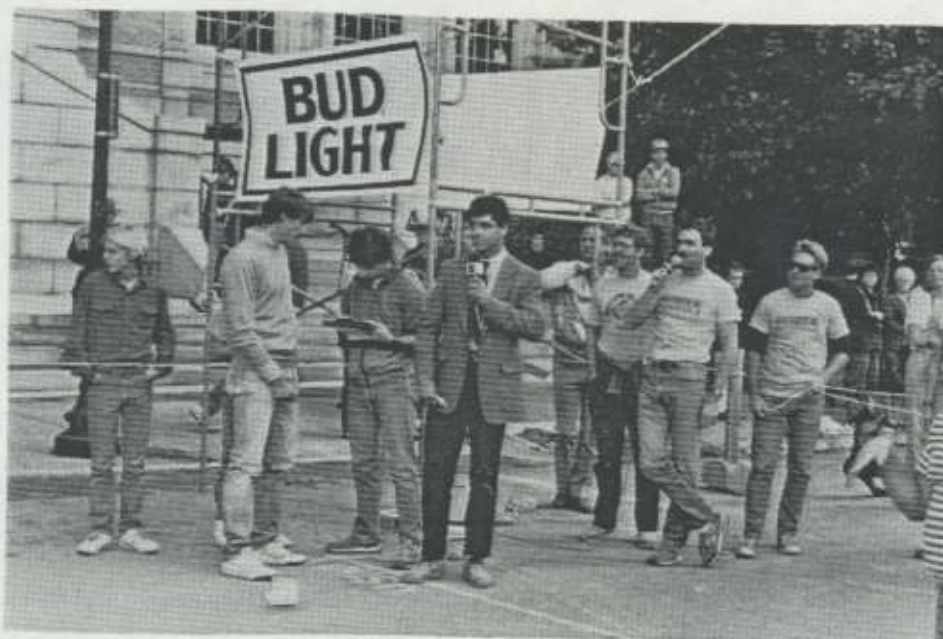


PREPARING FOR SKIING. A free seminar presented by SPORT, Ski Rack and Nordic Ski Patrol. 404 State Street, Wing Park, Bangor NOVEMBER 9, 9 to noon See flyer.



RUN, RUN, RUN, RUN, RUN, RUN, RUN, RUN,

LIVE TELEVISION COMES TO MAINE RUNNING



Tim Throckmorton of WABI-TV in Bangor waits for finishers in the "LIVE" broadcast of this year's Benjamin's 10,000 Meter Road Race. Tim and his crew did a super job in the one hour they were on the air. We hope to see a lot more of this state-wide in the future.



ALTERNATIVE HIGH

by Gail H. Schade

"You can always tell a runner, but you can't tell her much" is a cliché that applied to this middle-aged runner until only recently. Because I am a relatively recent convert to this sport, I was all the more fervent in my dedication to it.

In short, I truly believed that life wasn't really worth living if I couldn't run. And so I ran, injury free for seven years, thinking that because I had trained for and run a marathon along with many other races relatively free of injury, that I would never have my sport threatened in any way.

Running allowed me to slow the aging process, stay fit for other sports, solve problems - both personal and on-the-job -, eat all I wanted, make new friends, and develop and meet challenges. If more than two or three days went by without a run, I would feel edgy, out of sorts, or depressed. If you called me a fanatic, you would be absolutely right.

When an injury finally occurred, I did not adjust. How I scorned the advice of the second physician I was referred to. He, a non-runner, said to me with seeming nonchalance, "Why don't you choose an alternative sport? You know you may never be able to run again." My mind answered, "There IS no alternative sport." And there wasn't either for the next year-and-a-half when I was able to run only sporadically. Even though I did other sports, I longed for my sport. "Begrudging" you might label my attitude. "They are O.K.", I would think, "but they just don't give me the release that running does."

The following little story illustrates my frame of mind. I have always longed to travel in Europe, and three months into the injury, I finally got my wish. A long early morning walk was my placebo for my early morning run. One beautiful May morning, my husband and I found ourselves in the lovely gardens that border the Main River in Frankfurt, Germany. The many cathedral spires of the city jutted into the blue sky. At six a.m. the city was ours to appreciate. When a runner came through the gardens, my joy disappeared, and tears filled my eyes. "Why can't I be doing that?"

Ultimately, I found a new doctor who programmed a "cure" for the plantar fascia injury. I began the long, slow road back to distance running. "My problems are over," I thought. Once again I talked of running Boston as a bandit and of doing a 10K in seven and a half minute miles. All went well for six months as I carefully built myself back up to ten miles.

Then in December came a new problem that I had never considered, illness. For the next four months, something was the matter with me. Once again I couldn't run, or I would feel recovered enough to run for a few days and then come down with a different flu. At the end of March, I reached a new low. First came the scare of going to an emergency ward in a strange town for what turned out to be high blood pressure. Then a few weeks later when that was getting under control, I somehow wrenched my back when I was skiing on a soft spring snow. Run? I could barely walk.

Despairing, I went to my doctor. Surprisingly, what he said gave me hope, and maybe even some common sense. "Your back will be fine if you take it easy while it's healing. Don't run, but you can bike as long as and as hard as you want. A new word for your vocabulary is 'temperance!'"

Maybe I was tired of being incapacitated. Maybe I was sick of doing something else that would somehow again curtail my running. Maybe I was concerned about my overall state of health. Was my body perhaps telling me something? In any case, I thought, "All right. I'll bike for a while. But I know I won't get the same things out of it. He did say as much as and as hard as I want."

Next, a stroke of luck, a gift from the gods... I noticed a poster advertising a 180 mile bike trek across Maine to benefit Maine Lung Association. Since the trek was two months away, I would have enough time to train. With the blessings of my doctors, I now had a goal - a new challenge, made even more different because I had to raise pledges to support me.

There was much to learn about biking; even though I had ridden a 12-speed for years, I know nothing about the sport. First came the importance of "cadence" what it was (number of pedal revolutions per minute), then aiming to reach a rhythm of between 80 - 90. Not an easy task. Next came the increasing distances, including plenty of hills. I began to feel victorious when I could complete a big one that I had had to walk part of the week before. Even though I was getting a good workout, biking was still a "substitute" activity until I could return to my "real" sport. The weeks of training passed pleasantly. I enjoyed both riding alone and accompanied by fellow trekkers. I could even run a little but was careful not to take risks. Sometimes I even chose to take a brisk walk with a friend.

The trek itself was a confirmation of something I had begun to know tacitly during my training period; there WERE alternatives to running. It turned out to be a turning point in my life. the Challenges and joys I faced and met were thrilling and sometimes even funny, some of them similar, some different from those I face in running: Day One of the Trek - biking for 57 miles in a deluge, complete with a head wind... and logging trucks; Day Two - riding 50 miles with wet shoes that each seemed to weigh 25 pounds, this time trying to stay ahead of thunder showers; having an impromptu pizza party in a gazebo during that thunder storm. Day Three - feeling the delight of being one of 105 colorfully dressed bikers streaming out of Pittsfield in the early morning sun, wishing I could see how we must have looked from the vantage point of a hot air balloon; conquering the Killer Hill, a three leveled monster, without having to walk; riding not 88 miles but 95 - hills all the way to Bar Harbor; and, of course, finishing all 202 miles of the 180 mile trek.

Even after everything was over, I faced the letdown with equanimity. I set some new goals for myself: averaging over 15 MPH or more on my bike; adding more swimming to my fitness routine. I was doing what Kenneth Cooper has been recommending lately but what I had been ignoring - using a variety of physical activities for all-round fitness. My running is still important, but no longer is it the one "egg" in my basket.

Only recently did I discover just how far I have come, just how much I have mellowed. Hardly did I recognize myself when I found myself saying to a friend who invited me to go for a run, "My back feels sore from that long five-hour drive. I think that I'll go for a bike ride instead; in a day or two it will be O.K. to run."

Alternative highs ARE there for me. Other sports do meet my needs. I am no longer incapacitated emotionally if I can't run. I even recognize the dangers of becoming a biking "junkie," but I don't think I will become one because I'm spreading myself over several sports. Will I ever be able to run another marathon? Maybe, maybe not. Will I ever reach that seven-and-a-half minute ten K pace? Maybe, maybe not. They are nice goals, but maybe they are just dreams for me.

I can just hear the cynics among you now: "Yeah, but what will you do if you can't run OR bike to get that high?" My answer is, "Well, there are always big hills to hike if I pick the right course."

LETTERS

Dear Bob:

Enclosed is a clipping from the 30th September '85 Boston Globe for the N.E.A.C. Women's 15K in Wellesley, Mass (probably on the 29th Sept.). Mardi Reed and Andrea Hatch from Maine finished first and third respectively in the masters division. (Ed. note: times - 60:32 & 67:36; Patti Catalano overall winner in 53:50)

Regarding your article in the October issue of Maine Running & Outing on standings in five mile certified races in Maine, please consider the Maine Milk Run III held on 31 March in S. Portland (results published in MR&O May '85). This race was run on the Stroh's Run for Liberty I course (Cert. ME-84001-JMC) which was measured and certified as a five miler but advertised as an eight kilometer race for the Stroh's course. Five mile times are acceptable to the N.R.D.C. for 8K purposes because five miles is longer.

A correction from the results of the Maine Milk Run III published in MR&O last May: Muzzy Barton, 32nd position, male not female).

Some of the blanks that I can fill regarding ages are: Denise Harlow - 14 until 27 Sept; Wanda Haney - 18 (probably until MNB 5 Miler); Joanna Green 18 (29:57 in Maine Milk Run III); Kimberly Moody - 29 or 30 (29:56 in MMRIII); also, I failed to mention - Wanda Haney, Anne Marie Davee, Mardi Reed, Rachel Veilleux, Donna Hubert, Heidi Bennett, Ellen Chandler, and Melora Coggeshall would either improve their time, move up on the list, or make the list with their times in MMRIII.

All the best,

Don Penta

Don,

Thanks a lot for straightening us out on this point. I called Greg Nelson and he agreed that if the Milk Run is run on the Stroh's course it too should count as one of Maine's six certified 5 milers. Look for a final compilation of five mile results (including the Stroh's Run) in the December issue.

BENOIT WINS TUFTS RACE

BOSTON (AP) - Olympic marathon gold medalist Joan Benoit won her third Boston 10 Kilometer run, but did it in "controled" style as a tuneup for the American Marathon in Chicago October 20.

The 28-year-old Freeport resident toured the course, which she called "flat and fast," through Boston and Cambridge in 31:49, finishing 14 seconds and about 60 yards ahead of runnerup and defending champion Judi St. Hilaire of Boston.

Benoit, who won the race in 1978 and 1983 when it was sponsored by Bonne Bell, said, "I felt better than I thought I was going to feel..."

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Bill Rodgers - Moving Comfort - Dolfin
Jogbra - Jogalite - Softouch



BRIDGTON ON THE Fourth ROAD RACE

Dear Bob,

Oct 3, 1985

We recently received T.A.C. certification for the Bridgton 4 on the 4th Race course. In the process, we also received T.A.C. certification for a 1/2 mile calibration course which we set up in North Bridgton with permanent markers. It is straight and flat (probably the only flat stretch of road in Western Maine).

Other races seeking certification are welcome to use the calibration course. Exact location and further information is available from our chief surveyor, Steve Collins (647-2196) or myself (647-3347).

Best regards,

Jay Spenciner

Besides these glad tidings from the director of one of Maine's oldest and largest road races, we also heard from Greg Nelson in regards to the following new additions to the certification list:

4 Miles	Bridgton	Bridgton 4 on the Fourth	Jul 4	ME-85019-GN
Marathon	Portland	Casco Bay	Oct 13	ME-85015-GN
15K	Gardiner	Ralph Thomas 15K	Nov 3	ME-85020-GN

Greg will tackle the MAINEiacs Half Marathon in Bangor on the 26th of Oct. Still no final word on the re-certification of Kingfield 10K.

A thought to clubs awarding "Outstanding Contribution" to Maine road racing awards (Maine Masters; Maine Track Club) - Maine Running & Outing's vote goes without reservation to the inexhaustible Greg Nelson of Gardiner. Greg is carving a niche for himself right up there with Rollie Dyer, Dale Lincoln, Vern Putney, Dick Goodie and Brian Gillespie.



Ninetieth Annual

The Boston Athletic Association Board of Governors has announced the appointment of Boston Running News publisher John McGrath to the Athlete Liaison position for the BAA Marathon.

John's extensive experience in working with the top American athletes through his years of publishing and race directing such races as the Boston Milk Run, the Freedom Trail and the 1984 National T.A.C. Cross Country Championships at Franklin Park led to the B.A.A.'s choice. A good choice indeed. Speaking of Boston, get your '86 T.A.C. membership and write to B.A.A. Marathon, 20 Park Plaza, Boston, MA 02116 if you are one of those fortunate enough to have qualified in 1985. I think I'll wait until '88 when I finally turn 40 and don't have to run so fast.

D
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THE KENNEBEC FIFTY A RACE-A-LOGUE

by John Alsop

At 8 a.m. on Saturday, August 3, eight boats moved off the starting line at Caratunk on Wyman Lake and struck out southward for Norridgewock, 46 miles downriver, on the longest, and most challenging and intriguing canoe race in Maine. There follows a brief account of this year's race which may or may

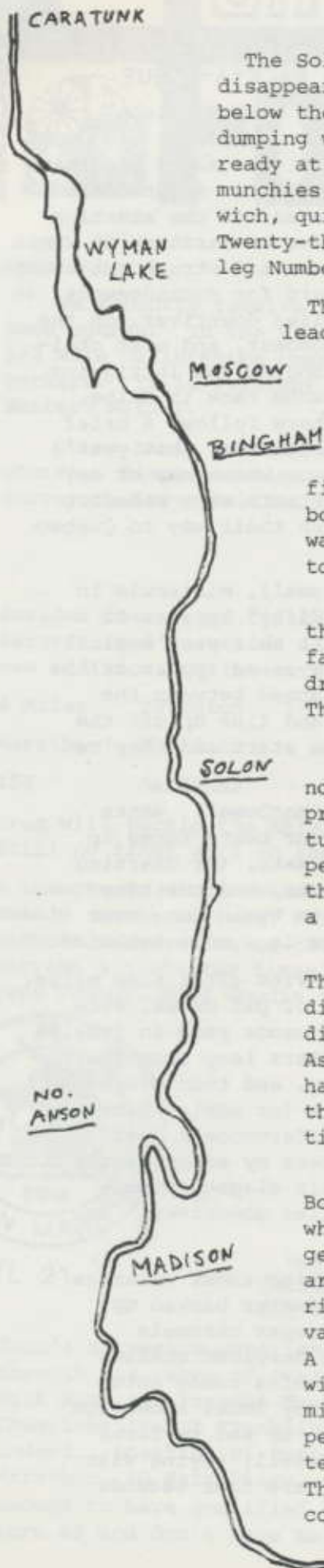
not prove that the only people more crazy than the contestants were Benedict Arnold and his men who first raced the course backwards on their way to Quebec in 1775.

The number of dedicated canoe racers in this state is small, miniscule in comparison to the throngs of competitive runners. The "Fifty" appears to discourage all but an even smaller number of diehards. At this year's sixth running, only six two-man canoes, one kayak, and one solo canoe appear at the start of the race. A few hellos and grim jokes are exchanged between the parties. The lightweight kevlar race canoes are loaded and line up off the gravel shore. Race director Adrian Humphreys signals the start and they're off.

Nobody, not even pre-race favorites Peter Heed and Bob MacDowell, wants to sprint for forty-six miles, and thus a lead pack of four boats forms up for the trip down the lake, each team's riding another's wake, (or drafting in cycling parlance), testing each other with short sprints, and chatting it up on various topics of the day. It is twelve miles to Wyman Dam, over an hour and a half away. It is a beautiful day and there is a mile tailwind.

The long strangely ominous horizon of Wyman comes into view after nine miles, stretched out against the sky, and specked with the dots of pit crews, race officials and other well-wishers. Twelve miles can be a canoe race in itself, but no finish line awaits at the dam. Instead, the paddlers leap from their boats and run them up a steep embankment of loose rip rap, and then pitch down the entire precipitous face of the dam at break neck (or ankle) pace, and then into the pool below the spillway. The always effervescent Heed with partner MacDowell show their national class stuff here by effortlessly grabbing a minute lead in the process of the carry. Their elapsed time - 1:37:54. Leg One is over; now it is on to Solon, ten miles downriver. No more lake.

The river is fairly small here and breaks up into rippling shoal water as it widens below Bingham, then gradually deepens into deadwater backed up behind the Williams Dam at Solon. The racers seek the deeper channels through the shoals and gravel banks, hoping to avoid the despised shallow water that will drag down the stern and compress the bow of a canoe onto its own wave. This is hard work; some boats are favored by local knowledge of the river bottom; and this year's pack of three breaks up and re-forms several times before arriving at the Dam. Heed and MacDowell, toying with the competition, arrive at 2:41:30. Boats two and three are four seconds behind. The slowest boat will arrive an hour later.



The Solon carry is a quarter mile down a woods road that gradually disappears into the pucker brush and drykye at the large eddy pool below the dam. The idea here is to make the carry at a dead run, dumping water out of the boat as you go, and having a "pit crew" ready at the eddy with new water jugs, tubes, and maybe a few munchies, if not aspirin. Boat two stops at the dam for a sandwich, quickly mashed into the mouth. Boat three moves into second. Twenty-three miles have been covered, and now comes the hard part, leg Number Three.

The big eddy pool spills out onto a mile long man-dug cut leading straight down to the 201-A Solon bridge. Appearing invitingly calm at a distance, there is very surprising turbulence here. Two bow munching eddies whirl to the right and left of a narrow flume of standing waves which must be ridden just right. Heed's boat cruises through, but boat two capsizes and will lose five minutes before resuming. Boat three is once again boat two, several hundred yards behind Heed. For a flat-water race, this is a little different. Thirteen miles to Madison.

Beyond the bridge, the "petroglyph" rock is passed on the right. Here some prehistoric man chipped out erotic fantasies in stone, most of which were dynamited by log drivers, seeking to smooth out a curve in the river. The river then broadens into a beautiful but baffling maze of islands, shoals, and oxbow turns which has given rise to many a cautionary tale. It seems that no amount of map studying can prevent at least one predictably exhausted rookie canoe team from unwittingly turning around and paddling upstream toward Solon or, perchance, up the Carrabassett to North Anson. For those that know the key channels and turns, it is merely a long hard pull through shallow water to Madison.

This section of the Kennebec is uncommonly scenic. The water is crystal clear. Willow islands appear and disappear. An occasional house or farm is seen at a distance as well as deer, ducks, heron, and dairy cattle. As elsewhere on the river, a hundred years of log drives have served to mummify and preserve the river banks throughout years of unfettered commercial and recreational shoreline development elsewhere.

