

First Snow Falls on High School XC Championships



\$1.75

DECEMBER 1987

INSIDE: 1987 MNC Ski Results and "Dry Land Ski Training" Plus, Brunswick Runner Wins Triple Crown of Maine Marathoning and "The Year in Review"



P. O. Box 3399 Brewer, ME

More than 400 young runners, like these girls from the Class B race, lined up in the snow at the University of Maine at Augusta in early November for the High School State Cross Country Championships. Many of us who have graduated to the road racing scene have fond memories of when we spent the cool autumn days training with a team. The comraderie, the team spirit, the dedication and the simple love of the sport is very inspiring. I hope to see more of you road-racers next fall, but if you want to know who will be Maine's future stars, check out the story on the meet.

While I am on the subject of reminiscing the two-page pictorial of 1987 should bring back a flood full of thoughts from the past year.

This issue is a transition period for MR&O - from road racing to cross country skiing. Mike Simoneau begins a monthly column on the latter this month, but if you are still not ready for the SNOW, the NEWS sectis full of stories about fall races - and there were some great ones.

January 1988 is soon upon us and with the new year there will be a new logo for MR&O. Millinocket's Cindy Lynch, also a very capable runner and paddler, has designed a new logo for the magazine. Though I am not a man of changes, I thought Maine runners, skiers, walkers, paddlers and bikers ought to know that MR&O has gone through a change. I hope you all enjoy the direction MR&O is heading.

MAINE RUNNING AND OUTING is published

monthly in Bangor, Maine.

PUBLISHER/EDITOR - Chuck Morris (947-1190) MR&O, PO Box 3399, Brewer, ME 04412 SPECIAL THANKS TO: Gail Schade, Steve Ives, Lisa Burger, C.D.S., Joanie - for her infectious love of the sport, Doc - for his long distance dedication, the photo crews, the Saint and MY FATHER.

(Have I missed anything? REM - for their inspirational lyrics. How was your BDAY LL?) Yes, I almost missed Randy and his dad.

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Cover photo by MR&O. Some photos in pic are courtesy of BDN, MTC, Brenda Smith, Jay Spenciner. Thank for sending photos - I will

1-4304

Road Race Calendar

DECEMBER 5 5th Annual SEASON'S GREETINGS ROAD RACE, 4- miles (or so) at 11:00 a.m. from the Madison Junior High. \$3.00 entry fee. Race may be moved to the new high school, so contact Son Paquette (+37-9237).

DECEMBER 19 2nd Annual CANDY CAME FUN RUN (non-competitive). 2.4 miles. At half-way mark runners will sing carols to Sursing Home. Begins at 3:00 p.m. from the Freeport Town Square. Joan Benoit Samuelson is the host. Contact Rob Laskey at 729-4104 for more information. \$8.00 fee benefits Maine Special Olympics.

(See story in this issue.) FROSTBITE FOUR MILER. Contact Charlie Scribner at 772-5781 for more information.

JANUARY THAW 4.5 MILE ROAD RACE, 12-moon from Belgrade Central School, \$3.00 entry fee. Contact JANUARY 10 Jerry Saint Amand (873-6753) for moreinformation.



JANUARY 4

Discover Cross-countr

This calendar is part of the MAINE NORDIC SKI COUNCIL RACE SERIES. Next month there should be an update on some of Maine's ski centers.

JANUARY 1 CARTER'S LAST STAND. 5K at 11:00 a.m. from Carter's Farm Market XC Ski Center in Oxford. Contact Dave Carter (539-4848) for more information.

SNORADA CUP. 15K for men and 10K for women from the Snorada Ski Touring Center. For more information JANUARY 2 contact Buzz Davis, 525 Lake St., Auburn 04210 or call 732-6602.

JANUARY 3 UPCOMING COUNTRY NORDIC 15K. Call Ann Rider at 473-7265 for more information.

JANUARY 9 LOKI'S LOPTETT 10K at Troll Valley Cross Country Ski Center. Contact Virginia Sayward, 16 Stewart Ave., Farmington 04938 for more information or call 778-2830.

NORTHERN LIGHTS CLASSIC 10K on Titcomb Mountain. Contact Tom Upham, Northern Lights, Farmington 04938 JANUARY 15

JANUARY 17 SPRUCE MOUNTAIN CHALLENGE, 7.5% at Spruce Mountain in Livermore, Call Randy Easter at 645-4630

for more information.

JANUARY 17 SCANDINAVIAN SKI TOUR, 5K for women and 10K for men at the Bethel Inn XC 5ki Area. Contact Sally

Sayer at 824-2175 for more information or write to Bethel Inn. PO Box 671. Bethel 04217.

DANGLARY 23 BEN LOCH FARM'S THIRD ANNUAL 21K. For more information contact Howard Feley, RFD 1 Box 1020,

Dixmont 04932 or call 257-4768.

JANUARY 30 GREAT CARIBOU BOG 18K WINTER SKI TOUR AND RACE. From the Bangor Mall to Gld Town. Contact Bill

England, 160 Broadway, Bangor 04401 or call 941-2875 for more information.

FEBRUARY 14 LAST WOOD SKI RACE. From Carter's Farm Market XC Ski Center in Oxford. Begins at 11:00 a.m.

Contact Dave Carter at 539-4848 for more information.

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P.O. Box 1177 Waterville, Maine 04901

For Information Contact: Jerry Saint Amand, President (873-6753)

UPCOMING EVENTS

Dec. 5 - Madison 11 a.m. "Season's Greetings" 4 Mile Road Race

Jan. 10 - Belgrade 12 Noon "January Thaw" 41/2 Mile Road Race Dear

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Runner's Forum

Dear Editor:

I am writing this to publicize something the readers of your publication have the right to know.

This is a form letter. It is going out to the appropriate regional publications specified by another publisher in a press release form letter.

I am not sending that.

An organization called the American Poetry Association advertises extensively in this area, perhaps in your periodical. I would like you to reject their advertising in the future if it has, and reject it if they ever do contact you.

The Association operates what I would call a Ponzi swindle. It prints large cash awards in its ads, but it does not discuss that these awards come from advance sales of its anthologies to their contributor and a fifty-dollar fee assessed those writers who wish their faces and life stories in black-and-white.

I decided myself that it would be worth it just this once to play the Mark Twain fool, but never again; I am embarassed to be in the company of worse fools than I am because it shows in their lyric drivel as well as our kindred stupidity.

I would advise all aspiring writers of whatever genre to never reply to a publisher that asks for more than a small reading fee. (The American Poetry Association hooks you by telling you your material has been accepted. Everyone's is, apparently, and then another note in the circular tells you that publication is conditional upon purchase of your own work.) I prefer getting at least a free copy for my trouble, and a check makes my heart leap like a demented jumping bean grub. That is my future policy. A vanity publisher, by any other name, is just that, and that is my costly lesson.

Also, this American Poetry Anthology is a fat book, and I am not thrilled with the "audience" (i.e. all the other suckers) who have paid to see it already.

Sincerely yours,

C M Uall TTT

Thank You Tuffs and Bonne Belle - by Gail H. Schade (special to MR&O)

Why, you might ask, would a middle-aged woman from Maine travel 150 miles to run the annual Tufts/Bonne Bell Columbus Day Race, seven out of the last nine years? Certainly she doesn't expect to win; at best she places in the top third of her age-group. And why does her family support and participate in her nearly-annual Boston pilgrammage? Being this woman, I would like to answer my hypothetical questioners.

Picture a giant multi-colored bouquet of balloons tugging at their anchoring ribbons. Each balloon represents a highlight moment of why I keep returning. Let me share my bouquet with you.

The red balloon has 1979 printed on it, the first year I ran. A fairly new runner, I wanted to be part of this important all-women's race. A year earlier I had visited Boston during Columbus Day weekend and enying the runner's excitment, I vowed, "Next year I'll be part of this." My expectations were more than fulfilled: the crowds, the comraderie of participants and spectators, support crews, the festival atmosphere, the course, the weather, and even my time -- all combined, making my initiation perfect.

Green, blue, purple and orange balloons bunch together, representing favorite segments of the race. The green stands for the crowds, so much a part of the day. The runners themselves clog the Garden, all shapes, sizes, ages, physical conditions; they stretch, jog, jump, pace. Their families/support groups make up another crowd; all eagerly cater to the athletes' well-being. Today, "she" receives the attention. The spectators, 1000's of them, line the route, cheering good wishes; and MIT men blast "Theme from Rocky" and "Chariots of Fire" from stereos, giving the runners a needed spurt.



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w" Race A light blue balloon stands for the excitement of the race's starts. Heliocopters hover the seeds push forward, celebrities like Johnny Kelley the Elder say hello, music plays, red, white and blue balloons soar, the gun fires, and we're off. Well, not for awhile because of the masses, but we yell, run in place and jostle forward until our seed reaches the starting line. Little do we care that the race is over a minute old.

The course rates a purple balloon because it loops back on itslef, giving the Pack an opportunity to see and cheer the leaders. Two different years Joan Benoit-Samuelson, Maine most famous runner, led and ultimately won. What a thrill for me to watch her live. Adequa water stops, an easy scenic course, and encouraging volunteers add appeal. And of course, the start and finish of the race between the historic Common and Garden, couldn't be better.

Re-experiencing certain things draws me back time after time. These rituals I give an orange balloon. Many Maine women run annually, forming the "Maine Contingent." We always gather in a certain area to exchange news and to wish each other luck. Every year my family follows certain routines. My husband Dick leads my support team. He carries the baggage and counsels me on what clothing to wear. Because we arrive early to pick up my number, we eagerly anticipate our hike around town. My daughters contribute suggestions as to where we should eat dinner afterwards to celebrate "Mom's Race." A very special part of every race is watching Ruth Rothfarb cross the finish line. For me, Ruth, now 86, represents how to face growing older. One last ritual occurs during the run; when we runners go through the underpasses, we holler and cheer. For some reason, this echoing exhuberant sound delights me.

A black balloon with silver stripes represents the 1984 race. In April that year, while training for a marathon, I suffered an injury. I saw one doctor, who, after failing to help me, sent me to a second. After treating me awhile, this one said, "You'd better find another sport." Devastated, I tried for four months to adapt to life without running. In July I sought the advice of a third doctor, who prescribed simple heel lifts and slow rehabilitation. Immediately I questioned, "Can I run 6.2 miles by Columbus Day?" The date became my beacon, something to aim for, celebrating my return to my beloved sport. And, indeed, I did run that race. This year a few tears trickled down my cheeks as I crossed the finish line, not because my time slowed by 11 minutes, but because my body was once again fit to run a 10K, especially this one.

My hypothetical questioners might interrupt me now with further questions: Why did it take nine years to share your story? Why didn't you write it immediately after the traumatic '84 race? Why tell it now after '87? Isn't the bouquet complete? What thrills could be left?

My answer? - '87 receives the Gold balloon, the best of the bunch because my 19-year-old daughter, Allyson, ran with me. What joy I felt to have someone I love share this experience. She. too, delighted in the crowds, the course, the good-natured jostling, the tunnels. We even had time and breath for conversation: "How're you doing?" ... "Just fine Mom." We enjoyed another runner's approving remark when she said, "Way to go Mom and daughter; it's great for two generations to run." At mile five Ally eased ahead, compelle to run faster as she sensed the finish line. I smiled as I spotted her ahead, blonde pony tail swinging. We hugged at the end and our chief supporter, Dick, congratulated us with flowers, two bunches, this year. Then after cooling off awhile, we returned to the finish line, waiting for Ruth Rothfarb.

Although I didn't know the reason, I couldn't write my story until 1987, because all the pieces didn't fit until then. I had begun writing many times, but never got very far. Now I know why. The race meant many things to me, but now I see it in its largest sense: a renewal, an affirmation ... of myself, of women. It's a powerful way to face growing older. This year when my daughter ran with me, I felt a sense of permanence - that I would continue through her. That is the reason for the gold balloon. Together as we watched Ruth Rothfarb cross the line with upstretched arms, I hoped that finishing this race every Columbus Day, was Ally's and my future ... Can you imagine the size of the bouquet? What comes after platinum and diamond balloons?

Thank you, Tufts/Bonne Bell for the bouquet.

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Dry Land XC Ski Training

Now that the yard is raked, the garden roto-tilled and the wood pile moved into the cellar, it's time to start thinking about cross country skiing again. The snow squall yesterday and that sharp crisp night air sends us scurrying for those nice warm polypropylene XC gloves. When and where will we have the first ski of the season? "The answer my friends, is blowing in the wind ..."

Prospects are that they'll be more folks out there on the trails with us this wins It's a growing sport. Yuppies and granola heads have discovered it. So have aerobic dancers, runners, triathalon competitors, canoeists and kayakers, bikers, honeymooner and retirees. Schools are teaching it in phys ed (lifetime sports) and L.L. Bean is promoting it. It's an "in thing," complete with high tech color-coordinated fashion a high performance gear. Gone forever are the days when you can ski a snowmobile trail alone all day long. The next time you ski the covered bridge at Sunday River be prepared to meet some other skiers shuffling along on their skinny skis.

For the fitness skier (read:weekend athlete) that not only means more people on the trails, but also more competition at the races. More and better athletes are taking our sport. With the advent of skating, novices don't have to have 10 years of experient with klister to "hit the wax." The message was "if you can walk, you can cross country ski ..." "Anyone can learn to skate ..." Remember, we asked for this.

So how does one physically prepare for a season of cross country skiing? The answer depends on lots of things .. like what kind of skier are you? Where do you live? What kind of shape are you in? What kind of skier do you want to be? How much time are you willing to put into the effort? etc.

The US Skit Team talks about "specificity" -- they say to do activities as close to the real thing as possible. Most Mainers can't get to the nearest glacier, but we do have to wait for the first Northeaster to blast us either. Our ski team has an acrony called SPIVOS+R.

For us couch potatoes <u>SPIVOS+R</u> translates to Speed, Pace, Intervals, Vertical, Ove distance and Strength, plus the final letter, which stands for REST. Everyone can have the last part. Keeping each component of SPIVOS+R formula in mind may lead to some versatisfying skiing this January and February. The central principles of their training applies just as well to us, the "kick and glide" generation of Maine, as it does to ounation's elite skiers.

SPIVOS+R gives us amny alternatives for each day of training. Think about how you can apply SPIVOS+R to your own particular training routine. Make your training fun at have lots of variety.

Long bike rides to build up endurance and stamina are a good beginning. Getting your axle in high gear for a long tour will help make your black graphite bottomed skeep faster this winter. Pierre Harvey, the best Canidian XC ski racer, was first an Olympic biker.

The Finns like to cut wood all day. Try cutting, splitting and stacking your firewood by hand. Your wife will love it, as will the chiropractor. Do an imitation of a Norweigen and try rowing a boat for an hour or two. Go for a Swdish walk. Take the family dog for a hike up Mt. Megunticook (or whatever) or go for a long, brisk walk under the steel gray November (and December) clouds listening to the rhapsody of chainsaws. Don't train like the Russians ... it might kill you. Train the smart way. Use your imagination.

Running has long been considered the corner stone of dry land training for cross country skiing. If you aren't a runner, get out there and walk or jog for 20-30 minutes, three or four times a week. If you are a recreational runner, head for the hills, brother, and get your pulse up to your anaerobic threshold for six to 10 minut two or three times a week. If you are a HARD CORE runner, find a nice, long and steep hill, devoid of deer hunters, and ski bound up the little thing. The key is to load the heart and lungs and muscle groups with the kind of intense physical work that cross country skiers must do to be successful. Troll Valley may look flat, but try racing there sometimes. How soon we forget.

You might even consider a practice run to the nearest sauna, just to loosen up your fatigued, abused and aging body. Start taking your vitamin pills and keep the Tylenol handy. On rainy days, hot wax your skis and browse the pages of the Eagle River Nordic Skiing catalog.

Remember that nice sharp low-back pain last winter? the side aches? trying to hold your head up on that last long uphill? Now's the time to be improving your upper-body strength. Cross country skiers are not little whimpy and anaeroxic runners. Most XC ski racers look muscular and coordinated as they glide across the fields in Dixmont. "It ain't as easy as it looks," applies to this sport, so anything you do in the area of strength training will translate to more power, speed, enduarance and coordination.

Three times a week insert some sit-ups, leg-lifts, push-ups, chair-dips, back-ups, crunches, curls, pull-downs, bench-presses, etc. Find a universal gym to work out in or put some free weights next to your wax bench. Build your own roller board and use it. But don't tell your closest ski rival about it ...

If you want your training to be fun, plus giving your neighbors something new to talk about, consider getting a pair of roller blades or roller skis. They come the closest to the real thing by simulating, on the pavement, the trails of Snorada and Carrabassett Valley.

To roller blade (or roller ski) you should have a bike helmet, wear bright colors, gloves, elbow pads, knee pads, ski on the left side of the road that is very wide, smooth and with almost no traffic. Pro ski (\$180), Swed ski (\$200) etc are available at your favorite nordic dealer. Get yourself some carbide tip ferrules to go with your fiberglass poles, which are now up to your nose.

When you do go asphalt skiing, be aware of the correct techniques; flat ski, nose-knee-toe alignment, high hands, compression, etc. Look for long gradual uphills and practice the V-l skate, the V-2 skate, the double pole and don't forget that diagonal skiing is coming back, so practice that too. More on this next time.

And as you watch your favorite evening television shows, get down on the living room floor and S-T-R-E-C-H. Flexibility is critically important. Better still, watch the video "The Simple Secrets of Skating" by Berowski. Then curl up to the wood stove with a good ski book ... Don't forget to do that snow dance. Think Snow.



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1987

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Bethel, Maine 04217 (207) 824-2175

1987 MNC Age-Group Champions

CLASS	CHAMPION	PTS	RUNNERUP	THIRD -	FOURTH
A	Paul Kaubek	67	Tony Pinette*	Michael Davidson*	Andrew Graham*
В	Rick Bodwell	65	Stuart Sinclair	Robert Heald*	Scott Harding*
~ C	Steve Poulin	75	John D. Mathieu	Ken Woodward	Scott Dolan
DD	Ron Newberry	72	Mike Simoneau	John ldridge	Doug Zinchuk
E E	Raul Siren	75	Chase Pray	Bob Salesi	Warren Cochrane
F	Owen Haskell	75	Bob Massucco*	Burt Kettle*	Dick Hale*
) x	Earl Stetson	75	Gilber Martin	Phil Harmon*	Erland Blood*
G	Amanda Onion*	47	Lois Cole*	Denise Woodhead*	6 tied for fourth
Н	Heather Dankel*	72	Veronica Knight*	Patty Davidson*	Heather Lumppio*
I	Ann Benoit	75	Ruth Hall	Alice Goodwin*	Lori Ann Later* and Cynthia Lynch
J	Carol Graham	72	Linda Koski	Deb Hewson*	Lisa Doucett
K	Marsha Giglio*	72	Linda Stetson* Scotty Folger		Sue Owen*
L	Nancy Kettle	75	Sarah Berman*	Morna Rawcliffe* Berit Pepin*	Lois Siegel* Irene DaFonta*
Y	Mary McEvoy*	25	none	none	none

(* denotes skier did not complete requirements: Best Performance Longer Than 10K, Best 2 10K's or less, MNC Championship at Carrabassett or MNC 20/30K at Snorada.)

MOST Doug Zinchuk 11 John Frachella (9) John Mathieu, Dan Work, Chase Pray (8)
RACES
Ann Benoit 8 Alice Goodwin (7) Carol Graham (6) Nancy Kettle (5)

SOME RACES WERE NOT SCORED either due to poor weather (no meet) or no results were turned in by the race organization. These were: Lake Loop - Saddleback - No Meet

Mt. Kineo Challenge - The Birches - No Results Up Country Nordic - Ft. Fairfield - No Results Wild Mt. Hare - Saddleback - No Results

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News

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an get steer r vou: BENOIT SAMUELSON HAS BABY GIRL - On Saturday, October 24th, Joan Benoit Samuelson, the 1984 Olympic Marathon Gold Medalist and current American Record Holder, gave birth to a baby girl at Maine Medical Center in Portland. The girl was born at 7:27 p.m. and weighed 5-pounds and 12-ounces, a spokesman at the hospital said.

BANGOR MAN DIES AFTER COLLAPSING WHILE JOGGING - It was reported that Joe L. O'Neal, the director of the Greater Bangor Area Shelter, died Tuesday, November 10th after he collapsed while jogging in Bangor. A passerby found O'Neal on a park bench and called the police, who called for an ambulance. O'Neal was taken to St. Joseph Hospital, where he died shortly after arrival.

WALDOBORO MAN INDUCTED INTO COLLEGE HALL OF FAME - special report by Rick Krause

A Waldoboro man who competed in the 1960 Olympic Games (was) inducted into St. John's
University's Athletic Hall of Fame in a ceremony at St. John's in New York on Oct. 14th.

Peter Close, 50, and a resident of Dutch Neck Rd., competed at the 1500-meter distance on the track in Rome while in the marines. Before the Games he was a successful collegiate runner at St. John's, earning All-American status in track and cross country.

At the completion of his running career, Close served as the track coach at Tufts University and MIT for a combined total of 24 years. He was also the sports administrator at MIT. He retired to Waldoboro a few years ago and presently works part-time.

WINTERPORT JUNIOR HIGH SWEEPS PVJHL CROWNS - The boys and girls teams at Winterport capped an undefeated season with wins at the Penobscot Valley Junior High League XC Championships. The boys put three runners in the top six as they scored 40 points, 14 ahead of host-school Hermon. Orringotn (62), Glenburn (96) and Etna-Dixmont (113) founded out the boys meet. The Winterport girls, meanwhile, grabbed places three through six to easily win with 28 points. Orrington (48), Hermon (78), and Glenburn and Etna-Dixmont, which did not field a full team, followed.

The boys were led by Jonathan Foley, who lost for the first time of the season, but he still finished second behind Hermon's Chad MacDonald over the 2-mile course. Foley's 12:32 left him one-second shy of the victory. Jesse Morang (4th - 13:17) and Keith Mudgett (6th - 13:53) gave Winterport the front pack it needed to win.

The girls also used their front-running to perfection as
Kenisha Wiener (3rd), Sandy Carreria (4th), Julianne Foley (5th)
and Kate Allard (6th) all covered the two-miles between 15:40

and 16:09. Hermon also got the individual winner in the girls race as Georgianna Morgan set a new course record of 15:08 and defeated Orrington's Danielle Nash by 10-seconds. Nash held the previous record of 15:33.

CASCO BAY MARATHON - The overall victors in the 10th running of the 26.2-mile event on Oct. 11th may have been looking past this race with dreams of the Olympic Trials more firmly in mind, but the pouring rain and near-freezing temperatures flooded them away. Still, Bruce Ellis, 35, pulled away Sammy Pelletier of Biddeford at the 13-mile mark to win in 2:21:04, 48 seconds off the 1981 course record by Dr. Kurt Lauenstein.

And 33-year-old Peg Donovan, a triathlete from Auburn, N.H., ran to an easy win, but her 2:50:06, only 30 seconds shy of Margy Podjagny's course record and 12-minutes ahead of the second-place finisher (Judy Ketchum - 3:02:10) put her seven ticks away from qualifying for the trials, her objective in the race.

Though Ellis' time was also short of the OT qualifying mark, he has run below 2:20 three times in the past year, so he already is running the Trials.



Orrington's Danielle Nash leads Sarah Leavitt of Glenburn in earlier meet.



John Perham challenges the weather to a sub 2:50.

