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# Maine Running & Outing Magazine



## For Kid's Sake Attracts Maine's Best

Holt-Samuelson Is Official Starter Of Kids' K



**INSIDE: Skiing, Paddling, Walking, Biking**  
Also, Runner Of The Year Update and "Skating On Skis"

**NOVEMBER 1987**  
**VOL. 8 NO. 11**

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DONALD P. PENTA 3-88  
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04412 Tel. (207) 947-2086

I marveled at the field that Bill Green attracted to the For Kids Sake 4-Miler. On the cover you can see Bruce Bickford (#1), his brother Stan (#2) and standing next to Stan is #3 Tim Donovan. The woman on the front row is Sally Perkins. She was the individual champion of the women's race, but back to the men, numbers 1, 2 and 3 basically finished in that order except that the Bickford Brothers tied for first and left Tim alone in third.

Also visible on the cover are #506, Stan Smith. This Stan runs for St. Joseph College and finished 8th here. He and Dan Dearing, the runner to the right of the picture, are two upcoming racers in Maine.

This was not the only race that drew a top class field, however. In the NEWS section read about some of the other races in Maine - from the Cape Challenge to Kingfield.

But there are also articles on skiing, yes, the snow is coming, but if you are still dreaming of the hot summer, then read about the canoe championships.

This is now my fifth issue of MR&O. There are still a lot of loose ends I have to tie up, but I believe the magazine is about to turn a corner to even a brighter future. This can not be done, however, without your support. At this time I would like to thank Jerry Saint Amand of the Central Maine Striders, the Dolleys and Charlie Scribner of the Maine Track Club, and Danny Paul and George Towle. I think you will be hearing more from these individuals in the future.

Maine Running and Outing is published monthly in Bangor, Maine.

Publisher/editor - Chuck Morris (947-2086)  
MR&O, po Box 3399, Brewer, ME 04412

SPECIAL THANK TO: members of the UM XC team, Bill Green, Chip Carey, the individuals mentioned above, Amanda for her inspiration and yes, of course, Glendon and Glendon, Jr. (and also Buzz of the MNC)

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The Doctor's Office, the column by Mike Sargent will return next month. Instead Mike gave us the Runner of the Year Update this month.  
(cover photo by MR&O)

# Road Race Calendar

- NOVEMBER 1 10th Annual GREAT PUMPKIN RACE. 10K at 11:00 a.m. with 1.5-mile fun run at 10:00. Entry fee for 10K is \$5.00 and \$3.00 for fun run (before Oct. 30) \$2,500.00 WORTH OF PRIZE MONEY TO BE AWARDED. Contact Steve Mooney, 337 Buxton Rd., Saco 04072 or see flyer in Sept. issue for more information.
- NOVEMBER 1 10th Annual CONCORD SAVINGS BANK FRED J. HACKETT AUTUMN RUN. 10K certified course at 12-noon from the Beaver Meadow Golf Course Club House off Rte. 3 in West Concord, N.H. Send \$4SE for entry form to: Concord Savings Bank Autumn Run, PO Box 739, Concord, N.H. 03301 or call Bob Teschek at (603) 863-2537.
- NOVEMBER 1 11th Annual FALMOUTH LIONS 10K ROAD RACE. TAC Certified. 10K starts at 11:00 a.m. with one-mile fun run and race walk at 10:30 at Falmouth High School. Pre-registration is \$3, race day is \$4. Contact Len Sauter, 3 Fundy Rd., Falmouth 04105 for more information. (or call 781-2003).
- NOVEMBER 1 TAC CROSS COUNTRY PRELIMINARY MEET at Hampden Academy. Eight different age group categories (down to 8 & Under) - but must be TAC Certified. Certification available at meet. Entry fee is \$1.00. First race begins at 2:00 p.m. Contact Jack Richards (862-2211) for more information.
- NOVEMBER 1 TAC CROSS COUNTRY RELIMINARY MEET at Kennebunk High School. Contact Paul Berube (985-7071).
- NOVEMBER 8 VETERANS MEMORIAL ROAD RACE. 4.5-miles from Wiscasset High School's track. Starts at 1:00 p.m. Entry fee is \$5.00 (\$4.00 for Wiscasset residents). For more information call 882-7533 or see flyer in Oct. issue.
- NOVEMBER 8 TAC CROSS COUNTRY PRELIMINARY MEET at Mt. Ararat High School. Contact Jack Mercier (725-9731) or Rob Laskey (729-4104) for more information.
- NOVEMBER 10 VETERAN'S DAY ROAD RACES. Half-marathon at 10:00 a.m. and 5K at 10:15 from Hodgkins School on Maize St. in Augusta. \$5.00 pre-registration fee and \$6.00 race day.
- NOVEMBER 14 TAC STATE CHAMPIONSHIP AND REGION I JUNIOR OLYMPIC QUALIFYING MEET at the University of Maine at Augusta (Civic Center). Registration begins at 8:30 a.m. \$2.00 entry fee - must be TAC Certified. Top 20 individuals and top 3 TAC Clubs will advance to Region I Qualifying Meet in Rhode Island in each age group up to 18. Contact Peter Marczak at 626-2350/0580 for more information.
- NOVEMBER 15 GREAT OSPREY OCEAN RUN PART VI. 10K starts at 11:00 a.m. from Wolfe's Neck Park. \$6.00 pre-registration fee. \$8 day of race. Call 865-6171 for more information or see ad in Oct. or Nov. issues.
- NOVEMBER 22 TAC REGION I JUNIOR OLYMPIC QUALIFYING MEET at Bryant College in Rhode Island. Must qualify from the State Championship Meet at the Augusta Civic Center on Nov. 14. Contact Ron Suemker (401) 941-8427.
- NOVEMBER 21 6th Annual TURKEY TROT. 5K from Brewer High School begins at 11:00 a.m. See flyer for more information or call Dave Jeffrey (825-3403).
- NOVEMBER 22 TURKEY TROT 10K from Cape Elizabeth High School at 1:00 p.m. \$5.00 entry fee. Contact Vin Skinner at 780-2157 for more information.
- NOVEMBER 26 9th Annual CASPING GOBBLER 10K. Starts at 10:00 a.m. from the Augusta Civic Center. The two-mile run begins just before the 10K. TAC Certified. \$6.00 entry fee for either race. See flyer or contact Peter Marczak (626-2350) or Dave Gagan (622-0289) for more information.
- NOVEMBER 26 SHAW'S FOUR MILER. 8:30 from the Portland Expo. Entry fee unknown. Contact George Towle (775-5631) for more information.
- NOVEMBER 28 WARREN BISHOP MEMORIAL RUN. 5K at 1:00 p.m. from Hampden Academy. \$5.00 entry fee or \$7.50 with a T-shirt. For more information contact Dick Balentine or Joe Gallant at Hampden Academy. Hampden 04444.
- NOVEMBER 28 TURKEY TROT 5K. 10:00 a.m. from Caribou High School. \$5 entry fee. Contact the Arcoostook Joggers, Cote Rd., Limestone 04750 for more information.
- DECEMBER 5 5th Annual SEASON'S GREETINGS ROAD RACE. 4-miles (or so) at 11:00 a.m. from Madison Junior High. \$3.00 entry fee. Race may be moved to the new high school. Contact Ron Paquette (437-9237).
- JANUARY 4 FROSTBITE FOUR MILER. Contact Charlie Scribner at 772-5781 for more information.
- JANUARY 10 JANUARY THAT 4.5 MILE ROAD RACE. 12-NOON FROM Belgrade Central School. \$3 entry fee. Contact Jerry Saint Amand (873-6753) for more information.



## 1987 STATE OF MAINE CANOE RACE SCHEDULE by Adrian Humphreys

Key: WW = Whitewater race OC = open canoe  
 FW = flatwater race K = kayak  
 SL = slalom race SK = sea kayak  
 TRI = triathlon (run, bike, canoe)

## Paddling

- NOVEMBER 1 ANDROSCOGGIN BOAT CLUB REGATTA. (FW, OC). 10-miles on the Androscoggin River, Brunswick. Contact Eric McNett at 729-8697 for more information.
- NOVEMBER 11 TOUR DI VERONA. (FW, K). On Penobscot River in Verona. Contact Earl Baldwin for more information (815-4439).



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





# Discover Cross-country skiing.

(It might be a little early, but it is time to start thinking SNOW. This issue and also the October one, NR&O has had an excerpt from Dick Mansfield's book Skating On Skis. The Maine Nordic Council has once again prepared the calendar. In the next issue NR&O will have information on many of Maine's fine ski touring centers.)

- JANUARY 1      CARTER'S LAST STAND. 5K from Carter's Farm Market in Oxford. Contact Dave Carter (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, 525 Lake St., Auburn 04210 or call 782-6602.
- JANUARY 3      UPCOMING COUNTRY NORDIC 15K. Call Ann Rider at 473-7265 for more information.
- JANUARY 9      LOKI'S LOFTETT 10K at Troll Valley Cross Country Ski Center. Contact Virginia Sayward, 16 Stewart Ave., Farmington 04938 for more information or call 778-2830.
- JANUARY 10     LAKE LOOP RUN. 10K at Ski Nordic at Saddleback. Call Walter Pepperman at (302) 653-9200 for more information.
- JANUARY 16     NORTHERN LIGHTS CLASSIC 10K on Titcomb Mountain. Contact Tom Upham, Northern Lights, Farmington 04938 for more information or call 778-6366.
- JANUARY 17     SPRUCE MOUNTAIN CHALLENGE 7.5K at Spruce Mountain in Livermore. Call Randy Easter at 643-4630 for more information.
- JANUARY 23     BEN LOCH FARM'S THIRD ANNUAL 21K. For more information contact Howard Foley, RFD 1 Box 1020, Dixmont 04932 or call 257-4768.
- JANUARY 30     GREAT CARIBOU BOG 18K WINTER SKI TOUR AND RACE. From the Bangor Mall to Old Town. Contact Bill England, 160 Broadway, Bangor 04401 or call 941-2875 for more information.

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# Book Review

NOW'S THE TIME TO TRAIN FOR CROSS COUNTRY SKIING - by Dick Mansfield  
(Excerpted from "Skating on Skis" which is available for \$10.95 postpaid from Acorn Publishing, Box 7067-8T, Syracuse, NY 13261 or at most Maine bookstores or ski shops.)

Continued from October's issue:

## ROLLERBOARDS

The rollerboard is another homemade training device, first used by the East Germans that has, since the mid-1970's, been part of many a skier's workout routine. It consists of an inclined plywood ramp, a dolly with casters wheels, and a pair of ropes. You lie or kneel on the dolly and pull yourself up the incline with the ropes. A good description of how to make a rollerboard is in Bob Woodward's book, Cross-Country Ski Conditioning. With a couple of sheets of plywood, some 2 x 4's, and some wheels, rope, and fasteners, you're in business.

## WEIGHT TRAINING

Some of the best weight training for skiers is done without weights-- the rollerboard is a good example. Some coaches believe that you should move your body instead of moving weights or pulleys. Perform the repetitions quickly, stimulating the action you are going to perform. Pullups, situps, pushups, and using the rollerboard are the weight routine of many a good skier.

There's a new generation of training equipment now available to recreational skiers for strength training. The exercise machines, Nautilus and Universal, for instance, are, after a little instruction, easy to use and are an excellent way to condition for skating. Nearly all stations are helpful, in fact most coaches suggest that you use them all and not get too specific. The adductor/abductor machines are good for strengthening the skating muscles while the Super Pullover machine is especially helpful for double poling.

If you want to work with free weights, get help from an experienced lifter or coach. Use moderate amounts of weight and learn the proper way to do an exercise. Squats, done properly, are a good use of free weights in general conditioning for skaters. Bench presses, bent rows, and abdominal exercises are also good routines for skating. Remember your goal in weight training. You're not interested in becoming a bodybuilder, you want to work on flexibility and strength. As instructors will tell you, strength training should be done two or three times a week at the most.

## ROLLER SKIS /SKATEBLADES

Most coaches agree that roller skiing is the most specific workout for skating on skis. And it's a lot of fun as well. For every ski racer who uses roller skis for skate training there's another who swears by training skates. Elite skiers use both but of course they get them free. If you get serious about skating, you may find yourself looking at a pair of one or the other.

Before we go further, forget whatever you've heard about picking up bad habits using these trainers. So what if you start lifting your non-skating leg too high or developing a little "dipsy-doodle" in your skate? The idea is to have fun while you train. Any habits will work themselves out once you are on the snow.

Roller skis have been used by cross country skiers for many years. They are an excellent training device, the closest thing to actually skiing. Long roller skis are designed for diagonal stride and double poling. These older rollers have a ratchet arrangement that allows you to push off for diagonal stride. Use them for diagonal stride on the uphills and for double poling on the flats. Quite a few skiers cut them short for skating.

If you are going to purchase roller equipment, buy a system that allows you to skate. The new roller skis are light and short and designed for skating. Some have

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Dick Mansfield's so that they can be used for diagonal striding as well. They are not cheap, or \$10.95 costing from \$175 to \$225. There also is a maintenance cost-- the soft wheels wear 3261 or very fast due to the skating motion. Switch skis every time you train to help balance wear.

Training skates, used by speed skaters and hockey players as well, are popular with many competitive skiers. They are less expensive (prices range from \$100 to \$135). Slower wheels are available which give you a much better workout (the others are too fast to have much training effect), and most models have a heel braking system.

You can use your regular ski poles for roller skiing but should replace the basket and the tip with a unit designed for the roads. Roller ferrules cost about \$10 and have a hard carbide tip better suited for asphalt.

Roller skiing is one of the best ways to insure that you'll be starting off ski season in fine shape. Not only do they give you a very specific workout, they also build your strength and your endurance. You also develop your balance long before the snow arrives so that when it does, you can get out and ride that flat ski.

So whether you roller ski, run with ski poles, pull on a pulley, or slide on a slideboard, there's no better time than now to get started. It will make your skating just that much more fun once you hit the snow.

## Runner's Forum

Dear Mr. Editor:

After reading the October Runner's Forum, as he said I just had to write.

I first want to qualify my statements and feelings. I did not run in the Bangor Labor Day road race. I am not a race director, and I don't know Bob Booker. I'm just a runner who enjoys racing. I think the majority of the racers will agree with me, I hope.

yes, it sounds like the race could have run a little more smoothly, but why be so uptight? racing is very thrilling, exciting hard work and most important a lot of fun. Why else would someone do it?

We've all been in a race that hasn't gone that well. I won a 5K once where everyone but the lead pack got lost, so they threw out the awards. Agreed, I was disappointed. But it was a very exciting race, that is what is important.

If anyone has a gripe about how a race is organized and operated, it is his responsibility to volunteer to help. Put all that energy to good use.

At this time I would like to thank all the race directors. Every race I go to has something different in store. I am amazed how smoothly most of them are pulled off. Often wonder why someone would take the time to put a race together and then not even be able to run in it? Well I think the answer to that may be similar to why a runner runs in a race - the satisfaction of accomplishment, maybe.

I may as well take this time to also thank you for the magazine. As one gets older one hates to see the months fly by, but if it means next month's copy of MR&O, it's not so bad.

Happy Racing,

Bob Poirier



### MAINE TRACK OFFICIALS ASSOCIATION

One of the major provisions of the Amateur Sports Act of 1978, enacted by Congress and signed into law in October of that year, was that all of the United States national governing bodies for sports on either the Olympic or Pan American Games programs, were required to have individual autonomy by November 1980.

The principle effect was that after 90-plus years of dominating the amateur sports scene in the United States, the Amateur Athletic Union (AAU), which then

held the USA's international memberships for eight sports on the Winter and Summer Games programs, would be out of sports governance within two years; in terms of purpose, the provision was written into the legislation in order to enable each of the sports to operate independently and to be the U.S. member of its own international federation.

First of the Olympic-program disciplines to become independent of the AAU was Athletics. Americans usually use the word as a catch-all, but around the world "Athletics" is the common denominator for the sports of track and field, long distance running (including road running and cross country), and race walking. In fact, since August of 1979 - more than a year prior to the deadline for autonomy established by the Amateur Sports Act - The Athletics Congress/USA had been on its own as the sports' national governing body, and as the United States' member of the International Amateur Athletic Federation (the IAAF is the world governing body for Athletics) additionally, and as such, TAC is a Group A member of the U.S. Olympic Committee.

Quite understandably, the change prompted a number of significant questions - and the responses to those which continue to be asked provide not only an overview of The Athletics Congress' organizational structure, but also a description of its purposes, programs and responsibilities. One responsibility which Maine TAC has neglected during recent years was a continuation of the fine program of training officials. Frank Sabasteanski, the late track and field and cross country coach at Bowdoin College and long-time president of the Maine AAU, was extremely active in training his Maine Track Officials Association volunteers, but since he passed away an officials program has been neglected. During the 1986/87 college indoor and outdoor track seasons, many coaches complained about the difficulty they were having in locating quality officials.

Most of us have had the unfortunate experience of having attended track and field meets, either as a coach, competitor or spectator, which seemed to drag on primarily because there was a lack of qualified officials at the meet. Excellent officials have lost a degree of competency, in many cases, because there is no communications vehicle available to emphasize rule changes and the intent of such changes. Meets such as these do nothing to inspire competitors to better performances, nor do they promote track and field spectator-wise. Behind successful meets are officials or a group of officials who make the meet successful. Someone has to direct the activity and anticipate the needs of everyone involved. Successful meets don't just happen; they have to be made successful.

TAC/USA, the national organization, decided that a national effort was required to develop methods and procedures for appropriate instruction, testing, assignment, supervision and evaluation, and certification of those deemed qualified. At the 1980 TAC convention, the National Officials Committee was established with the responsibility to establish and monitor the overall policy for the training and certification of officials.

Considerable progress has been made in most States in the U.S. Here in Maine, we dragged our feet, but we have now climbed onto the band wagon and a Maine Track Officials Association is rapidly taking shape. Track Official Certification applications have been mailed to nearly 300 prospective officials. The response has been a pleasant surprise. It is expected that there will be a first annual meeting shortly, at which time officers will be elected and by-laws adopted. It is planned to design our structure around a number of guiding principles which include the following:

1. To create a broadly based officiating program serving TAC, high school and college athletes.
2. To develop an effectively organized officiating administrative structure accountable to its members through annual elections and on-going communication.
3. To emphasize training and continuing education in order to build a reputation for high quality officiating within our Association.
4. To develop a volunteer-based organization which would focus on creating high quality officiating, based on the degree of involvement each individual desires to devote.
5. To create a mechanism designed to provide our volunteer officials with the best possible equipment, training, officiating conditions and support.
6. To constantly evaluate our efforts and question our assumptions to insure that our actions and methods remain innovative, athlete-centered, fair and promotive of an open equal opportunity, officiating system.

Anyone interested in becoming a certified track official is invited to contact Frank Glynn, 14 Gray Birch Drive, Apt. E-5, Augusta 04330 (or call 622-9101).

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# Close Finishes At "For Kids Sake"

## Bickfords Tie In 4-Miler

## Perkins Outsprints Bennett For Women's Title

It's been said before and it will be certainly said again, and sometimes it actually is true. Well, on October 4th WCSH Ch. 6, with Bill Green as the live commentator, made it a factual statement for the For Kids' Sake 4-Miler on Baxter Boulevard in Portland. Green, the organizer, made the race a Who's Who of Maine Running. Everyone who was anyone made the starting line - Joan Benoit-Samuelson, Bruce and Stan Bickford, Andy Palmer, Sammy Pelletier, Ken Flanders and even Ralph Thomas. But the list goes on: Danny Paul, master's phenom Carlton Mendell and sub 4-minute miler Brian Pettingill. And still more: Central Maine Strider President Jerry St. Amand, Maine Track Club founder Brian "Ziggy" Gillespie, Sugarloaf Marathon and Kingfield 10K Weekend race director Chip Carey and Terry Fox Road Race organizer Ed Rice.

Everyone and anyone was there, but it was the Bickford Brothers who stole the show. Bruce, the No. 1 ranked 10K runner in the world in 1985, ran stride-for-stride with younger brother Stan across the finish line. The Bickford Bros. pulled away from Tim Donovan and Sammy Pelletier over the last two-miles to win in 18:44. Donovan (18:58), Pelletier (19:05), Todd McGraw (19:38) and Dan Dearing (19:53) rounded out the top five.

"Right before three miles Bruce put on a move that only Stan could cover," Donovan admitted later. "I tried to finish strong, but it seemed they (the Bickford's) were having an easier time at it."

The women also had two runners stride-by-stride the last 400-meters, but Sally Perkins and Kelly Bennett had no plans for a tie here. Perkins outsprinted Bennett the last 75-meters as they both barreled down the road toward the finish chute. Perkins' 22:32 gave her a one-second cushion over Bennett and was good for 55th overall.

"It was one of the greatest finishes," Green called it and it was all covered on live TV. Amanda Haney (22:54), Rose Prest (23:21) and Debbie Jensen (23:38) completed the women's top 5. But it was Benoit-Samuelson that grabbed most of the attention during the women's race. She was the official starter of the Kids K race (results are not yet available) and though the 1984 Olympic Marathon Gold Medalist "only" ran 27:59 for 221st overall (427 finished), she completed the race as a "soon-to-be-mother." Her recently released book, *Running Tide*, was an award for some age-group winners. Benoit-Samuelson herself, won a copy for finishing 2nd in her age division. Each book was autographed by her.

"Overall it was a tremendous success," Green said, "but then I look into it and I see a lot of things that can be improved." He mentioned the weather which was windy and wet, and his lack of experience as a race director. Next year he also hopes it will be televised state-wide.

But before next year rolls around, the questions from this year all must be answered; how did he attract so many of Maine's best from the past and present? "I called up and begged," Green simply stated.



Bill Green describes the action.



THE START.

## News

# National Canoe Championships

by Stacey Mathieu (special to MR&O)

The 1987 National Marathon Canoe Championships were held August 14, 15, and 16 in Jersey Shore, Pennsylvania. The "Nationals" has always been one of the more competitive races and this year was with no exception. The country's top professional and amateur paddlers were entered with many of the teams using the races as a warm-up for the \$20,000 LE CLASSIQUE professional race (\$2,000 FIRST PRIZE) which is held annually in Quebec over the Labor Day weekend.

All races at the nationals were held on the Susquehanna River and started at Lock Mills, Pennsylvania. The races had one portage that was 50 yards around a dam which took place 35 minutes into the race. The paddlers proceeded east in very shallow water to finish at Jersey Shore. Winning times varied but were averaged at about 2 hrs and 40 minutes for the 19 mile course. Although water level changed each day, the river was predominately shallow with some stretches of 6-inch deep water. Shallow water is to a canoe racer as hills are to the cyclist: the better paddlers go while the less experienced get slow. The long stretches of shallow, however, had a grinding effect on even the top paddlers.

The Nationals started with the mixed (one man, one woman) competition and was easily won by Mike and Tanna Fries of New York. Peter Heed and Lori Drake of New Hampshire were 14th and Steve Fluett (Brunswick) and Pricella Rienersten Of New Hampshire placed 16th.

Day two was the men's doubles and women's singles. The top New England team were brothers Dan and Tim Fisk of Massachusetts with an 8th place showing. Equally impressive were Lee Martin (Bangor) and Steve McCallister (Gray) who placed 13th. Peter Heed and John David Mathieu (Bath) were 16th. The race was won by Al Rudquist (Minnesota) and Mike Fries (New York). This day also saw Cindy Lynch (Millinockett) turn in a 4th place finish that left a lot of people asking about this unknown paddler from Maine. Cindy will have no problem finding race partners with these kind of results.

The final day saw a field of over 100 singles (one-man) paddlers in the men and masters race. Pre-race favorite Bruce Barton (Michigan) nipped Calvin Hassel (Nebraska) at the line to win by only 3 seconds. New England Champion, Steve Fulton (Hanover, NH), placed 6th less than 3 minutes out. John David Mathieu (Bath, ME), who was second at this year's New Englands, placed 12th. Other paddlers in the top thirty positions were Tom Walton of New Hampshire (20th), Eric McNett of Topsham (24th), and Bill Reagan of Massachusetts (27th). McNett is overcoming an injury aquired at the 15 hr., 180 mile Au Sable professional race in Michigan, where his 2nd place was good for a \$3,000 prize.

Next year's Nationals should prove to be quite exciting for New England racers since they are being held in Hanover, New Hampshire. The water at Hanover is favorable to many of the area's paddlers and top results are anticipated.

## Warren Bishop Memorial Run

The Warren Bishop Memorial Road Race is being run in memory of Warren Bishop, a 1985 graduate of Hampden Academy, who was tragically killed in an automobile accident this past summer. Originally, the idea for the road race evolved from a wish by some local residents to do something in Warren's memory which some of his former teammates and

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classmates could participate in. With the help of Hampden Academy's Student Council, Key Club, and SADD organization, this wish has become a reality. A memorial run will be held Saturday, November 28th from Hampden Academy (see race flyer for further details).

Warren attended Hampden Academy from 1981-1985, where he was a member of the varsity cross-country, indoor track, and outdoor track teams. After graduating from Hampden in 1985, Warren continued his education at the University of Maine at Orono, where he would have been a junior civil engineering major this fall. Warren continued to be an avid runner and competed in numerous local road races while attending the university.

All proceeds from the race will be used to start a scholarship, in his name to be given to a graduating senior of Hampden Academy who has been a member of the cross-country and/or track teams.

#### RECORD-SETTING CAPE CHALLENGE - special report by Jane Dolley



DEBBIE JENSEN  
(photo courtesy of  
Jane Dolley).

The rain may have washed out the U.S. Open, the PGA and the Boston Red Sox on Sunday, September 13th, but it held off long enough for the 4th Annual Cape Challenge Half-Marathon, sponsored by ValCom Computer Center. In fact, the conditions were near perfect for running; and the cool, overcast skies helped in the setting of two course records.

