

Maine & Running & Outing MAGAZINE

Big Turnout For Caribou Bog



MARCH 1988

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VOL. 9 NO. 3

ALSO INSIDE: The Bickford Talks



and 1987 Runners of the Year



Plus, Part II

Interview With Rappa and Fournier

Maine & Running Outing MAGAZINE

P. O. Box 3399, Brewer, Maine 04412

947-1190 (Work) - 947-2086 (Home)

By the time you all see this cover, most of the snow will be gone and most XC ski races will be hoping for a late storm. But through the winter there was plenty of time to ski as 455 people illustrated at the Wicked Winter Caribou Bog Ski Tour & Race. Unfortunately I was not able to do any xc racing this winter because I have found myself busy typing, but the Maine Nordic Ski Council and MR&O will continue to bring you as much xc news as we can. Of course that is also up to the race directors.

I will tell you, however, I am looking forward to the warmer weather and all those spring road races. Yes, I am a runner at heart. This past week of 30-plus degrees has made me spoiled.

Before I go much further, I would like to correct an error from the February issue. In the PACESETTER column, Red ran a 35:47, not a 36:47. Sorry. Thank you Judy for pointing that blunder out. ALSO, The Doctor's Office is not here again as Dr. Mike Sargent brought us the final wrapup for the Runner of the Year System. Next month he promises. AND, though the results from the Katahdin Snow Run, the story and pictures will be in next month's magazine as MR&O would like to bring you a inside look at the man behind that race - Loren Ritchie.

Well, as I sit here at 3 AM I have a feeling I will forget something or someone, but anyway, let's get on with the show.

MAINE RUNNING & OUTING IS PUBLISHED MONTHLY IN BANGOR, MAINE. PUBLISHER/EDITOR IS CHUCK MORRIS, PO Box 3399, Brewer 04412 OR (if you have BIG packages) 86 Grove St., Bangor 04401.

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MARCH & APRIL RR AND XC CALENDAR (Also check out some bike and canoe dates)	2
RUNNER'S FORUM	3
RUNNING SHORTS	4
MAINE RUNNING SURVEY	4
CATALINA MARATHON - by Jerry Allanach (special to MR&O)	5-6
ELLIS & LYNCH WIN RUNNERS OF THE YEAR	7-8
MAINE LOSES TWO MARATHONS	9
FITNESS PROGRAM REVEALS MYSTERIES	10
INTERVIEW WITH RAPPA & FOURNIER	11-14
BICKFORD DISCUSSES GOAL-SETTING	15-16
NEWS	16-18
CLUB SHORTS	18
PACESETTER - Carlton Mendell	19
THE SOUTHERN MAINE REGIONAL - by Dan Paul	20
FROST HEAVES - by Mike Simoneau	21-22
HEEL & TOE - by Moshe Myerowitz	23
SPORTS NUTRITION - by Anne-Marie Davee	24
COLLEGE REPORT - UMaine profile	25
HIGH SCHOOL UPDATE - State Meets	26-28
FASTEST 10K TIMES IN 1987 - by Greg Nelson	29
RUNNER OF THE YEAR POINT RESULTS - by Doc	30
THE PACK & SKI PACK	31-35
HIGH SCHOOL STATE MEET RESULTS	36-37
MR&O INFO (flyers, ads, distributors)	38

**NEXT MONTH: Interview With Bruce Ellis,
Portland Boys Club and
Katahdin Trust Snow Run**

2 Road Race Calendar



- MARCH 5 THE ANNUAL FROSTBITE RUN. 3.5 miles from Ellsworth High School at 11 AM. \$6.00 entry fee. Contact the Down East Family YMCA at 667-3086 for more information or see flyer in February issue.
- MARCH 13 9TH ANNUAL KILLARNEY'S 10K. 12-noon from the Holiday Inn in Waterville. \$6.00 entry fee. Contact Jerry Saint Amand at 873-6753 for more information or SEE AD AND FLYER THIS MONTH.
- MARCH 13 8TH ANNUAL KERRIMAN'S PUB 4-MILER. 12-noon from the same pub in Saco. Contact Steve Mooney at 282-2903 for more information.
- APRIL 2 THE GREAT LITE BEER MAINEIACS HALF MARATHON. 10 AM from the Holiday Health and Racquet Club in Bangor. \$6.00 entry fee. There is a TEAM COMPETITION. SEE FLYER THIS MONTH.
- APRIL 9 THE 25K CHAMPIONSHIP RUN. 11 AM from Rockland District High School. \$5.00 pre-registration fee/\$6 day of race. Awards are by weight and not age. CHECK FLYER AND CLUB SHORTS COLUMN THIS MONTH or contact Vera Demmons at 273-2594 for more information. This race has been switched from the 2nd to not conflict with the above race.
- APRIL 9 THE EKIDEN RELAY. International and US State teams will run legs of 5K, 8K, 10K, 12K and 15K. The race runs around Manhattan. Team Maine has already been selected. GOOD LUCK. Check the NEWS section for more information.
- APRIL 10 EPSTEIN'S OF MAINE FIVE ACES ROAD RACE. 5K from the Pendleton Grade School in Brewer at 11 AM. \$6.00 entry fee. There is a TEAM COMPETITION. For more information SEE FLYER or contact Tom Manship at 989-7950. Proceeds go to the Brewer Track Complex.
- APRIL 10 THE FRANK SABASTEANSKI MEMORIAL POLAR BEAR RUN. Starts at Bowdoin College. For more information contact Lynn at 725-1623.
- APRIL 18 59TH ANNUAL PORTLAND BOYS CLUB. 5-miles from the Press Herald Circulation Building in Portland. \$7.00 pre-entry fee includes long-sleeve shirt and race packet. \$10.00 includes Open House and spaghetti dinner Sunday as well. Day of race - \$7.00 entry fee. Sunday's Open House will include clinics, exhibits and more. SEE NEWS SECTION or contact David Paul (772-9997/797-4242) for more information. The race benefits THE GREATER PORTLAND BOYS AND GIRLS CLUB ALUMNI.
- APRIL 30 ST. JOSEPH SPRING WELLNESS RUN. 5K at 10 AM from St. Joseph Hospital in Bangor. \$3.00 entry fee or \$6.00 with T-shirt. All proceeds will go to St. Joseph Healthcare Foundation. For more information contact Mike McCarthy or Candy Jordan at 941-1796. OR SEE FLYER THIS MONTH.

ALSO, if interested about the China 10K (May 14) or the 5K Walk Championships (May 21) CONTACT MR&O at 947-1190. F.S. The Madawaska River Scramble (May 15). PSS 10th Annual Boston Primer (3/20) at 11 AM from Maranacook High in Readfield. and 4th Annual T-C Trot (5.5 miles on 3/27) in Waterville. Time? Start?



Discover Cross-country skiing.

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- This calendar is made possible by the MAINE NORDIC SKI COUNCIL RACE SERIES and the PENOBSCOT VALLEY HEALTH ASSOCIATION. Pick up your copy of MR&O at Carter's Farm Market XC Ski Center in Oxford.
- MARCH 5 SUNDAY RIVER LANGLAUF. A 5K, 15K and 30K from Sunday River Inn in Bethel (starts in Andover). Call Steve Wight at 824-2410 for more information.
- MARCH 6 WILD MOUNTAIN HARE RACE at Saddleback. Call Walter Pepperman at 203/658-9200.
- MARCH 13 TELEMAR COMPETITION. From Mountain View Farm. Call Peter Sauren (695-2272) for more information.
- MARCH 20 LEPRECHAUN LOPPETT. A 15K from Carrabassett Valley Training Center. Contact Bill Chenard at 237-4768/2205 for more information.
- MARCH 26 APRIL FOOLS' POLE, PADDLE AND PAW RACE at Sunday River Cross Country Ski Center in Bethel. Contact Steve Wight at 824-2410 for more information.

Cycling

FROST AND FLAME SKI AND BIKE SHOP in North Windham will be conducting weekly Sunday morning rides from the Shop in March, April and May. They begin at 9 AM. For more information call Mike at 892-3070.

Let's Go Canoeing!

The following is the Maine AMC Spring Whitewater Schedule made available to MR&O by Jay Spenciner. These are NOT races, but trips down the rivers. Penobscot Paddle and Chowder Society will supply a race schedule for those interested. The following trips have a \$2.00 fee for non-members.

- MARCH 12 LEADER'S CHOICE of river (depends on conditions). Class 3 (Moderately difficult). Contact Jay Spenciner (647-3347) for more information.
- MARCH 13 LEADER'S CHOICE. Class 3. Contact Jay Spenciner (647-3347) for more information.
- MARCH 19 LEADER'S CHOICE. Class 3. Contact Tim Easworth (829-3537) for more information.
- MARCH 20 LEADER'S CHOICE. Class 3. Contact Merrill Nason (846-5167) for more information.
- MARCH 26 SHEEPS-COTT. Class 2 (Medium). Contact Adair Heath (846-4811) or George Patton (882-6631).
- MARCH 27 LEADER'S CHOICE. Class 3. Contact Don Skolfield (773-3642) for more information.

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Runner's Forum

3

Dana Anderson, Chm
Maine Sports Hall of Fame
Selections Committee
So. Portland, ME

Dear Dana,

For the fourth request, please include Ralph Thomas as a nominee for next year's induction into The Maine Sports Hall of Fame.

Sincerely,

Dick Goodie

Dick Goodie

GORETEX OR POLY/LYCRA?

In all fairness I would like to rephrase myself in that "Goretex is a waste of money" as mentioned in the February issue - Training in Winter.

Goretex is used successfully for many uses such as duckhunting coats, cold expedition wear, etc. I have a light-weight goretex jacket that I bought four years ago originally for running, but find it more suited for wilderness x-c skiing in a waist pack to be used at stops.

For all intents and purposes I find goretex not practical for running due to being noisy, hot, wet and restrictive. It does breath, but not sufficiently to expel sweat fast enough when running.

On the other hand, polypropylene and lycra really are the miracle fabrics for running, cycling and x-c skiing. Using different combinations of layers from one to three or more you can have the ultimate for any rain/cold situation. They breathe adequately to keep you dry, are quiet, warm and allow you to "stretch 'em out" when you do get a section of good footing while running in Maine's cold, slippery winters.

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THE RUN

Before sunrise
and the awakening of birds,
country roads are empty
and peaceful.

Even animals scurrying
and leaves flapping
in the soft breeze
can't break the stillness.

Then suddenly,
as the sunshine breaks
through the trees,
a single man
looms around a bend
and over a hill.

His footsteps
echoing on the road
break the silence;
it's his turn to be free.

But, soon his freedom
turns to pain
as his legs begin to strain
and his arms uselessly swing.

He gasps for air,
his body rains with sweat,
but he goes onward
with only an empty stare.
Can he not stop?

Every step becomes a battle,
every mile a war.
He knows
not the reason
for his compulsion?
FREEDOM.

R.C. Morris (3/81)

(MR&O welcomes any contribution
to this column)

Maine Running Survey

Please take the time to carefully and honestly answer the following questions. Then at the bottom list your five (5) favorite road races in Maine and explain why. Was it because of the field, the course, the cause, the area, the organization, the awards, the spirit - WHAT? The results will be published in the near future.

- 1- What are your favorite columns in MR&O?
- 2- What do you like/want to see in MR&O?
- 3- How can MR&O be improved?
- 4- What has been your favorite article, column, story since the "violent takeover"?
(Read that as since the July issue when the magazine changed hands.)
- 5- Who is your favorite Maine runner and why?

TOP RACES

- 1.
- 2.
- 3.
- 4.
- 5.



Catalina Marathon

by Jerrold Allanach
(special to MR&O)

5

(The following is Jerry's account of last year's event, held on March 29, 1987. If you are looking for an incredible long distance run, give this a try, as Jerry recommends.)

Awesome. Breathtaking. Unbelievable. None of the old one word cliches even begin to describe this marathon. I'll attempt to provide you with a little bit of insight into this very unusual marathon.

In spite of its uniqueness, very few people have even heard of this event. The reason is found in a bona fide need to keep this race small, normally limited to 400. The race organizer has to deal with transporting runners about 25 miles out into the Pacific Ocean and the course winds through a natural conservancy created by the founder of the Wrigley Chewing Gum Co. The purpose of the conservancy is to preserve the bulk of the island in its original state and public access to most areas is via permit only.

I've never attended a race with so little talk of anticipated finishing times and places. Everyone talks only of finishing and surviving. I also found a very special feeling of closeness in the atmosphere.

The weekend begins with a check-in for the chartered boat at 8:30 AM on Saturday. All around you people are shaking hands, hugging each other and renewing friendships. Most are proudly wearing t-shirts, hats, pins etc. awarded to finishers in previous years. I'm sure there is no other race with as high a percentage of repeat performers. I met only two others that had not run this event at least once before.

We then took a leisurely boat ride to the resort community of Avalon where a few people who were staying in motels got off and several more who had spent Friday night in Avalon got on. After another 1-1/2 hours of riding along the island coastline we arrived at our campsite. On the way Jamie Miller, a second time runner, warned me about the exceptionally heavy dew on the island and offered to share his tent with me.

We spent the afternoon setting up camp and talking about the course. I must have seen at least 30 Western States 100 T-shirts. There were very few runners that were not Californians and most who weren't had run this before. We had one individual fly back from his London jog assignment to run his 9th Catalina and two doctors left a convention early to catch a helicopter to the island for the 7 AM start. One of the other first-timers was Harry Cordellos, a blind man. Harry was there to run his 99th marathon (his first was in 1968) and plans on this year's Boston for number 100. This inspirational man is also a world-class water skier. In this race maybe being blind was an advantage. After seeing those mountains no one in their right mind would run.

In the evening the race committee provided a nice pasta dinner, including a fabulous vegetarian lasagna. Later that evening a ranger showed slides and provided a brief history of the island.

Between the usual pre-race excitement and anticipation and the barking of the California sea lions, I didn't get much sleep. Nonetheless, I felt great at the starting line, with approximately 500 other runners. The course started out rather easily, about 3/4 of a mile on a gravel road at the edge of a 150-foot cliff overlooking the sea. Then we came to the first hill. Not bad, about as steep as the North Street hill approaching Colby College and it was only about 2-1/2 miles long. At the top we could see beautiful landscape and ocean on both sides. The course then descended from about 800 feet back to sea level with a few ups and downs. Next came a climb



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interrupted by a couple of 1/2 mile or so downhills to the halfway point at the beginning of a canyon. From this point on, the aid stations had orange slices, chocolate chip cookies, bananas, and coke along with the usual water and electrolite replacement.

This was the beginning of the section known as "Middle Ranch." It is also considered the "flat part of the course;" the change in elevation is only 400 feet over the five miles. I must admit it did seem flat.

At mile 18 came "Heartbreak Hill." No problem, it's only about twice as steep as Casco Bay's "Cook's Concrete" hill and only lasts for 1-1/2 miles and the temperature couldn't have been much above 80 degrees. This is where this Maine runner decided it was not necessary to run the whole distance, that perhaps a leisurely walk would be OK.

Once on top, now 1500 feet above sea level, we were rewarded with 2 miles of paved road before hitting the trails again, and got to run through 4 or 5 ups and downs that weren't much worse than some of those in what I used to call a hilly Maine road race.

After mile 23 it's all downhill, and I mean down--about a 1400 foot elevation drop in 2 miles. The last 1.5 miles is a nice gentle downgrade or flat on the streets of Avalon.

As I rounded the last corner and looked down a half-mile straight-away at the finish line, lined with several hundred cheering people, I got that magical feeling that a person gets as they approach the finish line in their first marathon. It's such a feeling of accomplishment. My time was 3:45 and I finished somewhere near the end of the first 100 of the 485 ultimate finishers, the last runner arriving after seven hours on the course.

But the details didn't matter. I now know what brings so many people back to this unrealistic, torturing course year after year. I am now a lifetime member of a very exclusive running organization, the Catalina Marathon Finisher's Association. (The winning times were 2:58 and 3:29).

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Ellis and Lynch Dominate The 1987 Runners of the Year System



CINDY LYNCH



BRUCE ELLIS

For Bruce Ellis and Cindy Lynch 1987 had them on quite different routes, but both ultimately wound up on the same path - MR&O's Runners of the Year. Ellis (who recently turned 36 and will soon be living in Sheepscott, Maine with his wife Nancy, but currently resides in Exeter, NH) had an average of 20.6 points per TAC Certified road race to easily outdistance the three T's (Tim Donovan, 16.5; Todd McGraw, 16.4; and Tim Wakeland, 16.2) for the award.

Lynch, 27 (who recently moved to Lyme, NH, but spent 1987 in Millinocket), piled up 24.9 points per race to thwart Rose Prest Morrison (21.4) and Kelly Bennett's (19.3) hopes for the title.

