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Maine Running & Outing Magazine



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OCTOBER 1986

VOL. 7 NO. 10



P. O. Box 259

East Holden, Maine 04429

Tel. (207) 843-6262

OK, so we are printing Bruce Ellis' face on the cover for the second time in four months, but why not - he just ran an outstanding 2:18:37 at Chip Carey's (center) Sugarloaf Marathon! That's nearly five minutes faster than the old record.

And isn't it great to see Anne Marie Davee back in the marathon game with a steady 2:54:40. I'm sure she'll be under 2:50 again real soon.

By adding the 15K to the program Chip and Nancy doubled the field although they lost 30 marathoners.

We hope to have the complete results in the November issue of MR&O. At that time you will see how many points Bruce and Anne Marie pick up. It should be a lot.

Speaking of points, we are printing the Maine Running Point System this month and will counter with the best of times next month. For those of us who don't travel in that league we have Gail Schade, Don Wismer and nutrition advise from Anne Marie.

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

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THE PACK

July 13	MARK HOFFMASTER MEM 5 MILE	126 finishers
July 26	HANCOCK LOBSTER CLASSIC 10.2	61 finishers
	HANCOCK CHILDREN'S RACE 2.5	24 finishers
Aug 2	MAINE TAC TRACK MEET	
July 12	OYSTER FEST 10K *TAC Cert*	97 finishers
Aug 9	SCHOONIC POINT 15K *TAC Cert*	173 finishers
Aug 10	WINTHROP LIONS 15K *TAC Cert*	74 finishers
	WINTHROP LIONS 4 MILE	81 finishers
Aug 10	DIXVILLE NOTCH MARATHON & 12 M	2 MAINEIacs
Aug 10	MACKEREL RUN 5K	23 finishers
	MACKEREL RUN 10K	13 finishers
Aug 16	BLUEBERRY RUN 5 MILE (Machias)	93 finishers
Aug 23	LEVANT 5K	19 finishers
Aug 24	GOOD SPORTS 10 MILE	233 finishers
Aug 30	BATH ELKS FIVE MILE CLASSIC	70 finishers
	BATH ELKS FUN RUN	34 finishers
Aug 30	WINSOR FAIR SHRINE 5 MILE	54 finishers
Aug 30	NORTHEAST HARBOR 5 M *TAC Cert*	121 finishers
Sep 1	BANGOR LABOR DAY 5 M *TAC Cert*	147 finishers
Sep 7	CAPE CHALLENGE HALF M *Cert*	219 finishers
Sep 13	LEWISTON-AUBURN HILL FEST 5 M	88 finishers
	LEWISTON-AUBURN JAYCEE FUN RUN	31 finishers
Date ?	WARRIOR RUN 4.5 MILE	12 finishers
	WARRIOR RUN 1 MILE	9 finishers
	WARRIOR RUN 1/2 MILE	7 finishers
Date ?	QUODDY HEAD FIVE MILE RUN	35 finishers

NUTRITIOUS NIBBLES by Anne-Marie Davee
30



Road Race Calendar

- October 5 BENJAMIN'S 10K ROAD RACE. *ME-85009-GN* 13th fully certified 10K of the season in Maine. See flyer in September or August issues of MR&O or contact Benjamin's 10K, 123 Franklin St., Bangor, ME 04401
- October 5 T.A.C. CROSS COUNTRY. Mackworth Island, Falmouth, ME. 3K through age 12; 4K for 13-14 year olds, 5K for 15 and up. \$.50 for T.A.C. members. Join at the event. Register at 12.30 race at 2 p.m. Contact: George Towle 761-2197 or Don Harden 774-2016
- October 11 CUTLER 15K LOTTERY RELAY RUN. To benefit the Cutler Marine Hatchery. 3 member teams to be selected at random. Something completely different. Meet at Cutler Elementary at noon. Contact Andy Patterson 259-3693. Each runner races 5K.
- October 11 SECOND ANNUAL SEARSPORT WOODS RUN. 10 a.m. from the Searsport Elementary School on Mortland Road. Entry fee \$5; \$4 pre. Contact Searsport Recreation Department, PO Box 411, Searsport, ME 04974 (548-6372) for this 5 miler. See ad in September issue of MR&O.
- October 12 NUTE RIDGE HALF MARATHON and the COCHECO RIVER FUN RUN. 1 p.m. start in downtown Farmington, N.H. Course records: Bruce Ellis 1:09:52 and Joan "yes, the one from Cranberry Island, Maine" Westphal 1:25:35. TAC Certified *NH-850360-JMC* Send SASE to Nute Ridge Half Marathon, Town Hall, N. Main St., Farmington, N.H. 03835 John Nolan race director - (603) 755-2405
- October 12 CASCO BAY MARATHON. *ME-85015-GN* Your last chance to qualify under the new Boston guidelines (3 hour open) in a Maine marathon. Let's see Lauenstein and Podgajny's records fall. Send SASE to Casco Bay Marathon, PO Box 3172, Portland, ME 04104 for race application.
- October 12 T.A.C. CROSS COUNTRY. Hampden High School, Hampden. See T.A.C. details at October 5 (above) Contact John Kunz 862-3861
- October 18 FOURTH ANNUAL 10 KILOMETER AUTUMN GOLD ROAD RACE. 11 a.m. start from Willey's on High Street in Ellsworth. See flyer in September issue of MR&O or contact Down East YMCA, Box 512, Ellsworth, ME 04605.
- October 19 WALDO COUNTY CHALLENGE TRIATHLON. (2 or 1 person) Canoe, Bike, Run. See flyer
- October 19 TARA PUTNAM SCHOLARSHIP RUN. 2 p.m. from the Middle School on Route #157 in E. Millinocket. See flyer.
- October 19 T.A.C. CROSS COUNTRY. University of Maine, Augusta. See T.A.C. details at October 5 (above) Contact Peter Marczak 626-2350
- October 19 DOWNEAST 4 MILE CLASSIC 1 p.m. from the Sanford-Springvale YMCA in Sanford. Contact Richard L'Heureux, RFD 2, Box 103, North Berwick, ME 03906 676-2265 (From MTC Newsletter)
- October 26 9TH ANNUAL GREAT PUMPKIN 10K RACE and 1.5 MILE FUN RUN. 9 a.m. start for the Fun Run from the Wormwood's. See flyer on page opposite.
- October 26 THE JUNGLE RACE. 9 a.m. from Quahog Lobster Inc., Pinkham Point Rd., Brunswick, ME. Registration on race day. For information call 725-6222. The distance is about 3 miles of rough cross country. Many age groups and ability groups. A great one for kids, too! Jane Waddle, RFD 2, Box 2152A, Brunswick, ME 04011
- October 26 T.A.C. CROSS COUNTRY. Kennebunk High School. See T.A.C. details at October 5 (above) Contact Paul Berube 985-7071
- November 2 PALMOUTH LIONS 10K. *ME-85010-GN* Maine's 14th fully certified 10K of the year. MTC event. Contact Maine Track Club, PO Box 8008, Portland, ME 04104
- November 2 T.A.C. CROSS COUNTRY. Middle School, Court St., Auburn. See T.A.C. details at October 5 (above) Contact Valerie Beaulieu 783-3135 or 784-0191
- November 8 T.A.C. STATE CHAMPIONSHIP and REGION I JUNIOR OLYMPIC QUALIFYING MEET. Pine Tree Recreation Area, West River Rd., Waterville. Park at Junior High. Registration begins at 8:30 a.m. Entry fee \$2.00 for T.A.C. members. Join day of the meet. Top 25 will advance to the Region I meet in each age group up to age 18. (see Nov 23) Contact Steve Clark 872-8774 or Ron Kelly 883-2747. Open and Master's Division 19 and over 5K at 11 a.m. Write: Ron Kelly, 105 Maple Ave., Scarborough, ME 04074.
- November 9 VETERANS MEMORIAL ROAD RACE. 4.5 mile run preceded by a 1 mile "Fun Run" for ages 12 and under. 1 p.m. start from Wiscasset High. See flyer
- November 9 3RD ANNUAL KATAHDIN REGIONAL FAMILY Y 5K. 2 p.m. from the Stearns High Gym in Millinocket. Contact Gina Nadeau, 51 River Drive Pk., Millinocket, ME 04462 723-6680
- November 11 VETERANS DAY ROAD RACES. Half marathon *ME-85018-GN* and 5K *ME-85017-GN* 10 a.m. at Hodgkins School, Augusta. Free luncheon at Augusta Elks afterwards. Races benefit the American Heart Association. Contact Greg Nelson, 138 Maine Ave., Gardiner, ME 04345 582-5607
- November 16 NINTH ANNUAL CAPE COD MARATHON. 11 a.m. from downtown Falmouth, MA See flyer.



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10K Race

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AWARDS FOR
ALL OCCASIONS
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ETC., ETC.



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"the MAINE event"

9TH ANNUAL

GREAT PUMPKIN RACE

10K RACE AND 1.5 MILE FUN RUN

Sponsored By

WORMWOOD'S BY THE BREAKWATER

In Conjunction With

MAINE COAST ROADRUNNERS



Sunday, October 26, 1986

9:00 A.M.

1.5 Fun Run

10:00 A.M.

10K Race

HERE: Our Lady of Victory Church, Seaside & Route 9, Camp Ellis and ending at Wormwood's Restaurant, Camp Ellis, Saco, Maine. Come Ready to Race!!!

COURSE: 10K (6.2 Miles) Certified

ENTRY FEE: Fun Run Pre-registration \$2.50 (\$3.00 day of the race-stopping at 8:30)
10K Pre-registration \$4.00 (\$5.00 day of the race-stopping at 9:30)
T-shirts to the first 100 entrants for the Fun run and first 200 for the 10K

AWARDS: -Special award to wheelchair entries in 10K race.

1.5 Mile Fun Run: -Certificates to all finishers
-Finishing position and time will be posted
-No divisions -Refreshments to all runners
-A GREAT PUMPKIN PIE to the first male and female finishers

10K Race: AWARDS for division Winners

MEN	
Open Div.	1 - 3
18 & under	1st
19-29	1 - 3
30-34	1 - 3
35-39	1 - 3
40-49	1 - 3
50 +	1 - 3

WOMEN	
Open Div.	1 - 3
18 & under	1st
19-29	1 - 3
30-39	1 - 3
40-49	1 - 3
50 +	1 - 3

GREAT PUMPKIN COURSE

1981 Bruce Bickford 29:43

1982 Karen Dunn 34:58

RUNNER SERVICES

Water stops	Refreshments
Splits	Digital clock display
Mile markers	Chronomix
Toilet facilities	Complete results in "Maine Running"

GREAT PUMPKIN PIE!!!

10 Great Pumpkin Pies will be awarded via random drawing of entry forms

SPECIAL AWARDS:

Men's Team and Women's Team Pre-registration ONLY. (4 per team. Please give team name)

Husband and Wife Team

VCR for 1st Male and/or Female to break fastest standing time

SEND ENTRY FOR TO: Ken Dion, P.O. Box 233, Saco, Maine 04072

(Enclose self addressed stamped envelope to avoid number pick-up race day)

Won't be mailed after October 19, 1986

Day of the Race Registration at Wormwood's Restaurant, Camp Ellis, Saco, Maine

ENTRY FORM

The Great Pumpkin Race

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

Name _____ Age _____ Sex _____

Address _____ State _____ Zip _____

Fun Run _____ 10K Race _____ Best 10K time _____

10K Husband/Wife Team _____ 10K Team Club _____

T-shirts S M L XL (if qualified) Signature _____

Copies Permissible

(Guardian if under 18)

- November 16 GREAT OSPREY OCEAN RUN PART V. 10K from Wolf's Neck Park, in Freeport. See ad this page.
- November 23 CAPE ELIZABETH TURKEY TROT (5.8 miles) Maine Track Club, PO Box 8008, Portland, ME 04104
- November 23 REGION 1 JUNIOR OLYMPIC QUALIFYING MEET. Albany State University, Albany, N.Y. Jim Eagen 518-473-8989. Must qualify at the Maine State T.A.C. meet on the 8th of November. Nationals will be held December 13 in Irvine, California.
- November 27 SHAW'S 4 MILER. 8:30 a.m. at the Portland Expo. Contact George Towle, Portland H.S., 284 Cumberland Ave., Portland, ME 04101 775-5631 or 761-2197 evenings
- November 27 GASPING GOBBLER ROAD RACES. *ME-85012-GN* 10K and 2 mile. 10 a.m. at Augusta Civic Center Sponsored by Maine Savings Bank. Contact Walt Taylor, RFD 2, Box 7850, Winthrop, ME 04364 395-4223



APPALACHIAN MOUNTAIN CLUB
MAINE CHAPTER

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

October release date - FARMINGTON 3-3+. Norm Reynolds (617) 938-2459

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

- October 5 3RD ANNUAL FALL FOLIAGE CANOE RACE and DOWN RIVER TOUR. 12 noon. Solon Bridge to North Anson. It is an excellent course for the recreational paddler. Small entry fee. South Solon Optimists, RFD 4, Box 5340, Skowhegan, ME 04976. 474-8048 10 miles of Kennebec River.
- October 13 RUTHERFORD ISLAND RACE. South Bristol to Christmas Cove. FW (Ocean), OC, K, SK, ROW, 10 miles. James Chute, RFD 3, Box 20B, Freeport, ME 04032 865-4341
- October 19 WALDO COUNTY CHALLENGE TRIATHLON. Triathlon. See Oct 19 in Road Race schedule



SIERRA CLUB



MAINE GROUP
SCHEDULE OF OUTINGS

FREEPORT, MAINE

GREAT OSPREY OCEAN RUN
PART V - 10 k, 11:00 am
Sunday, November 16, 1986

A beautiful 6.2 mile course
beginning Wolf's Neck Park,
continuing down country roads.

Age Groups - Male and Female

14-18 19-29 30-39 40+

Entry Fees: \$8 pre/\$10 day of race

Includes T-Shirt to 1st 200 registered
Awards to 1st & 2nd in each category. Come
ready to run! Water not available at park.

Registration & Entry Form

I enter this event at my own risk and will
hold no one responsible for my personal
injuries. T-Shirt size S M L XL

Name _____ Sex _____ Age _____

Address _____

City _____ State _____ Zip _____

Signature (parent's, if under 18)

Mail entry and fee to Freeport Community
Education, Holbrook St, Freeport, ME 04032
For additional information call 865-6171.



October 11 ACADIA NATIONAL PARK DAY HIKE. A day of easy hiking on Mt. Desert Island, including a visit to the Nature Conservancy's Indian Point as well as a walk on one of the Park trails. Suitable for beginners. Contact Virginia Suyama, 58 W. Main St., Ellsworth, ME 04805 (667-9432). Registration fee: members \$2, nonmembers \$3 children free.

October 11-12 BOUNDARY BALD CAMPING/HIKING WEEKEND
A Columbus Day hike to Boundary Bald, an out-of-the-way peak near the Canadian border. Camping Saturday night in the area; Sunday's hike will be a six-miler. Contact Joe Rankin, PO Box 126, E. Wilton, ME 04234 (645-3677) Registration fee: members \$3, non-members \$5.

October 12 SABBATTUS MTN./KEZAR FALLS GORGE DAY HIKE. Easy hiking suitable for all to two scenic spots in western Maine: Sabbattus Mtn. in Lovell (elev. 1,253') - one mile to the summit for excellent views of the White Mtns - and Kezar Falls Gorge in Waterford. Contact Dot Albert, 1326 Forest Ave., Portland, ME 04101 (797-4067). Registration fee: members \$2, non-members \$3, children free.

October 4-13 COASTWEEK '86. Take a walk, a bike ride, a boat ride along the Maine coast. Help clean up debris on the beach to celebrate the richness of Maine's Coast.

I'd like to thank Bill Hine once again for providing MR&O with this schedule of hikes. Take a walk with your family!

BIATHLON



October 11-12 MAINE NATIONAL GUARD AND THE PINE TREE BIATHLON CLUB PRESENT - THE SECOND ANNUAL DRY LAND CLINIC. This year we will have four time Olympian, Lyle Nelson with us. I don't care what your sport is, you can not afford to come hear Lyle talk about training and racing. He is by far the best speaker I have ever heard on exercise physiology, training, racing and nutrition. There is a possibility that Lyle will be speaking in the Bangor area as well before the 11th. See our flyer in this issue or call Steve Scott at 942-5804.

What, Me Run?

The first Presidential race between a man and a woman was also famous for another novelty. It was the first time that running (by feet) played a key role in the victor's election.

Mainer Mary Morgan Thon was 46 when she threw her singlet into the ring. But she liked to say that she was 12,000, referring to the number of miles she had put in during the previous ten years, and not a uniform 1,200 a year either. Lewis Sebastian Szer was from New York City, and claimed to have put in even more miles than Thon, running after buses. Furthermore, he said, his aerobic capacity was de facto greater than Ms. Thon's because of what he had had to breathe.

Thon asserted that pollution was indeed a factor, for it apparently had entered Szer's body and permeated every cell and thought process.

The race was on.

Soon minor issues, such as the nuclear conflict on the Indian subcontinent, faded before the overriding pressure of the footwork controversy. Szer claimed that Thon cheated and shaved corners. Thon shot back that Szer was an elitist who used only \$500 top-of-the-line shoes, while she, Thon, bought seconds at the New Balance factory outlet in Skowhegan with the other indigents.

Then the verbiage turned acrimonious.

