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Maine & Running Outing MAGAZINE

**Maine Runners Compete vs. Nation's Best
at TAC Championship**



HUBERT STROM 3-88
164 Fowler Rd.
Cape Elizabeth, ME 04107

**INSIDE: MR&O Survey,
Runner Of The Year Update
and XC Ski Column**



**Plus, Interview With
Dick Goodie,
Maine Author On Running**

JANUARY 1988

\$1.75

VOL. 9 NO. 1



P. O. Box 3399 Brewer, ME 04412

Tel. (207) 947-2086 / 1190 (W)

The Sub 5 Track Club competed in the TAC XC National Championships in Van Cortlandt Park in New York City. On the cover Glendon Rand approaches the finish line of the 6.3-mile race. It was quite the field at the race with Colorado's Pat Porter winning for the 6th consecutive time. It gives you quite the thrill to glance through Sports Illustrated and have the pictures remind you of every hill and every corner.

Some of Maine's younger stars competed in the TAC Junior Olympic Nationals, but we will have to wait until next month for that story. This month is full of other "stuff," however. Mike Simoneau continues his column on cross country skiing - now that the snow is here to stay we might as well find something to do with it. Also, check out the update on the Runner of the Year Point System. Hopefully, the race directors will get their results in, so Mike Sargent can have the final tally soon. If you could please fill out the Survey also, it would be greatly appreciated. This survey will tell me how I can serve all you Maine "outdoorsmen" better.

If anyone has not yet seen Dick Goodie's book, "The Quality of Maine Running," pick up a copy. This month Dick shares his thoughts with us. While you are buying books, I've read parts of Mrs. Sameulson's and it is hard to put down.

There are some corrections MR&O would like to make. First, the first walker at the Ben's 10K in late October was Paul Comeau. Second, in the 12/87 issue, in the 4th paragraph, at the end of line two of "The Doctor's Office," the word should have been "inconsistency." MR&O regrets the errors.

HAPPY NEW YEAR.

MAINE RUNNING AND OUTING IS published monthly in Bangor, Maine. PUBLISHER/EDITOR - Chuck Morris, PO Box 3399, Brewer, ME 04412. SPECIAL THANKS TO Steve Ives, MR&O's ad rep in Portland; Marianne; my PCS students; and YOU.

JANUARY & FEBRUARY RR AND XC SKI CALENDAR	2
RUNNER'S FORUM	3
THE CLIMB - by Lawrence Ricci (special to MR&O)	3-4
THE NIGHT BEFORE CHRISTMAS - by Chris Bovie (special to MR&O)	4-5
INTERVIEW WITH DICK GOODIE	6-9
NEWS	10-13
HIGH SCHOOL UPDATE	14-15
THE COLLEGE REPORT	15-16
KICK AND GLIDE - by Mike Simoneau	17-18
CLUB SHORTS	18
THE DOCTOR'S OFFICE -by Dr. Mike Sargent	19
HEEL & TOE - by Dr. Moshe Myerowitz	20
SPORTS NUTRITION - by Anne-Marie Davee	21-22
PACESETTER - Ken Flanders	22-23
SUB 5 GOES TO NATIONALS	23
THE WICKED WINTER SKI TOUR & RACE	24
MAINE SURVEY	25
MR&O INFO (flyers, ad rates, subscription, et	26
RUNNER OF THE YEAR UPDATE	27
THE PACK	28-

Road Race Calendar

- JANUARY 4 FROSTBITE FOUR MILER HAS BEEN CANCELLED due to lack of sponsorship.
- JANUARY 17 JANUARY THAW 4.5 MILE ROAD RACE. 12-noon from Belgrade Central School. \$3.00 entry fee. Contact Gene Roy (465-7296) for more information.
- FEBRUARY 6 7TH ANNUAL WILD KATAHDIN TRUST SNOW RUN. 4.8 miles from Katahdin High School. 10 AM start. \$7.00 entry fee. Call Duane (365-4218) for more information. OR SEE FLYER.
- FEBRUARY 14 MAINE TRACK CLUB'S 7TH ANNUAL MID-WINTER 10-MILE CLASSIC. From Cape Elizabeth High School at 12-noon. \$5.00 entry fee. Contact Robert Payne (655-6006) or Marie Wood (839-6785) for more information. OR SEE AD IN "THE PACK" SECTION.
- FEBRUARY 21 DEMERS TRACK CLASSIC. 9 AM — at Bates College Field House in Lewiston. Contact John Lafreniere at 669 Main St., PO Box 1562, Lewiston 04240 for more information.

January Thaw 4.5 Mile Road Race is January 17th, NOT the 10th as listed in the December issue.



Discover Cross-country skiing.

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This calendar is made possible by the MAINE NORDIC SKI COUNCIL RACE SERIES and the PENOBSCOT VALLEY HEALTH ASSOCIATION. Pick up your copy of MR&O at Carter's Farm Market XC Ski Center in Oxford.

- JANUARY 1 CARTER'S LAST STAND. 5K at 11 AM from Carter's Farm Market XC Ski Center in Oxford. Contact Dave Carter at 539-4848 for more information.
- JANUARY 2 SNORADA CUP. 15K for men and 10K for women from the Snorada Ski Touring Center. For more information contact Buzz Davis at 782-6602.
- 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.
- JANUARY 16 NORTHERN LIGHTS CLASSIC 10K on Titcomb Mountain. Contact Tom Upham, Northern Lights, Farmington 04938 or 778-6566 for more information.
- JANUARY 17 SPRUCE MOUNTAIN CHALLENGE. 7.5K 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 Ski Area. Contact Sally Sayer at 824-2175 for more information.
- JANUARY 23 BEN LOCH FARM'S THIRD ANNUAL 21K at Ben Loch Farm in Dixmont. Contact Howard Foley at 257-4768 for more information.
- JANUARY 30 GREAT CARIBOU BOG 18K WINTER SKI TOUR AND RACE. From the Bangor Mall to Old Town. Contact Bill England at 941-2875 for more information. OR SEE RELATED STORY THIS MONTH.
- FEBRUARY 6 THE PIPELINE: A SKI TOUR AND RACE. 15K from Hampden to Winterport. Starts at 11 AM. Contact Bob Salesi at 945-0017 for more information. OR SEE FLYER.
- FEBRUARY 7 THE WILD MOOSE RUN. 15K from Carrabassett Valley. Contact Bill Chenard at 237-2205.
- FEBRUARY 13 SNORADA SKI-ATHON. 10 AM start from Snorada Ski Touring Center. Contact Buzz Davis (782-6602).
- FEBRUARY 14 USSA JUNIOR / SENIOR QUALIFIER. 10K for men and 5K for women. Call 778-3656 for more info.
- FEBRUARY 14 LAST WOOD SKI RACE from Carter's Farm Market XC Ski Center in Oxford. 11 AM start. Contact Dave Carter at 539-4848 for more information.
- FEBRUARY 21 RUMFORD WINTER CARNIVAL. 7.5 K at Black Mountain. Call Eric Roderick at 369-9344 for more information.
- FEBRUARY 27 MT. KINEO CHALLENGE from The Birches in Rockwood (10K). Call John Willard at 534-7305 for more information.
- FEBRUARY 28 MOOSE RIVER RACE. 10K at Squaw Mountain in Greenville. Contact Peter Sauren at 695-2272 for more information.



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



All runners that pre-registered for the Gaspin Gobbler 10K in Augusta: as you know the race was CANCELLED DUE TO SNOW. Pre-registrants will get a post card from director John Schwerdel telling you where you can get a mug and credit for the race. Any questions call him at 622-4507.

Dear Chuck,

No extended metaphors or flowery Ricean prose here ... just a simple but sincere "THANK YOU" to the many runners from all around the state who responded to my call for some race t-shirts to mail to Dr. Peter Millard and his wife Emily in Zimbabwe, for distribution in a region where clothing is sparse.

In several instances I don't know who to thank. Several shopping bags filled with jerseys were anonymously dropped on our porch. In another instance, at a race, a jersey was tucked under one of the wipers on my car. Several folks carefully boxed and addressed the parcels and forwarded them to me ... so somewhere out on the wild, blue ocean are a pile of colorful jerseys headed to do some good.

On behalf of Peter and Emily, I'd like to thank E. Ferreira and P. Murray of New Sharon, Deke Talbot of East Machias, Nancy Schneider of Millinocket, K. Dearing of Topsham, Dave Wooley of the greater Portland area, and all the rest of you who contributed directly to the campaign. We can declare victory. May you all "PR" in your next race.

Sincerely,



Ed Rice
Brewer

The Climb - by Lawrence Ricci (special to MR&O)

In the dark predawn, indistinct shadows and imagination framed the narrow, alpine trail. The two climbers hiked up the path toward the peak. Struggling behind the leader, the inexperienced second wondered what daylight would bring. Behind them in the east the sky brightened. Ahead in diminishing darkness stood the peak and its sheer, diamond-shaped, east face. Their route to the summit lay first up a steep, thousand foot, snow chute, then across a narrow ledge bisecting the face, then finally up a difficult rock gully, the only break in the smooth, upper wall.

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UPCOMING EVENTS

Jan. 17 - Belgrade
12 Noon
"January Thaw"
4 1/2 Mile Road Race

At the mountain's base they stopped to change into their climbing gear. It was just light enough now to see the pastel, alpine flowers around them and nearby the pale blue, glacier lake. With their crampons lashed tightly to their boots and their ice axes in hand, they started up the crisp, granular snow of the chute. The leader steadily traversed up the slope, first to the right then to the left, carving an ascending two-dimensional spiral which the second precisely followed.

After hours of climbing, they reached the top of the snow chute, rested briefly on a small rock out crop, then stepped onto the narrow traverse. The traverse, a rock and ice ledge creasing the waist of the three-thousand foot granite face, measured one-foot across at its widest. Roped together, they crept forward. Below them, the face dropped a thousand feet to the glacier lake and alpine tundra. Above, it rose an equal distance to the barren summit. The second was thankful as his crampons bit into the smooth ice coating the rock ledge.

Ahead, the leader stopped to clear away a loose, football-sized rock with a casual kick. The second studied its fall. At that angle he could not judge the rock's acceleration until about half-way down when it gently grazed the face then soundlessly exploded into hundreds of pieces.

They finished the traverse and peered up at the final thousand-foot rock wall. Still roped, they removed their crampons, and climbed the near vertical face. The only sound now amidst the silent, looming rock was the exchange between the climbers.

"Belay on."

"Climbing."

"Climb"

"Slack."

"Up rope."

"Off belay."

They reached the summit at noon, ate quickly while admiring cumulus clouds at eye-level, then descended. Distant thunder signaled an approaching storm. The two unroped for speed since the exit route would be technically easy. They dreaded more being trapped by a storm on this open slope than they feared a fall.

Part way down, the climbers stood before a steep snow ledge. The snow here, weakened by diurnal assaults of hot days and cold nights, was old and cavitated. The leader started across. The second followed. He was thinking back to the summit, wondering why the memory had faded so quickly. As he inattentively stepped into the leader's footprints, his right foot broke through the snow step, overbalanced him, and carried him down the slope. He had only a few seconds to check his acceleration by rolling from his back to his stomach and simultaneously pulling the ice axe under his chest to arrest his fall. He knew if he failed he would hurl out from the ledge to his death several hundred feet below.

He did not fall; rather, his body came to a stop 10-feet from the edge. It was several minutes before he could move, longer before he could think. He marvelled at his lack of fear. He did not notice until an hour later the large gash in his thumb from the ice axe. As he recovered and began chopping his way back up the steep snow, the leader shouted down in a gentle, mocking voice, "Self-arrests work, don't they?"

That night, the second recalled the summit indistinctly. Of the day's experience, the actual conquest paled in comparison to his other, more vivid memories: the crunch of snow, the crackle of ice, the soundless vision of a rock falling, the feel of rope and axe, the smell of moist granite, and the fall that had not killed him.

The Night Before Christmas - by Christopher Bovie

'Twas the night before Christmas, when all over the roads (special to MR&O)
not a runner was racing except St. Amand.
The mile markers were placed on the course with care
in hopes that St. Amand would soon be there;
his children were nestled all snug in their beds,
while visions of PR's danced through their heads;

and Ruth in her 'kerchief, and I in my tights,
 had just settled our brains for a long 15K,
 when out on the course there arose such a clatter
 I sprang from my seat to see what was the matter;
 away to the window I flew like a flash,
 tore off my shades and threw up the sash.
 The moon on the breast of the new-measured course
 gave the lustre of mid-day to an object in front,
 when, what to my wondering eyes should appear,
 but a jolly St. Amand and a trail of T-shirts.
 With a pace so bouncy and steady
 I knew in a moment it must be St. Amand.

More rapid than sea gulls his footfalls they came,
 and he whistled, and shouted, and called them by name:
 "Now Fred. Now Dean. Now Marty and Paul.
 On Claudia. On Peter, on Red and Donna Jean.
 To the top of the hill. Avoiding the wall.
 Now, dash away, dash away. Hearing him call."
 As T-shirts soaked amidst the frantic pace
 when they met with an obstacle, up over his face,
 so up to the water stop the helpers they flew,
 with a sleigh full of T-shirts and St. Amand too.
 And then in a twinkling, I heard on the course
 the pounding and clawing of a real work horse.
 As I drew in my head, and was turning around
 down the hill St. Amand came with a bound.
 Dressed in tights and trusty headband, from head to foot
 and his clothes were all soaked with snow and soot.
 A new T-shirt he had flung on his back
 and he looked like Clapper pulling from the pack;
 his eyes-how they twinkled. His dimples how merry.
 His cheeks were like roses, his nose like a cherry.
 His droll little mouth was drawn up like a bow,
 and the small moustache was white as the snow.

The stump of his water cup he held tight in his teeth,
 and the sweat it encircled his head like a wreath.
 He had a broad face, and a big round belly,
 that shook when he ran like a bowl full of jelly.
 He was chubby and plump; a right jolly old elf;
 and I laughed when I saw him in spite of myself.
 A wink of his eye, and a twist of his head,
 soon gave me to know I had nothing to dread.
 He spoke not a word, but went straight to the finish
 and ran all the races--then he turned with a jerk,
 and laying a finger aside of his nose,
 and giving a nod, up the chute he rose.
 He sprang to his feet, to his team gave a whistle,
 and away they all flew like the down of a thistle.
 But I heard him exclaim, ere he broke off the race pace,
 "Many PR's to all. And to all another race."

--Adapted by Red Dean and Christopher Bovie
 --In tribute to Mr. Jerry Saint Amand
 (How about another race this weekend, Jerry?)

Goodie Reflects On The Quality Of Maine Running



Maine running and runners can be traced at least as far back as 1912 when Andrew Sockalexis, an Indian from Old Town, finished fourth in the Stockholm Olympic Games Marathon. Over the years new faces have risen to take the throne. From Ouellet to Mazzeo, to Peverada, Dyer and Gillespie. And the Hillgrove, Flanders, Thomas era to Fournier and Emery. Now Moody, Benoit-Samuelson and Bickford continue the running heritage in Maine. Today who knows what runners loom in the shadows of the present stars - Halett? McGraw? Roberts? Delan? Whoever sneaks out of the darkness, one thing is certain - yesterday's "pioneers" are firmly established in the history of Maine running. This is because in 1984 Portland resident Dick Goodie published his book THE MAINE QUALITY OF RUNNING.

Before his book Goodie directed numerous road races during the early years before the BOOM. He first got interested in running while serving in the US Army during the early 40's. (Fact is, Dick fought in the Battle of the Bulge and at Normandy.)

"Fact is, running was the Army's chief training method," Dick recalls. "We ran everyday for at least five miles. Once in North Carolina we jogged and hiked

with field equipment (for) 35 miles. It got to be a way of life."

By the time Dick returned to Portland in '54 he was hooked on running, but it just was not yet common. He was before the time of skin tights and loose tanktops.

"Once during the early 60's I was stopped by a police officer who put me through, either a sobriety test or an oral psychiatric evaluation exam," he remembers. "Back then one felt more comfortable running in the graveyard, which is exactly what I did."

But fortunately for Maine running Dick continued this "hobby" and by the late 60's he was directing five road races a year. By the time he retired from directing races in the late 70's ("To get on with other pursuits - like writing. Also, I was running quite well then and wanted the luxury of going to a race and only worrying about my race shoes being tied with a double knot."), he helped facilitate, along with other prominent figures, the growth of Maine running. And in 1984 Dick wrote it all down on paper for the rest to see.

I was able to talk with Dick over the phone and by mail he answered some questions about his book, his running and numerous other topics. Here is a sample of what he had to say:

"On occasion people ask for an interview and each time I'm baffled. I am not a Senator, a TV personality or a famous ball player. I suppose they call because of the book, THE MAINE QUALITY OF RUNNING, I had published in 1984, and, the fact I was directing road races during the early years.

"When the book first appeared, TV and Radio stations called for interviews. I turned down all offers. I'd rather write than talk. I remember something Tolstoy wrote: 'You measure a man by what he is, divided by what he thinks he is. The more he thinks he is the less he is because the denominator grows higher.'

I chose not to pretend I was an authority on running -- special diets, knee problems, certain training methods, etc. I just happened to be around when running took off in Maine (late 60's), and wrote a book about those years -- and the exceptional people involved.

With the above premise understood, and my belief that your magazine fulfills a vital service to Maine runners, I'll be happy to answer your questions."

MR&O: How has running changed since the "early years?"

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DICK: Running has been improved in certain areas. I would liked to have had the electronic equipment now used on finish lines. The waiting time for race results has been cut dramatically. This was a sore spot. Money awards, popular now, would have been useful to draw top stars back then. In '71 though, Johnny Kelley was slipped, under the table, \$125.00 expense money to run the Elks-Masters Midi Marathon. Had the AAU got wind of that, they would have called the FBI.

MR&O: What do you think triggered the "running boom" and the idea that physical fitness is good?