In '86 Ellis finished second in the Runner of the Year rankings behind Ellsworth's Jim Newett and Lynch was third behind Robin Emery Rappa and Anne-Marie Davee.

Rick Lane (14.6) and Robin Emery Rappa (29.2) won the Master's Divisions. The winners had to compete in at least four (4) TAC Certified races during 1987. The runner with the best four performances determined by Dr. Mike Sargent's Point System were declared the winner. Each runner was allowed to compete in more than four TAC races, but only their top 4 performances counted toward the final scoring. Extra points were awarded for finishing 1st-overall (3), 2nd-overall (2) and third (1). The Saucony Outlet and the Athletic Attic in Bangor were the sponsors.

Ellis and Lynch were also both named Runners of the Year by the Maine Track Club in December, but the awards were about all the two had in common during '87. For Lynch the Runner of the Year award was a goal throughout the year, but for Ellis, who was trying to keep his national ranking (46th) from '86, "The awards really just happened. Running national-level races does keep me focusing on higher goals." But he admitted he was "stunned."

by the MTC award. "I never expected it," he said. "I'm still surprised every time I win a race or receive an award. (The MTC award) meant very much to me. I never save any of my trophies. I donate them to kids races. I don't believe in trophy cases. They're just monuments to one's self, but I went home that night and nailed that plaque to the wall over my desk. I really feel the love and support."

It was Ellis' performances after August that made him second to none in Maine. He won the Schoodic 15K (47:21) on August 8, the Sugarloaf Marathon on the 30th (2:22:21) and the Casco Bay 26.2-miler on October 11 (2:21:04). His other TAC certified races - Rocky Coast 10K (31:50) and the Androscoggin Team Triathlon 10K (30:58 - were also good for first-place. The Schoodic victory was his third straight and he holds the course record of 46:38, set in '86. He also ran a 2:19:06 at Grandma's Marathon in Minnesota on June 20. He was fifth overall and first in his age-group.

But what attracted a New Hampshire-ite to Maine so often and ultimately win Maine's Runner of the Year awards? "The physical beauty of the race courses," he declared. "The friendly atmosphere of our fellow runners. The comraderie and good will that most Maine runners exhibit. The festivities that accompany many races."

And now that his cars are registered in Maine ...

After his run at Casco Bay, however, Ellis had elective nasal surgery, and coupled with a leg injury, he lost three months of training on the roads. Lynch, on the other hand, began '87 with an injury and did not do any serious running until March. She gradually worked up to 60 miles per week and then in July she met Bailey Island's John DeHart. DeHart had her decrease her mileage and get on the track more. From August through late September the combination was unstoppable - first at Schoodic (56:20), first at the Sugarloaf 15K (55:41), first at the Labor Day 5 Miler (29:43), first at the Setninel 10K (36:30) and first in the Women's 10K Classic (36:50). The last four were all course records and at Schoodic she was just 11 seconds shy of her '86 mark. Lynch added to all of these a four-place at the National Cane Championships (in the women's C-1 class) in Pennsylvania in August.

"I think (1987) was my best season," Lynch admitted. "I had a lot of fun winning those races. It was nice while it lasted, but it didn't last."

No, for Lynch neither did it last. By November the best she could muster at the Great Pumpkin 10K was 38:16 for 11th.

"By the time the important fall races came around I had pretty much peaked," she admitted. "I was disappointed with my late-fall races, but I realize I was pretty much burnt out. I think I was doing too many races (18) and too much travelling."

No matter how 1987 ended, however, for Ellis and Lynch, nothing can take away all their accomplishments during the year - not even injuries or too much pounding on the roads. As Lynch said, 1987 "was a good season" for Maine's Runners of the Year.

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Only Sugarloaf Is Certain To Remain

Maine May Lose Two Of Its Three Marathons

It's certain. The triple crown is gone. Maine has lost two of its remaining marathons.

The Maine Coast and Casco Bay marathons are "no longer," as Charlie Porter, the director of the latter, put it.

Porter and Maine Coast director Steve Mooney kept being challenged by problems that were extremely hard to solve. Ultimately, both marathons succumbed to the growing pressures.

For Casco Bay, first run in 1978 and Maine's oldest marathon, it was losing its one and only major sponsor over the years, the Unum Charitable Foundation. Unum has decided to channel its funds in 1988 to a Wellness Council that will promote health and fitness to a variety of people in the Portland area. In 1987 Unum contributed \$16,200.

Maine Coast, however affected by the growing costs of putting on a 26.2 mile event for 300 people, had more trouble with "lack of enthusiasm, public support," Mooney said. Mooney, also the club president of the Maine Coast Road Runners, said lack of volunteers was a major factor to disband the marathon.

"I took it over because I didn't want to see it die," he said. (Dick Roberge directed the race for the first six years). "We couldn't get help from the 'runner.' The 'runner' is going to have to put some energy back into races. That's the biggest problem I've faced. Finally, I said it's time to put (the marathon) to bed."

The University of New England in Biddeford (where the marathon started and finished) was interested in taking over the event, but they "didn't have the support to put it on," Mooney said.

Porter and Casco Bay, held in October, did not have trouble finding volunteers for the race, however. In 1987 more than 400 people contributed their services to the marathon. A lot of those were Unum volunteers. When Unum dropped its sponsorship Porter decided he "didn't want to find another sponsor" because, "Casco Bay was an Unum thing," he said. "We had a good reputation. No sense letting someone else gamble with it."

The bottom line? "The cost is getting much too high," Porter said. "It takes a lot of work. You have to prepare for six months," Mooney said.

The bottom line? Only the Sugarloaf Marathon in August remains in Maine. Now Casco Bay and Maine Coast have joined Bangor's Paul Bunyan Marathon, which has been defunct for several years now. Good night Maine Coast. Sleep tight Casco Bay.



The Sugarloaf Marathon



Fitness Program Reveals Athlete's Mysteries

Does your training seem not to have any purpose? Are you caught between the battle of "LSD" and "quality - not quantity" philosophies? Are you unsure what is best for you? The Bangor YMCA has some answers with its Sports and Fitness Center. Director Ann Maxim has set up the Fit For A Lifetime and Peak Performance (see flyer) programs that are designed to aid the individual who is interested in beginning an exercise schedule and the competitive athlete as well, in obtaining personal training and racing goals.

Individuals take a maximal treadmill stress test while Maxim, or another staff member, monitor the maximum oxygen uptake (VO2 max), heart rate, blood pressure responses and an electrocardiogram.

The Center also has percent body fat (skin folds and hydrostatic) and blood tests (for cholesterol, glucose and iron levels) available.

From the results Maxim, by virtue of the program Dr. Lee Cunningham of Fitchburg State College developed, can set up an elaborate 24-week training schedule for the individual tested. It includes how much LSD, how many miles per week, how much pace work, speedwork and recovery miles the individual should aim for to reach their "peak performance" with Cunningham's program, called EXCEL. Cunningham has tested Priscilla Welch, one of the top women master's runners in the world, and John Treacy, the 1984 Olympic Silver Medalist in the marathon.

The computerized program is set up from the individuals current goals and training intensity. Maxim said Peak Performance is "designed for the athletically competitive individual, one who already is training and wants to have a 24-week training program developed to help them peak for certain races."

"Individuals desiring this program are probably those who would like training guidelines or a 'coach,'" she continued. "Many people coach themselves. This program can target their goals, determine their actual ability, and (it) works from there."

"All results are based on that individuals capacity, target goals and races. The biggest factor that needs to be considered is individual variation or adaptation to training. This is only a training guide, not a training program set in stone. Adaptations will have to be made to meet each person's needs."

The test is performed on a treadmill with changes every four minutes in speed and elevation. The final miles per hour pace is slightly slower than the individual's best 10K time. (I.E. if someone has a 10K PR at a 12-mph pace or 5 minutes per mile, the test will go four stages starting at 8 mph, then 9 mph, 10 mph and ending at 11 mph. Then every minute after the four-minute 11 mph stage, the elevation will increase 2 1/2 per cent. This continues until the individual decides when to stop.)

"It is very important for people, especially those over 45, to have an evaluation to see what their risks are," Maxim said. "Smoking, blood pressure, cholesterol, stress, overweight, lack of exercise, family history and age are all risk factors to be considered."

"There is no guarantee that an athlete - trained runner - will not have heart disease," Maxim explained. "Though typically this population has a healthier lifestyle."

Cunningham said he feels his 24-week program is a cycle and athletes should train in cycles rather than race year-round. At the end of a cycle, he said, give your body a rest, do other types of exercises and then start the cycle again.

Maxim said she is interested in speaking with all the running clubs in Maine to present the program. She can be contacted at 941-2966.



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From The 60's, Into The 80's, Rappa and Fournier Lead The Way

After running the Maine roads and trails for more than 20 years, there are bound to be numerous highlights. For Robin Emery Rappa, originally from the Ellsworth area, and Diane Fournier of Topsham they both listed their first Boston Marathon (1970 for Diane and the '76 race for Robin) as one of them. More than just a coincidence? Probably not. Diane and Robin are the roots of women's running in Maine. They were running long before Gore-Tex and tights. They were running through Maine towns before Jock Semple tried to drag Kathy Switzer from the Boston Marathon in 1967. That is an incident I hope most of us want to forget, but it is part of the history books now and Robin and Diane grew up through that.

That is not what they remember most about this sport, however. Other highlights for Robin are "Seeing a bear while running here in Lamoine," and "Running on a beach in Oregon." Diane considers "every day I get out and run" to be a highlight, as well as "the fact that I can still do well in running and still have the enthusiasm."

Last month Robin (5'7" and 125 pounds) and Diane (5'2" and 110 pounds) talked about the "Dark Ages" of the running scene. This month MR&O will discuss their philosophy on running, what they have learned through the years, what the future holds in store, plus much more.

MR&O: What is your philosophy on running and has that changed through the years?

ROBIN: My philosophy of running is that everyone needs an hour or so a day to themselves to do something enjoyable. It just happens to be running for me. You need to let the tensions of the day unwind by doing something physical. That has remained unchanged over the years. The more complicated your life is, the more the need for that interlude in the day.

DIANE: My philosophy is to run within my self on any given day, on any given run. If the mind and body want to go long - GO. Or if it wants to go short - then don't feel like you're cheating yourself. That's a switch from the past. I ran at any cost then - sometimes without concern for my physical well-being - you know - "If it doesn't hurt, it isn't doing you any good." Thank God for Dr. Sheehan.

MR&O: What have you learned about running over the years?

ROBIN: Running has taught me discipline, endurance and that you have to pay your dues to succeed. It has given me a sense of self-worth and self-respect. Running is a part of my life that I keep for myself and treasure.

DIANE: What have I learned about running over the years? It depends what you want out of it. (I learned



ROBIN



DIANE

that.) I've wanted different things from running since I began. First, it was to get into condition for another sport. It didn't have much meaning other than that. But as the first year progressed I found it was a sport in itself with all those "things" that spring demanded from me - but much simpler in nature. No snow was needed, no equipment save shoes, etc. I found it to challenge me in ways skiing didn't. It was something that if I wanted to get better I was totally dependent on myself to do that. Second, I learned that it was the ultimate sport for me because it tested everything - my physical being, my psychological being, social ... It was something I gave to myself each time I went out to run. I learned also, that it can be very rewarding, or it can crush you - bring you back to earth. It's a challenge that no matter how far you progress, there's always that "You can go further." I've learned that running can be "anything" you want it to be and mean anything you want it to.

MR&O: Have you gotten more or less intense with your training over the years or just wise

ROBIN: I have always tried to do a hard-easy type of schedule since I got some coaching back in 1970. My coach was Jeff Jounson of Nike. In those days I was training for the track because that's where women could compete. I sort of adapted a hard day-easy day when I began to race longer distances. I started doing about 30 MPW (mile per week) and now stay at 60 miles/week when I'm not racing. I have gotten to run faster during training and doing shorter repeats. I used to run too much speed and not fast enough, but then when you're 20 you can do almost anything to your body. Not, however, when you're 40.

DIANE: I've certainly gotten wiser - as for intense - I'm still intense at different times of the year. I find it very hard to be in intense training during the school year. I'm tired - it takes me all of June and part of July to feel fit again - mostly mental which translates itself to the physical being. My best training comes mid-July through October and looking back in my training logs, my best races have come at this time, I don't think I do foolish workouts anymore - or if I do - there is a reason for them.

MR&O: Would you encourage children to run and if so, what kind of advice would you give to beginners?

ROBIN: I would encourage any child to run if they want to and only if it was fun for them. Running can be very rewarding and healthful if you can continue through the uncomfortable first few weeks until your body adjusts. Then you can go as far as you want to.

DIANE: I would encourage them to do some aerobic activity as part of their daily living. I would let them select what they want to do - and if they happened to like running - so much the better. Advice to beginners - begin slowly, give running a chance - don't quit before it has gone beyond the beginning stages of muscle



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soreness. Make it something special to yourself. Find beautiful, varied places to run. Don't be afraid to run with others who are better than yourself - you can learn so much from them. Listen to your body - it talks to you all the time. And perhaps - join a running club if you are a social person.

MR&O: Have women been treated equally over the years by the race directors, runners, etc.?

ROBIN: Women today get fairly equal treatment by races in most cases. Sometimes not by the press, however, as women are usually not given too much attention in mixed-races - that is changing for the big races though. The runners have always treated each other equally - after all everyone has to put in their miles in the rain, dark, sleet and runners know this.

DIANE: Honestly? Yes, ... I think there is if you go on a percentage. I think most races do their best to make everything equal. I've been lucky because I've been a minority therefore there was a special attempt made to have prizes and now - I'm in the right age-group. (In the 1970 Boston Marathon) I was treated great by all the male runners, as a matter of fact, the group I ran with said if anyone tried to take me out they "take them out." The race director obviously would not recognize the fact any women were running.

MR&O: What is the future of women's running?

ROBIN: One only has to look at the sequence of photos of Jock Semple trying to physically remove Kathy Switzer from the Boston Marathon in 1967 to 5,000 women runners in this year's Tufts 10K for women to realize how far women's running has come. Most women now can choose to run or not because they want to and not be stigmatized by society and archaic beliefs. Women and especially young girls can succeed in running through school programs and clubs now and expect equal and fair treatment at races. I think women's times will get closer to men's as more women can train and race to their full potential. More women can be discovered and encouraged to run since it is accepted by society.

DIANE: Women's running has changed simply in the number of women who run and of course how well they are running. Women such as Joan (Benoit Samuelson) and others have paved the way for the sport to be equal with men and allow women to believe they can run and achieve whatever they strive for. It can only be a positive future.

MR&O: What do you think you two offered to Maine running?

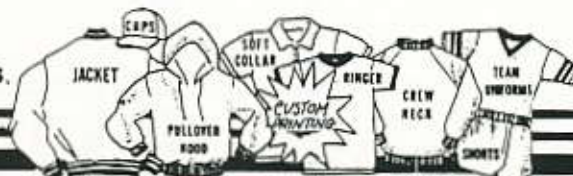
ROBIN: We showed other women that they could compete and be welcome at races and we survived long races and didn't die.



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DIANE: What we offered to Maine running is difficult to answer. How I see it is that the opportunity for us to run, for us to be accepted in the running realm, was made through the efforts of Dick Goodie and Roland Dyer. We took advantage of every race there was around and perhaps because of this - maybe opened the door for women to run in Maine. I think we've been examples that it is OK to be out there on the roads and doing something which one just saw men doing. It would have come about whether Robin and I had started when we did - maybe we just helped it a long a little quicker. I found the state of Maine to take their women runners more seriously than other states and maybe again it's because Robin and I were serious about our running at an early time.

MR&O: Did you two form any kind of rivalry or friendship because of the similar paths you took with running?

ROBIN: Diane and I were often the only two women in the races and we did form a friendly rivalry. (She started running before I did.)

DIANE: There was never more than a friendly rivalry between Robin and I. For a long time anything under 8 miles she won and over 10 miles I won. I think our friendship came from the fact we were the only women in races for a long time and that brought us together. On the road we were competitive - I enjoyed beating Robin - and she me - but we were the first ones at the finish line to cheer each other on.

MR&O: What are your personal goals now?

ROBIN: To do well in the "Master's" and keep running forever.

DIANE: To continue running for pleasure and health and do a little racing to keep it in perspective. Running is something I give myself - I don't need anyone else (though I enjoy the people I run with) and it is what I want to do for as long as I can by taking it one day at a time.