Meanwhile, footraces began to be held all over the country between Democrats and Republicans, with mixed results; fistfights became commonplace.

Wildly inflated claims came forth from each side. The Thon Democrats came out with a poll showing that Thon supporters ran more miles per year, on the average, and faster, than Szer's Republican fatcats. Szer boosters rushed out a conflicting tally demonstrating that more Democrats — a tiny fraction to be sure, but... — were hopped up on cocaine during the aforementioned runs, so no wonder. This angered the Democrats, who began talking about "Three Martini Marathons". It went on and on.

Finally, of course, it came to a challenge. Lew Szer, in a fit of pique at having been called a "slowpoke in mind and body" by Thon's running mate, appeared on network television and challenged Mary Thon to a 10 kilometer race, "and may the better man win!" Thon quickly accepted; after all, she had Szer by sixty pounds.

The match race was scheduled for October 25, just two weeks before voting. Weeks of negotiation regarding location of the race, identities of the race officials, manufacturer of the starting gun, union labels on the mile markers, and such like, consumed campaign staffs' energies to the point that they, when asked for position statements on domestic issues such as the exploding death rate, brushed reporters aside with a curt: "We'll deal with that once in office." (To tell the truth, variations of that had been a stock response by campaign staffs from time immemorial, but rarely had it been so crudely put.)

The point-to-point course finally chosen would bring the runners down a long hill from New York state (crucial to Thon's chances), into Pennsylvania (crucial to Szer's), and thence into New Jersey (which both sides agreed was a toss-up). That there were no roads in that area did not deter the planning; the governors involved forced through an emergency program that ultimately cost the taxpayers \$3.4 million. It isn't that the hapless citizenry didn't

get something out of it, of course; they ended up with a fine 10K course that didn't go particularly anywhere.

Four hundred thousand people showed up to watch the race, and ate seven hundred and fifty thousand hot dogs and eighteen million, four hundred and thirty three thousand, six hundred and ten potato chips, to the delight of the Maine potato industry which gave all the credit to Thon. They also caused a local beer shortage that lasted a couple of days, to the delight of profiteering vendors who were selling various kinds of "light" at five dollars a bottle. Later it was discovered that the vendors had doubled their supply by cutting the beer in half with water, but no one noticed at the time.

Thon helicoptered in the night before and showed up at the starting line wearing a red-white-and-blue singlet (no one was going to accuse her of being soft on communism). Szer walked in from the nearest town (no one was going to say that he wasn't macho), which was a few hundred yards away. He was wearing a singlet cut out of the American flag, which offended American Legionnaires everywhere and nearly cost him the redneck vote. (They finally voted for him anyway, as you will see; it is doubtful that they ever would have gone for Thon no matter what Szer did. Thon was a woman. And a Democrat. They didn't know which was worse.)

Thon, it must be said, was spectacularly designed, and her outfit did nothing to conceal it. Szer was a fine figure of a man himself, and as they eyed each other at the starting line, refusing to answer shouted questions from the press gallery about the breaking away of California along the San Andreas faultline, intelligent reporters might have caught a hint of what finally transpired. None of them, however, did.

The starting gun, held jointly in four hands -- one marine, one army, one air force, and one navy -- went off after some difficulty, and the candidates were on their way. It should be said that the weather was in the 90's with high humidity.

Thon took an early lead, sweeping New York State under her heels as she flew down the brand new road; Szer, gamely following behind, tried to keep her in sight, for all kinds of reasons. At the two mile mark they both were handed squirt bottles filled with dilute caffeine and electrolytes, which they consumed eagerly as if there were no tomorrow. Already their clothing was plastered to their bodies.

Then, as they entered Pennsylvania, Szer drew alongside of Thon, and their lips were seen to move, though no one had had the wit to set up long range parabolic sound detectors to capture the historic conversation. They ran neck and neck through Pennsylvania, and for a moment, Thon was seen to flash a smile at Szer, and the whole world wondered what was going on.

Every half mile now garbage cans filled with water were being emptied on the contestants; squeeze bottles were pushed into their hands one after another, and the sweat mixed with the water until it was impossible to tell them apart. Steam rose in a fog from the pavement, and to the helicopters hovering overhead it seemed as if the two were being followed by volcanic blowholes as the garbage can water volatilized into the air. At one point a secret service man grabbed hold of a garbage can and was about to throw its contents on Szer and Thon, when he paused. The can was lighter than the others. He looked inside, and was horrified to find somebody's garbage; there had apparently been a barbecued chicken and banana party at a local house the night before. The alert agent was later awarded a special citation for bravery as he lay in the hospital, his olfactory nerves in disarray.

Just before they entered New Jersey, Thon seemed to falter, allowing Szer to take Pennsylvania by a yard. The crowd gasped. But Thon recovered and

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sprinted up to Szer, and the onlookers were amazed to find that neither was breathing heavily, except when they looked at each other. What stamina! What red-blooded guts!

And then, there happened that incredible event that caused delicate ladies and gentlemen in the crowd to swoon away, and others to mutter under their breaths with mingled awe and jealousy. For Lew Szer reached out and took Mary Thon's hand, and she did not resist.

Hand in hand they thundered through New Jersey, until the finish line loomed before them. Looking into each other's eyes, laughing, they fell into an exact rhythm, in perfect synchronization until, just before the ribbon, each one put an arm around the other and they laughed their way home. The crowd was stunned and silent. Photographs showed a perfect tie.

Well, the rest is history. Lew Szer did get the redneck vote, but there was precious little of it. It was the lowest voter turnout in history. Both dumped their running mates before the balloting and signed consent agreements that, whoever won, the other would become the VEEP. To say that the nation's pundits were shocked to the point of incoherence was to put it mildly. Everybody was. And even so, a few isolated and benighted people were actually surprised when, ten days before the election, Mary Morgan Thon and Lewis Sebastian Szer entered the portals of holy matrimony, together, running alongside the preacher into history. And why not? Running is an amazing thing.

Copyright 1986
by Donald Wismer
North Wayne, Maine



Ethan and I took in the season opener of High School Cross Country in Eastern Maine recently at Hermon, where we got to see an outstanding new face on the running scene. Cathy York, of Hermon high set a course record that day (note how far back Nikki Sekera of Bapst is in this photo after just over a mile!) In her second race of the young season, Cathy set a new course record at Old Town. Can Coach, Tom Mulvey keep her from blowing up before the states? We'll have to wait and see.



MYEROWITZ CHIROPRACTIC CENTER

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- * acupuncture (by certified doctor)
- * pre-employment examinations * other non-drug, non-surgical services
- * sports oriented doctors



Corner of W. Broadway
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Lincoln, Maine 04457
794-3332

1570 Broadway
Bangor, Maine 04401
947-3333

CALL COLLECT

BY APPOINTMENT

MAINE RUNNING & OUTING ROAD RACE POINT SYSTEM '86

Here are the latest standings in Dr. Mike Sargent's point system. The following races have been included: MAINEIacs 4 Marathon; Epstein's 5 Aces 5K; Rocky Coast 10K; RRCA Championship 10K; Maine Coast Marathon; Androscoggin Challenge Triathlon 10K; Nubble Light Run Away 10K; Solstice Strut 4 Mile; Maine National Bank 5 Mile; L.L. Bean 10K; Bridgton 4 on the 4th; York 4 on the 4th; Perry to Eastport 7.06 Mile; James Bailey/Gardiner Common 5 Mile; Belgrade Lakes Country Fair 10K; Maine Event Triathlon 10K; Schoodic Point 15K; Winthrop Lions 15K; N.E. Harbor 5 Mile; Bangor Labor Day 5 Mile. Look for the Old Hallowell Days 5 Mile; Brodie's 10K; Maine Lobster Fest 10K; Wilton Blueberry Fest 10K and the Cape Challenge 4 Marathon in next month's listing. We're still looking for the results from the York Day 5K; Maine Women's Classic 10K, and Sugarloaf Marathon.

OPEN: (30 points or more) Points # of races Avg Pts per Race

1. Bruce Ellis	83.6	4	20.9 (3)
2. Lance Guliani	76.4	5	15.3
3. James Newett	70.2	6	11.7
4. Andy Palmer	66.2	3	22.1 (2)
5. Mike Gaige	62.9	5	12.6
6. Bob Winn	53.3	3	17.8
7. Henri Bouchard	52.4	3	17.5
8. Barry Fifield	50.5	6	8.4
9. Stanley Bickford	46.6	2	23.3 (1)
10. Bruce Bridgman	45.9	3	15.3
11. Misa Fossas	41.1	2	20.6 (4)
12. Tim Wakeland	39.4	2	19.7 (5)
13. Jeff Meserve	37.2	3	12.4
14. Dan Dearing	35.6	3	11.9
15. Hank Pfeifle	34.8	2	17.4
16. Peter Lessard	32.6	2	16.3
17. Ralph Duquette	32.2	2	16.1
18. Roy Morris	31.7	2	15.9

MEN'S MASTERS (20 pt min)

1. Guy Berthiaume	109.4	7	15.6 (4)
2. Lawson Moyes	80.6	5	16.1 (3)
3. Joel Croteau	51.6	4	12.9
4. Gary Weber	41.2	5	8.2
5. Harold Hatch	34.4	2	17.2 (2)
6. Bob Coughlin	32.8	6	5.5
7. Warren Dean	28.9	3	9.6
8. Joe Mailloux	27.8	2	13.9 (5)
9. Joe McGuire	24.0	1	24.0 (1)
10. John Kelsey	21.8	3	7.3
11. James Paterson	21.7	2	10.8
12. Gary Cochrane	21.6	3	7.2

OPEN WOMEN (20 or more pts)

1. Robin Emery Rappa	104.4	6	17.4
2. Kelly Bennett	56.6	4	14.2
3. Rose Prest	54.7	5	10.9
4. Cindy Lynch	49.1	3	16.4
5. Anne-Marie Davee	47.9	3	16.0
6. Wanda Haney	44.6	3	14.9
7. Sally Perkins	39.7	2	19.8
8. Joan Samuelson	29.6	1	29.6 (1)
9. Debbie Sawyer	25.5	3	8.5
10. Leatrice Hayer	25.3	1	25.3 (2)
11. Kathy Tracy	24.0	2	12.0
12. Val Hodgkin	23.6	3	7.9
13. Jane Millspeugh	23.4	2	11.7
14. Jane Welzel	21.7	1	21.7 (3)
15. Leslie Bancroft-Krichko	21.3	1	21.3 (4)
16. Nancy Corsaro	21.2	1	21.2 (5)
17. Rebecca Richards	20.6	1	20.6

WOMEN'S MASTERS (10 pts min)

1. Jo Comeau	64.6	5	12.9
2. Faye Gagnon	38.3	4	9.6
3. Judy Pickert	22.5	1	22.5 (1)
Constance Kimball	22.5	1	22.5 (1)
5. Vera Demmons	21.1	1	21.1 (3)
6. Barbara Coughlin	17.4	3	5.8
7. Carlene Sproul	14.9	2	7.4
8. Mardi Reed	13.8	1	13.8 (4)
9. Patricia Mason	13.2	1	13.2 (5)
10. Nancy Lovetere	11.0	1	11.0
11. Mae Cleveland	10.9	1	10.9
12. Eileen Livingston	10.1	1	10.1

Even after an entire summer of racing, the impact of the RRCA Championship race is still quite evident in these results. Forty-two year old Canadian, Joe McGuire's single certified performance in capturing second place in the Great Lite Beer MAINEIac's Half Marathon has got to be one of the finest of the year to date. Watch for Bruce Ellis to increase his lead with the Cape Challenge and Sugarloaf Marathon results!

THIRD ANNUAL MAINE RUNNING CAMP FOR ADULTS

AUGUST 24 thru AUGUST 30, 1986



Fifty-two year old Jim Joanos of Tallahassee, Florida can't believe how cold it can get at Jordan Pond in August. He managed to fight off frostbite and enjoy a wonderful 10 mile run around the pond. He writes, "Thank you for a very enjoyable running camp. Betty Lou (his fast fifty year old wife) and I both enjoyed it very much. I do not think that I have to tell you what a good thing that it is that you have going. A real outstanding aspect of the camp was the nice people who put it on as well as those who attended as campers. I hope that some year we will be able to come back."



Three year veteran, Dave Barker of Guilford, Connecticut, explains a morning run course under the watchful eye of Milton Bailey, also a three time camper of Presque Isle, to Lynn Rosenberg of Brookline, Massachusetts who writes, "The camp was delightful - I enjoyed it very much. It's hard to get back to the real world. I'm sure you heard of the glorious showing of Maine Running Camp at NE Harbor. Besides Andy & Misa, Jim and Betty won their age groups, Diane (Barker) and I took ours

(I don't know if anyone else entered but so what), and Milt was the oldest!" Will Burden of Bar Harbor wrote to say, "I enjoyed running camp; sorry you didn't run with us more. I over did it last Thursday and I'm nursing a sore knee with an ice compress right now. I forget that even though I have the energy to run wicked hard, my body ain't that able to ablige!...I felt your staff were terrific. I had been wanting the program to be more rigorous, but from the condition of my knee I doubt I could put up with more. I definately got the bug back to race and perhaps more importantlyto train to race. Thanks for your attention and for making the camp possible."

And finally, Marje Lee of Andover, Minnesota writes, "Dear Bob, Andy, Tom, Misa and Virginia, I just wanted to take time to thank each of you for your outstanding camp. I have hung the map of Acadia National Park here in my cubicle. By glancing at the map I can briefly escape work to the beautiful setting and great training at camp.

"I think your camp will be a significant factor in helping me to achieve my personal running goals. Meeting and working with the excellent camp staff and the other enthusiastic runners was a real high for me and a great way to spend a summer vacation.

"My family commented that I really looked tired when I arrived home, but happy. They were right. I think the 5 mile race was an excellent conclusion to camp.

"I am looking forward to next year's camp and promise to bring a compass to prevent any further "lost in the wilderness" experiences. So, I hope you will let me know of the schedule for your next camp. I'll start saving now."

How about you? Will we see you next year on the carraige trails? Save now!



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A Matter of Conceit and Middle Age

By Gail H. Schade

Recently, after nearly ten years of running, I had a mind-expanding insight: Middle aged runners are a conceited lot. Now I don't mean in the sense that we believe ourselves better than middle aged non-runners, a totally different story. We suffer from an affliction diagnosed as "feeling invincible and invulnerable about the condition of our bodies." The resulting attitude causes us needless self-punishment because we are unaware of its presence.

For a long time I lived unknowingly with this "disease". Today, recognizing my past gullibility, I cringe at the many traumas I pushed myself through, unnecessarily. Once I identified this malady, I traced the sources -- in this case, two. No longer must I, and others like me, endure the punishments such conceit brings.

Oddly enough, these two causes seem unlikely origins of such a disastrous condition. The first is our belief in the Gospel according to George Sheehan. His widely-read book, *On Running*, says that people who remain physically fit tend to be anywhere from one to three decades younger physically than sedentary contemporaries. We internalize this "good news" and think accordingly: "Because we are runners, our bodies are like teenagers' bodies. Thus when we get sick or injured, we expect our "adolescent" bodies to recover as quickly as those of chronological teenagers. They don't, but we push to measure up to our programmed belief.

John Kelley, the Elder, also has to take "blame" for our malady. For years and years, we have read about him, cheered him every April as he runs his 50+ Boston Marathon, and some have even seen this miraculous man. "Hey," say our minds, "he doesn't even train all that much and look what he can do!" Then our thinking takes a leap, "If John Kelley can do this at his age, I, who am so much younger, can do likewise". Unfortunately, most of us don't have John Kelley's body and vascular system, but we believe "because-we-are-runners," our bodies, like his, have immunity to aging or degeneration.

I would like to share one story which illustrates the extent of this disease and its effects. The tale has its real beginnings over a year and a half earlier when a series of overuse injuries and illnesses beset me. During this whole difficult time period, I ran only between injury and illness but never recognized the disease of which I write. In any case, last September I decided to run the Tufts 10K (formerly the Boston Bonne Bell) to affirm my return to running and good health. This special race, a celebration itself, has lured me to Boston from Maine every year for the past seven years. Although I had not run a great deal in the months prior to this 10K, I did not sulk and vegetate aerobically. In fact, over a four-month period, I had bicycled over 2000 miles in addition to having done limited running.



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One morning I left my car at a garage for repairs and had prepared to run five miles while I waited. The day was cool and sunny, perfect for running. My body refused to co-operate with the exhilarating weather, but I ignored its messages because I was hearing a stronger inner recording: "Your body HAS to be O.K. because you run and are ready to go this distance today. Don't you remember? You once trained for and completed a marathon!" Every step clunked; I felt as though I were made of concrete and moved accordingly. But, of course, I kept on, my subconscious mind asking, "Why do I feel so awful? I can't loosen up. What is the matter? I've carefully built to this level. My body can't be doing this...it is not possible." Thoroughly brainwashed, my mind closed down. I was convinced my body should have had ample recovery time and never once considered the obvious. When I finally dragged back to the garage, my depression and fear were so great, I over reacted. Frightening thoughts raced: "My body's fitness has deserted me: My running life is over. Finished. Kaput." Of course, after a few days I did run again and felt fine. But for those first several minutes as I was warming to my rhythm, I was really scared of failing.

