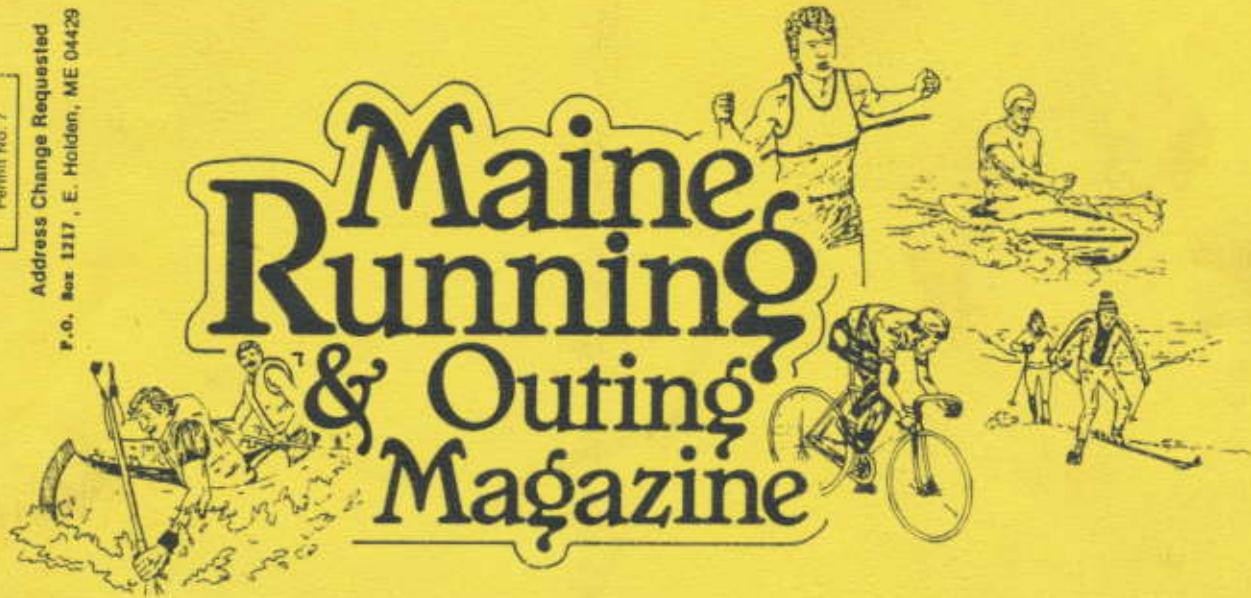


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SEPTEMBER 1986
VOL. 7 NO. 9

Maine Running & Outing Magazine

P. O. Box 1217 East Holden, Maine 04429

Tel. (207) 843-6262

Racing into fall are Amy Johnson (#173) in her very first race and her helping friend Kim Tarnower (#11) at the Pat's Pizza Classic in Yarmouth. 375 runners enjoyed this year's romp through Yarmouth.

In this issue we also report on the 567 that finished the Maine Coast; the 431 who blazed through the streets of Portland in the Maine National Bank 5 miler; the 386 who participated in the great Maine Event Triathlon, perhaps the most exciting and competitive event of the year so far; as well as the 11 who ran at the Pembroke Iron Works 4 Miler. In fact, we have the complete results of over 30 Maine road races in this issue of MR&O!

Look at the size of the fields at the right. I think it's great that the independent race directors of Maine keep putting on quality events for 40 or 50 individuals!

I know I cherish the memories of the tiny races in which I was able to sneak a third place in my age group or have my number pulled out of a hat and win a prize.

Don't despair if your race isn't growing like Bloomsday. Rejoice for this is the true spirit of Maine.

CALENDAR FOR SEPTEMBER AND OCTOBER 2-6
HIGH SCHOOL XC PREVIEW 7-8; MAINE EVENT
9-11; ODDS AND ENDS 12; THE BEST OF
TIMES: 4 MILE, 5 MILE and 10K 13-14;
THE PACK 15-35; SUPPERS THAT SPELL
SUCCESS by Anne-Marie Davee 36

THE PACK

— May 25	MAINE COAST MARATHON *ME-85001-GN*	567 finishers
Jun 19	DOWNEAST HEALTH FAIR 1.3 MILER	29 finishers
Jun 21	SANGERVILLE 4.2 MILE ROAD RACE	20 finishers
— Jun 22	MAINE NATIONAL BANK *ME-85005-GN*	431 finishers
— Jun 28	MT. WASHINGTON (Maine Finishers)	61 Mainiacs
Jun 29	PEMBROKE IRON WORKS 4 MILER	11 finishers
Jul 4	TURNER STREAM 5K	40 finishers
Jul 4	JONESPORT 3.3 MILER	33 finishers
Jul 5	PERRY TO EASTPORT *ME-86004-GN*	39 finishers
Jul 5	JAMES BAILEY/GARDINER COMMON *TAC*	97 finishers
Jul 5	WISCASSET REC 5K	47 finishers
Jul 5	HARBOR HOUSE 10K	69 finishers
Jul 6	SALEM RUN 5K	29 finishers
Jul 6	TOUR DU LAC 10 MILER	54 finishers
Jul 6	EVERYBODY'S TRIATHLON	43 participants
Jul 12	THE BEAR WADDLE 5K	35 finishers
Jul 13	THE FIELDCREST FOOT RACES	31 finishers
Jul 19	OLD HALLOWELL DAY 5 MILER *ME-85023-GN*	84 finishers
Jul 19	PAT'S PIZZA CLASSIC 5 MILE	375 finishers
Jul 19	BERT 'N I 5 MILE & FUN RUN	45 finishers
Jul 19	BELGRADE COUNTRY FAIR 10K *ME-86001-GN*	51 finishers
Jul 19	BELFAST BAY 10K	102 finishers
Jul 19	POTATO BLOSSOM 5 MILER	90 finishers
Jul 20	JAY REC 5K CROSS COUNTRY	40 finishers
Jul 25	MOONLIGHT MADNESS 3 MILE	82 finishers
Jul 26	RICHMOND RAMBLE 5K (Top finishers)	
Jul 27	MAINE EVENT TRIATHLON 10K *ME-85003-GN*	137 finishers
	MAINE EVENT TRIATHLON BIKERS	136 finishers
	MAINE EVENT TRIATHLON CANOEISTS	239 participants
	MAINE EVENT TRIATHLON TEAMS	386 participants
Jul 30	DYER MEMORIAL 5K	60 finishers
Aug 2	GREAT MILBRIDGE 2.7 MILER	37 finishers
Aug 2	PASSADUMKEAG HOMECOMING 5K	19 finishers

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

Publisher/Editor: Bob Booker
PO Box 1217
E. Holden, ME 04429
Telephone: (207) 843-6262

Road Race Calendar

- September 1 CARIBOU LABOR DAY. 4.4 mile from Caribou H.S. at 11 a.m. Contact Conrad Walton, c/o Aroostook Musterds, 35 Teague St., Caribou, ME 04736
- September 1 6TH ANNUAL BRODIES LABOR DAY 10K. *ME-85008-GN* The 10th fully certified 10K of the year in Maine. Contact Bodies 10K, Tontine Mall, Brunswick, ME 04011
- September 1 24th ANNUAL BANGOR LABOR DAY ROAD RACE. *ME-85014-GN* One of Maine's oldest and best respected road races. Only eleven men and two women have ever won this ol' race! 9 a.m. from Bass Park Grandstand. See flyer in August issue or contact Bangor Parks & Rec., 224 14th St., Bangor, ME 04401. The last fully certified 5 miler of the year in Maine!
- September 6 "RUNNERS ARE SMILERS" 2 Mile-Races. Every Saturday at 8 a.m. Starting at Brunswick Variety & Deli, corner of Harpswell & McLellan Streets in Brunswick. Registration 7:45 a.m. Fee \$1. For info, contact the Sri Chinmoy Marathon Team, 40 Main Street, Topsham, ME 04086. 729-5825.
- September 6 YMCA FALL FEELING FIT FUN RUN. 9 a.m. from U.M.P.I. in Presque Isle. This 5K is directed by Cindy Dixon, c/o Aroostook Musterds, 35 Teague St., Caribou, ME 04736
- September 6 R.M.C.L. COUNTRY FAIR - 2ND ANNUAL 5 MILE QUODDY HEAD RUN. 10:30 a.m. (Rain date September 7) from the Medical Center at Lubec. Bus to start at Quoddy Head State Park. Contact Bion McFadden, RFD 1, Box 233, Lubec, ME 04652 733-4496
- September 7 MAINE TRACK CLUB'S THIRD ANNUAL CAPE CHALLENGE. Maine's second of three fully certified half marathons *ME-85006-GN* See ad in July issue or contact the Maine Track Club, P.O. Box 8008, Portland, ME 04104
- September 13 "RUNNERS ARE SMILERS" See September 6
- September 13 6th ANNUAL JONESPORT 5 MILER. 11 a.m. from the volunteer ambulance building in Jonesport. Contact Dave "Blue Moon" Alley, PO Box 139, Jonesport, ME 04649 497-2843
- September 13 3RD ANNUAL LEWISTON-AUBURN JAYCEES GREAT LEWISTON MILL FESTIVAL 5 MILE ROADRACE & 1 MILE FUN RUN. 10 a.m. from downtown Lewiston (Lisbon - between Ash and Main) See flyer in August issue or contact Mill Fest Races, PO Box 3054, Lewiston, ME 04240.
- September 14 7TH ANNUAL WADDLE FOURNIER MEMORIAL 10 MILE RACE. 9 a.m. from Mt. Ararat School in Topsham. Contact Jane Waddle, RFD 2, Box 2152, Brunswick, ME 04011. See display ad opposite!
- September 14 2ND ANNUAL SENTINEL 10K CLASSIC. *ME-86007-GN* Maine's most recently fully certified 10K! number 11 on the calendar of certified 10K's this season. 9 a.m. from downtown Castonquay Square - 8:30 for the 1 mile fun run. \$5 pre/\$6 post for 10K; \$3 pre/\$3.50 post for 1 Mile Fun Run. Anne Marie Davee, R.D. will be on hand for a brief clinic on diet & running at 10:14 while results are being tabulated. Contact CMS, PO Box 1177, Waterville, ME 04901
- September 14 THE ROWDY ULTRA - A 50 MILE RACE. *ME-85011-GN* One of the nations best Ultras! Meet at the "Polar Bear" at Bowdoin between 6:30 and 7:00. Pre-register by Sep 8 to get T-shirt. Course records: Bernd Heinrich 5:22:48; Kim Beaulieu (Moody) 6:22:56. They don't come any better than these two! Contact: Gary Cochrane, 30 Cumberland St., Brunswick, ME 04011 725-8413.



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Fall Preview

Here's the skinny on three early fall runs - the Waddle Fournier Memorial, the Searsport Rec Woods Run and the Great Pumpkin. The race directors of these events are taking advantage of the low, low \$22.50 quarter page ad to bring attention to their very special events. If you don't want to go to the expense of printing an extra 1,000 flyers, and shipping them to us for inclusion in the flyer section, save yourself the extra expense and effort with a highlighted quarter page ad. Please add \$5 for professional layout.

