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Maine Running & Outing Magazine



Special OLYMPIC ISSUE



Plus, Tour de France Update

AUGUST 1987
VOL. 8 NO. 8

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164 Fowler Rd.
Cape Elizabeth, ME 04107



P. O. Box 1217 East Holden, Maine 04429 Tel. (207) 947-2086

Olympians are a special breed. All the hard work and sacrifices only to fuel the desire to strive for the gold. Next summer some of the best athletes in the world will meet in the next Olympiad, but in this issue we salute those Maine athletes who competed in the Special Olympics at the University of Maine and the Region I Junior Olympic Championships in Portland. These young athletes have put a lot of time into their sport for the thrill of competing in the Games.

On the cover are the top four runners in the Senior Male Division I Mile Run at the Special Olympics. From left to right are Greg Keith (third), Richard Muncey (first), Kevin Mulligan (second) and Jerry Bourgett (fourth). The complete results from these meets will be in the September issue.

Again I would like to apologize for the typo's and other errors, but I am in the process of looking for a computer system to make your running magazine a more professional-looking publication. Also, due to problems beyond our control, this month's PACESETTER column will not be included. Next month look for the profile on Wendy Delan, a recent high school graduate that has become quite the runner.

See ya soon,

Publisher/editor: Chuck Morris
P.O. Box 1217
E. Holden, ME 04429

Telephone: (207) 947-2086

SPECIAL THANKS again to the Rands, who make this magazine work. Also to the contributing writers and the people who help me put all the pages together. Also, the workers at the East Holden Post Office.

Also, if you are anywhere near Kittery on August 4th, the Sri Chinmoy Oneness-Home Peace Run will be going through the area between 6-7p.m. See ya there.

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Road Race Calendar

- August 1 Frank Sebestaneski Memorial/Maine TAC Men's & Women's Outdoor Open Track & Field Championship. 10:00 a.m. Whittier Field, Bowdoin College, Brunswick. Meet Director: David Watson (443-6171)
- August 1 3RD PASSADUMKEAG HOMECOMING 5K ROAD RACE. 9 a.m. Contact Howard Clements (732-3438)
- August 2 MATTANAWCOOK TRIATHLON. 9 a.m. from Prince Thomas Park, Lincoln. Contact Paul Smith (794-6638/3321) or Jack McAdam (794-2221) or see flyer in July issue.
- August 2 MAINE LOBSTER FESTIVAL 10K *ME-84001-GN* 8:30 a.m. Rated by Runner Magazine as one of the most outstanding races in America in 1987. Contact Ken Sylvester: 109 Talbot Ave. Rockland 04841 or 594-7035.
- August 8 SCHOODIC POINT 15K ROAD RACE. *TAC CERTIFIED* 8:30 a.m. Schoodic Point Parking Lot, Winter Harbor. Contact Al Groh: P.O. Box 8 Winter Harbor 04693.
- August 8 JOHNSON'S INTERNATIONAL FIVE MILE ROAD RACE. 9 a.m. from Calais Main St. Park.
- August 9 TOYOTA TRIATHLON SERIES. 8 a.m. Naples, ME. Contact Dave McGillivray (617) 396-3001.
- August 9 CASCO NORTHERN FIVE MILER. 4 p.m. University of Maine at Presque Isle. Contact Dave Maycy.
- August 9 9TH ANNUAL BLUE HILL DAY 10K ROAD RACE. 10:30 a.m. from Blue Hill Town Park. For more information call 326-9097 or see flyer in July issue.
- August 9-15 4TH ANNUAL MAINE RUNNING CAMP FOR ADULTS WITH Andy Palmer, Tom Mulvey and Virginia Connors. Contact Maine Running Camp P.O. Box 1217 E. Holden 04429 or 843-6262.
- August 9 MACKERAL RUN ROAD RACE. 10K & 5K. 9:30 a.m. in Belfast at Waldo County YMCA. Call 338-4398.
- August 9 WINTHROP LIONS CLUB 15K & 5K. Both courses are *TAC CERTIFIED* 8:30 a.m. from Winthrop High School. Call 377-8747 or 626-3055.
- August 13 TWILIGHT FIVE MILER. 7 p.m. at the Skowhegan State Fair Trotting Track. The fifth annual event includes a one-mile fun run and a 1/2-mile trot. Contact Bill Stone (474-2403 or 696-3664) or Jane Watson (474-5511).
- August 15 MAC CROSS COUNTRY 10K. 11 a.m. from Mike & Connie's Camp, Cross Lake, Guerrette, Maine. Call Mike at 498-3158/59.
- August 15 NORTHEAST HARBOR ROADRACE. 9:30 a.m. from Fire Station. *ME-86011-GN* Five miles.
- August 15 BLUEBERRY FESTIVAL 10K. 9:10 a.m. Part of the annual Blueberry Festival in Wilton, Maine. Call Bill Yates (645-4623) or see insert in June issue.
- August 16 EIGHTH ANNUAL GREAT PINE TREE TRIATHLON. 10 a.m. at Colby College in Waterville. Call 873-9622

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- August 16 BOWDOIN & BACK 10 MILE RUN TO THE COAST. 8 a.m. at Bowdoin College. Contact Barry Lebnar: Sports East, Topsham Fair Mall, PO Box 246, Topsham 04086 or 729-1800.
- August 16 GREEN MOUNTAIN STEEL MAN TRIATHLON. 8 a.m. at Townshend Dam in Townshend, Vermont. Contact Alex Kahan (802) 649-2123.
- August 19 9TH ANNUAL KENNEBEC 10,000. 6 p.m. Contact Bob Hagopian: 16 Hagopian CT. Madison 04950 or 696-3088.
- August 22 BLUE HILL 10K MOUNTAIN CHALLENGE. 10 a.m. from the Blue Hill Fair Ground. Call 326-9097 (eve.) or write to Northern Bay Athletic Club, RFD 1 Box 30 North Penobscot 04476 or see flyer in July issue.
- August 22 5K THE Y WAY. 8:30 a.m. at YMCA on Stillwater Ave. in Old Town. Contact Rose Preat: 301 Stillwater Ave. Old Town 04468 or 827-6111.
- August 29 BATH ELKS FIVE MILE CLASSIC. 8:45 a.m. behind Elks Club on Commercial St. Contact: Bath Elks Road Race, 44 Front St., Bath 04530.
- August 29 5TH ANNUAL KIWANIS CHARITY CLASSIC. 10K at 5:30 p.m. from the Bandstand in Exeter, N.H. Contact: Kiwanis Charity Classic, Box 820, Exeter, N.H. 03833.
- August 30 SUGARLOAF MARATHON & 15K. 7:30 a.m. at Cathedral Pines Campground on Rt. 27 in Stratton. The 15K starts at the Valley Crossing in Carrabassett Valley. Contact: Nancy and Chip Carey, Minister Hill, Kingfield 04947 or 263-2273/237-2000.
- September 12 BATH MEMORIAL HOSPITAL 6.6 MILE ROAD RACE. 8:30 a.m. at BHM employee parking lot. Contact: Kevin McLearn 1356 Washington St. Bath 04530
- September 13 CAPE CHALLENGE HALY-MARATHON. 9 a.m. at SMVIT on Fort Road in South Portland. *ME-85006-CN* For more information call 799-0463 or 846-6018 (eve.)
- September 19 10TH ANNUAL BAR HARBOR 13 MILER. 10 a.m. Contact Bar Harbor Chamber of Commerce, Bar Harbor 13 miler, Bar Harbor 04609 or 288-5103.
- September 20 BAILEY'S CROSS COUNTRY RUN. at USM in Gorham. Kids (12 & under) 1-mile at 12:00, Women's 5K at 12:30, Men's 5K at 1:15. Contact George Towle Hill gym USM, Gorham 04038 or 761-2197 (eve.)
- September 20 WADDLE FOURNIER MEMORIAL 10-MILER. Contact Bob Waddle at 725-6222.
- September 20 FIELDCREST FOOT RACE. 10 a.m. at Fieldcrest Manor on Depot St. in Waldoboro. 6.2 miles. Contact: Fieldcrest Manor R.R. #1 Box 34 Waldoboro 04572.
- September 20 19TH ANNUAL CHUBB LIFE RUN. 10-mile and 5K at 10 a.m. (5K starts at 9:15). at Concord YMCA in Concord, N.H. Contact Bob Teashek at 863-2537.



1987 STATE OF MAINE CANOE RACE SCHEDULE by Adrian Humphreys

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

- August 1 EAST BRANCH PENOBSCOT RACE. (WMO) 14 miles miles. Contact Ed Leighton 746-5008
- August 8 12TH ANNUAL MOUNTAINCOOK LAKE RACE. 11 a.m. from Barrett Cove/Norton Pond. 5.5 miles (FW, OC, K) Contact the Camden Recreation Department 236-3438
- August 9 2ND ANNUAL RACE THE LAKES (FW, OC, K). 10 miles. noon. Great/Long Pond, Belgrade L. Village. Contact Pete McAllister 495-7720
- August 22 CAMDEN/BELFAST RELAY. K-1, Penobscot Bay, Camden. Contact Kip Brundage 338-5210
- August 29 SHORT SHIPS RACE. 9 miles in Rockport (SK). Contact Bill Gribbel, PO Box 653, Rockport, ME
- September 7 KITTELY TRADING POST SEPTEMBER FEST. (FW, OC, K) 5 miles from Spruce Creek, Kittery. Contact Gene Foster 439-9649
- September 7 THE FROG RACE. (FW, OC, K) 10 miles from Kennebec R., Norridgewock. Contact John Alsop 474-8048
- September 12 GERISH ISLAND RACE. (SK) 6 miles. Contact Lance Gunderson, Box 226, Harbor Mt., Kittery Point, ME
- September 19 EBB TIDE MARATHON. Penobscot River. (FW, OC, K, SK) 10 miles. Bangor/Orrington. Contact Earl Baldwin 825-4439

ALSO see road race calendar for the 8/2 Mattanawcook Triathlon, 8/9 Toyota Triathlon Series, and 8/16 Great Pine Tree Triathlon.



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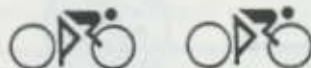
- August 2 MATTAMACOOK TRIATHLON. 9 a.m. from Prince Thomas Park, Lincoln. Contact: Paul Smith (794-6638/3321) or Jack McAdam (794-2221) or see flyer in July issue.
- August 2 STATE OF MAINE NOVICE CHAMPIONSHIPS. 12 NOON at Belgrade Lakes, Maine. Registration at 11 a.m. at Belgrade Recreation Hall on Rt. 27. Contact Poulin Cycle in Augusta or write to: Committee of Summer Fun Box 493, Belgrade, Maine 04917 or call 495-2205 for more information.
- August 16 "A 25 MILE CYCLIST'S ADVENTURE BY THE SEA." 10 a.m. from Largay's IGA in Blue Hill. See flyer in July issue or contact: Northern Bay Athletic Club, RFD 1 Box 30 North Penobscot, Maine 04476
- August 16 VIP HEALTH CLUB RR. Sanford, Me. Call 324-1154 for more information.
- August 16 8TH ANNUAL GREAT PINE TREE TRIATHLON. 10 a.m. at Colby College in Waterville. Call 873-9622.
- September 20 SEBAGO CLASSIC BIKE RACE. 40 miles from Windham, Maine. Contact Frost and Flame Ski and Bike Shop for more information. (829-3070).
- September 19-20 THE GREAT BICYCLE ESCAPE. The tour begins at North Yarmouth Academy on Saturday. After registration, cyclists will depart for a 75-mile ride to the State YMCA Camp on Lake Cobbosconnet in Withrop. If you stay overnight, you ride the same route back to the Academy on Sunday morning. If not, the race organizers will transport you and your bike back Saturday night. The tour is limited to 200 people. Contact: Maine Chapter, National Multiple Sclerosis Society, P.O. Box 8730, 173 Lancaster Street, Portland, Maine 04104 or call 761-5815.

ALSO: Every Wednesday night, Frost and Flame Ski and Bike Shop in Windham sponsors a 7-mile time trial. It begins at 5:30 p.m. from the shop. Contact Ray Clark or Mike Crandall for more information (892-3070).



STATE CHAMPIONSHIP TIME TRIAL

a 20-mile ride through Old Town. it begins at 10 a.m. on Labor Day, Monday, September 7th. first-place overall will receive a state championship bike jersey. there are male and female age group categories that are broken down into five-year increments. for more information contact: Pat's Bike Shop (989-2900).



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The Special and Junior Olympics

The Olympics are a showcase for the best athletes in the world. The Special Olympics held at the University of Maine at Orono and the Junior Olympics at the Fitzpatrick Stadium in Portland gave Maine athletes the chance to prove themselves and compete with the best.

The Summer Games at UMO, held June 12-14, attracted 141 teams from 117 Maine communities. More than 1,800 competitors participated in various activities that included gymnastics and track and field.

Mickey Boutilier, the chapter director in Maine, said, "Basically we try to offer athletic training and competition to persons with mental retardation. We are designed to offer physical education. What we do is a lot more than that. We are trying to give them a variety of activities."

The Special Olympians spent the four days and three nights in dormitories on campus. There was a parade the first night and a dance, banquet and clinics filled the other nights.

The longest event offered to these Special Olympians were the one-mile run. They had trial runs the first day and the final was the last event on Sunday. In the senior male division one, Dennis Carr's runners from Lee finished one-two-three. Richard Muncey held off Kevin Mulligan as they both sprinted for the finish. Muncey's 5:22.03 was less than seven-tenths of a second in front of his teammate. Greg Keith (6:22.58) made it a sweep for Lee. Rangely's Jerry Bourgett was fourth.

In division two Victor Sawyer led the entire way to win in 6:11.69. Earl Tyler (6:44.45) held off late charges by Jonathan Libby (6:47.52) and Paul Doucette (6:54.81) for second-place.

In the junior females Lewiston's Janet Fantozzi also ran alone the entire way as she won in 6:40.97. Theresa Trafton of Milo (7:17.35), Brenda Leconte of Boothbay (7:26.18) and teammate Julie McKnow (8:27.60) rounded out the field.

Ray Hart, the director of the track and field events, said this Olympiad offers more than athletic competition.

"It offers self-esteem, socialization," he said. "It gives them something to work for. The stigma is not there anymore. It's okay to be handicapped, to have mental retardation."

The Junior Olympics were held June 26-28. For the second year in a row, they were held at Fitzpatrick Stadium. The top three finishers in each event in this Region I meet qualified for the Nationals in Provo, Utah on July 22-25. Athletes from Maine, New Hampshire, Vermont, Rhode Island, Connecticut, New York City and the Adirondack's converged on the Portland track that weekend.

Meet director George Towle said having the meet in Maine has helped the athletes and the state in general.

"It has exposed the kids to better competition without having to travel to find it," he said.

Saturday the bantam (10 years and under), midget (11 and 12) and the youth (13 and 14) boys and girls competed. Saturday it was pouring. Sunday the intermediate (15 and 16) and the young men and women (17 and 18) competed. Sunday it was sunny and hot.



FINISH OF DIVISION ONE MILE
(photo courtesy of Doug Geary of the BDN)



THE MENACE WITHIN

by Gail H. Schade (special to MR&O)

Cyclists' gravest danger lies not in unleashed dogs, potholes, loose gravel or vehicles, but instead, comes from within riders themselves ... complacency. From personal experience, I would guess complacency settles in when we ride familiar routes and relax a little too much because we know the territory's every possible obstacle.

Looking back at a recent occurrence, I realize my complacency bordered on foolhardiness. Although warning signs presented themselves, I failed to heed them.

The day prior to my misadventure, two friends joined me for my favorite 30-mile loop. Toward the end of the ride, Sue, ahead by about a quarter of a mile, encountered a large German shepherd, one I had never seen. He not only crossed the road to follow her, but also failed to obey the commands of several adults in the yard. Immune to her yells, he raced after her for about 100 feet past his property, although he did not attack or knock her off her bike. By the time my other companion and I reached his territory, he had returned home where finally his owners restrained him.

The next day I decided to ride the same route alone. Even though I vividly recalled the incident, I didn't bother to locate mace, so eager was I to get underway. In addition, I chose to wear cleats, rather than flat-soled biking shoes, which slip easily from toe clips. I must have naively thought: that the dog wouldn't be there because I had never seen him during my frequent rides; that he would be chained because of Sue's episode; or that he wouldn't bother me because he hadn't the day before.

When I approached his house, I crossed the road so as to be further from his territory, but no other precaution did I take. I did not slow down, nor did I free my right cleat from the pedal, which would have enabled me to get off the bike quickly. And of course, my mace remained back in my car.

My brain flashed a warning, "German shepherd ... unchained ... two small children with him ...," but my body reacted too late. The dog charged away from them, across the street, and after me. His huge form pounded toward my skinny-tired bike. The previous day I hadn't comprehended his immense size and power, and only now did I realize how easily he could knock me over, feet locked securely in the pedals. Then what would he do ...? "GO-HOME" yells degenerated to plain screams while the children pleaded fruitlessly to their animal. Past his house I pedaled frantically, but he did not end his pursuit. "Oh God," I thought, "This is it. I'm down." Visions of being mauled as I lay helplessly fettered to my pedals raced through my mind.

Ultimately the dog did return home and I remained upright. Thoroughly terrorized, I first raged at his owners who had not chained him after Sue's encounter. Then my anger turned inward: Why hadn't I prepared? Finding the mace would have taken only seconds. Why didn't I release one toe strap? Then at least I could have gotten off my bike and kept it between me and the attacker.

After some reflection about my foolish complacency, this nonchalant attitude, I concluded I was so programmed to this route's safety, that I refused to see danger, despite evidence to the contrary. Providence rode with me that day. Even if the dog had not actually bitten me, he could have slammed me to the pavement. Who can tell what could have happened at that speed with my feet still locked in?

Never again will I bike complacently on any ride, particularly favorite ones. I will ride every time as if on unfamiliar territory. In reality, all rides are new every time we ride them. A new pothole, a careless driver, an unleashed dog may await the unwary. If we ride alertly, complacency will never make us victims.

News

TOUR de FRANCE UPDATE

Perhaps the biggest news coming out of France for Maine folks is Readfield native Susan Elias. Elias, competing in her second consecutive Tour, is currently 31st overall after five stages. She is 11 minutes and 55 seconds behind leader Jeannie Longo of France. Liz Chapman is the top American in 24th place, 10:33 behind Longo. Besides Elias, only Betsy King of Connecticut has ridden in the Tour before for the U.S. contingent. King is 33rd overall. King and Elias both ride for Peaugot. King and Elias' best showing so far was in the first stage, 40 miles from Sable-sur-Sarthe to Renaze. King and Elias were in the lead pack that sprinted for the tape. West German Viola Paulitz was the first to cross in 1 hour, 40 minutes and 43 seconds. King (fourth) and Elias (ninth) recorded the same time. Elias was quoted in the Boston Globe as saying the first stage was "too short for a flat stage."

Longo is currently leading two-time defending champion Maria Canins of Italy by 49 seconds. Canins strong point is the mountain climbing, however, and the Tour is just beginning its stages through the Pyrenees. Longo, in contrast, is a superior sprint cyclist.

After 14 stages in the men's Tour, American Andrew Hampsten, who rides for 7-Eleven and finished fourth last year behind fellow countryman Greg LeMond's victory, is just beginning to make waves. He finished third in the 103-mile 14th stage. He finished behind Norweigen and teammate Dag Otto Lauritzen and Luis Herrera of Colombia. Hampsten for the first time cracked into the top 10 overall. He is tenth, 8:44 behind leader Charles Mottet of France. Another of Hampsten's teammates, Raul Alcala of Mexico, is eighth overall. Before the 14th stage Hampsten was 11:24 back and his laid-back tactics seemed to have had him waiting too long. Still ahead of him, besides Mottet and Herrera (ninth) are Switzerland's Urs Zimmermann (seventh), who was third in 1986; France's Jean-Francois Bernard (second) and Stephen Roche (third) of Ireland.

With LeMond injured and France's Bernard Hinault retired, Roche is probably the favorite, but the Irishman has not performed well in the past in the heat and heights, which dominate the stages the next week.

TOUR DU LAC

The 12th Annual tour around the lake was high lighted, not by the overall winner (Cris Jones covered the hilly 10-miler in 56:01), but by the duel between the women's leaders. Rose Prest of Bradley took the early pace, but Millinocket's Cindy Lynch was always close behind. Lynch took over around half-way, but Prest was back in the driver's seat by the seven-mile mark. Lynch, however, made the break with approximately 1½-miles to the finish at Bucksport High School to set a new women's course record of 61:07. Prest was 11 seconds back.

After the race, runners were treated with a "cook out" at the Clapper household. Charles and Leona Clapper are fixtures in the

Bucksport running community. Approximately 20 runners enjoyed the lasagna, salad, rolls, hot dogs and beverages. Replenishing the carbo's was the favorite thing.

