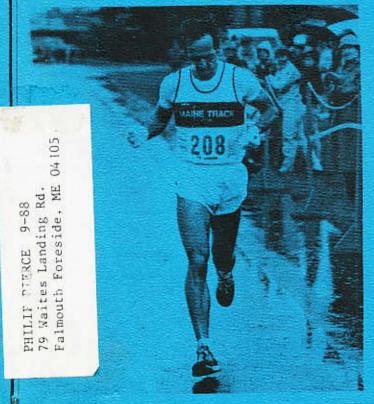
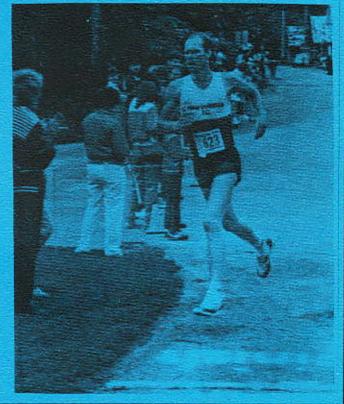
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Injuries Or Not, Ellis & Palmer Head To Olympic Trials





APRIL 1988

VOL. 9 NO. 4

\$1.75

ALSO INSIDE: Portland Boys' Club Features, Bickford Talks



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- * WIGHT'S in Brewer
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- * JOE JONES in South Portland
- * GULLIVER'S in Ellsworth
- * BRIDGTON PHARMACY in Bridgton
- * CARTER'S FARM MARKET XC SKI CENTER in Oxford
- * NEW BALANCE FACTORY OUTLET in Skowhegan
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MAKE CHECKS PAYABLE TO



It is incredibl ces going on th ston Marathon, e Olympic Trial aven - knowing ese races - ei g screen TV. I will be excit nd Andy Palmer over this month ook inside to s ace, their futu TIYS.

Also check ou ldest race - t should be a ver ace on Monday

As you will s and more road i

If you are lo of news - read (cycling) and Connecticut). column on wome

Next month M 10K, the Frost THE MAINE RUNN the survey th much too quic

Well, again MAINE RUNNING IN BANGOR; PO (or if you ha Bangor 04401 Chuck Morris SPECIAL THAN Saint, Marie Paul & Steve collators. W EKIDEN SQUAD heido - was Friends Fore Shawn. WELCO

Maine Running & Outing

P. O. Box 3399, Brewer, Maine 04412

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

It is incredible to think of all the great aces going on this month - Ekiden, the 92nd Boston Marathon, the Portland Boys' Club and the Olympic Trials Marathon. I'm in running neaven - knowing I will be able to view all these races - either at the scene or on a pig screen TV. In that last race, the Trials, it will be exciting to watch how Bruce Ellis and Andy Palmer do. They are both on the cover this month as prepare for this race. Look inside to see how they feel about this race, their future and much more. GOOD LUCK GUYS.

Also check out all the stories on Maine's oldest race - the Boys' Club 5-Miler. This should be a very exciting weekend with the race on Monday and the Open House on Sunday.

As you will see, April brings warm weather

and more road races. I love spring.

If you are looking for some different kind of news - read the new columns by Chris Bovie (cycling) and David Dunleavy (Running in Connecticut). Diane Fournier also begins her column on women and master's athletes.

Next month MR&O will tell about Killarney's 10K, the Frostbie 3.5 and the RESULTS FROM THE MAINE RUNNING SURVEY. I wanted to include the survey this month, but deadlines approached

Well, again I am at a lost for words. C-YA.

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MAINE RUNNING & OUTING IS PUBLISHED MONTHLY IN BANGOR; PO Box 3399, Brewer, ME o4412 (or if you have BIG packages - 86 Grove St., Bangor 04401). PUBLISHER/EDITOR/SURVIVOR -- Chuck Morris.

SPECIAL THANKS TO: Chris, Devido, Diane, the Saint, Marie, Steve (ad rep in Ptld), David Paul & Steve Muslawski, DIANE KEATON, all the collators. WHERE'S WOOL? GOOD LUCK TO THE EKIDEN SQUAD - KICK BUTT. A special note to heido - was the honeymoon FUN? Friends are Friends Forever, forever, forever. Way to go Shawn. WELCOME 3D. Congrats ya chubbas.

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NEXT MONTH: Sugarloaf Marathon

2 Road Race Calendar 方本数ままれるます。

APRIL 2	THE GREAT LITE BEER MAINEIAGS HALF-MARATHON. 10 AM from the Holiday Health & Racquet Club in Bangor. \$6 ontry fee. There is a team competition. See flyer in March issue or call Dave Wislow at 941-0464.
APRIL 2	PEPSI/POLICE PURSUIT FIVE MILE ROAD RACE. 10 AM from Holiday Inn in Manchester, NH. S8 race day registration. Call Mark Driscoll at (603) 668-8711 for more information.
APRIL 9	THE 25K CHAMPIGNSHIP RUN. 11 AM from Bockland District High School. Busses to start leave at 10 AM. 55 pre-registration/86 day of race. Awards are by WEIGHT and not AGE. See Flyer in March Issue or contact Vern Demmons at 273-2594.
APRIL 9	THE EXIDEN RELAY. International and US State Teams will run legs of 5K, SK, 10K, 12K and 15K. The race runs around Manhattan. Team Maine has already been selected. GOOD LUCK DUDES.
APRIL 10	EPSTEIN'S OF MAINE FIVE ACES ROAD RACE. 5K from the Pendleton Grade School in Srewer at 11 AM. 56 entry fee. There is a TEAM COMPETITION. Proceeds go to the Brewer Track Complex. For more information see FLYER THIS MONTH or call 989-7950.
APRIL 10	THE FRANK SABASTEANSKI MEMORIAL POLAR BEAR RUN. 10K at 1 PM on Bowdoin College Campus (at the Polar Bear). \$3 entry fee. Contact Lynn at 725-3623 for more information or SEE FLYER IN MARCH ISSUE.
APRIL 18	59TH ANNUAL FORTLAND BOYS' CLUB FIVE MILE ROAD RACE, 12-noon from the Press Herald Circulation Building in Fortland, 57 pre-entry fee includes long-sleeve T-shirt, 510 pre-entry fee includes admission to Open House on Sunday, 57 day of race, SEE RELATED STORIES THIS MONTH, For more information contact David Paul (772-9997/797-4242).
APRIL 18	92ND ANNUAL BOSTON MARATHON, 12-moon from Hopkinton Common. Applications available from CMS (873-6753).
APRIL 23	SPRING FEVER RELIEVER, 4.5 miles from Searsport District High School at 11 AM, 1-Mile Fun Run at 10 AM, 85 pre-entry fee/86 day of race, \$1 for fun run. For more information contact Searsport High or SEE FLYER THIS MONTH.
APRIL 23	SPRING 5K. 9 AM from Unity College. \$3 entry fee. Contact CMS at 873-6753 for more information.
APRIL 30	ST. JOSEPH SPRING WELLNESS RUN. SK at 10 AM from St. Joseph Hospital in Bangor. \$3 entry fee or \$6 with T-shirt. For more information SEE PLYER THIS MONTH or contact Mike or Candy at \$41-1796.
APRIL 17	BIG SUR INTERNATIONAL MARATHON. 7 AM from Pfeiffer Park in Big Sur, California. Call (408) 625-6226.
MAY I	RUN FOR A FREE SOUTH AFRICA. 10K and a 1K Fun Run at 10 AM. Starts at Boudoin College (on Infirmary Laws - next to Moulton Union). \$5 entry fee/56 day of race. For more information SEE FLYER THIS MONTH or call 729-8929.
MAY 1	TOGUS FIVE MILER, 10:15 AM/1-Mile Fun Run at 10 AM. Registration fee is 85 and 82 or 56 6 83 day of race. Begins at VA Medical Center on Rt. 17 in Togus. For more information SEE FLYER THIS MONTH or call Chris Bovie at 623-1033.
MAY 1	STH ANNUAL CHIPS CHALLENGE SK. (with 1-Mile Fun Run). 9:30 AM from Catholic Medical Center in Manchester, NH. 55 and 92 entry fee.
MAT I	MAY DAY RUN. 5K at 11 AM from the Millinocket State Armory. S5 entry fee. Contact Frank Roy (723-5001).
MAY 7	STH ANNUAL ROCKY COAST 10K, 10 AM from the Boothbay Region YMCA, \$6 entry fee/37 day of race. SEE FLYER THIS MONTH FOR MORE INFORMATION or call 633-2855.
MAY 14	CHINA 10K CLASSIC. (with 1-mile fun run). 11 AM (fun run at 10:15) from the China Elementary School. 56 and 55 entry fee. SEE FLYER THIS MONTH FOR MORE INFORMATION or call Bill Hunter at 968-2163.
MAY 15	MADAWASKA RIVER SCRAMBLE, 10 Miles at 12-noon from the Caribou Recreation Center, Call 498-3158/59-
MAY 15 MAY 21	BENEFIT RUNS FOR SPICIAL OLYMPICS. 5 miles and 2 miles from the Saco Defense. SEE FLYER THIS MONTH. TAC MAINE STATE 5K RACEWALK CHAMPIONSHIP. 11 AM at Godfrey Blvd in Bangor (near Airport). S8 entry fee for 16 yrs. and older. S4 for others. SEE FLYER THIS MONTH FOR MORE INFORMATION or call Marie Walton at 947-3133.
MAY 21	WINTER HARBOR DASH 4 THRASH BIATHLON IV. 10 AM from NEGA in Winter Harbor. 56 entry fee per person or 512 per team. 5 mile run and 11 mile bike. SEE FLYER THIS MONTH or call Jean Dickson (963-5534).
MAY 22	GREAT SPRING CLEAN-UP ROAD RACE. 1-mile fun run at 1 PM/5 miler begins immediately after. 55 entry fee. Starts at park by Opal Myrick School. SEE FLYER THIS MONTH or call Frank Clukey at 746-3844. Oh yes, this is in East Millinocket.
MAY 22	TERRY FOX 5K. Segins at Bangor Motor Inn. Contact Glendon Rand (the younger) at 825-3283 for more info. COME RIN WITH BRUCE SICKFORD - THIS YEAR'S SPECIAL GUEST
MAY 22	OAKHURST MILK RUN. 4 miles at 10 AM from SMVII in South Portland. 86 entry fee. Call Charles Scribner
MAY 22	at 772-3781 for more information. APPLE BLOSSOM 13K. 9 AM from Monmouth Academy. 55 pre-entry. Contact Doug Ludewig (933-4410)
MAY 29	SUGARLOAF MARATHON AND 15K. Contact Chip Carey at 265-2273 or SEE FLYER THIS MONTH (maybe?)
MAY 30	6TH ANNUAL MARSH STREAM STAMPEDE. 10% at 9:30 AM in the village of Monroe (Jct. Rte. 139 & 141). SEE FLYER THIS MONTH or call Bill at 525-4459. S6 pre-entry fee/87 day of race.
MAY 30	13TH ANNUAL RIDGEWOOD BIN. 10K at 9 AM, 5K at 10:30 AM, Master's mile at 11:30 AM, Elite mile at 11:45 AM, fun mile at 12-moon. Starts at Graydon Pool in Ridgewood, NJ.
	ket Day Classic in Sethel (5 miles with 1-mile fun run) on 7/16 - for more info call MR50 at 947-1190
Daddling	n at 824-2282) AND 5th Annual Bar Harbor Spring 5K is June 11th Flyers next month.

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MAY 29

MEDUNNEKEAG RIVER CANDE RACE, 14 miles at 10 AM. Contact Fred Ludwig (532-7866) for more information.



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.

7TH ANNUAL WESTSIDE RIDE. 26 niles at 1 PM at Harbor Rouse Community Service Ctr. in Southwest Harbor

Runner's Forum

ear Runners:

We have been overwhelmed by the generous response to Ed Rice's article in Maine Running Outing Magazine and have already received T-shirts from such faraway places as Exeter, I.H. (Bruce and Nancy Ellis) and Lowell, Mass. (Greater Lowell Road Runners).

It is too bad that the postage is not cheap, but compared to the value of the shirts tere, it is very reasonable. Many of our patients are refugees from the war in Mozambique. In of the men who got a T-shirt from Emily yesterday was particularly delighted. He had to borrow clothes in order to come to the hospital, since he didn't have any of his own.

There are people around who are literally dressed in blankets, and tattered ones at that. We often hear about people who are starving, but fail to appreciate that the same people are naked as well. I'll try to get some pictures of the patients wearing their running shirts -- many of them make Joanie look fat by comparison.

Anyway, there is an unlimited supply of needy people here, so keep them coming. Be sure to mark the box: "Used clothing for free distribution. No commercial value" ... so that we won't get hassled by the customs people.

(ED NOTE: Send boxes to Millard/Wesson, Willis Pierce Hospital, P/B 9, Mt. Selinda, Zimbabwe).

Thank you all, Peter & Emily

Running Shorts

"MY DAD LOVES TO RUN"

I'm not sure how it started - It was several years ago,
Without warning, one Sunday morning - dad yelled "C'mon, let's go."
"Go where?" I thought, now what's he done? Are we going far from here?
I love my dad, but he's sure had - some pretty weird ideas.

Soon we were up, and on our way - down the road we sped, Give me a break. I'm half-awake - now what was in his head? An hour or so later - we pulled in at some place, With a great big smile, dad said "Child - your daddy's come to race."

Now I knew he did some jogging - a few miles now and then, But he wasn't that fast, he'd come in last - in this 'road race' he was in. He gave me one of his famous hugs - then said "Wait for me here," Then joined the pack, while I stood back - and watched them disappear.

No, he didn't finish first that day - I knew he never would. But as he came near, I started to cheer. It made me feel so good. My dad was grinning ear to ear - as he came striding in, I ran beside, so full of pride - who cared he didn't win.

Yes, that was several years ago - now I'm ready anytime To head any place to see dad race - and cross that finish line. For all those memories that we share - all the love and fun, Are such a part - of my heart - cause my dad LOVES TO RUN.

> Terryann Saint Amand Central Maine Strider Banque January 30, 1988

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The Wild Katahdin Trust Snow Run Loses Founder

For the past seven years Nerdlie has directed the WILD Katahdin Trust Snow Run from Katahdin High School in Sherman Station. This past February's race was sort of a bon voyage, a farewell party.

Yes, Nerdlie (High School Principal Loren Ritchie) is leaving Sherman Station, and with his sidekick Duane already gone, only Buford remains for the 1989 race. But Nerdlie hopes "someone will step forth to continue this 'best race of the summer.'"

Summer? In February? Yes again. With all the gala surrounding this 4.8 mile run, it is like a summer beach party in the middle of the winter, in the middle of the northern Maine woods.



Loren Ritchie shoots arrow to start '38 raut way o (photo courtesy of Katahdin High).

It is For instance, the mean runner receives an outlandish prize. This year's winner was carried around the gym floor on a platform similar to an ancient king being lugged aroundhe Katal Previous years' winners received rides in a whirlpool or were towed by a toy tractor mamivent, a by Nerdlie. Also, before awarding the women winners Nerdlie will splash issed.

well, pour Aqua Velva over his back and under his arms. It is a 88 race 0 IT." ritual. Who knows why?

"How can you talk warmth, caring and hugs today without it maybe sounding a little trite and coming off as trendy," Ner asked. "Well, all that stuff we do and all those words and touches are real. It's a cold, windy day picked out of a long

winter, set aside in a little place in northern Maine and for a few hours, insulated from that world and all its troubles. Looking h 13: Wa at it from this perspective makes it special and belonging just to 1 23 : Un those that are in it. It's "ours," a one-of-a-kind, ... a respite, well-earned and appreciated."

Yes, the WILD Katahdin Snow Run is one-of-a-kind and Loren Ritchi will be missed next year. Since he and Barry McLaughlin (Duane?) organized it back in '81 for the first time, a race without his openarm hugs or his sweet-smelling aroma may be a little bittersweet. As

he prepares to leave his post, Nerdlie recalled how the whole event beg "The race was started because of the mid-winter doldrums for runners and nothing was available," he admitted. "(Barry and I) wanted something to do, have a

little fun and help someone out. Jerry Saint Amand (CMS President) had it figured out in his last Striders newsletter ... 'and there were a couple of guys in a bar talking about. doing something a little nuts in the middle of the winter and this race idea ..." Essentially that IS about how it started, so ole Jerry hit her right on the head."

Nerdlie can not say enough about Saint Amand.

"Jerry Saint Amand isspecial to our race and in particular to me," he said. "He has been supportive, dragged Striders from their warm beds, bailed me out on more than one occasion and added a lot of color and zest for all of us. The world needs more Saint Amands eventhough it would be putting sanity to the test."

Though Loren may credit others, it is Nerdlie (and Duane) that give the Snow Run its zaniness and that was accomplished by making

it a race for all, not just the winners.

"We needed to keep a little humility at the top, identify the blue collar, middle of the packer and just make it a total runner's race," Loren explained. "Besides, we had some great ideas for that poor soul in the middle and our first thought as always was ... fun. You spend so little time on race day in the actual running that there should be quality moments built

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TICE:

In before and after the race for total experience, rather than stretch, run, go home if you don't have an award coming. Over the years I don't think we've lost over four or five runners after the axtual race. In order to do this you have to keep coming up with little gimmicks like the bus ride to the scart and staffing them with a Nerdlie, Duane and Buford. The starting"weapons," the videos, past race results, zany signs, lots of pictures, the ever-present threat of the doberman lurking in the bushes and everyone saying: "Jeez, I hope I'm not the mean runner," art '38 racbut way down deep ... "Maybe I will

be." er was It is this zaniness that makes gged around the Katahdin Trust Snow Run a special

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Loren hands Bucksport's Leona Clapper her trophy. (photo courtesy of Katahdin High).

II splash, missed. In 1989 a new era will begin at Katahdin High School and as Nerdlie said on the '88 race application - "Never mind all those wimpy excuses, just get off your butts and

CENTRAL MAINE STRIDERS - 1988 ROAD RACE SCHEDULE

rch 13 : Waterville : "KILLARNEY'S 10-K": Jerry Saint Amand, race director: 12 noon from Waterville Holiday Inn.

ril 23 : Unity : "SPRING 5-K": Ed Riola, race director: 9am from Unity College.