Heed and MacDowell hit the Madison carry at 4:29:39. Boat two is ten seconds behind, having closed the gap when boat one stopped for a nature call. Things now get pretty gritty. Heed and MacDowell stop fooling around and pick up the pace, scampering up over the rip rap, vaulting an exceedingly vexing fence, and vanishing down Route 43 in Anson at a mild sprint. A mile and a half later, down past the town dump, they will reappear at water's edge, having gained several minutes over boat two. This carry is a killer and perhaps its reputation discourages more potential contestants than the over all length of the race itself. The idea is to run but many barely manage a walk. But consider: It took Arnold and his bateaumen three days

NORRIDGEWOCK

going the other way. Onto Leg Four.

DEAD



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NORRIDGEWOCK going the other way. Onto Leg Four.

Once again the Kennebec refuses to lay down and behave. Following the carry the weary paddlers now encounter a frothy stretch of Class Two whitewater, complete with rocks, ledges, and standing waves, indeed, the whole whitewater bit! Teams two and three, now separated by several minutes, unwisely go left instead of right and then have to stop to empty their half swamped boats.

Only seven miles to go in slowly moving deep water. First around the bend at Old Point where Father Rasle was slain by the Abnakis or some such thing way back when, and then down to the Bomazeen rocks, after which a two mile straight away to the big bend at Norridgewock, and the finish line at Oosoola Park, where Race Director Humphreys waits with soda, aspirin, and beer.

Some years the race is close, but this year Heed and MacDowell cruise in at 5:46:35, vie and a half minutes ahead of the rest, a couple minutes off the record. They load up and head back to New Hampshire to compete very successfully the next day in the Claremont Triathlon. The first three boats broke six hours. Not bad. For the rest it is time to relax and wait for the last undaunted finisher - coming in this year at 8:59:59 - and to contemplate how best to shave off a few hours, minutes, or seconds at next year's race on this mischievous and magnificent river, the Kennebec.

KENNEBECK - FIFTY CANOE RACE

OC-2	Wyman	Solon	Madison	Finish
1. Peter Heed, Keene, N.H. Bob MacDowell, Chicopee, MA	1:37:54	2:41:30	4:29:39	5:46:35
2. John Alsop, Skowhegan Bill Anderson, Belfast	1:38:07	2:41:32	4:29:49	5:51:04
3. Stan Kissell, Wolfeboro, N.H. Pete McAllister, Belgrade Lakes	1:37:59	2:41:34	4:34:06	5:55:47
4. Dirk Bradt, Mt. Desert Norm Hawes, Seal Harbor	1:40:18	2:48:30	4:47:46	6:14:33
5. Mark Jones, Caribou Tim Cushman, Caribou	1:43:19	2:50:20	4:49:32	6:22:56
6. Woody Carville, Orono Joe Pechinsky, Bangor	2:09:00	3:41:00	6:59:00	8:59:59
OC-1				
1. Jim Gariepy, Charlemont, MA	2:02:00	3:28:00	6:10:00	8:31:59
K-1				
1. Craig Killingbeck, Oakland	1:47:50	3:00:00	5:19:00	7:01:10



CROSS COUNTRY SKIING COMING UP

Wow, what a trip down the river! It sounds great huh? Well, we're not trying to beat you to death with alternatives to running this month but that "alternative season" is fast approaching. I've been to one biathlon clinic and attended the Maine Nordic Council's pre-season meeting in Farmington already. Be looking for a full-blown cross-country ski issue in December. It's time to either hang the ol' running shoes up or start the long, slow base period again for the next race season.



Palmer

AT THE RACES

Last month AT THE RACES was dedicated to Rock E. Green, recent winner of the Casco Bay Marathon. This month the column is dedicated to Andy Palmer, who just returned to the state to stay. Andy is now living in Hiram and teaching phys ed and history in the Fryeburg school system.

His recent performances at Kingfield and Ben's deserve special attention.

PALMER BLOWS IN ON THE TAIL OF GLORIA by W.J. McKee, Jr.

KINGFIELD 10K - Sep 28, 1985 - Andy Palmer, Fryeburg, made it a one-man race as he turned in a 29:54 winning time in the Kingfield 10K. It was his third Kingfield victory.

Palmer and Boston's Misa Fossas jumped out to the early lead. They were running side by side through a swift 4:38 first mile, the in-town loop. When they headed out of town, Palmer took the lead and that was the race.

Cecily Currier, Hanover, N.H., was the women's winner but her victory in 37:27 was a hard earned one. Ann Marie Davee crossed the line a scant three seconds later.

Palmer breezed by the halfway mark in 15 minutes flat. Fossas had fallen off the pace and was clocked in 15:31 at the 3.1 mile split. On the homeward leg, Palmer trimmed six seconds off his split time with a 14:54.

Peter Lessard, North Vassalboro, chased Fossas across with a 31:30. Kim Wetlaufer, Lewiston, in 31:43, and Glendon Rand with a 32:03, completed the top five.

Currier was trailing Davee for most of the race. She did not take the lead until the five and a half mile mark. She said Davee "had been leading by about 50 yards and then started coming back to me. I picked it up a little and passed her on the flat." Currier hung on for a very difficult "but pleasing victory. I really felt good racing." Joanne Cole with a 39:12 was third, Diane Wood, 39:24, fourth, and Jo Comeau, China, 40:38, fifth among the women.

The annual Outstanding Runner Award went to John McKee, Kingfield. McKee who is handicapped, completed the race in 89 minutes on crutches. It was his third 10K and the second time around the Kingfield course.

Palmer said after the race that he had "been hurting for most of the summer. I've been running for about eight weeks." He was delighted with the results, however, "It's the first time I've broken 30 minutes in two years." He was asked about the consistency of his splits. He responded by saying, "That's typical. I try to run even splits." He is the first three-time winner of the Kingfield race which he believes is the "top 10K in Maine - especially when you consider the whole picture, the Kids' K, the refreshments, entertainment and the locale."

Hurricane Gloria kept Fossas in Boston a little longer than he had planned. He arrived in Kingfield shortly after midnight Friday night. He said, "I didn't think I'd like the course. I generally don't like out and back, but this one was O.K. It's a good course." He was satisfied with his performance. "I haven't been doing any speed work lately. I've been running cross country mostly."

Weather did flip flops but did not hamper the racers. Gloria's step-sister sneaked into town and delivered a steady shower for a couple hours before and up to starting time. The rain stopped just before the start. That allowed the race and the festivities that followed to take place under a typical fall Maine mountain sky, some clouds, some sun and a strong breeze.

PALMER WINS REVITALIZED BEN'S 10K

BUD LITE/BENJAMIN'S 10K - Oct 6, 1985 - Andy Palmer made his move just after the mid race up hills and never looked back in winning the fifth Benjamin's 10,000 Meter Road Race.

Andy kept pace with the lead pack of Dean Kimball, Misa Fossas and Stu Hogan for about three and a half miles before kicking them off in a long down-hill section of the race.

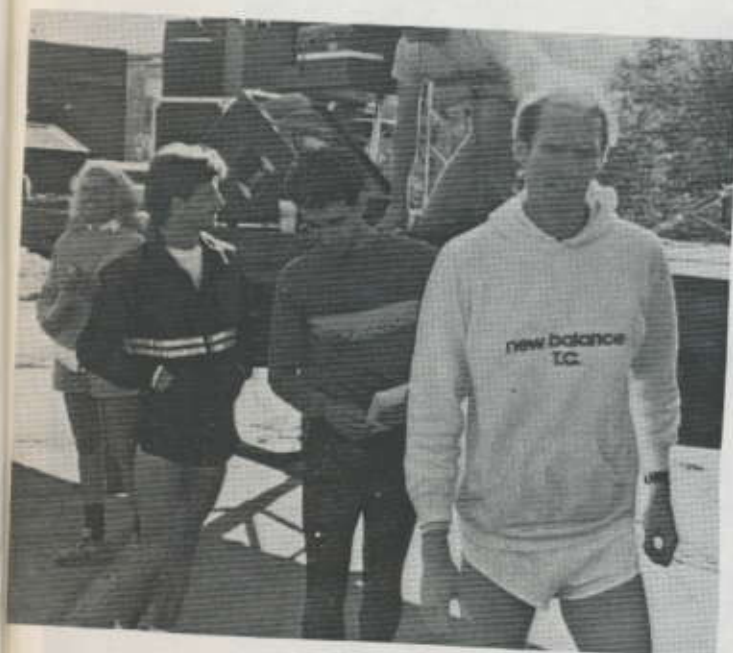
Andy's 30:01.3 was a mild disappointment to him, but with competition like Kimball, Fossas and Hogan he was glad to take the win.

Cecily Currier of Hanover, N.H. won the women's race by passing Robin Emery Rappa at about the same place Andy left the rest of the pack behind and working hard for her 36:42.6.

The New Balance team of Palmer, Fossas and Hogan easily walked off with the honors as did a tough women's team representing the infamous Aroostook Musterds.



KIMBALL PASSES FOSSAS



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Celtics to sign autographs for families like ours and to run (19:25.3 at 6'8" or so?) They plan on moving the race to the early spring to attract more young runners. Levi will once again be the prime sponsor, so check your closet and if you are in need of a new pair, come run.

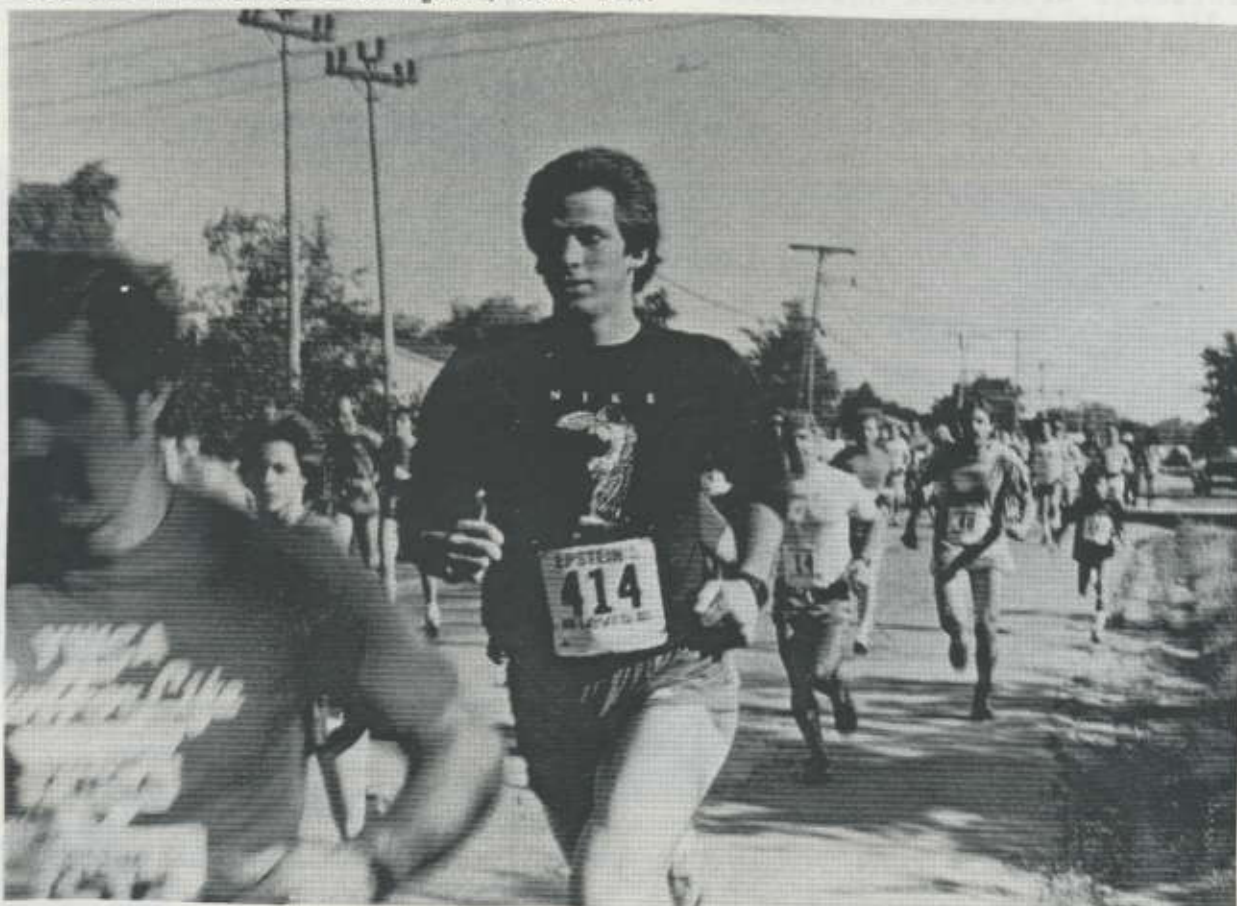
EPSTEIN'S 5K HUGE SUCCESS

EPSTEIN'S FIVE ACES RUN - Sep 14, 1985

I know it is always risky for us to mention two races in the Bangor area in the same issue. People start belly-aching about the magazine favoring this area. But when it's Bangor's turn to start coming back into the main-stream of good-quality road racing, it's just that Bangor's turn.

The first Epstein's Five Aces 5K is the newest addition to this new vitality. Stan Israel and Tom Man-ship really did their homework on this one.

First off, they held weekly meetings for two or three months picking every one's minds; they came to area races to see how to run a finish line; they gave out Levi jeans, three deep in the various age groups and they brought in Scott Wedman of the Boston



Scott Wedman towers over the rest of the field in the Epstein's Five Aces Road Race



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Discover Cross-country skiing.

FARMINGTON NORDIC TRAINING
CENTER ANNOUNCES PROGRAM
by Galen Sayward

The Farmington Nordic Training Center will operate a program for competition skiers in ski jumping and/or cross country skiing and will be based out

of TROLL VALLEY. The training for jumpers will take place on the Stearns Jump Complex at Titcomb Mt. The cross country will be conducted on the Richard B. Gould Race Trails. Both events are arranged to occur in conjunction with the competition program directed by Galen Sayward, operator of TROLL VALLEY. He is presently the Chairman of both the Nordic Competition Committee, which oversees all Jumping and XC activity in the Eastern Ski Association, and the Junior Nordic Committee, which conducts all activities relative to the Junior Olympic team from the ESA. He is the trip leader for the team when it goes to the National Junior Olympic Championships. He is also on the Board of Directors of the United States Ski Coaches Association. He is a Level II Coach in both Jumping and XC and maintains a Level I rating in Alpine coaching. There are presently only three Level II Nordic Coaches in the State of Maine. The FNTC will have all three involved in the program. They are Mike and Galen Sayward and Roger Smith a UMF student from the Bethel area.

With the FNTC, in its third year of operation, moving to TROLL VALLEY, we feel that we offer a very comprehensive ski program for all nordic skiers. The rank beginner will enjoy the gentle wide trails of the TROLL VALLEY and the racer/trainer and ski jumper in the FNTC program will find a nationally



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LITE BEER - PAUL BUNYAN ROAD RACE - 2 yrs.
CRANBERRY ISLAND ROAD RACE - 2 yrs.
MACHIAS BLUEBERRY RUN - 2 yrs.
KENDUSKEAG CANOE RACE - 2 yrs.
MEDUXNEKEAG CANOE RACE - 2 yrs.
HAMPDEN 8½ MILER - 3yrs.
HANCOCK LOBSTER CLASSIC - 3 yrs.
BOB BOOKERS - MAINE RUNNING CAMP - 3 yrs.
MARCH OF DIMES - WALK AMERICA!
KATAHDIN TRUST SNOW RUN - 2 yrs.
TERRY FOX MEMORIAL RUN - 2 yrs.
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ranked program developed for their convenience and development.

The FNTC will be working with the athletic department and physical education department of the University of Maine at Farmington and MSAD 9 to help those schools develop a more comprehensive ski related program.

At UMF, students electing to learn basic cross country skiing will have that opportunity through PE classes that will be conducted during the day by both UMF instructors and members of the TROLL VALLEY staff. Competition oriented skiers will be involved with the FNTC in both a pre-season and an on snow training program, with the USSA ESA sanctioned meet schedule of Saturday and Sunday meets as the backbone of their own competition season. A fifteen meet schedule developed in state and sponsored by the Maine Nordic Council is

at the disposal of these skiers. Those skiers born in 1966 or since are eligible to participate in the Junior Olympic Qualifiers that are in mid-February through early March for cross country. Those that might do well enough to qualify to represent the ESA in their age class would then go to Royal Gorge outside of Grand Truckee, California on the 17th of March for the National Junior Olympics. Those born before 1966 might go to the Senior Qualifiers here in the East at the same site and date as the Junior Olympic Qualifiers and earn a spot on the Senior ESA team to the National Championships also at Royal Gorge at the same time and place as the Junior National Olympics. The FNTC also is for XC skiers and/or ski jumpers that may be on the Mt Blue High School team or the Junior High WAMB team, as well as the Billy Koch Youth League skiers of 13 years and younger. In the past two years, FNTC skiers competing in the BKYL have been at or near the top of the finish order in competitions here in Maine as well as at the ESA BKYL Championships.

School team skiers use the FNTC program as extra help over and beyond their regular team practice and usually participate with the FNTC program about once a week once their school team has started practice and competition. After the school season is over, they usually get back to full time with the Nordic Center. With the Junior-Senior XC ESA qualifiers for Junior I and IIs, FIS Juniors and all Seniors being held Feb 9th and 23rd, and March 2nd and 9th, the School teams' schedules are nearly completed before the Eastern qualifying meets actually start. This allows a skier for the first time to do both without there being a conflict within the season of two big meets being scheduled in the same week-end in mid-February. The National Jumping and Nordic Combined Championships for both Juniors and Seniors, to be held in Steamboat Springs, will be held earlier than usual during the week from January 25th through February 2nd. Qualifiers for this team will be conducted on Dec 29th, Jan 5th, 12th, and 19th.

Meetings will be set up very shortly to further explain this program at both UMF, at the Student Center for all college age skiers, and at the Titcomb Mt. Lodge for the high school, junior high school and Bill Koch age skiers. Information on date and time of these meetings will be announced very soon. Pre-season and on snow programs will be outlined. Costs of the program will be stated and the various types of fees will be explained.

If you are out of high school, in high school or even younger than high school age and wish to get into a top rated competition program for Nordic Skiing, plan to attend the meeting of your age group. Watch the newspapers and Maine Running & Outing for further announcements regarding time and date. Try to bring at least one friend with you that should also get involved. Become a participant in the only Nordic Training facility and program in the State of Maine. Programs can be tailored to fit the individuals needs.

Any questions will be answered by contacting Galen Sayward at 778-2830 or by writing to him at 16 Stewart Avenue, Farmington, ME 04938.