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Bruce Bickford Discusses Goal-Setting

(Back in the middle of November Maine's own Bruce Bickford came back to his home state to take part in The John Hancock Running and Fitness Clinic. Bickford gave a seminar on setting goals. Also on hand were Joan Benoit-Samuelson's coach Bob Sevens and the Boston Athletic Association's coach Fred Treseler. For a story on the seminars check out the January issue of MR&O. What follows is what Bruce Bickford had to say about goal-setting. This is only the first part. NEXT MONTH Bruce will ultimately talk about the "ultimate goal.")

BRUCE: "My first goal was always to try to make the team. You always go over to the list after the coach puts it up and check your name, see if your name is on the list, to see if whether you made the team or not."

"I guess the second goal after that was always to be a starter. Those are the things I think we all pretty much started with when we first started competing in any type of athletic sport."

"When I first started running - it's kind of a funny story. My parents only allowed us to do two sports and I played basketball and baseball. I was in my sophomore year at Lawrence High School and I heard that my best friend, who I just started ahead of in all sports - basketball, baseball, whatever we were playing - I heard he was going to get his letter because he was running so well, number two on the team. I said to myself, 'I never lost to him in a race' - whether it was on a playground somewhere when we were younger or any time - I never lost to him. I knew I could run with him."

"So I talked my parents into letting me go out for cross country. The goal there was to get in shape for basketball - that was my favorite sport. You always set goals without really knowing you set them, especially when you are younger. Now it's easier to set goals because there's certain things I want to do each year. Back then, it was 'I want to beat somebody.' You want to be better than someone or you want to save money for a trip."

"Anyway, I went up to the coach about three weeks into the season and I asked if I could join the team and he said 'sure.' He said, 'We have a meet tonight, run ... but you can't score for us.' So I asked my friend Dan Bickford, no relation, 'How do I do this? How do I run this far?' He said, 'Ah, just take it easy. Go out with me. I go out real slow and usually start catching the rest of the team about a half-mile into the race (2.4 miles).' I said, 'Oh, that sounds good.'"

"My other friend Dennis - he was the big rival. We were good friends, but I was a little better than him and he always wanted to get a notch up on me. So, I asked Dennis, 'How do I run this far? How do I do this?' He said, 'Well, just stay as close to me as long as you can.' I said, 'Ah, that sounds good.'"

"Finally the race starts and I take off with my friend Danny. About 3/4 I'm still hanging in there all right. About the mile mark we started catching my friend Dennis. We run by Dennis and I knew what he was thinking, 'Ah, he's going to die in a little bit anyway.' So we get to the mile and a half, 1 3/4, two-mile mark and I go to my friend, we were passing people the whole way, 'Where's the finish?' 'Where we started.' 'Well, we better get going.' It sounds a little cocky, but that's actually what happened. I took off and ended up finishing my first race in eighth, but I was number one on the team."

I guess after that that's how I really started picking goals, things I wanted to do. In high school it's either to be the best on the team or make the team."



Bruce (right) and his brother Stan running in a race in Portland.

"I remember the next day. I came out to practice and the coach said, 'How do you feel;' and I did score that night as a matter of fact; but he went up to both my friends Danny and Dennis. He said to Danny, 'Did he run the whole course?' He goes 'yes.' He goes to Dennis, 'Did he run the whole course?' Dennis said yes. Coach came up to me and said 'How ya feeling?' 'My chest is a little sore.' I couldn't run that night because my chest was so sore.

I guess from there on the goal was to stay on the team. It was a progression from there. After two or three races, it was to make States.

Along the way I set goals every year - you have to readjust - people you've beaten in the past, certain times you want to run - that's what you do - you set your sights. Sometimes along the way you are going to have to sacrifice a lot."

NEXT MONTH: Bickford continues his talk about goal-setting.

NEWS

BENOIT SAMUELSON BACK RACING THE ROADS

Two-time Boston Marathon winner and the 1984 Olympic Gold Medalist in the marathon, Joan Benoit Samuelson, is on her way back to competitive racing after the birth of her first child in the fall. On January 24th Benoit Samuelson, of Freeport, won a 10K race in Wilton Manors, Florida. Her 34:12 clocking put her in 11th place overall in a field of 560 finishers. The 30-year-old mother said she is training for the Olympic Marathon Trials in Pittsburgh on May 1st. By the way, it is understood that her daughter Abigail slept on the sidelines during the race. GOOD LUCK JOANIE.



11,000 MILE FUND RAISER TAKES RUNNER THROUGH MAINE

Sarah Fulcher of Winston-Salem, N.C., is on a 11,000-mile journey around the perimeter of the continental United States. She began her journey on July 21, 1987 from California. In late January she ran through Maine. Fulcher is trying to raise money for the United States Fitness Academy, a \$50 million project of the National Fitness Foundation under construction in California. She runs 30 miles every day.

EKIDEN TEAM MAINE SELECTED

The Maine TAC announced the relay team of Maine runners to compete in the Ekiden relay in New York City on April 9th. The relay consists of 5K, 8K, 10K, 12K and 15K legs. Along with teams from every state, there will also be 9 international teams competing. Maine's runners are Greg Hale, Todd McGraw, Andy Palmer, Sammy Pelletier and Bob Winn. Danny Paul is the first alternate. Dan Dearing, Bob Everett, Stu Hogan and Myron Whipkey comprise the second team. GOOD LUCK ALL.

WOMEN'S WORLD RECORD SET IN FLORIDA 10K

Scotland's Liz Lynch McColgan, 23, blazed the 10K course at the Red Lobster Classic February 6th in Orlando, Florida. She ran 30:59 to break her previous world record for a 10K loop course by eight seconds. Boston's Judi Saint Hilaire was a distant second (32:27). England's Paul Davies-Hale won the men's race in 28:18. Along with McColgan's world mark, two course records were set in the masters categories. Allan Rushmere (30:23) and Lori Bender (34:35) took the honors.



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MTC AND CMS HOLD ANNUAL BANQUETS

The Maine Track Club and the Central Maine Striders, Maine's two biggest clubs, held their annual banquets in January. For the MTC, it served as the "swearing in" of its president for 1988, Charlie Scribner (right side of the picture). Scribner replaces Phil Pierce (left side of the picture). The highlight of the evening was when the club announced Bruce Ellis, of Exeter, NH, and Cindy Lynch, now of Lyme, NH, as their Runners of the Year for 1987. Deb Jensen and Jim Toulouse were Named MTC Runners of the Year. For Ellis and Lynch, this honor preceded their MR&O award.

The Striders, meanwhile, named Todd McGraw and Nancy Lagin, of North Anson, as their Runners of the Year.

CROMMETT TO BEGIN WOMEN'S PROGRAM AT ST. JOSEPH COLLEGE

Jerry Crommett will try to simulate Brian Gillespie's success at St. Joseph College in Windham. Gillespie has made the men's program a national threat in Division III and Crommett hopes to build a women's program at the school just as strong. But he knows his new position as the women's cross country coach will not be easy. "There's not a lot of interest here," he admitted. "It's such a small school. You can't coax people to run."

He did say that nine women have shown interest, including his star pupil, Wendy Delan. Crommett has been coaching Delan for 4 1/2 years. In December Delan set a national age-group record in the 5K indoors.

"I know my system works," Crommett said. "Everybody I try it with, it's remarkable how fast their times come down."



PORTLAND RUNNER HIT BY CAR

Charlie Nichols of Portland did not have a very merry christmas. On December 23rd, the 36-year-old was hit by a car while running along Baxter Boulevard. He was running with traffic when a car veered off to the side and clipped him. He was thrown over the car unconscious. Witnesses stopped to help him. He spent a few days in the hospital with several injuries, the most severe, two snapped knee ligaments.

COURSE RECORDS SET AT JANUARY THAW 4.5 MILER - by Jerry Saint Amand (special to MR&O)

At last. The ninth edition of race director Gene Roy's "January Thaw" actually lived up to its name, as the temperature hit 40 degrees, the sky was clear, the sun out and attendance more than doubled from past years. This Central Maine Strider event officially kicks off the New Year and it was fitting that new course records were set in both men's and women's open and masters divisions. Pete Lessard, recently re-located to Oakland, was fit and fast (22:32), while another Strider, Dara Jones of Boothbay Harbor, broke Donna Davis's one-year old women's record. She ran 28:47. The master's records were set by Rick Lane (24:50) and Joyce Sheridan (33:13). A super start to the new season with Gene and the Strider officials all smiles as usual.

By the way, at right is Dara's husband Steve finishing in 29:09 (29th overall).



William Haskell of New Gloucester beat defending champion Leland Martin by 10 seconds and the rest of the 455 finishers in a time of 1:05:31. The 18K course started at the Bangor Mall and finished in Old Town.

Norway's (as in Norway, Maine) Alice Goodwin won her second straight Bog Title with her time of 1:10:59. It was her third win in four years. Wiscasset's Yvette deBoer was second (1:13:20).

The racers and tourers had good conditions as snow fell the night before. Of the 455 starters, 402 finished with ages ranging from 10-years old to 79.

The winners in the masters divisions were William's father Owen (1:18:14) and Milford's Fern Stearns (2:18:31).

The overall winner is shown at right. The photo is courtesy of the BDN.

Besides defeating the defending champ Martin, Haskell also had to fight off '86 winner Raul Siren. Siren, of Solon, finished third in 1:06:50.



PORTLAND BOYS CLUB 5 MILER TO BE HELD APRIL 18

This annual event, to be held for the 59th time this year, has added some spice to its lineup. No longer is it going to be just one of Maine's best assembled fields and large race, but 1988 will feature a Open House the day before at the Boys Club. Co-director David Paul said there will be clinics, exhibits and seminars from coaches, nutritionists and physical therapists. Paul said they are still looking for more sponsors who would be interested in setting up a table. The Open House will run from 12 to 5 when the pasta dinner will be served. All those pre-registrants (\$10.00) get the free pasta feed. All proceeds will go to the Greater Portland Boys and Girls Club and Alumni. For more information contact David Paul at 797-4242 (H) or 772-9997 (W).

Club Shorts

First I would like to correct my error from last month. THE MAINE ROAD RAMBLERS put on the Sno-Fest Run on February 21st in Augusta, not THE MAINE ROWDIES. The Ramblers had 60 people turn out for that event - read about it next month - (Brian McCrea?). The Ramblers also are preparing for the Boston Primer (March 20) in Readfield. THE BAY PACERS have changed the date of the Main Event: 25K Championship to April 9th. This race is different. This is a race where speed and WEIGHT can bring you into the winner's circle. The course has just recently been CERTIFIED. Vern Demmons is planning some good things with this. SEE FLYER IN THIS ISSUE. THE AROOSTOOK JOGGERNAUTS are organizing The Northern Challenge Race Series. Hopefully the schedule will be complete for next month. THE MAINE TRACK CLUB held its Mid Winter 10-Mile Classic on 2/14. Cor results in next issue, but Stu Hogan and Sally Perkins were the overall winners (just in case you wanted a sneak preview.) The MTC and the CENTRAL MAINE STRIDERS held their annual banquets in January. Both were very enjoyable, very humorous. The Striders are also planning a quarterly club meeting, training run and clinic session on March 26 at the Waterville Area YMCA - starting at 9 AM. The runs will vary from 3 to 15 miles and are followed by refreshments and the clinic. THE SUB 5 TRACK CLUB have plans under for the Terry Fox 5K. No definite date has yet been set.



Like fine wine, Portland's Carlton Mendell seems to get better with age. In 1984, at the tender age of 63, the now three-time granddad not only won his age-group at a 24-hour ultramarathon in Brunswick, but he also defeated some of the best ultra runners in the U.S. on his way to the overall victory (125-1/2 miles). Just two years later he again broke the winner's tape at another 24-hour ultra. This one was in Westport, NY under humid weather and 90 degrees in the daylight. He still cracked the magic 100-mile barrier (100.5).

Though in 1988 Carlton is not looking for overall wins, his days as a navigator on a B-17 in WW II (225 combat hours on 28 combat missions - he was shot down on the 28th over Sweden) have taught him perseverance and endurance. But the 6-foot, 145-pound Mendell, who completed his 60th marathon at last fall's Casco Bay event, it was a long way "to good health."

It began in the late 1930's at New Bedford High School in Massachusetts. Carlton was more of a football star than a track athlete. After graduating from Western Maryland College in 1947 (his college education was interrupted by the War), he played professional football in a New England League. By 1971, after serving a term in the Maine state legislature from 1965-67, he had ballooned to 225-pounds. This is when he decided it was time to start running, or back then, jogging.

He ran one telephone pole at a time around Baxter Boulevard and then walked the next. Just 65-yards at a time. He said it took him two or three months before he could complete

just a half-mile without stopping. But the seed was planted and the following year (1972) he finished the Portland Boys Club 5-Miler. His first marathon was the now-defunct Paul Bunyan 26.2 Miler in Bangor in 1972. He crossed the finish line in 4:07. His best marathon is the 1983 Maine Coast (3:03:03). Last October's Casco Bay saw Carlton cross the line in 3:16:46.

Carlton, a member of the Maine Track Club, does not seem to be slowing down as the 1980's disappear. And he hopes 1988 will be much like the past 16 - injury free. He said he enjoys every run. As a matter of fact, he said, "I never have that problem" of not wanting to lace up the trainers for the daily run. "Running is a way of life," he said, "but (it) fits in with all my other activities."

Training Schedule

When not preparing for a marathon Carlton runs 6 miles every day, seven days per week. During non-winter months he will get on the track once a week to do speedwork consisting mostly of "fast quarter," but also 300's, 800's and 3/4's.

When preparing for a marathon he follows Bill Squire's 21-day program. On the third, seventh and 10th days he will do 20-mile runs. On the Tuesday before race day (if Sunday) he runs 13 and follows with 7, 6, 4, and 2. He averages 70-miles a week during these three weeks.

Of his 35 races or so per year, six or seven are marathons and he also competes in Maine's only ultra, the MTC 50-Miler and a 24-hour ultra in New York.



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



The Southern Maine Regional - by Danny Paul

Southern Maine Beat ...

The light racing schedule preceding what will no doubt be an exciting spring for '88, provides time for a rambling update on this part of the state.

BOBBY WINN is recovering from back trouble and feeling good again. I recently spoke briefly with Bob while we were both getting in some intervals at Bowdoin's great new indoor facility. Bobby was under the 30-minute barrier for 10K four times in '87. He has been busy. This fall he coached York High School's girls and boys cross country teams and this winter I noticed he still lends a hand now and then with runners from his home turf in York County.

Bobby says he's rounding into condition and is planning on the BAA Marathon. He'd still like to get under the Olympic Trials time - even if at the last minute. Bobby also has been selected to represent Ekiden Team Maine. He will be in the 15K leg, the longest. Bobby has run terrific at this distance in the past at Lost Valley in Auburn. Bobby teaches school in his home town of Wells.

KEN FLANDERS, after an impressive showing in the 3,000-meters at the Dartmouth Relays, continues to train well and more importantly, to remain injury-free. It's likely we'll be seeing great results from Ken's patient and intelligent comeback. Kenny is working for L.L. Bean and again residing in his home town, Portland.

DAN DEARING is now a "Southerner." Dan is living in the Topsham-Brunswick area, a great training ground and formerly the home of the very tough Rock Green. Dan is a dedicated trainer and fits the "Green mode," he's tough. Dan had a strong '87 and no doubt will have an impact on this area and the rest of Maine in '88.

SAM PELLETIER, yet another former "Northerner," is settled in the Portland area. Sam's reputation as a strong racer is well-established; he has been one of the dominant figures in the Portland Boys Club 5 Miler in recent years. Sam has also made the Ekiden Team Maine. Sam drew the 8K leg and he has both the speed and strength to give a great performance there.

The Maine Track Club's MID-WINTER CLASSIC held Sunday, February 14th, indicates things are heating up. This winter 10-miler, held on sloppy roads, was won by STU HOGAN. BRIAN FLANDERS was second, closely followed by JIM TOULOUSE. SALLY PERKINS won the women's race comfortably.

Sally is also coming off a busy year coaching at her alma mater, Kennebunk High School. She has been performing well in races this past year. ROSE PREST-MORRISON, yet another coaching-runner, is training well as she teaches and coaches at Catherine Macauley High in Portland.

GEORGE TOWLE, after another terrific season with the Portland High girls indoor track team, finally will take time to do a bit of running himself. George always is a factor on the roads when fit.

One last note on KEN FLANDERS; marriage has finally caught him. He tells me the date will be October 29th next fall.

Well enough for now. In the next issue I'll be talking to a couple terrific Junior High School-level coaches from Southern Maine, MIKE TOWLE and WAYNE FORDHAM.

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FROST HEAVES - by Mike Simoneau

HOW CROSS COUNTRY SKIERS THINK

Cross country skiers are a peculiar breed of creatures. They defy easy description. There is no typical cross country skier anymore than there's a typical Mainer. There is great variety among the people who glide around on the skinny skis through the Maine winter. It challenges us to describe what cross country skiers look like, think like, and act like.