2 : Togus : "TOGUS 5 MILER" - Chris Bovie, race director: 10am from V.A. center, Togus.

en Ritchie

29 : Monmouth : "APPLE BLOSSOM 15-K" - Doug Ludewig, race director: 9am from Monmouth Academy

his open- ne 11 : Fairfield : "BLOOD, SWEAT & CHEERS 5-K" - Jerry Saint Amand, race director: 10am from American Legion.

event begaly 27: Winslow : "DYER MEMORIAL 5-K" - Jerry Saint Amand, race director: 6:30 pm from Winslow High School.

runners | 19 30 : E. Vassalb. : "BERT 'N I 5 MILER" - Bill Seekins, race director: 9am from East Vassalboro library. lave a

ig. 13 : Wilton : "BLUEBERRY FESTIVAL 10-K" - Bill Yates, race director: 9am from Kineowatha Park.

Jg. 14 : Pemaquid : "OLD BRISTOL DAYS 4 MILER" - Alan Reilly, race director: 8:30am from Charthouse Restaurant. Essent-

: "KENNEBEC 10,000" - Bob Hagopian, race director: 6pm from Madison Jr. High School. g. 17 : Madison

ug. 28 : Kingfield : "SUGARLOAF MARATHON" - Chip Carey, race director: 7am from Cathedral Pines Campground, Eustis.

ug. 28 : Kingfield : "SUGARLOAF 15-K" - Chip Carey, race director: 7:30am from Carrabassett Valley Crossing.

ept. 5 : Norridgewk : "LABOR DAY 5-K" - John Malek, race director: 9am from Oosoola Park.

ept. 11 : Waterville : "SENTINEL 10-K CLASSIC" - Jerry Saint Amand, race director: 9am from Castonguay Square.

ept. 24 : Kingfield : "KINGFIELD 10-K" - Chip Carey, race director: 11am from downtown Kingfield.

: "SEASON'S GREETINGS 51/MILER" - Ron Paquette, race director: 11am from Madison High School.

Jan. 15 : Belgrade : "JANUARY THAW 4½ MILER" - Gene Roy, race director: 12 noon from Belgrade Central School.

NOTICE: As with all road races, dates and starting times are subject to change each year. Check with race director!

Will Bruce Ellis Be Healthy For Marathon?

It was unseasonably cold and wet on October 11th of last year. Not a great day to race 26.2-miles. Maybe along with the other 237 finishers, Bruce Ellis of Exeter, N.H. and soon to be of Sheepscot, ME, should have taken the weather as an omen Eventhough Ellis went on to win the Casco Bay Marathon (2:21:04) on that dreary day, at the 10-mile mark of the race he felt a pain in hisshin. "It was bad at first, but I held on," he admits. "That night and the next day in Boston I could hardly stand up. I knew it was serious."

Because of the shin problem Bruce had his elective nasal surgery, to fix a severe blockage, moved ahead one-month. He knew he needed some rest for the injury was serious enough to sideline him from training on theroads for three months. Now Bruce, 6-foot and 148 pounds, is not sure of what his chances are for the 1988 Olympic Marathon Trials on April 24th in New Jersey (in conjuction with the New Jersey Waterfront Marathon). The only other "Mainer" to qualify is Portland area's Andy Palmer. These two are part of only the 100 plus a handful of runners who have qualified for the event

In early March, however, Bruce, with a 2:17:54 marathon to his credit, decided he could not do it alone and now he is working with John DeHart of Bailey Island. DeHart coached World Record Holder Henry Rono to a "successful" comeback of sorts two years ago. Bruce hopes together they will be able to obtain similar results by the end of April.



MR&O: What do you think will be going through your mind on the starting line at the Tri

BRUCE: After missing three months of running and having about five weeks to prepare for Trials, I think I'll probably be thinking about enjoying myself. Recent correspondent to the New Jersey people has indicated some "politics" which has exhibited less emphasis on the athletes' best interests and more on sensationalizing the New Jew Waterfront Marathon. This has put a damper on the event for me and made it less important to me than it was a year ago. I'll think of starting the race with a smile on my face and finishing with a smile.

MR&O: It seems 1987 brought about a lot of goal changing. How have your goals changed to past year? What are your goals for 1988 and beyind?

BRUCE: I think I've matured a lot in 1987. I've become conscious of our (wife Nancy) fit cial future and have made moves to try to secure our future. I don't know what my goals are going to be for 1988 now. I wanted to run a PR at the Trials, then mell out with an extended cross country trip. Then return to Maine, start our business (Marathon Appraisals - real estate) and go on a T-shirt binge by finding as many small, out of the way races we can like the Otter Creek Creep, the Togus 5-Miler.

MR&O: Why are you moving to Sheepscott, Maine?

BRUCE: Exeter is a great town, but the surrounding area is growing and building up very rapidly. The area is being swallowed by Boston and the influence is becoming apparent. Sheepscott is a perfect location for us. We overlook a tidal river so we close enough to the coast to enjoy the atmosphere. Yet we are west of Route 1, so we won't have to deal with the tourist traffic in the summer. There is plenty of real estate and a lack of appraisers. We are close enough to Augusta, Brunswick and Bath where I can feed off those areas for work. Sheepscott gives us a country area with rolling fields and wooded hills with the coastal atmosphere. It's tiny and very quiet with some great running routes. All uphill, no downhills.

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🔐: It seems like 1987 was a confusing year for you. Some great races, but injury and operations slowed you down. Not to mention trying to have a family in two states. Has it been difficult being in limbo between New Hampshire and Maine?

UCE: It has been very difficult dealing with two houses, the extensive renovations and travelling back and forth between the two states. I wanted to have a low key year in 1987. I ran hard in '85 and '86. I expect to run hard in '88, so '87 was a year to cool it. I didn't race much and didn't do much speed work. Just a lot of distance work. The houses kept me from doing too much which was good because after two tough years, I needed a break. I thought it would also make me hungry for '88.

🝪: Obviously, Nancy and yourself have some kind of connections to Maine. What are your feelings toward the state and its people?

RUCE: Space and time would not allow me to fully answer this question. We discovered Maine about eight years ago and have spent almost every vacation and numerous weekends discovering new nooks and crannies. We feel that our names are carved in a rock or tree somewhere in the state. I think I want to be buried at Schoodic Point. We just plain love Maine. That's all there is to it. The people? What can I say? They're the best. What a fine bunch of folks. They have taken us into their hearts. We love them.

R&O: A lot of Maine runners consider you as an "idol" or someone they look up to - not because you only run fast, but also because you mingle with the rest of the pack. Bay trium What are your thoughts on this "image" you have?

RUCE: I have a little decal on the sunvisor of my van which says, "Fear none." But I do have one fear and that is that I never want to come across as cocky. I concentrate very much when ever I talk to groups or individuals and especially to news people. I'm very careful of what I say. I know that I'm at the top, but I will never forget my roots. In my first year of running back in high school, I finished last in every race I ran. I was a back-of-the-packer and middle-of-the-packer for a long time before reaching my current level. I realize that my stay at the top will be temporary and someday it will be over and I'll be another face in the crowd. I've mingled with many "elite" runners and don't really care for most runners at that level. I feel more comfortable associating with normal runners. They keep me down to earth. I love my fellow runners. They are one of my inspirations. It's very important to me to have lasting friendships because I plan on running for a long time. I especially think I have to project a decent image to young runners.

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LOW PRICES, FRIENDLY SERVICE

The Last Hurrah For Andy Palmer?

Four years ago Andy Palmer was fit, "but not prepared" for the Olympic Marathon Trials. As the '88 race fast approaches this year (April 24th in Jersey City, N.J.), Palmer at 34years old may be nearing his twilight years which makes this race all the more important.

But unfortunately for the 6-2, 162-pound bruise and plantar facitis have restricted Trying to compensate brought knee, hip

In attempt to alleviate the problems receive rehabilitation treatment from less, sleatless, iceless roads of sunnyhas a 2:16:24 marathon PR, is running an extra two hours a week in the pool. dispersing as he tries to prepare for one career. "I ran the trials in '84. I was too hard and had things that were more the reason that I decided to do every-I'm doing everything I can. Now I'll just

MR&O: Why are you currently training in

his training since mid-October of '87. and lower-back problems as well. Palmer went south for the winter to Dick MacDonald and to run the snow state Florida. Currently Palmer, wh approximately 90 miles a week with Most importantly, his problems are of the most important races of his fit, but not prepared as I was work! important to me at the time. That is thing possible to be ready for '88. wait and see," he said.

Madawaska High School graduate, a heel

Florida?

ANDY: There are a couple reasons why I'm training in Florida this winter. Most important Dick MacDonald has been helping immensely in my rehabilitation and it's good to know he's around. To have any chance of being ready at all, I have to walk a thin line apuce far as intensity of training. Dick's my safety. Also, availability of water time for running in the pool is much easier down here. The last reason is road surface. The ice on the roads and the crown of the roads in Maine aggravate my problems. The road are dry here. This, however, certtainly can not compare to running in Maine in the spring, summer and fall.

MR&O: Has it been frustrating training with the injury problems?

ANDY: Yes it is frustrating in that there aren't many things in the world that feel bette than a good run when you are fit and moving efficiently. But on the other hand, not many people get the opportunity to try to do what I've been able to work at, so it' hard to feel unhappy about the whole deal. Over the years - every one I've had some bad breaks, but overall I've been very lucky and have enjoyed my "running career" immensely. The timing is just bad.

MR&O: Can you see "the light at the end of the tunnel," so to speak? Are your injuries getting better?

ANDY: The light seems to be getting brighter at the end of the tunnel you speak of. My running is noticeably more efficient from week to week and my fitness level is higher from week to week. I'm believing that if I choose to I can be a very competitive runner for a long time still. Whether I can reasonably attempt to run a marathon on April 24th remains to be seen. I plan on doing everything I can to be ready, but I won't risk going through another six months like I've been through.

MR&O: What is your goal at the Olympic Trials?

ANDY: My goal for the race is to go feeling I've done what I could to be ready and then to do my best on that day. Normally I'd like to say to finish in a respectable time, but under the circumstances, I may end up running less than the full-distance and still be very happy. A great deal depends on my heel.

MR&O: What does running in the Trials mean to you?

ANDY

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or '88.

ANDY: For me to run in the trials means a lot. I believe it is very important for a person to evaluate their potential and strive for goals that will extend that potential to the fullest in any field. Qualifying for the Trials is one of those extensions of my potential. Realistically, I would have to have the best day of my life and other people would have to have some very bad luck forme to make the team. But for me to run my best is a good goal. To make the Trials - something that only about 100 people did this time - puts you in a fairly elite circle. Having done it twice makes it even better.

MR&O: What does the future hold in store for Andy Palmer?

ANDY: My plans after '88 are a bit up in the air right now. In the back of my mind qualifying for the Trials in '92 is something I think about and would very much like to try, but through '88 and '89 I may give triathlons a try to give myself a break and let some of the running-related aches and pains come around a bit. As for career - I'm divided there as well. I would very much like to coach at the college level, but I would like to live in Maine. Teaching is very possible. I plan on sitting down and giving it much thought after April. We'll see.

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line as Bruce Bickford Discusses Goal-Setting

(In November last year Bruce Bickford took part in the John Hancock Running and Fitness Clinic. Bruce talked about goal-setting. This month we will listen to the second part of what Bruce had to say. The March issue of MR&O has the first part of Bruce's seminar).

"Track went well for me in high school. Along the way the hardest thing for me was to sacrifice a lot of things. I really enjoyed working on the farm. My goal after I got out of high school was to have my own farm. I didn't want to run, but as things went along, as I got scholarship offers, my goals changed again - now it was to make the college team.

"Along the way, again there's things you have to sacrifice - whether it's a date on a Friday night, but you want to stay in and rest up; or a party you don't want to miss, but you have to miss. There's a lot of scarifices along the way. That's why in my career now I've made it this far - because I did sacrifice a lot of things things I wanted to do. I never went to a prom in highs chool. My girlfriend didn't appreciate it.

GANDY CANE **FUNRUN**

Bruce (left) and his brother Stan at the Candy Cane Fun Run in Freeport.

My first year at Northeastern University I was injured. I didn't run all summer. I went into cross country camp and my goal was to make the varsity team. I didn't want to run JV after such a good high school career. Training all those miles that first week we did 70-80 miles. The most I've done by about probably 50 miles a week. I never ran over 20 miles a week in high school - so I was injured for my first race. I guess from that point on I decided if I was going to train, I should at least give it a year, give it a shot. So that was a goal - to get through the year and see how it goes. At least give it a chance. Sometimes we don't give school enough of a chance. After that it was a great time - back on the varsity again and the year went well. After college I've been able to make a living of it so far. I've been fortunate. Along the way again you set goals. Since I'm out of college, competing on my own, there's no team anymore - it's not really the last thing I want, but the biggest thing is making the Olympic Team. It's still something I haven't accomplished. I'd like to this year. I guess that's probably the ultimate goal.

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PACESETTER - Alice Goodwin

1988 may only be a few months old, but it has already brought vast changes for Alice Goodwin of Norway. The 30year-old land surveyor has won virtually every Maine cross country ski race she's entered -- from the Loki's Loppett 10K and the Last Wood Ski Race 5K to the Caribou Bog and the Pipeline Ski Tour and Races. About the only races she has not been the first woman were held out-of-state in Minnesota - the Olympic Trials in January.

"Up until this past year I felt I was the definition of a citizen ski racer," Alice admitted, "So accomplishments were more in terms of local ski races, with not much

national recognition.

"Being 29 and about to turn 30 last year I attended the Senior Nationals in Royal Gorge, California as a last hurrah," she continued. "To my surprise I was a lot closer to the top skiers than I thought. Based on these races ... I was ranked high enough to be invited to the Olympic Trials. Although I finished around 40th at the Trials, I feel good that I was good enough to attend and that I am one of the top 100 skiers in the U.S."

After such a successful switch from citizen racer to national competitor, and at the ripe age of 30, what can Alice Goodwin do for an encore? Well, for one, she would like to be back at the Olympic Trials in 1992.

"Being 30-years-old is not negative," she declared. "Endurance is at a high, as well as experience. I feel I should be able to improve up until and past my 40's."

Alice has been cross country skiing since she was a junior at Oxford Hills High School. Before that high school teams were exclusively alpine, but with the introduction of the nordic sport, Alice was soon to find her niche.

"I was recruited because I could finish a course," she said.

While skiing for Washington State University in the alpine events, her coaches found out she could run " a little." By her senior year she was concentrating on cross country. "Since then I've been a cross country skier with only an occasional alpine ski."

Unfortunately for Alice and the rest of Maine's white-stuff lovers, snow does not cover the landscape for a long period of time. So, Alice runs during the non-winter months.

"I think of running as a training tool," she said. "It is convenient, time wise and has some direct benefits to skiing. It is a great efficient, aerobic activity. Yet I find running to be a lot harder on the body - more pounding on the joints, etc - That's why I try to limit it to no more than every other day."

So, when the autumn air begins to fall below freezing, Alice begins preparing for that first snow. She knows that first covering will not last long, but she still will not miss the opportunity.

"I do it for the great physical benefits," she said. "It keeps me in shape for whatew a five else I might like to do - climb a mountain for example. And also I think because I am reasonably successful at it. It is something I feel I'm good at. Yet I think I would do it anyway - Being on snow is where I have always wanted to be most. No other sport is like it or compares to it in my book."

Training Schedule

In the winter Alice will race nearly every weekend. "Both days a lot." On Tuesday night eight she does the time trials at Snorada under the lights. One or two other days of the week Sammy she will do easy skis. She also does weight and other strength workouts. Durning the nor tie th winter months she will run every other day, bike once a week and work out in the weight! 2-3 times per week.



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The Oldest Race in Maine and 2nd Oldest in New England



RACE: 59th Annual Portland Boys' Club DATE: Monday, April 18th at 12-noon

DISTANCE: 5 Miles LOCATION: (Start) Press Herald Circulation Building on Cumberland Ave.

(Finish) Portland Boys' Club

DIRECTORS: David Paul and Steve Muslawski

MAJOR SPONSORS: The Boys & Girls Club of Greater Portland/Portland Press Herald

FEE: Pre-registration of \$10.00 includes long-sleeve T-shirt and spagetti dinner at the Open House on Sunday. Without dinner and post-registration is \$7.00.

COURSE: This loop course may just be both fast and tough. With a short and fairly moderate uphill start on Cumberland Ave., the lead pack is usually weeded down to only the "serious" competitors from the start. After that first hill, it is all down hill (Forest Ave.) to Baxter Boulevard (1-mile mark). The Boulevard is almost completely flat, but it is severely crowned. It also circles Back Cove which may produce strong winds. The only hill is at the end of the Boulevard, leading onto Tukey Bridge just past the 3-mile mark. It is back down again, however, off the bridge onto Franklin St. (just past the 4-mile mark). There is one steep, but short uphill remaining about three-tenths of a mile from the finish on Cumberland Ave.

COURSE RECORDS: Sammy Pelletier - 23:33 (1984) Lynn Jennings - 26:24 (1985)

HISTORY: Fifty-nine and counting. In 1930 it all began when the Boys Club organized a five-mile (or so) event. At the start the 10 runners lined up in a sprinter's stance (see picture above). Al Messer, a track star from South Portland High, won that first race. "The idea of a road race was just something that came up in the Boys Club," Bart Peverada, the director for 25 years and competitor in that 1930 event, said. "We used to have small races in the club," he continued. "We decided to invite people outside the club." The first full-five mile race was won by Bill Glen (27.54) in 1937. Women did not officially compete until 1972 when Robin Voelkner (now Robin Emery Rappa) took first-place honors (33:04). Rappa has won nine times. Bob Hillgrove leads the men with eight victories, including three in a row from 1967-69. Ken Flanders ('79-'81) and Sammy Pelletier ('83-'85) have also won three in a row. Andy Palmer ('86 & '87) could tie that mark this year.

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y nights week he noneight roo The history, however, is not the only reason why the 1988 version of the Boys Club race is so special. Co-directors David Paul and Steve Muslawski are organizing an OPEN HOUSE at the Boys & Girls Club of Greater Portland from 12-noon to 5 PM on Sunday, April 17th. Coaches, nutritionists, physical therapists are just some of the seminar-speakers lined up. Tables will also be set up for business exhibits (still available).

"The Open House will be mainly to inform runners, and hopefully, promote good running habits in the community," Paul said. "Our goal is to put on a good quality event that will please everyone, including the elite runner, the back-of-the-packer, the spectator and the community; and show the Club and Portland, Maine in a positive way to our running visitors so they come back and see us."