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THE MAINE ASSOCIATION T.A.C.
PRESENTS
CROSS COUNTRY SCHEDULE

Sun. Nov. 3 Middle School, Court Street, Auburn; Valerie Beaulieu - 784-0191 or 783-3135

Sat. Nov. 9 STATE CHAMPIONSHIP- Pine Tree Recreation Area, West River Rd., Waterville; Registration at Junior High, Registration begins at 8:30 a.m.; Steve Clark - 465-3197

Sat. Nov. 23 Region I Junior Olympic Qualifying Meet, Albany State University, Albany, N.Y.; Jim Eagon - 518-482-4558

Sat. Dec. 14 National Jr. Olympic Championship; Cincinnati, Ohio

JUNIOR OLYMPIC, OPEN AND MASTER'S DIVISIONS AGE GROUPS AND COURSE DISTANCES.

Mite- age 8 and under-born 1977 and after.	3K
Bantam- age 9 and 10- born 1975 and 1976.	3K
Midget- age 11 and 12- born 1973 and 1974.	3K
Youth- age 13 and 14- born 1971 and 1972.	4K
Intermediate- age 15 and 16- born 1969 and 1970	5K
Young Men/Women- age 17 and 18- born 1967 and 1968.	5K
Open- age 19 through 29.	5K
Masters- age 30 and up at 10 year intervals.	5K

Entry fee at all meets prior to the Association Championship is 50¢. Entry fee for the Association Championship is \$2.00. It is not necessary to qualify at the preliminary meets for the Association Championship.

TAC registration is required. Registration fee is \$6.00 and covers the calendar year. Available at all meets from John Sinclair, 155 Pine Street, Lewiston, Maine. Or call Ron Kelly, 883-2747

Course walks at preliminary meets at 1:15 PM. First race starts at 2:00 PM. Registration begins at 12:30 PM.

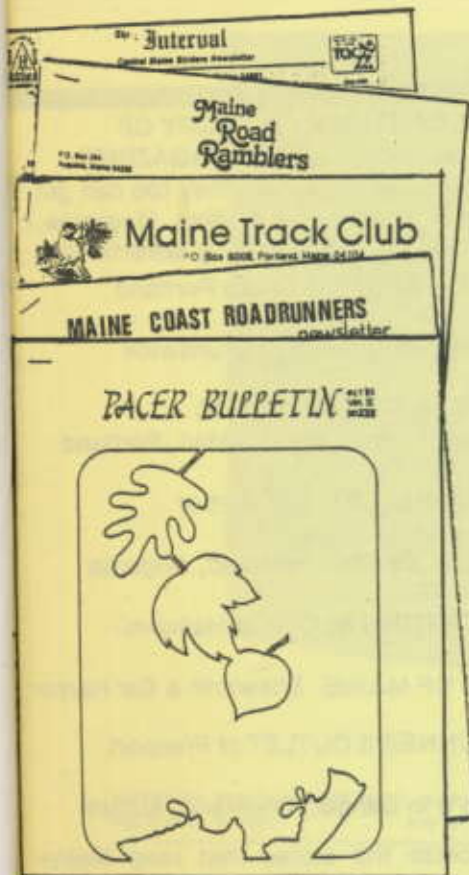
Awards: Junior Olympic ribbons to top six in each age group and sex. Participating ribbons to all finishers. Ribbons for top six per division and sex in the Open and Master's divisions.

Mite Division (8 and under) will not be held in the Association Championship meet. Mites will compete in the Bantam Division (10 and under).

Junior Olympic advancement: The top 20 finishers in each division and sex and the three teams will advance to the Region #1 meet in Albany, N.Y.

All meets are sanctioned by the Maine Association of the Athletics Congress.

the Wood
Box 201
Patten,



Here is the latest list of Maine's running clubs. I'm sure there are others, so keep us informed.

You might have noticed that we spaced the addresses so that an interested race director or other individual could take this page out and have labels made up. Pretty clever, huh?



the Woods Runners
Box 201
Patten, ME 04765

Central Maine Striders
PO Box 1177
Waterville, ME 04901

Maine Rowdies
309 Maine Street
Brunswick, ME 04011

Maine Association T.A.C.
14 Gray Birch Drive
Augusta, ME 04330

the Lesser Durham Striders
43 Cumberland St., Apt 2
Brunswick, ME 04011

Maine Track Club
PO Box 8008
Portland, ME 04104

the Bethel Outing Club
PO Box 157
Bethel, ME 04217

Maine Road Ramblers
PO Box 264
Augusta, ME 04330

Hog Bay Trotters
PO Box 512
Ellsworth, ME 04605

Yankee Athletic Club
155 Pine Street
Lewiston, ME 04240

Maine Coasters
L.L. Bean
Freeport, ME 04032

the Aroostook Joggnernauts
93 Barton St.
Presque Isle, ME 04769

the Pen Bay Pacers
PO Box 302
Rockland, ME 04841

Maine Coast Roadrunners
Box 1131
Biddeford, ME 04005

Downeast Road Runners
Sanford YMCA
Springvale, ME 04083

Maine Association T.A.C.
105 Maple Ave.
Scarborough, ME 04074

Androscoggin Running Club
PO Box 382
Auburn, ME 04210

Yankee Running Club
Box 726
Gray, ME 04101

The Downeast Striders
26-A Boynton Street
Bangor, ME 04401

Northern Bay Athletic Club
PO Box 344
Blue Hill, ME 04614

Swift River Runners
43 Congress St.
Rumford, ME 04276

the Aroostook Musterds
35 Teague St.
Caribou, ME 04736

the Moose Chasers
21 Hillcrest Dr.
Presque Isle, ME 04769

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NORTHEAST HARBOR 5 MILE ROAD RACE Northeast Harbor Aug 24

1. Andy Palmer (MRC)	24:11.1	56. Hilary Billings	32:28	115. Shannon Blanus	37:23.4
2. Mark Hatch	25:38.1	57. Jim Dyke	32:30	116. Fred Mead	37:26.5
3. Peter Swanson	25:44.6	58. Grant Kelley	32:30	117. Robby Shea	37:37.9
4. Chris Jones	26:35.8	59. Jenny Pederson	32:38*	118. Sam Brown	37:43.6
5. Dana Maxim	26:52.8	60. Bob Dean	32:42	119. Tom Severance	37:44.8
6. Harold Hatch (M)	27:01.0	61. Merritt Dyke	32:44	120. Ellie Cushman	37:45.7*
7. Brian McCrea	27:18.6	62. Ron Bilancia	32:52	121. Milton Stein	37:52.5
8. Rick Packie	27:27.2	63. Kellie Stratton	32:59*	122. Kim McKown	38:20.6*
9. Rick Lamoureux	27:35.9	64. Juliet Planicka	33:00*	123. Raman Mitra	38:40.9
10. Martin Duffy	27:49.4	65. Sam Auerbach	33:11	124. George Denny	38:43.6
11. Dirck Bradt	27:59.2	66. John Robertson	33:15.6	125. Bill Beardsley	38:47
12. Shayne Worcester	28:00.3	67. Tom Mulvey (MRC)	33:17.1	126. Jack Moskowitz (MRC)	39:07
13. David Renault	28:08.3	68. Doug Knobloch	33:22.2	127. Bobbi Wilson	39:10*
14. Alan Aitker	28:11.0	69. Sargent Gardiner	33:25.1	128. Stephanie McKown	39:14*
15. Jay Corrin	28:25.9	70. Josephine Cooper	33:26.0*	129.	
16. Brad Schuster	28:33.2	71. Henry Jordon	33:30.1	130. Sara Scott	39:23*
17. Dave Alley	28:41.8	72. Andrea Hatch	33:31.9*	131. Sissy Murphy	39:45*
18. Steve Heath	28:42.6	73. Rebecca Snow	33:37.8*	132. Sheila Mead	39:46*
19. Fred Merriam	28:45.7	74. Dave Kolanko	33:38.6	133. Ilisa Testa	39:55*
20. Matt Hall	29:09.3	75. Bob Jancewicz	33:41.2	134. Leona Clapper	40:08*
21. Roger Foster (MRC)	29:17.0	76. Dave Barker (MRC)	33:46.0	135. Mike Olson	40:29
22. Perry Pepper	29:22.9	77. Mike Cole	33:48.6	136. James Boyer	40:34
23. Michael Train	29:26.7	78. Frank Bednar	33:49.4	137. Milton Bailey (MRC)	40:40
24. Norm Hawes	29:27.2	79. Dave Martin	33:51.0	138. Carol Corwell	40:53*
25. Sam Baumgarten (MRC)	29:28.0	80. Joan Merriam	33:56.7*	139. Sean Cusack	40:55
26. Cornelius Russell	29:31.3	81. Duane Majka	34:03.4	140. Ed Cusack	40:58
27. James Murdock	29:32.4	82. Tia Lamarre (MRC)	34:05.5*	141. Tom Savage	41:00
28. Jeff Lindenhaz	29:36.7	83. Braden Alley	34:09.7	142. Charles Clapper	41:04.3
29. Sylvain Serube	29:37.2	84. Wayne Smith	34:11.2	143. Bill Arata	41:06
30. Mark Hardison	29:38.1	85. Warren May	34:14.8	144. Pat Anderegg	41:33.9
31. Joan Westphal	29:38.7*	86. Beth Finney	34:21.2*	145. Ellen Champlin	41:41.4*
32. Rusty Stieff	29:48.4	87. Bentley Howard	34:21.6	146. Frona M-Donnel	41:52.6*
33. Bill Pinkham	30:08.1	88. Andrew Kennedy	34:37.2	147. Jamie Wood	42:18.3*
34. J.J. Kohlhas, Jr.	30:10.4	89. Kerry Shea	34:40.3*	148. James Beardsley	42:19.0
35. Ann England	30:10.8*	90. Ken Shea	34:40.3	149. Diane Barker (MRC)	42:28.8*
36. Robin Emery Rappa	30:14.4*	91. Jim Black	34:42.3	150. James Bostick	42:32.2
37. Diane Wood	30:19.2*	92. Stan Pride	34:44.5	151. Larry Richardson	42:34.9
38. Mike Carter	30:23.7	93. Tony Egan	34:49.6	152. Ken Blaisdell	42:35.7
39. Courtenay Jenkins III	30:30.0	94. Richard Davis	34:51.2	153. Frank Donaldson	42:36
40. Dick Church	30:31.0	95. Bernard Antkowiak	35:08.1	154. Carole Planicka	42:49.3*
41. Tom Kirby	30:32.7	96. James Donald	35:10.9	155. James Planicka	42:49.7
42. Cliff Olson	30:34	97. Graham Nelson	35:12.7	156. Joanne Bradt	42:56.0*
43. Craig Maker	30:35	98. Leon Goldstein	35:18.9	157. Arthur Gilkes	42:59.3
44. Perley Merrick	30:37	99. Kristin Strandland	35:22.5*	158. Janet Rice	43:02.3*
45. Glen Merchant	31:24	100. Betsey Murdoch	35:29.1*	159. Shelby Davis	43:02.8*
46. Lennard Weilberg	31:30	101. Geo Swanson	35:43.9	160. Cuthbert Train	43:09.0
47. Gregory Planicka	31:37	102. Fred Tompkins	35:46.0	161. Dawn Lamoureux	43:16.8*
48. Alex Kimball	31:38	103. Mary Lawrence	35:46.3*	162. Julie Nelson	43:47.0*
49. Chuck Grindle	31:47	104. Chris Hopper	35:50.7	163. Allison Schafer	43:49.7*
50. H.M. Opitz	32:08	105. Jim Kroch	35:57.0	164. Sarah Plummer	44:27.5*
51. Larry Rich	32:10	106. John Walls	35:57.9	165. Mike O'Sullivan (MRC)	44:52.8
52. Terry Cousins	32:11	107. David Mofley	36:07.9	166. Bob Booker (MRC)	44:53.2
53. R. Forrest Dillon	32:21	108. Melissa Sandifer	36:13.3*	167. Laura Beardsley	45:07.0*
54. Jay Hass	32:27	109. Scott Shapiro	36:24.5	168. Mike Beardsley	45:07.4
55. Spencer Curtis	32:27	110. Verner Daniel	36:25.6	169. Joan Kleinman	45:40.6*
		111. Mary Ratner	36:31.4*	170.	
		112.		171.	
		113. David Bernstein	37:06.8	172. Mara Grace	46:46.4*
		114. Arthur Gilkes	37:14.0	173. William Grace	46:46.9

174. Adolph Fuerst	49:59.4
175. Chris Eliot	50:19.0
176. Philip Eliot	52:04.6
177. Linda Bragman	52:05.9*
178. Gwen Forrest	52:10.6*
179. John Forrest	52:11.3

Andy Palmer set a new course record breaking old record set last year by over a minute and ten seconds. Also had a new women's record by nearly forty seconds set by Joan Westphal.

A very successful race with both records broken and many other fast times. Largest field ever too!

Results courtesy of NE Mbr Fire Co.



U.S. HEALTH CORPORATION 3RD ANNUAL AROOSTOOK TRIATHLON Presque Isle Sep 7th

	Swim	Bike	Run	Total
1. Debbie Roberts	27:25	1:14:04	34:12	2:15:41
Roger Barnes				
Jerry Monahan				
2. Chris Smith	28:17	1:12:11	41:24	2:21:52
3. Joe Parker	25:05	1:20:02	38:42	2:23:49
Dave Atwood				
Peter Cuff				
4. Tim Cushman	35:27	1:13:24	36:56	2:25:47
Dana Prest				
Dave Hitchcock				
5. Gary Smith	35:01	1:17:27	34:52	2:27:20
Sam Collins				
Conrad Walton				
6. Stephen Moser	28:54	1:17:53	43:50	2:30:37
7. Maria Breuer	25:08	1:25:48	43:42	2:34:38
Connie McLellan-Cuff				
8. Bob Tiernan	27:48	1:17:51	49:02	2:34:41
Jim Park				
Patti McDougall				
9. Folden Peterson	27:55	1:22:10	49:45	2:39:50
Robert Tunino				
10. Hiram Adelman	31:36	1:28:35	39:53	2:40:04
Leo Freeman				
Bob Duprey				
11. Geoff Proulx	26:39	1:22:04	51:50	2:40:33
12. Nanci Giovacchini	32:35	1:27:19	46:04	2:45:58
Betty Deveau				
Carol McElwee				
13. Steve Higgins	37:35	1:21:48	46:59	2:46:22
14. Ken Bryson	24:58	1:26:06	58:42	2:49:46
Tom Ryan				
Cynthia Curtin				
15. Steve Porter	39:53	1:26:58	43:29	2:50:20
16. Larry Berthiaume	32:40	1:21:20	59:29	2:53:29
17. Benita Qualey	36:01	1:27:44	52:07	2:55:52
18. Gerald Michaud	40:20	1:28:30	50:36	2:59:26
19. Donna Crary	28:59	1:27:42	63:44	3:00:25
20. Dave Rand	43:51	1:35:52	46:40	3:06:23
21. Ross Kerr	39:46	1:28:05	60:53	3:08:44
22. Barb Ashby	33:36	1:41:53	54:30	3:09:59
Julie Coffey				
Becky Summeron				
23. Dean Bird	44:34	1:48:51	69:38	3:43:03
24. Jeanne Garrett	51:32	2:03:02	55:59	3:50:33

Chris Smith enjoyed his third consecutive individual victory in the third annual Aroostook Triathlon with an impressive 2:21:52 performance while Benita Qualey won her second straight event. Ken Bryson was first out of the water; Smith led all bikers and Jerry Monahan led the first place team of Roberts, Barnes and Monahan with his strong 34:12 10K.

Results courtesy of Brook Merrow, U.S. Health Fitness Center, P.I.

2ND ANNUAL LEWISTON-AUBURN JAYCEES MILL FESTIVAL 5 MILE & 1 MILE FUN RUN Lewiston-Auburn Sep 14th

1. Peter Paul Dube	25:01
2. W. Kim Wettlaufer	25:20
3. Bill Hine	26:12
4. Joel Croteau (M)	26:51
5. John Cressy	27:08
6. Wayne Pelletier	27:11
7. Andrew Beardsley	27:15
8. Gary Weber	27:21
9. John Kelsey	27:50
10. Denis Mancine	28:01
11. Daniel Cake	28:03
12. Ray Johnson	28:04
13. Normand Poulin, Jr.	28:10
14. Paul Engineri	28:26
15. Lou Morin	28:28
16. Peter Lodge	28:30
17. Doug Ludewig	28:33
18. Paul Cote	28:47
19. John Law	28:51
20. Daniel Nadeau	29:10
21. Jeff Arseneault	29:24
22. David Young	29:28
23. Keith Francoeur	29:30
24. Russell Chretien	29:31
25. Joe Meehan	29:37
26. Kelly Bennett	29:40*
27. Robert Marquis	29:51
28. Ron Label	30:07

29. Clifford Hall	30:19	62. Don Rameau	35:11
30. Joanne Cole	30:29*	63. Don Penta	35:34
31. Marc D'Amour	30:41	64. Dan Rioux	35:35
32. Scott Despres	31:01	65. Scott Deschaines	35:38
33. Peter Gagnon	31:21	66. Kevin Forster	36:08
34. Dick Cummings	31:23	67. Jerri Bushey	36:18
35. Don McGilvery	31:39	68. Ray Doherty, Jr.	36:30
36. John Howe	31:47	69. Larry Sellers	36:33
37. John Cole	31:48	70. Michelle Lussier	36:38
38. Bryan Dench	31:49	71. Normand Poulin, Sr.	36:47
39. William Donovan	31:51	72. Harry Simones	36:51
40. William Johnson	32:00	73. Laurent Gilbert, Sr.	37:18
41. James Cox, Jr.	32:19	74. Bertrand Gendron	37:48
42. John Branigan	32:33	75. Ernest Moreau	38:18
43. Doug Hodgkin	32:53	76. Fernand Gravel	38:22
44. Bob Gardner	33:07	77. Bill Donovan, Jr.	38:25
45. Mark Poulin	33:13	78. Daniel Libby	38:25
46. Eric Smith	33:26	79. Margaret Craven	38:34
47. Marc Gilbert	33:30	80. Butch Roundy	38:41
48. Faye Gagnon (M)	33:41*	81. Larry Baron	39:11
49. Raymond Picard	34:02	82. Don Atkinson	39:22
50. Paul D'Amboise	34:07	83. Paul Bonenfant	39:26
51. Mark Dube	34:13	84. Joyce Krajian	39:48
52. Mike Nadeau	34:19	85. Carl Wolf	40:14
53. Jan Nadeau	34:22*	86. Robert Sawyer	40:27
54. Joan Lavin	34:38*	87. Harry Giddings	40:38
55. Raymond Butler	34:56	88. Jean Pare	40:38
56. Roger Dunbar	35:03	89. Peter Bragdon	40:48
57. Kevin Winsor	35:04	90. Albert Glasson	40:58
58. Rick Dodge	35:09	91. Kelly Donovan	41:25
59. Timothy Tracy	35:22	92. C. Craig Heindel	41:32
60. William Clardy	35:23	93. Harvey Mason	41:38
61. Mike Spiotta	35:31	94. Robert Hark	42:12