Shortly after this episode, I experienced a quiet revelation. My mind made a connection, a picture, really. I saw a triangle with Sheehan, Kelley, and Conceit on the three vertices. This unholy trinity, with my full permission, was ruining my life, at least the athletic parts of it. Like one redeemed, I decided to modify my ways. Why my enlightenment came at that particular time and why it took so long in coming, I'm not sure. Perhaps after my long ordeal, I was ready for change. But thankfully, I did discover the real truth... Sheehan and Kelley are inspirational men, but they are not gods. So, now that I'm less conceited, what do I do differently? Can I offer any insight to other victims? The answer: "You bet!"

The best change we can make is to be less tyrannical toward our bodies. We need patience after injury or illness because, as much as we may desire to have chronologically youthful bodies, we don't, like it or not. Middle aged bodies may look just fine, but they don't spring back with youth's elasticity. A month or so ago, I had the usual winter flu and felt terrible for a week and not much better during the following one. Instead of driving myself back on the roads that second week, I allowed myself only walking. To help keep my mind off the fact I wasn't running, I invited a friend so conversation became the focus. When I finally ran again, I ran only every other day, reduced the mileage, and did not set my stop watch.

Another change calls for broadening our horizons. A long bicycle ride, a rowing machine stint, a weight session, even a brisk walk can exercise us

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without bringing on that awful fatigue, spelling "failure". No one will reject us if we don't run five or six days a week; nor will people stop loving us; and we will not lose our over-all fitness during our non-running times!

Last, we can modify our running goals. It's OK not to run all the races we've always run. We can choose races for reasons other than possible PR's. The Terry Fox Memorial Race and the scenic Schoodic Point Race are two good Maine races to run for reasons other than fast times. We can also run races because of the expected field - not necessarily the big name people (although it is thrilling to see Joan Benoit run on loop courses) but people we've met over the years at races. And let's face it, some races are fun to run just for the parties and camaraderie afterwards.

To be perfectly honest, though, we will probably never completely rid our blood of conceit. It's sort of like malaria, always waiting to surface. But because we recognize its existence, we can even benefit. Robert Frost's sonnet, "On A Tree Fallen Across the Road" explains what I mean. In this poem, Nature stops us in our tracks by throwing obstacles (in this case, a tree) before us "just to ask us who we think we are insisting on our own way so". Once we pause awhile to re-examine our motivations, we then can continue toward our goal, more wisely. Likewise, when we as runners are halted by our "trees," injuries or illnesses, instead of letting conceit take over, making us plow on, blindly, we can use this delay to look inward and then "steer straight off after something" within our grasps.

We may, in fact, have to re-evaluate our goals. For example, at this writing I am not sure I will ever run another marathon or that I will ever run a 45 minute 10K. But those uncertainties are OK, for now I can bike 100 miles in one day, something I had never even contemplated. Such an accomplishment drives home a needed truth: Reconciling middle-aged minds with middle-aged bodies makes a more harmonious life.

Second Wind



Maine participants did well at the Green Mountain Steel-Man Triathlon August 17th. Leading the Maine delegation in the 1.2 mile swim; 57.6 mile bike ride and 13.1 mile "trek through the hills of Dummerston and back into Brattleboro for the finish" was David Crawford, 37 of Cumberland. David was first in the Mens 35-39 age group in a combined time of 4:37:38. Hot on his heels was 32 year old Paul Merrill of Portland finishing second in the Men's 30-34 age group with his 17th place overall finish in 4:38:22. Nineteen year old Glenn Waters of Cumberland rounded out the Maine males with his 22nd place 4:40:17. The three ran 1:28:19, 1:23:59 and 1:30:29 respectively in the half marathon. Glenn managed to be second in his 18 to 24 age group.

Three steel-women traveled to Vermont from Maine as well. Deb Hewson won the Womens 30-34 age group by finishing 154th overall in 5:30:50 (1:36:43 half). Rosalyn Randall, 36 of Portland came in 190th in 5:40:02 good for third in the Womens 35-39 age group. She ran an outstanding 1:34:05 half marathon to finish ahead of her Portland friend Barbara Hamaluk. The 38 year old veteran of countless Maine road races finished the triathlon in 247th place in 6:08:06. Barb's 13.1 mile time was 1:45:18. I'd take that after all that swimming (I can't) and bike peddling (I'm afraid to)!

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Running is a sport of extremes. Fast and slow, young and old. Here, demonstrating the latter are 'ol Sam Ouellet (82) and young Eric Remson (7) congratulating one another after running in the 24th Annual Bangor Labor Day Road Race. Let's hope Eric can run in the next 75 annual events. I wouldn't be surprised to see Sam there!!

In the latest press release from the Twin Cities Marathon, which this year is the U.S. Championship, Bruce Ellis of the Maine Track Club is seeded 34th. There's big money to be made by the top 25 runners. Maybe Bruce's super year will continue! In fact, Bruce's 2:18:37 qualifying time is a mere 16 seconds slower than 1980 Olympic Marathon Team member Benji Durden's!

The all-too-often forgotten runner - the J.V.

Here Hermon's Eric Nute holds off a streaking Aaric Adams of Brewer in the first meet of the season.

Since this picture was taken, Nute has moved up to varsity for the Hawks and Adams has won a J.V. meet at Old Town.

A lot of great runners started in the lower ranks, dreaming of breaking into that magic top seven.



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RACE TIME: 11:00 am

REGISTRATION: In advance, or 9:00-10:30am at Belfast Area High School

ENTRY FEE: \$10 per person, with t-shirts to all participants who pre-register by October 10.

SHOWERS AND LOCKER FACILITIES available at the high school.

COURSE: 5-mile canoe leg 17.5-mile bike leg 5-mile run

"The Challenge" begins with the canoe course. Two-person teams will begin the triathlon with both team members competing in the canoe leg, of course. Following this leg, the team members would alternate compete in either the biking or running legs.

The canoe course begins and ends at the "city boat landing" in downtown Belfast, using the Passagussawakeag River. Bicyclists would leave from the landing area, traveling the 17.5 miles on route 3 to Belmont Corner--rte. 131 to Morrill village--Poors Mill Road onto Marsh Road--and Waldo Avenue back to the high school. Runners will do the 5-mile wheel measure course in Belfast, finishing on the high school track.

AWARDS: Trophies to the various class winners of the triathlon, plus \$50 in food (from Shop & Save) for the best 2-person all-male and all-female teams. The top male and female 1-person entries will receive \$25 each in food gift certificates. Awards will also be made to the best canoe time, the top male and female biking time, and the fastest male and female running time, along with the first Waldo County resident team.

2-person team classes

I (2 males) II (2 females) III (1 male, 1 female) IV (champion)
V (Juniors-combined ages 35 & under) VI (Masters-combined age 60 & over)

1-person classes

Open male Open female Masters Championship

NAME(biker) AGE PHONE

MAILING ADDRESS shirt size

NAME(runner) AGE PHONE

MAILING ADDRESS shirt size

2-person (check appropriate class)

I II III IV V VI

1-person

open male open female Masters
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THE FACT

MARK HOFFMASTER MEMORIAL RACE 5 MILE
Westbrook Jul 13th

1. Rock E. Green	32	26:36
2. John Keller	28	26:45
3. Ron Newbury	36	27:33
4. David Libby	20	27:34
5. Kevin Way	17	27:36
6. Barry Fifield	29	27:47
7. Dick Neal	39	27:52
8. Joel Croteau	42	27:59
9. Werner Pobatschnig	35	28:09
10. Peter Crisci	34	28:18
11. Lawson Noyes	44	28:33
12. Steven McGrath	31	28:35
13. Roland Moulin	32	28:48
14. Don Harden	35	28:51
15. Jim Harmon	26	29:03
16. Tony Owens	37	29:16
17. Kevin Kein	19	29:18
18. Dennis Smith	36	29:26
19. Pat Connell	32	29:34
20. Dan Cake	41	29:46
21. Don Wilson	39	29:59
22. Tom Allen	30	30:04
23. John Lunt	26	30:06
24. Phil Vezina	26	30:09
25. Brian Milliken	33	30:10
26. Wanda Haney	20	30:15*
27. Steve Sargent	15	30:21
28. Tom Swan	36	30:27
29. Bob Payne	47	30:33
30. Brian Daly	32	30:40
31. Greg Knapton	16	30:43
32. Jeff Huntress	23	30:46
33. Mat Wright	30	30:48
34. Russ Connors	54	30:53
35. Terry Fralich	40	31:25
36. Bob Jolicœur	49	31:37
37. Theron Kessinger	59	31:59
38. Mike Mosley	32	32:06
39. Roger Bordeaux	33	32:08
40. George Liming	35	32:12
41. Donna Hubert	19	32:16*
42. Ben Wilcox	22	32:33
43. Bill Pavliako	36	32:37
44. Jay Peasum	26	32:38
45. Peter Connell	33	32:39
46. Rick Strout	47	32:41
47. Malcolm Kidd	30	32:57
48. Richard Littlefield	37	33:03
49. Robert McCrillis	26	33:05
50. Larry Godbout	35	33:14
51. Todd Molesky	22	33:21
52. Lee Nicely	46	33:34
53. Tom McMillan	39	33:42
54. R.T. Grant	37	33:43
55. Colin Chase	15	33:44
56. Ronald Deane	29	33:45
57. Richard Scribner	35	33:46
58. John Eriksen	35	33:57
59. Brian Doyle	34	33:58
60. Pete Roper	40	33:59
61. Jim Kein	45	34:08
62. Ben Endres	15	34:11
63. Don McGlvery	34	34:14
64. Larry Potter	36	34:23
65. Carol Weeks	37	34:24*
66. Frank Morong	53	34:27
67. Gerald Poirier	42	34:37
68. Dennis Molesky	24	34:48
69. Gary Harris	29	34:49
70. Dale Pines	34	35:09
71. Bob Cushman	48	35:14
72. Gary Monroe	36	35:21
73. Summer Weeks	37	35:26
74. Joe Hilaire	39	35:33
75. Heidi Garceau	23	35:38*
76. Mike McGover	33	35:42
77. Fred Stone	50	35:45
78. Barbara Russell	24	35:47*
79. Carl Fogg	38	36:17

80. Cindy Vokey	28	36:31*
81. Bruce Allen	50	36:53
82. Paul Boulanger	40	37:08
83. Dave Horne	49	37:22
84. James Pierce	31	37:25
85. Pete Golding	31	37:26
86. Canedy Craig	49	37:33
87. Russ Bradley	63	37:38
88. Dave Conley	46	37:38
89. Mark Farnum	25	37:39
90. Don Penta	40	37:50
91. James Chase	54	37:57
92. David Graham	39	38:19
93. Doug Palmeter	26	38:20
94. Rick O'Brien	39	38:35
95. Laurel Kane	27	38:42*
96. Jim Sullivan	25	38:51
97. Art Greene	36	38:59
98. Jean Frankovic	26	39:13*
99. Joseph Croteau	37	39:14
100. John Flaherty	34	39:22
101. Ken Knapton	41	39:30
102. John Brennan	10	39:36
103. Kim Tarnower	29	39:45*
104. Carol Poirier	39	39:50*
105. Earle Harvey	54	39:51
106. Jean Thomas	50	40:14*
107. Karren Wilson	52	40:17
108. Suzette Phillips	29	40:39*
109. Randy Phillips	37	40:40
110. Eleanor Vance	40	40:55*
111. Marion Leschey	49	41:02*
112. Warren Foye	38	41:20
113. Deana Vance	16	41:44*
114. Wayne Newland	48	41:55
115. Rod Stanley	52	42:18
116. Sandra Utterstrom	42	42:20*
117. Bruce Miller	35	42:40
118. Isabella Firth	25	42:52*
119. Dee Nicely	46	43:20*
120. John Absuzzi	34	44:10
121. Brenda Cushman	45	44:16*
122. Ryan Paradis	12	45:14
123. Margaret Soule	44	45:33*
124. Robert Antoniac	41	46:53
125. Vicki Hoffmaster	25	47:10*
126. Frank Farrell	25	49:41

Results courtesy of Patricia Titcomb
Race Director

HANCOCK LOBSTER CLASSIC ROADRACE
Hancock 10.2 Miles Jul 26th

1. Bruce Ellis	53:21.5
2. Jim Newett	57:16.3
3. Brian McCrea	1:01:34
4. Rick Lamoureux	1:02:04
5. Mike DeSaultels	1:02:24
6. William Janeway	1:02:25
7. David Renault	1:03:07
8. David Alley	1:04:29
9. Mark Hardison	1:04:49
10. Phil Stuart	1:05:55
11. David O'Connell	1:06:01
12. T. Davidson	1:06:41
13. Perley Merritt	1:06:54
14. Robin Emery Rappa	1:07:05*
15. Jeff White	1:07:37
16. Bill Pinkham	1:07:50
17. Wolfgang Uberbachet	1:08:18
18. Cliff Olson	1:08:38
19. Oskar Feichtinger	1:09:21
20. Larry Frank	1:09:56
21. Don Ardine	1:10:21
22. Kellie Stratton	1:10:38*
23. Ron Paquette	1:10:53
24. Nancy Ellis	1:11:56*
25. Vaughn Holyoke	1:12:37
26. George Eaton	1:13:04
27. Craig Boyd	1:13:24
28. Cliff Hatfield	1:13:46
29. Steve Norton	1:13:47
30. Diane Wood	1:14:00*
31. Larry Rich	1:14:51
32. Tom Kirby	1:15:24
33. Timothy O'Connor	1:16:18
34. Ted Silver	1:16:27
35. Bentley Howar	1:16:51
36. Walter DeVault	1:17:20
37. John Field	1:17:35

38. Josephine Cooper	1:18:04*
39. John Belanger	1:18:11
40. Ludwig Levesque	1:18:12
41. Melissa Santori	1:18:27*
42. Michael Hutchins	1:18:46
43. Rene Collins	1:18:47*
44. David Benn	1:19:08
45. Richard Smullen	1:19:34
46. Tom Voss	1:19:36
47. Gary Googins	1:20:35
48. Fred Schmidt	1:20:51
49. Kellie Connor	1:23:35*
50. Paul Connor	1:23:36
51. Donna Marie Pohlman	1:23:46*
52. Ed Thompson	1:24:48
53. Albert Ross	1:24:50
54. Ken Siros	1:25:16
55. Jerry Saint Amant	1:26:14
56. Don Osborn	1:33:18
57. Tyler Thompson	1:34:40
58. Shirley Siros	1:38:38*
59. Joan Leslie	1:41:00*
60. David Zaslaw	1:49:23
61. Frank Donaldson	1:54:27

Results courtesy of Steve Coffin
Race Director

HANCOCK CHILDREN'S RACE - 2.5K

1. Corey Carter	14	9:01
2. Braden Alley	11	9:15
3. Adam Sala	13	9:51
4. Heath Hudson	10	10:34
5. Jason Googins	12	10:48
6. John Bacon	11	11:01
7. Dana Bellows	9	11:28
8. Brad Inforetti	11	11:46
9. Caitlin Phillips	12	11:47*
10. Shenna Bellows	11	12:10*
11. Aaron Wagner	11	12:47
12. Shawn Lamoreux	11	13:21
13. Colleen Birdsall	13	13:39*
14. Julie Coffin	12	13:51*
15. Billy Birdsall	9	14:15
16. Annie Bacon	8	14:41*
17. Harry Lounder	11	15:07*
18. Charlotte Clews	10	15:59*
19. Patty Birdsall	5	16:37
20. Nicholas Lounder	9	16:42*
21. Rohanna Smullen	10	16:53
22. Nick Branca	6	18:29*
23. Christen Hunt	11	18:50*
24. Leta Clews		

MAINE TAC TRACK MEET
Scarborough Aug 2nd

Portland Track Club 1164; Scarborough 1044; Sub-5 102; SportsEast 99; Bath Iron Works 36; Yankee 25; Lakers 18; Hampden 10; St. Joes 6.