OTHER INFORMATION: The Maine Track Club will officiate the race, which benefits the Alumni Association of the Club. The funds raised will go to the Club for the benefit of the kids. The Club will be open after the race to change, etc. All pre-registered runners receive the long-sleeved T-shirt and race packet. Refreshments, as well as the full use of facilities, will be available after the race.

Peverada Gave Boys' Club Race Firm Foundation

Ed Colley (Athletic Director at the Boys' Club) and Edgar Hagen, the director of the Club, organized the very first Boys' Club 5-Miler in 1930. There were 10 starters and seven finishers in that first race won by Al Messer (26:30). South Portland's Bart Peverada, now 77-years-old, was one of the 10, but not one of the seven. Leg cramps caused him to withdraw, but in '31 he returned to finish 7th (30:30). Bart has run only once (1935) since then, but he has been involved with all of the other 55 as a timer, checker, director, adviser, or what have you. The Portland Boys' Club 5-Miler and Bart Peverada go together like peanut butter and jelly, wine and cheese. You can not have one without the other.

As Bob Haskell of the Bangor Daily News wrote in 1983, "Yes, the race has a patriarch. His name is Bartholomew C. Peverada."

Bart, a 1929 graduate from Portland High School, was the program director for 49 years, now occupied by Steve Muslawski. Even today he is involved with the club and race.

"I still volunteer my services at the club and I am still very active as a member of the Alumni Association," he said.

It is hard to think of Bart as only a volunteer when for many years he was the

"judge and jury" at the club, as columnist Vern Putney wrote in the late '70s.

"I kept the race going as timer and checker," he admitted. "I was the director of the race for 20 years. I had a say in all the races. I'm still adviser."

As Putney added, "If the Boys' Club is the keystone, Bart's been that builder's cornerstone."

It's obvious the role Bart has played and the Boys' Club race is a landmark, not only in Maine, but in New England as well. Only the Boston Marathon has an older heritage than Boys' Club. The 92nd BAA 26.2 Miler will be held this April 18, the same day as the 59th Boys' Club 5-Miler. "It started as an event mostly for boys from the club," Peverada said "The race brings in people from all over Maine and New England to the city of Portland. My plans are to see that the race keeps going and the money raised goest to the PBC Scholarship Fund."



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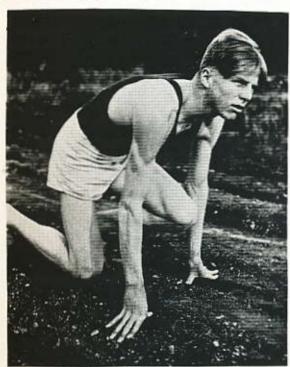
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Al Messer - 58 Years After Winning First Boys' Club Race



Al back in his high school days and ...

On April 19th, 1930 a 17-year-old South Portland High senior joined nine other competitors on the starting line of the inaugural Portland Boys' Club 5-Mile Road Race. (Actually it was only approximately 4.75 miles then. No matter). All 10 kneeled down in a sprinter's stance for the start as if they were competing in the 100-yard dash and not a 5-mile race.

It was Al Messer, now living in Bangor and about to complete his 49th year of employment for Canteen, who "sprinted" away from the rest of the field for the victory. The H.S. senior won.

"A lot of the runners would run on the soft grass," Messer, now 76 and married with two children, six grandchildren and seven great-grand children, said of his strategy. "But the shortest distance between two points is a straight line."

Messer followed that straight line to the finish line. He covered the distance in 26:30.

"I would be on the tar one minute and the grass the next," he admitted."

Messer ran for more than the individual glory, however, eventhough as a senior he set a Class A State Record in the mile or half-mile. (He can not remember which event).

"Running was a means of getting from one place to another," Al said. "I didn't own an automobile. I ran all the time. I never walked anywhere. I got up in the morning and I would run to Thornton Heights (3 miles), run my paper route (3 miles), run back home, have breakfast, run to work (1 mile) and run home again."

Even with all that training Al was not sure of victory in that first Boys' Club race until "I got there at the finish line." But he did go into the race "with one intent - to get out there and win. I wanted to win. I thought I could win. There is only one reason why I ran any race - I ran it to win it.

Al has not run since the birth of his and his wife Ginny's first child, daughter Elaine, 55 years ago. Today his arthritis and various operations prevent him from trying it again. But even these ailments can not take away what Al Messer did 58 years ago. Al Messer won the first annual Portland Boys' Club Road Race.

Including Al Messer, the nine other starters in the 1930 Portland Boys' Club Road Race were: Arthur Charles Edward Litwin, James Cardilli, John Withee Jr., Francis Mulkern, Isadore Fineberg, Carl Weaver, Howard Lyons and Bart Peverada.

Al recalls how he first started running long distances. In the days he attended South Portland High, starting blocks for the sprinting events were non-existant. "We dug our feet in the dirt instead," he said. He said he was too slow "off my marks and they needed someone in the distance events."

By the time he graduated he was "used to almost any distance." He once was entered in the Boston Marathon, in the late '30s, but he could not run because his wife Ginny was in the hospital. He has run against Johnny Kelley, the older and winner of the BAA 26.2 mile event. Al finished second to him in a race held in Lynn, Massachusetts.



Al with his wife Ginny recently.

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Trask and Morrill -Two Runners With Long History At Portland Race



HARRY

Over the span of two decades, memories seem to overflow one's conscious thought. From 1970 to 1987 Harry Trask of South Paris and Falmouth's Denny Morrill created vast storehouses of these memories while joining each other on the starting line of the Portland Boys' Club 5-Mile Race every April.

From - "...meeting other runners before and after races. A few years ago I met Dana Wallace and found that we had competed in high school track (together) in the early '30s," Trask saidto "...turning the corner at Washington and Cumberland avenues and kicking it in to the finish line..." and "The year I had a shoe break in half on Baxter Boulevard - picked it up and ran one leg barefoot to the finish hold-

ing the shoe," Morrill recalled.



DENN

For 18 straight years Trask and Morrill garnered memory after memory. In that 13th consecutive run Trask, now 70, and the 48-year-old Morrill ran the race together. It was not the first time, but it will undoubtedly be the last. After completing a total of 20 PBC races between 1966 and 1987, Trask will probably never run again. He has not run since the fall of '87.

"I just don't recuperate as quickly as I used to," the retired clergyman for the Church of the Nazarene explained. "I was getting tired.

"Not running (Boys' Club) this year, or probably ever again, causes me to be a little nostalgic, but there comes a time when all good things become too much," Trask continued "I plan to continue to attend certain races and keep up an interest, but will get my exercise by walking."

After 18 years of forming this unprecedented streak together, Morrill "will be left if limbo if I can not try to edge (Harry) out this year," he jokingly said concerning his "revenge" on last year's loss at the very end to Harry. ("Harry has one heck of a kick," Denny said.)

"Please Harry, if you read this, please, please run," Denny pleaded.

Maybe deep down Denny knows if Harry does not compete this year, the Boys' Club race will lose some of its history. Harry first ran the race in 1966 and the 1934-Wilton Acad grad's best finish was in 1970 - 36:12 for 33rd overall. Harry ran in high school and college, but after graduating from UMO in 1941 he stopped running.

"Twenty-two years later, in the fall of 1963 in Haverhill, Massachusetts, I first her of road racing and decided to try running again," Harry said of his reintroduction to the sport. "The fact that I could still run made me feel good about myself, so I kept at it until last fall.

"We returned to Maine from Massachusetts in 1965 and the Portland Boys' Club Race was one of the few road races in Maine at the time. (It) was always well-organized, very popend the oldest road race in Maine. The facilities are good. Traffic control has always excellent. Officials and participants have always been very courteous and patient. It is friendly race."

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to re Boys' will But if the PBC race only has Harry Trask on the sidelines watching, Denny Morrill 1 (or Portland's Jim Carroll who has run in many of theraces over the years) will have to take up the slack left by Harry. Denny knows, however, streaks are made to be broken, just like records, and he does not run the Boys' Club race just because of the streak anyway.

"If I miss Boys' Club only a personal streak will be gone, but I would come back again knowing a new streak had been engendered," he said. "I never intended to always run it. I suppose the fun of meeting some of the old goats like myself, perhaps a vestigial rite of spring feeling, and the spectacle of listening to Bart Peverada, the race director, was enough to keep coming back.

"I never meant to start a streak," Denny continued. "In fact, I never even realized

a streak was going until the mid-80s."

A 1957 New Hampton Academy (in New Hampshire) graduate, Denny is even further embedded in the Boys' Club race. He ran in three straight between 1958 and '60. In that first race he ran he was fourth-overall (28:28). But then his similarities with Harry's running career become more apparent. A 4:46 high school miler in '57, Denny stopped running altogether when he got to college.

"From 1960 to 1969-70 I quit running and I grew my sparetire which I may deflate from time to time, but not enough for fast times," he admitted. "However with the advent of road racing around the late sixties I decided to jump in the Boys' Club race again in 1970. By running Boys' Club I could compare my times now with my now ancient times. It made me feel good to just be able to still run five miles."

Denny credited Dick Goodie, Phil Harmon, the late Roland Dyer, Steve Ross, Brian Gillespie, Jerry Crommett and Mike Towlefor creating road race interest in Maine.

Though both Denny and Harry have run in 18 straight, there has not been a rivalry between them.

"Denny and I have been aware of each other for many years," Harry said, "but there was no rivalry. Occasionally, if he had a very bad day we would be fairly close."

"There is no rivalry except in the mind's of others concerning the streak," Denny

But with 1988 any type of "rivalry" or consectutive "memory," will finally be put to rest (probably). But the streak was not the reason why both of them have run in the Boys' Club 5-Miler every year since 1970. Perhaps Harry's words describe it best: "Running will always be the greatest to me."

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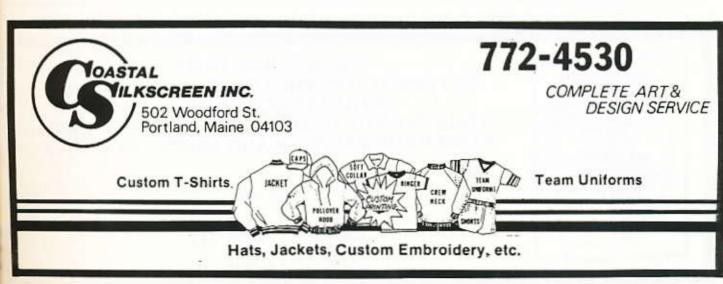
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The Southern Maine Regional - by Danny Paul

ATTENTION HIGH SCHOOL BOYS & GIRLS OUTDOOR TRACK COACHES: On Wednesday, April 20th Greely H.S. in Cumberland will host an open-scrimmage on the school's new eight-lane all-weather facility. This will be the site of the Western Maine Regional Meet this spring for Class B. Contact Danny Paul at Greely H.S. (829-5534). Presently two schools are involved and we will welcome four more for the meet on a first notification basis. The meet begins at 1 PM. All events will be held.

Special congratulations to a couple of area runners who have completed outstanding indoor track seasons. MARY MEEHAN of North Yarmouth has piled up numerous victories and super times this winter representing the UMaine's women's team in the 1,000-yard run.

DEANNA HODGKIN has had a superb season at Bowdoin. Recently she posted an 18:03 5,000-meter at the New Englands. Deanna hails from Lewiston where she was coached by KIM WETTLAUFER, a former Bates All-American. Oddly enough, she is now coached by PETER SLOVENSKI at Bowdoin. Peter's father coached Kim and continues to produce terrific runners at Bates.

ED RICE is hard at work on his book about Maine runners. He will be meeting with HANK PFIEFLE and CAROL WEEKS very shortly to complete those profiles. In talking with Ed, one realizes an unusual commitment, which is refreshing. When he finishes the running community will undoubtedly have a special pleasure in his work. Good luck Ed. -- ALSO, thanks for the letter on RALPH THOMAS -- right on.



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The New England Review -- by Dave Dunleavy

FROM 100-YARD DASH TO THE MARATHON

Robert Weiss' speciality is the 100-yard dash, but ironically the Ridgefield, Conn. native takes a liking to marathoning.

Weiss, who says he can still run 100-yards in 10.3 seconds, is better known in Fairfield County as the long-distance-running podiatrist. With 27 marathons under his belt, Weiss' real specialty, however, is nursing people back to health and keeping them mechanically fit to hit the roads each day.

"I'm a fellow sufferer," said the stocky but well-built Weiss. "I got into it because of my own injuries in football and running."

Weiss is also well respected in the field of sports medicine. So much in fact that he has been appointed to the medical advisory committee of the 1988 Olympic Marathon Trials to be held on April 24 in Jersey City, New Jersey. The event, to start just 15 minutes before the Waterfront Marathon, will determine who the three United States marathon representatives will be for the 1988 Summer Olympic Games in Seoul, South Korea.

This is the second go-around for Weiss as he also served on the medical committee for the marathon Olympic Trials in Buffalo, N.Y. in 1984. Weiss will lecture, offer physical therapy and mental support to any of the 100-plus elite runners who have qualified for the 26.2 mile event by running 2 hours and 20 minutes or under.

"At that point the training is over, but I may pick out some muscle groups that have bothered an individual," said Weiss, 41, sitting in his ultra-modern Podiatry Center in Darien. "I'll also go over the athletes problems in the past, mental and physical, and then project a successful race. We'll actually go through the race the way they should run it."

What Weiss has learned is that national-caliber runners are not flexible and therefore more liable to be injured when coupled with 100-mile training weeks.

"The gravity from running 60 to 100 miles per week forces the back of the leg muscles to tighten and the front muscles to weaken," said Weiss. "We really don't get hurt racing, it's during training. Runners don't listen to their bodies."

Although Weiss has worked with a number of professional runners and tennis players, he also caters to recreational walkers and weekend athletes. His office is equipped to shave callouses off someone's feet to performing soft tissue and bone surgery.

A visit to Weiss is anything but routine. The office provides a relaxed atmosphere with a newspaper collage of state races, a fishtank, television and an assortment of sporting magazines. His office walls contain momentos from the late running and writing guru James Fixx and his friend Dr. George Sheehan of New York City.

Depending on your problem Weiss may videotape your gait on a heart-monitored treadmill. The tape is then played in a television so the doctor can detect biomechanical problems.

"Most of the foot problems are related to knee, hip and lower back problems," said Weiss. "The foot is the stress point for this."

Common problems among walkers and runners is that they lean too far back, thus creating stress on the hips, back and legs. Also arm swing across the body creates undue stress and an assortment of injuries including Achilles tendonitis, or heel pain and plantar fasciitis, or pain in the muscles in the bottom of the foot.

To correct the striking of the foot, Weiss may recommend orthodics, which are shoe implants designed to give the foot added balance. He has also patented his own orthodics to reduce the stress on the foot when landing and pushing off.

But he may just try to get people to consciously minimize bad running habits.
"In essence I think of myself as a coach because I try to get the person to change what is wrong," Weiss said. "Getting a patient to mentally concentrate on what they are doing is just as important as the physical aspects."

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When Weiss isn't getting up at 6 a.m. for his daily run or putting in 10-hour work days, he is busy writing for medical journals, giving sports medicine clinics or attending a road race. In fact, officials from Yugoslavia and Israel have asked for reprints of his stories.

"There was a time when my wife said, 'Hey, you got kids at home you have to spend time with, "Weiss said. "I've started to do that. Sometimes I just got carried away."

Weiss has been practicing podiatry in Fairfield County for the past 15 years and he said he has watched dozens of runners he has treated progress through the high school and college ranks.

"When I go to a race it's like a fraternity," Weiss said. "That's the beauty of the sport, helping people and getting to know them."

Although he has run the New York and Boston marathons the past 12 years, Weiss boasts more of being able to still run the 100-yard dash in under 11 seconds.

"I did it last summer on a track," Weiss said. "What I don't tell people is that I could barely walk for two days."

(ED NOTE: Dave Dunleavy is a reporter for the Danbury News-Times in Connecticut. He also boasts a 10K PR in the low 31-minute range. Dave will be contributing columns to MR&O about the Connecticut running scene. MR&O is also lining up friends from Massachusetts, New Hampshire, and the rest of New England to cover their respective states. MR&O wishes to thank David for Christmas Eve celebrating. WELCOME DEVIDO.)



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Running RelPospect -- by Diane Fournier

THE EVOLUTION OF WOMEN'S RUNNING IN MAINE

ork

nd ay." The definition of the word evolution is defined by Webster's New World Dictionary as an unfolding, a process of development, a formation of growth. If a person was to define the evolution of women's running in Maine, the above definition certainly describes what has happened to women runners in our state since 1970. (I only go as far back as 1970 because that is when I became involved with running.) I have no knowledge of whether there were women running before 1970, though I feel safe in saying there must have been some. You will find most of what is written here is related to road racing, simply because that is how I began my interest in running. Looking back on it now, I would advise anyone embarking on a planned lifetime of running to start in another manner.

I first began running for a specific reason, didn't we all. I had taken up competitive cross-country skiing and to get into condition the coaches said I had to run. I would have to blame Mike Gallagher, an excellent runner himself and now the head of the U.S. Nordic Ski Program, for my first introduction to running on the roads in a competitive situation. Mike and I were attending graduate school at Springfield College and we were training together for skiing. He talked me into running a race in the spring and we happened to select the Boston Marathon for my first race. (I know that goes against every principal of running today, but I lacked experience in how to select a starter-race.) To make it brief, I ran Boston on three weeks of distance running, 10 miles each and every day to prepare for the race. Also, I ran illegally. Boston didn't open up to women until 1971. I did survive a very cold and rainy day to want to run more road races. After Boston my running took on a new meaning. It became more than a way to train for skiing.

There were two very special people who did more for starting women's running in Maine than any other one person or group. It is because of these two gentlemen, I feel, that running in Maine is where it has progressed to its present level today. Had it not been for Roland Dyer and Dick Goodie, I am not sure I would have become as involved as I have with running. They were both motivating factors for my involvment in running and the continued interest I have in the activity today.