Todd Coffin traveled from Medford, Mass to the scenic coast of Maine to win this challenging 13.1 mile race in 1:08:40. The 1984 Colby College graduate broke away from the pack at six miles and beat John Fitzgerald and Danny Paul. Fitzgerald, a 1987 Bates College grad, ran 1:09:43 to grab second from Paul.

Debbie Jensen of Portland set a new course record of 1:24:25 in the women's division, beating the previous mark of 1:26:06 set by Mim Nelson in 1986. Lisa Muller of Brookline came within 55 seconds of her winning time in 1984, but this year a 1:28:39 left her in third-place, 27 seconds behind runner-up Carol Weeks.

Ken Houle of Somersworth came in 5th overall, but more important to this 40-year-old was not only being the first master, but also setting a new master's record. His time of 1:12:49 took 1:46 off the 1986 mark held by John Noyes.

The Cape Challenge has developed into one of New England's quality half-marathons that continues to attract a competitive field. Among this year's 288 finishers were several sailors from the Navy carrier USS John F. Kennedy, docked in Portland Harbor for the weekend. Finishing a strong 10th overall was First Class Petty Officer Roland Parsons with a time of 1:16:08. The Maine Track Club hosted the Kennedy runners on a few running tours of the city and the Kennedy sailors conducted a private tour of the aircraft carrier for the MTC and also presented them with a plaque commemorating the visit.

#### FIELDCREST 10K - special report by Rick Krause

Robert Hillgrove, a 20-year-old distance runner from Rockland, and Deborah Potter, 32, of Damariscotta, won the men's and women's division in the 2nd Annual Fieldcrest Foot Race in Waldoboro, a 10-kilometer event which drew a field of 18 runners, who competed in the steady rain.

Hillgrove, the son of one of the greatest road racers in Maine history (by the same name), made shambles of the competition as he crossed the finish in 31:51, more than a minute and a half ahead of second-place. It was not unlike his father's victories of the 1960's, or in 1977 when the elder Hillgrove, now 42, was named Maine Runner of the Year. The second finisher was Larry Deans, 31, who was timed in 33:22. In third-place was Tom Thibau, 29, clocked in 33:54.

The first women to finish was Potter as she ran 39:37 for 8th overall. She beat out Carol Weeks of the Portland area. Weeks ran 40:33.

**SENTINEL 10K** - UM cross country coach Jim Ballinger brought down 16 members of his men's and women's teams to compete in the Central Maine Striders' third annual race in the "heart of Waterville." And while numerous Black Bears took home awards, it was the host club's own members that battled for the individual win.

Dennis Karamitros, fresh from California and now residing in Bowdoinham, and Farmington's Todd McGraw battled stride-for-stride, head-to-toe. It was Karamitros' move just after the 4-mile mark that broke McGraw.

Karamitros held the gap and won in 31:14, 10 seconds ahead of McGraw.

"I was a little fatigued," the runnerup said. He finished second in the Sugarloaf Marathon just two weeks earlier. "But I ran a lot better than I expected. (Dennis and I) took off from the beginning. The first two miles were pretty fast. We were neck-and-neck until halfway, trading leads. I would pull away on the uphill, but he would catch right back up on the downhill."

Topsham's Dan Dearing outsprinted UM's Pat O'Malley for third as both were under 32-minutes. Dearing finished in 31:55 and O'Malley in 31:58.

The women's race was decided when Millinocket's Cynthia Lynch showed up. Lynch, 27, has won her last 8 races (the last four in course records) in Maine. The Sentinel was no exception as she set a new mark of 36:30, 46 seconds ahead of rival Rose Prest. A UM senior-freshman duo took the next two spots in the women's race as soon-to-be-graduate Jenny Allen (38:46) and rookie Karen Salsbury (38:52) finished third and fourth.

**KINGFIELD 10K WEEKEND** - Carrabassett Valley in late September is full of glorious colors and runners. On Saturday, the 26th, Chip and Nancy Carey direct a kids mile-run and a top-class 10K field. On Sunday, only the hearty brave the 3-mile Uphill Climb up Sugarloaf Mountain. It seems this weekend is full of history repeating itself.

For the second time in three years, the Kids K, as it is called, was full of fall showers but as in 1985, the sun peaked out for the 10K and held up for Sunday. In the first competition of the Weekend, Ellsworth's Robbie Shea won the Kids K in the rain and wind in 5:01 as he defended his 1986 title. An hour after the start of the first race, 324 more runners (179 completed the Kids race) lined up for the 10K. Massachusetts' Tim Donovan, with a 28:55 PR to his credit, drove up to Maine because, "I like it up there. It's a beautiful area," he said. But the stiff headwind the first 3-miles, to the turn around, scamped any thoughts of fast times this day. "I tried to go out as conservatively as possible," Donovan said, "and see what happens at the turn-around." Well, it happened before the turn around as his only company, Todd McGraw of Farmington and Bowdoinham's Dennis Karamitros, had fallen off the pace. Donovan went through 5K in 16:10, but ran the second 5K under 15:00 to win in 30:52. McGraw and Karamitros continued their battle from the Sentinel 10K two weeks earlier and though the script was rewritten, the ending was the same - Karamitros pulling away with a strong surge after 4-miles. This time Karamitros had to overtake McGraw who had built a 40-meter lead for second. But Karamitros used his downhill running ability to catch McGraw and then kept the pressure on to take second in 31:39. McGraw was nine seconds back.

"I was trying to stay with Tim so he could break the win for me," McGraw said, "but he was too strong. From 2-miles to the turn around I was struggling. I fell out of rhythm and then Dennis came out of nowhere."

Both Karamitros and McGraw run for the Central Maine Striders, and with CMS'er Peter Lessard finishing sixth (32:59), it seemed they were a shoe-in for the team title, but Karamitros, who had just become a member, did not know about the team competition and thus, did not sign up. That left the door open for the Sub 5 Track Club, behind Roy Morris (4th), Glendon Rand (5th) and Jim Newett (7th), to grab the team trophy for the third year in a row.



THE UM CROSS COUNTRY TEAM.

The women's race saw a much closer confrontation in the lead pack. Debbie Jensen and Kelly Bennett finished within 10 seconds of each other, but it was Bennett taking the honors with her 38:12 while Jensen, fresh off her course record at the Cape Challenge Half-Marathon the week before, had to settle for second. Anne-Marie Davee, who said afterward she is taking racing a little more low-key this fall, was third (39:12). Joanne Cole (40:16) and Carol Weeks (40:20) rounded out the top 5.

On Sunday, 88 competitors challenged Sugarloaf Mountain in the heavy winds, snow and cold temperatures. It was so windy on the mountain that the Gondola only went up half-way. The race organizers and volunteers had to drive up four-wheel drive vehicles to get to the finish. Roy Morris was the first to get to the top as he set a record with his 28:53, with Wendell Blood just more than a minute back. With his fourth-place in the 10K, Morris won the first-ever trophy for best combined-finishes in the Kingfield Weekend. Unfortunately, the rest of the results for the Uphill Climb are not yet available.

Nine years ago Carey "made an impression with a high-quality event" and today the tradition continues. "I thought this was a beautiful place to have a race," Carey said of his intentions for the first annual event in 1979. He said the key to the success to the Weekend is "not to make (the other races) second-class to the 10K." With three races to direct in two days, it seems it would be easy to downplay at least one, but with the help of the host-club, the Central Maine Striders, Carey keeps this entire weekend a "big event."

UNION RIVER BIKE RACE - Gulliver's Bike Shop in Ellsworth put on two races in one day as well as race director John Gulliver staged the 20/40 Road Race on September 20th. There were 43 riders competing in the two events, 21 of those signed up race day, which may not be surprising except it was pouring buckets of rain outside. More than \$500.00 was raised for charity and Gulliver said, despite the weather's intentions, everything went smoothly.

There was one accident at the finish, however. One rider was straddling the finish line and did not see or hear two riders behind him sprinting for the tape. Both riders had their heads down as they sprinted and did not see the slower rider. The riders also had the course to battle, as well as the weather. The start was at the Holiday Inn and went up a hill at the reception again.

In the 20-mile ride, 32 riders completed the course with Scott Seymour finishing all alone for the individual honors in 56:26. Only Dan Koch (56:55) and Michael Yeo (57:17) broke the 50-minute barrier as well. There were only two women in the race and Charity Harding (1:18:56) easily defeated Cary Donaldson (1:31:26). Harding and Donaldson finished 30th and 31st overall.

The 40-mile race was quite different. First, there were only 11 competitors, but what a pack. Five riders finished within 11 seconds of each other as veteran Ron Bryant used his experience to win in 1:42:38, barely ahead of Rich Goodenough (1:42:39). Dana Snyder (1:42:41), Stacey Fontaine (1:42:43) and Steve Woodard (1:42:49) rounded out the lead pack.

#### OF MEMORY AND THINGS

Hello, you all. Hopeful this will become a regular column. It depends on the inspirations fired at me. This past month there were quite a few. At the James Bailey XC Run on Sept. 30 in Gorham, I looked directly at my running past. I began running in Brookfield, Conn. in 1975. By 1980 I was a successful high school runner. Our local rival, New Milford, also had a strong miler - John Hayward. We met many times our last two years, but I have not seen him since 1981, that is until the James Bailey run that is. But first, in 1981 I moved on to UMO while John joined the Army. The Army brought John, and his family now, to Kittery. I have stayed in the Orono-Bangor area. Circumstances have it that both of us visited the USM-Gorham campus this rainy day. Here I am sitting on the gym floor stretching when John strolls by. We glance, then stare and then exchange, "John Hayward?" "Chuck Morris?" Yup. We talked a while. We ran in the rain and mud and after the awards he went south to Kittery and I drove north to Bangor.

"It was just like in the movies," was how one of Dan Dearing's fellow employees said of the incident in early October. A Millinocket native now residing in Topsham and working at The Shed in Portland, Dearing used his running skills (19:53 at the For Kids' Sake 4-Miler) to stop a crime. It seems two teenagers ran out of the store with expensive parkas on their backs. But Dearing heard the screams of another fellow employee and charged outside after the culprits. He did not even have time to change into his running stuff inside a telephone booth. He had to jump over guard rails and bushes, but by the time he got to some pavement, "I was on them in a flash." He caught up to them in about a half-mile and after a brief scuffle, The Shed had its merchandise back, but the teenagers escaped.

s (4th),  
in a row

# Maine's Only Ultra Begins New Era

**RACE:** 9TH Annual Maine Track Club Ultra      **DATE:** Sunday, November 15th at 7:30 a.m.  
(closes at 6:30 p.m.)

**DISTANCE:** 50-miles (can qualify for Western States on this certified course).

**RACE DIRECTOR:** Ken Dolley      **FEE:** \$20.00 (pre-registration by Nov. 7th).

**COURSE RECORDS:** Bern Heinrich (5:22:48)      **SPONSOR:** Maine Track Club  
Kim Beaulieu (6:22:56)

**COURSE:** The runners go out for one-mile and then turn around and go back to the start. Then they run a four-mile loop twelve times. The loop is "pretty flat," according to Dolley with only a 15-foot difference between the high and low points of the course. "It's countrified," he said. "It's well out in the boonies, away from the traffic."

**HISTORY:** Under the guidance of Ken Dolley, the Maine Track Club is directing Maine's only Ultra for the first time. The Maine Rowdies held the race for the last eight years, but could not continue this year. Instead of watching the race be dropped, the MTC picked it up. "It is the only ultra in Maine and eventhough there have always been very few entries, we feel it is important to provide the opportunity to the running community," Dolley said. Dolley said, realistically, he hopes for 10-20 entrants this year. Already MTC member Phil Pierce, Ironman triathlete competitor Rosalyn Randall, and ageless wonder Carlton Mendell have registered. "This year we want to keep it low-key," Dolley said. "Once we get our hands wet, then hopefully next year we'll get more publicity. Hopefully we can generate more interest and start a strong tradition."

**OTHER INFORMATION:** Maine's 1987 Ultra will have long-sleeved t-shirts, momento's for all participants "donating the fact they finished an ultra," and palgues for all age-group winners (going three-deep). Water, coke and an electrolyte will be available during the race. Two tables will be set up and Dolley said they will keep them replenished. The awards ceremony will be in Sargent Gym, where showers are also available.

**LOCATION OF START:** Sargent Gym at Bowdoin College (by the Polar Bear).

## PACESETTER - Todd McGraw



He is the rabbit that popped out of the magician's hat. He is the Bilbo Baggins, from J.R. Tolkein's trilogs that suddenly appeared out of nowhere. He is Todd McGraw. He is a 5-10, 137-pound, 22-year-old from Farmington. On August 30th he was second in the Sugarloaf Marathon with his 2:30:17 (he stayed with eventual winner and 2:18 marathoner Bruce Ellis up to 13), he was Maine's 2nd runner in the Oct. 4th For Kids Sake 4-Miler in Portland with a fifth-place time of 19:38 (the Bickford Bros. live in Massachusetts and Sammy Pelletier was fourth), and he ran a sub 32:00 10K's in September after his marathon, both finishes. Where did Todd McGraw come from?

"I feel I owe my sudden emergence to the simple upper body strengthening program I began last winter," he said. "I also feel I owe some of my success to the strength, physical and mental, that marathoning has given me in the past few years. I feel I've been able to maintain my pace since the Sugarloaf Marathon because I recovered well after I gave my body the right amount of rest. In the past I've gone out and trained hard too early after a marathon and gotten hurt, and I've learned from that."

Todd, a member of the Central Maine Striders for three years now, has been running for 11 years, but the reason why he picked up the sport is no longer the reason why it continues.

"When I first started running it was just for the physical benefits for little league football and baseball," Todd admitted. "When I reached high school the competition really sparked me because as a freshman I was fortunate enough to make the varsity team. Today I take the physical benefits for granted and run more for the psychological boost that it gives me, along with the competition that I crave and enjoy. Running today, for me, is more of a benefit to my mind than my body."

A 1983 grad from Mount Blue High School, Todd was the school's cross country MVP award winner his senior year, as well as the KVAC 2-mile champion with a 9:46. He calls his high school coach, Danny Paul, an "inspiration."

"(Danny's) enthusiasm and dedication to the sport of running really motivated me," he said. Today, Todd hopes his dedication will produce a sub-31:00 10K and a sub-2:30 marathon. Only time will tell.

The following is Todd's training schedule the week of the For Kids' Sake 4-Miler. "Most of my weeks follow the same format with a long run on the weekend if I'm not racing," he said.

|  |  |
|--|--|
| MON.: a.m. 5 miles (6-6:30 pace)   | THU.: a.m. 5 miles (6-6:30 pace)                 |
| p.m. 5 miles (6-6:30 pace)   | p.m. 5 miles (6-6:30 pace)                       |
| TUE.: a.m. 5 miles (6-6:30 pace)   | FRI.: a.m. 5 miles (6-6:30 pace)                 |
| p.m. 7 miles (6-6:30 pace)   | p.m. 7 miles (6-6:30 pace)                       |
| WED.: a.m. 5 miles (7-plus pace)   | SAT.: 5 miles easy (7-plus pace)                 |
| p.m. 3 x 1 mile pickups on the road at 4:45, 4:42 and 4:33 with an easy mile rest between. | SUN.: For Kids' Sake 4-Miler - 19:38 fifth-place |
| (Total - 7 miles)  | (Total with warmup and warmdown - 10 miles)      |
|  | TOTAL MILEAGE FOR WEEK - 71                      |

## The College Report

- by Alex Hammer

The college XC season is well under way and there is plenty of action to report. Let's take a look at some of the results so far.

On Sept. 19 at Bryant College, St. Joseph's College finished third out of 25 schools. The Monks were the first Div. III school (Div. II powerhouses Keene State and UMass Lowell took 1st and 2nd) and the only team to have 8 individuals run 28:00 or faster on the 3,000-meter course. George Bockus (10th, 26:47), Rich Brooks (13th, 26:55) and Steve Sarkozy (18th, 27:09) were the only Monks in the top 20.

On the same day, three Maine schools competed against each other on the University of Maine (at Orono) campus. The Black Bears were victorious all the way around. The women, trying to regain their state championship form that they lost last season, won with 25 points. Colby was second (47) and Bowdoin was a close third (55). Maine took three of the top four spots on the 3.6-mile course. Karen Salsbury (22:46) led the way with Brenda Mahnken (23:07) and Jen Allen (23:18) 2nd and 4th. Bowdoin's Deanna Hodgkin (23:14) stopped the Maine sweep. Colby's Jill Vollweiler in 5th.

The men had a much closer time, but pulled out a five-point win over Bowdoin, 34-39, and the University of Southern Maine was third (62). USM did take two of the top four with Tim Vope covering the 5.6-mile course the fastest (28:50) and Wendell Blood grabbed fourth-place with his 29:35, but they did not have any one else in the top 10. Maine put four in the top 8 to steal the victory from the Polar Bears. Pat O'Malley finished second overall (28:56) for the Black Bears and Bowdoin was led by the third-place finish of Terrance Dillon (29:17). On Oct. 3, the Bowdoin, USM and Bates squads visited Waterville to challenge Colby. The Mules won the men's race with 32 points while Bowdoin (47) sneaked past USM by one. Vope again won with his 27:10 over the hilly 5-mile course. He had an 8-second cushion over Dillon. Colby took the next three to set up the win. Tim Fischer (27:28), Rich Cook (27:43) and Marc Gibertson led the Mules.

For the women, more was at stake as they were running for the CBB Championship, but the USM squad also joined in on the competition. Either way, the scoring was the same with Bates scoring 31 for the win. The Bobcats were followed by Colby (45), Bowdoin (51) and USM (107). It was quite a race at the front with Rosemary Hart (19:35) and Amy Jones (19:40) of Bates holding off Colby's Vollweiler for a 1-2 Bobcat finish. Hart's time was a course record. Hodgkin (4th) again was Bowdoin's first to cross and USM was led by the 10th-place finisher of Erica Maddaleni.

Oct. 3 also saw some of the smaller Maine schools compete at the Augusta Invitational, but it was UMO's second squad that stole the show. They tallied only 27 points to turn back the efforts of Maine Maritime Academy (61), Unity (73) and UMPI (77). Richard Hartford did take the individual honors for UMPI as he ran 28:57. Maine, however, took six of the nine with Frank Frost (2nd) and Al Clausson (4th) leading the way. MMA had David McCarthy in third (29:28) and Unity's Matt Bruce (29:49) was their top finisher in fifth.

A week later, it was Parent's Day Weekend down in Castine and MMA pleased its home crowd with a 32-45 win over Unity. A score for UMPI was not available, though Hartford again broke the tape with a 26:18 over the 5.3-mile layout. McCarthy had help this week as he led teammate George Dodge (3rd) and David Harrigan (6th) across the line with his runner-up spot.

**POLLS:** Maine schools are receiving both regional and national recognition in recent XC polls. In the latest available ranking (9/22), for the men, St. Joseph's was second, Bates tied for seventh and Colby ranked ninth in the Div. II and III New England polls. Bowdoin received honorable mention. Nationally for Div. III, St. Joseph's was ranked 8th and Bates received honorable mention. For the women, the Bates XC squad, undefeated at 8-0, is ranked 10th in the nation among Div. III programs. What are the top XC teams in the country? According to the latest rankings, they are in order: Arkansas, Dartmouth, Wisconsin, Illinois, Arizona, Nebraska, Virginia Tech., Oregon, Penn St. and Iowa St. (only the men's rankings were available).

**COLLEGE NOTES:** Former Maine high school athletes are making collegiate contributions outside of Maine as well. These runners include Paul Plissey (Presque Isle), who is a letterman on the Boston College squad that is aiming to qualify for this year's Div. I NCAA Championship; Dave O'Connell (Ellsworth), also at BC, is a star middle distance runner; Erich Reed (Lake Region) runs for perennial Div. III powerhouse Brandeis; Mat Crook (Marathon), a freshman running on Northeastern's varsity squad; and Erik Mattson (Bucksport) is a letterman for Bentley.

**ALUMNI NOTES:** 1987 Bates College graduate John Fitzgerald, a former Div. III All-American, is doing graduate work in Boston, while teammate Mark Hatch, also an All-American, is now working in Pennsylvania...Congratulations to Colby College as it prepares to celebrate its 175th birthday.

#### **NOVEMBER XC SCHEDULE:**

|               |                     |                            |
|---------------|---------------------|----------------------------|
| Nov. 7 (M&W)  | at Tufts            | ECAC                       |
| Nov. 14 (M&W) | M at Lehigh & W TBA | IC4A                       |
| Nov. 14 (M&W) | SE Mass.            | NCAA Div. III Qualifier    |
| Nov. 21 (M&W) | TBA                 | NCAA Div. III Championship |

#### **UNITY COLLEGE XC**

The latest news has come from Unity's cross country coach Ed Raiola. For the past two years Unity has had to run as a club team because of the lack of runners, but 1987 saw six men join the squad, and the women have been well-represented too. For the men, John Waler, Jim Dowd, Matt Bruce, Rich Rupert, Dave Bucholz and Cameron Prest make up the men's squad while Tammy Ciesla, Dawn Olson and Trish Stotlenberg are the beginnings of a women's team. Raiola said the teams have improved with each race. The men tied MMA for the Northeast College Conference Championship, but only had five runners and lost the crown by the six runner. Bruce and Ciesla are the brightest hopes for this year's men's and women's teams respectively. Raiola hopes they may qualify for the National NAIA Meet in November.

#### **USM WOMEN'S XC:**

USM had its most successful season last year (7th at the Cod Fish Bowl and 9th at the National Meet), but lost Fran Gray and Kelly Bennett to graduation. Bennett will be irreplaceable as she was the State Meet and ECAC individual champion, but Donna Hubert and Erika Maddaleni the #2 and 3 runners from 1986 return. With Cathy Collins also back, USM has a good nucleus to build from. Coach George Towle is optimistic for 1987 with several newcomers and fresh blood coming in.

## ut the ANSWER TO LAST MONTH'S TRIVIA:

th Bate In 1983 Forest Hills of Jackman scored 15 points to win the state Class D title. The indiv-  
SM (107) idual winner was Susannah Beck (now running for Yale). However, she ran as an individual and  
Bates didn't count in the team scoring. Forest Hills took the next six places to overwhelm North  
cord. Yarmouth Academy. This was the final year for competition in this division.  
finish

## Jay/Livermore Rivalry/Comraderie

ional, You've probably heard the saying "The more you know a person, the harder it is for you to  
urn back dislike him?" A look at the girls cross country teams at Jay and Livermore Falls would support  
ford this idea. This is a story of how these two schools have developed their unique rivalry and  
of the to at the same time reached a point where both could be contending for the state Class C crown.

McCarthy When Mike Simoneau took over the Jay program in 1980 he carried only two girls through  
the season. However, the seed was planted. Simoneau credits longtime Ellsworth coach Steve  
Coffin with some early advice, "You'll get numbers if you keep the kids healthy and make the  
ome crow sport fun." Simoneau evidently listened and his program made steady progress through the 80's,  
gain bro culminating in state titles the past two years.

led team Next door, Livermore Falls was experiencing some of the same growing pains. Randy Easter's  
it. squad did produce a Mountain Valley Conference championship in 1983, his second-year with the  
cent XC team. For the next three years the Andies were runner-ups to Jay. Like Simoneau, Easter is at  
nd, Bates the point where he is getting kids who would do well in any sport they choose. Many of them  
Bowdoin do play other sports in the off-season, something both coaches encourage. Running is important,  
and Bates but not all encompassing.

is ranke Simoneau and Easter have had plenty of time to get to know one another. They have been  
try? Acco regular training partners for more than 17-years. Besides the obvious benefits to their road  
llinois, racing (Simoneau is an accomplished marathoner, Easter leans toward the shorter, faster tests),  
rankings these runs have given the coaches a chance to share ideas and lend mutual support. The bond  
their teams have developed can be looked at as an extension of this freindship. In the building

utions years, events like Sunday morning bike rides to Giffords Ice Cream in Farmington and soccer  
is a lead matches (2-mile jog to opponents school, soccer game, 2-mile jog home) helped develop the  
. I NCAA Tiger-Andies comradie. Today it's common for the team members to socialize outside of school,  
runner; This intermingling does, however, put a damper on any pre-meet secret strategies Easter and  
ook (Maran Simoneau might come up with. The telephone and a teenage girl remains a deadly combination.

(sport) ru A look at each team's personnel confirm the makings of a great matchup. Livermore Falls'  
All-America freshman Theresa Pratt has more than lived up to her billing and should contend for the indiv-  
n, is now idual title. She has several course records under her belt already. The next wave of runners  
celebrate its should include Jay cousins Missy and Mariette St. Pierre, their cousin Debbie Castonguay (LF)  
and her teammate Nancy Pierce. The third cluster will probably decide the meet. Lori Leach,  
Stacie Dauzok, Beth Tilton and Nikki Marston make up the Jay pack. Cori White and the agate  
writer's nightmares: Kirstie, Krista and Kristin (Chabot, Perkins and Cook, respectively)  
represent Jay.

This year's state boys and gilrs high school meets will be held November 7th at the Univ-  
ersity of Maine at Augusta's 3.1-mile course (headquarters are at the Augusta Civic Center).  
Take advantage of chance to see the top runners our state has to offer. They deserve your  
support.