95. Anita Byrnes	42:15*
96. Lucille Moreau	46:05*
97. Margaret Rearick	46:31*
98. Roger Furbish (Walker)	71:57

1 Mile Fun Run

1. Eric LaRue	5:01
2. Josh Gagnon	5:07
3. William Donovan	5:28
4. Karen Ruggillies	5:32
5. Marty France	5:34
6. Tim Tracy	5:36
7. Julie Johnson	5:51*
8. Jessica Tighe	5:53*
9. Suzanne McEchnie	5:58*
10. Lucas Myers	5:59
11. Mike Blouin	6:05
12. Melissa Weber	6:43*
13. Gregory Edwards	6:46
14. Emily Canaan	6:48*
15. Jimmy Canaan	6:54
16. Jennifer Sawyer	6:58*
17. Jeremy Nadeau	7:02
18. Amy Shea	7:03*
19. Patty Davidson	7:09*
20. Michael Sawyer	7:11
21. Keith Sawyer	8:53
22. Jeffrey Kay	8:55
23. Jennifer Stanley	9:05*
24. Richard Hall	9:06
25. Colleen Donovan	9:13*
26. Blaine Lamppa	9:49
27. Lisa Jo LaFlam	9:51*
28. Janna Rearick	10:18*
29. Suzanne Lavigne	10:33*
30. Cassie Leeman	10:49*
31. Wendi Day	10:50*
32. Michael Mason	10:57
33. Matthew Mason	12:02
34. Mike Reynolds	15:39

Results courtesy of Mike Kay
Lewiston-Auburn J.C.'s Race Director

ST. JOSEPH'S COLLEGE XC INVITATIONAL North Windham 4.5 mile Sep 14th

1. Peter Lessard, UMA	23:02
2. George Bockus, St. Joe	23:04
3. Steve Curran, Fitch	23:21
4. Rick Garcia, St. Joe	23:33
5. John Hallee, St. Joe	23:35
6. Brian Levine, Brandeis	24:02
7. Jeff Crocker, St. Joe	24:09
8. Richard Brooks, St. Joe	24:15
9. Bary Dymant, Fitchburg	24:19
10. Carl Hickey, Fitchburg	24:21
11. Pete Genaris, Brandeis	24:23
12. Jon Clayfield, Brandeis	24:29
13. Mike Salvon, Brandeis	24:29
14. Dave Kelts, Brandeis	24:44
15. Mike Churchill, Fitch	24:51
16. Bill Barter, Brandeis	25:00
17. Rob Littman, Brandeis	25:19
18. Steve Trudeau, St. Joe	25:21
19. John Wegman, Fitchburg	25:23
20. Tim Dolan, Fitchburg	25:24
21. Shawn Jeffrey, St. Joe	25:54
22. Andy Myette, Brandeis	26:02
23. Ken Osheron, Brandeis	26:46
24. Jim Mitton, UMA	30:32
25. Paul Wood, UMA	31:59
26. Steve Swindells, UMA	40:09
27. Ron Skehan, UMA	40:09
28. Tom Houllahan, UMA	40:09

Teams

St. Joseph's (3-0)	26
Brandeis University	56
Fitchburg State	56
Univ of ME- Augusta	103

St. Joe's is unbeaten at home for five straight years. Brandeis did not run its top three; St. Joe's did not run its top four freshmen.
If you're interested in running in our invitational next fall, please let me know. Have a good season!

Brian Gillespie

EPSTEIN'S FIVE ACRES

Brewer 5K Sep 14th

1. Glendon Rand	23 15:39.0
2. Roy Morris	22 15:43.2
3. Mike Gaige	33 15:57.0
4. Steve Giles	25 16:02.4
5. John Condon	24 16:09.7
6. Dan Dearing	23 16:11.4
7. Rusty Taylor	33 16:16.8
8. Fred Doyle	33 16:20.1
9. Steve Gross	22 16:32.1
10. Dan Pennock	29 17:01.6
11. Steve Heath	16 17:05.9
12. Alex Hammer	20 17:17.0
13. Dave Renault	37 17:15.6
14. Dick Neal	38 17:20.1
15. Tim Marquis	19 17:28.3
16. Warren Dean	49 17:31.4
17. Kevin Adams	16 17:35.3
18. Al Sproul III	47 17:39.3
19. Dick Balentine	30 17:42.1
20. Ken Remson	35 17:51.3
21. Mike Sargent	34 17:54.8
22. Greg Hildreth	13 17:55.3
23. Brian McCrea	25 17:57.1
24. Peter Hamm	17 18:01.4
25. Hal Nelson	39 18:01.9
26. Alan Howard	38 18:04.3
27. Paul Comeau	30 18:04.5
28. Barry Dickman	16 18:05.2
29. Bruce Theriault	31 18:07.3
30. Dave Alley	35 18:10.3
31. Dave Gelinas	16 18:14.9
32. John Bolton	24 18:24.2
33. James Barr	26 18:24.9
34. Bill Pinkham	42 18:27.4
35. Brad Cutcliffe	17 18:29.3
36. Mark Harris	28 18:29.7
37. Robin Emery Rappa	38 18:30.3*
38. Steve Krichels	39 18:33.3
39. Charlie Violette	14 18:37.8
40. Perley Merrick	26 18:39.9
41. Mike Ginder	26 18:41.3
42. Robert Farmer	23 18:43.6
43. Bill Comeau	33 18:46.1
44. H.M. Opitz	46 18:51.6
45. Tom McKinney	32 18:52.1
46. Oskar Feichtinger	51 18:58.3
47. Mike Carter	35 19:04.5
48. Kevin Pottle	26 19:08.0
49. Chris Barnes	14 19:12.1
50. Bob Booker	38 19:12.6
51. Larry Scofield	37 19:14.0
52. Erwin MacDonald	43 19:15.6
53. Ron Turcotte	32 19:17.4
54. David Cram	14 19:18.5
55. Ken Sivik	25 19:19.8
56. Clint Gordon	14 19:20.3
57. Martin Schiff	46 19:21.0
58. Al Sproul IV	22 19:21.7
59. Newell Lewey	27 19:23.0
60. Chuck Allen	34 19:23.6
61. *Scott Wedman*	33 19:25.3
62. Jeff White	30 19:29.4
63. Ann Blumer	30 19:31.0
64. Dave Buck	13 19:35.3
65. Mike Cole	36 19:35.9
66. Scott McPherson	15 19:44.7
67. Vaughn Holyoke	51 19:46.5
68. Elwood Jewell	26 19:48.9
69. Eric Tyler	17 19:53.1
70. Dave Kendall	34 19:55.6
71. Skip Howard	39 19:59.0
72. Richard Chipman	25 19:59.7
73. Bob Salemi	44 20:00.2
74. Travis Wood	18 20:00.9
75. Dave Wilson	41 20:01.6
76. Andy Abello	40 20:02.1
77. Dick Miles	30 20:06.3
78. Ken Shea	42 20:08.9
79. Larry Berthiaume	29 20:09.4
80. David Green	27 20:10.0
81. Ron Gelinas	37 20:14.8
82. Larry Bradford	17 20:19.2
83. Robert Jancewicz	33 20:22.1
84. Sean Cuffelmeyer	15 20:22.7
85. Braden Alley	10 20:24.2
86. Bob Dean	48 20:25.3
87. Doug Knobloch	35 20:26.2
88. Cliff McCormack	48 20:28.2
89. Ken Sylvester	41 20:32.9

90. Shane Lambert	11 20:34.9
91. Mike McKnight	32 20:36.5
92. Brian Gallant	26 20:37.0
93. Chris Arata	14 20:38.1
94. Steve Brennan	38 20:38.6
95. Donald Rogerson	42 20:40.4
96. Lon Winchester	25 20:41.1
97. Daniel Baker	21 20:41.8
98. Joe Savage	48 20:45.6
99. Frank Bednar	47 20:46.3
100. Frank Bragg	44 20:50.5
101. Lee Rush	14 20:55.6
102. Oscar Poulsen	38 20:56.3
103. John Mason	15 20:57.8
104. Paul Partridge	14 20:58.4
105. Alan Stockley	36 21:00.4
106. Joan Merriam	37 21:01.0
107. Fred Merriam	38 21:01.7
108. John Wakely	33 21:04.0
109. Bill Drummey	33 21:04.5
110. Richard Guyer	34 21:05.4
111. Bill Woodbury	28 21:06.7
112. Mike Fletcher	32 21:09.3
113. Art Fraser	48 21:10.6
114. Art Kotredes	31 21:11.5
115. Jerry Bates	42 21:16.4
116. Preston Carter	40 21:17.9
117. Jon Davis	31 21:21.0
118. Robert Tomlinson	14 21:26.6
119. Cole Sargent	36 21:28.4
120. Steve Burgess	18 21:29.2
121. Tim Crosby	22 21:33.3
122. Kathleen Martin	23 21:33.9*
123. Richard Davis	43 21:36.7
124. Richard Butler	48 21:39.9
125. Shane Withel	15 21:40.6
126. Jayson Mason	15 21:42.0
127. Bob Gaboury	48 21:47.5
128. Ryan White	12 21:49.5
129. Robert Shea II	12 21:50.4
130. Leon Dupuis	37 21:56.9
131. Alan Michelson	36 22:04.9
132. Nickie Sekera	15 22:07.2*
133. Sam Brown	12 22:08.6
134. Fred Smith	15 22:09.8
135. David Hayward	15 22:10.1
136. Ron Dupuis	40 22:12.7
137. Ricky Cortes	28 22:14.1
138. Greg White	38 22:15.0
139. John Goldfine	39 22:15.4
140. Robert Lumpio	44 22:15.9
141. Sunshine Weinrich	14 22:19.1*
142. Patricia Forrest	30 22:20.2*
143. Sean Keenan	19 22:26.9
144. William Baker	28 22:27.3
145. Joe Hoxie	43 22:34.7
146. Wade Nason	16 22:37.2
147. Cathy York	14 22:37.9*
148. Bill Lawler	61 22:40.1
149. Don Roeder	36 22:42.9
150. Martin McCrea	27 22:43.3
151. Barbara Baker	16 22:43.8*
152. Janet Lynn Carter	27 22:48.1*
153. Joe Aubin	58 22:50.5
154. Ronnie Armstrong	14 23:03.9
155. James Hanscom	12 23:05.9
156. Shannon McCafferty	14 23:08.2*
157. Robert Darveau	37 23:09.6
158. Norman Fitzgerald	45 23:12.7
159. Benjamin Barr	30 23:13.9
160. Tom Abello	11 23:14.4
161. Frank Setter	40 23:15.0
162. Phillip Gullion	14 23:18.4
163. Kay Hayward	26 23:19.2*
164. Anne Hanson	32 23:30.3*
165. Jason Merriam	13 23:34.2
166. Mike Goodwin	32 23:38.3
167. Pamela Norton	31 23:43.3*
168. James Rollins	30 23:43.7
169. Ron Cote	37 23:44.1
170. Don Rowell	21 23:47.3
171. Tyler Thompson	51 23:52.8
172. Ed Anthonijaz	38 23:54.4
173. Tim Throckmorton	28 24:00.9
174. Bob Johnson	32 24:12.8
175. Jean Goldfine	40 24:13.3*
176. Kim Hamm	17 24:25.0*
177. Peter Pelletier	27 24:31.8
178. Ken Bryson	15 24:36.4
179. Jamie Wood	11 24:37.4*
180. Tom Severance	30 24:43.9
181. Aaron Merriam	12 24:44.7
182. Howard Clements	45 24:47.2

183. Matt Young	41	24:49.9
184. Denise Robinson	14	24:50.6*
185. Carl Henderson	38	24:51.2
186. Charles Clapper	56	24:54.7
187. Dave Samuelian	39	24:55.3
188. Wes Hart	39	24:56.8
189. Sam Poole	14	25:00.1
190. Leona Clapper	55	25:00.5*
191. Ron Plumb	31	25:10.0
192. Jane Boddy	29	25:10.5*
193. Norman Rivard	36	25:17.0
194. Elanna Clark	36	25:17.8*
195. William Williams	43	25:18.3
196. Wendy Hersey	14	25:19.3*
197. Chad Allen	8	25:20.3
198. Mark Miller	9	25:22.4
199. Peggy Acheson	27	25:25.4*
200. Pam Lambert	11	25:26.2*
201. Ken VanLeer	9	25:29.7
202. Dorothy Knobloch	30	25:34.7*
203. Michael Brooker	31	25:36.7
204. Sylvia Williams	41	25:43.2*
205. Stephen Frost	35	25:44.3
206. Mark Emery	30	25:46.7
207. Becky Keaton	13	25:55.3*
208. Randolph Chute	8	26:18.6
209. Linda Johnson	34	27:10.2*
210. Deborah Wilson	43	27:12.2*
211. Deborah Storm	27	27:19.8*
212. Luanna White	40	27:30.3*
213. Larry Pelletier	35	27:28.1W
214. Jocelyne Richard	43	27:29.6*W
215. Alan Brawn	23	27:31.4
216. Joel Ackerman	35	27:43.6
217. Paula Hews	34	27:48.3*
218. Teddy Hale	12	27:57.0
219. Julie LaPointe	12	28:02.0*
220. Adam Lambert	7	28:23.5
221. Heather Lumpio	16	28:29.4*
222. Michael Tinto	19	28:42.5
223. Dorian LeBlanc	10	28:45.6*
224. Candace Green	36	28:49.5*
225. Randy Gleason	14	29:13.9
226. Kimberly Malcolm	18	29:50.5*W
227. Bill Rose	37	29:56.9
228. Bill Drisko	28	30:00.3
229. Matthew Cough	26	30:08.8
230. Moshe Myerowitz	55	30:36.3
231. John Robertson	12	30:36.7
232. Tad Kajkowski	32	30:41.6
233. Joan Imhoff	37	31:32.0*
234. Darrell Danboise	28	32:10.6
235. Jeff Richards	14	32:12.4
236. Rustin Chute	6	32:51.5
237. Mike Stevens	9	32:51.9
238. Candace Ryan	28	32:55.5*
239. Matthew Carr	9	33:03.4
240. Mark Moody	13	33:03.8
241. Lauralee McKnight	34	33:14.2*
242. Debbie Brown	34	33:17.1*
243. Matthew Elwell	10	33:39.7
244. Kathy Franco	33	34:09.7*
245. Roy Bradeen	40	35:08.1W
246. Carlene Fraser	37	35:35.2*W
247. Michael Oxley	11	35:52.8
248. Tom Wood	43	36:06.6
249. Rex Bradeen	13	36:07.9W
250. Jackie Bradeen	40	36:51.3*W
251. Peter Campbell	22	36:51.8
252. Mary Campbell	37	37:13.9*
253. Dennis Roy	7	37:15.0
254. Eldon Brooks	11	37:27.5
255. Nina Carter	9	37:28.0*
256. Wayne Carter	34	38:06.5
257. Nicky Landeen	12	40:24.1
258. Joshua Jacobson	9	40:28.7*
259. Janet Rush	41	40:29.0*



Results courtesy of Tom Manship
Race Director

THE WADDE-FOURNIER MEMORIAL 10 MILE Topsham Sep 15th

1. Andrew Whelan	53:08	20. Gavin Cook	31	18:2
2. George Towle	55:04	21. Mike Bard	25	18:2
3. Gary Leonard	56:23	22. Gary Mirabile	25	18:5
4. David Roberts	56:36	23. Kenny Audet	16	19:0
5. Floyd Wilson	57:08	24. Jeff Arsenault	28	19:2
6. Jim Murphy	57:11	25. Josh Hanna	13	19:2
7. Dennis McWhorter	57:39	26. Brian Kelly	27	19:5
8. Wayne Clark 180 lbs	58:27	27. Dean Rasmussen	17	40:0
9. Gary Cochrane 43	59:14	28. Barry Hopkins	16	40:0
10. Ray Johnson	61:02	29. Bob Crosswell	34	40:2
11. Stephen Westbrook	61:16	30. Warren Newton	17	40:2
12. Bill Fitzsimmons	61:20	31. Stan Stark	46	40:3
13. Mike Towle	62:00	32. Robert Salisbury, Jr	29	40:3
14. David Barker	62:05	33. Alan Miner	30	40:3
15. Kimberly Moody	62:58*	34. Dan Libby	39	40:3
16. Joe Meehan	63:15	35. Dave Comeau	40	40:4
17. Joel Titcomb	64:21	36. John Schwerdel	19	40:5
18. David Trouseil 42 180	64:58	37. Paul Dall	43	41:0
19. Mark Seamans	64:58	38. Jim Moore, Jr.	41	41:2
20. Martin Schiff 46	65:46	39. Tom McGuire	39	41:2
21. Art Warren 44	66:05	40. Geoffrey Hill	38	41:4
22. Howard Spence	66:18	41. Bruce Fenalson	39	41:5
23. Bob Wight	66:38	42. Larry St. Peter	41	42:0
24. Donald Sanborn 40	66:42	43. Jo Comeau	41	42:0
25. Robert LaNigra 43	67:05	44. Dick Cummings	48	42:0
26. Philip Pierce 44	67:36	45. Randy Landry	17	42:2
27. Jim Anderson	68:11	46. John Belanger	34	42:2
28. Tom Tiher	68:12	47. Francis Preshong	43	42:3
29. Carlton Mendell 63	68:41	48. Sam Mitchell	31	42:4
30. John Moncure 43	69:20	49. Kennedy Yeaton	38	42:4
31. David Delois	69:20	50. Ron Paquette	44	42:5
32. Lance "Gus" Strider	69:21	51. Carl Bowen	53	42:5
33. Don McGilvery 180 lbs	69:33	52. Mark Courtenay	16	43:0
34. Gary Heald 47	70:05	53. Dave Gagan	49	43:0
35. Ron Labbe	70:19	54. Tory Rau	12	43:0
36. Diane Fournier	70:24*	55. Jane Rau	35	43:0
37. Jim Hogerty 180 lbs	71:24	56. Wayne Newton	41	43:0
38. Bill Gayton 45	71:26	57. Dave O'Connor	22	43:0
39. John Mulrooney 40	71:40	58. Karen McCann	35	44:0
40. Dave Grant	72:03	59. Dennis Hayes	35	44:0
41. Walter DeVault 55	72:07	60. Claudia Takacs	29	44:0
42. Martin Desmarais 42	72:22	61. John Erwin	29	45:0
43. Rich Wells 40	73:09	62. Richard Theberge	38	45:0
44. Bruce Kingdom 45	73:09	63. Hitten Drake	32	45:0
45. Marsha Giglio 41	73:14*	64. Michael Boucher	31	45:0
46. John Murchie	73:16	65. Barbara Luce	32	46:0
47. Fred Ward	73:34	66. Scott Yeaton	15	46:0
48. Pete Duffy 41	73:37	67. David Benn	40	47:0
49. Deb Hewson	74:03*	68. Shawn Benn	14	47:0
50. Ted Silver	75:13	69. Bob Kenney	36	47:0
51. Charlie Gordon 180 lbs	75:52	70. Tim Richardson	36	47:0
52. Wayne Bryant	76:21	71. Dale Peabody	24	47:0
53. Matt Waddle 180 lbs	76:48	72. Fred Wingate	39	48:0
54. Bob Waddle 56	76:50	73. Michael Warren	28	48:0
55. Poppy Thatcher	78:29*	74. John Towne	49	48:0
56. Don Colben 45	79:26	75. Jerri Bushey	41	48:0
57. Ellen Spring	80:15*	76. David Bushey	40	48:0
58. Patty Titcomb	81:51*	77. Chris Benn	13	49:0
59. Jane Waddle	82:34*	78. Mike Griffin	16	49:0
60. Philip Soule 44 180 lbs	84:32	79. Joanna Dall	16	49:0
61. Don Atkinson	89:57	80. Carol Libby	36	49:0