As I mentioned previously, I am not sure if there were many, if any, women runners in Maine who did much running or some road racing before 1970. (If there is anyone who has, please write me.) However, during the summer of 1970 I began running seriously. I defined seriously at that time, as running every day, using some pretty crazy training methods, and doing some road racing. I had received a letter from Roland Dyer asking me if I would be interested in running a 9 mile race in Winslow. He had heared of my finishing Boston and he was interested in getting women to run in our state. I really had no idea of what I was getting myself into by going to the race. That day I met Roland and Dick for the first time and I became hooked on running and a lot of that had to do with their enthusiasm, encouragement and helpful hints. Both Dick and Roland paved the way to make my start in running easy. They did the small things that are taken for granted in many races we women attend today. They made sure I was informed of where the up-coming races were. They always provided a place to change, shower, or the use of a rest room. You wouldn't believe what a problem that was at many races. After all, the race directors were accustomed to men only at their races. One of the other things Dick and Roland did for women's running was to change the male figure on the trophies to a female figure, which may not sound like much, but if you think about it, it is important when all the awards were for men. (I keep my first male figured trophy from that race in Winslow hoping someday it will be an antique.)

(ED NOTE: With this issue Diane will be writing a monthly column on the "Dark Ages" before the BOOM and on Master's running today. NEXT MONTH she will be discussing some of the changes that have taken place in women's running in Maine. WELCOME & THANK YOU Diane.)

High School Update

Cheverus' Kevin Lyons Takes Two State Titles



Kevin winning the outdoor

State Meet 2-mile.

I'm really going to do it. That was it. Before I knew it I had won and Cheverus had won visit the meet. I was just shocked."

And so were all the spectators and competitors, but Cheverus' Kevin Lyons' last-lap heroics in the Class A State Indoor Meet Two-Mile Run was a long-time in coming. His victory in the two-mile (9:59.6), coupled with his dominating win in the mile (4:33.2) earlier in the meet, gave Lyons an impressive double and a lot of self-satisfaction on that February day at Bates College. For Lyons, a senior with a 4.0 GPA, the two wins meant a little more than just the victories.

"I knew that I could win both," he admitted. "I knew that I could have last year. It has no was just a matter of doing it."

The difference between this year and last, however, was Lyons did DO it in '88. In '8 on Roy he fell short in the two-mile (4th) after winning the mile. Kevin Lyons, who said 'Consu Check large amounts of pepperoni pizza' was a hobby of his, is not over-confident, however. He or an has been more a victim of great expectations.

As a freshman he posted 4:30 and 9:45 PR's with a "stunning" second-place finish in t outdoor State Meet. After such a successful freshman campaign, his sophomore season was full of "academic and running pressures." He still equaled his PR's, but it was not encu for the 5-foot-seven, 135-pound National Honor Society President. He finally won a state title his junior year with his 4:36 mile indoors and 9:36 deuce outdoors.

"Last year was a real breakthrough year for me," Lyons declared. "I began to relax and gain some needed confidence. I changed my training schedule significantly and I settled into my role as a frontrunner. I also began to develop a kick."

Something he has used very well his senior year, but the '87-'88 indoor season was not fulfilling his expectations by the time the State Meet rolled around. On Bates' 200-meter oval, however, everything fell nicely into place for Lyons.

"That was a big day for both me and my team," he admitted. "I had had a somewhat disappointing season up to that point and to pull off the double win like that was really something. I had always wanted the double win and I knew I could do it, but like I said, I just never pulled it off. I think that the two-mile was quite simply a terrific race! just to win that was incredible. I have all the respect in the world for Rusty, He's a great runner. And Jimmy Desmond ran brilliantly. I do not think I would have won the rate if he had not passed me and had not been from Deering."

"I returned to the track to find that the meet was still close between Cheverus and Deering. I was getting really nervous. Coach Malia informed me that the two-mile was a big race. 'Don't let any Deering on a beat you' he told me.

"I was again looking for a slow pace so that I could work into the race. As I expected Rusty Snowe the defending champion, set the pace, but it was sl and I hung back in second again. I contantly waited for someone to blow the race open, but no one did (seemed to even want to.

"With two laps to go Rusty made his move and I Look simply tried to hang on. He opened up about a 5-yatit wi gap on David Wong from South Portland and I and I '86 & couldn't seem to switch gears. Then out of nowhere minut with a lap to go came Jim Desmond of Deering no leibut B and he passed us all. Then I remembered what Coach who re Malia had said, 'No Deerings' and something clicke third and I whipped around Rusty on the backstretch and and B went after Jimmy. By that time the whole place was race : screaming and all I thought was 'I'm going to do i Dall ;

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Still, what special desire enabled Lyons to find that last fast lap.

"There was no special secret," he said, "with the exception of my girlfriend and good luck charm, Nicky Wilson. I trained and concentrated on winning one race at a time. I believe that was the only difference."

The difference between 1987 and 1988, between two state meet wins and only one, for Kevin Lyons seems to have been alot of things. There is still another difference, and maybe the most important one - Kevin Lyons, four times a state champion, is still not satisfied. He knows there is still room for improvement, still more goals to be reached.

"I would love to win another state championship or two to finish my high school career on a high note," he said. "With the great runners that Cheverus has had in the past, it is difficult to make an impact. I hope I have done that."

Club Shorts

THE SUB 5 TRACK CLUB have set May 22 as the date for the Terry Fox 5K in Bangor. Look for more information next month. And if the flyer is not in this issue of MR&O. it will be in the May one. Keep the date opened for Maine's second-biggest race in '86 & '87. THE CENTRAL MAINE STRIDERS were blessed by a heavy snow storm about 20 minutes into the Killarney's 10K on March 13. Read more about that race mext month, but Bruce Bickford showed up for a trot through the snow. Strider Peter Lessard, who recently had leg surgery, seems to have recovered very well as he was a solid third (32:08) behind Dan Dearing, a member of the MAINE TRACK CLUB and Sub 5, (31:44) and Bickford. Rose Morrison (37:40-something) won the women's race. But more on this race next month. CMS'er Paul Dall had the answer to running in Maine snow - GO SOUTH. Dall ran in the Gasparilla Distance Classic and the Orange Bowl 10K while enjoying a visit to sunny Florida. Toni Parise of the MTC will be participating in a 3,400-mile bike trip across the country to raise funds for the American Lung Association. If you would like to contribute to her cause, contact her at 282-7389 (H). Again the AROOSTOOK JOGGERNAUTS are getting the Northern Challenge Road Race Series together. There are a few changes in 1988 for the five-race series with the finale set for Saturday, September 10th. This race will be in conjuction with the Harvest Fest. Hopefully, the complete list of races on the series will be available soon. THE MUSTERDS are also getting a road race schedule set up, but the detailed information has not yet been made known to MR&O. THE PEN BAY PACERS' 25K Championship Race is set for April 9th with busses leaving Rockland High School around 10:15 AM for the start on Route 17 in Union at 11 AM. The categories are set up by weight and not by age. Check the flyer in the March issue. Club members if you have an interesting story or an important news flash, drop me a line. I WANT TO KNOW.

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The College Report

Colby's Bill Derry Dominates Distance Events On Indoor Oval

For Winchester, Massachusetts' native Bill Derry, a senior at Colby College, earning All-America status was as easy as

"I have a few things to point toward for any success," the 21-year-old said.

"One - Coach Jim Wescott's patience in developing a runner over four years and not being over-anxious in developing all of your potential in your first year. Two - our whole team spenda at least one day a week off our legs in the pool. This allows our legs to recover while giving us an excellent aerobic workout, and this means we can run more quality mileage. Three - my weekly long runs, especially in the summer, have given me a good base."

On March 12th at Smith College in Northampton, MA, Derry accomplished his second goal for the season by placing in the top 6 at the Division III National Track and Field Championships. Derry's 14:42 in the 5,000-meters gave him (photo courtesy of Colby College) that crucial sixth spot.

He was outsprinted for fifth. The winner ran 14:27.

"I wasn't as sharp as two weeks ago," he said about his All-American run, "but I'm content. It's all I had on that day."

Two weeks earlier (2/26) Derry placed second in the Division I New England Championships at Boston University with his 14-second PR run of 14:33.22. In this race, the 5-foot-8, 135-pounder, reached his first goal for the season - run a sub-14:40. He also set a fieldhouse record at Bowdoin College (15:06) with his first-place at the State Meet on February 6th; and he won the Division III New Englands (14:49) on the 20th, February was a busy month for Derry, but he said the 25-lap race never got tedious or boring.

"I like each season," he admitted. "It's hard to pick a favorite. The beauty of cross country attracts me to that sport, but I started as a track runner and I think I feel most at home there. I like

the excitement of indoor track. At larger meets the small track will be surrounded by people cheering you on."

It seems Derry had a lot of fans this winter with the success he has garnered. He could not have picked better timing to

run his best, to end his career on a high note, because Derry forsees a non-competitive future you fe after his final collegia season this spring. "This spring will probprovid

ably be the end of my competitive running fut-sputte ure, though I would like to run some road races . something I haven't had chance to do very much, attrac he said. "I am probably looking headed for the seminary or win and I forsee myself becoming a Roman Catholic priest, but I'm leaving strong other possibilities oper bread

Derry believes it is his Christian faith that showed him the way to et his running to the full be che by releasing self-press accomp

"Paradoxically, my running, by becoming les important to me over my threefour years in college,

Bill with his coach Jim Wescott (left) has become much more enjoyable, and thus, in tables

a sense, more important. As my Christian faith has grown, I have needed less and less to achieve success in my sport. I strive to refre: remind myself that I am here to glorify God not myself, and this attitude has lifted a burden to win that I used to carry with me. Now I truly seek just to do my best, and pn and a that I may be a vehicle through which God is praised - by my attitude, character and effort."

Though his serious competition may soon be over, because of the joy he has found it running Derry will not give it up complete

"What attracted me to the sport, primarl is also what keeps me in it now. I simply! to go out for a leisurely run in the country on trails or on beautiful roads," he said. love the feeling of your body being complet in sync, each part of your body working in harmony to propel you forward. The chance: get outside, see natural beauty and clear! head, will keep me running for the rest of life.

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Sports Nutrition

THE PERFECT MEAL -- by Anne-Marie Davee

Food is more than just something to eat. It should look good, taste good and make you feel great. Food is the "staff of life," yet does not have any miraculous properties.

Proper nourishment is necessary for good health. Energy is the body's number one priority, above all of its other needs. Food is fuel that is critical and should be provided at least three times a day. The right amount and mix are important for optimal performance. Too much may "flood" your tank, while too little may cause it to "stall," sputter and grumble.

What makes a "meal" totally satisfying? Here are a few key components to consider:

- EYE APPEAL Yes, you eat with your eyes. Color is an impresent factor in how
 attractive your food is to your palate. Vegetables can brighten up an otherwise dulllooking meal. Combine a dark yellow vegetable with a green one, like carrots and peas
 or winter squash and broccoli, and compare that to boiled potatoes and cauliflower.
- 2. TASTE Flavors should tantalize your tastebuds. Preferably, you should use some strong flavor/spice and one mild at each meal. A mexican hot chili goes best with cornbread or crackers rather than garlic bread, italian style, or boiled onions as a vegetable. (Not to mention, How do you spell relief?)
- 3 TEXTURE A meal should be something you can sink your teeth into. One item must be chewy or crunchy while others are soft or smooth. Macaroni and cheese should be accompanied by celery sticks, or spaghetti always goes best with a garden salad. A pasta meal with creamed corn and applesauce just wouldn't give those jaws a work out.
- 4. QUANTITY or BULK No plate looks good empty. Fill up on those complex carbohydrates, three-quarters of your plate should consist of potatoes, pasta, breads, rice and vegetables. Go easy on the meats and have seconds on the veggies.
- TEMPERATURE Hot and cold. A hot meal followed by a chilled dessert is most refreshing while a salad/sandwich is made hearty with soup or a hot beverage.
- 6. IDENTITY Do know what you are eating. A rule of thumb is not more than one casserole or mixture per meal. American chop suey with mystery meats, mixed vegetables, and assorted fruit salad would leave your stomach a jumble. One food item should be clear, distinct and unmasked.

If each of these senses have been stimulated, then you're likely to be a satisfied customer at the completion of your meal. If not, you'll be craving for a snack and heading for the fridge soon after. So don't neglect total ful-"fill"-ment when you sit down to your next meal. Bon apetit.

Anne-Marie Davee, R.D., 104 Main St., Orono, ME 04473 866-5605



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



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The Doctor's Office

Cross - Paining

- by Dr. Mike Sargent

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Society constantly bombards us with variations of the more-for-less theme. Hence ker, the appeal of cross-training, which holds the irresistible lure of faster times for I foll less mileage. One problem in discussing this topic concerns defining it (does riding ing my bike to work daily qualify as cross-training?); in the February issue of MR&O, Jerrold Allanach presented "A New Perspective", a valid and rational approach which it for acknowledges that there are "a lot of variables to consider". netime

In th One variable is pain, and how to figure out its cause among several training iining modalities. For example, one of my college runners presented with an inflamed tendon idea below the kneecap. Was this the consequence of excessive pounding on the relatively it ath hard surface of the indoor track, or perhaps overzealous pumping on the exercise bikin 20 Further questioning revealed that his weight regimen included lunges, a thrusting maneuver with weights on the shoulders which generates plyometric-level stress on thIt is I done knee. Indeed, he improved after discontinuing the offending lift.

Another runner complained of elbow pain while running only around the curves of In the track. It was easier to blame this initially bizarre complaint on her biceps curls, e int this case also highlights the significant torque generated by running tight turns at ly be fast speeds, even on the arms as well as the legs. ·bette

one (While we're on the subject of weights, it seems that many runners equate "upper body" strength with arm strength, while the true significance of the upper body with respect to running consists of the conections of the spine with the shoulders a As at hips, connections which are not developed by the revered bench press. it the

.ngs, Plyometrics, another trendy cross-training technique, is a subject in itself. ly sir Suffice it to say that if you're a world class sprinter on steroids, you're already used using it; if not, don't even bother. You can't win your age-group in the neighborhoodviou: 10 K, or your high school conference championship, with bilateral stress fractures, trent I, an

One technique I'd like to recommend is deep water running. Unlike biking or swimmit i you use the same muscles in the same posture as running. And guess what? you don't & Counhave to use a \$100 vest, unless perhaps you've got less than 5% fat. All it takes is cular little practice to get used to the rhythm, and you can simulate any kind of workout: steady pace, interval, fartlek, etc. ings

If you want to race fast, you'd better practice running fast; otherwise all kind be of novelty and potential self-discovery await you in the world of cross-training.



leel & Toe



Dr. Moshe Myerowitz, Chiropractor Maine TAC Race Walking Chairman

FOR MASTERS ATHLETES - LESS IS SOMETIMES BETTER

While this column is primarily rected towards competitive race lking athletes, the information plies to all athletes in the isters category (40 yrs. old & rer).

After spending the better part the lest ten years as a jogger/ inner, and now competitive race ilker, as well as having treated id followed hundreds of athletes aring my 36 years of chiropractic actice, I have come to realize nat for Master athletes "less is ometimes better".

In the 1930s, high-mileage raining for athletes was not even idea in the minds of coaches. ost athletes rarely trained more ercise bike an 20 miles per week!

ress on the It is really amazing that they ad done so well.

In the early 1950s, the highcurves of tileage, intervals and repetitions s curls, bame into being. Athletes eventturns at ally became immersed in the "mores-better" syndrome. More was done n one day's workout than was ever one in an entire week in the 1940s.

oulders and As athletes age, we must realize hat though Masters do remarkable hings, they are not ageless. bdy simply cannot take the stress t used to, 20, 30, or even 5 years ighborhood reviously (depending upon your irrent age). The spirit is willig, and though we often won't or swimmilmit it, the flesh is less willing.

don't eve Countless Masters athletes, partakes is a cularly older Masters, fall into e irresistible trap that because lings are "going well, I can do en better if I work even harder".

> Actually, the opposite is almost lways true for most Masters athletes their late 50s and above. ally seems to work better is backing off rather than increasing ileage even if only temporarily".

Moderation and adaptation should be the watchwords for Masters athletes. As we advance from one age group to the next, we must face the cold reality, almost without exception. rare exception, Masters in their 50s do not usually compete as fast as the Masters in their 40s, etc. We usually cannot handle the quantity of work we used to when we were younger. All of this seems almost too obvious to state; yet few Masters athletes, especially in the older groups, seem willing to acknowledge that "less training - not more training - may be better".

If you are a Masters athlete and you find that you appear to be stale, and your times are not quite as good, consider reverting to a lesser number of miles per week training. Substitute quality for quantity. Perhaps you may wish to train five days a week instead of seven or four days a week instead of six.

When it comes to speed work (intervals) consider fewer repetitions. The results may be very surprising. The National Class Masters Athletes find that they need the extra day of rest for recovery and regeneration.

It is my own personal experience that my times are better when I train five days a week instead of six days, and only four days a week instead of five days a week (when I have particularly long days of patient practice). My two mile times have decreased by 58 seconds over the time that I recorded while on the way to victory in the 1986 National Indoor Racewalking Championships. Of course, the temptation is almost irresistible to work harder. I am determined, however, to restrain myself and not to fall into that trap!

A final suggestion. If you find yourself without enthusiasm for training coupled with a lackadaisical attitude, it may be time to take as many as seven days off (horror of horrors)!.

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FROST HEAVES - by Mike Simoneau

DIFFERENCES BETWEEN CROSS COUNTRY SKIERS & RUNNERS

Now that the 1988 ski season is almost history, and runners have reappeared along the muddy roadside, it seems like a good time to make a comparison between runners and cross country skiers. They have many things in common and yet remain unique in the realm of sports.

Stand around at the start of a running race and you can quite accurately predict the finish order by screening the body types. You might be able to do the same thing at a ski race by looking at the equipment.

Runners are known as "thinclads." Skiers will ponder very carefully how many layers of polypropylene to wear under their uni. Runners and skiers both like to wear tights. And they both like to shop at L.L. Beans. Runners use sun screen, while CC skiers use Dermatone.

Runners will lace up their sneakers, stretch some, and go for a warmup run. Skiers will first do a glide test on P-tex bottoms skis, and then on their black bottom skis.

Runners will drive the race course and do a windshield survey of the race terrain. Unless he brought his Artic Cat, a skier has to tour the race course before he races it Both re

All foot runs are mass starts. The best part of a ski race is the wild scene at a mass start. However, some ski races are interval starts with one competitor at a time going out at 30-second intervals, with the fastest skiers going out last. Wearing bib #1 at a ski race is just not the same as at a foot race.