UNION TRUST 4-MILER

The weather forecast for June 27th was clouds and rains, but fortunately for the 146 finishers in these race through Ellsworth, the rains held off until the awards ceremony. Bruce Bridgham, 27, led from start to finish as he toured the certified course in 19:50.00, only three seconds shy of the course record held by Andy Palmer. Bridgham proved he was serious about running a fast time as he went through the first mile, all uphill, in 4:55. He led by more than five seconds at that time and increased it the rest of the way to win by 40 seconds.

Diane Lounder was the first female to cross the finish line with her 24:01.70. Lounder defeated home town favorite Robin Emery Rappa by 50 seconds. Lounder was 25th overall.

GREATER BANGOR 4th OF JULY 3K

Thousands of spectators lined the Bangor streets to view the 11 a.m. parade, but they were also offered Maine's fastest race as 99 runners followed the parade route five minutes before the parade started. Tim Wakeland of Dover-Foxcroft defended his title with a 8:10.2. It is considered a course record because the course was lengthened by more than 100 yards this year. Wakeland past the mile mark in 4:09 with Ellsworth's Dave O'Connell, former Belfast resident Gary Dawson and New Yorker Craig Rover still in striking distance. But Wakeland was the only one to continue the horrid pace as O'Connell faded to fifth (Mike Sargent sprinted by him the last 100-meters for fourth) in 9:07. Rover outdueled Dawson for second. The New York runner, who was visiting Wakeland for the holiday, ran 8:54, three seconds ahead of Dawson.

The women offered a much closer fight for the victory as Lisa Goldsmith kicked past Deedra Beal over the footbridge crossing the Menduskeag Stream to the finish. Goldsmith gained six seconds on Beal by the finish for a 11:02 win. Lisa Kempen of Bangor was a close third in 11:16.

SCRIVELSBY 4 MILE CROSS COUNTRY CRITERION

These scenic run from the Scrivelsby Estate on Peter's Point in Blue Hill attracted only 50 runners, but they came from all over for the beautiful setting. Jane and Larry Buskirk of Talkeetna, Alaska, were visiting family members in Hudson, so they ran the four-mile event that featured free lobster rolls and the use of a swimming pool on these humid 11th day of July. Talkeetna is 100 miles north of Anchorage, but the Buskirk's may not have been the furthest travellers. Torstein Holleland of Norway and Tasmania's Fiona McConnell are spending the summer on Mount Desert Island with John Scheide, who runs for the New York Road Runners Club. All three work at the Biological Laboratory and decided to visit the Blue Hill area this particular Saturday.

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BRIDGTON'S 4 ON THE 4th

Once again race directors Jay and Lorraine Spenciner are making bids for the largest race in Maine. 765 registered for the race, which is the largest number ever, and 689 finished. The Granite State Race Service efficiently and quickly had all the runners filling up the different chutes at the finish, but it was the first overall men's and women's finisher that brought the biggest uproar.

Colin Peddie, former All-America at the University of Virginia and former Maine resident, smashed the year-old course record of 19:21. Peddie crossed the finish line in 18:46. His nearest competitor, Gerry Clapper, fell off the pace before the two-mile mark, but still broke the old mark as well with his 19:18. Andy Palmer was third (19:33). Peddie arrived only five minutes before the start and was not able to warm up properly. Clapper led the first half-mile, except for an "over-anxious youngster," until Boston's Fernando Braz took charge. But by then Peddie had the warmup he needed and "once he got rolling, he kept going," Clapper said. Braz meanwhile slowed down to run with his fiancée, Michelle Hallett, a former Mars Hill resident now in Peabody, Mass. Hallett did not really need the company, however, as she sliced 50 seconds of the course record held by Olympic skier Leslie Bancroft Krichko. Hallett's 21:56 was good for 22nd overall. Charlotte Thomas was a distant second (23:45) and Debbie Jensen was third in 24:14.

Other age group winners were Guy Martin and Faye Gagnon (40-49), Warren Dean and Judith Bjorn (50-59) and Carleton Mandell (60-plus).



THE START (photo courtesy of Wayne Rivet)

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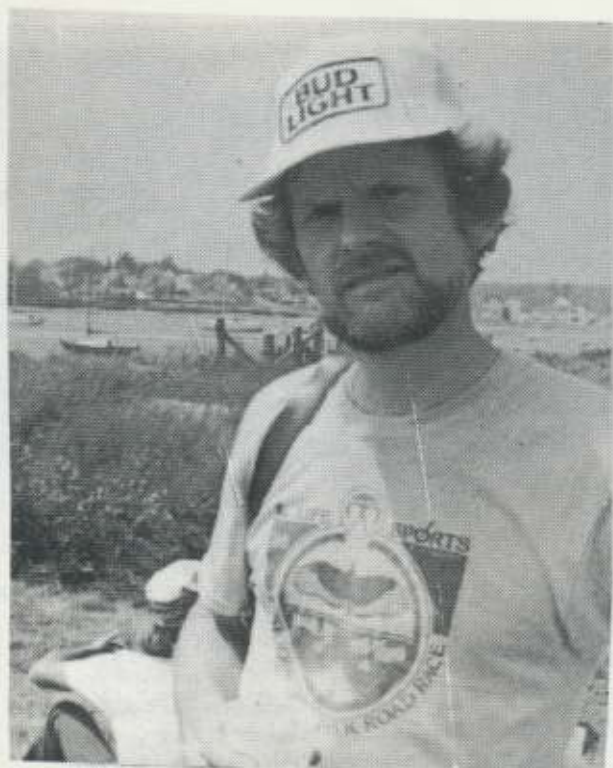
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AL GROH

A Downeast Run Along The Scenic Ocean Coast

RACE: Schoodic Point 15K

DATE: Saturday, August 8 at 8:30 a.m.

DISTANCE: 15K (9.3 miles);
TAC Certified

DIRECTOR: Al Groh

LOCATION: Starts and finishes in the
Schoodic Point parking lot.

FEE: \$7.00 pre-registration. Limited
to 200 runners.

COURSE RECORDS: Bruce Ellis - 46:38
(1986)
Cynthia Lynch - 56:09
(1986)

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and Bud Lite

COURSE: The race is mostly flat and fast. Approximately two-thirds of the race is on the National Park road. The start is fast, downhill for 3/4 of a mile. There is a slight incline at the end of the first mile and is followed by gentle uphill through part of mile number two. After the two-mile mark, the course is flat and fast until you come back in through miles seven and eight which is the toughest section of the course, according to director Al Groh. It is slightly uphill during these miles. The last mile is mostly flat except for the finish. "This is tough if you haven't saved anything," Groh said. "It is the sharpest uphill portion of the course. It requires some work." This uphill section is approximately three-tenth's of a mile. Water stations are available at 2, 4.65 and 7.3.

HISTORY: Al Groh has been the director of the race since 1982. Before Al, it was directed by an officer in the Navy. At that time it was an 11-mile loop and attracted only a small field (60 participants). In 1981 Al was approached by the Chamber of Commerce. The race is still part of the Lobster Festival and the 15K run is the first event in a day-long series of activities. "Folks can plan a full day of fun with the family," Al admits. But, probably the biggest attraction of the race is its locale. Two-thirds of the race is on the National Park road that follows the ocean and rocky-coast line. Because the race is on park property, Al established a size limit of 200 runners for the course. The parking availability is low, but still Al believes that is no hindrance. "Most of my feedback is positive to 200," he said. "Keep it small and it will maintain its unique quality. It is special to go to the shore after the race and enjoy a fresh cooked lobster."

Once Al became the director, he made one major change. He cut the course to the now TAC Certified 15K distance. "The idea was to offer something different in terms of distance," he said. "And we felt (an) out-and-back would keep the race primarily along the ocean and scenic part of the run." What makes the race enjoyable, however, for the runners may be the director's dedication, which is hard to find. "Each year I want to offer the best organized race I can. Also each year I try to offer something different. It doesn't have to be big changes, mostly small things, but just enough for people to notice."

Since the race is on park property, there is free camping and shower and changing facilities available. All runners receive a t-shirt and all finishers get to take home a lobster. Along with the eight age group categories for male and female, is a Grand Raffle Prize.

Club Shorts

What I am trying to accomplish with this column is to inform all sports enthusiasts, not just runners, about the opportunities around them. Clubs offer fellowship, training partners and good times. Some clubs specialize in only one area, but others offer a variety of activities. What ever your interest is, there is a club in the state of Maine that suits your needs, desires, wishes and wants. Sound good? The following is only a brief excerpt of the clubs in Maine, but it is the only list I have my hands on. Hopefully all the other clubs in the state will contact me, so they will be included.

MAINE TRACK CLUB -- P.O. Box 8008 Portland, ME 04104
Phil Pierce - President (781-3769) Dennis Connolly - Membership (783-4261)

The Maine Track Club has 330 active members. In 1986 the MTC hosted the Road Runners Club of America's 29th Annual Convention. The club president at the time, Jane Dolley, said holding the convention gave the club and Maine as well, good publicity. The 30th convention was held May 14-17 in Rockville, Maryland. Jane said while she was attending the convention many people expressed how impressed they were with Portland and the MTC. Jane writes, "They just couldn't praise you enough for all the hard work you put into that week. One trait that came through so clearly to our visitors was the FUN that we all seemed to be having! And I had to agree with them - we WERE having fun."

CENTRAL MAINE STRIDERS -- P.O. Box 1177 Waterville, ME 04901
Jerry Saint Amand - President (873-6753)

The Striders are one of the most active clubs in the state. The leader of this contingent is their president, Jerry. If you go to a race anywhere in the state, if Jerry is not in attendance then probably someone from the club is. CMS was formed in 1975.

NORTHERN BAY ATHLETIC CLUB -- RFD #1 Box 30 North Penobscot, ME 04476
Steve Elliott - Founder (667-7333 or 326-9097 after 9 p.m.)

This is Northern Bay's fifth anniversary. They have 60 active members. They host at least six road races a year, but that is not all they offer. "Our theory," Steve said, "is there are a lot of people out there, but they don't (kayak, run, or ski) because it is boring to do it by yourself. We offer opportunities for people to share their interests with others." Some of the other activities NBAC puts on is a co-ed indoor volleyball team, white water rafting and kayaking trips, as well as cross country skiing excursions. They have been known to travel out of state for some of these trips.

SUB 5 TRACK CLUB -- Box 63 Brewer, ME 04412
Glendon Rand - President (825-3285)

This small member club, approximately 30 active members, was founded in 1982 by then Brewer High student Doug DeAngelis. Doug admits it is a spoof from the national caliber Sub 4 club. This club has directed the Terry Fox 5K in Bangor the past two years. In 1986 it was the second largest race in the state. Recently the club has turned to the track where members Brenda Sheehan (long and triple jumps) and Barbie Dupuis

(400-meter hurdles) have qualified for the Junior Olympic Nationals in Provo, Utah on July 21-25. Glendon admits that the club has just begun to get organize. "Basically (our goals) are as a social club for people interested in running and to promote running around the Bangor area."

ST. JOSEPH'S TRACK CLUB -- North Windham, ME 04062
Brian Gillespie - Coach (772-2302)

This club was established for the college's cross country runners who are not able to compete during the indoor and outdoor track seasons because St. Josephs does not have these programs. "It is a good way to keep them together," Brian said. He said one of the strong points of his program is the team spirit and team unity.

MAINE ROAD RAMBLERS -- P.O. Box 264 Augusta, ME 04330
John Schwerdel - President (622-4507)

The Ramblers, in its ninth year, have approximately 90 members. They organize seven road races per year that include the Gasping Gobbler, Maine Event Triathlon and the Maine Ladies 10K Classic, one of the few women-only races in the state. They hold structured meetings, club workouts and clinics. They have had clinics on nutrition, psychology, hypnotism and masseuse's. John said his club is interested in "the jogger to the serious competitor."

JOGGERNAUTS -- Cote Road Limestone, ME 04750
Peter Cuff - Newsletter Editor

MAINE COAST ROADRUNNERS -- P.O. Box 233 Saco, ME 04072
Ken Dion (title unknown)

OLYMPICS CONTINUED

--In the midget division, Maine's Kristen Berube was the dominant force in her three events. She won the 3,000-meter run by 37 seconds with her 12:23.2. In the high jump, her leap of 3-10 gave her first-place over fellow Mainer Danielle Lozier. Lozier added a fourth in the long jump as well, an event won by Maine's Robyn Bouget (3.99 meters). Berube added a second to her two firsts. Her 17.1 in the 80-meter dash was one second behind winner Erin Hindley of Rhode Island.

In the boy's bantam division, two Maine athletes were either first or second in five of the seven events. Daniel Eagleson won the 800 (3:01.6), 1,500 (5:59) and placed third in the long jump (2.79 meters). In the latter event teammate Brian Huff kept the Maine victory streak going as he leaped 3.72 meters. Huff added seconds in the 100 (15.4) and the 200 (34.3).

Brian's older brother Derek also picked up a first in the midget division. Derek won the high jump with a height of 4-2. Maine's James Cook was third. Other winners were Braden Alley in the 3,000 (11:39.7), Jonathan Kunz in the 1,500 (5:07) and B. Perkins in the 100 (14.0) and 200(29.1). Michael Caizzo gave Maine a 1-3 finish in the 1,500 with his 5:55.1. In the 400 J. Comptou and S. LaMontague finished second and third.

In the intermediate division for the girls on Sunday, Kim Doucette's win in the 100 (12.3) was the highlight. Christina Strong added a second in the 400 (69.9) and a third in the 1,500 (5:20.2) for the Maine contingent. Jenn MacGillivray was second in the 3,000 (12:09.5).

In the young women division, jumper Brenda Sheehan and distance runner Wendy Delan led the way for the Maine troops. Sheehan won the triple (11.13 meters) and placed third in the long (5.27). Delan won the 3,000 (10:21) by more than 90 seconds and placed third in the 1,500. Gretchen Eastler won the 3,000-meter racewalk (18:49) and Barbie Dupuis was second in the 400-hurdles. In the young men division, winners were Alan Baldwin, Joel Sprad and Jerf Golder and J. Whitmore. (COMPLETE RESULTS IN SEPTEMBER ISSUE OF MR&O)

Heel & Toe

by Moshe Myerowitz

Believe it or not, America's favorite fitness exercise is not running - although there are some 26 million dedicated runners. Nor is it swimming or tennis or bicycling or cross country skiing or any other vigorous sport.

It's walking! Everyday you see people walking briskly on city streets, driving through shopping malls, strolling down country roads, hiking over woody trails - 42 million Americans are convinced that Thomas Jefferson was right when he said, 200 years ago: "Of all exercise, walking is best."

Of course, we have known for a long time that walking was the easiest and most inexpensive exercise, and that it did not require special skills or equipment. Perhaps that is why it does not enjoy the media and sports popularity of other physical activities. It doesn't require special equipment, it can be done nearly any place, at any time, and people of almost any age, in almost any condition could walk safely, without the dangers usually associated with other sports.

In the early stages of America's "fitness binge," many people couldn't quite believe that something so moderate, safe and cheap, could have such health advantages. We used to think, "If there's no pain, there's no gain."

WALKING TO A LONGER LIFE

Actually, it was walking - not running - that scientists originally looked at when studying the relationship between exercise and heart disease. In the early 1950's, the British investigator, Prof. J.M. Morris, established that heart attacks were significantly fewer among those who walked rather than sat (on their jobs). British Bus conductors

were compared with bus drivers, for example, and postmen who delivered mail were compared with post office workers.

The University of Wisconsin study found that brisk walking boosted heart rates as much as bicycling, and almost as much as running! In addition, walkers' resting heart rates generally proved to be lower than those of runners or cyclists, resulting in the added benefit of less work for the heart.

Researchers are now concluding that regular, moderate exercise like walking may increase the quantity, as well as the quality of life. A study of 17-thousand Harvard University alumni, begun in 1962, pointed out that regular moderate exercise appeared to lessen the hazards of high blood pressure, obesity and smoking. Those who exercise only three to five hours a week lived an average of one to three years longer than those who didn't.

Stanford University scientists learned that regular walking may actually pay off in "double time" - an extra one to three more hours of life for every hour spent walking. Epidemiologist, Robert Hyde, recorded that men in their study who walked nine or more miles a week, had a risk of 21% lower than those who walked less than three miles a week - chiefly due to pure heart disease deaths.

Dr. Ernst Johl, the director of the Physical Education Laboratory, stated, "We have discovered an age inhibiting factor so important in forestalling the effects of old age that it can be called 'anti-age anti-biotic'! This anti-age anti-biotic is regular walking as an exercise."

(NEXT MONTH - Walking for Weight Control)





Sports Nutrition

THE "CLASSIC" FLUID FOR EXERCISE: WATER by Anne Marie Davee

Man cannot live on bread alone-he needs water! For those of us exercising in the heat, water is the most vital nutrient for our bodies. It should be top priority because it is needed in a constant and uninterrupted supply. Water is necessary for a number of critical functions like digestion, the delivery of foodstuffs to all parts of the body, temperature control, as a joint lubricant and for the elimination of wastes. Most important during the summer months, is its role as the body's coolant in the prevention of hyperthermia.

Would you believe that 60-75% of your body weight may actually be water? Dehydration occurs when fluid loss exceeds 1% of your total body weight. Physical work capacity and temperature control often become impaired when you've lost 2-3% of your body weight. Athletes who are in excellent condition and have acclimatized to the heat may perform until 4-5% of their body weight is lost in fluid.

Large losses of body water may lead to the following heat associated injuries: heat cramps, heat exhaustion and heat stroke, which may be fatal. The initial warning signs of dehydration include excessive thirst, chills, clammy skin, a throbbing heartbeat and nausea. To conserve what water is left, the body gradually stops sweating and internal temperatures rapidly start rising. As you dehydrate the blood becomes thicker, and the heart begins pumping more furiously and less effectively.

Unfortunately, thirst is NOT an accurate indicator of hydration or your fluid needs. So, don't wait! Use these preventive tips and maintain "hot performance" through the summer months:

1. Hydrate daily with a minimum of 8 glasses of water, fruit juices, milk, club soda or perrier. (Total 64 ounces/day)
2. Weigh yourself before and after training. For every pound of body weight that you have lost, consume 1 pint of fluid.
3. Cold fluids empty faster from the stomach, so chill your beverages to 40-45 degrees F.
4. Volume affects absorption rate too, maximum being about 20 ounces at one time, without bloating. Drink this much both 1 and 2 hours before exercising, then 8-10 ounces 15 minutes before and 4-10 ounces at 15 minute intervals during your activity.
5. High sugar concentrations slow absorption, (a 2.5% sugar solution is optimal), so dilute those sports drinks, fruit juices and sugar containing beverages. (! part: 3 parts is a good rule of thumb.) Glucose polymers are the latest breakthrough and can be consumed in more concentrated amounts. Flavored sports drinks make the act of hydrating tastier and much easier. Research now shows they may be advantageous in the longer events, lasting longer than 1 hour.

Most experts agree - it's up to you! Experiment on your training runs to find out what really works best for you. For most of us, water is truly the classic! Bottoms Up!

Anne-Marie Davee, R.D.
Nutrition Specialist

104 Main St.
Orono, ME 04473

866-5605



The Doctor's Office

The Antithetic Threshold (continued) - by Dr. Mike Sargent

II. Running and Our Minds

Last month, in discussing various physical effects of running, I suggested that many of us run considerably more than is required for our cardiovascular well-being. Most of us assume we enjoy running, but if asked why, might respond with a variety of explanations, such as: "It's fun," "I feel better," "It's good for me," "The pain and discipline are good for my character," "I like to compete and improve my ability," "I like to compete and blow away other runners." Running has actually been prescribed formally by psychiatrists as a treatment for depression, and not just in California.

These and other reasons tend to treat running as either the primary focus of attention or as a means to another end. This second category can provide impressive examples of the human being's capacity to rationalize, to derive satisfaction from something which is not enjoyed, to delay gratification. In short, running is a paradigm of all human endeavor.

A. Running as an End in Itself

People who hate running or runners find it necessary to insist that running is a miserable experience. Their distorted perspective cannot handle the fact that running can be exhilarating, that runners indeed can smile. I cannot write an article on the mental aspects of running without at least one respectful reference to Dr. Sheehan, and one of his more intriguing statements is that running should make us "good animals". An animal is a physical being which can experience sheer exuberance in the physical act of moving quickly. This is especially significant in a "culture" which continually conditions us to deny our physical selves. By concentrating on the joy of the sensation of running, one is in effect "meditating": eliminating the chaotic and superfluous stimuli of "life" and instead "living" in a playful and mentally healthy state. This concept of play - the freedom to do something non-productive because it is fun - is the essence of amateurism; the professional is defined as much by the obligation or "pressure" to run as by the amount of money or prizes won.

Experiencing joy while running is diametrically opposed to achieving a "runner's high". Whatever that may be, it seems by consensus to involve various dissociative states, and hence can be more suitably discussed in the following section on running as a means to other ends. Of course, "runner's high" can be, and has been, defined in so many ways that it can conform to virtually anyone's idea of running-induced pleasure.