10,000 Meters	
1. Rick Fritz SE	36:00
2. John Kester SE	36:50

400 Meter Relay	
1. BIM	46.4
2. Port A	
3. Port B	

1500 Meters	
1. Glendon Rand Sub 5	4:15.14
2. Mike Sargent Sub 5	4:17.64
3. Neal Chamberlain Sub 5	4:22.58
4. Bob Cuddy Sub 5	4:23
5. Alan Geiser Sub 5	4:34
6. R. Desmond Port	4:41

Hammer	
1. Jim Giroux Scar	157 24
2. Dick Nason	137 6
3. Steve Sherlock Yankee	104 4
4. Steve Pelletier Scar	102 4
5. K. Harrison SportsEast	61 10
6. John Sinclair Yankee	57 4

35 Pound Wt

1. Dick Nason	37.9
2. Steve Pelletier Scar	32.74
3. Steve Sherlock Yank	31.5
4. John Sinclair Yank	18.3

110 Hurdles

1. Baldwin Hampden	16.02
2. Jacobick Port	17.56
3. Werner Scar	19.70
4. Merlin Port	20.7

Discus

1. Hayden Scar	140.74
2. Giroux Scar	115.4
3. Hawkins SportsEast	113.10
4. Nason	108.6
5. Bashian	104.10
6. Harrison SportsEast	97.24

5,000 Meter

1. Glendon Rand Sub 5	16:01.1
2. Jody Norton St Joes	16:15.7
3. Neal Chamberlain Sub 5	17:13.5
4. Al Geiser Sub 5	17:24
5. Kester SportsEast	18:27

100 Meters

1. Whitmore Lakers	11.5
2. Mike Norman Sub 5	11.5
3. Lombard SportsEast	11.8
4. Droney SportsEast	12.1
5. Dudley Port	
6. McGraw	

800 Meters

1. Doug DeAngelis Sub 5	2:06.7
2. Cartonio SportsEast	2:12.7
3. Dudley SportsEast	2:15.2
4. Fournier Port	2:18

Race Walk

1. Joel Sproul	16:15.3
----------------	---------

400 Meters

1. Mike Norman Sub 5	51.2
2. Beaulroage BIW	52.5
3. Parnall Port	52.6
4. Knowlton BIW	53.5
5. Ellis SportsEast	55.5
6. Galarneau Port	

Shot Put

1. Hayden Scar	43.10
2. Caminiti Port	41.4
3. Harrison SportsEast	38.9
4. Laskey BIW	38.9
5. Nason	34.6

Long Jump

1. Mike Norman Sub 5	20.7
2. Droney SportsEast	20.2
3. Parnall Port	20.0
4. Novaria SportsEast	20.0
5. Ponders W	18.9
6. Tukey Port	

High Jump

1. Strait	6.4
2. Guss Port	
Tukey Port	5.10

Pole Vault

1. Johnson Scar	13.11
2. Guss Port	12.0
3. Werner Scar	11.6
4. Kovacs SportsEast	10.6
5. Werner Scar	
Merlin Port	

200 Meters

1. Mike Norman Sub 5	23.0
2. Whitmore Lakers	23.38
3. Lombard SportsEast	24.52
4. Dudley Port	24.8

Javelin

1. Pelletier Scar	179.8
2. Radmond Scar	178.9
3. Tukey Port	146.11
4. Upham SportsEast	146.6
5. Harrison SportsEast	114.4
6. Werner Scar	

Triple Jump

1. Strait W	42.5
2. Berube Yankee	40.64
1. Ponders W	
4. Segal Port	36.11
5. Tukey Port	
6. Gallant	36.5

400 Hurdles

1. Periera Port	64.7
2. Merlin Port	71.2
3. Werner Scar	71.5
4. Ellis SportsEast	

4x400 Relay

1. BIW	3:42.8
2. Portland	3:46.6
3. SportsEast	3:51.0
4. Sub 5	3:54.7
5. Portland B	4:05.1

WOMEN'S RESULTS

Sub 5 92: Portland Track Club 78: Lakers
50: St. Joe's 18

4x100 Relay

1. Portland A	56.3
2. Portland B	57.0

1500 Meters

1. Denise Lipsett OOB	6:07.7
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Race Walk

1. Gretchen Eastler	20:21.86
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TURNTEC

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BILL RODGERS
MOVING COMFORT
SAUCONY
HEAD

NIKE
NEW BALANCE
DOLFIN
HIND

179.8
178.9
146.11
146.6
114.4

42.5
40.4

16.11

16.5

64.7
71.2
71.5

3:42.8
3:46.6
3:51.0
3:54.7
4:05.1

78: Lakers

56.3
57.0

5:07.7

10:21.86

400 Meters		
1. Pfander Sub 5	65:17	
2. Harkavy St. Joe's	65:86	
3. Lucas Port	71:00	

Discus		
1. Buss Lakers	71.10	
2. Kannegieser Lakers	71.6	

200 Meters		
1. Sheehan Sub 5	27.8	
2. Pfander Sub 5	28.71	
3. Hart Sub 5	29.00	

4x400		
1. Portland	5:00.3	

Triple Jump		
1. Sheehan Sub 5	34.14	
2. Kannegieser Lakers	33.3	
3. Hart Sub 5		

100 Meters		
1. Sheehan Sub 5	13.4	
2. Pfander Sub 5	13.8	
3. Hart Sub 5	14.1	
4. Coyne Portland		

Long Jump		
1. Hart Sub 5	15.9	
2. Sheehan Sub 5	15.6	

High Jump		
1. Keller Port	4.6	
2. Rooney Port		

1000 Meters		
1. Kathy Tracy Sub 5	10:50.7	
2. Cole Portland	13:06	

800 Meters		
1. Haney St. Joe's	2:23.26	
2. Kannegieser Lakers	2:32.4	

Results courtesy of Dr. Mike Sargent

OYSTER FESTIVAL 10K
Damariscotta *ME-86008-GN* Jul 12th

1. Dan Dillon	29	10:57
2. Matt Griffin	20	34:35
3. James Patterson	45	35:58
4. Mike Abbot	17	36:20
5. Anthony Anderson	16	36:31
6. Josh Hanna	14	36:34
7. Randy Wilson	33	36:39
8. Al Sproul, III	48	36:51
9. Alan Reilly	33	37:20
10. Marc Hulbut	41	37:39
11. David Barker	33	38:28
12. Bill Olson	36	39:12
13. Peter Burke	18	39:24
14. Frank Woodward	44	39:26
15. Parker Johnson	26	39:33
16.		
17. Richard Lee	49	40:46
18. Detmar Schnitker	49	40:50
19. Edward Lopes	35	40:54
20. Kevin Shute	32	40:55
21. James Cunningham	27	41:26
22. Adam Russell	25	41:29
23. Lee Cunningham	50	41:35
24. Tom Klein	18	41:51
25. Don Burnham	34	42:01
26. Gerry Whitcomb	18	42:07
27. Carl Reilly	33	42:34
28. Sandy Lovejoy	30	42:35*
29. Walter Webber	55	42:53
30. Mardi Reed	43	43:29*
31. William Russell	28	43:29
32. Robert Ganung	30	43:31
33. Bill Tribou	60	43:35
34. David Libby	18	43:43
35.		
36. Don Brewer	31	43:52
37. J. Neil Bassett	35	44:02
38. Tim Stegna	28	44:03
39.		
40. Craig Haggett	31	44:16
41. Howard Spence	35	44:37

42. Charlene Sproul	47	45:01*
43. Bockwell Rodasch	18	45:27
44. Linwood Thorndike	44	45:42
45. Mike Donahue	35	45:46
46. Cynthia Stacey	28	45:57*
47. Marsha Giglio	42	46:17*
48. Donna Olson	35	46:41*
49. Fred Wingate	40	46:44
50. Jay Krouse	43	47:05
51. Mike Brett	38	47:13
52. Paul Barufaldi	15	47:29
53. Taylor Harmon	41	48:49
54. Cliff Fletcher	50	49:17
55. Dan Schick	42	49:21
56. David Hanna	19	49:33
57. C. Avan Eccleston	16	49:31
58. Chris Frost	33	49:32
59. Alex Dobrowski	46	49:55
60. Connie Towne	47	50:07*
61. Karen Mook	29	50:41*
62. Cindy Schmal	24	50:47*
63. William Klien	49	50:48
64. Bridget O'Bryan	18	50:52*
65. Brandon Maguire	15	50:53
66. Mike Weeks	15	50:55
67. Don Osborne	64	51:29
68. Steve Masters	25	51:30
69. Lisa Masters	21	51:30*
70. Morrigan Flynn	19	51:46
71. David Kellogg	35	52:12
72. Jack Frecker	28	52:33
73. Nancy Schroeder	21	53:23*
74. Brad Sewall	15	54:24
75. Avis Ingalls	37	54:36*
76. Joseph Guttentag	23	54:33
77. Sally Patterson	44	54:35*
78. Peggy Turgion	43	55:12*
79. Steve Guttentag	23	55:14
80. Paul Kubek	13	55:20
81. Mary Kennedy	26	55:23*
82. Mike Giglio	27	56:00
83. Kathryn Mowery	46	56:50*
84. Phyllis Kent	58	57:04*
85. Mark Dalute	32	57:46

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87. Dave Kubek	11	58:04
88. Lester Rhoads	70	59:39
89. Simon Frost	10	61:37
90. Laura Schroeder	24	61:59*
91. Elizabeth Wilt	38	64:34*
92. Dan McCabe	14	68:37
93. Dixie Lauer	32	71:16*
94. Jan Barter	32	72:15*
95. Laurie Bean	33	74:07*
96. Mary Ring	15	75:21*
97. Pam Mancuso	28	75:31*

"...Dan Dillon of Natick, Mass...set a blazing course record of 30:57 on the hilly loop in what was less than ideal temperatures. Dillon, 29, is a member of the U.S. Cross Country Team which competed in the world championships last March.

A 4:02 miler, Dillon considers himself to be a 5 kilometer and 10 kilometer specialist, and has run the 10K distance in 28:04 on the track and 28:40 on the roads, both world-class performances."

Rick Krause

1986 LIFE SPORTS SCHOODIC 15K Winter Harbor *ME-85013-GM* Aug 9th

1. Bruce Ellis	34	46:38
2. Tim Wakeland	21	48:47
3. Bo MacGilluray	27	49:04
4. Paul Cole (WC)	31	49:14
5. Jim Hewett	28	49:34
6. Bruce Bridgman	26	49:52
7. Mike Gaige	33	51:17
8. Robert Hillgrove	19	51:50
9. Gary Allen	29	52:00
10. Larry Deans	30	52:49
11. Guy Berthiaume	40	53:17
12. Pat O'Malley	19	53:54
13. Barry Peabody	19	54:13
14. David Renault	37	54:15
15. Dick Fournier	34	54:17
16. Jan Davison	38	54:51
17. Craig St. John	33	55:15
18. Brian McCrea	26	55:31
19. Mark Hardison	31	55:50
20. Greg Nelson	38	56:00
21. Peter Ehni	27	56:02
22. Jay Jenkins	36	56:08
23. Cynthia Lynch	25	56:09*
24. David Barker	33	56:30
25. Scott Weber	25	56:40
26. Gary Wakeland	47	56:46
27. Rebecca Richards	19	56:53*
28. Paul Grosswiller	35	57:17.2
29. Jeff Lindenthal	27	57:17.5
30. Bob Stuart	31	57:19
31. Mike Carter	36	57:29
32. Gene Roy	39	57:30
33. Chip Howe	34	57:38
34. Andy Beardsley	22	57:58.3
35. Robert Bremner	27	57:58.7

36. Bill Pinkham	43	58:01
37. Ralph Reed	23	58:06
38. Steve Krichals	40	58:19
39. Harry Schmitke	48	58:27
40. Larry Alley	31	58:37
41. Bill Whitamores	26	58:43
42. Jeff White	31	58:49
43. Mike Desautels	28	58:54
44. Andrew Weik	22	58:58
45. Larry Frank	30	59:02
46. Oskar Feichtinger	52	59:03
47. Robin Emery Rappa	39	59:07*
48. Barney Smith	39	59:37
49. David Kenney	20	59:48
50. Steve Cates	36	59:50
51. Vera Demmons	40	1:00:22*
52. Cliff Olson	43	1:00:34
53. Larry Scofield	38	1:00:37
54. Brian Noyes	28	1:01:05
55. Kim Herten	29	1:01:15*
56. Warren Bishop	19	1:01:16
57. James Hogerty	31	1:01:32
58. Steve Norton	46	1:01:46
59. Nancy Ellis	33	1:01:46*
60. Kevin Pottle	30	1:01:47
61. Ron Paquette	45	1:01:56
62. David Green	28	1:01:57
63. Linda Keniston	32	1:02:04*
64. Mimi Mattson	32	1:02:09*
65. Carl Young	17	1:02:10
66. David Wilson	42	1:02:15
67. Andrew Patterson	29	1:02:26
68. Peter Cuff	29	1:02:38
69. Fred Merriam	38	1:02:47.4
70. Peter Carr	38	1:02:47.7
71. Mardi Reed	43	1:02:52*
72. Barry Goodenow	32	1:02:57
73. George Rolleston	33	1:03:15
74. David Sandborn	41	1:03:29
75. John Erikson	35	1:03:43
76. Tom Kirby	30	1:03:47
77. Martin Schiff	47	1:03:56
78. Skip Rowe	38	1:04:11
79. Bruce Fenlason	39	1:04:18
80. David Smith	45	1:04:24
81. Ted Silver	40	1:04:26
82. Dick Cummings	48	1:04:29
83. Phil Kay	41	1:04:42
84. Geoffrey Hill	39	1:04:47
85. Kellie Connor	17	1:05:02*
86. Richard Higgins	40	1:05:15
87. Richard Smullen	38	1:05:17
88. Felice Worcester	33	1:05:26*
89. Carol McRea	32	1:05:31*
90. John Lavin	38	1:05:38
91. Doug Wood	37	1:05:46
92. Dave Atwood	34	1:05:50
93. Mark Bonderud	27	1:05:58
94. Bentley Howard	37	1:06:13
95. Melissa Sandifer	24	1:06:16*
96. Terry Rouden	35	1:06:30
97. Sarah Andrews	31	1:06:43*
98. Stephen Brennan	39	1:07:04
99. Poppy Thatcher	31	1:07:05*
100. Joan Wilson	16	1:07:12*
101. Barbara Coughlin	43	1:07:29*
102. Viday Wendrell	36	1:07:36
103. Bob Landis	44	1:07:37
104. Walt Luro	53	1:07:39
105. Andy Luro	28	1:07:43

106. Michael Fox Jr.	19	1:07:46
107. John Davis	45	1:07:49
108. Larry Ludwig		1:07:51
109. Wait Washburn	63	1:07:57
110. Joe Cooper	34	1:08:22
111. Babs Isak	21	1:08:34*
112. Jim Engelking	29	1:08:39
113. Fred Schmidt	39	1:08:51
114. Walt Moyes	39	1:08:53
115. Debbie Covey	31	1:09:02*
116. Bob Hazzard	54	1:09:08
117. Pat Dugan	33	1:09:17
118. Jennifer Turner	24	1:10:03*
119. Mark Cerilli	29	1:10:04
120. Joan Merriam	38	1:10:12*
121. Mark Holden	23	1:10:21
122. F. Setter	42	1:10:43
123. Geoff Packard	38	1:10:47
124. Russ Bradley	62	1:10:59
125. Marcia Giglio	42	1:11:23
126. Richard Davis	44	1:11:48
127. David Cobos	26	1:12:01
128. Ken Sirois	39	1:12:10
129. Alan Nausas	48	1:12:56
130. Barbara Foster	34	1:13:02*
131. Elana Clark	37	1:13:17*
132. Mike Moore	35	1:14:01
133. Ted Beaulieu	45	1:14:14
134. Ellen Spring	33	1:14:16*
135. DonaJean Pohlman	35	1:14:26*
136. Reggie Knowles	44	1:14:30
137. Paul Connor	39	1:14:35
138. Richard Butler	49	1:14:45
139. Cynthia Stacey	28	1:14:49*
140. Kevin Urbain	22	1:15:27
141. Mary Noyes	27	1:15:46*
142. Jerry Saint Amand	43	1:16:07
143. Kim Tarnover	29	1:16:13*
144. Marty Dugan	34	1:16:43
145. Winnefred Wood	32	1:16:58*
146. Jack Richards	60	1:17:50
147. Leona Clapper	56	1:18:01*
148. Scott Greenwood	37	1:18:03
149. Louise Swift	28	1:18:10*
150. Mary Jenkins	32	1:18:13*
151. Harriet Seekins	41	1:18:36*
152. Charles Clapper	57	1:18:37
153. Madeline Taylor	34	1:19:00*
154. Emily Stuart	27	1:19:34*
155. Julie Dodd	35	1:19:37*
156. Andrea Pelletier	24	1:19:45*
157. Deborah Curtis	29	1:19:59*
158. Georgianna Hogerty	31	1:20:03*
159. David Little	29	1:20:11
160. Don Osborne	64	1:20:31
161. William Tozier	58	1:21:24
162. Nancy Bussa	48	1:21:27*
163. Tom Severance	31	1:24:32
164. Don Atkinson	39	1:25:15
165. Shirley Sirois	39	1:26:35*
166. John Leslie	40	1:26:40
167. Alan Aitken	35	1:27:32
168. Jim Michio	35	1:27:33
169. Patty Jacobs	37	1:27:42*
170. Sandie Greenberg	35	1:32:24*
171. Cost Vafiades	36	1:32:59
172. David Zaslaw	55	1:36:48
173. Beverly White	47	1:37:29*

Results courtesy of Al Groh

Mon. - Fri.
11 a.m. - 10 p.m.

Sat. - Sun.
4:30 p.m. - 10:00 p.m.