7TH ANNUAL WADDLE FOURNIER MEMORIAL 10 MILE RACE



Date: SEPTEMBER 14, 1986

Start: MT. ARARAT SCHOOL, TOPSHAM, ME.

Time: 9 AM SHARP

Finish: MT. ARARAT SCHOOL, TOPSHAM, ME.

Registration: 7:45 - 8:45 AM THE DAY OF THE RACE OR MAIL TO: JANE WADDLE, RFD 2, BOX 2152, BRUNSWICK, ME. 04011

— T-SHIRTS TO THE FIRST 100 ENTRANTS —

Awards: TO THE FIRST 3 IN EACH CATEGORY; MALE AND FEMALE 18 AND UNDER, 19 - 29, 30 - 39, 40 - 49, 50 AND OVER; THE OLDEST MALE AND THE OLDEST FEMALE, AND THE FIRST 3 180 LBS. AND OVER.

ENTRY FEE: \$5.00

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1.5 MILE FUN RUN

FUN RUN: 9:00 AM

Where: 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) Certification Pending.

Entry Fee: Fun Run Pre-registration \$2.50 (\$3.00 day of the race). 10K Pre-registration \$4.00 (\$5.00 day of the race) T-shirts to the first 100 entrants for the Fun Run and first 200 for the 10K.

Awards: 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 to the first male and female finishers.

10K Race: Awards for Division Winners

Any questions contact: Ken Dion, P.O. Box 233, Saco, Maine 04022 - Work: 443-9179; Home - 729-5653

SUNDAY, OCTOBER 26, 1986

10K RACE

10K RACE: 10:00 AM

9TH ANNUAL GREAT PUMPKIN RACE



SECOND ANNUAL WOODS RUN



The Searsport Recreation Department and Searsport Drug will be sponsoring the Second Annual Searsport Woods Run on Saturday, October 11. The course length will be 5 miles. The race will start at 10:00 AM with registration between 9:00 - 9:45 AM at the Searsport Elementary School on Mortland Road. Rest rooms and shower facilities are available. T-shirts will be awarded to the first 75 participants. Entry fee is \$5.00 (\$4.00 for pre-registrants). Those wishing to pre-register can do so by contacting the Searsport Recreation Department, P.O. Box 411, Searsport, Maine 04974 (548-6372).

- September 14 MAINE WOMEN'S CLASSIC ROAD RACE. 10 a.m. start from Gardiner Sportsman's Club, Cobbossee Ave., Gardiner, ME. Contact Linda LaRue-Keniston, Box 278, Dryden, ME 04225 685-9412 evenings/ 645-2556 days. *ME-85003-GN* Sorry guys! Only women are eligible for Maine's 12th certified 10K of the season. Will Sally Perkins, Kim Moody, Anne-Marie Davee and Brook Merrow be back to improve on their outstanding Maine Event times over the same course?
- September 14 BANGOR YMCA CARDIAC RUN & WALK. 10 a.m. start for racewalkers and a 10:30 a.m. start for runners in this traditional 5K from the Bangor Motor Inn on the Hogan Road in Bangor. See flyer
- September 20 "RUNNERS ARE SMILERS" See September 6
- September 20 MOOSECHASERS CLUB 10K. 10 a.m. from downtown Caribou. Contact John Civitello, c/o Aroostook Musterds, 35 Teague St., Caribou, ME 04736
- September 20 THIRD ANNUAL "DANVILLE JUNCTION" BRICK AND RAIL RUN. Fun Run at 9:30 with 10K to follow. See flyer in July issue or contact David Young, PO Box 152, Danville, ME 04223 786-2129
- September 21 JAMES BAILEY CROSS COUNTRY 5 MILE. USM at Gorham. Dave Paul has changed the date as well as some of the course. The "Goal Trail" has been tamed somewhat and the "Lollipop Loop" has been added to avoid running too much on the streets. Dave says, "I think everyone will like the improvements in the course. The race is still one of the most demanding cross country races in the state, but the new course should be a lot faster." Contact Dave Paul, Maine Track Club, PO Box 8008, Portland, ME 04104.
- September 21 CHUBB LIFE RUN RRCA NATIONAL 10 MILE CHAMPIONSHIP and 5K ROAD RACE. *NH-85039-JMC* 10 a.m. from the Concord, N.H. YMCA on Warren St. \$5 pre/\$7 post for 5K; \$6 pre/\$8 post for 10 Mile. *N.H.-85019-JMC* Send SASE to Chubb Life Run, c/o TTAC Box 594, Concord, N.H. 03301 or call Bob Teschek (603) 863-2537. Certified 15K split (*N.H.-85038-JMC*) included in 10 miler.
- September 21 YANKEE RUNNING CLUB & GRAY PARKS & REC 9TH ANNUAL GRAY RACE. 4 miler starts at 9:30 a.m. and costs \$5. Gray-New Gloucester HS. Contact: Guy Berthiaume, Box 726, Gray, ME 04039 657-4017
- September 27 "RUNNERS ARE SMILERS" See September 6
- September 27 HOMECOMING 5K. 10 a.m. from UMPI in Presque Isle. Contact Clark Ketcham, c/o Aroostook Musterds, 35 Teague St., Caribou, ME 04736
- September 27 KINGFIELD 10K WEEKEND. 10K, Kid's K, and Sugarloaf Uphill Races. Watch for news of certification! See flyer.
- September 27 PBMC FAMILY HEALTH RUN. (Rain date September 18) Register at 8:30 at the Samoset Resort in Rockland. \$4 pre/\$5 post. 5K course winds to the Pen Bay Medical Center. Contact Dyan Dyer, Dept of Respiratory Care, Pen Bay Medical Center, Glen Cove, Rockland, ME 04841 594-9511, ext 230 or 236-2888.

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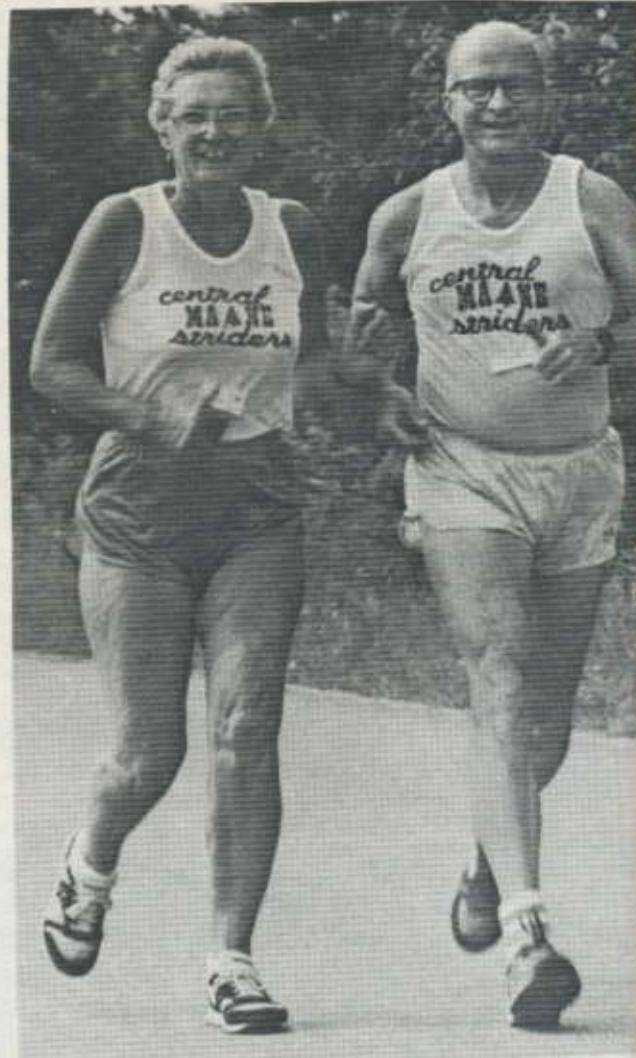


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fication!
- October 5 BENJAMIN'S 10K ROAD RACE. *ME-85009-GN* The lucky 13th fully certified 10K of the year (unless Kingfield becomes certified before it). Still Maine's fastest (28:23.6 by Greg Meyer in 1982), O.J. Logue and Mike Halmo invite you to take part again this year. See flyer.
- October 11 SECOND ANNUAL SEARSFPORT WOODS RUN. 10 a.m. for this 5 mile race. See display ad on page 3. (I know they aren't numbered, but you figure it out!)
- 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-85036-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* The last leg of the Triple Crown of Marathoning Series. Jon Williams and Paul Merrill are the leading Maine contenders along with Carol McRea, Debbie Sawyer and Rosalyn Randall on the women's side. Who will challenge Kurt Lauenstein (2:20:16 '81) and Marj Podgajny's (2:49:36 '81) records? Send SASE to Casco Bay Marathon, PO Box 3172, Portland, ME 04104 for race application.
- October 18 FOURTH ANNUAL 10 KILOMETER AUTUMN GOLD ROAD RACE. 11 a.m. start from Willey's on High Street in Ellsworth. See flyer.
- 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 display ad on page 3. (The flip side of this page, titled FALL PREVIEW) Ken Dion is working on certification for this year. Fast, fast, fast!!!

Triathlon

- September 7 6TH ANNUAL TINMAN TRIATHLON. 9 a.m. from Barretts Cove Beach on Megunticook Lake in Camden. ½ mile swim, 26.5 mile cycle; 6.6 mile run. Contact Fred Kneadler, Camden YMCA, PO Box 416, Camden, ME 04843
- October 19 WALDO COUNTY CHALLENGE TRIATHLON. (2 or 1 person) Canoe, Bike, Run. For more information contact the Waldo County YMCA, 125 High St., Belfast, ME 04915 338-4598

BIKES

- September 7 MAINE FREEWHEELERS CENTURY RIDE. 8 a.m. from Bangor's Maine Square Shopping Center. Metric century to Howland; Miles (100) to Lincoln and back. Contact Mike "Yes, I'm Fast Eddie's son" Brissette 866-3293
- September 14 POULIN CENTURY. Maine's longest running club ride. Join in the fun. Challenge a friend to 100 miles of beautiful Maine country. The only time to beat is your own. Poulin Cycle, 558 Riverside Drive, Augusta, ME 04330
- September 20 MAINE FREEWHEELER'S SWAN LAKE RIDE. 1 P.M. from Frankfort General Store. Ride around Swan Lake. Kim Thompson 862-4280 (18-27 miles)
- September 21 STAGE RACE ROCKLAND. 1½ mile hill climb time trial. 5 mile time trial. 20 mile road race at 9 a.m. Times from all 3 races will be added together. Good prize list. \$50 to the person with the most average time. Call Poulin Cycle 594-0867 623-1166
- October 3-5 MAINE FREEWHEELERS NOVA SCOTIA TRIP. (20-50 miles a day) 8 a.m. from Bar Harbor Ferry Terminal. Fannier trip. Cool weather camping. \$80.00 round trip on ferry. Contact Sue Motley 2 weeks prior for camping arrangements 942-3283
- October 18 MAINE FREEWHEELERS MOUNTAIN BIKE. 9 a.m. from Bar Harbor Bike Shop. Carriage paths of Acadia. Traffic includes horses and squirrels. Contact Mike Avery 2 weeks prior to arrange for mountain bike rental. 942-1110 Al Kimball co-director

Want to get involved with the Freewheelers? Monthly meetings the first Friday of each month, 7 p.m. at the Bangor Public Library. Wednesday night rides at 6 p.m. from the library.