Runners will get a split at one-mile to gauge their pace. NO one knows where the 1-mile mark is in a ski race. There are always more spectators at a road run than there are at a ski race. Runners never fall down and skiers try not to. Shout the word "TRACK" to a skier in a race and watch what happens.

Running races are very predictable. In foot racing the order of finish has a continuing pattern from week to week - who always beats who, who always runs so fast per mile, race after race through the season. Each ski race has an element of mystery, and a surprise or two. Never bet on a ski race.

Runners know how important it is to be small and light for going up the big hills in a race. Skiers know how much faster heavier skiers are on the long downhills.

Compared to road races, ski courses are all extrememly hilly. The people who design these trails have this perverse desire to put each skier to a mega-oxygen debt.

On THE DAY of the ski race conditions can cause wide fluctuations in performance. Wax, type of ski, the wind, the sun, the humidity, type of snow, etc. can make havoc of the best laid plans of mice and men, and skiers too. Get the wax right ten times in a row and you're ready for Nordic Hall of Fame.

Runners get T-shirts, trophies, ribbons and their name and times in the paper. Skien might get the results in the mail a month later along with a kerchief for an age-group winner.

After a race runners can shower up, go for a swim, or just towel dry. Skiers usually freeze into one big icicle in the parking lot.

Runners and skiers both keep training logs containing great details about their personal performances since the Creation, Runners can quote you their finishing times for their last 11 Pat's Pizza Runs. All comments about the wax in a skier's log should be censored

Runners get blisters between their toes, and chaffed armpits. Skiers will have their eyes tear-up on the 40 MPH downhills and frost nip on their extremities. No skier has ever been run over by a car ... yet.

Runners will talk about running in packs, surging past an opponent, drafting, and "kicking it in" coming into the finish chute. Skiers will talk about the V-1, marathon skating, tucking it on the downhills, and double poling to the finish line.

In the running world the further south you travel, the better the competition. To find the best skiers you travel westward to the foothills. If you are really adventures try skiing against someone from the ski empire of Vermont.

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it to races nation Runners by nature are mostly quiet and unassuming people. Take a look at the lycra crowd at a ski race sometime.

Runners talk about breaking 40 minutes for a 10K race. Skiers will talk about going under 30 minutes for the same distance. Runners and skiers both think of the marathon as the ultimate test. Twenty-six miles is a long way to run, especially to run fast. Skiers think of the 50K (roughly 31 miles) as their long test. Runners talk about going under 3 hours in the marathon. Skiers talk about finishing that distance in half an hour less. Runners have the Sugarloaf Marathon and skiers have the White Mountain Marathon.

Runners and skiers are both lean and mean-exercise-machines. Both have low-body fat percentages and they are both relatively coordinated. But that doesn't help them balance their check books.

Running is mostly an exercise from the waist down, with lots of free time to think. Skiing is a whole-body exercise, very rhythmic, with arms and legs moving in sync, mentally counting, as part of a symphonic rhapsody. Running is like the steady beat of a metronome.

Runners and skiers will both carbo load the night before a big race. Skiers then get up and go hot wax their skis. They both like yogurt, Gatorade, fruits and beer.

Runners will trot through a water stop. The trick is to drink quickly without too much going up your nose or dribbling down your chest. Skiers will bring their fluids with them. No one wants to hang around a water station in January when it's 10° F. Both runners and skiers like tailwinds.

Runners don't have to worry too much about wind chills and klister.

Both runners and skiers fantasize about making the US Olympic Team and racing for the good-old USA in the Games. Skiers have their little fantasy about skiing for a factory team and chasing the World Cup. CC Skiing costs more than running, by a factor ranging from 6 to 10 times as much. There are damn few people making money as runners or skiers.

Runners love to race when the temps in the 40's. When it's 40-degrees for a race, skiers will rill their black bottom skis. Skiers love that refrozen snow at about 10-above. White concrete makes for some unbelievably zippy times.

Both runners and skiers daydream a lot about their sport while at work. Their coworkers think of them as having tireless energy, creative and a little beyond unconventional. Besides always having that endomorphine high, they are good-looking and have huge egos. Their neighbors also think of them as a little bit odd.

Runners can run year-round. Skiers in Maine are looking at a 10 to 15 week season. Every runner has a track at a nearby school to do speed work on. Once a week the top runners will go to the precisely-measured oval with a stopwatch in hand to do some speed work. Skiers will find a snowmobile trail and race the Yamahas.

Runners will pound their way up the long hills. Skiers will herring bone up them, shout "Hey-ee" when they get to the top, and fly down the other side.

Runners purchase apparel from Nike, Reeboks, Saucony and Adidas. Skiers purchase items from Solomon, Fischer, Exel and Descente. Both runners and skiers contribute to the American trade deficit.

Skier's cars have roof racks, jumper cables, bungee cords, kitty litter and extra blankets. Runners cars have sun roofs, bathing suits and Beach Boys tapes. Both winter and summer cars are like a locker room on wheels equipped with air fresheners.

Both runners and skiers talk about aerobic training, anaerobic threshholds, lactic acid, VO-2 uptake and junk food. They eat like champions and sleep like bears in hibernation. Runners and skiers will both use the word "CRASH" and mean different things.

Runners have the Portland Boy's Club 5-Miler and the Kingfield 10K. Skiers have the Caribou Bog and the Wild Moose Run.

Runner's races are measured in miles. Ski races are measured in kilometers. Runners will go to Fun Runs. Skiers travel to Langlaufs. Both runners and skiers like to dress down after a race. Casual is in.

Runners hope to someday qualify and run in the Boston Marathon. Skiers want to make it to Cable, Wisconsin for the American Birkebeiner on the World Loppet Series. Both races have about the same number of participants and are recognized as truly international affairs.

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n. To venturesom The center of the Running World is in Southern California or perhaps in Eugene, Oregon. The center of the ski world is in Holmenkollen or perhaps Lahti.

Runners fight off cars, ozone alerts, hornets, dogs and heat stroke. Skiers fight off marauding snowmobiles, hypothermia and open water. Runners will have sore knees. Skiers will have sore backs.

Runners have the Central Maine Striders, Joan Benoit Samuelson, podiatrists, running camps and sports psychologists. Skiers have the Maine Nordic Ski Council, Bill Koch and Dan Simoneau.

Both runners and skiers are big on biking. Both runners and skiers are concerned about environmental issues, the quality of life, their PR's, and tax-shelter annuities.

Running in Maine has a longer and more illustrious history dating all the way back to the days of the first annual Great Wooly Mammoth Chase, Anything older than 3 years ago in the ski world is an antique.

Runners may stop in the middle of a training run to toss a rock into the pond, pick a handful of blueberries, or listen to a bird's song. If a skier ever stops for long, he'd better start building an igloo.

Both runners and skiers like to get outside each day to exercise. They like to get sweaty, elevate the pulse, and get the big muscles moving in rhythmic fashion. Breathing deeply starts them thinking freely. They are in the race for a long time to come. Until it snows again, see you on the roads.





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SCHWINN-WOLVERINE FLORIDA CYCLING CAMP

This camp has been running successfully for a number of years in Central Florida. It is broken down into three one-week sessions at a very nominal cost of \$195 per week. This fee includes everything from creaky bunks to sunshine and 80-degree days. Of course when you get to Florida from Maine's 20-degree days, anything feels good.

It was emphasized that this camp is a training camp for bicycling basics and not a racing camp. It is a small ring camp with major emphasis on that idea. They spend a great deal of time emphasizing bike handling and being comfortable on your bike at all times.

I went into this camp really not knowing what to expect from these people, with a brief idea of the amount of mileage I would get while riding all week. Their ads did mention members of the Schwinn Pro Team would also be there. However, as I will mention later, their visit was brief. The Michigan Wolverine Bike Club out of the Detroit area, is the backbone of this camp. It is an extremely large club with many very good riders passing through it to such positions as amateur riders with 7-Eleven. Dale Hughes of the Wolverine Club is also a USCF Official, as well as the director of the camp. Mike Walden was the camp coach, as well as the Wolverine Track Club Coach.

Sunday evening, the first night of camp, was spent on a brief introduction of all the officials of the camp, along with a passing of information about what we were about to partake during the week. A major emphasis was immediately placed on the video taping of the drills and the critiquing process following. We were then broken randomly into groups with members of the camp staff. We had been instructed to bring our bikes and helmets for a review of the equipment. Each member of the group was asked to look at the individual on their bike (one at a time) and help to critique the bike's fit to the person. We were quickly to become experts after the preliminary observations were made of 3 or 4 people by the whole camp. Mostly there were few observations made emphasizing changes -- although there were instances noted when the bike simply did not fit the person riding it. There was always the usual, ' Is the seat high enough, too low,' etc. They did not try to make these changes during the week, but emphasized a slow change upon return home. Slow, moderate changes if necessary, doing one thing at a time, not radically changing everything all at once. I had to laugh a bit, as while I was viewed two of the camp staff felt my seat may be a bit too high. However, they were not certain and said to have my group-ride leader check it the next day while I rode. The next day my ride-leader said if anything, it was too low. So much for concurring opinoins.

Monday morning rolled along soon - 6:30 comes early even in Florida, on vacation. By 7 AM the camp was assembled on tennis courts for 20 minutes of stretching. This was emphasized very strongly. Streeetch and then streeeetch some more. It was after this intial stretching we were broken up into groups according to the information you gave them when you checked into camp. They apparently took your previous year's mileage along with your riding level and current on-road mileage. There were 7 groups of approximately 14 riders each with the most advanced being Group 7. There appeared to be little difference between the levels of Groups 4-6 as the week progressed with the exception of a slight elevation in mileage and speed. Group 7 apparently had a lot of miles in as they did varied group rides including motorpacing and roll ups.

The mronings were always devoted to bike handling skills. They varied a bit every morning. The intial morning started with a 5K time trial in the small chanin ring using no larger that 72" gear. Part of this drill was to show how to start in a time trial, where to place the feet, how to stand up to start and how to pedal yourself back to the bike seat rather than sitting down on the seat. This also allowed you to work on your turnaround, as it was an out and back course. The turnaround area on this mini course had more space than Pat Pelletier allowed us on last year's state trial course. This drill was for time and the times were posted later at breakfast. Also worked on during that mroning's ride was a bit of cornering. After all of this was a casual group ride back to camp for breakfast. By 9:30 breakfast was over and you had an hour to yourself before making your lunch for the afternoon session. When riding in the afternoon you packed a lunch in the camp van which followed the riders.

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ut on By 11 AM we were back out on the roads. Each group left separately and headed out for the wild blue yonder of Florida roads with lots of turcks and sand-filled shoulder The length and speed of these rides seemed to vary somewhat with each group, much of this seemed to be determined by the group-ride leader. It was this person who somehow always had me slowing down. Everything was done in a pace line with an inside relief line. Here again the group leaders worked on form and bike handling skills.

They always stressed steering the bike, not turning the bike, to get on/off the pace line. They were trying to get 15 different people to ride comfortably in a firm pace line. About halfway through the afternoon's ride we would stop for lunch and talk about the ride so far. By the time we finally got back to camp around 3 PM we had une 26 covered 55 miles for the day. This was the procedure for Monday, Wednesday and Friday uly 1 Each day would vary a bit with the morning procedure and length of the afternoon ride. ugust On Tuesday and Thursday we would eat breakfast after stretching, rather than simply have a glass of juice, and then go out for the workouts. We would cover the same drill but then would ride longer after the drills. There were no afternoon rides on these days. The rest of the day was yours to do as you pleased.

The cornering techinque they stressed was much different than any I had been exposed to. Dan Works described it very well calling it a criterium-cornering method. They had you overemphasize to get used to the idea of shifting your weight on skate skiis, to go through the corner with your weight on the inside of the bike, while keeping the bike upright through the corner. This method allowed you to keep pedaling through the corners and have more momentum coming out of them.

They had a very good drill for improving your bike handling. They placed plunger heauly 17 in the road 12-feet apart for approximately 150-feet. You were to slalom through theseuly 24 markers keeping your body in a straight line with the markers and only moving the bikeug. 3-This was videotaped while you were doing it and critiqued during the course of one of the evening's "coaching" sessions. The videotaper was bold enough to sit in the middle of the road at the end of the slalom course. Your mission, if you chose to accept it, lso li was to stay in the view of the camera and not run over the taper.

Another drill they worked on was hill climbing. Pat Pelletier's favoritetechnique and yes, they do have some hills in Florida. We spent one morning going up Thrill Hillold th What they wanted you to do was go up in a small gear and as the hill got harder toward the top, shift up. They had two flags out signalling shift areas (if you could). The ED NOT hill was not a praticularly long hill, but it looked like a big crater. On the last afternoon ride of the week, we actually rode out on some real hills in the Ferndale area. The course was 12 miles around with a couple of very nice climbs in the first three miles. All the drills were videotaped and reviewed in the afternoon coaching sessions.

The Schwinn-Wheaties Pro Riders did make a very brief appearance at the camp. Tom Broznowski, Mike Ingelman and Steve Tilford made an appearance and fielded questions from the campers. They had just completed the Pepsi Tour of America's Race. I did not see any of these three out riding, so their input was really very minimal in terms

Another evening there was a lecture by the makers of EXCEED, a carbohydrate drink and replacement fluid. I truly felt this was the weakest portion of the week. Although these drinks may well be a fixture in bicycle racing and training, I felt that a more informative and less commercial session could have been given by a registered dieticia Mon.-Tue The camp placed a lot of emphasis on riding and riding skills, but really neglected the Thurs. Fr most important part fo the rider, the rider's body, the true engine behind the performSaturday ance. Although not the camp's fault due to their rental contract, the food was very poor. It was not designed for bicyclist's putting in anywhere from 200-400 miles in a week, but for hungry YMCA campers who don't need the carbohydrates so much. Anne-Marie Davee where were you when they needed you?

My feelings were relatively positive when I left camp on Saturday and headed back to Maine. I expressed many of the same thoughts Dan Works expressed after he attended the camp two years ago. The bike handling sessions were good, but a week of riding Florida roads, which all look the same, at a pace of 16-17 MPH in a 12-rider pace line, left m a little bored and itching for more. I would recommend this camp to those wishing to improve their bike handling skills and wishing to put Mearly miles.

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AROUND THE STATE

For those of you who are citizen racers, a few notes: Larry Poulin, Jr. has struck out on his own and is now running Rainbow Bicycles in Auburn. He has transformed the shop into what he hopes will be Maine's finest bicycle shop. He is knowledgeable and ready to help all level racers and bikers. He has gotten Rainbow Bicycles to sponsor this year's ride across the state. Rainbow has already given me a list of races they will be sponsoring. A quick note - these are citizen races and not USCF sponsored. He may allow USCF riders in his time trials, but not for official placings.

The Rainbow Bicycles Race Series is as follows:

May 15 - Lake Auburn Time Trial

June 5 - Road Race (site not yet determined)

June 26 - Road Race (site not yet determined)

July 17 - State of Maine Championships -- China Lake Course

August 7 - Belgrade Road Race

August 21 - Season Finale -- Lake Auburn Time Trial

No times have been set for these yet, but will be published soon. For more info call the shop at 784-7576.

Rumor has it that ehre will be some other races being held in Camden this summer, but I do not have offical info on them. Dave McNair at the Bicycle Gallery in Camden will probably have more info for me as the season gets underway. For those interested in the USCF schedule, here are the big dates:

May 15 - USCF National Criterium Championships--New York, NY July 17-24 - USCF Master's Road Championships--Pensacola, FL

July 24-Aug. 6 - USCF National Road Championships and Olympic Road Trials--Spokane, WA Aug. 3-15 - USCF Junior Road and Track Championships--Trexlertown, Allentown, Reading PA

At this point I do not know the dates for the Regionals or their locations. I would also like to mention the word is out that the Auburn Triathlon is on schedule again this year--either the 12th or 19th of June.

I will continue to keep the cycling scene updated as the races are run or scheduled. Hold that pace line till next month.

(ED NOTE: Christopher Bovie will be writing about the bicycle and triathlon scenes on a monthly basis. Chris was a long-time runner, but injury "drove" him into cycling, where he has become one of the state's best. We welcome him to the MR&O family and look forward to the growing sport of cycling.)

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32 NEWS

MID-WINTER 10-MILE CLASSIC

While Stuart Hogan "ran" away with the 7th annual Mid-Winter 10-Mile Classic on February 14th in the men's field, Sally Perkins had to overcome a close battle with Deborah Potter and Debbie Jensen for the women's first-place laurels. Perkins slushed through the wet and snowy roads in 65:16. She was 30th out of 114 total finishers. In the 31st and 32nd positions were Potter (65:25) and Jensen (65:26).

Meanwhile, Hogan's 55:44 gave him a 67-second cushion over his nearest competition (Brian Flaners). The 25-year-old Flanders held off Jim Toulouse, 39, by seven seconds.

Co-director Marie Wood of the Maine Track Club said they were happy with the turnout.

(AT RIGHT IN PHOTO: Deborah Potter holds off Debbie Jensen for second-place overall in the women's field. Photo courtesy of Marie Wood).



SNO FEST FIVE MILER

After 28-year-old Bangor resident Brian McCrea won the 10th edition of the Sno Fest Track 5 Mile Read Race on February 21st, he had to wait out in the cold and very strong windsevents for 97 seconds before the next finisher arrived - Brain Ladner. But even after Ladner crossed the finish line, and everyone else too, McCrea was still hanging around outside in hisskimpy racing outfit while the wind bite through to his skin. No, he was not cheering the rest of the finishers as they approached, but instead he was "cursing" the technology of modern automobiles and how they don't have a emergency entrance sys- notch tem for those fools who lock their keys in the car (or the trunk). McCrea did get a adequate warmdown in as he had to run back and forth from a convenient store to make phone calls to the police and a locksmith.

McCrea was busy trying to get into his vehicle that he almost missed the awards ceremony - something Dara Jones did not do. Jones won another winter race as she covered the rolling five miles in 33:15. Jane Rau, 38, was second in 35:55.

Director Russell Martin of the Maine Road Ramblers supplied plenty of refreshments after the race for an enjoyable time out of the cold.

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UPCOMING EVENTS

April 23rd "Spring 5-K" 9 a.m. From Unity College May 2nd "Togus 5 Miler" 10 a.m. From Veteran's Center May 14 "China 10-K Classic" 11 a.m. From Elementary School

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1933 In 19 appar Barry Ivers of Brewer highlighted the 9th annual Demers Track Glassic with a new world age-groupd record in the 60-meter dash. The 77-year-old Ivers established the new mark of 9.5 seconds in the 75-79-year-old division.

