

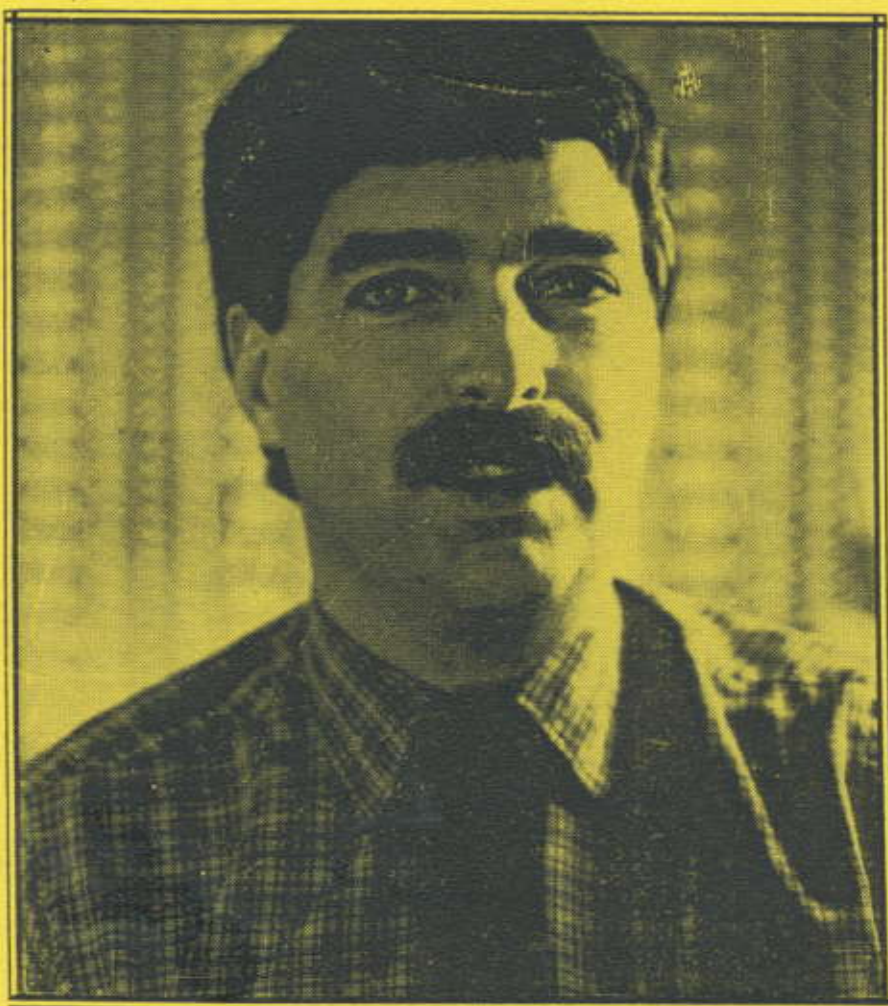
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# Maine Running & Outing Magazine



DONALD P. PENTA 3-88  
54 Sebago Ave.  
Windham, ME 04062



INTERVIEW WITH BOB BOOKER

PLUS

**JULY 1987**

**\$1.75**

**VOL. 8 NO. 7**

HIGH SCHOOL STATE MEETS





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

Well, after more than seven years Bob Booker, this magazine's founder, has finally made the cover. This is the first issue without Bob as the editor and publisher. In this special edition we talked with Bob about MR&O. We wish him and his family well and we look forward to his contributions to MR&O in the future.

As Bob stated, MR&O is at a cross-road and we believe you will enjoy the road that is being taken.

Also included in this first issue of ours is a wide variety of sporting activities: from high school track to racewalking to personal profiles.

We cannot believe this moment has arrived. The time has flown since we first discussed with Bob and Tanya the possibility of new owners back in late April.

Please forgive our typographical and other physical errors. Again, we want to hear your response to this issue. We appreciate your support and participation. See ya soon, *Chuck & Steve*

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

Publishers/editors: Chuck Morris and Steve Giles  
P.O. Box 1217  
E. Holden, ME 04429

Telephone: (207) 947-2086

SPECIAL THANKS to The Rands, Anne-Marie, Mike, Matt, Moshe, Kelly and especially Bob and Tanya.

We would also like to thank the clubs that sent us information.

cover photo by Chuck Morris

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- THE GREATER BANGOR FOURTH OF JULY 3000 METER ROAD RACE. 11:00 A.M. from the BREWER AUDITORIUM  
Contact Glendon Rand of the SUB 5 T.C. 825-3285
- July 4 HOULTON 5 ON THE 4TH. 9 a.m. from Bill's Mini Mart in Houlton. Contact Fred Putnam c/o Aroostook Joggers, 32 Teague St., Caribou, ME 04736. Third (of five) in the Casco Northern Challenge 5 Mile Race Series.
- July 4 8TH ANNUAL STONINGTON SIX. 8:15 a.m. from Stonington Elem. School on Rte 15. \$5 for the 10K; \$2 for the 1/2 mile fun run. Contact Penobscot Bay Press, Stonington 04681 367-2200
- July 4 WISCASSET REC'S July 4TH 5K RUN. 8 a.m. from the Wiscasset Rec. Residents of Wiscasset FREE; Non Residents \$1. Call 882-7533
- July 4 BRIDGTON 4 ON THE FOURTH ROAD RACE. Rated by RUNNER magazine as one of the most outstanding races in America in 1987! \*TAC Certified 4 Miler\* See flyer and ad on previous page.
- July 4 L.L. BEAN 10K & 1 MILE FUN RUN. \*ME-86005-GN\* 7:30 from Bow Street in Freeport. See flyer.
- July 4 BATH HERITAGE DAYS ROAD RACE. 8:30 a.m. from Front Street near City Hall. See flyer.
- July 5 THE FIFTH ANNUAL SHIPBUILDERS TRIATHLON. 9:30 a.m. from the City Waterfront Park in Bath.
- July 8 Senior Olympic Development "B", 6:00 p.m. Portland Stadium. Contact George Towle 761-2197
- July 8 Senior Olympic Development "B", - Pendleton Street Athletic Field, Brewer. Contact Dave Jeffrey 825-3403
- July 11 Maine TAC 25 Years and over Mens & Womens Masters Championship, Scarborough High School at 12 noon. Contact Ron Kelly 883-2747
- July 11 ANNUAL DAMARISCOTTA - NEWCASTLE OYSTER FESTIVAL. 8:30 a.m. from the Contel Bldg. Belvedere Rd. Damariscotta. Contact Chris McLoon, Box 1270, Damariscotta, ME 04543 563-1717
- July 11 SOUTHWEST HARBOR DAYS 10K FOOT RACE. 9 a.m. from the Harbor House Community Service Center, Main St., Southwest Harbor \$7 pre/\$8 post. Call 244-3713 or write N.H.C.S.C., PO Box 836, Southwest Harbor, ME 04679
- July 11 SCRIVELSBY 4 MILE CROSS-COUNTRY CRITERION! 10:30 from the Scrivelby Estate, Peters Point, Blue Hill. Open Walk race as well. See Flyer.
- July 12 MARK HOFFMASTER RACE 5 MILE. Maine Track Club. PO Box 8008, Portland, ME 04104
- July 13-17 ALL-STAR RUNNING CAMP. 8:30 a.m.-4:00 p.m. at the Camden Area YMCA. Murray Keatinge, Dave Murray - 1985 NCAA X-C Coach of the year from Arizona; Mike Poehlein - 1985 Big 10 X-C Coach of the year from Purdue; Mike Gilbert - Assistant track and field coach at Colorado. For Junior and Senior High School runners. \$75 for Y members; \$95 for non-members. Bring your own brown bag lunch - drinks will be provided. Contact Fred Kneidler at 236-3375 or 236-9010
- July 15 Senior Olympic Development "A", Winslow High School, 6:00 p.m. Contact Dan Camaan 872-2355/872-2776

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- BREWER AUDITORIUM July 17 Deering Oaks Festival Track & Field Meet, 6:00 p.m., Portland Stadium. Contact George Towle 761-2197 or 797-2981
- Putnam c/o Aroos- July 18 OLD HOLLOWELL DAY 5 MILER. \*ME-85023-GM\* 8:00 a.m. from the Hollowell City Hall. See flyer.
- Casco Northern July 18 POTATO BLOSSOM 5 MILER. 9:00 a.m. from the Jenkins School in Fort Fairfield. Aroostook Jog-  
gers c/o 32 Teague St., Caribou, ME 04736. Fourth (of five) in the Casco Northern Chal-  
lenge 5 Mile Race Series.
- 25 for the 10K; July 18 PAT'S PIZZA CLASSIC 1987. Five mile \*TAC CERTIFIED\* race starts at 8 a.m. from the Town Hall  
7-1200 on Main Street in Yarmouth. See flyer in JUNE issue.
- of Wiscasset FREE; July 18 3RD ANNUAL BELGRADE LAKES COUNTRY FAIR 10K. 9 a.m. from Day's Store in Belgrade.
- ost outstanding July 22 Senior Olympic Development "B", 6:00 p.m. Pendleton Street Athletic Field, Brewer. Contact  
is page. David Jeffrey 825-3403
- rt. See flyer. July 25 BINGHAM 10K. 10 a.m. from Quimby School, Bingham. See flyer.
- e flyer. July 25 NEW GLOUCESTER FUN RUN (2 Mile) 9:00 a.m. from Memorial Elem School, Rt 231, New Gloucester.  
rk in Bath. \$3 Contact Beth Curtis, New Gloucester Rec Commission 926-4016, RRI, Box 117, New Gloucester,  
e 761-2197 ME 04260
- ct Dave Jeffrey July 25 WOODS RUN 3 MILER. 10:30 a.m. from Alton Gray Field, outer Union St., Blue Hill.
- School at 12 July 26 9TH ANNUAL PHIPPSBURG FIRE DEPT FIVE MILE ROAD RACE. 9 a.m. from the fire house on Rt 109, 7  
Belvedere Rd. miles south of Bath. See flyer.
- ce Center. July 26 THE FITNESS CONNECTION BIATHLON SERIES. 9a.m. from the Fitness Connection, Westminster St.,  
Box 836, Lewiston. Flat 5 Mile Run and moderate 20 Mile Cycle Race. See flyer in May issue or contact  
Point. the Fitness Connection, Westminster St., Lewiston, ME 04240
- July 26-31 THE MAINE RUNNING CAMP '87. With Andy Palmer and Virginia Connors. This is the original Maine  
Running Camp started back in 1978 by Bob Booker and Anne Norton. Contact Andy or Maine Running  
Camp, PO Box 1217, E. Holden, ME 04429. Or check with your cross-country coach for flyers.  
843-6262
- August 1 Frank Sabeastaneski Memorial/Maine TAC Mens & Womens Outdoor Open Track & Field Championship  
10:00 a.m. Whittier Field, Bowdoin College, Brunswick. Meet Director: David Watson (441-6171)
- August 1 3RD PASSADUMKEAG HOMECOMING 5K ROAD RACE. 9 a.m. Contact Howard Clements 732-1438.
- August 2 MATTANAWCOOK TRIATHLON. 9 a.m. from Prince Thomas Park, Lincoln. See flyer.
- August 2 MAINE LOBSTER FESTIVAL 10K \*ME-84001-GM\* 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. See flyer in June issue.
- 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 FIVEMILER 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. See flyer.
- 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, ME 04429 or 843-6262
- August 15 BLUEBERRY FESTIVAL 10K. \*TAC CERTIFIED\* 8:10 a.m. Part of the annual Blueberry Festival,  
Wilton, ME. See insert in June issue.
- August 22 BLUE HILL 10K MOUNTAIN CHALLENGE. 10 a.m. from the Blue Hill Fair ground. See flyer.
- August 30 SUGARLOAF MARATHON AND 15K. 7:30 a.m. See flyer.