Another primary mental focus on running involves competition. The exhilaration mentioned above can be magnified simply as a result of training to run even faster. In addition, one can derive considerable satisfaction and enhancement of self-image by improving or achieving goals. One can also enjoy the intellectual challenge of planning a training regimen, of learning how one's body responds most effectively, of reacting to the stresses and anxieties of racing. Plus, the ego

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can receive significant boosts from beating other competitors. Ultimately, one can extrapolate from running to other aspects of life: by becoming as good a runner as possible, one can learn to strive for maximal success at other endeavors, enjoying both the material and psychological fruits thereof.

A final area of primary focus is running-derived "pain". We have all seen people who give running a bad name by alleging to run for the purpose of inducing agony, and then rambling incessantly about how beautiful it is. It's no wonder that lots of baseball fans think we're nuts. Think about it: except for an acute injury or German shepherd bite, have you ever truly suffered while running? Is the uncomfortable feedback you sense during that next-to-last repeat 400 or the fifth mile of that 10 K truly agony? On the other hand, if you do accept it as torture, then you've achieved one of many possible mental goals of running.

Clearly, running serves our minds as much as if not more than our bodies, and I'm not trying to imply that one way is better than another. Running for masochism is not inferior to running for celebration; it's just, well, different. Next time I'll discuss the other artificial category of mental reasons to run, as a means to various ends; including feeling better, becoming creative, and getting high. Then we'll be set to look into the fascinating topic of dissociation from pain, anxiety, or whatever else can make us fear what we ostensibly enjoy.

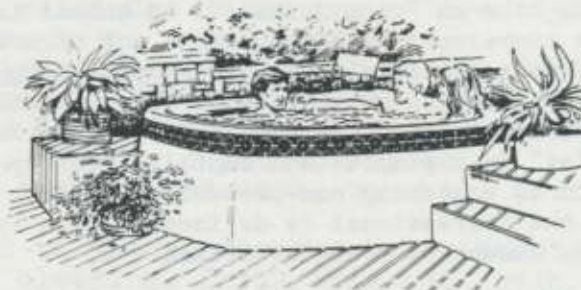


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The thing I guess I'm sorriest about is that it has taken me so long to get my thoughts to you, my fellow Maine runners. I haven't heard of any tragic results, but who is to say someone isn't in my own exact situation. Again I'm sorry, but let me back up and start from the beginning.

It was a gray, overcast day, about 12:30 in the afternoon, back in August of 1980 - the same day James Longley died and the third anniversary of Mr. Presley's untimely demise. And to think how easily it could have been three. I was out doing a 12-miler in preparation for my second marathon, Casco Bay. I had been running on and off for about three years and since I had run one marathon (non-stop) in 90 degree heat, and with a lot left over, I thought I knew about all I needed to know about running. I was surely wrong. With a fairly tanned complexion, I was donned in bright blue shorts and a white shirt that had the phrase "Boston in '82" printed on its front -- my, how ironic it seems now. I had reached my halfway turnaround point and was up to the eight mile point when life took a turn for the worse. WALLOP!

Can you believe it? I was lucky. The impact crushed the proximal end of my left femur. That's it. But I got even. My left elbow broke his windshield. I'll never know exactly how, but I had a slight flash of the backside of the car. With this, folks got on their CB's and with the help of the State Police, a roadblock was set up to nab this DRUNKEN DRIVER.

Irony again because I don't drink. Please keep in mind that this didn't happen in darkness nor foul weather nor in Boston traffic, but right in Eddington, Maine. And because liability insurance was not mandatory, I was left with a 22-day hospital bill plus two operations. I was on crutches for six months and in a leg length cast for nine months. My physician said I shouldn't run anymore. But I was lucky.

I still had a runner's mind. Drive. A person doesn't run a marathon without building a little character. In the next few years, I've edged back into it, incorporating my bike a lot to save the painful knee. There was a lot of pain, because of improper healing, but I was lucky. I slowly worked on distance and last fall I completed a marathon in Rhode Island in 4:38. All I have lost is flexibility and speed.

Some of you may be wondering if there is a message I might be trying to convey here. In fact, there is. If I had been running FACING THE TRAFFIC, my tragedy would not have happened. I cannot emphasize strongly enough how critically important it is for all runners, and walkers, to train FACING THE TRAFFIC. I don't care if a mean dog, or bad road crowns, or whatever makes you choose your training roadside, FACE THE TRAFFIC. If you are doing any speedwork on the roads, training that requires intense concentration - do yourself a favor and go to an outdoor track. And during your very NEXT session, just take one second to think about what I have said here, what I've had to go through. Because that's all it takes. Take care.

CANOE ORIENTEERING MEET

On August 23 the New England Orienteering Club (NEOC) will hold a Canoe Orienteering (Canoe-O) m-et on the Sudbury, Assabet and Concord Rivers in Concord, Massachusetts. All canoeists, orienteers and just-plain-curious-folks are invited to participate.

The NEOC holds approximately 35-40 orienteering meets every year - on foot, bicycle, cross country skis and now canoes. Canoe-O is an experiment for the NEOC.

Registration is at Heath's Bridge on Sudbury Street in Concord beginning at 10:00 a.m. Participants will start anytime between 10 a.m. and 12:30 p.m. There will be three courses available, determining the paddler's ability. There is a Short Course (less than two-miles), a Medium Course (5-7 miles) and a Long Course (10-14 miles). For more information contact Aims Coney, the meet director, at 45 Sawmill Rd, Stow, Mass. 01775 or (617) 897-9477 (before 9:30 p.m.).

If you are unfamiliar with orienteering, it is where you use a map and compass to find your way across unfamiliar terrain. You must reach the check points along the way.



THE FIGHT

MAINE COAST MARATHON - 8th Annual
Biddeford May 24th

1. Chris Moulton	2:28:39	80. Victor Withes	3:05:38	174. Roger Casire	3:19:09
2. Peter Carnes	2:29:18	81. Ric Mellow	3:05:49	175. David Cameron	3:19:33
3. Stephen Carran	2:31:32	82. Dean Hill	3:06:23	176. John Coulp	3:19:35
4. George Junior	2:32:36	83. Timothy Anthony	3:06:23	177. Constance Kimball	3:19:36
5. Joseph Banas	2:33:59	84. Robert Parrish	3:06:24	178. Julian Siegel	3:19:45
6. Anthony Sydlewski	2:36:17	85. Scott Hillis	3:06:30	179. Dennis Regan	3:19:54
7. Terry Rauch	2:37:09	86. Frank Salvatore	3:06:39	180. William Furniss	3:19:55
8. Robert Crego	2:37:33	87. Michael Cooper	3:06:41	181. Chuck Munier	3:19:56
9. Steven Cornish	2:38:46	88. Walter Kuklinski	3:06:45	182. Michael Fishbein	3:20:26
10. Lance Guliani	2:40:01	89. George Monaghan	3:06:46	183. Robert Vogt	3:20:30
11. Chris Callaci	2:40:12	90. Norman Godin	3:06:54	184. Greg Fail	3:20:31
12. Paul Merrill	2:40:55	91. Kenneth Fothergill	3:06:55	185. Jurgen Schlate	3:20:36
13. Barry Fifield	2:41:17	92. Edward Goudeau	3:06:57	186. Sandra Collis	3:20:37*
14. Bryan Kuprewicz	2:41:41	93. Chris Davis	3:07:00	187. Craig Reynolds	3:20:42
15. David Buddington	2:42:12	94. George Liming	3:07:10	188. Wayne Gibbons	3:20:51
16. Jamie Robinson	2:42:31	95. Michael Fallon	3:07:12	189. Richard Hogan	3:20:59
17. Chris Arsy	2:43:48	96. Francis Prashong	3:07:14*	190. Gary Larson	3:20:59
18. Douglas Carroth	2:45:10	97. Tom Cousos	3:07:20	191. Richard Devens	3:21:00
19. Joel Titcomb	2:45:14	98. Barry Koonet	3:07:31	192. Charles Waller	3:21:02
20. Steven McGrath	2:45:26	99. Michael Beali	3:07:41	193. Peter Swanton	3:21:21
21. William Romito	2:45:40	100. Edward Miller	3:07:56	194. Ben Dyer	3:22:18
22. Peter Hopfe	2:47:45	101. Thomas Bird	3:08:14	195. John Harter	3:22:23
23. Richard Scott	2:47:50	102. Peter Dearden	3:08:23	196. Ken Gaecklein	3:22:45
24. Jeffrey Smith	2:47:56	103. Fred Giordano	3:08:31	197. Edward Lynch	3:22:46
25. Susan Haryasz	2:48:14*	104. Shawn Daly	3:08:35	198. Bill Shea	3:22:53
26. Daniel Gonzalez	2:48:29	105. David Silk	3:08:40	199. Thomas Allen	3:22:54
27. Keith Kennedy	2:48:33	106. John Poisson	3:08:44	200. Raymond Ouellette	3:23:13
28. Gary Steckowich	2:48:13	107. Guillermo Bernal	3:09:00	201. Mart Dearnley	3:23:22
29. Jay Sturdevant	2:49:23	108. Mark Hatheway	3:09:17	202. Victoria Bush	3:23:53*
30. Bob Harford	2:50:35	109. Lynda Kimball	3:09:22*	203. Robert Polakowski	3:23:58
31. Derek Postema	2:51:22	110. Dennis McCarthy	3:09:27	204. Oliver Holt	3:23:58
32. Samuel Mallette	2:51:32	111. Ben Fudge	3:09:28	205. Guy Roy	3:24:04
33. Michael Rosenthal	2:51:40	112. Bill Ferrara	3:09:29	206. Hank Smalenberger	3:24:12
34. John Hurley	2:51:54	113. James Parker	3:09:39	207. Stephen Hewitt	3:24:17
35. Scott Skinner	2:51:59	114. William Cargill	3:09:50	208. William York	3:24:40
36. Philip Watson	2:52:05	115. Peter Cashion	3:09:57	209. Jeffrey Bull	3:24:42
37. Lois Brommer	2:52:18*	116. Michael Denniger	3:10:42	210. Gerry Crowe	3:24:45
38. Jeffrey Harnsberger	2:52:53	117. Douglas Fride	3:10:43	211. Thad Dwyer	3:25:13
39. Timothy Gilday	2:53:09	118. Danile Oliveira	3:11:19	212. John Zalinka	3:25:14
40. Dave Clement	2:54:22	119. Herbert Willard	3:11:24	213. Ray Arseneault	3:25:26
41. Michael Mendonca	2:54:23	120. Jeffrey Preble	3:11:33	214. Tom Wilson	3:25:32
42. Christine Gibbons	2:54:36*	121. Philip Vezina, Jr.	3:11:38	215. Ronald Trippett	3:25:38
43. Susan Marchant	2:54:39*	122. Tom McGuire	3:11:58	216. John Moncure	3:26:03
44. Robert Wyner	2:54:43	123. Peter Stebbins	3:12:18	217. Ted Bessette	3:26:10
45. Bob Coughlin	2:55:46	124. Rodney Furr	3:12:20	218. Brian Alward	3:26:16
46. Michael Simoneau	2:55:57	125. David Banks	3:12:24	219. Eric Fishbein	3:26:19
47. Kirk Thornton	2:56:02	126. David Galloway	3:12:24	220. Rosalyn Randall	3:26:34*
48. Dick LeMay	2:56:17	127. John Spangler	3:12:25	221. Daniel Wasileuskas	3:26:48
49. Larry Kinner	2:56:46	128. William Boyd	3:12:47	222. Henry Posila	3:26:59
50. Steven Carter	2:57:03	129. Kevin Connors	3:12:48	223. Ery MacDonald	3:27:05
51. Donald Wilson	2:57:11	130. Carl Poolucci	3:12:49	224. Raphael De Pres	3:27:49
52. Michael Daly	2:57:34	131. Richard LaMontagne	3:12:53	225. Joe Boldeia	3:27:55
53. Mark Fontaine	2:57:35	132. Ken Snow	3:13:35	226. Gene Boswell	3:28:11
54. Alburn Butler	2:59:13	133. Michael Rosa	3:13:38	227. Richard Ledoux	3:28:22
55. Ting Lei	2:59:16	134. Timothy Driscoll	3:13:39	228. Elisabeth Comer	3:28:23*
56. Jerry Jerome	2:59:25	135. Rodney Barnes	3:13:40	229. Howard Latham	3:28:34
57. Clay Shaw	2:59:35	136. Nap Eliason	3:13:41	230. Edwards Childs	3:28:44
58. William Smith	2:59:40	137. Henry Fischer	3:13:42	231. Elaine Byrnes	3:28:51
59. Michael Dewar	2:59:45	138. Jerry Allanach	3:13:52	232. Nona Cerveny	3:28:57
60. Raymond Quisby, Jr.	2:59:46	139. Danile McCarthy	3:13:55	233. Kevin Comer	3:28:59
61. John Rives	3:01:24	140. Larry Davis	3:13:56	234. Bradley Brusso	3:29:08
62. Concord LaBelle	3:01:22	141. Howard Harnets	3:14:06	235. Scott Malleau	3:29:36
63. Mike Shupert	3:01:40	142. John Aegerter	3:14:12	236. Thomas Jurczyk	3:29:57
64. Ben Sylvain	3:01:40	143. William Mansone	3:14:15	237. Lawrence Taylor	3:30:05
65. Mick Claxton	3:01:52	144. Allen Paul	3:14:34	238. Martin Michelson	3:30:20
66. Tom Reilly	3:01:54	145. James Noonan	3:14:46	239. Larry St. Peter	3:30:21
67. Bob Poirer	3:01:55	146. Dan Callahan	3:14:48	240. John Taylor, Jr.	3:30:33
68. Edward Queenan	3:02:24	147. Fred Marriam	3:14:55	241. Robert Spier	3:30:42
69. Robert Carey	3:02:27	148. Jerry Rosa	3:15:02	242. Elaine Regina	3:30:58*
70. Peter Flaherty	3:02:48	149. Gary Biros	3:15:13	243. Leon Hadianis	3:31:15
71. Dennis Timmons	3:03:12	150. Joel Schilling	3:15:21	244. Stephen LeBlanc	3:31:43
72. Lenny Wagner	3:04:08	151. Peter Peer	3:15:44	245. Vince Grahm	3:32:26
73. Dan Becker	3:04:21	152. Neil Rosenblad	3:15:44	246. Emily Wood	3:32:28*
74. Robert Tremblay	3:04:23	153. Kimberly Palmer	3:16:00*	247. Barbara Kishal	3:32:37*
75. John Murphy	3:04:42	154. Andrew Schall	3:16:23	248. Ken Becker	3:32:47
76. Jeffrey Dyer	3:04:42	155. Charles Schultz	3:16:28	249. Debra Straker	3:33:04*
77. Paul Ames	3:04:52	156. Richard Littlefield	3:16:41	250. Rodger Smith	3:33:35
78. David Levine	3:05:05	157. Sam Shepard	3:16:54	251. John MacAtee	3:33:37
79. William Comeau	3:05:13	158. Daniel Bowse	3:17:13	252. Richard Grote	3:33:59
		159. Benjamin Feinn	3:17:23	253. Daniel Antognini	3:34:09
		160. Gary Zientara	3:17:26	254. Emmons Cobb	3:34:21
		161. Philip Sipke	3:17:43	255. Philip Kay	3:34:23
		162. Daniel Strohl	3:17:57	256. Nicole Bunting	3:34:24*
		163. Steven Ross	3:17:59	257. Destrly Sulkas	3:34:24
		164. Matt Tomlinson	3:18:00	258. Jeffrey Bambino	3:34:29
		165. Carlton Wendell	3:18:03	259. Ray Ledoux	3:35:03
		166. David Rein	3:18:06	260. Sean Durkin	3:35:21
		167. Jorge Paz	3:18:07	261. Judy Bombos	3:35:30*
		168. Thomas Caron	3:18:08	262. Marylyn Graves	3:35:48*
		169. Richard Daley	3:18:20	263. Ann Sartorelli	3:35:53*
		170. Lawrence Ludwig	3:18:32	264. Richard Meyer	3:35:57
		171. Stacy Prescott	3:18:37*	265. Tom McMillan	3:36:07
		172. Dawn Farmer	3:18:38*	266. Joe Beasley	3:36:17
		173. Mary Camire	3:19:08*	267. Stephen McAvoy	3:36:17

268. James Morrison	3:36:31	312. Filice Worcester	3:45:32	356. Steven Grande	3:56:51
269. Peter Hopkinson	3:36:37	313. Jay Wolfe	3:45:40	357. Robert Lyman	3:56:58
270. Daniel D'Entremont	3:36:50	314. Timothy Tarbox	3:46:18	358. Sam Jordon	3:57:06
271. Cindy Geisinger	3:37:13*	315. Bill Gullbault	3:46:28	359. Marc Abrahams	3:57:10
272. Thomas Garvey	3:37:27	316. Sarah Andrus	3:46:41*	360. James Kneebone	3:57:36
273. Carmine Riccioli	3:37:50	317. Claire Gouthro	3:46:51*	361. Craig Cakouros	3:58:31
274. Jerry Casey	3:38:02	318. Nicky Schmidt	3:46:55*	362. Jim Finch	3:58:38
275. Thomas Riley	3:38:15	319. Robert Murphy	3:46:59	363. Douglas Bean	3:58:43
276. Joan Merriam	3:38:18*	320. Thomas McMahon	3:47:23	364. Katherine Fair	3:59:02*
277. Gilbert Cote	3:38:20	321. Max Ward	3:47:26	365. Robert Grande	4:00:20
278. Ann Tassinari	3:38:37*	322. Dan Gildea	3:47:28	366. Andrew Breen	4:02:02
279. John Michaelwicz	3:38:45	323. John Worthen	3:47:29	367. Janet Strong	4:02:24*
280. Michael Bubb	3:38:50	324. Larry White	3:47:42	368. Richard Jewell	4:03:26
281. Frank Sarotte	3:39:00	325. Malcolm Glidden	3:47:47	369. Brendan Montana	4:03:58
282. Roy Moreion	3:39:18	326. Sandra Utterstrom	3:47:58	370. Kimberly Bodwell	4:04:00*
283. William Davenney	3:39:24	327. Robert Morris	3:47:59	371. Jean Bruch	4:04:56*
284. Eileen Jordon	3:39:38*	328. Lawrence Bechet	3:48:48	372. Chris Falzone	4:04:56
285. John Shane	3:40:01	329. Amy Dvorzniak	3:48:50*	373. Kenneth Bardach	4:05:36
286. Katherine Periman	3:40:05*	330. unknown	3:48:57	374. Rick Elam	4:06:19
287. Jerry St. Amand	3:40:23	331. Bernard Goldwater	3:49:18	375. Stephen Crockett	4:06:59
288. Paul Valliere	3:40:28	332. Jeff Holmes	3:49:24	376. Karl Kelb	4:06:59
289. Peter Taft	3:40:31	333. Thomas Wells	3:49:24	377. Randy Falum	4:07:07
290. Allan Toubman	3:40:38	334. Ronald Jettson	3:49:54	378. Joanne LaMontagne	4:07:27*
291. George Rawnsley	3:40:41	335. unknown	3:50:52	379. Stanley Brennan, Jr.	4:07:34
292. Nolan Ring	3:40:47	336. Thomas Marhevko	3:50:58	380. Rick Detrollo	4:07:54
293. Kim Vandermeblen	3:41:30*	337. John Rix	3:51:08	381. Mark Baudendistel	4:08:21
294. Tim Tiches	3:41:56	338. Seth Surchin	3:51:44	382. Jarry Hapgood	4:08:24
295. Robert McCarthy	3:42:10	339. Mark Lunsford	3:52:12	383. Linda Provost	4:08:24*
296. Todd Kane	3:42:15	340. Juan Mesquita	3:52:19	384. Michael Ahrens	4:08:57
297. Gene Thomas	3:42:16	341. Jill Rogers	3:53:20*	385. Steve Josepher	4:09:29
298. John Richardson	3:42:36	342. Maureen MacEnroe	3:53:32*	386. Norman Nunan	4:10:06
299. David Benn	3:42:58	343. James Nelson	3:53:34	387. Robert Boynton	4:10:10
300. Jeffrey Osterman	3:43:18	344. Thomas Curran	3:53:38	388. B. J. Beck	4:10:41
301. David Body	3:43:24	345. Scott Verrill	3:53:42	389. Phyllis Dana	4:11:14
302. Daniel Suman	3:43:33	346. Timothy Roddy	3:54:18	390. Roger Zotti	4:12:12
303. Robert Kazban	3:43:36	347. Julia Stiffler	3:54:22*	391. Robert Bouchard	4:12:54
304. Hugh McNeil	3:43:39	348. Thomas Welch	3:54:24	392. Maureen Goulson	4:13:11*
305. Thomas Forbes	3:44:24	349. Kathy Gagne	3:54:25*	393. Robert Bassett	4:13:41
306. James Johnson	3:44:44	350. Charlie Matlock	3:55:00	394. Betty Klein	4:14:09*
307. Carol Linker	3:44:45*	351. Dale Turner	3:55:14	395. Monique LaFrance	4:14:54*
308. Gordon Burris	3:44:56	352. Janice Nacy	3:55:20*	396. Betty Riza	4:15:44*
309. Rosemary Faretra	3:45:05*	353. Tony Medeiros	3:55:57	397. Donna Shanahan	4:15:49*
310. Steve Dickter	3:45:22	354. Joseph Decoff	3:56:08	398. Robert Harrington	4:17:00
311. Cindy Zattich	3:45:27	355. James Gilford	3:56:14	399. Rex Holton	4:17:01

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575



*Encap™ Wedge patent pending.