For Reservations
942-1240

1:07:46
1:07:49
1:07:51
1:07:57
1:08:22
1:08:34*
1:08:39
1:08:51
1:08:53
1:09:02*
1:09:08
1:09:17
1:10:03*
1:10:04
1:10:12*
1:10:21
1:10:43
1:10:47
1:10:59
1:11:23
1:11:48
1:12:01
1:12:10
1:12:56
1:13:02*
1:13:17*
1:14:01
1:14:14
1:14:16*
1:14:26*
1:14:30
1:14:35
1:14:45
1:14:49*
1:15:27
1:15:46*
1:16:07
1:16:13*
1:16:43
1:16:58*
1:17:50
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1:18:13*
1:18:36*
1:18:37
1:19:00*
1:19:34*
1:19:37*
1:19:45*
1:19:59*
1:20:03*
1:20:11
1:20:31
1:21:24
1:21:27*
1:24:32
1:25:15
1:26:35*
1:26:40
1:27:32
1:27:33
1:27:42*
1:32:24*
1:32:59
1:36:48
1:37:29*

WINTHROP LIONS CLUB 15K ROAD RACE Winthrop *ME-85007-GN* Aug 10th

1. Lance Guliani	27	49:58
2. Barry Fifield	29	53:03
3. Steven M. McGrath	31	54:04
4. Dick Neal	39	54:23
5. Tom Thibau	28	54:55
6. George Savastio	32	56:09
7. Tom Longstreet	19	56:26
8. Paul Thompson	39	56:40
9. Larry Minar	33	56:56
10. Mark Simoneau?	38	57:01
11. Bob Coughlin	47	57:10
12. Gary Weber	40	57:28
13. Paul Bourget	28	57:36
14. John James	33	57:46
15. Doug Ludewig	46	57:51
16. Gary Cochrane	44	58:20
17. Ray Johnson	38	58:31
18. Lou Morin	32	58:52
19. Mike Daly	41	59:30
20. Bob Jolicoeur	49	1:00:01
21. Dennis Curran	40	1:00:14
22. David Dowling	32	1:00:34
23. Stan Sady	35	1:00:59
24. Russ Connors	54	1:01:00
25. Gerry Mirabile	26	1:01:08
26. Fred Karter	36	1:01:29
27. Larry Fortin	27	1:01:30
28. Joe Meehan	39	1:01:36
29. Peter St. John	44	1:02:11
30. Wolfgang Uberbacher	40	1:02:27
31. Bruce Bell	47	1:02:44
32. Larry Breton	19	1:03:04
33. Rick Strout	47	1:03:58
34. Herb Strom	56	1:04:11
35. Chuck Munier	40	1:04:13
36. Francis Freshong	44	1:04:18
37. Steve Ross	31	1:04:21
38. Dwaub Simpson	35	1:05:28
39. James Booth	40	1:05:37
40. Byron Cook	39	1:05:53
41. Ron Burnham	37	1:06:03

42. Bob Pressey	39	1:06:06
43. John Schwerdel	40	1:06:25
44. Carlton Mendell	64	1:06:52
45. Don McGilvery	34	1:07:23
46. Mike Barden	37	1:07:41
47. Walter Devault	56	1:08:11
48. Tim Smith	39	1:08:50
49. Russell Martin	36	1:09:18
50. Andrea Lapointe	31	1:09:26*
51. Jeff Preble	32	1:10:29
52. Mina Sady	33	1:11:08
53. George Maxim	54	1:11:33
54. Ed Atlee	47	1:12:13
55. Gary Barrett		1:12:33
56. Dave Gagan	50	1:12:41
57. Dave Benn	41	1:12:53
58. Robert Lutz	32	1:12:56
59. Warren Newton	18	1:13:40
60. Dan Kelly	17	1:13:40
61. Mike Levey	31	1:13:54
62. Don Wismer	42	1:14:51
63. J.H. Bristow	39	1:14:56
64. Taylor Harmon	44	1:15:24
65. Fred Wingate	41	1:16:32
66. Lee Moody	40	1:17:28
67. Clifton Fletcher	47	1:19:57
68. Albert Gaisson	50	1:21:20
69. Jerry Saint Amand	67	1:23:25
70. Lynne Cobb	43	1:24:10
Bert Richardson	30	1:25:03*
Duon Nbuuyen	51	1:25:03
John Moylan	36	1:25:32
Linda Crawford	61	1:25:35
Ian MacKinnon	39	1:26:40
	47	1:28:41

4 MILER

1. Patrick Higgins	20	21:00
2. David Nault	20	21:58
3. Matt Crook	18	22:30
Doug DeAngelis	20	22:30
4. Mike Bard	26	22:57
5. Dana Maxim	24	23:19
6. Tim Fortin	21	23:22

7. John Kelsey	41	23:23
8. Mike Cameron	40	23:55
9. Rodney White	32	24:05
10. Richard Morrison	27	24:06
11. Jay Lindsey	27	24:09
12. Doug Simonton	33	24:38
13. A. Wayne Newton	42	24:43
14. Art Warren	45	25:08
15. Dale Peabody	25	25:34
16. Bob Wight	29	25:43
17. Steve Sero	14	25:46
18. Mike Steward	18	25:48
19. Eric Larus	14	25:59
20. Mike Berrier	26	26:52
21. Pete Croux	25	27:22
22. Brian Starie	15	27:27
23. Dick Cummings	49	27:35
24. Bart Frame	42	27:37
25. Ron Filaferro	17	27:51
26. Carol Newton	32	27:53*
27. Chris Atlee	15	27:58
28. Ellen Curran	30	27:59*
29. Mike Haechey	22	28:26
30. Brian Pichard	31	28:32
31. Greg Ryan	15	28:46
32. Bob Ryan	43	29:07
33. Mike Greer	30	29:08
34. Walter Taylor	51	29:14
35. Craid Canesay	49	29:20
36. Bill Downing	35	29:23
37. Steve Smith	18	29:53
38. Steve Chick	35	29:54
39. Jeff Hachey	20	30:00
40. Steve Grouer	30	30:06
41. Gordon Smith	34	30:18
42. David Baird	35	30:22
43. Denise Imbrunn	33	30:48*
44. Warren Wilson	52	30:49
45. Herbert Robertson	51	30:50
46. Ron Lindholm	43	31:13
47. Laurent Gilbert	41	31:52
48. Edward Burnett	50	32:33
49. Bob Perkins	43	32:47
50. Carol Nichols	36	33:15*
51. Carolyn Burnham	37	33:16*

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9-5:30 Mon. - Sat.

Fri. 9-8:00

52. Eric Atkinson	21	33:32
53. Nancy Ludewig	41	33:44*
54. Kristin Cook	15	33:51*
55. James Deane	44	33:52
56. Maurice Bolduc	42	34:05
57. Marty Burn	29	34:06
58. Emily Atkinson	50	34:14
59. Gary Webber	27	34:19
60. Betsy Berry	40	34:23*
61. Harvey Mason	52	34:33
62. Nancy Seward	61	34:57*
63. Charles Atkinson	50	35:03
64. Andrea Ward	17	35:16*
65. Carol Seneidegger	31	35:20*
66. Susie Steen	16	35:25*
67. Jennifer Choate	21	36:04*
68. Nancy Rae	34	36:44*
69. Stacy Brunham	14	36:44*
Cheryl Heathcoate	14	36:44*
70. Tom Choate	23	37:14
71. Jackie Pelletier	36	37:33*
72. Bob Burns	27	39:53
73. Kim Ambury	17	39:57*
74. Christy Hachey	17	41:48*
75. Leslie Bazinet	17	43:11*
76. Linda Benn	38	43:30*
77. Kim Nelson	17	43:44*
78. Polly Hodgkins	48	46:40*
79. Laura Atlee	44	46:41*
80. Jen Guerette	16	48:21*
81. Kathy Aucoin	17	48:22*

Results courtesy of Mike Burns
Race Director



1986 DIXVILLE NOTCH INTERNATIONAL Dixville, N.H. MARATHON Aug 10th

1. Mike Beaman Derry, N.H. 3:12:14.5
8. Tom McMillan Windham 3:53:32.3

Only eleven finishers!! I could break the top ten there!!

12 Mile Run

1. Steve O'Connell 28 1:03:09
16. Don Penta Windham 40 1:38:13

Twenty-eight ran in this one and thirty-two participated on eight four-person relay teams.

Results courtesy of Don Penta

***** 6TH ANNUAL MACKEREL RUN 5K & 10K Belfast Aug 10th

- | | |
|--------------------------|--------|
| 1. Mike Thompson | 18:28 |
| 2. Mike Lantz | 18:49 |
| 3. Carl Howard | 19:16 |
| 4. Dale Cross | 19:20 |
| 5. Biff McGilpin | 19:24 |
| 6. Walt Whitcomb | 19:26 |
| 7. Bethany Heslam | 19:42* |
| 8. Drew Pales | 22:25 |
| 9. Robert Smith | 22:58 |
| 10. Rafi Baeser | 23:03 |
| 11. Debbie Prescott | 23:09* |
| 12. Mike Corso | 24:14 |
| 13. Ed Lafrance | 24:56 |
| 14. Chip Brooks | 25:15 |
| 15. Kate Fernald | 26:28* |
| 16. Patsy Baldus | 27:22* |
| 17. Pat Rauch | 28:31 |
| 18. Adrian Aveni-D-Forge | 29:35 |
| 19. Dot Wood | 30:08* |
| 20. Jill Helmkamp | 30:21* |

- | | |
|-------------------|--------|
| 21. Mike Rauch | 30:21 |
| 22. Gerald Murphy | 30:53 |
| 23. Bethany Grohs | 30:56* |

10K Results

- | | |
|----------------------|--------|
| 1. Bob Bremner | 37:57 |
| 2. Roy Rogers | 40:27 |
| 3. Joe Ryan | 41:43 |
| 4. Joe Ryan, Jr. | 44:34 |
| 5. Sheldon Belmain | 44:49 |
| 6. Jim Helmkamp | 47:15 |
| 7. Louise Dunlap | 47:36* |
| 8. Martha McGilpin | 50:08* |
| 9. Jean Goldfine | 50:13* |
| 10. John Goldfine | 50:13 |
| 11. Harold Jones | 53:44 |
| 12. Patricia Ryan | 55:27* |
| 13. Norman J. Pelkey | 67:51 |

Results courtesy of Brown Photo
Race Director Dale Cross

***** 11th ANNUAL BLUEBERRY RUN 5 MILE Machias Aug 16th

- | | |
|---------------------------|-------|
| 1. Bruce Bridgman | 25:40 |
| 2. Mike Worcester | 28:18 |
| 3. Ric Lamoureux | 28:20 |
| 4. James Ohms | 28:20 |
| 5. Mike Francis | 28:24 |
| 6. Pete Davis | 28:25 |
| 7. Robert Ashby | 28:35 |
| 8. Mickey Lackey | 28:49 |
| 9. David Alley | 29:06 |
| 10. Richard Beadard | 29:14 |
| 11. Richard Hartford, Jr. | 29:23 |
| 12. Bion McFadden | 29:32 |
| 13. Bill Pinkham | 29:34 |
| 14. Mike Carter | 29:53 |
| 15. Steve Cates | 30:04 |
| 16. Dave McCarthy | 30:12 |
| 17. George Fountas | 30:16 |

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16th

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18. Orrin Faulkingham
19. Dale Lincoln
20. Newell Lewey
21. Andy Patterson
22. Vaughn Holyoke
23. Tom McKinney
24. Ben Stark
25. Glenn Holyoke
26. Chuck Murphy
27. Mark Fochesato
28. Ronnie Brokaw
29. Hartwell Dowling
30. Tim Stuart
31. Mike Lynch
32. Joey Davis
33. Brian Cates
34. Bernard Seavey
35. Walt Noyes
36. Mike Reisman
37. Jan Brown
38. Wade Davis
39. Janet Morason
40. Mark Kent
41. Francis Morrison
42. Freddie Schmidt
43. Kari Richardson
44. Kenri Covine
45. Disco Dyzinski
46. Dave Dowley
47. Mike Cook
48. Newell Plather
49. Anne Marie Fitzhenry
50. Terry Lee Rowden
51. Jack Richards
52. Billy Fox
53. Ivan Harper
54. Henry Kelly
55. Timmie Eves
56. Kristi Richardson
57. Linda Bedard
58. Joan Leslie
59. Romona Sutherland
60. Kim Zimmerman

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- 38:02*
- 38:03*
- 38:16*

61. Billy Beard
62. Teddi Casey
63. Kevin Hartford
64. Dick Hartford
65. Pete Adams
66. John Dean
67. David Shaw
68. Bee Jay Cherry
69. Tommy Trescott
70. Dave Norling
71. Arthur Nelson
72. Vaughn Curless
73. Dawn Lamoureux
74. Tom Dickerson
75. Carl Henerson
76. Sue Wilson
77. Mike Rogers
78. Holly Thurston
79. Kelly Pontbriand
80. Al Bryant
81. Valerie King
82. Jamie Wood
83. Janice Thompson
84. Carol Harry
85. Daphne Strouthere
86. Tom Transue
87. Justin Look
88. Harper Dean
89. Sydney Rowe
90. Betsy Kille
91. Alyn Sharp
92. Dana Urquhart
93. Brian Busch

Results courtesy of Phil Stuart
Race Director - Gevennie Clade

- 38:34
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- 47:04
- 48:40
- 49:02
- 49:30*
- 49:34
- 51:16
- 51:21

LEVANT 5K COUNTRYSIDE ROAD RACE
Levant Aug 23rd

What a great day for a race! It was sunny, cool and everyone had a great time. Turn-out was good and the course was easy paced, a great training run. But most of all, we had lots of fun!

- | | | |
|------------------------|----|--------|
| 1. Larry Deans | 30 | 16:13 |
| 2. Brian McCrea | 26 | 16:17 |
| 3. Rod White | 32 | 17:01 |
| 4. Jeff White | 31 | 17:08 |
| 5. George Mayo | 42 | 17:21 |
| 6. Don Goodness | 37 | 17:28 |
| 7. James Cox, Jr. | 30 | 17:36 |
| 8. Dick Miles | 31 | 17:54 |
| 9. Cliff Hatfield | 53 | 18:52 |
| 10. James George | 32 | 18:59 |
| 11. J. Paul Ciarrocchi | 38 | 19:40 |
| 12. Joan Merriam | 38 | 20:33* |
| 13. David Lane | 34 | 21:37 |
| 14. Ann O'Leary | 15 | 22:56* |
| 15. Tim Dauphinee | 35 | 23:00 |
| 16. Donna Hasey | 27 | 23:28* |
| 17. Kate Roseberry | 32 | 23:50* |
| 18. Jake Gilbert | 48 | 24:30 |
| 19. Don Washburn | 28 | 25:35 |

Results courtesy of Jeanne Spaulding
Race Director



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GOOD SPORTS 10 MILE RUN
Brunswick

Aug 24th

1. Lance Galiani	53:10	41. Matt Hutmakter	1:04:34	85. Jim Graffam	1:10:13
2. George Towle	55:41	42. Patrick Connell	1:04:36	86. Peter Galle	1:10:26
3. James Toulouse	56:45	43. Mike Reali	1:04:40	87. Ray Cooper	1:10:31
4. Allen Pierce	57:27	44. Steve Ross	1:04:44	88. Don McGilvery	1:10:47
5. Tomas Mendez	57:53	45. Steve Jordan	1:04:48	89. Doug Wood	1:10:48
6. Guy Berthiaume	58:08	46. James Bunce	1:05:03	90. James Booth	1:11:00
7. Alan Quinlan	59:01	47. Frank Farland	1:05:20	91. Mike Mosley	1:11:01
8. Frank Brume	59:07	48. Alburn Butler	1:05:22	92. Mike Duprey, Jr.	1:11:03
9. Donald Harden	59:26	49. Arnie Green	1:05:29	93. Richard Higgins	1:11:06
10. Randy Wilson	59:43	50. Joy Green	1:05:35	94. Bob Cushman	1:11:12
11. Steve Fluett	1:00:00	51. Larry Fortin	1:05:52	95. Troy Wayrynen	1:11:15
12. Tony Owens	1:00:09	52. Robert Boise	1:06:01	96. Sandra Wyman	1:11:16
13. Mike Lally	1:00:10	53. Richard O'Leary	1:06:14	97. Bruce Fenlason	1:11:18
14. Laura Marie Duffy	1:00:16*	54. Bruce Pooler	1:06:22	98. Martin Desmarais	1:11:36
15. Joseph Von Ehr	1:00:54	55. Rich Wells	1:06:22	99. Tom Smith	1:12:00
16. Joe Titcomb	1:00:55	56. Rob Jarratt	1:06:23	100. Dave Prindall	1:12:11
17. Garth Batista	1:01:04	57. Harry Hunt	1:06:37	101. Brian Hall	1:12:11
18. Alan Reilly	1:01:10	58. Mike Towle	1:06:51	102. Dave Trussell	1:12:16
19. Mark Wanner	1:01:18	59. Jeff Preble	1:06:57	103. J.P. Lavoie	1:12:17
20. Mike Daly	1:01:21	60. David Smith	1:07:15	104. David Delois	1:12:18
21. John Kester	1:01:29	61. Mimi Mattson	1:07:20*	105. John Moncure	1:12:21
22. Jeff Bengtsson	1:01:51	62. Rick Strout	1:07:34	106. Howard Spence	1:12:24
23. Tom Allen	1:02:01	63. David Fenderson	1:07:47	107. Wanda Morin	1:12:26*
24. Louise Thibeault	1:02:02*	64. Joe Cesta	1:07:51	108. Dave Libby	1:12:29
25. Mark Hurlbutt	1:02:06	65. Fred Beck	1:08:06	109. Barbara Coughlin	1:12:38*
26. James Anderson	1:02:08	66. Gary Hamilton	1:08:13	110. Richard Jewell	1:12:43
27. Bob Payne	1:02:16	67. Bill Pavliska	1:08:14	111. Gary Barrett	1:12:49
28. Brian Milliken	1:02:23	68. Richard Ganong	1:08:16	112. Patrick Peterson	1:12:59
29. Bill Fitzsimmons	1:02:30	69. Jon Brawn	1:08:23	113. Robert Ellister	1:13:03
30. Gary Cochrane	1:02:40	70. Dave Whitney	1:08:24	114. Erik Baker	1:13:32
31. Dennis Curran	1:03:03	71. Francis Preshong	1:08:32	115. John Peters	1:13:35
32. Ron Cedrone	1:03:06	72. George Prescott	1:08:46	116. Marj Adams	1:13:41*
33. Eric McNett	1:03:15	73. Walter Webber	1:08:53	117. Mike Kay	1:13:45
34. Gerald Chertavian	1:03:28	74. Kevin Shute	1:08:54	118. Frank Brawn	1:13:46
35. Stuart Jordan	1:03:42	75. John Gale	1:09:01	119. George Colombo	1:13:47
36. Randy Jordan	1:03:50	76. Richard Cummings	1:09:02	120. Ron Labbe	1:13:58
37. John Edwards	1:04:00	77. Gary Heald	1:09:06	121. Robert Hazzard	1:14:00
38. George Johnson	1:04:07	78. Craig Boyd	1:09:11	122. Ray Cherest	1:14:09
39. Joe Meehan	1:04:15	79. Arnold Green II	1:09:11.9	123. Ellen Curran	1:14:10*
40. Robert Jolicoeur	1:04:24	80. Walter DeVault, Jr.	1:09:23	124. Ron Deane	1:14:19
		81. Wayne Harlow	1:09:31	125. Peter Monaco	1:14:20
		82. Deb Hewson	1:09:34*	126. Nancy Lovetere	1:14:41*
		83. Lee Nicely	1:09:39	127. Taylor Harmon	1:14:42
		84. Donald Sanborn	1:10:06	128. D.J. Brennock	1:15:06