ALSO IN THIS ISSUE: Insert to the September 13th CAPE CHALLENGE HALF-MARATHON in So. Portland

## Cycling

- July 12 COUNTY CYCLE CLASSIC. Van Buren to Caribou. 34 miler.  
1 p.m. from Gateway School in Van Buren. See flyer in  
June issue.
- August 2 MAINE STATE CHAMPIONSHIPS. 25 miles in Belgrade.  
Contact Poulin Cycle in Augusta 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 or contact the Northern Bay Athletic Club, RFD 1, Box 30, N. Penobscot,  
ME 04476
- August 16 VIP HEALTH CLUB RR, Sanford, ME. Call 324-1154 for more information.
- September 20 SEBAGO CLASSIC BIKE RACE. 40 miles from Windham, ME. Contact Frost and Flame Ski and  
Bike Shop for more information. (892-3070)
- July 26 JOE JONES CRITERIUM. South Portland, ME. Call 761-1961 for more information.

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 Roy Clark or Mike Crandall (892-3070) for more  
information.



# 1987 STATE OF MAINE CANOE RACE SCHEDULE by Adrian Humphreys

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

- July 4 SEBEC CANOE RACE. (FW, OC, K, Rec) 4 & 10 miles on Sebec Lake. 11:00 Bob Morris, PO Box 126, Sebec Village, ME 564-3920
- July 4 SOMES SOUND RACE. (SK) 4 mile race on the sound. Harbor House, PO Box 899, Southwest Hbr.
- July 10-12 ACA POLING CHAMPIONSHIPS. Farmington River, Tariffville, CT Nelson Walker, 81 Lorraine Dr., Storrs, CT (203) 429-8711
- July 11 KENNEBEC FIFTY (FW, OC, K) 46 miles from Carratunk to Norridgewock 8:00 a.m. Adrian Humphreys, PO Box 202, Orono, ME 866-5652
- July 12 DAMARISCOTTA RIVER OYSTER FESTIVAL (FW, OC, K) 12 miles on the Damariscotta River from Jefferson 11:00. Marie Parise, Box 103, Newcastle, ME 563-5778
- July 18 THE GREAT BAY RACE. (OC, K, Row) 9.2 miles on Penobscot Bay from Belfast Harbor, Town Park. Kip Brundage, 66 Union St., Belfast, ME 338-5210
- July 18 THE GREAT ROYALL RIVER CANOE RACE. (FW, OC, K, SK) 5 miles on the Royall & Cousins Rivers in Yarmouth 8:00 a.m. Saco River Canoe, PO Box 106, Bar Mills, ME 929-5521
- July 19 NEW ENGLAND MARATHON CHAMPIONSHIPS (Site of the '88 Nationals) (FW, OC) 19 miles on the Connecticut River from Hanover, N.H. Frank Muller, 79 Hartford Ave., #1, White River Jct. VT (802) 295-1795
- July 25 NATIONAL WAR CANOE CHAMPIONSHIPS (FW) 8 miles on the Schuylkill River, Philadelphia, PA Glen Green, 312 Duff Ave., Wenonah, N.J. (609) 468-4646
- August 1 EAST BRANCH PENOBSCOT RACE. (WWO) 14 miles miles. Contact Ed Leighton 746-5008
- August 8 12TH ANNUAL MEGUNTICOOK LAKE RACE. 11 a.m. from Barrett Cove/Norton Pond. 5.5 miles (FW, OC, K) Contact the Camden Recreation Department 236-1438
- 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 21 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 SEPTEMBERFEEST. (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 GERRISH ISLAND RACE. (SK) 6 miles. Contact Lance Gunderson, Box 226, Harbor Rd., Kittery Point, ME
- September 19 EBB TIDE MARATHON. Penobscot River. (FW, OC, K, SK) 10 miles. Bangor/Orrington. Contact Earl Baldwin 825-4439



## TROPHIES & PLAQUES FOR ALL EVENTS



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Dear Running Club Presidents,

Hi there! We hope your running is going well.

We want to start a monthly column again about what YOUR club is doing. Clubs are an important part of the running scene - clubs organize races, provide a fellowship gathering for its members and they promote health fitness in the community. We want to know what YOUR club offers.

But we need your help. Please send us your newsletter or other information about your club and members. If you do not have a monthly newsletter or even a sporadic publication, just send us tidbits. Anything is great. We want to promote the club scene.

We would also like to run a monthly list of all the clubs in Maine with the address and phone number of someone to contact, so an individual interested in YOUR club could contact YOU.

We need your contributions so YOUR club will be included. THANKS!

\*\*\*\*\*  
Dear Bike Shop Owners and Race Directors,

Hello. How is everything?

We need your help also. We also want to start a monthly column about biking. It could cover all types -- recreational, racing, mountain climbing. It could cover all aspects - purchasing, care, safety, where, when. But like we mentioned, we need your help. Is there anyone interested? Special arrangements can be made with MR&O.

We are also in need of information about your races, so we can put it in the calendar. Send us flyers, anything. Maine bikers need a publication that has racing, training and other information about their sport. Please help us cover the biking scene. There is a small fee for submitting flyers. The information you need to know is on the inside back cover. THANK YOU!

\*\*\*\*\*  
Dear Walkers,

Starting in the August issue there will be a new addition to MR&O. I think you will like it. Dr. Moshe Myerowitz of Bangor, a two-time National Racewalking Champion, will be writing a monthly walking column.

Moshe has been walking competitively since 1984. He gave walking a try after watching race clip during the 1984 Olympic Games in Los Angeles. At the time Moshe was an avid "jogger." He ran approximately 30 miles per week and had competed in numerous half-marathons and marathons.

Moshe is the administrator and owner of the Myerowitz Chiropractic Center in Bangor. He has owned the center since 1980, but has been in practice for 35 years. He was the assistant coach of the Junior National Racewalking Team in August of 1986. Recently Moshe has just returned to training as an injury sidelined him for 13 weeks. His next serious competition will be the 1988 Indoor National Championships.

We would like to welcome Moshe. We hope you will enjoy his column and find it helpful.

\*\*\*\*\*

Dear Runners,

So, you all are probably thinking since there are new owners/editors of MR&O that the Runner of the Year system will be totally changed. WRONG! Not totally. The point system the Bob Booker (who?) and Mike Sargent established in 1986 was very successful. Of course any system is not without its faults.

The same concept will be used for getting points - you have to run in TAC Certified Races, but it will be tougher this year. A smaller percentage of finishers will be getting points in 1987 in order to aid Mike Sargent in tabulating all the information. Last year the top 6% in each certified race recieved points. This is being lowered to 3 or 4%. It is a system honoring the best runners in the state.

The other changes in the system are: for winning a race the victor will receive an additional 3 points instead of 5. Second-place will get 2 and third 1. Also, the 1987 system has a maximum number of races tallying your point total. Only your top 5 performances, your 5 highest point-getters, will be counted. You may run as many certified races as you want, of course, but only your five highest scoring races will count toward Runner of the Year. This will put every runner on an equal level.

So, the runners with the highest average for five races will be declared the MR&O Runner of the Year. There will be an open and masters category for males and females. The four winners will receive a free year subscription to MR&O and a certificate honoring their achievement. We are also trying to find a business to donate a free pair of running shoes to the winners. We will let you know what unfolds there. We will also do features on the winners. We hope to have it announced by the February or March issue each year.

We will also be giving certificates to the top 10 fastest runners at each certified distance. We hope you support the slight alterstions in the system and we hope you enjoy the races.

\*\*\*\*\*

FRIENDS,

As you have noticed, in this issue we have written many things to you, the readers. This is because we believe that communication between the publishers and the readers is very important. It is extremely vital to the growth of MR&O. As we have said before, this is YOUR magazine, so we welcome all of you to write to us. We would like to have a regular section in the magazine devoted to your letters. We hope you take advantage of this opportunity to be heard. We want to know your thoughts, so we can improve MR&O. Remember, with each letter include your name, address and phone number for our personal records.

See ya soon, *Chuck & Steve*

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# Founder of MR & O Steps Down

by Chuck Morris

From March 1980 to June 1987, East Holden resident Bob Booker had published, written, edited and everything else, MR&O. Now, after more than seven years he has handed it down to Chuck Morris and Steve Giles. Bob has had a lot of help with the magazine and not the least has been his wife Tanya. One morning before Bob headed to his new job selling cars, we discussed the past, present and future of MR&O and his role in the magazine.

MR&O: Why, after more than seven years, have you decided to hand down MR&O?

Bob: Well, primarily because I have other things to do in my life and I think I brought the magazine to a plateau where I think it needs new blood, some fresh ideas. And the right people came along at the right time, so I said, 'Why not. Let's do it.'

MR&O: Was it a tough decision to give up MR&O?

Bob: Well, yeah. Sure. I'm quite anxious right now. I've been anxious for weeks. I'll be anxious until I see the July issue out. Maybe by August when you guys are rolling, well, then maybe I'll feel a lot more comfortable. It is like having your child go to a their first dance or something. You want everything to go right. I'm just going to be watching with great expectations and trepidations for months to come.

MR&O: As you look back would you have done anything differently with the magazine?

Bob: I probably wouldn't have tried to do the magazine all alone without any other income. I'm pretty much proud of what we did. I was never satisfied with a single issue. As long as I wasn't satisfied with a single issue, I think I was doing the right thing. I put as much into each issue as I possibly could, but I think if you always have that attitude of never quite satisfied, that it isn't quite what you want -- it's always going to improve. Once you get the idea that it's perfect then you get in trouble. I've never been to that point.

MR&O: Has the magazine reached a plateau?

Bob: No. I think the potential is unbelievable. The potential for the sports that we cover is unbelievable in the state of Maine. I think you're going to see cross-country skiing on the high school level, in the junior level, is just going to explode in Maine in the next 10 years. I think the interest in



Bob and family with Scott Wedman of the Celtics.

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white water canoeing, kayaking is just starting in Maine. I think the sports that we cover are just starting, they're just in their infancy - especially cross-country skiing.

MR&O: How can MR&O be improved?