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APPALACHIAN MOUNTAIN CLUB
MAINE CHAPTER

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

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

1986 STATE OF MAINE CANOE RACING SCHEDULE by Adrian Humphreys



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

September 1	COSOOLA PARK FROG DAY MARATHON.	FW, OC, K., 9 miles Kennebec River, Norridgewock. Norridgewock Sports, RFD 4, Box 5340, Skowhegan, ME 474-8048
September 20	EBB TIDE MARATHON.	Penobscot River. FW, OC, K., SK., 10 miles from Bangor to Orrington. Earl Baldwin, RFD 2 Orrington, ME 04474 825-4439
September 28	SOUTH SOLON OPTIMISTS CLUB CANOE RACE	S. Solon Optimists FW, OC, K. 10 mi., Kennebec R., Solon/Anson 474-8048
October 13	RUTHERFORD ISLAND RACE.	James Chute S. Bristol/Christmas Cove FW (Ocean), OC, K., SK, Row, 10 miles 865-4341
October 19	WALDO COUNTY CHALLENGE TRIATHLON	Dale Cross TRI, Passagassawakeag River, Belfast 338-4598
		RFD 4, Box 5340 Skowhegan, ME RFD 3, Box 208 Freeport, ME Waldo Co. YMCA Belfast, ME

September 6 EVANS NOTCH DAY HIKE. A fairly rugged 8-miler from the Evans Notch highway along the N.H. border. The trail starts at Basin Pond, traverses Mt. Meader (Elev. 2,782'), and descends from Eagle Crag via the Bicknell Ridge Trail. Excellent views of the Carter-Moriah Range and the Kezar Lake area. Contact Bill Hine, RFD 1, Box 1180, W. Peru, ME 04290 (562-8278). Registration fee: members \$2, nonmembers \$3.

September 13 BLUE HILL DAY HIKE. An easy hike to the summit of Blue Hill (Elev. 934') on the Maine Coast, suitable for all ages. Contact Virginia Suyama, 58 W. Main St., Ellsworth, ME 04605 (667-9432). Registration fee: members \$2; nonmembers \$3, children free.

September 20 BALDPATE MOUNTAIN DAY HIKE. A fairly rugged 8-mile hike starting at the Grafton Notch Highway and ascending the Appalachian Trail to fine views of Old Speck, Sunday River Whitecap, Mount Hittle, and other mountains. We may also see some wildlife on the West Knob. Contact Nancy Stone, 30 Merrill St., Portland, ME 04101 (774-6049). Registration fee: members \$2; nonmembers \$3.

September 27-28. BAXTER STATE PARK CAMPING/HIKING WEEKEND. Saturday's hike will take in Katahdin's Hamlin Peak (Elev. 4,751'); Sunday's will be a shorter, less strenuous hike in the park. Car camping overnight. Sign up early - group size limited to 8. Contact Bill Hine, RFD 1, Box 1180, W. Peru, ME 04290 (562-8278). Registration fee: members \$3, nonmembers \$5 (an additional campsite fee will also be required).

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 04605 (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, P.O. 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: Sabattus 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, nonmembers \$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.



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5:30 PM

ALL WELCOME!

HIGH SCHOOL CROSS-COUNTRY PREVIEW by Andy Palmer

This being late July, everyone's thoughts are turning to cross-country, aren't they? Maybe in the more tropical regions of these United States it's summertime and people are hitting the beaches, the mountains, and the rivers, but here in the great state of Maine it seems we've just put away the winter gear and we're breaking it out again. We've had our swim for another year, so it's time to start thinking about cross-country and in Maine as in all New England states all the young runners are preparing for true head-to-head confrontations.

Here is a class by class breakdown.

Class A Boys: It seems that in Class A Boys the team titles are shared by a select few, year after year. S. Portland and Westbrook knocked Cheverus off last fall, but look for Cheverus to be back in the fight along with S. Portland, Portland and Westbrook. Waterville could score from the east. The quality of a program shows through year after year. Individuals to watch:
Cheverus: Kevin and Mike Lyons finished 5th and 12th last year. They will come back strong.

Mt. Ararat: Dave Donnelly, 6th in '85. Should be back tougher than ever.

Auburn: Rusty Snow, very talented coming off a knee problem. Could be factor.

Waterville: Doug MacDonald, tough and talented. When he sets his mind to something, things happen.

Skowhegan: Chris Metcalf, missed last fall as he was in Europe on an exchange program. Very fast, could be a major contender.

Class B Boys: In Class B, as in Class A, you continue to see the same teams on top. Cape Elizabeth, Maranacook, MDI, and Ellsworth are continually competitive year after year. This is the result of good coaching and impressing upon the athletes the importance of structure. Steve Coffin, Howie Richards, Stan Cowan, Paul Jackson do their homework. Grey-N. Gloucester is building a program that could challenge. Individuals:

Camden-Rockport: Jeff Binder, 5th in '85, he's the top returnee.

Grey-N. Gloucester: Kevin Way and Bob Sprague. These two are the one-two punch for Grey-N. Gloucester. Look for them to be tough.

Rockland: Harold Stairs came on strong this year and will get better.

Hampden: Brent Leighton, young and coming. Keep an eye on this junior.

Class C Boys: John Bapst will be back in the fight for the title as will Wiscasset, Shead, and Traip. Watch for George Stevens to surprise.

Fort Fairfield: Jerry Monahan's a junior and he's won the state twice already, but whether he can dedicate himself to training or not will determine his future.

John Bapst: Jay Henderson, he's moved from 74th to 11th to 3rd. Look for Jay to give Monahan a scare.

Lee Academy: Elvin Nuncey, 4th as a freshman he's coming into his sophomore year with good coaching from Dan Bondeson.

Valley: Danny McCollar, finished 7th last year after one year of running.

George Stevens: Aran Shetterly, finished 8th as a freshman, 9th as a sophomore. It's time to challenge!

For the first time in years, since Kim MacDonald ran for Mt. Blue, Class A can say they have an individual who could be the best in the state in Wendy Delan. She won't get that title easily though as Laura Duffy is talented and damn tough. Hopefully, they will get a chance to meet.

Class A Girls: Mt. Blue and Westbrook always seem to be in the thick of things. Watch for Lewiston and Catherine McAuley to give them a scare. One runner can never make a team, but the addition of a good runner can help a lot so we'll wait and see about Bonny Eagle. Individuals:

Skowhegan: Karen Salsbury, she's back to defend her title. It might be a lot tougher this year.

Windham: Andrea Elder, she led Windham's attack last year with a 3rd place finish. She's a junior so she'll get stronger.

Portland: Sharon Bay, she's only a freshman. She could be very tough as she gets stronger.

Mt. Blue: Sarah Welch, Mary Dunhan, 5th and 10th in 1985. They provide a very solid 1-2 punch.

McAuley: Denise Harlow, 4th as a freshman, 7th as a sophomore. Look for Denise to come back as a junior.

Bonnie Eagle: Laura Barton and Wendy Delan, they will be a junior and a senior this year, stronger and faster than last year.

Class B Girls: In women's Class B you know that Greely will be in there scrapping. But what makes B so interesting is no one ever rolls over and plays dead.

Ellsworth and Maranacook will be back and tough. Stearns moved up to 4th last year and has a young team. Mount Desert was a bit off last year but that won't last. Individuals:

Kennebunk: Laura Duffy is the class of B and maybe of the state. She's a tough track runner but her home is the cross country course. Look for her to be tough.

Greely: Eliza Booth, Jill Decker of Greely finished 4th and 8th last year with Jill running faster than anyone in the state other than the three girls ahead of her, and Karen Salsbury, the winner in Class A. Eliza is getting stronger all the time.

Ellsworth: Kellie Connor and Melanie Lounder. Both young, smart, and determined. With Steve Coffin's coaching, look for them to improve.

Gray-N. Gloucester: Karen Sprague, definitely one of the tougher ladies in the running game. Always a good competitor.

Stearns: Deana Webster, she's only been running two years, but finished 9th after only a year.

Hampden: Amy Gorham, 10th as a sophomore.

Class C Girls: When you get into Class C the quality dips a bit but the competitiveness doesn't lose a thing. Look for a good battle again this year with Jay and Foxcroft fighting for the title with John Bapst and George's Valley challenging them. Individuals:

Jay: Missy St. Pierre, won as a sophomore. Will be back to defend her title.

NYA: Katie Leighton, only a freshman, she finished 2nd in '85. Will come back even stronger.

Piscataquis: Carla Lenieux, another young runner, 4th as a sophomore in '85.

Traip: Coleen King, only a freshman, 5th in '85.

Foxcroft: Sunshine Weinrich, still another freshman. This could turn into a hell-of-a battle!

Winthrop: Kristin Vickers, just one more frosh. Class C could be fun.

A COUPLE OF OBSERVATIONS: 1. It seems like we see a great deal of very talented women runners when they are freshmen and sophomores, but the attrition rate is startling. Good common sense tells us that athletes should get stronger and better until they are in their twenties anyway. If high school kids are burning out, we have to look at coaches and parents to help the athletes take a more sensible approach. 2. It's much easier to keep up with the competitive scene in women's running. I guess because there isn't quite the competition and the stars in the women's field shine at an earlier age. With guys it's much harder to shine for four years. There are exceptions as with everything. Scott Roberts!

MY PICKS FOR PEOPLE TO WATCH IRREGARDLESS OF CLASS:

Matt Crook	Chris Metcalf	Kevin Lyons	Mike Lyons	Doug MacDonald
Rusty Snow	Wendy Delan	Laura Duffy	Jill Decker	Karen Salsbury
		Karen Sprague		



Maine
Road
Ramblers



MAINE EVENT, c/o Maine Road Ramblers, P.O. Box 264, Augusta, Maine 04330.

After three years of hot, sunny weather we finally got rain at July 27th's MAINE EVENT. However, it didn't seem to bother the competitors at all, although it was tough on the organizers as we struggled to keep our papers dry and to read curled up race numbers. Still, all of us had to admit that the rain was better than the hot, humid conditions of the previous few days. Despite, or maybe because, of the rain there were many record setting performances, even some in the bike leg which I thought would be a problem in the wet conditions.

One problem with being a Race Director is that you are usually so busy that you don't have much time to view the actual competition. It was the case again for me this year, except that for the first time in the four years of the MAINE EVENT I did get a chance to get away from the Transition-Finish area as I rode in the 10K lead vehicle. I picked a good year as the first four men waged a great battle. Hank Pfeifle and Bob Winn pushed the pace for the first half of the race through early splits of 4:42 and 9:38. Andy Palmer and Tim Wakeland trailed by about 10 seconds halfway. Andy then made his move up the long hill after the turnaround and gradually pulled away to set a new record on the hilly certified course of 30:46. Tim, of Dover-Foxcroft and Iowa State, got 2nd in 30:55 with Bob 31:01 and Hank 31:06 fading only a little bit despite their early pace.