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400. Char Davidson	4:17:16	BAR HARBOR SPRING 5K & FUN RUN	41. Lynn MacNamara	21:24*
401. Joan Radlieski	4:17:24*	Bar Harbor	42. Peter Hart	21:25
402. Terry Pearson	4:17:51		43. Curtis Mossestad	21:37
403. Edward Bond, Jr.	4:17:53		44. Chris Bean	21:41
404. Kenneth Moro	4:18:06	1. Dave Renault	45. Richard Davis, Sr.	21:45
405. Scott Folsom	4:18:07	2. Cliff Rogers	46. Gordon Graham	21:58
406. Thomas Conwill	4:18:10	3. Scott Cross	47. Kerry Priest	22:12
407. Louis Nasti	4:19:50	4. Simon Shepherd	48. Raymon Spencer	22:35
408. Tanya Fletcher	4:20:47*	5. J.J. Kohlihas	49. Jim Mroch	22:44
409. Lorna Giles	4:26:18*	6. Barney Smith	50. Mary Ratner	22:45
410. Paul Rischard	4:26:22	7. Stephen Cates	51. Michael Olson	22:47
411. John Janas	4:26:23	8. Bob Jordon	52. Sam Auerbach	22:50
412. Kimberly Konelczny	4:26:26*	9. Andrew Patterson	53. Jack Richards	22:51
413. Richard Gower	4:29:01	10. Robin Emery-Rappa	54. Butch Phillips	23:00
414. Dennis Arch	4:29:47	11. Mark Bonderud	55. Howard Clements	23:11
415. Gilean Curvey	4:30:15	12. Mike Colacino	56. Joseph Dana	23:35
416. Jean Faller	4:30:42*	13. Bill Barstow	57. Ann Matava Woodward	23:59*
417. Lynne Hans	4:31:43*	14. Tom Kirby	58. Donald Osborne	24:02
418. Irving Faunce	4:32:49	15. Frank Campbell	59. Doris Plummer	24:30*
419. Donald Osman	4:32:54	16. Mark Raneo	60. Adam Lambert	24:47
420. Allan Kamfonik 4:33:59	4:33:59	17. Will Haynes	61. Sydney Rockefeller	24:53*
421. Victor Motz	4:34:17	18. Sidney Massey	62. Dale Violette	25:00
422. Nancy Slaughter	4:35:16*	19. Kevin Pottle	63. Christine Ginn	25:24*
423. Joseph Washburn	4:36:24	20. Cliff Olson	64. Evie Rich	25:45*
424. Charles Linke	4:37:45	21. Brian Cates	65. Sydney Emerson	25:45
425. Joseph McBride	4:38:00	22. Tony Flye	66. David Francis	25:54
426. Leslie Spangler	4:38:25*	23. Jerry St. Amand	67. Lisa Grano	25:54*
427. Chris Talmage	4:40:12	24. Scott A. Mitchell	68. Brian Galipeau	26:10
428. Albert Baroni	4:40:40	25. Michael Carey	69. Lenny Demuro	26:11
429. Adrienne Kowitz	4:44:45*	26. Peter Hall	70. Jimmy Clark	26:28
430. NANCY Stokes	4:45:19*	27. John Mountford	71. Arthur Brown	26:32
431. Kerry Beraud	4:51:56	28. Jeff Roby	72. Ed Turgeon	26:32
432. Will Meade	4:53:27	29. Shane Lambert	73. Aaron Turgeon	26:41*
433. Louise Parise 4:53:32	4:53:32	30. Peter Goldbitz	74. Charlene Davis	26:41*
434. Warren Foye	5:09:52	31. Patrick White	75. Becky Bowden	26:41*
435. Tracy Rangnow	5:10:53*	32. Josephine Cooper	76. Tammy Herbest	26:54
436. Brian Vogel	5:13:03	33. David Benn	77. Fred Greenlaw	27:00*
437. Brison Torbert	5:13:38	34. Page Dilts	78. Toni Garbowski	27:27*
438. Homer Zink	5:18:17	35. Shari Coressel	79. Betsey Kille	27:37*
		36. Stanley Lewis	80. Carol Horner	28:02
		37. Robert McKay	81. Ryan Mitchell	29:19
		38. Rod Lambert	82. Norman Pelkey	29:38*
		39. Lee Jud	83. Sally Crook	30:01
		40. Awani Love	84. Jack Hauptman	

Results courtesy of Ken Dion
Race Director

21:24*
21:25
21:37
21:41
21:45
21:58
22:12
22:35
22:44
22:45
22:47
22:50
22:51
22:51
23:00
23:11
23:35
23:59*
24:02
24:30*
24:47
24:53*
25:00
25:24*
25:45*
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25:54*
26:05
26:10
26:11
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26:41*
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27:00*
27:27*
27:37*
28:02
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28:38*
29:01

85. James Lolar
86. Kimberly Pesik
87. Jean Barker
88. Linda Benn
89. Bobbie Ashe
90. David White

30:04
31:28*
31:41*
31:42*
32:38
32:38

37. Keona Love
38. Carrie Galipeau
39. Bjorn Carey
40. Denise Maynard

10:20*
10:30*
10:52
10:56*

34. Dolan Peters
35. Bernie Gehret
36. Jack Palmer
37. Steve Raziolo
38. Shawn Benn
39. Danny Vashon
40. Bruce Fowles
41. Ed Prosienski
42. Mark LaVardiere
43. Drew Pales
44. Jess Cail
45. Beth Bois
46. Ronald Holmes
47. Judy Bjorn
48. Arthur Granholm
49. Connie Towne
50. Carol Libby
51. Donald Abrams
52. William Donovan
53. Robert Bromley
54. Cody Rau
55. Don Osborne
56. John Clark
57. Sally Harwood
58. Janis Ackendorf
59. Brian O'Boyle
60. Verne Pinney
61. Linda Kay
62. JoAnna Dall
63. Gina Boundreau
64. Dick Knotts
65. Molly Sproul
66. Harvey Mason
67. Priscilla Giroux
68. Diane Doumit
69. Lucille Hosea
70. Darrell Tielinen
71. Lisa Prosienski
72. Carol Mitchell
73. Paula Eustis
74. Susan Emmerling
75. Judy Sheehan
76. Jo Anne Perry
77. Gerald Suttie

41 21:02
16 21:05
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25 21:23
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48 23:29*
38 23:38*
54 23:39
45 23:43
39 23:45
9 24:04
65 24:13
56 24:15
34 24:24*
39 24:42*
11 24:44
38 25:24
41 25:33*
17 25:37*
25 25:38*
44 25:40
31 26:06*
54 26:10
40 27:04*
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36 27:23*
19 27:24
11 27:44*
39 27:58*
39 27:58*
36 27:59*
29 28:07*
32 28:08*
43 28:35

ONE-MILE FUN RUN

1. Stephen Linscott
2. Erin Fisher
3. Marc Corlias
4. Tammy Waynes
5. Lisa Skiff
6. Daniel McKay
7. Brent Barker
8. Leandra Eich
9. Martha Katner
10. Quai Love
11. Coleen Maunard
12. Sam Judd
13. Matt Clark
14. Stephenie Ginn
15. Rachel Phippen
16. Neebubunn Akins
17. Sarah Reisman
18. Jacob Ginn
19. Mali Dana
20. Rustin Taylor
21. Terry Savage
22. Margaret Clixby
23. Phillips Kinter
24. Bradley Hamor
25. Brianna Barker
26. Kristin Walton
27. Darren Paul
28. Will Reisman
29. Jennifer Lee
30. Cassie Fisher
31. Wesley Hamor
32. Marie Hamblen
33. Jonathon Griffen
34. Evan Graves
35. Angela Herbest
36. Crystall Russell

5:55
6:06*
6:39
6:47
6:49*
6:58
7:11
7:12*
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7:25
7:29
7:33*
7:34*
7:40*
7:44*
7:44
7:54*
8:02
8:06
8:25*
8:33
8:34
8:36*
8:43*
8:44
8:50
8:56*
8:57*
9:22
9:28*
9:32
9:46
10:16*
10:19*

BLOOD, SWEAT AND CHEERS 5K

Fairfield

June 13th

1. Peter Lessard
2. Stan Smith
3. Doug MacDonald
4. Steve Malloy
5. Tom Thibeau
6. John Hallee
7. Gordon Hartwell
8. Larry Deans
9. Jerry Allanach
10. Fred Judkins
11. Kern Karkos
12. Warren Dean
13. Tory Rau
14. Ken Audet
15. Robert Marquis
16. Paul Pelletier
17. Erv MacDonald
18. Francis Preshong
19. Amal Das
20. Terry Dostie
21. Dick Cummings
22. Eric Prosienski
23. Michael Greenleaf
24. Dale Peabody
25. Wendy Hosea
26. Thomas Holliday
27. Jane Rau
28. John Belanger
29. Ed Cochrane
30. Richard Duboq
31. Roland Walker
32. Troy Mergon
33. Laurie Anderson
34.

25 15:53
20 16:16
18 16:25
23 16:38
29 16:43
21 16:44
29 17:04
31 17:11
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42 17:42
19 17:50
51 17:52
13 18:06
17 18:24
48 18:33
21 18:53
44 19:05
45 19:08
31 19:09
29 19:10
49 19:12
15 19:27
34 19:36
25 20:10
14 20:11*
33 20:22
37 20:25*
35 20:27
43 20:29
32 20:39
31 20:46
20 20:49
20 20:54*

45. Beth Bois
46. Ronald Holmes
47. Judy Bjorn
48. Arthur Granholm
49. Connie Towne
50. Carol Libby
51. Donald Abrams
52. William Donovan
53. Robert Bromley
54. Cody Rau
55. Don Osborne
56. John Clark
57. Sally Harwood
58. Janis Ackendorf
59. Brian O'Boyle
60. Verne Pinney
61. Linda Kay
62. JoAnna Dall
63. Gina Boundreau
64. Dick Knotts
65. Molly Sproul
66. Harvey Mason
67. Priscilla Giroux
68. Diane Doumit
69. Lucille Hosea
70. Darrell Tielinen
71. Lisa Prosienski
72. Carol Mitchell
73. Paula Eustis
74. Susan Emmerling
75. Judy Sheehan
76. Jo Anne Perry
77. Gerald Suttie

26 23:12*
32 23:15
53 23:20*
47 23:27
48 23:29*
38 23:38*
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45 23:43
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34 24:24*
39 24:42*
11 24:44
38 25:24
41 25:33*
17 25:37*
25 25:38*
44 25:40
31 26:06*
54 26:10
40 27:04*
32 27:10*
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39 27:58*
39 27:58*
36 27:59*
29 28:07*
32 28:08*
43 28:35

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The Appleton
Biathlon

78. Dan Libby	41	28:35
79. Richard McGee	56	28:35
80. Gerald Michaud	59	28:35
81. Jan Eon	35	28:47*
82. Chris Smith	14	29:08
83. Leona Clapper	57	29:25*
84. Gerard Lowell	26	30:24
85. Linda Benn	39	32:07*

Results courtesy of Central Maine Striders

HIGHLANDS 5K Hampden

June 14th

1. Mike Sargent	36	16:23
2. Jody Norton	22	16:40
3. Mike Thompson	24	18:07
4. Jonathan Kunz	12	18:53
5. Sam Wilbur	14	19:00
6. Braden Alley	12	19:03
7. Chet Garrison	20	19:42
8. Patrick White	20	19:50
9. Suzanne Church	20	20:47*
10. Keith Polo	13	20:51
11. Cris Truworth	14	21:21
12. Cole Sargent	38	21:22
13. Doug Knobloch	37	21:43
14. Jacob Peppard	10	22:06
15. Brian Kilroy	31	22:11
16. Arthur Bissonnette	40	23:04
17. Jon Whited	14	24:07
18. Judy Doore	38	24:57*
19. Steve Connor	14	25:40
20. Gordon Nietz	53	29:52
21. Don Washburn	28	34:18
22. Kristy Peavey	11	34:23*

Results courtesy of Race Director

7th Annual DOC's TAVERN 3-MILER Biddeford June 19th

1. Andy Palmer	14:27
2. Stu Hogan	14:45
3. Ken Botting	15:04
4. Mike Adams	15:33
5. Rock Green	15:35
6. George Towle	15:40
7. David Libby	15:55
8. Bill Cornwell	16:08
9. Guy Lindwall	16:10
10. Bob Hoover	16:18
11. Mike Bard	16:22
12. Joel Croteau	16:23
13. Tim Swope	16:24
14. Robert Hartley	16:30
15. Josh Hanna	16:31
16. Christine Snow	16:31*
17. John Gardner	16:35
18. Dan Barker	16:35
19. Steven Gifford	16:43
20. Sally Perkins	16:47*
21. Jim Paterson	16:48
22. Mark Wanner	16:48
23. Scott Martel	16:49
24. Dale Riordan	16:50
25. Dale Dorr	16:54
26. Howard Chadbourne	16:56
27. Tory Rau	17:04
28. Harry Hunt	17:07
29. John Edwards	17:09
30. Don Wilson	17:11
31. Fred Fanton	17:13
32. Chris Mansfield	17:13
33. Mike Farda	17:18
34. Larry Kinner	17:23
35. John Titus, Jr.	17:25
36. Roland Laflamme	17:29
37. LARRY Frank	17:36
38. Russell Wogan	17:43
39. Paul Casey	17:49
40. Bob Petersen	17:53

41. Wanda Haney	18:03*
42. Roger Bordoas	18:04
43. Conrad Labelle	18:07
44. Mike Mosley	18:09
45. Mike Gendron	18:10
46. Joel Fellows	18:15
47. Marc Jaris	18:15
48. Mitchell Ross	18:17
49. Eric Ellis	18:19
50. Donna Hubert	18:21*
51. Sumner Weeks	18:21
52. Ken Thompson	18:26
53. Lee Anderson	18:28
54. Mike Angevine	18:28
55. Jack Mercier	18:35
56. K. Scott Hinkley	18:39
57. Deb Sawyer	18:40*
58. Dale Peabody	18:48
59. Carlos Philbrick	19:01
60. Paul Labrecque	19:02
61. Lloyd Fountain	19:11
62. Richard Gower, Jr.	19:13
63. Tom O'Toole	19:15
64. Kelly Duff	19:17*
65. Jerry St. Amand	19:17
66. Roger Smith	19:18
67. Geoffrey Hill	19:20
68. Joseph Brooks	19:21
69. Erika Maddaleni	19:21*
70. Jane Rau	19:21*
71. Denise Harlow	19:24*
72. Bob Bourque	19:25
73. Kevin Johnson	19:27
74. David Hessey	19:34
75. Philip McGovern	19:35
76. Steve Jones	19:39
77. Carol Weeks	19:40*
78. Guy Laflamme	19:43
79. Susan Bennett	19:44*
80. Rosalyn Randall	19:45*
81. Philip Soule	19:49
82. Greg Lamb	19:51
83. Gil Cote	19:54
84. John Palmer	19:59

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989-2900

85. Leslie Couture	20:04*	157. Judith Berthiaume	25:44*	19. Veronica Knight	20 44:14*
86. Carl Leblanc	20:06	158. Bob Laskey	25:44	20. Chase Pray	44 44:43
87. Carlton Mendell	20:09	159. Conner Moore	25:45	21. Frank Knight	41 44:58
88. Andrew Goss	20:11	160. Carlene Anderson	25:46*	22. Geoffrey Hill	40 45:02
89. Mark Pomerleau	20:15	161. Cheryl Breston	25:49*	23. Ron Paquette	46 45:16
90. Robert Mohlin	20:15	162. Tammy Butler	25:56*	24. Jerry St. Amant	43 45:45
91. Alan Bartlett	20:17	163. Ivan Scott	25:58	25. Lindy Gargent	38 46:31
92. Peter McDonald	20:22	164. Brenda Cushman	26:07*	26. David Benn	42 46:33
93. Peter Miller	20:28	165. James McGovern	26:12	27. Taylor Harmon	42 46:56
94. Clyde Parker	20:32	166. Deborah Edwards	26:22*	28. Rick Whiting	32 47:01
95. Robert Couture	20:34	167. Diane Leblanc	26:23*	29. Ken Ellingwood	31 47:50
96. Fred Conti	20:37	168. Anita Mathieu	26:27*	30. Rudy Plummer	34 49:49
97. Robert Lanigra	20:38	169. Duane Cummings	26:42	31. Mike True	45 51:36
98. Gordon Mailman	20:39	170. Maureen Howard	26:55*	32. John Longley	18 53:26
99. Dora Jones	20:50*	171. Sandra Israelson	27:02*	33. Michael Farnham	32 53:51
100. Bob Letourneau	20:50	172. Evelyn Whelan	27:12*	34. D. Craig Canedy	50 54:45
101. Bob Cushman	20:52	173. Laurie Scamman	27:32*	35. Yvette Knight	41 55:20*
102. Chris McDonald	20:56	174. Ted Cunningham	27:52	36. Rayn Paradis	12 56:02
103. Joyce Mailman	20:58*	175. Laurel Faucette	28:09*	37. Peter Connell	34 56:03
104. Ron Collette	21:02	176. Deborah Roy	28:20*	38. Albert Giasson	68 56:31
105. Dave Bennett	21:02	177. Sally Paterson	28:32*	39. Dennis Morrill	47 57:34
106. Rick Desrosiers	21:04	178. Mike Ahearn	28:33	40. Joe Nappi	29 58:55
107. Charles Glover	21:06	179. Steven Methot	28:38	41. Linda Best	29 59:07*
108. Galen Humphrey	21:11	180. Cynthia Cannan	28:56*	42. Carlo Tucci	35 60:33
109. James Kneebone	21:13	181. Nanette Ryan	28:57*	43. Ellen O'Brien	33 60:44*
110. Ted Pratt	21:14	182. Pam Sullivan	29:17*	44. Gary Howard, Jr.	15 71:23
111. Dave Boothby	21:23	183. Corlean Garland	29:36*	45. Reino Kahronen	15 74:52
112. Bonnie Cote	21:28*	184. Joanne Wells	30:00*	46. Ray Faulkner	14 86:36
113. Rebecca Markavy	21:29*	185. Keith Beaulieu	30:04	46. Tammy Howard	16 86:36*
114. Michelle Mercier	21:33*	186. Jo-Ellen Hardy	30:14*		
115. Cliff Dumpshe	21:34	187. Romaine Laflamme	30:16*		
116. Bob Brochu	21:39	188. Fris Gamache	30:28*		
117. Don Penta	21:47	189. Ernest Moreau	30:40		
118. Russ Bradley	21:57	190. Lucille Moreau	30:46*		
119. Al Brunelle	22:12	191. unregistered	30:53		
120. Adam Tremblay	22:15	192. Denis Garriary	32:28		
121. John Perreault	22:20	193. Pat Buckley	32:37*		
122. Joy Eon	22:23*	194. Susan Forest	32:47*		
123. Roland Eon	22:24	195. Annabelle Carpenter	32:48*		
124. Jean Smith	22:30*	196. Maureen Laflamme	35:54*		
125. Dick Black	22:33	197. Cindy Conley	35:54*		
126. Leslie Vandyne	22:34*	198. Judy White	35:59*		
127. Linda Goulet	22:40*	199. Roger Furbush	46:24		
128. Chris Labonte	22:45	200. Rita Furbush	47:06*		
129. Kathy Gagne	22:51*				
130. Nancy Hudson-Walkins	22:57*				
131. Patricia Titcomb	23:02*				
132. Rock Beekstone	23:07				
133. Tim Clough	23:13				
134. John Clark	23:14				
135. Butch Cannan	23:16				
136. Linda Gaudreau	23:21*				
137. Brian Luce	23:26				
138. Sandra Scott	23:49*				
139. Dorothy Stoddard	23:53*				
140. Lorraine Talbot	24:13*				
141. Ellen McPherson	24:13*				
142. Blaise Ross	24:14				
143. Ron Fenton	24:20				
144. Cody Rau	24:21				
145. Terry Bartlett	24:23*				
146. Gail Calazzo	24:26*				
147. Gary Landry	24:29				
148. Steve Moreau	24:40				
149. Jim Howard	24:44				
150. Tom Thompson	24:46				
151. Scott Burnheimer	24:49				
152. Jodi Reali	24:56*				
153. Heidi McDonald	25:00*				
154. Cathy Fox	25:02*				
155. Tom Garriepu	25:16				
156. Judy Elliot	25:40*				

Results courtesy of Don Penta
Ken Dion - Race Director

Results courtesy of Bill McCoy

FUN RUN		
1. Liam McCoy	12	6:13
2. Ryan Williams	11	7:01
3. Ryan Wheaton	9	7:02
4. Nicholas Lenahan	8	7:30
5. Melanie McCoy	10	7:33*
6. Lindsey D'Amour	8	8:17*
7. Sara Moisington	7	8:25*
8. Kelly D'Amour	6	8:52*
9. Jessica D'Amour	6	8:58*
10. Nicole Nappi	7	9:20*
11. Delian Valeriani	4	9:35
12. Sarah Poirer	6	9:36*
13. Lilly Meehan	5	9:50*