Bob: Some things came and went in the magazine. One thing that we used to do in the magazine that I haven't been able to do of late ..., is cover high school and college sport much more extensively. Larry Allen used to help me out an awful lot with the college scene when he was here. Unfortunately, we've gotten away from that. It isn't the type of thing that one man can do, but two single men recently out of college, still in contact, I think you guys are going to have a great time with the high schools and colleges and that's a big area that needs to be addressed and hasn't been addressed as well as it should be.

MR&O: Where there any sacrifices you made over the seven-plus years?

Bob: Tanya's made most of the sacrifices. She sacrificed the kitchen. She sacrificed her time. It's a tremendous burden she's had to carry. I think she's made more sacrifices than I ever will. But there's an awful lot of races I couldn't go to because I was here typing, lots of sunny days that the lawn didn't get mowed because I was in here typing - that's tough. We've never really been able to take a vacation and go away for a week or so because things would pile up so bad it would be unbelievable. Yeah, there's sacrifices, but I think there are many more rewards than sacrifices. Almost everybody that's ever written have had something nice to say.

MR&O: What did you like most about the magazine?

Bob: I like to see something so disjointed - you have these race results all over the state in the hands of different people and it all comes together and it flows together and gets on paper and there it is - it's final. It goes to the printer. It comes back. You put it together, you put it in the mail and it it's gone. Then you start all over again. I like the fact that when it comes back in the boxes, when you break them down Tanya always says, 'Well, here he goes.' I'll pull out one piece of each page and put one together and sit down and read my one issue while 800 are waiting to be put together. I just like to see it there - it's all done - it's finished - it's something you can see. It's the same satisfaction you get from any kind of handicraft where you actually build something physical that you can see and say, 'Good, that's done. Let's do the next one.'

MR&O: Is MR&O vital to the running community?

Bob: Definitely. There's 230 races in the state and somebody has got to coordinate all of that. You've got to have a tool where by you can coordinate that. It's one of the great lessons we can learn from the Maine Nordic Council. By pooling together they have been able to help themselves. You have 20 or 30 cross-country ski facilities that cost a ton of money to operate and you only have so many weekends to ski on them. You have to coordinate a racing schedule on all those different courses so one person doesn't dominate. By pooling together all the little facilities in the state get their share of racers. I think that's great. That's the way it ought to work. I think we've been able to really coordinate the sport in the state of Maine fairly well. You're always going to have conflicts, but that's not a problem. If you end up with two races within 25 miles of each other on the same day, it just gives people a choice. I think people ought to have the choice - whether or not they want

to run long or want to run short, want to run certified, want to run uncertified, or they just want to run for fun - that's great. Let them go where they want. With 230 races ... there is always going to be some conflict, but what we've tried to do is bring a little structure to the whole thing. I think we've done that.

MR&O: When did you originally start MR&O?

Bob: Glendon Rand came to see me at Phidippides back in January of 1980 and this was several months after Rick Krause gave up Maine Runner and he said, 'Geez, you could put that out, you could do that same thing, you could print that magazine like that.' I said, 'Yeah, we could.' There was a young writer in town named Doug Irons and we tried to encourage him to be the editor. Well, he wrote an article for the first issue and that was it. My brother (also) wrote an article for the first issue and I did the rest and we put that one together and it sold like hotcakes. That was the March 1980 issue and I pretty much did all the April issue and the rest is history. We just kept cranking it out.

MR&O: Why was MR&O so popular right away?

Bob: Well, the thing is, it was filling a void. Before, Krause's magazine did give a good calendar and did give race results and that's what people were looking for. People all of a sudden were thrown back into the position where 'Whoops, where's the next race.' You go to one race and you try to find out where the next one is going to be and that's a difficult situation. I know the bicycle community is pretty much in that boat. Now when they go to a race every body asks around, 'Where's the next race.' Hopefully we'll get them more involved with the magazine, get the biking crowd reading the magazine and then they won't have to ask at each race.

MR&O: How did you start the first issue?

Bob: What I did was I looked at Running Times, Runner's World. I looked at other magazines. I just said, 'I like this and I don't like that' I didn't want to be real heavy into medical. I didn't want to be real heavy into sports injury. I wanted to keep the magazine on the up-side, the positive part of running. What I wanted to talk about was the races, the people that were racing; profiles and calendar and results. Calendar and results is the whole key to the magazine. The last guy in the race is just as important as the first.

MR&O: What's in the future for Bob Booker?

Bob: Well, I'm going to keep on running. I'm going to run the hills out here - out 46 and out Route 1A. I'll probably be at some races, but I just can't see being fast again. I mean, not that I was ever fast, but as fast as I was. I'd like running 35 minutes in the loK. I really enjoyed that. I don't enjoy running 40-41 minutes (pause) as much (pause) right now. One day I will. I would like to run some marathons again. I haven't run a marathon in well over a year. I guess I've just lost the competitive edge for a while. I think with the magazine aside and just waiting to see it once a month, get it in the mailbox - maybe that will get me pumped up again to get me back out there racing. This is kind of a cross-roads for Maine Running. It isn't a new beginning and it isn't a radical change. I hope people just could stop and reflect and say, 'Geez, we really need this magazine.'



# High School State Meets

## CLASS A at Gardiner High School

by Glendon Rand (special to MR&O)

The Class A boys and girls State Track and Field Championships at Hoch Athletic Complex at Gardiner High on June 6 were studies in contrast. The boys meet had a runaway team victor and three different individuals capturing first-place in the distance events. In the girls meet, only four points separated four teams going into the last event and one runner won all three distance races.

In the boys meet, Paul Richardson's record-breaking wins in the 100-meter and 200 and his second-place effort in the 400, led Bangor High to a big victory and a successful defense of its team title.

The Rams scored 97 points to easily outdistance Lawrence (51) and South Portland (48) for the team title.

In the 800 Jay Sutton of Cheverus broke open a close race in the last 100-meters to win in 1:59.4. Mark Holtenhoff of S. Portland was second (2:00.5) and Morse's Richard Perry was third (2:00.9).

In the 1,600 Mike Adams of Biddeford led an evenly-paced and tactical race for  $3\frac{1}{2}$  laps only to have Bangor's Brian Newbegin surge past him coming off the last turn. Newbegin won in 4:25.3 while Adams ran 4:26.2 to hold off Sanford's John Daley (4:26.6).

In the 3,200 Cheverus' Kevin Lyons bolted to a big lead, came back to the back, and then kicked over the last two laps to win in 9:46.2. Gerry Sibley, a sophomore from Bangor, outkicked two runners to capture second-place in 9:52.1. Rusty Snow of Edward Little (9:52.6) and So. Portland's Dylan Cooper (9:53.4) were third and fourth.

On the girls side, Sanford did not have any individual champions, but won both the 400 and 1,600-meter relays, the latter with the meet on the line, to beat runner-up and defending champion Bangor by nine points, 65 to 56. Bonny Eagle (52) and Brunswick (51) were also in the team hunt going into that last event.

Sanford had individuals place second or third in five running events while Bangor's Karen Watkins kept the Rams close with victories in the 100, 200, 400 and triple jump. Wendy Delan of Bonny Eagle closed out a spectacular high school career with victories in all three distance events for the second straight year. In the 800 and 1,600 she simply ran away from the rest of the pack to post winning times of 2:20.6 and 5:02.1. Gardiner's Brenda Gillespie (2:22.5) and Debbie Sweeney of Sanford (2:22.5) kept Delan honest in the 800, but second-place in the longer race, Sanford's Amy Patterson was a distant 13.1 seconds behind Delan. In the 3,200 Delan ran with the pack for six laps and then kicked in the last 800 to win in 11:20.9. Patterson came back strong too and finished another second in 11:29.8. Skowhegan's Karen Salisbury was third (11:31.2).



Brian Newbegin winning 1,600 (Rand photo).

## CLASS B at Bowdoin College

by Chuck Morris

In the boy's meet Mount Desert Island's Chris Farley proved he is the premier middle-distance and distance runner in Class B as he handled the rest of the competition in the 800 and 1,600-meter runs. It was York's 1,600-meter relay squad, however, that proved to be the stars of the meet.



Chris Farley sprints to victory in 1,600 (Morris photo).

Todd Hill, Jon Gilbert, Chris Murtha and Peter Gilbert held off Hampden Academy's foursome, 3:30.8 to 3:31.2, to win the event and sneak past MDI for the team title, 67 to 65. The Bronco's of Hampden, the indoor state champions, were third with 46, one point ahead of Scarborough.

Farley, meanwhile, broke the pack with one lap remaining in the 1,600 and ran away to a 40-meter victory in 4:23.5. Greeley's Adam Belanger (4:29.6) held off a late charge by Harold Stairs of Rockland (4:29.6) who edged Mike Martin of Rumford (4:29.7) at the tape.

In the 800 Farley was never in danger as he won in 1:58.9. Ralph Jackson of Belfast was second (2:00.3).

In the 3,200 Bob Sprague of Gray-New Gloucester took off from the gun, but by the mile-mark Stairs and Camden-Rockport's Jeff Bender were on his shoulder. It was Bender, however, who was too strong for the other two as he pulled away to win in 9:42.9. Sprague held on for second (9:47.4) with Stairs picking up another third-place (9:50.6).

The girl's meet wasn't as close, but it was still not a runaway - thanks to Massabesic's Becky Donovan and Hampden's Brenda Sheehan. Donovan and Sheehan tangled in the 100 and 200 with the Massabesic sprinter taking both victories with a lean at the tape. Sheehan did, however, set a state record in the triple jump with her 39-9½ performance.

It was Greeley, however, that took the team title with 58 points, bettering Massabesic (49) and HA (36). Greeley captured first-place in the last two events of the meet for the team crown. In the 3,200 Hanley Denning made a break early in the race and held off a fast-charging Heather Moore of Gorham to win in 11:38.5. Moore ran 11:42.4 with Donnette Hill of Nokomis four seconds back in third.

In the 1,600 relay, Greeley's Eliza Booth, Jill Decker, Jennifer Seitz and Beth Gleeson fought off the foursome from GNG as both teams ran 4:13.1.

Tonya Kinney of GNG (2:18.5) and Wendy Hosea of Messalonskee (5:14.3) were the victors in the 800 and 1,600, respectively. Kinney's time established a new meet record and gave her almost a five second cushion over second-place finisher Katie Quinn of Lake Region. Hosea, only a freshman, exploded with about 100-meters to go as she surged past Windham's Andrea Elder (5:16.0) for the win.





## CLASS C at Orono High

by Chuck Morris  
and Matt Rice (special to MR&O)

It was team work in the girl's meet that gave the title to Maranacook. Teammates Jenny MacGillvary and Dagmar Regelsberger helped each other the entire way during the 3,200 as they finished less than one second apart in third and fourth (12:18.7 and 12:19.6) to pick up 10 valuable points and enabled Maranacook to come-from-behind to beat Mattanawcook (43½), John Bapst (41), The start of the girl's 1,600 (Rice photo) Maine Central Institute (41) and Falmouth (40½).