"I was looking for an easy race to play with the course, try some new strategy," he d bee admitted, "(but) Sammy threw a into the switch. I did want to win the race. I made a movist of from 13 to 19 and he didn't challenge. He let me have my way." did,

After the race Pelletier, 29, said he thought Ellis, of Exeter, N.H., would come backcond For three other runners Casco Bay had extra incentive - the Triple Crown. Barry Fifiettlin (7th), Steven McGrath (9th) and Lance Guliani (10th) were battling for the award. The Tri was Crown is awarded by MR&O to the runner with the fastest average time in Maine's three maters thons: Maine Coast, Sugarloaf and Casco Bay. Though Guliani was 10th here, he had enough ve se of a lead to hold off Fifield and dethrone 1986 champion McGrath. (See accompanying stor) McGr. rider

Race Director Charlie Porter said the cold and rain hurt the size of the field, but 238 still finished. UNUM Life Insurance sponsored the event and had 300 volunteers workingck C. the day of the race. elev ·

"The volunteer effort make it the race it is," Porter said. "They put a lot of work imbers it and we're proud of it." The o

DYER MEMORIAL 5K - special report by Jerry Saint Amand - Oct. 18th

ate Cl This may be remembered as "The race that would not die" as it was delayed three monthin 46th due to construction at Winslow High School, but the Central Maine Striders simply cannot sue). let a year go by without holding this tribute to the late Rollie Dyer of Winslow. Wanda

-year-

Of course, as each year goes by, there are fewer runners who remember Rollie, thus alack 40 the more reason to continue this event and pass the word on one of the true pioneers of 1. Ann Maine road racing. 1:32),

Rollie's spirit, enthusiasm for the sport, and willingness too go far above and beyon(1:49) the call of duty in bringing runners all over the state to take part in those early race 83-ye are still elgend. His untimely death at the start of the running boom left a huge gap in reares our beloved sport, but many veterans enjoy getting together at this race to tell stories le and of yesteryear.

It was fitting that Winslow's Peter Lessard showed up to continue one of his finest years as he creates a legend of his own, breaking the year-old course record and cruising in with another victory. It was also a signal of how things usually are in this sport th a teenage sensation from Oakland picked up the women's first-place win, as Wendy Hosea w easily and then asked, "Who was Roland Dyer?"

With a wet, cold and clammy morning start at 10 a.m. on a Sunday, it was encouraging to see 66 hardy souls show up to tramp through the field, the mud and the puddles to sup port the Striders in this memorial race. It reminded many of the "ld timers" of the earl days of raod racing as we all huddled in a small equipment storage shed behind the high school and munched on freshly baked goodies as the race director complied the results an presented awards.

Showing their usual efficient handling of running events, the Striders had everything done and people on their way home by 11 a.m. and Rollie Dyer's name lives on ...

BENJAMIN'S 10K - For the first time in recent years the Benjamin's 10K in Bangor on Oct. did not boast a field full of "imports." There were no money awards (like in '86), no Bo based studs and no Benjamin's Restaurant (restaurant owner and race chairman, John ParcaHE STA) has recently changed the Benjamin's Tavern to a Mexican restaurant, Casa Bonita.) But wh there was at Benjamin's in '87 is some of Maine's best talent. Yes, the 1987 version of plin Po Ben's 10K was all home grown. Parcak said before the race that he wanted the run to be fin. Th all Maine runners, not just the lead pack. The top 10 men all ran 32:36 or faster and monto the of the top 10 women were also residents of Vacationland. Overall, 297 finished with four "We of walkers. pening

It was 22-year-old Todd McGraw (see PACESETTER column in November issue) whp proved t'd cate be Maine's best on this sunny day. McGraw took more than 30 seconds off his 10K PR as he And cruised in with a 30:43 over the rolling hills. He was alone after the 1- 1/2 mile mark ho ran Bruce Bridgham of Jonesboro and Dan Dearing of Topsham could not keep McGraw's pace. Aft Not the race, however, McGraw admitted he was not sure of victory until thefinal stretch. 30oston if he had the view that the lead vehicle had, not even teammate Dennis Karamitros would aine's able to catch him over the last few miles. (Karamitros had defeated McGraw twice this fappa (y," he

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ith surges late in the race.) Even Bridgham, who ad been handling Maine's best in Northern Maine de a move ost of the summer and fall, was no match for McGraw. e did, however, pull away from Dearing to grab ome back. econd in 31:10. Dearing, meanwhile, found himself ry Fifieldattling Karamitros for third the entire last 5K. . The Tript was Dearing who surged over the last hill, 400three margeters from the finish to run 31:35 with Karamitros d enough live seconds back.

ing story McGraw and Karamitros led the Central Maine triders to the team trophy as they (including 8thplace finisher Peter Lessard) dethroned the Sub 5 s workingrack Club (Dearing, Roy Morris - 5th and Art Teeley - 7th). Seven of the top nine runners were work intembers of one of these two clubs.

The overall women's race was also a run away as 23-year-old Kelly Bennett, the 1986 Collegiate XC State Champion, cruised to a 37:13, which was good e months for 46th overall. (See PACESETTER column in this issue). Bennett said she was alone most of the way.

Wanda Haney, 21, was the only other female to . thus all crack 40-minutes. Her 38:36 put her in 62nd overall. Ann Marie St. Laureat (40:56), Dara Jones (41:32), Josephine Cooper (41:48) and Kerry Shea d beyond (41:49) round out the top 6.

83-year-old Sam Ouellet (57:59 - 280th) and gap in Margaret Sawyer (76:15 - 296th) were the oldest male and female finishers. Moshe Myerowitz (56:44) and Kim Malcolm (59:04) were the top walkers.



CMS'ers Karamitros, McGraw and Lessard (from left).

GREAT PUMPKIN 10K - The name says it all - The Great Pumpkin 10K. And for the second time in four weeks, a race director in Maine attracted a GREAT field. On Oct. 4th Bill Green had a top-class field at the For Kids' Sake 4-Miler in Portland. Well, Bob Provost and the Maine Coast Road Runners were not out done with their Nov. 1st version.

The top three men, all Maine-bred and living out-of-state now, broke the old course record of 29:43 held by Bruce Bickford, the No. 1 ranked 10K runner on the track in the world in 1985. A total of 345 runners completed the flat and fast race.

As he did on July 4th in Bridgton,

ion of th Colin Peddie, of Massachusetts, broke away from Maryland's Gerry Clapper (29:17) for a 29:08 to be for win. This November Sunday, however, Clapper was with Peddie until five miles when Peddie surged and most into the wind.

"We clicked off some quality miles," Clapper as-a-matter-of-factly said of their 4:30 opening mile and 14:30 5K split and 23:23 five-mile time. "Everytime Peddie put on some surges roved to I'd catch back up, but at five he put on a really good surge. He didn't want me drafting him." And the gap Peddie got was enough for the win. Clapper held off Boston's Stanley Bickford, mark who who ran with the duo for more than four miles, by 13 seconds.

ce. After Not to be outdone by the men, Michelle Halett, once of Mars Hill and now living in the ich. But Boston area, ran away from one of the best women's fields ever assembled in Maine. Some of would be Maine's best; Sally Perkins (36:06), Rose Prest (36:35), Kelly Bennett (36:59), Robin Emery this fall Rappa (37:53) and Cindy Lynch (38:16); were all bested by runners from down south. Behind

Halett were Ellen Predmore (35:03 - 51st overall), Laureen Heye (35:18 - 56th) and Ann Pei (35:54 - 67th).

"I thought the women's field was pretty deep," Halett said. "The times were impressive. And not the least impressive was Halett's. Her 34:37 (47th) put her 26 seconds ahead of Predmore, who out sprinted Halett at the Tufts 10K in Boston on Oct. 12th, an all-women's race (See Gail Schade's guest column). In Saco the two found themselves together again as they covered the first 5K in 16:50 (5:22 opening mile), but then Halett took charge.

"I ran my own race," she said. "Between two and three I threw in a couple of surges.

Around 5K I pulled away from her, ... but I knew she wasn't too far behind."

The masters men also put on a fine show as Jim Crawford set a possible New England Recordwith his 30:35 (9th place). In the process Crawford beat the National 5K Masters Record-Holder, Larry Olson. Olson finished 11th in 30:50.

What attracted so many quality runners? Maybe the \$2,500.00 purse offered by the Road Runners, but also Provost's dedication in wanting a quality field.

"I sent out a lot of invitations and visited a lot of races," he said. "I like running And the a race with quality in it - you can run with the top guns. This was one of the best fields ce find we've seen in this state."

Yes Bob it was. Thank you.

Not Just Weather Unpredictable at H.S. State Meets

Heading into the High School
Cross Country State Championships
on November 8th at the University
of Maine at Augusta, probably only
the Greely girls in Class B were an
"overwhelming favorite." There certainly weren't many others. Gone
were Laura Duffy, Jennifer Rolfe,
Wendy Delan, Matt Crook and Westbrook's incredible one-two punches
from 1986. This meet was going to
create new names, new powerhouses
and new legends. Yes, for the most



The first race of the day - Class C boys.

part, the 1987 State Meets were quite unpredictable which was very appropriate since Maine first snow covered the area a night or two before meet time.

Some of the big surprises were the South Portland boys and the Jay girls. South Portland won the Class A title fairly easily by outpointing Cheverus (80) and Edward Little (81) wit its 57 total. Defending champ Westbrook was fourth (103) and Gardiner, the top team from the Eastern Regional was fifth (113). Both the Stags and Edward Little beat the Capers a week earlier in the Western Regional. Jay, meanwhile, upended cross-river rival Livermore!

Denning helped lead Greely to an easy victory.

by seven, 52-59, for their second consecutive Class C Crown Livermore ran all over Jay in the Regional, 27-58, but wer hurt when their third runner, Nancy Pierce, moved from the school district the week before the state meet.

But Jay had been without the services of their top rum from a year ago, Missy St. Pierre, due to an illness. So, both squads were not 100-percent, but both were still the class of the 'C' Meet as Shead was third with 85 points.

The Andies put the pressure on the defending champs as freshman Theress Pratt won the race with the day's fastest time and only sub-19 performance, 18:57. Pratt kicked by junior Karen Fields of Searsport in the last 300-meters to win by 12 seconds.

"At the beginning (Karen and I) were together," Pratt recalled. "Then we exchanged the lead throughout the race. By the end I put everything I have left to finish real str

It was a finishing drive that Fields could not cover. "I ran as hard as I could," she admitted. "I told mysel

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Sheri McCarthy



Pratt sprints past Fields

o, Go, Go,' but my legs just wouldn't do it. (Theresa's) a very good runner, a natural. I new she was going to be good competition."

And that she was, but Livermore couldn't hold off Jay, even with Debbie Castonguay's fourth lace finish. Maybe Livermore never had a chance as Jay "got a tremendous psychological lift," coach Mike Simoneau described it, when senior Missy St. Pierre struggled out of bed to neer her teammates on.

Missy's cousin Mariette was their top finisher in 7th (20:50) and Stacie Dauzak was 12th, ut Nicky Marston (21st), Lori Leach (24th) and Beth Tilton (26th) were the key to the victory s they finished ahead of the Andies fourth runner.

"We are very surprised," Simoneau said. "It is a real sweet victory."

South Portland is probably echoing the words in Jay as they came back to beat the Stags nd Edward Little. The Riots got a strong team performance, while Cheverus and Edward Little elied on their front runners. Jamie Harvie (4th), Cliff Gallant (9th), David Wong (14th) and cott Mattie (19th) counter balanced their rivals top guns to snatch the Class A boys crown.

Edward Little's Rusty Snow and Kevin Lyons of Cheverus took the top two spots. Snow's 16:11, the fastest of the day, gave him a four-second cushion over Lyons, who outsprinted early leader Gerry Sibley of Bangor by one-second.

"I went out easy," Snow said, "in the back of the pack. I was confident. I knew I was prepared. I trained for it. I was

It wasn't until the last big hill, however, past the twomile mark, that he finally caught Sibley to take the lead for the first time, but from there he was not seriously challenged.

Now back to the Greely girls. Their top runner, Sasha Goodwin, was only fifth in 19:59, but Danny Paul's fifth runner Leah Babcock, was only 31 seconds back in 14th. Greely couldn't match the top runners from the East, but they ran the perfect team race for the easy and expected win. Packed between Goodwin and Babcock were Hanley Denning (6th), Erica Adshead (10th) and Jillianne Decker (11th) as they scored 30 points, 73 ahead of runnerup Maranacook.

This race was Eastern Maine's best showing, however, on the girls side, eventhough Western power Greely ran away from the rest. Eastern Maine did take the top four individual spots, led by sophomore Wendy Hosea of Messalonskee, and second through fifth in the team scoring.

"Eastern Maine had a strong race," Hampden's Amy Gorham said. who finished fourth.

Behind Hosea were Hermon's Cathy York (19:39), MDI's Jeannie Higgins (19:42) and Gorham (19:45).

"I had a really good race," Hosea said, "but if I had to run faster or farther, I could have. When I came across the finish line I had a lot left."

It is her self-confidence that gave her the edge she needed. "You have to believe in yourself," she said. "We went through the mile in 5:59. I knew from there I had the race." Yet York hung tough until Hosea kicked.

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Snow leads Sibley.

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About the only other sure-bet beside Greely, was Searsport in the Class C boys race. Wade Chipman of Carrabec was also a very good bet to take the individual honors, and he did to defend his title, with a 16:14 clocking. Chipman said, however, he believes the cold weather and snow which turned the course into a mud hole, was a handicap.

"By the half-mile I was pretty much alone," he said. "I just held my lead. I felt I could

have had a better race."

Searsport had that good race Chipman was looking for as they put their top five runners i the top 23 to outdistance their Eastern Maine rival George Stevens Academy, 51-79. Chris Catell (3rd - 16:39) and Andrew Spaulding (5th - 16:56) led the way. First-year coach Mike Vasilimuskas said the win "felt great, but there's a lot of room to improve.

"We were pretty confident," he continued. "We were hoping no surprises (injuries) would

come up. We knew if everyone had their usual strong race we'd do okay."

The remaining two races, Class B boys and Class A girls, were not easy picks. Cape Elizab was picked to finish fifth in Class B when the season started, but on UMA's snow-covered 3. mile course, the darkhorse prevailed by scoring 74 points, 26 ahead of runnerup Yarmouth. Cape Elizabeth didn't look pretty winning the title, but then looks don't count. Evan Rolli 16th in the Regional the week before and the team's fifth runner, was their top scorer at the State Meet with his 15th-place showing in 17:13. And though Cape Elizabeth did not have any big guns to take all the limelight, it was a total team effort that gave the crown to t After Rollis it was BANG, BANG, BANG - 10 seconds and four more Capers. Their top five with 10 seconds - that's unheard of, but Jeff Reminga (17th - 17:15), Craig Herrick (19th - 17:1 Peter Mullen (20th - 17:17) and Scott Herrick (23rd - 17:23) pulled it off.

Bob Sprague of GNG handled the individual competition with his 16:15, an 18-second cushic the largest of the day, over Rumford's Mike Martin. But the race was not decided until the

last big hill.

"I picked it up at the top of the hill," Sprague said, "and he fell back." Charlie Violette of Stearns, the Eastern Regional winner, was third in 16:34.

In Class A, the Westbrook girls defended their 1986 title, behind junior Sheri McCarthy's individual triumph in 19:18, but Windham pushed them to the limit, before falling short 85-Last year Westbrook won both the boys and girls A crowns with one-two finishes, but this foonly McCarthy was able to duplicate her strong '86 showing. At the finish she had 10 second on McAuley's Denise Harlow. It was not all McCarthy, however, for the defending champs as they relied on their third, fourth and fifth runners to pull out the win. Angela Frazier (I Terri Letourneau (29th) and Krista Dibiase (31st), along with Marianne Chayer (16th), finishefore Windham's fourth runner to seal the victory. Windham was led by Andrea Elder (4th): Paula Carlin (7th).

Before the race Westbrook coach John Myatt was aware of Windham's and Gardiner's strengtheir top runners, but felt his squad had "better balance" which did give them the title.

By day's end, Westbrook, Jay, Chipman were some of the names that became firmly established in Maine High School Cross Country and new names like Pratt, Hosea, Cape Elizabeth and Sout Portland are beginning their own heroics. Stay tuned for the next chapter.

Club Shorts

Boy, I thought some of the past months were slim in club news. Even the newsletters are slowing down now, but that doesn't mean clubs have been inactive. On Nov. 1st the MAINE COM ROAD RUNNERS hosted a great race - the Great Pumpkin. More than 300 runners crossed the fit line (See accompanying story in NEWS section), among those were members of the CENTRAL MAIN STRIDERS who won the team trophy. They were led by Gerry Clapper, Todd McGraw, Dennis Karan and Peter Lessard. The latter three also won the team trophy for CMS at Benjamin's as they throned the SUB 5 TRACK CLUB. Some Striders also journeyed south in the middle of November the Cape Cod Marathon. They stayed at race headquarters in the Falmouth Square Inn. Club Po ident Jerry Saint Amand said they "had a super time - sampled food and grog from all local eateries that were still open after the summer season." MAINE TRACK CLUB member Robert Joli also ran and former MTC president Jane Dolley ran in the New York City Marathon. Look for ! results in the next issue of MR&O. The PEN BAY PACERS announced they have a digital clock! rent (\$50.00). Anyone interested should contact the club at Box 302, Rockland, 04841. The! DURHAM STRIDERS are one of Maine's smallest clubs with five regular members from the Bruns area. All are marathon/ultra marathon veterans. Member Lance Guliani said their mascot is a good-natured black lab who hasn't been seen for several years, but whose personality st. sets the tone for the club." They run together almost every Saturday and Sunday. "Their st humor and company helps to get me out on the roads at 0730 on cold February mornings," he

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The College Report

by Alex Hammer

St. Joseph's College and the University of Maine emerged as the top men's and women's XC programs respectively in the State of Maine for 1987 as each school ran to an impressive victory in this years State Championship meet, held Oct. 24 at Springbrook Country Club Golf Course and hosted by Bates College. For the men, St. Joseph's placed five runners in the top nine finishers to lead the way with 29 points. They were followed by Colby (53), Bates (72), Bowdoin (77), and USM (136). The University of Maine, the state's only Division I program, was not able to participate in the men's state meet as they were committed to running in their Conference Championships held the same day. However, this did not significantly alter the results of the state meet, for Maine, at only moderate strength this season, would not have been able to challenge for the state title. The women from the University of Maine, however, were able to easily outdistance their in-state rivals at the state meet, placing four runners in the top eight finishers. Maine finished with 34 points, and was followed by Bowdoin (63), Colby (71), Bates (74), and USM (115). St. Joseph's and UMPI also participated but did not field enough runners for a team score.

Individually, Karen Salsbury of Maine and George Bockus of St. Josephs's each recorded first place finishes while leading thier teams to victory (see next month's issue for individual profiles on these state neet winners). Each of the races proved competitive and exciting. Salsbury's time of 19:04 for the 3.1 mile course edged out Deanna Hodgkin of Bowdoin (19:06) for the individual title, while Bockus sped to an 11 second win over runnerup Tim Fisher of Colby. Bockus' time of 25:37.5 significantly lowered the course record of 25:48, held by John Fitzgerald, a former Division III All-Ammerican from Bates College. In the women's race, the leaders were still in a pack at the mile mark. Those in this front group included Salsbury, Hodgkin, Amy Jones of Bates (third in 19:16), Marilyn Freedy of Bowdoin (fourth in 19:26) and Tina Meserve of Maine, running her very first race of the season after being sidelined by an injury (fifth in 19:32). Shortly after the mile, however, it quickly became a two person race as Hodgkin and Salsbury broke away from the rest of the pack. Hodgkin managed to open up a lead of a couple of seconds over Salsbury, but with approximately 3/4 of a mile to go Salsbury caught and passed her on a steep hill and then held off a very strong finish by Hodgkin to gain the victory. In addition to Salsbury and Meserve, Maine was led by strong performances by Brenda Mahnken (7th), Jennifer Allen (8th), Mary Meehan (13th) and Theresa Lush (14th). Eowdoin was led by Hodgkin, Freedy, Rosemarie Dougherty (15th) and Jennifer Snow (18th), Colby by Clover Burns (6th) and Linda Roberts (10th), and Bates by Jones, Kerry O'Leary (9th), and Beth Golden (12th). Erika Mandaleni ran a strong race for USM, finishing in 11th place.

In the men's race, as in the women's, a pack of runners shared the lead through the first mile. These runners included Bookus, Fisher, Todd Dillin of Bowdoin (third), Mark Desjardins of Bates (forth) and Tim Swope of USM, a pre-race favorite who suffered from a cold and faded back to 30th place. After that point in the race, however, it was all Bockus, who bolted out to a significant lead and was not in danger of being caught the remainder of the race.

In other action around the state, the Mules of Colby College showed that they contained some firepower of their own by racing to the NESCAC

Conference Championships, on Oct. 17, in Medford, Mass. Colby finished with 55 points in the 11 team meet while Bates (75) finished third and Bowdoin (147) finished in 6th place. Mark Desjardins of Bates was the individual winner over the five mile course in 25:20, and he, along with Tim Fisher of Colby (4th), Todd Dillion of Bowdoin (5th) and Bill Derry of Colby (6th) were named to the All-NESCAC team. For the women, Amy Jones (2nd) and Kerry O'Leary (4th) of Bates, Deanna Hodgkin (6th) of Bowdoin, and Clover Burns (7th) of Colby earned All-NESCAC status. Bowdoin finished second in the women's team standings (109 points), with Bates (111) third and Colby (135) in sixth place.

Many of the state's smaller schools came together to run in the NAIA District 5 Championships, held Oct. 31 at Maine Maritime Academy. Unity College emerged as the state's best at that meet, placing fifth in the men's meet with 147 points, ahead of Maine Maritime Academy's 149 (6th), and UMPI's total of 155 (7th). None of the Maine women's teams fielded enough runners to generate a team score. Unity College was also the only school at that meet to qualify anyone for the NAIA National Championships, held Nov. 21 at the University of Wisconson. Two Unity runners qualified for that meet, Tammy Ciesla who finished fourth for the women in the District 5 meet, and Matt Eruce, who finished 8th for the men.

Polls:

Here are the results of the latest XC polls (only men's rankings available): Among Division III programs in New England, St. Joseph's is ranked third, Colby is tied for fifth, Bates is ranked eighth, and Bowdoin received honorable mention. St. Joseph's is also ranked 14th nationally in Div. III. In Div. I, Ivy League school Dartmouth College of New Hampshire is still ranked second in the nation.



The 1987 All-Maine women's cross country team (from left to right and in order of fin Karen Salsbury, Maine; Deanna Hodgkin, Bowdoin; Amy Jones, Bates; Marilyn Fredey, Bowdoin Meserve, Maine; Clover Burns, Colby; Brenda Mahnken, Maine. (photo courtesy of Bate College News Bureau).

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Guliani Holds On For Triple Crown

On October 19th 28-year-old Lance Guliani of Brunswick ran a "pedestrian" 2:47:03 at the Casco Bay Marathon. He finished the 26.2 mile tour of the Portland area, in freezing temperatures and pouring rain, in 10th-place. The last four miles of the run he was "history," but the 1985 winner of the Rowdy Ultra (50-miles) was able to stay close enough to Barry Fifield and Steven McGrath to win the seventh annual Triple Crown of Maine Marathoning. With his Casco Bay performance Lance added another 10th-place at the Maine Coast Marathon in May (2:40:01 and a fourth-place in the Sugarloaf Marathon in August (2:39:05). Fifield cut more than three minutes into Guliani's lead at Casco Bay, but his 2:43:22 still left him 3:44 behind. McGrath, the 1936 winner with times of 2:44:50, 2:40:53 and 2:44:30, also sliced into Guliani's lead in the third and final marathon in Maine, but his 2:44:41 left him just more than five minutes off Guliani's marks. McGrath also ran 2:45:26 at Maine Coast and 2:41:05 at Sugarloaf, while Fifield ran 2:41:17 and 2:45:14 at the other two.