More than 400 athletes took part in this year's Demers meet, held Sunday, February 21st at Bates College. One-third of the meet records fell during the day. The New Hampshire Tracksters and the Portland Track Club took the men's and women's team titles respectively, while Twin-K Track Club of Maine captured top honors in the youth division.

Ivers, who holds numerous age-group track and field marks, had set the old standard of 9.8 seconds in last year's Glassic. Ivers also won the Senior Masters 200-meter dash with a time of 33.5 seconds.

Ryan Stoll, a graduate student at Harvard, captured the Walter V. Demers Memorial Mile with a 4:16.3. Bob Sheehan of Boston held off former Bates students Ed Sparkowski and Paul Hammond to finish second in 4:19.4.

Paula Brunetto of Litchfield, CT, cruised to a six second win in the Women's Demers Invitational Mile as she set a meet record of 4:55.5. Lewiston's Kelly Bennett finished second in 5:01.1. Michelle Cormier of Fredricton, New Brunswick finished third.

Other highlights from the open men's events included the high jump, high hurdles, 400-meters and 5,000-meters.

ERic Lammi set a new meet record while winning the high jump in 6'6 1/2"; Alan Baldwin of Hampden Academy took the high hurdles in a new meet mark of 7.6 seconds; Sanford High's Scott Dugas edged former Bangor High star Paul Richardson in the 400; and john Fiola, a UMaine graduate, outbattled former Bates All-American John Fitzgerald to capture the 5,000.

Peter Goodrich, who currently competes for Bates, was named the meet's MVP for his double win in the shot put (46-11 1/2) and the 35-pound weight (50-2).

In the women's open competition, Wendy Delan of Buxton and Alison Poulin of Athletica Track Club both captrued three wins apiece. Delan won the 800, 1500 and 3000-meter events while Poulin captured the 200, 400 and high jump. Poulin also placed second in the 55-meter hurdles and was named the Women's MVP.

Josh Mathieu and Lindsay Huff picked up three wins apiece in the 10 and Under division; while Brian Huff, Dan Eagleson and Kristen Berube picked up two wins each in the 11-12 age group. Becky Dennison, Paula McVeigh, Scott Fowler and John Often all notched two wins in the 13-14 age group.

The meet is sponsored each year by Demers Plate Glass Co., Bates College, Yankee Athletic Club and the Maine TAC.

LOOK FOR NEXT MONTH'S ISSUE FOR COMPLETE RESULTS.

DOVER-FOXCROFT NATIVE GAINS BERTH IN NCAA FINAL

Iowa State senior Tim Wakeland, a native of Dover-Foxcroft, qualified for the final in the mile run at the National Indoor Track and Field Championships in Gainesville, Florida in early March. Wakeland won his heet in a personal best of 4:03.07. The championship meet was held March 18-19 at Oklahoma City.

DEATHS SHAKE RUNNING WORLD

John (Jock) Semple and Glenn Cunningham both died in March. Semple, 84, was an organizer for the Boston Marathon for 58 years. Semple was the individual who tried to physical remove Katherine Switzer from the race in the early '70s. He died of cancer in Peabody, MA.

Cunningham was a University of Kansas track star in the early '30s. He won the 1933 Sullivan Award and was the silver medalist in the 1,500-meters at the '36 Olympics. In 1934 he set a world record of 4:06.8 in the mile. Cunningham, 78, died of an apparent heart attack in Menifee, Arkansas.



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EVENTS



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THE PLOT	and the second second		10. Mike Farmum	23:09
125 7200	Boys 12, 13, 14		11. Ronald Deegan	24:31
	Charles and American		12. Wayne Cadman	26:00
HOLLYOCKET DAY CLASSIC	1. Carlos Moreno	5:54	13. Steve Crone w/Moke	31:54
Bethel July 18th	2. Scot Marchildon	6:09		
	3. Juan Antino	6:22	Female 30-39	
T W/ T T T T T T T T T T T T T T T T T T	4. Francises	6:32		
I-Mile Fun Run: Boys 8 & Under	Jamie Ippolito	7:29	1. Eileen Granahan	22:19
1. Nathaniel Mason 8:29	6. Pat Hairington	7:55	2. Barbara Olson	25:59
2. Steven Mason 8:32	7. Dan Baker	11:37		
3. Dan Poirer 9:25			Male 40-49	
4. Mark Eckerman 10:00	Girls 12, 13, 14			
5. Nathan Mitchell 10:17			1. John Pribram	25:43
6. Dan Olson 12:23	1. Martha Newell	3:00	James Ippolito	26:36
3. 24. 32. 32. 32. 32. 32. 32. 32. 32. 32. 32	Mercedes Brent	9:03	3. Al Fraser	27:00
Girls 8 & Under	5K Run: Male 19 & Under		Female 40-49	98
1. Janel Ippolito 7:31	Samuel Complete Compl			
2. Alex Gillies 9:10	1. Rick Okernan	18:14	1. Ruth Feeney	27:42
3. Shannon Powers 9:47	Jason Miserocchi	19:45		
4. Brooke Cramton 10:50	Shawn Smith	22:33	Male 50 & Older	
5. Sarah Poirer 10:57			1. Chuck Culver	22:18
6- Anna Cohen 10:58	Female 19 & Under			
7. Heather Best 10:59			10K Run: Male 19 & Under	
8. Kristy Flanagan 11:18	1, Sara Pickett	22:31	LIN TO A STATE OF THE PARTY OF	
9. Katie Flanagan 13:23	100000000000000000000000000000000000000		1. Ben Michaud	unkn
10. Halev Hall 15:22	Male 20-29		David Mumford	unkn
		***************************************	3. Peter Francis	unkn
Boys 9, 10, 11	1. Bruce Barth	20:17	52506-2012-2010-2010-201	
2-7-3-4 (De 25-4-) (DD 4-2-02	James Feeney	20:40	Female 19 % Under	
1. Tim Remington 7:02			(2)	4.60
2. Jeffrey Ippolito 7:14	Female 20-29		1. Anita Grover	45:31
3. Matt Thruston 7:16		25.02	11 1 20 20	
4. Mike Clements 7:16	 Laurie Vogt 	25:03	Male 20-29	
5. Steven Remington 7:42	Male 30-39		1. Jim Kittilstred	unkn
6. Ryan Marchildon 9:53	Maie 30=39		2. Blake Johnson	
7. David Payne 9:57	1. Bob Poirer	17:43	2. blake Johnson	unkn

Girls 9, 10, 11

Sara Mason Mary Jo Reed

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John Fischer

Trent Mutchler

Bill Caddigan

18:51

19:23

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In Ir

Main 5

18:42									3
18:51	Female 20-29		4. James Booth		21:10	22	Jim Paterson	46	54:29
19:23	Legate 10-13				21:42				64:35
20:02	Linda Best	52:47	 Ron Burham Rich Abramson 		22:58		Rusty Dewsnap Donald Wilson	29	54:33
20:31	Linga sest	34147						40	
20:39			7. Jack Paul		23:27		Robert Paige	36	54:43
20:52	Male 30-39		ā. Jim Lewis		24:37		Joe Meehan	42	64:47
22:01			9. Herb Robertson		24:38		Joseph Formaro	33	64:53
23:09	1. Kevin McDonald	35:10	10. John Clark		25:52		Bill Skerritt	28	
24:31	2. Bill Hine	3628	11. Sharon Beaudoin		26:03*		Sally Perkins	24	65:16*
26:00	3. Randy Olson	38:08	Suzanne Trahey		26:23*		Deburah Potter	33	65:25*
31:54	4. Dale Dorr	39:29	13. Glen Hanson		27:14	32.	Debbie Jensen	29	
34124	5. Dan Barter	41:13	14. William Torier		27:35	33.	Phil Verina	28	65:30
	6. Russell Carnes	43:31	15. Alan Cox		29:07	34.	Ton Allen	31	65:41
	7. Curtis Cole	47:55				35.	Barry Sargent	4.2	65:43
1447142	8. John Flyn	48:30	Results courtesy of Lon	ny Steeve	0.5	16.	Harvey Fontaine	19	65:48
22:19	9. Halph Hall	61:49		e Directo			Russ Connors	5.5	66:05
25:59	T. Mary II. Mary						David Silk	30	66:12
	Male 40-49		*****	******	******		Steven Robertson	28	67:38
	100 to 10						Michael Cowell	50	67:44
	1. Mike Daly	39:35	7TH ANNUAL MID-WINTER 1	0 WITE C	LACCTC		Paul Casey	33	67:45
25:43	2. John Gasser	47:27	Cape Elizabeth		eb. 14th		Leo Levasseu	30	
26:36		48:06	Cape Elisabeth				Muzzy Barton	35	68:16
27:00	4. Ed Francis	54:46					Wanda Haney	21	68:22*
R878098381	+. Ed Francis	34140	1 Course Manage	24	55:44		Steven Hightower	26	68:47
	Female 40+49		1. Stuart Hogan	25	56:51		Paul Gurney	33	68:56
T	remaic +0-+9		2. Brian Flanders		56:58		William Shuttlevor		69:15
27:42	2 2002002220000	122122	3. Jim Toulouse	39		100	The second secon	-	
1 5 0 1 M 1		44:39	4. Dan Tromblay	34	57:15		Daniel Rooney	43	69:20
	2. Debbie Forbes	52:56	5. Steve Grygiel	30	57:30		Byron Cook	40	69:24
22:18			6. Paul Merrill	33	57:40		Tim O'Leary	41	69:30
	50 % Older		7. Barry Fifield	30	58:20		Phil Pierce	46	69:33
		46:22	5. Kenneth Flanders	36	58:51		Cheryl MacMahon	24	
	2. John Weir	63:05	9. Guy Martin	41	59:03		John DeHart	47	
unka			10. Stephen Fluet	29	59:13		Steve Gifford	33	69:41
unko	Results courtesy of Robin 2	inchuk	11. Ken Houle	40	59:17		Ray Shevenell	47	69:41
unkn	Executi	ve Dir.	12. Guy Lindwall	40	60:28	56.	Nancy Corbitt	26	70:20*
unkn			13. Tom Thibeau	29	60:54	57.	D. Scott Forbes	33	70:36
	****************	******	14. Bryant Bourgoin	37	61:09	58.	Terry Clark	4.3	71:06
			15. Bill Pennington	33	61:41	59.	George Liming	36	71:11
750 65	CABIN FIVER RELIEVER 5K ROV	D RACE	16. Robert Coughlin	49	61:56		Hadley Austin	29	71:21
45:31		. 13th	17. Dennis Weeks	32	62:01		J. Cesta	35	71:31
	Tantana y		18. Michael Dewar	21	62:24		William Davenny	43	71:51
			19. Greg Dugas	33	63:18		Larry Rich	40	71:58
	1. Ray Johnson	8:43	20. Gary Larson	42	63:38		R. Lee Richardson	29	72:01
unko		8:57	21. Brian Ladner	29	63:45		John Erikason	37	72:12
unkn	1. Noel Mobint	0.57	22. Harry Hunt	45	64:16		Walter Webber	57	72:33
SHERIFF AT	J. MOEL MODINE	0.40	22. Harry Munt	9.3	94:10	00.	warrer weboer	37	72:33

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6			
67.	David Freeman	39	72:45
68.	Craig Reynolds	39	73:25
	David Butler	30	
70.	Jane Rau	38	73:29*
71.	Thomas Carll	43	73:50
72-	J.W. Smith	36	74:20
73.	Eileen Stergion	31	74:26*
	Roger Borduas	36	
	Audie Bridges	38	
	Alan Leathers	45	75:43
	Carlton Mendell	66	76:00
	John Kim	51	76:07
	Sandra Wyman	31	76:23*
80.	Richard Jewell	44	76:43
81.	Dick Gilmore	43	77:23
	Arnie Clark	40	78:01
	Frank Morong	54	78:02
	Sally Hendershot	28	78:36*
	Al Mack	37	78:47
	Barbara Coughlin	45	79:03*
	Sandy Utterstrom		79:14*
	Jane Rasmussen	51	79:57*
	Dave Conley	48	80:15
	David Hutchinson	48	
91.	Pamela Fisher	42	81:07*
92.	Katherine Christie	43	83:09*
93.	Jeri Lyn Schroeder	40	84:34+
	Carol Weeks	33	85:05*
	Lorna Jewell	43	85:20*
	Rick O'Brien	41	85:52
	Richard Lepore	57	86:16
	Paula Lepore	40	86:35*
99.	Robert Jones	15	87:28
	Herb Strom	58	87:28
	Ken Nevers	28	89:08
	Russ Bradley	64	90:45
	Bob Cushman	50	90:46
	Jerry Saint Amand	44	90:46
	Sally Paterson	46	92:17*
	Richard Fitzgerald		93:21
107.	Marianne Gagne	46	93:45*

108. Robert Wyman

109. Philip Bartlett 110. Alan Fink

III. Dave Marston	52	1:42:27
112. Sara Hobson	27	1:51:29*
113. Leslie Russell	50	1:52:40*
114. Philip Soule	46	1:52:42

Results courtesy of Marie Wood Go-Director

Aug	usta -5 miles-		Feb. 21st
-		CONTRACTOR OF THE PARTY OF THE	
	Brian McCrea	28	28:01
	Brian Ladner	29	29:38
- 5	Joe Meehan	41	30:16
	Steven Peterson	38	30:20
	Doug Ludewig	48	30:22
	Clifford Rogers	29	30:24
	Ray Johnson	40	30:27
	Fred Karter	38	30:54
	Gene Roy	41	31:14
	Jack Wallace	34	31:53
11.	David Wheaton	35	32:16
12.	Bill Pinkham	45	32:22
13.	Tom McGuire	41	32:30
14.	Robert Jones	15	33:03
15.	John Smith	36	33:09
16.	Dara Jones	31	33:15*
17.	John DeHart	47	33:17
18.	Carl Reilly	34	33:50
19.	Jeffrey Preble	34	34:01
20.	Byron Cook	40	34:15
21.	Edward Miller	38	34:20
22.	Steven Jones	30	34:24
23.	Dick Cummings	50	34:39
	James Booth	42	34:46
25.		42	35:06
26.	Geoffrey Hill	41	35:08
	Clifford Young	39	35:10
	David Benn	42	35:14
	Ron Paquette	46	35:41
	Jane Rau	38	35:55*

31.	Carlton Mendell	66	36:20
32.	Craig Haggett	33.	37:08
33.	Edward Worcester		37 10
34.	Lisa Weymouth	22	37:17*
35.	Ellery Borow	31	37:39
	Bob Cushman		38:23
37_	Bob Lutz	33	38:42
38.	Joyce Sheridan	40	38:53*
39.	Gard Rand		39:01
40.	Timothy Smith	41	39:01
	Robert Wyman	51	39:04
42.	Robert Rines	33	39:33
43.	Con Brewer	33	39:33
44.	Joseph Macomber	26	39:35
45.	Gary Barrett	43	39:54
46.	Joseph Sirois	46	40:29
47.	Bill Clardy	41	40:39
48.	Ives Harmon	43	40:53
49.	Allen Hersom	29	40:55
50.	Herb Robertson	52	41:47
51.	Mary James	31	42:20*
52.	Donnajean Pohlman	37	42:27*
53.	Jerry Saint Amand	44	42:28
54.	Michael Levey	43	42:37
55.	Nancy Ludewig		44:31*
56.	Georgianna Hogerty	32	44140*
57.	John Clark	57	45:00
58.	Sarah Smith		45:34*
59.	Ryan Wheaton	9	46:40
60.	William Tozier	60	47:41

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AG

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39

93:53

96:36

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.