DICK: During the '50s and early '60s hundreds were dropping dead from heart attacks. People were still celebrating the end of WW 2. But soon people saw the sense to cardiovascular exercise. Billy Mills' and Bob Schuls' great victories (10K and 5K) in the Tokyo Olympics inspired people. Frank Shorter's marathon win in Montreal in '72 was the affirmation, but by then, of course, the boom was well under way.

MR&O: How did you get invloved with directing road races?

DICK: ... In the early '70s it was a time for dethroning and how Thomas and Flanders battled (Bob) Hillgrove for the crown. Hillgrove was King of the Roads all through the '60s; even into the '70s.

These fierce events were road racing in its purest form. The Big 3 shared wins up on the Loop then. Who wouldn't become interested in arranging and directing these matches with such combatants? They were top-notch sporting events.

You ask why I became involved in directing races. Now you know. Also, some people gave their time to political causes, or hospital volunteer duty, etc. This is understood, because with some there is a need to serve others. I chose to give my time to the Road racing Program and was never sorry. I thought of it as giving a party without the coldcuts and booze.

MR&O: In your view, who were/are some of Maine's best ever runners?

DICK: Certainly Ralph Thomas and Joan Benoit would be listed. But there were many who had the talent and ability to key in metnally and physically at the exact moment on race day ... all down through the pack levels. It was and is these people who win races in their categories.

MR&O: And what about Ralph Thomas?

DICK: Younger runners perhaps don't know, but Ralph Thomas won that half-marathon (the Elks-Masters Midi Marathon) four consecutive years; wiping out a record set by an Olympian in 1970. The Elks gave Thomas a solid silver trophy large enough to serve as a hallway umbrella stand. In my opinoin, those four victories against New England's best competition was one of Maine's great sports achievements. But obviously, The Maine Sports Hall of Fame does not agree.

MR&O: Do you think more distance runners should be in the Maine Sports Hall of Fame?

DICK: Oh yes. That group seems team-sports oriented. Unless a runner wins an International or National event, forget it. But High School level ball players are included. That doesn't seem right to me.

Most runners who were around earlier agree that Ralph Thomas, because of his accomplishments, his inspiration to help proliferate Maine running, has earned special recognition. So in '84 I worked up a file on Thomas and presented it to the proper person. "Who is Ralph Thomas," was the first question I was asked. At once I knew we were (in) stormy seas. But no sailor ever made a name for himself on a calm sea, so we persisted. But for three years Thomas has been overlooked.

With all this pulling and tearing to get Thomas into the Hall, forget Ed Shepard, Sam Ouellet, Dave Mazzeo, Bob Hillgrove, Ken Flanders and forget all about the ladies.

MR&O: In your book why did you include the people you did?

DICK: Because I felt they were the key players during that era. The natural urge was there to turn the book into a popularity contest, but I believe I have sense enough to recognize that fool's trap and avoid such naivete. Race winners, colorful characters, those representative of the times, samplings of all of these got into the book -- even though some have egos large enough to fit inside the Bangor Auditorium.

MR&O: Why did you write THE QUALITY OF MAINE RUNNING?

DICK: I wrote the book because of an overpowering need to share those good years with others. It's quite that simple.

MR&O: Do you think the book was needed, important, necessary for Maine running?

DICK: The book reflects the renaissance of distance running in Maine, replete with the main principles of those boom years, along with records of their times. Yes, I like to think the book made a contribution.

MR&O: What was your objective with the book?

DICK: My objective was to paint a picture of those years as honestly as I could. But, of course, this type of chronicle always falls short in some areas -- certain sins-of-omission -- but one understands that from the beginning. Imagine doing character profiles of every soldier in a Battalion? Utterly impossible. Even though painful, one has to live with the shortfall.

MR&O: What did writing the book entail?

DICK: I wrote the book on a legal pad between one and three in the morning through the winter of '82 and '83. Both daughters were in college, so I took over their room. It is very quiet at that hour and an excellent time to write.

Each evening I would retire at 8:30, write between one and three, run 6 miles at six o'clock and report to my job (in an office) at eight. Early evenings I would type a clean draft from what I had scribbled on the pad. Weekends Joyce would visit the girls at Orono or visit her brother in Winthrop so I could edit what I had done that week, or do second drafts, then more editing; the same as smoothing freshly poured concrete with a mason's trowel. It went on that way all winter.

Anyone who boasts they can write something worthwhile in one draft is lying. Writing is hard work, exacting and difficult on another. Most women would not share such a Spartan lifestyle, but Joyce did. I will always be grateful to her for that.



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MR&O: Is it true you had the publisher wait until after the L.A. Olympic Games before you had it printed?

DICK: Yes. The book was accepted by the publisher in May '84, but I convinced him to hold it until after the Olympics in August. I explained I had a gut feeling Benoit would win the Olympics. He agreed. All through June and July I'd sing to my wife, Joyce, "Believe me, she will win it."

In Benoit I could read the signs. She is going to win. Earlier that year I had interviewed Joan, sending her a series of questions, which she cordially answered. I used this material for background information and wrote most of the essay in July. before the race. After she had won, I filled in the pertinent facts, colored certain parts with several new paragraphs and put the completed manuscript on the Publisher's desk. The book came out in time for Christmas. Many people wrote and said they liked the Benoit essay. The letters are the best reward of all.

MR&O: What are your future plans?

DICK: I retired in '86 and am having a great time, but working hard. Last year I built a red barn. I've always wanted a red barn. Then, too, I own a large apartment building and do all the carpentry and masonry work and most of the electrical and plumbing jobs in the units. Joyce does the painting. I am considering writing another book. I have two finished, unpublished, filed away, but would like to start a new one on WW 2. I just happened to have been at the right age at the right time in the right war and experienced supreme adventure with the Third Armored Division in Europe. I know some great stories, but I'm not sure I want to put Joyce through the isolation again.

MR&O: Would you do it all over again, writing THE MAINE QUALITY OF RUNNING and directing road races?

DICK: Oh yes. No question. There were brickbats, but one experiences them no matter what he does. If grandma baked a huge apple pie for twenty people, two wouldn't like it. I guess the key is when the brickbats outnumber the plaudits, then it's time to get out. That never happened. I feel the Masters offered the State's quality runners a means to thrash it out, as well as arranging races for hundreds of others.

Occasionally, Bob Hillgrove will call from Colorado and we talk about those fierce March runs up on Riverside Loop, in the strong, early spring winds that came up from the golf course, everyone happy to be out racing again after a tough winter.

And it always makes me feel good, recalling those golden days.



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NEWS

DELAN SETS NATIONAL RECORD - Wendy Delan of Buxton continues to set records. On Saturday, December 12th, the 17-year-old, in her first race of the indoor track season, defeated a field of some of the nation's best collegiate runners at Harvard University enroute to a national record for 17-year-olds in the 5,000-meters. Her 16:40.6 also gave her a 30-yard win over Alison Quelch of Boston College and was well under her pre-race goal of 17:00 minutes.

Delan wasted no time in forcing the issue as she bolted out to a 40-yard lead after only three laps around the 200-meter oval. Her coach Jerry Crommett said, however, that her splits "were nothing she couldn't handle."

She hit the half-mile in 2:32, but by the time she reached the one-mile mark (5:13) Quelch and the rest of the pack had caught up with Delan. Delan and Quelch exchanged the lead numerous times during the next 12-laps and the outcome was not decided until Delan's last lap fury. She covered the last 220 in 33 seconds to pull away by the 30-yard margin.

"With two-laps to go," Delan said of her decisive move, "I wanted to try to get away."

And that she did, but Crommett admitted the race "wasn't a walk away" for Delan. "They gave her all she could handle."

(SEE SEPTEMBER ISSUE OF MR&O for a profile on Wendy Delan.)

MAINE ROWDIES WIN TEAM TITLE - The Maine Rowdies travelled out-of-state to Concord, New Hampshire on September 22 for the 19th annual Chubb Life Run. It was the Road Runners of America's 10-mile national championship and the Rowdies were well represented. Led by Ken Flanders in 15th (55:05), the Rowdies took the master's team title away from the defending champion Greater Lowell Road Runners, 88 to 125. Other members of the Rowdies was not known, but the Maine finishers are listed in "The Pack."

WINN SETS NH STATE RECORD - On October 11 Ogunquit's Bob Winn erased a one-day old New Hampshire "all-comer" half-marathon record with his 1:07:15 at the Nute Ridge Half-Marathon. Winn's effort bettered the 1:07:56 mark set by Jim Zimmerly of Rhode Island the day before. Records were made to be broken, however, and Winn's time was wiped out a few weeks later by NH's Larry Sayers (1:06:48).

MAINE TAC CHAMPIONSHIPS - Charlie Violette of Millinocket and West Buxton's Wendy Delan highlighted the Maine TAC Junior Olympic Cross Country Championships November 14 at the University of Maine at Augusta. Violette covered the rolling 5K course in 16:48, while Delan ran 18:25 as they both took first-place in their respective divisions - the young men's and women's (17 and 18-years-old).

More than 250 young runners from all over the state competed in the 10 different age groups. The top 20 in each race, which ranged from 3K to 5K, qualified for the Region I Championships on November 22. For complete results look in "The Pack." (NEXT MONTH: Look for the story and pictures on the Regional and National Championship Meets).



Tim Weems enroute to victory in Midget

GUEST LECTURE SERIES - Greely high school cross country coach Danny Paul was the host to a lecture series on November 14 at the school that included Bruce Bickford and Bob Sevene, Joan Benoit-Samuelson's coach. Bickford grew up in Maine, but now resides in Massachusetts and is coached by Fred Tressler, the Boston Athletic Association mentor. Tressler is the organizer of this lecture series and he travels throughout New England.

Ken

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The audience was split into two groups - Bickford discussed goal-setting to one and Sevene and his assistant gave a sprint drill demonstration to improve a runner's leg speed to the other. Then the groups switched so everyone could attend both.

Sevene said all runners, especially long distance runners who do mostly LSD would benefit from doing these drills at least once a week. Each drill is done for approximately 40-yards and it is done 4-5 times. The drills should be followed by strides to loosen the leg muscles. The drills were: high knee lift, kicking the buttocks, skipping and skipping with a flick of the outward leg.

"They're known as Canadian sprint drills," Sevene exclaimed. "They're not my idea. They've been floating around since 1935. Sprinters have always done them. Now distance runners are starting to do them. You've got the hallways, you've got these gyms, you've got grass outside, so you can do these drills anywhere."

Bickford, meanwhile, talked about how a runner has to constantly set and change goals. During his first season of cross country as a high school sophomore Bickford's goal was "to stay on the team." By the time he entered Northeastern University his goals had changed to "I was going to train. Give (running) a year. Give it a shot," he said. His goal now - "Make the Olympic Team," the top-ranked 10K runner in the world in 1985 said. "You have to set goals every year," Bickford summed up. "You have to readjust. Concrete goals are critical."



STANDING: Sevene's assistant, Bob Sevene, Bruce Bickford and Fred Tressler.



Ken Dolley

MAINE'S ONLY ULTRA - Maine now only has three marathons and one ultra-marathon on its yearly road race schedule and if it was not for the Maine Track Club's Ken Dolley, it would only be the three triple crown events. But Dolley, without any sponsors besides the MTC, was able to hold the 50-miler on November 15 in Brunswick. The Maine Rowdies founded the race, but are no longer able to hold it.

Dolley attracted 15 competitors, six from out-of-state, for the event. The runners did an out and back two-mile loop then proceeded to run a four-mile circuit 12 times. Waterville's Bryant Bourgoign led Paul Merrill and Phil Pierce to a 1-2-3 finish for Maine. Pierce was the early leader (13:37 after two-miles), but by the time the runners were at the 38-mile mark Bourgoign had a huge lead (4:37:00 to Merrill's 4:50:29). But Bourgoign slowed considerably the last three circuits and

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Merrill made up most of the ground, but Bourgoin's lead was too much and he held on for the win in 6:34:24. Merrill (6:36:13) and Pierce (6:51:05) were the only finishers under the seven-hour mark.

Portland's Rosalyn Randall finished 5th overall in 7:26:18. Twelve of the finishers joined Dolley and his wife Jane at the Bowdoin Steak House later late night for the awards ceremony.

"(The race) went super," Dolley said. "One indication was we received three letters from people that ran, thanking us and the volunteers."

CAPE COD MARATHON - It seems Mainers all over are travelling out-of-state to try different flavored races. At least four Northern folk competed in the November 15th Cape Cod Marathon. Robert Jolicoeur of the Maine Track Club was the top Maine finisher in 3:02:36 (98th). Rhode Island's Jim Fallon won in 2:20:22.

The Central Maine Striders sent a trio down as Bucksport's David Wilson (199th), Ed Worcester of Waterville (329th) and club president Jerry Saint Amand (361st) all finished under four-hours. (SEE the times in "The Pack").

Amand said the "course is very deceiving - it lulls you to sleep over the first half with its smooth, flat and scenic course, then hits you with a few small hills, then a few more, then a serious hill, then a few more small ones, then one right after another until only the well-conditioned are still running by mile 22. It's much like the "Maine Coast" in its stunning ocean view and easily is one of the most beautiful marathon courses in the Northeast."

TURKEY TROT - For the first time in its six years of existence, Brewer High's Turkey Trot (5K) was not won by BHS teacher Glendon Rand of Orrington. Rand and Sub 5 teammate Roy Morris ran side-by-side as they covered the first two miles in 9:45, but by the time the duo reached the course's last serious hill, the five-time champ fell off the pace. Morris went on to tie the course record of 15:26 with Rand 14 seconds back.



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Brenda Mähnen (photo courtesy of BU)

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Doug DeAngelis gave Sub 5 a 1-2-3 sweep with his 16:29 clocking.

Brenda Mahnken, a senior co-captain for the UMaine Black Bears, held off the challenges of her freshman teammate Karen Salsbury to win in 18:50. Salsbury was five seconds back. 230 runners completed the course which was a benefit for the sophomore class. More than 100 prizes were given out after the race in a random drawing.

IRONMAN - Some Mainers took the ultimate challenge in October - the Ironman Triathlon World Championships in Hawaii. Portland's Paul Merrill, 33, was the top Maine finisher in 10:05:47 (85th out of a field of 1,250). Dave Scott won for the sixth time in 8

Merrill completed the 2.4-mile swim in 63:48, the 112-mile bike in 5:42:20 and marathon in 3:19:38.

Charlie Keegan of Yarmouth was 192nd in 10:40:06 with splits of 63:42, 5:48:41 3:47:42. Portland's Rosalyn Randall completed the Ironman for the second time. Ran 37, hit splits of 1:28:20, 6:53:21 and 4:14:26 for a 12:36:03 total in 115th.

VETERAN'S OLYMPIC GAMES - MR&O's own Moshe Myerowitz of Bangor has been collecting a lot of hardware at the World Veteran's Track and Field Olympics in Melbourne, Australia. In the 5K Myerowitz, even with a hamstring pull and not even seeded in the top 30, "surprised" everyone with a 14th-place finish in 28:28. He was also a member of a U.S. team that took a bronze medal in the 20K, but it was on December 10th when Myerowitz really made people notice. In the 3,000-meters he took the early lead and was not passed by eventual winner Oscar Muldoon, a former New Zealand Olympian, until 1,000-meters remained. Myerowitz hung on for the silver in 16:48.

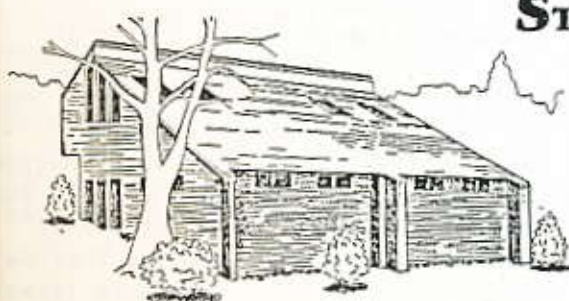
NATIONAL SKI TEAMS VISIT MAINE - Three national ski teams raced the United States Ski Team at Black Mountain in Rumford on December 16th. Both the men and women's cross country ski teams from Norway, Sweden and Canada competed in a classical ski race scheduled at 1 PM. Ski enthusiasts claimed this might have been the finest field of xc skiers to race in Maine in decades.

The talented Swedish men's team was a heavy preseason favorite and is headed by World Cup Champion Thomas Wassberg and Olympic gold medalist Gunde Swan. The Swedes were expected to get some stiff competition from Norway's Odvar Braa.

The Chisholm Ski Club hosted this international event and had more than 30 volunteers from the Rumford-Mexico area. The 50 European men and women were on a December tour of Eastern Canada and the U.S. Most of them competed in all four pre-Christmas races. The Rumford race was preceded by races in Newfoundland and New Brunswick and was followed by one in Jackson, N.H.

Two local skiers on the U.S. team challenged the Europeans. Livermore's Dan Simoneau and Leslie Bancroft Kritchko of South Paris are members of the U.S. squad. MR&O's ski columnist Mike Simoneau will have an update on this event in next month.

28TH MOUNT WASHINGTON ROAD RACE - This annual event is scheduled for Saturday, June 18 1988 at 11 AM. This 7.6 mile extravagant goes from the base to the summit (6288 feet above sea level). Early entry is required. There is a limit of 800 that will be filled by March 10th, so send a SASE to: Mount Washington Road Race 1988, Granite State Race Services, 95 Summer Street, Newport, NH 03773 or call (603) 863-2537.



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High School Update



Theresa Pratt sprinting to finish at Regional XC Meet. (photo courtesy of MST).

"Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize."

- 1 Corinthians 9:24

Patience and perseverance are qualities usually only experienced runners have learned through trial and error. They are signs of maturity. Very seldom are these characteristics found in a high school freshman, but Livermore Falls' Theresa Pratt, barely 15, and only in her third year of running, reeks these qualities. Just listen to how she described her recent victory in the Class B Cross Country State Meet, posting the fastest time of the day while outsprinting junior Karen Fields of Searsport, now a two-time runnerup.

"I didn't know I was going to pass Karen," Theresa admits. "I just gave it everything I had at the end and I passed her."