"The triple crown is still alive as far as we're concerned," Fifield said.
But for Guliani the award comes bittersweet as he said he felt he ran a sub-par performance
at Casco Bay. He does hold a 2:32:18 PR from 1985 when he lost the triple crown to Rock Green
In '85 Guliani also ran another 2:32 and a 2:36. He has been running marathons since 1982,
10 years after he picked up the sport. He has been employed byBath Iron Works since 1981
and considers getting a dog one of his next big projects, along with buying land. Earlier
in November Lance sat down in his present abode to answer some questions about his running,
marathoning and the Triple Crown.

MR&O: What does it take to win the Triple Crown?

LANCE: Only to be consistent in all three races. I really never had what I'd consider a good marathon this year.

MR&O: Going into Casco Bay you had a comfortable lead (7:25), were you thinking about the Triple Crown?

LANCE: Primarily, I just wanted to re-establish my confidence with a conservative, comfortable performance. Any sort of decent finish would also give me a good shot at the award.

MR&O: What happened at the 22-mile mark in Casco Bay, where you said you "hit the wall?"

LANCE: I ran the first half conservatively and fairly easily with Steve McGrath and a runner from the Bangor area. We took turns drafting and leading into a stiff breeze at steady 6:00's. I was feeling good mechanically, but was very cold already. Between 13 and 19 miles I moved smoothly from 10th to 5th-place and figured I'd cruise to a 2:36 or so. I passed through the 20-mile mark at 2:00:16. A few miles after I fell apart, however, and by the time i Reached Baxter Boulevard I was "history."

MR&O: Did you have any fears when Barry and Steve went by at 22?

LANCE: Considering the way I felt at mile 22 of Casco Bay, the Triple Crown was the leaast of my worries. I was in real trouble out there on Baxter Boulevard and was just concentrating on keeping moving. All I wanted to do was "get back to the barn."

MRSO: At the beginning of the year did you plan on running in all three of Maine's marathons?

LANCE: Yes.

r of finisk y, Bowdoin; y of Bates MR&O: Did you think you had a shot at the Triple Crown?

LANCE: It was a possibility, but my real goal for 1987 was to go under 2:30 at Maine Coast or Sugarloaf. Overall, it was a very disappointing season which makes winning the Triple Crown anti-climatic. I do feel honored, however, considering that some of the previous winners include Maine runners whom I greatly respect: such as Diane Fournier, Rock Green and Gary Cochrane.

MR&O: Can you briefly describe your experiences at the three marathons this year?

LANCE: I expected a big day at Maine Coast this year. I had done my homework; 14 twentymilers since December (including nine runs between 20 and 25 miles). One can never be sure, but I think I fell victim to the cold weather. I was in trouble as early as the 10-mile mark. I held on to finish, but with a mediocre time. It was crushinan lit mentally and physically and I never really recovered all year.

I ran Sugarloaf while still recovering from an illness. It was a mediocre and

uninspired performance, and a waste of a truly great day for racing.

By the time Casco Bay arrived I no longer had great expectations for a quality performance in 1987. I planned to run conservatively and log a 2:36 or so. Again, I'm afraid I fell victim to the rain and cold and ended up with hypothermia at the One e finish. It was a stupid, rookie manuever to not dress warmly enough.

MR&O: What are your plans now?

LANCE: I plan to take it pretty easy for awhile; to "wipe the slate clean." November will include easy running and the start of weight training on Bowdoin's Nautilus equipment. From December to April, I'll gradually increase mileage; long intervals, endurance runs and long Sunday 20-plus mile runs with the Lesser Durham Striders. I hope to peak for Boston (and maybe New York) in '88.

MR&O: Do you alter your training when preparing for a marathon?

LANCE: Yes. The winter and early spring is my high-mileage phase, with no races and prograes of ive levels of quality workouts. I'll taper for a week or two before a marathon. I don't race, or try to maintain racing fitness all year long. The fall marathontinue mark the end of my season; time to rest, rebuild and start weight training for the go do next season. In December I start building a base again.

(An example of Lance's training during his marathon build-up phase is a 20-plus mile run to a s on Sunday, total rest on Monday and Wednesday, double workouts on Tuesday, speed work on Friday and Thursday and Saturday were around 15. He would run about 80 miles per week.)

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The Doctor's Office

CONSISTENT RUNNING - by Dr. Mike Sargent

A foolish consistency is the hobgoblin of little minds.

- Ralph Waldo Emerson

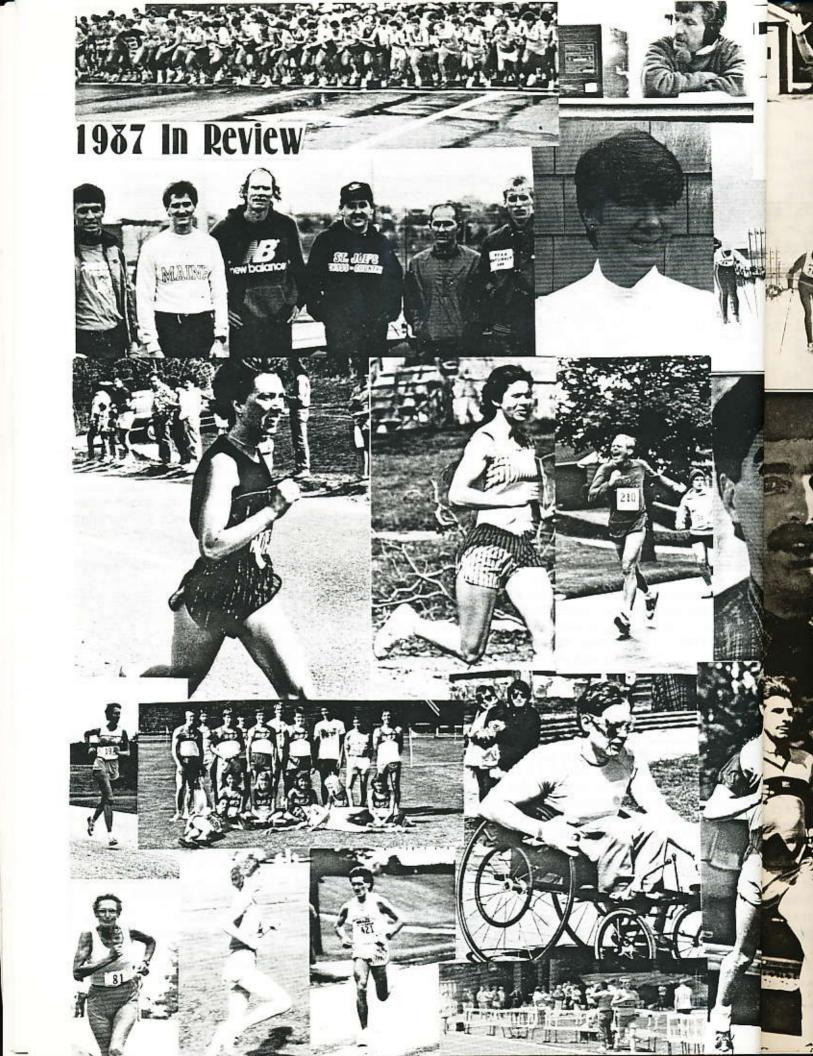
Emerson's familiar observation is probably one of the most misquoted statements in Amers crushing can literature, in that people conveniently omit the initial "A foolish ... " in attempts rationalize total lack of order or discipline in their lives. However, a runner like bb deCastella, who remains at the top of world-class marathoning year after year while thers flash and burn out, is well-known for his consistent approach to training, which he iso feels has protected him from injury. Is Emerson irrelevant to running then? Not if we ry to distinguish foolish from smart consistency.

One example of foolish consistency is trying to run the same distance hard every day, specially with a watch to supply extra pressure. A physiologist named Selye first formulated n scientific terms the rather obvious proposition that in order to gain strength or endurnce our bodies must be stressed beyond what they are used to. But an important corollary of his proposition is that the body needs to recover from this stress; it is during recovery hat the desired improvement takes place, but if only cumulative stress takes place, the et effect is breakdown. Most mere mortals need more than one day for recovery. (Of course, f you run the dame daily distance leisurely for enjoyment and not for improved performance, his is not as pertinent.)

Another type of foolish consistency is the insistence upon following a certain routine n spite of illness, weather, other acts of divine intervention, or simply when the routine oes not work. It is one thing to decide to run so many miles per week or to run certain and progrestypes of speedwork and succeed for one or two weeks, and another thing to maintain such a rogram indefinitely. As Peter Snell reflected in his autobiography, "It's very hard to l marathon (ontinue the pressure of training and, if you ignore these warning signs, it's very easy o go down with flu or some similar upset which forces you to have the lay-off you need." istening to the warning signs - a pain that doesn't go away, a sustained elevation of esting heart rate, a change in mood or motivation - can help convert a foolish consistency nto a smart one.

Cardiologists often describe a common rhythm disturbance of the heart as "irregularly rregular." This describes the opposite of foolish consistency, namely a foolish consistency ith no discernable pattern whatsoever. As you might suspect, smart consistency consists of that might be called a "regularly irregular" pattern. Not only are hard efforts mixed with asy efforts on a regular basis, but also hard weeks and months are mixed with easy ones, onitored by paying attention to the type of warning signs mentioned above. There is a time o train and a time to race; you can't do both simultaneously, and racing a 10K weekly is rather foolish type of consistency. But a safe and successful pattern of running will eveal just that: a recognizable and rhythmic pattern over the course of a season or year. umerous studies have shown that the primary cause of injury is drastic increase of mileage r of intensity. Our musculo-skeletal system tends to lag behind our cardiovascular system in response to training, especially as we get older, and it is easy to push enthusiastically to the point of overtraining or injury.

Emerson, then, would applaud a program which contains elements of variability enmeshed ithin a predictable framework, one which has withstood the test of time. If you maintain your program indefinitely, it will be hard not to improve your performance and enjoy the process. If things are not working, and it's not fun, then it's time for a sensibly consistent change.





HEEL & TOE



Dr. Moshe Myerowitz, Chiropractor, f the Maine TAC Race Walking Chairman

RECORDS TOPPLED AT RACE WALKING'S WORLD CUP COMPETITIONS

When the IAAF Racewalking World Cup came to the United States (New York City), it was the first time that the event had been held in this Country.

"This was simply the most exciting racewalking anyone has ever seen," said Ian Brooks, who is formerly a member of the British team, and now an announcer. Over all, it was also the fastest. first seven finishers in the women's race eclipsed the previous world record, and the men's came close to record pace.

The World Cup is a team competition consisting of the three races commonly run in international meets-20K and 50K for men, 10K for women. Countries entering a minimum of three and a maximum of five walkers per race-364 athletes from 36 nations, competed during the weekend event. The men's Lugano Cup is awarded by combining points from the 20K and 50K; the women's Eschborn Cup is based on the single 10K race. The 50K (31 miles) is the longest foot race in track & field. East German Ronald Weigel, crossed the finish line first, in 3:42:26. Hard on Weigel's heels, came his teammates Hartwig Gauder and Ditmar Misch, for the first 1-2-3 50K sweep in Lugano Cup history. A quartet of Russian walkers followed. The first 23 walkers breaking four hours. first American crossed the finish line in 24th place, at 4:03:02.

Considering the time in another context illustrates the speed that the World Cup racewalking involves. Weigel averaged sub-7-minute miles over the 31 mile stretch. would be like running a marathon in less than three hours, and then keeping up the pace for another five miles.

Later the same day, the women lazola maintained the competitive pace. people The first seven finishers in the ic the 10K broke the world mark of 44:1 hoe co with Yan Hong (China) winning in ockpor 43:03. The Soviets than followedaces i with a second and third finish. re beg Unforturnately, the seeming Chintuture victor was disqualified for tech; eggs que infractions. The official ren yea sults then gave the Soviets a 1-identif 5-8 finish and the team victory, followed by the Spanish team in second place, and the Australian n the team in third place.

American women, led by Mary Alerest Torrellas (16th in 46:28) finish seventh of 21 teams.

In the 20K competition, the his ve Soviet team was first, Italy wasationa second, East Germany third, Spailighest fourth, and Mexico fifth. The 'ere ab American men finished ninth. ision.

"The World Cup was a debut fo the American team," noted 27 year old veteran Ray Sharp. Sharp an his teammates had seen this meet as a realistic step towards attaining their goal: an Olympic medal in 1988. As more and more Americans become aware of, and participate in race walking, the possibilities for international success increase enormously. At these World Cups, the top three finishers in the 50K were below four hours. Although Americans did not finish in four hours this time, Carl Schueler, who finishe sixth in the 50K in the 1984 gam and Marco Evoniuk, have both bee clocked below four hours at this distance recently.

American optimism is more than good team spirit. Greater finan cial support is particularly encouraging. The Eastern Block Te are State funded; displaying fin suntans, the Eastern German walk

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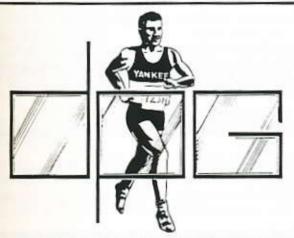
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certainly don't spend the winter in Potsdam. Now, the American team is beginning to enjoy some of the advantages of ample funding from what Ray Sharp calls the "American Method".

Mazola picked up the tab for the team at the World Cup. Mazola also sponsored a 5K "peoples' walk" open to the public that drew 500 entrants. of 44:14/ Shoe companies like Dexter and Rockport are also sponsoring followed races in 1987. Corporations are beginning to bet on the ing Chines future of race walking, just as or technil'eggs bet on womens running icial reten years ago, in order to be ets a 1-2-identified with a good thing!

That the World Cup was held in the United States certainly indicates our rising interest in the sport, and with the in-Mary Ann terest comes financial support.

> The World Cup, which was held in New York City in May of this year, presented international competition at its highest level to Americans who were able to watch it on television.



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GO FOR THE GRAINS - by Anne-Marie Davee

Cereal grains now provide about one-fifth of the calories Americans consume, a proportion which could be easily doubled for optimal health and fitness. In fact, complex carbohydrates are the only food group which has not been linked with the development of a major disease. The overwhelming favorite in this country is wheat. Alternative choices are oats, corn, rice, barley and buckwheat.

There are three main constituents in the kernal of all grains; the endosperm, the bran and the germ. Outermost is the bran which contains the fiber or roughage, importin man B-vitamins and some protein. This layer is lost when grains are refined, processed or white . milled. Most of thekernal is the endosperm, located in the central area, which providerboil starch. This compnent is the energy supply or powerhouse for the sprouting seed. At tharts, core, is the germ or the seed, which contains polyunsaturated vegetable oil, VitaminThere : and some B-vitamins. This is also removed when the grain is processed. slighl

The cavemen often crushed whole grains or "whole berries" between two flat rocks, The "r making them into a coarse cereal. This marked the beginning of the milling process. Trind i evolution of the milling process has culminated in the production of refined, bleache Buch white flour. This product is so low in nutritional value that it is really not worthyill. It of the name "grain." Refined, white flour is pure endosperm, no bran and no germ. Most the refined grains are now enriched by the addition of miacin, thiamin, riboflavin, iron nutries and even calcium. But, you are still missing out, particularly when it comes to fiber Gra-

All three constituents of the grain can be found in whole wheat flour that is "Stothem to ground." This milling process does retain most of the nutritive value. Graham flour they as another coarsely ground whole kernal flour. It is used to make graham crackers which are considered a whole grain product.

The outermost layer, bran, is the first to go in the refining process and is sold Sports in its unprocessed form. It looks and tastes like sawdust. Bran should be consumed CCDOP out of the package with a spoon - it is recommended for use in baking to enhance the fiber content of other recipes/cereals.

The germ of the wheat kernal is also lost in processing. Wheat germ is rich in vitamins, minerals and vegetable oil. It is a tasty supplement to add to any casserol muffin or cereal mix.

You get most for your money if you select whole grain breads made from stone ground JOR SPO flours, 100-percent whole wheat or other whole grain. Be sure to scope out the ingred listed on the label because wheat bread is not synonomous with whole wheat. Whole whe flour should be listed as the first ingredient. The texture of the bread will provide



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clue. As a rule, the coarser the product, the more whole grain has been added. Color is the least reliable characteristic. It is usually masked by the addition of molasses or caramel coloring, when it actually is a white bread in cognito.

Cereals, too, should be made from whole wheat or whole grain. The less processing the better, so be sure to read the label. When preparing hot cereals substitute skim or lowfat milk for part of the liquid to give yourself an added nutrition bonus. Number one in the hot cereal category is Wheatena and leading the cold cereals, it's Shredded Wheat, with no added sugar or sodium. Dr. Harvey Kellogg developed the first "ready to eat" cereal in an effort to improve the ehalth and digestion of those living in Battle Creek. You guessed it-it was Kellogg's Corn Flakes. When you are cereal shopping, BEWARE of puffed cereals, unless you want to pay for air, sugar-coated cereals which will cause tooth decay and granola which is full of both fat and calories.

Perhaps the most familiar form of corn to Americans is popcorn. Without butter or oil, it makes an excellent low-calorie, high fiber food for nibbling. (One cup contains only 29 calories).

Rice is viewed as a "filler" food, usually as an accompaniment to meat, fish or chicken. e, importan In many countries it serves as the mainstay and provides the only source of protein. The white and polished version as most of us eat, leaves a lot to be desired nutritionally. ch provides Parboiled or converted rice is superior in nutritive content to its processed countereed. At the parts, instant and minute rice. Choose brown rice because it is whole and unpolished. , Vitamin E There are three basic types of rice - long grain, medium and short grain. Each is slighlty different in cooking characteristics, but little variation in nutritive quality. The "rice" of the Middle East is called bulghur which is actually cracked wheat. You will rocess. The find it in cereals or salads, like tabbouli.

, bleached, Buckwheat was one of the first crops grown in America and is really not a grain at all. Its edible kernals are called "groats" or known as "kasha", which are the fruits germ. Most of the plant. Buckwheat is usually consumed as flour or grits with all of its natural nutrients intact and a wonderfully nutty flavor.

Grains are now used primarily as side-dishes in our meals. It is time to return t is "Stone them to the cnetral role in our diets, for enduarnce, health and longevity. And when they are on your plate, remember to eat the "whole grain."

> Anne-Marie Davee Sports Nutrionist

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reeport Fun Run Offers Holiday Spirit

ACE: 2nd Annual Candy Cane Fun Run DATE: Saturday, December 19th

DISTANCE: 2.4 miles (non-competitiv

casserole, IRECTOR: Rob Laskey with Joan Benoit Samuelson (host) and Mickey Boutilier of the Maine pecial Olympics.

one ground ne ingredie AJOR SPONSOR: Maine Life Underwriters and the Maine Track Club FEE: \$8 (benefits Special Olympics) Whole wheat

provide a OCATION: Freeport Town Square

OURSE: 1.2 miles out and back. At the half-way mark runners will sing carols at the Freeport ursing Home. The course runs right down Main St. and begins by the L.L. Bean Factory.

INE. SHES. **DFFEE**

TO 10 p.m.

ISTORY: Last year the race was run on Baxter Boulevard in Portland with more than 100 runners inging carols at the Seaside Nursing Home. "It was wonderful," Laskey said. This year the MT(in conjunction with Benoit-Samuelson, decided to move the run to Freeport. Laskey said the MTC as looking for a benefit for the race and "Joan had this idea" to benefit the Maine Special lympics. "This is not just a race," Laskey said. "There's a lot more involved. Caroling at the Nursing Home is a big part. It's real important to Joan." Laskey said the MTC wants this tun to become an annual event and with three-year commitments from Benoit-Samuelson and the Maine Life Underwriters, the future of the Candy Cane Fun Run looks bright. "It has its own mbience." Laskev continued. "We hope this year firms that this is a unique event." THER INFORMATION: Short-sleeved T-shirts, with an emblem of a sneaker with a candy cane throu tinstead of a Nike "swoosh," will be given in all race packets, along with jingle bells, a omenade candy cane from Len Libby's and other surprises. The post race ceremony will have efreshments and awards will be given to the best-holiday costumes. Awards include gift certif

PACESETTER - Kelly Bennett

As Maine natives say, Kelly Bennett is "from away," but the 23-year-old, born and raised in Heidelberg, Germany, might as well call the Maine roads and trails "home."

It wasn't until 1986, six years after moving to Maine from across the Atlantic and only eight since she first went out the front door for a run while a high school freshman, that the Lewiston resident blossomed as a runner.

"I got into cross country running when I was a sophomore in high school," Kelly recalls. "At first I treid out for volleyball, but it hurt my arms so much that I joined the cross country team two days later.

"My freshman year my oldest brother was the assistant track coach and my father was (also) a big influence. He still runs every day and he's 67 years old - doesn't even look 60."

By the fall of 1986 Kelly was finishing her studies at the University of Southern Maine. Under the guidance of George Towle, Kelly suddenly found herself pulling away from the rest of the collegiate field at the MAIAW State Championship in Orono. She wound up easily winning the 5K race in 17:58. a new course record by 35 seconds. And before the race she was merely hoping for a top-seven finish to make the All-State Team.

This race gave Kelly all the self-confidence she needed. The following week she won ECAC Division III Championships in New York and qualified for the Nationals. Since grad from the college scene she has been attacking the road race circuit. This year alone sh has set five personal records at various distances: 22:33 for four-miles, 29-flat for ! a 36:50 lOK, a 1:06 10-miler and 1:47 for 15. In the process she won the Benjamin's 10% Bangor (37:13) by more than one-minute, eventhough she "felt tired throughout the race" and she placed second at the Four Kids' Sake 4-Miler in Portland, less than one-second behind victorious Sally Perkins.

Where can the 5-foot 4-inch, 108-pound brunette go from here? Well, she hopes first a sub-36-minute 10K and then a marathon faster than the present Olympic Trials qualify! mark of 2:49:59. ("I hope to run the Olympic Marathon Trials in '92 or '96," Kelly said But these goals are not the only motivational tools that keep Kelly running.

"I'm addicted," she admits. "I love running. (It's) a great feeling when you improve times."

Since last fall Kelly must be feeling really great.

Training Schedule

(The following is an example of Kelly's training schedule during the racing season. She usually runs between 55-60 miles per week. Kim Wettlaufer, her high school coach at Lev is again guiding her.)