Results courtesy of Bob Waddle
Race Director

SENTINEL 10K CLASSIC Waterville Sep 15th

1. Todd McGraw	20	34:16	86. Nancy Carr	37	50:0
2. Bill Hill	24	34:32	87. Sally Grande	32	50:0
3. Steve Malloy	21	34:38	88. Robert Magda	38	50:0
4. Alton Stevens	37	35:31	89. Karen LaCasse	30	50:0
5. Pat Higgins	19	35:55	90. Dennis DeRos	42	50:0
6. Tom Thiheau	27	36:06	91. Suzanne McKechnie	17	50:0
7. Mike Gordon	19	36:16	92. Connie Towne	40	50:0
8. Mark Luebbers	27	36:20	93. Deborah Curtis	28	50:0
9. Brian Ladner	27	36:30	94. Rachel Dostie	19	50:0
10. Fred Karter	35	36:33	95. Richard Sabol	47	50:0
11. Al Sproul III	47	36:37	96. Bob Boynton	46	50:0
12. Neil Miner	35	36:41	97. Janis Ackendorf	37	50:0
13. Daniel Cake	41	37:26	98. Taylor Harmon	40	50:0
14. Paul Cole	30	37:30	99. Arthur Granholm	46	50:0
15. Randy Wilson	32	37:48	100. Christine Simone	22	50:0
16. Rick Lane	38	37:51	101. Barbara Mauthe	33	50:0
17. Jeff Brown	35	37:53	102. Beverly Tripp	47	50:0
18. Jerry Allanach	35	38:00	103. Hank Gagnon	33	50:0
19. Bob Heald	16	38:11	104. Andriana Bellerose	10	50:0
			105. Sara Fenlason	17	50:0
			106. Dennis Ratner	35	50:0
			107. Jan Hoffman	38	50:0
			108. Harvey Mason	51	50:0
			109. Diana French	38	50:0
			110. Jo Anne Perry	30	50:0
			111. Lynda McGuire	35	50:0
			112. Vern Pinney	36	50:0
			113. Lindy Henninger	22	50:0

114. Keith O'Connor 33 66:03
115. Ruth Higgins 37 68:18*
116. Donald Tripp 51 70:27
117. Ginny Plourde 41 70:49*
118. Linda Benn 37 74:20*

Nearly 120 runners showed for the first downtown Waterville "Sentinel Classic", and were met with beautiful weather, a fairly level course and plenty of volunteers and refreshments that helped make this a "people's race". Todd McGraw gave the Central Maine Striders the overall win, and Jo Comeau did the same for the women. The race director was so excited, he invited everyone to his house for a post-race party!!!

Results courtesy of Jerry Saint Amand
Race Director

SENTINEL 1 MILE FUN RUN
Waterville Sep 15th

1. Clay Malloy 13	9:23
2. Ben Brown 12	10:38
3. Allison Dall 11	10:44*
4. Jennifer Hopkins 13	10:49*
5. Machaon Stevens 7	10:53
6. Mesqhan Stevens 9	10:58*
7. Stephanie Drake 8	10:59*
8. Stacy Edwards 13	11:13
9. Travis Drake 6	11:17
10. Kevin Pelletier 13	11:24
11. Shad Wingate 9	11:37
12. Cody Rau 7	11:38
13. Linda Buskin 26	11:42*
14. Amy Shea 11	11:45*
15. Joe Griffin 5	11:53
16. Veronica Allanach 9	12:17*
17. Sean Richardson 7	12:19
18. Nicole Kenney 5	13:02*
19. Andrew Disbro 6	13:08
20. Jane Havery 51	13:11*
21. Matthew Mason 3	16:10
22. Corey Richeson 6	17:29
23. Michael Gary Mason 5	17:30
24. Nicole Conroy 4	18:25*

1985 OLD MILL PUB 10K ROAD RACE
Skowhegan Sep 21st

1. Bill Hill	33:18
2. Dan Pennock	35:31
3. Mike Gordon	35:43
4. Tom Thibau	35:45
5. Jerry Allanach	36:42
6. Allen Actken	36:57
7. Mike Doore	37:40
8. Michael Bard	39:20
9. Robert Salisbury, Jr.	39:28
10. Brian Kelly	39:58
11. David Trussell	40:07
12. Steve Pinkham	41:01
13. Martin Schiff	41:07
14. Dean Rasmussen	41:07
15. Byron Cook	41:24
16. Paul Dall	41:42
17. Rex Nelson	42:09
18. Dick Miles	42:18
19. Geoffrey Hill	42:22
20. Tim Lawrence	42:37
21. John Belanger	43:14
22. Jerry Saint Amand	43:47
23. Dick Cummings	44:13
24. Richard Theberge	44:34
25. Dale Peabody	44:55
26. Tom Tetu	45:24
27. Cliff Ives	45:48
28. Donna Jean Pohlman	45:51*
29. Ron Paquette	45:51
30. Duane Olson	46:03
31. Robert Nicholson	46:08
32. Ellery Borow	46:51
33. Michael Boucher	47:15
34. John Cayford	47:28
35. Joyce Sheridan	47:49*

36. Dave Novaria	48:03
37. William Clardy	48:25
38. Randall French	48:27
39. David Bushey	48:38
40. Tom Kahl	48:55
41. Frank D'Amelio	49:29
42. Suzanne Hockmeyer	50:15*
43. Judy Doore	50:22*
44. Jerri Bushey	51:16*
45. Karen LaCasse	51:41*
46. Richard Sabol	52:29
47. Don Atkinson	55:24
48. Norman Jackson, Sr.	55:25
49. Paul Sheridan	58:09
50. Ann Jackson	62:06*
51. Verne Pinney	63:23
52. Candy Hardin	64:34*
53. Sue Asbjornases	64:34*
54. Ruth Higgins	65:45*

High humidity with a blazing sun kept attendance down in this well organized and popular central Maine event. Fairfield's 24 year old Bill Hill led all the way and Albion's 34 year old Donna Jean Pohlman worked hard in the heat for the women's win. Winslow's workhorse, 42 year old Jerry Saint Amand made this his 53rd race of the year.

Results courtesy of Ralph Baldwin
Race Director

COMMON GROUND 5 MILER
Windsor Sep 22nd

1. Rick Lane	38	27:26
2. Dan Cake	41	28:36
3. Gene Roy	39	28:45
4. Ray Johnson	37	29:12
5. Mert Dearnley	37	29:56
6. Joe Meehan	38	30:08
7. Greg Raymond	37	31:12
8. John Palmer	29	32:06
9. Bill McDonald	24	32:25
10. William McFarland	39	32:40
11. Francis Preshong	43	32:52
12. Bill Kenney	34	33:01
13. Thomas Leonard	35	33:38
14. Jerry Saint Amand	42	34:04
15. Chris Bly	36	35:19*
16. Gordon Stein	42	35:24
17. Damon Meyer	17	35:28
18. Tim Holland	40	35:44
19. Ted Fittelle	39	35:37
20. Fred Schmidt	39	36:10
21. Jeff Beckley	27	36:40
22. Rony Mazaka	21	36:43*
23. Bob Crozier	49	36:51
24. Danny McGovern	12	37:55
25. Bob Dow	32	38:04
26. Terry Conroy	26	38:14
27. Harold Dowse	40	38:29
28. Malcolm Glidden	36	38:32
29. Jessie Lawrence	13	38:43*
30. Stan Johnson	53	39:24
31. Taylor Harmon	40	39:42
32. Eddie Damm	35	39:49
33. Bob Boynton	46	39:51
34. Fred Wland	45	40:02
35. Peter Beckford	25	40:44
36. Bonnie Pooley	41	41:19*
37. Christina Simone	22	41:57*
38. Barbara Mayer	39	42:15*
39. Lynn Stanhope	14	42:59*
40. Joan Leslie	39	43:00*
41. John Krueger	36	45:15
42. C.R. Lavin	37	51:13*
43. Penny Hilton	27	53:11*
44. Tammy Jackson	32	53:12*
45. Carol McGovern		

Race Director, Skip Howard had perfect weather for this annual early morning race that traditionally kicks off the final day of the very popular Windsor "Common Ground" Fair. With very little publicity, word of this race has spread and nearly 50 runners found their way to the fairgrounds.

Thirty-eight year old Rick Lane of Augusta led from the early stages, and Auburn's Dan Cake overtook Oakland's Gene Roy on the homestretch for 2nd place! Chris Bly took women's honors in her first race and a good time was had by all!

Results courtesy of Jerry Saint Amand
Skip Howard
Race Director

1985 BAR HARBOR 13 MILER
Bar Harbor Sep 21st

1. Mike Gaige	1:14:32
2. Bill Hine	1:16:34
3. Steve Gross	1:18:05
4. Dick Fournier	1:19:49
5. Marc Plantico	1:20:10
6. Ric Lamoureux	1:21:12
7. Mike Mendonca	1:21:42
8. Lee Fairbanks	1:22:01
9. Craig Matton	1:22:24
10. Alan Roward	1:23:01
11. Steven Peterson	1:23:04
12. Mac Moyes	1:23:25
13. John James	1:24:15
14. Brian McCrea	1:24:55
15. David Rensult	1:25:42
16. Alex Dobbs	1:26:06
17. Henry Williams	1:26:15
18. George Liming	1:27:00
19. Don Best	1:27:41
20. Craig Maker	1:27:42
21. Robin Emery Rappa	1:27:45*
22. Mike Daly	1:28:09
23. Ray Ashenburt	1:28:21
24. Bruce Theriault	1:28:38
25. Peter Cuff	1:28:53
26. Ed Malone	1:29:25
27. Rick Davis	1:29:27
28. Cliff Olsen	1:29:28
29. Dave Whitney	1:29:48
30. Shawn White	1:29:51
31. Lawrence Bridges	1:29:53
32. John Mills	1:29:56
33. Steve Giles	1:29:57
34. William McFarland	1:30:19
35. Fred Merriam	1:30:21
36. Bill Pinkham	1:30:22
37. Joe Washburn	1:30:31
38. Ross Tortora	1:31:08
39. Connie McLellan-Cuff	1:31:14*
40. Kevin Pottle	1:31:19
41. Dennis Gosselin	1:31:30
42. Philip Schene	1:31:35
43. Robert Marquis	1:31:36
44. Doug Graves	1:37:03
45. Arnold Amoroso	1:32:55
46. Sub Predham	1:33:06
47. Brian Greene	1:34:12
48. Carlton Mendell (V)	1:34:19
49. Lawrence Ludwig	1:34:21
50. John Schwerdel	1:34:32
51. Carl Bowen	1:35:19
52. Don Warren	1:35:44
53. Ken Sylvester	1:36:19
54. Carol McRea	1:36:35*
55. Sharyn Kingma	1:36:49*
Felice Worcester	1:36:49*
57. Roy Rodgers	1:37:17
58. Chris Kenoyer	1:38:09
59. Garth Duff	1:38:13
60. Larry Phillips	1:38:19
61. Jeanne Shemilt-Krent	1:38:35*
62. Tom Mulvey	1:38:37
63. Mike Missig	1:39:14
64. Martha Gilbertson	1:39:25*
65. Richard Higgins	1:39:44
66. Bentley Howard	1:40:04
67. John Elliot	1:40:44
68. Barbara Greenstone	1:41:09
69. Karl Brenklert	1:41:28
70. Peter Vachon	1:41:33
71. Larry Rich	1:41:35
72. Richard Spearing	1:41:45
73. William Donovan	1:42:12
74. Roger Gorman	1:42:24
75. Robert Johnston	1:43:06
76. Steve Collins	1:43:06

77. James Mroch	1:41:09
78. Gordon Graham	1:43:11
79. David Rand	1:43:19
80. Lon Winchester	1:43:45
81. Steve Ciolfi	1:44:00
82. Peter Golbits	1:44:22
83. Vicky Vendrell	1:44:37*
84. Barney Smith	1:44:38
85. Joan Lavin	1:45:14*
86. Kathleen White	1:45:20*
87. Geoff Manifold	1:46:14
88. Roger Wilson	1:46:29
89. David Atwood	1:46:39
90. Robert Jancevitz	1:46:45
91. Ted Silver	1:47:03
92. Carol McElway	1:47:22*
93. Louise Dunlop	1:47:51*
94. Paula Dubois	1:48:08*
95. William Ketcham	1:51:05
96. William Lawson	1:51:07
97. David Meek	1:51:10
98. Dwight Brown Jr.	1:51:14
99. Clifford Sundberg	1:52:04
100. Katie Martin	1:52:38*
101. Jamie Stephens	1:52:39
102. Mike Carey	1:52:57
103. Robert Graffy	1:53:15
104. Steve Lungo	1:53:16
105. Deborah Curtis	1:53:30*
106. Margo Dyer	1:53:55*
107. Debra Schene	1:54:05*
108. Ted Beaulieu, Jr.	1:54:13
109. Betty Lathrop	1:54:33
110. John Civitello	1:55:41
111. Guy Dunbar	1:55:48
112. Barbara Footer	1:56:31*
113. Jean Goldfine	1:56:50*
114. Dwight Brown III	1:57:33
115. Mary Hawkins	1:57:39
116. Paul Clarioni	1:58:19
117. Craig Hall	2:00:09
118. Roy Davis	2:00:56
119. Tony Maulucci	2:00:57
120. Roberta Greenfield	2:00:58*
121. Sherry Missig	2:01:27*
122. Janet Ledbetter	2:01:30*
123. Thomas Severance	2:01:36
124. Gary Hatton	2:02:31
125. Barbara Higgins	2:03:09*
126. Chad Smith	2:03:11
127. Marshall Goldberg	2:03:21
128. Don Osborne	2:03:34
129. Gina Ciolfi	2:03:36*
130. Don Pagnac	2:04:24
131. Jeanne Garrett	2:04:46*
132. Linda Best	2:05:01*
133. Bud Farley	2:06:04
134. Janice Gosse	2:06:05*
135. Doris Plumer	2:06:22*
136. Dan Lourie	2:08:09
137. Don White	2:09:12
138. Joanne Brandt	2:11:46*
139. Cathy Treer	2:12:43*
140. Richard Ball	2:12:44
141. Leah Conlon	2:12:46*
142. Roger Prescott	2:13:38
143. James Ardu	2:14:21
144.	
145. Doug Smith	2:25:31
146. Frank Caplan	2:25:32
147. Rhonda Paltauf	2:26:47*
148. Beverly Walker	2:26:56*
149. Cynthia Anderson	2:27:05*
150. Mike Crowfoot	3:45:51

Teams

George Liming	Maine
Joe Washburn	Road
John Schwerdell	Ramblers
Sharyn Kingma	Rufus
Felice Worcester	T.
Vicki Vendrell	Fireflies

Results courtesy of H.A. Woodworth
Race Director

4 MILE GRAY ROAD RACE

Gray Sep 22nd

1. Peter Dube	20:17
2. George Towle	20:51
3. Floyd Wilson	20:53
4. David Crawford	20:58
5. Frank Brume	21:31
6. Joe Bennett	21:34
7. Richard Neal	21:42
8. Guy Berthiaume	21:44
9. Mike Lally	22:00
10. Scott Spaulding	22:01
11. Joel Titcomb	22:31
12. Tom Trytek	23:23
13. Marc D'Amour	23:49
14. Don Stowell	24:00
15. Frank Knight	24:22
16. Tom Carli	24:23
17. George Wells	24:38
18. Dick Cummings	25:26
19. John Murchie	25:45
20. Joel St. Hilaire	26:02
21. Harry K. Change	26:06
22. Walter Smith	26:19
23. Ronald Deane	26:22
24. Stokes	27:11
25. Nancy Stedman	27:12*
26. Paul D'Amboise	27:23
27. Edward Bregman	27:53
28. Phil Bartlett	27:57
29. Wendy Wagner	28:00*
30. Richard Davidson	28:12
31. Erik Worcester	28:18
32. Don Penta	28:43
33. Patty Titcomb	29:21*
34. Michael Davidson	29:28
35. John Kelly	29:38
36. Christopher Gill	29:42
37. Yvette Knight	29:43*
38. Jane M. Hamel	30:21*
39. Valerie A. Larabee	30:34*
40. Jean A. Hamel	31:13*
41. Diane Hanscom	31:39*
42. Nathan Allen Jr.	31:53
43. Maureen Sproul	32:03*
44. William Sproul	32:04
45. Roberta Greenfield	32:10*
46. Dorothy Stoddard	32:20*
47. Luciana Marcotte	34:18*

Results courtesy of Guy Berthiaume
Yankee Running Club

JAMES BAILEY CROSS COUNTRY RACES

Gorham Sep 29th

1.5 Mile Children's Run

1. Dan Serube	10:23
2. Mark Amoroso	10:41
3. Eric Worcester	10:53
4. Mike Calazzo	10:54
5. Jenny Popp	10:58*
6. Eben Graves	10:58
7. Gregory Popp	10:59
8. Chad MacDonald	11:07
9. Janine Jurkowski	11:11*
10. Kristen Jankowiak	11:19*
11. Ryan Kemna	11:35
12. Jennifer Reali	11:39*
13. Kristen Serube	11:39
14. Joyelle Decker	12:19*
15. Sarah Boemmels	13:23*
16. Joshua Sturges	13:28
17. Jaclyn Quillette	13:30*
18. John Reali, Jr.	14:11
19. Melissa Nicely	14:11*
20. Sarah Sturges	15:19*
21. Jessica Sturges	16:44*
22. Greg Calazzo	18:39