"When I came out of the woods Karen made a surge," she continued. "I thought, since we were almost done with the race, that she was speeding up for the finish, but when we got to the finish she didn't speed up at all ... so I put on my finish sprint, like I always do at the end of a race, and I passed her. I really thought, ever since she passed me earlier in the race, that she was going to beat me ..."

Signs of self-doubt? No, hardly not. More modesty and humbleness than anything else. Listen again as she describes some of her goals for the future.

"...Hopefully I'll be able to keep my ability of running," she said. "I'd like to go to college someday."

Her ability is definitely not in doubt. It's there to stay. She may only be carrying 92-pounds on that 5-foot four-inch frame, but it is all legs with thighs already approaching tree trunk proportions. And her ability has already brought success. Theresa has competed in the TAC National Cross Country Championships the last three years capped by a 14th-place finish last month at the National meet in North Carolina to earn All-American honors. Surprisingly this is the first year she has run year-round and Theresa considers 5 or 6 miles a "long run." Her future is very promising. Where did this talent come from?

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"My neighbors, Skip and Betty Grant, are the ones who really introduced running to me," Theresa recalls. "They would see me outside running around playing with my brothers and sisters, so they thought I should try running cross country. So I tried it, found I was good at it (and) decided to keep running."

"When I first started running I was in the seventh grade and they didn't have a cross country team in the junior high, so I practiced with the high school team and ran with the coach Randy Easter," she continued. "The first run was pretty hard, but as I kept running I got used to it."

"I think Randy Easter is a great coach. He ... gives us confidence and encourages us to do (well) in a race. He's a great coach and knows how to have fun."

Theresa knows, however, that what she has is a God-given talent.

"I was born-again into the family of God when I was nine years old," she said.

"Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary ..."

- Isaiah 40:30-31

Theresa Pratt has persevered. She was patient at the State Meet. And she is modest, though confident in her ability. Listen some more as she describes what she was feeling after finishing second in the TAC Regionals in Rhode Island on November 22. Listen for her team spirit, her friendliness.

"I came in ... 30 seconds behind the first-place girl," she said. "I was on the Lakers team (Lakers Track Club) and our team came in first. I don't know the girl who beat me. I couldn't find her after the race. I hope to meet her in North Carolina."

"And let us not lose heart in doing good, for in due time we shall reap if we do not grow weary."

- Galatians 6:9

Theresa Pratt has already started collecting her harvest.

(NEXT MONTH: Update on the indoor track season and preview of State Meet)



Karen Salsbury

and Salsbury remained up front and the Polar Bear runner was in control.

"I was saying (to myself), 'Hold on. Hang in there baby,'" Salsbury said of Hodgkin's surge during the latter stages of the race. "She was starting to pull away from me."

After the top of an uphill, with less than one-mile remaining, Salsbury found herself 25-yards behind, but Hodgkin was no longer pulling away. The freshman from Skowhegan said she decided to try to keep up with the leader and run with her to pressure Hodgkin.

The College Report

After the season UMaine freshman Karen Salsbury was having, probably the only individual who had doubts before the race concerning her chances at claiming the individual State-Meet Cross Country Title, was Karen herself.

"I was a freshman. I didn't know. I was thinking maybe top 20, top 10. Top 5 was a dream," she later admitted. "I told myself if I could stay with (teammates) Jen (Allen) or stay with Brenda (Mahnken) I'd be okay."

Allen and Mahnken were probably thinking just the reverse as Salsbury, from the beginning, was in the lead pack. The first mile Black Bear Tina Meserve led a three-some that consisted of Deanna Hodgkin of Bowdoin and Bates' Amy Jones, along with Salsbury. After the mile, however, only Hodgkin

And then with only a half-mile to go Salsbury really put the pressure on as she took off on two consecutive downhills before the last uphill climb to open a gap Hodgkin could never quite close.

"I could tell she was kind of getting tired," Salsbury said, "so I went for it. I just let it go and hoped I could hold on after the top of the hill."

She did as she covered the 5K race over the Springbrook Country Club Golf Course in Lewiston in 19:04, two seconds ahead of the fast-closing Hodgkin.

Salsbury continued her fine racing season after the State Meet win as she earned All-New England honors with her 19th-place showing at the New England Championships. Her 18:34.9 put her far ahead of the rest of Maine's best. Only Mahnken (19:15.9), Meserve (19:28.5) and Bowdoin freshman Marilyn Fredey (19:28.5) were within one-minute of Salsbury. Hodgkin ran a distant 19:50.4. And all this was from a young woman who thought she would be running in the "back of the pack" as a freshman at Orono.

"I didn't think I'd be running number one, number two, number three or number four," Salsbury said.

She not only did that, however, but she was Number One in the entire state.

(NEXT MONTH: Complete results of Maine runners in the N.E. Championships and a profile on the men's State Meet Cross Country winner, George Bockus of St. Joe's).

RESULTS



The 1987 men's All-Maine cross country team: (from left to right and in order of finish) George Bockus, St. Joe's; Tim Fisher, Colby; Todd Dillion, Bowdoin; Marc Deschardins, Bates; Scott Roberts, St. Joe's; Rich Brooks, St. Joe's; Richard Cook, Colby (photo courtesy of Brian Gillespie).

Maine was well-represented in numerous national cross country championships. The men's squad at St. Joseph's College in Windham led the way as they competed in the NCAA Division III National Championships for the second consecutive season. Once again the Monks left their mark as they were the top New England team with their 8th-place. Their 250 total put them 180-points behind victorious North Central. The Monks were led by senior George Bockus in 9th-place. With his 24:45 time over the 8,000-meter course Bockus became the first All-American in the athletic history of the College. Bockus is the only senior on the team and the Monks return Scott Roberts (43rd at Nationals), Jody Norton (46), Rich Brooks (99th), Steve Sarkozy (133rd), Stan Smith (135th) and Mike Gordon (169th). The Monks also won the Div. III New England crown as they upset the University of Massachusetts and

Brandeis. In this race Bockus led three of his other teammates to the top 25 with his fourth-place showing (25:39). The Monks also added the Maine College Crown and a runner-up position in the ECAC Regional Championships to their trophy case.

Unity College also had two individuals compete in their national meet as freshmen Tammy Ciesla and Matt Bruce competed in the National Association of Intercollegiate Athletics XC Championship on November 21 in Wisconsin. Head coach Ed Raiola said his runners finished in the middle of the pack, but they both cut more than 35 seconds off their best times ever for the distance. Ciesla ran the women's 5,000-meters in 21:06 (211th out of 290 finishers) and Bruce covered the 8,000-meter course in 27:46 (230th of 388). The winning times were 16:50 and 23:40, respectively. Finally, Ellsworth's Ann McEldowney, a senior at The King's College in New York, finished third in the National Christian College Athletic Association XC Championships in Ohio during November. She was also the individual winner in her conference championships with a 19:58 for the 5K course.

Kick and Glide

- by Mike Simoneau

17



Troll Valley was opened three years ago by the legendary Mt. Blue High School ski coach Galen Sayward. This winter Galen is working for the United States Ski Association in Park City, Utah, as a Technical Director and the touring center is being adeptly managed by his son Mike.

Troll Valley has 18 kilometers of excellent xc ski trails. Most of Troll Valley's trails could be described as wide and gentle, ideal for entry level and intermediate skiers. Founder Galen Sayward's philosophy was to design trails which the skier could challenge and not vice versa. All the trails are tracked on the right for traditional skiing. Skaters appreciate the wide machine-rolled trails. Thanks to Galen's vision skaters and classical skiers can use the same trails side-by-side.

Troll Valley's trails connect with the cross country ski trails at nearby Titcomb Mountain (15K's) via the Turnpike Trail and both areas honor the other's ski passes. A big majority of the skiers at Troll Valley are traditional skiers who diagonal ski in tracks on waxless skis, but don't be surprised to see a few skaters go flying by. Manager Mike Sayward coaches ski racers at his Farmington Nordic Ski Training Center.

FEATURES: New skiers can enjoy the "Easy Way Trail" which winds its way from the lodge down a gentle hill to the North 40 Camp Ground. Easy Way then tours the rolling fields around the Big Red Barn of the North 40 Camp Ground. Seth's Run is a fascinating little trail which curves its way down and back up the hill by the lodge. For a longer ski tour, try the Orchard Loop up to Farnum Mountain and get a panoramic view of the western Maine mountains. For a physical challenge, take the Corkscrew through a hard wood forest ... it's like skiing in Vermont.

RECENT IMPROVEMENTS: Look for an expanded parking lot, enjoy the heated lodge with a new line of rental skis, and look forward to opening soon of the new Ledges Trail to Loki's Place.

DETAILS: Troll Valley is open seven days a week from 9 AM to dusk. Trail fees are \$5/day, \$50 for a season pass and escorted kids 6 and under ski for free. Look for Ginny Sayward in the warm and cozy snack bar and relax to the Franklin Stove with some good reading material. It's an easy place to feel comfortable.

Lessons are reasonably priced and available for individuals, pairs and small groups. The learning area near the lodge is a great place for beginners. The Saywards recommend that you call in advance for reservations for lessons.

SPECIAL EVENTS: January 9th - Loki's Loppet - A 10K race on the Maine Nordic Ski Council Race Series.

February 14th - The Farmington Qualifier - The fourth and final race for the Junior Olympic hopefuls ages 20 and under. 15K for men and 10K for women.

For directions call 778-3656 or 645-4331.

Carrabassett Valley Ski Touring Center is Maine's largest ski touring facility. CVSTC is nestled near the white waters of the Carrabassett River and surrounded by the 4,000 foot peaks of the western Maine mountains. Skiers are treated to some breath-taking views of Sugarloaf Mountain, Maine's 2nd highest peak. Hanging high in the cathedral ceiling of the lodge are the flags of Norway, Sweden and Finland - hinting faraway places with strange sounding names where cross country skiing is a way of life. The Scandinavian flags set the atmosphere for xc skiing at its best in Maine.

CVSTC's 85 kilometers of trail loops cover a vast expanse of territory and beckons thousands of skiers from near and far. Manager Bill Chenard says, "Skiers will not be taking off their skis umpteen times to cross roads here." CV's trails follow old tote roads, a reminder of the lumbering days long gone by. These xc ski trails run deep into the Maine north woods. Chenard adds, "Skiers here are far away from homes, power lines, noise and wood smoke."

The trails are all double tracked for wide side-by-side diagonal skiing. The trail map identifies the trails as either easy (40%), more difficult (40%) and most difficult (20%). Skating is restricted to the 7.5 kilometer Competition Trail which has ample vertical to challenge the hardiest of racers.

New skiers enjoy the Flat Car which is a 3.9 kilometer loop around the Big Bog. Take a ski tour on Reddington Pond Trail (11.7K) out to the beautiful vista of the Bigelow Mountain Range. On a sunny day bring your picnic and lunch in the cedars on the shore

of this mountain lake. Exercise skiers can challenge themselves to a 750-foot vertical climb up the Burnt Mountain Trail and hang on for a long and swift downhill ride on trail #50. Skiers who like to ski fast love the Competition Trail, which is used for high school, collegiate and citizen racing.

The lodge's expansive glass wall faces south collecting the day's solar heat and offers the resting skiers an awe-inspiring view of Sugarloaf, with its 7,000 or more alpine skiers. A huge fieldstone fireplace and chimney heat the 3,800-square foot lodge. CVSTC's lodge includes heated rest rooms, plenty of lounging area, a waxing area, and a very friendly and helpful staff. The Klister Kitchen satisfies the appetite with homemade soups, sandwiches and cookies.

CVSTC has a huge selection of rental equipment including Rossignol skis, Solomon boots and binding and Exel poles. In addition their ski shop has hats, T-shirts, socks, gloves, daypacks, wax, gaiters and other convenience items. Day ski passes are \$6 and include a beautiful trail map - don't leave without it. Professionally certified instructors are available for individual and group lessons.

CVSTC has an olympic-sized outdoor ice skating rink operating daily from 8 AM to 4 PM. Figure skates are available for rent.

RECENT IMPROVEMENTS: Summer maintenance included replacing several washed out bridges and the ever-popular Reddington Pond Trail was widened. The Competition Trail (#25) was improved by banking the sharp corners and making some sections up to 22-feet wide to accommodate two or more side-by-side skaters. The parking lot was expanded again and the new dam will raise the level of the water in the Big Bog in front of the lodge.

SPECIAL EVENTS: There are still three cross country ski-skating clinics by CV Academy Jeff Clark. The dates left are January 16, February 13 and March 5 at 10 AM. The cost is \$12/lesson which includes the trail fee for the day.

February 7th - Wild Moose Run - A 15K race that is part of the MNSC Race Series.

March 20th - The Leprechaun Loppet - Another 15K race, but this one celebrates Saint Patrick's Day.

Contact CVSTC for directions.

Club Shorts

Well, maybe this column will be scratched, but then again there are a few clubs sending MR&O information about what they are doing. Maybe I will just change the name of this column to the MAINE TRACK CLUB - JOGGernaut - PEN BAY RACER - SUB 5 - CENTRAL MAINE STRIDERS NEWSLETTERS. Where is everybody else? This column is for your benefit. All it takes is a little, short note to MR&O, PO Box 3399, Brewer, Maine 04412. It can be humorous, serious, silly or whatever you'd like. Anyway, six members of the Sub 5 Track Club travelled to New York City for the TAC National XC Championships (see related story). The Central Maine Striders hosted its last race of the 1987 season on December 5th in Madison. Next month check for pictures, results and a story about the race. That course has some kind of monster hill around two-miles. The Aroostook Joggnauts held its annual banquet on November 23. Runner of the Year and Most Improved Runner awards were given out. Hopefully, next month we will have the lucky names. The club's officers should remain to be Neal Genz (President), Barry Bartley (Vice President), Charles Bernard (Membership Chairman), Sue Lougee (Secretary), Art Thompson (Treasurer), Dave Maxcy (Awards Chairman) and Pete Cuff (Newsletter Editor). The Maine Track Club could fill this entire spot up by itself with all the happenings going on there. First, several members, including 1986 president Jane Dolley, flew to New York to complete the 26.2-miler along with 22,000 other marathoners (More on this next month). Also, on December 2 the MTC had Tom Brunick, the footwear editor for Runner's World and Superfit magazines, spoke at the club's monthly meeting. (Hopefully there will be more on this next month as well.) And on September 5 two MTC members celebrated the Wedding Biathlon with 75 other guests participating. Deb Hewson and Clint Merrill were married on the shore of Sebago Lake and after the ceremony the bride and groom were joined by the guests in a 2-mile run and a one-fourth-mile swim. Everyone received commemorative T-shirts. Charlie Scribner, Clint's cousin, was the director. Roz Randall won the event with her 18:59 defeating the runner-up groom by eight seconds. CONGRATULATIONS to you both. More tidbits from the LESSER DURHAM STRIDERS. Member Lance Guliani, the 1987 winner of the Triple Crown (See November issue) says the club's motto's include "IGMFY" and "You're only as good as your corners" as in don't cut corners during training runs.



The Doctor's Office

Assorted Thoughts on Cold Weather Running

- by Dr. Mike Sargent

Have you ever wondered why a wood or tile floor feels so much colder to your bare feet than a rug when you roll out of bed on a winter morning, even though everything in the room is at the same temperature? . . . I'll tell you anyway: the hard surfaces are much better conductors of heat, and they actually facilitate the transfer of heat away from your feet. Since water conducts heat a good 30 times better than air, sweat will facilitate loss of heat from the skin of a perspiring runner. This is the rationale for polypropylene underwear, glove and sock liners, which supposedly "wick away" moisture from contact with the skin. One trick for keeping feet warm is to use a foot powder which contains aluminum chlorhydrate (the active ingredient in most deodorants) to minimize the amount of sweat available to conduct heat out of the feet.

The "breatheability" of Gore-Tex and similar fabrics sounds like another good idea to keep water off the skin, but all the commercial hype conveniently ignores the fact that even if you run in the most ideal "breatheable" condition (that is, naked), a significant amount of perspiration will still accumulate on the skin in liquid form (that is, sweat). Thus, the fabric will not allow it out any more than it lets rain or snow in, and you can get quite wet running in a \$300 suit. This is not to knock Gore-Tex; it's still the best type of fabric available, but it can't do the impossible.

It's just as true now as it was last century that the scalp is an obligatory radiator of heat because of its dense network of blood vessels, and thus a good hat can keep your toes and the rest of you warm. But if the hat turns out to be overkill, you can prevent frostbitten ears with a trusty set of earmuffs and still hear the trucks and dogs bearing down on you.

Alcohol is a vasodilator; it expands the blood vessels in the scalp and the rest of the skin, increasing the "radiator effect." This gives you a flush which creates the illusion of warming you up while actually accelerating the loss of heat through the skin. Alcohol is also a diuretic; it causes the kidneys to lose water. This is no great revelation, but in cold weather the resulting dehydration can be dangerous.

Cold exposure itself causes a diuretic effect, which in someone who is hypothermic can thicken the blood further, impairing circulation to the extremities and increasing the risk of frostbite. In a runner who is not hypothermic it can still exaggerate the effects of dehydration. While we all know that we need to drink more when the temperature gets hotter, it is equally important to maintain hydration as we expose ourselves to extremes of cold weather.

Resist the temptation to run on glare ice after a sleet storm even though the sun is beaming brightly and it's Sunday and you need the miles today to maintain your weekly goal. Even if you don't wipe out, fracturing your clavicle, knocking out your front teeth and ripping your \$300 Gore-Tex suit to shreds, your hamstrings won't forgive you for at least ten days.

Dr. Moshe Myerowitz, Chiropractor
Maine TAC Race Walking Chairman

FITNESS WALKING - RACEWALKING

Much confusion exists as to what is fitness walking and what is racewalking. Fitness walking requires no attention, by the walker, to the style and technique. The fitness walker can move along from point A to point B without concentrating on whether each step is legal as is required of the racewalker. In both instances, (fitness walker - racewalker), one foot must be in contact with the ground at all times. This is the distinctive difference between the jogger-runner and the walker. Jogger-runners at some point in the process of motion are airborne. Meaning - that both feet are off the ground at the same time. Racewalking technique requires concentration and discipline. The racewalker, to be legal, must abide by two rules.