MON.: 8 miles THU.: 8 miles

TUE .: 5 miles FRI .: 9 miles

4 x 1200 meters (4:07) WED.:

SAT .: 5 miles 2 x SOO meters (2:41)

1 x 400 meters (72) RACE (Total = 10 miles) SUN.:

With warmup and warmdown,

total 10-miles







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1.	Andy Palmer	33	25	:26
2.		33		:27
	Daniel Quinn	28	26	:21
4.	Jim Kimball	19		: 39
5.	Philip Kircher	37		:50
	Dave O'Connell	20		: 38
	David Renault	38		:52
	Cliff Rogers Virginia Connors	28		:32
	W.H. Janeway	44		:04
	Brian McCrae	27		:16
	Mark Brzezinski	22		20
	Brent Elwell	24		:28
14.	Simon Shepherd	20	29	:42
15.	Robby Shea		29	
	Brian Elwell	28		:05
	J.C. Connolly	22		:24
	Douglas Graves	32		:31
	Kevin Finneran	38		:38
	Robert Jordan	27		:48
21.	Bill Pinkham	44		:51
	Eli Anthony	32		:54
	Dick Miles	33	31	
	Jock Kohlhas Jim Sullivan	28		:05
	Nick Manns	38		:06
27	Arthur Davis	27		:15
23.	Joseph Raguso	46		18
	Robin Emery Rappa	40		45*
	Perley Merrick	40	31	
	Cliff Olson	44		:04
32.	Curt Randewich	44	32:	:07
33.	Glenn Darden	31	32	:18
34.	Tom Kirby	31	32:	:22
35.	Dwight Brown, Jr.	39	32	43
	Kellie Stratton	20		49*
	Bruce Gelin	41		54
	John Pomeroy	45		54
	Scott Hinckley	29		:06
	Bill Whitmore	27		16
	John Meredith	33	33:	
	John Scheider	34		32
	Nickolaus Mans	15		
	Chris Brown Ken King	31	33	54
	Kathy Wheeler	36		03*
	Bob Wheeler	45		:05
	Larry Rich	39	34	
	Bill Beiser	58		27
50.	D.J. Johns	23		29
	Robert Parrott	28	34	
	Arthur Gilkes	12	35	:04
53.	Kara Rusch	20	35:	12*
	Ken Shea	44	35:	:13
	Summer Rhulon-Miller	49		:25
	Cheryl Williams	21		32*
	San Brown	14		43
	Ginny Pizzella	26		53*
59.	Dave Kolanko	29		57
	Peter Herzog	46		: 05
	Jim Bright	37		:08
	John Walls	50		16
	Kelley Hinckley	48		30*
64.	David Barker Fred Schmidt	44		: 35
	Patricia Silva	21	270.00	16*
	James Donlad	43		: 38
	Richard Davis, Sr.	45		: 39
	Mary Rather			52*
	Ector	30		54
	John Trefethen	47		:02
	Barbara Greeshtone	36		03*
	Peter Ingrassio	25		:06
	June Wheeler	29		:08*
75.	James Mroch	44		:17
100	Ellen Champlin	16		:22*
76.				
76. 77.	Leon Goldstein	54	27	:28
76. 77. 78.	Suzanne Church	21	37	43*
76. 77. 78. 79.			37 37	

81.	Scott Shapiro Linda Ellison	46 35	33:00
83.		43	38:17+
84.		47	38:17
85.		13	38:25
36.		33	38:38*
87.		61	38:43
88.		31	39:00
89.		38	39:04
90.		54	39:07
91.		28	39:11*
92.		39	39:17
93.	David Evans	47	39:18
94.	Abigail Kennedy	10	39:31*
95.		27	39:32*
96.		16	39:454
97.	Peggy Gelin	42	39:47*
98.	Charlotte Cuneo	34	39:48*
99.	Marc Etkind	22	40:16
100.	Stella Ritsos	36	40:41*
	Lisa Burnett	22	40:45*
102.	Don Osborne	65	41:09
	Priscilla Kennedy	40	42:47*
104.		39	42:48
105.		40	42:49
106.		48	43:12
107.	The second secon	23	43:15*
	John Erath	29	43:16
	Annette Pomeroy	28	43:29*
	James Boyer	51	43:40
	unknown	1553	100022
	Tom Savage	12	44:03
113.	Milton Bailey	68	44:25
	Joan Kleinman	41	44:25*
115.		28	45:02*
	Bruce Kelley	26	45:03
	Joanne Bradt	36	45:25*
118.		41 28	45:36*
119.		45	47:44*
		36	52:29*
121.	Janice Mans	36	56:42*
144.	Janice Mans	20	30:42*
Resu	lts courtesy of David	d Renau	lt
****	******	*****	*****
YMCA	CARDIAC RUN/WALK		
Bang	or	Sep	t. 20th

Bangor	Sept. 20th
1. Rusty Taylor	16:14
2. Brent Leighton	16:30
3. Steve Holmbreaker	17:10
4. Mike Thompson	17:45
5. Dick Miles	17:49
6. Dave Doure	17:54
7. Mike Doore	13:12
8. Mark Fernald	18:54
9. Todo Smith	18:57
10. Ted Silver	20:14
11. Rob Tomlinson	20:15
l2. Nikki Sekera	20:19
13. John Sherrifs	20:42
14. Deb Sterk	21:11
15. Ray Dubois	21:23
16. Bernard Kubetz	21:29
17. Jim Sterk	21:40
18. Jerry Saint Amand	21:53
19. Jason Stern	22:12
20. Don Hoxie	22:17
21. Arthur Josquin	22:27
22. Cindy Stevenson	22:57
23. Greg Lewis	23:19
24. Glen Rea	23:21
25. Andy Lounsbury	23:22
26. Walt Landry	23:26
27. Richard Heath	23:26
28. Jeff Jones	23:26
29. Jim Henry	23:27
30. Meg O'Donnell	23:28
31. Peter Caldwell	23:31
32. Alan Glazier	23:36
33. Dale Violette	23:34
34. Elwell Regnald	23:48
35. Alan Swett	23:57
36. Bill Gardner	24:06
37. Bob Devey	24:08
38. Don Berson	24:08
39. Jim Hathorne	24:09
40. Serena Pottle	24:16
41. Dave Keane	24:24
42. Barbie Beal	24:25
43. Darian LeBlanc	24:33
44. unknown	24:42

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	Max the Dog	24:43	41
	Rene Collins	24:45*	
	unknovn	24:46	
	Tom Bissette	24:54	
	Jill LeBlanc	24:56*	
	Grady Stevenson	24:57	
	Josh Silvers	25:11	
52.		25:12	
	Diane Childers	25:13*	
	Deb Storm	25:19*	
C (57) 171	Sean Sternmetz Keith Antworth	25:42	
	Mark Eastman	25:50	
	Ken Rowell	26:29	
	Tim Dauphinee	26:29	
	Julie Morse	26:45*	
	Bob Gardiner	26:54	
	Robert Allen	27:05	
	Hartley Russell	27:13	
	George Burgoyne	27:15	
	Ed Sargeant	27:18	
	Joyce Reardon	27:43*	
	Mike Henry	28:13	
	Dave Brooks	28:15	
	Gary Fessler	28:43	
	Aurele Quellette	22	
	Ashley LeSlanc	29:39*	
	Kevin Chruchill	29:46	
	Sharon Littnell	29:54*	
	Sharon Smith	33:00*	
	George Chalmers	33:18	
	lkers Division- Moshe Myerovitz	29:11	
	Philomena Baker	31:51*	
	Larry Leavitt	36:47	
	Paul Paulson	38:48	
	Peggy Burgoyne	38:52*	
	Bev Anderson	40:29*	
	Joyce Stevenson	41:30*	
	Deanna Philbrick	41:31*	
	Mary Leavitt	41:44*	
	Mary Lou Armes	42:57*	
	Sam Ouellette	48:48	
12.	Deidra Kelly	43:49*	
13.	Sob Brennan	49:12	
	Donna Columbo	51:17*	
15.	Sharon Whitehouse	51:13*	
	Deb Dumon	51:47*	
	Jane Trieband	53:16*	
	Stanley Ward	53:17	
	Terry Moransie	55:48	
	Norman Carlisle	56:10	
	Maxine Finch	56:11*	
	Duska Finch	63:51*	
23.	Larry Finch	63:52	
	Mick Brountas	63:53	
25.	Betty Targon	64:54*	
	Margaret Polyot	64:26*	
	Lorraine O'Donnell	64:27*	
	Regan Leblanc	64:28	
	Oriana Farley	64:49*	
	Robert Leighton	64:50	
	Paul Leblanc	65:01	
	Linda Coleman	65:02*	
33.	Joanne Limarek	27	

Results courtesy of Ann Maxim

ANNUAL	HILDA	BARSTOW	MEMORIAL Oct.	

1.Rick Lane	40	17:03
2. Randy Hastings	32	17:13
3. John Bean	30	18:15
4. Dick Miles	32	18:32
5. Ken Richards	35	18:57
6. Michelle Essiq	18	19:13*
7. Greg Smith	19	19:32
3. Dennis Kamholtz	40	19:16
9. Brian Kelly	29	19:49
10. Scott White	19	19:50
11. Michele Clayer	19	19:59*
12. Robert Taylor	20	20:02
13. Jeff Weeks	2.2	20:14
14. Darryl Hilliard	22	20:16
15. Vince Sculio	19	20:25
16. Richard Robinson	44	20:40
17. Ellery Borow	33	20:56*
18. Jerry Saint Amand	44	20:59
19. Rill Yaces	46	21:16

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20. Lisa MacPhee 17 21:26*
21. Ben Yates 13 21:31
                                                                                                                                                                                                                                        70. Joe Cesta
71. Craig Parker
72. Joel Goober
73. Michael Sheffey
74. John Lunt
75. Eunice Phillips
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33 3:09:55
39 3:11:26
                                                                                                                                                                                                Oct. 4th
          21. Ben Yates
                                                                                                                        Portland
                                                                            13 21:31
          22. Alan Irvin
                                                                           27 21:51
                                                                            31 22:00
37 22:05
          23. Jack Paul
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                                                                                                                          1. Jeff Brown 16 38:39
2. Roger Bordas 36 39:38
3. David Boyd 45 40:28
4. Robert White 39 40:50
5. Mack Carter 31 41:41
6. Ted Fratt 18 42:50
7. Jerry Saint Amand 44 44:18
          24. Jeff Truncy
25. Darlen Williams 32 22:11=
46 22:25
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76. William Ellis 33 3:12:00
77. James Holt 45 3:13:29
78. Paul Engineri 36 3:13:54
79. Gregory Hintlian 40 3:15:26
80. Patricia DeLotto 48 3:15:48*
81. Romald Gifford 39 3:16:06
82. Donald Bessey 42 3:16:08
83. Jim Blount 58 3:16:15
84. David Rein 38 3:16:18
85. George MacDougall 40 3:16:35
86. Carlton Mendell 65 3:16:46
87. Donna DAvis 25 3:17:20*
88. Joseph Meehan 41 3:17:28
89. Lee Nusich 36 3:17:37
90. Brian Norton 37 3:18:09
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         26. Len MachPhee
27. Joyce Sheridan
                                                                          40 22:27*
          28. Victor Cormier
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          29. Daneette Card
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47 22:54
         30. Howard Clements
         30. Howard Gamma 43 23:32 31. Doug Dunlap 43 23:32 19 23:40*
                                                                                                                           8. Fred Stone 51
9. Susan Nordli 32
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                                                                                                                                                                                                          53:06*
        33. Leah Yates 11 23:44*
34. Cynthia Kemble 40 23:46*
35. JoAnne Kamholtz 40 23:49*
36. Roy Scribner 44 23:50
37. Karl Franson 45 23:59
38. Nancy Barker 37 24:15*
                                                                                                                      10. Willie Burke 33 61:29
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37 24:15*
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        38. Nancy Barker
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89. Lee Nusich 36 3:17:37
90. Brian Norton 37 3:18:09
91. Julie Millard 24 3:18:57
92. Edward Lynch 42 3:18:57
93. Robert Vogt 45 3:19:03
94. Lorne MacDonald 42 3:"9:15
95. Kenneth Hooper 37 3:19:29
96. Thomas Dagley 37 3:19:50
97. Dale Perreault 32 3:"9:54
98. Bill York 45 3:20:03
99. Harry Hunt 45 3:20:55
100. Thomas Caron 38 3:20:58
101. Brian Alward 47 3:21:04
102. Jean Boswell 43 3:21:08*
103. Tom McGuire 41 3:22:43
104. R. Linnemann, Jr. 31 3:23:21
      39. Ruth MacPhee
40. Mike Nelson
41. Pary Jacobs
42. Don Briggs
43. Chris Hasson
44. Bob Watts
45. Janice Durrell
46. Lawra Burgerford
47. Julie Ouellette
48. Nathan Franson
49. Carla Bridges
50. Joan Wade
51. Mac McCoan
52. Cordula Swett
53. Wandy Swett
54. Jason Chilly
55. Itna Kanais
56. Jenster Moran
         39. Ruth MacPhee
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                                                                                                                                                                                           Oct. 11th
                                                                                                                        Portland
                                                                            38 24:42*
                                                                           21 25:01
                                                                           21 25:02
                                                                                                                         1. Bruce Ellis
                                                                                                                                                                                        35 2:21:04
                                                                                                                         2. Sammy Pelletier 29 2:24:53

3. Thomas Leonard 31 2:33:05

4. Carola 29 2:36:08
                                                                            52 25:09
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                                                                                                                           4. Jim Garcia
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                                                                                                                          5. Jim Toulouse
                                                                           21 26:07*
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                                                                                                                         Joe Fodor
Rarry Fifield
Dominic Adams
Steven Man
                                                                           8 26:18
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                                                                          20 28:02 9. Steven McGrath
21 28:04* 10. Lance Gultani
17 28:11* 11. Harry Nelson
12 29:22 12. Paul Terrile
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                                                                                                                                                                                                                                     103. Tom McGuire
104. R. Linnemann, Jr.
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      54. Jason Chilly 12' 29:22 12. Paul Terrile
55. Tina Kanais 20 29:30* 13. David Walecka
56. Jennifer Moran 21 29:59* 14. Bill O'Mara
57. Patricia Aylen 21 30:14* 15. John Ottaviani
58. Ron Hazelton 38 30:22 16. Peg Donovan
59. D.S. McGee 71 30:59 17. Rick Hinds
60. Barclay Laidman 19 31:31* 18. Bob Coughlin
61. Shelly Reed 19 33:09* 19. John Edwards
62. Thomas Bennett
                                                                                                                       12. Paul Terrile
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42 3:24:08
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107. Gregory Kreiger 42 3:24:08
108. William Davenny 42 3:24:21
109. Ashley Cole 38 3:24:31
110. Steven Robertson 28 3:24:31
111. Catherine McGuire 28 3:24:57*
112. Lloyd Crocker 35 3:25:02
113. Leonard Weir 32 3:25:05
114. Marc D'Amour 32 3:25:46
115. Charles McLaughlin 41 3:26:20
116. Elaine Regina 28 3:26:22
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       61. Shelly Reed 19 33:09*
62. Suzie Perry 19 33:10*
63. Sany Paine 19 33:16*
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     03. Sany Paine 19 33:10*
64. Carolyn McLaughlin 51 34:25*
65. Kimberly Richard 19 34:36*
66. Maria Bennett 18 34:37*
67. Leigh Hazelton 18 34:43*
68. Jayne Browning 63 36:44*
69. unknown 38:42
                                                                                                                       20. Thomas Bennett
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                                                                                                            22. Craig Hatton
23. Peter Brigham
24. David Server
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117. Geoffrey Clark 27 3:26:23
118. Garry Gribble 48 3:27:24
119. Robert Frederick 29 3:29:01
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                                                                                                                 25. Francis Richards 44 2:36:37
26. Douglas Kay 34 2:56:47
27. Duane Larsen 31 2:56:52
                                                                                                                       25. Francis Richards
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      70. Sally Beaulieu 18 39:29*
71. Meg Dyer 18 39:30*
72. Linda Sinclair 19 42:05*
73. Natalie Jones 70 43:004
                                                                                                                 28. Bob Payne 49 2:56:52
29. Bob Kahn 37 2:57:59
30. Michael Cabot 38 2:58:07
31. Brian Hilliken 34 2:58:48
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121. Daniel Wagner
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    72. Linda Sinclair
73. Natalie Jones 70 42:09*
74. Barbara Doore 18 42:45*
75. Michael Chilly 7 42:46
76. Karen Ross 19 49:26*
77. Amy Arsenault 20 49:33*
78. Lisa Soucy 20 49:34*
79. Liz Lacroix 20 49:52
20 Paul Floyd 77 49:52
                                                                                                                                                                                                                                122. David Cunningham
123. Howard Atherton
124. Gilbert Smith
125. Anita Blake
126. Kimberly Bodwell
127. Thomas Rentz
128. Lee Dickey
129. Paul King
120. David Cunningham
121. Specific Science
122. Lee Dickey
123. Lee Dickey
124. Specific Science
125. Lee Dickey
126. Paul King
127. Specific Science
128. Lee Dickey
129. Paul King
129. Specific Science
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                                                                                                                       32. William Marlow
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                                                                                                                  33. Brian Conaway
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                                                                                                                       34. Edward Goudreau
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                                                                                                                 35. Judson Esty Kendall 38 2:59:55
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37. Ray Johnson
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39 3:00:09
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131. Susan Martin 25 3:35:36*

132. Raphael DePerez 47 3:36:47

133. Tom Chase 53 3:38:28

134. Roger Burns 50 3:38:36
      81. Sharon Jamison 38 49:53* 39. Thomas Hines
82. Susan Marcoux 21 49:54* 40. John Coulp
                                                                                                                       38. Dan Whittemore 35 3:00:18
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     31 3:00:28

32 Lee Scott 34 49:56 41 Andrew Strassman 31 3:01:06

33 Meryl Guilford 21 49:57* 42 Guy Berthiaume 41 3:01:23

34 Solid Horrison 12 50:02 43 Daniel McCarthy 39 3:01:57

36 Caleb Morrison 10 50:04 44 Judy Ketchan 31 3:02:10*

37 Scott Morrison 36 50:26 45 Thomas Bell 32 3:02:13

38 Debbie Shackley 19 50:29* 46 Michael Martin 32 3:02:14
                                                                                                                                                                                                                                   134. Roger Burns 50 3:38:36
135. Walter Trott 29 3:40:27
136. Steven Evrard 32 3:40:45
137. Carlton Comstock 49 3:40:45
138. Rich Littlefield 39 3:40:49
139. Rusty Dewsnap 29 3:40:58
140. Michael Brown 31 3:41:26
141. John Taxter 35 3:41:44
142. Joan Tremberth 42 3:41:56*
                                                                                                                                                                                        31 3:02:10*
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      38. Debbie Shackley 17 30122 47. Mitchill Smith 29 3:02:14 90. Lisa Robinson 20 50:31* 48. Peter Carleton 29 3:02:27
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      91. Lynn Chartier
92. Kim Gray
93. Kim Kristoff
                                                                     21 50:32*
19 50:33*
                                                                                                                 49. John Perham
50. Thomas Greco
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144. Scott Burnett 21 3:42:57
145. Rick Lajote 38 3:43:02
146. Alvin Mack 37 3:43:11
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                                                                                                             51. Thomas Keating
                                                                                                                                                                                      31 3:03:31
      95. Tamara Chilly
                                                                       8 50:36* 52. Philip Pierce
3 50:37* 53. William Devlin
67 50:38* 54. Jerry Allanach
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                                                                                                                                                                                      43 3:03:45
      96. Loretta Chapman
                                                                                                                                                                                                                                147. Frank Knight
148. Kachryn Tolford
149. Clifton Ives
150. Diame Aston
151. Jean Thomas
152. Sandy Utterstrom
133. Gregory Learnard
154. David Skinner
155. D. Munsey, Jr.
156. John Willhoite
157. Frank Damboskey, Jr.
                                                                                                                       54. Jerry Allanach
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     97. George Chapman 68 50:39
98. Louis Chilly 37 50:40
99. Judy Chilly 38 50:41*
100. Ginny Robinson 48 50:42*
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35 3:04:11
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                                                                                                                      56. Tom Traina
57. Allam MacSeill
                                                                                                                                                                                                                                                                                                                        33 3:43:47*
  99. Judy Chilly 38 50:41* 57. Allan MacNeill 27 3:04:37 100. Ginny Robinson 48 50:42* 58. Ben Fudge 52 3:04:47 101. William Robinson 54 50:45 59. Mark Fontaine 29 3:04:48 102. Elizabeth Couser 70 50:46 60. Guy Roberge 36 3:04:59 103. David Robinson 21 50:48 61. Steve Scott 41 3:05:24 104. Barbara Titcomb 77 62. Newell Levey 29 3:06:00 105. Fanny Kendall 66 17 63. Frank Malsbury 40 3:07:01 106. Marion Durrell 77 64. Arthur Schmell 40 3:07:02 115 finishers 65. Sharon Davley 26 3:08:02*
                                                                                                                                                                                                                                                                                                                        49 3:43:54
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42 3:46:36
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Results courtesy of Jerry St. Amand 67. Thomas Carll 43 3:08:52
68. Dennis McCarthy 38 3:09:19
69. John Poisson 33 3:09:42
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159. Yvette Knight
160. Aletha DeVos
                                                                                                                                                                                                                                                                                                                    33 3:48:12
                                                                                                                                                                                                                                                                                                                     41 3:48:22*
45 3:48:47*
22 3:48:54
                                                                                                                                                                                                                                 161. Frederick Davis
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2ND ANNUAL RUN FOR FITNESS - 9.1K

162. W11

163. Dat

164. Bru

165. Sus

166. Mas

167. Day

168. Hea

169. Joh

170. Joh

171. Ann

172. Bar

173. Day

174. Joh 175. Mar

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181. DAY

182. Jay

183. Jan

184. Gre

185. Joh

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187. Rob

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207 Sal

208. Noe

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100	Bruce Little	-32	3133104	211.	Kene Louvat	45	4:20:28	11.	Raymond Noiles		19:07
0.0000000000000000000000000000000000000	Susan Milliken	33	3:53:05*	212.	David LaVie	28	4:21:12		Steve Floyd		20:29
	Maureen Cunningham			213.	Richard Nadeau	47	4:22:04	13.	Douglas Swain		21:18
			3:56:08	214.	Ronald Kline	57	4:22:10	14.	James Oliver		21:38
	Heather Highee		3:56:43*	215.	Jane Weisenberg	35	4:24:07*	15.	Scott Cote-Crosskill		21:43
	John McGrath		3:56:48		Betty Kline	53	4:28:02=	16.	Cynthia Smith		21:46*
			3:57:22		Douglass Allen	30	4:28:35	17.	Don Leclerc		22:27
	Anna Pfeiler		3:57:30*		Ronald Grosvenor	27	4:32:10	18.	Robert Perkins		23:03
	Barbara Murphy	27	3:57:44#		David Mosley	41	4:34:15	19.	Elisabeth Sturdevant		23:42*
	David Monti	35	3:57:44* 3:58:10	220.	John Hall III	27	4:34:47	20.	Don Penta		23:54
	John Power	43	3:58:11	221	Scort Phair	35	4:35:40	21.	Larry Barron		25:38
	Mark Sheeran	28	3:58:11 3:58:18	222.	Margaret Daly	24	4:36:21*	22.	Julie Dunham		25:50*
	Robert Michel	32	3:58:27	223.	Stanley Pride	56	4:36:56	23.	Dorothy Stoddard		26:10*
	Seb Berall	44	3:58:34		Anne Batten				Pauline Kenniston		26:13*
178.			3:58:34		David Dow		4:38:23		Jane Barron		26:49*
179	David Champagne, Jr.				Gene Kucinkas, Jr.	29	4:39:28				
180			3:59:38		Stephen Faria	32	4:42:47	Res	ults courtesy of Bob Pay	ne	
181	DAvid Benn				Edd Cabral	43	4:48:20		Race Di		or
182	Inv Russell	35	4.03.21		Paul Hermes	29	4:48:26				
183	Jay Russell James York	35	4.03.22		Kathleen Hermes	29	4:48:27*	***	*****	****	******
184	Gregg Stanley	32	4:03:32	231	Warren Fove	39	4:52:05				
	John Roberts	40	4:03:32 4:05:41	232	Warren Foye A. Sardinha, Jr.	51	5:06:36	2nd	Annual DYER MEMORIAL 58		
	Mark Sinnott	29	4:06:33	233	Beverly Tripp	50	5:14:53*	Win	slov	0c	t. 18th
187	Robert Reighley	45	4:06:52	234	John Donovon	44	5:32:00				
	Thomas Forbes	54	4:07:53	235	Stpehen Bartolett	30	5:41				
	Roberta MacDougall	40	4:07:56*	236	Michelle Kline	28	5:41	1.	Peter Lessard	25	16:03
			4:07:59*	237	Robert Morris	54	6:07:59			29	16:54
	Michael Stewart			238	Penny Morris	50	6-08-17*	. KT25			17:08
			4:08:34*	250.	remny morris	30		4.			17:24
200 000000			4:08:38	Pagul	ts courtesy of Anne	Breto		5	Brian McCrea		17:29
			4:08:48*	Weser	tea courteray or name	22000	-	6.	Mike Bard		17:54
	Bob Roche		4:09:01	****	*******	*****	*****				17:56
	Lori Drake			Seattle 1				255175			18:12
			4:10:08	HOME	COMING HUSTLE 5K			1402.024			18:15
			4:10:08	Fryel			Oct, 3rd				18:22
C 5 5 5 5 1			4:10:22		ourg						18:33
C. C. C. C.			4:10:38	36 644		2000			Denis Karus, Jr.		
-	13.3750 (2001) 3.700(1) 1.7		4:10:56	1 1	Kevin McDonald		16:23				18:46
					S. Keough		16:50	The state of the s		18	
			4:11:31 4:11:52*		erle Spaulding		17:08				19:01
					Merie Spaulding Mendy Delan		17:31*		Kenton Viles	20	19:17
200000			4:12:04*				17:42		Steve Jones	20	19:27
			4:12:19		Bob Parrish				Dick Cummings	50	19:30
206.	Jerry Saint Amand	44	4:12:22		Charlie Maddaus		18:00	10.	David McManus	20	19:30
207.	Sally Paterson Noel Bodwell	46	4:12:23*	7. 1	Howard Chadbourne		18:00	19.	Wendy Hosea		19:53*
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3:17:37 3:18:09 3:18:27* 3:18:57 3:19:03 3:49:15 3:19:29 3:19:50 3:*9:54 3:20:03 3:20:55 3:20:58 3:21:04 3:21:08* 3:22:43 3:23;21 3:23:36 3:23:42 3:24:08 3:24:21 3:24:31 3:24:31 3:24:57* 3:25:02 1:25:05 3:25:46 3:26:20 3:26:22 3:26:23 3:27.24