When we made our turn in the lead car I was amazed at the pack of women blazing along close together at a rapid clip. I knew before the women's race that it was going to be the best yet as I saw the entries of: Kim Moody, Anne-Marie Davee, Brook Merrow, Cindy Lynch, and Rose Prest. However, there were some other ladies up front I didn't recognize and one of them: Sally Perkins, 23 of Kennebunk Beach, set a new course record with a time of 37:24. In all, Sally, Kim, Anne-Marie, Brook, Donna Davis (another new name to me even though she is from Augusta), and Cindy all were under 39 minutes with Kelly Bennett and Rose under 40.

The canoe leg was marked by depth as nine teams broke 50 minutes whereas only three did last year. Alan Paradise and Steve McAllister of Painomania had the top time of 48:06. John-David Mathieu demolished the old solo course record by 2:02 with a time of 51:42. Tom Warren also had a great canoe with a time of 51:50.

Andy Palmer's teammates: LeLand Martin and Gary Browning of The County Team maintained his lead in the canoe leg over the two-time defending champions: The Flying Mainiac Express (runner Tim Wakeland, and canoeists Greg McMorrow and Roc Oliver). However, everybody knew what would happen next as the Mainiacs had the star of previous MAINE EVENTS: biker Doug Day. Sure enough, Doug took the lead within the first two miles and went on to set new team and bike course records. Doug, originally from Millinocket and now living in Conn., pedaled 27.35 miles in 1:04:28 for an average speed of 25.5 miles per hour. The Flying Maniac's total time of 2:24:18 beat their old mark by 3:31. Doug maintained the tradition that the first team out of the water doesn't win the MAINE EVENT, but it was easier for him than previously where he came from 7th and 4th to win.

Relay Triathlons such as the MAINE EVENT have so many categories: Men's, Women's, Mixed, 4 Person, 2 Person, Individual, etc. that it isn't until you see the final results that you realize just how many exciting races took place within categories behind the top men. However, because of our numbering system I am sure that the competitors themselves were able to keep track within their own category. The MAINE EVENT witnessed hard fought battles such as: The Live Wires (runner Jamilyn Dunn, canoeists June Crawford and Karen Cote, and biker Muffy Floyd) also coming from behind in the 4 Person Women's race to triumph and set a new course record of 3:10:35. They overtook Give & Go and The County Team II. However, Give & Go only beat The County gals by one second for 2nd place.

The closest race of all was the 4 Person Recreational Canoe where the first three teams were separated by only 12 seconds. The 2 Person Women featured a back and forth battle between Kim Moody and Louise Girard of Stupid Heads against Brook Merrow and Dawn Pelletier of The Flamingos. Kim beat Brook by 27 seconds in the 10K but Brook and Dawn steamed by The Stupid Heads with the fastest women's canoe of the day to lead by over 2 minutes. However, Louise countered with the 2nd fastest women's bike time to overtake Dawn for the win.

Both team's times, 3:05:38 and 3:06:04 were faster than any 4 Person team. Another exciting race was in the Individual Masters Men between the Old Viking: Lans Christensen and John Aufmuth for 2nd place. After the canoe they were only 6 seconds apart with John leading. However, after what must have been a fierce encounter Lans won by 3 seconds.

Although he didn't have to wage a nip and tuck battle, Barry Fifield, 29 of Portland, probably provided the day's top performance as he demolished his own Individual Mens course record by 9 minutes and 58 seconds with a time of 2:42:04. Barry was 11th overall. He combined strong performances in all three legs: 34:14 10K, 53:01 canoe, and a 1:14:49 bike for the win. His closest competitor, as he was last year, was Rudy Sroka of Connecticut. Rudy, a national class biker, was again strong in the bike (10th best time of the day) but Barry built up too big a lead in the run and canoe. Rudy, however improved his 85 time by over 5 minutes.

The above can only portray some of the excitement of the 1986 MAINE EVENT. I have highlighted the top competitors, but there are many others competing just to better personal goals and they have just as much fun. There is no doubt in my mind that these competitions, whether you are doing all three by yourself or on a relay team bring out the best in endurance athletes. I only wish that they weren't so difficult to organize so the state of Maine could see more of them. I want to thank all the people who helped: more than 110 in all from the Maine Road Ramblers, Penobscot Wheelmen, Gardiner Sportsmans Club, American Massage Therapy Assoc., Augusta Radio Club, City of Gardiner, Dick Roberge, plus many others. Without their efforts, as well as Key Bank's sponsorship, the MAINE EVENT wouldn't be the great race it is.

Greg Nelson,
Race Director



Second Wind

It's that time of year again. I'm sorry if it seems that there is less space for articles, but July through October seem to be the months we have to dedicate our space to calendar and race results almost exclusively. I hope you understand. To help you understand, the July issue cost nearly \$300 more to print than the August issue in which we tightened our belts a bit. I have some super material from Andy Palmer, Don Wismer, Steve Elliot, Gail Schade, and Rick Krause that will just have to wait until the race results slow down. We founded the magazine on the philosophy that what you wanted was the most complete calendar and results available. That four hundred and thirty-first runner at the Maine National Bank 5 Miler is still the most important person in Maine Running & Outing and I don't want you to ever let us forget that.

RUNNER'S WORLD - If you don't know Runner's World is back yet, pick up the September issue and read the articles about Millinocket's own, George Murray and the quick-pi of Carlton Mendell in the "Human Race" section.

MAINE TRACK CLUB MEETING - Speaking of pictures of Carlton, I would assume that the Scribner/Photogenics beside Carlton's photo in RW means Fred Scribner, III (Charlie's brother) of Cambridge, MA. Fred will be the featured speaker at the club's September 10 membership meeting. Fred has done some fancy work for Yachting magazine, Runner's World and Sports Illustrated. He will talk on sports photography.

ST. JOE'S ADDS WOMEN'S CROSS COUNTRY - Athletic Director Rick Simonds has announced that Brian "Ziggie" Gillespie will organize a women's cross country program this fall at St. Joe's. Ziggie hopes that the women will be on the same plane as the men's (106-8 over the past 5 years) within a year or two.

UNIONMUTUAL TRACK TEAM PLACES FOURTH IN CORPORATE NATIONALS - Unionmutual recently captured fourth-place in Division II (5,000 employees or less) at the National Championships in Los Angeles. Forty-three Unionmutual employees combined to bring home three gold and fourteen silver medals. Michelle Roberge, Cheryl Bascomb and Marion Bouchard won the gold in the women's relay. I assume they ran 1,500 meters (500 each?) in a time of 4:33.16. Jane Dolley, MTC president finished fourth in the Women's 5K Road Race, while Terry Morris and Jackie Harmon won their age groups. Steve Smith, Mike Curry and Fran Brennan took a silver medal in the President's Relay (all participants had to be vice president or higher and at least 35 years old).

PETER MILLARD & EMILY WESSON GROWING AND LEARNING IN ZIMBABWE - I recently received a letter from Emily outlining the Millard family's daily life at Willis Pierce Hospital in Zimbabwe. Here's an excerpt..."Most of the 80 or so patients we have on the pediatrics ward are there simply because they don't have enough to eat. Please do not think we are living in an infertile area. We are in one of the richest, most fertile agricultural areas in Africa, and the recent harvest was excellent. But almost all the arable land here is owned by commercial (mostly white) farmers who grow tea, coffee, cotton, and tobacco for export. The workers, who live on the estates, are paid \$40 a month on average and have no plot of land to grow their own food, so they are totally dependent upon the cash economy. The analogy which comes immediately to mind is The Grapes of Wrath. The "Oakies" here are Mozambicans who have fled the war there to come to rich Zimbabwe, only to find suffering and misery amid plenty. Words that Bertolt Brecht spoke 40 years ago still ring true: "famines do not occur. They are organized by the grain trade." Needless to say, there was no talk of running in the letter, only the important work that Peter and Emily are doing and how Cameron and Maria are growing in body, mind and spirit as well.

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CLASSIFIEDS in MR&O \$12.50 per eighth page

Got an old canoe that's glanced off one too many rocks? Want to recoup your money on that windsurfer so you can go back to college this fall? Time to move up to a performance bike? Sell that good ol' stuff to guys like me who can't afford the high-performance gear, through a MR&O classified ad. Cram all the words you want into an ad of these dimensions for a mere \$12.50. Somebody out there wants your toys! Reach 'em right here.



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DEAR BOB,

ENCLOSED YOU WILL FIND A CHECK FOR \$20.00 TO RENEW MY SUBSCRIPTION TO MAINE RUNNER FOR ONE MORE YEAR. THE EXTRA \$2.50 IS A SMALL BRIBE TO INSURE THAT I GET THE JUNE & JULY 1987 ISSUES!

I MUST CONFESS THAT I DID CALL YOU TO COMPLAIN ABOUT NOT RECEIVING MY JUNE & JULY 1986 ISSUES EVEN THOUGH MY SUBSCRIPTION DOES NOT EXPIRE UNTIL AUGUST. HOWEVER, YOUR WIFE SAID YOU HAD JUST STEPPED OUT (A LIKELY STORY).

IT WAS PROBABLY JUST AS WELL AS SHE RESOLVED THE PROBLEM QUITE EASILY AND CONFIRMED MY SUSPICIONS THAT IT WAS MORE THAN LIKELY A SCREW UP ON YOUR PART. YOUR WIFE ALSO HINTED TO THE FACT THAT SHE DID MOST OF THE WORK!!

BOB COUGHLIN IS STILL UP TO MT. WASHINGTON WAITING FOR YOU AFTER READING ABOUT YOUR ENTRY IN A PREVIOUS MAINE RUNNING ARTICLE (PROBABLY YOUR PARAKEET GOT REAL ILL JUST BEFORE THE RACE, HUH!).

KEEP UP THE GOOD WORK BOB, AND I'M LOOKING FOWARD TO PURCHASING MY NEXT ISSUE OF MAINE RUNNING AT MY LOCAL SPORTING GOODS STORE AFTER I FIND NOTHING IN MY MAIL BOX. SEE YOU AT SUGARLOAF!