A cross country skier will be driving down the road, see a snowmobile trail and think, "There's a new place to ski ... I wonder where that trail goes ...?" Their homes are littered with hats, gloves and other ski clothing in various stages of drying out. Usually their ski stuff is never fully organized.

Sometimes they like to ski alone enjoying the frozen solitude around them. Sometimes they like to ski in pairs, chatting occasionally. The nordic atmosphere has a simple honesty to it. Other times they ski in groups, lining up behind one another and mirroring the strides of the front skier.

Cross country skiers will "ski-in" two narrow home-made tracks across the lawn over to the neighbor's place. Others will ski on snowmobile trails exploring old wood roads and jeep trails to summer camping sites. Others day-trip to a touring center to ski in a groomed track. Some are former hockey or figure skaters, or summer runners or bikers looking for a variety in the aerobic experience. Some are ex-alpiners or weary alpine skiers fleeing the lines and rush of the big mountain scene. Others are simply looking for something new.

Cross country skiers are map readers. They collect maps from all the places they have ever skied. These maps come from commercial touring centers, snowmobile clubs, or are home-made maps of the Back 40; some are enlargements from DeLorme's Atlas of Maine or are laminated topographic maps making a snowy destination.

CC skiers have a fascination about what familiar places look like when they are covered with white. They are the kind of people who think, "I wonder if we can go from here, over to there by going over ..." or "What does it look like over there in March?"

CC skiers will go skiing by the light of the bright moon on a frosty February night and delight in the fact that they are skiing in sub-zero conditions miles from home and warm as toast under the bright northern sky. There is this inner excitement knowing that you are the only warm thing around for miles.

CC skiers want to go right out the door at work or at home for a little ski tour. Sometimes they may have to drive to their own special place to ski. They might ski once a week on Sunday afternoon around the big field, or after work once in awhile through the woods in back of the big hill. Or they might be doing some high-level training on a daily basis for some Big Race in the near future. They all have a special place of their own to ski. For some it's by the pretty bog, or in a cedar stand, or on Vermont hillside.



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CC skiers may dress in shinny tight lycra, but more often than not they wear layers of wool. They eat picnics on the trail, pack huge baskets with home-made soups and sandwiches and carry fresh fruits and cookies. They know that all the calories expended must be replaced to re-energize the body. Their water bottle may freeze in the snow bank between loops, so skiers carry fanny packs with nylon wind shells and dry gloves and a hat.

After a nice day of skiing at Carrabassett Valley, their cars get tracked by an out-of-state car with alpine skis on the roof. They are not the hurrying kind. Most wear seat belts and most would drive on snow-covered roads to get a chance to be the first one to ski across the pond in fresh powder.

Demographic studies indicate that cross country skiers are in the 30's and 40's and earn higher than average incomes. Most have no-wax skis and ski over a dozen times a winter.

Some cross country skiers have roof-racks for their skinny skis and others stuff them into crowded subcompacts for the ride home. My van has a tiny little hole where a ski pole has spiked the material in the interior dome. Who said our cars reflect our personalities?

Some cross country skiers have an elaborate wax bench coated with the drippings from hot wax jobs. Most people ski on no-wax skis with a little dab of Maxiglide. A few have extensive wax kits with special little compartments where a rarely used tube of Fall-line wax is hidden away waiting for that once in a decade special kind of snow. Most would like to forget about that messy tube of klister which leaked this terrible sticky substance all over the place last summer. Some now sing long praises to the advent of skating which ended for all time the Big Question, "What's the wax?" No one likes to admit to missing the wax.

Contrary to popular myths, all cross country skiers fall. Never let anyone tell you otherwise. Some fall once a winter, others might fall a dozen times or more on a loop. It's a humbling experience for an adult to fall in sight of someone else, especially on the flats. Some cross country skiers are so good that they only fall on a tight, icy downhill corner. This kind of skier may get up, dust the snow off his back side and climb back up to the top of the hill to try the same corner again, and again, until he gets "the line through there just right." No fall is graceful, but the lower speeds and softer powder snow makes this winter sport much safer than its alpine counterpart.

CC skiers watch the evening weather report religiously and cheer for every little upper air low from Alberta down to Texas to belt us with a foot or more of new white stuff. Some can recite the day, the date and the amount of snow for the last eleven snow storms that whitened our state. Snow flurries delight the CC skier because the old refrozen snow is freshened and quickened.

When a CC skier drives by one of those time and temperature signs at a local bank, they mentally ask themselves, "What color glide wax should I use today? What color kick wax should I use?" "What's on my skis from yesterday? Did they hold good on the steep uphill?"

Ask a CC skier which ski area in Maine is his favorite and they ponder along time before they answer. Each skier has his favorite place for certain conditions and each ski place has its own special identity. It's not an easy question to answer.

When you meet another cross country skier, listen to the tone of their voice and look for the smile on their red faces. They are enjoying that crisp clear cold Maine air on cross country skis. THINK SNOW.



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Heel & Toe

Dr. Moshe Myerowitz, Chiropractor
Maine TAC Race Walking Chairman

RACE WALKING - A SPORT OF OPPORTUNITY FOR WOMEN

Race walking has been an olympic sport, for men, since 1906. As yet, race walking is not an official olympic sport for women. However, it is anticipated that by 1992, women's race walking in the 10,000 meter distance will become an official olympic competitive event. Women's race walking outside of the olympic competitions is well entrenched. The Eschborn World Cup Championships is the premiere event among women. These cup competitions attract national teams from nearly every major nation in the world.

In the United States, race walking for women has made "great strides" (pun intended). Walking and competitive race walking has a particular interest for women since it slims the calves, eliminates the hip saddlebags, erradicates the waist band love handles, without loss of femininity. Other female sports, such as body building and weight training, tend to masculinize a woman's appearance.

An example of race walking benefits without sacrificing female appearance, is Viisha Sedlak of Boulder, Colorado. Viisha is a striking, 6 foot blonde, former model and ultra-marathoner, who several years ago, switched to race walking and has been excited about the sport ever since.

I had occasion to meet Viisha Sedlak at the World Veterans' Games in Melbourne, where she captured gold medals in both the 5 & 10K womens' races.

Why does an ultramarathoner switch to race walking? According to Sedlak, the judging aspect of racewalk competitions adds an

"intellectual dimension that enhances the sport. You have to stay focused, you can't slop around - mentally or physically, and I like that." A main attraction of the sport for Sedlak, is the fact that it feels good "to do...it is more like dancing than exercising to me, cause once the technique is comfortable, it is very fluid, very smooth, and powerful."

Presently, Viisha Sedlak is a member of the US Women's Race Walking Team in spite of her "age". In many olympic sports an athlete is past his/her prime by the age of 30. No so with race walking. There are many athletes representing their respective countries who are in their late thirties and even mid-forties.

Sedlak (39), holds the American record for the 20K in her age group. Her times in the 5000 & 10,000 meters at the World Games in Australia, were world records. "I have my best to look forward to yet," Viisha has stated. She will turn 40, later this year.

The reasons for Sedlak's success are discipline, perserverance, and committment. "I promote walking and race walking to not only motivate people to become fit, but so that people develop those three necessary traits for a satisfying life. My sport has brought me far along in those areas and I enjoy transferring that to others."

For those interested in "getting into walking", it is important that they have a good walking shoe. Women are fortunate since there are specifically designed walking shoes for the female group.

Those interested in learning more about race walking should contact this writer at 947-3333, for additional information and assistance.



Sports Nutrition

DESIGNING YOUR GRAND EATING PLAN - by Anne-Marie Davee

"Choose good nutrition: For Today and Tomorrow" is this year's theme for National Nutrition Month-March 1988. There's no time like the present to take charge of your eating habits. In fact, the food choices you make today can affect the way you look and feel tomorrow.

How can you design your personal nutrition plan? The simplest and most effective method is the use of FOOD GROUPS. Let's call them the Fitness Food Groups. The first food guides to be developed were called the Basic Seven in the 1940's. For simplicity sake, they became the Basic Four in the 50's. It's now the eighties and time for an update. Introducing the MODIFIED BASIC FOUR Food Groups:

- 4 servings of whole grain Breads/Cereals (1 slice or 1/2 cup each)
- 4 servings Fruits and Vegetables (1 whole or 1/2 cup each)
 - *1 serving Vitamin C rich (citrus fruits/juices)
 - *1 serving dark green/leafy (spinach, broccoli, greens)
 - *2 servings other
- 2-4 servings Milk and Milk Products (8 ounces each)
 - *choose lowfat or skim
- 4 servings Protein Foods
 - *2 servings lean animal protein (2 ounces each)
 - *2 servings vegetable proteins (dried beans, lentils, tofu) (1/2 cup each)
- 1 serving Fat or Vegetable oil (1 Tablespoon)
 - *olive oil is best.

This newly modified guide provides a better foundation for making food choices and acquiring the TOP NUTRITION that your body desires. Write down what you've eaten today and use them as a check system.

No matter what level of fitness or stage in your life, your food choices will make a difference in your lifetime health profile. Choose good nutrition for the long run and be the best you can be.

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Northeastern Invades The Orono Campus

The University of Maine (at Orono) men's track team is no longer just an in-state powerhouse anymore. In 1988 the Black Bears have been challenging the best in New England. Head Coach Jim Ballinger's squad has played host to New England powerhouse Northeastern on January 23, placed second at the Eastern Championships February 23 at Coast Guard Academy in Connecticut, to go along with their lopsided State Meet victory against Bates, Bowdoin and Colby. At Coast Guard the Bears 93 1/2 points was well ahead of third-place UMass (56) and only 11 1/2 behind the victorious Southern Connecticut State University squad. It is the highest showing ever for a UMaine team. Against Northeastern, originally a 73-63 Huskie win, but later forfeited by the Boston-based school when it was acknowledged that NU's first-place 1,000-yard runner was ineligible, the underdog Black Bears were looking for an upset.

"We were ready to perform," Ballinger said. "We knew we had a shot at winning the meet if things went right."

Their philosophy was to "kill them (in the field events) and hold them off in the running events," Ballinger admitted. "They have an exceptionally strong distance team. We were strong in the field events."

Ultimately NU's strength overdid Maine's, but the Black Bears have put themselves on the map by virtue of the field events and some sprinters. As Ballinger explained his squad's win at the State Meet, "The other teams were fairly strong, but they couldn't offset our strong events. They couldn't break us up and that's what won the meet. When you are able to beat a team in one of its strong events, that's what wins the meet."

Not too many teams have been able to break up that Black Bear stranglehold, however. At the Easterns Mike Norman and Paul Richardson went 2-4 in the 400-meters; David Johnson and Rob Sterling were 2-3 in the long jump; Eric Redard, Joe Trefethen and Jim St. Pierre grabbed 1st, 3rd and 4th in the shot put; Dan Crocker, Mark Hume and Nelson DiSilvestre were 2-4-6 in the triple jump; Brian Beaulieu and Dale Nealey went 1-4 in the pole vault.

"The events we scored in we scored pretty heavily," Ballinger said. "We did as well as we could have done."



Brian Beaulieu, shown here against Northeastern, won the pole vault at the Eastern Championships. (photo courtesy of BDN)

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High School Update

Indoor Track State Meets



Cheverus' Brian Turner leads Al Geiser of Brewer in the 2-mile.



MDI's Mike Hughes enroute to his state record-tying run in the 600.

The Cheverus and Hampden boys teams easily won the Class A and B State Meets, respectively, by 13 points while the Brewer and Scarborough girls finished strong in the last two events (2-mile and relay) to sneak past Portland and Old Town respectively, for the girls crowns.

The Class A meet was held at Bates College while Class B competed at the University of Maine. Both meets were held Monday, February 15th.

The Stags of Cheverus were led by senior Kevin Lyons, but the distance runner had plenty of backup to record a comfortable win, 69-56, over the '86 champions Deering. Lyons won the mile (4:33.2) and outkicked Edward Little's Rusty Snow, the cross country state champion last fall, in the two-mile (9:59.6) for his second victory. In the two-mile the pack went through a slow first mile and Lyons' kick could not be matched as he won by almost two seconds (10:01.4).



Julie Johnson sprints to the finish in the two-mile.

Cheverus' only other victor was sophomore Paul Fenton. His 6-0 leap gave him the high jump title. The Stags had plenty of depth, however - James Kachman (HJ), Mike Lyons (mile), Pat Bernier (1,000), Carl Burdin (SP), Brian Turner (2-mile) and John Donovan and Dennis Ela (300).

Deering, meanwhile relied on its sprinters with Mike Mitler (2nd-600) and Matt Myers (2nd-300) leading the way. Scott Segal added a third (LJ) and a fourth (300), but it wasn't enough to stop Cheverus.

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Lisa Cahn sprints around the last corner as she anchored Brewer's relay to victory and clinch the title for the Witches, shown at right.



In the Class B boys meet Hampden Academy relied on a trio of seniors for the bulk of its points. Alan Baldwin (30), Brent Leighton (16) and Kevin Bean (10) combined for 56 of the Bronco's 59 points. Scarborough (46) held off Ellsworth by 5 for the runnerup spot.

Baldwin dominated his three events and led his squad to its second consecutive state title. He won the high hurdles (7.7), the 300 (33.0) and the long jump (20-4 1/2) to give Dave King's squad quite an advantage. When senior Jake Kamm only grabbed 5th in the 60, Leighton and Bean pulled through. Leighton kicked past Gorham's Jeff Young on the last two laps of the mile to win going away (4:26.7 to 4:31.0). He also added a third in the 1,000. (Young won that event). But it was Bean's easy victory in the two-mile (10:09 to second-place Jason Rutherford of Old Town's 10:17) that clinched the state crown for Hampden.

Scarborough also relied on only a few individuals for the bulk of its points, but their pole vaulters and sprinters couldn't overcome the Hampden trio. John Lane and Ryan Werner did give Scarborough a 1-2 finish in the pole vault, however, with leaps of 12-0 and 11-0. Unfortunately for Scarborough, its 3-5 finish in the 300 did not match Baldwin's point production in that event (first-10 points) in what may have been a crucial event for both squads. Mike Henry (3rd in the 300) did win the 60 (6.9) and Bill Sproul (5th) ran a leg on Scarborough's relay team that placed second to Lake Region (1:37.6 to 1:38.2).

Ellsworth was led by junior Rob Pendergist who grabbed a first (HJ-6'2"), a third (600) and a fourth (300). MDI's Mike Hughes tied the state record in the 600 with his 1:15.0 victory.

In the girls action, Brewer grabbed 25 points in the last two events to overcome a 14-point deficit to win its second consecutive title, 79-72, over Portland. Thornton Academy was a close third with 64.

Brewer's Lynn Dow, a junior, almost lapped the entire field in the two-mile with her first-place time of 12:03.4. Jen and Becky Ashmore also picked up fourth and sixth in that event to give the orange and black a one-point lead going into the last event. Brewer's quartet of Kelly Faloon, Denise Breau, Barbie Dupuis and Lisa Cahn made sure there was no doubt in the outcome as they won by more than one second (1:53.2) while Portland finished fourth. Portland needed to place one position higher than Brewer in hope of at least a tie for the crown.

Fate kept Portland in control most of the meet as Brewer's Kim Pierce, who earlier set a state record in winning the 600 (1:29.6), was disqualified for interfering another runner in the 300. Pierce ran 39.7 and would have won the event. Instead Portland's Nicole Sauvuer (2nd), Diane Smith (4th) and Erin Barry (6th) all moved up a place to score 13 points. Brewer still had Cahn place third.

Dow and the Ashmore twins also proved important in Brewer's fate with a 2-3-5 finish in the mile, but their biggest contribution was the two-mile.

"The two-mile was back and forth," Brewer coach Dave Jeffrey said. "Everytime someone changed positions the kids counted the points: 'We're up by one. We're up by two.' I'm sure the Portland kids did the same thing."

"It came down to the relay," he continued, "and there was so much electricity in the air. After each handoff there was this deafening roar from all the kids cheering on their team. It was a wicked exciting finish."

Behind the efforts of Beth Randall (1st-HJ), Wendy Field (1st-SP), Missy Smith (2nd-SP), and its two-milers Michelle Mercier (2nd), Cheryl Poirer (3rd) and Lori Roth (5th), Thornton Academy made this a three-way battle for the title.

Sauvuer and Smith of Portland also went 1-2 in the 55-meter dash.