6th Annual POTTLE HILL 10K & FUN RUN
Pottle Hill June 24th

1. Tim Swope	22	36:08
2. Dennis Croteau	36	36:23
3. Gino Valeriani	33	36:40
4. Bill Hine	37	36:56
5. Mark Snow	20	37:00
6. Bob Peirier	32	37:42
7. John Creasy	41	38:01
8. Robert Brained	24	39:02
9. Brent Elwell	25	39:14
10. Joe Meehan	40	40:22
11. Bob Payne	48	40:44
12. Don Best	32	41:25
13. George Liming	36	41:34
14. Marc D'Amour	32	41:42
15. Ray Johnson	19	42:41
16. Dick Cummings	49	43:06
17. Jason Miseroochi	16	43:19
18. David Wheaton	34	43:20

9th Annual GARDINER COMMON 5-MILER
Gardiner June 27th

1. Tim Wakeland	22	24:54
2. Patrick O'Malley	20	26:21
3. Matt Crook	18	27:10
4. Tom Thibeau	29	27:27
5. Dennis Croteau	36	27:41
6. Rick Lane	40	27:48
7. Neill Miner	37	28:05
8. Gino Valeriani	33	28:14
9. Todd Pokrifka	16	28:18
10. Peter Hagerman	36	28:32
11. Isaac Tapley	17	28:39
12. Keith Spear	18	28:44
13. Joe Bennett	40	28:48
14. Dave Clement	37	28:59
15. Jeff Brown	17	29:08
16. Doug Ludewig	47	30:06
17. Gary Larson	42	30:20
18. Jeff Mahoney	16	30:24

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19. Gary Wakeland	48	30:30	62. John Stinson	32	36:19	9. Brian Bell	61:02
20. Joe Meehan	40	30:41	63. Bruce Fowles	47	36:27	10. Cynthia Lynch	61:07*
21. Robert Marquis	48	30:48	64. Richard Abramson	30	36:35	11. Rose Prest	61:18
22. Lori Johnson	21	31:06*	65. Jonathan Millett	21	37:00	12. Paul Turner	61:22
23. J.C. Connolly	22	31:17	66. Mary James	30	37:08*	13. Erik Mattson	61:59
24. Dick Cummings	49	31:42	67. Gard Rand	50	37:13	14. Fred Merriam	63:44
25. Francis Freshong	45	31:51	68. Arthur Granholm	47	38:00	15. Hal Nelson	64:07
26. Jeffrey Preble	33	31:54	69. Michael Levey	43	38:14	16. Roy Rodgers	64:36
27. Bruce Bell	48	31:56	70. William Donovan	45	38:21	17. Newell Lewey	65:06
28. Edward Miller	37	32:01	71. Ralph Lathe	49	38:25	18. Peter Cuff	66:47
29. Alan Burke	23	32:06	72. Gordon Smith	35	39:11	19. Tom Teto	67:24
30. Larry Fortin	38	32:16	73. Andrea Stinson	31	39:14*	20. David Cunio	67:34
31. Dan West	23	32:23	74. Gerry Mahoney	46	40:03	21. David Green	67:50
32. Richard Lane	17	32:36	75. Susan Thompson	46	40:08*	22. Ann Blumer	68:14*
33. Byron Cook	40	32:47	76. John Williamson	34	40:38	23. Craig Boyd	68:46
34. Douglas Hodgkin	48	33:13	77. Albert DeSalvo	41	41:38	24. Jennifer Allen	69:22*
35. Stephen Schuyler	41	33:13	78. Dianna Burke	22	41:56*	25. Dave Smith	69:58
36. John Schwerdel	41	33:13	79. Irv Faunce	41	41:57	26. Louise Dunlap	70:26*
37. Gerry Mirabile	27	33:20	80. Mel Coffin	41	42:23	27. Tom Boothby	70:27
38. John Jaquith	16	33:25	81. William Tosier	59	42:25	28. Larry Rich	70:55
39. Scott Croteau	18	33:30	82. Graham Rae	35	42:40	29. Cliff Hatfield	71:04
40. Mimi Mattson	33	33:32*	83. Harry Gippinge	54	43:29	30. Ron Paquette	72:27
41. Bruce Williams	36	33:37	84. Nancy Rae	35	45:07*	31. David Benn	72:29
42. Mark Johnston	34	33:41	85. Milton Bailey	68	45:47	32. Colan Davis	73:15
43. George Phelps	40	33:41	86. Nancy Rodda	34	46:08*	33. Rene Collins	73:25*
44. Tony Marple	39	33:44				34. Lloyd Smith	74:19
45. Bob Hazzard	55	33:46	Results courtesy of Russell Martin				74:54*
46. Jerry Casey	31	33:50	Race Director				75:43*
47. Bill Ford	48	33:53	*****				78:00*
48. Doug Beauparlant	15	33:53	TOUR DU LAC 10-MILER				85:20
49. David Davala	28	33:54	Bucksport June 27th				86:21*
50. John Belanger	15	34:06	-----				86:22
51. Craig Haggett	32	34:09	1. Chris Jones	56:01	Results courtesy of Vaughn Holyoke		95:02
52. Gary Quintal	32	34:12	2. Larry Dean	56:23	Race Director		95:17
53. Roger Mills	37	34:14	3. Alex Hammer	57:08	*****		
54. Jim Mitton	28	34:16	4. Mark Chasse	58:41			
55. James Booth	41	34:18	5. Glendon Rand	59:04			
56. Stephen Chick	37	34:58	6. Hollelay Torstein	59:33			
57. Taylor Harmon	42	35:04	7. Jerry Allanach	60:00			
58. Laurie Anderson	20	35:25*	8. Glen Holyoke	60:26			
59. Robert Peterson	38	35:25					
60. John Palmer	30	35:34					
61. Julie Ballard	23	35:53*					

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Ellsworth -IAC Certified-June 27th

1. Bruce Bridgman	27	19:50
2. Roy Morris	23	20:30
3. David O'Connell	20	21:10
4. Mike Sargent	36	21:26
5. Charles Villette	16	21:36
6. Andrew Beardsley	23	21:49
7. David Renault	38	22:09
8. Cliff Rogers	28	22:26
9. Michael Mendonca	30	22:51
10. Steven Peterson	37	22:58
11. Robby Shea	14	22:59
12. Tony Rau	13	23:06
13. Mark Hardison	31	23:07
14. Dirk Bradt	40	23:14
15. Mac Noyes	31	23:16
16. Simon Shepherd	20	23:45
17. John Lockhart	17	23:45
18. Bill Pinkham	44	23:51
19. Norm Hawes	46	23:52
20. Robert Jordon	27	23:52
21. Larry Frank	31	23:53
22. Barney Smith	40	23:54
23. Perley Merrick	39	23:56
24. Bob Stuart	32	24:00
25. Diane Lounder	25	24:01*
26. Sam Wilbur	14	24:15
27. Andrew Patterson	30	24:25
28. Allan Lockyer	36	24:30
29. Jim Burnett	37	24:35
30. Brian Newbegin	18	24:42
31. Stephen Krichels	41	24:45
32. Robbie Pendergast	17	24:50
33. Robin Emery Rappa	40	24:51*
34. Jody Morse	15	24:53
35. Lawrence Ludwig	39	24:56
36. Dwight Brown, Jr.	39	24:59
37. Jim Picard	32	25:11
38. William Shuttleworth	39	25:11
39. Patrick White	20	25:14

40. Chet Garrison	20	25:14
41. Denny Harmon	41	25:22
42. Tom Kirby	30	25:23
43. Will Haynes	40	25:25
44. Kellie Stratton	21	25:28*
45. Cliff Olson	44	25:35
46. James Burnett	31	25:38
47. Roger Innes	35	25:40
48. Ronald Hardison	27	25:42
49. Dick Stephenson	26	25:45
50. Dick Powell	43	25:46
51. Dan Knowles	16	26:04
52. Larry Voisine	28	26:21
53. Douglas Trenkle	38	26:24
54. Robert Dow, Jr.	42	26:40
55. Paul Connor	40	26:46
56. Jane Rau	37	26:47*
57. Ted Duffy	32	26:50
58. Jim Adams	31	26:59
59. John Green	50	27:00
60. Dwight Brown III	13	27:02
61. Wil Nolen	46	27:13
62. Tony Beardsley	39	27:26
63. Suzanne Church	20	27:29*
64. Larry Alley	32	27:49
65. John Gallagher	42	27:51
66. Wayne Smith	52	27:52
67. Josephine Cooper	35	28:04*
68. Cole Sargent	38	28:05
69. Adam Sala	14	28:13
70. Dara Jones	30	28:20*
71. Jeff Galipeau	17	28:21
72. Walter DeVault, Jr.	57	28:22
73. Mike LaChance	34	28:25
74. Jeff Dow	32	28:27
75. Gary Burgess	35	28:33
76. Lori S. Jones	26	28:35*
77. Barbara Greenstone	36	28:35*
78. Tom Maleck	37	28:38
79. Michael Olson	12	28:54
80. Dorian Jacobs	41	29:04
81. John Walls	54	29:06
82. Robert Milliken	45	29:10

83. Connie McLellan	36	29:22*
84. Dexter Bellows	33	29:24
85. Rory McCarthy	14	29:27
86. Ed Raymaker	57	29:42
87. Tom Meservey	15	29:46
88. Michael Elliot	35	29:47
89. Miguel Muniz	30	30:03
90. Arthur Blaissonette	40	30:04
91. David Weiss	32	30:05
92. Douglas Hardison	31	30:05
93. Jody Dudley	17	30:07
94. Sid Emerson	17	30:15
95. Jennifer Morse	14	30:16*
96. Harriet Seekins	42	30:16*
97. Bruce Spaulding	40	30:17
98. Kelly Barbee	25	30:26*
99. Diane Carey	23	30:28*
100. William Fenton III	33	30:43
101. Jan Newett	27	30:45*
102. Jim Newett	29	30:45
103. Patty Noll	33	30:48*
104. Kenneth Chritian	37	30:51
105. Michael Damp	39	31:04
106. Joyce Nolen	47	31:06*
107. Andrew Haslam	28	31:13
108. Cody Rau	9	31:32
109. Steven Connor	14	31:34
110. Sean Hall	23	31:38
111. Jamie Tate	14	31:39*
112. Johnna Meservey	34	31:40*
113. Andre Utzinger	16	31:47
114. Amy King	12	31:49*
115. Peter Austin	22	32:01
116. Erika Tobin	18	32:02*
117. Wayne Willey	41	32:11
118. Dana Bellows	10	32:23
119. Mary Bruce	48	32:29*
120. Doug Kimmel	44	32:30
121. David White	15	32:43
122. Pam O'Neill	31	32:49*
123. Norman Fitzgerald	46	33:03
124. Clyde MacDonald	57	33:14
125. Harry Trask	69	33:22

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

126. Patricia Galiepeau	37	33:44*
127. Fran McMahon	63	34:08
128. Don Scherig	42	34:13
129. Charlotte Bellows	11	35:44*
130. Diana McDowell	35	35:47*
131. John Smiley	15	37:00
132. Emily Stuart	27	37:27*
133. Greg Lampson	12	37:33
134. Ann McCann	41	37:53*
135. Ron Picard	34	38:22
136. Keefe Picard	12	38:22
137. Robert Zimmerman	32	38:25
138. Joel Ackerman	37	38:50
139. Laura Beardsley	15	39:10*
140. Janice Bellows	31	40:27*
141. Aaron Wagner	12	40:53
142. Frank Donaldson	37	42:02
143. Jim Nowland	43	42:41
144. Bobbe Ashe	15	44:54*
145. Arthur Fiveland	61	46:24
146. Barbara Donovan	33	47:25

Results courtesy of Sally Hutchins

WISCASSET REC'S 3.5 MILE RUN Wiscasset July 4th

1. Jim Murphy	28	18:08
2. Steve Shea 16	16	19:37
3. Rick Shea	19	20:29
4. Steven Cohen	18	21:12
5. Steve Jones	29	22:02
6. Chuck Shea	45	22:06
7. Tom Williamson	27	22:07
8. Craig Haggett	32	22:18
9. Ray Cooper	45	22:30
10. Kristin Gatz	24	22:36*
11. Scott Gorneau	14	23:23
12. Walter Gorneau	45	23:23
13. Mike Parquette	38	23:28
14. Gary Hayward	34	23:31
15. Dara Jones	30	23:32*
16. Heidi Gatz	21	23:42*
17. Kathy McCosh	20	23:53*
18. Tommy Abello	13	24:21
19. John Caldwell, Jr.	39	25:06
20. Butch Main	35	25:11
21. Paul Dainte	39	25:28
22. Amanda Russell	28	25:28*
23. John Eaton	35	27:10
24. Peter DeCourcy	40	27:41
25. Mark Dainte	32	27:56
26. Richard Green	13	28:16
27. Gretchen Gatz	30	28:23*
28. Julie Gatz	26	28:23*
29. Thomas Watts	52	28:36
30. Brian Sukeforth	21	29:34
31. Dwane Sukeforth	22	29:35
32. Phyllis Kent	59	30:54*
33. Shirley Chamberlain	42	31:06*
34. Nancy Brewer	27	32:04*
35. Kathy DeCourcy	36	32:38*
36. Walter Leeman	12	35:09

Results courtesy of Wiscasset
Rec. Dept.

HERITAGE DAYS 5-MILE ROAD RACE Bath July 4th

1. John Sackett	28	26:47
2. Peter Davis	40	27:36
3. Jeff Bengtsson	28	28:07
4. Joe Bennett	40	28:08
5. Brian Bell	17	28:13
6. Jim Paterson	46	28:38
7. John Mathieu	39	29:27
8. Bruce Pooler	39	30:08
9. Randy Wilson	34	30:31
10. Brian Drisko	17	31:10
11. Ed Lopes	36	31:25
12. Sam Wilbur	14	31:22
13. Walter Trott	28	31:45
14. Malcolm Gauld	33	31:59
15. Jim Best	44	32:14
16. Jack Merceer	43	32:19
17. John Lothrop	44	32:28
18. Craig Cakouros	23	33:16
19. James Booth	41	33:17
20. Tom Bennett		33:21
21. Neil Bassett	36	33:56
22. Gordon Struble	38	33:57
23. Frederick Pracht	49	33:57
24. Hadley Austin	28	34:14
25. Michael Trafton	30	34:28
26. John Doolittle	28	34:33
27. Deb Hewson	31	34:34*
28. John Deterling	30	34:41
29. Fran Brennan	50	35:07
30. Jack Wallace	34	35:54
31. Doug Munsey	38	35:56
32. E.J. Gaudet	36	36:00
33. Brian Preney	27	36:12
34. Perry Lakin	53	36:13
35. Charlie Gordon	39	36:20
36. Craig Candey	50	36:27
37. Robert Hall	48	36:35
38. Michael Whiteley	40	36:57
39. Darin Bryant	22	37:11
40. Paula Lutz	36	37:12*
41. Don Richardson	57	37:17
42. Steve Filler	39	37:28
43. Brian Hollowell		37:34
44. Chris Goodman	38	37:35
45. Don Spear	57	37:38
46. John Herson	28	37:45
47. Rita Losee	45	37:55*
48. Ralphie Lathe	49	38:02
49. Donna Blackman	30	38:04*
50. Muriel Pracht	44	38:31*
51. Ed Potter	44	38:42
52. Roddy Powers	44	38:53
53. Jay Kelly	25	39:04
54. Paul Hurd	39	39:11
55. Ted Gaudreau	54	39:12
56. Lee Harriman	45	39:12
57. Don Osbourne	65	39:45
58. Kathy Yates	38	39:54*
59. Betty Mahn	54	40:03*
60. Perry Golden	35	40:04
61. Harry Giddenge	54	40:55
62. David Roundy	40	41:04
63. Mauren Carr	23	41:09*
64. Carol Plourde	30	41:19*
65. Sharon Beaudoin	30	41:20*
66. Russ Hatch	60	41:43
67. Larry Barron	58	41:44

68. Muriel Hendrix	49	42:10*
69. Holly Johnson	26	42:45*
70. Irman Whiteley	37	43:01*
71. Lisa Andrew	16	44:09*
72. Rachel Nixon	16	44:09*
73. Lester Rhoads	71	45:29
74. Albert Glasson	68	45:46
75. Pat Bryant	25	45:49*
76. Richard Guistra	43	46:11

FUN RUN (1.5 miles)

1. Anthony Anderson	17	7:59
2. Mike Favreau	16	8:13
3. Clint Merrill	38	8:47
4. Arthur Gaudreau	20	8:54
5. Derek Rice	14	8:58
6. James Hasenfus	16	9:08
7. Paul Lemoine	29	9:21
8. Chris Dwinai	19	9:29
9. Merle Wasy	33	9:32
10. Randy Howell	31	9:35
11. Tracey Pooler	15	9:36*
12. Rick Toothaker	13	9:39
13. Rob Laskey	24	9:52
14. Keith Baldwin	14	10:06
15. Shawn Lajeunesse	14	10:11
16. Michelle Coes	14	10:26*
17. Brendan Nichols	9	10:27
18. Dwight Dwinai	51	10:29
19. Gail Favreau	17	10:38*
20. Amy Trebilcock	11	10:49*
21. Jeff Waltz	10	10:50
22. Ryan Lovell	12	10:50
23. Hannah Wright	7	10:52*
24. Don Allisot	30	10:54
25. Cheryl Gilbert	38	10:56*
26. Debbie Swift	15	10:58*
27. Cindy Smith	40	11:01*
28. Anna Papoison	15	11:01*
29. Caitlin Dowe	15	11:02*
30. Joe Hummer	13	11:08
31. Debra Riner	23	11:09*
32. Jeff Mercier	7	11:13
33. Patrick Mulligan	8	11:22
34. Harvey Mason	54	11:45
35. William Lovell	46	11:54
36. Chad Walker	13	11:58
37. Jim Hummer	46	12:09
38. Joshua Greenblatt	8	12:16
39. Bob Greenblatt	33	12:17
40. Becca Nichols	11	12:19*
41. Joanna Bourque	11	12:27*
42. Guerin Anglim	39	12:37*
43. Tom Anglim	39	12:37
44. Mike Rice	12	12:42
45. David Plummer	25	12:43
46. Ben Mulligan	6	13:21
47. Heidi Lilly	27	13:37*
48. Keith Hinds	9	13:42
49. Mike Kranning	7	13:44
50. Lisa Lee	30	13:45*
51. Susanah Nichols	6	13:51*
52. Duane Plummer	46	14:13
53. Nancy Gunzelman	36	14:14*
54. Jamie Lounsbury	17	15:01*
55. Julie Hummer	16	15:02*
56. Jason Greenblatt	6	15:29
57. Nancy Greenblatt	32	15:30*
58. David Trebilcock	9	15:33
59. Harriet Spear	25	15:50*
60. George Spear	27	15:50



MAINE AWARDS

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RUSSELL
ATHLETIC

42:30*
42:45*
43:01*
44:09*
44:09*
45:29
45:46
45:49*
46:11

61. Jean Cox 56 16:20

Results courtesy of Kevin Shute
Race Director

7th Annual GREATER BANGOR FOURTH
OF JULY 3,000-METER ROAD RACE
Bangor July 4th

1. Tim Makeland	8:10
2. Craig Rover	8:54
3. Gary Dawson	8:57
4. Mike Sargent	9:06
5. David O'Connell	9:07
6. Neal Chamberlain	9:14
7. Mike Tuell	9:24
8. O.J. Loque	9:26
9. Mike Glinder	9:38
10. Tim Michaud	9:43
11. Gary Makeland	9:44
12. Paul Comeau	9:47
13. Don Goodness	9:51
14. David Farley	9:51
15. Scott Fraser	9:54
16. Paul Haskell	9:55
17. Newell Lewey	9:57
18. Pat Turner	9:57
19. Gary Larson	9:57
20. Larry Frank	10:00
21. Raymond Latno	10:05
22. John Skidjel	10:20
23. William Comeau	10:21
24. Robert Jordon	10:24
25. Calvin True	10:27
26. Phil LaBreton	10:42
27. Len Dorman	10:43
28. Lee Edick	10:44
29. Mike Turner	10:45
30. Frank Campbell	10:52
31. Don Ardine	10:52
32. David Wheaton	10:55
33. Wayne Tardif	10:55
34. Mike Sturgeon	10:57
35. Craig Gillaspay	11:01
36. Lisa Goldsmith	11:02*
37. Mike Fraser	11:03
38. Robert Faucher	11:05
39. Seth True	11:07
40. Deedra Beal	11:08*
41. Scott Homstead	11:11
42. Ron Cote	11:14
43. Lisa Kempen	11:16*
44. Rick Guyer	11:17
45. Page Dilts	11:20
46. C. Gary Lloyd	11:21
47. Cole Sargent	11:26
48. Marty McGree	11:27
49. George Hollaston	11:30
50. Kerry Priest	11:30
51. Doug Knobloch	11:37
52. Ray McCann	11:43
53. Debi Sterk	11:52*
54. John Belanger	11:57
55. Thomas Williams	11:58
56. Bob Welch	11:59
57. Art Fraser	12:06
58. Arthur Joaquin	12:11
59. Richard Morse	12:14
60. Bob Fraser	12:22
61. Nancy Graves	12:22
62. Stephen Deabay	12:29
63. Kipp Larson	12:36
64. Donald Hoxie	12:37
65. Joe Aubin	12:41
66. Marie Johnson	12:52*
67. John Parcak III	13:02
68. Pamela O'Seal	13:14
69. Amy MacDonald	13:26
70. Dale Violette	13:27
71. Paul MacDonald	13:29
72. Kim Farley	13:35*
73. Ryan Wheaton	13:45
74. Susan Buchanan	13:53*
75. Scott Ross	14:00
76. Paul Rennebu	14:12
77. Corey Thibodeau	14:21
78. Muriel Hopper	14:37*
79. Bill Lawlor	14:42
80. Travis Parlin 14	14:44
81. Benjamin Priest	14:54