## MEET SCHEDULE

|             |         |                   |                    |
|-------------|---------|-------------------|--------------------|
| past two    | Class C | Boys - 11:00 a.m. | Girls - 11:35 a.m. |
| 987 saw six | Class A | Boys - 12:10 p.m. | Girls - 12:45 p.m. |
| John Wales  | Class B | Boys - 1:20 p.m.  | Girls - 1:55 p.m.  |

## RESULTS: - by Chuck Morris

theast The Hancock County Championships were held in Blue Hill on Oct. 10th at George Stevens  
y the sixth Academy 2.9-mile course. Aran Shetterly gave the host school the individual boys title as he  
n's teams set a course record of 15:42, but it was rival Searsport that took the team trophy. GAS wound  
ber. up third (57 points) behind Searsport (38) and Ellsworth (53). Searsport was led by Chris  
Catell's runner-up spot (16:04), Andy spaulding's fifth-place (16:55) and Chad Howard in  
seventh (17:02). The Eagles of Ellsworth were the surprise with four in the top 10. Rob  
Pendergist (6th), John Lockhart (8th), Ben Van Pelt (9th) and Dan Knowles (10th) led the way.

th at the The girls meet saw the freshmen-filled Eagles slip past MDI 27-28 for the team title. MDI  
placeable did grab the individual honors with Jeanne Higgins 3-second win over Searsport's Karen Field,  
Maddaleni who ran 19:23. MDI also took third as Heather Smith ran 19:57, but the Eagles grabbed the next  
good nucle  
and fresh

four spots to steal the victory. Kristy Bryant (20:37), Ginny Machon (20:48), Jamie Tate (21:00) and Melanie Lounder (21:00) comprised the quartet. The meet was still not decided as MDI's Kristine Smith and Megan Gibson followed, but it was Eagle Jody Coffin (10th) that gave the title to Ellsworth.

The Penquis League Championships were held at PCHS in Guilford on Oct. 16th and it was Carla Lemieux, Charlie Violette and Foxcroft Academy that stole the show. Lemieux won her third individual title in four years (she lost in 1986 to then-freshman Michelle Severence who is playing soccer this fall). Lemieux covered the 2.7-mile course in 17:36, but it was FA's harriers who ran away with the team title by scoring 16 points. Sunshine Weinrich (18:37), Heidi Stevens (18:37), Heather Stevens (18:53) and Melissa Norsworthy (19:14) finished second through fifth. Johannah Burdin was also close behind in seventh.

FA also took the boys title for a clean sweep. They were led by four runners in the top seven; Mike Raymond (3rd, 15:14), Joush Guyotte (4th, 15:23), Dave Medrios (5th, 15:24) and Jamie Holmes (7th, 15:43). Stearns' Charlie Violette, however, proved again he was the class of the league as he ran away with the win in 14:45, 24 seconds ahead of runner-up Jarrett Rathburn of PCHS.

#### PVC's ROOKIE COACHES - by Chuck Morris

Henri Bouchard, Joe Gallant, Andy Beardsley and Mike LaChance - four runners with different abilities and backgrounds, but all four have found themselves in the same situation in the fall of 1987 - first time head cross country coach at a high school in the Penobscot Valley Conference.

Bouchard (26) has his first coaching duties at Hermon, Gallant (23) moves up from the assistant track coach in Orono's program, Beardsley (23) is back at the helm, after a one-year coaching layoff, at Bucksport and LaChance (34), who has been a track assistant at Bangor for the last four years, now is the mentor of the XC team.

LaChance replaces Steve Dexter who moved to Howland and Beardsley takes over Phil Tardiff's duties, while Gallant and Bouchard have hopes of keeping the cross country program at their respective schools.

Besides his age, LaChance has one other major difference with his other three PVC first timers. Bangor fields a full team. Something Hermon (12 runners - boys and girls), the Red Riots (10) and the Golden Bucks (less than 10) can only dream the future will contain.

Beardsley admits that the small numbers is "hard" for him. "It's hard because the team is so small. I only have a few individuals," he said. "But I'm having fun with the kids I do have."

Gallant tries to use the small numbers to his team's advantage. "Basically we want to have fun," he said. "Set attainable goals and see what we can get out of them - bring them along slowly. My overall philosophy is to cater to the needs of the certain athlete ... and not set goals higher than they can achieve."

Beardsley also works on the individual basis, because he has a small team. "If I had more of a team I would work more on team unity, but everyone has different levels of ability. I want to get them to reach their potential. With some of them it is a battle. You have to work with them and be patient."

Bouchard is the most successful runner of the four (he won the 1984 Casco Bay Marathon) but now he wants "to put the (Hermon) athletes first." "I want to be an advocate of long-distance running as a fitness activity as well as a competition," he said. His experience as a marathoner has made him a "believer in mileage, but there's a limit. If you don't have enough you become stagnant and I think quality is important, but you can go too far. There are extremes. I'm not an extremeist. I don't like to be."

And what does Mike LaChance believe in? "If it's worth doing, it's worth doing well," he said. He said this is more his philosophy of life, but he applies it to running as well. "If you put in as much as you can in your own running, you'll get out a lot."

But as Beardsley has discovered, it is hard to do, how do you get that across to the team? "When there is real serious hard work to be done, I'm right there with them," LaChance said. "It gives them a little bit of a lift."

And as Gallant said, it takes "the will, the want and the guts" for the athlete, and the coach, to be successful. "The will to want to run, the want to do the work and the guts to get you through it," Gallant said.

# Heel & Toe

Dr. Moshe Myerowitz, Chiropractor  
Maine TAC Race Walking Chairman

WORLD MASTERS TRACK AND FIELD COMPETITIONS TO BE HELD IN  
MELBOURNE, AUSTRALIA NOVEMBER 28-DECEMBER 7, 1987

MAINE RACEWALKERS TO COMPETE AS PART OF AMERICAN CONTINGENT

Athletes 40 & over, representing the World's best, will be competing for gold, silver and bronze medals at the World Masters Track & Field Championships, which will be held at the 1956 Olympic site, in Melbourne, Australia, during a ten day span of time. 6,000 Masters athletes will have traveled from all corners of the world, including the communist block nations and the third world nations. These track & field events are identical to the International Olympics (which are conducted every four years throughout the world). The large number of Masters athletes competing in these track & field events necessitated the construction of additional track facilities in order to accommodate all of these championships, and is evidence of athletic and fitness interests by older persons.

Race walking competitions will be held in the 20K and 5K distances, for Masters men. Race walking competitions for Masters women will be held in the 10K and 5K distances. Top race walkers at the international level, usually originate from Russia, Italy, Mexico, and Spain. In the past, USA race walkers had not placed well when competing at the international level. This is primarily due to the fact that race walking is a far more popular and serious sport than in this Country. Over the past half dozen years, interest in race walking in the United States has accelerated, with this Country now considered a contender for a medal in the 1988 Olympics. Race walking in the Masters division, over the same period of time, has improved to even a greater extent! The Masters men, particularly in the age 55-59 division, are considered strong walkers with excel-

lent potential for placing in the top ten, and even capturing a medal or two. The American contingent in the 55-59 age division consists of Max Green (Michigan), Bob Fine & Jon MacLachlan (Florida), John Kelley (California), & myself, Dr. Moshe Myerowitz (Maine).

The Masters women's division does not have the depth of the men's division, but does have at least two individuals in the 50-54 age category (Bev Laveck-Washington & Philomena Baker-Maine) with potential of placing within the top ten in the world, and perhaps garnering a medal for the USA.

While on the subject of race walking and the potential of Maine race walkers, Paul Comeau (Bangor) is race walking's "brightest light" on the Men's Open Division scene. Paul has been walking for about a year and has made dramatic improvement. His most recent 5K effort (25:53) achieved in Millinocket, is probably the fastest 5K effort by a Maine race walker this year. Randy Easter (Lewiston) won the Maine State 5K Race Walk Championship, held this past Spring, in a time of 26:37. Paul's potential is enormous! In several years, with consistent training, Paul Comeau could be challenging race walkers in the Men's Open Division for a spot on the United States Olympic Race Walking Team.





## Sports Nutrition

### The Facts on Fiber - by Anne-Marie Davee

Grandma called it "Roughage" and it's something Americans should be eating more of! In fact, the National Cancer Institute recommends a daily fiber intake of 20-35 grams, which is approximately double our present intake, for PREVENTION. To find out the facts on fiber-why, where and how, just read on.

What is fiber? Dietary fiber comes from plant sources only and is not digested by our bodies. It is essential for health, yet provides no calories, vitamins, or minerals. Fiber is now divided into two major types, soluble and insoluble. Each plant source contains a mixture of the two, each having a different effect in the body.

The soluble fibers (pectin, gums, guar) dissolve in water. These add bulk to the stomach contents and slow its emptying, thus act as "fillers". This characteristic is particularly desirable for the weight-conscious. Studies have shown that soluble fiber lowers blood cholesterol levels and slows the absorption of sugars, an asset for diabetics. Good sources are apples, oranges, prunes, dried beans, cauliflower, zucchini, sweet potatoes, and oat or corn bran.

The insoluble type fibers (cellulose, lignin, hemicellulose) do not dissolve in water. These add bulk to the contents to the intestine, rather than the stomach and actually speed "transit" time through the lower digestive tract. It's held that speedier passage through the colon decreases exposure time thereby reducing favorable conditions for the carcinogens. These woody type fibers also may prevent constipation, hemorrhoids, and diverticulitis. More simply, they keep the body's "innards" running smoothly. The best sources of insoluble fibers are whole grains cereals, especially wheat bran and whole grain breads.

Beware- Rapidly adding fiber to your diet may have "social" consequences. A sudden, large increase in dietary fiber can lead to bloating, flatulence, cramps and diarrhea. Minimize these disturbances by incorporating it into your menus gradually. Excessive amounts may interfere with the absorption of minerals such as iron, calcium, copper, magnesium, and zinc. This is not likely to occur if you eat a wide variety of foods.

Here are tips for better health, both inside and out!

- \* Include a wide variety of fiber rich foods in your diet gradually!
  - Fresh is best! Serve the whole fruit or vegetable rather than the
  - Eat the "peels"! (Carefully wash your produce first)
  - Choose bran and whole grain breads/cereals regularly.
  - Add bran cereals to recipes to enhance taste, texture, and fiber content (Oat bran is particularly good for muffins or meatloaf)
  - Sprinkle bran cereals over yogurt, ice cream, or puddings.
- \* Drink plenty of water! If fiber doesn't absorb enough liquid, it can slow down or even block digestion.
- \* Look for "Dietary Fiber" content on food labels to assess your intake.

# Nutrition

guide to check your daily total of fiber:

Each of the following provides approximately 5 grams of fiber)

- 1/3 cup dried beans, peas, lentils
- 1/2-1 cup bran or whole grain cereal
- 1 large piece of fresh fruit, with the peel
- 1 cup of fresh, raw, or cooked vegetables
- 2 slices whole grain bread

If you meet the goal of 20-35 grams, your body will respond with ease and regularity, and best of all- an ounce of prevention!

Anne-Marie Davee, R.D.  
Nutrition Specialist

104 Main St.  
Orono, ME 04473 (207) 866-5605

## Club Shorts

Where are they? I know there are countless numbers of clubs out there; big clubs, small clubs, low key clubs and very active clubs. MR&O would like to hear from all. As Jerry Saint Amand believes, and so do I, that running clubs DO support road racing in Maine. Let's hear what you are all up to. Saint Amand is the President of the CENTRAL MAINE STRIDERS and this CMS organization has been quite active in road races this fall. At the Sugarloaf Marathon and 15K, 40 Striders participated, 24 of the 57 finishers at the Norridgewock Labor Day Race were CMS members, but September had much more in store. 54 finishers in their own Sentinel 10K on the 13th and at the Kingfield 10K Weekend, 62 members crossed the finish line, a club record. They don't just have the numbers, however. They also have the lead pack. At Kingfield, CMS'ers Dennis Karamitros, Todd McGraw and Peter Lessard finished in the top 6, but they lost the team title to the SUB 5 TRACK CLUB when Karamitros, a new member who has just moved to Maine from California this year, did not sign up for the team competition. Sub 5 members Roy Morris, Glendon Rand and Jim Newett were all in the top 7. All these club runners will probably be competing against each other again on Nov. 1 for the team trophy at the Great Pumpkin 10K in Saco. The MAINE COAST ROAD RUNNERS are sponsoring the event which is celebrating its 10th anniversary. And they are doing it in style. It is considered one of the fastest 10K's in New England and \$2,500.00 worth of prize money is available for the 1987 race. Bruce Bickford (29:43) and Karen Dunn (34:58) hold the course records. The MAINE ROWDIES will probably also be in on the team hunt as they are fresh off their team win at the For Kids' Sake 4-miler. And with the numbers that the MAINE TRACK CLUB boasts, they should be well-represented. THE JOGGERNAUTS hosted their 14th annual Labor Day Road Race in Caribou and in honor of that, they offered membership to their club at half-price during the race. They picked up seven new members.

**Mon. - Fri.**  
**11 a.m. - 10 p.m.**

**Sat. - Sun.**  
**4:30 p.m. - 10:00 p.m.**



**For Reservations**  
**942-1240**



## MAINE RUNNING & OUTING ROAD RACE POINT SYSTEM

### MEN'S OPEN

|                       |          |
|-----------------------|----------|
| 1. Peter Lessard      | 23.1 (3) |
| 2. Colin Peddie       | 22.0 (1) |
| 3. Roy Morris         | 21.3 (2) |
| 4. Chris Pinsent      | 21.2 (2) |
| 5. Bob Winn           | 18.1 (1) |
| 6. Tim Wakeland       | 18.0 (1) |
| 7. Gerry Clapper      | 17.1 (1) |
| 8. Bruce Bridgman     | 16.1 (1) |
| 9. Bruce Ellis        | 15.3 (1) |
| 10. Stu Hogan         | 15.2 (1) |
| 11. Chris Moulton     | 15.1 (1) |
| 12. Andy Palmer       | 14.1 (1) |
| 13. Peter Carnes      | 13.4 (1) |
| 14. Bob Everett       | 13.4 (1) |
| 15. Andrew Whelan     | 12.6 (1) |
| 16. George Hockus     | 12.0 (2) |
| 17. Lance Guliani     | 11.3 (1) |
| 18. Dan Dearing       | 11.0 (1) |
| 19. Stephen Curran    | 9.8 (1)  |
| 20. Mike Sargent      | 9.4 (2)  |
| 21. Scott Hare        | 8.6 (1)  |
| 22. Pat O'Malley      | 8.3 (1)  |
| 23. Sean Livingston   | 8.0 (1)  |
| 24. George Junior     | 7.6 (1)  |
| 25. Stan Smith        | 7.4 (2)  |
| 26. Rock Green        | 7.0 (1)  |
| 27. Joseph Banas      | 6.0 (1)  |
| 28. Scott Roberts     | 5.2 (1)  |
| 29. Joe McGuire       | 4.2 (1)  |
| 30. David O'Connell   | 4.1 (1)  |
| 31. Bob Sprague       | 3.6 (1)  |
| 32. Anthony Zydlewski | 3.4 (1)  |

|                     |         |
|---------------------|---------|
| 33. Erich Reed      | 3.2 (1) |
| 34. Jody Norton     | 3.0 (1) |
| 35. Matt Crook      | 2.4 (1) |
| Terry Rauch         | 2.4 (1) |
| 37. Jim Toulouse    | 2.3 (1) |
| 38. Robert Crego    | 1.9 (1) |
| 39. Rusty Taylor    | 1.8 (1) |
| 40. Dick Holmington | 1.7 (1) |
| David Libby         | 1.7 (1) |
| 42. Ed McCarthy     | 1.6 (1) |
| 43. Jerry Arguigo   | 1.4 (1) |
| 44. Mike Gordon     | 1.3 (1) |
| 45. Chris Bowie     | 1.0 (1) |
| 46. Ken Botting     | 0.7 (1) |
| Harold Stairs       | 0.7 (1) |
| 48. Brian Flanders  | 0.6 (1) |
| 49. Steven Cornish  | 0.5 (1) |

### WOMEN'S OPEN

|                       |          |
|-----------------------|----------|
| 1. Diane Lounder      | 39.0 (2) |
| 2. Rose Morrison      | 38.0 (2) |
| 3. Susan Maryasz      | 35.1 (1) |
| 4. Michelle Mallett   | 32.4 (1) |
| 5. Lois Brommer       | 29.5 (1) |
| 6. Cynthia Lynch      | 27.7 (2) |
| 7. Christine Gibbons  | 25.9 (1) |
| 8. Susan Marchant     | 24.8 (1) |
| 9. Wanda Haney        | 23.8 (2) |
| 10. Kathleen Northrop | 23.5 (1) |
| 11. Robin Rappa       | 21.3 (3) |
| 12. Charlotte Thomas  | 17.8 (1) |
| 13. Lori Johnson      | 16.6 (1) |
| 14. Debbie Jensen     | 13.3 (1) |

|                     |          |
|---------------------|----------|
| 15. Kelly Bennett   | 11.9 (1) |
| 16. Yvette DeBor    | 9.3 (1)  |
| 17. Lynda Kimball   | 8.0 (1)  |
| 18. Diane Civittolo | 6.0 (1)  |
| 19. Jane Rau        | 5.7 (1)  |
| 20. Ruth Hall       | 5.4 (1)  |
| 21. Kellie Stratton | 5.1 (1)  |
| 22. Denise Harlow   | 4.0 (1)  |
| 23. Nancy Ellis     | 3.4 (1)  |
| 24. Betsy Haines    | 0.5 (1)  |
| Kimberly Palmer     | 0.5 (1)  |

### MASTER'S MEN

|                       |          |
|-----------------------|----------|
| 1. Rick Lane          | 25.6 (2) |
| 2. Joe McGuire        | 23.9 (1) |
| 3. Joe Bennett        | 17.1 (2) |
| Frank Brume           | 17.1 (3) |
| 5. Guy Martin         | 11.9 (1) |
| 6. John Noves         | 11.4 (1) |
| 7. Guy Berthiaume     | 10.2 (1) |
| 8. Dirck Bradt        | 7.8 (1)  |
| 9. Mike Lantz         | 7.0 (1)  |
| 10. Bob Coughlin      | 6.3 (2)  |
| 11. Charles Pratt     | 5.7 (1)  |
| 12. Bill Pinkham      | 2.6 (1)  |
| 13. Dave Tinker       | 2.2 (1)  |
| Jim Tucker            | 2.2 (1)  |
| 15. Norm Hawes        | 1.5 (1)  |
| 16. George Waterhouse | 0.9 (1)  |

### MASTER'S WOMEN

|                  |          |
|------------------|----------|
| 1. Robin Rappa   | 70.9 (3) |
| 2. Louisa Dunlap | 22.6 (2) |
| 3. Faye Gagnon   | 15.8 (2) |

MR&O's Runner Of The Year Point System is comprised by Mike Sargent. Only TAC Certified Races are counted. For a list of certified races, see the October issue of MR&O. The races scored in this update are Epstein's 5K, Bridgton 4-on-the-Fourth, Union Trust 4-miler, Gardiner Common 5, Rocky Coast 10K, Marsh Stream Stampede 10K, Maine Coast Marathon and Mainelacs Half-Mar.

## RUNNING OUT OF MONEY FOR SCHOOL?

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### FREEPORT, MAINE

GREAT OSPREY OCEAN RUN  
PART VI - 10K, 11:00 am  
Sunday, November 15, 1987



A beautiful 6.2 mile course  
beginning Wolf's Neck Park,  
continuing down country roads

TAC Certification pending

Age Groups - Male and Female

14-18 19-29 30-39 40+

Entry Fees: \$6 pre/\$8 day of race

Includes Long-sleeved T-shirt to 1st  
200 registered. Awards to 1st, 2nd  
in each category. Come ready to run!  
Water not available at park.

Registration & Entry Form

I enter this event at my own risk and  
will hold no one responsible for my  
personal injuries. T-Shirt Size S M L X

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Signature (parent's, if under 18)

Mail entry and fee to Freeport Community  
Education, Holbrook St., Freeport, ME  
04032. For additional info call 865-6172



THE PAIR

# STONINGTON SIX 10K Stonington

July 4th

|                          |    |        |
|--------------------------|----|--------|
| 1. Chris Jones           | 24 | 33:33  |
| 2. Dan Bergland          | 21 | 34:11  |
| 3. Robert Bergland       | 19 | 34:34  |
| 4. Harold Hatch          | 47 | 34:38  |
| 5. Dean Taylor           | 32 | 34:53  |
| 6. Neill Miner           | 37 | 35:03  |
| 7. Cliff Rogers          | 28 | 35:18  |
| 8. Paul Moyer            | 32 | 35:46  |
| 9. Bill Bergland         | 17 | 37:08  |
| 10. Dwight Brown, Jr.    | 39 | 38:56  |
| 11. Jan Lenferink        | 33 | 39:08  |
| 12. Michael Archer       | 29 | 39:10  |
| 13. William Shuttleworth | 39 | 39:51  |
| 14. Will Haynes          | 40 | 40:57  |
| 15. Jonathan Allen       | 35 | 41:27  |
| 16. Charles Smith III    | 35 | 42:02  |
| 17. Tim Heavrin          | 27 | 42:11  |
| 18. Susan Hawkins        | 25 | 42:23* |
| 19. Jim Adams            | 31 | 42:23  |
| 20. Mark Ranco           | 25 | 42:58  |
| 21. Andrea Hatch         | 43 | 43:20* |
| 22. Sam Brown            | 13 | 43:41  |
| 23. Robert Myers         | 30 | 44:11  |
| 24. Sarah Hatch          | 24 | 44:14* |
| 25. Auden McClure        | 21 | 44:22* |
| 26. John Walls           | 54 | 45:19  |
| 27. Nick Boys            | 44 | 45:25  |
| 28. Mike Connors         | 42 | 47:39  |
| 29. Dana Krempels        | 29 | 47:47* |
| 30. Pearl Eaton          | 50 | 47:58  |
| 31. Anne Woodward        | 24 | 48:18* |
| 32. Richard Lepore       | 57 | 48:27  |
| 33. Renee Bunker         | 23 | 49:34* |
| 34. Paula Lepore         | 39 | 49:54* |
| 35. Leonard Brooks       | 53 | 50:00  |
| 36. Bens Thomas          | 46 | 51:12  |
| 37. Andre Utzinger       | 16 | 51:12  |
| 38. Jason Kunkel         | 14 | 53:53  |
| 39. Gordon McClure       | 51 | 54:32  |
| 40. Norman Fitzgerald    | 47 | 55:45  |
| 41. Tony Garland         | 44 | 56:09  |
| 42. Ann Bacon            | 39 | 58:19* |
| 43. Bonnie Billings      | 44 | 58:21  |
| 44. William Reynolds     | 44 | 58:31  |

## 1.2-mile FUN RUN

|                            |    |        |
|----------------------------|----|--------|
| 1. George Larrabee         | 36 | 9:43   |
| 2. Tim Wiggins             | 25 | 10:50  |
| 3. Tommy Haynes            | 12 | 11:25  |
| 4. Ruth Taylor             | 32 | 11:31* |
| 5. Diana Becker            | 44 | 11:40* |
| 6. Nat Clark               | 10 | 11:46  |
| 7. Elanna Clark            | 38 | 11:48* |
| 8. Joe Garland             | 9  | 11:51  |
| 9. Dustin Fifield          | 9  | 12:09  |
| 10. Peter Allen            | 40 | 12:15  |
| 11. Wyn Allen              | 14 | 12:432 |
| 12. Ben Dinsmore           | 10 | 12:45  |
| 13. Isla Costaneda         | 10 | 12:49* |
| 14. Ben Barrows            | 6  | 12:58  |
| 15. Ann Barrows            | 39 | 12:59* |
| 16. Nat Barrows            | 41 | 13:00  |
| 17. Marc Billings          | 9  | 13:46* |
| 18. Bryan Johnson          | 32 | 13:52  |
| 19. Jan Johnson            | 32 | 13:53* |
| 20. Sarah Ehrlich          | 32 | 14:07* |
| 21. Linda Billings         | 43 | 14:12* |
| 22. Ian Craig              | 13 | 14:23  |
| 23. Genice Billings        | 36 | 15:00* |
| 24. Barbara Groundwater    | 66 | 15:45* |
| 25. Elaine Groundwater     | 31 | 15:45* |
| 26. Barbara Presson-Nelson | 42 | 15:49* |
| 27. Teresa Wallace         | 34 | 15:49* |
| 28. Jill Allen             | 39 | 16:14* |
| 29. Molly Allen            | 8  | 16:14* |
| 30. David Greenlaw         | 9  | 16:16  |
| 31. Jo Larrabee            | 35 | 16:18* |
| 32. J.C. Pong              | 49 | 16:21  |
| 33. Nancy Chin             | 24 | 16:21  |

|                    |    |        |
|--------------------|----|--------|
| 34. Fred Chin      | 57 | 16:21  |
| 35. David Pong     | 24 | 16:21  |
| 36. Jeffery Joyce  | 9  | 17:27  |
| 37. Jason Greenlaw | 11 | 17:29  |
| 38. John Sreed     | 9  | 18:29  |
| 39. Max Allen      | 5  | 18:14  |
| 40. Pat Allen      | 34 | 18:31* |
| 41. Craig Allen    | 7  | 18:31  |
| 42. Nancy Garland  | 5  | 18:33* |