3:29:01 3:29:11 3:29:48 3:32:11

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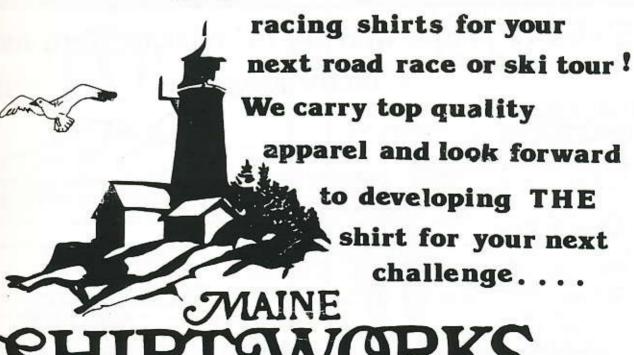
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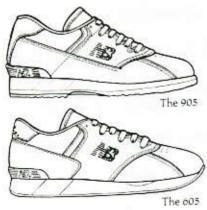
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		E ATTOMATO TO	3rd Annual 5K TARA PUTNAM	5CHO	LARSHIP	45. J	ason Gagnon		23:38
21. John Manzer			Bro Annual Ja Laun			46. A	.J. Gallant	39	24:10
22. David Bucholz		20:15	-10/0/200700	Oct	, 18ch	47. S	lugger Cannon	16	24:12
23. Ed Raiola		20:22	Medway			48. 3	osh Gallant	18	24:12*
24. Ed Cochrane	44	20:37				49. 8	tacey Holway	34	24:25
25, Dara Jones	30	20:41*		27	15:42	50	Jay Brown		24:25
26. James Booth		20:47	1 Bob Everett		16:39	51	John Doe	17	
Z6. James Booth		21:12	 Charles Violette Richard Hartford, Jr. 		17:05	52.	tike Farrington	15	
27. unknown 28. Sam Mitchell	33	21:23	3. Richard Hartroid, 31.	36	17:24	53.	Julie Willard	40	- 500 NO. 100
28. Sam Michiell		21:24*	4. Rusty Taylor		17:28	54.	Francis Roy	13	25:05*
29. Tammy Ciesla	42	21:27	5. David Doore 6. Aaron Himes 7. Mike Doore 8. Maurice Daigles		17:52	55.	Becky LaChance	14	26:34
30. David Benn	37		6. Aaron Himes		18:09	56.	Doug Rhoda	12	26:36*
31. Nancy Lagin	40	21:50	7. Mike Doore	35	18:22	57.	Jennifer Ouellet	58	
32. Fred Thompson	46	21:56	8. Maurice Daigles	16	18:33	58.	Albert Benar	63	
33. Paul Dall	39	22:02	9. Brent Violette	19	18:44	59.	Fran McMahon	14	
34. Gary Ackendorf	43	22:06	10. Jody Laferriers		18:48	60.	Karri McLaughlin	1.00	
35. Donald Carter	36		11. Patrick Boss		18:50	61.	Kerry Eaton	15	27:04*
36. Doug Legg		22:18	12. David Wheaton		19:09	62.	Lori Gelinas	14	27:33*
37. Tom McGuire		22:21*	13. Mark Fernald		19:11	63.	Lisa Willard	1.7	27:33*
38. Nancy Karter	48	22:33	14. Andy Howard	1000	19:11	64.	Aldea Osborne		27:38* 27:39*
39. Bruce Fowles	25	22:38	15. Lee Rush			65	Kendra Turner	1.2	271391
40. Robert Jackson	32	22:48*	16 Ron Gelinas	39	19:35	66	Susan Brooker	40	
41. Karen LaCasse	34	22:59	17 Dr. C. Gary Lloyd	4.70 3	19:48	67	Ryan Wheaton	9	27:46
42. Robert Lutz		23:10	ig Reian Pressley	16	19:49	69	Alison DeWitt	16	28:24*
43. Ronald Hellen		23:16*	19. Donald Bradford	17	19:50	60	Julie Violette	15	28:30*
44. Joyce Sheridan		5 5 5 5 5 5 5 C	20 Robert Dow	42		70	Rac Jean Norris	1.	28:30*
AS Ellery Borow	33	23:17	21. Terrance Hartford	14	20:07	70.	Rachel Norris	1.	28:53*
46. Karen Laney-Blair		23:24*	22. Aaron Russell	14	20:08	/1.	Marie Benar	44	29:05*
	44	23:25	71 and 6	17	20:11*	72.	Jennifer DeWitt	1.	5 30:10*
48. Al Swett	31	23:34	24. Schuyler Morrison	39	20:12	73.	Mark Noon	1	30:10*
49. Donald Abrams	54	23:40	25. Chris Smith	29	20:25	74.	Dacia Paradis	1	5 30:34*
50. Walter Viles	51	23:55	26. Fred Osgood	12	20:34	75.	Dacia Faranto	1	5 31:09*
51. Tim Holland	42	23:59	27. Chris Farmer	16	20:37	76.	Beth Martin	1	3 31:18*
52. Bonnie Sammon	34	24:01*	28. Kevin Hartford	15	20:50	77	Denise Towle	- 1	2 31:58
53. Janis Ackendorf	39	24:05*	28. Kevin marcioid	1.7	21:32	78	. Naomi Kirkpatrick		4 33:19
54. Rex Nelson	56	24:45	29. Nachan Bell	3	22:04*	79	. Ben Fiske		2 34:42
55. Verne Pinney	38	25:09	30. Mary Nattress	51	22:16	30	. Sharon Holway	0.75	# 1535-175
56. Claudia Takaca	31	25:20*	31. Art Fraser		23 22:28*				
57. Corey Lessard	14	25:22*	32. Diane Carey		22:30	-W	alkers-		
58. Larry Barron	58	26:15	33. Dean Shea 34. Richard Hartford, S		22:33		Carried Co.		40:00
58. Larry Barron	29	26:27*	34. Richard Hartrord,	A	7 22:37	1	. Joan Gordon		41:00
59. Jane Barron	35	26:36*	35. Howard Clements	1	3 22:37*	2	. Joleen Khwice		42:00
60. Marie Blanchette		27:59*	36. Angela Daigles	-	1 22:39	3	. Nena James		43:00
61. Pat Stoltenberg		5 28:17	37. Ryan McLaughlin		3 22:41	4	. Anne Taylor		47:00
62. Chris Carson	A	5 28:22*	38. Michael Hartford	1	0 23:01		Samara Khwice		47:00
63. Ruth Jolicoeur	30	9 31:56*	39. Harv Brooker		3 23:05		. Johnna Turner		47:00
64. Linda Benn	31	9 33:50	40. Lewis Ouellet	1	1 23:15*		Kelly Pelkey		47:00
65. James Bickford		0 34:40*	41 Kara LaChance	4	6 23:33	-	Sharon Doe		
66. Margie Brown	5.63	V 34.70	42. Daniel Michaud	- 4	0 23:33		9. Donna Birmingham		47:00
DECLIT TS COURTESY OF			43 Walt Landry		1 23:35	1	g. Judith Moore		48:0
CENTRAL MAINE STRIDERS				- 1	3 23:37				

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15, Linda Bradford	51:00
16. Fran Willard	51:00
17. Carmen Tetu	51:00
18. Trudí Waldron	51:00
19. Louise Scribner	51:00
20. Cathy Cram	52:00
21. Mary Turner	53:00
22. Joan Kirkpatrick	53:00
23. Jaime Stanley	54:00
24. Angel Strout	54:00
25. Tifany Boone	54:00
	62:00
26. Mike Hamlin	5070.50
27. Rhonda York	62:00
28. Rebecca Hamlin	62:00
29. William Hamlin	62:00
Results courtesy of Tom T	etu
	Director
*****	*****
TAC XC DEVELOPMENTAL MEET	
Maranacook	Oct. 18th

44.12. 24:25 24:25 24:43 24:50* 25:04 25:05* 26:34 26:364 26:40 26:47 26:54 26:59* 27:04* 27:38* 27:39★ 27:41* 27:46 28:24* 28:30* 28:30* 28:53* 29:05* 30:10* 30:10*

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TAC XC DEVELOPMENTAL MEET Maranacook Ou	t. 18th
AGE DIVISION - Mite (8 and un	ier)
Male:	
1. Robert Beliveau	12:07
2. Timmy Whitten	13:15
3. Lucas McNellie	14:39
4. Hazen Clark	15:19
5. Nathan Ronco	17:57
Female:	
1. Su Chung	13:55
2. Jessica Stokes	15:27
ACE DIVISION - Bantam (9 5 10,)
Male:	
1. Owen Lisa	11:34
2. Kyle Genevicz	11:51
3. Coady Rouilton	12:19
4. Ben Dougharty	13:13

4.	Erin Fournier	13:05	7.	Joyelle Decker	12:58
5.	Amy Taranko	13:21	3.	Lori Hamilton	13:04
6.	Bethany Fournier	13:22	9.	Gina Genevicz	13:11
7.	Amy McAfee	13:58	10.	Abby Erickson	13:22
8.	Jessica Cote	14:24	11.	Trisha Alley	13:33
9.	Meghan Dougherty	15:26	12.	Jamie Anderson	13:39
10.	Sharalyn Whitten	15:30	13.	Emily Bancroft	14:11
11.	Aimee Crosby	16:11	14.	Alex Marshall	14:15
12.	Tiffiny Bona	16:58	15.	Carrie Reynolds	14:32
	Vicki Sadlery	18:27	16.	Katie Maloney	14:35
			17.	Kate Nott	14:40
AGE	DIVISION - Midget (1	1 5 12)	18.	Armanda Enck	14:45
Male	1:				
1.	Tim Weems	9:50	ACE	DIVISION - Youth (13 & 14)
2.	Branden Alley	9:54	Mal	e;	
3.	Don Whitten	10:39	1.	Brian Strout	15:32
4.	Mike Donegan	10:42	2.	Nat Woodruff	15:44
5.	David Stokes	11:04	3.	Seth Thornton	15:51
6.	Jody Larue	11:04		Mike Wright	16:26
7.	Caroll Lane	11:12	5.	Brian White	16:48
8.	Seth Brown	11:18	6.	Jason Stevens	16:52
9.	Joey Wellman	11:20	7.	Jason Elam	16:54
10.	Ethan Brown	11:22	В.	Roland LeChance	17:21
11.	Brett Morgan	11:23	9.	Eddie Sanborn	17:32
12.	Gregory Papp	11:24	10.	Jacob Emerson	17:33
13.	Andrew Worth	11:29		Tom Boulanger	17:33
14.	David White	-1:31	12.	Justin Davis	18:44
15.	Jason Cote	11:48		Donny Joly	19:11
16.	Lowell richard	11:48	14.	David Chase	19:13
17.	Adam Thompson	12:02	15.	Tracey Bishop	19:14
18.	Martin Howgate	12:24	16.	Aaron Roberts	19:51
19.	Jacob MacGillivary	13:15	17.	Jason Dixon	21:46
20.	Mike Sinclair	13:26			
21.	Tony Jones	13:27	Fem	ale:	
22.	Mike Methuin	13:37	1.	Chris Boulanger	17:53
23.	Adam Dougharty	13:47	2.	Andrea Smith	19:27
	Jeremy Connoi	13:49	3.	Darcy Rose	19:40
	Mike Ryan	NT		Angela Redmond	20:08
4500		6847	5.	Erin Johnson	20:15
Fema	ile:		6.	Stephanie Adams	20:23
	Cristen	10:58		Lisa Crosby	21:54
	Cory Crawford	11:22	0.2	Jessica Fulmer	21:55



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1. Michael Mudge 20:02 33. B. Johnson (N) 17:01 2. Dan Williams 20:55 34. C. Jewell (N) 17:51	21. K. Webster (H) 22. M. Flynn (H) Results courtesy of Dennis **********************************	CHAMPIONSHI Oct. 24th
11. Cam Castle NT 20. B. Perry (E) 15:13 21. A. Moore (W) 15:27 AGE DIVISION - 15 5 16 22. J. Drew (H) 15:34 Male and Female 23. V. Pike (W) 15:38 1. Casey Carroll 19:46 24. J. Bragg (H) 16:04 2. Corey Genevicz 20:55 25. J. Joy (O) 16:07 26. G. Finnemore (H) 16:08 AGE DIVISION - 17 5 18 27. J. Vicnaire (E) 16:20 Male and Female 28. D. Braley (C) 16:35 1. Chris Vreland 23:04 29. J. Robichaud (O) 16:37 30. N. Gilbert (W) 16:44 AGE DIVISION - Open and Masters 31. D. Eaton (H) 16:46 Male and Female 32. J. Campbell (W) 16:50 1. Michael Mudge 20:02 33. B. Johnson (H) 17:01 2. Dan Williams 20:55 34. C. Jevell (H) 17:51	Results courtesy of Dennis MAIAW STATE CROSS COUNTRY C Lewsiton TEAM: UMO 34, Bowdoin 63, C Bates 74, USM 115, St. Joe' did not field a full team.	Shibles CHAMPIONSHI Oct. 24th
21. A. Moore (W) 15:27	MAIAW STATE CROSS COUNTRY C Lewsiton TEAM: UMO 34, Bowdoin 63, C Bates 74, USM 115. St. Joe' did not field a full team.	CHAMPIONSHI Oct. 24th
AGE DIVISION - 15 5 16 22. J. Drew (H) 15:34 tale and Female 23. V. Pike (W) 15:38 23. Casey Carroll 19:46 24. J. Bragg (H) 16:04 24. Corey Genevicz 20:55 25. J. Joy (O) 16:07 25. G. Finnemore (H) 16:08 26. G. Finnemore (E) 16:08 27. J. Vicnaire (E) 16:20 28. D. Braley (C) 16:35 28. D. Braley (C) 16:35 28. Chris Vreland 23:04 29. J. Robichaud (O) 16:37 30. N. Gilbert (W) 16:44 30. M. Gilbert (W) 16:46 31. D. Eaton (H) 16:50 28. Michael Mudge 20:02 33. B. Johnson (H) 17:01 28. Dan Williams 20:55 34. C. Jewell (H) 17:51	MAIAW STATE CROSS COUNTRY C Lewsiton TEAM: UMO 34, Bowdoin 63, C Bates 74, USM 115. St. Joe' did not field a full team.	CHAMPIONSHI Oct. 24th
Sale and Female 23. V. Pike (W) 15:38	MAIAW STATE CROSS COUNTRY C Lewsiton TEAM: UMO 34, Bowdoin 63, C Bates 74, USM 115. St. Joe' did not field a full team.	CHAMPIONSHI Oct. 24th
Casey Carroll 19:46 24. J. Bragg (H) 16:04	MAIAW STATE CROSS COUNTRY C Lewsiton TEAM: UMO 34, Bowdoin 63, C Bates 74, USM 115. St. Joe' did not field a full team.	CHAMPIONSHI Oct. 24th
20:55 25. J. Joy (0) 16:07 26. G. Finnemore (E) 16:08 27. J. Vicnaire (E) 16:20 481e and Female 28. D. Braley (G) 16:35 28. D. Braley (G) 16:35 28. D. Braley (G) 16:35 29. J. Robichaud (0) 16:37 30. N. Gilbert (W) 16:44 486E DIVISION - Open and Masters 31. D. Eaton (E) 16:46 481e and Female 32. J. Campbell (W) 16:50 28. Dan Williams 20:55 34. C. Jewell (E) 17:51	TEAM: UMO 34, Bowdoin 63, C Bates 74, USM 115. St. Joe' did not field a full team.	Oct. 24th
26. G. Finnemore (E) 16:08	TEAM: UMO 34, Bowdoin 63, C Bates 74, USM 115. St. Joe' did not field a full team.	Oct. 24th
AGE DIVISION - 17 & 18 27. J. Vicnaire (E) 16:20 tale and Female 28. D. Braley (G) 16:35 20. Chris Vreland 23:04 29. J. Robichaud (O) 16:37 30. N. Gilbert (W) 16:44 30. D. Eaton (H) 16:46 46 31. D. Eaton (H) 16:50 46. Michael Mudge 20:02 33. B. Johnson (R) 17:01 30. Dan Williams 20:55 34. C. Jewell (R) 17:51	TEAM: UMO 34, Bowdoin 63, C Bates 74, USM 115. St. Joe' did not field a full team.	
tale and Female 28. D. Braley (G) 16:35 1. Chris Vreland 23:04 29. J. Robichaud (Q) 16:37 30. N. Gilbert (W) 16:44 GE DIVISION - Open and Masters 31. D. Eaton (H) 16:46 tale and Female 32. J. Campbell (W) 16:50 1. Michael Mudge 20:02 33. B. Johnson (H) 17:01 1. Dan Williams 20:55 34. C. Jewell (H) 17:51	TEAM: UMO 34, Bowdoin 63, C Bates 74, USM 115. St. Joe' did not field a full team.	olby 71.
Chris Vreland 23:04 29. J. Robichaud (0) 16:37 30. N. Gilbert (W) 16:44 31. D. Eaton (H) 16:46 41e and Female 32. J. Campbell (W) 16:50 31. Michael Mudge 20:02 33. B. Johnson (H) 17:01 31. Dan Williams 20:55 34. C. Jewell (H) 17:51 33. B. Johnson (H) 34. C. Jewell (H) 34. C. Jewell (H) 35.	Bates 74, USM 115. St. Joe' did not field a full team.	101by 71.
GE DIVISION - Open and Masters 31. D. Eaton (R) 16:44 Ale and Female 32. J. Campbell (W) 16:50 . Michael Mudge 20:02 33. B. Johnson (H) 17:01 . Dan Williams 20:55 34. C. Jewell (H) 17:51	Bates 74, USM 115. St. Joe' did not field a full team.	Colby 71.
AGE DIVISION - Open and Masters 31. D. Eaton (H) 16:46 tale and Female 32. J. Campbell (W) 16:50 1. Michael Mudge 20:02 33. B. Johnson (H) 17:01 1. Dan Williams 20:55 34. C. Jewell (H) 17:51	did not field a full team.	
GE DIVISION - Open and Masters 31. D. Eaton (H) 16:46 tale and Female 32. J. Campbell (W) 16:50 . Michael Mudge 20:02 33. B. Johnson (H) 17:01 . Dan Williams 20:55 34. C. Jewell (H) 17:51	did not field a full team.	s & UMPI
. Michael Mudge 20:02 33. S. Johnson (R) 17:01 . Dan Williams 20:55 34. C. Jevell (R) 17:51	1 Varen Salabury (M	50505050
. Michael Mudge 20:02 33. S. Johnson (H) 17:01 Dan Williams 20:55 34. C. Jevell (H) 17:51		() 19:04
Dan Williams 20:55 34. C. Jewell (H) 17:51		30) 19:06
	3. Amv Jones (B	BA) 19:16
## DEFORTA 19102		30) 19:26
esults courtesy of J.F. Glynn 16. S. Bennett (H) 19:56		19:32
		19:36
**************************************		19:42
39. R. Matheson (G) NT		1) 19:46
VJHL CROSS COUNTRY CHAMPIONSHIPS		19:48
fermon 2 miles Oct. 22nd GIRLS: Winterport 28, Orrington 48,		20:02
Hermon 78, Glenburn and Stna-	ll. ERika Maddaleni (S	SM) 20:03
Dixmont did not field a full team.	12. Beth Golden (B	(A) 20:11
OYS: Winterport 40, Hermon 54,	13. Mary Meehan (M	() 20:12
rrington 62, Glenburn 96, Etna- 1. G. Morgan (H) 15:08	14. Thersa Lush (M	1) 20:34
Dismont 113. 2. D. Nash (O) 15:18	15. Rosemaria Dougherty (B	30) 20:37
		(J) 20:46
1. C. MacDonald (H) 12:31 4. S. Correira (W) 15:50	17. Hilary Greene (C	20:47
		30) 20:52
3. S. Dowling (H) 13:12 6. K. Allard (W) 16:09	19. Valerie Bryer (C	21:02
4. J. Morang (W) 13:17 7. J. Cameron (G) 16:29	20. Rhonda Morin (M	1) 21:07
5. N. Ewer (G) 13:35 8. K. Brooks (O) 16:48	21. Veronica Knight (S	SM) 21:13
6. K. Mudgett (W) 13:53 9. N. Adams (G) 16:53	22. Theresa Withee (M	
7. 5. Brooks (0) 14:03 10. S. Philbrick (W) 17:23	23. Laurel Anderson (C	
8. S. Andrews (O) 14:06 11. C. Hann (O) 17:38	24. Amy Sheold (C	
	25. Pamela Ouest (B	
9. R. Comingo (G) 14:09 12. unknown NT		M) 21:46
9. R. Comingo (G) 14:09 12. unknown NT 0. T. Hunter (O) 14:10 13. N. Downing (O) 18:06		30) 21:49
9. R. Comingo (G) 14:09 12. unknown NT 0. T. Hunter (O) 14:10 13. N. Downing (O) 18:06 1. C. Braley (W) 14:11 14. M. Hannigan (O) 18:07		30) 21:50
D. T. Hunter (0) 14:10 13. N. Downing (0) 18:06 L. C. Braley (W) 14:11 14. M. Hannigan (0) 18:07		
0. T. Hunter (0) 14:10 13. N. Downing (0) 18:06 1. C. Braley (W) 14:11 14. M. Hannigan (0) 18:07 2. M. Murphy (0) 14:30 15. N. Soderberg (H) 18:17	28. Kimberly Dirlam (B	71:50
0. T. Hunter (0) 14:10 13. N. Downing (0) 18:06 1. C. Braley (W) 14:11 14. M. Hannigan (0) 18:07 2. M. Murphy (0) 14:30 15. N. Soderberg (H) 18:17 3. B. Annis (H) 14:34 16. A. Tracey (H) 18:49	28. Kimberly Dirlam (B 29. Babs Isak (M	
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0. T. Hunter (0) 14:10 13. N. Downing (0) 18:06 1. C. Braley (W) 14:11 14. M. Hannigan (0) 18:07 2. M. Murphy (0) 14:30 15. N. Soderberg (H) 18:17 3. B. Annis (H) 14:34 16. A. Tracey (H) 18:49	28. Kimberly Dirlam (3 29. Babs Isak (M 30. Deborah Morris (3 31. Christine Ivers (5	