5 Miller

1. Stu Hogan	27:04
2. Danny Paul	27:22
3. Peter Dube	28:40
4. George Towle	28:58

5. Erich Reed	29:36
6. Werner Pobatschnig	30:19
7. Dick Neal	30:27
8. David Crawford	30:29
9. Sid Solombier	30:40
10. Bob Hartley	30:52
11. Paul Conley	30:59
12. Michael Kimball	31:06
13. Mike Sargent	31:09
14. Joel Titcomb	31:50
15. Mike Cirillo	32:00
16. Phil Stuart	32:25
17. Philip Pierce	32:55
18. Steve Gifford	33:00
19. Dennis Smith	33:07
20. Tad Foster	33:48
21. Seymour Solombier	34:05
22. Rod Stanley, Jr.	34:35
23. Chuck Massie	35:28
24. Bob LaMigra	35:39
25. Brian Daly	35:43
26. Sam Solombier	36:29
27. Laurie Munson	36:37*
28. John Howe	36:38
29. Dale Rines	36:38
30. Carlton Mendell	36:46
31. Elizabeth Jurkowski	36:49*
32. Rachel Veilleux	36:58*
33. Dennis Morrill	37:57
34. Tom Hebert	38:17
35. James Oliver	38:31
36. Wanda Haney	38:53*
37. Robert Green	39:10
38. Philip Meech	39:25
39. Steve Sargent	39:31
40. Richard Stott	39:44
41. Wendy Wagner	40:28*
42. Ted Wagner	40:29
43. Larry Pierce	42:16
44. Don Penta	42:46
45. Carol Mills	43:16*
46. Brenna Smith	43:47*
47. Laura French	43:47*
48. Maureen Sproul	43:53*
49. Patty Titcomb	43:53*
50. Stephanie Peters	43:54*
51. William Sproul	43:54
52. Diane Hanscom	46:12*
53. Ralph Hughes	46:42
54. Susan Friedrich	49:18*
55. Robert Friedrich	49:18
56. Dee Nicely	50:38*

Results courtesy of Bob Jolicœur
Dave Paul - MTC
Race Director

TAYLOR HOSPITAL 2 MILE FUN FOR FITS

Bangor Sep 29th

10 and under	
1. Tracy Comeau	9 16:38
2. Bryan Peters	10 17:11
3. Erik Remsen	6 17:04
4. Noah White	6 18:06
5. Brian Johnson	10 19:12
6. Rickie Day	7 22:28
11-16	
1. Steve Heath	16 10:28
2. Dave Hayward	15 12:12
3. John Mason	15 12:38
4. Ryan White	12 13:02
5. John Drause	15 13:12
6. Ronnie Inghalls	12 14:28
7. Glen Johnson	14 14:48
8. Aaron Bell	12 16:38
9. Alex Peters	11 16:58
10. Joe Krause	14 16:58
11. Java Jay Imhoff	16 18:58
12. Jeffery Carlton	12 24:58

17-29

1. Brian McCrea	25 10:28
2. Lee Stover	21 11:02
3. Mike Thompson	27 11:12
4. Ken Sivik	25 11:12

29:36	5. Peter Gott	28	14:38.4	18. Jo Ann Hall	20	49:53*	1. Christine Boulanger Lew	12:34
30:19	6. Pete Reid	22	15:03.9	19. Matt Lawler	19	55:02	2. Kristen Jamkowiak Bath	13:56
30:27	7. Joe Noble	23	15:04.1	20. Mark Shepard	23	55:03	3. Tiffany Roberts Sabbathus	14:27
30:29				21. Pat Schaum	43	55:51*	4. Lori Marquis Auburn	14:51
30:40	30-39						5. Jessica Fulmer CITC	14:53
30:52	1. Rusty Taylor	34	9:59.4	Cloudy weather and light rain greeted runners in this annual 6.2 mile road race from the Unity College campus. Winner Bob Strout picked up his 3rd victory in a row, and two college co-eds did well in their first race for 1st & 2nd place among women. Director Ed Riola found time to run himself!			6. Naomi Stevens Sabbathus	15:17
30:59	2. Paul Comeau	30	10:46				7. Krista Wogan Lakers	15:27
31:06	3. Hal Nelson	39	11:03.9				8. Amy Turcotte Sabbathus	16:40
31:09	4. Dick Miles	30	12:05.1				9. Jenny Jones Auburn	17:55
31:50	5. J. Paul Clarocchi	37	13:06.8				13614 4K	
32:00	6. William Comeau	33	16:36.5				1. Tom Barry Cape	13:09
32:25	7. Rick Day	38	18:17.6				2. Scott Loomis	13:18
32:55	8. Jean Malo	35	18:59.3				3. Eric Bulger Temple	14:01
33:00	9. Joe Hunter	35	22:34				4. Tony King Cape	14:03
33:07							5. Sean Berry Lakers	14:26
33:48	40-49			Results courtesy of Jerry Saint Amand Central Maine Striders			6. Corey Genevics Temple	14:43
34:05	1. Greg Hildreth	43	10:43.1	*****			7. Ted Bennett Cape	14:47
34:35	2. Dan Cake	41	11:02.6				8. Peter Mullen Cape	14:48
35:28	3. Bill Pinkham	43	11:28.8				9. Larry Greenier Sabbathus	15:46
35:39	4. Ron Dupuis	40	12:02.5	T.A.C. X-COUNTRY MEET			10. Jason Dulac Sabbathus	16:27
35:43	5. Frank Bragg	44	12:28.4	Cumberland Oct 6th			11. Ken Fair Sabbathus	18:43
36:29	6. Mike Rolnick	49	20:39.5				Results courtesy of Ellen Popp Scott Decker	
36:37*							*****	
36:38	50 and over			8 and under 3K			BUSINESS EQUIPMENT UNLIMITED/10K FOR KIDNEYS	
36:46	1. Oskar Feichtinger	51	11:26.9	1. Jeff Belisle 13:57			Portland Oct 6th	
36:49*	2. George Wells	53	11:56.0	2. Matt Vachon Sabbathus 14:00			1. Amy Wright Sabbathus 18:59	
36:58*	3. Ed Thompson	50	13:19.9	3. Kyle Genevics Wtvl 15:07			2. Tina Fortin Sabbathus 19:23	
37:57	4. William Lawlor	61	13:34.2	4. Jarrad Felker CITC 18:56			3. Heidi Haynes CITC 19:43	
38:17	5. Don Osborne	63	14:50.3	5. Keith Wright Sabbathus 18:57			Results courtesy of Ellen Popp Scott Decker	
38:31	6. Aurelia Oullette	57	16:17.9	6. Joey Edmondson Auburn 19:25			*****	
38:53*	7. Sam Oullette	81	25:16	1. Jessica Stokes CITC 16:10			BUSINESS EQUIPMENT UNLIMITED/10K FOR KIDNEYS	
39:10	10 and under female			2. Mary Maloney CITC 16:13			Portland Oct 6th	
39:25	1. Kerri Dawning	10	18:14.8	3. Jessica Adkins 19:26				
39:31	2. Patty Day	9	18:18.9	4. Katie McCarthy 19:55				
40:28*	3. Michelle Guyot	10	18:44.1	9&10 JK			1. Ken Botting 25 31:40	
40:29	4. Erin Monberg	10	22:52.2	1. David Stokes CITC 12:05			2. Andrew Whelan 24 31:45	
42:16	5. Kristan Malo	10	28:02.8	2. Tim Weems Augusta 12:11			3. Dan Paul 31 32:19	
42:46				3. Chris Kyajohnmian SAB 12:20			4. Jim Toulouse 37 33:29	
43:16*	11-16			4. Daryan Saunders Auburn 13:08			5. Steven Carlton 26 33:37	
43:47*	1. Bobbi Wilson	14	12:43.6	5. Chad Pelletier SAB 13:09			6. G. Leonard 28 34:12	
43:53*	2. Windy Rudnicki	15	18:52.2	6. Dave White CITC 13:37			7. F. Brune 45 34:52	
43:53*	3. Betty Nelson	11	19:41.9	7. Scott Whittier CITC 13:52			8. G. Scannell 32 34:55	
43:54*	4. Karla Rudnicki	12	26:34.3	8. Greg Popp CITC 14:15			9. Gary Webber 39 34:57	
43:54				9. Andrew Worth CITC 14:40			10. Bob Coughlin 46 35:05	
46:12*	17-29			10. Martin Howgate CITC 14:45			11. J. Tarling 34 35:09	
46:42	1. Barbie Beal	26	13:08.5	11. Steve Dobkowski Windham 14:56			12. Mike Kimball 32 35:12	
49:16*	2. Vicki Cox	22	20:02.1	12. Jeremy Stevens Auburn 15:17			13. Wayne Clark 38 35:39	
49:16				13. Mike Bennett Sabbathus 15:21			14. Werner Pobatschnig 34 35:42	
50:38*	30-39			14. Tony Greenier Sabbathus 16:27			15. Mike Cirrillo 19 35:46	
	1. Dorothy Stoddard	33	14:55.6	15. Ryan Cloutier Sabbathus 16:48			16. Paul Merrill 31 36:10	
	2. Nivan Saada	30	15:36.9	1. Jessica Tighe Auburn 13:08			17. G. Dugas 31 36:17	
	3. Joan Imhoff	38	17:46	2. Jennifer Reali CITC 14:08			18. Bob Hartley 19 36:21	
	4. Kathy Franco	33	20:52.3	3. Abby Erickson CITC 14:36			19. R. Johnson 37 36:36	
				4. Joyelle Decker CITC 14:40			20. Steve McGrath 30 37:04	
	40-49			5. Amy Fortin Maranacook 15:11			21. Brian Milliken 32 37:13	
	1. Charleen Wiseman	43	15:07.8	6. Melanie Genevics Wtvl 15:20			22. John Long 38 37:48	
	2. Audrey Powers	40	16:11.4	7. Kim Wogan Maranacook 15:22			23. Steven Harriman 35 38:01	
	3. Diane Roderick	47	21:07.6	8. Rachel Vachon Sabbathus 15:33			24. T. Bassols 33 38:04	
	4. Louise Rolnick	46	25:09	9. Sarah Lisa CITC 16:05			25. D. Silk 27 38:19	
	Results courtesy of Mary Jo Gripp Race Director			10. Carrie Davids Sabbathus 17:36			26. D. Wallace 43 38:42	
	*****			11. Michelle Adkins Sab 18:03			27. Dave Trussell 42 38:54	
	7TH ANNUAL "QUAKER HILL 10K"			12. Becky Walker 18:16			28. N. Lafortune 27 38:54	
	Unity College Oct 5th			13. Vicki Tardiff Sabbathus 18:29			29. Ron Deprez 41 39:28	
				14. Angela Adams Sabbathus 19:27			30. Laurie Munson 26 39:58*	
				15. Kristen Daigle Sabbathus 19:50			31. Robert LaMigre 43 40:00	
				16. Sarah McCarthy Auburn 19:59			32. J. Edwards 32 40:11	
				17. Ruth Lovett Sabbathus 20:26			33. Larry Kinner 36 40:38	
				18. Danielle Grondon SAB 20:27			34. Joseph Isgro 31 40:49	
				11&12 3K			35. Alvin Bigbee 38 40:56	
	1. Bob Strout	29	34:29	1. Josh Gagnon Auburn 11:28			36. Cheryl Pennell 21 40:59*	
	2. Dan Pennock	28	34:56	2. Alan Blagg Wtvl 11:32			37. Ricky Dooliver 16 41:16	
	3. Steve Tetreault	21	37:12	3. Amos Wright Bath 11:34			38. Peter Halloway 43 41:57	
	4. Randy Wilson	32	37:30	4. Isaac Hutchinson Auburn 11:47			39. James Booth 40 42:30	
	5. Jon Wales	19	37:39	5. Erik Worcester CITC 12:25			40. Dennis Morrill 46 42:49	
	6. Mike Thompson	27	38:21	6. Chris Goulet Sabbathus 12:38			41. T. Sawyer 19 42:54	
	7. Steve Pinkham	28	40:13	7. Brian White CITC 12:45			42. T. Drury 30 43:16	
	8. Brian Spaulding	23	41:09	8. Mike Doekowski Windham 13:10			43. Steve Whiting 33 43:18	
	9. John Belanger	34	41:16	9. Steve Colucci CITC 13:27			44. H. Wolstat 51 43:20	
	10. Chris Schaum	19	42:12	10. Billy Stiles CITC 13:32			45. George Phelps 38 43:25	
	11. Bruce Maqoon	25	42:19	11. Tim Vachon Sabbathus 14:12			46. Tia LaMarre 28 43:27*	
	12. Chris Lawler	23	42:20	12. Robert Lacasse Sabbathus 14:14			47. Richard Stott 40 43:33	
	13. Ed Riola	38	42:21	13. Brian Sedard Sabbathus 14:20			48. Tony Salamone 36 43:53	
	14. Jerry Saint Amand	42	42:59	14. Mathew Wright Sabbathus 14:25			49. W. McCandless 29 43:59	
	15. Robert Gillespie	47	44:26	15. George Worth CITC 14:36			50. R. DePrez 45 44:06	
	16. Roy Mazaika	22	47:51*				51. Rick Blanchard 28 44:07	
	17. Graham Buch	20	49:33				52. William Sproul 55 44:30	
							53. Jane Dolley 37 44:58*	
							54. Mike Kay 35 45:05	

55. Bob Lee Green	40	45:26	38. John James	32	35:35.2	131. Tim Rogers	32	39:31.1
56. William Whelan	37	45:50	39. Greg Hildreth	43	35:36.4	132. Vaughn Holyoke	51	39:31.2
57. S. M. Hall	25	46:22	40. Fred Karter	36	35:46.3	133. Annie Blumer	30	39:32.4
58. S. Chaplin	46	46:40	41. Paul Cole	30	35:46.8	134. Kenny Await	43	39:32.5
59. R. Dunfey	32	46:46	42. Mike Sargent	34	35:50.5	135. Robert Payson	25	39:33.4
60. Laurie Nicholas	17	46:57*	43. David Renault	37	35:51.7	136. Bruce Penlason	39	39:33.5
61. Terry Conroy	26	47:10	44. Jay Henderson	17	35:52.6	137. Walter Devault III	29	39:34.5
62. Tim Smith	28	47:26	45. Pat Kamm	15	35:58.1	138. Bob Duprey	42	39:34.6
63. Al Brunnell	54	47:30	46. Al Sproul, III	47	35:58.4	139. Darlene Higgins	44	40:35.5
64. Jane Chessie	29	47:40	47. Hal Nelson	39	36:02.7	140. Dick DeForge	36	40:36.5
65. Gene Fletcher	40	47:45	48. George Hubbard	26	36:07.4	141. Elden Dube	30	40:36.6
66. R. Davis	30	47:54	49. Larry Robinson	33	36:08.8	142. Mauri Palto	24	40:37.5
67. Ralph Baxter	52	48:04	50. Guy Martin	39	36:09.6	143. Scott Smith	16	40:37.6
68. Don Penta	39	48:07	51. Rod White	31	36:14.4	144. Chris Bryant	17	40:38.6
69. R. Dudley	39	48:12	52. Richard Neal	38	36:15.8	145. Jo Comeau	41	40:39.6
70. L. Zellers	37	48:45	53. Richard Hines	31	36:27.8	146. Bob Taylor	48	40:40.6
71. C. Mills	39	49:16	54. Brian Newbegin	16	36:28.4	147. Jeff White	30	40:40.7
72. Barbara Mauthe	33	50:03*	55. Dan Harrigan	31	36:29.3	148. Kevin Mooney	22	40:41.6
73. Gary Wilson	36	50:13	56. James Tucker	42	36:30.7	149. Newell Lewey	27	40:42.6
74. Jeff Greenhaugh	34	50:52	57. Alan Howard	38	36:31.5	150. Carl Bowen	53	40:43.6
75. Susan Young	36	52:02*	58. Pat Turner	38	36:35.0	151. Howard Paradis	52	40:43.7
76. D. Stoddard	33	52:11*	59. Perry Lilley	37	36:39.5	152. Jim Moore, Jr.	42	40:44.6
77. A. Byrnes	39	52:13	60. Daniel Lemieux	25	36:41.1	153. Richard Lindsay	31	40:45.6
78. E. Moreau	50	52:18	61. Cecily Currier	26	36:42.6*	154. Jamie Stephens	30	40:46.6
79. James Carroll	76	54:23	62. Reg Van Dreht	31	36:51.8	155. Edward Delaware	47	40:47.6
80. Maureen Sproul	29	55:52*	63. David Alley	36	36:55.4	156. Mike Hayes	27	40:48.6
81. D. Nicely	45	56:45*	64. Bob Heald	16	36:56.0	157. Dean Crozman	28	40:49.6
82. T. Wiles	34	57:17	65. Peter Hamm	17	36:59.1	158. Mark Chapman	28	40:50.6
83. K. Peterson	36	57:18	66. Paul Haskell	18	37:03.2	159. Roger Borduas	34	40:50.7
84. Ted Cunningham	58	57:25	67. Neal Chamberlain	17	37:03.5	160. William Higgins	26	40:51.6
85. J. Springer	29	58:58	68. Robin Emery-Rappa	38	37:17.0*	161. Wanda Haney	19	40:51.7
86. R. Purbish	60	60:34	69. Doug Swallow	34	37:19.2	162. James Wright	35	40:52.6
87. L. Moreau	44	62:56	70. Peter Ehni	26	37:23.0	163. Dick Cummings	48	40:52.7
88. K. O'Brian	38	64:41	71. Mike O'Connor	29	37:27.8	164. Jane Rau	35	40:53.6
89. K. Goulding	24	70:10	72. James Barr	26	37:29.3	165. James Westhoven	38	40:54.6
			73. Charles Howe	34	37:32.8	166. George Eaton	26	40:55.6
			74. Craig Maker	39	37:35.2	167. Gehrig Johnson	37	40:56.6
			75. Nancy Ellis	32	37:36.9*	168. Jerry ST. Amand	42	40:56.7
			76. Bruce Theriault, Jr.	31	37:41.1	169. Elden McLaughlin	37	40:57.6
			77. Dwight Rodgers	34	37:43.8	170. Andy Luro	38	40:57.7
			78. Ann England	22	37:47.2*	171. Tea Silver	39	40:58.6
			79. Jeremy Bate	15	37:50.4	172. Tom Mulvey	41	40:58.7
			80. Steve Krichels	39	37:51.3	173. Elwood Jewell, Jr.	26	41:00.6
			81. Bion McPadden	45	37:55.9	174. Guilford Dube	38	41:01.6
			82. Mike Thompson	27	38:07.3	175. Ken Sivik	25	41:01.7
			83. Bruce Ellis	33	38:12.4	176. Ed Rice	37	41:01.8
			84. Cornelius Russell	22	38:14.0	177. Ron Dupuis	40	41:01.9
			85. Frank McElwain	30	38:15.1	178. Tom Tatu	37	41:02.9
			86. Clint Gordon	14	38:16.3	179. Scott Harrison	20	41:03.9
			87. Mark Hardison	30	38:17.0	180. Walter Devault, Jr.	55	41:04.9
			88. Steve Westbrook	22	38:18.2	181. Jim Bishop	40	41:05.9
			89. Cynthia Lynch	25	38:19.5*	182. Sam Hamilton	54	41:06.9
			90. Brook Marrow	30	38:21.8*	183. Tom Coy	42	41:07.9
			91. Ray Cormier	45	38:26.1	184. Richard Theberge	38	41:08.9
			92. Bub Predham	28	38:26.9	185. Dave Gogan	49	41:09.9
			93. Walt Luro	52	38:28.2	186. Dave Green	27	41:10.9
			94. Mike Opitz	46	38:29.7	187. Steve Reed	26	41:11.9
			95. Patricia Zarfas	23	38:30.3	188. David Kendall	34	41:12.9
			96. Don Carter	41	38:37.5	189. Sam Auerbach	51	41:13.9
			97. Mike Turner	29	38:43.0	190. Barbara Greenstone	34	41:14.9
			98. Don Ardine	43	38:43.9	191. Steve Brennan	38	41:15.9
			99. Ed Harrow	42	38:44.5	192. Rey Dubois	28	41:16.9
			100. Oskar Feichtinger	51	38:46.7	193. Rick Spearing	31	41:17.9
			101. Barry Sargent	40	38:48.5	194. Andrew Patterson	28	41:18.9
			102. John Bradford	35	38:50.9	195. H.L. Jackson	50	41:19.9
			103. Tim Reid	31	38:52.9	196. Joe Savage	48	41:20.9
			104. Francis Arsenault	33	38:56.2	197. Anne-Marie St. Laurent	28	41:21.9
			105. Diane Wood	23	38:57.5*	198. Lynda Martin	37	41:22.9
			106. Mardi Reed	42	38:58.8*	199. Maurice Lizotte	36	41:23.9
			107. Mike Berrier	25	38:59.5	200. Frank Sednar	47	41:24.9
			108. Ervin MacDonald	43	39:02.6	201. Daryl Gorey	36	41:25.9
			109. Mike Staphenurst	44	39:03.4	202. Carol McElwee	40	41:26.9
			110. Dave Comeau	40	39:08.8	203. Lloyd Smith	36	41:27.9
			111. Dave Maxcy	50	39:10.5	204. Neal Genz	39	41:28.9
			112. Perley Merrick	38	39:11.5	205. Barry Bartley	40	41:29.9
			113. Steve Cates	35	39:15.9	206. John Ringo	41	41:30.9
			114. John Schwerdel	39	39:16.7	207. Terry Rowden	37	41:31.9
			115. Mike Carter	35	39:18.2	208. Les Gardner	32	41:32.9
			116. Fred Putnam	42	39:19.0	209. Alan Stockley	36	41:33.9
			117. Al Sproul, IV	22	39:19.1	210. Oscar Poulsen	38	41:34.9
			118. Roy Rodgers	31	39:20.0	211. Billy Mahon	15	41:35.9
			119. Lawrence Ludwig	37	39:20.1	212. Dale Rines	33	41:36.9
			120. Peter Crovo	24	39:21.0	213. Clark Ketcham	35	41:37.9
			121. Larry Scofield	37	39:22.0	214. Matthew Curran	33	41:38.9
			122. Joe Sapiel	16	39:23.0	215. Lon Winchester	25	41:39.9
			123. Bernard Kubetz	37	39:24.0	216. Mike Fletcher	32	41:40.9
			124. Martin Schiff	46	39:25.0	217. Ray Bryant	48	41:41.9
			125. J. Hillary Billings	32	39:26.0	218. Rick Cole	43	41:42.9
			126. George Hall	41	39:27.0	219. Linda Sedard	42	41:43.9
			127. Don Sanborn	40	39:28.0	220. Tom Williams	24	41:44.9
			128. Paul Dall	43	39:29.0	221. Richard Chipman	25	41:45.9
			129. Don Goodness	36	39:30.0	222. Bernard Seavey	44	41:46.9
			130. Mike Cole	36	39:30.1	223. Robert Jancewicz	14	41:47.9