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129. John Howe
130. Russell Martin
131. Mark Morse
132. Paul D'Amboise
133. Ken Casey
134. Chuck King
135. Karl Geib
136. Gard Rand
137. Don Brewer
138. Jeanne Desjardin
139. Walden Vickerson III
140. Stephen Crockett
141. Robert Wilson
142. Richard Cavanaugh
143. Robert Waddle
144. Peter Golding
145. Lamont Boileau, Jr.
146. Susan Stone
147. Karen Milliken
148. William Fruth
149. Roddy Powers
150. M.S. McCaffrey
151. James Pierce
152. Kathy Perry
153. Mike Celler
154. Doug Morrell
155. Heather Higbee
156. Terri Jordan
157. Jay Wood
158. Matthew Giustra
159. David Cowley
160. Charles Wingate
161. Gladys Dewick
162. Bill Higbee
163. Ron Felton
164. J. Kirkpatrick
165. James Sullivan, Jr.
166. Laurel Kane
167. Charlie Gordon
168. John Hall
169. Don Penta
170. Brian Perkins
171. Jean Thomas

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172. Fran Brennan
173. Trina Sewall
174. Jeanne Peterson
175. Virginia Barry
176. Louise Dunlap
177. Katherine Christie
178. Herb Robertson
179. L. Mulligan
180. John Mulrooney
181. Peter Ladner
182. Rick Schwab
183. Barry Lohnes
184. John Woods
185. Maria Kilbride
186. Cathleen Eastman
187. Kenneth Paille
188. Ellen Spring
189. Jean Herlihey
190. Joseph Croteau
191. Dave Bean
192. Robert Morrison
193. Cathy Jarratt
194. Alan Fink
195. William Davenny
196. Gerry Wing
197. Winifred Wood
198. Ivy Faunce
199. Luke Giustra
200. Pam LeJeunesse
201. Lisa Tagariello
202. Jennifer Brennan
203. Linda McNett
204. Rick O'Brien
205. Sandra Utterstrom
206. Barbara Footer
207. Ann McDonough
208. Laura Dorsey
209. Barbara O'Connor
210. Scott Gagnon
211. Linda Crawford
212. Cliff Fletcher
213. Karen Knight
214. Susan Davenny

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215. Barbara Gros
216. Lorna Giles
217. William Tozier
218. Melvin Fineberg
219. Warren Foye
220. Warren Turner
221. Rick Byras
222. James McGovern
223. Stephen Dewick
224. Dee Nicely
225. Brenda Cushman
226. Maury Cyr
227. Beverly McCoid
228. Toni Parise
229. Peter Seidner
230. Lester Rhoades
231. Marilyn Seidner
232. Jude Golding
233. Richard Guistra

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The numbers were down, but the experience, as usual, was great. Pound for pound, this slightly biased person likes our race best in the State.

Lance Gulliani led from wire to wire and was not seriously challenged once he left the stadium. Good to see George Towle, a veteran of this race and many others, do so well.

The track was only authorized for our use the Friday before our Sunday performance. Otherwise, the date change coupled with a possible course alteration might have done us in. In short, however, I sensed that both the participants and the volunteers had an equally enjoyable experience.

All the best,

Rob

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BATH ELKS FIVE MILE CLASSIC 1986

Bath Aug 30th

1. Barry Fifield	26:38
2. Bill Babcock	26:54
3. Scott Loomis	28:17
4. Ray Johnson	28:36
5. Marc Hurlburt	28:47
6. Alan Reilly	28:53
7. John Mathieu	29:50
8. James Bunce	29:54
9. Joby Bonarrigo	30:13
10. Harry Hunt	30:20
11. Joe Meehan	30:23
12. Mike Mosley	30:24
13. Robert Jolicoeur	30:29
14. Ed Lopes	31:25
15. Mark Seamans	31:41
16. Deb Hewson	31:58*
17. Marcy Walker	32:10*
18. Tom Bennett	32:14
19. Susan Orenstein	32:02*
20. Gary Heald	33:02
21. Malcolm Gauld	33:16
22. Tom Norton	33:22
23. Walter DeVault	33:34
24. Craig Haggett	33:44
25. Howard Spence	33:48
26. Bruce Poliquin	34:24
27. Thomas Anglim	34:25
28. Eduardo Tugendhat	34:25
29. Brian Hall	34:31
30. Carlton Mendell	34:36
31. Tony Gomersall	34:52
32. Steven Boyce	35:07
33. Donald Bruce	35:18
34. Robert Morrison	35:39
35. Don Brewer	35:39
36. Theresa Withee	35:42*
37. Cynthia Vokey	35:45*
38. Dean Hatch	35:52
39. Stephen Filler	35:56
40. Gordon Struble	35:56
41. Doug Munsey	36:16
42. Donna Seamans	36:21
43. Gary Vincent	36:26
44. Jim Soule	36:58
45. Jeff Ashford	37:03
46. John Woods	37:27
47. Jayne Sullivan	37:29*
48. Geo. D'Alesandro	37:33
49. Holly Hallowell	37:37*
50. Claire Irvin	37:38*
51. Kerstein Nemitz	38:37*
52. Emily Mosher	38:41*
53. Sandra White	39:32*
54. David Sahadak	39:46
55. Jennifer Oddleifson	39:47*
56. Jean Fletcher	40:21*
57. Russ Hatch	41:07
58. Kenneth Dion	41:29
59. Kenneth Crepeau	42:10
60. Albert Glasson	42:15
61. Mel Ferris	42:36
62. Khara Nemitz	43:39*
63. Jason Cooper	44:53
64. Teri Winking	45:30*
65. Barbara Boyce	45:30*
66. Melanie Perry	45:33*
67. Diana Tugendhat	45:42*
68. Judith Golding	51:27*
69. Brendan Nichols	51:27
70. Rebecca Nichols	57:34*

Results courtesy of Russ Hatch
Race Director

BATH ELKS FUN RUN

1. Josh Hanna	10:21
2. James Cox	10:56
3. Mike Favreau	11:02
4. Robert Jolicoeur	11:22
5. Jamie Hasenfus	11:38
6. Eric LaRue	11:44
7. Howard Spence	11:50
8. Martin Desmaris	12:21
9. Mike Celler	12:39
10. Earnest Wenzler	12:39
11. Donald Bruce	12:54
12. Brian Ward	13:41

13. Tom Abello	13:49
14. Bob Perkins	14:01
15. Roberta Greenfield	14:12*
16. Dorothy Stoddard	14:46*
17. Katie Hurlburt	14:48*
18. L. Barron	14:50
19. Amy Trebilcock	14:52*
20. Guerin Anglim	14:46*
21. Chris Hall	15:05*
22. Cheryl Gilbert	15:17*
23. Albert Glasson	15:22
24. Ian MacDonald	15:26
25. Cheryl Pooler	15:35*
26. Jason Hall	15:39
27. Harvey Mason	15:50
28. Jane Carpenter	15:57*
29. Sandy Weiggert	16:01*
30. Debra Ringer	16:13*
31. Ben MacDonald	16:21
32. Panee Coffin	16:37*
33. Brandon Marsh	23:21
34. Gary Sprinkle	23:22

1986 WINDSON FAIR SHRINE DAY 5 MILE Windsor Aug 30th

1. Brian Warren	27:21
2. Brian Ladner	27:50
3. David Johnson	29:19
4. Richard Morrison	29:19
5. Fred Cheney	29:51
6. Rob Payson	29:54
7. Dan Cake	30:07
8. Rod White	30:27
9. Wolfgang Uberbacher	30:44
10. Vern Demmons	30:48
11. Larry Fortin	30:50
12. Timothy Fortin	31:09
13. Clint Gordon	31:17
14. David Sargent	31:19
15. Art Warren	31:23
16. Bruce Jon Bell	31:31
17. Rick Strout	31:35
18. Frederick Saban	32:08
19. Michael Hein	32:49
20. Dick Cummings	32:51

WANTED

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5 MILE
Aug 30th

21.	David Blair	32:54
22.	Timothy Smith	33:11
23.	Ray Quimby	33:48
24.	Rex Nelson	33:52
25.	Roland St. Pierre	34:01
26.	James Mansir	34:03
27.	Dewey Baker	35:06
28.	Gary Barrett	35:07
29.	Taylor Harmon	35:16
30.	Brian Fortin	35:38
31.	Roger Mills	36:16
32.	David Baird	36:31
33.	Steve Chick	37:04
34.	Mike Flynn	37:05
35.	Craig Poulin	37:15
36.	Cameron Poulin	37:28
37.	Thomas Daggett	38:05
38.	Buster Corbin	38:23
39.	Ellen Spring	38:30*
40.	Fred Brown	38:43
41.	Joanie Rhoda	38:52*
42.	William Donovan	39:47
43.	Robert Marquis	39:48
44.	Kristen Kenoyer	39:58*
45.	Kristin Smith	39:59*
46.	Fred Wiand	40:28
47.	Fred Gerber	40:45
48.	Linda Crawford	41:41*
49.	Carol Nichols	42:00*
50.	Boxanne Malley	42:49*
51.	Anthony Campbell	42:59
52.	Dan Tibbetts	43:05
53.	Alton Myer	47:06
54.	John Daggett	51:31

In spite of a cool dry day with clear skies, a field of 54 participating in (the) eighth annual five mile Shrine Road Race failed to break the existing course record of 26:51 for the Windsor Fair run.

Results courtesy of William McFarland
Race Director

NORTHEAST HARBOR 5 MILE Northeast Mbr *ME-86011-GN* Aug 30th

1.	Andy Palmer	MRC	32	24:26.3
2.	Misa Fossas	MRC	24	25:09.4
3.	Geo McGuire		28	25:40.7
4.	Pat Corrigan		33	26:55.7
5.	Harold Hatch		46	27:41.6
6.	Gary Allen		29	27:55.0
7.	Shayne Worcester		16	28:07.7
8.	David Renault		38	28:11.5
9.	Michael Desautel		28	28:38.9
10.	Charlie Fischer		40	28:47.7
11.	David Alley		36	29:17.3
12.	Stephen Cates		36	29:28.9
13.	Charles Nichols		37	29:33.9
14.	Bill Pinkham		43	29:47.3
15.	Alexander Nalle		25	29:58.5
16.	Barney Smith		39	30:08.4
17.	Cornelius Russell		23	30:13.2
18.	Norman Hawes		45	30:25.6
19.	Ben Neilson		25	30:47.3
20.	James Cogliano		28	30:52.4
21.	Cliff Olson		43	31:03.6
22.	Tom Kirby		30	31:29.4
23.	Carl Little		32	31:37.8
24.	Ken King	MRC	30	31:41.0
25.	Robby Shea		13	31:41.4
26.	Andrew Patterson		29	32:16.2
27.	Perley Merrick		39	32:22.2
28.	Dwight Brown		38	32:27.5
29.	Kellie Stratton		20	32:29.8*
30.	Cliff Hatfield		53	32:37.3
31.	James Joanos	MRC	52	32:39.1
32.	Bob Wheeler	MRC	44	32:47.8
33.	Jay Hass		24	32:51.8
34.	Ray Gastonquoy		41	32:52.3
35.	Fan Cromwell		29	32:58.4*
36.	Steve Maun		34	32:59.5
37.	Richard Harding		41	33:04.4
38.	Joey Davis		28	33:05.2
39.	John Robertson		32	33:07.4
40.	Will Haynes		39	33:15.2

41.	Ellen Grant	29	33:24.7*
42.	Kevin Carley	31	33:25.3
43.	Mike Boyson	32	33:25.7
44.	Arthur Gilkes	11	33:39.8
45.	Jim Bright	36	33:41.0
46.	Brian Cates	32	33:42.1
47.	Felice Worcester	33	33:47.2
48.	Larry Rich	38	33:58.1
49.	Clark Ketchum	36	34:03.6
50.	Braden Alley	11	34:06.4
51.	David Barker MRC	47	34:11.6
52.	Chris Brown	34	34:33.3
53.	Josephine Cooper	34	34:35.3*
54.	Vicky Vendrell	36	34:35.5*
55.	Nancy Grant	29	34:39.4*
56.	Stan Pride	54	34:51.4
57.	Kathy Wheeler MRC	35	35:04.2*
58.	Jenny Foden	26	35:27.6*
59.	Mike Smith	46	35:30.4
60.	David Nadel	43	35:38.3
61.	Richard Davis	44	35:55.7
62.	Terry Cousins	42	36:08.3
63.	David Foulke	20	36:12.9
64.	Jack Muensia	38	36:20.7
65.	Dwight Brown	13	36:25.2
66.	Leon Goldstein	53	36:39.1
67.	Robert Myers MRC	29	36:53.1
68.	Richard Butler	47	37:00.0
69.	Mike Rosenberg	39	37:04.0
70.	Charles Ingersoll	39	37:12.6
71.	A. Bissonelle	40	37:18.1
72.	Jeff Nichols	24	37:21.7
73.	Jane Dembner MRC	25	37:26.4*
74.	Jack Richards	60	37:28.6
75.	Adam Sala	14	37:30.6
76.	Owen Minott	29	37:31.3
77.	Goeffrey Minott	33	37:31.6
78.	Barbara Footer MRC	34	38:01.8*
79.	George Swanson	53	38:13.7
80.	Gus Borda	30	38:15.3
81.	Steven Little	24	38:16.8
82.	Kristine Smith	16	38:17.0*
83.	Stephanie Watson	17	38:30.0*
84.	James Mroch	44	38:36.4



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MON, TUE, WD 9-5

THUR, FRI 9-6 SAT 9-2

WE MANUFACTURE OUR OWN AWARDS

85. Paul Stolz	28	38:43.0	24TH ANNUAL BANGOR LABOR DAY 5 MILER	40. Steve Krichels	40	30:12
86. Jeffrey Dix	33	38:43.5	Bangor *ME-85014-GN*	41. Chico Jewell	27	30:22
87. David Little	29	39:01.0	Sep 1st	42. Robin Emery Rappa	39	30:22
88. Sarah Borda	28	39:01.6*		43. Rodney White	32	30:55
89. John Scheide	33	39:09.4	1. Roy Morris	44. Fred Merriam	39	30:55
90. Eugene Porcaro	42	39:17.8	2. Mike Gaige	45. Peter Carr	38	30:58
91. Peter Seymour	33	39:21.1	3. Dan Dearing	46. Roy Rodgers	32	31:04
92. Don Osborne	64	39:24.5	4. Glendon Rand	47. Newell Lewey	28	31:22
93. Lesley Proulx	15	39:27.4*	5. Jim Newett	48. Don Ardine	44	31:27
94. Frank Torrisi	37	40:03.3	6. Richard Khorigan	49. Pat Turner	29	31:28
95. Theresa Hainer MRC	31	40:16.0*	7. Bruce Bridgman	50. Justin Poland	39	31:30
96. Arthur Gilkes, Jr.	43	40:20.8	8. Rusty Taylor	51. Tom Kirby	30	31:31
97. Bill Arata	43	40:25.4	9. Bob Hillgrove, Jr.	52. Warren Bishop	19	31:46
98. Charles Chandler	41	40:27.5	10. Harold Hatch	53. Daniel Lemieux	26	32:07
99. Marsha Fuller	15	40:32.9*	11. Dave Renault	54. Tim Potter	27	32:09
100. Sam Eliot	41	40:42.3	12. Larry Deans	55. Brian Newbegin	17	32:12
101. Milton Bailey MRC	67	41:11.5	13. Dana Maxim	56. George Hall	41	32:11
102. Mike Olson	12	41:23.8	14. Guy Berthiaume	57. Craig Boyd	35	32:12
103. Ben Tongue	26	41:28.2	15. Pat Boss	58. Tom Tetu	38	32:20
104. Lisa Harper	19	41:49.3*	16. Mike Desautels	59. Cliff Hatfield	53	32:22
105. William Tozier MRC	59	41:54.4	17. Tim Michaud	60. Al Sproul, IV	23	32:30
106. Jamie Wood	12	42:09.2*	18. Brian McCrea	61. Tim Doughty	36	32:41
107. Bobbi Wilson	15	42:13.9*	19. John Mills	62. Mark Harris	29	32:52
108. Lynn Rosenberg MRC	46	42:36.2*	20. Al Sproul III	63. Peter Crovo	25	32:55
109. Diane Barker MRC	44	43:04.3*	21. William Janeway	64. Ron Gelinis	38	33:05
110. Stephen Mathis MRC	32	43:09.6	22. Peter Ehni	65. Robert Titus	39	33:08
111. Betty Joanos MRC	50	43:16.7*	23. Gary Wakeland	66. Larry Rich	38	33:15
112. James White	16	44:22.6	24. Kevin Adams	67. Ron Cote	38	33:21
113. Frank White	38	44:23.0	25. Dick Neal	68. Walt Luro	53	33:25
114. Bill Reynolds	43	44:24.3	26. Steve Malloy	69. Oscar Poulsen	39	33:32
115. Marj Lee MRC	38	44:28.7*	27. Brian St. Louis	70. Gary Larson	41	33:41
116. Jim Flanagan	28	44:46.4	28. Bill Pinkham	71. Johnna Fleming	15	33:48
117. Nancy Stolz	24	47:21.4*	29. Dave Clement	72. Gary LaClaire	34	33:49
118. Molly Newell	27	49:50.9*	30. Orrin Faulkingham	73. Carl Bowen	54	33:51
119. Sarah Plummer	19	50:39.5*	31. James Harrigan	74. Paul Hammond	24	33:47
120. Mary Jo Dix	32	53:50.6*	32. Alex Hammer	75. Sam Hamilton	55	34:02
121. Adolph Fuerst	60	53:52.3	33. Steve Gross	76. Dave Gelinis	17	34:09
			34. Bill Comeau	77. Mark Sonderud	27	34:13
			35. Bob Main	78. Kellie Connor	17	34:14
			36. Mike Doore	79. Gary Worthing	35	34:33
			37. Don Goodness	80. Bernard Kubetz	37	34:44
			38. Jeff White	81. Andy Sekera	14	34:47
			39. Steve Marquis	82. Jim Moorhead	16	34:47