82. Patrice York	15:01*
83. Joe Gibson	15:09
84. Joseph Capehart	15:09
85. Gary Capehart	15:10
86. Richard Fraser	15:25
87. Angela Pooler	15:39*
88. Priscilla Dorman	16:07*
89. Mary MacDonald	16:24
90. Christopher Whitney	17:01
91. Katherine True	17:15
92. Dennis Whitney	17:15
93. Jamie Connor	17:18
94. Adam Gallant	17:31
95. Moshe Myerowitz	17:35
96. Susan MacDonald	17:35
97. David Gould	19:40
98. Leo Emerson	21:39
99. Marjorie Emerson	22:39*

Results courtesy of SUM 5 Track Club

11th Annual BRIDGTON FOUR ON THE 4th
Bridgton -TAC Certified-- July 4th

1. Colin Peddie	24	18:46
2. Gerry Clapper	26	19:17
3. Andy Palmer	33	19:33
4. Sean Livingston	18	20:14
5. George Bockus	21	20:19
6. Peter Lessard	25	20:40
7. Bob Sprague	16	20:49
8. Erich Reed	19	20:52
9. Jody Norton	21	20:54
10. Stan Smith	18	21:02
11. David Libby	21	21:04
12. Ed McCarthy	24	21:05
13. Jerry Arguilo	25	21:07

14. Brian Flanders	25	21:13
15. Bob Camara	18	21:24
16. Scott Roberts	16	21:24
17. Jeffrey Szentmiklosi	21	21:25
18. Steve Sarkozy	18	21:32
19. Kevin McDonald	37	21:36
20. Tom Thibault	29	21:40
21. Thomas Bennett	29	21:52
22. Michelle Hallett	23	21:56*
23. Fernando Braz	26	21:56
24. Mark Snow	20	21:57
25. Steve Malloy	23	22:02
26. Carter Hawkins	22	22:04
27. Gino Valeriani	33	22:06
28. Guy Martin	40	22:06
29. Mark Wilson	27	22:14
30. Guy Berthiaume	41	22:14
31. Jay Schurz	39	22:17
32. Bill Hine	37	22:18
33. Kevin Keim	20	22:25
34. Steve Podgajny	34	22:28
35. Gordon Hartwell	29	22:29
36. Jamie Hollinger	27	22:34
37. Richard Perry	17	22:34
38. Denis Mancine	30	22:35
39. Dave Lee	31	22:40
40. Charles Pratt	43	22:42
41. Bob Manning	32	22:45
42. Daniel Newberry	26	22:48
43. Frank Arume	46	22:56
44. Rick Ockerman	17	22:56
45. Howard Chadbourne	33	23:01
46. Dave Tinker	43	23:02
47. Matt McDonald	18	23:09
48. Daniel Campbell	35	23:09
49. George Waterhouse	44	23:12
50. Ben Endres	16	23:19
51. David Irwin	28	23:23
52. Chad Crabtree	17	23:26
53. Warren Dean	31	23:28
54. Don Mayer	29	23:29
55. Bob Payne	49	23:29
56. Steve Lynch	26	23:32

Bicycles

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9-5:30 Mon.-Sat.

Fri. 9-8:88



RUSSEL
ATHLETIC

57. Gary McIver	40	23:34	127. Jaimey Caron	22	25:42	197. Faye Gagnon	42	27:46*
58. Jim Graham	27	23:38	128. Nelson Pray	16	25:46	198. Keith Clark	59	27:47
59. Christopher Winslow	18	23:40	129. Betsy Haines	26	25:50*	199. Lawrence Tedford	24	27:47
60. Richard Starets	18	23:43	130. Kevin Gile	29	25:54	200. Douglas Ellison	30	27:48
61. Robert Feldman	19	23:44	131. Scott Eschenroeder	24	25:56	201. Bob L. Sheedy	38	27:49
62. Charlotte Thomas	30	23:45*	132. Larry Rich	39	25:57	202. James Murphy	26	27:50
63. Mike Kimball	47	23:46	133. Mark Hutson	20	25:58	203. Gary Goss	41	27:51
64. Anthony Rodgers	25	23:47	134. Frank Howell	28	26:03	204. Jim Dubeau	48	27:52
65. Tom Swan	37	23:48	135. Richard Gibson	36	26:04	205. Neil Martin	44	27:58
66. John Schoenfeld	32	23:49	136. Martha Forster	27	26:06*	206. Duane Hunsinger	24	27:59
67. Stephen Nickerson	30	23:51	137. Terry Livingston	19	26:10*	207. Glenn Allan	39	28:01
68. Erik Dunham	19	23:52	138. Patrick Larocque	24	26:11	208. Richard Scribner	30	28:02
69. Darrin Allen	18	23:55	139. Brian Kelly	29	26:12	209. Bret Rush	28	28:04
70. Craig Schun	18	23:57	140. Christopher Selamone	27	26:12	210. Michael Johnston	32	28:07
71. Tom Manning	33	23:59	141. Richard Littlefield	38	26:14	211. Pete Miller	31	28:09
72. Dennis Berard	19	23:59	142. Joe Zilinsky	45	26:16	212. Lori Drake	26	28:10*
73. Mike Gordon	21	23:59	143. Terrence Griggs	43	26:19	213. Stacy Dave	21	28:12*
74. Michael Mageles	20	24:00	144. Robert Schurz	30	26:20	214. Carl Erikson	18	28:15
75. Mark Mageles	20	24:01	145. David Wooley	43	26:22	215. Jeffrey Todd	36	28:16
76. Samuel Tedford	23	24:06	146. Paul Alpert	52	26:27	216. Paul Howe	34	28:17
77. Charlie Maddaus	36	24:09	147. John Gross	36	26:28	217. Ron Hatch	47	28:17
78. David Pelton	19	24:12	148. Sue Simmons	37	26:29*	218. Sid Hazelton	26	28:19
79. Debbie Jensen	28	24:13*	149. Ben Benoit	14	26:32	219. Peter Broonhall	8	28:21
80. Steve Trudeau	19	24:15	150. Sam Elliot	48	26:33	220. Louis Sampson	19	28:22
81. Kelly Bennett	23	24:16*	151. Scott Allen	25	26:34	221. Lois Todd	30	28:23*
82. Wanda Haney	20	24:17*	152. Andrew Coyle	42	26:35	222. Richard Starets	44	28:25
83. Frank Ferland	38	24:21	153. Kathy O'Grady	18	26:36*	223. Jim Yeager	37	28:26
84. James Engle	33	24:25	154. Chris Olson	33	26:38	224. Gail Heinrich	22	28:32*
85. Chad Gagnon	15	24:27	155. Heidi Bennett	25	26:38	225. Peter Serunian	27	28:33
86. Barry Sargent	42	24:27	156. Lawrence Cousins	39	26:38	226. Erik Meterdorf	15	28:36
87. Don Mellor	34	24:28	157. Carol Weeks	38	26:41*	227. Alan Rosenbaum	20	28:37
88. Nathaniel Mason	38	24:28	158. Tim Carter	51	26:42	228. Stan Blane	42	28:37
89. David Mason	34	24:29	159. Jane Rau	37	26:49*	229. Cort Garrippy	21	28:39
90. Sumner Weeks, Jr.	38	24:30	160. Tory Rau	13	26:50	230. Douglas MacDonald	42	28:41
91. David Schwietz	18	24:30	161. Larry Gadbout	36	26:53	231. Roger Parsons	38	28:41
92. Steven Robertsen	28	24:32	162. Dana Hodges	29	26:55	232. Aaron Needle	28	28:48
93. Steven Teslik	34	24:35	163. Ken Ramsdell	25	26:56	233. Philip Bartlett	39	28:49
94. Don Best	32	24:36	164. Roland Walker	31	26:58	234. Charles Kane	33	28:51
95. John Heffernan	21	24:41	165. Robert Van Wyck	40	26:59	235. Joe Silverio	39	28:52
96. John Ridlon	34	24:46	166. Ralph Lewis III	28	27:02	236. Karen Laskey	25	28:53*
97. Marc West	15	24:49	167. John Howe	52	27:04	237. Scot Sawyer	31	28:55
98. Marc D'Amore	32	24:50	168. Gail Kinney	35	27:08*	238. Summer Rupprecht	51	28:56
99. Jeff Lee	35	24:52	169. Ed Ackerman	20	27:08	239. William Craigue	34	28:58
100. Neils Sampson	21	24:53	170. Trent Mutchler	33	27:08	240. Roger Dunbar	47	28:59
101. Andrew Lewis	47	24:59	171. Carlton Mendell	65	27:11	241. Tim White	19	29:00
102. Chase Pray	44	25:01	172. Thomas Burns	34	27:12	242. Peter Curtis	18	29:01
103. Alex McCardell	16	25:01	173. Steve Floyd	33	27:12	243. Robert Brauel	38	29:03
104. Diane Civittolo	25	25:03*	174. Bill Green	33	27:14	244. Mike True	46	29:04
105. Donald Bilodeau	16	25:11	175. Dale Rines	35	27:18	245. Mary Milhaupt	24	29:07*
106. John Blanchard, Jr.	41	25:11	176. Kendall Davis	19	27:19	246. Bruce Wood	40	29:11
107. Philip Pierce	45	25:17	177. Larry O'Connor	54	27:20	247. Michael Thomas	21	29:15
108. Wayne Trombley	22	25:18	178. Paula Holt	30	27:20*	248. Sandra Utterstrom	43	29:19*
109. Denise Harlow	16	25:19*	179. Roger Foster	40	27:21	249. Patrick Wells	14	29:22
110. David Merrill	17	25:22	180. Rich Winkler	19	27:23	250. Erik Hoglund	16	29:24
111. Gary Howard	44	25:23	181. Cathy Jurgelevich	23	27:25*	251. Jodi Washburn	18	29:26*
112. Bill Morgan	19	25:23	182. John Chandler	60	27:26	252. Ted Bessette	40	29:27
113. Jason Wilson	20	25:25	183. John Nofle	60	27:26	253. Matthew Ginty	31	29:28
114. Armana Collins	16	25:25	184. George Sudduth	49	27:27	254. Doug Swain	33	29:28
115. John Hallee	21	25:26	185. Karl Erdmann	35	27:27	255. Richard Gwizdak	39	29:30
116. William Haskell	21	25:26	186. Brett Marsion	16	27:30	256. Todd Lowenberg	23	29:31
117. Chuck Broonhall	33	25:28	187. Andy Parlier	18	27:30	257. Jim Pierce	32	29:32
118. Robert McCormach	36	25:29	188. John Perkins	35	27:31	258. Pete Golding	33	29:32
119. Thomas Carll	43	25:30	189. Philip Soule	46	27:31	259. Patty Menott	21	29:33*
120. Leonard Weir	31	25:31	190. David Genest	30	27:34	260. Kim Davis	24	29:33*
121. Ted Rosen	37	25:32	191. Gregory Hagerman	35	27:35	261. Mike Williams	36	29:34
122. Steve Dowling	37	25:34	192. Tim Starets	16	27:39	262. Wyn Paiste	19	29:36
123. Andrew Gluck	24	25:39	193. Neil Hawkes	14	27:39	263. Don Penta	41	29:37
124. Peter Gagnon	43	25:41	194. Vladimir Duret	16	27:40	264. Bill Wood	34	29:38
125. Tim Livingston	13	25:41	195. Timmy Knapp	21	27:43	265. Carol Hommick	41	29:38*
126. Ron Berry	20	25:42	196. Paul Mellor	28	27:45	266. David Craigue	28	29:39

SPORTS
EAST



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SUNDAY AFTERNOONS

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42	27:46*	267. Trieste Kennedy	34	29:40*	339. Tom Louis	42	31:58	411. John Wells	40	33:50
59	27:47	268. George Rice	41	29:41	340. Jack Knecht	50	32:00	412. Joseph Bennett	67	33:51
24	27:47	269. Steve Reeder	29	29:41	341. Roger Pontes	38	32:02	413. Amanda Paulson	12	33:53*
30	27:48	270. Michael Willadsen	22	29:42	342. Nicole Linton	16	32:03*	414. Daniel Roth	12	33:53
36	27:49	271. Tricia Linton	42	29:43*	343. David Salerno	10	32:04	415. Cheryl Ann Hethcoat	32	33:54*
26	27:50	272. Lee Nicely	48	29:43	344. Marjorie Podgajny	34	32:06*	416. Maureen Brown	45	33:56
41	27:51	273. Robert Johnson	51	29:44	345. Andy Snopce	47	32:07	417. Joseph McMenimen	43	33:57
48	27:52	274. Robert Maccone	38	29:44	346. Jim Riley	39	32:07	418. Jim Higgins	34	33:58
44	27:58	275. Beth Cook	19	29:47*	347. Lauren Gilbert, Sr.	42	32:08	419. James Berry	60	34:00
24	27:59	276. Bo Adams	31	29:47	348. Marilyn Salerno	38	32:10*	420. Bruce Chalmers	69	34:01
39	28:01	277. Robert Jones	14	29:48	349. Leslie Koniec	31	32:13*	421. M.C. Hothem	50	34:01
36	28:02	278. Thomas Hubka	41	29:49	350. Rock Reckstone	34	32:14	422. John Pribam	46	34:03
32	28:07	279. Bill Hewes	21	29:52	351. Jeffrey Goldberg	14	32:14	423. Tammy Prince	27	34:03*
31	28:09	280. Eric Meystre	17	29:55	352. Daryn Demeritt	13	32:18	424. Dwayne Robinson	36	34:07
26	28:10*	281. Horst Schulze	52	30:00	353. Tom Packard	47	32:18	425. Don Price	27	34:08
21	28:12*	282. Mark Rodrigue	23	30:04	354. Linton Young	21	32:19	426. Bill Libby	28	34:11
18	28:15	283. Tom Dean	33	30:06	355. Laura Ladd	29	32:21*	427. Ed Rosen	60	34:12
36	28:16	284. Kevin Kane	15	30:09	356. Craig Polmacci	38	32:22	428. Andrew Brunnock	12	34:13
34	28:17	285. Graham Suorsa	8	30:09	357. David Scarlett	45	32:22	429. Wendy Dunham	15	34:14*
47	28:17	286. John Griffin	35	30:14	358. John Pierson	19	32:23	430. Shirley Brooks	35	34:16*
26	28:19	287. Gregory Moore	18	30:20	359. Jim Cyr	27	32:28	431. Dee Nicely	47	34:17*
8	28:21	288. Barb Chase	38	30:21*	360. Linden Bernfield	28	32:33*	432. Cate Goodson	28	34:18*
19	28:22	289. Janet Washburn	42	30:22*	361. Tom McCabe	34	32:34	433. Ann Skelton	30	34:18*
30	28:23*	290. John Omasta	34	30:23	362. Marie Nickerson	25	32:34*	434. Herbert Ludwig	39	34:20
44	28:25	291. Howie Tuttmann	33	30:24	363. Steve Johnson	42	32:35	435. Pa. Fry	50	34:20*
37	28:26	292. Janet Mellor	32	30:24*	364. Allen Hayes	33	32:37	436. Jeff Radgowski	18	34:21
22	28:32*	293. Dee Yeager	37	30:25*	365. Scott Boland	15	32:38	437. Rebecca Cannon	10	34:27*
27	28:33	294. Barry Coffan	27	30:28	366. Daniel Goldberg	40	32:41	438. Pauline Corey	33	34:27*
15	28:36	295. David Sporcic	41	30:31	367. Dave Mellor	17	32:44	439. Lois Schiappa	40	34:29*
20	28:37	296. Christopher Parker	39	30:32	368. Mark Bazalgette	22	32:44	440. Marie MacDonald	36	34:30*
42	28:37	297. Cody Rau	9	30:32	369. John Derry	52	32:45	441. Dixon Bergman	12	34:31
21	28:39	298. Mary Sampson	16	30:33*	370. Connie Crandell	32	32:47*	442. Mike Moret	10	34:34
48	28:41	299. Vicki Gormen	29	30:33*	371. Michael Bond	22	32:47	443. Bonnie Cameron	25	34:35*
38	28:41	300. Bryan Kurtz	27	30:39	372. Wayne Cadman	38	32:47	444. John Lary	18	34:35
28	28:46	301. Judith Bjorn	53	30:40*	373. Richard Davidson	48	32:49	445. Beth Golemo	23	34:35*
39	28:49	302. Peter Marto	42	30:45	374. Earle Harvey	55	32:53	446. Elizabeth Bull	15	34:36*
33	28:51	303. unknown		30:46	375. Bill Leland	60	32:55	447. John Abruzzi	35	34:36
39	28:52	304. Richard Dion	33	30:46	376. Kaari L. Sheedy	35	32:57*	448. Jeb Gotelius	13	34:38
25	28:53*	305. Lori Brown	26	30:47*	377. Dick Dudley	13	33:01	449. David Bates	38	34:39
31	28:55	306. Laurie Reeder	28	30:49*	378. Matthew Rice	13	33:03	450. Richard Yost	41	34:41
51	28:56	307. George Ryan	36	30:58	379. Terry Cain	42	33:03	451. Frank Stetson	27	34:43
34	28:58	308. Steve Clayton	28	31:00	380. Jeff Cain	15	33:04	452. Stuart Greeley	34	34:51
47	28:59	309. John MacDonald	30	31:00	381. Michael Dargenio	37	33:06	453. Jordy Young	10	34:55
19	29:00	310. John Porter	23	31:03	382. Harry Benett	31	33:07	454. Cathy Connolly	39	34:56*
18	29:01	311. James Nappi	39	31:04	383. Jim Tees	31	33:08	455. Selby Eddy	18	34:58
38	29:03	312. Jean Thomas	50	31:05*	384. Tim Wilson	30	33:09	456. James Krisel	11	34:58
46	29:04	313. John Rogers	57	31:06	385. Michael Wheeler	16	33:13	457. Jerome Howel	26	34:58
24	29:07*	314. Mark Bachmann	13	31:09	386. Dennis Kay	38	33:11	458. Kelly Livingston	11	35:01*
40	29:13	315. Becca Harkovy	14	31:10*	387. Andrew Salerno	40	33:12	459. Jason Walker	13	35:02
21	29:15	316. Elizabeth Murphy	25	31:12*	388. Steve Wheeler	16	33:13	460. Kathleen Blanchard	37	35:03*
43	29:19*	317. Bruce Kantor	39	31:14	389. Pamela Dunbar	17	33:14*	461. James Parker	45	35:09
14	29:22	318. Ann Tartaglia	22	31:14*	390. David Steckler	11	33:14	462. Paul Gletow	39	35:17
16	29:24	319. Abby Kennedy	10	31:16*	391. Dave Ham	51	33:16	463. Scott Lerner	14	35:22
18	29:26*	320. Sara Rebick	12	31:16*	392. W.H. Kittredge	47	33:17	464. Lesley Hirsch	28	35:23*
40	29:27	321. Edie Sonne	11	31:16*	393. Maria Keife	33	33:17*	465. Craig Goelich	15	35:23
31	29:28	322. Diane Zabich	27	31:22*	394. Emily Kay	14	33:18*	466. Christine Coffan	29	35:24*
33	29:28	323. Jeff Trundy	37	31:28	395. Charles Biggers	31	33:22	467. Robyn Dunham	17	35:25*
39	29:30	324. Donna Benjamin	30	31:31*	396. Kathy Barnes	21	33:26*	468. Belinda Pennett	23	35:26*
23	29:31	325. Alana MacDonald	38	31:31*	397. Lisa Wiley	22	33:26*	469. Bob Slattery	24	35:26
32	29:32	326. Chris Sporcic	8	31:32	398. Karen Danyla	31	33:27*	470. Joyce Rose	45	35:32*
33	29:32	327. Ryan Albert	11	31:34	399. Matthew Padden	15	33:27	471. Theodore Rose, Jr.	23	35:35
21	29:33*	328. Tracy Macfadyen	25	31:35*	400. Mark Danyla	33	33:27	472. Charles Clapper	58	35:36
24	29:33*	329. Bryan Hiller	88	31:41	401. Rod Duret	16	33:32	473. Anne Thayer	35	35:37*
36	29:34	330. Dennis Hiller	33	31:41	402. Wally Schoenboirn	15	33:32	474. Sheralyn Gordon	24	35:38*
19	29:36	331. Bob Hazelton	34	31:41	403. Rochelle Leeder	32	33:35*	475. Karen Louis	41	35:39*
41	29:37	332. Lou McCarthy	11	31:42	404. Nyma Halford	48	33:40	476. Luke Gutelius	11	35:42
34	29:38	333. Donald Knapp	44	31:45	405. Rebecca Goodson	22	33:43*	477. John Painter	43	35:45
41	29:38*	334. Richard DeFilippis	36	31:46	406. Suzanne Pinto	37	33:43*	478. Allison Kutzer	13	35:49*
28	29:39	335. Marge Stockford	30	31:52*	407. Robbie Beattie	15	33:44	479. Erika Kutzer	14	35:49*
		336. Jerold Levitonh	24	31:54	408. Georgianna Hogarty	32	33:44*	480. Alexander Allan	7	35:50
		337. Carl Albert	17	31:56*	409. Harry Trask	69	33:45	481. Jean Miller	56	35:50*
		338. Holly Ray	39	31:57*	410. Heidi Stonehouse	28	33:47*	482. Deborah Gordon	21	35:51*