SINCERELY YOURS,
Wayne
WAYNE V. CLARK. MAINE ROWDIES

26TH MOUNT WASHINGTON ROAD RACE
Pinkham Notch Jun 28th

1. Gary Crossan	28	1:02:10
2. Domingo Tibaduiza	36	1:03:12
3. Sheldon Larson	25	1:03:12
4. Buck Logan	26	1:06:55
5. Joe Stanley	33	1:07:43
6. Sean Hanley	25	1:07:59
7. Al Waquie	35	1:08:19
8. Mike Casner	24	1:08:34
9. JOHN FITZGERALD	22	1:08:38
10. Jay Smith	27	1:09:34
32. Kirk Siegill	25	1:17:06
34. Richard Lane	39	1:17:30
39. Jeff Arsenault	29	1:18:16
45. Gino Valeriani	32	1:19:03
47. Steve Moser	29	1:19:10
49. Chris Maistro	26	1:19:26*
53. Greg Nelson	38	1:20:23
55. Joel Titcomb	27	1:20:36
58. Richard Mulhern	32	1:20:48
64. Dean Rasmussen	38	1:21:43
67. Mike Cameron	40	1:21:53
72. John Creasy	40	1:22:22
96. Phil Stuart	38	1:25:09
98. Gary Silverblade	27	1:25:13
111. Bob Coughlin	47	1:25:54
129. Mike Reali	32	1:27:30
137. Ron Cedrone	37	1:27:55
167. Frank Ferland	37	1:30:05
169. Gordon Chamberlain	48	1:30:08
180. Tom Frederick	26	1:30:51
187. Dave Barker	33	1:31:14
210. George Waterhouse	43	1:32:41
216. Ron Paquette	45	1:32:54
252. Alburn Butler	32	1:35:22
256. Mike Frost	35	1:35:30
258. Gene Roy	39	1:35:39
259. John Balicki	36	1:35:42

266. Vincent Skinner 28 1:36:23
274. Bill Kane 34 1:36:39
302. John Howe 51 1:38:43
307. Carlton Mandell 64 1:38:55
310. Marsha Giglio 42 1:39:12*
321. Daniel Force 37 1:39:45
329. William Bennett 31 1:40:11
330. Don Reimer 39 1:40:13
331. Philip Pierce 44 1:40:16
337. Mike Lynch 36 1:40:36
365. Russ Connors 54 1:42:14
423. John Gale 30 1:46:28
430. Stan Sheldon, Jr. 39 1:47:11
443. Dave Canare 29 1:47:28
446. Jane Dolley 38 1:47:39*
470. Gary Gernald 34 1:49:38
473. Gary Amrose 40 1:49:47
475. Jonathan Hanson 24 1:50:04
491. Eric Germaine 37 1:50:51
497. Arnold Stevens 32 1:51:18
505. Richard Robinov 26 1:51:40
510. Dave Gugan 50 1:51:44
516. Barbara Coughlin 43 1:52:01*
528. Mike Davis 37 1:53:24
542. Harvey Rohde 44 1:55:22
563. Ted Beaupieu 45 1:57:23
567. Glen Neale 33 1:57:44
572. Armand L'Heureux 37 1:58:27
599. Tim Haggerty 27 2:00:58
602. Nelson Mathews 30 2:01:09
621. John Gargulinski 30 2:03:26
623. Donnajean Fohman 35 2:03:41*
684. Ralph Hughes 37 2:25:24
689. Warren Foye 38 2:33:30

FIFTH PEMBROKE IRON WORKS FOUR MILER
Pembroke Jun 29th

1. James Ohmeis	22:34
2. Mike Francis	22:37
3. Robert Ashby	23:12
4. Len Chiappina	23:27
5. Mike Worcester	23:38
6. Mike Carter	23:54
7. Bion McFadden	25:02
8. Hartwell Dowling	29:31
9. Dale Pritchard	30:05
10. Kingsley Brown	32:22
11. Paul Berg	32:22

Pauline Stanhope - Race Director
Results courtesy of Phil Stuart

2ND ANNUAL TURNER STREAM 5K
Cutler July 4th

1. Phil Stuart	38	16:40
2. Mike Worcester	37	17:45
3. Steve Cates	35	18:20
4. Bion McFadden	46	18:43
5. Andy Patterson	29	19:09
6. Orrin Faulkingham	40	19:39
7. Brian Cates	31	21:12
8. Hartwell Dowling	31	21:20
9. Joey Davis	27	21:49
10. Dennis Danforth	16	22:43
11. David Eldridge	18	22:44
12. Larry Davis	22	23:50
13. Doug Deboer	17	24:17
14. Derik Deboer	15	24:21
15. Becky Rowden	14	25:23*
16. Kelli Ackley	24	26:43*
17. Hal Buckner	34	26:54
18. Stephanie Randal	14	28:13*

Congratulations to John Fitzgerald
of Lewiston for breaking into the
top 10 in this old race. The Maine
Road Ramblers finished 10th in the
team competition and the Central
Maine Striders finished 13th.
Carlton won the over 60 age group.

Results courtesy of Bob Taschak

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THUR, FRI 9-6 SAT 9-2

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con	32:12	190. Brenda Philbrick	34:59	235. Mark McAfee	36:51	280. Allen Pusch	38:37
ry	32:13	191. Gerry Myatt	35:00	236. Jamie Considine	36:56	281. James Atwell	38:40
ard	32:16	192. Leif Nielsen	35:05	237. J. Munery	36:58	282. Clinton Goodnow	38:46
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on	32:41	200. Gretchen Mikeska	35:17*	245. Bethel Hodskins	37:17	290. Suzette Phillips	39:00*
sfield	32:42	201. Frank Moore	35:23	246. Bud Cherry	37:18	291. Randy Phillips	39:00
h	32:45	202. Jane Clifford	35:27*	247. Brian LaSalle	37:20	292. Frank Arsenault	39:13
on	32:45	203. Carey Wilson	35:28	248. Winifred Wood	37:25*	293. Robert Newton	39:25
	32:47	204. Calen Colby	35:32	249. Joan Barnes	37:27*	294. Bernard Janarelli	39:25
	32:48*	205. Robert Morrison	35:35	250. Jerry Nelson	37:27	295. Robert Tanner	39:27
	32:50	206. Lauren Corey	35:36*	251. David Body	37:29	296. Mary Jane Bourgault	39:35*
	32:51	207. Tim Kiely	35:38	252. Ellen Spring	37:31*	297. Phil Allen	39:41
	32:53	208. Tom O'Toole	35:39	253. Donald Sanborn	37:33	298. Julianne Cobb	39:45*
	32:55	209. Willard Hubbard	35:41	254. William Davennny	37:35	299. Robert Brown	39:50
	32:57	210. Karen Conners	35:44*	255. Leon Libby	37:37	300. Greg Harris	40:06
	32:59	211. Don Penta	35:50	256. Philip Meyers	37:39	301. Darlene Sharp	40:08*
	33:04	212. Barney Schneider	35:52	257. Steve Putnam	37:42	302. Mary Pryor	40:12*
	33:05	213. Holly Hallowell	35:58*	258. Kim Tarnower	37:47	303. Raymond Brunelle	40:24
	33:08	214. Hall St. John	—	259. Warren Foye	37:48	304. Robert Kirkland	40:25
	33:10	215. Patrick Peterson	36:00	260. Russell Bradley	37:53	305. Susan Davenny	40:33*
	33:11	216. William Doherty	36:00	261. Linda Gaudreau	37:55*	306. Jodie Dwyer	40:34
	33:12	217. Barbara Firth	36:02*	262. Peter Gould	37:57	307. Michael Thompson	40:34
	33:13*	218. Mark Buckley	36:03	263. Jeannie Peterson	37:57	308. Susan Morris	40:38*
	33:17	219. Art Greene	36:07	264. Jamie Brown	37:57	309. Wayne Newland	40:50
	33:19	220. Mike Fox, Jr.	36:08	265. Frank Brawn	38:04	310. Albert Giasson	40:57
	33:25	221. Mark Gould	36:09	266. Leon Gorman	38:04	311. Martha Cutts	40:58*
	33:26	222. Dave Hude	36:13	267. Maureen Connolly	38:05	312. Elizabeth Wilson	41:12*
	33:26	223. David Williams	36:14	268. Paul Danesrau	38:11	313. Paul Peters	41:07
	33:29	224. Karen Milliken	36:17*	269. Brian Nickell	38:12	314. John-Scott Brennan	41:09
	33:30	225. Arabella Eldredge	36:21*	270. Stephan Atwell	38:14	315. Lisa Tagariello	41:12*
	33:32	226. Roger Pike	36:23	271. Jean Thomas	38:15*	316. George Coggeshall	41:13
	33:37	227. Don Blake	36:32	272. Barbara Footer	38:15*	317. Claire Edwards	41:15*
	33:38	228. Ken Hatch	36:35	273. Delbert Arris	38:16	318. Steven Cutts	41:16
	33:41	229. James Johnston	36:35	274. Myles Hart	38:17	319. Robert Cottiaux	41:20
	33:43	230. Susan O'Toole	36:36*	275. Peter Adams	38:18	320. Paul Dumas	41:23
	33:43*	231. David Graham	36:39	276. Anne Lynch	38:29	321. Dee Nicely	41:27*
	33:44	232. Bruce Crockett	36:40	277. Donald Spear	38:33	322. Thomas Downing	41:48
	33:46	233. Rob Laskey	36:44	278. Gregory Sharp	38:34	323. Melvin Fineberg	41:50
	33:47	234. Timothy Porter	36:45	279. John Ouillette	38:35	324. Beth Smith	41:52*

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9:30 Mon. - Sat.

Fri. 9:8:00

325. Charles Drew	41:52	172. Elizabeth Galley	50:10*	1 Mile Fun Run
326. Barbara Gros	42:00*	173. Jessica Fulmer	50:59*	
327. Dwayne Robinson	42:08	374. Amy Jo Forrester	55:41*	
328. Eddy Knipfer	42:12	375. Richard Forrester	55:42	
329. Bruce Kiracofe	42:12	Results courtesy of Don Panta		
330. Nancy Beward	42:12*			
331. Barbara Bourgault	42:14			
332. Margaret Soule	42:34*	*****		
333. Harvey Mason	42:44			
334. Maria Gonzales	42:48*	BERT 'N I ROAD RACE		
335. Joan Giroux	42:56*	East Vassalboro	5 Miles	
336. Pamela Mangan	43:07*			
337. Julia McKissock	43:16			
338. Brenda Cushman	43:25*	1. Peter Lessard	24	27:26
339. Ryan Paradis	43:26	2. Larry Sullivan	36	28:10
340. Barbara Bryce	43:30*	3. Fred Judkins	42	30:21
341. Debra Ringer	43:34*	4. David Barker	33	30:35
342. Lillian Vaill	44:41*	5. Richard Morrison	27	31:03
343. Brian Letiecq	44:41	6. Jerry Allanach	36	31:53
344. Cheryl Gilbert	44:46*	7. Doug Kimball	16	33:32
345. Dan Newman	44:47	8. Larry St. Peter	41	33:51
346. Ruth Hefflefinger	45:37*	9. Jim Booth	40	34:03
347. James Graham	45:43	10. Bob Lutz	32	34:22
348. Pauline Kilburn	45:43	11. Paul Mitnik	36	34:38
349. Daniel Gass	45:51	12. John Belanger	34	35:27
350. Gerard Cassidy	45:52	13. Jerry Saint Amand	43	36:26
351. James Hussey	45:52	14. Marsha Giglio	42	36:41*
352. Dale Martin	45:59	15. Steve Ellis	41	37:14
353. Peter Allen	46:00	16. John Scheid	31	37:41
354. Kathryn Kelly	46:02	17. David Benn	41	37:46
355. Scott Morgan	46:03	18. Roger Mills	36	38:23
356. Kathy Harden	46:09*	19. Paul Pierce	44	38:31
357. Amy Johnson	46:27*	20. Claudia Takacs	30	38:42*
358. Jude Golding	46:51	21. Connie Towne	47	38:58*
359. Jean Tonneson	47:03*	22. Fred Wiand	46	39:52
360. Jackie Williams	47:30*	23. Keith Libby	45	40:01
361. Tony Newman	47:38	24. Dennis Hayden	33	43:00
362. Bill Harkins	47:14	25. Jennifer Hayden	13	43:09*
363. Joanna De Wolfe	47:57*	26. Jan Hoffman	40	43:15*
367. Stacie Hamilton	48:15*	27. Patty Ellis	30	43:21*
368. Amy Anderson	48:15*	28. Linda Crawford	39	43:40*
369. Lloyd Holmes	48:24	29. Linda Seskins	31	44:13*
370. Nicola Manganello	49:01*	30. Mark Marquis	28	53:38
371. Edward Manganello	49:03			