- A. One foot must be on the ground at all times.
- B. The leg must be totally straight (locked, extended) at the moment it passes underneath the torso.

In order to accomplish this and to avoid the possibility of disqualification, most racewalkers will lock the knee joint (stiffen the leg) when the heel of the forward foot makes contact with the ground. Some racewalkers remain slightly flexed at the time of contact and lock the knee joint immediately thereafter (delayed locking). This is generally pretty risky and not recommended. Failure to maintain contact with the ground is labeled "lifting" and failure to lock the knee is "creeping." Both are serious infractions and will result in warnings from officials. Repeated infractions or flagrant infractions will result in immediate disqualification in racewalk competitions.

Racewalking is similar to harness racing in that breaking stride is a disqualifying offense.

(NEXT MONTH: more on Racewalking. Moshe has spent most of November in Australia competing in the World Games.)



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Bethel, Maine



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IS FAT WHERE YOU'RE AT? - by Anne-Marie Davee

Do you feel like the Thanksgiving turkey - fully stuffed? Or did the merry making festivities turn you into the Yuletide Log? Now, that the holidays are over, it's time to face the facts. You can fight the "Battle of the Bulge" by getting back on "track" with the following game plan:

First, assess the damage that's been done. Here are a number of simple techniques which can be performed in the privacy of your own home:

1. Stand in front of the mirror - NUDE. Jump up and down once or twice. Does anything jiggle that shouldn't?
2. Perform the pinch test. How many places can you pinch more than an inch?
3. Get out your running shorts and try to get them on.
4. Last, but not least, step on the SCALE. Yes, your body counts calories even when you don't. The number you see may shock you back into reality.

Second, you need to know the theories of energy balance; calorie intake = calorie output. In order to run a negative balance, you must take in less and put out more. One pound of fat is equivalent to approximately 3500 calories. To calculate your present needs, multiply your body weight, in pound, by 15. This figure provides an estimate of your daily caloric needs. The best guideline for weight loss is to subtract 500 calories per day from your calculation to result in a deficit of one-pound per week. ($7 \times 500 = 3500$ cal) Exercise combined with a lowered food intake will accelerate your weight loss and preserve your lean body tissue or muscle mass. A word of caution - severe calorie restrictions, lower than 1000 calories/day, will do more harm than good. Moderation is really the key.

Third, set up your weight loss strategy. Diets come in all shapes and sizes - just like people. Diets are something you go "on" and "off" of. In fact, the first three letters in that awful word are D-I-E. Do not go on a diet, instead start a new eating plan.

1. Examine your present eating habits. Keep a food record for 2-3 days and see where the problem areas lie.
2. Skim the FAT. Fat is a concentrated source of calories. Avoid butter, margarine, creams, gravies, sauces and trim the fat from meats and poultry.
3. Slip in slenderizing substitutes. Select low-calorie items like lowfat dairy products, salad dressings and lots of fresh fruits and veggies.
4. Take smaller portions. This is an easy way to cut calories in half.
5. Do NOT skip meals - three meals a day is the only way. True stomach hunger will have you eating everything in sight.



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6. Relax. Sit down to eat, put your food on a plate and eat slowly. Do not do two things at once.
7. Set realistic goals and rewards not related to FOOD. Oneto two pounds per week is more likely to be permanent.
8. Weigh yourself no more than once a week to get the real picture. Daily measures show merely fluctuations in fluid.
9. Start every day out fresh - you have to believe in yourself. A morning pep talk will help you get through the day.
10. Exercise more. Spend more time outdoors and less time in the kitchen. Physical activity is an excellent alternative to eating.

Aboveall, YOU must make a solid commitment with YOURSELF to turn the Holiday Turkey into this year's Spring Chicken.

Anne-Marie Davee, R.D.
Nutrition Specialist

104 Main St.
Orono, ME 04473

PACESETTER - Ken Flanders

He's coming back. After a short stint away from serious competition, 36-year-old Ken Flanders is back on track. In the late '60s and early 70s Ken tore up the running scene in Maine. Even the early '80s brought success to the Portland resident, but he admits his desire to excel did wane for a bit. But, he's back.

Just look at his present accomplishments: a 33:15 10K at Benjamin's in late October, followed by a 32:51 a week later at the Great Pumpkin Race. Then, in late November at the Cape Elizabeth Turkey Trot, he finished third with a 33:03, behind younger talent Stan Bickford and Greg Hale. Mr. Consistency he has become. Yes, these times are still short of his 29:48 road PR and 29:27 track best from 1973; a race he finished 9th at the NCAA Championships. But he's just coming back.

"What keeps me going now are all the losses I experienced this past year," Ken said, maybe just realizing the desire has returned. "I've gotten my weight under 150 and have started an 'upper body' lifting program. I've set up an indoor track program that begins with a 30-39 3,000-meters at the Dartmouth Relays January 8th. I'll come out with 'both barrels firing' this spring.

Hearing this, it seems Ken is not just shooting for age-group honors, but breaking the tape as well. And why not? He grew accustomed to it years ago. It was a way of life. Just like tying your shoes or getting out of bed, Ken winning races was ... well, natural. His last two and one-half years of high school, 1968-70, he was undefeated as he rolled up seven individual state meet titles in cross country, indoor and outdoor track. And in February 1967, not even one-year after he first began running, Ken won a 2-mile road race in Lewiston with a course record of 9:36. He was only 15 and training three miles a day. The record was never broken.

"It was very unpopular being an athlete in the 60s and early 70s, but I feel my success came from an overwhelming desire to be the best high school runner in the history of the state," Ken said.

There's that "desire" again. And now it's back, but back in the "early days" while he attended Northeastern University (1971-76) the "desire" was never in doubt as he took honors of being a New England Champion twice: in 1973 with a 8:50 2-mile and also one year later with a 28:44 6-mile. The secret to Ken's desire was his aggressiveness.



"You have to make things happen," Ken said, "and you can't accomplish that by sitting with a group at a pace that is comfortable for all. Though I lacked natural speed, I never let my opponents stay with me in a race."

Seems like soon Ken Flanders will again be leading the pack.

Sub 5 Track Club Races Pat Porter et. al. at Van Cortlandt Park



Sub 5 members (left to right): Mike Sargent, Pat O'Malley, Glendon Rand, Art Feeley, Brian Newbegin and Roy Morris (kneeling).

On Saturday, November 28, Colorado's Pat Porter lined up with 350 of the nation's best runners at Van Cortlandt Park, on the outskirts of New York City, to defend his TAC National Cross Country Title(s). He was vying for his sixth consecutive victory - only Don Lash (1934-1940) has won more titles with seven.

Along with Porter on the starting line were six members of the Bangor-based Sub 5 Track Club: Art Feeley, Roy Morris, Brian Newbegin, Pat O'Malley, Glendon Rand and Mike Sargent. The six-pack, along with club founder Doug DeAngelis, who acted as the team photographer, drove the 10-plus hours south to compete in the race.

Porter, running for Athletics West, was alone from the gun as he sped through the first mile in 4:18, but he admitted later he became complacent after buliding an early 50-yard lead. After Cemetary Hill, however, which is the 6.3-mile course's longest and steepest hill, Jim Farmer of the University of North Carolina, began closing the gap. Farmer, competing in his first

race of the fall season, had prerace goals of only a top 30 finish, but he shocked himself and Porter as his runner-up position (30:01) was only three seconds behind the victor. The top three finishers; Porter, Farmer and England's Richard Nerurkar (30:29) were all under the old course record of 30:34.2, set by John Mason in 1968.

The Sub 5 runners finished in the middle of the pack and unofficially placed in the top 20 teams. Feeley finished strong to grab 167th overall in 33:50. Morris (34:00), O'Malley (34:48), Rand (35:12), Sargent (36:50) and Newbegin (39:19) followed.

Dan Dearing of Topsham competed for the Boston Athletic Association. Dearing also had a strong kick as he ran a 34:44. Once a Mainer, now living in Boston, Stan Bickford finished 36th in 31:30.

The women's race, 3.7 miles (6K), was won by Lynn Jennings, also a member of the Athletics West. Jennings led a trio of her teammates; Nan Doak Davis (19:47), Kathy Hayes (19:51) and Sabrina Dornhoefer (19:56); across the finish line with her winning time of 19:35. Michelle Hallett, once a Mars Hills resident, but now residing in the Boston-area as well, finished in the top 20. (NEXT MONTH: TAC Junior Olympic Nationals).

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The Wicked Winter Ski Tour



RACE: 6th Annual Great Caribou Bog Wicked Winter Ski Tour and Race FEE: \$5 before 1/ 5-

DATE: Saturday, January 30 at 11 AM LOCATION: Starts behind the Bangor Mall

DISTANCE: 18K (about 11 miles) MAJOR SPONSOR: Penobscot Valley Health Association

DIRECTOR: Bill England (Adrian Humphreys is the trail director)

COURSE: Begins on the Rudnicki Farm behind the Bangor Mall. It follows the bed of the old Bangor, Old Town and Milford Railroad and winds through the woods and Caribou Bog. It finishes at the Herbert Sargent School in Old Town. There are several cross trails, so follow the one marked with the orange ribbon and the sign of the CARIBOU. There are some "interesting hills (none difficult)."

HISTORY: This cross country ski event began as part of Bangor's first Winterfest. It is a non-profit community event. Last year 311 people finished within 3-1/2 hours to win the tour ribbon. For the first time, this year there will be a team category. Humphreys said this is one of the changes made for this year to hopefully attract more participants, but this event never had a problem attracting a large field as more than 200 showed for the first event and one year between 300 and 400 finished in the rain. "I think the reason it draws so many people is because it is in the center of a metropolitan area," Humphreys said. He also said since the race is a point-to-point course it appeals to the skiers as well. "Most races you go around a circle like a dog race," he added, "which is interesting for the spectators, but not for the participants. We've gotten a lot of comments like, 'I didn't know you could ski from Bangor to Told Town?' Also, the other thing is we bill it also as a tour and a race. You have no more than 10 percent (of the finishers) who are gung-ho racers. The rest are out there because it's a fun thing to do. All of these things combine to make it an interesting event."

OTHER INFORMATION: The Greater Bangor Snowmobile Club will help with trail preparation and tour-day patrols. The Maine Nordic Ski Patrol provides volunteers to patrol the course on the tour day. They will be equipped with first aid equipment and radios to help the lost, injured or strayed. There's free transportation from the finish back to the Mall (provided by "The Bus"). The Bangor Motor Inn van will shuttle your dry and warm clothes from the start to the finish. There are plastic bags available on the van for your stuff. Skating will be allowed everywhere except from the start to the first fence. Refreshments will be available at the finish. There are awards for the winners in each age-group and official results will be mailed to all participants.

Maine Running Survey

25

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

1- What are your favorite columns in MR&O?

2- What do you like/want to see in MR&O?

3- How can MR&O be improved?

4- What has been your favorite article, column, story since the "violent takeover"? (Read that as since the July issue when the magazine changed hands.)

5- Who is your favorite Maine runner and why?

TOP RACES

1.

2.

3.

4.

5.

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MAINE RUNNING & OUTING ROAD RACE POINT SYSTEM

MEN'S OPEN

1. Tim Wakeland	54.7 (4)
2. Bruce Ellis	58.4 (3)
3. Roy Morris	32.5 (3)
4. Bruce Bridgham	30.3 (2)
5. Pac O'Malley	23.8 (4)
6. Peter Lessard	23.1 (3)
7. Lance Gulliani	22.2 (3)
8. Colin Peddie	22.0 (1)
9. Chris Pinsent	21.2 (2)
10. Dan Dearing	20.5 (2)
11. Dan Paul	19.7 (2)
12. Bob Everett	19.0 (2)
13. Bob Winn	18.1 (1)
14. Andrew Whelan	17.7 (2)
15. Michael Gaige	17.3 (1)
16. Gerry Clapper	17.1 (1)
17. Tim Donovan	16.3 (1)
18. Stu Hogan	15.2 (1)
19. Andy Palmer	14.1 (1)
20. Stephen Grygiel	13.3 (2)
21. Todd McGraw	13.0 (1)
22. George Bockus	12.0 (2)
23. Robert Hillgrove	11.7 (1)
24. Rock Green	11.4 (3)
25. Jason Cakouros	11.0 (1)
26. Sam Pelletier	10.8 (1)

WOMEN'S OPEN

1. Cynthia Lynch	96.6 (3)
2. Rose Prest-Morrison	73.6 (4)
3. Diane Louder	54.8 (3)
4. Debbie Jensen	52.0 (3)
5. Robin Emery Rappa	48.9 (3)
6. Wanda Haney	48.1 (3)
7. Anne-Marie Davee	47.4 (3)
8. Michelle Hallett	32.4 (1)
9. Linda Larue-Keniston	29.6 (3)
10. Yoli Casas	27.3 (1)
11. Kathieen Northrop	23.5 (1)
12. Kim Goff	21.4 (1)
13. Sally Perkins	19.0 (1)
14. Charlotte Thomas	17.3 (1)
15. Lauren Corey	17.2 (1)
16. Lori Johnson	16.6 (1)
17. Nanci Carlson	16.2 (1)
18. Deb Rasmann	13.2 (1)
19. Kelly Bennett	11.9 (1)
20. Jennifer Rood	11.1 (1)

MASTER'S MEN

1. Rick Lane	68.0 (5)
2. Lawson Noyes	28.0 (2)
3. Bob Coughlin	26.5 (6)

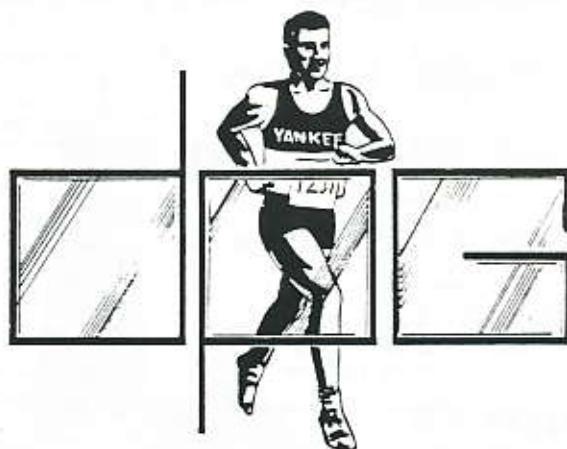
4. Joe Bennett	25.1 (3)
5. Guy Lindwall	25.0 (2)
6. Joe McGuire	23.9 (1)
7. Frank Brume	23.6 (4)
8. Al Sproul	22.1 (2)
9. Bob Oberti	19.7 (1)
10. Jack Mahurin	15.0 (1)
11. Guy Martin	11.9 (1)
12. Guy Berthiaume	10.2 (1)
Mike Keefe	10.2 (1)

MASTER'S WOMEN

1. Robin Emery Rappa	133.0 (5)
2. Louisa Dunlap	42.4 (4)
3. Faye Gagnon	40.4 (3)
4. Suzanne Olsen	14.7 (1)
5. Rene Collins	11.3 (2)

[All runners with more than 10.0 points are included. All races published in MR&O through the October issue are included, except for the Bowdoin and Back 10-Mile Run to the Coast.]
(DIRECTORS - get your results in NOW).
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THE PAGE

5TH ANNUAL TWILIGHT 5 MILER
Skowhegan Aug. 13th

1. Tim Wakeland	34:58
2. John Fitzgerald	25:14
3. Patrick O'Malley	26:07
4. Scott Barrow	26:16
5. Steve Malloy	27:09
6. Wade Chipman	27:34
7. Larry Sullivan	27:44
8. Dennis Croteau	27:46
9. Chris Lyford	27:48
10. Gordon Hartwell	27:49
11. Erik Mattson	28:03
12. Gino Valeriani	28:16
13. Jay Libby	28:36
14. Daniel Campbell	28:48
15. Glenn Whitchard	29:06
16. Mark Hardison	29:11
17. Cliff Bidleman	29:15
18. Alan Aicken	29:19
19. Brian Ladner	29:29
20. Ray Johnson	29:33
21. Warren Dean	29:34
22. Gary Larsen	29:57
23. Anne-Marie Davee	29:58*
24. Tom Swan	30:02
25. Gary Wakeland	30:09
26. Darrel Coddington	30:15
27. Bill Pinkham	30:18
28. Dwane Blomertch	30:20
29. Brian Bell	30:20
30. Bruce Bell	30:30
31. Bernard Boisvert	30:36
32. Roger Stevens	30:38
33. Robin Emery Rappa	30:39*
34. Charles Bock	30:45
35. Diane Lounder	30:48*
36. Karen Salisbury	30:55*
37. Sam Wilbur	30:56
38. Dick Miles	31:01
39. Mike Doore	31:04
40. Richard Oliver	31:05
41. JC Connolly	31:09
42. Tom McGuire	31:24
43. Bob Wight	31:29
44. Douglas Curr	31:29
45. David Wheaton	31:35
46. Perley Merrick	31:43
47. Philip Dugas	31:51
48. Bob Clement	31:51
49. Zane Clement	31:52
50. Robert Kirkendale	31:55
51. Geoff Eagles	32:07
52. Michael Greenleaf	32:09
53. Raul Siren	32:12
54. John Marble	32:13
55. Ken Viles	32:18
56. Eric Ellis	32:22
57. Eric Protsenski	32:25
58. Dick Cummings	32:28
59. Geoff Hill	32:30
60. Charles Weymouth	32:31
61. Robert Titus	32:38
62. Tom Teru	32:38
63. Soren Siren	32:39
64. John Manzer	32:40
65. Stephen Pinkham	32:41
66. Art Warren	33:01
67. Don Williams	33:08
68. Karen Rapallo	33:10*
69. Dave McManus	33:11
70. Chris Glocklin	33:12
71. John Chamberlain	33:56
72. Edward Cochrane	34:00
73. Gehrig Johnson	34:11
74. James Booth	34:15
75. Debra Abenhuyes	34:35*
76. Tony Flye	34:42
77. Rusty Beane	34:48
78. Ed Worcester	34:51
79. Sonny Bergman	35:06
80. Walter DeVault	35:13
81. James Briggs	35:16