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

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



For Reservations
942-1240

483. Doug Falciglia	36	35:51	556. Joan Allison	30	38:58*	629. Kristiana Hermick	18	44:58*
484. Tad Cutelius	14	35:52	557. Mary Hubka	39	39:00*	630. Tiff McCoy	13	45:29*
485. Davi Gerlt	23	35:52	558. Terry Hubka	41	39:01	631. Michele Chrisope	22	45:30*
486. Richard Allan	44	35:53	559. Jenny Richards	12	39:05*	632. Liz Toohey	14	45:31*
487. Scott Hoffman	10	35:54	560. Mary Lou Dubeau	47	39:07*	633. Debbie Blanchard	25	45:49*
488. Rebecca Kadish	12	35:54*	561. Cathy Dowling	37	39:09*	634. Amanda Burton	12	47:15*
489. Tammie Curtis	10	35:55*	562. Patricia Schulze	50	39:10*	635. Ricky Steckler	12	47:16
490. Paul Robinson	53	35:56	563. Mary Ann Parker	33	39:10*	636. Ashley Owen	14	47:22*
491. Christina Corbin	24	35:56*	564. Sara Treworzy	16	39:13*	637. Kate Klima	14	47:23*
492. Lisa Trotter	11	35:57*	565. Mindy Warren	15	39:13*	638. Steph Summerlin	24	47:52*
493. Jenny Huettner	27	35:57*	566. Mel Katz	64	39:15	639. Michelle Bush	9	48:09*
494. Peter Suorsa	35	35:58	567. Nancy Waterhouse	35	39:17*	640. Steven Golub	14	48:23
495. Karen M. Nichols	38	35:58*	568. Betsey Symonds	23	39:18*	641. Edward Fadden	13	48:31
496. Karen Cummings	41	36:00*	569. Liz Austin	25	39:18*	642. Leslie Anne Carsley	16	48:31*
497. Tessa Anable	17	36:00*	570. Kate McCoy	18	39:21*	643. Holly Graham	9	48:52*
498. Andrea Lowenberg	17	36:01*	571. Michael Mellor	10	39:23	644. Glover Stoner	10	48:54
499. Leona Clapper	57	36:02*	572. Tom Mellor	37	39:30	645. Christina Lamb	13	48:54*
500. Jeffrey Conley	40	36:10	573. Susan Hyssong	34	39:37*	646. David Bush	7	48:55
501. Laurie McCarthy	33	36:20*	574. Rob Falciglia	30	39:38	647. Shirley Jaquith	49	49:04*
502. Jim Domenighini	32	36:25	575. Gail Santoro	26	39:39*	648. Marlies Spanjaard	13	49:12*
503. Carole Ginty	33	36:26*	576. Jan Vindga	35	39:42*	649. Colby Bereda	10	49:15*
504. Bob Hatch	46	36:27	577. Sam Krakow	12	39:56	650. Leandra Lepka	11	49:18*
505. Susan McQuaid	38	36:28*	578. Callie Zelinsky	45	39:59*	651. Duke Mellor	40	50:12
506. Richard Worthley	11	36:33	579. Susan Jackson	24	40:00*	652. James Calvin	39	50:21
507. David Klimak	10	36:35	580. Denise Marcella	35	40:00*	653. Tom McGowan	43	50:22
508. Meghan Shanley	27	36:35*	581. Robert Marcella	39	40:01	654. James Mains	35	50:27
509. Mark Canfield	44	36:36	582. Aleta Kilborn	40	40:01*	655. Melissa McIver	11	50:27*
510. Christy Goss	12	36:37*	583. Erikka Oinonen	13	40:07*	656. Kevin Collins	12	50:41
511. Katherine Savits	27	36:40*	584. Benjamin Goss	9	40:08	657. Jeff Clifton	11	50:46
512. Jon Starets	6	36:45	585. Theresa Ramsdell	21	40:11*	658. Ryan MacGregor	9	50:47
513. O.K. Hammond	62	36:46	586. Barbara Moore	49	40:11*	659. Keith Walter	11	50:48
514. Clarissa Holmes	38	36:49*	587. Karne Mellor	26	40:12*	660. Judith Graham	37	50:52*
515. Shirley McIver	37	36:53*	588. Andy Parker	17	40:26	661. William Graham	37	50:54
516. Peter Steckler	8	36:53	589. Alice Genest	25	40:31*	662. Zach Hanby	12	50:58
517. Stan Burgess	43	36:54	590. Kathy Jackson	18	40:33*	663. Brian Gavaletz	9	50:59
518. Hilary White	11	36:54*	591. Adam Mellor	12	40:40	664. Suki Hollingsworth	10	51:04*
519. Paul McPeck	35	36:55	592. Jill Howard	13	40:42*	665. Cindy Holmes	19	51:12*
520. Chris Meyer	12	36:56	593. Carolina Collins	19	40:55*	666. Heinrich Bower	9	51:55
521. Wendy Radgowski	28	37:03*	594. Hope Lewis	52	41:20*	667. Bonnie Bower	42	51:56*
522. Michelle Worthley	13	37:04*	595. Marion Grogan	38	41:32*	668. Fred Del Castillo	10	53:33
523. Erniacine Merritt	16	37:04*	596. Bobby Whittaker	13	41:34	669. Cassie Schurz	8	53:35*
524. Katie Gold	9	37:11*	597. Neil Hawkes	14	41:34	670. Sandy Blanchard	35	53:40*
525. Fred Spanjaard	14	37:11	598. Carol Davidson	46	41:41*	671. Bob Moser	58	55:00
526. Peggy Ryan	42	37:13*	599. Danny Gregory	10	41:50	672. Amanda Warnock	9	57:52*
527. Bill Ryan	43	37:13	600. Kevin Bennett	23	41:51	673. Rita Bush	33	58:00*
528. Mizzi McIver	14	37:15*	601. Jeanne Mansfield	35	42:17*	674. Ali Hagerman	10	58:01*
529. Carol Davis	50	37:16*	602. Jackie Clement	39	42:18*	675. Kristen Worthley	7	58:02*
530. Bruce Kantor	39	37:18	603. Sage Suorsa	11	42:38*	676. Gay Main	34	58:12*
531. Brad Jealous	14	37:24	604. Thomas Feinberg	11	42:49	677. Kimmie Schurz	6	52:42*
532. Melissa Grady	29	37:29*	605. Eileen Defilippis	36	42:49*	678. Helen Schurz	37	62:43*
533. Jacki Bush	11	37:30*	606. Kristina Walch	20	42:53*	679. C.F. Howell	68	63:27
534. Thomas Bush	35	37:30	607. Mavyn McAuliffe	14	43:00*	680. Steve D'Eveltn	11	66:09
535. Robert Huotari	42	37:38	608. Roxanne Hagerman	34	43:29*	681. Scott Walter	8	66:12
536. Dave Dunham	43	37:40	609. Harvey Eaton	40	43:35	682. Tom Mellor, Jr.	13	66:54
537. Dill Paiste	46	37:42	610. Greg Machowan	11	43:37	683. Bonnie Brown	22	73:29*
538. William Lovenstein	36	37:42	611. Eddie Galvin	11	43:37	684. Karlen Voight	56	73:29*
539. Kathy Gee	25	37:43*	612. Scott Miller	14	43:38	685. Alex Smith	8	74:04
540. Denise Swajian	22	37:43*	613. Christy Smith	18	43:39*	686. Davi Gerlt	21	75:18
541. Steve Bennett	25	37:44	614. Heather Wright	15	43:40*	687. Selby Eddy	18	75:19
542. Barb Gage	15	37:45*	615. Heather Starets	15	43:44*	688. Kevin Corin	11	75:19
543. Lindsay Bannister	14	37:46*	616. Kristina Carsley	13	43:45*	689. John Alcantara	10	75:58
544. Caskie Lewis Clapper	37	37:53*	617. Dean Abramson	37	43:53			
545. Cathy Borgesen	16	37:53*	618. Susan Bates	39	43:53*			
546. Diane Bilotta	36	38:07*	619. Aaron Brody	10	43:57			
547. Jim Bilotta	37	38:08	620. Michael Cain	23	43:58			
548. Clark Reynolds	6	38:17	621. Jan Wilk	33	44:00*			
549. Clark Reynolds	36	38:18	622. Meredith Boss	39	44:07*			
550. Susanna Thompson	14	38:29*	623. Robert Santoro	51	44:13			
551. Meredith Boss	39	38:36*	624. Lauri Thornton	12	44:19*			
552. Linda Halsay	29	38:45*	625. Matthew Brewer	6	44:56			
553. Linda MacLeod	36	38:49*	626. Mary Antrobus	13	44:56*			
554. James Hogerty	32	38:49	627. Julie Munson	16	44:57*			
555. Peter Howard	41	38:52	628. Abby Jealous	18	44:57*			

Results courtesy of Jay Spenciner
Race Director



BIKE PEDDLERS

BIKES • EXERCISERS

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201 Penobscot Square
Brewer

AT THE END OF
THE OLD BRIDGE

989-2288

TREK
DIAMOND
BACK

MIYATA
PEUGEOT



WINTHROP LIONS CLUB

P. O. Box 398
WINTHROP, MAINE 04364
14 ANNUAL ROAD RACE

DATE: August 9, 1987
PLACE: Winthrop, Maine

RACES: 9.3 mile, 15 Kilometers
3.1 mile, 5 Kilometers

Races start at 8:30 a.m. at Winthrop High School. COURSES CERTIFIED

REGISTRATION: Begins at 7:15 a.m. - closed 8:15 a.m.

The course is laid out along beautiful Lake Maranacook following along other Winthrop roads back to the Winthrop High School. Splits will be given at the 1 mile mark for the 5K race and at the 1 and 5 mile marks in the 15K race. Water will be available every 2½ miles. Maps will be available on race day.

Restroom facilities are available at the High School. Refreshments for runners.

AWARDS

15K

Overall Winner - Wilson 4' Challenge Trophy
Three finishers
Fastest and Oldest Runners
Three women finishers
Three finishers 30 & over men & women
Three finishers 40 & over men & women
Three finishers 50 & over men & women

5K

1st Three finishers
1st. three women finishers
Youngest and Oldest Runners
1st three finishers 30 & over men & women
1st three finishers 40 & over men & women
1st three finishers 50 & over men & women

COMPLETE RESULTS IN MAINE RUNNING

ONE AWARD PER INDIVIDUAL

1986 Winners 15K

Lance Guilianani 49:58
Andrea LaPointe 1:09:26

ENTRY FEES: PREREGISTRATION \$6.00 DAY OF RACE \$7.00

T-SHIRTS WILL BE GIVEN TO ALL ENTRANTS

COMPLETE RESULTS WILL BE PUBLISHED IN MAINE RUNNING

Checks payable to the Winthrop Lions Club. Mail entry forms & check to: Steve Beal
Winthrop Road, Winthrop, Me. 04364 Tel: 377-8747 or 626-3055

In consideration of the acceptance of this entry form, I hereby, for myself, my heirs, my executor and administrators, waive and release any and all rights and claims for damages or injury I may incur in connection with these events, against the Winthrop Lions Club, Race Officials, and race organizers. I further attest that I am physically fit and sufficiently experienced to compete in these events.

AGE _____ SEX _____
15K Mile _____ 5K Mile _____

SIGNATURE _____ Parent's Signature _____

Shoe Size _____ Med. _____ Large _____ X-Large _____

LIBERTY • INTELLIGENCE • OUR • NATIONS • SAFETY

FIFTH ANNUAL
SKOWHEGAN STATE FAIR



TWILIGHT FIVE MILER and ONE MILE FUN RUN Plus TOT TROT

Proceeds to
Dollars for Scholars

Race Directors:
Bill Stone 474-2403 or 696-3664
Jane Watson 474-5511

MILER

- August 13, 1987, race starts at 7:00 p.m. sharp!
Pre-entry \$6.00 (before August 7) \$6.00 day of race plus \$1.00 admission at the gate.
Pre-entry fee entitles you to two fair passes.
Registration closes at 6:45 p.m. day of race.
T-shirts to the first 100 to register.
5M starts and finishes on the Skowhegan State Fair trotting track, the wheel measured course winds through the streets of Skowhegan. Certification pending.
• Water stops and refreshments after the race.
• Splits every mile.
• Awards, three deep in categories for both male and female: 18 and under, 19 to 29, 30 to 39, 40 to 49, 50 to 59, and 60 and over.
• Escorts and traffic control by Skowhegan Police and Fire Departments.
• Results to be published in "Maine Running and Outing Magazine".

FUN RUN

- Starts at 7:15, registration closes at 6:30 p.m.
- Pre-entry \$6.00 (before August 7) \$6.00 day of race plus \$1.00 admission at the gate.
- Pre-entry fee entitles you to two fair passes.
- T-shirts to the first 50 to register.
- Two laps (1 mile) around the finest trotting track in Maine, completely enclosed and free of traffic.
- Refreshments available for all finishers.
- Awards and gift certificates for both males and females.
- Medals for top finishers.

TOT TROT

- Starts at 6:30 p.m., registration closes at 6:15 p.m.
- Entry fee \$3.00.
- One lap (1/2 mile) around the finest trotting track in Maine, completely enclosed and free of traffic.
- Refreshments for all finishers.
- Awards and gift certificates for top finishers in male and female categories.

FULL NAME _____

AGE ON RACE DAY _____ SEX _____

ADDRESS _____

_____ PHONE _____

5 MILE ☐

FUN RUN ☐

TOT-TROT ☐

T-SHIRT SIZE: ADULT S M L XL

Please make checks payable to: Skowhegan State Fair Five Miler
Address: Dollars for Scholars, Skowhegan Area High School, Skowhegan, Maine 04976

All registrations must include a stamped, self-addressed envelope.

In consideration of this entry being accepted I, for myself, my heirs, administrators, and assigns, hereby waive and release any and all rights and claims I may have against the sponsors of this event. I also release the rights to all photographs to the sponsors of the race for current or future publicity purposes.

SPONSORED BY:
Skowhegan State Fair Association
Burger King
and Other Local Area Merchants

Signature _____

Parent or Guardian if participant is under 18



NORTHEAST HARBOR ROAD RACE 1987

Date: August 15, 1987

Time: 9:30 a.m.

Location: Northeast Harbor Fire Station

Distance: 5 Miles (Certification #
ME 86011GN)

Registration Fee: \$5.00

Categories:

Boys 13 & under/Girls 13 & under
High School Boys/High School Girls
Men 19-29/Women 19-29
Men 30-39/Women 30-39
Men 40-49/Women 40-49
Men 50 & over/Women 50 & over

Gift Certificates:

1st place overall Men & Women
2nd place overall Men & Women
1st place in category
2nd place in category
Oldest runner
youngest runner

1st 100 entries receive
t-shirts

Entry Form

In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against sponsors and officials for any and all injuries suffered by me in the 1987 N.E. Harbor Road Race.

Name _____

Age as of 8/30/87 _____

Address _____

Category _____

Signature _____

(parent if under 18) ☐ Male ☐ Female

T-shirt size? ☐ small ☐ medium ☐ large

Mail Fee To
Northeast Harbor Fire Co.
Northeast Harbor, ME 04662

Sponsored By

The Pine

BOWDOIN AND BACK 10 MILE RUN TO THE COAST

(Formerly The Good Sports 10 Miler)

- August 16, 1987, race starts at 8:00 a.m. sharp!
- Registration closes 7:30 a.m. day of race
- Starts at Bowdoin College, goes through Pennellville to coast, loops back to Bowdoin
- Course is wheel measured over relatively flat, scenic coastal and residential areas
- Olympic-style start-finish in stadium on finest artificial track surface in Maine
- Locker room facilities at college's Morrell Gymnasium
- Three water stops and mile markers and refreshments after the race
- Commemorative t-shirts to the first 300 registrants
- Awards in the following categories for both males and females: open, 18 & under, 19-29, 30-34, 35-39, 40-44, 45-49, 50-59 and 60 and over. Also Youngest Finisher, Oldest and best two generation
- Course Records: Men, Collin Preddie, 50:00, 1983
Women, Joan Benoit, 57:28, 1978
- Entree fee: \$7.00 (make checks payable to Sports East) - As in previous years, a donation will be made to the Independence Association for Retarded Citizens
- Complete results will be published in Maine Running Magazine
- Send entries to: Barry Lohnes, Sports East, Topsham Fair Mall, P.O. Box 246, Topsham, Maine 04086 (207)729-1800



BOWDOIN AND BACK 10 MILE RUN TO THE COAST

August 16, 1987 Brunswick, Maine

Full name _____
Age (as of 8/16/87) _____ Sex _____
Address _____
City _____ State _____

Two Generation entry (please check) ☐
T-Shirt Size S ☐ M ☐ L ☐ XL ☐

Assumption of risk agreement and release.
(Please read carefully)

I agree to assume all responsibility for and all risk of damage or injury that may occur to me as a participant in this event. In consideration of being accepted as a participant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge Sports East and all persons associated with this event from all claims, damages, causes of action, present or future, known or unknown, anticipated or unanticipated, which result from, arise out of, or are incident to my participation in this event. I hereby certify that I am physically fit and sufficiently trained for competition in this event.

Signature _____
Parent or Guardian _____
(if under 18)



9th Annual "KENNEBEC 10,000"

With a 1 Mile Fun Run

★ OFFICIAL ENTRY BLANK ★

Please enter me in the KENNEBEC 10,000 Road Race.

Place: Madison, Maine

Date: Wednesday, August 19, 1987 Time: 6:00 p.m.



Name _____
Address _____ Phone _____
City _____ State _____ Zip _____ Age _____ Sex _____
Divisions (age): 19 & under _____ 20-29 _____
30-39 _____ 40-49 _____ 50 & over _____



RACE INFORMATION

Starting Time: 6:00 p.m.
Registration: 5:30-6:00 p.m., Madison Junior High School, or by mail before August 16.
All Runners should report to start early to avoid any delay in starting.
Course: Start and finish at Madison Junior High School.
Facilities: Restrooms available.
Awards Ceremony: Will take place upon completion of the race at Madison Junior High School.
Trophies to first place finishers in each category, plus youngest and oldest finishers.
Medals to the first 75 registrators. Soft drinks to all participants. Several Drawings for
Champion merchandise upon completion of the 10K. All finishers are eligible.
Awards Fun Run: All Finishers receive a ribbon.
Fee: Pre-Registration — \$4.00
Day of Race — \$5.00
Fun Run FREE

SPONSOR

Madison-Anson
Chamber of Commerce

COMPLETE RESULTS WILL BE PUBLISHED IN "MAINE RUNNING"

In consideration of this entry being accepted I, for myself, my heirs, executors, administrators waive and release any and all rights and claims for personal damages I may have against officials and race sponsors. I attest and verify that I have full knowledge of the risks in this event and I am physically fit to participate in THE KENNEBEC 10,000.