Results courtesy of Richard Powell  
Race Director9TH "BERT N I" ROAD RACE - 5 miles  
East Vassalboro Aug. 1st

|                        |    |        |
|------------------------|----|--------|
| 1. Peter Lessard       | 25 | 26:24  |
| 2. John Hallee         | 22 | 27:55  |
| 3. Jerry Allanach      | 37 | 29:25  |
| 4. Steve Hambraker     | 28 | 30:12  |
| 5. Randy Wilson        | 34 | 30:28  |
| 6. Fred Judkins        | 43 | 30:59  |
| 7. Gene Roy            | 40 | 31:04  |
| 8. Bob Crosswell       | 36 | 31:56  |
| 9. Mimi Mattson        | 33 | 32:42* |
| 10. Dick Cummings      | 50 | 33:01  |
| 11. Kennedy Yeaton     | 40 | 33:04  |
| 12. Jack Wallace       | 34 | 33:14  |
| 13. Ed Worcester       | 25 | 33:18  |
| 14. Geoff Hill         | 40 | 33:34  |
| 15. Bruce Williams     | 42 | 33:38  |
| 16. David Benn         | 36 | 33:39  |
| 17. Ed Cochran         | 43 | 34:11  |
| 18. Ron Paquette       | 46 | 34:22  |
| 19. Steve Chick        | 36 | 35:478 |
| 20. Arthur Grandholm   | 47 | 36:56  |
| 21. Bob Lutz           | 33 | 37:00  |
| 22. Gard Rand          | 50 | 37:03  |
| 23. Susan Martin       | 25 | 37:04* |
| 24. Chris Gates        | 17 | 37:10  |
| 25. Tom Abello         | 13 | 37:26  |
| 26. Mark LaVerdiere    | 28 | 37:30  |
| 27. Philip Haines      | 42 | 37:44  |
| 28. Amanda Russell     | 28 | 38:28* |
| 29. Joshua Haines      | 14 | 38:35  |
| 30. Ed Prosienski      | 38 | 38:58  |
| 31. Donna Jean Pohlman | 36 | 39:05* |
| 32. Will Mitchell      | 16 | 40:16  |
| 33. John Williamson    | 34 | 41:36  |
| 34. Diane Doumit       | 32 | 44:55* |
| 35. Seth Haines        | 12 | 48:05  |
| 36. Jim Mitchell       | 45 | 49:58  |
| 37. Harvey Mason       | 53 | 50:39  |

Results courtesy of  
Central Maine StridersST. MARY'S ROAD RACE - 3 miles  
Biddeford Aug. 7th

|                            |    |       |
|----------------------------|----|-------|
| 1. Stu Hogan               | 25 | 14:32 |
| 2. Ken Botting             | 26 | 14:38 |
| 3. Jamie Lachance          | 16 | 14:52 |
| 4. Bobby Sprague           | 17 | 15:04 |
| 5. Rick Reaser             | 20 | 15:09 |
| 6. Mike Gordon             | 21 | 15:16 |
| 7. Ken Flanders            | 35 | 15:18 |
| 8. Rock Green              | 33 | 15:23 |
| 9. Guy Lingwall            | 40 | 15:38 |
| 10. Dan Barker             | 33 | 15:48 |
| 11. Steve Podjainy         | 36 | 15:48 |
| 12. David Gillingham       | 18 | 15:49 |
| 13. Kevin Way              | 18 | 15:50 |
| 14. Bob O'Neill            | 35 | 15:56 |
| 15. Guy Martin             | 41 | 16:01 |
| 16. David Wong             | 16 | 16:04 |
| 17. Robert Hoover          | 32 | 16:10 |
| 18. Chan Robins            | 50 | 16:19 |
| 19. Ray Dunning            | 26 | 16:24 |
| 20. Scott Martel           | 19 | 16:29 |
| 21. Peter Sap              | 22 | 16:32 |
| 22. Howard Chadbourne, Jr. | 33 | 16:33 |
| 23. Chris Mansfield        | 18 | 16:47 |
| 24. Randy Jordon, Jr.      | 38 | 16:50 |
| 25. Donald Wilson          | 40 | 16:56 |
| 26. Marc R. Jariz          | 28 | 16:58 |
| 27. Warren Dean            | 51 | 16:59 |

|                           |    |        |
|---------------------------|----|--------|
| 28. Daniel Tobey          | 30 | 17:00  |
| 29. Charlie Farrington    | 42 | 17:02  |
| 30. Wanda Haney           | 21 | 17:17* |
| 31. Bob Quentin           | 29 | 17:22  |
| 32. Don Harding           | 37 | 17:30  |
| 33. Barry Sargent         | 42 | 17:30  |
| 34. Paul Casey            | 33 | 17:33  |
| 35. Peter Flaherty        | 40 | 17:35  |
| 36. Mike Morse            | 19 | 17:36  |
| 37. Eric Ellis            | 34 | 17:50  |
| 38. Jim Bergeron          | 26 | 17:53  |
| 39. Lee Anderson          | 17 | 17:58  |
| 40. Radel Veillux         | 20 | 18:02* |
| 41. Conrad Labelle        | 32 | 18:04  |
| 42. Richard Darning       | 35 | 18:04  |
| 43. Michael Beagan        | 18 | 18:07  |
| 44. Philip Leech          | 36 | 18:10  |
| 45. Kevin Johnson         | 25 | 18:15  |
| 46. Scott Brown           | 33 | 18:16  |
| 47. Fred Conti            | 37 | 18:19  |
| 48. Mike Mosley           | 33 | 18:26  |
| 49. K. Scott Hinckley     | 29 | 18:29  |
| 50. Christopher Salamone  | 27 | 18:32  |
| 51. Matthew Kirstmd       | 15 | 18:34  |
| 52. Jack Cunningham       | 53 | 18:35  |
| 53. Rosalyn Randall       | 37 | 18:40* |
| 54. Charles Thompson      | 26 | 18:54  |
| 55. Bob LaNigra           | 45 | 18:55  |
| 56. Leslie Couture        | 19 | 18:59* |
| 57. Brian Cash            | 24 | 19:01  |
| 58. Peter Hall            | 32 | 19:03  |
| 59. Paul Contois          | 28 | 19:03  |
| 60. Roger Gobell          | 41 | 19:08  |
| 61. Dan Roy               | 29 | 19:09  |
| 62. Perry Seagroves       | 34 | 19:11  |
| 63. Andrew Howard         | 18 | 19:15  |
| 64. Rodger Smith          | 41 | 19:15  |
| 65. Paul Koch             | 42 | 19:34  |
| 66. Katie Quinn           | 15 | 19:42* |
| 67. Gary Flamondon        | 30 | 19:43  |
| 68. David Breault         | 43 | 19:45  |
| 69. Dave Galli            | 42 | 19:49  |
| 70. Gill Cote             | 55 | 19:50  |
| 71. Peter McDonald        | 27 | 19:56  |
| 72. Claude Dautre         | 45 | 19:57  |
| 73. Marie Baumann-Robbins | 41 | 20:00* |
| 74. Carlton Mendell       | 65 | 20:06  |
| 75. R.M. Nixon            | 52 | 20:11  |
| 76. Susan Martin          | 25 | 20:29* |
| 77. Ted Wendt             | 65 | 20:31  |
| 78. David Boothby         | 48 | 20:32  |
| 79. Michael Lacroix       | 30 | 20:32  |
| 80. Andrew Harlan         | 29 | 20:34  |
| 81. Christopher Labonte   | 22 | 20:36  |
| 82. Robert Couture        | 45 | 20:38  |
| 83. Diane Collette        | 30 | 20:38  |
| 84. Michelle Mercier      | 14 | 20:44* |
| 85. Charles Glover        | 49 | 20:49  |
| 86. Stoddard Chaplin      | 48 | 21:09  |
| 87. Steve Morse           | 14 | 21:14  |
| 88. Henry Wolstat         | 53 | 21:16  |
| 89. Carey Jordan          | 15 | 21:25  |
| 90. David Conley          | 47 | 21:31  |
| 91. Ruby MacDonald        | 32 | 21:36  |
| 92. Shirley Merkert       | 37 | 21:40* |
| 93. Joy Rowland           | 14 | 21:53* |
| 94. Robert Harrington     | 49 | 22:02  |
| 95. Jesse Rowland         | 11 | 22:02  |
| 96. Anne Heatherbee       | 36 | 22:18* |
| 97. Glenn Morin           | 26 | 22:30  |
| 98. Dan Macleod           | 28 | 22:39  |
| 99. Susan Rose            | 41 | 22:40* |
| 100. Robert Sedler        | 25 | 22:43  |
| 101. Thomas Garriepy      | 11 | 22:47  |
| 102. Bob Perkins          | 44 | 22:48  |
| 103. Janis Ackendorf      | 39 | 22:55* |
| 104. Tom Thompson         | 34 | 23:16  |
| 105. Fred Kiley           | 56 | 23:20  |
| 106. Robert Rooney        | 42 | 23:23  |
| 107. Laurie Leavis        | 26 | 23:25* |
| 108. Ray Gosselin         | 40 | 23:31  |
| 109. Gary McPherson       | 17 | 24:07  |
| 110. Andrew O'Brien       | 13 | 24:17  |
| 111. Don Lucas            | 49 | 24:18  |
| 112. Heidi McDonald       | 25 | 24:20* |
| 113. Marcel Desrosier     | 24 | 24:32  |
| 114. Guy Daigneault       | 30 | 24:32  |
| 115. Dottie Gray          | 62 | 24:36* |
| 116. Kevin Hanley         | 27 | 24:40  |
| 117. Stanley Harmon       | 65 | 24:43  |
| 118. Peter Pelletier      | 20 | 24:45  |
| 119. Marie O'Brien        | 9  | 24:50* |
| 120. Dale Eichorn         | 45 | 25:03  |



40+  
race  
to 1st  
2nd  
to run!  
risk and  
for my  
S M L XL  
Age  
Zip  
ar 18)  
Community  
ort, ME  
all 865-6171.

|                         |    |        |
|-------------------------|----|--------|
| 121. Kris Stagg         | 33 | 25:12  |
| 122. Pauline Sessions   | 62 | 25:29* |
| 123. Tina Erikson       | 11 | 25:33* |
| 124. Gage Hitchkiss     | 55 | 25:50  |
| 125. O.K. Hammond       | 62 | 26:08  |
| 126. Ted Cunningham     | 60 | 26:17  |
| 127. Jan Eon            | 34 | 26:23* |
| 128. Natalie Murphy     | 36 | 26:26* |
| 129. Doris Ewing        | 37 | 26:33* |
| 130. Mary Boone         | 26 | 26:35* |
| 131. Denis Garriepy     | 9  | 26:52  |
| 132. Elizabeth Rooney   | 46 | 27:38* |
| 133. Peggy Mailman      | 37 | 28:59* |
| 134. Susan Burnham Hall | 34 | 30:46* |
| 135. Jenny Kline        | 10 | 31:43* |
| 136. Suzanne Rooney     | 49 | 32:09* |
| 137. Amanda Foley       | 5  | 38:57* |

CARIBOU LABOR DAY ROAD RACE - 4.4 miles  
Caribou Sept. 7th

|                            |    |        |
|----------------------------|----|--------|
| 1. Rusty Taylor            | 35 | 24:23  |
| 2. Richard Hartford, Jr.   | 18 | 25:15  |
| 3. Don Audibert            | 34 | 26:05  |
| 4. Mike Francis            | 30 | 26:13  |
| 5. Dan Harrigan            | 33 | 26:16  |
| 6. George Hubbard          | 28 | 26:19  |
| 7. Robert Betschner        | 27 | 26:33  |
| 8. Frank Frost             | 18 | 27:03  |
| 9. John Woods              | 44 | 27:46  |
| 10. Roy Alden              | 33 | 27:46  |
| 11. Mitch Ross             | 27 | 27:47  |
| 12. Larry Whipkey          | 49 | 27:59  |
| 13. Frank McElwain         | 32 | 28:13  |
| 14. Kirk Cote              | 15 | 29:11  |
| 15. Charles Bernard        | 44 | 29:38  |
| 16. Peter Cuff             | 30 | 29:45  |
| 17. Robert Cleaves         | 11 | 30:20  |
| 18. David Belyea           | 41 | 30:26  |
| 19. Lendal Johnson         | 54 | 30:37  |
| 20. Gehrig Johnson         | 39 | 30:57  |
| 21. Barry Bartley          | 42 | 31:07  |
| 22. Terry Hartford         | 14 | 31:39  |
| 23. Bern Pelletier         | 46 | 32:11  |
| 24. Troy Pelletier         | 16 | 32:11  |
| 25. Andy Martin            | 17 | 32:44  |
| 26. Richard Hartford, Sr.  | 42 | 32:50  |
| 27. Kevin Hartford         | 15 | 32:59  |
| 28. Leon Kraut             | 42 | 33:14  |
| 29. David Maxey            | 52 | 33:43  |
| 30. Art Cleaves            | 40 | 33:52  |
| 31. Carol McIlwee          | 42 | 33:56* |
| 32. Brian Carlton          | 39 | 35:30  |
| 33. Don Peters             | 50 | 36:46  |
| 34. Bob Zinck              | 41 | 37:15  |
| 35. Michael Hartford       | 11 | 39:00  |
| 36. Ralph McIlwain         | 65 | 39:18  |
| 37. Ralph Ostlund          | 64 | 41:34  |
| 38. Gary Cleaves           | 42 | 44:06  |
| 39. Sue Carlton (walker)   | 39 | 60:07* |
| 40. Gloria Kidney (walker) | 40 | 60:08* |

Results courtesy of Neal Genz  
Race Director

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KATAHDIN HARRIER'S 3-MILE ROAD RACE  
East Millinocket Sept. 13th

|                           |    |        |
|---------------------------|----|--------|
| 1. Bob Everett            | 27 | 14:37  |
| 2. Rusty Taylor           | 36 | 15:19  |
| 3. Charlie Violette       | 16 | 15:38  |
| 4. Richard Hartford, Jr.  | 18 | 15:56  |
| 5. David Doore            | 16 | 16:57  |
| 6. Aaron Himes            | 16 | 17:34  |
| 7. Mike Nadeau            | 18 | 17:39  |
| 8. Maurice Daigle         | 35 | 17:47  |
| 9. Mark Fernald           | 15 | 17:56  |
| 10. Brent Violette        | 16 | 17:57  |
| 11. Gerry Michaud         | 45 | 18:24  |
| 12. Tom Tetu              | 39 | 18:37  |
| 13. Andy Howard           | 18 | 18:41  |
| 14. Lloyd Smith           | 38 | 19:15  |
| 15. Donald Bradford       | 17 | 19:18  |
| 16. Michael Farrington    | 17 | 19:19  |
| 17. Terry Hartford        | 14 | 19:37  |
| 18. Kevin Hartford        | 15 | 19:54  |
| 19. Dottie Friel          | 23 | 20:20* |
| 20. Brian Ouellette       | 17 | 21:11  |
| 21. Richard Hartford, Sr. | 42 | 21:28  |

|                      |    |        |
|----------------------|----|--------|
| 22. Dean Shea        | 47 | 21:31  |
| 23. Mary Mattress    | 33 | 21:33* |
| 24. Craig Gordon     | 23 | 21:45  |
| 25. Rod Pelletier    | 17 | 21:50  |
| 26. Angela Daigle    | 13 | 21:56* |
| 27. Walt Landry      | 51 | 22:26  |
| 28. John Doe         | 36 | 22:47  |
| 29. Don Benson       | 46 | 22:55  |
| 30. Daniel Michaud   | 45 | 23:29  |
| 31. John H. Doe      | 53 | 23:30  |
| 32. Robbie Deveau    |    | 24:04  |
| 33. Michael Hartford | 11 | 24:05  |
| 34. Eric Wholl       | 17 | 24:42  |
| 35. Joel Cote        | 24 | 25:10  |
| 36. Jeremy Deveau    | 11 | 25:18  |
| 37. Al Benar         | 58 | 25:20  |
| 38. Fran McMahon     | 63 | 26:09  |
| 39. Carmen Doe       | 51 | 27:20* |
| 40. Marie Benar      | 47 | 27:27* |
| 41. Doug Rhoda       | 14 | 27:53  |
| 42. Anthony Moscone  | 39 | 28:13  |
| 43. Nena James       | 54 | 41:24* |
| 44. Frances Fraser   | 44 | 41:24* |
| 45. Jackie Duprey    | 48 | 44:02* |
| 46. Sally Hobbs      | 48 | 45:27* |
| 47. Sarah Ferguson   | 8  | 50:27* |
| 48. Jennifer Glidden | 6  | 50:27* |
| 49. Louise Scribner  | 39 | 50:28* |
| 50. Carmen Tetu      | 37 | 51:15* |
| 51. Fran Willard     | 42 | 51:16* |
| 52. Sharon Doe       | 32 | 51:17* |

Results courtesy of Judy Doore  
Race Director

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3RD ANNUAL SENTINEL 10K CLASSIC  
Waterville Sept. 13th

|                           |    |        |
|---------------------------|----|--------|
| 1. Dennis Karamitros      | 28 | 31:14  |
| 2. Todd McGraw            | 22 | 31:24  |
| 3. Dan Dearing            | 25 | 31:55  |
| 4. Pat O'Malley           | 20 | 31:58  |
| 5. Alex Hammer            | 22 | 34:15  |
| 6. Chris Farley           | 18 | 34:20  |
| 7. Mark Snow              | 20 | 34:27  |
| 8. Steve Malloy           | 23 | 34:30  |
| 9. Bruce Ellis            | 35 | 34:46  |
| 10. Gordon Hartwell       | 29 | 34:54  |
| 11. O.J. Logue            | 31 | 35:13  |
| 12. Russell Squire III    | 29 | 35:17  |
| 13. Angoon Chingsiyani    | 21 | 35:20  |
| 14. Kevin Way             | 18 | 35:24  |
| 15. Neill Miner           | 37 | 35:26  |
| 16. Brian McGree          | 27 | 35:40  |
| 17. Frank Frost           | 18 | 35:43  |
| 18. Doug DeAngelis        | 21 | 35:52  |
| 19. Jerry Allanach        | 38 | 35:55  |
| 20. Doug Ludevig          | 47 | 36:01  |
| 21. Michael Bard          | 27 | 36:12  |
| 22. Rob Brooks            | 22 | 36:23  |
| 23. Cindy Lynch           | 27 | 36:30* |
| 24. Jeff Brown            | 37 | 36:36  |
| 25. Brent Elwell          | 25 | 36:56  |
| 26. Rose Prest            | 24 | 37:16* |
| 27. Chris Mansfield       | 18 | 37:20  |
| 28. Randy Wilson          | 34 | 37:45  |
| 29. Robert Salisbury, Jr. | 31 | 37:47  |
| 30. Robert Clement        | 41 | 37:53  |
| 31. Francis Freshong      | 45 | 37:57  |
| 32. Tom McGuire           | 41 | 37:58  |
| 33. Dick Miles            | 32 | 38:08  |
| 34. William Dubord        | 40 | 38:15  |
| 35. Paul Pelletier        | 22 | 38:19  |
| 36. Allan Freese          | 30 | 38:43  |
| 37. Jennifer Allen        | 21 | 38:46* |
| 38. Karen Salisbury       | 18 | 38:52* |
| 39. Glenn Gagne           | 28 | 38:56  |
| 40. Jeff Wren             | 38 | 39:07  |
| 41. Michael Greenleaf     | 34 | 39:18  |
| 42. Dale Peabody          | 26 | 39:26  |
| 43. Bill Yates            | 46 | 39:34  |
| 44. Mike Morse            | 19 | 39:36  |
| 45. Dan Libby             | 41 | 39:43  |
| 46. David McManus         | 29 | 39:45  |
| 47. Geoff Hill            | 40 | 39:46  |
| 48. David Benn            | 42 | 39:47  |
| 49. Philip Dugas          | 33 | 40:07  |
| 50. Dick Cummings         | 50 | 40:09  |
| 51. Bill Bull             | 20 | 40:12  |
| 52. John Chamberlain      | 33 | 40:18  |
| 53. Kenton Viles          | 20 | 40:22  |

|                            |    |        |
|----------------------------|----|--------|
| 54. Gene Harding           | 57 | 40:24  |
| 55. Robert Gillespie       | 49 | 40:36  |
| 56. Ed Worcester           | 25 | 40:55  |
| 57. Lloyd Smith            | 38 | 41:16  |
| 58. Nancy Ellis            | 34 | 41:17* |
| 59. John Manzer            | 33 | 41:27  |
| 60. Charles Weymouth       | 45 | 41:30  |
| 61. Jane Rau               | 37 | 41:32* |
| 62. Mark Jose              | 37 | 41:43  |
| 63. Jim Booth              | 42 | 41:56  |
| 64. John Thibeault         | 31 | 42:16  |
| 65. Rhonda Morin           | 22 | 42:17* |
| 66. Richard Davis          | 42 | 42:33  |
| 67. John DeHart            | 46 | 42:39  |
| 68. Theresa Withee         | 20 | 42:44* |
| 69. Michael Sturgeon       | 29 | 42:50  |
| 70. Susan Bennett          | 21 | 42:57* |
| 71. John Schwerdel         | 41 | 43:12  |
| 72. Annie Blumer           | 32 | 43:23* |
| 73. Wendy Hosea            | 15 | 43:31* |
| 74. Tony Flye              | 31 | 43:37  |
| 75. Jo Comeau              | 43 | 43:44* |
| 76. Steven Greenlaw        | 31 | 43:57  |
| 77. Ken Hilton             | 42 | 43:59  |
| 78. Nancy Lagin            | 37 | 44:03* |
| 79. John Trefether         | 47 | 44:05  |
| 80. Michael Boucher        | 33 | 44:06  |
| 81. Tom McCabe             | 32 | 44:13  |
| 82. Ed Cochrane            | 44 | 44:46  |
| 83. Ed Prosienski          | 38 | 44:50  |
| 84. Jack Paul              | 31 | 44:52  |
| 85. Babs Isak              | 22 | 44:58* |
| 86. Nancy Karter           | 39 | 45:00* |
| 87. Don Carter             | 43 | 45:04  |
| 88. Rae Wren               | 31 | 45:13* |
| 89. Dana Sennett           | 35 | 45:16  |
| 90. Jim Pierce             | 32 | 45:23  |
| 91. Tim Smith              | 40 | 45:28  |
| 92. Pete Goding            | 32 | 45:36  |
| 93. John Belanger          | 35 | 45:45  |
| 94. Gary Barrett           | 43 | 45:50  |
| 95. Michael Spiotta        | 37 | 45:52  |
| 96. Joyce Sheridan         | 40 | 45:53* |
| 97. Ellery Borow           | 33 | 45:54  |
| 98. Gard Rand              | 50 | 46:04  |
| 99. Bruce Fowles           | 47 | 46:15  |
| 100. William Clardy        | 40 | 46:26  |
| 101. Wendy Sheay           | 22 | 46:43* |
| 102. Keith Richardson      | 41 | 47:00  |
| 103. Donna Nale            | 28 | 47:08* |
| 104. Maynard Cook          | 45 | 47:12  |
| 105. Dave Hurd             | 37 | 47:36  |
| 106. Jonathan Rogers       | 34 | 47:48  |
| 107. Frank Hamble          | 40 | 47:55  |
| 108. Karen LaCasse         | 32 | 48:09* |
| 109. Carol Libby           | 38 | 48:20* |
| 110. Sally Harwood         | 34 | 48:24* |
| 111. Janis Ackendorf       | 39 | 49:26* |
| 112. Fred Wingate          | 41 | 49:45  |
| 113. Walter Viles          | 51 | 50:16  |
| 114. Tim Holland           | 42 | 50:33  |
| 115. Georgianna Hogerty    | 32 | 50:46* |
| 116. Richard Sabol         | 49 | 51:35  |
| 117. William Tozier        | 60 | 51:42  |
| 118. Harry Giddinger       | 61 | 51:43  |
| 119. Susan Newkirk-Sanborn | 37 | 52:01* |
| 120. Stacie Smith          | 18 | 52:06* |
| 121. James Garland         | 38 | 52:12  |
| 122. Bonnie Sammons        | 34 | 52:33* |
| 123. Larry Bourget         | 41 | 53:00  |
| 124. Leona Clapper         | 57 | 53:08* |
| 125. Verne Pinney          | 38 | 53:40  |
| 126. Nancy Ludevig         | 42 | 53:50* |
| 127. Lynne Cobb            | 31 | 53:50* |
| 128. Clifford Pinney       | 28 | 54:33  |
| 129. Charles Clapper       | 58 | 54:35  |
| 130. Eric Weymouth         | 14 | 55:47  |
| 131. Linda Crawford        | 40 | 56:09* |
| 132. Michael Giles         | 36 | 57:31  |
| 133. Jo Anne Perry         | 32 | 59:28* |
| 134. Diane Doumit          | 32 | 60:18* |
| 135. Harvey Mason          | 53 | 60:25  |
| 136. Kerry Jean Pinney     | 14 | 63:27* |
| 137. Linda Benn            | 39 | 64:19* |
| 138. James Bickford        | 29 | 65:36  |
| 139. Mardie Brown          | 70 | 78:19* |

Results courtesy of  
Central Maine Striders

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## 7TH ANNUAL TIDMAN TRIATHLON