82. John Malek	35:17
83. Greg Scheier	35:20
84. John Hennessey	35:29
85. Ed Protsenski	35:37
86. Scott Bragg	35:47
87. Joseph Mountain	35:47
88. Christopher Bean	35:56
89. Joyce Sheridan	36:09*
90. Steve Stephens	36:37
91. Robert Heald	36:43
92. Warren Newton	36:48
93. Owen Jackson	36:58
94. Max Lindenman	37:02
95. Alan Campbell	37:04
96. Susan Blaisdell	37:13*
97. Bryn Doiron	37:33*
98. Bruce Fowles	37:39
99. Joseph Aubin	37:39
100. Peter Shepherd	37:48
101. Goff French	38:02
102. Donald Abrams	38:51
103. Dick Boardman	39:06
104. Joseph Cleaves	39:21
105. Maynard Cook	39:23
106. Walter Lewison	39:30
107. Amy Adler	39:33*
108. Stephen Seal	39:40
109. Jeremy Schwimmer	40:05
110. Lisa Pierce	40:06*
111. Jeffrey Damon	40:40
112. unknown	40:52
113. Richard Sabol	40:54
114. Sherrie Corbett	41:01*
115. Karen LaCasse	41:17*
116. Jonathan Bengal	41:25
117. Don Roux	41:53
118. Corinna Meredith	41:55*
119. Rex Nelson	42:29
120. James Garland	42:36
121. Walter Viles	42:44
122. William Tozier	42:58
123. Dorothy Stoddard	43:00*
124. Eric Weymouth	43:40
125. Jessica Geste	43:44*
126. Rachel Zabar	43:44*
127. Sharon Musher	43:45*
128. Amy Nussbaum	43:45*
129. Don Atkinson	44:23
130. Verne Pinney	44:44
131. David Mason	44:57
132. Pat Beane	45:19
133. Debbie Trotsky	47:03*
134. Marianne Steinhacker	47:20*
135. Harvey Mason	47:22
136. Sarah Weidenbach	48:44*
137. Norman Pelkey	48:56
138. Jackie Rosen	49:10*
139. Julie Stern	49:10*
140. Paul Sheridan	50:45
141. Liz Bernstein	53:00*
142. Lynne Cobb	53:21*
143. Ingrid Scott	53:22*
144. Lemore Shalit	53:31*
145. Lily Shalit	53:31*

Results courtesy of the Central
Maine Striders19TH ANNUAL CHUBB LIFE RUN - 10 miles
Concord, NH Sept. 20th

1. Mike Casner	25	51:02
2. Michael Fadil	24	51:07
3. Art Sorrel	27	52:08
4. Ernesto Riano	30	52:20
5. Chuck Cleveland	27	52:56

MAINE FINISHERS:

15. Kenneth Flanders	35	53:05
23. Guy Lindwall	40	56:42
29. Dan Barker	34	57:47
38. Joel Croteau	43	59:18
51. Wayne Clark	40	61:17
101. Bill Gayton	47	68:49

TOP WOMEN:

1. Christine Maisto	27	59:12
2. Terry Marsh	35	60:09
3. Susan Trudel	28	64:23
4. Margot Remington-Oman	40	64:28
5. MaryBeth Lawlor	27	69:37

-SK Road Race and Walk-

1. Sal Falletta	24	15:46
2. Marcel Cote	30	16:01
3. ERIC McKenna	21	16:06
4. Robert Sadlemire	30	16:16
5. Ken Kalil	27	16:31

MAINE FINISHERS:

24. Fred Conti	37	19:14
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TOP WOMEN:

1. Mary Bart	45	19:17
2. Cassandra Kirby	24	19:36
3. Sarah Chubb Sauvayre	27	19:52

MAINE FINISHERS:

6. Jane Dolley	39	21:21
8. Diane Collette	30	21:37
22. Judith Bjorn	53	22:40

Results courtesy of Granite State
Race ServicesNUTE RIDGE HALF MARATHON
Farmington, NH Oct. 11th

1. Bob Winn	28	1:07:15
2. Tony Quinn	34	1:10:15
3. Charles Cleveland	27	1:11:55
4. Kevin Paulk	27	1:12:56
5. Ken Houle	40	1:14:27
6. Mark Batchelder	29	1:15:06
7. Manuel Montoya	32	1:17:22
8. Rich McKeon	34	1:17:34
9. Joe Mailloux	44	1:19:51
10. Christine Maisto	27	1:20:37*

OTHER MAINE FINISHERS:

35. Dave Hager	25	1:32:22
37. Dewain Wallace	45	1:33:10
38. Walter Perrin	42	1:34:04
53. Art Marcoux	36	1:38:40
67. Stephen Crosby	36	1:41:59
76. Thomas Wilson	29	1:48:48
93. Rob Esy	14	2:00:25

Results courtesy of Bob Teschek

6TH ANNUAL LAKE REGION HOMECOMING RR
Lake Region - 4 miles - Oct. 24th

1. Jake Lafferriere	24:29
2. Steve Floyd	27:25
3. Steve Collins	31:46
4. Jay Spenciner	34:56
5. Courtney Bosworth	40:15
5. Kim Garrish	40:15*

Results courtesy of Mark D. Snow

CHOU'S GALLOP 5K
Augusta Oct. 31st.

1. Art Grief	17:12
2. Ray Johnson	17:16
3. Joe Meehan	18:26
4. Oliver Compton	20:42
5. Steve Swindell	21:59
6. Sara Kennoyer	21:59*
7. Dick Cummings	23:17
8. Bruce Compton	25:41
9. Michele Michex	26:50*
10. Nancy Rae	26:58*
11. Shane Leavitt	29:06

Results courtesy of the Central
Maine Striders10TH ANNUAL GREAT PONOPKIN 10K
Saco Nov. 1st

1. Colin Peddie	25	29:03
2. Gerry Clapper	26	29:17

3. Stan Bickford	24 29:30	51. Ellen Predmore	35:03*	99. Bill Dubord	40 37:50
4. Mark Kimball	27 30:12	52. Steve Trudeau	19 35:06	100. Rachel Veilleux	20 37:52*
5. Tim Donovan	28 30:14	53. John McGarry	29 35:07	101. Robin Emery Rappa	41 37:53*
6. Todd McGraw	22 30:15	34. Nancy Corsaro	28 35:07*	102. Donald Wilson	40 37:54
7. Dan Predmore	29 30:17	55. John Strudwick	33 35:16	103. Peter Flaherty	41 37:55
8. Bob Winn	24 30:19	36. Laureen Heye	24 35:18*	104. Robert Marquis	49 38:00
9. Jim Crawford	40 30:35	57. Steve Peterson	38 35:19	105. Marc Jarey	28 38:03
10. Paul Hammond	28 30:36	38. Dennis Berard	20 35:23	106. unknown	38:04
11. Larry Olson	40 30:50	59. David Purinton	19 35:40	107. Gene Roy	41 38:13
12. Myron Whipkey	29 31:19	60. Michael Bard	27 35:42	108. Don Best	32 38:15
13. Dan Dearing	26 31:27	61. Bob Cuddy	22 35:45	109. Cindy Lynch	27 38:16*
14. Dennis Karamitros	28 31:37	62. Joel Croteau	43 35:46	110. Doug Beaupreant	16 38:17
15. Roy Morris	24 31:37	63. Warren Dean	51 35:47	111. Debbie Jensen	28 38:17*
16. John Sackett	23 31:44	64. David Tinker	43 35:51	112. Joe Regali	13 38:18
17. Kim Wettlaufer	10 31:55	65. Jeff Brown	37 35:52	113. Diane Lounder	25 38:23*
18. John Boyle	43 32:00	66. Bob Coughlin	48 35:53	114. Allan Freese	10 38:25
19. Richard Dawe	23 32:00	67. Ann Feisch	31 35:54*	115. Geoffrey Hill	40 38:27
20. Stu Hogan	26 32:09	68. Alan Reilly	34 35:56	116. David Rothmund	19 38:29
21. Paul Cole	32 32:20	69. Shawn Jeffrey	21 36:04	117. Karen Rapallo	29 38:33*
22. John Cotter	23 32:31	70. John Mathieu	30 36:05	118. Sumner Weeks	38 38:40
23. Jamie LaChance	16 32:34	71. Gino Valeriani	34 36:05	119. Judy Ketchum	31 38:41*
24. Glendon Rand	25 32:34	72. Sally Perkins	24 36:06*	120. Brian Kelly	29 38:42
25. Peter Lessard	25 32:34	73. Larry Gentile	35 36:11	121. Stephen Alexander	35 38:43
26. Ron Newbury	37 32:35	74. John Baggetta	31 36:17	122. Robert Paige	36 38:44
27. Ed Nutter	26 32:39	75. Eric McNett	32 36:25	123. Charlie Wilkins III	45 38:45
28. Scott Brown	29 32:41	76. Ron Morris	17 36:27	124. George Prescott	39 38:47
29. Jason Carouros	23 32:50	77. Dick Okerman	18 36:28	125. Paul Casey	33 38:50
30. Ken Flanders	35 32:51	78. Rose Prest	24 36:35*	126. Michael Reali	31 38:52
31. Ken Houle	40 32:53	79. Ron Cedrone	38 36:38	127. Jack Wallace	34 38:53
32. Rick Bayko	40 33:09	80. Robert Carrier	43 36:51	128. John Hayward	24 38:55
33. Frank Corsaro	31 33:13	81. Sam Merrill	37 36:55	129. Jerry Graves	32 38:58
34. Bob Bradford	25 33:23	82. Wayne Clark	40 36:57	130. Dick Cummings	50 39:02
35. John Mulligan	27 33:27	83. Grant Avery	51 36:58	131. Ruth Hall	29 39:05*
36. Brent Leighton	18 33:40	84. Meikle Gardner	22 36:58	132. Donald McGilvery	36 39:08
37. Dan Barker	34 33:46	85. Kelly Bennett	23 36:59*	133. Jim Geary	27 39:11
38. Peter Hall	26 34:10	86. Don Reimer	40 37:10	134. Layne Millington	19 39:15
39. Robert Camara	20 34:13	87. Frank Perron	42 37:16	135. Bob Jolicoeur	50 39:32
40. Rick Lane	40 34:14	88. David Wooley	43 37:16	136. Paul LeBlanc	23 39:34
41. Thomas Thibeau	29 34:15	89. Roger Gueren	30 37:20	137. Frank Fogg, Jr.	26 39:35
42. Brian Corcoran	18 34:16	90. Russell Connors	55 37:24	138. Steven Jones	29 39:38
43. Guy Martin	41 34:21	91. Jay Reynolds	38 37:28	139. Carol Weeks	38 39:38*
44. Barry Fifield	30 34:26	92. Ray Johnson	39 37:29	140. David McManus	19 39:40
45. Gordon Hartwell	29 34:27	93. Tom McGuire	41 37:30	141. Ed Doughty, Jr.	38 39:47
46. Thomas Bennett	30 34:31	94. Chris Predman	13 37:35	142. David Higgins	21 39:49
47. Michelle Halett	22 34:37*	95. Billy Whitmore	28 37:37	143. Dan Brennock	36 39:54
48. Guy Lindwall	40 34:47	96. Frank Ferland	39 37:38	144. Michael McCracken	36 39:55
49. Michael Denchart	31 35:02	97. Alburn Butler	33 37:39	145. Fred Conti	37 40:09
50. Greg Nelson	35:02	98. Glenn Gagne	28 37:47	146. Daniel Rooney	43 40:10

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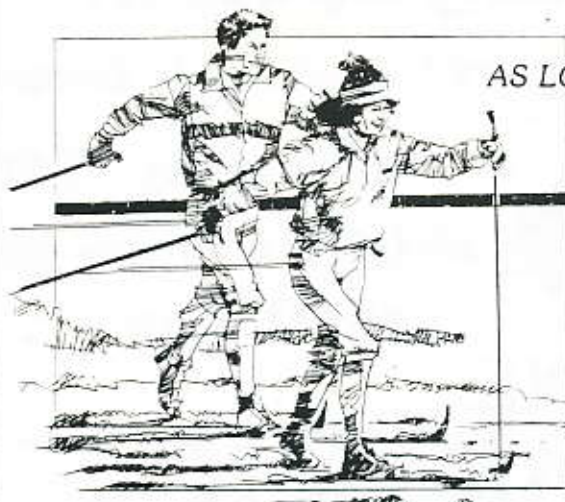
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147. Ronald Paquette	46	40:13	195. Karen Dunn	24	42:53*	243. Larry Dewell	27	46:
148. Gerard Salvo	32	40:18	196. Wanda Haney	21	43:09*	244. Richard Cavanaugh	54	46:
149. Mark Carter	31	40:22	197. Jerry St. Amand	44	43:09	245. Donna Jean Pohlman	36	46:
150. David Benn		40:22	198. Paul O'Grady	44	43:09	246. Jeanne White	28	46:
151. Dick Gower, Jr.	33	40:23	199. unknown		43:12	247. Charlie Garland	47	46:
152. K. Scott Hinckley	29	40:27	200. unknown		43:13	248. Phillip Kirchner	35	46:
153. Steven Robertson	28	40:28	201. Michael Frost	37	43:14	249. Paul McDonough	36	47:
154. Dara Jones	30	40:29*	202. Harry Nasse	53	43:14	250. Clinton Goodenow	48	47:
155. Alvin Bugbee	40	40:29	203. Nancy Lagin	37	43:15*	251. Sally Harwood	34	47:
156. Bob Stuart	33	40:31	204. Faye Gagnon	42	43:20*	252. Craig Bradbury	13	47:
157. Bob Lanigra	45	40:40	205. Neil Bassett	36	43:33	253. Lisa Weymouth	22	47:
158. Robert Gage	29	40:41	206. Thomas McDonough	34	43:42	254. Tom Welch	35	47:
159. Ed Worcester	26	40:41	207. David Breault	43	43:45	255. Elaine Irvin	26	47:
160. Carl Reilly	34	40:43	208. Michael Hoctor	37	43:57	256. Jane Chessie	31	47:
161. Dan Bessey	42	41:04	209. Jim Bean	29	44:09	257. James Goulding	24	47:
162. Ed Lopes	36	41:08	210. Craig Robinson	41	44:12	258. Jim Nelson	37	47:
163. Roger Borduas		41:10	211. James Legere	54	44:17	259. Tracy Sweetsir	13	47:
164. John Parker	56	41:15	212. Alan Ramsdell	46	44:18	260. Roy Scribner	44	47:
165. William Davenney	42	41:16	213. Larry Thompson	34	44:20	261. Nancy Stedman	36	47:
166. Diane Fournier	40	41:22*	214. Pat Rankin	39	44:23*	262. Rob Lakey	24	47:
167. Dan Roberge	35	41:23	215. Bill Wood	35	44:27	263. Ralph Baxter, Jr.	55	47:
168. Harley Lee	34	41:26	216. Henry Wolstat	53	44:37	264. Craig Palmacci	38	47:
169. Jim Booth	42	41:30	217. David Vaillancourt	45	44:40	265. Anne Rentz	27	47:
170. Dave Pasiuk	31	41:31	218. Rene Collins	46	44:44*	266. Thomas Rentz	31	47:
171. Arthur Sloan	37	41:32	219. Will Stackpale	29	44:45	267. Robert Macleod, Jr.	51	47:
172. John Gale	31	41:38	220. Gary Barrett	43	44:45	268. Diane Demas	29	47:
173. Victor Tedford	31	41:39	221. John Lovejoy	29	44:53	269. Eslee Parquette	36	47:
174. Michael Milliken	19	41:42	222. Robert Pease	42	44:55	270. Victoria Travisano	30	47:
175. Vern Gardner	40	41:52	223. Mark Alex	27	44:59	271. Janis Ackendorf	39	47:
176. Chris Franklin	24	41:56	224. Bill Sturgeon	56	45:02	272. William Donovan		47:
177. Daniel Coons	33	41:59	225. Rex McQuinn	36	45:03	273. Sally Hendershot	28	48:
178. Roger Hillis	43	42:00	226. David Hutchinson	48	45:15	274. Winifred Wood	34	48:
179. Dale Rines	35	42:02	227. Earle Pease	47	45:22	275. Russ Bradley	63	48:
180. Robert Djordan	30	42:05	228. Scott Enderby	25	45:33	276. Craig Ryan	31	48:
181. Bill Skerritt	28	42:13	229. Michelle Franklin	22	45:34*	277. Lana Ladd	24	48:
182. Norman Locke	28	42:17	230. James Kennedy	25	45:36	278. Richard Lepore	57	48:
183. Harry Dumont	32	42:19	231. Warren Foye	39	45:38	279. Donald Abrams	54	48:
184. Cheryl MacMahan	24	42:22*	232. Jan Michalewicz	35	45:39*	280. Harry Simones		48:
185. Carlton Mendell	66	42:23	233. Chris Murry	29	45:39	281. Don Osborne	66	48:
186. Lloyd LaFountain	25	42:23	234. Robert Mohlin	40	45:42	282. William Shost	35	48:
187. Dick Jewell	44	42:24	235. unknown		45:48	283. Karen LaCasse	32	48:
188. Jerry O'Keefe	43	42:25	236. Dennis Brady	36	45:52	284. Kieth Stewart	47	49:
189. Doug Wood	38	42:38	237. Joe Hilaire	40	45:57	285. Richard Michalewicz	45	49:
190. Joseph Wagnis	14	42:39	238. Bill Guilbault	26	45:59	286. Bill Driscoll	58	49:
191. Todd Gehineau	19	42:43	239. Diane Collette	30	45:59*	287. Loring Kinder	28	49:
192. Maurice Cloutier	46	42:43	240. Joan Sarles Lee	33	46:02	288. Brian Hallowell	31	49:
193. Jenn Fenkood	26	42:45*	241. Sharon Bouter	23	46:04*	289. George Hutchins	50	49:
194. Joan Lavin	39	42:49*	242. Peter Connell	35	46:05	290. Pamela Fisher	50	49:

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27 46:29
34 46:34
36 46:34
38 46:34
47 46:41
35 46:54
36 47:00
48 47:07
34 47:07
13 47:11
22 47:11
35 47:11
26 47:21
31 47:21
24 47:24
37 47:21
13 47:31
44 47:31
36 47:37
24 47:41
55 47:41
38 47:45
27 47:47
31 47:47
51 47:48
29 47:49
36 47:53
30 47:58
39 47:58
47:58
28 48:00
34 48:07
63 48:07
31 48:08
24 48:11
57 48:17
54 48:25
48:31
66 48:44
35 48:44
32 48:52
47 49:03
45 49:04
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28 49:10
31 49:11
50 49:47
50:00

291. David Bennett	31	50:04
292. unknown		50:06
293. Paula Lepore	39	50:16*
294. Ted Gaudreau	34	50:23
295. Janice O'Grady	39	50:31*
296. Susan Davenmy	39	50:37*
297. Don Penta	41	50:39
298. Robin Masia	31	50:48*
299. Donald McClaughlin, Jr.		50:49
300. Maria Keefe	34	50:53*
301. Harry Giddings	54	50:54
302. Alan Fink	40	51:11
303. Steve Seal	32	51:16
304. Robert Kelly	34	51:43
305. Marie Wood	34	51:46*
306. Leona Clapper	37	51:47*
307. Norm Cantara	33	51:53
308. Linda Gaudreau	26	52:09*
309. Judy Barane	28	52:18*
310. Irene Morris	45	52:30*
311. Kathy Greenleaf	45	52:40*
312. unknown		52:40
313. Jon Eagleson	44	52:43
314. Dee Nicely	47	52:43*
315. Linda Best	29	52:51*
316. Joyce Goodie	34	53:13*
317. John Abruzzi	35	53:27
318. John Erikson	37	53:29
319. Shirley Quinn	42	53:30*
320. Kevin Connelly	25	53:35
321. Lillian Davis	40	53:38*
322. Gary Winton	38	53:42
323. Nancy Kettle	52	53:51*
324. Diana Laskey	27	54:11*
325. Tammy Prince	27	54:36*
326. Julie Rothmund	49	55:16*
327. Toni Parise	34	55:19*
328. Kris Scagg	34	56:17*
329. John Magee	52	56:27
330. Barry Lougee	53	56:28
331. Brenda Cushman	48	57:00*
332. Charles Clapper	58	57:03
333. Pamela Sullivan	28	57:45*
334. Allan Clark	40	57:48
335. Kim Frusting	18	58:07*
336. Kim Adler	19	58:07*
337. William Yagoda	18	58:07
338. Deborah Borduas	38	58:54*

339. Barbara Edgar	55	59:47*
340. Conner Moore	49	60:13
341. Bonnie Greer	11	61:24*
342. Linda Benn	39	61:28*
343. Judith Kelly	45	65:33*
344. Charlie Wilkins		72:35
345. Cheyenne Soula	33	74:49*

Results courtesy of Bob Provost
Race Director

VETERAN'S MEMORIAL ROAD RACE - 4.3 mi. Wiscasset Nov. 8th

1. Dennis Karamitros	28	23:16
2. Steve Shea	17	24:43
3. Steve Peterson	38	25:31
4. Joe Bennett	40	25:40
5. Richard Perry	18	25:56
6. Warren Dean	51	26:02
7. Don Reimer	40	26:30
8. Joe Neehan	41	26:41
9. Brian Sukeforth	22	27:14
10. Allan Freese	30	27:37
11. Chase Pray	44	27:43
12. Kennedy Yeaton	40	27:46
13. Diane Lounder	25	28:04*
14. Bob Jolicoeur	50	28:21
15. Dick Cummings	50	28:31
16. Scott Cumming	16	28:51
17. Rick Shea	19	29:23
18. John Schwerdel	41	29:31
19. Craig Haggett	32	29:46
20. Robert Rines	32	29:48
21. John Smith	38	29:50
22. Rusty Downsap	29	29:52
23. Brett Jones	15	29:58
24. Charles Shea	46	30:02
25. Kent Danforth	22	30:09
26. Dara Jones	30	30:26*
27. Robert Myers	30	31:46
28. Darin Flanagan	14	31:48
29. Dean Shea	47	32:20
30. Donna Seasmans	31	32:39*
31. Paul Yates	36	33:19
32. Sally Bendershot	28	33:37*

33. Susan Pinkham	36	34:23*
34. Allen Herson	29	34:25
35. Ralph Thomas	51	34:36
36. Lance Leask	11	35:04
37. Mark Bodmer	20	35:06
38. B.J. Nesbitt	34	36:31*
39. Bob Nesbitt	35	36:31
40. Perry Golden	35	36:50
41. Lynne Pierce	23	37:27*
42. Jeff Cumming	12	37:34
43. Duncan Cumming	18	37:31
44. Christopher Pierce	23	37:58
45. Sarah Smith	13	38:58*
46. John Voorhees	35	39:28
47. Ann Bacon	40	39:53*
48. Norm Ingalls	38	40:16
49. Lasell Jaretski	39	40:32*
50. Albert Giasson	68	40:52
51. Ricky Minott	12	41:52
52. Rachel Lea Minott	10	42:54*
53. Barbara Gaddis	12	43:15*
54. Stanley Paton	43	44:09
55. Karin Shea	15	46:20*

Results courtesy of Don Brewer
Race Director

TAC PRELIMINARY XC MEET Augusta Nov. 8th

AGE DIVISION - 8 and Under - JK

Boys:		
1. Robert Bellavue	Scar	13:39
2. Jeff Mercier	Tpsm	14:37
3. Tim Whitten	Rdld	15:18
4. Lucas McNelly	Midbro	17:11

Girls:		
1. Taylor Nice	Jffran	15:36

AGE DIVISION - 9 & 10 - JK

Boys:		
1. Ethan Higbee	Tpsm	13:28
2. J.F. Tapley	Tpsm	13:29
3. Kyle Genevics	Wvll	14:15
4. Jeff Walcz	Brsnwck	14:25

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SUN. 10 - 6

5. Ryan Thims	14:32
6. Ben Dougherty	14:52
6. Ben Dearnley	Agsta 14:52
8. Chris Ferland	15:20
Girls:	
1. Owen Lisa	13:37
2. Mary Maloney	Cmbld 14:21
3. Robin Bates	Wnslw 14:28
4. Arika Poulin	Rdflld 15:03
5. Erin Fournier	Wtvll 15:23
6. Amy Taranko	Rdflld 15:34
7. Rachel Trefseque	Abn 17:01
8. Jessie Stokes	Yrmth 17:04
9. Sharalyn Whitten	Rdflld 17:19
10. Kati Norton	Grdnr 17:47
11. Vicki Sadler	Wtvll 22:37

AGE DIVISION - 11 & 12 - JK

Boys:

1. Tim Weems	Brnswk 11:51
2. Job Nice	Jffrn 12:26
3. Donnie Whitten	Rdflld 12:33
4. Michael Donegan	Rdflld 12:37
5. David Stokes	Cmbld 12:39
6. Jody LaRue	Abn 12:50
7. Travis Mank	Wldbr 12:56
8. Andrew Worth	Cmbld 13:01
9. Mike Calazzo	13:04
10. Gregory Popp	Cmbld 13:17
11. David White	Cmbld 13:43
12. Kurt Fuller	13:49
13. Marten Howgate	13:53
14. Jacob MacGillivray	14:49
15. Adam Dougherty	Cmbld 15:19
16. Davis Bradford	16:07

Girls:

1. Kristen Berube	Knnbk 12:41
2. Kory Crawford	Cmbld 13:32
3. Bridget Foley	Cmbld 14:10
4. Deldre Vander-Schaaf	14:47
5. Gina Genevica	Wtvll 14:51
6. Joyelle Decker	Cmbld 15:03
7. Carrie Reynolds	Cmbld 15:16
8. Jaime Anderson	Cmbld 15:27
9. Abby Erikson	Cmbld 15:39
10. Emily Bancroft	Cmbld 16:05
11. Alex Marshall	Cmbld 16:57
12. Melanie McCoy	Otsfl 17:07

13. Katie Maloney	Cmbld 17:30
14. Amanda Enck	Cmbld 17:39

AGE DIVISION - 13 & 14 - 4K

Boys:

1. Brian Strut	Mnchs 14:31
2. Seth Thornton	Hllwl 14:43
3. Amos Wright	Watpt 14:55
4. Derek Rice	Bth 15:08
5. Brian White	Yrmth 15:09
6. David Cameron	Bth 15:16
7. Jason Stevens	15:29
8. Michael Dobkowski	16:10
9. Justin Davis	16:12

Girls:

1. Jenny Popp	Cmbld 17:45
2. Dawn Hall	Tpshn 17:52
3. Angela Redmond	Srspt 20:55

AGE DIVISION - Open & Masters - SK

1. Jeff Bickart	17:22
2. Wendy Delan	Stndh 18:56*
3. Jerry Crommett	Stndh 18:57
4. Robert Jones	Wdhm 19:14
5. Sean Perry	Grdnr 19:37
6. Corey Genevica	Wtvll 19:50
7. Sean Donegan	Rdflld 21:18
8. Brian Covell	22:08
9. Barry O'Neil	22:08

Results courtesy of Justin Smith
TAC Publicity

TAC JUNIOR OLYMPIC XC CHAMPIONSHIP

Augusta Nov. 14ch

AGE DIVISION - Bantam (10 & Under)

Boys: 3K

1. Ethan Higbee	Tpshn 12:15
2. JP Tapley	Tpshn 12:16
3. Robert Beliveau	Scrbh 12:23
4. Owen Lisa	Cmbld 12:24
5. Kyle Genevica	Wtvll 12:50
6. Adam Lambert	NLmrk 13:12
7. Ryan Thims	Cmbld 13:19

8. Timmie Whitten	Lkrs 13:35
9. Aaron Peppard	Hmpdn 13:38
10. Ben Dougherty	Cmbld 13:43
11. Dan Martin	Hmpdn 13:56
12. Ben Dearnley	Agsta 13:59
13. Ben Chadwick	Yrmth 14:11
14. Scott Kennard	Wntpt 14:15
15. Jeff Mercier	Tpshn 14:24
16. Adam Tapley	Agsta 15:22
17. Lucas McKelly	Wldbr 15:23
18. Eric Esty	Kctr 15:40
19. Asa Tapley	Agsta 15:55
20. Tyler Martin	Hmpdn 16:06

Girls: 3K

1. Beth Boisvert	Lkrs 13:09
2. Arika Poulin	Lkrs 13:10
3. Mary Maloney	Cmbld 13:23
4. Robin Bates	Lkrs 13:30
5. Erin Fournier	Wtvll 14:03
6. Bethany Fournier	Wtvll 14:07
7. Taylor Nice	Jffrn 14:18
8. Martha Ratner	14:27
9. Su Im Chung	Cmbld 14:29
10. Amy McAfee	Cmbld 14:37
11. Leandra Eich	14:42
12. Jessie Stokes	Yrmth 14:43
13. Jill Pelletier	15:03
14. Sharalyn Whitten	Lkrs 15:16
15. Amy Taranko	Lkrs 15:19
16. Meghan Dougherty	Wldbr 15:21
17. Hannah Fournier	Wtvll 15:28
18. Jordana Cowan	Lkrs 16:27
19. Kate Morrison	Mnchs 16:38
20. Tiffany Bona	Wtvll 16:54

AGE DIVISION - Midget (11 & 12)

Boys: 3K

1. Tim Weems	Lkrs 10:45
2. Deron Weatherbie	Lkrs 10:51
3. Braden Alley	Lkrs 11:22
4. Job Nice	Lkrs 11:27
5. Donnie Whitten	Lkrs 11:29
6. David Stokes	CITC 11:32
7. Jody LaRue	Abn 11:33
8. Andrew Worth	CITC 11:38
9. Mike Clough	Ellaw 11:45
10. Michael Donegan	Lkrs 11:48

DAWSON REALTORS

947-3363

Open 7 days a week



- Commercial
- Residential Sales
- Appraisals
- Insurance

Jon F. Dawson, Broker

417 MAIN ST.
BANGORMYEROWITZ
CHIROPRACTIC
CENTER

Services include:

- * scoliosis screening & care
- * non-surgical disc reduction procedures
- * treatment of accident and work related injuries (Musculoskeletal)
- * acupuncture (by certified doctor)
- * pre-employment examinations * other non-drug, non-surgical services
- * sports oriented doctors



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

1570 Broadway Iso cu
Bangor, Maine 044 bil
947-3333

CALL COLLECT

BY APPOINTMENT

11. Mike Calzo	Grhm	11:30
12. Dwight Smith	Jnspr	11:35
13. Jeremy Bell	Hltn	12:01
14. Joe Wellman	Frkf	12:03
15. David White	CITC	12:07
16. Robert Moreau	Jnsbr	12:12
17. Travis Manic	Wldb	12:13
18. Gregory Popp	CITC	12:27
19. Chris Cowan	Lkrs	12:29
20. Ethan Brown	Srap	12:31
21. Martin Howgate	CITC	12:38
22. Jacob MacGillivray	Lkrs	13:24
23. Adam Dougherty	CITC	13:43
24. Bradford Davis	Wldb	14:45
25. Brett Morgan	CITC	15:25

Girls: 3K

1. Kristen Berube	CITC	11:46
2. Paula McVeigh	Lwstr	12:10
3. Kory Crawford	CITC	12:13
4. Leah Yates	Wltn	12:31
5. Bridget Foley	CITC	12:34
6. Truie McCunna	Lwst	12:47
7. Christine Bremnick	Jay	12:50
8. Sarah Kenoyer	Lkrs	12:53
9. Kathy Cushing	Lkrs	12:58
10. Beverly Smith	Jnspr	13:07
11. Janet Sweeney	LTC	13:08
12. Kelley Fields	Frkf	13:11
13. Gina Genevitz	Wvll	13:12
14. Sandra Hughes	Lkrs	13:18
15. Abby Erikson	CITC	13:27
16. Christie Rodrigue	Lkrs	13:45
17. Carrie Reynolds	CITC	13:50
18. Joyelle Decker	CITC	13:52
19. Melanie McCuy	Otaf	13:56
20. Cindy Pomerleau	Tpsh	14:02
21. Jaime Anderson	CITC	14:05
22. Jessica Nickels	BHrb	14:21
23. Alexandra Marshall	CITC	14:27
24. Emily Bancroft	CITC	14:55
25. Kathleen Maloney	CITC	15:37
26. Sara Whitehouse	Lkrs	16:47
27. Jaime McKeever	Lkrs	17:28
28. Heather Benoit	Abro	17:54

AGE DIVISION - Youth (13 & 14)

Boys: 4K

1. Robert Shea II	Elsw	14:36
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2. Chad Sutcliffe	Knbk	14:44
3. Chris Redman	Lkrs	14:51
4. Brian Straw	Lkrs	14:59
5. Adam Hobson	CITC	15:06
6. Daniel Berube	Wldb	15:09
7. John Francis	Frkf	15:14
8. Mike Horowitz	Srap	15:23
9. Ralph Saccor	Knbk	15:26
10. Reichl Haskell	Srap	15:30
11. Nat Woodruff	Lkrs	15:34
12. Brian White	CITC	15:36
13. Elmer Deans	Srap	15:38
14. Seth Thornton	Lkrs	15:39
15. Sam Brown	Elsw	15:40
16. Tom Sellinger	Abro	15:49
17. Michael Wright	Lkrs	15:51
18. Roland LaChance	Lwst	16:03
19. Amos Wright	Lkrs	16:07
20. Robbie Nevins	Lkrs	16:12
21. Jason Stevens	CITC	16:15
22. Michael Dobkowski	Wldb	16:27
23. Rob Esty	Ktry	16:31
24. Jacob Emerson	Lkrs	16:40
25. Dan Smith	CITC	16:43
26. Dan Erikson	CITC	16:49
27. Shane Lambert	Nlwr	16:54
28. Frank King	Elsw	17:03
29. Chris Lyford	Cpr	17:07
30. Curt Clark	York	17:14
31. Jamie King	Lwst	17:15
32. Timothy Keene	Lkrs	17:23
33. Justin Davis	CITC	17:33
34. Donny Joly	Lwst	17:44
35. Eric Worcester	Cmbld	17:45
36. Eddie Sanborn	Srap	17:54
37. Jason Elam	Frkf	17:55
38. Tom Boulanger	Lwst	17:56
39. Aaron Russell	Lwst	18:24
40. Tracey Bishop	Srap	18:31

Girls: 4K

1. Erica Belyea	Lkrs	16:43
2. Christine Boulanger	LRAC	17:29
3. Amy Martin	EHld	17:39
4. Lisa Burns	Frds	17:42
5. Dawn Hall	Tpsh	17:45
6. Tina McVeigh	Lwst	18:06
7. Shauna Handrahan	Lkrs	18:21
8. Katherine Cabot	Lkrs	18:24

9. Carey Donegan	Lkrs	18:28
10. Jackie Castonguay	Lkrs	18:29
11. Andrea Smith	Lkrs	18:43
12. Rachelle Leger	LFld	18:52
13. Angela Redmond	Wldb	18:53
14. Jamie Wood	Monw	18:56
15. Dawn Gagnon	Lwst	19:05
16. Bobbie Bragg	Lkrs	19:07
17. Stephanie Adams	Jay	19:20
18. Darcy Rose	Jay	19:25
19. Jenny Popp	CITC	19:44
20. Suzanne Baack	Lkrs	20:24
21. Pam Lambert	Nlwr	20:43
22. Jessica Fulmer	CITC	20:50
23. Jacquelyn Williams	Bwsh	21:36
24. Peggy Milashouskas	Lwst	29:21

AGE DIVISION - Intermediate (15 & 16)