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34. Wene 35. Katl 36. Mel 37. Bet! 38. Emi. 39. Gre 40. Ali 42. Deb 43. Pan 44. Bet 45. E11 46. Gre 47. Mel 48. Lor. 49. Went 50. Mel 51. Sta 52. Mar 53. Amy Results

MAINE S Levisto

TEAM: S Bates 7 1. Geo 2. Tim 3. Tod 4. Mar 5. Sco 6. Ric 7. Ric 8. Sta 9. Jod 10. Ric 11. Mar 12. Jas 13. Day

bik

21:22 24:30 ********* HAMPIONSHIP Oct. 24th

Shibles

olby 71. s & UMPI

19:04

n

n) 19:06

A) 19:16

0) 19:26 19:32 19:36 19:42 19:46 19:48 20:02 20:03 20:11 20:12 20:34 20:37 20:46 20:47 20:52 21:02 21:07 21:13 21:15 21:27 21:35 21:36 21:46 21:49 21:50 21:59 22:00

CTIC

22:09

22:18 22:21

procedures work related

doctor) ions * other rices



Broadway or, Maine 04401 47-3333

OINTMENT

34. Wendy Harper	(BA)	22:22	16.	Sean Hale	(BO)	27:15	BENJAMIN'S 10K RAOD RACE		
15. Katherine Townsend		22.20	17.	Sean Hale Mike Gordon	(SJ)	27:18	Bangor	Oc	t. 25th
16. Melanie Flemming		22.26	10	Manery Malague	(BO)	27 - 20			
11 Back Hilling	(54)	22:36	19.	Lance Hickey	(BO)	27:22			
37. Beth Billing 38. Emilie Miller	(C)	22:42	20.	Matthew Haves	(3A)	27:23	1. Todd McGraw	22	30:43
19. Gretchen Herold	(BD)	22:44	21	Colm Sweeney	(80)	27:24	2. Bruce Bridgham	27	31:10
40. Alison Hogstrom		22:45	22.	William Hambton	(AA)	27:29	3. Dan Dearing	26	31:34
41. Diana Chute	(80)	22:47	23	Ken Barber	(C)	27:39	4. Dennis Karamitros	28	31:39
42. Deborah Greene	(0)	22:48	24	Wark Thompson	(84)	27:42	5. Boy Morris	24	31:39
4). Pam Romerleau		22-69	25	Yant Thompson	(c)	27:43	6. Kim Werrlaufer	30	31:52
is least Valley	(C)	22.51	26	John Bousherty	(30)	27:44	7. Art Feeley	24	31:53
44. Betsy Kuller 45. Ellen Growley	(BA)	77.54	27	Pan Shearer	(BA)	27:48	8. Perer Lessard	25	32:14
46. Gretchen Schwartz	(c)	23.12	29	Inho Panchure	(3A)	27:49	9. Glendon Rand	25	32:32
47. Melissa Hackel		23.29	29	Joshua Frell	(BA)	27:50	10. Bob Everett	27	32:36
id took Dhilbeich	(91)	22:50	30	Tim Sunne	(SM)	28+00	11. Ken Flanders	35	33:15
48. Lori Philbrick 49. Wendy Sheay 50. Melissa Knutsen 51. Stacey Cramp	(11)	24.47	30.	Vendelt Slood	(SM)	28:01	12 Brent Leighton	18	33:27
to Walters Frances	(24)	24.54	32	Tames Anderson	(30)	28:14	11. Bruce Freme	31	33:33
JU. Melissa Anucsen	(24)	24.59	33	Bob Comers	(51)	28:16	lá. Paul Cole	3.2	33:41(WC)
51. Statesy tramp	(BA)	24:37	34	Ed Bearen	(80)	29:17	15. Charlie Violente	16	33:45
52. Maria Mayer	(CM)	25.20	35	Res Wate	(80)	28.25	16. Dan Barker	34	33:48
53. Amy Thomas	(201)	23.32	35.	Wichael Clarks	(84)	28+30	17. Rick Lane	40	33:48
			37	Bures Seekar	(0)	20.31	18 Stave Holmbraker	28	33:54
Results courtesy of Al	xe berr	THE	37.	Crain Balmer	(BA)	29 - 17	19 Glen Holyake	25	34:35
			30.	Bob Camara Ed Beagen Ben Hale Michael Clarke Byrne Decker Craig Palmer	(34)	20.00	1. Todd McGraw 2. Bruce Bridgham 3. Dan Dearing 4. Dennis Karanitros 5. Roy Morris 6. Kim Wettlaufer 7. Art Feeley 8. Peter Lessard 9. Glendon Rand 10. Bob Everett 11. Ken Flanders 12. Brent Leighton 13. Bruce Freme 14. Paul Cole 15. Charlie Violette 16. Dan Barker 17. Rick Lane 18. Steve Holmbraker 19. Glen Holyoke 20. John Mills 21. Lawson Noyes 22. Brian McCrea 23. Dan Buck 24. Brian Warren 25. Guy Lindwall 26. Hugh McLean 27. Jeff Larsen 28. Michael Bard 29. Rusty Taylor 30. Steven Peterson 31. Michael Tuell 32. Bill Stillman 33. Larry Robinson 34. 0.J. Logue 35. Warren Dean	25	34:36
			40	Robert Buler	(BA)	28:45	21 Lawson Noves	4.5	34:37
WAR STATE THEFT TARES	AT W/ /	TIANDE	41	Sease Tendani	(81)	28 - 53	22. Brian McCrea	27	34:47
MAINE STATE INVITATION	UT VC	2/45	62	Dilly Dymonto	(CM)	28 - 56	23. Dan Buck	28	14:49
Leviston	000.	24611	43	Rob McDovell	(BO)	28-57	24. Brian Warren	23	34:49
			44	Thomas You	(C)	29-12	25. Guy Lindwall	40	34:50
may de Jasesh 30 C	-1h- 51		45	Pat Reed	(C)	29+19	26. Hugh McLean	28	35:18
TEAM: St. Joseph 29, C	UEM 134		46	Poland Thibault	(SM)	29:33	27. Jeff Larsen	16	35:22
Bates /2, Bowdoin //,	uan 130		47	Tordan Roth	(BA)	29.48	28. Michael Bard	27	35:28
t deces technic	(07)	75.274	48	Daniel Manter	(BA)	29+55	29. Rusty Taylor	36	35:28
1. George Bockus	(33)	75.40	40.	Shawn Inffray	(2.1)	29+57	10. Steven Peterson	38	35:28
2. IIM Fisher	(0)	25.49	50	Bichard Parry	(51)	29+59	31. Michael Tuell	28	35:34
J. 10d Dillon	(30)	25.00	51	Insenh Media	(BA)	30:09	32. Bill Stillman	13	35:55
4. Mark Desjardins	(ST)	26.03	52	Marr McDonald	(51)	30:24	33. Larry Robinson	37	36:04
J. SCOLL ROBERTS	(53)	26.33	53	Wark Voyes	(80)	30 - 25	34. 0.1. Logue	31	36:09
6. Rich Brooks	(27)	26.30	54	iin Conery	(61)	30:37	35. Warren Dean	51	36:09
7. Richard Cook	(0)	26:39	55	Brar Utchard	(30)	31+09	36. John Condon	26	36:14
a. Stan Smith	(21)	26.46	56	Tom Vimball	(51)	31.55	37. Done Ludewie	48	36:17
y, Jody Norton	(22)	26:46	57	Thomas Laufens	(0)	31 - 57	18. Mark Hardison	32	36:21
10. RICK LABEL	(0)	26.56	58	Frank Cody	(5.1)	32:11	19. Tom Conrov	43	36:34
ii. marc bilbertson	(0)	27-02	50	Staven Suslies	(84)	32:19	40. Mike Thompson	29	36:42
12 Same Tithe	(DA)	27-03	60	Robert Brown(ne	(BA)	32:44	30. Steven Peterson 31. Michael Tuell 32. Bill Stillman 33. Larry Robinson 34. 0.J. Logue 35. Warren Dean 36. John Condon 37. Doug Ludewig 38. Mark Hardison 39. Tom Conroy 40. Mike Thompson 41. Mike Doore 42. Robert Harrison 43. Michael Carter	42	36148
14 Daniel Clarebackie	(BA)	27:08		anotes new course reco	rd		42. Robert Harrison	29	36:49
14. David weatherbie	(ct)	27-13	Pas	ults courtesy of Mike	Barrier		43. Michael Carter	37	36:57

Results courtesy of Mike Berrier

***FROST&FLAME**

(SJ) 27:13

15. Steve Sarkozy

SKI & BIKE SHOP

(The Bike Race Information Center)

Bicycles by:

Cannondale - Peugot - Vitus Sannino - Ross - Shogun -Lotus & Cilo

Clothing by:

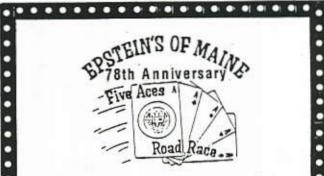
Nike - Sunbuster Cannondale - Look & Santini

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Time trials every Wednesday night at 5:30 p.m. at store)

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43. Michael Carter

Brewer Track Complex

Epstein's announces 5 ACES ROAD RACE will be April 10, 1988

(TO BENEFIT THE NEW BREWER TRACK COMPLEX)

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BREWER-STONINGTON-SEARSPORT-MILLINOCKET-PRESQUE ISLE and BREWER ANNEX Brewer Open Every Day 9-8, Sun. 12-5

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Rte. 115

					occur intin	- 20	42113	475	MACHETTRE CHITACTE	4.2	40.40-
45	. Kayo Jibiki	45	37:00	119.	Karl Brantner	32	42:20		Fred Osgood		46:56
	. Kelly Bennett		37:13*	120.	Robert Dow		42:22		Tanya Sears		46:59* (W)
	. Verne Cunningham		37:16	121.	Norm Rodrigue	38			Jeff Warrick	42	47:04
	Ken Remsen		37:26		Nikki Sekera		42:26*		Richard Heath		47:18
	Randy Wilson	34	37:29		Charles Bernard				Joe Aubin		47:22
	Patrick Turner	30	37:31		John Green		42:32		Cindy Stephenson		47:30*
	Frank Ireland	20	37:37		Mark Ranco	25	42:35		Peter Goodin		47:31
		38	37:48		Chin Samer	3.1	カフェ 3月		Jason Stern		47:32
	Gary Larson	42	37:54		Robert Gashlin	26	62:40		Bob Rheault		47:37
	Robert Jordan	27	37:56		David Horr	26	42:43		Sam Auerbach		47:39
	David Torrey	40	38:09		Kerry Porter		42:45		Connie Towns		47:43*
		45	33:12				42:46	200	Table Common		47:44
					Gehrig Johnson			204.	Dennis Whitney Diane Collette		
	Mike McKendy	32	38:14		Joe Beasley		42:46	205 -	Dennis Whithey		47:51
1000	Fred Merrian	40	36:15		Louisa Dunlap		42:48*	200.	Diane Collette	0.7000	47:52*
	Robert Marquis	49	38:13			55			Russell Mantlas		47:54
	Biff McGilpin	42	33:26		Bob Johnson		42:54		R.P. Welch		48:00
		44	38:32		Tom Bennett		42:57		Michael Whitney		48:05
	Wanda Haney	21	38:36*		Geoff Jacobson		43:06		Betsy Scott		48:07*
	David Doore Gerry Mirabile	16	38:39		Jeff Hecker		43:07		William Donovan		48:08
64.	Gerry Mirabile	27 29	38:43	138.	Paul Dall		43:10	212.	Darrell O'Leary	7.5	48:13
65.	John Mathieu	2.9	38:44	139.	John Dagget	14	43:11	213.	Janice Pilotte	35	48:13*
66+	David Green	29	38:46	140.	Michael Vigue	23	43:16	214.	Mark Berlinger	35	48:14
67.	Charles Nichols	38	38:47	141.	Joan Merriam	39	43:21*	215.	Tony Cyrus	25	48:19
68.	Manuel Norse	23	38:49	142.	Peter Carr	40	43:30	216.	Carol Graham	36	48:20*
69.	David Wheaton	34	38:57		Ros Picard	7.4	43.31		Brian Galipeau	13	48:20
		53	38:59		David Benn	42	43:32		Ralph Baxter		48:29
	Vern Deamons		39:03		Steve Dowling	14	43:32	219.	Timothy Holland	42	48:29
	ERy MacDonald	4.5	39-06		Awani Love		43:36		Diane Carery	100000000000000000000000000000000000000	48:40*
	David Wilson	21	39:06		John Montague		43:38	221	Serena Pottle		48:42*
1000	Walton Whitcomb	35	39:06		Michael Sturgeon		43:42	222	Brian Carlton		48:52
			39:08		Lisa Kempen		43:44*		Ed Scott		48:59
	Bob Wight	50 30	39:21		John Walls		43:48	0.77	Stanley Drinkwater		49:09
	Justin Polano	30	and the second	10253			43:49		Joseph Grindel		49:28
	Owen Jackson	40	39:35		Mike Kay						49:28
	Uven Jackson	4.3	39:39		Lee Fairweather				Gerald Herlihy		
		31	39:41		Cole Sargent		43:52	7500	Jeff Jones		49:31
		15	39:41		John Rubino		43:56		Bill Weidner		49:31
	William Shuttleworth		39:43		Robert Myers	30	43:58		Barbara Barr		49:35*
		46	39:44		Rene Collins	46	44:03*		Kerry O'Sullivan		49:36*
		18	39:57		Richard Davis		44:10		Lee Rhine		49:37
	Hike Avery	32	40:02		David Hibbard		44:43		Jean Camuso	38	49:48*
85.	Stephen Norton	47	40:03	159.	Jerry Saint Amand	44	44:14	233.	Harold Jones	59	49:50
56.	Thomas Soothby	33	40:05	160.	Rae Fournier-Wren	34	44:17	234.	Bob Taylor	50	49:56
87.	John Frachella	38	40:05	161.	Donald Smith	25	44:22	235.	Thomas Dagget	40	49:56
88.	Don McGilvery	38 36	40:05	162.	Paul Doody	24	44:26	236.	Vernon Brown	35	50:01
39.	Peter Cuff	31	40:08	163.	Susan Martin	25	44:46*	237.	Steven Hunt	22	50:02
90.		46	40:10	164.	Kim Weiland	32	44:46	238.	Tom Chittick	46	50:03
	Tom Tetu	39	40:15		Sam Brown	14		239.	Jeff Bragg	14	50:15
	G. Neal Genz	41	40:21		Don Carter		44:53		Don Osborne		50:18
	Dwight Brown	40 15	40:35		Ernie Henderson	44			Leona Clapper		50:20*
	C.J. Stillman	15	40:39		Irwin Pasterval		44:55		Judy Doore		50:26*
	Fred Conti	37 21	40:43		Company of the Compan	4.00	1.5.00		Kim Thompson		50:40*
	Eric Seekins	21	40:52		John Wakely	10	45114		Patricia Forrest	1.00	50:44*
	Scott Hinckley	70	40:55		Jerry Bates	30	45:17		William Smith		50:52
	Jeff Nichols	27	40133		Serry makes	77	45:18		Donald Benson		51:09
	Jett Michols	45	40:36	172.	Kevin Duplissie	20	42110				
	Ann Marie St. Laureat			1/3.	Joseph Bennect	30	45:30		Deborah Wilson		51:11* 51:25(W)
	Jay Noonkester			174.	Joseph Bennett Bruce Spaulding Jim Shaver	40	45:31		Paul Comeau		
	Dara Jones Jamie Morrill	30	41:32*	175.	Jim Shaver	34 29	45133		Bill Arata		51:28
	Jamie Morrill	19	41:35		Jim Kloster	29	45:34		Karen White	200	51:30*
	Bill Green	34	41:39		David Samuelian		45:41		Francis Roy		51:33
	Mike LaChance	34	41:40		Robert Askren	41	45:42		David Hooper		51:33
105.	Paul Hammond		41:41	179.	Brenda Lopotro		45:43*		Shawna Campbell		51:53*
106.	Josephine Cooper	35	41:48*	180.	Tony Podraza	32	45:44	254.	Ralph Snyder	60	51:36
	Kerry Shea		41:49*		John Bushey		45:45	255.	Kjerstin Winn	22	52:18*
	James Booth		41:49		John Donato		45:47		Jaon Leavitt	27	52:26*
	Kenneth Hooper		41:52		Rick Spearing		45:57	257.	Allen Pappas	42	52:28
	Robby Shea		41:54		Bruce Fowles		46:02		Beverly Young		52:29*
	Peter Mackintosh		41:54		Thomas Mapleton		46:16		Patty Hamilton		52:29*
	Ike Morgan		41:58		Starla Dort		46:17*		Catherine Carter		52:46*
	Ken Shea		41159		Chad Becker		46:18	77.75.75.75	Sean Steinmetz		53:07
	Duane Hanselman		41:59		June Crawford		46:19*		Grady Stevenson		53:21
	Myles Lenieux		42:01		Art Fraser		46:20		Lori Small		53:33*
	Stephen Brennen		42:04		Rob Tomlinson		46133		Albert Benar		54:01
	John DeHart								Jean Faller		54:09*
****	Julia Deliver	*0	42:06	1940	Jorna Kurry	1.0	46:46*	203.	Sequi carrer		34103-



FROM MARATHON TO TRIATHLON TO FUN RUN WE HAVE ALL YOU NEED FOR THE EVENT.

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3 46:46*			
46:56	256. Anne Weatherbee	36	54:
1 46:59* (W)	256. Anne Weatherbee 267. William Baker 268. Joe McDonaid 269. Tracy Underhill 270. Peter Curran	30	54:
47:04	268 Jos McDonald	16	54:
47:18	269 Tracy Underhill	15	551
47:22	270. Peter Curran	40	56.0
47:30*	771 Marriage Corres	3.6	36.11
47:31	222 David Pull	45 17	56.
47:32	272. David Kull 273. Amanda Drew	17	54.
47:37	274. Tammy Herbest	78	56:2
47:39	275. Carolyn Eaton		56:3
	275. Carolyn Emcon	21	54.4
47:43*	276. Mark Eastman 277. Moshe Myerowitz 278. Charles Clapper	57	56:4
47:44	277. Mosne Myerbertz	50	57:2
47:51	270. Charles Clapper	20	2711
47:52*	279. Marie Benar 280. Sam Ouellet	48 83	37.1
47:54	280. Sam Odellet	93	37:3
48:00	281. Margaret Guthrie	37	38:4
48:05	282, Allen Sockabasin 283, Lynn Hallsey 284, Julie Smith 285, Kim Malcolm	42	20:4
48:07*	283, Lynn Hallsey	28	58:3
48:08	284. Julie Smith	28	59:0
48:13	285. Kim Malcolm	20	59:0
48:13*	286. Lionel Harvard	34	59:1
48:14	287. Regina Freme 288. Brent O'Donal 289. Keith Antworth	34 26	59:4
48:19	too. Stent o bount		
48:20*		39	61:5
48:20	290. Harold Young	70	63:5
48:29	290. Harold Young 291. Linda Benn 292. Brian Gilliss	70 39 62	64:3
48:29	292. Brian Gilliss	62 59 23	65:4
	293. Aurele Ouellet	59	66:2
48:40*	294. Robert Tracy	23	66:5
48:42*	195, neather Colley	66	59:1
48:52	296. Margaret Sawyer	73	76:1
48:59	297. Paul Paulson		80:0
49:09			
49:28	Results courtesy of Lee S	tover	
49:28		ce Dir	
49:31			
49:31	*************	*****	****
49:35*			
49:36*	TAC DEVELOPMENTAL XC MEET		
49:37	Old Town	Oct	. 25
49:48*			
49:50			
49:56	AGE DIVISION - B & Under	- 3K	
49:56	Male:		
50:01	1. Nathan Ranco		12:4
50:02	Female:		
	1 Harris D. Maria Park		17:
50:03	2. Emily Oliver		17:4
50:15	1. Jenna Hoxie		17:5
50:18	4. Jessica Smith		22:
50:20*	TO SESSEE ON SELECT		
50:26*	AGE DIVISION - 9 & 10 - 1	SK.	
50:40*		300	
En. /// m	Male:		

31

60

25

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61 53 49

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17 29 38

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35 22

46

65

39

32

30 47 50:52 51:09

45 51:11 51:25 (W)

33

22 51:30*

40 51:33

16 51:33

13

60 22 51:56

27

35 52:29*

27

34

11 53:07

46 53:21

58 54:01

50:44*

51:28

51:53*

52:13*

52:26*

52:29*

32:46*

53:33*

TAC DEVELOPMENTAL XC MEET Old Town Oc	t. 25th
AGE DIVISION - B & Under - 3K	
Male:	
1. Nathan Ranco	12:48
Female:	
1. Hannah Fournier	17:11
2. Emily Oliver	17:44
1. Jenna Hoxie	17:50
4. Jessica Smith	22:41
AGE DIVISION - 9 & 10 - 3K	
Male:	
1. Kyle Genevicz	13:14
Fenale:	
1. Robin Bates	14:16
2. Erin Fournier	14:31
J. Beth Fournier	15:16
4. Trina Smith	15:57
5. Shannon Smith	16:29
6. Samantha Jones-Baker	16:45
7. Tiffany Bons	17:33
8. Vicki Sadler	18:14
AGE DIVISION - 11 & 12 - 3K	
Male:	
1. Braden Alley	11:51
2. Dwight Smith	12:29
 Josy Wellman 	12:37
Female:	
1. Beverly Smith	13:14
2. Kelly Fields	13:45
l. Jenna Genovicz	15:12
4. Kim Ribers	15:54