Cathy York, who trains with John Bapst because her high school (Hermon) does not have a track team, sprinted past Piscataquis' Carla Lemieux off the last corner after running in Lemieux's shadow the entire race, to win the 3,200 (11:57.6). Lemieux was two seconds back.

Maranacook's Denise Walton was a runaway victor in the 1,600 with her 5:20.7. Christina Strong of Georges Valley (5:29.8) won the battle for second over Winthrop's Anne Struck (5:30.4), Bapst's Nikki Sekera (5:30.6) and Lemieux (5:31.2).

In the 800 Nancy Beverage of MCI ran 2:23.5 to beat Yarmouth's Adelle Belisle (2:25.2) to the tape.

The Maranacook boy's team also grabbed the team trophy. Behind Matt Crook, the Black Bears outlasted Orono 94 to 77. Crook won the 1,600 and 3,200 while also setting a new state record of 1:58.3 in the 800. In the 800, however, he had to kick past the leader in the last 100 to win. In the 1,600 only GV's Per Henrikson could muster a challenge as he tailed Crook the entire way, but fell two seconds short at the finish with his 4:29.4.

Crook and Mount Abram's Scott Noble were the only two under 10:00 in the 3,200 as the Maranacook senior completed his triple sweep with a 9:52 victory. Noble ran 9:57.2.

## No Pressure Running

by Stephen Giles

For a refreshing change of pace on your next run, try going watchless. Many of us rely too much on our Chronographs and in doing so, we deprive ourselves of the freedom that just isn't possible while worrying about the time or distance. Each of us is born with an internal clock (of sorts) and with a little nurturing it can be a great tool for keeping in touch with your body and the effects training has on it.

If you are like me, you probably keep a training log, which is great, but if you get it in your mind that you have to "bang away" at a predetermined pace or length, then you are losing sight of the subtleties of running.

There are times when a watch is very useful in training, like when you are doing speed work on the track. But I have found that if I do my track work without a watch it takes the pressure off me to run specific times. I am able to run my laps as fast as I can while still staying in control and relaxed.

The second you start forcing it past this point your efficiency goes out the window. If you are looking for a new way to relieve the pressure, try taking the watch off and tune into what your body is saying.



# News

by Chuck Morris

## 1986 MTC PRESIDENT WINS NATIONAL AWARD

Jane Dolley of Yarmouth received the Road Runner's Club of America's Scott Hamilton Award at the 30th annual RRCA convention held in Rockville, Maryland in May.

The award is given annually to the national organization's outstanding president, based on leadership abilities and contributions to the chapter club.

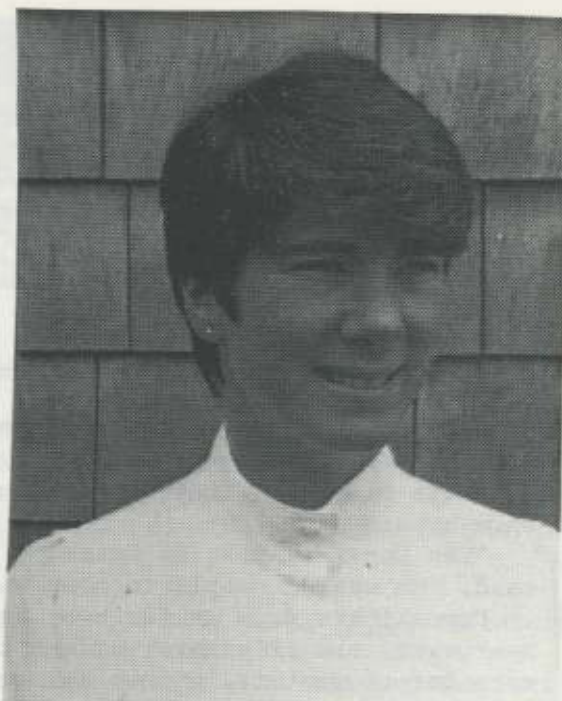
In 1986 Dolley was the president of the 400-member Maine Track Club. The MTC, under Dolley's leadership, held the 29th annual convention in Portland.

"When I look back at what the Maine Track Club did in 1986, holding the convention gave the club exposure so they could see what top-notch people we have," Dolley said.

The MTC's presidency seat lasts only one year, so Dolley has been replaced by Phil Pierce this year, but Dolley said it is better to have new faces involved.

"I put so much time and energy into it in 1986," she admitted. "I couldn't continue at the same level. I think it's important to get different faces, different ideas and let more people participate in the management of the club."

She continues to remain active, however, as she is on the board of directors, but for now the eight-year member of MTC, who has also served as the club's news-



Jane Dolley

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letter editor and vice-president, plans on soaking up the thought of the Hamilton Award. At the convention in Maryland she was also elected as a vice-president of the RRCA for 1987. She will oversee the activities of member clubs in 14 Eastern states from Maine to Virginia. The RRCA consists of 466 clubs and 115,000 members.

"It really was a surprise winning the award," Dolley said. "Considering how large the national organization is, I never thought I could win such a prestigious award."

\*\*\*\*\*

#### FIRST RACEWALKING CHAMPIONSHIP HELD IN BANGOR

On Saturday, May 16 the first annual TAC Maine State 5K Racewalk Championship was held from the Myerowitz Chiropractic Center in Bangor. Director Lynn Eldridge said the race and fitness walk went well. She said everyone had fun on the sunny, warm afternoon.

"You can tell just by watching people that they are having a good time," she said. "We wanted people to come enjoy themselves."

Competitors from as far away as New Brunswick, Canada participated and Moshe Myerowitz, the originator of the championship, said he is planning on inviting more out-of-staters, with a Maine connection, to next year's event.

"I want to promote racewalking in the state of Maine," he said. "This race is really a jumping station to ultimately have Maine citizens realize that we have the same capabilities as the rest of the United States."

After the race the competitors were able to watch a video of the race while they had a spaghetti feed. After the video and meal, the awards, in four different categories representing men and women, were given to the first three finishers. The Valley Group Home in Island Falls were given a special ribbon for all of its participants.

For results, look in "The Pack."

\*\*\*\*\*

#### MAINE COAST MARATHON

On May 24 the coldest spot in the country was Portland, Maine, according to Maine Coast Marathon director Steve Mooney. It was 46 degrees at 7 a.m. when the starting gun fired. The runners had to fight the mist and cold as they toured the new loop course that took them over slight, rolling hills through the Biddeford/Portland area.

Still, there were a lot of racers out there putting on a good show. Four women broke three hours which Mooney said you "very seldom see." Susan Haryasz of Longmeadow, MA was 25th overall and the first woman to cross the finish. Her 2:48:14 also qualified her for the Olympic Trials in 1988. Lois Brommer, a 23-year-old out of Belmont, MA completed the 26.2 mile trek in 2:52:18 to finish second in the women's race and 37th overall. Christine Gibbons (2:54:36) out sprinted Susan Marchant of Concord, MA in the home stretch to secure third-place by three seconds.

The other Olympic Trials qualifier was the wheel chair entrant that took first-place. His name was not available at press time. His 2:19:19, however, was considered "very fast" by Mooney.

In the men's field Chris Moulton of Keene, NH overtook Stu Hogan at the 12-mile mark and was never threatened as he won in 2:28:31. Hogan dropped out at 17 which enabled 37-year-old Peter Canes of Bloomfield, CT to take second with his 2:29:18. Steven Curran of Plymouth, MA was third (2:31:32).

The complete results have not yet been received by MR&O.

\*\*\*\*\*



## Sports Nutrition

### FUEL FOR MUSCLE POWER! by Anne Marie Davee

Steak and eggs are out - Carbo's are in! A great deal of misunderstanding exists concerning the body's nutrient needs during exercise. Contrary to popular belief, body builders do not need to increase their intake of protein. The typical American diet provides almost three times the amount needed to maintain good health.

It is true that protein's primary function in the body is to build, maintain and repair worn out tissues. During exercise, protein production actually decreases because the muscle's top priority becomes energy - or meeting the fuel requirements of the working muscles. That fuel is provided in the form of glucose which is obtained from muscle glycogen via the liver. Muscle and liver glycogen can be maximized by a high carbohydrate diet. (Eat more breads, cereals, pasta, rice, starchy vegetables and fruits!) Protein, unlike carbohydrate and fat, is not a good source of muscle fuel. In fact, it serves as the body's last resort form of energy.

A high protein diet can be harmful. it produces an increase in protein breakdown products (urea, ketones) which must be eliminated via the urine. This places undue stress on the kidneys, and often results in dehydration. Dehydration lowers athletic performance. Other side effects which may occur are diarrhea, ketosis, gout and loss of calcium from bones. Eating extra protein may be stored as fat, not muscle. What will build muscles is exercise!

Protein needs do vary through the life cycle. The body's requirements are highest during rapid periods of growth and during intense periods of physical training. The normal recommended daily allowance for protein in adults is 0.8 gm/kg body weight. During infancy, adolescence and rigorous exercise, this allowance is increased to 1 - 1.5 gms/kg body weight. As a rule of thumb, you can count on 7 grams of protein for every ounce of meat, poultry, fish or cheese that you eat and 8 grams of protein for every egg or glass of milk that you drink.

All proteins are not created equal! They are supplied from both animal and vegetable sources. Animal sources like beef, chicken, fish and dairy products are called complete because they supply all eight of the essential amino acids for the body's use. Vegetable proteins are incomplete as they do not contain the essential eight, but can be combined so that they do. Examples of complementary vegetable proteins are legumes (dried beans, peas, lentils) and whole grains (wheat, corn, rice) or just add cheese or milk to your vegetable meal.

For top performance, strength, and endurance, the optimal diet mixture should consist of 10-15% Protein, 55-65% Carbohydrate and 25-30% Fat. Carbohydrates



provide the most muscle power - not additional protein. So, as you train, consume more whole grain breads, cereals, pasta and potato to maintain high energy levels, maximize your performance, and your health!

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THE ANTITHETIC THRESHOLD - by Dr. Mike Sargent

"People are reluctant to make any penetrating examination of activities that give them pleasure. Even though the activity may have many limitations and may even even create problems, it is experienced as being better than nothing, and a deeper understanding of it is vigorously resisted for fear that the insight will deprive one of the pleasures." Arnold Beisser, M.D. The Madness in Sports

Let's assume that you're reading this article either because you run or because you're being coerced by a runner whom you remain close to in spite of that aberration. Since people in each of these categories have been known to make truly astounding claims about what running can do for you (or to you), it might be revealing to reconsider your own perspectives on running - what you've taken for granted or haven't even pondered. I'd like to present a mixture of facts and potentially provocative opinions on the effects of running, to encourage you to explore your own motivations. Don't worry about "depriving yourself of the pleasure," though you might have to reevaluate a few rationalizations along the way.

### I. Running and Physical Health

First, let's ponder the sobering report I just read in my alumni magazine of a classmate who "suffered a massive heart attack following his daily morning run of ten miles." (As members of the Class of 1972, we're not even in the master's category.) This distressing news underscores the nasty fact that your chances of dying on your next training run are higher than your chances of doing so as you read MR&O sipping whatever you've got in that glass. If the physiological stress doesn't trigger ventricular fibrillation, you could always get run over by the pulp truck you didn't hear bearing down on you because your Walkman was turned up too high.