In the last two events of the Class B girls meet, the Old Town Indians scored 17 points, but it wasn't enough to overtake the Scarborough squad that got 20. Scarborough ended up winning by six, 58-52. The 2-mile proved to be the deciding factor as OT's Kate Ringo and Heidi Brewer faced Julie Johnson and Kathy Ferriera of Scarborough. Johnson and Ferriera displayed strong finishing kicks to grab second and fourth while Ringo, the winner in the mile (5:47.8), and Brewer had to settle for third and sixth. OT's foursome of Julie Brasslett, Cathy Unruh, Wendy King and Alyson Thompson did win the relay (1:55.5), but Scarborough's quartet was a close second (1:56.8) to clinch its second straight "B" crown.

Each team tried to give the title away as OT's King fell in the semi's of the high hurdles and failed to qualify for the final, while Toni Carr of Scarborough, last year's long jump champion, failed to qualify for the final in that event. Both, however, came back later in the meet as King won the triple jump (32-10) while Carr took first in the high jump (5-0) and second in the 300.

John Bapst's Eliza Parker was the meet's only double winner with her long jump (15-3 1/2) and 300 (39.7) performances.

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Fastest Times of 1987

29

10 Kilometer Rankings - OPEN FEMALE

36:51	Cynthia Lynch	27	ME Women's Classic
37:51	Roseanna Prest	24	ME Women's Classic
38:12	Sally Perkins	24	Maine Event
38:44	Anne-Marie Davoe	32	Maine Event
38:54	Diane Louder	25	ME Women's Classic
43:15	Pat Rankin	39	Maine Event

MASTER'S FEMALE

43:39	Faye Gagnon	42	ME Women's Classic
43:33	Nancy Lovetere	43	LL Bean
47:09	Heather Higbee	40	LL Bean
47:16	Katherine Christie	42	LL Bean
49:01	Donna Lapierre	47	LL Bean

45:52	Carol Hommik	41	ME Women's Classic
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OLDEST & YOUNGEST

59:23	Ruth Haffelfinger	58	LL Bean
49:13	Kathleen Jackson	12	LL Bean

35-39 AGE GROUP

41:19	Rosalyn Randall	37	LL Bean
42:40	Jane Rau	37	ME Women's Classic
45:03	Joan Lavin	39	LL Bean
47:53	Sandee Prescott	37	LL Bean

10 Kilometer Rankings - OPEN MALE

31:28	Tim Wakeland	22	Maine Event
32:08	Sam Pelletier	28	Maine Event
32:34	Dennis Karamitros	29	Maine Event
33:00	Lance Gulliani	28	LL Bean
33:18	Stephen Grygiel	30	LL Bean
31:19	Tim Donovan	33	Maine Event

MASTER'S MALE

34:47	Lawson Royce	43	Maine Event
35:28	Guy Lindwall	40	LL Bean
35:50	Joel Croteau	43	LL Bean
36:31	Rick Lane	40	Maine Event
36:47	Mike Daly	42	LL Bean

34:36	Jack Mahurin	44	LL Bean
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OLDEST & YOUNGEST

59:21	Irvyng Fisher	68	LL Bean
44:29	Sam Shartzler	14	LL Bean

35-39 AGE GROUP

34:29	Michael Sargent	36	Maine Event
34:40	Ralph Fletcher	36	Maine Event
34:45	Kenneth Flanders	35	LL Bean
36:33	Peter Hagerman	36	Maine Event

As Maine's TAC Record Keeper, Greg Nelson compiled these results from the races that met the qualifications - which are - certified course, complete results (name, age, sex, city, state, time) and the Application for Recognition of Road Race Performances. At least two times had to be recorded for the winners of the races. The time and name below each column is the fastest out-of-stater. Greg compiled these results in five-year age brackets. If you would like a more detailed list, contact MR&O or Greg. MR&O would again like to thank Greg for his time, energy and effort in making this list possible. THANK YOU GREG.



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MAINE RUNNING & OUTING ROAD RACE POINT SYSTEM

(The following are all the runners who ran a MINIMUM of FOUR TAC certified road races. The number is their average of their four best performances. Points are NOT comparable between categories. Dr. Mike Sargent comprises these results. The complete listing of all runners who competed in at least ONE TAC certified race will be available in the April issue. The Saucony Outlet in Bangor and the Bangor Athletic Attic are the sponsors of the 1987 system.)

OPEN MALE

1. Bruce Ellis	20.6
2. Tim Donovan	16.5
3. Todd McGraw	16.4
4. Tim Wakeland	16.2
5. Dennis Karamitros	13.6
6. Dan Dearing	13.1
7. Ray Morris	11.3
8. Pat O'Malley	8.6
9. Peter Lessard	8.5
10. Glendon Rand	6.2

OPEN FEMALE

1. Cindy Lynch	24.9
2. Rose Morrison	21.4
3. Kelly Bennett	19.3
4. Debbie Jensen	18.7
5. Diane Louder	17.4
6. Wanda Haney	16.2
7. Anne-Marie Davee	14.7
8. Robin Emery Rappa	13.9
9. Carol Weeks	7.7
10. Linda Larue-Keniston	7.6



MASTER'S MALE

1. Rick Lane	14.6
2. Guy Lindvall	11.9
3. Joe Bennett	9.4
4. Frank Brune	5.9
5. Doug Ludewig	3.9
6. Bob Coughlin	3.7

MASTER'S FEMALE

1. Robin Emery Rappa	29.2
2. Louisa Dunlap	14.3
3. Faye Gagnon	9.5

BEST SINGLE PERFORMANCES

Colin Peddie (Open Male): Great Pumpkin 10K, 26.0 pts., 29:03
 Michelle Hallett (Open Female): Great Pumpkin, 36.1, 34:27
 Jim Crawford (Master's Male): Great Pumpkin, 28.7, 30:35
 Robin Emery Rappa (Master's Female): Hgr Labor Day 5M, 34.3, 30:40

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THE PAGE

NEW YORK CITY MARATHON NYC

Nov. 1st

Forty of the 22,000 runners in the 26.2-mile event were from Maine. They are listed below alphabetically. CONGRATULATIONS.

Warren Alpern	38	4:42:52
Stephen Brennan	40	4:15:33
Barbara Coughlin	44	4:17:59
Sukanya Csenge	36	5:58:34
Ronald Davis	36	3:59:13
Jane Dolley	39	4:19:36
Frances Dorsey	52	5:13:03
Stephen Driscoll	37	3:59:52
Malcolm Gauld	33	4:05:10
Arthur Gingold	30	4:35:48
Polly Goodyear	43	5:47:21
Robert Gordon	28	3:48:47
Robert Green	39	4:12:21
Leon Hadiarta	35	3:37:25
Peter Hall	33	4:10:29
Wayne Harlow	34	3:59:50
John Iretson-Hewitt	50	4:18:24
Douglas Knobloch	37	4:13:49
Susan Kolakowski	30	5:04:29
Aurobindo Lakshi	37	2:52:22
Michael Lally	32	3:19:43
Richard Lemieux	42	4:12:31
Roland Marsh	50	3:37:48
Thomas McKinney	34	4:19:56
Thomas McMillan	41	3:48:59
Philip Meech	36	4:02:23
Manuel Montoya	32	3:28:34
Ray Nelson	45	4:56:05
Michael O'Brien	29	4:14:27

Andrew Patterson	30	4:26:45
Ronald Pelton	34	4:11:59
Robert Quentin	29	3:30:51
Harvey Rohde, Jr.	45	4:27:11
Terry Rowden	39	3:46:31
Richard Sullivan	44	4:03:21
Jean Thomas	51	4:19:36
Sandra Utterstrom	43	4:23:50
Rodrigo Viscarra	14	4:38:41
Walter Webber	57	3:32:38
Robert Wyman	50	5:09:26

Results courtesy of Stephen Driscoll and the Maine Sunday Telegram

BLACK BEAR RUN FOR FUN - 5K UMaine (Orono) Nov. 22nd

1. Alex Hammer	15:36
2. Joby Bunarrigo	16:40
3. Robert Silvius	18:00
4. Jim Moorhead	19:07
5. Scott Balke	19:46
6. Kallie Stratton	19:52*
7. Kevin Vickers	20:07
8. Scott Harrison	20:17
9. Annie Blumer	20:21*
10. Stacie Smith	21:03*
11. Dwight Dorsey	21:34
12. Lisa Carbone	21:54*
13. Lee Rhine	22:03
14. Kari Eriksson	22:10*
15. Gerald Hanes	22:49
16. Bill Weidner	23:10
17. Rob Allen	23:16
18. Zaint Rajae	23:20*
19. Pam Morrill	23:21*
20. Lauren Zanchi	24:00*
21. Courtney Cutler	24:00*
22. Lisa Michelson	24:39*
23. Walter Scott	25:15
24. Sherry Lee Gilbert	26:10*
25. Sarah Parent	29:26*
26. Todd Eldridge	31:35

27. Brenda Beitner	31:35*
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9TH ANNUAL JANUARY TRAW ROAD RACE Belgrade -4.5 miles- Jan. 17th

1. Peter Lessard	25	22:32
2. Tom Thibeau	29	23:50
3. Brian McCrea	28	24:08
4. Rick Lane	40	24:50
5. Randy Hastings	33	24:53
6. Joe Bennett	41	25:02
7. unknown		25:09
8. Alan Reilly	34	25:29
9. Jeff Brown	37	25:36
10. Brian Ladner	29	25:38
11. Cliff Rogers	29	25:52
12. Joe Meehan	41	25:57
13. Doug Ludewig	48	25:58
14. Art Greif	36	26:31
15. Bill Skerritt	28	26:38
16. Tom McGuire	41	27:02
17. Rusty Dewnap	29	27:08
18. Andy Patterson	25	27:16
19. Jack Wallace	34	27:21
20. Don Reimer	40	27:52
21. Robert Jones	15	28:04
22. David Wilson	44	28:09
23. Byron Cook	40	28:23
24. Dick Cummings	50	28:34
25. Dara Jones	31	28:47*
26. Kevin Burns	33	28:58
27. Bob Johnson	34	28:58
28. Max Pritkin	17	29:03
29. Steve Jones	30	29:09
30. Carl Reilly	34	29:16
31. John DeHart	46	29:21
32. Michael Greenleaf	35	29:38
33. Craig Haggert	33	29:43
34. Cliff Young	38	29:47
35. Robert Myers	31	30:05
36. Lloyd Smith	39	30:17
37. James Booth	42	30:27
38. Mike Skerritt	31	30:53
39. Geoff Hill	41	31:05

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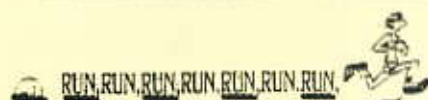
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40. David Benn	42 31:05
41. Dave Gagan	51 31:13
42. Carleton Mendall	66 31:35
43. Paul Dall	46 31:42
44. Sam Mitchell	34 31:53
45. Joan Merriam	39 32:21*
46. Bob Cushman	50 32:22
47. Gary Barrett	43 32:51
48. Russell Martin	38 33:01
49. Card Rand	51 33:10
50. Joyce Sheridan	40 33:13*
51. Ellery Borow	31 33:14
52. Sally Harwood	35 33:54*
53. Jack Paul	31 34:02
54. Allen Hersom	29 34:05
55. Tim Smith	41 34:27
56. Ellen Spring	35 34:40*
57. Betty Jean Derrick	39 34:51*
58. Debbie Wilson	45 34:56*
59. Ray Johnson	40 35:30
60. Taylor Harbon	43 35:30
61. Nancy Ludewig	43 35:37*
62. Jim Garland	39 36:20
63. Warren Wilson	54 36:48
64. Richard Sabol	49 37:03
65. Walter Viles	51 37:08
66. Ann Bacon	40 37:53*
67. Molly Sproul	32 38:10*
68. Leona Clapper	57 38:41*
69. Janet Tuttle	26 39:57*
70. Bert Brewster	46 39:58
71. Charles Clapper	58 40:08
72. Bruce Parker	42 40:19
73. Shirley Penlason	52 54:08*

Results courtesy of Jerry Saint Amand
and the Central Maine Striders



The Ski Pack

CARTER'S LAST STAND--5K
Oxford

Jan. 1st

AGE GROUP - 15 & Under Male

1. Michael Hamill	19:58
2. Eric Bocher	24:16
3. Richard Davidson	25:16
4. Jason Desjardins	30:04
5. Steve Abbott	35:15

AGE GROUP - 16 to 19 Male

1. Ron Morris	19:27
2. Don Medd	20:35
3. Chris Ottey	20:36
4. Scott Korkowen	20:51
5. Jon Sassi	23:29

AGE GROUP - 16 to 19 Female

1. Jennifer Greenleaf	25:17
2. Laura Koussari	25:24
3. Sarah Pribram	25:33
4. Kerry MacDougall	37:53

AGE GROUP - 20 to 29 Male

1. William Haskell	19:19
2. Peter Blanchard	19:54
3. Peter Hall	19:55
4. Don Greenleaf	19:56
5. Jason Wilson	19:57
6. Kent Staughter	20:57
7. Doug Gray	23:31
8. Robert Swinburne	25:36
9. Scott Carroll	26:15

AGE GROUP - 20 to 29 Female

1. Ruth Hall	23:31
2. Veronica Knight	24:38

AGE GROUP - 30 to 39 Male

1. Ron Newbury	19:29
2. Mark Danyla	21:13
3. Douglas Zinchor	21:48
4. David Carter	27:34
5. Jeff Bradley	32:06
6. Curtis Cole	32:09
7. Bruce Gridley	34:49
8. Steven Jones	46:58

AGE GROUP - 30 to 39 Female

1. Tina Wilson	27:36
----------------	-------

AGE GROUP - 40 to 49 Male

1. Jack Lufkin	21:43
2. Chase Pray	28:36
3. Richard Davison	36:53
4. Robert Hunter	55:53

AGE GROUP - 50 to 59 Male

1. Tim Carter	21:39
2. Owen Haskell	25:39
3. John Howe	29:18
4. Phillip Abbott	34:06

Results courtesy of Dave and Anne Carter

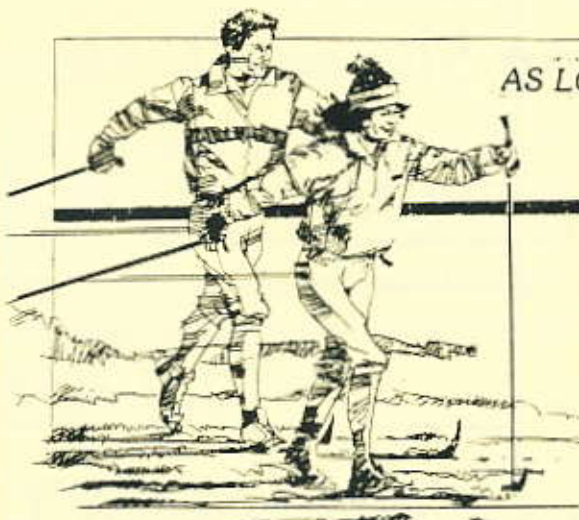
LOKI'S LOPPET TOUR/RACE - 10K

Farmington Jan. 9th

1. Jeff Clarke	32:08
2. Dan Greenleaf	33:07
3. Leland Martin	33:23
4. Mike Simoneau	33:35
5. Peter Hall	33:37
6. Marc Gilbertson	33:39
7. John Mathieu	33:47
8. Chris Ottey	34:09
9. Douglas Zinchor	34:24
10. Richard Starets	34:35
11. Derek Adams	34:37
12. William Haskell	34:52

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#4 PACKAGE.....	\$137 ⁹⁵
#5 PACKAGE.....	\$147 ⁹⁵
#6 PACKAGE.....	\$113 ⁹⁵

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trails to
trails, w
Whether
events, o
it's all h
Our instr
group les
include b
Our bra
groomer
virtually
condition