Approximately 89 runners completed the course, with Ken Botting winning in a time of 11:40. It was a beautiful, crisp, sunny day, and all participants appeared to enjoy the race, which took place along Baxter Boulevard and in scenic Portland neighborhoods. We expect to make this race an annual event and look forward to raising more money next year for the Maine Kidney Foundation.

Results courtesy of Philip Coffin III

1985 BENJAMIN'S 10K ROAD RACE

Bangor Oct 6th

1. Andy Palmer	31	30:01.3
2. Dean Kimball	25	30:33.6
3. Missa Fossas	24	30:35.6
4. Stu Hoqan	24	30:39.4
5. Henri Bouchard	24	31:05.6
6. Glendon Rand	23	31:44.4
7. Jim Newett	25	32:10.7
8. Dan Bearing	23	32:22.7
9. Chuck Morris	22	32:23.1
10. Al Goss	23	32:37.9
11. Peter Dube	23	32:53.8
12. Steve Gross	22	33:08.3
13. Myron Whipkey	27	33:11.5
14. John Condon	24	33:12.4
15. Steve Malloy	21	33:14.4
16. George Towle	35	33:16.2
17. Rusty Taylor	34	33:23.8
18. Gary Coyne	28	33:27.4
19. Jody Norton	20	33:42.8
20. Steve Carle	31	33:58.0
21. Brian Flanders	23	34:01.0
22. Alex Hamner	20	34:18.4
23. Dan Bondeson	35	34:20.1
24. Lance Guliani	26	34:29.0
25. Dana Maxim	23	34:33.1
26. Bill Ledrew	37	34:36.2
27. Mike Mendonca	29	34:38.0
28. Tim Marquis	20	34:46.8
29. Ric Lamoureux	37	34:58.0
30. Brian McCrea	25	35:01.7
31. Allen Pierce	23	35:05.9
32. Mike Francis	28	35:14.9
33. Guy Berthiaume	39	35:18.1
34. Steven Peterson	36	35:21.4
35. Warren "Red" Dean	49	35:30.5
36. David Tree	30	35:31.7
37. Mike Doore	40	35:34.7

gers	32	39:31.0	224. Carl Sanborn	38	43:28.0	318. Edward Geissler	30	47:20.0	412. Paula News	34	55:35.0*
Holyoke	51	39:31.1	225. James Cox	33	43:30.0	319. Rosemary Baldacci	25	47:23.0*	413. Margaret Guthrie	35	56:26.0*
Blumer	30	39:32.0	226. Dawn Pelletier	29	43:31.0*	320. Frank Setter	41	47:24.0	414. Candace Green	36	56:40.0*
Wait	43	39:32.1	227. Mike McKnight	32	43:33.0	321. Arlene Blumton	30	47:25.0*	415. Joel Ackerman	35	56:45.0
Payson	25	39:33.0	228. Josephine Cooper	33	43:35.0*	322. Don Roeder	36	47:25.0	416. William Brown	38	56:47.0
Penlason	39	39:33.1	229. Bill Rice	31	43:36.0	323. James Carleton	58	47:28.0	417. Sean Steinmetz	11	57:32.0
Devault III	29	39:34.0	230. Ken Jordan	37	43:38.0	324. David Edson	38	47:41.0	418. Gina Butler	51	58:07.0*
Grey	42	39:34.1	231. Dave Bushey	40	43:38.0	325. Tom Severance	30	47:42.0	419. Lynn Hallsey	26	58:38.0*
Higgins	44	40:35.0	232. Don Back	32	43:39.0	326. Fred Wingate	39	47:46.0	420. Jeff Taylor	38	58:56.0
eforce	36	40:36.0	233. Ted Beaulieu, Jr.	44	43:41.0	327. James Ballinger	42	47:54.0	421. Sally Baughman	25	59:17.0*
Dube	30	40:36.1	234. Dale Pritchard	43	43:43.0	328. Christopher Bouns	16	47:58.0	422. Peter Curran	38	59:17.0
Felto	24	40:37.0	235. Bernie Martin	38	43:44.0	329. Ron Crane	30	48:03.0	423. Josephine James	61	60:31.0*
Smith	16	40:37.1	236. Dave Hayward	15	43:46.0	330. Taylor Harmon	40	48:06.0	424. Harold Young	68	60:52.0
Tryant	17	40:38.0	237. Shane Withee	15	43:48.0	331. John Scofield	26	48:09.0	425. Beverly White	45	60:54.0*
au	41	40:39.0	238. Stan Pride	54	43:49.0	332. David Nye	38	48:10.0	426. Ruth Higgins	37	64:12.0*
lor	48	40:40.0	239. Joan Marrian	37	43:50.0*	333. Ron Cote	37	48:10.0	427. Mike Stafford	41	65:36.0
ite	30	40:40.1	240. Peter Carr	38	43:51.0	334. Jerri Bushey	41	48:14.0*	428. Heather Coffey	20	67:41.0*
Mooney	22	40:41.0	241. Dan Brown	16	43:57.0	335. Harold Jones	57	48:18.0	429. James Mullen	35	68:14.0
Levey	27	40:42.0	242. Alexander Maxwell	34	43:58.0	336. Don Osborne	63	48:18.0	430. Lady walker from Canada	78	78:10
wen	53	40:43.0	243. Frank Bragg	44	43:58.1	337. Ellen Spring	32	48:19.0*	431. Sam Ouellett	82	83:34
Paradis	52	40:43.1	244. John Erwin	29	44:01.0	338. Rebecca Abell	32	48:33.0*	Results courtesy of Mike Gaige & Mike Haino Race Directors		
re, Jr.	42	40:44.0	245. Duane Olson	36	44:04.0	339. Nancy Price	32	48:34.0*	*****		
Lindsay	31	40:45.0	246. George Jacobsen	39	44:05.0	340. Joy Elliott	28	48:37.0*	MAINE T.A.C. CHAMPIONSHIPS		
Stephens	30	40:46.0	247. Arthur Kotredes	31	44:06.0	341. Ralph Snyder	58	48:43.0*	Bowdoin College		
Delaware	47	40:47.0	248. Steve Marshall	37	44:10.0	342. Deborah Curtis	28	48:43.0*	Aug 1rd		
yes	27	40:48.0	249. Clift Rosin	16	44:14.0	343. Kim Malcolm	18	48:46.0*	Women's 440 Relay		
oman	28	40:49.0	250.			344. Ralph McElwain	63	48:52.0	Portland A		
apan	28	40:50.0	251. Rob Tomlinson	15	44:17.0	345.			Portland B		
orduas	34	40:50.1	252. Scott McPherson	15	44:20.0	346. Jeanne Garrett	27	48:56.3*	57.8		
Higgins	26	40:51.0	253. Carlene Sproul	46	44:21.0*	347. Pamela Norton	31	48:58.0*	61.3		
aney	19	40:51.1	254. Phil Brown	51	44:24.0	348. Cindy Lemke	32	48:59.0*	Men's 1500 Meter		
right	35	40:52.0	255. Al Michelson	36	44:27.0	349. Don Atkinson	38	48:59.0	1. John Condon, Generic TC		
rmings	48	40:52.1	256. Dave Hibbard	36	44:30.0	350. Robert Flynn	39	49:03.0	2. Steve Giles, Generic TC		
u	15	40:53.0	257. Isa Silva	26	44:32.0*	351. Judy Doore	36	49:17.0*	3. Magales		
esthoven	38	40:54.0	258. Bob Gardner	52	44:34.0	352. Susan Higgins	17	49:18.0*	4. Smith, CMS		
Eaton	26	40:55.0	259.			353. John Fossett	25	49:27.0	5. Haskell, Generic TC		
Johnson	47	40:56.0	260. Jim Strang	37	44:37.0	354. Burton Davis	32	49:30.0	6. Lane		
T. Amand	32	40:56.1	261. Richard Mawhinney	39	44:39.0	355. James Lee	34	49:31.0	Women's 100 meters		
Laughlin	37	40:57.0	262. Rene Collins	44	44:41.0*	356. Eileen Lee	34	49:33.0*	1. Melanie Carsleek		
ro	28	40:57.1	263. Bob Gaboury	48	44:45.0	357. Carol Roberts	24	49:36.0*	2. Pfander		
ver	39	40:58.0	264. Damon Meyer	18	44:46.0	358. Jamie Wood	11	49:36.0*	3. Grant PTC		
vey	41	40:59.0	265. Scott Crockett	26	44:52.0	359. Brud Folger	48	49:37.0	4. Fosset PTC		
Jewell, Jr.	26	41:00.0	266. John Wakeley	33	44:55.0	360. Kerry Porter	13	49:41.0	Men's Shot Put		
Dube	38	41:02.0	267. Jowey Davis	27	44:56.0	361. Janet Ross	22	49:43.0*	1. Ed Bogdanovich PTC		
ik	37	41:06.0	268. Don Smith	23	44:58.0	362. Andrea Pelletier	23	49:48.0*	2. Serunian PTC		
uis	40	41:08.0	269. Phil Healey	38	44:59.0	363. Elana Clark	37	49:54.0*	3. Herden Scarborough		
Prison	37	41:09.0	270. Kristan Porter	15	45:00.0	364. Sean Duffelmeyer	15	50:04.0	4. Rothchild		
Devault, Jr.	55	41:14.0	271. Martin McCrea	27	45:01.0	365. Mary Hobgood	39	50:05.0*	5. Reali, PTC		
hop	40	41:16.0	272. Andrew Hamilton	26	45:07.0	366. Joann Brandt	36	50:07.0*	6. Robishaw PTC		
ilton	54	41:19.0	273. Robert Hutchings	28	45:10.0	367. Kathleen Redman	32	50:13.0*	Women's 1500 Race Walk		
Theberge	42	41:21.0	274. Raymond Doherty, Jr	28	45:10.1	368. Kim Wandel	30	50:22.0	1. Sue Bradeen TTC		
gan	38	41:23.0	275. Bill Lawlor	61	45:15.0	369. Ken Edelman	36	50:26.0	2. A. Marshall Nokomis		
ean	49	41:25.0	276. Harry Brooker	38	45:19.0	370. Robert Oliver	46	50:29.0	3. Fearon		
eed	26	41:29.0	277. Bob Rheault	59	45:20.0	371. Gerry Bryan	38	50:33.0	4. T. Marshall Nokomis		
andall	34	41:30.0	278. Robert Cloutier	47	45:22.0	372. Roberta Greenfield	37	50:36.0*	Women's Shot Put		
rbach	51	41:36.0	279. Darrell O'Leary	47	45:23.0	373. Jim Brown	50	50:41.0	1. Jane Woodhead		
Greenstone	34	41:38.0	280. Alan Groh	41	45:26.0	374. Peter Pelletier	27	50:42.0	2. DePaolo PTC		
rennan	38	41:40.0	281. Seth True	11	45:27.0	375. Charles Clapper	56	50:51.0	3. Temple PTC		
ois	28	41:43.0	282. Calvin True	38	45:28.0	376. Arvin Young	45	50:52.0	4. Woodbury PTC		
earing	31	41:45.0	283. John Wallis	52	45:29.0	377. Betsy Wasson	30	50:54.0*	5. Berube		
Patterson	28	41:50.0	284. William Fox	64	45:32.0	378. Leona Clapper	55	51:05.0*	Women's Long Jump		
ckson	50	41:55.0	285. Frank D'Amelio	39	45:33.0	379. Charleen Wiseman	43	51:07.0*	1. Rebecca Lucien		
age	48	42:00.0	286. Bruce Leach	29	45:38.0	380. Mary Robinson	33	51:08.0*	2. Carr STC		
rie St. Laurent	28	42:00.1	287. Edward King	42	45:39.0	381. David Samuelian	39	51:13.0	3. Jeffery GTC		
artin	27	42:10.0	288. David Brooks	22	45:42.0	382. John McElwee	40	51:38.0	4. Pierce GTC		
Lizotte	36	42:16.0	289. Russ Bradley	61	45:43.0	383. Dennis Whitney	26	52:01.0	5. Rooney PTC		
ednar	47	42:20.0	290. Louise Dunlap	45	45:47.0*	384. Susan Begin	26	52:07.0*	6. Baril PTC		
Grey	36	42:22.0	291. William Baker	28	45:48.0	385. Paul Dudley	40	52:28.0	Men's 1500 Race Walk		
McElwee	40	42:22.1	292. Joe Rubin	58	45:52.0	386. Paul LeBlanc	38	52:31.0	1. Andrew Haslam		
Smith	36	42:24.0	293. Patricia Forrest	30	45:54.0*	387. Audrey Powers	40	52:43.0*	2. Bradeen TTC		
nz	39	42:26.0	294. Nickie Sekera	15	45:54.1*	388. Laura Richards	31	52:47.0*	3. Emery		
artley	40	42:38.0	295. Lee Rhine	27	45:55.0	389. William Williams	43	52:49.0	Men's Pole Vault		
ngo	41	42:40.0	296. Peter Gott	28	46:02.0	390. Mark Berlinger	33	52:53.0	1. Brian Johnson		
owden	37	42:42.0	297. Sheila Hodges	30	46:08.0*	391. Brian Ashe	34	53:01.0	2. Ochoa		
gner	32	42:44.0	298. Janet Winchester	27	46:11.0*	392. Bob Steele	38	53:05.0	3. Richards		
ockley	36	42:50.0	299. Nancy Carr	37	46:13.0*	393. Jan Haskell	35	53:09.0*	4. Woodward		
ulsen	38	42:53.0	300. Mary Ratner	38	46:25.0*	394. Judith Griffin	33	53:10.0*	Men's 440 Relay		
shon	15	42:54.0	301. Dick Day	38	46:29.0	395. Scotty Folger	46	53:18.0*	1. Portland A		
nes	33	42:58.0	302. Claudia Takacs	29	46:34.0	396. Tom Roberts	17	53:19.0	2. Central Maine Striders		
etcham	35	43:00.0	303. Stark Stan	46	46:40.0	397. Sue Putnam	44	53:32.0*	3. Portland		
Curran	33	43:02.0	304. Nancy Graves	31	46:41.0*	398. Maggie Flynn	37	53:40.0*	Women's 1500 meters		
Chester	25	43:03.0	305. Thomas Mapleton	34	46:43.0	399. John Clark	54	53:54.0	1. Wanda Haney		
etcher	32	43:05.0	306.			400. Marjorie Knuuti	47	54:19.0*	2. Hubert PTC		
ant	48	43:08.0	307. Jim Newett	27	46:51.0	401. Michal Yost	30	54:20.0*	3. Croce PTC		
le	43	43:09.0	308. Nancy Mickiewicz	21	46:55.0*	402. Bob Millett	35	54:22.0	5:05.4		
edard	42	43:10.0	309. Mikki Kagan	28	47:03.0*	403. Lawrence Gay	58	54:24.0	5:09.7		
liams	24	43:13.0	310. Dave Horne	48	47:04.0	404. Dennis Shibles	43	54:29.0	5:49.8		
Chipman	25	43:18.0	311. Jerry Collins	35	47:05.0	405. Michael O'Brien	40	54:30.0			
Seavay	44	43:19.0	312. Jerry Herlihy	49	47:08.0	406. Clarence Neal, Jr.	31	54:43.0			
Jancewicz	34	43:23.0	313. Kevin Griffin	30	47:09.0	407. Edmond Brissette	64	54:46.0			
			314. Alan Pennington	17	47:12.0	408. Ken Blaisdell	65	54:55.0			
			315. Debbie Sferrazza	22	47:13.0*	409. Kathy Bates	40	55:11.0*			
			316. Theresa Hainer	30	47:14.0*	410. Mark Eastman	29	55:11.0			
			317. Bob Johnson	32	47:19.0	411. Deborah Johnson	34	55:12.0*			