0.5-mile swim, 27-mi. bike, 6.6-mi. run  
Camden Sept. 13th

|                        |          |
|------------------------|----------|
| 1. John Holton         | 2:04:02  |
| 2. Barry Fifield       | 2:05:53  |
| 3. Joel Titcomb        | 2:08:22  |
| 4. Jeffrey Bengtsson   | 2:12:00  |
| 5. Sean Weiler         | 2:15:54  |
| 6. Peter MacKintosh    | 2:17:17  |
| 7. Dennis Weeks        | 2:17:21  |
| 8. Mark Semans         | 2:17:52  |
| 9. Gene Roy            | 2:17:58  |
| 10. Robert Weiler      | 2:22:33  |
| 11. Tom Trytek         | 2:23:36  |
| 12. Bob Couglin        | 2:24:25  |
| 13. William Bryant     | 2:25:06  |
| 14. Patrick Johnson    | 2:25:40  |
| 15. Bill Fitzsimons    | 2:26:13  |
| 16. Paul Hammond       | 2:26:26  |
| 17. Gordon Chamberlain | 2:26:51  |
| 18. Sarah Ainsworth    | 2:28:30* |
| 19. Steve Rand         | 2:29:39  |
| 20. Steven Sisson      | 2:31:02  |
| 21. Tricia Enginieri   | 2:31:30* |
| 22. Robert Peacock     | 2:31:35  |
| 23. Steven Woodsam     | 2:32:57  |
| 24. Matt LeVasseur     | 2:33:44  |
| 25. Robert Gordon      | 2:33:51  |
| 26. Les Berry          | 2:34:38  |
| 27. Vance Gray         | 2:34:54  |
| 28. Audrey Leach       | 2:35:32* |
| 29. Frank Brawn        | 2:36:45  |
| 30. Jonathan Brawn     | 2:36:45  |
| 31. John Balick        | 2:41:14  |
| 32. Steve Swan         | 2:42:14  |
| 33. Kevin O'Donovan    | 2:42:17  |
| 34. Lawrence Brown     | 2:42:35  |
| 35. James DeFresne     | 2:43:20  |
| 36. Ric Buxton         | 2:43:29  |
| 37. Mike Violet        | 2:45:23  |
| 38. Bill Harriman      | 2:45:34  |
| 39. Douglas Dolan      | 2:48:24  |
| 40. Charlene Post      | 2:48:37* |
| 41. Maureen Gordon     | 2:49:56  |

|                       |          |
|-----------------------|----------|
| 42. Thomas Jamrog     | 2:51:33  |
| 43. David Manning     | 2:52:06  |
| 44. David Weferling   | 2:52:28  |
| 45. Anthony Scavotto  | 2:52:39  |
| 46. Paula Flint       | 2:52:53* |
| 47. J.P. Lavoie       | 2:54:30  |
| 48. Sean Conway       | 2:57:22  |
| 49. Kim Tarnover      | 2:54:48* |
| 50. Robert Flight     | 2:50:03  |
| 51. Meredith Elcome   | 2:58:15* |
| 52. Campbell Stras    | 2:58:55  |
| 53. Patrick Turner    | 3:00:06  |
| 54. Barbara Scarrero  | 3:01:08* |
| 55. Barbara Hamaluk   | 3:04:18* |
| 56. Robert McKay      | 3:04:28  |
| 57. Stacie Scogno     | 3:04:22* |
| 58. Betsy Evans       | 3:07:10* |
| 59. Barbara Linnehan  | 3:08:53* |
| 60. Deborah Borduas   | 3:10:07* |
| 61. Judith Lawson     | 3:11:10* |
| 62. Beth Hassinger    | 3:11:30* |
| 63. Robin DeWolfe     | 3:23:18* |
| 64. Betsy Dawkins     | 3:23:45* |
| 65. Mary Beth Canning | 3:27:57* |
| 66. Cookie Kalloch    | 3:50:12* |

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BAR HARBOR 13-MILER  
Bar Harbor Sept. 19th

|                    |         |
|--------------------|---------|
| 1. Joel Sumerall   | 1:11:02 |
| 2. Lance Gulliani  | 1:13:54 |
| 3. Rick Lane       | 1:16:55 |
| 4. David Renault   | 1:17:02 |
| 5. O.J. Logue      | 1:19:00 |
| 6. Chris Monz      | 1:19:18 |
| 7. Vern Porter     | 1:19:19 |
| 8. Steven Peterson | 1:19:45 |
| 9. Kevin Garry     | 1:20:20 |
| 10. Mac Moyes      | 1:20:49 |
| 11. Alan Aitken    | 1:21:45 |
| 12. Michael Barry  | 1:21:40 |
| 13. Newell Levey   | 1:22:32 |
| 14. Bruce Poliquin | 1:22:57 |

|                          |          |
|--------------------------|----------|
| 15. Angson Chinosiyani   | 1:23:18  |
| 16. Brian Kelley         | 1:23:27  |
| 17. Bill Hine            | 1:23:43  |
| 18. Mike Daly            | 1:23:53  |
| 19. Norm Poulin          | 1:24:05  |
| 20. Douglas Trenkle      | 1:24:42  |
| 21. Bob Stuart           | 1:24:53  |
| 22. Bill Pinkham         | 1:24:55  |
| 23. H. Claire Muhm       | 1:25:08* |
| 24. Jorg Kenting         | 1:25:50  |
| 25. Oskar Feichtinger    | 1:25:56  |
| 26. Peter Cuff           | 1:25:58  |
| 27. Bob Wight            | 1:26:05  |
| 28. Greg Hildreth        | 1:26:13  |
| 29. David Meek           | 1:26:31  |
| 30. Doug Graves          | 1:26:34  |
| 31. Peter Hanson         | 1:26:37  |
| 32. David Torrey         | 1:26:44* |
| 33. Kim Nolan            | 1:26:49  |
| 34. Roy Rodgers          | 1:27:42  |
| 35. William Shuttleworth | 1:27:57  |
| 36. Ray Aashenurst       | 1:27:57  |
| 37. Michael Greenleaf    | 1:27:59  |
| 38. Carl Stadler         | 1:28:30  |
| 39. Michael Cowell       | 1:29:06  |
| 40. Robert Massucco      | 1:29:07  |
| 41. Carl Quintal         | 1:29:13  |
| 42. Fred Merriam         | 1:29:22  |
| 43. Summer Weeks         | 1:29:29  |
| 44. Ted Pintersmith      | 1:29:51  |
| 45. Carol Weeks          | 1:29:59* |
| 46. Dwight Brown, Jr.    | 1:30:34  |
| 47. Mark Lagross         | 1:30:34  |
| 48. Robert Rambusek      | 1:31:18  |
| 49. Larry Rich           | 1:31:53  |
| 50. Ron Paquette         | 1:32:17  |
| 51. Duane Hanselman      | 1:32:20  |
| 52. David Benn           | 1:32:30  |
| 53. Ed Worcester         | 1:33:24  |
| 54. Frank Malsbury       | 1:33:35  |
| 55. Dan Ardine           | 1:33:38  |
| 56. Sid Hazelton         | 1:33:42  |
| 57. Craig Boyd           | 1:33:43  |
| 58. Diane Fournier       | 1:33:51* |
| 59. Douglas Knobloch     | 1:34:07  |
| 60. Kevin Pottle         | 1:34:07  |

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next road race or ski tour!

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65. Felice Worcester  
66. Virginia Ereshena  
67. Catherine McGuire  
68. Kenneth Hooper  
69. Brett Barners  
70. Tom McKinney  
71. Vicki Vendrell  
72. Louisa Dunlap  
73. David Freeman  
74. Peter Golbritz  
75. Ed Rice  
76. Joan Merriam  
77. Richard Wells  
78. Bruce Kingdon  
79. Bob White  
80. Linda Hanson  
81. Stephen Cawley  
82. Ed Turgeon  
83. Richard McGuire  
84. Thad Dwyer  
85. Jyujji Hewitt  
86. Steven Barker  
87. David Atwood  
88. Joe Peterson  
89. Curt Mossestad  
90. Rene Collins  
91. Denise Dunau  
92. Brian McCaffrey  
93. Karl Erdmann  
94. Gary Rohr  
95. Wayne Smith  
96. Oscar Cloutier  
97. Jim Mroch  
98. C.A. Landry  
99. Ken Sylvester  
100. Karl Ketchum  
101. Mary Ratner  
102. John Dargis  
103. Glenn Bera  
104. Ross Thompson  
105. Kevin Johnson  
106. Ernie Henderson

1:34:23  
1:34:38  
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1:35:23\*  
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1:36:24  
1:36:40  
1:36:44\*  
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1:37:24  
1:38:04\*  
1:38:08  
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1:38:53  
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1:39:20  
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1:40:02\*  
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1:41:01  
1:42:09  
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1:43:16  
1:44:02  
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1:47:09  
1:47:29  
1:47:30

107. Stan Pride  
108. Jerry Saint Amand  
109. Sam Averbach  
110. Ronald Boutin  
111. Rick Levy  
112. Jeffrey Hale  
113. Jeff O'Leary  
114. Richard Lepore  
115. Carol Linker  
116. Isabelle Maller  
117. Roger Wilson  
118. George Dennis  
119. Mel Crotty  
120. Royce Sawyer  
121. Ellen Spring  
122. Les Lamotte  
123. Paula Lepore  
124. Susan Kolakowski  
125. G. Norman Holland  
126. Sally Harwood  
127. Donna Jean Pohlman  
128. Susan Erickson  
129. Doris Plumer  
130. Sam Brown  
131. Frank King  
132. Judy Finchum  
133. Laureen Moors  
134. Chad Smith  
135. Cheryl Clapp  
136. Stephen Rogers  
137. Jean Goldfine  
138. Tom Clark  
139. Gordon Graham  
140. George Miller  
141. Elizabeth Miller  
142. Jean Faller  
143. Mary Ellen Valyo  
144. Amy Radcliffe  
145. Kevin Hogan  
146. Margaret Miller  
147. Carole Barselli

Results courtesy of Henry Williams  
Race Director

\*\*\*\*\*

1:47:34  
1:47:43  
1:47:57  
1:48:08  
1:48:15  
1:48:26  
1:48:40  
1:48:46  
1:49:04\*  
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1:57:51\*  
1:59:16  
2:01:19\*  
2:02:06  
2:02:07  
2:07:23  
2:07:23\*  
2:08:12\*  
2:09:24\*  
2:09:27  
2:09:27  
2:09:50\*  
2:21:18\*

GARDINER SAVINGS WOMEN'S CLASSIC  
Gardiner Sept. 20th

|                         |    |       |
|-------------------------|----|-------|
| 1. Cindy Lynch          | 27 | 36:50 |
| 2. Rose Prest           | 24 | 37:50 |
| 3. Diane Lounder        | 25 | 38:53 |
| 4. Nancy Ellis          | 34 | 41:42 |
| 5. Mimi Mattson         | 33 | 41:59 |
| 6. Linda LaRue-Keniston | 33 | 42:32 |
| 7. Jane Rau             | 37 | 42:39 |
| 8. Faye Gagnon          | 42 | 43:38 |
| 9. Poppy Thatcher       | 33 | 45:42 |
| 10. Carol Hornak        | 41 | 45:51 |
| 11. Rae Fornier-Wren    | 31 | 46:05 |
| 12. Christine Harker    | 35 | 47:50 |
| 13. Lisa Weymouth       | 22 | 48:07 |
| 14. Mary Stein          | 31 | 48:13 |
| 15. Karen LaCasse       | 32 | 48:59 |
| 16. Connie Towne        | 49 | 49:42 |
| 17. Wendy Sayres        | 53 | 50:36 |
| 18. Georgianna Hogerty  | 32 | 51:37 |
| 19. Betsy Berry         | 41 | 52:00 |
| 20. Nadine Bullion      | 34 | 52:08 |
| 21. Nancy Ludewig       | 42 | 54:05 |
| 22. Lynne Cobb          | 31 | 54:05 |
| 23. Donna Romaniello    | 22 | 55:00 |

Results courtesy of Linda LaRue-Keniston  
Race Director

\*\*\*\*\*

FIELDCREST FOOT RACE - 10K  
Waldoboro Sept. 20th

|                     |    |        |
|---------------------|----|--------|
| 1. Robert Hillgrove | 20 | 31:51  |
| 2. Larry Deans      | 31 | 33:22  |
| 3. Tom Thibeau      | 29 | 33:54  |
| 4. Ray Johnson      | 39 | 35:55  |
| 5. Joe Meehan       | 40 | 36:52  |
| 6. David Wheaton    | 34 | 37:34  |
| 7. Fred Karter      | 38 | 37:42  |
| 8. Deborah Potter   | 32 | 39:37* |
| 9. Rusty Dewsnap    | 29 | 40:16  |

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SSIC  
Sept. 20th

36:50  
37:50  
38:53  
41:42  
41:59  
42:32  
42:39  
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55:00

LaRue-Keniston  
Director

\*\*\*\*\*

Sept. 20th

0 31:51  
1 33:22  
9 33:54  
9 35:55  
0 36:52  
4 37:34  
8 37:42  
2 39:37  
9 40:16

|                     |    |        |                      |    |       |
|---------------------|----|--------|----------------------|----|-------|
| 10. Summer Weeks    | 38 | 40:33  | 29. Bruce Riopel     | 16 | 19:58 |
| 11. Dick Cummings   | 50 | 40:35  | 30. Phil Hanscom     | 17 | 20:06 |
| 12. Carol Weeks     | 38 | 40:43* | 31. Adam Ward        | 17 | 20:07 |
| 13. Thomas Williams | 26 | 42:05  | 32. Kerry Porter     | 16 | 20:13 |
| 14. Dale Turner     | 31 | 42:19  | 33. Dean Crozman     | 30 | 20:29 |
| 15. John Trefethen  | 47 | 42:55  | 34. Earle Holt       | 22 | 20:35 |
| 16. Mark Dalute     | 34 | 47:43  | 35. Christian Lyford | 13 | 20:47 |
| 17. Sean Hall       | 23 | 48:30  | 36. Alan Lyford      | 37 | 20:53 |
| 18. Curt Bernard    | 16 | 51:25  | 37. Jon Beal         | 14 | 20:56 |

\*\*\*\*\*

5TH ANNUAL SUNRISE RUN FOR CYCLIC  
FIBROSIS 5K

Machias Sept. 26th

|                       |    |       |                      |    |        |
|-----------------------|----|-------|----------------------|----|--------|
| 1. Robert Ashby       | 19 | 16:25 | 46. Matt Larrabee    | 15 | 21:35  |
| 2. Jeff Larsen        | 16 | 16:42 | 47. Mary Jane Ackley | 34 | 21:39* |
| 3. Ric Lamoureux      | 39 | 16:57 | 48. Mike Greer       | 16 | 21:46  |
| 4. Mike Francis       | 30 | 17:16 | 49. Rhonda Stevens   | 17 | 22:17* |
| 5. Nevell Lewey       | 29 | 17:25 | 50. Sam Auerbach     | 53 | 22:24  |
| 6. Mike Worcester     | 38 | 17:35 | 51. Amy Turner       | 15 | 22:40* |
| 7. Verne Cunningham   | 32 | 17:42 | 52. John Dzierzynski | 41 | 22:41  |
| 8. Mike Carter        | 37 | 17:45 | 53. Barry Hartford   | 17 | 22:52  |
| 9. Bion McFadden      | 47 | 17:47 | 54. Tricia Hammond   | 14 | 23:19* |
| 10. Dave Alley        | 38 | 17:53 | 55. Kenny Oliver     | 17 | 23:20  |
| 11. John Francis, Jr. | 12 | 17:57 | 56. Zandra Campbell  | 15 | 23:28* |
| 12. Steve Cates       | 37 | 17:59 | 57. Kelly Beal       | 17 | 23:45* |
| 13. Sheldon Ashby     | 15 | 18:03 | 58. John Chipman     | 14 | 23:52  |
| 14. Jack Frost        | 20 | 18:24 | 59. Dawn Lamoureux   | 17 | 23:54* |
| 15. Frank Smith       | 14 | 18:30 | 60. Joe Rossi        | 27 | 23:54  |
| 16. Andy Patterson    | 30 | 18:36 | 61. Kelly Westrack   | 23 | 24:58* |
| 17. Robert Alley      | 15 | 18:39 | 62. Dale Pritchard   | 45 | 24:59  |
| 18. Chris Walsh       | 17 | 18:43 | 63. Ralph Pineo      | 17 | 25:19  |
| 19. Ian Washburn      | 14 | 18:45 | 64. Nikki Geel       | 14 | 25:20* |
| 20. Jasen Wood        | 13 | 18:51 | 65. John Hanscom     | 10 | 25:21  |
| 21. Paul Berg         | 36 | 18:53 | 66. Robert Abrams    | 30 | 25:27  |
| 22. Braden Alley      | 12 | 18:56 | 67. Cathy Carter     | 34 | 25:43* |
| 23. Eric Seekins      | 21 | 19:03 | 68. Charemon Willey  | 20 | 25:47* |
| 24. Tim Heavrin       | 27 | 19:14 | 69. Diana Lincoln    | 17 | 25:55* |
| 25. Chuck Murphy      | 38 | 19:20 | 70. Joe McDoanld     | 16 | 26:04  |
| 26. Billy Crowley     | 16 | 19:27 | 71. Peter Shaw       | 12 | 26:11  |
| 27. Derrick Kelley    | 14 | 19:35 | 72. Jodi Hiland      | 11 | ??     |
| 28. Dwayne Cook       | 14 | 19:51 | 73. Stacey Lyford    | 11 | 26:52* |

|                        |    |        |
|------------------------|----|--------|
| 74. Mark Dallacrose    | 31 | 26:57  |
| 75. Jamie Wood         | 13 | 27:00  |
| 76. Becky Rowden       | 15 | 27:06* |
| 77. Natalie Harmon     | 13 | 27:22* |
| 78. Nicky Spaulding    | 14 | 29:16* |
| 79. Charles Peabody    | 15 | 29:17  |
| 80. Chris Sprague      | 23 | 30:12  |
| 81. Elizabeth Hopkins  | 9  | 33:25  |
| 82. Andrew Hewett      | 8  | 33:27  |
| 83. Mike Peterson      | 19 | 33:28  |
| 84. Sue McDonald       | 15 | 33:29* |
| 85. Linda Harmon       | 35 | 33:30* |
| 86. Arthur Goodridge   | 58 | 33:30  |
| 87. Robert Tracy       | 23 | 33:57  |
| 88. Chris Cameron      | 20 | 33:58  |
| 89. Genie Hall         | 34 | 34:08* |
| 90. Jolene Seeley      | 9  | 35:43* |
| 91. Sara McGovern      | 15 | 37:52* |
| 92. Dick Shaw          | 47 | 37:54  |
| 93. Kathy Harmon       | 31 | 37:54* |
| 94. John Hewett        | 44 | 37:55  |
| 95. Sue Smith          | 38 | 38:56* |
| 96. Cathy Murphy       | 27 | 40:39* |
| 97. Arleta Grant       | 47 | 41:21* |
| 98. Betty Maker        | 49 | 41:22* |
| 99. Toni Harrison      | 12 | 41:25* |
| 100. Paul Wood         | 32 | 41:29  |
| 101. Mandy Webb        | 12 | 42:20* |
| 102. Sue Dowling       | 28 | 42:27* |
| 103. Eileen Robinson   | 42 | 42:53* |
| 104. Suzan Willsey     | 33 | 43:01* |
| 105. Eleanor Goodridge | 59 | 43:03* |
| 106. Mary Mallory      | 45 | 43:17* |
| 107. Linda Vose        | 37 | 43:18* |
| 108. Patricia Woodman  | 38 | 45:00* |
| 109. Frances Holmes    | 26 | 45:00  |
| 111. Debbie Getchell   | 25 | 45:03* |
| 110. Gracie Hanscom    | 26 | 45:01* |
| 112. Lauri Cobb        | 20 | 45:04* |
| 113. Jeanette Stuart   | 63 | 46:12* |
| 114. Esther Lyford     | 56 | 46:39  |
| 115. Bonnie Moran      | 33 | 47:32* |
| 116. Nellie Gatecomb   | 48 | 47:58* |
| 117. Bonnie Thompson   | 32 | 47:52* |
| 118. Charles Field     | 48 | 47:58  |



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SUN. 10 - 6

|                       |    |        |
|-----------------------|----|--------|
| 119. April Field      | 42 | 47:59* |
| 120. Rhonda Bragg     | 37 | 48:53* |
| 121. Lisa Reynolds    | 33 | 48:56* |
| 122. Ardelle Crommett | 69 | 49:54  |
| 123. Betty Lund       | 68 | 50:13* |
| 124. Carlene Lyford   | 36 | 50:15* |
| 125. Rebecca Seeley   | 6  | 52:00* |
| 126. Jennifer Rabitor | 11 | 52:07* |
| 127. Tarsha Harrison  | 13 | 52:10* |
| 128. Monica Dowling   | 2  | 52:11* |
| 129. Joe Dowling      | 34 | 52:12  |
| 130. Laurie Mallar    | 31 | 52:28* |
| 131. Tim Mallar       | 37 | 52:31  |
| 132. Patricia Wood    | 25 | 53:01* |
| 133. JoAnn Joganic    | 36 | 53:05* |
| 134. Cheryl Green     | 42 | 53:05* |
| 135. Jean Woods       | 47 | 53:07* |
| 136. Janet Hewett     | 42 | 55:22* |
| 137. Sarah Hewett     | 6  | 55:23* |
| 138. Debra Dowling    | 30 | 56:04* |
| 139. Joy Hall         | 26 | 57:34* |
| 140. Joyce Tarbell    | 53 | 57:36* |
| 141. Elliot Tarbell   | 57 | 57:37  |

Results courtesy of Phil Stuart  
Race Director

\*\*\*\*\*

KINGFIELD KIDS' K  
Kingfield Sept. 26th

|                      |       |
|----------------------|-------|
| 1. Robby Shea        | 5:01  |
| 2. Adam Hamilton     | 5:25  |
| 3. Sean Clark        | 5:26  |
| 4. Sam Brown         | 5:47  |
| 5. Ben Yates         | 5:57  |
| 6. Ben Scott         | 6:00  |
| 7. Lori Towle        | 6:06* |
| 8. Jody Larue        | 6:07* |
| 9. Kevin Beauparlant | 6:08  |
| 10. Jason Ouelette   | 6:09  |
| 11. Neil Bates       | 6:14  |
| 12. Ben Robinson     | 6:15  |

|                           |       |
|---------------------------|-------|
| 13. Forest Carey          | 6:16  |
| 14. Jason Wade            | 6:25  |
| 15. Leah Yates            | 6:38* |
| 16. Jarod Rossignol       | 6:42  |
| 17. Devin Morrill         | 6:43  |
| 18. Cody Rau              | 6:45  |
| 19. Robin Bates           | 6:46* |
| 20. Maria Hilmer          | 6:48* |
| 21. Shelley Bishop        | 6:48* |
| 22. Meghan O'Donnell      | 6:50* |
| 23. Jeff Marean           | 6:53  |
| 24. Allison Dall          | 6:57* |
| 25. Nathaniel Bown        | 6:58  |
| 26. Micum Davis           | 6:59  |
| 27. Mark Lacasse          | 7:00  |
| 28. Chad Beedy            | 7:01  |
| 29. Jason Boileau         | 7:03  |
| 30. Gretchen Rice         | 7:08* |
| 31. Daniel Wagner         | 7:11  |
| 32. Becky Schulz          | 7:12* |
| 33. Nathan Lacasse        | 7:14  |
| 34. Jason Simpson         | 7:15  |
| 35. Kevin Spencer         | 7:15  |
| 36. Travis Gilmore        | 7:18  |
| 37. Mary Maloney          | 7:19* |
| 38. Kary Bown             | 7:24* |
| 39. Chris Hall            | 7:24  |
| 40. Benjamin Dearnley     | 7:26  |
| 41. John Nichols          | 7:28  |
| 42. Doug Dixon            | 7:34  |
| 43. Jaclyn Ouellette      | 7:35* |
| 44. Kevin Eastler         | 7:35  |
| 45. Kirsten Clark         | 7:36* |
| 46. Jesse Lacasse         | 7:36  |
| 47. Melissa Weymouth      | 7:36* |
| 48. Heather Fulver        | 7:39* |
| 49. Erin Bouville         | 7:44* |
| 50. Gabriel Bodkin Rubino | 7:44  |
| 51. Phillip McClure       | 7:46  |
| 52. Brian Demshar         | 7:48  |
| 53. Jeremy Pinkham        | 7:50  |
| 54. Anna Hilmer           | 7:58* |
| 55. Megan O'Connor        | 7:59* |
| 56. Beau Provost          | 8:00  |
| 57. Kathleen Maloney      | 8:02* |

|                          |       |
|--------------------------|-------|
| 58. Chris Downes         | 8:06  |
| 59. Leah Ouellette       | 8:06* |
| 60. Brett Kamholtz       | 8:11  |
| 61. Cedric Simpson       | 8:11  |
| 62. Amy Casey            | 8:17* |
| 63. Shawn Cyrway         | 8:18  |
| 64. Nicholas Dearnley    | 8:20  |
| 65. Elijah Howe          | 8:21  |
| 66. Elizabeth Montgomery | 8:23* |
| 67. Becky Roy            | 8:24* |
| 68. Christopher Poulin   | 8:28  |
| 69. Kelly Pinney         | 8:31* |
| 70. Kate Meldrum         | 8:35* |
| 71. Darren French        | 8:42  |
| 72. Justin Jordan        | 8:43  |
| 73. Sage Kiedaisch       | 8:48* |
| 74. Gregory Sawyer       | 8:49  |
| 75. Veronica Allanach    | 8:51* |
| 76. Donic Parsons        | 8:52  |
| 77. Jeannette Poulin     | 8:53* |
| 78. Jaime O'Connor       | 8:53  |
| 79. Meredith Pierce      | 8:55* |
| 80. Clara Howe           | 8:56* |
| 81. Heather French       | 8:59* |
| 82. Sara Hoisington      | 9:00* |
| 83. Jace Harker          | 9:02  |
| 84. Melanie Anderson     | 9:02* |
| 85. Lesley Rae           | 9:08  |
| 86. Jessica Foubman      | 9:10* |
| 87. Rebecca Bean         | 9:11* |
| 88. Ben Merrill          | 9:12  |
| 89. Rachel Roy           | 9:14* |
| 90. Luc Roy              | 9:14  |
| 91. Eben Albert-Knapp    | 9:18  |
| 92. Anna Yates           | 9:19* |
| 93. Laurel Poole         | 9:19* |
| 94. John Nale            | 9:19  |
| 95. Rachel Bodkin Rubino | 9:22* |
| 96. Emily Dubord         | 9:23* |
| 97. Melanie Schniepp     | 9:24* |
| 98. Wendy Rae            | 9:24* |
| 99. Heather Albert-Knapp | 9:25* |
| 100. Crystal Bulit       | 9:25* |
| 101. Molly Ritzo         | 9:25* |
| 102. Peter Walen         | 9:25  |