Boys: 5K

1. John Jaquith	Grdn	16:53
2. Mark Chretien	MFir	16:59
3. Scott Loomis	MFir	17:12
4. Marc West	SPes	17:14
5. Lucien Gaudry	MFir	17:22
6. Matt Knox	Lkrs	17:32
7. Jason Carter	Pisl	17:45
8. Sam Wilbur	MFir	17:46
9. Casey Carroll	MFir	17:48
10. Scott Rivas	Knbk	17:51
11. Eric LaRue	MFir	17:58
12. Chris McCann	Knbk	17:59
13. Danny Haskell	Frkf	18:06
14. Clint Manzer	Anon	18:19
15. Jason Harvie	Lkrs	18:21
16. Tim Bissou	MFir	18:23
17. Andrew Sabagoboke	Alxn	18:27
18. Reggie Cote	Lkrs	18:28
19. Colin Tory	Chan	18:30
20. Andy Sekra	EHld	18:33
21. Chris Johnson	MFir	18:33
22. Rusty Davis	Hnd	18:47
23. John Benedetto	MFir	18:52
24. Chris Lee	Lkrs	18:57
25. Orin Fletcher	Ktry	19:02
26. Corey Genevitz	Wvll	19:10
27. Robert Jones	Wdm	19:13
28. Christopher York	CHdk	19:16
29. Eric Knight	MFir	19:17
30. Nate Duford	Wlls	19:22

*FROST&FLAME

SKI & BIKE SHOP
(The Bike Race Information Center)

Bicycles by:

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

Clothing by:

Nike - Sunbuster
Cannondale - Look
& Santini

Also custom triathlon wheels, Vitus carbon fiber
bikes, disc wheels, Cateye Computers,
Oakley Eyeshades

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

892-3070

Rte. 115

N. Windham, ME 04062

EPSTEIN'S OF MAINE
78th Anniversary



Brewer Track Complex

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

(TO BENEFIT THE NEW
BREWER TRACK COMPLEX)

EPSTEIN'S

BREWER-STONINGTON-SEARSPORT-MILLINOCKET-PRESQUE ISLE

and BREWER ANNEX

Brewer Open Every Day 9-5, Sun. 12-5

31. Yellow Breen	Salb	19:30
32. Mike Callahan	Abrn	19:33
33. Sean Donegan	Lkrs	19:39
34. Scott Chelidona	Strt	19:50
35. Sean Barry	Lkrs	19:58
36. Steve Carlin	SWnd	20:08
37. Richard Stackpole	Knbk	20:08
38. Jeffrey Selger	HLwl	20:12
39. Mathias Lanni	Lkrs	21:17
40. Eric Nystrom	Lnci	23:32

Girls: 5K

1. Theresa Pratt	Lkrs	19:16
2. Sasha Goodwin	Frpt	20:18
3. Debra Castonguay	Lkrs	20:36
4. Michelle Mercier	Saco	20:44
5. Susan Lindquist	Lkrs	20:48
6. Paula Carlin	Wndh	20:50
7. Sara Pickett	Lkrs	20:55
8. Allyson Lowell	Lkrs	20:56
9. Sunshine Weinrich	Shbc	20:59
10. Jenn MacGillivray	Lkrs	21:19
11. Nicole Hopper	Cmdn	21:25
12. Adelle Belisle	CITC	22:01
13. Jessica Gail	Lkrs	22:27
14. Colleen Nadeau	Bwdh	22:35
15. Elizabeth Burroughs	Bwdh	22:44
16. Robin Gupcill	Crmi	22:45
17. Kristin Cook	Lkrs	23:27
18. Heather Lane	Lkrs	24:15
19. Cheryl Link	Yrth	24:15
20. Janna Poff	Mchs	25:53

AGE DIVISION - Young Men (17 & 18)

Boys: 5K

1. Charlie Violette	Mink	16:48
2. Roger Stevens	Okld	16:56
3. Chris Catell	Srsp	17:01
4. Richard Davidson	Abrn	17:02
5. Ken Lee	Lkrs	17:06
6. Andrew Spaulding	Srsp	17:14
7. Richard Hartford	Wshb	17:19
8. Isaac Tapley	Agst	17:24
9. Brent Leighton	Hmpd	17:29
10. Todd Pokrifka	Brnw	17:33
11. David Smith	Yrmt	17:36
12. Al Claussen III	CHlz	17:36
13. Brian Newbegin	Bngr	17:36

14. Bradford Blackstone	Pwnl	17:39
15. Patrick Maxey	Pisl	17:40
16. Dale Lincoln	Prty	17:44
17. Scott McNeill	Albn	17:48
18. Kevin Bean	Hmpd	17:52
19. Jeff Hames	Yrk	17:55
20. Jason Hutchinson	Abrn	17:58
21. Matt Convery	York	18:13
22. Dwane Blomert	Mans	18:26
23. Ron Lager	Lvrm	18:48
24. Marc Kirk	Estn	19:28
25. Richard Sellinger	Abrn	22:47

Girls: 5K

1. Wendy Delan	WExt	18:25
2. Carla Lemieux	Sngv	19:50
3. Kerry Shea	Elsw	20:36
4. Jenny Allen	CITC	20:59
5. Mariette St. Pierre	Lkrs	21:11
6. Mary Wadleigh	Lkrs	21:26
7. Kristie Chabot	Lkrs	24:04
8. Jill Szopinski	CITC	24:34
9. Brandi Richter	York	25:20
10. Karen Doughty	Wrn	28:18

Results courtesy of Justin Smith
TAC Publicity

CAPE COD MARATHON

Cape Cod Nov. 15th

Men:

1. Jim Fallon	2:20:22
2. Gregg Cornell	2:26:18
3. Vin Fleming	2:26:59
Maine Finishers:	
98. Robert Jolicœur	3:02:36
199. David Wilson	3:22:56
329. Edward Worcester	3:46:08
361. Jerry Saint Amand	3:53:54
??? Nancy Stokes	3:57:57*

Results courtesy of Jerry St. Amand

MAINE TRACK CLUB 50 MILER

Brunswick Nov. 15th

1. Bryant Bourgoin	37	6:34:24
2. Paul Merrill	33	6:36:13
3. Phil Pierce	46	6:51:05
4. Joe Milligan	52	7:23:59
5. Rosalyn Randall	37	7:26:18*
6. Lee Dickey	34	7:27:05
7. Carlton Mendall	66	8:09:31
8. Roger Clark	50	8:14:26
9. Ron Paquette	46	8:30:12
10. Tom McMillan	41	8:37:32
11. Paul Bergman	57	8:54:39
12. Egor Egan	30	9:05:42
13. John Ingalls	55	10:16:33

Results courtesy of Ken Dolley
Race Director

GREAT OSPREY OCEAN RUN VI

Freeport Nov. 15th

1. Dennis Karamitros	32:53
2. Doug Ingersoll	33:38
3. Michael St. Laurent	34:09
4. Thom Thibeau	34:51
5. Jeff Bangtsson	35:05
6. Jeff Bickart	35:18
7. Joel Tircomb	35:49
8. Steven Peterson	36:09
9. Joe Bennett	36:20
10. MitchLovering	36:52
11. John Mathis	37:00
12. Joe Meehan	37:06
13. Arthur Greif	37:08
14. Michael Thompson	37:09
15. Jay Lindsey	37:11
16. Brian Milliken	37:11
17. Wayne Clark	37:17
18. Rose Prest	37:24*
19. Fred Prescott	37:46
20. Don Reimer	37:48
21. Russ Connors	37:51



MAINE TRACK CLUB'S 7TH ANNUAL MID-WINTER 10 MILE CLASSIC



SUNDAY—FEBRUARY 14, 1988
12 NOON

AWARDS

- 1-5 Open Men
1-5 Open Women
Men's and Women's
30 - 34 45 - 49
35 - 39 50 - 54
40 - 44 55 - 59

60 & over

TEAM DIVISIONS (including company
teams): 1st Male and Female
teams--first 3 score, all others
displace

COME AND SET A NEW COURSE RECORD!

NEW LOCATION

CAPE ELIZABETH HIGH SCHOOL

Race day registration: Cape Elizabeth high
school gym. 10:45 a.m. to 11:45 a.m., \$5
entry fee--proceeds to Maine Track Club.
Showers available. Results to be published
in "Maine Running and Outing"

Hand Wheel Measured Course--maps available
race day. Timed splits at 1 and 5 mile,
water at 5 mile mark.

Race Directors--Robert Payne, RFD 1, Box
305, Raymond, ME 04071, Tel (207) 655-6006
and Marie Wood, 4 Shady Run Lane, Gorham,
ME 04038, Tel (207) 839-6785.



Nov. 15th

37 6:34:24
33 6:36:13
46 6:51:05
52 7:23:59
37 7:26:18*
34 7:27:05
68 8:09:31
30 8:14:26
46 8:30:12
41 8:37:32
37 8:54:39
30 9:05:42
55 10:16:33

an Dolley
ace Director

Nov. 15th

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22. Charles Ball
23. Frank Ferland
24. Tom Allen
25. Andy Petersen
26. Robert Marquis
27. Gerry Mirabile
28. Bill Sylvester
29. David Dowling
30. Debbie Jensen
31. Summer Weeks
32. Steven Robertson
33. Doug Beauparlant
34. Bill Pavlisko
35. George Liming
36. Robert Jones
37. Max Pritiken
38. Steven Jones
39. Carol Weeks
40. Charlie Nichols
41. Kiff Clark
42. John Watson
43. Gary Downs
44. Jeffrey Nichols
45. John DeHart
46. Malcolm Gauld
47. Stephen Jordan
48. David Butler
49. Robert Jordan
50. Carlton Scott
51. Robert Dow
52. Greg Shuce
53. John Branigin
54. Dale Hines
55. Robert St. John
56. Mike LaChance
57. George Cooper
58. Karl Brantner
59. Catherine Maguire
60. Clitor Merrill
61. Victor Tedford
62. Richard Mosley
63. Paul Coston
64. Larry Thompson
65. Frank Bravn
66. Ron Deane
67. John Howe
68. Peter Macintosh
69. Brian Bissen
70. Jeff Christie
71. Bob Lyman
72. Deb Merrill
73. Randy Lukas
74. Stephen Schuyler
75. Steven Doran
76. Roger Gobell
77. Bob LaNigra
78. Karin Tilberg
79. Peter Heed
80. Charles Glover
81. Bill Green
82. Justin Scandish
83. James Kettnerhofen
84. Roger Howell
85. RJ Page
86. Nathan Howell
87. Neil Martein
88. Douglas Smith
89. Jim Kloster
90. Dana Thompson
91. Kenneth Sirois
92. Richard Cavanaugh
93. Elizabeth Olivier
94. Clinton Goodenow
95. Nancy Lovetree
96. Dan Fish
97. Claire Irvin
98. Ingrid Lorenzen
99. Richard Weirich
100. Patricia Titcomb
101. Cindy Vokey
102. William Donovan
103. Matt Andrews
104. Tim Smith
105. Perry Golden
106. SM Hall
107. Gerry Wing
108. Shirley Sirois
109. Seth Mulrooney
110. John Mulrooney
111. Tom Pare
112. Anne Weatherbee
113. Caroline Lyman
114. Brenda Webster
115. Sue Nordli

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53:39*

116. Jill Martin
117. Mary Pryor
118. Melissa Ziemann
119. Carter Ames
120. Leona Clapper
121. William Tostier
122. Ed Howell
123. Sue Morejon
124. Roy Morejon
125. Kevin Kimes
126. Norman Ingalls
127. Linda Crawford
128. Tammy Prince
129. Mike Russell
130. Van Ziemann
131. Charles Clapper
132. Nate Whetten
133. James Johnson
134. Ellen Bannister
135. Jane Weirich
136. Ed St. John

Results courtesy of Gail Wright

6TH ANNUAL SBS TURKEY TROT

Brewer	-3K-	Nov. 21st
1. Roy Morris	15:26	
2. Glendon Rand	15:40	
3. Doug DeAngelis	16:29	
4. Chris Farley	16:33	
5. Brian McCrea	16:41	
6. Brian Warren	16:42	
7. Glenn Holyoke	16:43	
8. Keith Quackenbush	16:45	
9. John Mills	16:51	
10. Lee Stover	16:55	
11. John Condon	16:58	
12. Kevin Way	17:00	
13. Mark Snow	17:11	
14. Steven Peterson	17:15	
15. Jason Rutherford	17:21	
16. Ric Lamoureux	17:23	
17. Chris Mowz	17:24	
18. Bob Cuddy	17:28	

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61:08*
62:20

19. Dave Clement
20. Chris Mansfield
21. Warren Dean
22. Brian Newbegin
23. Gerry Sibley
24. Phil Stewart
25. Seth Harrow
26. Gary Larson
27. Stephen Barry
28. Eric Beaudoin
29. Newell Loway
30. Doug Chappelle
31. Richard Leclerc
32. Mike Berrier
33. Michael Carter
34. Scott Webster
35. Gene Kasper
36. Daniel Rice
37. David Torrey
38. Philip LeBreton
39. Jason Bosse
40. Rusty Davis
41. Bill Pinkham
42. Brenda Mahken
43. Richard Miles
44. Steve Norton
45. Karen Salisbury
46. Terrence Farrell
47. Perley Merrick
48. Bob Salest
49. Barry Dana
50. Scott Mitchell
51. Bill Lethiser
52. Michael Hutchins
53. John Mason
54. Jeff Galipeau
55. Bob Johnson
56. Mary Meahan
57. Rod White
58. Craig Boyd
59. Theresa Lewis
60. Brian Greenlaw
61. Tom Teto
62. Edward Harrow
63. Carrall Ellingwood
64. Mavri Pelto
65. Awani Love
66. Robert Faucher

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1988

SCHOOL



Bicycles

TREK • CANNONDALE • FUJI
DIAMOND BACK • UNIVEGA •
SPECIALIZED • PEUGEOT
CINELLI • CENTURIAN

WE BUILD CUSTOM WHEELS, SHOES, HELMETS,
CLOTHING, COMPUTERS AND OTHER ACCESSORIES.
26 MODELS OF MOUNTAIN BIKES.
HONEST ADVICE ON ALL YOUR CYCLING NEEDS.

SEE US AT OUR NEW ROUTE 1 LOCATION NORTH OF
THE CARLTON BRIDGE IN WOOLWICH.

Route 1, Woolwich

442-7002



9-5:30 Mon.-Sat.

Fri. 9-8:88

67. Dara Jones	20:16*	116. Jen Ashmore	22:25*	165. Phil Buckins	25:36
68. Shawn LaFland	20:21	117. Dan O'Halloran	22:29	166. Norman Fitzgerald	25:38
69. Ed Rice	20:23	118. Kris Rutherford	22:30	167. Nicole Geel	25:38*
70. Tory Ray	20:27	119. Kurt Wolfe	22:35	168. Louis Elia	25:43
71. Robin Hays	20:33	120. Art Fraser	22:37	169. Ann Bacon	25:45*
72. David Hott	20:35	121. Richard Hartford, Sr.	22:55	170. Bill Lawlor	25:57
73. Mike LaChance	20:37	122. Jorma Kurry	22:55	171. David Kull	25:49
74. John Shirrefts	20:41	123. Laura Lundberg	22:56*	172. Mike Kiley	26:00
75. Cliff Hatfield	20:45	124. Judith Bjorn	22:58*	173. Lisa Pugate	26:03*
76. Arthur Joaquin	20:49	125. Joseph Dan	23:02	174. Dale Lolar	26:05
77. George Jacobson	20:51	126. Kerry Priest	23:02	175. Leona Clapper	26:25*
78. Chad Becker	20:52	127. Cindy Stephenson	23:05*	176. Susan Gray	26:50*
79. John Holyoke	20:55	128. Benjamin Adams	23:06	177. John Hutchins	26:56
80. Josephine Cooper	20:57*	129. Tamme Turner	23:07*	178. Kerry Akerman	27:03*
81. Vaughn Holyoke	20:59	130. Diane Carey	23:08*	179. Robert LaPointe	27:11
82. Tom Kirby	21:00	131. Tricia Hammond	23:21*	180. Charles Clapper	27:18
83. Karl Felber	21:02	132. Gerald Herlihy	23:23	181. Dawn Lamoureux	27:25*
84. Joe Savage	21:03	133. Cathy Kessenich	23:27*	182. Thomas Kessenich	27:26
85. Jim Shaver	21:05	134. Thomas Lever	23:39	183. unknown	27:36
86. John Rubino	21:08	135. Patrick Connelly	23:49	184. Nichole Spaulding	27:40*
87. Michael Sturgeon	21:09	136. Lori Holyoke	23:54*	185. Gary Fessler	27:47
88. Chris Smith	21:14	137. Ellen Spring	23:55*	186. Mali Dana	27:55
89. Kate Ringo	21:16*	138. Vernon Brown	23:58	187. Al Sockabasin	28:09
90. Lisa Kampen	21:17*	139. Steve Blaylock	23:59	188. Jerry Goss	28:10
91. Cole Sargent	21:21	140. Walt Landry	24:00	189. Annette Miles	28:13*
92. Terrance Hartford	21:22	141. Becky Ashmore	24:03*	190. Robert Connor	28:24
93. Steve Harris	21:31	142. Patty Clapper	24:05*	191. Shelly LaFland	28:44*
94. Jane Rau	21:35*	143. Samantha Brochu	24:10*	192. Hartley Russell	28:56
95. Joe Bennett	21:36	144. Patricia Galipeau	24:16*	193. Nelson Parkhurst	28:56
96. Debi Sterk	21:40*	145. Travis Arnes	24:22	194. Jonathan Bicknell	29:01
97. Cindy Smith	21:41*	146. Cody Rau	24:25	195. Debra Hanson	29:05*
98. Bruce Mitchell	21:42	147. Paul Comeau	24:29	196. Kathleen Thomas	29:14*
99. Kim Pierce	21:43*	148. John Chipman	24:31	197. Vicki Elia	29:30*
100. Mike Jeffrey	21:44	149. Don Osborne	24:31	198. Dennis Kia	29:33
101. Martin McCrea	21:45	150. Patricia Forrest	24:32*	199. Joel Ackerman	30:15
102. Scott Clement	21:48	151. Louise Clement	24:35*	200. Kelly Cookson	30:23*
103. Stephen Deabay	21:48	152. Bridget Robbins	24:49*	201. NA Almos	31:02
104. Kevin Hartford	21:49	153. William Gardner	24:41	202. Norma Travis	31:37*
105. Geoff Garver	21:49	154. Steven Hunt	24:48	203. Diane Humsey	31:46*
106. Rene Collins	21:55*	155. Peggy Brosnan	24:51*	204. Scott Griesbach	32:03
107. Mark Savage	21:56	156. Zandra Campbell	25:10*	205. Christopher Horr	32:10
108. Andrew Maxsimic	21:56	157. Silvia Unruth	25:14*	206. David Robbins	32:12
109. Ben Robbins	22:03	158. Cathy Unruth	25:14*	207. Al Larson	32:35
110. Jim Sterk	22:05	159. Catherine Carter	25:16*	208. Joyce Edwards	32:36*
111. David Samuelian	22:08	160. Michael Hartford	25:27	209. Claire LaPlante	32:50*
112. Bruce Brockway	22:16	161. Mike Amato	25:28	210. Sharon Holway	32:59*
113. Colan Davis	22:17	162. Nivan Saada	25:33	211. Mildred Rice	33:05*
114. Heidi Brewer	22:20*	163. Oskar Feichtinger	25:35	212. Barbara Massey	33:15*
115. Brian Galipeau	22:21	164. Leon Dupuis	25:36	213. Gail Dana	33:15*



For Nordic skiing, there is really nothing quite like it.