66	36:20
33.	37:08
26	37 10
22	37:17*
31	37:17* 37:39
50	38:23
33	38:42
40	38:53*
51	39:01
41	39:01
51	39:04
33	39:33
33	39:33
26	39:35
43	39:54
46	40:29
41	40:39
43	40:53
29	40:55
52	41:47
11	42:20*
37	42:27*
44	42:28
43	42:37
43	44:31*
32	44:40*
57	45:00
14	45:34*
9	46:40
60	47:41

ssell Martin



Oxford	
AGE GROUP: Male 15 & Unde	r
I. Michael Davidson	25:22
2. Vaikko Allen	34:54
AGE GROUP: Male 16-19	
1. Ron Morris	25:0
AGE GROUP: Women 20-29	
1. Sarah Bates	25:40
2. Cynthia Bates	26:2
AGE GROUP: Male 30-39	
1. Douglas Zinchuk	22:4
2. Philp Savignano	26:4
3. Allen Mallory	32:3
AGE GROUP: Women 30-39	
1. Alice Goodwin	22:5
2. Anne Carter	33:0
AGE GROUP: Male 40-49	
1. David Carter	26:0
2. Roger Zimmerman	27:2
J. Richard Davidson	29:2
AGE GROUP: Male 50-59	
1. John Howe	33:1

7000	Onyor ; Larre	00 2 01001	
1.	Erion Blood		26:
2	Bish Campon		70.

Results courtesy of Anne Carter of Carter's Farm Market & XC Ski Center

PIPEL	INE - 15.1K	
Hampde	en	Feb. 6th
	•••••	
1. J	eff Clarke	53:12
2. D	ouglas Zinchuk	53:36
3. L	eland Martin	54:35
4. A	lice Goodwin	60:36*
5. E	Ric Lovejoy	60:41
6. R	on Bryant	60:50
7. S	teve DeAngelis	61:27
8. M	ike Avery	63+24
9. J	ohn Frachella	54 t 17
10. R	ichard Swan	66:41
11. 5	cott Dolan	66:46
12. B	ob Salesi	67:26
13. J.	ames Love	67:49
14. B	arry Dana	68:28
15. W.	alter Davenport	69:34
16. M	ichael Rioux	69:46
17. A	ndrew MacGillivary	70:40
18. J	im Roberts	71:08
19. K	en Remson	72:09
20. F	reeman Doore	75:45
21. R	ich Cole	75:46
22. C	il Roderick	75:48
23. 5	ean Leathen	75:50
24. 3	ob Wright	76:27
25. K	eith Pratt	76:52
26. 5	teve Mosier	77:09
27. S	hawn Hoyle	77:26
28. E	than Clark	77:38
	. Hillary Billings	77:40*
	nthony Mulvey	78:26
	avid Stainton	78:45
	ennifer Girard	80:00*
	acGillivary	81:33

34.	David Barker	81:43
	Ethan Beard	83:36
	Sally Cole	83:45*
	Lynda Dunn	83:57*
	Courtney Parker	84:37*
	Jerry Ellis	37:01
	Dave Alley	87:11
	Anders Netland	87:17
42.	Adrian Humphreys	88:36
	Duane Diefenbach	88:55
	Thomas Page	90:13
	Bill Deighon	90:50
46.	Mark Ronco	91:07
47.	Andrew Graham	91:26
	Carol Graham	91:31*
	Melanie Poulin	93:23*
50.	Shauna Handrahan	94:45*
51.	Ray Owen	94:55
	Gary Capehars	95:14
	Dick Balentine	95:31
54.	Mark Bamford	95:33
55.	Marsha Giglio	96:20*
56.	Larry Drake	96:34
57.	Paul MacDonnell	97:10
	Kurt Hoffman	97:58
	Kate Wiebe	98:10*
	Brian Galipeau	98:47
	Steve Arthur	98:51
	Lori Ann Later	99:05*
	Michael Lawler	99:22
	unknown	77
	Awani Love	100:06
	Larry Lapointe	100:10
	Irwin Gross	100:49
	Lisa Kempen	101:08*
	Catherine Frazer	102:01* 102:06
	James Nichols	102:12
	Andrew MacDonald	102:12
	Chad Becker David Kruschwitz	102:45
	Harry Brooker	103:33
	Susan O'Brien	104:02
	Steve Holmbraker	107:04
	Ron Crane	107:24
	Jon Eanes	107:55
	Alfred Banfield	108:06
12.	Willen Ballitand	100.00

OF Ma.

iversary &

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nounces AD RACE 1e 1988

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38		
	Barbara Taylor	108:17*
81.	Rudy Raweliff	108:32
82.	Joy Ginder	109:17*
83.	Rusty Davis	110:13
84.	Drew Greiner	110:55
35.	William Congleton	112:16
	Scott Mitchell	113:25
87.	John Rubins	113:42
88.	Anne Hanson	114:27*
89:	ERic Greiner	114:29
90.	Oscar Poulsen	114:32
91.	Lois Cole	115:35*
	Gerald Herliky	116:11
	Bill Rice	117:19
	David Gould	119:44
95.	Susan Brooker	119:52*
	Ellen Van Vranken	120:39*
	Ken Sylvester	120:39
	Claire Ackroyd	120:55*
99.	Steven Schley	121:29
	Andrea Kutzner	121:40*
101.	Grady Stevenson	121:47
102.	Bernie Simpson	122:35
	Jean Carey	124:59*
	Ryan Mitchell	126:29
105.	Sally Jacobs	127:13*
106.	Bill Bartlett Steven Brown	127:39
107.	Steven Brown	127:42
108.	William Rand	127:44
109.	Norman Fitzgerald	127:50
	Pat Kendall	128:03
111.	Steven Norton	129:01
112.	Anne Norton	129:01*
113.	Jerry Mangawang	129:15
114.	Ramonde Bagley	130:27
115.	Marguerice Coutu	132:06*
	John Mahoney	132:11
	Pat Quinn	135:29
118.	Ellen Spring	136:31*
119.	Sue Owen	136:59*
120.	Anne Weston	137:33*
	Jim Sterk	138:03
	Debbi Sterk	138:55*
123.	Shannon Fogarty	138:58*
100	(1-07-07)	A-575 TO TOTAL

7.00	124.	unknovn	7.7
2		Alan Aitken	140:29
	126.	Diane LaPointe	142:50*
3	127.	Allen Sockabasin	142:52
3	128.	Christine Mangawang	143:16*
5	129.	Jane Brann	143:56*
5		Alison Bayer	143:56*
2	130.	Robert Bayer	147:19
*	131.	Steward Later	147:21
3	132.	Dave Kane	149:58
2	133.	Thomas Roberts	152:52
*	134.	Christopher Hopper	154:24
L	135.	Muriel Hopper	154:50*
	136.	Morna Rawcliffe	154:58*
	137.	Kevin Cuddy	158:32
*	138.	George Sno⊌	159:27
*		S.L. Wagner	160:20
*		Donna Dwyer	160:23*
		Trudy Curtis	160:52*
2		Teresa Gormley	160:53*
*		Judith Faust	160:54*
5		Phil Boscom	160:58
		Carl Franson	164:49
*		Robin Balentine	169:15*
		Gerald Raymond	169:50
*		Donna Gilbert	173:15*
		Nathan Gilbert	175:52
		Debbie Spencer	177:00*
ĝ.		Brent Spencer	177:30
		Del Spencer	180:00*
1		Bob Johnson	185:00
ġ.,,		Brett Johnson	185:01
*		Irene Bartlett	190:00#
		Gerryann Barnard	191:00*
		Mary Boutet	191:10
*		Elaine Albright	200:00*
		Earle Beard	200:01
S	160.	Thomas Dudek	200:59

Results courtesy of Bob Salesi Race Director

161. Eric Brown & son

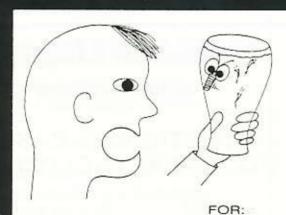




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Proceeds: To benefit the Brewer Track Complex. 5 K - Certified by TAC Distance: Sunday - April 10 at 11:00 a.m. Date: Pendleton Grade School - Brewer Start: \$6.00 per individual - includes Levi Polo Shirt **Entry Fee:** Plaques & "Levi" jeans for the first two male & female finishers in Prizes: the following age groups: 12 & Under 13 - 15 Sponsored by 16 - 18 EPSTEIN'S OF MAINE 19 - 29 30 - 40 LEVI STRAUSS & CO. 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. Make check or money order payable to "Epstein's Five Aces Road Registration: 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 Must have five (5) members - lowest aggregate time will CHALLENGE: be considered as the winner. 1st Place - Levi jeans for the first 5 finishers on the winning team.

ting

	Address:	City	State	Zip Code
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 and all rights and claims for personal damages I may have against officials and race sponsors I attest and verthat I have full knowledge of the risks in this event and I am physically fit to participate in this event. Signature Date:	Phone:	Age	Sex	T-Shirt Size (S, M, L, XL)
Team Name (must have 5 people to qualify) In consideration of this entry accepted I, for myself, my heirs, executors, administrators, waive and release and all rights and claims for personal damages I may have against officials and race sponsors I attest and verthat I have full knowledge of the risks in this event and I am physically fit to participate in this event. Signature Date:				Circle one
and all rights and claims for personal damages I may have against officials and race sponsors I attest and verthat I have full knowledge of the risks in this event and I am physically fit to participate in this event. Signature Date:				
The state of the s	In consideration of	aims for personal dama	iges I may have against o	officials and race sponsors I attest and verify
*Parents signature is required if participant is under 18 years of age. HAVE FUN!	that I have full know			
	that I have full know			

/F	AGE	SIGNA	TURE				
AME	- t	AI	DDRESS				
ereby wai	nsideration of the ve and release any rs of this race.						
In co	nsideration of th	is antry bains	received I for	myself my hair	e and	Laccion	ic.
	form to: Spring I t, Maine 04974	Fever RJad Rac	e, Searsport Di	strict High Sch	001, Ch	nurch St	reet,
		OFFICIAL ENTRY					
M A	INE RUNN	ING & O	UTING MA	GAZINE			
OMPL	ETE RACE	RESULTS	WILL BE	PUBLIS	H E D	IN	
	(Register at	9:00 A.M. day	of race)		ot.		
Negistrati	on: Make check o	r money orders	payable to the	Searsport Distr	ict Hi	gh Schoo	10
			.00 /1				
	3		:00 A.M.	10			
	-	ATURDAY	, APRIL 23	nd			
		1	MILES				
			7.]			Ę	(8)
			LIF				
			0 (C)	50 and	over	(Male	& Femal
		POA	O RACE	31 to			& Femal
		4		15 to 21 to			& Femal & Femal
UN RUN:	1 mile at 10:00 A	M.		2 14 and	under	(Male	& Femal
	\$1.00 fun run		1/2 - 1/2 ·	Ca DIVISIO	NS:		
	\$6.00 per perso day of race	n 6 3	19/2/	D			
INTRY FEE	: \$5.00 per perso	on Q		E			
IISTANCE:	Hilly 4.5 mile o	on RING	(B) 11	Sears	port 3	lr. Clas	S
Jacob Comment				A			

St. Joseph Spring Wellness Run

Wit	1EN?	Saturday, April 30th, 1988		
WH	IERE?	ST. JOSEPH HOSPITAL (Parking 297 Center Street Bangor, Maine	Lot)	-sponsored by- ST. JOSEPH HEALTHCARE FOUNDATION P.O. BOX 8184 BANGOR, MAINE 04401
DI	STANCE:	5 Kilometers (3.1 miles)		
	ME:	10:00 a.m. start		Mail entry form with your entry fee to the above address, or register the day of the race
<u>EN</u>	TRY FEE:	\$3.00 Registration fee - pay \$6.00 Registration fee inclu- Make checks payable to: St.	able with des T-shir Joseph Hea	registration - no T-shirt
PRE	-REGISTRA	ATION & REGISTRATION: 9:00 a.r	n	Table , Gallage Toll
Die	Dave	SE WESOCIA MILE BE PORFIZHED	IN "MAINE	RUNNING AND OUTING" MAGAZINE
KIR	BONZ MILL	BE AWARDED IN THE FOLLOWING	DIVISIONS	£
н	1st-3rd	Men's Open	1st-3rd	Girls (10 & Under)
	1st-3rd	Women's Open		Boys (10 & Under)
н	1st-3rd	Men's Masters (over 40)	*	Boys (11 to 15)
н	1st-3rd	Women's Masters (Over 40)	1st-3rd	Girls (11 to 15)
		Finisher		St. Joseph Employees - Men
н	Oldest F	inisher		St. Joseph Employees - Women
FEAT	URES: One	Aid Station at midway point	(includes	time)
		from the Run will go to St. J		
-				
		OFFICIAL ENTR		
ASSIG AGAIN	ONSIDERAT GNS HEREBY IST THE SI	ION OF THIS ENTRY BEING ACCEP Y WAIVE AND RELEASE ANY AND A PONSORS OF THIS RACE.	TED, I FOI LL RIGHTS	R MYSELF, MY HEIRS, AND AND CLAIMS I MAY HAVE
NAME		ADDRES	22	
AGE	DIVIS	ION ENTERING		MF
				T-SHIRT SIZE S M L XL
OIGNA	TURE OF P	ARENT OR GUARDIAN FOR THOSE U	NDER 18	

_____\$6.00 (includes T-shirt)

RUN FOR A FREE SOUTH AFRICA

10K AND A 3K "FUN RUN"

MAY 1, 1988



Please join us in The Run for a Free South Africa, all proceeds to go to the Bowdoin scholarship fund which subsidizes the university expenses for E. Maloka and A. Dlamini, two black South Africans who would otherwise not have the oppurtunity to attend university. Forced into meager homelands and unable to vote or own property, 24 million blacks in South Africa are ruled by 4.5 million whites under the system of Apartheid. This run represents a concerted community effort to raise public awareness as well as to aid and educate black South Africans in their struggle for freedom.

Date: Sunday, May 1, 1988

Time: 10:00 a.m.

Location: Start and finish at Bowdoin College, Brunswick (on Infirmary lawn, next to Moulton Union).

Registration: Fee \$5 (\$6 day of race). Registration begins at 8:30 a.m. T-shirts available on a first-come-first-served basis. All checks should be made payable to "Bowdoin College" and should be sent with registration forms to:

Run For A Free South Africa M.U. Box 459 Bowdoin College Brunswick, ME. 04011 [Tel: (207) 729-8929]

Facilities: Rest rooms at college, water stations along route, refreshments at finish.

Categories: Male and female for 10K, prizes will be awarded.

Registration Form

The undersigned agrees to indemnify and hold Bowdoin College, its officers, employees and agents, harmless from any claims, damages or causes of action arising out of my participation in the road race on May 1, 1988.

Name:	Male/Female:
Mailing Address:Signature:	Age (as of May 1)
Signature of parent or guardian if under Plan to run in 10K "Fun Run" (3K)	18:

COMPLETE RESULTS IN MAINE RUNNING & OUTING MAGAZINE

ontgomery, right on t on Valle Linden and

T-Shirts to the 1st 75 Runners to Register in 5 miler Mile Markers for All Miles Courtesy of Central Maine Striders SHOWERS AND CHANGING FACILITIES ARE AVAILABLE IN TOGUS GYM

SUNDAY MAY 1, 1988

1988 NATIONAL HOSPITAL WEEK

I Mile Fun Run/Walk: 10:00 am

5 Mile OPEN RACE: 10:15 am

LOCATION: VA MEDICAL CENTER RT. 17, TOGUS, ME. (APPROX 5 MILES FROM BOTH GARDINER AND AUGUSTA)

PREREGISTRATION:

5 MILER: \$5.00 1 MILER: \$2.00

REGISTRATION : DAY OF RACE: 5 MILER: \$6.00

1 MILER: \$3.00

Please make checks payable to Togus Road Race PREREGISTRATION:

CHRISTOPHER BOVIE 7 Page St. Hallowell, Me. 04347 TEL: 623-1033 (home) 623-8411 x 5271 (work)

COURSE IS WHEEL MEASURED WITH AN APPLICATION FOR CERTIFICATION FILED

Club #450

of AMERICA

Club #137

COURSE IS VERY FLAT AND VERY FAST: PERFECT FOR A FIVE MILE PR!!!!!!!!!

MERCHANDISE AWARDS WILL BE AWARDED TO 5 MILE FINISHERS IN FOLLOWING CATEGORIES:

1st and 2nd place overall: 1st two places in following age groups: 19 and under; 20-29; 30-39; 40-49; 50-59; 60 and over (male and female)

1st PLACE PRIZE is a PAIR OF BROOKS RUNNING SHOES;

A RAFFLE WILL FOLLOW AWARDS CEREMONY FOR ALL THOSE WHO DID NOT PLACE IN THE RACE

TROPHIES WILL BE AWARDED IN THE FUN RUN IN VARIOUS AGE GROUPS

PROCEEDS FROM THIS FINE RACE WILL BE DONATED TO THE RONALD MACDONALD HOUSE AND TO THE GROWING CIRCLE CHILD CARE FACILITY AT TOGUS

REFRESHMENTS WILL BE AVAILABLE AFTER THE RACE AND WATER WILL BE AVAILABLE ON THE COURSE

	OFFICIAL ENTRY FORM		
NAME:		AGE:	SEX:
ADDRESS	CITY:		STATE
TEAM AFFILIATION:			
FIVE MILE ENTRANT:	FUN RUN/WALK ENTRANT:		

8th Annual

ROCKY COAST ROAD RACE 10k

Boothbay Harbor, Maine

May 7, 1988



Gail McLellan



Creighton Giles

This year's race is dedicated to the memory of Gail McLellan and Creighton Giles, supporters and white the inception of the Rocky Coast Road Race. Their families, the community and the MICA have suffered a great loss. Proceeds will be sed to purchase equipment for the YMCA Fitness Center.



Portland Branch Office of



is the proud co-sponsor of this year's race

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Eighth Annual

ROCKY COAST ROAD RACE

BOOTHBAY REGION YMCA



10,000 METER (6.2 Miles) WHEEL MEASURED COURSE/ELECTRONIC FINISH TAC CERTIFIED CODE # ME-85002-GN

Saturday, May 7, 1988 10:00 a.m. (rain or shine) at the Boothbay Region YMCA, Townsend Avenue, Boothbay Harbor, Maine 04538

REGISTRATION: 8:15 to 9:30 a.m. Pre-registration \$6.00, \$7.00 race day. T-shirts first 100 registration Extra T-shirts for sale at YMCA front desk.

RACE DIRECTOR: Jay Krouse 633-2435; Race committee: Rachel Jordan, Lucille Palino, Dot and Pike, Lin Smith and Bill Yocum; Race Doctors: Andre Benoit and Douglas Long.

FACILITIES: Boothbay Region YMCA; locker rooms - showers - bathrooms - saunas - swimming printers Center.

AWARDS CEREMONIES: Noon.

AWARDS

MEN'S OPEN - Top 5 positions	WOMEN'S OPEN - Top 5 positions
12 yrs & under - first 2	12 yrs. & under - first 2
13-18 yrs first 3	13-18 yrs first 3
19-29 yrs first 3	19-29 yrs first 3
30-39 yrs first 3	30-39 yrs first 3
40-49 yrs first 3	40-49 yrs first 3
50-59 yrs first 2	50-59 yrs first 2
60 & over - first 2	60 & over - first 2

Awards will also be given to first Boothbay Region Finisher (male and female) and oldest finisher. Note: Winners eligible for only one award.

Complete race results will be published in the "Maine Runner"

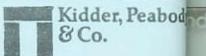
PRIZES: Andersen pottery

REFRESHMENTS: Chowder - oranges and orange juice - soda - coffee.

FOR FURTHER INFORMATION CONTACT THE BOOTHBAY REGION YMCA AT 633-2855.



REGISTRATION 8TH ANNUAL ROCKY COAST ROAD RACE



Name (Please Print)

Age Sex Phone Address

Check here if Boothbay Region Resident.

Check here if Boothbay Region YMCA Member.

In consideration of Boothbay Region YMCA permitting me to participate in the Rocky Coast Road Race, I hereby, for myself, my heirs, administrators and assigns waive and release any and all rights and claims of any nature that I may have against Boothbay Region YMCA, and any organization connected with this event, their representatives, successors, and assign for any and all injuries or damages which I may suffer while taking part in my activities connected with the event.