والمراب والمراج والمراج

AGI Mai	E DIVISION - 13 & 14	- 4K		357	Kerry Ackerman Shavonne Lannon
1	John Francis		14:39		Elaine Baily
**	Eddie Conhara		17:18		
	Eddie Sanborn		17:10		Martha Rathner
	nalet		10.40		Wendy Fotier
	Melissa Altrater		19:50	40.	Darci Yost
	Jessica Sidell		21:17	41.	Cindi Stanhope
3.	Jennifer Cyr		25:27	42-	Sally Swift
					Tracy Jackson
	E DIVISION - 15 & 16	- 5K			Misty Campbell
Ma.					Duska Blaisdell
1.	Sam Wilbur		19:24	46.	Tracy Woodard
2.	Corey Genevicz		19:56	47.	Kendra Turner
	Franklin Smith		19:56	48.	Heather Clement
				49.	Raegine Norris
AGI	DIVISION - 17 & 18	- 5K		50.	Kim Rivers
	male:			51.	Michelle Theriault
	Tracy Smith		23:59		Aldea Osborne
-	1100) 10010		0.575.553		Jessica Sidell
100	DIVISION - 30 to 39	- SV			Heather ??
	: prvisiom - 30 to 39	JE			Lee Andra Eich
			23:08		Rachael Norris
4.	Arthur Joaquin		23:00		
020		-			Christine Lynch
	DIVISION - 40 to 49	- 5K			Channon Kennedy
Ma.				29.	Tricia Chubbuck
1.	Bruce Brokway		24:14	60.	Karen Ackley
2.	Don Hoxie		24:56		Kristen Dubay
					Jessica Benjamin
Rea	sults courtesy of Jus	cin Smi	ch		Amy 5chneider
				64.	Amy Volock
**	******	*****	****	65.	Anne St. Louis
				66.	Mary Ann Avery
				66-	Mary Ann Avery Caroline Wain
PV.	THE CROSS COUNTRY CHA	MPIONSH	IP	66-	Mary Ann Avery Caroline Wain
PV.		MPIONSH		66. 67. 68.	Mary Ann Avery Caroline Wain Erica Beaney
PV.	THE CROSS COUNTRY CHA	MPIONSH	IP	66. 67. 68.	Mary Ann Avery Caroline Wain
PV. Ord	THE CROSS COUNTRY CHAP	MPIONSH Oct	IP . 28th	66. 67. 68. 69. 70.	Mary Ann Avery Caroline Wain Erica Beaney Malissa Jarvis
PV. Ord	THE CROSS COUNTRY CHA	MPIONSH Oct ord 63,	IP . 28th Brewer	66. 67. 68. 69. 70. 71.	Mary Ann Avery Caroline Wain Erica Seaney Malissa Jarvis Katie Enama Shahla Cole
PV. Ord	THE CROSS COUNTRY CHA	MPIONSH Oct ord 63,	IP . 28th Brewer	66. 67. 68. 69. 70. 71.	Mary Ann Avery Caroline Wain Erica Seaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Sell
GII	HC CROSS COUNTRY CHA One RLS: Lincoln 55, Milf- 4, Ellsworth 127, Bar 1 Town 156, Hampden 1	MPIONSH Oct ord 63,	IP . 28th Brewer	66. 67. 68. 69. 70. 71. 72.	Mary Ann Avery Caroline Wain Erica Beaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Sell Jennifer King
GII	THE CROSS COUNTRY CHA	MPIONSH Oct ord 63,	IP . 28th Brewer	66. 67. 68. 69. 70. 71. 72. 73.	Mary Ann Avery Caroline Wain Erica Beaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Bell Jennifer King Kelly Morrison
GII 104 Oto Hov	RLS: Lincoln 55, Milf- 4, Ellsworth 127, Bar i Town 156, Hampden 1 Vland 324	MPIONSH Oct ord 63, Harbor 89, Ded	Brever 133, ham 225,	66. 67. 68. 69. 70. 71. 72. 73. 74.	Mary Ann Avery Caroline Wain Erica Seaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Sell Jennifer King Kelly Morrison Tina Doody
GII 104 Old How	RLS: Lincoln 55, Milfi 4, Elisworth 127, Bar 1 Town 156, Hampden 1 Fland 324	MPIONSH Oct ord 63, Harbor 89, Ded	IP . 28th	66. 67. 68. 69. 70. 71. 72. 73. 74. 75.	Mary Ann Avery Caroline Wain Erica Seaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Sell Jennifer King Kelly Morrison Tina Doody Karen Klockson
GII 104 Old How	RLS: Lincoln 55, Milfi 4, Elisworth 127, Bar 1 Town 156, Hampden 1 Fland 324	MPIONSH Oct ord 63, Harbor 89, Ded	IP . 28th	66. 67. 68. 69. 70. 71. 72. 73. 74. 75.	Mary Ann Avery Caroline Wain Erica Seaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Sell Jennifer King Kelly Morrison Tina Doody Karen Klockson
GII 104 Old How	RLS: Lincoln 55, Milfi 4, Elisworth 127, Bar 1 Town 156, Hampden 1 Fland 324	MPIONSH Oct ord 63, Harbor 89, Ded	IP . 28th	66. 67. 68. 69. 70. 71. 72. 73. 74. 75.	Mary Ann Avery Caroline Wain Erica Seaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Sell Jennifer King Kelly Morrison Tina Doody Karen Klockson
GII 104 Old How	RLS: Lincoln 55, Milfi 4, Elisworth 127, Bar 1 Town 156, Hampden 1 Fland 324	MPIONSH Oct ord 63, Harbor 89, Ded	IP . 28th	66. 67. 68. 69. 70. 71. 72. 73. 74. 75.	Mary Ann Avery Caroline Wain Erica Seaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Sell Jennifer King Kelly Morrison Tina Doody Karen Klockson
GII 104 Old How	RLS: Lincoln 55, Milfi 4, Elisworth 127, Bar 1 Town 156, Hampden 1 Fland 324	MPIONSH Oct ord 63, Harbor 89, Ded	IP . 28th	66. 67. 68. 69. 70. 71. 72. 73. 74. 75.	Mary Ann Avery Caroline Wain Erica Seaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Sell Jennifer King Kelly Morrison Tina Doody Karen Klockson
GII 104 Old How	RLS: Lincoln 55, Milfi 4, Elisworth 127, Bar 1 Town 156, Hampden 1 Fland 324	MPIONSH Oct ord 63, Harbor 89, Ded	IP . 28th	66. 67. 68. 69. 70. 71. 72. 73. 74. 75.	Mary Ann Avery Caroline Wain Erica Seaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Sell Jennifer King Kelly Morrison Tina Doody Karen Klockson
PV. Ore CII 104 01c Hov	RLS: Lincoln 55, Milfi A, Ellsworth 127, Bar i Town 156, Hampden I wland 324 Amy Martin Becky Higgins Kara LaChance Stacey Bloeman Erin Fisher Nicole Sanders Katle Peppard	MPIONSH Oct ord 63, Harbor 89, Ded (D) (E) (H) (H) (BH) (HA)	Breuer 133, ham 225, 13:30 14:02 14:17 14:22 14:26 14:30 14:32	66- 67- 68- 69- 71- 72- 73- 74- 75- 76- 81- 81- 82-	Mary Ann Avery Caroline Wain Erica Seaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Sell Jennifer King Kelly Morrison Tina Doody Karen Klockson Michelle Blany Carrie Aubin Tracte Bradford Krissy Bracy Becca Thompson Vasia Hoffett
PV. Ore CII 104 01c Hov	RLS: Lincoln 55, Milfi A, Ellsworth 127, Bar i Town 156, Hampden I wland 324 Amy Martin Becky Higgins Kara LaChance Stacey Bloeman Erin Fisher Nicole Sanders Katle Peppard	MPIONSH Oct ord 63, Harbor 89, Ded (D) (E) (H) (H) (BH) (HA)	Breuer 133, ham 225, 13:30 14:02 14:17 14:22 14:26 14:30 14:32	66- 67- 68- 69- 71- 72- 73- 74- 75- 76- 81- 81- 82-	Mary Ann Avery Caroline Wain Erica Seaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Sell Jennifer King Kelly Morrison Tina Doody Karen Klockson Michelle Blany Carrie Aubin Tracte Bradford Krissy Bracy Becca Thompson Vasia Hoffett
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PV. Ore CII 104 01c Hov	RLS: Lincoln 55, Milfi A, Ellsworth 127, Bar i Town 156, Hampden I Vland 324 Amy Martin Becky Higgins Kara LaChance Stacey Bloeman Erin Fisher Nicole Sanders Katle Peppard	MPIONSH Oct ord 63, Harbor 89, Ded (D) (E) (H) (H) (BH) (HA)	Breuer 133, ham 225, 13:30 14:02 14:17 14:22 14:26 14:30 14:32	66- 67- 68- 69- 71- 72- 73- 74- 75- 76- 81- 81- 82-	Mary Ann Avery Caroline Wain Erica Seaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Sell Jennifer King Kelly Morrison Tina Doody Karen Klockson Michelle Blany Carrie Aubin Tracte Bradford Krissy Bracy Becca Thompson Vasia Hoffett
PV. Ore CII 104 01c Hov	RLS: Lincoln 55, Milfi A, Ellsworth 127, Bar i Town 156, Hampden I Vland 324 Amy Martin Becky Higgins Kara LaChance Stacey Bloeman Erin Fisher Nicole Sanders Katle Peppard	MPIONSH Oct ord 63, Harbor 89, Ded (D) (E) (H) (H) (BH) (HA)	Breuer 133, ham 225, 13:30 14:02 14:17 14:22 14:26 14:30 14:32	66- 67- 68- 69- 71- 72- 73- 74- 75- 76- 81- 81- 82-	Mary Ann Avery Caroline Wain Erica Seaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Sell Jennifer King Kelly Morrison Tina Doody Karen Klockson Michelle Blany Carrie Aubin Tracte Bradford Krissy Bracy Becca Thompson Vasia Hoffett
PV. Ore CII 104 01c Hov	RLS: Lincoln 55, Milfi A, Ellsworth 127, Bar i Town 156, Hampden I Vland 324 Amy Martin Becky Higgins Kara LaChance Stacey Bloeman Erin Fisher Nicole Sanders Katle Peppard	MPIONSH Oct ord 63, Harbor 89, Ded (D) (E) (H) (H) (BH) (HA)	Breuer 133, ham 225, 13:30 14:02 14:17 14:22 14:26 14:30 14:32	66- 67- 68- 69- 71- 72- 73- 74- 75- 76- 81- 81- 82-	Mary Ann Avery Caroline Wain Erica Seaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Sell Jennifer King Kelly Morrison Tina Doody Karen Klockson Michelle Blany Carrie Aubin Tracte Bradford Krissy Bracy Becca Thompson Vasia Hoffett
PV. Ore CII 104 01c Hov	RLS: Lincoln 55, Milfi A, Ellsworth 127, Bar i Town 156, Hampden I Vland 324 Amy Martin Becky Higgins Kara LaChance Stacey Bloeman Erin Fisher Nicole Sanders Katle Peppard	MPIONSH Oct ord 63, Harbor 89, Ded (D) (E) (H) (H) (BH) (HA)	Breuer 133, ham 225, 13:30 14:02 14:17 14:22 14:26 14:30 14:32	66- 67- 68- 69- 71- 72- 73- 74- 75- 76- 81- 81- 82-	Mary Ann Avery Caroline Wain Erica Seaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Sell Jennifer King Kelly Morrison Tina Doody Karen Klockson Michelle Blany Carrie Aubin Tracte Bradford Krissy Bracy Becca Thompson Vasia Hoffett
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PV. Ore CII 104 01c Hov	RLS: Lincoln 55, Milfi A, Ellsworth 127, Bar i Town 156, Hampden I Vland 324 Amy Martin Becky Higgins Kara LaChance Stacey Bloeman Erin Fisher Nicole Sanders Katle Peppard	MPIONSH Oct ord 63, Harbor 89, Ded (D) (E) (H) (H) (BH) (HA)	Breuer 133, ham 225, 13:30 14:02 14:17 14:22 14:26 14:30 14:32	66- 67- 68- 69- 71- 72- 73- 74- 75- 76- 81- 81- 82-	Mary Ann Avery Caroline Wain Erica Seaney Malissa Jarvis Katie Enamm Shahla Cole Wendy Sell Jennifer King Kelly Morrison Tina Doody Karen Klockson Michelle Blany Carrie Aubin Tracte Bradford Krissy Bracy Becca Thompson Vasia Hoffett
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(OT) 15:49 (BH) 15:52

(BH) 15:53

15:56

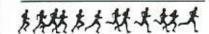
16:01

(D)

(1.):

(BR) 15:59

(BH) 16:05



102. Jennifer Tash

103. Gayle Ireland

104. Jenny Wain

105. Andria Eaton



Yianni's Pizza & Pub

29. Lisa Skiff

30. Charley Martin

31. Joanne Sweek

32. Cherie Porter

33. Jessica Nichols 34. Nicole Boudin

27. Brenda McLaughlin 28. Joy Hanscon

71 Center St. • Brewer

989-7242



16:18

(OT) 16:43 (L) 16:46

(BR) 16:54

(3R) 16:55 (HA) 17:01 (BH) 17:09

16:29

16:50

17:17

17:19

17:20

17:24

(L) 17:32 (OT) 17:34

(OT) 17:34 (BH) 17:35

(L) 17:38 (D) 17:38

(HA) 17:39

(BR) 17:49 (OT) 17:50 (M)

(E) 17:54

(L) 18:00 (OT) 18:05

(OT) 18:07 (D) 18:08 (HA) 18:10 (HA) 18:11

(HO) 18:12 (BR) 15:13 (D) 18:16

(HA) 15:31

(HA) 18:33 (BH) 18:36 (HA) 18:37

(BH) 18:46

(BR) 19:04 (HO) 19:17

(D) 19:21 19:29 (HO) 19:36

19:40 (HA) 19:45

19:47

19:51

19:57 (BH) 20:00

20:15

20:23

20:55

21:16 21:17

22:23

(CLA) 20:07

(CT) 20:23 (BH) 20:27

(OT) 21:02

(HA) 22:48

(HA) 23:02

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(1,)

(L)

(L)

(L)

(11) 20:36

(M) (L)

(1) 22:19

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18:19

(E)

(H) 16:30

(BH) 16:33

(4)

(2.)

(9)

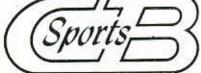


BOYS: Milford 57, Lincol	n 61, 01d To	n 71. Matt York	(L)	16:24	4. Andrew Worth 5. Marrin Howgate 6. Lowell Richard 7. Adan Dougherty 8. Jerenie Stevens Female: 1. Kristen Berube 2. Kory Crawford 3. Bridget Foley 4. Paula McVeigh 5. Abby Erikson 6. Megan Kinhall 7. Jaime Andersen 8. Joyelle Decker 9. Carrie Reynolds 10. Alex Marshail 11. Kate Luke AGE DIVISION - 13 & 14 - Male: 1. Damon Kinhall 2. Tom Boulanger 3. Dou Joly 4. Sean Macleod Female:	11:49 11:51
66, Ellsworth 73, Brewer		oor /2. Graig sey	Ett. (2)	16 - 20	4 Invest Richard	11:58
185, Dedham 231, Hampden	2/7, Howtan	/J. 1046 MCG0	Agu (T)	6-06	o. Lowell Richard	12:50
295.		74. Aaron wag	ner (A)	0.00	7. Adam Bougherty	14:43
	444	/5. Mike Quin	in (ba)	10:47	4. Jeremie Stevens	14:43
1. Rob Shea	(E) 11:	Z 76. 5. Boucha	rd (L)	16:50	remaie:	11:04
2. Brian Talon	(OT) 12: (M) 12:	9 //. Ben Sherw	ood (HA)	10:31	1. Kristen Serube	11:31
 Jason Richards 	(M) 12;	1 /a. Dirk Cyr	(A)	16:33	2. Kory Crawford	
4. Sam Brown	(E) 12:	6 79. Emile Gag	Liardi (BH)	10:33	3. Stidget roley	12:02
5. Paul Gamble	(L) 12:	4 30. James Kot	te (E)	10100	4. Paula McVeigh	12:56
6. Frank King	(E) 12:	6 81. Shawn Tal	on (OT)	10:59	5. Abby Erikson	12:58
7. Scott Springer	(OT) 12:	l 82. Chris Sti	lonis	17:03	 Megan Kimball Jaime Andersen 	13:23
3. Jeremy Hunter	(L) 12;	8 83. Matt Redd	ing (M)	17:04	7. Jaime Andersen	13:30
9. Brian Pelkey	(L) 13:	O 84. Jason Cyt	(M)	17:07	8. Joyelle Decker	13:33
10. Ricky Rossignol	(M) 13:	6 85. C. Boilto	n (HH)	17:10	9. Carrie Reynolds	13:38
11. Steve McKinnon	(HO) 13:	9 86. Nate Hawk	ins (HA)	17:18	10. Alex Marshall	13:48
12. Matt Michaud	(M) 13:	2 87. Bryan Dit	tmar (HO)	17:49	11. Kate Luke	13:54
13. Sret Stoil	(OT) 13:	3 88. Aaron Rog	ers (BR)	18:06		
14. Derek Tredwell	(M) 13:	4 39. Brett Con	ners (D)	13:17	AGE DIVISION - 13 & 14 -	4K
15. Chriss Higgins	(BR) 13:	9 90. Donny Tho	mpson (L)	18:26	Male:	
16. Fred Osgood	(OT) 13:	4 91. David Jip	son (HO) rson (E) ton (E) litier (HO) (L)	18:31	1. Damon Kimball	14:05
17. Jay Hersey	(BR) 13:	5 92. Peter Eme	rson (E)	18:36	2. Tom Boulanger	14:10
18. Brian Grigsby	(M) 13:	6 93. Eddie Dal	ton (E)	18:41	1. Don Joly	16:15
2. Brian Talon 3. Jason Richards 4. Sam Brown 5. Paul Gamble 6. Frank King 7. Scott Springer 9. Jeremy Hunter 9. Brian Pelkey 10. Ricky Rossignol 11. Steve McKinnon 12. Matt Michaud 13. Bret Stoil 14. Derek Tredwell 15. Chriss Higgins 16. Fred Osgood 17. Jay Hersey 18. Brian Grigsby 19. Mike Whitney 20. Scott Fohlsbee 21. Justin Chevaree 22. Ben Robbins 23. Ian Edwards 24. Shane Sargent 25. Mike Clough 26. Scott Cormier 27. Derek Hamel 28. Rodney Crouse 29. Chris Ruge 30. Troy Johnston 31. Brad Inforati 32. Brandon Mitchel 33. Brendan Reilly	(L) 13:	B 94. Jason Pel	litier (HO)	18:53	4. Sean Macleod	20:13
20. Scott Fohisbee	(L) 13:	0 95. Gene Tash	(L)	18:59	Female:	
21. Justin Chevaree	(BR) 13:	3 96. Jeremy Be	(L) nnoch (E) legate (BH) g (L) ead (D) sted (E) ls (E) e (BH)	19:00	1. Chris Boulanger 2. Jenny Popp 3. Tina McVeigh 4. Days Gagner	15:20
22. Ben Robbins	(BR) 13:	4 97. Byron App	legate (BH)	19:11	2. Jenny Popp	15:38
23. Ian Edwards	(L) 13:	5 98. Billy Fog	g (L)	19:18	3. Tina McVeigh	16:20
74. Shape Sargent	(BR) 13:	7 99. Seth McCl	ead (D)	19:28	4. Dawn Gagnon	17:09
75. Mike Clough	(E) 13:	7 100. Cory Plat	sted (E)	19:39	4. Dawn Gagnon 5. Angle Delong 6. Anna Houston	17:22
26 Scott Cormier	(M) 13:	8 101. Jon Nicho	1a (E)	20:20	6. Anna Houston	19:04
27 Derek Hamel	(N) 13:	9 102. Josh Whit	e (BH)	20:37	7. Peggy Milashouskas	25:26
18 Hodney Crouse	(OT) 13:	7 103. Jason Lou	ls (E) e (BH) sbury (L) France (E) hing (E) an (E) on (HO) ll (HO) rniuk (BH) ll (E)	21:02		
20 Cheis Dune	(M) 13:	1 104: Justin La	France (E)	21:08	Results courtesy of Paul	Berube, Jr.
10 Tray Johnston	(M) 13:	105 Clyde Cus	hing (F)	21:17		Director
11 Brad Inforati	(D) 16:	7 106 Even ford	an (E)	21:54	31000	Andrews.
12 Brandon Mitchel	(BU) 14:	0 107 Billy Mac	hon (F)	22:01	*************	******
31. Brandon Mitchel 32. Brendon Reilly 34. Tom Coleman 35. Tracy Commeau 36. Wade Pellitier 37. Jon Gerland	(HA) 14.	1 10R. Rvan Sace	(HO)	22:52		
35. Brendan Reliary	(0) 14	100 larame 04	11 (90)	23.52	TAC DEVELOPMENTAL XC MEET	i.
As Tana Coleman	(1) 14:	n 110 Wark Mago	entuk (BU)	26 - 29	Hampden	Nov. 1st
35. Ifacy Comment	(11) 14.	1 111 Wound Care	11 (F)	NT	manpoen	
37. Jon Garland	(B) 14:	1 III. HOWIE Sam	11 (6)			
37. Jon Garland	(E) 14: (BR) 14:	E Danulte courte	sy of Lenny Price		AGE DIVISION - 8 & Under	
38. Ben Adams	(DR) 14:	5 Results Coulte	sy of Lenny Files		Male:	
39. Brad Durost	(HO) 14:		*****	*****	1. Dan Martin	14:19
40. Sean Stark	(M) 14:	•			2. Lucas McNelly	16:02
41. Joey Kobashaud	(01) 14:	2	THE WE WERE		Female:	10.02
42. Kaleb Worster	(1) 14:	Z TAC DEVELOPMEN	IAL AC ABET	. Ist	1. Tayler Nice	14:31
43. David Shultz	(BH) 14;	6 Kennebunk		. 150	2. Nicole Richards	14:34
44. Aaron Tibbets	(BH) 14:	0			3. Hannah Fournier	16:21
45. Greg Simpat	(L) 14:				3. Hannan Fournier	10:21
46. Thad Lavallee	(L) 14:	AGE DIVISION -	8 4 Under - 3K		ACT DIVISION 0 / 10	
40. Sean Stark 41. Joey Robashaud 42. Kaleb Worster 43. David Shultz 44. Aaron Tibbets 45. Greg Simpat 46. Thad Lavallee 47. Matt Ketch 48. Chad Thompson 49. Ryan Donahue 50. Jordan Norton 51. Mike Astle 52. Jason House 53. Andy Bloden 54. Scott Tolman 55. Stephen Cole	(M) 14:	6 Male:		13	AGE DIVISION - 9 & 10	
46. Chad Thompson	(M) 14:	I I. Robert Beli	veau	11:45	Male:	15000
49. Ryan Donahue	(BH) 14:	4 Female:		10.00	1. Ben Dearnley	13:57
50. Jordan Norton	(D) 14:	6 L. Su Chung		13:44	 Cody Rau Scott Kennard 	13:59
51. Mike Astle	(BH) 15:	4				14:27
52. Jason House	(L) 15:	O AGE DIVISION -	9 5 10 - 3K		Female:	G SALTINOTTI
53. Andy Bloden	(BR) 15:	l Male:		987698111	1. Robin Bates	13:49
54, Scott Tolman	(L) 15:	2 1. Owen Lisa		11:36	2. Erin Fournier	13:58
55. Stephen Cole			ty	12:30	 Beth Fournier 	13:58
56. Matt Amdsen	(HA) 15:	0 3. Ryan Thims		12:31	4. Meagan Dougherty	16:31
57. Joey Hardison	(D) 15:			13:05		
58. Peter Kennedy	(HA) 15:	8 5. Ben Chadwic	ic.	13:08	AGE DIVISION - 11 & 12	
59. Peter Childers	(D) 15:				Male:	
60. Leslie Leach	(L) 15:	3 1. Mary Malone	y ·	12:36	1. Job Nice	12:06
61. Matt Wotton	(L) 15:			13:41	Joey Wellman	12:15
	(OT) 15:			14:24	3. Travis Mark	12:51
62. Kenny Volock				15:16	4. Donald Southland	13:46
	(OT) 15:			15:22	5. Bradford Davis	13:52
63. Jeremy Bensmen		4 5. Jessie Stok	es		3. Bladtold bavia	
63. Jeremy Bensmen 64. Cory Voisine	(L) 15:		es		Female:	2000
63. Jeremy Bensmen 64. Cory Voisine 65. Mike Biron	(L) 15: (BH) 15:	6				13:02
63. Jeremy Bensmen 64. Cory Voisine 65. Mike Biron 66. Rod Kelshaw	(L) 15: (BH) 15: (D) 15:	6 2 AGE DIVISION -		13,12	Female:	
63. Jeremy Bensmen 64. Cory Voisine 65. Mike Biron 66. Rod Kelshaw 67. Andy Weymouth	(L) 15: (BH) 15: (D) 15: (HO) 15:	6 2 AGE DIVISION - 7 Male:	11 & 12 - 3K	10:52	Female: 1. Leah Yates	13:02
62. Kenny Volock 63. Jeremy Bensmen 64. Cory Voisine 65. Mike Biron 66. Rod Kelshaw 67. Andy Weymouth 68. Rusell Crouse 69. Chris Van Dorn	(L) 15: (BH) 15: (D) 15: (HO) 15: (OT) 16:	6 2 AGE DIVISION - 7 Male: 1 1. David Stoke	11 & 12 - 3K	10:52	Female: 1. Leah Yates 2. Kelley Fields	13:02 13:31
63. Jeremy Bensmen 64. Cory Voisine 65. Mike Biron 66. Rod Kelshaw 67. Andy Weymouth	(L) 15: (BH) 15: (D) 15: (HO) 15:	6 2 AGE DIVISION - 7 Male: 1 1. David Stoke 6 2. Greg Popp	11 & 12 - 3K		Female: 1. Leah Yates 2. Kelley Fields	13:02 13:31