Now for another disappointing fact. If, because of either heredity or lifestyle, your cholesterol level is too high or you already have cholesterol plaques clogging the coronary arteries of your heart, you cannot rely on running to ameliorate the situation, even if it does increase your "HDL" cholesterol level somewhat. There is no alternative to a sensible diet, supplemented in extreme cases by medication. (The simplest description I have seen of a sensible diet was written by Dr. Paul Thompson in the Sept. 1986 issue of Runner's World.)

So how do you react when a well-meaning, but ignorant (or perhaps envious) relative or colleague reminds you of Jim Fixx's well-publicized demise? 1)

1) Remember that Fixx had significant heart disease before he started running, a disease which undoubtedly would have killed him much sooner if he hadn't become a runner. The fact that he improved both the quality and quantity of his days again against overwhelming odds is a testament to the benefits of not merely his running, but the lifestyle which accompanied it.

2) Remember that each day you survive the minimal risk you undertake on your run serves cumulatively to reduce your longterm risk of dropping dead. In other words, the runner reading this article today is less likely to drop dead while running or reading MR&O 10 years from now than the non-runner, all other factors being equal.

How indeed does running reduce your longterm risk? Let's focus on a few more facts. In the quest of greater efficiency, your heart grows to a more physiologically normal size. (It does not "enlarge;" most civilized people walk around



with shrunken hearts.) It beats less frequently, yet more blood ("stroke volume") is pumped with each beat. The coronary arteries, which supply blood to the heart muscle, get bigger and branch out more profusely so that it is not so easy for plaques to block blood flow to any portion of that muscle (which then could cause angina or arrhythmia or heart attack.) Your blood pressure decreases (because of decreased "resistance" to flow in the "peripheral" blood vessels throughout your body) so the heart has less work to deliver blood as it is needed. All these factors ease the minute-by-minute stress to which your heart is subjected.

Interestingly, while you run your blood pressure increases substantially, in spite of a further decrease in "peripheral resistance" as the blood vessels of your legs dilate to receive a greater flow. This happens because the heart rate and the stroke volume increase so much that the resultant cardiac output more than matches the decreased resistance, yet without straining the myocardium (heart muscle) excessively. This situation contrasts violently with that of the weight lifter of football lineman, who by straining muscles briefly, but to the limit, causes an increase in peripheral resistance which forces the heart to strain to squeeze blood through the vessels even though the cardiac output drops. In response to this stress, the myocardium thickens along with the biceps, and this type of "hypertrophy", or increase in bulk (which is also seen in patients with chronic high blood pressure) is the kind of "enlargement" which is associated with cardiac disease leading to heart failure or coronary insufficiency. The lesson for all you cross-trainers is to use low weight with many repetitions.

Now that you know (in admittedly oversimplified fashion) what running really does for your cardiovascular system, let me quickly mention your skeleton. A few recent articles in the Journal of the AMA have shown that people who run have less joint degeneration over the years than people who don't - a scientific vindication of the "use it or lose it" cliché. Running also encourages the bones to retain calcium and maintains or even increases their density. And if you lose some weight in the process, your skeleton has less to support all day long.

Yet, do you have the vaguest idea of what your bones and joints and muscles do when you run? How do your ankles and toes move as you stride? Which way does your hip go when your leg swings forward? (Does it move at all?) How do you breathe? Do you care? If you care enough to record each run faithfully in your diary, to

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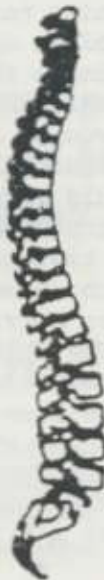
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become irritable if you miss a day, to pay good money for road races and magazines, then it can't hurt to focus a little attention on the central activity itself rather than the trappings. You might even find out why your toenails fall off after a marathon, or how to take a half-minute off your loK PR by improving your form. (Jack Heggie's book, Running with the Whole Body, describes in considerable detail the actual act of running, as opposed to the "How to train" information we see all over the place.)

Finally, as Dr. Kenneth Cooper reminds us, the aboe-described effects will occur if you run 20 - 30 minutes, three to four times a week. If you do more, he says, you're doing it for something other than your physical health, with increased risk of injury. But most of us do.

Next month I'd like to examine some of the effects of running on our minds,



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# A Small New England Town 4th of July

by Chuck Morris

**RACE:** Bridgton's 11th Annual 4 on the 4th

**DATE:** July 4th at 8 a.m.

**DISTANCE:** 4 miles (TAC Certified no. ME-85019-GN)

**DIRECTORS:** Jay and Loraine Spenciner

**LOCATION:** Starts at the Bridgton Pharmacy. Finishes at Steven's Brook Elementary School.

**COURSE RECORDS:** Misa Fossas - 19:21.9 (1986)  
Leslie Bancroft  
22:46 (1982)

**SPONSORS:** Sportshaus, Norway Savings Bank, Down East Inc., Chalmers Ins. Agency, Bridgton Pharmacy, Macdonald Motors, McIver's Electric, Pleasant Mountain, The Bridgton News.

**COURSE:** The start is on Lower Main St. opposite the Bridgton Pharmacy. The runners take Cross St. to Pond Rd. The first mile is flat with one major downhill. The second mile, all on Pond Rd., is all uphill, but it is not the steepest part of the course. Right after the two-mile mark the runners take a left on dugway Rd. The steepest and toughest hill section is just past the two-mile mark and lasts until 2½, but the runners get a downhill immediately following the climb. Just past 3 miles, the runners take a left on to Holland Rd. and then on to Main St. and head through the winding



roads of town where they are greeted by the densest section of spectators the last 600 yards. The last mile is mostly downhill and it is the fastest section of the course. There are water stops a 1 and 2½. Sprays are also available at 1½ and 3¼. A police car, courtesy of Chief Bob Bell, leads the way. A truck follows the pack "just so nobody is stranded," Jay said. There is also an ambulance at the finish.

**HISTORY:** Phoebe and Jerry Levine founded the race in 1976, but it wasn't until Jay and Loraine became directors in 1982 did this small Maine town road race become one of the state's biggest and most competitive races. In 1982 the Spenciner's helped the Levine's. Since 1983 the Spenciner's, with the help of the Race Committee, have done the job themselves. Jay said they are race directors only once a year and thus, they do make mistakes - only once though. "We make our share of mistakes, but I'd like to think we learn from them and try not to repeat them," he said.

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The biggest change for 1987 is Granite State Race Services will be in charge of the finish area to relieve Jay and Loraine and the volunteers. The finish line will be broken into four sections instead of the usual loop around the school.

"People say it is a 5-mile race," Jay said, "a four-mile run and a one-mile chute."

One thing that has not changed is the low number of pre-registrants. Jay said it is not until the two weeks prior to the race that the applications start pouring in. And do they pour in. In 1986 there were 648 finishers out of the 671 registrants. Only 100-150 of those signed up the day of the race and only approximately 60 had registered by the middle of June. That is about 450 applications in the mail in two weeks. Jay said it usually happens like that. He isn't complaining because the 648 finishers last year made the Bridgton 4th of July 4-miler the largest race in the state last year and that was only the third largest field that the Spenciner's have drawn.

In 1984 there were 702 finishers and 1983 had 686. In 1981, the year prior to the Spenciner-take over, there were approximately 300 runners. What brought the flock of runners to Bridgton?

"We publicized a lot," Jay said. "We publicized all over the state. Part of it is getting the word out."

Among the usual publicity stunts, Jay and Loraine also write letters during the year to runners in all age groups all over the state. But as Loraine said, it may be more than

the race itself that attracts the large crowd.

"It really has become a family thing," she said. "Not just husbands and wives, but kids too. There is an intense community spirit."

Also, Bridgton offers more than the road race on July 4th. In the afternoon there is a parade "with all the fire trucks," a barbecue at Pleasant Mountain with local bands playing and in the evening, along with the usual fireworks display, the Portland Symphony gives a concert.

"It exemplifies a New England July 4th because of the community spirit and involvement of the festivities that every traditional July 4th has," Loraine said.

After the race there will also be free massages provided by the Maine Massage Guild. Along with the awards for the age group winners, there will also be a raffle of merchandise offered by local businesses. The first 500 entrants will receive a free T-shirt. The proceeds benefit the Bridgton Library Children's Room.



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## Pacesetter

Leona Clapper

### WEEK ONE

SUN.: 6 miles @ 10 min. pace  
 MON.: 5 miles  
 TUE.: REST  
 WED.: 6 miles  
 THU.: 6 miles  
 FRI.: 6 miles  
 SAT.: St. Joe's 5K Road Race  
 in 25:12. 1st in 56+  
 age group. 1-1½ mi. WU.  
 1 mi. WD.

### WEEK TWO

SUN.: 6 miles  
 MON.: REST  
 TUE.: 12 miles @ 10 min. pace  
 WED.: REST  
 THU.: 6 miles  
 FRI.: 6 miles  
 SAT.: Togus Five-Miler in  
 41:48. 1st in 50+ age  
 group. 1-2 mi. WU.  
 1 mi. WD.

If you've ever been through Bucksport, the chances are you have seen Leona Clapper, mother of 12, and her husband Charles or one of their many "running children" training on the roads.

Leona, 57, first tried on a pair of training flats in February 1978. Fun Runs offered by Steve and Anne Norton intrigued Leona and Charles, but it was their children's interest that planted the seed.

"We would watch the kids at a race," Leona recalls. "We got tired of standing around; watching and waiting."

Their first run Leona remembers well.

"We had on winter coats and regular shoes," she said. "We ran as far as the next house up the street

and that was it."

But now, more than nine years later, the roads have taken Leona much farther. She is shooting for 30 races this year and as of the middle of May, she already had reached 10. One of those 10 was a PR performance at the Maineiacs Half-Marathon in Bangor on March 28, but her 2:03:44 is still slower than her split in the 1982 Paul Bunyan Marathon where she ran 3:50:33. Leona admits she enjoys racing and pushing her body to its best performance.

"(Running) is very important to me," she said. "I feel good when I'm running and racing is a part of my social life."

Since she has been racing so much this season, she said she has not needed to step on the track for speedwork. When she does, however, it usually

consists of 6-8 440's in 1:10 with a 440 jog recovery. She stretches before and after each workout with a series of leg lifts, pushups and situps following the run.

Leona hopes to run one marathon, if her back pain ceases, but if not, she will be content with the shorter races and the runs around Eagle Lake that are "so quiet and peaceful."