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|       |                           |        |                             |        |                     |       |
|-------|---------------------------|--------|-----------------------------|--------|---------------------|-------|
| 8:06  | 103. Jamie Ouellette      | 9:27   | 148. Alison Merrill         | 12:14* | 4. Roy Morris       | 32:09 |
| 8:06* | 104. Leslie Salt          | 9:27*  | 149. Sarah Rossignol        | 12:17* | 5. Glendon Rand     | 32:10 |
| 8:11  | 105. Christopher Corcoran | 9:31   | 150. Ian Yates              | 12:17  | 6. Peter Lessard    | 32:59 |
| 8:11  | 106. Jon Frost            | 9:34   | 151. Amy Boisington         | 12:19* | 7. Jim Newatt       | 33:24 |
| 8:17* | 107. Joshua Howe          | 9:34   | 152. Meghan Burnes          | 12:22* | 8. Brent Leighton   | 33:42 |
| 8:18  | 108. Rachel Golding       | 9:35*  | 153. Tommy Nickerson        | 12:23  | 9. Mark Luebbers    | 34:15 |
| 8:20  | 109. Nathan Cardozo       | 9:35   | 154. Erin Harker            | 12:25* | 10. Tom Thibault    | 34:15 |
| 8:21  | 110. Amy Ouellette        | 9:39*  | 155. Adam Dunham            | 12:28  | 11. Rick Lane       | 34:41 |
| 8:23* | 111. Erik Kankanian       | 9:39   | 156. Leah Balentine         | 12:41* | 12. Gino Valeriana  | 34:45 |
| 8:24* | 112. Erin Howe            | 9:39*  | 157. Colin Lucy             | 13:00  | 13. Rusty Squire    | 34:47 |
| 8:28  | 113. Ryan Garland         | 9:40   | 158. Rachel Coffin          | 13:11* | 14. Brian McCrea    | 34:53 |
| 8:31* | 114. Bryn Carey           | 9:41   | 159. Rachel Yates           | 13:16* | 15. Jeff Clarke     | 34:56 |
| 8:31* | 115. Adam Potmil          | 9:42   | 160. Katherine Ludewig      | 13:20* | 16. Gordon Hartwell | 35:00 |
| 8:35* | 116. Shannon Gilmore      | 9:45*  | 161. Hillary Easter         | 13:21* | 17. Jeff Bengtsson  | 35:12 |
| 8:42  | 117. Martha Yates         | 9:48*  | 162. Ashley Poole           | 13:23* | 18. Harry Nelson    | 35:25 |
| 8:43  | 118. Jolie Ritto          | 9:49   | 163. Barbara Bean           | 13:52* | 19. Bob Coughlin    | 35:28 |
| 8:48* | 119. Katherine Legg       | 9:50*  | 164. Lamont Boileau III     | 13:53  | 20. John Mills      | 35:32 |
| 8:49  | 120. Kimberly Legg        | 9:54*  | 165. Meagan Lucey           | 14:12* | 21. Jeff Byrne      | 35:37 |
| 8:51* | 121. Ellen Rae            | 9:58*  | 166. Zachary Pickrell       | 14:13  | 22. Peter Fasse     | 35:39 |
| 8:52  | 122. Hillary Montgomery   | 10:00* | 167. Christopher Montgomery | 14:40  | 23. Randy Easter    | 35:40 |
| 8:53* | 123. Jean Nale            | 10:02* | 168. Ryan Curran            | 14:43  | 24. J. Libby        | 35:42 |
| 8:53  | 124. Brett Demahar        | 10:02  | 169. Lauren Kolenda         | 14:43* | 25. Glen Holyoke    | 35:59 |
| 8:55* | 125. Jodi Frost           | 10:05* | 170. Leah Kolenda           | 15:03* | 26. Randy Hastings  | 36:05 |
| 8:56* | 126. Katie Graber         | 10:05* | 171. Willa Yates            | 15:03* | 27. Dick Balentine  | 36:15 |
| 8:59* | 127. Douglas Pierre       | 10:07  | 172. Karli Scribner         | 15:05* | 28. Doug Ludewig    | 36:26 |
| 9:00* | 128. Laura Fuchswanz      | 10:07* | 173. Lindsay Schniepp       | 15:06  | 29. Bill Hine       | 36:29 |
| 9:02  | 129. Joshua Burnell       | 10:16  | 174. Heather Gilmore        | 15:44* | 30. Jerry Allanach  | 36:32 |
| 9:02* | 130. Heather Schniepp     | 10:17* | 175. Jessica Schniepp       | 15:44* | 31. Philip Coffin   | 36:32 |
| 9:08  | 131. Kyle Tranten         | 10:27  | 176. Craig Nale             | 16:45  | 32. Richard Smith   | 36:41 |
| 9:10* | 132. Delian Valeriani     | 10:35  | 177. Kaitlin Quinn Kelly    | 17:00* | 33. Jeff Brown      | 36:42 |
| 9:11* | 133. Adam Woodford        | 10:36  | 178. Keri Poulin            | 17:43* | 34. Alan Aitken     | 36:47 |
| 9:12  | 134. Kris Reed            | 10:37  | 179. Kristina Hines         | 18:12* | 35. David Barker    | 36:56 |
| 9:14  | 135. Tiffany Reed         | 10:38* |                             |        | 36. Thomas Wells    | 36:57 |
| 9:14  | 136. Molly Byrne          | 10:41* |                             |        | 37. Warren Dean     | 37:04 |
| 9:18  | 137. Scott Lever          | 10:41  |                             |        | 38. Richard Davae   | 37:11 |
| 9:19* | 138. Jed Nickerson        | 10:47  |                             |        | 39. Merle Spaulding | 37:26 |
| 9:19* | 139. Lars Erik Siren      | 11:17  |                             |        | 40. Jay Reynolds    | 37:29 |
| 9:19  | 140. Amanda Hulit         | 11:26* |                             |        | 41. George Clark    | 37:32 |
| 9:22* | 141. Sials Goldfrank      | 11:26  |                             |        | 42. Alfred Karter   | 37:38 |
| 9:23* | 142. Michael Fuchswanz    | 11:29  |                             |        | 43. Robert Stuart   | 37:49 |
| 9:24* | 143. Anne Bagley          | 11:38* |                             |        | 44. Tom McGuire     | 37:51 |
| 9:24* | 144. Daniel Burnell       | 11:39  |                             |        | 45. Randy Palkey    | 38:00 |
| 9:25* | 145. Meisha Rice          | 11:39* |                             |        | 46. Kevin Burns     | 38:01 |
| 9:25* | 146. Johnny Ritto         | 11:50  |                             |        | 47. Gene Roy        | 38:02 |
| 9:25* | 147. Drew Ketterer        | 11:52  |                             |        | 48. Paul Pelletier  | 38:04 |

Results courtesy of Chip Carey  
Race Director

KINGFIELD 10K  
Kingfield

Sept. 26th

- |                      |       |
|----------------------|-------|
| 1. Tim Donovan       | 30:52 |
| 2. Dennis Karamitros | 31:39 |
| 3. Todd McGraw       | 31:48 |

## \*FROST & FLAME

### SKI & BIKE SHOP

(The Bike Race Information Center)

Bicycles by:

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

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Cannondale - Look  
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## Brewer Track Complex

**Epstein's announces  
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# EPSTEIN'S

BREWER-STONINGTON-SEARSPORT-MILLINOCKET-PRESQUE ISLE  
and BREWER ANNEX

Brewer Open Every Day 9-8, Sun. 12-5

|                           |        |                           |        |                         |        |
|---------------------------|--------|---------------------------|--------|-------------------------|--------|
| 49. Vincent Bilello       | 38:06  | 123. Noel Mount           | 41:46  | 197. Dennis Burnell     | 46:59  |
| 50. Don Reimer            | 38:06  | 124. Carlton Mendell      | 42:47  | 198. Robert Burgess     | 47:01  |
| 51. Todd Knight           | 38:08  | 125. Michael Sturgeon     | 42:54  | 199. Christine Harker   | 47:09* |
| 52. Randy Wilson          | 38:10  | 126. Brent Radcliffe      | 42:55  | 200. Jane Roundy        | 47:15* |
| 53. Kelly Bennett         | 38:12* | 127. Karl Brantner        | 43:03  | 201. Joseph Conrad      | 47:16  |
| 54. Robert Jorden         | 38:21  | 128. Jay Noonkester       | 43:10  | 202. Bob Schuchl        | 47:32  |
| 55. Debbie Jensen         | 38:32* | 129. Douglas Wood         | 43:10  | 203. Jim Pickrell       | 47:32  |
| 56. Philip Dugas          | 38:44  | 130. unknown              | 43:12  | 204. Brenda Lopotro     | 47:38* |
| 57. Robert Salisbury, Jr. | 38:44  | 131. James Polin          | 43:14  | 205. Dave Dupplier      | 47:42  |
| 58. Mert Dearnley         | 38:47  | 132. Paul Page            | 43:15  | 206. Gary Palmer        | 47:42  |
| 59. William Dubord        | 38:50  | 133. Ken Casey            | 43:15  | 207. Matthew Dubord     | 47:43  |
| 60. Doug Beaupatiant      | 38:51  | 134. Daniel Dwyer         | 43:16  | 208. Forest Carey       | 47:48  |
| 61. Don Best              | 38:52  | 135. Josephine Cooper     | 43:17* | 209. Donald Leclerc     | 47:57  |
| 62. Bob Clement           | 38:55  | 136. unknown              |        | 210. David Silverman    | 47:58  |
| 63. Allon Freese          | 39:02  | 137. Clifford Olsen       | 43:25  | 211. Sean Clark         | 48:00  |
| 64. John Bean             | 39:06  | 138. John Cole            | 43:30  | 212. Rob Laksey         | 48:03  |
| 65. ? Weeks               | 39:11  | 139. John Chandler        | 43:33  | 213. Jeff Gosselin      | 48:07  |
| 66. Anne-Marie Davee      | 39:12* | 140. Chris Davis          | 43:34  | 214. Misty Roberts      | 48:15* |
| 67. Raul Siren            | 39:21  | 141. Ben Flatner          | 43:36  | 215. Fast Win Robinson  | 48:15  |
| 68. Geoffrey Hill         | 39:22  | 142. Josh Flatner         | 43:37  | 216. Goff French        | 48:16  |
| 69. Paul Gale             | 39:29  | 143. Darrell Tyler        | 43:38  | 217. Ralph Lache        | 48:18  |
| 70. Clarke Colon          | 39:38  | 144. Judith Lenald-Brauz  | 43:42* | 218. Karen Lacasse      | 48:19* |
| 71. Robert Marquis        | 40:03  | 145. Thomas Williams      | 43:46  | 219. Sally Harwood      | 48:20* |
| 72. Dwight Brown          | 39:44  | 146. Bob Bean             | 43:48  | 220. Carol Nale         | 48:21* |
| 73. Steve Harriman        | 40:04  | 147. Denis Poulin         | 43:49  | 221. Doug Allen         | 48:21  |
| 74. Charles Wilkins       | 40:10  | 148. Brian Hall           | 43:53  | 222. John Cayford       | 48:21  |
| 75. Frank Fogg, Jr.       | 40:14  | 149. Robert Mohlin        | 43:54  | 223. James Bowse        | 48:26  |
| 76. Leland Martin         | 40:15  | 150. Stephen Seale        | 44:01  | 224. Donald Lahey, Jr.  | 48:33  |
| 77. Joanne Cole           | 40:16* | 151. Mark Andrews         | 44:02  | 225. Stephen Trask      | 48:35  |
| 78. Raphael Connelly      | 40:18  | 152. Paul Dall            | 44:04  | 226. Dale Trask         | 48:35  |
| 79. Carol Weeks           | 40:20* | 153. Marc Fuchwanz        | 44:06  | 227. Douglas Legg       | 48:39  |
| 80. Yellow Breen          | 40:21  | 154. Owen Jackson         | 44:12  | 228. Tom Lever          | 48:41  |
| 81. Lee Rossignol         | 40:21  | 155. Walter Smith         | 44:15  | 229. Jim Castle         | 48:47  |
| 82. Brian Kelly           | 40:23  | 156. Sandra Newman-Levy   | 44:27* | 230. Louise Swift       | 49:03* |
| 83. David Benn            | 40:28  | 157. Suzanne Olson        | 44:30* | 231. Drew Ketterer      | 49:06  |
| 84. Byron Cook            | 40:31  | 158. Bernie Martin        | 44:32  | 232. Nancy Boileau      | 49:12* |
| 85. Robert McDougal       | 40:36  | 159. Chris Bean           | 44:34  | 233. Susan Kolaski      | 49:19* |
| 86. Charles Weymouth      | 40:42  | 160. Colon Durrell        | 44:56  | 234. Sharon Boutet      | 49:21  |
| 87. Kenny Richards        | 40:44  | 161. Donald Carter        | 44:58  | 235. Wood Winifred      | 49:23  |
| 88. Ronald Deprez         | 40:51  | 162. Kerry Shea           | 44:58* | 236. David Cappella     | 49:32  |
| 89. Bill Yates            | 40:54  | 163. Frederick Montgomery | 45:03  | 237. Robert Whitten     | 49:37  |
| 90. Dave McManus          | 40:56  | 164. Ken Hilton           | 45:08  | 238. Donald Abrams      | 49:43  |
| 91. Reverend Ruth         | 41:05  | 165. Daniel Labbe         | 45:10  | 239. Betsy Parker       | 49:45* |
| 92. Mark Simpson          | 41:12  | 166. John Rubino          | 45:10  | 240. Jeanne White       | 49:46* |
| 93. Linda LaRue-Keniston  | 41:14* | 167. Lamont Boileau       | 45:12  | 241. Timothy Holland    | 49:46  |
| 94. Ron Paquette          | 41:15  | 168. John Nale            | 45:15  | 242. Katherine Yates    | 49:56* |
| 95. Rosalyn Randall       | 41:22* | 169. Jeff Withrow         | 45:18  | 243. Bunge Cook         | 49:58  |
| 96. Dick Cummings         | 41:24  | 170. Vaughn Holyoke       | 45:20  | 244. Richard Sabol      | 49:58  |
| 97. Peter Smith           | 41:26  | 171. Mike Chisholm        | 45:23  | 245. Marie Wade         | 50:00* |
| 98. Mike Mosley           | 41:27  | 172. Jay Levy             | 45:34  | 246. John Ouillette     | 50:14  |
| 99. Delinda Smith         | 41:35* | 173. James Pierce         | 45:38  | 247. Andy Harrison      | 50:22  |
| 100. Chris Redman         | 41:37  | 174. Pete Golding         | 45:42  | 248. Keith Stewart      | 50:34  |
| 101. Carl Reilly          | 41:38  | 175. Andrew Fleischer     | 45:42  | 249. Stepha Kolenda     | 50:42  |
| 102. Ken Shea             | 41:42  | 176. Michael Hard         | 45:43  | 250. William Donovan    | 50:46  |
| 103. Ben Milster          | 41:44  | 177. Robert Johnson       | 45:45  | 251. David Rasmussen    | 50:48  |
| 104. Mark Dixon           | 41:48  | 178. Kevin Griffen        | 45:56  | 252. Robert Swift       | 50:53  |
| 105. John Chamberlain     | 41:56  | 179. Dudley Hendricks     | 45:56  | 253. Walter Viles       | 50:56  |
| 106. Gary Osborne         | 41:58  | 180. Lou Cuttler          | 46:00  | 254. Joanne Kamolts     | 50:59* |
| 107. John Schwerdel       | 41:59  | 181. Gary Barret          | 46:05  | 255. Betsy Berry        | 51:01* |
| 108. John Kamholtz        | 42:03  | 182. John Ritzo           | 46:05  | 256. Mary Bass          | 51:01* |
| 109. Raymond Bryant       | 42:04  | 183. Dave Hutchinson      | 46:09  | 257. Gus Lookner        | 51:23  |
| 110. John DeKart          | 42:05  | 184. Nancy Karter         | 46:11* | 258. Neal Trask         | 51:24  |
| 111. Rick McCartney       | 42:08  | 185. Enoch Albert         | 46:15  | 259. Thomas Chadbourne  | 51:24  |
| 112. Philip Kay           | 42:09  | 186. Jennifer Kennedy     | 46:20* | 260. Nancy Ludwig       | 51:24  |
| 113. Michael O'Connor     | 42:10  | 187. Kate Webber          | 46:21* | 261. Deborah Gonzales   | 51:45* |
| 114. Kevin O'Connor       | 42:11  | 188. Michael Spiotta      | 46:33  | 262. James Garland      | 51:56  |
| 115. Bill Green           | 42:12  | 189. John Witherspoon     | 46:35  | 263. Eric Weymouth      | 51:57  |
| 116. John Fischer         | 42:14  | 190. Bryn Doiron          | 46:44* | 264. Harry Giddings     | 52:02  |
| 117. Thomas Boothby       | 42:16  | 191. Maynard Cook         | 46:45  | 265. Lisa White         | 52:03* |
| 118. Louisa Dunlap        | 42:20* | 192. Albert Dulver        | 46:47  | 266. Mary Morgan        | 52:07* |
| 119. Jane Rau             | 42:22* | 193. Donna Jean Pohnan    | 46:48* | 267. Elizabeth Reynolds | 52:23* |
| 120. Ed Rice              | 42:30  | 194. unknown              | 46:49  | 268. Wayne Cyr          | 52:40  |
| 121. Gehria Johnson       | 42:38  | 195. Darlene Williams     | 46:53* | 269. Thomas Noonan      | 52:48  |
| 122. Harry Masse          | 42:43  | 196. James Meldrum        | 46:58  | 270. Ben Robinson       | 52:51  |



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|        |                          |        |                          |          |                          |          |
|--------|--------------------------|--------|--------------------------|----------|--------------------------|----------|
| 46:59  | 271. Sandra Bisset       | 52:52* | 11. Manuel Montoya       | 1:16:28  | 85. Ben Fudge            | 1:30:00  |
| 47:01  | 272. Jay Neighley        | 52:56  | 12. Richard McKeon       | 1:16:44  | 86. Kris Sorenson        | 1:30:09  |
| 47:09* | 273. M. Maher            | 52:58  | 13. Thomas Bennett       | 1:17:24  | 87. Donald McGilvery     | 1:30:10  |
| 47:15* | 274. Paul McFarland, Jr. | 53:00  | 14. Dominic Adams        | 1:17:33  | 88. Chri Burch           | 1:30:23  |
| 47:16  | 275. Mary Reynolds       | 53:07* | 15. Bob Kent             | 1:17:44  | 89. Tom Parker           | 1:30:26  |
| 47:32  | 276. Mark Listovich      | 53:41  | 16. Stephen Crygiel      | 1:18:26  | 90. Ray Shevenell        | 1:30:28  |
| 47:32  | 277. Rose Winter         | 53:50* | 17. Karl Sylvia          | 1:18:40  | 91. Eric Buck            | 1:30:41  |
| 47:42  | 278. Christine Goldfrank | 53:50* | 18. Geoffrey Edwards     | 1:18:59  | 92. William Pavlisko     | 1:31:04  |
| 47:42  | 279. Jaon Clark          | 54:02* | 19. Jeff Bickart         | 1:19:09  | 93. Stephen Alexander    | 1:31:31  |
| 47:43  | 280. Suzie Entwistle     | 54:14* | 20. John Eldridge        | 1:19:15  | 94. Lawrence Smith       | 1:31:46  |
| 47:48  | 281. Sarah Entwistle     | 54:14* | 21. Craig Hatton         | 1:19:27  | 95. Jack Iretton-Hewitt  | 1:32:29  |
| 47:57  | 282. Robert Entwistle    | 54:14  | 22. John Coulp           | 1:19:30  | 96. Paul Beaulieu        | 1:32:32  |
| 47:58  | 283. Sue Eastler         | 54:20* | 23. Vern Porter          | 1:19:48  | 97. David Silk           | 1:32:41  |
| 48:00  | 284. Judith Griffen      | 54:27* | 24. Kevin Dube           | 1:19:54  | 98. William Davanny      | 1:32:48  |
| 48:03  | 285. Margi Briggs        | 54:30* | 25. Doug Kay             | 1:20:24  | 99. Bob Venturino        | 1:33:03  |
| 48:07  | 286. Marjorie Lee        | 54:37* | 26. Alan Reilly          | 1:20:32  | 100. Mike Mosley         | 1:33:09  |
| 48:15* | 287. Catherine Ward      | 54:50* | 27. Steve Ross           | 1:20:47  | 101. Jay White           | 1:33:11  |
| 48:15  | 288. Frederick Greenlaw  | 54:57  | 28. Charles Nichols      | 1:20:49  | 102. Frank Malsbury      | 1:33:16  |
| 48:16  | 289. John Dixon          | 55:09  | 29. Aurebindo Lakshi     | 1:21:22  | 103. Jeffrey Preble      | 1:33:29  |
| 48:18  | 290. Warren Cook         | 55:12  | 30. Gordon Scannell      | 1:21:27  | 104. Laura Goudreau      | 1:33:30* |
| 48:19* | 291. Judith Rutter       | 55:27* | 31. Thomas Greco         | 1:21:38  | 105. Conrad Labelle      | 1:33:32  |
| 48:20* | 292. Patty Jacobs        | 55:30* | 32. Brian Conaway        | 1:21:39  | 106. John Eriksson       | 1:33:35  |
| 48:21* | 293. Aaron Thompson      | 56:16  | 33. Randy Jordan         | 1:22:05  | 107. Michael Sakowski    | 1:33:36  |
| 48:21  | 294. James Fittow        | 56:16  | 34. John McGarry         | 1:22:28  | 108. David Smith         | 1:33:41  |
| 48:21  | 295. Derek Hurley        | 56:16  | 35. Douglas Darby        | 1:22:45  | 109. Barbara Sullivan    | 1:33:52* |
| 48:26  | 296. David Levasseur     | 56:26  | 36. Chase Pray           | 1:23:16  | 110. Kym Herman          | 1:34:09  |
| 48:33  | 297. Chip Sullivan       | 56:27  | 37. Donald Wilson        | 1:23:29  | 111. Jeffrey Babino      | 1:34:28  |
| 48:35  | 298. Jim Higgins         | 56:30  | 38. Stewart Jordan       | 1:23:32  | 112. Michael Beagen      | 1:34:29  |
| 48:35  | 299. Roberta Allison     | 56:33* | 39. Stanley Sheldon, Jr. | 1:23:35  | 113. Walter Webber       | 1:34:44  |
| 48:39  | 300. Tony Jensen         | 56:36  | 40. Lou Piestrak         | 1:23:37  | 114. Carlton Mendell     | 1:35:09  |
| 48:41  | 301. Verna Finney        | 57:11  | 41. Harry Hunt           | 1:24:00  | 115. Thomas Caron        | 1:35:13  |
| 48:47  | 302. Jennifer Girard     | 57:25* | 42. Jerry Crommett       | 1:24:11  | 116. Rick Strout         | 1:35:19  |
| 49:03* | 303. Leslie Morrill      | 57:50* | 43. Debbie Jensen        | 1:24:25* | 117. Peter Hall          | 1:35:22  |
| 49:06  | 304. Nancy Carey         | 57:50* | 44. William Brown        | 1:24:26  | 118. Alvin Mack          | 1:35:27  |
| 49:12* | 305. Meg Yates           | 58:04* | 45. Michael Maxwell      | 1:24:27  | 119. Jim Geary           | 1:35:43  |
| 49:19* | 306. Emily Stuart        | 58:07* | 46. James Maddin         | 1:24:29  | 120. Peter Bixby         | 1:35:49  |
| 49:21  | 307. Bruce Parker        | 58:17  | 47. Muzzy Barton         | 1:24:40  | 121. Ernest Dieckmann    | 1:35:55  |
| 49:23  | 308. Nancy Rae           | 58:33* | 48. Edward Sullivan      | 1:24:51  | 122. Cheryl MacMahon     | 1:35:55* |
| 49:32  | 309. S. Knopp            | 58:33  | 49. William Bristol      | 1:24:53  | 123. James Cote          | 1:35:58  |
| 49:37  | 310. Peter Curran        | 59:56  | 50. Peter Covill         | 1:24:58  | 124. Dick McPaul         | 1:36:03  |
| 49:43  | 311. Jude Sanford        | 59:59* | 51. William Skerritt     | 1:25:06  | 125. Brian Alward        | 1:36:06  |
| 49:45* | 312. Micum Davis         | 61:54  | 52. Joseph Meehan        | 1:25:12  | 126. Phil Perkins        | 1:36:13  |
| 49:46* | 313. Maggie Snyder       | 62:30* | 53. Keith Kelly          | 1:25:26  | 127. Dan Swainbank       | 1:36:13  |
| 49:46  | 314. Wendy Rowe          | 62:49* | 54. John Edwards         | 1:25:40  | 128. Robert Lanigra      | 1:36:18  |
| 49:56* | 315. Rebecca Carey       | 62:49* | 55. Bob Wight, Jr.       | 1:25:53  | 129. Ed Doughty, Jr.     | 1:36:18  |
| 49:58  | 316. Erica Brown         | 62:49* | 56. Peter Flaherty       | 1:26:09  | 130. Kitty Fair          | 1:36:22* |
| 49:58  | 317. Suzanne Fountain    | 62:58* | 57. Gary Rogers          | 1:26:21  | 131. Susan Martin        | 1:36:25* |
| 50:00* | 318. Skip Schwarz        | 63:28  | 58. Harry Schmitke       | 1:26:32  | 132. James Berger        | 1:36:27  |
| 50:14  | 319. Cyndi Chisholm      | 64:33* | 59. Mike Lapinski        | 1:26:35  | 133. Bill Gayton         | 1:36:28  |
| 50:22  | 320. Brenda Girard       | 64:45* | 60. Thomas Cash          | 1:26:45  | 134. Roy Mumford         | 1:36:32  |
| 50:34  | 321. Howard Leshana      | 70:50  | 61. John Lunt            | 1:26:47  | 135. Frank Morong        | 1:36:45  |
| 50:42  | 322. Linda Benn          | 71:00* | 62. Gregory O'Neill      | 1:27:00  | 136. Tim Cook            | 1:36:47  |
| 50:46  | 323. Margaret Sawyer     | 72:50* | 63. Barry Sargent        | 1:27:07  | 137. Annaeils Hafford    | 1:36:48* |
| 50:48  | 324. John McKee          | 86:05  | 64. Bob Colton           | 1:27:10  | 138. Christine Gainty    | 1:36:49* |
| 50:53  |                          |        | 65. Peter Carleton       | 1:27:13  | 139. Gerard Salvo        | 1:36:50  |
| 50:56  |                          |        | 66. George Demarse       | 1:27:22  | 140. Greg Rector         | 1:36:55  |
| 50:59* |                          |        | 67. Kevin Gile           | 1:27:26  | 141. Peter Connell       | 1:36:59  |
| 51:01* |                          |        | 68. Peter Kennedy        | 1:27:28  | 142. Steve Dunning       | 1:37:04  |
| 51:01* |                          |        | 69. David Wolley         | 1:27:44  | 143. Richard Littlefield | 1:37:17  |
| 51:23  |                          |        | 70. Joe Regali           | 1:27:49  | 144. Robert Green        | 1:37:20  |
| 51:24  |                          |        | 71. Roger Zimmerman      | 1:27:58  | 145. Gregg Stanley       | 1:37:23  |
| 51:24  |                          |        | 72. Joe Costa            | 1:28:05  | 146. George Cooper       | 1:37:31  |
| 77 *   |                          |        | 73. Everett Rill         | 1:28:09  | 147. Karin Tilberg       | 1:37:37* |
| 51:45* |                          |        | 74. Carol Weeks          | 1:28:12* | 148. Mark Gilbert        | 1:37:47  |
| 51:56  |                          |        | 75. Phil Vesina, Jr.     | 1:28:19  | 149. Frank Knight        | 1:37:55  |
| 51:57  |                          |        | 76. Bob Quentin          | 1:28:24  | 150. Doug Baird          | 1:38:01  |
| 52:02  |                          |        | 77. Robert Frederick     | 1:28:31  | 151. Victor Tedford      | 1:38:09  |
| 52:03* |                          |        | 78. Lisa Muller          | 1:28:39* | 152. Larry Richards      | 1:38:17  |
| 52:07* |                          |        | 79. Judy Ketcham         | 1:28:53* | 153. Reginald Grant      | 1:38:24  |
| 52:23* |                          |        | 80. Meikle Cardver       | 1:29:05  | 154. Brian Kelly         | 1:38:35  |
| 52:48  |                          |        | 81. Sumner Weeks         | 1:29:08  | 155. Michael Cullien     | 1:38:36  |
| 52:48  |                          |        | 82. Rick Diamond         | 1:29:17  | 156. Julie Millard       | 1:38:40  |
| 52:51  |                          |        | 83. Carl Cuchetti        | 1:29:23  | 157. Wayne Harlow        | 1:38:41  |
|        |                          |        | 84. Sam Boothby          | 1:29:59  | 158. Teddy Pratt         | 1:38:42  |