Signature _____

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

MAIL ENTRY AND FEE:

BOB HAGOPIAN
ECONOMY TROPHY

16 HAGOPIAN CT.
109 MAIN ST.

MADISON, ME 04950
MADISON, ME 04950

696-3088
696-5548

**FIRST
Federal
Savings**

Bath - Boothbay Harbor
Damariscotta

Bath Elks FIVE MILE CLASSIC



5 MILE ROAD RACE 2 MILE FUN RUN

SPONSORED BY BATH LODGE OF ELKS NO. 934
TO BENEFIT YOUTH ACTIVITIES SCHOLARSHIP FUND

SATURDAY, AUGUST 29, 1987

TIME: 8:00 a.m. (Fun Run) — 8:45 a.m. (5 mile race)

PLACE: BATH, MAINE

Start & finish on Commercial St. (behind Elks Club)

	5 Mile	2 Mile
ENTRY FEE: PRE-ENTRY —	\$5.00	\$4.00
POST-ENTRY —	\$6.00	\$5.00

Registration until 7:45 on day of race

- Duffle Bag First 75 pre-entries (5 mile)
- Duffle Bag First 25 pre-entries (2 mile)
- Results published in Maine Running & Outing
- Digital Race Clock
- Chronomix Electronic Timing
- Refreshments after race

Awards for 1st and 2nd place in the following divisions for male and female finishers in both races unless otherwise indicated:

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

ELKS MEMBER AWARDS

First Elk to finish — First and second member of Bath Lodge of Elks to finish
5 Mile Race Only

Make checks payable to: BATH ELKS ROAD RACE

Mail to: Bath Elks Road Race
44 Front Street
Bath, Maine 04530

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, and administrators waive any and all rights and claims for damages I may have against the Bath Lodge of Elks, the meet officials, their successors and assigns, for any and all injuries by me at said meet.

Name _____ Age _____ Male _____ Female _____
(Please Print)

Address _____
(No. & Street) (City or Town) (State & Zip)

School or Club _____ ☐ ELKS MEMBER

Signature _____ Signature of Parent _____
(If under 18 Years of Age)

2 MILE _____

5 MILE _____

RAND PRIZE DRAWING WIN WIN WIN LOSS MOTORS

THE USE OF

987 LE BARON FOR 1 YEAR*



**Fifth Annual
Kiwanis
Charity Classic
6.2 Mile Road Race
Saturday, August 29
Exeter, New Hampshire
5:30 P.M.
1 Mile Kid's Race At 5:00 PM
Proceeds to Benefit Exeter Hospital**

LIMITED TO 1,000 ENTRIES

Major
Sponsors



Blue Cross
Blue Shield
of New Hampshire



We always have
time to talk.



Exeter Banking Company



Cash Prizes
\$1,000 1st Male \$1,000 1st Female

Custom T-Shirts to first 200 entrants

A beautiful evening run through historic Exeter; Scenic,
Certified, Fast Course

- Free Beer, Fruit, Soda, Ice Cream, Yogurt
- Raffle prizes after race, all entrants eligible
- Digital Finish Clock
- Splits Given At Each Mile Mark
- Aid Stations
- Live Radio Coverage WERZ
- Toilet Facilities
- Water At Start and Finish
- Course Record Set By Greg Meyer — 29:00

Race Details

Pre-entry: \$6 by August 22

Post-entry: \$8

Number Pick-up at Race

Runners check-in 4-5 p.m. come dressed to run

Location: Bandstand,
Downtown Exeter, N.H.

Directions:

Rt. I-95 to Hampton Beach/Exeter Exit No. 2, Rt. 101 West to
Stratham/Newmarket Exit, left on Portsmouth Ave. to Downtown Exeter.
50 minutes from Boston, 55 minutes from Portland

Racing Divisions (Men/Women)

Juniors 18 under

Meets 1 40-40

Bath Memorial Hospital 6.6 Mile Road Race

Date: Saturday, September 12, 1987

Information: Kevin McLearn

1356 Washington Street
Bath, Maine 04530

Place: Bath Memorial Hospital, Bath, Maine

Registration: Pre-register by mailing to above address. Race Day Registration 7:30 am to 8:30 am. BMH employee parking lot.

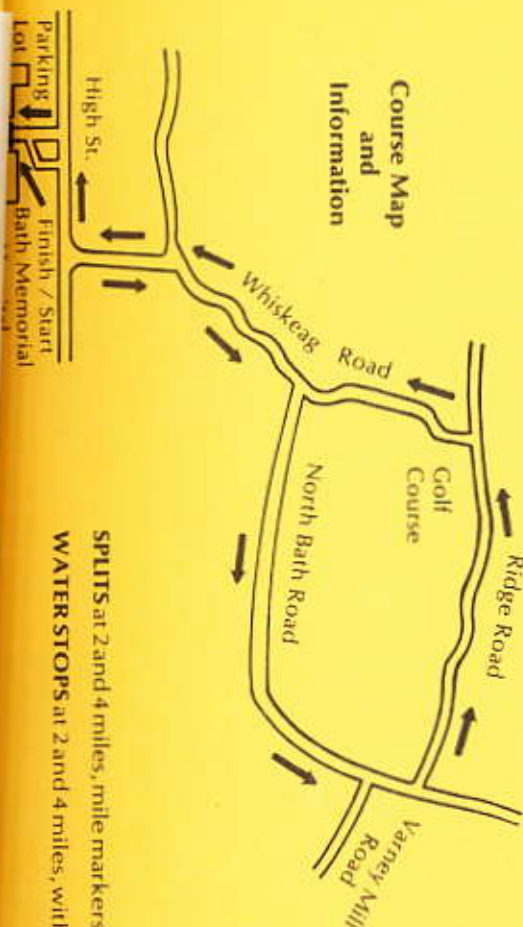
Entry Fee: \$5.00. \$6.00 Day of Race

Awards

Men	Women
1st overall	1st overall
1-2 under 18	1-2 under 18
1-3 19-29	1-3 19-29
1-3 30-39	1-3 30-39
1-2 40-49	1-2 40-49
1-2 50 & up	1-2 50 & up

Awards presentation at 10:15 am.

Course Map and Information



SPLITS at 2 and 4 miles, mile markers will be painted on road.
WATER STOPS at 2 and 4 miles, with refreshments at finish.

The BMH 6.6 Mile Road Race is a beautifully scenic run over the rolling hills of North Bath. Parking provided at BMH employee parking lot.

Sponsors

THOMPSON

DESMOND & PAYNE, INC.

All Forms of Insurance

115 FRONT STREET, BATH, MAINE 04530

**FIRST
Federal
savings**

shaw's

Reed Paper



Entry Form

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Last Name

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Mailing Address

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City

State

Zip Code

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Copies Permissible

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First Name

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MI

PLEASE ENTER me in the Bath Memorial Hospital 6.6 Mile Road Race. I agree to assume all responsibility for and all risk of damage or injury that may occur to me as a participant in this event. In consideration of being accepted as an entrant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all sponsors of the Bath Memorial Hospital 6.6 Mile Road Race and all persons associated with the Bath Memorial Hospital 6.6 Mile Road Race from all claims, damages, rights of action, present or future, whether the same be known, anticipated, or unanticipated, resulting from or arising out of, or in incident to, my participation in this event. I hereby certify that I am physically fit and have sufficiently trained for competition in this event. I also grant permission for the use of my name and/or picture in any broadcast, photograph or other account of this event.

Signature

Date

Parent Signature if under 18



10th Annual BAR HARBOR 13 MILER

New England's Most Scenic Road Race

WHEN: Saturday, September 19, 1987, 10:00 a.m.

WHERE: Bar Harbor, ME., located on scenic Mount Desert Island, home of famous Acadia National Park, a runner's Mecca, with miles of carriage paths winding through forests, mountains, ponds and by the Atlantic Ocean.

SPONSOR: Bar Harbor Chamber of Commerce

COURSE: Challenging loop course, start and finish at athletic field, nine miles on vehicle prohibited carriage paths, excellent running surface, race monitoring by Bar Harbor Police Reserves, Hancock County Road and Acadia National Park Rangers. Distance: 13.109 miles - 1/2 marathon.

AWARDS:	Divisions	Awards
	Men's Open	1-5
	Men's (30-39)	1-3
	Men's (40-49)	1-3
	Men's (50 & over)	1-2
	Women's Open	1-5
	Women's (30-39)	1-3
	Women's (40-49)	1-3
	Women's (50 & over)	1-2
	Under 16	1
	Team - Men (top 3 times)	1
	Team - Women (top 3 times)	1
	1st MDI Man	1
	1st MDI Woman	1

ENTRY FEE: \$6.00
Deadline: 9:00 A.M., morning of race

ENTER EARLY!

FEATURES: \$50 TO FIRST MAN AND WOMAN
\$750 TOTAL PRIZES
MANY SECOND CHANCE DRAWINGS
Aid stations
Splits
Finish times
Mile markers
Chronomix Timer

FREE T-SHIRTS FOR FIRST 250 ENTRIES

ENTRY FORM

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge the Bar Harbor Chamber of Commerce, Town of Bar Harbor, and other sponsors for all claims of damages, demands, action whatsoever in any manner arising or growing out of my participating in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event. I also release the rights to a photographs and interviews to the Bar Harbor Chamber of Commerce for publicity purposes.

Signature _____

If under 18 parent or guardian must also sign.

Print Name _____

Address _____

Club or School Affiliation _____

Age _____ Division _____ T-Shirt Size _____

RETURN ENTRY WITH REMITTANCE TO:

Bar Harbor Chamber of Commerce
Bar Harbor 13 Miler
Bar Harbor, ME 04609
Tel: 207-288-5103, for information. Entry fee \$6.00

ENTER EARLY AND BE A PART OF A MAINE RACING TRADITION
Accommodations: Motels - 10% discount to runners

Additional T-shirts available
Haskell's Sporting Goods and Fashions
43 Cottage Street, Bar Harbor, ME 04609 • 288-4532

US
POST

THE FIELDCREST



FOOT RACE

Hosted by: Fieldcrest Manor Nursing Home, a Hillhaven Corporation Facility.

Sponsor: "Economy Clothes Shop" of Rockland

*** RACE INFORMATION ***

Date & Time: Sunday, September 20, 1987 at 10:00 a.m.
Registration: 8:00 to 9:45 a.m., Fieldcrest Manor, Depot St., Waldoboro, ME.
Course: 10 K, wheel-measured, country road. Start and end at Fieldcrest Manor. There is also a 1 mile Fun Run that starts at 9:00 a.m.
Facilities: Restrooms available.
Aid Stations: Water at 1, 3 and 5 mile marks.
Awards Ceremony: Will take place upon completion of the race on the outdoor patio at Fieldcrest Manor. Trophies to first place finishers in each category. T-shirts to the first 50 registrators. Refreshments to all participants.
Awards for Fun Run: All finishers receive a ribbon.
Fee: Pre-Registration - \$5.00 (Free T-shirts this registration only)
 Day of Race - \$6.00
 Fun Run - FREE
To Benefit: FACILITY GIFT SHOP for the Residents.

OFFICIAL ENTRY FORM

Name: _____ Street _____
 City: _____ State: _____ Zip: _____ Phone: _____ Age: _____ Sex: _____
 10K RACE ☐ T-SHIRT SIZE: CHILD S M L
 FUN RACE ☐ ADULT S M L XL

In consideration of this entry being accepted I, for myself, my heirs, administrators, and assigns hereby waive and release any and all rights and claims for personal damages I may have against the sponsors of this event. I attest and verify that I have full knowledge of the risks in this event, and I am physically fit to participate in "The Fieldcrest Foot Race". I also release the rights to all photographs to the sponsors of the race for current or future publicity purposes.

Signature: _____

Parent or Guardian if participant is under 18 years of age.

Mail Entry Form and FEE no later than September 1, 1987 to: Fieldcrest Manor

R.R. #1, Box 34

Checks payable to Robin Gray, Activity Coordinator.

Waldoboro, ME 04572

"COMPLETE RESULTS IN MAINE RUNNING & OUTING MAGAZINE."



19th Annual Chubb Life Run

**RRCA 10 mile
National Championship &
5 K Road Race/Fitness Walk**

**Sunday, Sept. 20, 1987
Concord, N.H.**

Both courses are FAST and CERTIFIED • 700 Colorful Commemorative T-shirts
Computerized Timing and Results • Results mailed to every participant
Frequent splits and water stations • Refreshments and Awards Ceremony
Team Events (Club, School, or Business) • Showers—Bring towel and soap

ENTRY FEE:

\$5 for 5 K; \$6 for 10 Mi.
Add \$2 if not
received by 9/19/87
No refunds or substitutions

CHECKS PAYABLE TO:

Chubb Life Run

MAIL ENTRY AND CHECK TO:

Chubb Life Run
One Granite Place
Concord, N.H. 03301

Official Entry Form
(Machine copies accepted)

Chubb Life Run
Please print clearly

Check one:
☐ 10 mile
☐ 5 K

Last Name _____ First Name _____
Age On Race Day _____ Sex _____
9/20/87
Address _____
City _____ State _____ Zip _____
Work Phone No. _____ Home Phone No. _____
Date of Birth _____ Estimated Time (optional) _____ : _____ : _____
Running Club Team _____ School or Business _____

A representative from each team, school, or business must submit names of all entrants by Sept. 18 in order to compete for team or participation trophies.

Circle one: All entries received by 9/12/87 are guaranteed shirts

5 K T-shirt size S M L XL

10 mile long sleeve shirt size S M L XL

WAIVER—UNSIGNED WAIVERS WILL BE REJECTED

I know that running or walking in the Chubb Life Run 5K or 10-mile races on Sept. 20, 1987, is potentially hazardous. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the distance. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release Chubb LifeAmerica, Turtle Town Athletic Club, Granite State Race Services, the City of Concord, the Concord YMCA, the State of New Hampshire, the RRCA, TAC, any volunteers and any and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

(Signature)

(Date)

RRCA 10 MILE NATIONAL CHAMPIONSHIP

START
10:00 a.m.

COURSE

TAC CERTIFIED #NH-85019-JMC. Fast Flat double loop course tours New Hampshire's capital in the Merrimack Valley. Designed to be the fastest 10 miler in New England.

TEAM DIVISIONS*

	CASH PRIZES
Men's Open (first 5 finishers)	\$150 1st \$75 2nd
Women's Open (first 3 finishers)	\$150 1st \$75 2nd
Men's Masters (first 3 finishers 40+)	\$ 50 1st
Women's Masters (first 3 finishers 40+)	\$ 50 1st

Questions? Call Bob Teschek—(603) 863-2537

AWARDS

- RRCA Champion Patches to all age division winners and scoring members of winning teams.
- Distinctive Awards to top 5 men and women, top 2 in each age division, and winning teams. Divisions: 19 and under; starting at 20-24, 5-year age groups to 84.
- Atherton Trophy: To the first man and woman residing in 03301 or 03303 zip codes to complete the race. Given in memory of Tom Atherton, Sr., an originator of this event.

ROUTE

Start on Green St. near Blake, go south on South St., turn left on Broadway, right on Broad Ave., right on Bow St., left on South, right on Iron Works Rd., right on Birch, (dirt road), right on Clinton, left on S. Spring, right on Warren, right on Green to complete first loop. Second loop the same but finish on Warren at the YMCA.

5 K ROAD RACE AND FITNESS WALK

START
9:15 a.m.

COURSE

TAC CERTIFIED #NH-86001-BT. Fast, flat loop (3.1 miles)

AWARDS

First 3 Men and Women Overall; Age Group Winners and Runners-up
Divisions: 14 & under; 15-19; 20-29; 30-39; 40-49; 50-59; 60+
Wheelchair-Top two

PARTICIPATION TROPHY DIVISIONS*

Business: 250 or more full-time employees
100-249 full-time employees
25-99 full-time employees
School: Junior High School and Up.

ROUTE

Start on Green St. near Warren, south on South St., left on Broadway, right on Carter, left on South St., right on Conant Drive, right on Springfield, right on Clinton, left on S. Spring, right on Warren to finish at YMCA.



SANCTIONED

CHECK-IN

- Concord YMCA—Exit 14 from I-93 North, Downtown Concord, Corner of Warren and State Sts.
- 7:30 - 9:00 a.m. Race Day; 2:00 - 4:00 p.m. on Sat., Sept. 19

RACE DIRECTION

Granite State Race Services—Bob Teschek (603) 863-2537, Turtle Town Athletic Club

VOLUNTEERS WELCOME!

Long-sleeve tee-shirts and refreshments to each. Call Chuck Bishop: 529-1757 evenings, or Bob Teschek 863-2537.

*TEAM AND SCHOOL/BUSINESS PARTICIPATION COMPETITIONS

Running Club teams may compete in the 10 miler for team awards. Each team must be recognized by the RRCA, TAC, YMCA, or college. A team may enter up to 10 runners per category and may enter more than one team in each category. Team lists must be submitted in writing by 9/18.

Schools and businesses may compete for a trophy based on total number of employees/students participating in EITHER the 5 K or 10 mile. WALKERS WELCOME in the 5 K! Help your school or business win the participation trophy and have fun doing it! Call Bob Teschek for details (603) 863-2537. Participant lists must be submitted in writing by 9/18.

1986 WINNERS

10 MILE

MEN
Open: Henry Rono 50:32
Masters: Bob Hall 53:44
O-Team: Club Northeast
M-Team: Greater Lowell Road Runners
Atherton Trophy: Greg Hime

WOMEN
Terry Hersh 1:03:07
Constance Kimball 1:09:00
Granite State Racing Team
Greater Lowell Road Runners
Terry Hersh

COURSE RECORDS

M-Open:	Henry Rono	50:32	(1986)
F-Open:	Terry Hersh	1:03:07	(1986)
M-40+:	Bob Hall	53:44	(1986)
F-40+:	Constance Kimball	1:09:00	(1986)

1986 WINNERS

5 KILOMETER

M-Open: Marcel Cote
F-Open: Cassandra Kirby
M-40+: Larry Phillips
F-40+: Rosemary Faretra

16:08
19:27
17:26
21:39

COURSE RECORDS

Rusty Cofrin	15:23	(1986)
Chris Maisto	17:30	(1986)
Dan Ellison	16:37	(1986)
Mary Bart	18:37	(1986)

Participation Trophies—Based on percentage who participated:
Corporate: I—N.H. Water Supply and Pollution Control 20.9%
II—Merrimack County Savings Bank 12.2%
School: Rundlett Jr. High School 2.5%

Refreshments—A special thanks to these generous contributors:





25th ANNUAL *Our Silver Anniversary* BANGOR LABOR DAY ROAD RACE



Sponsored by the Bangor Parks and Recreation Department

Please enter me in the Labor Day Road Race (Wheel Measured 5 Miles) T.A.C. certified Me - 85014-GN

PLACE: Bass Park — Finish on track in front of grandstand
Water Stop on Wiley Street

DATE: Monday, September 7th. TIME: 9:00 a.m.

Name

Address

City State Zip

Phone Age as of Sept. 7, 1985 Sex

DIVISIONS: (Age)

16 & Under 17 - 29 30 - 39

40 - 49 50 - 59

60 and Over

ENTRY FEE: \$4.00

In consideration of this entry being accepted I, for myself, my heirs, executors, administrators waive and release any and all rights and claims for personal damages I may have against officials and race sponsors. I attest and verify that I have full knowledge of the risks in this event and I am physically fit to participate in this event. I hereby release the City of Bangor and all others assisting with the Labor Day Road Race from any liability for any injury or accident occurring as a result of my participation in this race.

Signature Parent or guardian signature
if under 13 Date

RACE INFORMATION

STARTING TIME: 9:00 a.m.

REGISTRATION: 7:45 — 8:45 a.m. at the Bass Park Grandstand

COURSE: See map on reverse side. Save this section.

FACILITIES: Restrooms only; in Grandstand.

AWARDS CEREMONY: Will take place on the steps of the grandstand.

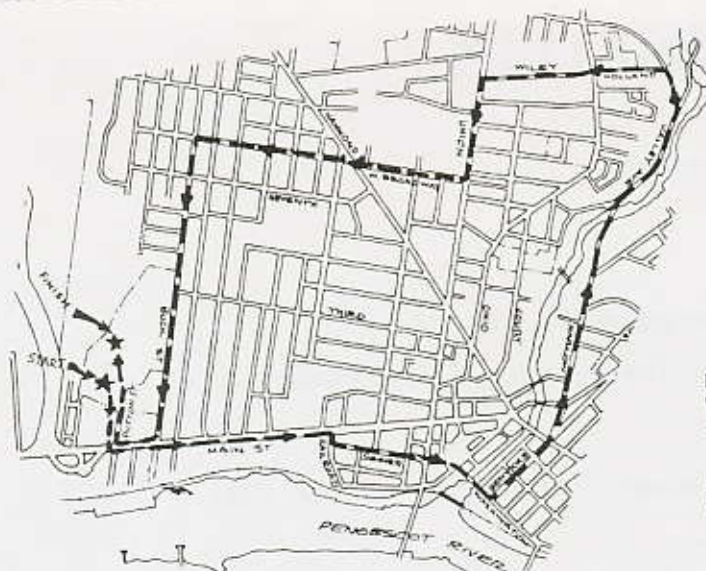
AWARDS: Awards to the top performers in each category. The first 100 runners to register will receive a commemorative cap.

ENTRY AND FEE:

Make check payable and mail to:

Bangor Parks and Recreation Department c/o Road Race
224 14th Street
Bangor, Maine 04401

Complete results will be published in Maine Running - Race Director Bob Booker, Tel. 843-6262



RACE RECORDS

MEN 1985	JERRY CLAPPER - COLUMBIA, MD.	25:00.0
WOMEN 1985	ROBIN EMERY RAPPA - ELLSWORTH	30:12.1

LAST YEARS WINNING TIMES

WOMEN	ROBIN EMERY RAPPA - ELLSWORTH	30:29.2
MEN	CHUCK MORRIS - BANGOR	25:29.5