--by Chuck Morris



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# THE FAST

## TOOLUS 5 MILES

Toolus May 2nd

1. Paul Cole (WC)	32	25:23
2. Andrew Whelan	36	25:34
3. Rick Lane	40	25:57
4. Jerry Allanach	37	28:07
5. Fred Judkins	42	28:16
6. Richard Mulhern	33	28:25
7. Jeff Brown	37	28:42
8. Ray Johnson	39	28:57
9. Alan Aitken	36	29:01
10. Jeff Arsenaault	30	29:07
11. David Barker	34	29:16
12. Richard Morrison	28	29:19
13. Michael Thompson	28	29:20
14. Robert Bremner	38	29:22
15. Doug Ludwig	47	29:24
16. Fred Merriam	39	29:37
17. Vern Demmons	41	30:09
18. Chris Lincoln	17	30:22
19. Bill Pinkham	44	30:24
20. Robert Jordan	27	30:36
21. Peter Carr	39	30:50
22. Philip Pierce	45	31:11
23. Francis Freshong	45	31:12
24. Eric Larue	13	31:17
25. Joseph Meenan	40	31:38
26. Richard Cummings	49	31:39
27. John Schwerdel	41	32:08
28. Scott Hinkley	29	32:21
29. Linda Larue-Keniston	33	32:29*
30. Ron Paquette	45	32:40
31. Jerry St. Amant	43	32:50
32. Rosalyn Randall	37	33:20*
33. Jane Rau	37	33:36*
34. David Benn	41	33:48
35. Sam Hamilton	54	33:54
36. John Belanger	35	33:58
37. Nancy Legie	37	34:05*
38. Ray Arbour	37	34:09
39. Louisa Dunlap	46	34:11*
40. Norman Arbour	35	34:22
41. Paul McCool	42	34:49
42. Jim Booth	34	34:51
43. Geoff Hill	40	35:11
44. David Gagan	50	35:20
45. Bob Lutz	32	35:43
46. Susan Martin	25	35:51*
47. Jerry Bley	31	36:07
48. Bruce Fowles	47	36:11
49. Robert LaCasse	40	36:11
50. Steve Chick	37	36:39
51. Tim Richardson	38	36:47
52. Marsha Giglio	43	37:28*
53. DonnaJean Pohlman	35	37:37*
54. Taylor Harmon	41	37:49
55. Bud Cherry	56	37:53
56. David Baird	35	38:10
57. Lisa Weymouth	21	38:39*
58. Enoch Albert	44	38:47
59. Richard Sole	55	38:53
60. Steve Down	37	38:53
61. Don Osborne	65	38:55
62. Fred Wingate	41	39:11
63. Mary James	30	39:21*
64. John James	34	39:22
65. Marc Madesu	39	39:26
66. Pamela Heatherly	32	40:30*
67. Corean McCool	14	40:36*
68. Cheryl Tompkins	38	40:41*
69. Graham Rae	35	41:21
70. Errol Arsenaault	32	41:45
71. Leona Clapper	57	41:48*
72. Harry Trask	69	41:52
73. David Briggs	57	42:06
74. William Tostler	59	42:27
75. Charles Clapper	57	43:01
76. Nancy Rae	35	43:51*
77. Diane Doumit	32	44:19*
78. Harvey Mason	53	47:06
79. Alan Joyner	46	47:01

Results courtesy of Chris Bovie

## 5th Annual CHINA 10K CLASSIC

China

May 16

1. Peter Lessard	24	13:08
2. Larry Deane	30	14:58
3. Erik Mattson	19	15:45
4. Joel Crotsau	43	15:50
5. Fred Judkins	42	16:05
6. Richard Morrison	37	16:29
7. Ray Johnson	39	17:04
8. Chip Howe	35	17:10
9. Joe Bennett	40	17:14
10. Michael Thompson	29	17:16
11. Paul Turner	31	17:47
12. Robert Marquis	48	17:48
13. Doug Ludwig	47	17:51
14. Tim Roddy	21	18:13
15. Chris Catell	17	18:20
16. Kelly Bennett	23	18:22*
17. Fred Merriam	39	18:29
18. Dale Riordan	28	18:35
19. Robert Salisbury	30	18:42
20. Michael Bard	27	18:50
21. Bill Pinkham	44	18:51
22. Joseph Meenan	40	19:05
23. John Eriksson	16	19:09
24. Robin Kappa	40	19:10*
25. John Branigan	19	19:17
26. Nathaniel Mason	38	19:24
27. Barney Smith	40	19:27
28. Sewell Lewey	28	19:30
29. Doug Kimball	17	19:33
30. Tom Boothby	32	19:35
31. Paul Casey	32	19:42
32. Michale Greenleaf	34	40:32
33. Stephen McGinley	29	40:40
34. Richard Cummings	49	40:45
35. Irvin Miller	48	40:59
36. Robert Gillespie	48	41:02
37. Greg Thurston	28	41:17
38. Peter Carr	39	41:27
39. David Wheaton	34	41:30
40. Richard Miles	32	41:40
41. Charles Weymouth	45	41:42
42. John Schwerdel	41	41:48
43. Jerry St. Amant	43	41:57
44. Donna Davis	23	41:58*
45. Jane Rau	37	42:10*
46. Larry St. Peter	42	42:35
47. David Benn	41	43:05
48. Kevin Pottle	30	43:06
49. Louisa Dunlap	46	43:13*
50. John Belanger	35	43:17
51. Philip LeBreton	15	43:24
52. Dan West	22	43:28
53. James Booth	41	43:33
54. Rosalyn Randall	37	43:37*
55. Edward Worcester	25	43:51
56. Susan Bennett	21	43:55*
57. Paul Page	31	43:57
58. Michael Hachey	23	44:02
59. Gary Clarke	46	44:04
60. Geoffrey Hill	40	44:05
61. Randall French	41	44:18
62. Jamie Morrill	39	44:21
63. Roger Mills	37	44:27
64. Chad Alley	15	44:27
65. David Gagan	50	44:40
66. Alan Pfeiffer	34	44:41
67. Don Carter	42	44:42
68. Walter Smith	45	44:50
69. Jim Poolin	37	45:07
70. Fred Montgomery	40	45:16
71. Jack Wallace	33	45:18
72. Julie Ballard	23	45:20*
73. Hal Glidden	43	45:26
74. Steve Brennan	39	45:32
75. Richard Abramson	37	45:59
76. Stephen Harworth	34	46:03
77. Tim Richardson	38	46:18
78. Bruce Fowles	47	46:24
79. Alan Swett	32	46:33
80. Scott Verrill	42	46:44
81. Alan Lippert	43	47:04
82. Mike Spicotta	36	47:20
83. Peter Comeau	13	47:33
84. Bob Souther	39	47:35
85. Donald Penta	40	47:38
86. Jerri Bushay	43	47:41*
87. Bruce Mitchell	40	47:52
88. John Woods	69	48:12
89. Robert Rhesault	61	48:13
90. Taylor Harmon	42	48:53
91. Connie Towne	48	49:04*

92. William Donovan	44	49:08
93. Arthur Biseconnette	40	49:17
94. Fred Wingate	41	49:24
95. Richard Sole	55	49:34
96. Paul Memner	40	49:56
97. Amanda Russell	28	50:03*
98. Donna Donald	37	50:03*
99. Harriet Seekins	42	50:33*
100. Donald Osborne	45	50:34
101. Gena Flye	18	50:52*
102. Joseph Bennett	67	51:00
103. John Clark	56	51:28
104. Cliff Fletcher	52	51:31
105. Ellen Spring	34	51:43*
106. Mary Glidden	44	51:58*
107. Bob Boynton	47	51:59
108. Pamela Heatherly	32	52:17*
109. Eric Weymouth	14	53:07
110. Jim Chase	34	53:28
111. Graham Rae	35	53:47
112. Hannah Russell	22	53:50*
113. Daniel Homan	14	55:00
114. Diane Doumit	32	55:20*
115. Nancy Rae	15	55:30*
116. Richard Forrester	32	55:31
117. Harvey Mason	53	55:57
118. Molly Sprout	11	56:29*
119. Peter Brazier	35	58:26
120. Verne Finney	38	58:53
121. Daniel Grady	17	59:24
122. Mary Kate Holmes	20	59:37*
123. Michelle Comeau	15	60:49*
124. Irene Purcell	44	61:59*
125. Tim Memner	11	72:09
126. Jerry Bizer	11	72:09

Results courtesy of Chris Bovie  
Race Director

## CASH AND THRASH BIATHLON III

Winter Harbor

May 16th

1. John Holton	27	59:20
2. Bonderud/Baxter		60:13
3. Gene Roy	40	60:52
4. Crossman/Cates	37:30	63:02
5. Wood/Waslam	25:28	63:21
6. Andrew Patterson	30	64:17
7. Mike Avery	31	65:11
8. Robert Bremner	28	65:19
9. Demmons/Guist		65:58
10. Barry Dana		66:40
11. Tory Rau	13	67:08
12. Larry Ludwig	39	67:10
13. Collins/Collins	45:22	67:33
14. Freeman Doore	37	67:40
15. Garth Guff	38	68:42
16. Terry Bowder		69:00
17. Cates/Voss	32:19	69:38
18. David Miller	31	70:06
19. Curtis/Hutchins	31:29	70:53
20. Stan Pride	53	70:56
21. Ted Dishner	34	71:04
22. David Rand	47	71:39
23. Andrew Hays	22	71:54
24. Mead/Radley		71:59
25. Ron Paquette	46	72:41
26. Gregory Leonard	33	72:48
27. Carrie Holton	26	72:59*
28. Ed Comeau	35	73:20
29. Dick Stephenson	25	73:31
30. Al Pelletier	34	73:46
31. Rau/Gillespie	38:17	73:51
32. Haslam/Bouchard	26:27	74:30
33. Lamoureux/Lamoureux		74:54
34. John Ellsworth	22	75:38
35. Chris MacMillan	21	76:28
36. Robert Dupont	23	76:50
37. Ernie Henderson	44	76:56
38. Terry Rich	23	78:00
39. Mary Achley		79:08*
40. Severance/Solomon	12:13	80:16
41. Jim Roland		81:10
42. Christine Murphy	29	81:26*
43. Pelletier/Bumhaugh		82:01
44. Neil Loonsbury		83:45
45. Bonnie Winslow		83:52*
46. Kathy Dishner	24	83:57*
47. Dickson/Salamy	14:27	84:22
48. Rabbit/Bierman	23:37	87:24
49. Donald Benson	46	90:07
50. Rusty Sweeny	43	N/A

Results courtesy of Naval Security Grp. Act.