Results courtesy of Northeast Harbor
Fire Department

MRC = Maine Running Camp

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			CAPE CHALLENGE HALF-MARATHON			S. Portland *ME-85006-GH* Sep 7th					
40	30:27	83. Robert White	44	34:49.4	1. Bruce Ellis	1:07:28	67. Don Best	1:29:00	68. David Fenderson	1:30:03	
27	30:28	84. Stan Pride	54	34:50.6	2. Stan Bickford	1:07:48	69. Joe Cesta	1:30:09	70. Jack Reagan	1:30:28	
39	30:29	85. Phil Gullion	15	34:51.4	3. Ralph Duquette	1:09:22	71. Ray Shevenell	1:30:30	72. William Pavlisko	1:30:32	
32	30:51	86. Dave Hayward	16	35:06.9	4. Danny Paul	1:09:42	73. Terry Clark	1:30:34	74. William Everett	1:30:38	
39	30:53	87. Jim Nichols	34	35:11.1	5. Lance Guliani	1:11:20	75. Roger Borduas	1:30:48	76. Douglas Smith	1:30:49	
38	30:58	88. Joan Merriam	38	35:12.1*	6. Paul Cole	1:14:14	77. Neal Bond	1:30:55	78. William Nelson	1:31:07	
32	31:04	89. Jerry Saint Amand	43	35:13.8	7. Jim Toulouse	1:15:06	79. Tom Getchell	1:31:13	80. Thomas Caron	1:31:25	
28	31:20	90. Sam Mitchell	32	35:15.6	8. Steve McGrath	1:16:36	81. Peter Connell	1:31:31	82. Jo Comeau	1:31:39	
44	31:22	91. Adam Sala	14	35:23.3	9. Ron Newbury	1:16:37	83. David Comeau	1:31:58	84. Mike Daly	1:31:59	
32	31:04	92. Richard Sayles	34	35:39.3	10. Gordon Scannell	1:16:43	85. Peter Roper	1:32:06	86. David Paul	1:32:13	
28	31:20	93. Carlene Sproul	47	35:54.5*	11. Lawson Noyes	1:16:47	87. Michael Barden	1:32:20	88. Al Dingley	1:32:30	
44	31:22	94. Paul Connor	39	36:00.0	12. Don Harden	1:17:31	89. Len Sanborn	1:32:33	90. John Gale	1:32:44	
29	31:28	95. Olivia Scott	28	36:00.7*	13. Barry Fifield	1:18:47	91. James Hogarty	1:32:47	92. Tim Smith	1:32:48	
39	31:30	96. Ed Thompson	51	36:01.4	14. Stephen Fluet	1:19:12	93. Charles Probert	1:32:51	94. Carlton Mendall	1:33:00	
30	31:33	97. Jon Davis	32	36:02.8	15. Judson Esty-Kendall	1:19:33	95. Donald McGilvery	1:33:07	96. Thomas Norton	1:33:10	
19	31:46	98. Kathleen Martin	42	36:05.3*	16. Dennis Weeks	1:19:52	97. Howard Spence	1:33:31	98. Jeffrey Preble	1:33:42	
26	32:07	99. Terry Coysius	37	36:16.1	17. John Eldredge	1:20:17	99. Walter Webber	1:33:54	100. David Houser	1:33:56	
27	32:09	100. Steve Beal	38	36:18.8	18. Harry Nelson	1:20:20	101. Ken Sylvester	1:34:06	102. William York	1:34:17*	
17	32:10	101. Paul Ciarrocchi	14	36:20.9	19. Dale Dorr	1:20:44	103. Carol McRea	1:34:19	104. Jonathan Wolkow	1:34:33*	
41	32:11	102. Jason Merriam	42	36:21.6	20. Gary Cochrane	1:21:00	105. Marj Adams	1:35:09	106. Ron Labbe	1:35:12	
35	32:12	103. Don Preble	42	36:29.5	21. Thomas Frederick	1:21:03	107. Lester Rozinsky	1:35:19	108. Mark Morse	1:35:20	
38	32:20	104. Jerry Bates	23	36:30.1*	22. Charles Nichols	1:21:38	109. Orlando Delogu	1:35:42*	110. Gail Kinney	1:35:44	
53	32:22	105. Michelle Brogunier	31	36:32.3*	23. Tony Owens	1:21:49	111. Reginald Grant	1:35:47	112. John Belanger	1:35:52*	
23	32:30	106. Sheila Hodges	31	36:37.1	24. Muzzy Barton	1:22:05	113. Joan Lavin	1:36:10	114. Bill Gayton	1:36:17*	
36	32:41	107. Colan Davis	33	36:49.1	25. Michael Carter	1:22:16	115. Raphael DePrez	1:36:19	116. Julie Millard	1:36:23*	
29	32:52	108. Reginald Lizzotte	38	37:25.4	26. John Lunt	1:22:22	117. Don Carter	1:36:25	118. Barbara Russell	1:36:27	
25	32:55	109. Bill Shuttleworth	33	37:29.0	27. Larry Kinner	1:22:33	119. John Howe	1:36:35	120. Leon Hadianis	1:36:31	
38	33:05	110. Mike Elliott	44	37:37.4	28. Richard Morrison	1:22:46	121. Steve Stedman	1:36:41	122. Tony Gomersall	1:36:46	
39	33:08	111. Ken Awaft	16	37:43.7*	29. James Geary	1:22:58	123. John Conley	1:36:47	124. Richard Jewell	1:36:54	
38	33:15	112. Nickie Sekera	40	37:47.9	30. Ron Cedrone	1:23:05	125. Arthur Porter	1:37:09	126. Gary Barrett	1:37:10	
18	33:21	113. Arthur Bissonnette	32	38:06.3	31. Dennis Smith	1:23:08	127. Brian Haley	1:37:12*	129. Barbara Regan	1:37:47	
53	33:25	114. Jim Graham	55	38:11.1	32. Don Wilson	1:23:23	130. Ken Casey	1:37:50	131. Frank Morong	1:38:03	
41	33:32	115. Dick Lepore	41	38:21.8	33. Paul LaTarte	1:23:26	132. Tim Smith	1:38:04*	133. Marian Bouchard	1:38:15	
39	33:41	116. Jim Fendergist	59	38:24.2	34. Stewart Jordan	1:23:28	134. Jim Nelson				
15	33:48	117. Joe Aubin	19	38:27.5	35. Michael Cirillo	1:23:39					
34	33:49	118. Todd Foust	37	38:33.5*	36. Bob Jolicoeur	1:23:43					
54	33:51	119. Elana Clark	28	38:52.8	37. Phil Vezina	1:23:49					
24	33:47	120. Mike Sturgeon	52	39:16.6*	38. Russ Connors	1:24:02					
55	34:02	121. Judy Bjorn	24	39:38.6	39. Randy Jordan	1:24:11					
17	34:09	122. Tony Cyrus	64	39:45.7	40. Mike Butterfield	1:24:16					
27	34:13	123. Don Osborne	17	39:46.4	41. Nathan Lake	1:24:32					
17	34:14	124. Matt Kirkpatrick	41	39:47.1*	42. Malcolm Kidd	1:24:57					
35	34:33	125. Harriet Seekins	37	39:54.2*	43. Joseph Meehan	1:25:04					
37	34:44	126. Judy Doore	30	40:01.7	44. Stanley Sheldon	1:25:16					
14	34:47	127. Tom Graham	34	40:10.3*	45. Frank Ferland	1:25:35					
16	34:47	128. Janice Pilotte	43	41:19.0	46. David Smith	1:25:51					
		129. Ernest Henderson	36	41:22.7*	47. Gerry Mirabile	1:26:06*					
		130. Paula Lepore	50	41:30.3	48. Bruce Bell	1:26:08					
		131. Walter Landry	37	41:41.0	49. Mim Nelson	1:26:15					
		132. David Clark	39	42:11.4	50. Mike Reali	1:26:23					
		133. Eddie Watson	23	42:15.3	51. Al Butler	1:26:30					
		134. Jean Faller	38	42:26.4	52. John Edwards	1:26:37					
		135. Chip Brooks	36	42:37.0	53. Gregory Baston	1:26:46					
		136. Ken Remsen	7	42:37.6	54. Michael Mosley	1:26:55					
		137. Eric Remsen	44	43:00.7	55. Ken O'Quinn	1:26:57					
		138. William Williams	12	44:18.6	56. Bruce Poffler	1:27:32					
		139. Jamie Wood	69	44:26.5	57. Richard Littlefield	1:28:07					
		140. Harry Trask	44	45:31.0	58. Gary Rogers	1:28:13					
		141. David Kull	58	46:20.1	59. David Silk	1:28:25					
		142. Aurele Ouellet	15	46:35.3	60. Francis Preshong	1:28:35					
		143. Chuckie Green	22	46:40.5*	61. David Medara	1:28:44					
		144. Joanna McCann	29	46:50.3	62. James Jackson	1:28:50					
		145. Dan Gallant		60:00.0	63. Rick Strout	1:28:56*					
		146. Kelvin McFarling		65:31.8	64. Hubert Strom						
		147. Sam Ouellet	82		65. Deb Hewson						

Results from Bob Booker - Race Director



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CROSS COUNTRY SKIING

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EAST

TOPSHAM FAIR MALL (207) 729-1800

Topsham, Maine 04086

RUNNING CLUB

Runs on Saturday Morning Rides on Tuesday Evening

8:00 AM

ALL WELCOME!

5:30 PM

OPEN 9:00 AM - 9:00 PM and Sunday Afternoons



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135. Mike O'Brien
 136. Andrea Lapointe
 137. David Benn
 138. George Colombo
 139. Walden Vickerson
 140. Paul D'Amboise
 141. Rodger Smith
 142. Karen Milliken
 143. Richard Lemieux
 144. Bob Wilson
 145. Roger Pike
 146. Ellen Chandler
 147. Gerald Poirier
 148. Jerry Saint Amand
 149. Stoddard Chaplin
 150. Michael Lacroix
 151. David Volin
 152. Andrew Meyer
 153. Bill Davenny
 154. Ernest Dieckmann
 155. Peter Hall
 156. Laurel Kane
 157. Bob Akerley
 158. Bob Morrison
 159. Larry Csanick
 160. Kathryn Perry
 161. Cindy Vokey
 162. Richard Cavanaugh
 163. Russell Bradley
 164. Betsy Barrett
 165. Dan Barrett
 166. Robert Fillion
 167. David Conley
 168. Robert Neault
 169. Jean Thomas
 170. Philip Bartlett
 171. Kip Jordan
 172. Len Mulligan
 173. Warren Wilson
 174. Jeffrey Babino
 175. Sandee Prescott
 176. Don Penta
 177. Beth Hassinger

1:38:16
 1:38:25*
 1:38:26
 1:38:39
 1:38:40
 1:38:40
 1:38:43
 1:38:50*
 1:38:55
 1:40:02
 1:40:42
 1:40:42*
 1:40:53
 1:41:10
 1:41:20
 1:41:25
 1:41:26
 1:41:46
 1:41:46
 1:41:47
 1:41:48
 1:42:01
 1:42:09
 1:42:18
 1:42:20
 1:42:21*
 1:42:30*
 1:42:35
 1:42:48
 1:43:04*
 1:43:05
 1:43:30
 1:43:58
 1:44:27
 1:44:42*
 1:45:15
 1:45:35
 1:45:48
 1:46:35
 1:46:42
 1:46:50*
 1:47:51
 1:48:03*

178. Mark Long
 179. Lynne Hans
 180. Laurent Gilbert, Sr.
 181. Joe St. Hilaire
 182. Gregory Sharp
 183. Darlene Sharp
 184. Ellen Spring
 185. Tony Anthony
 186. Marian Leschey
 187. Eleanor Vance
 188. Dennis Morrill
 189. Laurie Battisti
 190. Brian Himelbloom
 191. Lee Akerley
 192. Rick O'Brien
 193. Cathleen Eastman
 194. David Mosley
 195. Edd Cabral
 196. Jane Clifford
 197. Arabella Eldredge
 198. John Mattor
 199. Sean Riley
 200. Joseph Croteau
 201. Priscilla Peale
 202. Dave Wiggins
 203. Sue Davenny
 204. Robert Clark
 205. David Goodwin
 206. Sally Paterson
 207. Dennis Connelly
 208. Linda Crawford
 209. Cliff Fletcher
 210. Sr. Jean Fletcher
 211. William Tozier
 212. Jeanne Berthiaume
 213. Carlene Anderson
 214. Nancy Frederick
 215. Susan Rose
 216. Beverly Garber
 217. Penelope Chatterton
 218. Robert Cotiaux
 219. Joyce Cook

Results from the MTC Newsletter

1:48:45
 1:49:07*
 1:49:18
 1:49:31
 1:50:41
 1:50:41*
 1:51:21*
 1:51:23
 1:51:38*
 1:51:43*
 1:52:04
 1:52:10*
 1:52:11
 1:52:15
 1:52:38
 1:52:44*
 1:52:48
 1:53:15
 1:53:24*
 1:54:36*
 1:54:47
 1:55:09
 1:55:18
 1:55:33*
 1:55:34
 1:56:03*
 1:56:19
 1:56:21
 1:56:23*
 1:56:28
 1:57:51*
 1:57:51
 1:58:54*
 1:58:56
 2:02:56*
 2:05:15*
 2:06:33*
 2:06:44*
 2:08:13*
 2:10:59*
 2:19:04
 2:27:11*

LEWISTON-AUBURN JAYCEES 3RD ANNUAL MT
 FESTIVAL 5 MILE ROAD RACE
 Lewiston-Auburn Sep 13th

1. Arthur Feeley	25:28
2. Jamie Lachance	26:27
3. Bruce Freme	26:42
4. Dick Neal	26:51
5. T.J. Lougacre	27:21
6. Peter Paul Dube	27:23
7. Bill Hine	27:43
8. Guy Berthiaume	27:55
9. Ray Johnson	28:10
10. Bob Poirier	28:13
11. John Kelsey	28:14
12. Doug Ludewig	28:46
13. Gary Cochrane	28:48
14. Tom Trytek	29:03
15. Gordon Hartwell	29:06
16. Robert Bremner	29:18
17. Walter Devault III	29:43
18. Joseph Meehan	29:44
19. Robert Marquis	30:00
20. Michael Mosley	30:13
21. Larry Fortin	30:17
22. Marc D'Amour	30:27
23. Richard Wood	31:23
24. Peter Bastow	31:37
25. Dick Cummings	31:41
26. Don McGilvery	32:05
27. Tim Smith	32:33
28. Scott Dana Croteau	32:35
29. John Howe	32:40
30. Robert Prassey	32:41
31. Frank Knight	32:51
32. Jamie Morrill	32:52
33. Walter DeVault, Jr.	32:56
34. Eric LaRue	32:57
35. Mark Dube	33:00
36. Douglas Hodgkin	33:09
37. Don Boucher	33:15
38. Bill Gayton	33:25