Results courtesy of the Central Maine Striders

BELGRADE COUNTRY FAIR 10K
Belgrade *ME-86001-GW* Jul 19th

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Sunday, August 3, 1986



The Appleton Biathlon

Sunday, June 8, 1986

17.	Tom McGuire	42:17	51.	Jon Bernhard	49:11	61.	Harriet Seekins	51:33*
18.	Eric Hasenfus	42:46	52.	Fred Russ	49:13	62.	Seamus Kelley	52:34
19.	Dennis Kamholts	43:15	53.	A. Bissonnette	49:14	63.	Martha McGilpin	52:35*
20.	Nancy Legin	43:11*	54.	John Lovejoy	49:15	64.	Carry Jones	52:42
21.	Chris Higgins	43:50	55.	Jim Helmkamp	49:50*	65.	Dan Lourie	52:44
22.	Sam Solish	43:53	56.	Jill Helmkamp	50:25	66.	Kathy Richards	52:59*
23.	Bill Collins	44:30	57.	Scott Ehaman	50:29	67.	Laura Woodman	53:04*
24.	Dave Gugan	44:39	58.	Nick Turner	51:12	68.	Harold Jones	53:33
25.	Don Carter	44:43	59.	Chuck Bryant	51:15	69.	Marcy Chong	54:24*
26.	Joseph Couture	45:26	60.	Don Osborne	51:15	70.	Chip Brooks	54:36

LETTERS

Dear Bob:

7 Aug 1986

Thanks for singlet order. All out of L's at the moment but you are high on the waiting list. Igor, my screenprinter is already hard at work on the next batch. They are selling better than the magazine. I'm in the wrong business.

One of these days I'll get up to Maine for a race, and I don't mean one of those Southern Maine Rte'l races. I will make it all the way up to Bangor or Presque Isle or Caribou!!!!

Still have fond memories of my best race ever. The Old Town Goldsmith's 14 Miler back in the late 70s. This is balanced out, however, by the 3:47 at the 95 degree Paul Bunyan Marathon the year before. Some jerk told me it's always cool in Maine.

Enjoy Maine Running immensely. Keep up the good effort.

So long for now from high crime and traffic-clogged Eastern Massachusetts.

Truly

HS Rat
Peter Wallan
44 Highland St.
Sharon, MASS 02067

P.S. Sorry about those Etonic comments. I'm stayin' out of Auburn/Lewiston area. Sonny Liston even got flattened up there.

August 1, 1986

Dear Bob,

Thanks for the reminder and information on the new reporting procedures for race directors. It looks like a plan that should make your job on the receiving end a bit easier and less hectic as the deadline gets closer each month.

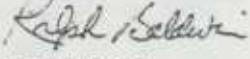
I am sorry to report that the Old Mill Pub 10K is already a thing of the past. Dick McCarthy and I have decided that we cannot continue the race and do it the justice that the course, the runners, and the sponsors deserve. We both have enjoyed our brief effort on behalf of Maine runners, but our own changing situations and the return of Benjamin's into the September lineup make the endeavor more than we can continue.

Your assistance and encouragement were a great help. Thanks! Organizing a race so that it is enjoyable and challenging is time-consuming and difficult - and rewarding as well.

The runners who attended the event during its brief two-year history enjoyed the scenic course and the Pub's hospitality. We were impressed and gratified by their support and words of encouragement, and we enjoyed meeting the many race fans, families, and runners who turned out.

All good things do not have to end, but this one, unfortunately, does. It hurts to abandon this child of ours, but the course and the Pub both remain as before. I hope some of our runners will continue to enjoy the offerings of the course as they train and of the Pub as they relax in their more quiet moments.

Sincerely,



Ralph Baldwin



71. Dora Galacatus	54:51	4. Mike Mendonca	28:19	49. Art Thompson	36:05
72. Patricia Ryan	55:22*	5. Conrad Walton	28:34	50. Joe Beasley	36:09
73. Norman Fitzgerald	55:26	6. Bob Everett	28:43	51. Todd Adelman	36:53
74. Amy Bracken	55:49*	7. Jerry Monahan	29:11	52. Eileen Jordan	37:08*
75. Bart Williams	56:43	8. Willie Thompson	29:20	53. Lenny Willette	37:34
76. Joe Foreman	56:56	9. Tim Cushman	29:21	54. Bob Faulks	37:36
77. Diane Whitcomb	56:58*	10. Richard Hartford, Jr.	29:36	55. Jane Cary	37:39*
78. Corey Smith	57:02	11. Waldron Babidge	29:40	56. Leon Kraut	37:44
79. Bruce Clark	57:04	12. Don Audibert	30:00	57. Wayne Dopke	38:31
80. Rafi Alejandro Baenzar	57:42	13. Mike Aldrich	30:29	58. Joe Delaney	39:08
81. Vivian Poirier	58:35*	14. Perry Lillley	30:44	59. Lendal Johnson	39:20
82. Heather Carlyle	58:47*	15. Brook Merrow	30:50*	60. Sam Jordan	40:01
83. Celia Broody	58:52*	16. Dave Rand	31:01	61. Mark Freeman	41:00
84. Jim Bowman	58:59	17. Ed Malone	31:04	62. Steve Smith	41:09
85. Heidi Marie Moore	59:07*	18. Mike Ramey	31:32	63. Don Peters	41:11
86. Larry O'Brien	59:14	19. Erv MacDonald	31:43	64. Brent Jepson	41:12
87. Jason O'Brien	59:14	20. Chris Drew	31:44	65. Jeanne Garrett	41:20*
88. Betsy Killie	62:09*	21. Steve Porter	31:45	66. Brian Carlton	41:42
89. Bethany Grohs	63:10*	22. Pete Cuff	31:48	67. Fran McMahon	41:44
90. Shawn Maby	63:25	23. Neal Genz	32:00	68. Wm.J. Davidshofer	41:53
91. Kate Carra	63:30*	24. Larry Whipkey	32:08	69. Shawn Good	41:55
92. Caryn Sheftel	63:31*	25. Terry Tompkins	32:10	70. Richard Hartford, Sr.	41:57
93. Jesse Wilderman	63:32	26. Dave Maxcy	32:16	71. Kevin Hartford	42:06
94. Jennifer Hiller	64:137*	27. Barry Bartley	32:22	72. Robert Burns	42:24
95. Keira Levine	74:47*	28. Bill Walkowiak	32:32	73. John Russell	42:30
96. Brenda Fried	74:57*	29. Hy Adelman	32:41	74. Julie Coffey	43:13*
97. Ryan Strauss	75:45	30. Newell Lewey	32:52	75. Milt Bailey	43:27
98. K.C. Cohen	76:50	31. Howard Paradis	32:58	76. Don Buchanan	44:16
99. Betsy Barnett	76:54*	32. Ray Cyr	33:09	77. Kent Willette	44:46
100. Doug McCool	86:43	33. Darlene Higgins	33:14*	78. Aurele Ouellet	44:47
101. Amanda Stein	86:47*	34. Bruce Twombly	33:45	79. Pam Lambert	45:23*
102. Tomeckia Williams	86:49*	35. Charlie Bernard	33:52	80. Sarah McPartland	45:54*
Results courtesy of the Waldo County YMCA					

POTATO BLOSSOM 5 MILER Port Fairfield					
July 19th					
1. Rusty Taylor	26:49	40. Paul Towle	34:24	85. Carmen Shaw	51:12*
2. Bruce Pelletier	27:17	41. Shane Lambert	34:30	86. Anne Soucy	53:29*
3. Bruce Freme	27:57	42. Danny Watson	34:35	87. Sam Ouellet	67:14
		43. Charlie Peter Paul	34:57	88. Beth Everett	72:28*
		44. Karen Browning	35:22*	89. Ruth Russell	72:30*
		45. O.J. Melendez	35:31	90. Nancy Russell	74:28*
		46. Scott Fields	35:44	Results courtesy of the Aroostook Joggernauts Newsletter	
		47. Johnna Fleming	35:50*		
		48. Susan Martin	35:51*		



World Champion Mudflat Rambler.
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FOURTH ANNUAL 10 KILOMETER AUTUMN GOLD ROAD RACE

Sponsored By:
**The Ellsworth Area
Chamber of Commerce**



Date: Saturday, October 18
Time: 11:00 A.M.

Place: Start at Willey's (High Street)
Finish behind Linnehan's (Triangle)
Distance: 6.2 miles (10K)

Registration Fee: \$4.00. Registration at Chamber of Commerce Office on High Street from 9:30 - 10:45 a.m.
Registration encouraged as the first 50 registered runners will receive T-shirts.

Race Categories: (Male & Female)

14 - under
15-18; 19-29;
30-39; 40-49;
50 - over

Race Director: Sheldon Booze
Down East Y.M.C.A.

1st & 2nd Place: Trophies (each category)
3rd Place: Medals (each category)



Race Features:

Rest Rooms
Water Station at 3 miles
Chronomix Time Results
Electronic Time & Place Display
Results Published in Maine Running
Refreshments - courtesy of Willey's & Burger King

Activities for the entire family include:
Antique Auto Show; Pet Show; Antique Show;
Art Show & various store sales.