- We offer 30 kilometers of groomed trails that begin on our own 85 acres, right out the back door.
- From the open vistas of our beginner golf course trails to wooded intermediate or expert competitive trails, we have skiing for all levels.
- Whether it's free skiing on your own, competitive events, or a moonlight 5 k tour to our lake house, it's all here.
- Our instruction is EPSIA approved, with private and group lessons available, including Telemark. Rentals include brand new Trak skis, boots and poles.
- Our brand new state-of-the-art Exel Latu Expert groomer crushes crust and ice and rolls tracks to virtually guarantee terrific skiing, regardless of conditions.

- House guests and day skiers alike can enjoy the atmosphere and service of a classic New England resort with fireplaces aglow and outstanding cuisine, formal and informal.
- Day tickets are \$5 midweek, \$6 weekends, and complete weekends including unlimited skiing, two nights, two breakfasts and two dinners start at \$114 per person, double.

The
Bethel Inn
&
Country Club



25:36	214. Lisa Webb	33:48*	49. John DeHart	41:59	72. Jacob MacGillivray	MVrn
25:38	215. Jennifer Johnson	33:48*	50. Cheryl MacMahon	42:02*	Individuals: Girls	
25:38*	216. Francis Faucher	34:22	51. Dale Kines	42:35	3. Kristen Berube	Knbk
25:43	217. Melanie Brochu	34:24*	52. Herb Stron	44:01		
25:43*	218. Betty Kia	36:43*	53. Katherine Laksey	44:09*	AGE DIVISION - Youth (13 & 14)	
25:45*	219. Paul Paulson	39:18	54. Jane Doherty	44:45*	Lakers Track Club - 2nd Place Boys	
25:47	220. Ben Priest	39:40	55. Frank Morong	44:45	7. Chris Redmond	Gata
25:49	221. Jesse Robbins	40:25	56. Susan Martin	44:49*	11. Brian Stroud	Mner
26:00	222. Rhea Robbins	40:45	57. Marc Vaillancourt	44:56	23. Beth Thornton	Hlwl
26:03*	223. Judy Fraser	42:09*	58. unknown	45:01	26. Nat Woodruff	Mnet
26:05	224. Lynn Brooks	42:09*	59. Celeste Lippe	45:04*	29. Amos Wright	Bath
26:25*	225. unknown	42:09	60. Joe St. Hilaire	45:10	44. Mike Wright	Jay
26:50*	226. A. Babin	44:59*	61. David Vaillancourt	45:13	58. Robbie Nevins	Mnet
26:56	227. Kathleen Wellman	43:40*	62. Claire Irvin	45:33*	86. Jacob Emerson	Rdld
27:05*	228. Nick Ellis	44:58	63. Andre Benoit	45:38	Individuals:	
27:11	229. Ronnie Delano-Ellis	44:59*	64. Henry Wolstat	45:44	2. Robert Shea	Elsw
27:18	230. Candace Green	44:59*	65. Nancy Stedman	45:55*	8. Chad Sutcliffe	Knbk
27:23*			66. Pat Titcomb	46:52	13. John Francis	Prry
27:26	Results courtesy of Dave Jeffrey		67. Cindy Vokey	47:12*	Individual Girls:	
27:36	Race Director		68. Gordon Chamberlain	47:28	2. Erica Belyea	Wldb
27:40*	*****		69. Sally Hendershot	48:29*	13. Christine Boulanger	Lwst
27:47	CAPE ELIZABETH TURKEY TROT		70. William Donovan	48:51	16. Tina McVeigh	Lwst
27:55	Cape Elizabeth -10K- Nov. 22nd		71. Lorna Jewell	49:21*	AGE DIVISION - Intermediate (15 & 16)	
28:09			72. Jean Thomas	50:02*	Lakers Track Club - 1st Place Girls	
28:10			73. Don Penta	51:07	2. Theresa Pratt	LFls
28:13*			74. Deborah Brodus	51:13*	11. Sara Pickett	MFIs
28:24			75. Dorothy Stoddard	51:37*	12. Allyson Lowell	Knbk
28:44*	1. Stan Binkford	29:41	76. Loren Lathrop	52:56*	15. Debbie Castonguay	LFls
28:56	2. Greg Hale	32:16	77. Joyce Goodie	53:07*	18. Susan Lundquist	OHd
28:56	3. Ken Flanders	33:03	78. Roberta Solomon	55:58*	24. Jenny MacGillivray	MVrn
29:01	4. David Donnelly	33:16	79. Kavita Jaretski	56:21	29. Jessica Cail	MVrn
29:05*	5. Bill Hoch	33:47	80. Tom McDonough	56:22	46. Kristen Cook	LFls
29:14*	6. Joel Titcomb	34:15	81. Nathan Whetten	61:09	Individuals:	
29:30*	7. Jim Toulouse	34:27			3. Sasha Goodwin	Frcp
29:33	8. John Eldredge	35:40	Results courtesy of John Gole		10. Paula Carlin	Wdms
30:13	9. Bob Coughlin	35:46	*****		Individual Boys:	
30:23*	10. Ed Kinnaly	35:59	TAC REGIONAL XC CHAMPIONSHIPS		7. Mark Christian	LFls
31:02	11. Toby Lavigne	36:05	Smithfield, RI Nov. 29th		8. Matt Knox	Wyne
31:37*	12. Mike Lapinski	36:15	(The following are the Maine runners		11. John Jaquith	Grdn
31:46*	13. Wayne Clark	36:18	who qualified for the National Meet		13. Mark West	SPrs
32:03	14. Craig Matton	36:21	either as an individual or a member			
32:10	15. Scott Herrick	36:24	of a team. The Nationals were on 12/5			
32:12	16. Brian Milliken	36:27	at Raleigh, North Carolina.)			
32:35	17. Roland Thibault	36:29	AGE DIVISION - Bantam (10 & Under)			
32:36*	18. Frank Ferland	36:52	Lakers Track Club - 1st Place Girls			
32:50*	19. Rose Frost	36:57*	13. Beth Boisvert	Brvk		
32:59*	20. Russ Connors	37:03	16. Robin Bates	Wnsl		
33:05*	21. Rachel Veilleux	37:27*	22. Arika Poulin	Rdld		
33:15*	22. Bob Marquis	37:28	30. Beth Fournier	Wtvl		
33:15*	23. Craig Herrick	37:42	36. Amy Taranko	Rdld		
	24. Charles Hall	37:50	37. Erin Fournier	Wtvl		
	25. Mark Burgess	37:51	77. Sharalyn Whitten	Rdld		
	26. John Lunt	37:56	79. Jordana Cowan	Rdld		
	27. Tom Allen	38:05	Individual:			
	28. Ron Deprez	38:18	14. Mary Maloney	Cmbd		
	29. Debbie Jensen	38:18*	Boys:			
	30. Dave Smith	38:21	6. James Tapley	Tpsm		
	31. John Sullivan	38:28	15. Robert Belyea	Scbh		
	32. Bob Jones	38:31	17. Owen Lisa	Cmbd		
	33. Steve Woodsum	38:32	12. Ethan Higbee	Tpsm		
	34. Doug Beauparlant	38:37	AGE DIVISION - Midget (11 & 12)			
	35. Wanda Maney	38:39*	Lakers Track Club - 2nd Place Boys			
	36. John Edwards	38:40	1. Tim Weems	Brnk		
	37. Phil Pierce	38:59	5. Daron Weatherbie	CELh		
	38. Scott Sameulson	39:07	9. Job Nice	Jfrn		
	39. Bob Jolicœur	39:08	12. Braden Alley	Jopt		
	40. Clint Merrill	40:20	20. Mike Donagan	Rdld		
	41. Peter Bastow	40:32	25. Donna Whitten	Rdld		
	42. Brian Kelly	40:39	11. Chris Cowan	Rdld		
	43. David Brink	40:40				
	44. Bob Lanigra	40:54				
	45. John Braccio	41:28				
	46. Alvin Bugbee	41:41				
	47. Deb Merrill	41:43*				
	48. Dick Jewell	41:50				

here
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MAINE AWARDS

FROM MARATHON TO TRIATHLON TO FUN RUN
WE HAVE ALL YOU NEED FOR THE EVENT.
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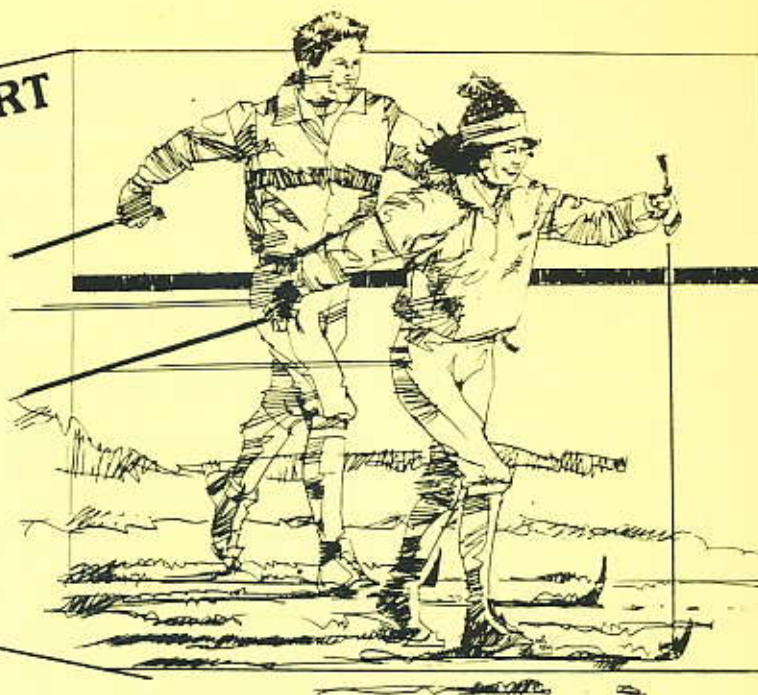
9 Westminister Street
Lewiston, Maine 04240
(207) 786-2931



R
RUSSELL
ATHLETIC

HAMPDEN TO WINTERPORT A CROSS COUNTRY SKI TOUR & RACE

**SATURDAY
FEBRUARY 6, 1988
11 a.m.**



WHEN:
WHERE:

SATURDAY, FEBRUARY 6, 1988 at 11 a.m. **ALTERNATE DATE: FEB 13th**
The point-to-point race will begin at the McGraw School (Main Road) in Hampden and end at the Winterport Lions Community Building (Park Drive) in Winterport. Just 9.4 miles (15.1K) in length. THE PIPELINE offers scenic vistas to the tour skier and a challenge to racers of every level. The wide, sheltered trail will be dragged and double tracked where possible. Transportation back to the start will be provided. Tune up for this event at the Ben-Loch Farm race and the Bog Race.

CONDITIONS:

If you do not accept fully the conditions below, **DO NOT PARTICIPATE !!**
I, the undersigned, know that cross country skiing is an action sport carrying significant risk of personal injury. Race competition is even more dangerous. I know that there are natural and man-made obstacles or hazards, surface and environmental conditions and risks which in combination with my actions may cause me very severe or occasionally fatal injury. I agree that I, as a participant, must take an active role in understanding and accepting these risks, conditions, and hazards. I also agree that I and not the organizers or staff or sponsors or USSA or any subordinate groups are responsible for my safety while I participate in this event.

SIGNED _____ DATE _____

If less than 18, include parent or guardian signature.

NAME (PRINT) _____ BIRTHDATE ____/____/____ AGE ____

MAILING ADDRESS _____ TEL. _____

TOWN _____ ZIP _____

ENTRY FEE: \$4.00

CONTACT: BOB SALESI
80 Kenduskeag Ave.
Bangor, Me. 04401
Tel. (W) 862-3791 (H) 945-0017

REGISTRATION BEGINS AT 9:30 A.M.

AWARDS: 1st, 2nd and 3rd OVERALL. MALE and FEMALE

1st and 2nd, BY AGE and SEX CLASS

COMPLETE RESULTS TO BE PUBLISHED IN "MAINE RUNNING & OUTING"

Year of Birth	CLASSES	
	MALE	FEMALE
1978 or later	<input type="checkbox"/>	<input type="checkbox"/>
1976-1977	<input type="checkbox"/>	<input type="checkbox"/>
1974-1975	<input type="checkbox"/>	<input type="checkbox"/>
1972-1973	<input type="checkbox"/>	<input type="checkbox"/>
1970-1971	<input type="checkbox"/>	<input type="checkbox"/>
1965-1969	<input type="checkbox"/>	<input type="checkbox"/>
1963-1967	<input type="checkbox"/>	<input type="checkbox"/>
1958-1962	<input type="checkbox"/>	<input type="checkbox"/>
1953-1957	<input type="checkbox"/>	<input type="checkbox"/>
1948-1952	<input type="checkbox"/>	<input type="checkbox"/>
1943-1947	<input type="checkbox"/>	<input type="checkbox"/>
1938-1942	<input type="checkbox"/>	<input type="checkbox"/>
1933-1937	<input type="checkbox"/>	<input type="checkbox"/>
1928-1932	<input type="checkbox"/>	<input type="checkbox"/>
1923-1927	<input type="checkbox"/>	<input type="checkbox"/>
1918-1922	<input type="checkbox"/>	<input type="checkbox"/>
1913-1917	<input type="checkbox"/>	<input type="checkbox"/>
1912 or before	<input type="checkbox"/>	<input type="checkbox"/>

(CHECK ONE) (BIB NUMBER)



7th Annual WILD KATAHDIN TRUST SNOW RUN

It had to happen sooner or later!! Duane has skipped the country!! He's left ole Nerdle with just one *#%@%#* pair of shorts, one sock and half a box of Borax but the Snow Run will go on as scheduled, except that now, left to his own devices, Nerd will be twice as gross as ever. Anyway, we're still looking for that magic 200 runner mark, and this has to be the year. Never mind all those wimpy excuses, just get off your butts and DO IT!! I await with open arms and no Right Guard!! Please register downwind....

WHERE:	Katahdin High School			
WHEN:	Saturday, February 6, 1988 - 11:00 A.M.			
HOW FAR:	4.8 miles - without Dobermans, 4.9 with - - -			
FACILITIES:	Restrooms - showers at Katahdin High School on Route 11, Sherman Exit, I-95. New T-Paper with little, teeney-tiny crickets on it - - -			
REGISTRATION:	\$7.00 - Registration at 9:30 on day of race.			
AWARDS:	Trophies to first 5 finishers plus fifty pounds of Grade A spuds to 1st male and female overall. Buford will assist. Trophies to 1st three finishers in each category. Wicked cool drawings. Lotsa home grown items!!			
CATEGORIES:	13 & under 14 - 19	20 - 29 30 - 39	40 - 49 50 - 60	60 and over



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Trophies to 1st three finishers in each category. Wicked cool drawings. Lotsa home grown items!!

CATEGORIES: 13 & under 20 - 29 40 - 49 60 and over
14 - 19 30 - 39 50 - 60
Mean runner gets You'll never believe it!!???!! Team trophies - 1st three runners - male and female.

OTHER INFO: Hot dogs, chips, soda, juice, fruit, haddock, racoon entails and blueberry seeds. Long sleeved T-shirts to first 2 runners. Time splits each mile - or thereabouts - - - -

COURSE: Bussed to start. No foolin around on the way up. Bow and arrow start 'cause Duane left and took his shotgun. All hills 'cept some of them are down 'cause you're goin' the other way.

SPONSOR: KATAHDIN TRUST COMPANY of Patten, Island Falls, Oakfield and the new one in Houlton!! Welcome to the Snow Run fold!! Nerdie will be manning the drive-in....

CHALLENGE: Did you say last year: "By gum, I'm going to that Snow Run this year, no matter what!!" And then find some dizzy excuse to do something else, shop for fiddleheads...spread sand on the bathroom floor...read War and Peace...take Mamma off for the week-end...etc...etc...well, this year really, really, really do it!!! 11:00, February 6!! No excuses!! Be there!! Best race of the summer!!

COURSE RECORDS: Joe McGuire 23:44 Robbin Emery Rappa 29:48

COMPLETE RESULTS IN MAINE RUNNING & OUTING MAGAZINE FOR BENEFIT OF PINE TREE CAMP

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

Signature: _____
Parents signature is required if participant is under 18

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Age: _____ Sex: _____

Mail entry and fee to:

Loren Ritchie
Katahdin High School
Sherman Station
Maine 04777
Tel.: 365-4218

13 & under 19 & under 40 - 49