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207-947-1168

Sep 13th

25:28	19. Blair Dwyer	33:37
26:27	40. Gerald St. Amand	33:47
26:42	41. John Cordts	34:03
26:51	42. David Young	34:08
27:21	43. Kevin Winsor	34:23
27:23	44. John Sargent	34:33
27:43	45. George Liming	34:33
27:55	46. Paul Page	34:34
28:10	47. Bob Gardner	34:52
28:13	48. Rick Dodge	34:55
28:14	49. J. Scott Davis	34:55
28:46	50. Charles Morin	35:06
28:48	51. Amos Wright	35:18
29:03	52. Rusty Gerry	35:32
29:06	53. Joan Lavin	35:33*
29:18	54. David Williams	35:34
29:43	55. Roger Dunbar	35:43
29:44	56. Paul D'Amboise	35:50
30:00	57. Robert Morrison	35:56
30:13	58. Walter Taylor	35:57
30:17	59. Martin Frauce	35:59
30:27	60. Stephen Beal	36:02
31:23	61. Craig Canedy	36:08
31:37	62. Peter Fiori, Jr.	36:09
31:41	63. George D'Allesandro	36:15
32:05	64. William Donovan	36:45
32:33	65. Shain Fecteau	36:45
32:35	66. Raymond Brunelle	37:09
32:40	67. Gary Bazinet	37:12
32:41	68. Harry Simones	37:22
32:51	69. Laurent Gilbert, Sr.	37:29
32:52	70. Michelle Lussier	37:50*
32:56	71. Gerard Provencher	38:40
32:57	72. Ron Provencher	38:44
33:00	73. Carol Nichols	40:09*
33:09	74. Pete Vincent	40:15
33:15	75. Shawn Tardif	40:26
33:25	76. Stacey Favro	40:38
	77. Gene Perry	40:48
	78. Albert Glasson	41:09
	79. Aileen Stasulis	41:20*
	80. Paul Bonefaut	42:39
	81. Carl Wolf	42:44
	82. Clifford Heindel	43:18
	83. Alfred Plourde	43:45
	84. Jacqueline Williams	44:45*
	85.	
	86.	
	87. Melanie Perry	46:07*
	88. Harvey Mason	48:19

One Mile Fun Run

1. Daniel Berube	5:23
2. Isaac Hutchinson	5:25
3. Kristen Berube	5:35
4. Lucas Myers	5:41
5. Julie Johnson	5:46*
6. Robert Perkins	6:08
7. Lindsay Huff	6:22
8. Hannah Wright	6:28*
9. Ernest Moreau	6:40
10. Lucas Huff	6:48
11. Sally Tardif	6:56*
12. Lucille Moreau	7:23*
13. Sarah Moisington	7:49*
14. Nicole Vincent	8:16*
15. Rachel Myers	8:19*
16. Jeffrey Kay	8:21
17. Jim LaFlaur	8:26
18. Lisa LaFlaur	8:32*
19. Mike Mason	8:53
20. Sarah Morrill	8:55*
21. Danny Poirier	8:57
22. Rebecca Bazinet	9:12*
23. Lynne Stasulis	9:31*
24. Melissa Kay	9:34*
25. Sarah Poirier	9:44*
26. Corey Richardson	10:00
27. Jessica Stasulis	10:08*
28. Lilly Meehan	10:21
29. Roger Furbush	12:25
30. Rita Furbush	13:16*
31. Dorothy Strout	14:44*

Results courtesy of the Lewiston-Auburn Jaycees

1986 WARRIOR RUN 4.5 MILE ROAD RACE
Pleasant Point

1. Mike Worcester	37	24:57
2. Rick Lamoureux	38	25:26
3. Robert Ashby	18	25:31
4. Dave Alley	36	25:38
5. Mike Francis	29	25:46
6. James Ohmeis	19	26:56
7. Zack Klyver	17	26:56
8. Bernard Seavey	45	31:23
9. Jimmie Gibson	14	35:08
10. Dawn Lamoureux	16	36:55
11. Lance Dana	15	37:42
12. Albert Dana	49	37:43

One Mile Fun Run

1. Braden Alley	11	6:31
2. Mike Sapiel	12	7:42
3. Mike Socobasin	10	8:01
4. Brian Altvator	9	8:20
5. Trisha Alley	10	8:30*
6. Melissa Altvator	11	9:10*
7. Rose Stevens	11	9:11*
8. Miniquam Sapiel	9	10:05
9. Vanesa Sotomah	9	10:15*

One Half Mile Fun Run

1. Cliff Mitchell	8	3:29
2. Eric Altvator	8	3:58
3. Mark Altvator	8	4:05
4. Jeremy Stevens	6	4:13
5. Tom Altvator	5	4:38
6. Plansoues Dana	8	4:41
7. Holly Haltvator	5	4:48*

Mike & Sue Francis - Race Directors

2ND ANNUAL QUODDY HEAD FIVE MILE RUN
Eastport

1. Phil Stuart	26:53
2. Mike Worcester	27:48
3. Deke Talbot	28:15
4. Mike Francis	28:23
5. Dave Alley	28:43
6. Steve Cates	28:49
7. Orrin Faulkingham	28:58
8. Mike Linewood	29:07
9. Robert Ashby	29:07
10. James Ohmeis	29:07
11. Bion McFadden	29:25
12. Dale Lincoln, Jr.	30:02
13. Walter DeVault III	30:37
14. Andy Patterson	30:57
15. Brian Cates	32:36
16. Chuck Murphy	32:36
17. Sheldon Ashby	33:08
18. Walter DeVault II	33:16
19. Steve McCarthy	33:28
20. Joey Davis	34:08
21. Danny McCarthy	34:54
22. Anne Marie Fitzhenry	35:28*
23. Robert Myers	35:58
24. Peter Mayhew	37:00
25. Molly Mithoefer	38:19*
26. Danny Haskins	38:41
27. Dale Lincoln, Sr.	39:11
28. Peter Metzler	39:22
29. Rebecca Rowden	40:33*
30. Art Von Preising	41:21
31. Ann Bacon	43:55*
32. Al Faulkingham	47:33
33. Irene Faulkingham	47:35*
34. Kelly Hubbard	47:36
35. Bruce McCarthy	52:00

Byron Sig - Race Director

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Trade Winds HEALTH CLUB

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Sunday, August 3, 1986



The Appleton Biathlon

Sunday, June 8, 1986



Nutritious Nibbles

by Anne-Marie Davee

Three meals a day is not the only way! Studies now show us that the human body works best with small, frequent feedings so that the flow of fuel remains more constant. In fact, a snack mid-morning and mid-afternoon may boost you through the energy lulls. Snacks when chosen well can provide a significant portion of the body's daily nutrition requirements.

The new eating style for the 80's has been termed "Grazing". Snacks which are high in fiber are considered top-notch choices; fresh fruits and vegetables, whole grain breads, cereals and crackers. Fruits are most easily and readily absorbed thus will restore blood sugar levels to normal in the shortest amount of time.

Fresh vegetables, often called crudites, provide crunch with added vitamins and minerals to keep the muscles primed and the body functioning at optimum levels.

Whole grain breads and cereals also provide key vitamins and minerals necessary for physical activity, the B-vitamins and iron. They are an excellent source of the type of fiber known as insoluble fiber which keeps the digestive processes running smoothly.

Low fat dairy products like lowfat yogurt, mozzarella cheese, farmer's cheese and cottage cheese provide high quality protein and extra calcium to maintain bone strength.

Beware of snacks which are high in fat like chips, pastries, ice cream and cheeses ~~that~~ add calories fast. Concentrated sweets like candy bars will send your blood sugars sky rocketing and then plummet when you start to exercise. Both types of convenience foods are poor sources of the high quality fuels your body needs.

Choose your snacks by the "company" they keep! Here are a few highly rated suggestions for high energy levels all day long:

- vanilla or lemon flavored lowfat yogurt, sliced peaches, blueberries and grapenuts put into a parfait
- mini shredded wheats, raisins, banana and lowfat milk
- milkshakes made with frozen fruits, strawberries and banana, vanilla and nutmeg
- frozen fruit pops or fruit sorbets
- dried fruit mixes with raisins, apricots, pineapple and even papaya
- all fresh fruits, apples, peaches, pears, grapes and plums
- puddings or custards made with low fat milk.
- ice milk sundae with sliced banana and grapenuts
- rice cakes with peanutbutter or melted mozzarella cheese
- whole wheat crackers with lowfat cottage cheese or farmer's cheese
- unbuttered popcorn, pretzels or breadsticks
- whole wheat breads, rolls, english muffins or bagels
- Raw vegetables with cottage cheese blended into a herb dip

Give your body the best and you will feel the difference.

Anne-Marie Davee, R.D.
Sports Nutritionist
166 Main St.
Orono, ME 04473
866-5605

7522

8th Annual

8th Annual

Entry registration from 11:30 a.m.

ENTRY FORM

1-shirt also:
 M L XL

WISCASSET 4.5 mile VETERANS' MEMORIAL
ROAD RACE & Kid's 1 mile Run. Nov. 9, 1986

NAME _____ AGE _____ SEX _____ TEL. _____

ADDRESS _____ TOWN _____

RACE ENTERING: _____ (1 mile run for ages 12 & under) _____ 4.5 miles

In consideration of this entry being accepted, I, for myself, heirs, and assigns hereby waive and release any and all rights and claims for personal damage I may have against the sponsors of this race. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

Signature

Parent's Signature (if under 18)

TARA PUTNAM

2nd ANNUAL

5K



SCHOLARSHIP RUN

OCTOBER 19, 1986

SUNDAY, OCTOBER 19, AT 2:00 P.M.

MEDWAY TEACHERS' CO-OP

5K: 5K BEGINS AND FINISHES AT THE MIDDLE SCHOOL ON ROUTE # 157. SCENIC RUN ON WILDERNESS DRIVE ON TO THE OUTSKIRTS OF EAST MILLINOCKET AND BACK DOWN ROUTE # 157 TO THE MIDDLE SCHOOL. THE LAST PART OF THE COURSE IS DOWNHILL OR FLAT PROVIDING FOR A FAST FINISH. SPLITS AT MILE, 2 MILE, AND 5K. COURSE RECORDS: DAN BONDESON-15:51 / CARLA LEMIEUX-19:35.

ILITIES: SHOWERS AND BATHROOM FACILITIES AVAILABLE AT THE SCHOOL.

ISTRATION: MAIL ENTRY FORM AND \$5.00 CHECK TO TARA PUTNAM SCHOLARSHIP RUN, C/O TOM TETU, 12 MAPLE ST., EAST MILLINOCKET, ME 04430, OR MIKE DOORE, 14 BIRCH ST., EAST MILLINOCKET, ME 04430. T-SHIRTS TO FIRST 75 REGISTERED. REGISTER THE DAY OF THE RACE AT THE MIDDLE SCHOOL. FOR MORE INFORMATION CALL TOM- 746-3608 / MIKE- 746-3439.

RACE: WATER AND JUICES AVAILABLE IMMEDIATELY AT THE FINISH.

DS: MEDALS TO BOTH MALE AND FEMALE WINNERS IN THE FOLLOWING CATEGORIES: FIRST OVERALL, 10-14, 15-19, 20-29, 30-39, 40-49, 50 AND OVER. (ONE AWARD PER PERSON)

ES TO

Y RUNNERS: EVERY RUNNER'S NUMBER WILL BE PLACED IN A BOX FOR SPECIAL PRIZES.

EDS: ALL PROCEEDS WILL BE DONATED TO THE TARA PUTNAM SCHOLARSHIP FUND.

"Complete results in Maine Running & Outing Magazine"

Please Print

NAME: _____ ADDRESS: _____

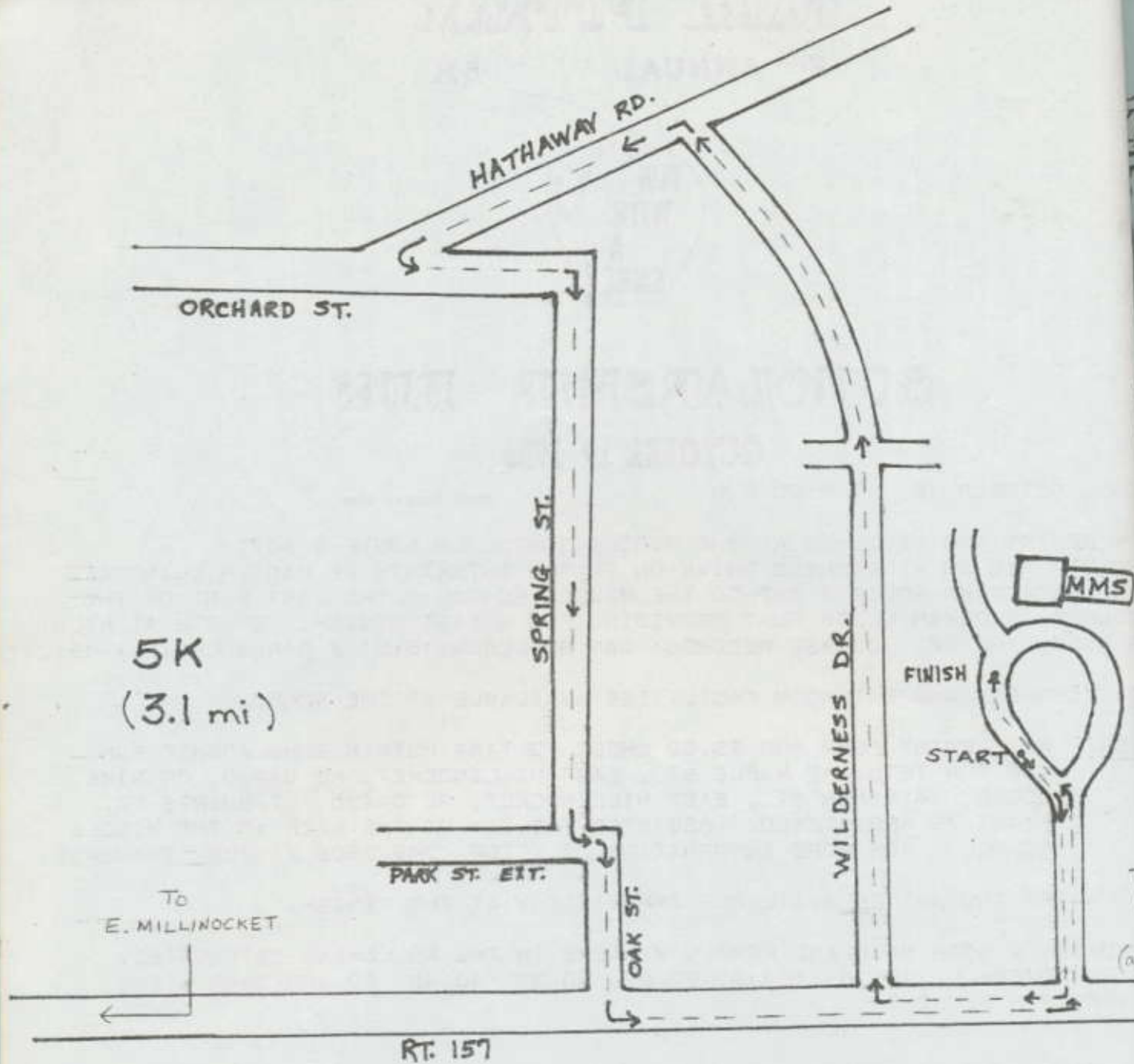
CITY: _____ STATE: _____ ZIP CODE: _____

AGE: _____ SEX: MALE - FEMALE (circle one) T-SHIRT SIZE: S M L XL (circle one)

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

Your Signature _____

Parents Signature _____
(For Runners Under 18)



PINE TREE BIATHLON CLUB
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BIATHLON TRAINING CLINIC

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FOUR TIME OLYMPIC BIATHLETE
LYLE NELSON
OCTOBER 11 & 12

Train for 2 days with Olympic and All-guard International Team Members and Coaches.
Equipment, Selection and Care.

Training techniques (physical and mental)

Roller skiing, hill bounding

Marksmanship Fundamentals

Live firing with individual coaching (rifles provided by Clinic sponsors)

EXPERIENCED AND NOVICE MILITARY AND CIVILIAN,
SENIOR AND JUNIOR BIATHLETES WELCOMED



If you cross country ski, you are already half-trained for biathlon! Why not plan on attending Maine's 1986 dryland clinic. Anyone can enter. Entry fee is FREE! Pine Tree Biathlon and Olympic team members will help anyone with their shooting on Saturday and they can put what they have learned to work on Sunday.

To **EXIT** Mile (approx)
Why not join one of Maine's most exclusive clubs, the Pine Tree Biathlon Club. Biathlon is one of the slowest growing sports in the world. Be a pioneer. You've tried road racing, cross country ski racing, biathlon, etc. — why not try a real challenge.

Classes will be held at Jewett Auditorium, University of Maine at Augusta. Rifle range will be Capitol City Rifle Club, Augusta. Arrangements for lodging can be made (barracks at Camp Keyes).

Lyle Nelson and Rob Powers will be the primary instructors.

POINTS OF CONTACT — MAINE - 942-5804
AUGUSTA AREA - RON FLETCHER - 724-3519

Yes, I intend ☐ to attend the two-day Biathlon Clinic FREE
☐ to join the Pine Tree Biathlon Club (send \$5 annual dues to:

Pine Tree Biathlon Club
c/o Steve Scott
19 Jowett Street
Bangor, Maine 04401
Tel. 942-5804 (H);



NAME _____

STREET or P.O. _____

AGE _____

MALE _____



FEMALE _____

TELEPHONE (H) _____

(W) _____



WE'RE TALKING SWEAT.

Feel all those summer sundae's turning to flab? Well, it's time to do something about it and the Athletic Attic has just the deal to get you motivated. October 5 - 18 the Athletic Attic and  will be giving away your choice of ankle/wrist weights or a fitness bag with every purchase of a  aerobic or fitness shoe! Let our experts fit you into the shoe that's going to help you to stay fit



all year long. Hurry! Supplies are limited!



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