For More Information: Call Down East YMCA - 667-5647 or Chamber of Commerce - 667-5584.
Make Checks Payable To: Chamber of Commerce

— COME JOIN US FOR A FUN FILLED DAY —

ENTRY FORM

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

Name: _____

Male or Female (Circle) _____

AILING ADDRESS: _____

Age as of October 18, 1986: _____

GNATURE: _____

(Parent if under age 18)

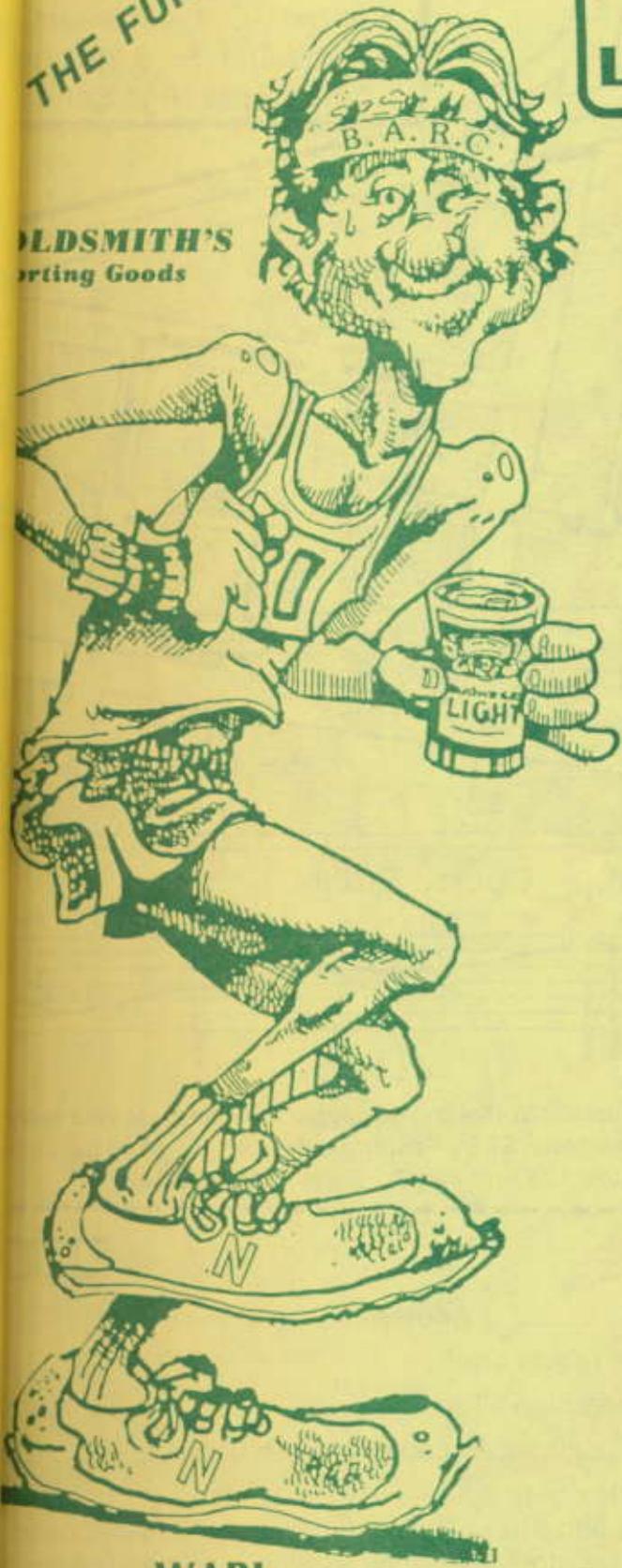
Shirt Size (Circle): S M L XL
(Only first 50 to pre-register receive t-shirts)



Mall Entry Form With Fee To: Down East YMCA, Box 512, Ellsworth, Maine 04605

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BENJAMIN'S 10K ROAD RACE

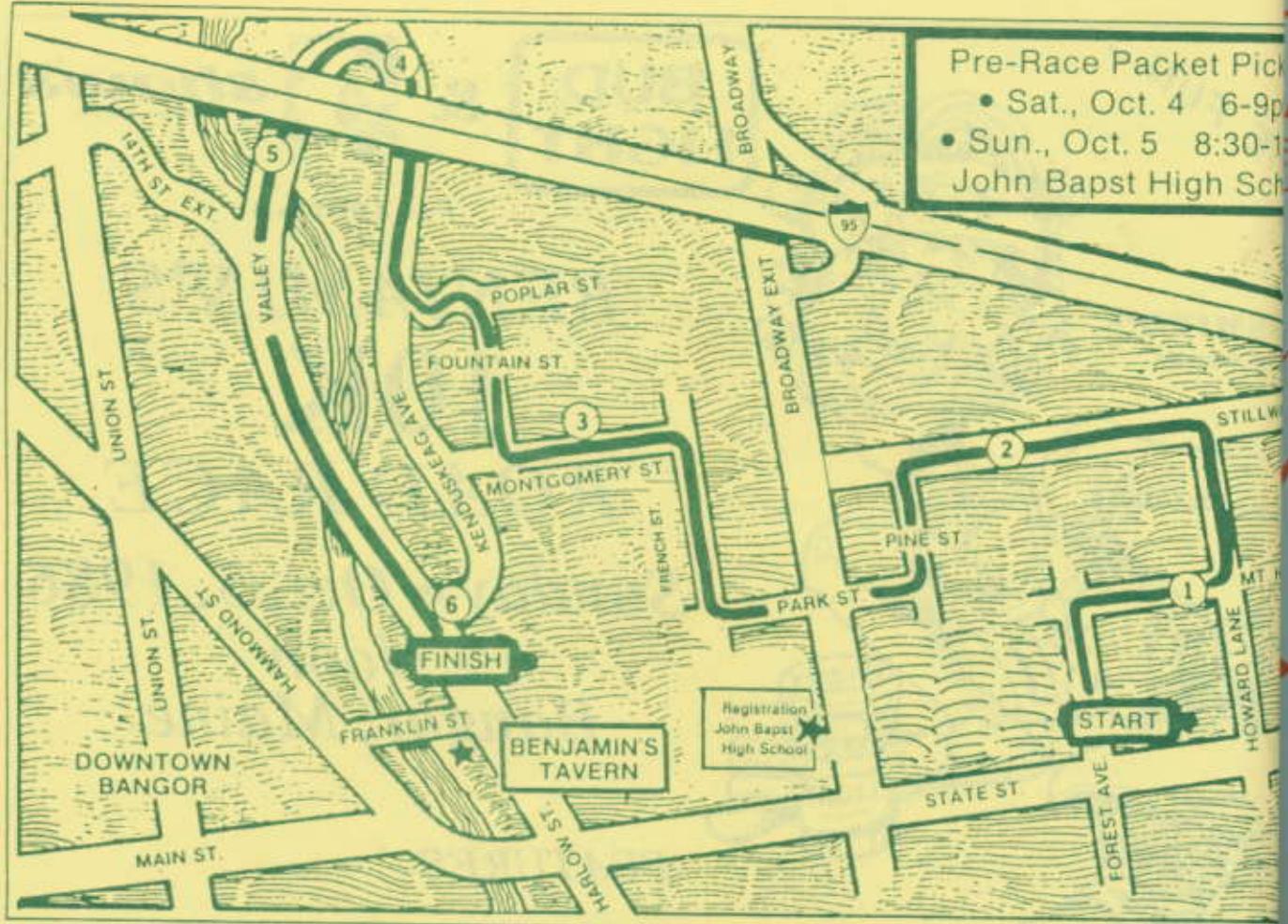
*Sunday - Oct. 5, 1986
12 Noon
Bangor, Maine*

FEATURES

- T.A.C. certified
- Digital display clock
- Water station at 5 kilometers
- Splits at mile, 5k and 10k
- Post race refreshments
- Computerized results
- T-shirts to first 500 registered
- Accurate time/place for ALL runners
- Packet pickup & showers at John Bapst High School on Broadway
- Cash awards to first 3 male and female finishers
- Merchandise prizes to first 3 males and females in each age group. (19 & under, 20-29, 30-39, 40-49, 50-59, 60-69)
- Race walker division
- Team competition (top three cumulative)

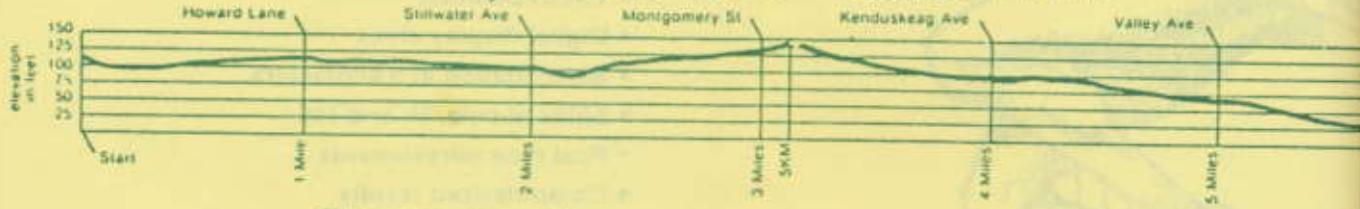
Pre-registration only
NO Race Day Registration
For further information call
Benjamin's 942-7492

 **EASTERN
EXPRESS** 



Pre-Race Packet Pick-up
 • Sat., Oct. 4 6-9p
 • Sun., Oct. 5 8:30-1
 John Bapst High School

Benjamin's 10K Course Profile



This entry cannot be processed unless you sign your application, **include your address**, and a self-addressed stamped envelope. \$7.00 Postmarked by 9/1/86, \$8.00 thereafter. Detach and Mail to Benjamin's 10K, 123 Franklin St., Bangor, Maine 04401.

Please print

Office Use

Benjamin's 10K

Official Entry Form

Release Form

Pre-registration only
NO Race Day Registration

Name _____ Address _____

Age _____ Male - Female (circle one)

Check if entering team competition. Team _____

Previous best 10K _____ Expected time Oct. 5th _____

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 and all rights and claims or damages I may have against any sponsor, their representatives, successors, and assigns for any and all injuries suffered in said race or event.

Check if entering Race Walker Division

Your Signature

Parents Signature (for runners under 18)

Packet Pick
Oct. 4 6-9pm
Oct. 5 8:30-11
West High Scho

KSB
FIELD SAVINGS BANK

Kingfield 10K Weekend



Saturday & Sunday
September 27 & 28
Kingfield, ME

Atticlie
TYROLIA
HEAD

(for runners un



C.O. BECK
& SONS
ROOFING

Kingfield 10K

Saturday, September 27, 1986
11:15 a.m.

The Kingfield 10K, held each year on the 4th Saturday in September, has earned a reputation as one of the finest races in the state of Maine and in New England.

The Kingfield 10K features high caliber competitors, a beautiful setting with no traffic, lots of spectators, written results at the awards ceremony, free refreshments and live entertainment after the race.

The 70% flat and 30% easy, rolling hills take you on a tour of the beautiful village of Kingfield. A one mile loop brings racers back to the start before heading out of town on an out-and-back course with spectacular foliage views of the mountains. The finish line is a stone's throw from the start, but the finish is not the end.

Post race activities include an outdoor concert, barbecue, and the awards ceremony. It's a warm, friendly gathering in a relaxed atmosphere. Something that would be difficult to duplicate in a metropolitan area.

Kingfield Kids' K Race & Raffle

Saturday, September 27, 1986
10:15 a.m.

The excitement of the Kingfield 10K has many younger kids fired up to run a race. To fill this need, the Kingfield Savings Bank will sponsor a 1.6K (1 mile) race at 10:15 a.m. for runners 14 and under.

T-shirts will be given to the first 200 registrants, and trophies will be awarded in the following age groups - 6 and under, 7-8, 9-10, 11-12, and 13-14. It's another community commitment from your friends at Kingfield Savings Bank. Join in the fun, the Kingfield 10K Weekend has an event for everyone in the family.

Sugarloaf Uphill Climb

Sunday, September 28, 1986
10:15 a.m.

The Sugarloaf Uphill Climb is a real challenge. It's a climb that's older than the 10K. It is the flagship of the Sugarloaf 10K weekend.