Results courtesy of Chip Carey  
Race Director

\*\*\*\*\*  
4TH ANNUAL CAPE CHALLENGE HALF-MARATHON  
Cape Elizabeth Sept. 13th

|                    |         |
|--------------------|---------|
| 1. Todd Coffin     | 1:08:40 |
| 2. John Fitzgerald | 1:09:43 |
| 3. Danny Paul      | 1:10:46 |
| 4. Don Hennigar    | 1:11:57 |
| 5. Ken Houle       | 1:12:49 |
| 6. George Toule    | 1:13:59 |
| 7. Ronald Newbury  | 1:14:51 |
| 8. Jim Toulouse    | 1:15:08 |
| 9. Paul Merrill    | 1:15:47 |
| 10. Roland Parsons | 1:16:08 |

## Yianni's Pizza & Pub

71 Center St. • Brewer

989-7242



|                          |          |                         |          |                         |        |
|--------------------------|----------|-------------------------|----------|-------------------------|--------|
| 159. Michael Donovan     | 1:38:47  | 231. Edd Cabral         | 1:53:02  | 9. Stu Hogan            | 20:04  |
| 160. John Lornet         | 1:38:56  | 234. Jane Rasmussen     | 1:53:14* | 10. Ken Botting         | 20:05  |
| 161. Raphael Deprez      | 1:39:04  | 235. John Lambert       | 1:53:15  | 11. Peter Lessard       | 20:06  |
| 162. Cynthia Tiff        | 1:39:04* | 236. Kim Schroeter      | 1:53:24* | 12. Brian Pettigill     | 20:28  |
| 163. Jennifer Rood       | 1:39:12* | 237. St. John Hall      | 1:53:52  | 13. Rick Garcia         | 20:36  |
| 164. Eric Lagos          | 1:39:30  | 238. Robert Jones       | 1:54:00  | 14. Ron Newbury         | 20:37  |
| 165. Richard Lemieux     | 1:39:31  | 239. Karen Toussaint    | 1:54:20* | 15. Brent Leighton      | 20:39  |
| 166. Ray Goodwin         | 1:39:33  | 240. Ralph Moyer        | 1:54:20  | 16. Kenny Planders      | 20:40  |
| 167. Steve Floyd         | 1:39:37  | 241. David Mosley       | 1:55:14  | 17. Ken Houle           | 20:41  |
| 168. Russell Dumond      | 1:39:49  | 242. Anne Pessullo      | 1:55:25* | 18. Robert Ashby        | 20:57  |
| 169. Joan Lavin          | 1:39:53* | 243. John Abruzzi       | 1:56:11  | 19. William Hamblen     | 21:01  |
| 170. Thomas Norton       | 1:39:54  | 244. Philip Bartlett    | 1:56:27  | 20. Dan Barker          | 21:04  |
| 171. David Butler        | 1:40:08  | 245. John Newcomb       | 1:56:30  | 21. David Weatherbie    | 21:12  |
| 172. Kathryn Tolford     | 1:40:16* | 246. Jean Smith         | 1:56:33* | 22. Mark Thompson       | 21:21  |
| 173. Linda Hanson        | 1:40:24* | 247. Max Sanchez        | 1:56:55  | 23. Barry Fifield       | 21:24  |
| 174. Peter Hanson        | 1:40:25  | 248. Cyril Eddy         | 1:57:19  | 24. Bob Spaulding       | 21:25  |
| 175. Robert Jones        | 1:40:32  | 249. Stephen Everett    | 1:57:20  | 25. Guy Martin          | 21:26  |
| 176. John Kasilionis     | 1:40:43  | 250. Sally Paterson     | 1:58:24* | 26. Larry Deans         | 21:28  |
| 177. Roger Dutton        | 1:40:45  | 251. Dave Dunahn        | 1:58:29  | 27. Gordon Hartwell     | 21:33  |
| 178. John Power          | 1:40:48  | 252. John Matvrek       | 1:59:51  | 28. John Noyes          | 21:34  |
| 179. Marie Lueders       | 1:41:19* | 253. Warren Foye        | 2:00:49  | 29. Guy Lindwall        | 21:35  |
| 180. Craig Haggett       | 1:41:21  | 254. Loren Lathrop      | 2:01:24  | 30. Michael St. Laurent | 21:38  |
| 181. Paul King           | 1:41:27  | 255. Laurent Gilbert    | 2:02:06  | 31. Jim Rulvatt         | 21:38  |
| 182. Donald Gagne        | 1:41:49  | 256. Isabella Firth     | 2:02:13* | 32. Gino Valeriana      | 21:39  |
| 183. James Legere        | 1:41:53  | 257. Kathryn Osgood     | 2:02:25* | 33. Tom Thibeau         | 21:43  |
| 184. Stephen Dipalma     | 1:42:09  | 258. Barbara Tufts      | 2:02:52* | 34. Frederick Browning  | 21:45  |
| 185. Peter Greenwood     | 1:42:21  | 259. Waldo Hayes        | 2:03:13  | 35. Thurman Reynolds    | 21:52  |
| 186. Ken Wolstat         | 1:42:40  | 260. Jeffrey Greenhalgh | 2:03:19  | 36. Joe Bennett         | 22:01  |
| 187. Ernie Wilcox        | 1:43:17  | 261. Mary Haley         | 2:03:22* | 37. Bob Coughlin        | 22:02  |
| 188. Sandra Wyman        | 1:43:19* | 262. Jennifer Allen     | 2:03:39* | 38. Frank Brune         | 22:07  |
| 189. Brian Mulcahy       | 1:43:20  | 263. Mary King          | 2:04:11* | 39. Doug Ludwig         | 22:08  |
| 190. James Oliver        | 1:43:29  | 264. Nancy Tonneson     | 2:04:13* | 40. Michael Civillo     | 22:09  |
| 191. Bill Guilbault      | 1:43:29  | 265. Curtis Brechter    | 2:05:15  | 41. Mike Clark          | 22:10  |
| 192. Karen Brown         | 1:43:42* | 266. Beverly Garber     | 2:05:20* | 42. Dan Munter          | 22:11  |
| 193. Philip McGovern     | 1:43:46  | 267. Susan Yandell      | 2:05:23* | 43. Steven Peterson     | 22:12  |
| 194. Steves Eyrard       | 1:43:57  | 268. Richard Hepple     | 2:05:24  | 44. Bob Poirer          | 22:15  |
| 195. Becky Knight        | 1:44:02* | 269. Marianne Gagne     | 2:05:31* | 45. Jordan Roti         | 22:21  |
| 196. Bob Cushman         | 1:44:07  | 270. Robert Wyman       | 2:05:31  | 46. John Eldredge       | 22:22  |
| 197. Orlando Delogu      | 1:44:11  | 271. Sheryl Allen       | 2:05:45* | 47. Josh Krell          | 22:26  |
| 198. Eileen Stergiou     | 1:44:13* | 272. Joyce Goodie       | 2:05:56* | 48. Harry Hunt          | 22:28  |
| 199. Athur Porter, Jr.   | 1:44:14  | 273. Marcia Libby       | 2:06:00* | 49. Howard Chadbourn    | 22:28  |
| 200. Ken Sylvester       | 1:44:17  | 274. Gabriel Williamson | 2:06:01  | 50. Paul Bouget         | 22:29  |
| 201. Lee Akerley         | 1:44:20  | 275. Tom Pare           | 2:07:09  | 51. Peter Murphy        | 22:30  |
| 202. Jeri Schroeder      | 1:44:30  | 276. Roderick Langmeier | 2:07:34  | 52. John Hodgson        | 22:30  |
| 203. Cindy Vokey         | 1:44:30  | 277. Joe St. Hilaire    | 2:07:35  | 53. Warren Dean         | 22:31  |
| 204. Susan Blaisdell     | 1:44:49  | 278. Joseph McBride     | 2:09:01  | 54. Randy Jordan        | 22:31  |
| 205. Peter Bennink       | 1:44:53  | 279. Joanne Klein       | 2:09:31* | 55. Sally Perkins       | 22:32* |
| 206. Sharon Brinckerhoff | 1:45:20  | 280. James Megrath      | 2:09:33  | 56. Dan Buck            | 22:32  |
| 207. David Walker        | 1:45:24  | 281. Carmen Fortin      | 2:09:38  | 57. Kelly Bennett       | 22:33* |
| 208. Ronald Deane        | 1:45:51  | 282. Metay Page         | 2:13:16* | 58. Craig Flamer        | 22:36  |
| 209. Jean Thomas         | 1:46:01  | 283. Pamela Sullivan    | 2:15:00* | 59. Steve Ross          | 22:44  |
| 210. Russ Bradley        | 1:46:04  | 284. Louis Gerecs       | 2:18:26  | 60. Matt Rays           | 22:46  |
| 211. Douglas Higbee      | 1:46:13  | 285. Harold Tippy       | 2:22:29  | 61. Gordon Dean         | 22:49  |
| 212. Doug Moreshead      | 1:46:28  | 286. Douglas Carrow     | 2:26:38  | 62. Wanda Baney         | 22:54* |
| 213. Tom Merrill         | 1:46:34  | 287. Ruth Hefflefinger  | 2:28:01* | 63. Robert Butler       | 22:55  |
| 214. Robin Fagan         | 1:46:41  | 288. Jeffrey Harvey     | 2:32:00  | 64. Ted Dixon           | 22:55  |
| 215. Bennie Stephenson   | 1:46:54  |                         |          | 65. Joseph Meehan       | 22:56  |
| 216. Yvette Knight       | 1:47:10  |                         |          | 66. Wayne Clark         | 23:06  |
| 217. Douglas Aiken       | 1:47:12  |                         |          | 67. Peter Flaherty      | 23:11  |
| 218. David Conley        | 1:47:20  |                         |          | 68. Tom Swan            | 23:12  |
| 219. Diane Smith         | 1:47:28  |                         |          | 69. Donald Wilson       | 23:13  |
| 220. John McGovern       | 1:47:36  |                         |          | 70. Greg Dugas          | 23:14  |
| 221. Richard Nadeau      | 1:48:38  |                         |          | 71. Ryan MacDonald      | 23:16  |
| 222. Lisa Weymouth       | 1:49:00  |                         |          | 72. Jeff Arsenaault     | 23:16  |
| 223. Brian Murray        | 1:49:06  |                         |          | 73. Brian Bisson        | 23:17  |
| 224. Michael Canarie     | 1:49:58  |                         |          | 74. Russ Connors        | 23:19  |
| 225. David Canarie       | 1:50:20  |                         |          | 75. Robert Jordan       | 23:19  |
| 226. Bob Knowles         | 1:50:25  |                         |          | 76. Rose Prest          | 23:21  |
| 227. Ellen Spring        | 1:50:36  |                         |          | 77. Joe Medio           | 23:23  |
| 228. Thomas Depledge     | 1:51:07  |                         |          | 78. Andy Palmer         | 23:24  |
| 229. Claire Edwards      | 1:51:24  |                         |          | 79. Barry Sargent       | 23:25  |
| 230. Bob Sheehan         | 1:51:33  |                         |          | 80. Tom Dotson          | 23:28  |
| 231. Eric Hertz          | 1:52:06  |                         |          | 81. Joel Sotler         | 23:32  |
| 232. Wayne Creelman      | 1:52:09  |                         |          | 82. Bobby Ray           | 23:36  |

Results courtesy of Jane Dolley  
Race Director

#### WCSH FOR KIDS' SAKE 4-MILER

Portland Oct. 4th

|                     |       |                   |       |
|---------------------|-------|-------------------|-------|
| 1. Stanley Bickford | 18:47 | 75. Robert Jordan | 23:19 |
| 2. Bruce Bickford   | 18:47 | 76. Rose Prest    | 23:21 |
| 3. Tim Donovan      | 18:58 | 77. Joe Medio     | 23:23 |
| 4. Sam Pelletier    | 19:05 | 78. Andy Palmer   | 23:24 |
| 5. Todd McGraw      | 19:38 | 79. Barry Sargent | 23:25 |
| 6. Dan Dearing      | 19:53 | 80. Tom Dotson    | 23:28 |
| 7. Danny Paul       | 19:57 | 81. Joel Sotler   | 23:32 |
| 8. Stan Smith       | 20:01 | 82. Bobby Ray     | 23:36 |

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SUNDAY AFTERNOONS



|        |                            |        |                            |        |                         |        |
|--------|----------------------------|--------|----------------------------|--------|-------------------------|--------|
| 20:04  | 83. Seth Denning           | 23:38  | 179. Arnie Clark           | 26:42  | 224. Brown Cameron      | 28:06  |
| 20:05  | 84. Debbie Jensen          | 23:38  | 180. Theresa Bosse         | 26:43* | 225. Craig Robinson     | 28:06  |
| 20:06  | 85. Don Rainer             | 23:40  | 181. Gary Barton           | 26:48  | 226. Leo Juneau         | 28:07  |
| 20:28  | 86. David Dowling          | 23:41  | 182. Bill Davenny          | 26:49  | 227. James Kennedy      | 28:08  |
| 20:36  | 87. Lee Stover             | 23:44  | 183. Steve DiPalma         | 26:51  | 228. Jerry St. Amand    | 28:09  |
| 20:37  | 88. Charles Hall           | 23:46  | 184. Brian Walsh           | 26:52  | 229. Steven Bailey, Jr. | 28:10  |
| 20:39  | 89. Phil Verina            | 23:48  | 185. Bill Moulton          | 26:53  | 230. Patricia Rand      | 28:11* |
| 20:40  | 90. Diane Lounder          | 23:49  | 186. Erica Belyea          | 26:54* | 231. Henry Wolstat      | 28:12  |
| 20:41  | 91. Bill Skerritt          | 23:50  | 187. Bill Gros             | 26:55  | 232. Peter Perry        | 28:14  |
| 20:57  | 92. Christopher Redman     | 23:51  | 188. Dominic Reali         | 26:57  | 233. Maynard Cook       | 28:17  |
| 21:01  | 93. Frank Ireland          | 23:52  | 189. Richard Gadbols       | 26:59  | 234. Philip Bartlett    | 28:19  |
| 21:04  | 94. Mark Lee               | 23:58  | 190. Allen Hamilton        | 27:00  | 235. Larry Barker       | 28:20  |
| 21:11  | 95. Robert St. John        | 23:59  | 191. Fred Thompson         | 27:03  | 236. Diane Collette     | 28:21* |
| 21:21  | 96. Frank Ferland          | 24:03  | 192. Dan Dwyer             | 27:05  | 237. Robert Morgan      | 28:22  |
| 21:24  | 97. Scott Forbes           | 24:06  | 193. James Legere          | 27:09  | 238. Coleen Redman      | 28:23  |
| 21:25  | 98. Mark St. Pierre        | 24:09  | 194. Scott Decker          | 27:12  | 239. Andrew Haslam      | 28:23  |
| 21:26  | 99. Robert Browning        | 24:09  | 195. Luau Dang             | 27:13  | 240. Daniel Gran        | 28:24  |
| 21:28  | 100. Steven Robertson      | 24:13  | 196. Jim Soule             | 27:13  | 241. Richard Downs      | 28:25  |
| 21:33  | 101. Robert Jones          | 24:13  | 197. David Hutchinson      | 27:14  | 242. Paul Cote          | 28:26  |
| 21:34  | 102. Tom Parker            | 24:15  | 198. Mike Milbury          | 27:15  | 243. Peter McDonald     | 28:34  |
| 21:35  | 103. Peter Bastow          | 24:16  | 199. Mary Ellen Thacher    | 27:16* | 244. Richard Tracy      | 28:36  |
| 21:38  | 104. Daniel Toby           | 24:17  | 200. Howard Leighton       | 27:16  | 245. John Ouellette     | 28:37  |
| 21:38  | 105. Frank Fogg            | 24:18  | 201. Bob Sturgeous         | 27:18  | 246. Gordi Clark        | 28:38  |
| 21:39  | 106. Kevin Gile            | 24:19  | 202. Bob Cushman           | 27:18  | 247. Lisa Bruns         | 28:41  |
| 21:43  | 107. Brian Kelly           | 24:20  | 203. Patrick Roney         | 27:19  | 248. Matt O'Malley      | 28:42  |
| 21:45  | 108. James Cox             | 24:22  | 204. Greg Stanley          | 27:20  | 249. Barbara McHugh     | 28:43  |
| 21:52  | 109. Jim Geary             | 24:22  | 205. Patrick Locke         | 27:21  | 250. Ralph Thomas       | 28:44  |
| 22:01  | 110. Mike Mosley           | 24:24  | 206. Michael Doyel         | 27:22  | 251. James Plummer      | 28:45  |
| 22:02  | 111. Ronald Deprez         | 24:25  | 207. Jill Decker           | 27:22* | 252. Malcolm Glidden    | 28:54  |
| 22:07  | 112. Fred Conti            | 24:27  | 208. Robert Benoit         | 27:25  | 253. Steven Chick       | 28:55  |
| 22:08  | 113. Rachel Veilleux       | 24:28* | 209. Peter Broomhall       | 27:27  | 254. Steven Swindells   | 28:57  |
| 22:09  | 114. Dave Smith            | 24:30  | 210. Richard Genais        | 27:28  | 255. Patty Madina       | 28:58* |
| 22:10  | 115. Ron Leger             | 24:38  | 211. Bob Laksey            | 27:33  | 256. Sean Finley        | 28:59  |
| 22:11  | 116. Joel Anderson         | 24:39  | 212. Rod Lambert           | 27:39  | 257. Paula Carlin       | 29:02  |
| 22:12  | 117. Roy Morejon           | 24:42  | 213. Paul Yates            | 27:40  | 258. Judith Jern        | 29:03  |
| 22:15  | 118. Dick Cummings         | 24:43  | 214. Shane Lambert         | 27:41  | 259. Forest Carey       | 29:04  |
| 22:21  | 119. Ray Shevenell         | 24:45  | 215. Tracy Sweetair        | 27:47* | 260. Ted Pratt          | 29:04  |
| 22:22  | 120. David Bean            | 24:45  | 216. Brian Hall            | 27:47  | 261. Gregory Tatt       | 29:05  |
| 22:26  | 121. Scott Jones           | 24:46  | 217. Peter Miller          | 27:48  | 262. William Sproul     | 29:06  |
| 22:28  | 122. Gerald Salvo          | 24:49  | 218. J.P. Lavoie           | 27:50  | 263. Jeanne White       | 29:07* |
| 22:28  | 123. Richard Littlefield   | 24:52  | 219. Sara Maccoll          | 27:52* | 264. Scott Burnheimer   | 29:09  |
| 22:29  | 124. Bill Pavlisko         | 24:52  | 220. Mike Rice             | 27:57  | 265. James Graham       | 29:11  |
| 22:30  | 125. Ruth Hall             | 24:53  | 221. Joan Benoit Samuelson | 27:59* | 266. Winifred Wood      | 29:12  |
| 22:30  | 126. Dave McMannus         | 24:55  | 222. Susan Milliken        | 28:01* | 267. Adam Lambert       | 29:17  |
| 22:31  | 127. Christine Braceras    | 24:57* | 223. Paul Marcinek         | 28:03  | 268. Karen LaCasse      | 29:22  |
| 22:32  | 128. George Liming         | 25:02  |                            |        |                         |        |
| 22:32  | 129. Doug Moody            | 25:04  |                            |        |                         |        |
| 22:33  | 130. Thomas Caron          | 25:07  |                            |        |                         |        |
| 22:36  | 131. Bob Villanueva        | 25:08  |                            |        |                         |        |
| 22:44  | 132. Michael Millett       | 25:09  |                            |        |                         |        |
| 22:46  | 133. Carol Weeks           | 25:10* |                            |        |                         |        |
| 22:49  | 134. Summer Weeks          | 25:11  |                            |        |                         |        |
| 22:54* | 135. Joseph Connolly       | 25:12  |                            |        |                         |        |
| 22:55  | 136. Tom Wood              | 25:16  |                            |        |                         |        |
| 22:55  | 137. Ed Worcester          | 25:17  |                            |        |                         |        |
| 22:56  | 138. K. Scott Hinckley     | 25:19  |                            |        |                         |        |
| 23:06  | 139. Dick McPaul           | 25:19  |                            |        |                         |        |
| 23:11  | 140. Chuck Broomhall       | 25:21  |                            |        |                         |        |
| 23:12  | 141. Cheryl Sascomb        | 25:23* |                            |        |                         |        |
| 23:13  | 142. Wayne Fordham         | 25:24  |                            |        |                         |        |
| 23:14  | 143. Ken Casey             | 25:25  |                            |        |                         |        |
| 23:16  | 144. Michael Lee           | 25:28  |                            |        |                         |        |
| 23:16  | 145. Mark Whitten          | 25:29  |                            |        |                         |        |
| 23:17  | 146. John Mueller          | 25:35  |                            |        |                         |        |
| 23:19  | 147. Ed Rice               | 25:39  |                            |        |                         |        |
| 23:19  | 148. Dan Brennock          | 25:40  |                            |        |                         |        |
| 23:21  | 149. Carl Reilly           | 25:46  |                            |        |                         |        |
| 23:23  | 150. Jonathan Brawn        | 25:48  |                            |        |                         |        |
| 23:24  | 151. Britt Wolfe           | 25:49  |                            |        |                         |        |
| 23:25  | 152. Craig Haggett         | 25:56  |                            |        |                         |        |
| 23:28  | 153. Peter Hallway         | 25:57  |                            |        |                         |        |
| 23:32  | 154. Christian Villanueva  | 26:00  |                            |        |                         |        |
| 23:36  | 155. Norman Locke          | 26:00  |                            |        |                         |        |
|        | 156. Andrew Ingalls        | 26:01  |                            |        |                         |        |
|        | 157. Jim Booth             | 26:02  |                            |        |                         |        |
|        | 158. Bruce Little          | 26:02  |                            |        |                         |        |
|        | 159. George Cooper         | 26:06  |                            |        |                         |        |
|        | 160. Steve Floyd           | 26:10  |                            |        |                         |        |
|        | 161. Allen Ramsdell        | 26:13  |                            |        |                         |        |
|        | 162. David Butler          | 26:14  |                            |        |                         |        |
|        | 163. Glenn Galupe          | 26:15  |                            |        |                         |        |
|        | 164. Ronald Benner         | 26:15  |                            |        |                         |        |
|        | 165. David Johnson         | 26:16  |                            |        |                         |        |
|        | 166. Dale Rines            | 26:17  |                            |        |                         |        |
|        | 167. Carlton Mendell       | 26:17  |                            |        |                         |        |
|        | 168. Kevin Patridge        | 26:23  |                            |        |                         |        |
|        | 169. Mike Palmer           | 26:27  |                            |        |                         |        |
|        | 170. Conrad Lebel          | 26:28  |                            |        |                         |        |
|        | 171. Scott Milliken        | 26:29  |                            |        |                         |        |
|        | 172. Peter Marcinek        | 26:31  |                            |        |                         |        |
|        | 173. Barry Howgate         | 26:34  |                            |        |                         |        |
|        | 174. Christopher MacDonald | 26:35  |                            |        |                         |        |
|        | 175. Art Marcoux           | 26:38  |                            |        |                         |        |
|        | 176. Scott Davis           | 26:40  |                            |        |                         |        |
|        | 177. Bill Whelan           | 26:41  |                            |        |                         |        |

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9-5:30 Mon.-Sat.