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CYCLING CLU **RUNNING CLUB** Runs on Saturday Morning Rides on Tuesday Et 8:00 AM ALL WELCOME! 5:30 PM OPEN 9:00 AM - 9:00 PM and Sunday Aftern

	AGE DIVISION = 13 & 14
11:49	Male:
11:51	I. Eddie Samborn 2. David Chase
11:58	3. Tracey Bishop
12:50 14:43	Female:
V-1.742794	1. Angela Redmond
11:04	AGE DIVISION - Masters
12:02	Male:
12:56	1. Bill Yates
12:58	2. Ronald Dupuis
13:23 13:30	Results courtesy of Justi
13:33	TAC
13:38	***************************************
13:48	
	ith Annual EBB TIDE MARAT
	Sangor/Orrington
14:05	WAYER
14:10	K-15:
16:15 20:13	1. Kip Brundage 2. Dick Hanson
40.42	3. Mark Banford
15:20	4. Mike Wenzel
15:38	100.00000000000000000000000000000000000
16:20	K-15K:
17:09 17:22	1. Earl Baldwin
19:04	2. J. Hilary Billing
25:26	K-IL:
	1. Fred Ludwig
ube, Jr.	2. Rick Swan
ector	 Anthony Mulvey
*******	4. Sean Stevens
3000000	5. James Chute
ov. lst	K-1W:
	1. Tracy Lord
	OC-1:
	I. Mark Danyla
14:19	2. Greg McMorrow
16:02	3. Jim Roberts
	4. Stephen McAleer 5. Bill Congleton
14:31	6. Carl Stewart
16:21	7. Paul Smith
20020	8. Stewart Rogers
	9. George Hill
13:57	OC-2 Med.:
13:59	1. Lee Martin
14:27	John Mathieu
13:49	1. Alan Paradise Steve McAllister
13:58	J. John Alsop
13:38	Feter McAllister
16:31	4. Bob Morris
S. 510-1-631	Doug Howard
	5. Ethan Mann
12:06	Scott Nelson
12:15	OC-2 Mixed:
12:51	1. Brenda Zallitsch
13:46 13:52	Reinhard Zollitsch
13134	2. Claire Ackroyd
13:02	Adrian Humpreys 3. Rich Cole
13:31	Lois Cole
14:55	
	Open:
-	1. Geoffrey Gratwick 2. John Byron
	Kevin McEwen
420	3. Joe Lynch
	Larry Witham
	Results courtesy of Earl 5
The state of the s	Race I



207) 729-1800 86

ING CLUB esday Evenin 30 PM

by Afternoons

5. John Sackett

38:47

1:43:22

AGE DIVISION - 13	5 14	
Maler		7.227.00
1. Eddie Samborn 2. David Chase		18:08 20:34
3. Tracey Bishop		20:43
Female: 1. Angela Redmond		21:25
ICS DIVISION - N	LULU-	
AGE DIVISION - Mass Male:	ters	
1. Bill Yates		20:34
2. Ronald Dupuis		
Results courtesy of	TAC TAC	mich
***************************************	********	********
ith Annual EBS TIDE Bangor/Orrington		ept. 19th
K-15:		100000000
1. Kip Brundag 2. Dick Hanson		1:28:44
3. Mark Banfor	d	1:38:26
4. Mike Wenzel		1:45:49
K-15K:		V-0251-05
1. Earl Baldwi 2. J. Hilary B		1:26:33
200000		2122112
K-IL: 1. Fred Ludwig		1:17:33
2. Rick Swan		1:22:36
 Anthony Mul Sean Steven 		1:23:01
5. James Chute		1:28:10
K-1W:		
1. Tracy Lord		1:45:52
OC-1:		
1. Mark Danyla 2. Greg McMorr		1:23:28
3. Jim Roberts		1:28:23
4. Stephen McA	leer	1:28:26
5. Bill Congle 6. Carl Stewar	t	1:35:29
7. Paul Smith		1:45:09
 Stewart Rog George Hill 	era	1:45:14
0C-2 Med.:		
1. Lee Martin		1:16:22
John Mathie 1. Alan Paradi		1:16:57
Steve McAll		
 John Alsop Peter McAll 	ister	1:20:15
4. Bob Morris		1:22:34
Doug Howard 5. Ethan Mann		1:26:08
Scott Nelso	n	87776
OC-2 Mixed:		
1. Brenda Zoll Reinhard Zo	itsch	1:28:45
T. Chairm baker	march.	1:29:09
Adrian Hump 3. Rich Cole	reys	1:44:55
Lois Cole		1144133
Open:		
1. Geoffrey Gr	atwick	1:17:21
 John Byron Kevin McEve 		1:30:31
3. Joe Lynch		1:33:33
Larry Wicher	•	
Results courtesy of	Earl Bald Race Dire	
***********	******	******
MAINE MIDCOAST SPRI		
?! 6.3 mi. rum.		
Individuals: I. Greg DiBaise	34:27	1:35:28
2. Barry Fifield		1:37:02
J. David Barker 4- Ron Hoffman	37:41	1:42:56
	7	7

Robert Brainerd David Brink Bob Peacock Bill Fitzsimmons Steve Terjek Frank Knight Arne Lingk Chase Pray John Mathieu John Smith Jeff Larochelle	36:52 41:23 40:08 38:59 40:00 43:28 38:44 39:05 38:42 41:03	1:45:05 1:46:26 1:47:10 1:47:43 1:50:35 1:51:18 1:51:31
Bob Peacock Bill Fitzsimmons Steve Terjek Frank Knight Arne Lingk Chase Pray John Mathieu John Smith	40:08 38:59 40:00 43:28 38:44 39:05 38:42	1:47:10 1:47:43 1:50:35 1:51:18 1:51:31
Bill Fitzsimmons Steve Terjek Frank Knight Arne Lingk Chase Fray John Mathieu John Smith	38:59 40:00 43:28 38:44 39:05 38:42	1:47:43 1:50:35 1:51:18 1:51:31 1:51:34
Steve Terjek Frank Knight Arne Lingk Chase Pray John Mathieu John Smith	40:00 43:28 38:44 39:05 38:42	1:50:35 1:51:18 1:51:31 1:51:34
Frank Knight Arne Lingk Chase Pray John Mathieu John Smith	43:28 38:44 39:05 38:42	1:51:18 1:51:31 1:51:34
Arne Lingk Chase Pray John Mathieu John Smith	38:44 39:05 38:42	1:51:31
Chase Pray John Mathieu John Smith	39:05 38:42	1:51:34
John Mathieu John Smith	38:42	
John Smith		
	22.09	1:51:53
Jeff Larochelle	44:03	1:52:32
	38:25	1:53:55
Mike O'Brien	43:21	1:54:35
David Wooley	40:16	1:54:58
Randy Howell	41:21	1:55:30
Debbie Jensen	38:58	1:56:35*
Paul Koubek	47:26	1:58:18
Kevin Shute	41:22	1:58:58
Stan Struzynski	48:04	1:59:16
Travis Kinney	43:18	1:59:21
Frank Ferland	38:43	1:59:38
Deb Hewson	43:55	1:59:57*
Bill Kelly	46:24	2:01:31
Karl Geib	45:38	2:01:39
Robert Weiler	43:01	2:02:13
Clint Merril	45:15	2:02:36
John Camelio	45:58	2:02:36
Dick McFaul	41:18	2:02:57
Steve Ackleson	42:34	2:04:16
Bill Howell	46:26	2:05:52
Pat McInnis	44:57	2:07:05
Roger Dutton	46:44	2:07:10
	47:36	2:08:10
	48:14	2:09:28*
	53:01	2:10:16*
James Carlton	48:46	2:10:24
leff Ladner	52:07	2:10:40
John Elliot	50:03	2:12:56
eri Schroeder	47:47	2:45:48*
Scott Erikson	46:05	2:18:42
Mary-Ellen Pecci	51:29	2:23:27*
im Tarnover	56:08	2:28:14*
Jim Tessier	48:05	2:30:35
	Mike O'Brien David Wooley Randy Howell Debbie Jensen Paul Koubek Cavin Shute Stan Struzynski Fravis Kinney Frank Ferland Deb Hevson Sill Kelly Karl Geib Kobert Weiler Clint Merril John Camslio Dick McFaul Steve Ackleson Bill Howell Rat McInnis Roger Dutton John Howe Harman Jeff Ladner Jeff Lad	### A

Teams	11		
1. 3	ohn Candon	33:19	1:34:02
3	teve Giles		
2. 7	ichard Mulhern	36:13	1:38:07
1	randon Stevens		
3. 0	ordon Chamberlain	37:05	1:42:31
. 3	lob Coughlin		
	eter Lavevay	37:14	1:44:00
	ichael Bond		
	ill Dumont	35:54	1:46:54
	leath Leavitt		
	on McGilvery	41:32	1:48:30
	ichard Renner		BUSINESS.
7. 1	illiam Sylvester	39:01	1:49:24
	teven Doran		GEOGRAPHICA P
	om Swan	39:26	1:49:34
	un Campbell		
	ick Brink	36:42	1:53:17
	eter Benoit	22.22	
	ichard Reiman	43:22	1:53:20
	oward Spence	77.00	1.000.00
		46:01	1:53:50
	ames Howkes		1:54:28
	onald Rice ichael Waltz		1124128
	red LaGomarsino	54:14	1:54:48
	ugene LaGomarsino	34174	1134140
	illiam Pavlisky	40:34	1:56:00
	ayne Waichunas	40:34	*139100
	ike Silevine	50:21	1:59:14
	avid O'Connor, Jr.		*+22.44
	mos Wright	46:36	1:59:15
	111 Blake		2002000
		51:11	2:20:09
	mily Mosher		****

Bicycles

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9-5:30 Mon.-Sat.

Fri. 9-8:88

High School XC Championships

Class A Boys

South Portland 37, Cheverus 30, Edward Little 31, Westbrook 103, Gardiner 113, Brewer 128, Oxford Hills 173, Cony 177, Mt. Slue 222, Lewsiton 257

	Rusty Snow EL		16:11
2.	Kevin Lyons Chev		16:15
	Gerry Sibley Bgr		16:16
4.	Jamie Harvie SP		16:36
5.	Keith Quackenbush Bryr		16:42
6.	John Jaquith Gard		16:43
	Add a hara and American at Change		16:45
8.	Roger Stevens Skwhgn		16:51
9.	Roger Stavens Skwhgn Cliff Gallant SP		16:53
10.	SCOCK WENGWY PARLICE		16:55
11.	Marc West OxHills		16:56
12.	Tony Anderson Morse		16:57
13.	Stephen Sargent Watbrk		16:58
14.	David Wong SP		16:59
15.	Allan Geiser Brever		17:00
	Jason Keefer Watbrk		17:03
	Richie Davidson EL		17:03
18.	Lucien Gadouly EL		17:06
19.	Scott Mattie SP		17:07
	Marc Cram Mt. Ararat		17:09
	Todd Pokrifka Gard		17:09
	William Sweetser EL		17:10
23.	Issac Tapley Cony Dennis Tranchemontagne		17:10
24.	Dennis Tranchemontagne	San	17:11
	Ron Morris OxHills		17:12
26.	Brian Turner Chev		17:12
27.	David Newman Cony		17:14
28.	Jim Desmond Deering Zachery Laidley SP Hike Chayer Watbrk Frank Carr Gard		17:14
29.	Zachery Laidley SP		17:20
30.	Mike Chayer Watbrk		17:23
			17:24
	Thomas Barry Chev		17:25
	Ryan MacDonald Port		17:28
	Larry Wilson Gard		17:29
	Patrick Bernier Chev		17:32
	Alec Randall Wetbrk		17:33
	Eric Prosinski Wtrvll		17:35
18.	Seth Harrow Brwr		17:38

Class A Girls

Westbrook 35, Windham 90, Gardiner 108, Mt. Blue 121, Caribou 127, So. Portland 135, Thornton Academy 146, Oxford Hills

155	, Brewer 162, Leviston 188	
1.	Sherri McCarthy Watbrk	19:18
2.	Denise Harlow McA	19:28
3.	Seria McLaughlin Gard Andrea Elder Wodhn Kaela Curris Gard Sara McLaughlin Gard Andrea Elder Wodhn	19:50
4.	Andrea Elder Wndhm	19:55
5.	Kaela Curtis Gard	20:03
6.	Sara Pickett OxHills	20:12
7.	Kaela Curtis Gard Sara Pickett OxHills Paula Carlin Vodhm	20:19
3.	Sarah Welch Mc. Blue	NT
9.0	Michalla Marcier Throng	20:25
10.	Erica Fennessy Lystn	20:26
11.	Jessie Lawrence Gard	20:39
12.	Amanda Onion	20:41
13.		20:43
14.	Kristine Croce Port	20:57
15.	Debbie Belanger SF	21:16
16.	Marianne Chayer Wstbrk	21:16
17.	Sandy Rigott OxHills	21:16
18.	Jill Shoemaker Wadha	21:17
19.	Christine Messier McA	21:17
200	Zandra Brauer Skyngn	21:20
21.	Vanessa Reichtinger EL Ellen Champlin Utrvll Terry Jordan SP Tammie Turner Brvr	21:23
22.	Ellen Champlin Wtrvll	21:24
23.	Terry Jordan SP	21:25
24.	Tammie Turner Brvr	21:26
25.	Jen Ashmore Srwr	21:27
20.	Monica Belyea Caribou	21:28
27.		21:29
	Angela Frazier Wscbrk	
	Terri Letourneau Watbrk	
		21:37
31.	Krista DiSiase Wathrk	21:44
32.	Kelly Letellier Thrntn	21:54
33.	Kristen Cvr Lwstn	21:54
34.	Rachael Cleaves Presque Isl	e21:56
	Gretchen Eastler Mt. Blue	
	Julia Dubuc Thrata	21:59
37.	Joy Rowland Bidd	22:05

18. Erin Minear Mr. Blue

22:06

Class B Boys

A CONTRACTOR OF THE PARTY OF TH	
1. Bob Sprague GNG	16:15
2. Mike Martin Rmfrd	16:31
3. Charlie Violette Strns	16:34
4. Jason Rutherford OT	16:40
David Berbard Greely	16:41
4. Jason Rutherford OT 5. David Berbard Greely 6. Robert Whisenant C-R	16:44
7. Jeff Young Grhm	16:48
S. John Dudley Grhm	16:55
9. Matt Knox Mrnck	16:59
10. Kevin Bean Hmpdn	17:00
11. Eric Weston Lvtt	17:03
12. Adam Belanger Greely	17:05
13. Charlie French Grhm	17:07
14. Scott Loumis Yrath	17:11
15. Evan Rallis CE	17:13
16. Ken Lee Mrnck	17:15
17. Jeff Reminga CE	17:15
18. David Smith Yrmth	77170
19. Craig Herrick CE	17:16
20. Peter Mullen CE	17:17
21. Chris Smith Yrmth	17:23
22. Scott Rivas Knnbnk	17:23
23. Scott Herrick CE	17:23
24. John Lockhart Ells	17:24
25. Adam Aja LR	17:26
26. Mark Burgess CE	17:28
27. Darrin Stillman MDI	17:31 17:32
28. John Guyotte FA	
29. Mark Becker Hmpdn	17:32
30. Chad Sutcliff Knnbnk	17:33
31. Todd Vincent Greely	17:33
32. Jason Bosse OT	17:35
33. Rob Pendergist Ells	17:38
34. Andy Lisle Ells	17:39
35. Casey Carroll Yruth	17:41
36. Tim Jackson Yrmth	17:42
37. Rusty Johnson CE	17:44
38. Adam Sala Ells	17:47

Class B Girls

Greely 30, Maranacook 103, Hampden 112, MDI 113, Ellsworth 120, Kennebunk 141, Foxcroft 152, Gorham 162, Yarmouth 191, Scarborough 225

25.00	Loui ough LL.	
1.	Wendy Hosea Mssinskee	19:25
2.	Cathy York Hrnn	19:39
	Jeannie Higgins MDI	19:42
	Amy Gorham Hmpdn	19:45
	Sasha Goodwin Greely	19:59
6.	Manley Denning Greely	20:04
	Ginny Machon Ells	20:06
	Lorna Dever MedValley	20:09
9.	Erica Belyea MedValley	20:16
	Erica Adshead Greely	20:23
11.	Jilliane Decker Greely	20:25
12.	Heather Moore Grhm	20:25
	Allyson Lowell Knobnk	20:28
	Leah Babcok Greely	20:30
	Heather Smith MDI	20:31
	Katie Quinn LR	20:32
	Kristen Fancher LR	20:34
	Susan Lindquist Rcklnd	20:38
	Jamie Tate Ells	20:43
	Kim Miller Hmpdn	20:43
	Jenny Allen Yrmth	20;47
	Sunshine Weinrich Fxcfrt	20,48
23.	Kristy Bryant Ells	20;52
24.	Jessica Gail Mrnck	20:57
25.	Jessica Gail Mrnck Kristal Jean Grhm Angela Small CE	20:58
26.	Angela Small CE	21:08
27.	Wendy Buffington Frybrg	21:08
28.	Mary Wadleigh Mrnck	21:10
	Nicky Hupper C-R	21:11
	Julie Horne Mrnck	21:20
	Heather Stevens FA	21:20
	Kim Lord Mrnck	21:21
	Natalie McBean Hmpdn	21:23
	Leanne Weston Lvtt	21:25
	Kate Ringe OT	21:26
	Julie Johnson Scar	21:33
	Jenny MacGillivary Mrnck	21:40

38. Brenda Smith Grhm

21:40

Class C Boys

Cape Elizabeth 74, Yarmouth 100, Greely
116, Gorham 121, Ellsworth 149, Maranacook Carrabec 91, Jonesport-Beals 161,
160, Old Town 161, Foxcroft Academy 183,
Kennebunk 183, Hampden 197, Gray-NG 209
Lubec 207, Jay 215, Wiscasset 217,
Hall-Dale 247, Narraguagus 268, Greenville 316, Valley 319, Summer 327, Georges Valley 342, Penquis 349

1. Wade Chipman Carr	16:14
 Wade Chipman Carr Steve Shea Wscsst 	16:26
3. Chris Catell Srsprt	16:39
4. Mark Chretien LF	16:48
5. Andrew Spaulding Srspr	t 16:56
6. Richard Seeger GSA	17:04
6. Richard Seeger GSA 7. Dale Lincoln Shead	17:12
8. Anthony Frenette J-B	17:13
O tandmark Santiate Will	17:16
10. Aran Shetterly SSA 11. Jason Lyons Lubec	17:24
11. Jason Lyons Lubec	17:27
12. Joseph McEachern Traip	17:27
13. Clint Manzer Carr	17:33
14. Chad Howard Srsprt	17:35
15. Tony Flannagan Mc. Abra	m 17:42
16. Jeff Poulin Dominic 17. Dwane Blomerth Carr	17:44
17. Dwane Blomerth Carr	17:45
18. Mike Morton H-D	17:43
19. Chris Southworth Srspr	
20. Scott Morrison Wdlnd	17:53
21. John Francis MVC	17:54
22. Steve Bero Mt. Abram	17:55
23. Danny Haskell Srsprt	17:56
24. Jeff Galideau GSA	17:56
23. Danny Haskell Srsprt 24. Jeff Galideau GSA 25. Garth Hudson Smnr 26. Danny Merrill Jay 27. Dan Tibbarra Vallay	17:57
26. Danny Merrill Jay	17:58
Tit best troopers	17:59
28. Mike Armstrong OOrch	18:05
29. Aaron Jones GSA	18:)7
 Aaron Jones GSA David Gilbert Jay 	18:08
31. William Crowley J-B	18:10
	13:11
33. Mike Horowitz Srsprt	18:11
34. David Brennan FHills	18:12
35. Derrick Kelley J-B	18:13

Class C Girls

Jay 52, Livermore Falls 59, Shead 59, Mt. Abram 121, John Bapst 161, Searsport 184, Ashland 185, Falmouth 193, Hodgkin 201, Narraguagus 202,

Fore	et Hills 245	
1.0		18:57
2. 1	Caren Fields Srsprt	19:09
3. (Carla Lemieux Psctqus	19:35
4- 1	Debbie Castonguay LF	20:16
3. 5	Carla Lemieux Psctqus Debbie Castonguay L7 Tusan Hale Mdwska	20:30
6 1	tileen Hunt Saretk	20:44
7. 1	fariette St. Fierre Jay	20:50
8.	Johnna Fleming Hdgdn	20:58
9. 1	Micule Mullins Drgo Mebecca Albert Dunc Collen King Traip Stacie Dauzak Jay	21:09
10. 1	Mebecca Albert Dunc	21:16
11. (Collen King Traip	21:22
12. 5	Stacie Dauzak Jay	21:44
13. /	Amy Tunrer Shd	22:00
14. 1	Sobbie Jo Abbey Smnr	22:03
15. 1	umy funrer shd Bobbie Jo Abbey Smnr tiratie Chabot LF Almee Ayotte Mt.Abram Robin Guptill JB	22:06
16. /	Limee Ayotte Mt.Abram	22:07
17. 1	Robin Guptill JB Jennifer Levesque Ashlnd	22:11
16	Jennifer Levesque Ashind	22:12
19. 1	Rhonda Stevens Shd Katle Leighton NYrmth	22:18
20. 1	Katle Leighton NYrmth	22:23
21. 1	Nicky Marston Jay	22:31
22. 1	Nicky Marston Jay Krista Hill Wdlnd Kathy Gagne Grnvll Jori Leach Jay Cathy Largay GV Beth Tilton Jay Brenda Taylor Tistr	22:32
23. 1	Cathy Gagne Grnv11	22:33
24. 1	Lori Leach Jay	22:38
25. (Cathy Largey GV	22:48
26. 1	Seth Tilton Jay	22:59
27. 1	Brenda Taylor Tlatr	23:01
7.8	Lange Edminds Mr. Abram	21-05
29.	Tricia Hammond Narr Kate Mahoney H-D Sunday Follis Shd Dhristine Geaney Shd Dorie White LF	23:09
30. 1	Cate Mahoney H-D	23:11
31. 3	Sunday Follis 5hd	23:15
32. (Christine Geaney Shd	23:19
32. (Corie White LF	23:21
34. 6	Corie White LF Chantal Begin Mt. Abram	23:31
35. 1	Lea Williams PV	23:12
36.	Darcy Leavitt Srsprt	23:37
37	Lea Williams PV Darcy Leavitt Srsprt Annie Pardise FH	23:41

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