Bethel, J

19:29	13. Sean Skaling	34:56	59. Sara Brown	52:54*	2. Scott Dolan	32:04
21:13	14. Mark Danyla	34:57	60. Doug Dolan	53:08	3. Andrew Sims	32:26
21:48	15. Scott Bates	35:35	61. Clint Merrill	53:38	4. Andrew Goding	35:20
27:34	16. Jon Martin	35:45	62. Lynda Dunn	54:00*	5. Doug Dolan	38:22
32:06	17. Alice Goodwin	35:54*	63. Tom Mulvey	55:28	6. Todd Jarrell	39:33
32:09	18. Raul Siren	36:16	64. Greg McMorro	56:08	7. Hank Witt	44:25
34:49	19. Dan Works	36:42	65. Heather Baker	59:16*		
46:58	20. James Upham	37:00	66. Leslie Roberts	60:33*	AGE GROUP - Sr II Female	
	21. Ole Amundsen	37:04	67. Kerry MacDougall	60:44*	1. Jane Barron	38:36
	22. Chris Record	37:47	68. Leon Dupuis	66:45		
	23. David Douglass	37:49	69. Lois Cole	70:06*	AGE GROUP - Sr II Male	
	24. Jon Sassi	37:53			1. Jeff Clarke	26:26
	25. Todd Pokrifka	38:06	Results courtesy of Virginia Sayward			
	26. Scott Marchildson	38:25	Race Secretary			
	27. Veronica Knight	38:44*			AGE GROUP - Master I Male	
	28. Scott Pond	38:49	*****		1. John Mathieu	27:25
	29. John Frachella	39:04			2. Doug Sinchuk	28:08
	30. Paul Corrigan	39:38	NORTHERN LIGHTS CLASSIC		3. Leland Martin	29:08
	31. Ben Lounsbury	39:54	Farmington - 10K (5K Jr. II) - Jan. 16th		4. Mark Danyla	30:07
	32. Martin McAleer	39:58			5. Burnham Martin	30:32
	33. Scott Dolan	40:00			6. Jim Burns	32:37
	34. ERIC Boucher	40:13			7. Hank Stone	47:54
	35. Matthew Taber	40:16	AGE GROUP - Jr. II Female			
	36. Ruth Hall	40:22*	1. Maren Haskell	22:00	AGE GROUP - Master II Female	
	37. ERIC Beane	40:35			1. Carol Graham	37:39
	38. Owen Haskell	40:34	AGE GROUP - Jr. II Male			
	39. John Alsop	41:18	1. James Upham	13:03	AGE GROUP - Master II Male	
	40. Amy Shedd	42:18*	2. Chris Record	14:13	1. Leon Dupuis	28:41
	41. Bob Salest	42:22	3. Steve Kelleher	15:32	2. Paul Corrigan	29:53
	42. Amanda Onion	42:30*	4. Aaron Sinclair	16:59	3. John Frachella	32:03
	43. Michael Yeo	43:04	5. Andrew Graham	21:47	4. Buddy Majernik	32:07
	44. Charlie Roberts	43:28			5. Ben Lounsbury	32:41
	45. Galen Lauman	43:31	AGE GROUP - Jr. I Male			
	46. Kevin Charleston	43:50	1. Todd Pokrifka	31:53	AGE GROUP - Master III Male	
	47. Hilary Green	45:08*	2. William Richards	36:26	1. Mike Simoneau	27:23
	48. Deb Merrill	45:43*			2. Ken Kimball	30:13
	49. Carol Graham	47:38*	AGE GROUP - OJ Female		3. Raul Siren	30:14
	50. Anna Glass	48:08*	1. Heidi Hamill	44:57	4. Rick Haskell	35:04
	51. ERIN Minear	48:51*			5. Gene Roy	35:36
	52. Peter McAllister	49:00	AGE GROUP - OJ Male			
	53. J. Todd Jarrell	49:12	1. Chris Ottey	27:45	AGE GROUP - Master IV Female	
	54. Clive Roberts	49:19	2. Olav Ormseth	32:16	1. Linda Stetson	45:38
	55. Karen Kemble	50:13*	3. Mike Yeo	33:00		
	56. Richard Cole	50:21	4. Brett Lamport	33:47	AGE GROUP - Master IV Male	
	57. Mark Bryant	50:27			1. Owen Haskell	33:36
	58. Gretchen Eastler	52:00*	AGE GROUP - SR I Male		2. Bob Salest	34:21
			1. William Haskell	27:11	3. Philip Verrier	34:49



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4. Warren Cochrane 35:46

AGE GROUP - Master V Male

1. Tim Carter 29:51

AGE GROUP - Master VII Male

1. Earl Stetson 34:31

2. Sy Mah 42:39

3. Gili Martin 43:15

RESULTS COURTESY of Tom Upham

Race Director

MT. BLUE HIGH SCHOOL 5K

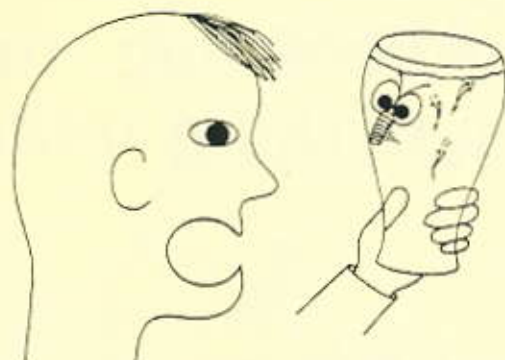
Mt. Blue Jan. 16th

1. Scott Loomis YRM 13:32
 2. Casey Carroll YRM 14:46
 3. Robert Whisenant C-R 14:55
 4. Scott Harding GRN 15:07
 5. Stuart Sinclair GRN 15:09
 6. Eric Hogland LR 15:43
 7. John Coulet GRN 16:01
 8. Bruce Hill YRM 16:02
 9. Tim Jackson YRM 16:04
 10. Amanda Onion MTB 16:07*
 11. Chris Johnson YRM 16:26
 12. Adam Aja GRN 16:38
 13. Tyler White YRM 16:40
 14. Mike Davidson GNG 16:43
 15. Chris Richards GRN 16:55
 16. Didier Ganter CR 16:58
 17. Tim Orcutt GRN 17:24
 18. John Lander GRN 17:27
 19. Mark Bryant MTB 17:35
 20. Travis Kinney GNG 17:36
 21. Jason Loboza LEW 17:37
 22. Bob Burns YRM 18:02
 23. Jon Cobb GRN 18:11
 24. Bonnie Hamalainen YRM 18:12*
 25. Debbie Freidrick YRM 18:24*
 26. Steve Latourneau LEW 18:32

27. Kim Hatfield YRM 18:33*
 28. Aimee Spenciner LR 18:34*
 29. Gretchen Eastler MTB 18:53*
 30. Jim Maxim MTB 18:54
 31. Mark Deane CR 18:59
 32. Jason Ross LEW 19:04
 33. Scott Galipeau CR 19:06
 34. Rob Muhihulland LEW 19:08
 35. Jason Allen LEW 19:28
 36. Eric Audette GRN 19:35
 37. Pat O'Connor GRN 19:35
 38. Charles Bentley CR 19:51
 39. Steve Handry GNG 19:47
 40. Anna Glass MTB 19:48*
 41. Becky Knight GNG 20:12*
 42. Jason Garron LR 20:16
 43. Burt Hall LR 20:22
 44. Steve Carlin GNG 20:34
 45. Dolly Cumpian MTB 21:08*
 46. Jamie Carroll GNG 21:16
 47. Mike Moody CR 21:44
 48. Meloara Rockwood MTB 21:52*
 49. Bill O'Brian LR 21:54
 50. Alex Kamiliwlec YRM 21:58
 51. Mike Celler GNG 22:04
 52. Lonnie Manchester GNG 22:09
 53. Carl Ross CR 22:15
 54. Roger Dippel MTB 22:48
 55. Lisa Selsle LEW 23:34*
 56. Heather Given LEW 23:45*
 57. Wendy Hamalainen CR 23:51*
 58. Beath Annis CR 23:59*
 59. Chris Witt CR 24:11
 60. Ira Gray GRN 24:25
 61. Heidi Stevens LR 24:40*
 62. Erica Hann LR 25:00*
 63. Toby Stuart LR 25:39
 64. Nicky Bupper CR 26:20*
 65. Becky McGee GNG 26:30*
 66. Dan Pelletier CR 28:18
 67. Sasha Rusan LR 28:45*
 68. Peter Landry CR 29:14
 69. Bucky Roberts GNG 29:30
 70. Steve Marien LR 29:46
 71. Penny Brooks LR 30:12*

72. Mike Parkin LEW 30:58
 73. Chris Cash GNG 32:04
 74. Paula Gardner LEW 33:04*
 75. Sue Witt LR 33:42*
 76. Lorraine Burnell GNG 34:09*
 77. Heather Lindquist LR 35:35*
 78. Susan Stone LR 36:00*
 79. Christine Johansen LR 37:03*
 80. Chris Day LEW 37:55
 81. Kris Longton LEW 38:22*
 82. Denise Fogg GNG 38:35*
 83. Jen James LEW 38:57*
 84. Katrina Johnson CR 40:08*
 85. James Jasper GNG 40:48
 86. Nanette Damson GNG 43:37*
 87. Bernie Roberts GNG 46:09
 88. Zosta Wadoski LR 46:45
 89. Kathy Johnson LR 48:09*
 90. Nelly Sanford LR 48:33*
 91. Suzanne Brown LR 48:49*

Results courtesy of Tom Upham



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TURKEY TROT 5K
Caribou

Nov. 22nd

1. Bob Everett	16:12
2. Rusty Taylor	16:41
3. Rich Hartford, Jr.	17:08
4. Randy Wilcox	17:18
5. Jason Carter	17:22
6. Larry Tonzi	17:29
7. Mike Mendonca	17:45
8. Paul Libby	18:16
9. Clay Teed	18:38
10. Roy Alden	18:44
11. Kirk Cote	18:50
12. John Woods	19:22
13. Dave Belyea	19:43
14. Dave Maxcy	20:01
15. Tim Higgins	20:18
16. Chris Belyea	20:22
17. Willie Lam	20:33
18. Pat Williams	20:35
19. Connie McLeellan	20:45*
20. Neal Genz	20:46
21. Lendal Johnson	21:05
22. Robert Askrew	21:09
23. Joe Beasley	21:17
24. Terry Hartford	21:26
25. Jason Gearheart	21:26
26. Christian Margeson	21:27
27. Clark Brewer	21:44
28. Penney Dieryk	21:55*
29. Monica Belyea	22:22*
30. Achill Hebert	22:23
31. Kevin Hartford	22:39
32. Eric Margeson	22:56
33. Rich Hartford, Sr.	23:07
34. Leon Kraut	23:07
35. Don Peters	24:07
36. Corey Jewell	24:21
37. Bryon Murchison	24:40
38. Mike Hartford	25:01
39. Ange Ennis	25:05
40. Pam Ennis	25:05*
41. Andrea Perry	25:10*
42. Jennifer Plourde	28:18*
43. Diana Lucca	28:42*
44. Jana Woods	29:02
45. Herb Blaisdell	29:30
46. Kai Kraut	29:48
47. Rebecca Meir	29:49*
48. Doug Demerchant	31:19
49. Katharyn Syder	33:32*
50. Gloria Kidney	39:07*
51. Cynthia Haney	44:39*

Results courtesy of the
Aroostook Joggners

WILD KATARDIN TRUST SNOW RUN
Sherman Station

Feb. 6th

1. Roy Morris	24:55
2. Charlie Violette	25:30
3. Randy Hastings	26:06
4. Richard Hartford	26:39
5. Glen Holyoke	26:53
6. Bob Everett	27:10
7. Dave Clement	27:14
8. Larry Tonzi	27:21
9. Bryant Bourgoin	27:24
10. Paul Turner	27:43
11. Gary Larson	27:55
12. Mike Carter	28:04
13. Rodney Furr	28:08
14. Deke Talbot	28:18
15. Tim Robinson	28:23
16. Robert Bremner	28:26
17. Dave Torrey	28:37
18. Andy Howard	29:17
19. Robin Emery Rappa	29:28*
20. Dave Wilson	29:38
21. Aaron Himes	29:38
22. Peter Cuff	29:52
23. Larry Scofield	29:57
24. Peter Ellis	30:03
25. Bill Pinkham	30:03
26. Erv MacDonald	30:05
27. Terry Goodlad	30:09
28. Jerry Michaud	30:24
29. Larry Rich	30:29
30. Mike Greenleaf	30:34
31. Mike Doore	30:39
32. Fred Putnam	31:00
33. Mo Sheehan	31:05
34. Tom Tetu	31:15
35. Cliff Hatfield	31:22
36. Mike LaChance	31:35
37. Robert Dow	31:52
38. Andy Patterson	32:28
39. Vaughn Holyoke	32:45
40. David Benn	32:54
41. Ron Gelinas	32:55
42. Rusty Sweeney	33:03
43. Carl Bowen	33:06
44. Carlton Mendell	33:16
45. Paul Dall	33:17
46. Colan Davis	33:18
47. John Small	33:35
48. Mary Mattress	33:40*
49. Joan Merriam	33:44*
50. Tom Sheehan	33:57
51. Carol McElwee	33:58*
52. Joe Beasley	33:59
53. Cole Sargent	34:04
54. Nancy Jackson	34:10
55. Tom Sheehan	34:29
56. Steve Duffy	34:29

57. Jeff McNally	34:29	35
58. Stew McDonald	34:41	
59. Rusty Taylor	34:54	
60. Bob Duffy	35:00	
61. Dean Shea	35:08	
62. Chris Farmer	35:15	
63. Art Fraser	35:16	
64. Eileen Jordan	35:34*	
65. Johanna Fleming	35:39*	
66. Bob Dyer	35:51	
67. Benita Qualey	36:04*	
68. Mac Dow	36:16	
69. Sam Jordan	36:29	
70. Sue Dow	36:47*	
71. Joe Cox	36:53	
72. Debbie Wilson	36:54*	
73. Richard Hartford	37:15	
74. Jerry Saint Amand	38:03	
75. Steve Cornelio	38:08	
76. Walt Landry	38:33	
77. Dave Libby	38:44	
78. Harold Lane	38:53	
79. Don Benson	39:33	
80. Martena McAvey	40:07*	
81. Cathy Carter	40:53*	
82. Nancy Talbot	40:53*	
83. Leona Clapper	41:00*	
84. Justine Michaud	42:00*	
85. Judy Doore	42:01*	
86. John McElwee	41:16	
87. Fran McMahon	42:46	
88. Travis Libby	43:00	
89. Shane Lambert	43:57	
90. Rodney Lambert	43:58	
91. Charlie Clapper	45:03	
92. Patsy Dyer	47:17*	
93. Nancy Schneider	48:22*	
94. Ann Morae	55:07*	
95. Linda Lyons	55:07	

Results courtesy of Loren Ritchie
Race Director



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Brewer 79, Portland 72, Thornton 64,
Brunswick 35, S. Portland 34, Mt Ararat
28, Deering 26, Lawrence 2, Skowhegan 1

55M:	1. Nicole St. Sauveur	Ptd	7.70
	2. Diane Smith	Ptd	7.77
	3. Melinda Molejunas	Spt	7.81
	4. Meredith Bachelder	Spt	7.84
	5. Cheryl Guthrie	Drp	7.89
	6. Kathy Crichton	Brn	7.92

HH:	1. Chamberlain	Spt	9.35
	2. LaPlante	TA	9.51
	3. Baril	Drn	9.58
	4. Charbonneau	Ptd	9.64
	5. Littlefield	Brw	9.65
	6. St. Pierre	Ptd	9.68

300:	1. Katy Crichton	Brn	40.10
	2. Nicole St. Sauveur	Ptd	40.76
	3. Lisa Cahn	Brw	41.13
	4. Diane Smith	Ptd	41.33
	5. Kristen Dydowicz	TA	41.79
	6. Erin Barry	Ptd	41.83

600:	1. Kim Pierce	Brw	1:29.63
	2. Karen Betz	Drn	1:30.76
	3. Denise Breau	Brw	1:33.02
	4. Jocelin Heatiraza	Brn	1:35.50
	5. Katy Porrey	McA	1:35.52
	6. Meredith Belanger	Spt	1:35.57

1,000:	1. Amy Tripp	McA	2:51.23
	2. Mary Ruminski	Ptd	2:58.50
	3. Samantha Brochu	Brw	3:04.87
	4. Deena Poinoor	TA	3:04.94
	5. Jennifer Martin	Spt	3:07
	6. Erin McGrath	Ptd	3:09.10

Mile:	1. Amy Tripp	McA	5:19.02
	2. Lynn Dow	Brw	5:34.42
	3. Becky Ashmore	Brw	5:46.49
	4. Lori Roth	TA	5:47.95
	5. Jen Ashmore	Brw	5:48.87
	6. Michelle Mercier	TA	5:54.13

2-Mile:	1. Lynn Dow	Brw	12:03.4
	2. Michelle Mercier	TA	12:39.6
	3. Cheryl Poirer	TA	12:52.9
	4. Jen Ashmore	Brw	13:00.2
	5. Lori Roth	TA	13:03.9
	6. Becky Ashmore	Brw	13:06.9

Relay:	1. Brewer (Falcon, Breau, Dupuis, Cahn)	1:53.2
	2. Deering	1:54.6
	3. S. Portland	1:55.4
	4. Portland	1:57.1
	5. Mt Ararat	1:58.8
	6. Thornton	2:01.7

HJ:	1. Beth Randall	TA	5-2
	2. Vicky Charbonneau	Ptd	5-0
	3. J. Miller	Brn	4-10
	4. Melinda Molejunas	Spt	4-10
	5. Jennifer McNeil	Law	4-8
	6. Crystal Miller	Skw	4-8