TAC MAINE STATE SKI RACEWALE  
CHAMPIONSHIP

Bangor May 16th

1. Randy Easter	31	26:53
2. Kim Malcolm	20	27:37*
3. Suzanne Godin	17	28:30*
4. Daniel Tandy	37	28:44
5. Philip Brown	53	29:33
6. Michele Steele	17	31:33*
7. Bill Kennedy	51	32:07
8. Jill Simpson	13	32:29*
9. Nicole Daigle	16	34:30*
10. Gloria Lane	15	34:39*
11. Brian Gillis	42	34:58
12. Carolyn Holland	32	35:18*
13. Daniel Labbe	38	36:57
14. Alisha Marshall	13	37:48*
15. Tom Wood	45	38:02
16. Paul Paulson	60	38:05
17. Linda Kennedy	45	39:45*
18. Terrence Cousins	43	40:24
19. Tiffany Marshall	11	41:08*
20. Diane Whitmore	12	41:56*
21. Earl Tyler	22	41:57
22. Shelia Getchell	14	42:14*
23. Paul Doucette	23	42:44
24. Aubrey Hoyle	37	44:27
25. Carole Hoyle	42	44:31*
26. Deanna Philbrick	39	44:33*
27. Shawn Masterson	11	48:00
28. Randy Brown	29	48:22
29. Peter White	22	48:23
30. Barry Burpee	23	52:17
31. Glenda Whitney	50	52:29*
32. Donna Tweedie	37	52:31*
33. Sandra Heath		52:38*
34. Wanda Trevorgy	25	54:40*
35. Mary Dickinson	27	54:47*
36. Ora Ferry	58	54:48
37. William Andrews	26	58:53
38. Patsy Brennan	59	58:55

39. Margaret Dunlap	43	58:56*
40. Robert Thibodeau	33	58:59

Results courtesy of Lynn Eldridge  
Race Director

RIDGEFORD POOL SPRING RUN- 1/4 mi.  
Riddeford May 13rd

1. Kevin Keim	19:36
2. Robert Marquis	21:16
3. Amos Wright	21:58
4. Lee Hais	22:51
5. John Sklanko	23:18
6. Jerry St. Amand	23:48
7. Carlos Philbrick	23:54
8. Larry Godbert	24:13
9. Robert Fleming	24:25
10. Kristen Cooke	24:28*
11. Eric Coleman	25:08
12. Tom Marshall	25:38
13. Danny Vashon	25:52
14. Ken Ray	25:59
15. Harry Bain	26:01
16. Anthony Sklanko	26:03
17. Alex Busby	26:14
18. David Ray	26:21
19. David Casey	26:34
20. Clyde Parker	26:44
21. Bob Perkins	26:48
22. William Donovan	26:51
23. David Wood	27:00
24. Katherine Taudvin	27:05*
25. Gary McPherson	27:38
26. Maryann Beaudry	27:41*
27. Bob Brochu	28:08
28. Jon Clark	28:20
29. Chris Neagle	28:28
30. Mary Petrin	28:30*
31. Lawrence Perkins	28:59

32. Pamela Casey	30:24*
33. Sandra Hadnett	30:30*
34. Mary Willett	30:31*
35. Isabella Firth	31:04*
36. Kathryn Osgood	31:05*
37. Nancy Grigard	39:12*
38. Sally Hutting	40:07*
39. Mark Haugha	40:17
40. Katherine Haugha	40:17*

Results courtesy of Jerry St. Amand

9th ANNUAL MOOSE RUN - 5.5 M.  
Bangsely May 24th

1. Peter Lessard	26:44
2. Michael Gordon	27:21
3. Dick Holsington	27:56
4. Dennis Croteau	28:26
5. Steve Malloy	28:27
6. Bill Hine	28:39
7. Gordon Hartwell	29:13
8. Richard Smith	29:27
9. John Cade	29:49
10. Mark Webbers	30:03
11. Jeffrey Byrne	30:19
12. Gene Roy	30:27
13. Warren Dean	30:59
14. Michael Ronan	32:19
15. Allen Gagnon	32:21
16. Michael Greenleaf	33:02
17. Byron Cook	33:27
18. James Hogarty	33:37
19. Eric Ellis	33:37
20. John Lysik	34:13
21. Darrell Tyler	34:13
22. Ron Paquette	34:26
23. Harry Masse	35:14
24. Nancy Legin	35:37*
25. Susan Doris	36:06*

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30:24*	26. Al Swett	37:33
30:30*	27. Doug Miley	37:37
30:31*	28. Tom Danforth	38:03
31:04*	29. Donald Penta	38:12
31:05*	30. Jack Paul	38:46
31:12*	31. Unknown	38:50
31:07*	32. James Carleton	38:58
40:17	33. Bill Morse	39:09
40:17*	34. Rick Dodge	39:09
	35. Ralph Lathie	39:17
	36. John Ritco	39:19
	37. Susan Kolakowski	40:11*
	38. Jim Callahan	40:45
	39. John Morton	41:09
	40. Pat Beane	41:34*
	41. Georgianne Hogarty	42:03*
	42. Dennis Morrill	43:10
	43. Larry Barron	43:12
	44. Muriel Hendrix	43:42*
	45. Carolyn Hobbs	43:37*
	46. Steve Philbrick	45:37
	47. Linda Sullivan	46:00

Results courtesy of Jerry St. Amand

\*\*\*\*\*

5th ANNUAL MARSH STREAM STAMPEDE  
Monroe -10K- May 25th

30:27	1. Mike Sargent	36	34:01
30:30	2. Robert Ashby	18	35:09
30:39	3. Alex Hammer	21	35:46
31:02	4. Steven Peterson	17	36:08
31:27	5. Mike Bard	27	36:13
31:37	6. Ray Johnson	39	36:21
31:37	7. Rick Lamoureux	38	36:56
34:13	8. Mark Hardison	11	37:22
34:13	9. Tory Rau	13	38:01
34:26	10. Risto Salaranta	37	38:08
35:14	11. Warren Bishop	20	38:11
35:17*	12. Mike Lantz	42	38:38
36:06*	13. Walter Whitcomb	35	38:39
	14. Sam Mitchell	33	38:51
	15. Roy Rodgers	33	38:52
	16. Barry Dana	28	39:22
	17. Oskar Feichtinger	53	39:33
	18. David Wheaton	34	40:22
	19. Dick Miles	32	40:26
	20. Dale Cross	26	40:33
	21. Kevin Pottle	31	41:04
	22. Peter Haslam	20	41:27
	23. Jane Rau	37	41:33*
	24. Annie Blummer	31	42:13*
	25. Ando Anderson	35	42:25
	26. Carl Bowen	34	42:41
	27. Steve Brannen	39	42:44
	28. Louisa Dunlap	46	42:56*
	29. Dale Peabody	25	43:01
	30. Karl Santner	32	43:20
	31. Dan West	22	43:51
	32. John Rubino	41	44:30
	33. Ed Thompson	52	44:59
	34. Taylor Harmon	42	45:06
	35. Robert Stevens	52	45:16
	36. Jerry St. Amand	43	45:18
	37. Jay Weiss	33	45:30
	38. Edward McGuire	34	45:40
	39. Bruce Fowles	47	45:41
	40. Sam Auerbach	53	47:45
	41. Harriet Seekins	42	48:42
	42. Bruce Spaulding	40	48:42
	43. Harold Jones	59	48:51
	44. Donald Osborne	45	49:01
	45. John Goldfine	41	49:01
	46. Jean Goldfine	42	49:05*
	47. Deborah Curtis	29	50:32*
	48. Marc Madieu	39	54:21
	49. Frederica LaPorte	48	55:53
	50. Vern Brown	50	55:53
	51. Karynne Klaine	32	57:38*
	52. Jeff Howard	29	59:02
	53. Scott Kennard	9	59:22
	54. Jake Gilbert	48	59:22
	55. Sean Pritchard	32	61:04
	56. Austin Pritchard	19	61:04

Results courtesy of Bill Dopheide  
Race Director

\*\*\*\*\*

4th ANNUAL OTTER CREEK CREEP 10K  
Otter Creek May 10th

1. David Benault	34:53
2. Cliff Rogers	35:43
3. Dirk Bradt	36:24
4. Mark Eddy	36:36
5. Mark Hardison	36:37
6. Barney Smith	37:37
7. Norm Hawes	37:54
8. Henry Williams	37:57
9. Bill Pinkham	38:01
10. Mark Sonderud	38:16
11. Bob Jordan	38:26
12. Dwight Brown	39:46
13. Kellie Stratton	39:59*
14. David Cunio	40:29
15. Will Haynes	41:23
16. John Belanger	41:41
17. Mimi Mattson	41:52*
18. Carol Eddy	42:29*
19. Mike Carey	42:40
20. Jerry St. Amand	42:57
21. Don Preble	43:46
22. Sam Brown	43:47
23. Robert Myers	44:10
24. Lisa Krall	44:17*
25. Rod Lambert	44:34
26. Ted Pratt	44:44
27. Gordon Graham	45:27
28. Tom Clark	45:29
29. Bill Goodman	46:30
30. J. Mackintosh	46:40
31. Mary Ratner	47:02*
32. James Kroch	47:03
33. Arthur Bissonnette	48:17
34. Sam Auerbach	48:52
35. Peter Clark	49:14
36. Bill Askin	49:25
37. Doris Wunsch	49:37*
38. Jack Richards	49:42
39. Don Osborne	49:42

40. Tom Crosby	49:51
41. Linda Julliah	52:54*

Results courtesy of John Sharp  
Race Director

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MONMOUTH APPLE BLOSSOM 15K ROAD RACE  
Monmouth Academy May 31st

1. John Fitzgerald	23	50:48
2. Dick Holsington	32	55:11
3. Tom Thibeau	29	57:02
4. Neill Miner	38	57:10
5. Randy Hastings	32	57:43
6. Ray Johnson	39	61:32
7. David Alley	37	62:12
8. Scott Ellis	24	62:48
9. Chase Fray	44	64:00
10. Nathaniel Mason	38	66:01
11. Tom Swan	37	66:24
12. Doug Ludwig	47	67:58
13. Anne-Marie Savas	30	70:21*
14. Ron Paquette	46	70:31
15. John Schwarzel	41	71:31
16. Don Best	32	71:39
17. James Booth	41	72:07
18. Joe Meehan	40	72:15
19. Lee Rossignol	32	72:55
20. Dick Cummings	49	76:19
21. David Benn	41	76:45
22. Dave Gupan	50	76:57
23. Taylor Harmon	42	77:19
24. Gregory Hill	40	77:39
25. Don Brewer	32	78:01
26. Craig Hagggett	32	78:21
27. Herb Robertson	52	78:56
28. Ron Burnham	37	79:57
29. D. Craig Canedy	50	80:13
30. John Woods	69	81:14
31. Paul Ruopp	39	82:35

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THE CARLTON BRIDGE IN WOOLWICH.