Women's 100 meter hurdles		Men's 400 meter inter hurdles		Women's 200 Meter	
1. Carolyn Palombo	16.6	1. Chris Hickey	61.2	1. Melanie Carslick	25.9
2. Baril PTC	18.6	2. Jacobik	65.4		New Record
3. Rooney PTC	19.0	3. Brazier	68.0	2. Pierce PTC	29.7
Women's Discus		4. Nerden SRD	73.6	Women's Low Hurdles	
1. Jane Woodhead	142'0"	5. Werner SRD	75.1	1. Patricia Lewis PTC	87.3
	New Record	6. Friedmann SRD	78.5	2. Hauser SRD	93.0
2. Poalo PTC	87'8"	Men's 3000 Meter Steeple Chase		Women's 4x440 yard relay	
3. Berube	86'11"	1. Steve Giles GTC	10:31.6	1. Portland Track Club	5:07.1
4. Temple PTC	46'1"	2. John Condon GTC	10:52.6	Men's 4x440 yard relay	
Men's Long Jump		3. Ochoa	10:53.3	1. Portland Track Club	3:55.9
1. Loose PTC	20'1"	4. Bennett	11:11.0	2. Central Maine Strid	4:04.5
2. Goodrich	19'6"	5. Lewis GTC	12:30.3	Men's Team Scoring	
3. Ochoa	18'10"	6. Geiser GTC	12:36.0	Portland Track Club	121
4. Jacobik	18'7 3/4"	Men's Pole Vault		Scarborough Rec Dept	82
5. McLeod PTC	17'8 1/4"	1. Brian Johnson	13'6"	Generic Track Club	67
6. Segal PTC	16'8 1/4"	2. Ochoa	11'6"	Central Maine Striders	51
Women's High Jump		3. Richards	10'6"	Ararat Super Striders	9
1. Carolyn Palombo	5'2"	4. Woodard	9'6"	Twilight Track Club	8
2. Carr STC	5'0"	Men's Discus		Women's Team Scoring	
3. Hauser STC	4'8"	1. John Nerden SRD	124'5"	Portland Track Club	119
4. Lucien	4'8"	2. Hawks	122'9"	Generic Track Club	54
Men's Hammer		3. Rothschild	111'	Scarborough Rec TC	34
1. Ed Daniels	141'6"	4. Ochoa	95'3"	N.O. Track Club	12
2. Serunian PTC	122'9"	5. Reali PTC	80'6"	Twilight Track Club	10
3. Nerden STC	90'2"	6. Hyatt PTC	78'1"	10K Championship Road Race	
Men's 400 Meter		Women's Javelin		1. Henri Bouchard	32:01
1. Rick Ochoa	53.2	1. Jane Woodhead	136'4"		New Record
2. Turner Arart	55.5	2. DePaolo PTC	62'9"	2. Jim Murphy	34:39
3. Wranoosky CMS	56.5	Men's High Jump		3. Gary Cochrane	35:24
4. Tiemann	58.6	1. John Loose PTC	6'4"	4. Wayne Clark	35:31
5. Bennett	60.9	2. Brazier CMS	5'4"	5. Bob Coughlin	36:22
Men's 110 meter hurdles		3. Crosby PTC	5'4"	6. Rosalyn Randall	45:31*
1. Chris Hickey	15.8	Men's 800 Meters		Most Valuable Meet Performers	
	New Record	1. John Condon GTC	2:00.0	Jane Woodhead & Darrell Crosby	
2. Nerden STC	16.0	2. Megeles	2:05.7	Results courtesy of Dave Watson	
3. Jacobik	16.8	3. Lewis GTC	2:12.2	meet director	
4. Langlois STC	17.2	4. Reali PTC	2:17.6	*****	
5. Ochoa	17.5	5. Desmond PTC	2:18.4		
6. Brazier CMS	19.1	6. Crane PTC	2:20.5		
Men's 5000 Meters		Men's 200 Meter			
1. Glendon Rand GTC	15:10.4	1. Darrell Crosby PTC	24.3		
	New Record	2. Wranoosky	25.0		
2. Whelan	15:14.4	3. Milster	25.5		
3. Rock E. Green	15:22.7	4. Austin PTC	25.9		
4. Lance Guliani	15:57.6				
5. Lane	16:30.0				
6. Leonard	16:32.4				
Men's Triple Jump					
1. James Goodrich	41'10 1/4"				
2. Jacobik	39'7 1/4"				
3. Segal PTC	35'3 1/4"				
4. Hyatt PTC	35'1 3/4"				
5. Booke	34'4 1/4"				
6. Anderson	31'11 1/4"				
Women's 400 meters					
1. Karin Pfander GTC	63.2				
2. Pierce GTC	63.4				
3. Moody	64.6				
4. Grant	65.7				
Women's 3000 Meter					
1. Kathy Tracy	10:30.1				
2. England	10:48.8				
3. Haney	11:02.5				
Men's Javelin					
1. Steve Palletier SR	187'11"				
2. Redmond SRD	182'7"				
3. McCormick GTC	182'4"				
4. Nerden SRD	155'9"				
5. Ochoa	126'4"				
6. Friedman SRD	46'9"				
Women's Triple Jump					
1. Melanie Carslick	36'8 3/4"				
2. Lucien	33'4 1/4"				
3. Jeffrey GTC	33'4 1/4"				
4. Hauser SRD	27'11 1/4"				
5. Rooney PTC	27'4"				
Women's 800 meter					
1. Wanda Haney	2:29.9				
	New Record				
2. Darling	2:31.3				
Men's 100 Meter					
1. Darrell Crosby PTC	11.6				
2. St. Pierre	12.0				
3. Milster	12.3				
4. Wranoosky CMS	12.4				
5. Bolduc PTC	12.5				
6. Turner ASS	13.8				

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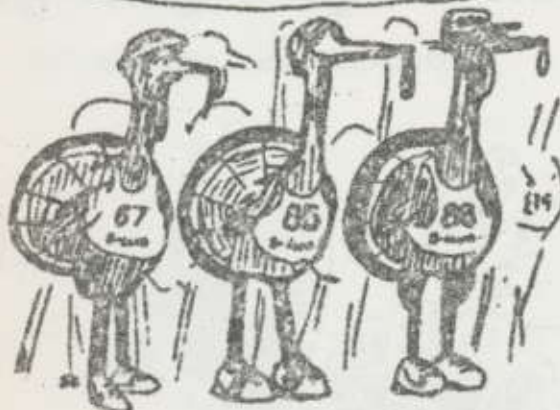
264 Middle Street
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4TH ANNUAL

5 KILOMETER TURKEY TROT

SIAMKI



WHEN: SATURDAY, NOVEMBER 23, AT 9:00 A.M.
Registration at Brewer High starting at 8:00 A.M.
Pre-Registration encouraged as only the first 50 runners
will receive a T-shirt.

WHERE: 5 kilometer race (3.106 miles). The wheel-measured out
and back course starts at Brewer High School.

AGE GROUPS: 13 and under
(as of race day) 14-18
19-29
30-39
40-49
50-over

ENTRY FEE: \$5.00

AWARDS: Turkey given to first place finishers (M & F) per age group.

ADDITIONAL AWARDS: Numerous other awards of merchandise and gift
certificates will be awarded on the following.

CATEGORY

(Faculty)	First Brewer High faculty/staff (M & F)
(86)	First high school student - Class of '86
(87)	First high school student - Class of '87
(88)	First high school student - Class of '88
(89)	First high school student - Class of '89

ALSO: Random drawing for additional prizes (one prize per runner)

COMPLETE RESULTS PUBLISHED IN "MAINE RUNNING MAGAZINE"

ack 25.9
New Record
29.7
is PTC 87.3
93.0
elay
Club 5:07.1
elay
Club 3:55.9
Strid 4:04.5
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oad Race
rd 32:01
New Record
34:39
35:24
35:31
36:22
all 45:31*
t Performers
Marrell Crosby
of Dave Watson
neet director

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Maine Savings Bank's 7th Annual



Gasping Gobbler

Thanksgiving Day Road Race

TAC Certification Code ME-85012-GN

10,000 Meters (6.2 miles)
and 2 Mile Road Race
Finishing times shown by
large digital clock.

Date:

Thursday, November 28, 1985

Time:

8:00 a.m. Registration begins at 8:30 a.m.

Place:

Augusta Civic Center, Augusta, Maine.
(A race course map on the back. Also
available at registration booth.) Showers and
refreshments will be available to all.

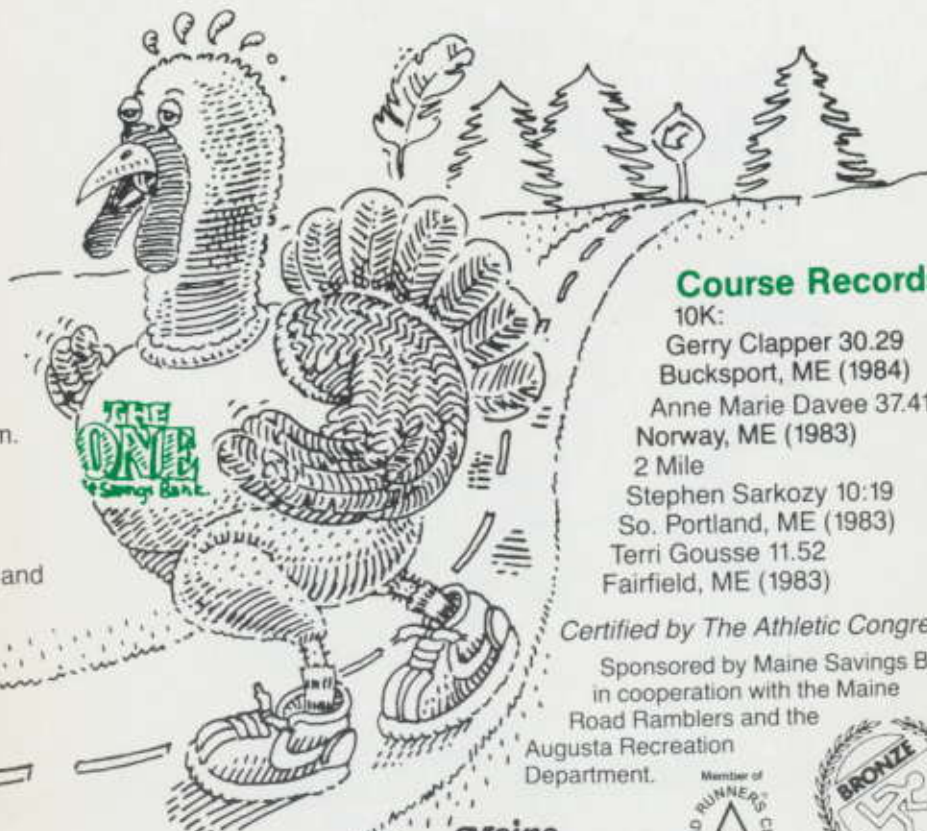
Awards:

Embossed towels to
the first 200 registrants
the 10K and first 100
registrants in the 2 Mile.

Frozen turkeys will be
awarded in the following
categories in each race:

1st, 2nd, 3rd male and
female overall.
1st, 2nd, and 3rd male and
female: 14 and under, 15-18,
19-30, 31-40, 41-49,
50 and over.

For the 10K mean average runner



Course Records:

10K:

Gerry Clapper 30.29

Bucksport, ME (1984)

Anne Marie Davee 37.41

Norway, ME (1983)

2 Mile

Stephen Sarkozy 10:19

So. Portland, ME (1983)

Terri Gousse 11.52

Fairfield, ME (1983)

Certified by The Athletic Congress.

Sponsored by Maine Savings Bank
in cooperation with the Maine
Road Ramblers and the

Augusta Recreation
Department.

Maine
Road
Ramblers



Guide to Road Racing
in New England

For additional information, please contact race directors
Dave Jowdry (207) 626-2350 or Cliff Fletcher (207) 622-4766
or Dave Guban (207) 622-0289 evenings.

Registration:

Fee for either race:
Make checks payable to
Maine Road Ramblers
Mail to:

Dave Guban
1000 Rd.
Winchester
Maine 04351

Check one

☐ 10K ☐ 2 Mile

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CITY															STATE					ZIP CODE										
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AGE					SEX																									
SIGNATURE (Parents if under 18)																														

In consideration of this entry being accepted I for myself, my heirs, administrators and assigns, hereby warrant and release any and all rights, and claims I may have against the sponsors of this event. I also release the rights to all photographs to the sponsors of the race for current or future publicity purposes.

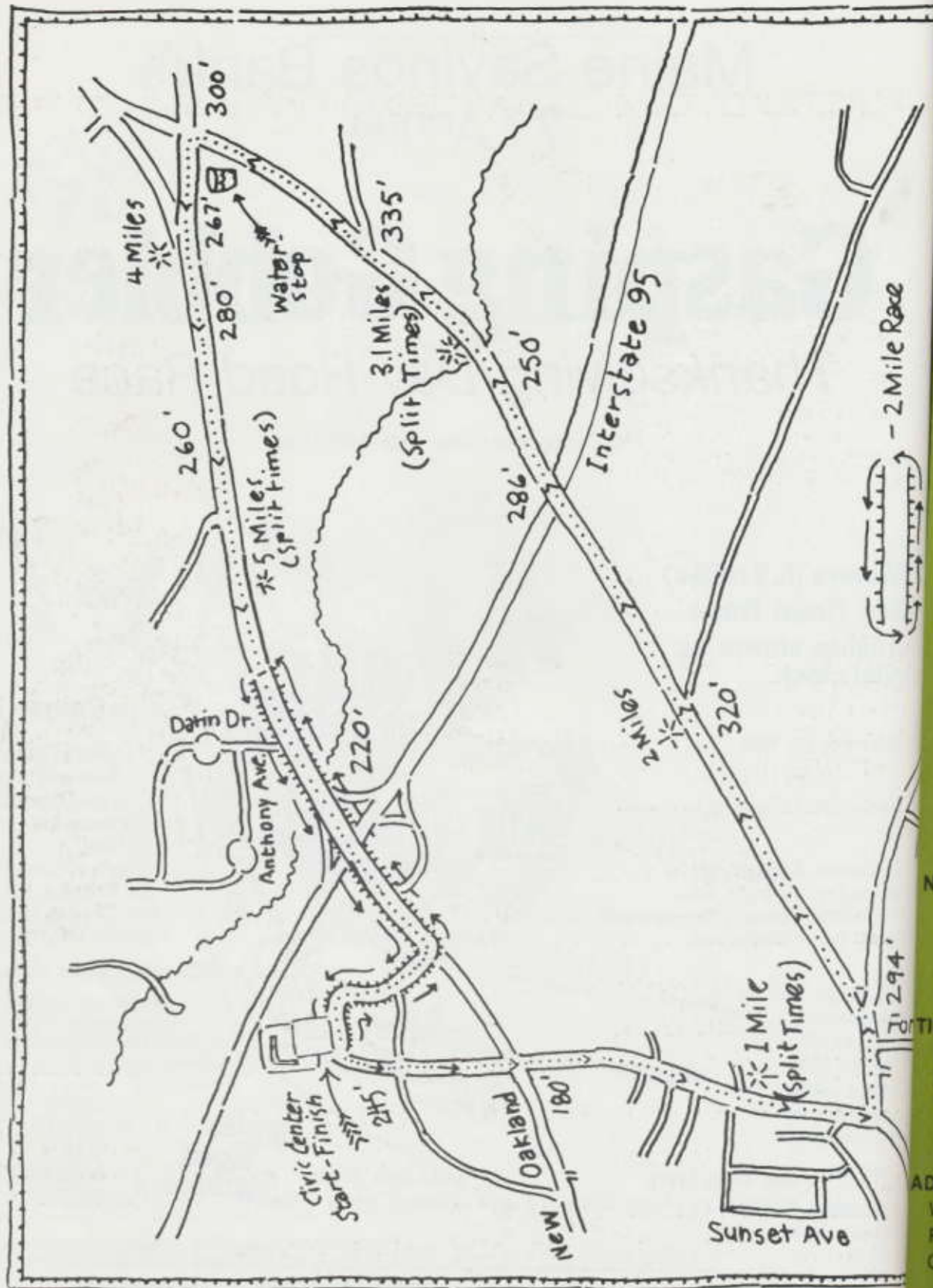


Gasp! Gobbler

Thanksgiving Day Road Race



Maine Savings Bank



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THE TECHNOLOGY OF RUNNING



RUNNING SUITS FOR FALL AND WINTER

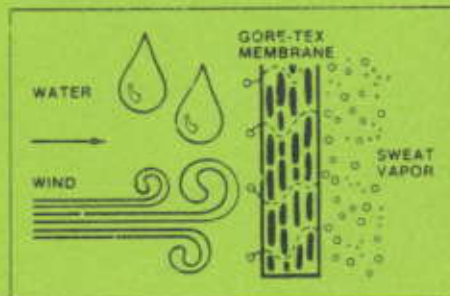
- **GORETEX**
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& Frank Shorter
- **PERMIA**
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by Bill Rodgers
- **NYLON**
by Bill Rodgers
& Cheetah

This is our biggest suit selection ever! We have suits for the worst winter cold and for cool autumn days. Stop in soon!!

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GORE-TEX FABRIC IS COMPOSED OF A MICROPOROUS GORE-TEX® MEMBRANE PROTECTED ON ONE OR BOTH SIDES BY FABRIC. The membrane is made of 100 percent PTFE (polytetrafluoroethylene) popularly known under the Du Pont trade name of Teflon. This membrane can be bonded to any durable outer material for use in an almost unlimited variety of products — from shoes and gloves to outerwear and sleeping bags. It is remarkably lightweight, weighing only one-half ounce per square yard.

The GORE-TEX membrane has 9 billion tiny pores per square inch. Each pore is 700 times larger than a water vapor molecule, but thousands of times smaller than a drop of liquid water therefore GORE-TEX fabric is waterproof and breathable. Since the membrane's pores are so small and also are misaligned, the fabric is windproof, keeping you much warmer than conventional fabric. The combination of the membrane and the fabrics to which it is bonded represents the most breathable, waterproof fabric available.



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