The event starts at the Base Lodge (elev. 1850'), proceeds up a tote road on the Binder Trail, and ends three miles later, 2637 vertical feet higher, at the top of Sugarloaf Mountain. This is not a race; it is a climb that should only be attempted by conditioned athletes. Memorabilia T-shirts will be given to the first 100. Free refreshments and a ride down in the gondola Sugarloaf/USA (weather permitting) will be given to competitors. No prizes will be awarded. This event begins at 10:15 a.m. sharp on Sunday.

Details

Best Finishers: Kingfield 10K — Bob Hodge ('79) 29:10; Andy Palmer ('80) and Hank Pfeifle ('81) 29:29; Jim East ('84) 29:57; Bruce Bickford ('82) 30:12; Joe ('79) 33:41; Katie Martin ('84) 36:14; Michele Hall 36:30; Susannah Beck ('84) 36:31. Sugarloaf Uphill Record 29:04 Kevin Retelle ('82).

Registration: Kingfield Kids' K & 10K — in person at Kingfield Savings Bank. Sugarloaf Uphill Climb — in person on race day at Sugarloaf/USA Base Lodge; by mail, use self-addressed envelope.

Start Locations: Kingfield Kids' K & 10K — in front of Kingfield Savings Bank on Main Street. Sugarloaf Uphill Climb — in front of Sugarloaf/USA Base Lodge.

Course Descriptions: Kingfield Kids' K — a 1.6K (1 mile) tour of Kingfield. Follows first mile of Kingfield 10K course, slightly rolling. Ends back at start in front of Kingfield Savings Bank. Kingfield 10K — 10 km. (6.2 miles).



KINGFIELD SAVINGS BANK

Special Note: Please read carefully and print all information. Data will be computerized and must be complete and legible or your entry will have to be rejected.

NAME

LAST	
------	--

FIRST

ADDRESS

NUMBER AND STREET OR POST OFFICE BOX

CITY

STATE

ZIP

AGE

SEX (female/male)

TELEPHONE

TAC NO.

(requested if available)

TEAM NAME

CHECK RACES ENTERING: Kingfield 10K (\$8)
(\$10 day of race)

Kingfield Kids' K (\$4)

Sugarloaf Uphill Climb

BEST 10K TIME: Name _____ Place _____ Time _____ Distance _____

ENTRY RELEASE

In consideration of your accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release 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 any event even in the case of negligence. I am totally responsible for all that happens to me, not the race organization.

Mail to: Nancy & Chip Carey, Kingfield 10K, Kingfield, Maine 04947

Runner's Signature

Parent's Signature (if under age 18)

The Sugarloaf Uphill Climb is very demanding. Only conditioned athletes should attempt the climb.

Climb
1986

ation pending). Course on paved town roads, 70% flat, lightly rolling terrain, scenic, one loop, then out and sugarloaf Uphill Climb — an extremely difficult course on road with a loose gravel and rock surface. Climbs challenge. It is vertical feet over nearly three miles, uphill all the way.

ship of the K-demanding!

Categories: Kingfield Kids' K — Females and males; 6-10 (elev. 1600 feet), 7-8, 9-10, 11-12, and 13-14. Kingfield 10K — Females and males; 14 and under, 15-19, 20-29, 30-34, 35-39, 40-49, 50-59, 60-70, 70 and over. Open (fastest male), first club and first three locals.

first 100 finishers in the gondola will be given. This event be-

Prizes

Kingfield Kids' K — Top three finishers in each age group receive trophies; 4th through 10th receive ribbons. Kingfield 10K — Slate and pewter plaques (top 3 finishers in each category), and many, many raffle gifts by bib number (bib).

Hodge ('79) Sugarloaf Uphill Climb — Commemorative T-shirts to 31: 29-29; M: 100 finishers at summit and free liquid refreshments, no

30:L2; Joan E.

Michele Hallen:

Sugarloaf Uphill Climb

toK — in front of Climb — 9-11

by mail, use form Kingfield Kids' K — \$4, includes free T-shirts to first 200 10K — in front of Kingfield Climb — chance to win the grand prize of a ski package by Raichle, Sugarloaf Uphill Climb — \$10, Head.

Kingfield 10K — a one mile of Kingfield Climb — \$8 pre-registration, \$10 post-registration, includes T-shirts to first 450 registrants, free refreshments and entertainment after race, (save bib).

Sugarloaf Uphill Climb — \$5; includes T-shirts to first 100 finishers, liquid refreshments and free ride down in Sugarloaf/USA's gondola (weather permitting).

Entry Fee

Kingfield Kids' K — \$4, includes free T-shirts to first 200 10K — in front of Kingfield Climb — chance to win the grand prize of a ski package by Raichle, Sugarloaf Uphill Climb — \$10, Head.

Kingfield 10K — a one mile of Kingfield Climb — \$8 pre-registration, \$10 post-registration, includes T-shirts to first 450 registrants, free refreshments and entertainment after race, (save bib).

Sugarloaf Uphill Climb — \$5; includes T-shirts to first 100 finishers, liquid refreshments and free ride down in Sugarloaf/USA's gondola (weather permitting).

Make check payable (for all races) to Kingfield 10K. Mail to: Nancy & Chip Carey, Kingfield 10K, Kingfield, Maine 04947.

Splits: 1, 3.1 and 5 miles. Water at 3.5 and 4.5 mile mark (same location).

Lodging: Note supporter's ads on back of brochure.

Showers: Kingfield Elementary School, just before 2 mile mark on the course. (Rt. 142 West). Doors close at 1 p.m.

Host Club: Central Maine Striders.

Information: Nancy or Chip Carey, Kingfield 10K, Kingfield, Maine 04947. (207) 237-2000 (w), or 265-2273 (h).

Complete results will be published in Maine Running Magazine.

Schedule of Events

FRIDAY, SEPTEMBER 26 —

Check in at lodges. Pre-race dinner at Gladstone's and Gepetto's on Sugarloaf Mountain, The Herbert Hotel in Kingfield, and Hugs Italian Restaurant, 1 mile south of Sugarloaf's Access Road.

SATURDAY, SEPTEMBER 27 —

8:30-10:45 a.m. Registration at Kingfield Savings Bank
10:15 Kingfield Kids' K Race (1 mile)
11:15 Kingfield 10K (6.2 miles)
Post Race "Friendly gathering" with free liquid refreshments and concert with live music, behind Kingfield Savings Bank.

SUNDAY, SEPTEMBER 28 —

9:00-10:00 a.m. Registration for Sugarloaf Uphill Climb
10:15 Sugarloaf Uphill Climb begins

GONDOLA RIDES at the mountain Saturday and Sunday, 10:00 a.m. to 5:00 p.m., weather permitting.

KSB

INGFIELD SAVINGS BANK

Main Street, Kingfield 265-2181
Sugarloaf/USA, Kingfield 237-2181
Member of F.D.I.C. — Equal Housing Lender

We're proud to sponsor the
3 great races during the
Kingfield 10K Weekend!

Come in and see the trophies to be awarded
as part of the Kingfield Kids' K Race.

The Sugarloaf Inn Resort is
proud to be part of the
Kingfield 10-K weekend
since its beginning.

*Special runners package of \$60
per person for two nights and
\$50 per person for one night,
based on double occupancy, in-
cluding admission to the Sugar-
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Sugarloaf Inn Resort
On the Mountain
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Maine's Beautiful Mountain Town



PUT YOUR HEART INTO IT!

BANGOR



YMCA CARDIAC RUN

\$55/Night

Sunday September 14, 1986

Sponsored By Casco Northern Bank

Benefit 3.1 Mile Run and Walk for Y.M.C.A. Cardiac Fitness Class.

Divisions: Walk Time 10:00 AM
Run Time 10:30 AM
Male and Female
Under 13 13-18 19-30 31-40 41-50 51-60 60 and over

Awards: Overall winners in age divisions
First Y.M.C.A. Finishers
Oldest Finishers
First Cardiac Finisher
T-Shirt for First 70 entrants

Results in: Maine Running Magazine

Entry Fee: Pre-entry \$5.00 Race Day \$6.00
Students \$3.00 Race Day \$4.00

To Pre-register: Mail application and entry fee to Paul Hammond, Bangor
Y.M.C.A. Cardiac Run, 127 Hammond, Bangor, Maine 04401
Phone (207) 942-6313

Race Day Registration: 9:00-9:45

Where: Race Start at the Bangor Motor Inn, 701 Hogan Road, Exit 49-T-95

PLEASE RETURN THIS PORTION

Waiver of Liability

In my acceptance of my entry, I hereby, for myself, my heirs and executors, waive and release any and all claim for damages, I may have or acquire against the Bangor Y.M.C.A. and its representatives for any and all injuries suffered by me during the event.

I hereby permit free use of my name and picture in broadcasts, telecasts, and the press as they pertain to this event.

Please Print

Name _____

Telephone _____

Address _____

Y.M.C.A. Member yes _____ no _____ Male _____ Female _____ Age _____

T-Shirt Size XL _____ L _____ Med _____ Sm _____

Signature _____

Signature of Parent/Guardian if under 18

FLYERS IN MAINE RUNNING & OUTING MAGAZINE

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

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

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

\$30.00 for 8½ x 14 pre-folded only!

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

\$85.00 for front and back flyers.

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

Best advertising deal around for your race!

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

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

There are special rates for 3 months; 6 months, and mixed packages as well.

HOW DO I SUBSCRIBE TO MAINE RUNNING & OUTING MAGAZINE? All you need to do is send the bottom part of this page to the address on the title page along with a check for \$17.50 and we'll send you the magazine for a year.

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ADDRESS: _____

MAINE RUNNING
P.O. BOX 1217
EAST HOLDEN, ME. 04429

ZIP: _____

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PAYABLE TO



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If anyone ever asks you where they too can get a copy of Maine Running & Outing Magazine, steer them to one of the following advertisers:

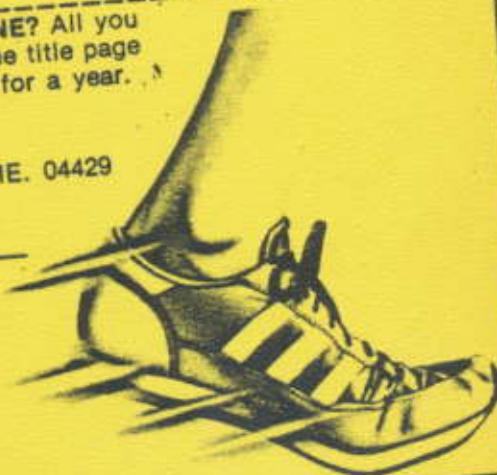
- OLYMPIA SPORT in South Portland
- SPORTS EAST in Topsham
- THE GOOD SPORTS in Brunswick
- THE ATHLETIC ATTIC in the Bangor Mall Auburn Mall,
- HASKELL'S in Bar Harbor
- JAMES BAILEY CO. in Portland, Augusta
- THE STARTING BLOCK in Hallowell
- LIFE SPORTS OF MAINE in Ellsworth, Bar Harbor
- GOLDSMITH'S in Bangor, Presque Isle, Auburn
- WIGHT'S in Brewer

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