LJ:	1. Kathy Crichton	Brn	17-1
	2. Vicky Charbonneau	Ptd	16-5
	3. Kim Pierce	Brw	15-10
	4. Wanda Dunning	McA	15-5
	5. Barbara Dupuis	Brw	15-5
	6. Susan Chamberlain	Spt	15-1

SP:	1. Wendy Field	TA	34-9
	2. Missy Smith	TA	32-1
	3. Catta DePoulo	Ptd	30-6
	4. Nicole Lessard	Brn	30-5
	5. Angie Abraham	Drn	28-11
	6. Brenda Joy	Ptd	28-0

CLASS A BOYS

Cheverus 69, Deering 56, Thornton 39,
S. Portland 37, Brunswick 26, Sanford
26, Portland 16, Skowhegan 14, Brewer
14, Bangor 11, Lewiston 10, Edward
Little 8, Bonny Eagle 6, Mt Ararat 6,
Biddeford 3

55M:	1. Tony Spencer	Skw	6.81
	2. Dronney	Brn	6.82
	3. Lombard	San	6.84
	4. Austin	Drn	6.92
	5. Stormstedt	Chv	6.93
	6. Ingalls	Chv	6.94

HJ:	1. Paul Fenton	Chv	6-0
	2. Thayer Redman	TA	5-10
	3. Alex Turak	BE	5-10
	4. Marc Cram	McA	5-10
	5. Matt Myatt	Drn	5-8
	6. James Kachman	Chv	5-8

Mile:	1. Kevin Lyons	Chv	4:33.2
	2. Alan Geiser	Brw	4:37.0
	3. Mike Lyons	Chv	4:37.3
	4. James Desmond	Drn	4:38.5
	5. Marc Cram	McA	4:41.9
	6. Gerry Sibley	Bgr	4:42.2

600:	1. Tyrone Fulgham	Law	1:17.6
	2. Mike Miler	Drn	1:18.4
	3. Robert Hunnewell	Ptd	1:19.3
	4. Nathan Cloutier	Chv	1:19.7
	5. Thomas Tierney	Chv	1:19.7
	6. Mark Lohmann	Bgr	1:20.1

1,000:	1. Cliff Gallant	Spt	2:24.7
	2. Scott McPherson	Bgr	2:27.1
	3. Keith Quackenbush	Br	2:27.4
	4. Pat Bernier	Chv	2:28.4
	5. Jamie Harvie	Spt	2:28.9
	6. Bob Petersen	TA	2:30.0

LJ:	1. Thayer Redman	TA	20-1
	2. Chris Ladakakos	TA	19-8
	3. Scott Segal	Drn	19-3
	4. Tony Spencer	Skw	19-3
	5. Paul Fenton	Chv	19-0
	6. Robert Hunnewell	Ptd	18-1

SP:	1. Rich Harrison	Brn	55-0
	2. Mike Kane	Spt	50-1
	3. Carl Burdin	Chv	49-0
	4. Hank Richards	Drn	48-1
	5. Robert Swett	Ptd	47-9
	6. Rick Hills	Spt	47-2

300:	1. Scott Dugas	Snf	33.7
	2. Matt Myatt	Drn	33.9
	3. Steven Abbott	Ptd	34.4
	4. Scott Segal	Drn	35.2
	5. John Donovan	Chv	35.2
	6. Dennis Ela	Chv	35.2

2M:	1. Kevin Lyons	Chv	9:59.6
	2. Rusty Snow	EL	10:01.4
	3. James Desmond	Drn	10:02.3
	4. David Wong	Spt	10:04.4
	5. Brian Turner	Chv	10:08.9
	6. Garry Sibley	Bgr	10:13.9

CLASS B BOYS

Hampden 59, Scarborough 46, Ellsworth
41, Gorham 36, Kennebunk 30, Westbrook
26, MDI 22, Greely 21, OT 21 Lake
Region 18, Falmouth 16, Orono 13,
Bucksport 12, Cape Elizabeth 12, GOS
12, Wells 11, GSA 2, Winslow 2, York
2, Mattanawcook 1

HJ:	1. Pendergist	Els	6-2
	2. Roberts	Grl	6-0
	3. Armstrong	OOS	6-0
	4. Dulong	Wls	6-0
	5. Coffin	Els	5-8
	6. Dedge	HA	5-8

LJ:	1. Baldwin	HA	20-4
	2. Lawler	FAL	20-2
	3. Noyes	Wat	20-8
	4. Armstrong	OOS	19-5
	5. Rogers	Els	19-3
	6. Morse	MDI	18-9

HH:	Alan Baldwin	HA	7.7
	2. Erik Nedeeau	Ken	8.1
	3. Colin Chase	Wat	8.2
	4. Mark Knott	Gor	8.3
	5. Shawn Lombard	Win	8.3
	6. Dan Dulong	Wls	8.8

60:	1. Mike Henry	Scr	6.8
	2. Andrew Lawler	Fal	6.8
	3. Jason Clarke	Els	6.9
	4. Turney Duff	Ken	6.9
	5. Jake Kemm	HA	7.0
	6. David Hobbs	Scr	7.0

Mile:	1. Brent Leighton	HA	4:26.7
	2. Jeff Young	Gor	4:31.0
	3. Steve Sargent	Wat	4:32.4
	4. Jason Rutherford	OT	4:37
	5. Adam Belanger	Grl	4:37.9
	6. Aran Shetterly	GSA	4:39

SP:	1. John Plumley	Gor	49-4
	2. Jeff Walker	Bck	46-2
	3. Alan Betters	CE	44-2
	4. Jeff Brooks	Or	43-8
	5. Donald Plummer	OOS	42-1
	6. Lee Wood	OT	41-6

600:	1. Michael Hughes	MDI	1:15.0*
	2. Erik Nedeeau	Ken	1:16.2
	3. Rob Pendergist	Els	1:17.3
	4. Steve Grigsby	OT	1:17.9
	5. Dan Knowles	Els	1:18.8
	6. Steve Graumann	Grl	1:19.2

PV:	1. John Lane	Scr	12-0
	2. Ryan Werner	Scr	11-0
	3. Dan Dulong	Wls	10-6
	4. Shane Howard	Bks	10-6
	5. Francis Cathcart	Or	10-6
	6. John Alcorn	Or	10-6

1,000:	1. Jeff Young	Gor	2:21.7
	2. David Kimball	Wat	2:22.3
	3. Brent Leighton	HA	2:24.1
	4. John Dudley	Gor	2:24.4
	5. Stephen Heath	MDI	2:24.3
	6. Aran Shetterly	GSA	2:26.1

300:	1. Alan Baldwin	HA	33.0
	2. Mike Proctor	LR	33.2
	3. Mike Henry	Scr	33.5
	4. Rob Pendergist	Els	33.9
	5. Bill Sproul	Scr	33.9
	6. Dan Knowles	Els	34.4

2M:	1. Kevin Bean	HA	10:09.1
	2. Jason Rutherford	OT	10:17.1
	3. John Lockhart	Els	10:24.3
	4. David Bernard	Grl	10:36.5
	5. Matt Convery	Yrk	10:46.1
	6. Sam Wilbur	Mt	10:47.4

TJ:	1. Erik Nedeeau	Ken	42-1
	2. Jody Morse	MDI	41-0
	3. Jason Herbeck	Or	40-7
	4. Chris Supple	CE	40-1
	5. Erik Rogers	Els	39-0
	6. David Powell	Els	39-1

Relay:	1. Lake REgion (Rogers, 1:17, Winslow, O'Shea, Proctor)	1:21
	2. Scarborough	1:21
	3. Greely	1:21
	4. Old Town	1:21
	5. Cape Elizabeth	1:40
	6. MDI	1:40

HA 20-4
 FAL 20-2
 Wst 20-8
 COB 19-5
 ELs 19-3
 MDI 18-9

HA 7.7
 Ken 8.1
 Wst 8.2
 Gor 8.3
 Wln 8.3
 Wls 8.8

Scr 6.8
 Fal 6.8
 ELs 6.9
 Ken 6.9
 HA 7.0
 Scr 7.0

HA 4:26.7
 Gor 4:31.0
 Wst 4:32.4
 Grl 4:37
 GSA 4:39

Gor 49-4
 Bck 46-2
 CE 44-2
 Or 43-8
 OOB 42-1
 OT 41-6

MDI 1:15.0
 Ken 1:16.2
 ELs 1:17.5
 OT 1:17.9
 ELs 1:18.8
 Grl 1:19.2

Ser 12-0
 Scr 11-0
 Wls 10-6
 Bks 10-6
 Or 10-6

Gor 2:21.7
 Wst 2:22.3
 tonHA 2:24.2
 Gor 2:24.4
 th MDI 2:24.5
 rlyGSA 2:26.2
 HA 33.0
 LR 33.2
 Scr 33.5
 ELs 33.9
 Scr 33.9
 ELs 34.4

HA 10:09.2
 OT 10:17.2
 ELs 10:24.5
 Grl 10:36.5
 Yrk 10:46.1
 Mtr 10:47.4

Ken 42-3
 MDI 41-0
 Or 40-7
 CE 40-1
 ELs 39-10
 ELs 39-7

on (Rogers, 1:37.6
 'Shea, Proctor)
 1:38.2
 1:39.1
 1:39.2
 1:40.3
 1:42.3

CLASS B GIRLS

Scarborough 58, Old Town 52, John
 Baptist 36, MDI 31.5, Hampden 29.5,
 Cape Elizabeth 27, Gorham 26, Westbrook
 23, Ellsworth 19.5, Kennebunk 17,
 OOB 16.5, GNG 11, Orono 9, Windham 8,
 Greely 4, Mt Abram 2

LJ: 1. Parker JB 15-3
 2. Clark ELs 14-11
 3. Eich MDI 14-8
 4. Soares HA 14-3
 5. Perkins MTA 14-3
 6. Johnson HA 14-1

SP: 1. Jennifer Cook KEN 34-9
 2. Pettigill GOR 33-10
 3. T. Drisko SCR 32-8
 4. Pinkham OT 32-6
 5. Mishou SCR 30-6
 6. Murdock WST 30-2

HH: 1. Krista DiBiase WST 8.9
 2. Andrea Cummings CE 9.0
 3. Kelly Frazier GOR 9.1
 4. Heather Hews JB 9.4
 5. Lori Dollof SCR 9.9
 6. Michele Morrow OR 10.1

60: 1. Kim Doucette OOB 7.5
 2. Paula Rosebush OR 7.8
 3. Julie Brasslett OT 7.8
 4. Heather McKinney GRL 7.8
 5. Sharon McBride CE 7.9
 6. Angela DiGeorge CE 8.0

Mile: 1. Kate Ringo OT 5:47.8
 2. Paula Carlin WND 5:48.4
 3. Laura Hodnett KEN 5:52
 4. Heather Moore GOR 5:52
 5. Patty Dobricki SCR 5:52
 6. Katrina Colluci CE 5:55

TJ: 1. Wendy King OT
 2. Heather Hews JB
 3. Jamie Foye OOB
 4. Kristy Perkins HA
 5. Christy Dodge HA
 6. Marianne Chayer WST

HJ: 1. Toni Carr SCR
 2. Christy Dodge HA
 3. Krista DiBiase WST
 4. Heather Hauser SCR
 5. Eve Eich MDI
 6. Natalie McBean HA
 7. Jamie Foye OOB

600: 1. Angela DiGeorge CE 1:33.3
 2. Megan Gibson MDI 1:36.4
 3. Natalie McBean HA 1:37.2
 4. Kathy Ferriera SCR 1:37.4
 5. Kelly Paine MDI 1:37.8
 6. Ginny Machon ELs 1:37.8

1,000: 1. Tonya Kinney GNG 2:48.3
 2. Jeannie Higgins MDI 2:51.1
 3. Kelly Frazier GOR 2:54.8
 4. Jodi Lewis CE 3:01.7
 5. Terri Latourneau WST 3:05.5
 6. Aimee LeClerc KEN 3:09.1

300: 1. Parker, Eliza JB 39.7
 2. Carr, Toni SCR 40.2
 3. Haggerty, Sarah HA 40.3
 4. Thompson, Alyson OT 40.5
 5. DiBiase, Krista WST 40.6
 6. Cummings, Andrea CE 40.8

2M: 1. Kerry Shea ELs 12:48.4
 2. Julie Johnson SCR 12:53.4
 3. Kate Ringo OT 13:01
 4. Kathy Ferriera SCR 13:04.3
 5. Brenda Smith GOR 13:08
 6. Heidi Brewer OT 13:25

Relay: OT (Brasslett, Unruh, King, Thompson) 1:55.5

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Maine Running & Outing MAGAZINE

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Miyata



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I would like _____ more information
_____ to enroll

Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Telephone Home: _____ Work: _____

Goal Race (10K, 5K, etc.) _____ Goal Time _____

Present Weekly Mileage _____

Mail to

Ann Maxim
Peak Performance
127 Hammond Street
Bangor, ME 04401
941-2966



Valley Distributors and CENTRAL MAINE STRIDERS



PRESENT THE

9th Annual

Club #480

Budweiser
KING OF BEERS

Sunday, March 13

12 Noon in Waterville

KILLARNEY'S 10K

The CENTRAL MAINE STRIDERS, in association with VALLEY DISTRIBUTORS, are very proud to announce the 9th running of one of Maine's finest 10-K road races, the "KILLARNEY'S 10-K", held at the Waterville HOLIDAY INN, our home for 8 of the 9 years this race has existed!

With part of the proceeds going to our friends at the AMERICAN HEART ASSOCIATION, Maine Chapter, the Striders are once more glad to offer their now famous hospitality, clearly marked miles, prompt and accurate results, and plenty of refreshments for runners at the post-race festivities. This year the Striders are especially proud to present a brief "STRIDER SLIDE SHOW" hosted by Donnajean Pohlman, with color slides of many runner's you'll recognize, presented with a music background! Our friends at "Killarney's Pub" are offering special race prices on many famous products supplied by VALLEY DISTRIBUTORS, and as always, the Striders will have water before, during and after your race.

It was way back in 1980 that BRUCE BICKFORD won the very first "KILLARNEY'S 10-K" in Waterville, with ANDY PALMER right at his heels. Many things have changed over the years, but Bruce is still running and winning, as is Andy, and the CENTRAL MAINE STRIDERS are still offering this excellent kick-off to the new running season for your enjoyment!

Our course records on the Holiday Inn loop course with a few short rolling hills are: 31:46 for men, set by the fastest worker in the Maine legislature, STU HOGAN of the Old Orchard area, who works in the Speaker's Office at the State House, and who set his 5:05 per mile pace record in 1986. The speedy ROSE PREST, formerly of the Bradley area, now re-located to the Portland outskirts, set her 37:31 women's record just last year, erasing the previous mark that had lasted since 1983, a 38:02 by ANNE-MARIE DAVEE.

Whether you're one of Maine's fastest runners, one of the popular "middle-of-the-pack" performers, or one of those steady pavement pounders at the back, we hope you allow the CENTRAL MAINE STRIDERS to pamper you and treat you to another of their well organized and smooth race events, we know you'll enjoy it! Join us - for "KILLARNEY'S 10-K" this year - and enjoy road racing in Maine as it was truly meant to be!!

SPONSOR: VALLEY DISTRIBUTORS of Oakland, Maine: Michael Runser, Sponsor co-ordinator

SANCTIONED BY: CENTRAL MAINE STRIDERS : JERRY SAINT AMAND, Race Director (873-6753 home - 873-3371 work)

ENTRY FEE: \$6.00 - Free long sleeved souvenir T-shirts to 1st 100 entries: Enter by mail up to March 9th. Race day entries WELCOME as always at Central Maine Strider events.

FEATURES: Mile splits at 1 & 3.1 miles. Water at 3 miles. Fruit & juices for runners after race. "CHRONOMIX" timing.

AWARDS: 1st place, overall, male & female: 1st and 2nd in age groups: 14 & under/ 15 to 19/ 20 to 24/ 25 to 29/ 30 to 34/ 35 to 39/ 40 to 44/ 45 to 49/ 50 to 59/ 60 & over. (male & female)
Team awards: Male & female: Top 5 finishers to score - based on order of finish in race.