Signature of participant (under 18 signed by parent or guardian)
Make Check payable to Boothbay Region YMCA at above address.
Please circle shirt size: S M L XL

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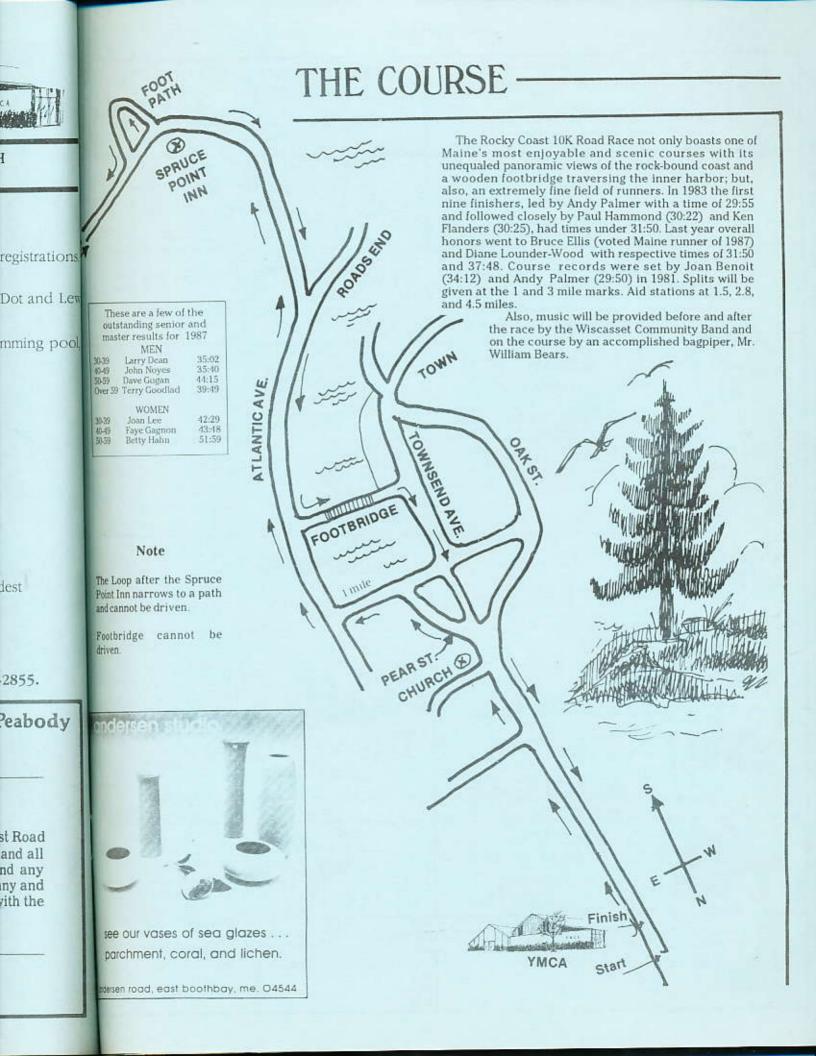
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Quality Comfort Away From The Crowds!

HOWARD HOUSE MOTEL

OPEN ALL YEAR \$37-\$45 Dbl. Occupancy Single - Deduct \$5

FISHERMAN'S WHARF INN & MOTEL

Boothbay Harbor, Me. 04538

(207)633-5090

Breakfast Included

Route 27 Boothbay Harbor 633-3933

BROWN BROTHERS WHARF MOTEL

Atlantic Ave. Boothbay Harbor ME 04538

Off Season Rates Available



4 mile from the YMCA

Rt. 27 Boothbay Harbor, Me. Cho

(207) 633-6555

Henry s

Located at the Flagship Inn

Fine Dining

152 Townsend Avenue, Boothbay Harbor



(in back of Merrill Bank)

Pizza - Whaleboats - Hot Sandwiches

Homemade Soup Buffet

At the Harbor Head

5 am - 2 pm 633-5771 viginalient is to

Open Daily



Spruce Point Inn

ON THE OCEAN BOX 237 BOOTHBAY HARBOR, ME. 04538 1-207-633-4152

Located in

Wiscasset - 882-7504 and

Boothbay Harbor - 633-2156



McSEAGULL'S

FINE FOD & DRINK.
RIGHT ON THE WHARP
LIVE ENTERTAINMENT

ROOTHBAYHARBOR



On the Meadow near the Y

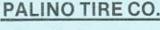
Good luck runners



633-2144

RADIO-TV SALES & SERVICE

FILMS—CAMERAS—APPLIANCES—HOBBY SUPPLIES—TOYS 19 TOWNSEND AVE. BOOTHBAY HARBOR, MAINE 04538



Academy Hill Newcastle, Me. 04535 563-5616



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of the Footbridge in boothbay Herbor, Maine



633-4074



"Stop by on you drive around 0a

Rt. 96 E. Boothbay

Mary Ev. & Howard Friant (207)633-3900



Motor Inn

Townsend Ave Boothbay Harbor, Me. 04538 (207)633-5094





TUGBOAT INN RESTAURANT & MARINA

633-1434

100 Commercial St. Boothbay Harbor, Me. 04538

(207) 633-6605



West Boothbay Har Maine 04575

633-5381



WATERFRONT MOTEL

65 Atlantic Ave. Boothbay Harbor, Me 04538



RUSSELL HOUSE

INN & RESTAURANT BOOTHBAY HARBOR

RESERVATIONS ACCEPTED 633-6656



Open Daily 5 am - 2 pm 633-5771

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ar the YMCA

unners



Stop by on your next ru trive around Ocean Poin

633-450



oothbay Harbor, aine 04575

SE





WHEN: May 14th, 1988 WHERE: China Elementary School, China, Maine

EVENTS: The China 10K Classic is comprised of two events; a 1 mile "Fun Run" and a 10 kilometer road race.

REGISTRATION: Entrants may pre-register prior to May 6th by sending the completed application and entry fee to CHINA 10K CLASSIC, P.O. Box 259, China, ME 04926. Registration will be held at China Elementary School on race day from 8:00 until 10:05.

PRIZES: T-Shirts will be given to the first 150 entrants in the "Fun Run", and to the first 150 entrants in the 10K race. In addition, 1st, 2nd, and 3rd place awards will be made in the following categories: Kindergarten thru 8th grade and adults in both boys and girls divisions in the "Fun Run", and 14 and under, 15-19, 20-29, 30-39, 40-49, 50 and over, and 1st China Resident in the 10K race. \$50.00 Gift Certificates will be awarded to the overall winners (male and female) in the 10K. Other awards will include trophies, ribbons, sweatshirts, craft items, and homemade pies. After the awards are given out, a number of drawing prizes will be given away, including a 10-Speed Bicycle to some "lucky" entrant in the "Fun Run".

REFRESHMENTS: There will be two water stops along the 10K course. Refreshments will be served to all finishers at the finish line. After the races, FOCES will offer a lunch with hot and cold drinks while the race results are being tabulated.

SCHEDULE OF EVENTS:

8:00-10:05 Registration 10:15- Fun Run Start 11:00- 10K Start

11:45- Awards Presentation Start

RECORDS:

Bruce Bickford 31:28 Kelly Bennett 38:22

RESULTS: All results will be posted on a large display board immediately after the race. In addition, entrants can view their time as they cross the finish line in each race on a Digital Display Clock conveniently placed above the finish. Complete results will be printed in the July issue of "Maine Running". SPONSORSHIP: The task of organizing and presenting the CHINA 10K CLASSIC is under the direction of the Friends of China Elementary School (FOCES). All proceeds from the race are used to subsidize educational activities for the children of China Elementary School. Sponsors and patrons will be acknowledged on race day. ENTRY FEES: Fun Run — \$5.00 10K - \$6.00 before May 6th \$7.00 after May 6th and on race day. INFORMATION: Information regarding the China 10K Classic & Fun Run can be obtained by writing Bill Hunter, Race Director, at Box 259, China, ME 04926 or by calling (207) 968-2163. APPLICATIONS or injury that may occur to me as a participant in this event. In consideration of being accepted in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all sponsors of the CHINA 10K CLASSIC & FUN RUN including FOCES, and all persons associated with FOCES and the CHINA 10K CLASSIC, its directors and volunteer workers from all claims, damages, rights of action, present or future, whether the same be known, anticipated or unanticipated,

Please enter me in the 1988 CHINA 10K CLASSIC roadrace. I agree to assume all responsibility for all risk or damage resulting from or arising out of, or incident to my participation in this event. I hereby certify that I am physically fit and have trained for competition in this event. I further understand that my entry fee is not refundable.

FUN RUN

(Entry Fee \$5.00)

_____ Age (5/16)____ Sex___ Name Address_ Signature _ Parent must sign if entrant is under 18 T-Shirt Size: S M L Adult S Adult M (Circle One)

10K

(Entry Fee \$6.00 before 5/6; \$7.00 after 5/6)

						19 1	
Address							
Signature							
T-Shirt Size:	5	M	L	XL	(Circle One)		

Name

MAIL APPLICATION & ENTRY FEE TO: China 10K Classic P.O. Box 259 China, ME 04926

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risk or damage t. I hereby, for OK CLASSIC & s and volunteer r unanticipated. illy fit and have

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race day.

can be obby calling

WINTER HARBOR DASH and THRASH

BIATHLON

DATE - SATURDAY, MAY 21, 1988 - rain or sl

TIME - 10:00 AM

COST - \$6.00 PER PERSON. \$12.00 PER TEAM. DAY OF RACE \$7.00 PER PERSON. \$14.0 PER TEAM. ENTRY FEE MUST ACCOMPANY APPLICATION. MAKE CHECK PAYABLE TO "RECREATION FUND 30071". NO REFUND

> ON ENTRY FEE. ENTRY FEE WILL BE AC UNTIL 9:30 AM ON DAY OF RACE.

T-SHIRTS -

T-SHIRTS WILL BE GIVEN TO THE FIRST 40 PAID ENTRANTS.





DIVISIONS -

1. SINGLES - MALE - FEMALE

OPEN - 29, 30 - 39, 40 & OVER 2. TEAMS - MEN - WOMEN - MIXED

NO AGE DIVISIONS ON TEAMS

COURSE - RUNNERS WILL RUN A TOTAL OF 5 MILES ON AN OUT AND BACK COURSE, HAND TAG-GING BIKER IN EXCHANGE AREA. INDIVI DUALS COMPETING ALONE WILL HAVE THEI BIKES PARKED IN EXCHANGE AREA. BIKE WILL EXIT PARK ON LOOP ROAD WITH A TOTAL OF 11 MILES BACK TO START. MI SPLITS AND WATER ON RUNNERS SECTION OF COURSE.



REGISTRATION

FULL RACE RESULTS PUBLISHED MAIL TO: JEAN DICKSON IN MAINE RUNNING

RECREATION SERVICES

WINTER HARBOR, ME.

PHONE # 963-5534 EXT. 287/288

IF TEAM - s m 1 x1

IN CONSIDERATION OF ACCEPTANCE OF THIS ENTRY, I HEREBY WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST SPONSORS AND OFFICIALS FOR ANY AND ALL INJURIES SUFFERED BY ME IN THE DASH AND THRASH BIATHLON IV-NAME(S).....T-SHIRT - s m 1 x1

AGE ON RACE DAY..... SIGNATURE.......

DIVISION: SINGLE M-F OPEN-29 30-39 40 & OVER TEAM - M-F MIXED NO AGE DIVISIONS ON TEAMS



1988 TAC MAINE STATE

5K RACEWALK CHAMPIONSHIP

& 5K FITNESS WALK (ON SAME COURSE)

SATURDAY, MAY 21

COURSE LOCATION:

GODFREY BLVD., BANGOR (ENTRANCE TO

BANGOR INTERNATIONAL AIRPORT)

MAIL REGISTRATION TO: MYEROWITZ CHIROPRACTIC CENTER 1570 BROADWAY, BANGOR, ME 0440

LATE REGISTRATION: AT COURSE SITE, DAY OF RACE 9:30-

10:30 AM

REGISTRATION FEES: 16 Yrs. & Older - \$8.00

Under 16 Yrs. - \$4.00

"T" Shirts to first 60 pre-registrants prior to 4/25/81

NET PROCEEDS TO MAINE WALKERS CLUB

SPAGHETTI FEED AFTER THE RACE AT MYEROWITZ CHIROPRACTIC CENTER, 1570 BROADWAY, BANGOR

AM	E:				ADDRESS:						
IT	Y:				STATE:	ZEP CODE:					
EL	EPHONE	N	o	<u> </u>	SEX:	DATE OF BIRTH:					
T"	SHIRT	S	IZE S	M L XL (Circle one)	TAC NO.					
	EGORY ge:	_	(Circle		MEDALS	- 1st place Male/Female In All Categories					
	Under 12 -	17	A B	AA BB		- 2nd/3rd place Male/Female In All Categories					
	18 - 40 - 50 -	49	C D E	CC DD EE	RIBBON	IS - Fitness Walkers with qualifying time of 39:31 (12:45 Avg. Mile)					

INDITIONS: If you do not fully accept the conditions below..... DO NOT PARTICIPATE!

the undersigned, know that as a participant in the race walking event, that I should not mter and walk unless I am medically able and properly trained. I assume all risks associmed with the walking, including, but not limited to, falls, contacts with other participants the effects of the weather, including high heat and/or humidity, traffic and the conditions I the road; all such risks being known and appreciated by me. Having read this waiver, and towing these facts, and in consideration of your accepting my entry, I for myself, and anyme entitled to act on my behalf, waive and release the Maine Walkers Club, the Myerowitz Mropractic Center, the City of Bangor and all sponsors, their representatives and successor mm all claims or liabilities of any kind arising out of my participation in this evernt.

MATURE:

DATE:

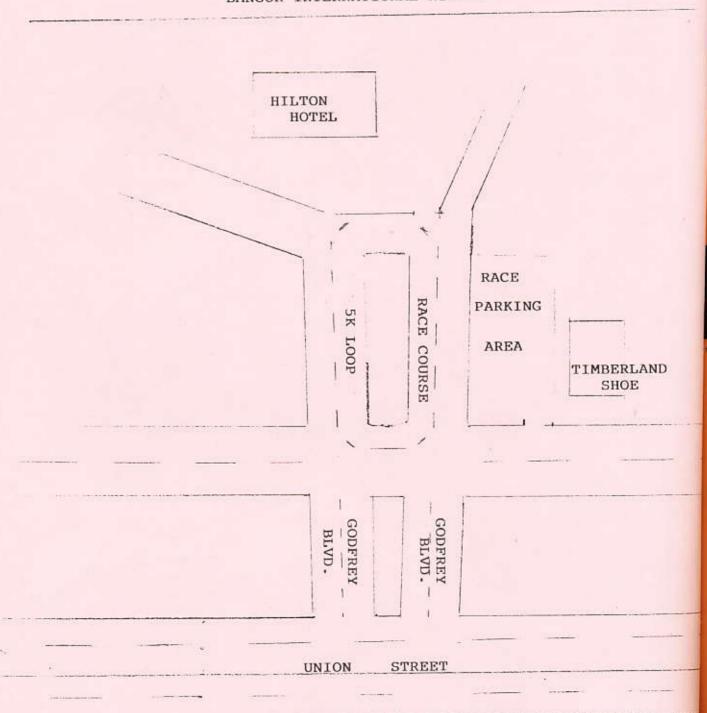
(Parent/Guardian if under 18)

MANSORED BY: The Maine Walkers Club, The Myerowitz Chiropractic Center (MCC)

PPORTED BY: Hilton Hotel, Bangor and Timberland Shoe, Bangor

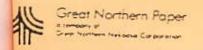
MTACT PERSON: Marie Walton - Myerowitz Chiropractic Center, 1570 Broadway, Bangor, ME 044 947-3333 or 1-800-942-CURE

(PERACE CER ORUER CIRE)



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GREAT SPRING CLEAN-UP ROAD RACE

INC.

WHERE:

East Millinocket - Park by Opal Myrick School

WHEN:

May 22, 1988 @ 1:00 p.m. - 1 miler first with

5 miler directly after.

SPONSORS:

East Millinocket Recreation Department, Coke, Nicholson's Insurance Agency, Great Northern Paper Company, McDonald's, and Tanous & Snow,

ATTY.

ANDUS & SNOW ATTORNEYS

LAW

AT

REGISTRATION: \$5.00 - Includes t-shirt - Begins @ 10:30 a.m.

at the Opal Myrick School.

AWARDS:

NAME

Trophies to division winners - Male & Female

1 Mile 7 & under DIVISIONS -

30-39 8-14 40-49 15-19 50 & over

20-29

DIVISIONS -5 Mile 14 & under 30-39

15-19 40-49 20-29 50 & over





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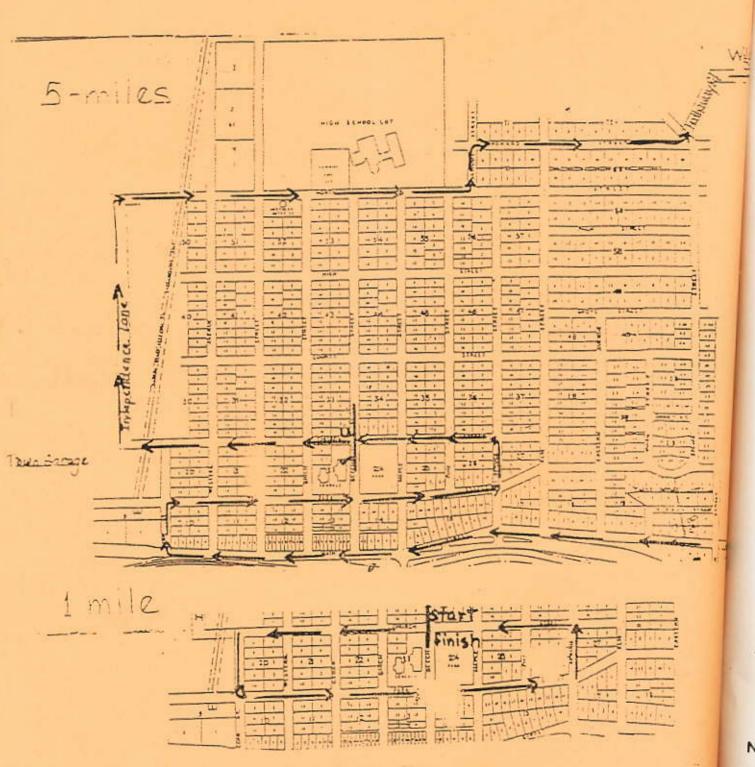


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SEND PRE-REGISTRATION TO:

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

ADDRESS								AGE_		
In consi heirs and ass I may have ag		eby	waive a	and	rele	ase a	ny r	for mys	self, my and clai	ms
SIGNATURE										
SIGNATURE OF	PARENT (if u	nder 18	3)	100					
T-SHIRT SIZE	- YOUTH	S	М	L						
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PROCEEDS WILL	BENEFIT	THE	LITTLE	LEA	GUE	& TAS	STE	LEAGUE	PROGRAM	S



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