Fri. 9-8:88

|                         |        |  |         |   |           |
|-------------------------|--------|--|---------|---|-----------|
| 269. Bridget Edquid     | 29:22* | 362. Julie Wick  | 33:35*  | 16. Alan Baldwin  | 1:04:27   |
| 270. S.M. Hall          | 29:24  | 363. Jim Osterrieder                                     | 33:36   | 17. Eric Jameson  | 1:04:27   |
| 271. Warren Foye        | 29:27  | 364. Sandy Osterreider                                   | 33:37*  | 18. Terry Stanley   | 1:04:29   |
| 272. Daryl Brown        | 29:30  | 365. Ryan Paradis  | 33:37   | 19. W. Tim Jameson  | 1:04:49   |
| 273. Diane Carey        | 29:33* | 366. Peter Connell                                       | 33:38   | 20. Michael Whittis   | 1:08:49   |
| 274. Sandy Utterstrom   | 29:38* | 367. Glen Morin  | 33:39   | 21. Sean MacMillan  | 1:09:41   |
| 275. Lee Foster         | 29:40  | 368. Dayle Eichorn                                       | 33:42   | 22. Shawn McKay   | 1:09:51   |
| 276. Lisa Weymouth      | 29:41* | 369. Elizabeth Rose                                      | 33:46*  | 23. David Whitney   | 1:10:10   |
| 277. Richard Carter     | 29:42  | 370. Joseph Mackey                                       | 33:50   | 24. Stephen Sanderson                                       | 1:10:48   |
| 278. John Clark         | 29:45  | 371. Beth Williams                                       | 33:50*  | 25. Oleg Cytowicz   | 1:12:06   |
| 279. Pam Brown          | 29:51* | 372. Mathew Capron                                       | 33:51   | 26. Juston Harmon   | 1:13:17   |
| 280. Russ Bradley       | 29:53  | 373. Jessica Fulmer                                      | 33:52*  | 27. John Sinko  | 1:14:45   |
| 281. Robert Malleod     | 29:58  | 374. unknown   | 33:53   | 28. Ed Raymaker   | 1:17:53   |
| 282. David Horne        | 29:59  | 375. Jamie Desjardins                                    | 33:58   | 29. Tim Bland   | 1:18:52   |
| 283. Ralph Baxter       | 29:59  | 376. Brenda Cushman                                      | 34:03*  | 30. Charity Harding   | 1:18:56*  |
| 284. Jim Nappi          | 30:03  | 377. Thomas Decker                                       | 34:07   | 31. Cary Donaldson  | 1:31:26*  |
| 285. Cindy Vokey        | 30:08* | 378. Pam Densmore  | 34:08*  | 32. Chris Coffey  | 1:32:24   |
| 286. Patricia Titcomb   | 30:08* | 379. Georgianna Hogerty                                  | 34:25*  | Results courtesy of John Gulliver<br>Race Director          |           |
| 287. Joel Titcomb       | 30:17  | 380. Barbara Nelson                                      | 34:25*  | *****   |           |
| 288. Craig Bradbury     | 30:20  | 381. Mary Ridge  | 34:26*  | UNION RIVER BIKE RACE - 40 miles<br>Ellsworth Sept. 20th    |           |
| 289. Ed Cabral          | 30:22  | 382. Belinda Vail  | 34:27*  | *****   |           |
| 290. Shawn Genaia       | 30:23  | 383. Christina Poore                                     | 34:29*  | 1. Ron Bryant   | 1:42:38   |
| 291. Brian Kemna        | 30:24  | 384. Philip Rondeau                                      | 34:31   | 2. Rich Goodenough  | 1:42:39   |
| 292. Donald Abrams      | 30:27  | 385. Tammy Prince  | 34:34*  | 3. Dana Snyder  | 1:42:41   |
| 293. Robert Jenkins     | 30:29  | 386. Pam Sullivan  | 34:38*  | 4. Stacey Fontaine  | 1:42:43   |
| 294. Diane Dumes        | 30:31* | 387. Robert Antonius                                     | 34:39   | 5. Steve Woodard  | 1:42:49   |
| 295. Kyle Milliken      | 30:32  | 388. Elisa Greenwald                                     | 34:40*  | 6. Michael Archer   | 1:43:24   |
| 296. Brian Milliken     | 30:33  | 389. Ted Cunningham                                      | 34:42   | 7. Mark Weatherbee  | 1:56:01   |
| 297. Chris Naegle       | 30:36  | 390. Jude Sanford  | 34:44*  | 8. Greg Downing   | 1:57:03   |
| 298. Martha Schmann     | 30:36* | 391. Maureen Madeau                                      | 34:46*  | 9. Norm Haves   | 2:03:12   |
| 299. Jean Thomas        | 30:37* | 392. Pam Lambert   | 34:48*  | 10. Bernice Stockley  | 2:07:52   |
| 300. Deborah Borduac    | 30:37* | 393. Shawn Works   | 34:51   | 11. Seth Levy   | 2:21:11   |
| 301. Gordon Chamberlain | 30:40  | 394. Mikki Hamory  | 35:06*  | Results courtesy of John Gulliver<br>Race Director          |           |
| 302. Heather Kenney     | 30:43* | 395. Albert Giasoon                                      | 35:09   | *****   |           |
| 303. Jenny Popp         | 30:47* | 396. Jennifer Patatome                                   | 35:10*  | NBAC PENOBSCOT PEDALER - 25 miles<br>Ellsworth date unknown |           |
| 304. Allen Hersom       | 30:47  | 397. Ellie Davis   | 35:11*  | 1. Saunders Whittlesey                                      | 1:03:17   |
| 305. Don Penta          | 30:48  | 398. Mike Davis  | 35:13   | 2. John Entwistle   | 1:03:18   |
| 306. Scott Gordon       | 30:50  | 399. Michael Grand                                       | 35:15   | 3. Steve Hoelter  | 1:03:20   |
| 307. Mike Russell       | 30:51  | 400. Michael Washburn                                    | 35:16   | 4. Scott Seymour  | 1:03:21   |
| 308. Harry Simmons      | 30:52  | 401. Vicki Gordon  | 35:18*  | 5. Mike Avery   | 1:03:31   |
| 309. John Flaherty      | 30:52  | 402. Mary Jane Call                                      | 35:19*  | 6. Rick Haseltine   | 1:03:33   |
| 310. Marla Keefe        | 30:54* | 403. Claudia Lyon  | 35:31*  | 7. Ron Bryant   | 1:03:35   |
| 311. Melissa Mirarch    | 30:55* | 404. Ruth Haffelfinger                                   | 35:37*  | 8. Daniel Koch  | 1:03:37   |
| 312. Molly Ellis        | 30:57* | 405. Bambi Lovett  | 35:37*  | 9. Mark Luebbers  | 1:03:41   |
| 313. Paul McParland     | 30:58  | 406. Debbie Akerley                                      | 35:40*  | 10. Hugh Caggiano   | 1:04:08   |
| 314. Mary Glidden       | 30:59* | 407. Lee Akerley   | 35:41   | 11. Peter Collins   | 1:04:15   |
| 315. Richard Campbell   | 31:04  | 408. Deborah Hammond                                     | 35:46*  | 12. Robert Grove-Markwood                                   | 1:04:47   |
| 316. Keith Stewart      | 31:06  | 409. Robert Huotari                                      | 35:46   | 13. Russel Davis  | 1:06:27   |
| 317. Gary Wing          | 31:08  | 410. Gail Mann   | 36:09*  | 14. Scot Weber  | 1:07:19   |
| 318. Michael Denning    | 31:10  | 411. Jan Novick  | 36:09*  | 15. Steven Hamblen  | 1:07:38   |
| 319. Lona Ladd          | 31:12* | 412. Dee Luvey   | 36:16*  | 16. Fred Johnston   | Not Given |
| 320. Marty Baker        | 31:13  | 413. Jack Oppen  | 36:17   | 17. Patrick Pelletier                                       | NG        |
| 321. Michael Willeford  | 31:15  | 414. Danielle Guidi                                      | 36:29*  | 18. Michael Archer  | NG        |
| 322. Melvin Fineberg    | 31:16  | 415. Melissa Westcott                                    | 36:31*  | 19. David Miller  | NG        |
| 323. M.C. Motham        | 31:19  | 416. Sara Hobson   | 36:33*  | 20. Brent Leighton  | NG        |
| 324. James O'Donnell    | 31:26  | 417. Linda Benn  | 36:44*  | 21. Harry Schmitke  | NG        |
| 325. Tammy Hutchinson   | 31:26* | 418. Cory Morrill  | 36:45   | 22. Paul Hammond  | NG        |
| 326. Lourin Gordon      | 31:28* | 419. Majanne Hamony                                      | 36:46*  | 23. Steve Rand  | NG        |
| 327. Marie Seal         | 31:36* | 420. Seth Rosevelt                                       | 37:27   | 24. Bruce Fowles  | NG        |
| 328. Rebecca Carey      | 31:37* | 421. Allen Turnelle                                      | 37:54   | 25. Roger Hoffman   | NG        |
| 329. Valerie Chadbourne | 31:43* | 422. Mike Mason  | 38:11   | 26. Dean Bingham  | NG        |
| 330. Nancy Carey        | 31:44* | 423. Harvey Mason  | 38:29   | 27. Duane Smith   | NG        |
| 331. Martha Maher       | 31:45* | 424. Frank Long  | 38:36   | 28. Eric Jameson  | NG        |
| 332. Morton Soule       | 31:45  | 425. Robert Lloyd  | 38:38   | 29. Barry Wilber, Jr.                                       | NG        |
| 333. Harry Giddings     | 31:46  | 426. Carlton Emery                                       | 39:07   | 30. Barry Wilber, Sr.                                       | NG        |
| 334. Allen Swett        | 31:47  | 427. Margaret Sawyer                                     | 39:56*  | 31. Erik Espling  | NG        |
| 335. Raymond Labonte    | 31:48  | AND  |         | 32. George Sinnett  | NG        |
| 336. Susan Brewer       | 31:59* | 152. Jeremy Day  | 25:55   | 33. Raymond Danielson                                       | NG        |
| 337. Lisa Levett        | 32:00* | Results courtesy of Bill Green<br>Race Coordinator       |         | 34. Leo Connolly  | NG        |
| 338. Nancy Ludewig      | 32:04* | *****  |         | 35. Alan Baldwin  | NG        |
| 339. Craig Palmacci     | 32:05  | UNION RIVER BIKE RACE - 20 miles<br>Ellsworth Sept. 20th |         | 36. Tim Jameson   | NG        |
| 340. Katy Koehler       | 32:07* | *****  |         | 37. Sherwood Muise  | NG        |
| 341. Maureen Sproul     | 32:12* | *****  |         | 38. Marlin David Bostic                                     | NG        |
| 342. Mark Levesque      | 32:15  | *****  |         | 39. Ashlee Patten   | NG*       |
| 343. Sue Ayers          | 32:29* | *****  |         | 40. Terry LaRoche   | NG*       |
| 344. Michael Davis      | 32:36  | *****  |         | 41. Patricia Kennedy  | NG*       |
| 345. Christina Redman   | 32:37* | *****  |         | 42. James Hathaway  | NG        |
| 346. William Hewitt     | 32:39  | *****  |         | Results courtesy of Pat Pelletier<br>*****                  |           |
| 347. Anna Balzano       | 32:49* | 1. Scott Seymour   | 56:26   |   |           |
| 348. Kris Jankowiak     | 33:02  | 2. Dan Koch  | 56:55   |   |           |
| 349. Robert Burns       | 33:02  | 3. Michael Yeo   | 57:17   |   |           |
| 350. Claudia Hawkes     | 33:07* | 4. Rusty Davis   | 1:00:31 |   |           |
| 351. Susan Levin        | 33:14* | 5. Kurt Preston  | 1:00:53 |   |           |
| 352. Pat Ianni          | 33:15  | 6. Dean Bingham  | 1:00:57 |   |           |
| 353. Dwayne Cummings    | 33:15  | 7. Richard Swett   | 1:01:21 |   |           |
| 354. Julie Burnheimer   | 33:20* | 8. Thomas Coleman  | 1:02:34 |   |           |
| 355. Lisa Clemente      | 33:21* | 9. Karl Rau  | 1:02:37 |   |           |
| 356. Susan Martin       | 33:23* | 10. Hugh Wight   | 1:02:40 |   |           |
| 357. Marina Denning     | 33:25* | 11. George Sinnett                                       | 1:02:44 |   |           |
| 358. Judith Gardner     | 33:26* | 12. Jim Young  | 1:02:46 |   |           |
| 359. Dee Nicely         | 33:27* | 13. Doug Dearborn  | 1:02:50 |   |           |
| 360. Chris Hall         | 33:32  | 14. Duane Majka  | 1:02:50 |   |           |
| 361. Karen Kenney       | 33:33* | 15. Brian Foss   | 1:04:12 |   |           |

# 6th Annual TURKEY TROT 5K Road Race

SPONSORED BY THE BREWER HIGH SCHOOL SOPHOMORE CLASS



It's time again for our annual  
TURKEY TROT. You are invited to come  
join the fun of our five kilometer  
road race. End the season with us!

**When:** Saturday, November 21, at 11:00 A.M. Registration at the Brewer High school cafeteria at 9:00 A.M. Pre-registration is encouraged as only the first 125 runners will receive T-shirts.

**Where:** The 5K course starts and finishes at Brewer High school. The course goes out and back on Parkway South. (3.106 miles)

**Age Groups:** 13 and under  
14 - 18  
19 - 29  
30 - 39  
40 - 49  
50 and over

**ENTRY FEE:** \$5.00

**Awards:** A turkey will be given to the first place finisher (M & F) in each age group.

**Plus:** Merchandise and gift certificates will be awarded to the following categories.

- A 1st Brewer High faculty- staff member (M & F)
- B 1st high school student -- Class of '88 (M & F)
- C 1st high school student -- Class of '89 (M & F)
- D 1st high school student -- Class of '90 (M & F)
- E 1st high school student -- Class of '91 (M & F)
- F 1st parent of a Brewer High student (M & F)
- G 1st racewalker (M & F)

**Plus:** Random drawings for additional prizes. We've had over 100 of these in each of the last three years. (one prize per runner)

Complete results in "Maine Running and Outing Magazine"

## OFFICIAL ENTRY FORM

Name \_\_\_\_\_ Age \_\_\_\_\_ Category \_\_\_\_\_  
Address \_\_\_\_\_ Sex \_\_\_\_\_

In consideration of this entry form being accepted, I for myself, my heirs, and assigns, hereby waive and release all rights and claims I may have against the officials, volunteers, Brewer School Dept., and race sponsors.

Signature \_\_\_\_\_ T-shirt size: S M L XL  
(parent or guardian if under 18 years old) (circle one)

Make \$5.00 checks payable to and mail to: Brewer High School  
Parkway South  
Brewer, Maine 04412  
ATTN. David W. Jeffrey

# Maine Savings Bank's 9th Annual



## Gasping Gobbler

### Thanksgiving Day Road Race

TAC Certification Code ME-85012-GN

**10,000 Meters (6.2 miles)  
and 2 Mile Road Race**  
Finishing times shown by  
large digital clock.

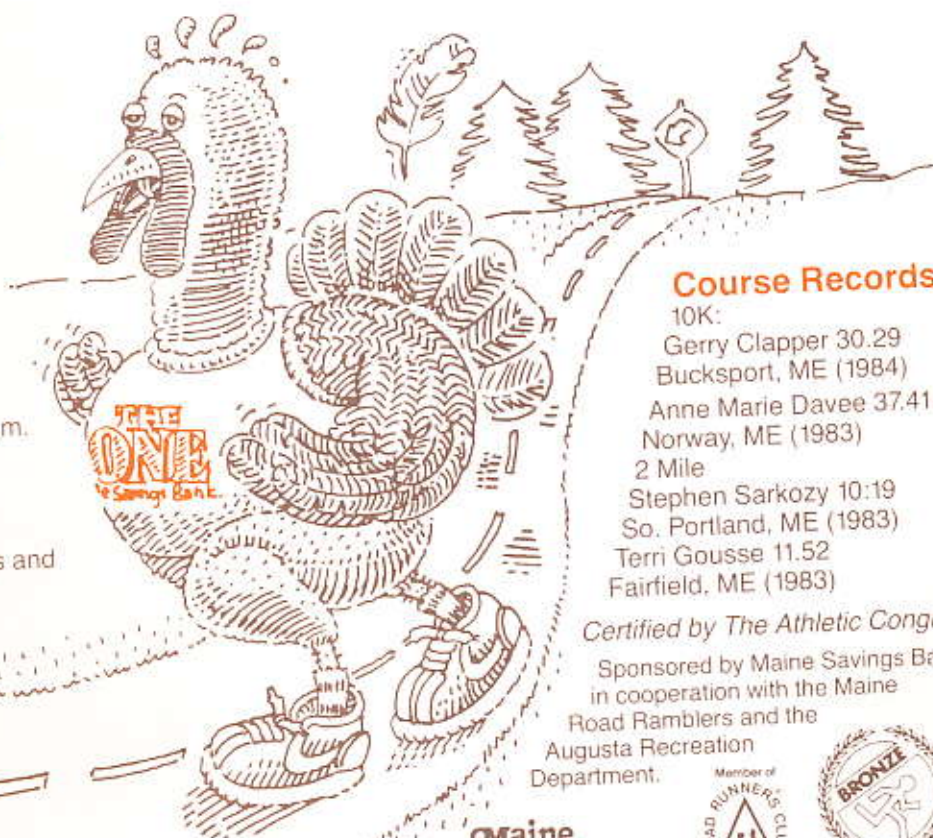
**Date:**  
Thursday, November 26, 1987

**Time:**  
8:00 a.m. Registration begins at 8:30 a.m.

**Place:**  
Augusta Civic Center, Augusta, Maine.  
Race course map on the back. Also  
available at registration booth. Showers and  
refreshments will be available to all.

**Awards:**  
Commemorative mugs  
for the first 200  
registrants in the 10K  
and first 100 registrants  
in the 2 Mile.

**Prizes:**  
1st & 2nd male and female overall,  
1st & 2nd male and female:  
19 and under, 19-29, 30-39, 40-49, 50 and over.  
Prizes for the 10K mean average runner



#### Course Records:

10K:

Gerry Clapper 30.29  
Bucksport, ME (1984)

Anne Marie Davee 37.41  
Norway, ME (1983)

2 Mile  
Stephen Sarkozy 10:19  
So. Portland, ME (1983)

Terri Gousse 11:52  
Fairfield, ME (1983)

Certified by The Athletic Congress.

Sponsored by Maine Savings Bank  
in cooperation with the Maine  
Road Ramblers and the  
Augusta Recreation  
Department.

**Maine  
Road  
Ramblers**



Guide to Road Racing  
in New England

For additional information, please contact race directors  
Peter Marcak (207) 626-2350 or Dave Gagan (207) 622-0289  
or John Schwerdel (207) 622-4507.

#### Registration:

Fee for either race:  
Make checks payable to  
Maine Road Ramblers  
Mail to:  
Maine Road Ramblers  
P.O. Box 264  
Augusta, ME 04330

Check one  
☐ 10K ☐ 2 Mile

LAST NAME FIRST NAME

MAILING ADDRESS

CITY STATE ZIP CODE

AGE SEX

## Thanksgiving Day Road Race



that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with this event including, but not limited to, falls, contacts with other participants, the effects of the weather, including high heat and humidity, traffic and the conditions of the road. All such risks being known and appreciated by me. Having read this waiver and these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the Maine Road Ramblers, the City of Augusta and all sponsors, their representatives and successors from all claims or suits of any kind arising out of my participation in this event.

Headphones may be worn during any participation in a M.R.R. event.  
I do not have permission to use any photographs, motion pictures, recordings, or any other record of this event for any purpose.  
I do not obey the M.R.R. rules.

mate purpose.  
be refused permission to run if I do not obey the M.R.R. rules.

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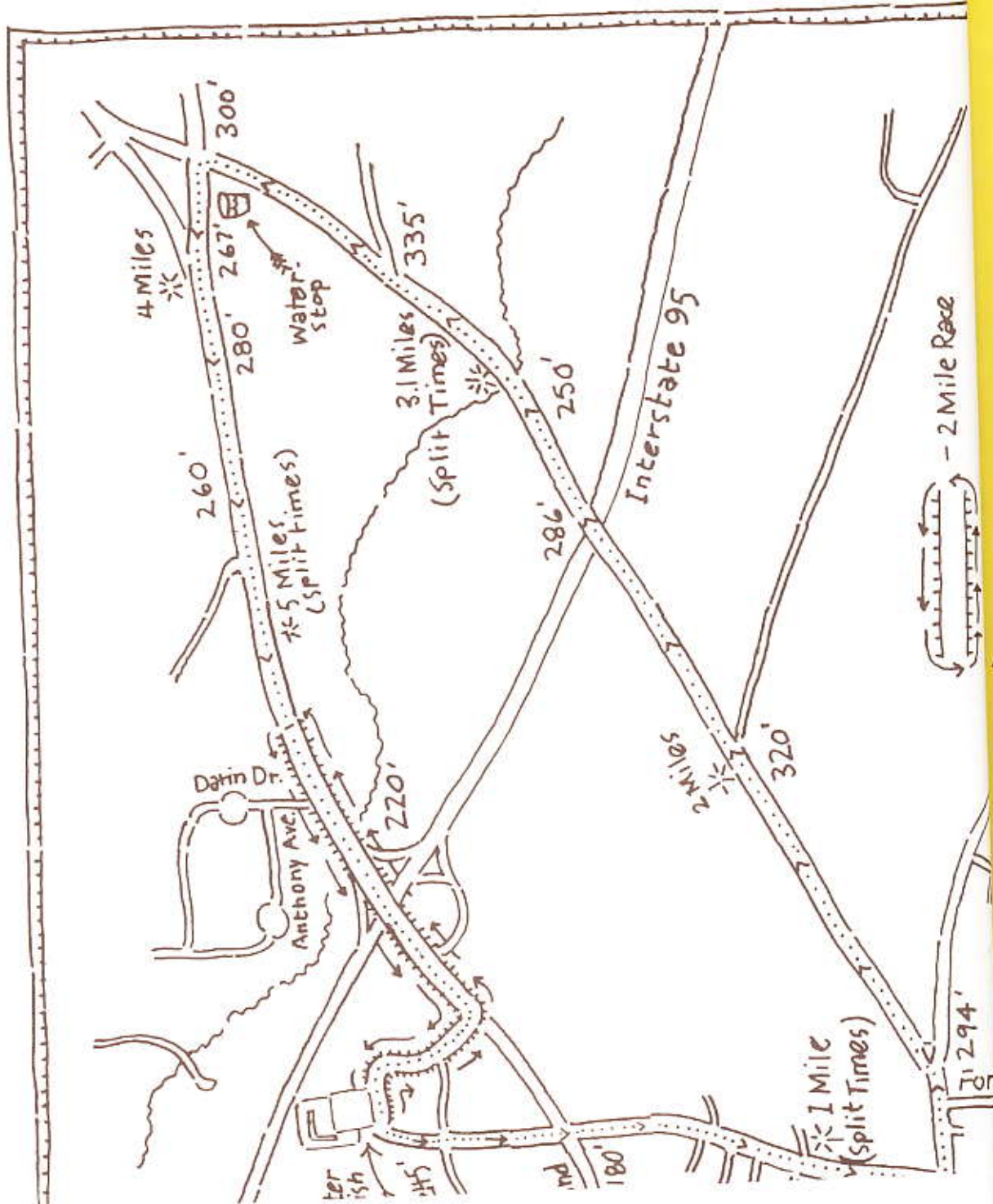
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## WARREN BISHOP MEMORIAL RUN



**Race Date:** November 28, 1987

**Starting Time:** 1:00 p.m.

**Place:** Hampden Academy

**Distance:** 5k

**Entry Fee:** \$5.00 or \$7.50 with a T-shirt

Warren Bishop was a 1985 graduate of Hampden Academy. He was an avid runner who was killed tragically in an automobile accident. All proceeds will go towards a scholarship in his name. Thank you for your support.

**Awards:** Trophy to the first finisher in each age group male and female, ribbons to second and third.

14 & under  
15 - 19  
20 - 29  
30 - 39  
40 - 49  
50 - 59  
60 - over

Special Awards for the first freshman, sophomore, junior and senior from Hampden Academy and also for the first runner from the Class of 1985.

**Registration:** To pre-register mail completed entry form and fee to either Mr. Balentine or Mr. Gallant at Hampden Academy, Hampden, ME 04444. Register the day of the race at Hampden Academy between 11:00 a.m. and 12:30 p.m. Map and race information will be available the day of the race. RUN FOR FUN ...

### OFFICIAL ENTRY FORM

Name \_\_\_\_\_ Address \_\_\_\_\_

Sex \_\_\_\_\_ Age \_\_\_\_\_ T-shirt Size \_\_\_\_\_ Phone \_\_\_\_\_ Zip \_\_\_\_\_

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

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

\*Parent's signature if under 18 years old.