RACE TIME: 12:00 Noon start : (Entries accepted until 11:30 prior to race)

Complete race results published in: CENTRAL MAINE MORNING SENTINEL and "MAINE RUNNING & OUTING" magazine

----- ENTRY FORM : CUT HERE & MAIL TO -----

CENTRAL MAINE STRIDERS : P.O. BOX 1177 : WATERVILLE, ME 04901 : ATTN: JERRY SAINT AMAND, Race Director

NAME _____ AGE _____ PHONE _____

ADDRESS _____
Street City/Town State

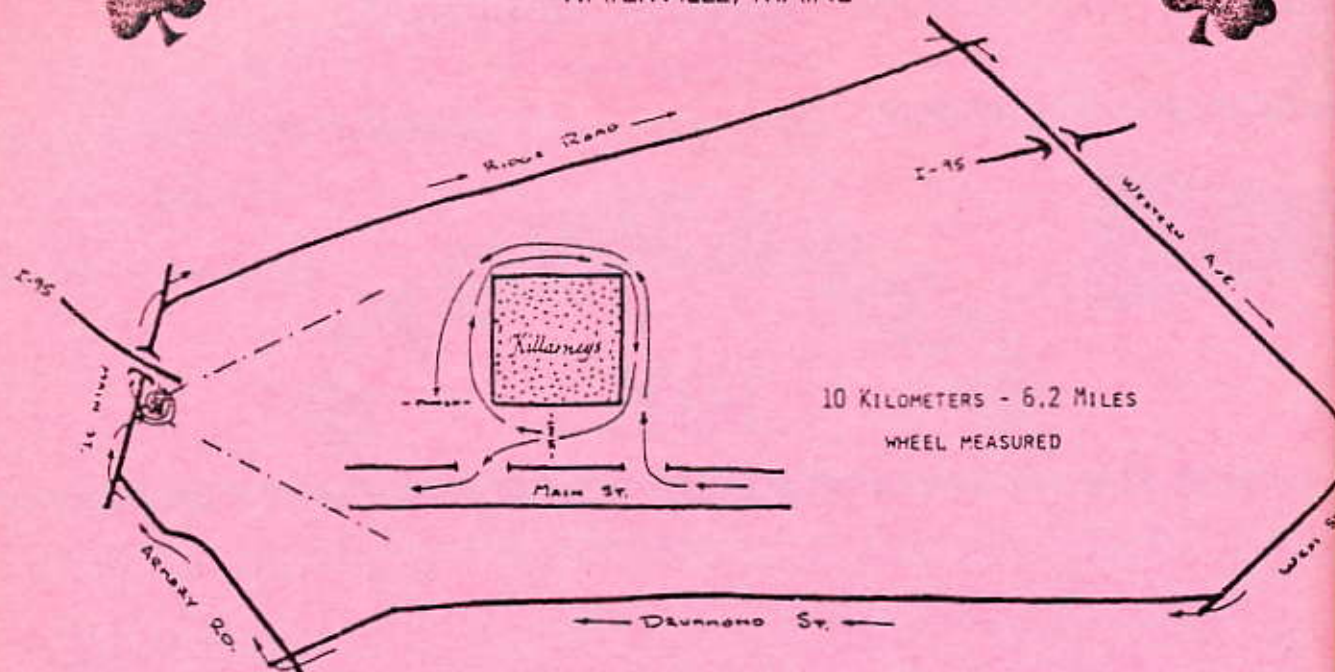
CLUB or TEAM AFFILIATION: _____

Please enter me in the 1988 "KILLARNEY'S 10-K" road race. I hereby certify that I assume all responsibility for all risk of injury or damage that may occur to me as a participant in this race. I hereby for myself, or my heirs, release and discharge the CENTRAL MAINE STRIDERS, THE WATERVILLE HOLIDAY INN, VALLEY DISTRIBUTORS and all volunteers from all claims of damages resulting from my participation in this event. I hereby give my permission to use any photographs taken of me in newspaper or running publications and do further swear that I will not ridicule, abuse, harass or otherwise embarrass the President of the CENTRAL MAINE STRIDERS with regard to his waist size or general physical appearance.

SIGNATURE: _____
Participant Parent or Guardian if under 18

St. Patrick's Day Run

WATERVILLE, MAINE



"KILLARNEY'S 10-K" - Race History

Year	Top 3 males	time	Top 3 females	time
1987	Stu Hogan, 25 Stephen Giles, 26 Chris Bovie, 37	32:44 33:29 34:05	Rose Prest, 24 Nancy Lakin, 37 Susan Bennett, 20	37:31* 42:39 43:32
1986	Stu Hogan, 24 Stephen Giles, 25 Dan Bondeson, 35	31:46* 33:20 33:32	Donna Davis, 24 Jane Rau, 36 Nancy Lakin, 36	38:53 41:44 42:53
1985	Hans Hagen, 19 Kevin Rolfe, 17 Peter Lessard, 23	32:07 32:13 32:50	Deborah Garey Nancy Lakin, 35 Marsha Giglio, 41	42:17 43:02 43:27
1984	Peter Lessard, 22 Sean Nicholson Scott Roberts	33:02 33:40 33:52	Beth Golden, 15 Jerri Bushey, 39 Donna Jean Pohlman, 33	41:49 47:09 49:15
1983	Hank Chipman, 31 Steve Russell, 27 Peter Lessard, 21	32:53 33:14 33:25	Anne-Marie Davee, 27 Karen McCann, 33 Kathy Drummond	38:02 41:37 45:32
1982	Hank Chipman, 30 Mike Gaige Eric McNett	33:12 33:12 34:00	Peggy Johnson Kathy Drummond Roberta Hickman	42:07 44:20 46:03
1981	Hank Chipman, 29 Chris Adams Stephen Dexter	33:17 33:21 33:39	Karen McCann, 31 Adrian Lilburn Pauline Vashon	41:10 41:49 42:57
1980	Bruce Bickford Andy Palmer Todd Hews	29:01 29:12 32:17	Carolyn Court	40:59

Note: 1980 race held at Thomas College - all years since at Waterville Holiday Inn.

* = course record

FOUNDED 1975
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THE GREAT LITE BEER MAINEiacs HALF MARATHON

IN SUPPORT OF THE MAINEiacs CHARITIES

SATURDAY, APRIL 2, 1988 10:00 A.M. BANGOR, MAINE

Course: 13.0938 miles. Consists of one loop through the outskirts of Bangor, Maine. Course maps will be available.

Entry Fee: A minimum donation of \$6.00 to the charity organization of Bangor Air National Guard Base. (MAINEiacs Charity) Some of the organizations that we have donated to are: Downeast Big Brothers/Big Sisters, Ronald McDonald House, Operation Liftoff, Multiple Handicapped Center, and the Maine Special Olympics. Feel free to donate more, it's to a very worthy cause! Checks should be made out to the MAINEIAC's CHARITY.

Race Features: Course Control by members of the Maine Air Guard and associates.

Chronomix electronic finish

6 Water Stations

Splits at 1 mile and 10K

Post Race Party with beer and refreshments

Long sleeved T-shirts for the first 150 registrants

Sauna, showers and changing facilities available

Registration: All runners must be pre-registered by Friday, March 25th, 1988.

Team Competition: Teams must enter separately with a maximum of 7 members, 3 scoring.

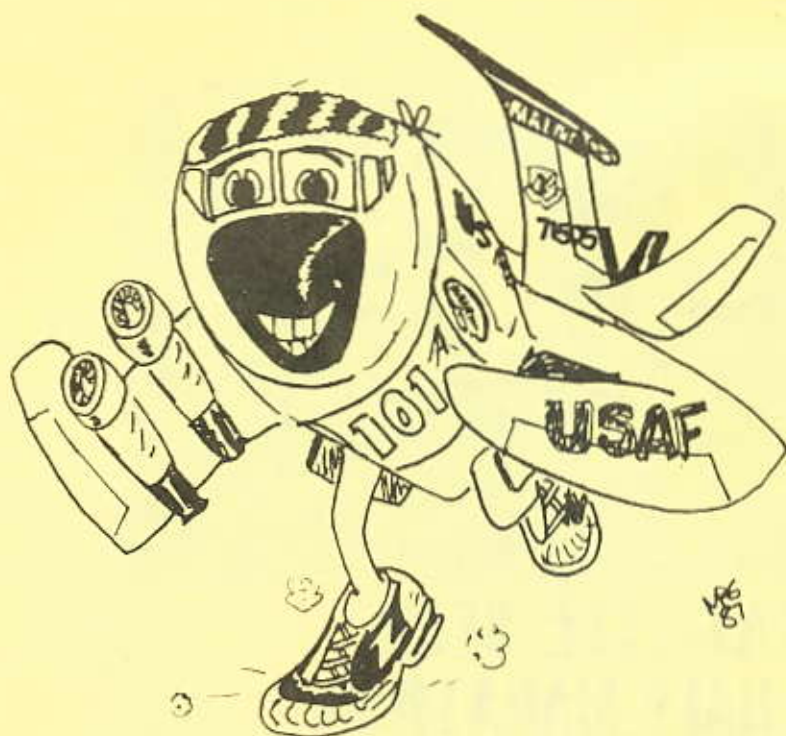
TOP PRIZE: 1ST PLACE MALE AND 1ST PLACE FEMALE WILL EACH RECEIVE ONE ROUND TRIP TICKET TO ANYWHERE THAT EASTERN EXPRESS FLIES.

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COMPLETE RESULTS WILL BE PRINTED IN MAINE RUNNING & OUTING


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Association
Maine Affiliate



THE GREAT LITE BEER MAINEIACS MARATHON '87'

Bobby Winn of Ogunquit pulled from the crowd and won the Great Lite Beer Maineiacs Half-Marathon last year. He maintained a steady pace and crossed the finish line in 1 hour, 8 minutes and 50 seconds. Winn outdistanced Stuart Hogan (1:09:38) of Old Orchard Beach and Chris Pinsent (1:10:14) of Fredericton, New Brunswick. The first woman finisher was Kathleen Northrop of Durham, N.H. in 1:15. A total of 144 runners finished the race and about \$900 was raised for the Air Guard Charity.

Note for this year's race: TEAM CAPTAINS: Your team should be confirmed prior to race time.

DIRECTIONS: Take the Hermon Exit West off I-95, then left at the traffic light to the Health & Racquet Club on the 6th Rd in Bangor.

DETACH BELOW AND MAIL TO:
101ST MSS/AFTA
BANGOR, ME 04401-3099

CHECKS PAYABLE TO:
MAINEIACS CHARITY

Contact: TSgt Dave Winslow - 207-6
MSgt Peter Caristi 207-6

Team Registration: This year, we are only accepting pre-registered teams. (Minimum of five-maximum of seven athletes) Team captains should report to the registration table to pick up results form.

Name of Team:.....

Team Members:

1.	5.
2.	6.
3.	7.
4.	

An individual application must be submitted on each team member along with the team application.

PLEASE PRINT

NAME.....Age.....Occupation.....

ADDRESS.....Sex.....

ZIP.....

FASTEST PREVIOUS HALF MARATHON: Hour.....Min.....Sec.....

I hereby waive and release any and all rights and claims for damages I may have against any sponsors and officials of the Great Lite Beer MAINEIACS Half Marathon for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for this event.

.....
Your Signature/Parent or Guardian if under 18



IT'S DIFFERENT!!! TRY A RACE WHERE SPEED & WEIGHT COULD BRING YOU INTO THE WINNER'S CIRCLE!!!

THE MAIN EVENT: 25K, (15.5 Miles)
wheel measured.
DATE: Saturday, April 2, 1988
LOCATION: Rockland Dist. High School
TIME: Race starts at 11 a.m.
(Runners should be ready by 10:15 a.m.
to be driven to the starting point.)

SPLITS: 1, 5, & 10 miles
WATER: 3, 6, 9 & 12 miles
SHOWERS: Available at high school after race, along with soup, breads & juices.
FEE: \$5.00 pre-registration
\$6.00 day of race.

CERTIFICATION OF RACE PENDING

AWARDS: FIRST IN EACH WEIGHT DIVISION FOR BOTH WOMEN AND MEN
Gloves to the first eighty registrants.

FLYWEIGHT: M up to 112 lbs F up to 105 lbs	WELTERWEIGHT: M 136-147 lbs F 124-129 lbs
BANTAMWEIGHT: M 113-118 lbs F 106-111 lbs	MIDDLEWEIGHT: M 148-160 lbs F 130-135 lbs
FEATHERWEIGHT: M 119-126 lbs F 112-117 lbs	LT. HEAVYWEIGHT: M 161-175 lbs F 136-141 lbs
LIGHTWEIGHT: M 127-135 lbs F 118-123 lbs	HEAVYWEIGHT: M 176-195 lbs F 142-160 lbs
SUPER HEAVYWEIGHT: M 196 lbs and over F 161 lbs and over	

MAKE CHECKS PAYABLE TO: PEN BAY PACERS
MAIL TO: Vern Demmons, P.O. Box 54 Warren, ME 04864
COMPLETE RESULTS IN MAINE RUNNING AND OUTING

REGISTRATION - 25K CHAMPIONSHIP RUN

IN CONSIDERATION OF ACCEPTANCE OF THIS ENTRY, I HEREBY WAIVE AND RELEASE ANY AND ALL RIGHTS AND DAMAGES I MAY HAVE AGAINST THE SPONSORS AND OFFICIALS FOR ANY AND ALL INJURIES SUFFERED BY ME IN THE ROAD RACE.

NAME: _____

AGE: _____

ADDRESS: _____

SEX: _____

WEIGHT: _____

(Your Signature or Parent/Guardian if under 18)





- Proceeds:** To benefit the Brewer Track Complex.
Distance: 5 K - Certified by TAC
Date: Sunday - April 10 at 11:00 a.m.
Start: Pendleton Grade School - Brewer
Entry Fee: \$6.00 per individual - includes Levi Polo Shirt
Prizes: Plaques & "Levi" jeans for the first two male & female finishers in the following age groups:
12 & Under
13 - 15
16 - 18
19 - 29
30 - 40
41 - 50
51 - 60
61 & Up
Plus a \$505.00 Levi shopping spree at Epsteins (Shopping spree to be used for Levi products only.), for both the 1st male and 1st female finishers.
- Registration:** Make check or money order payable to "Epstein's Five Aces Road Race" and mail or drop off at Epstein's - 527 South Main St., Brewer, 04412 . . . Register the day of the race at Pendleton Grade School - Brewer between 9:00 a.m. & 10:30 a.m. . . . Polo Shirts, numbers, map & race information will be distributed at Pendleton Grade School on the day of the race.
- TEAM CHALLENGE:** Must have five (5) members - lowest aggregate time will be considered as the winner.
1st Place - Levi jeans for the first 5 finishers on the winning team.

Sponsored by
EPSTEIN'S OF MAINE
&
LEVI STRAUSS & CO.

Name: _____
Address: _____ City _____ State _____ Zip Code _____
Phone: _____ Age _____ Sex _____ T-Shirt Size (S, M, L, XL) _____

Circle one

Fill out if you are participating in the Five Aces Challenge:
Team Name (must have 5 people to qualify) _____

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

Signature _____ Date: _____

*Parents signature is required if participant is under 18 years of age. HAVE FUN!

Date: _____

St. Joseph Spring Wellness Run

WHEN? Saturday, April 30th, 1988

WHERE? ST. JOSEPH HOSPITAL (Parking Lot)
297 Center Street
Bangor, Maine

-sponsored by-

ST. JOSEPH HEALTHCARE FOUNDATION
P.O. BOX 8184
BANGOR, MAINE 04401

DISTANCE: 5 Kilometers (3.1 miles)

Mail entry form with your entry fee
to the above address, or register
the day of the race

TIME: 10:00 a.m. start

ENTRY FEE: \$3.00 Registration fee - payable with registration - no T-shirt
\$6.00 Registration fee includes T-shirt
Make checks payable to: St. Joseph Healthcare Foundation

PRE-REGISTRATION & REGISTRATION: 9:00 a.m.

COMPLETE RACE RESULTS WILL BE PUBLISHED IN "MAINE RUNNING AND OUTING" MAGAZINE

RIBBONS WILL BE AWARDED IN THE FOLLOWING DIVISIONS:

1st-3rd Men's Open

1st-3rd Girls (10 & Under)

1st-3rd Women's Open

1st-3rd Boys (10 & Under)

1st-3rd Men's Masters (over 40)

1st-3rd Boys (11 to 15)

1st-3rd Women's Masters (Over 40)

1st-3rd Girls (11 to 15)

Youngest Finisher

1st-3rd St. Joseph Employees - Men

Oldest Finisher

1st-3rd St. Joseph Employees - Women

FEATURES: One Aid Station at midway point (includes time)

All proceeds from the Run will go to St. Joseph Healthcare Foundation

OFFICIAL ENTRY FORM

IN 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 _____ ADDRESS _____ M _____ F _____

AGE _____ DIVISION ENTERING _____

SIGNATURE _____ T-SHIRT SIZE S M L XL

SIGNATURE OF PARENT OR GUARDIAN FOR THOSE UNDER 18 _____

_____ \$3.00

_____ \$6.00 (includes T-shirt)

WELLNESS RUN
3.1 miles