Route 1, Woolwich 442-7002



9-5:30 Mon.-Sat. Fri. 9-8:88



32. Sally Halwood	34	84:54*
33. Jerry St. Amand	43	84:55
34. John Clark	56	97:49
35. Linda Best	29	80:58*
36. Harvey Mason	54	87:50

Results courtesy of Doug Ludwig  
Race Director

#### FLEET FEET FIVE

Caribou

June 7th

1. Bob Everett	27	14:29
2. Rusty Taylor	35	27:00
3. Bruce Freme	31	27:13
4. Frank Frost	18	27:36
5. Mike Mendonca	30	27:47
6. Paul Libby	38	28:16
7. Donald Audibert	34	28:19
8. Jason Carter	15	28:27
9. Richard Hartford Jr.	18	28:38
10. Dennis Arpin	34	29:52
11. Mitch Ross	27	30:54
12. John Woods	43	31:01
13. Peter Cliff	30	31:06
14. Steve Porter	34	31:28
15. Erv MacDonald	44	31:39
16. Cynthia Reinhart	24	31:44*
17. Charles Bernard	44	32:11
18. Barry Bartley	42	32:39
19. Darlene Higgins	46	32:43*
20. Clark Ketchum	37	33:01
21. Ed Malone	38	33:36
22. Stephen June	20	33:58
23. Johanna Fleming	16	34:10*
24. Dave Sterris	40	34:28
25. Lendal Johnson	54	34:40
26. Lloyd Smith	38	35:12
27. Athill Hebert	41	35:19

28. Eileen Jordan	44	35:40*
29. George Demerchant	67	35:49
30. John McPhee	27	36:34
31. Terrance Hartford	13	37:10
32. Robert Cleaves	11	37:38
33. Kevin Bushey	32	37:43
34. Richard Hartford, Jr.	42	37:50
35. Jackie Domaia	40	38:13*
36. Tina Michaud	15	38:20*
37. Brian Cariton	38	38:58
38. Kevin Hartford	15	39:03
39. Ralph McElwain	65	39:39
40. Mary Cornelio	28	40:09*
41. Don Peters	50	40:20
42. Bob Zinck	41	40:40
43. Julie Freeman	30	40:44*
44. Kathy Giambattista	34	41:29*
45. Natalie Letourneau	14	42:21*
46. Eddie St. John	50	42:35
47. Sue Ellen Madesu		42:55*
48. Ralph Ostland	64	43:18
49. Michael Hartford	11	44:00
50. Leo Freeman	25	45:32
51. Celeste Arthur	11	51:37*
52. Jana Woods	12	52:51*

Gloria Kidney was the first of three  
walkers in 57:50.

Results courtesy of Mike Mendonca

#### GREAT MAINE RACE 15K RUN

East Harpswell

June 7th

1. Stephen Grygiel	29	50:12
2. Lance Guiliani	28	52:25
3. Muteb Alfawair	26	54:46
4. Joel Croteau	43	55:06
5. Dale Dorr	39	56:47
6. Mark Wanner	31	57:09

7. Bob Coughlin	48	57:26
8. Doug Ludwig	47	58:18
9. Bruce Pooler	39	58:46
10. George Johnson, Jr.	32	58:50
11. Tom Tracy	36	59:01
12. Don Wilson	39	59:05
13. Wayne Clark	40	59:43
14. Mike Daly	42	60:58
15. Arthur Tome	51	61:30
16. Tim Johnson	23	64:05
17. Malcolm Gould	33	64:17
18. Ron Paquette	46	64:18
19. Mike Witt-Meredith	36	64:33
20. Kevin Shute	33	64:55
21. Chuck Greenlaw	28	65:21
22. Bill Gayton	47	66:03
23. John Deltart	46	66:51
24. Sandra Wymen	31	66:54*
25. Karl Brantner	32	67:03
26. Craig Hagggett	32	67:24
27. Gladys Dewick	33	67:39*
28. David Toothaker	29	68:01
29. Joan Lavin	39	68:19*
30. Don Brewer	32	68:40
31. William Devenny	42	69:25
32. Bill Green	33	69:50
33. Karen Tilberg	30	70:09*
34. Nancy Loveters	43	70:37*
35. Barbara Coughlin	44	70:52*
36. Ted Pratt	18	71:41
37. Al Mack	37	72:14
38. Jean Thomas	51	72:54*
39. Bob Waddle	58	72:55
40. Sandy Otterstrom	43	73:11*
41. Andrea deMars	23	75:24*
42. Charlie Gordon	39	75:24
43. Barbara Footer	35	76:49*
44. Katherine Christie	42	77:12*
45. Stephen Dewick	47	77:35
46. Warren Foye	39	78:21
47. Bob Cushman	49	78:50
48. Susan Devenny	38	78:51*
49. Karen Kane	29	79:20*

# RUNNING OUT OF MONEY FOR SCHOOL?

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303 Main Street, Rockland, Maine 596-6889

Sponsor for the



The Appleton  
Blathlon



48 57:26  
47 58:18  
39 58:46  
32 58:50  
36 59:01  
39 59:05  
40 59:43  
42 60:58  
51 61:30  
23 64:05  
33 64:17  
46 64:18  
36 64:33  
33 64:55  
38 65:21  
47 66:03  
46 66:51  
42 66:54\*  
2 67:03  
2 67:24  
47 67:39\*  
39 68:01  
39 68:13\*  
2 68:40  
2 69:25  
2 69:50  
70:09\*  
70:17\*  
70:52\*  
71:41  
72:14  
72:54\*  
72:55  
73:11\*  
75:24\*  
75:24  
76:49\*  
77:12\*  
77:35  
78:21  
78:50  
78:51\*  
79:20\*

50. Ken Trask 35 79:21  
51. Mel Fineberg 51 81:48  
52. Harry Giddings 54 82:53  
53. Ruth Hefflefinger 59 98:01\*

Results courtesy of Robert Waddle  
Race Director

# GREAT MAINE CANOE RACE

East Harnwell June 7th

1. Fred Ludwig K1 L 47:02  
2. Steve McAllister OC2 M 47:59  
Al Paradise  
3. John Alsop OC2 M 48:01  
Bill Anderson  
4. Cynthia Lynch OC2 M 48:19  
Gordon McMorrow  
5. Phillip Soule OC2 M 49:44  
John Morris  
6. Leland Marten OC1 51:51  
7. Anthony Mulvey K1 L 52:26  
8. James Chute K1 L 54:40  
9. Sandy Pearson OC2 M 55:59  
Ben Pearson  
10. Rusty Dewnap OC2 M 57:48  
Clyde Carlson  
11. Dick Hanson K1 S 57:54  
12. Earl Baldwin K1 S 57:56  
13. Kip Brundage K1 S 57:57  
14. Misty Cole OC2 M 63:03  
Richard Cole  
15. John Preble OC1 63:39  
16. David Whitney OC2 M 64:02  
Teddy Sabean  
17. Marylyn Coffin OC2 F 81:33  
Wendy Alexander

Results courtesy of Robert Waddle  
\*\*\*\*\*

7th ANNUAL OFFICER FRIENDLY FUN RUN  
S. Portland -1 mi.- June 7th

+ 1. Kristen Serube 8:13\*  
2. Michael Calzo 8:17  
3. John Scott Brennan 8:24  
4. Erin Wentworth 8:24  
+ 5. Wesley Milliken 8:42  
+ 6. Kyle Milliken 8:49  
7. Patrick Nixon 8:59  
8. Ryan Kenna 7:00  
9. Scott Muchie 7:00  
10. Jeff Mercier 7:05  
11. Debbie Ackersley 7:06\*  
12. Jason Bowen 7:10  
13. Jamie Seville 7:16  
14. Ryan Crosby 7:18  
15. Joey Miller 7:19  
16. Todd Andrews 7:29  
17. Carey Averill 7:30  
18. Jill Moreton 7:31\*  
19. Jason Tracy 7:34  
20. Jaclyn Ouillette 7:35\*  
21. Sarah Randall 7:36\*  
22. Matthew J. Kelly 7:38  
23. Bruce Tracy 7:41  
24. Chris Jalbert 7:48  
+ 25. Marc Farland 7:54  
+ 26. Samantha Paterson 7:56\*  
+ 27. Craig Loubier 7:56  
28. Brian Hamlin 7:56  
29. Jared Libby 7:57  
30. Johanna Peterson 7:58\*  
31. Sarah Peterson 7:58\*  
32. Kurt Jalbert 8:00  
33. Leah Ouillette 8:06\*  
+ 34. Chris Farland 8:07  
35. Drew News 8:08  
36. Michelle Averill 8:12\*  
+ 37. Patrick Dugas 8:13  
38. Timothy Grover 8:14  
39. Bob Parisian 8:18

40. Jessica Lyman 8:38\*  
+ 41. Lesley Cedrone 8:39\*  
42. Brianca Vanderport 8:49\*  
43. Adam Crosby 8:49  
44. Annika Fuller 9:00\*  
45. Aaron Sawyer 9:08  
+ 46. Roy Moreton 9:10  
47. Seth Mayberry 9:11  
48. Karen Galbraith 9:25\*  
49. Erica Pearl 9:25\*  
50. Alison Doyle 9:45\*  
51. Trish Provencher 9:55\*  
52. Greg Calzo 9:59  
53. Tracey Butter 10:01\*  
+ 54. Marco Cedrone 10:04  
55. Clifton Whitten 10:12  
56. Chris Marro 10:55  
57. Anthony Marro 11:10  
58. Meghan Riley 11:21\*  
59. Erika True 11:22\*  
60. Jesse McKenney 11:29\*  
61. Garry Alfieri 12:10\*  
62. Jackie Rutter 12:41  
63. Sam Conlogue 13:14

-2 mile-

1. Dave Wong 10:38  
+ 2. Lee Anderson 10:58  
3. Kip Gallant 11:10  
+ 4. Carey Jordon 13:39\*  
5. Luan-the-vo-Dang 14:00  
6. Lori Towle 14:34\*  
7. Cynthia Flanders 14:47\*  
+ 8. Jim News 15:28  
+ 9. Lori Scribner 17:41\*

Results courtesy of Don Penta  
Susan Milliken - Race Director

\*\*\*\*\*

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RALEIGH, NISHIKI AND SHOGUN

Twin City Plaza  
Brewer, Maine  
989-2900



SEVENTH ANNUAL  
GREATER BANGOR FOURTH OF JULY  
3000 METER ROAD RACE

JULY 4TH

WHEN: Saturday, July 4, 1987 at 11:00 AM

WHERE: Brewer Auditorium, Brewer, Maine

SPONSOR: The Dead River Company

COURSE: The race starts on Wilson Street in Brewer and continues across the Chamberlain Bridge into Bangor. The first mile is downhill and very fast. The course continues downhill on Main Street before thousands of spectators lining the streets for the parade that follows the race. After right turns onto State and Harlow Streets the runners will enter the footbridge over the Kenduskeag Stream. The finish line is at the end of the footbridge.

AWARDS: 1-3 in the following divisions

Divisions (Male and Female)

Open

10 and under

11 - 14

15 - 18

19 - 29

30 - 39

40 - 49

50 and over

"MAINE'S FASTEST ROAD RACE"

THOUSANDS OF SPECTATORS!!!

A SUB 5 TRACK CLUB EVENT



ENTRY FEE: \$5.00

FREE T-SHIRTS TO FIRST 100 REGISTRANTS

RACE DAY REGISTRATION: 9:30 - 10:45 AM

Sponsored by



DEAD RIVER

ENTRY FORM

I agree to assume all responsibility for all risk or damage or injury that may occur to me as a participant in the Greater Bangor Fourth of July 3000 Meter Road Race. I also state that I am physically fit and sufficiently trained for this event.

Signature \_\_\_\_\_

RETURN ENTRY WITH REMITTANCE TO:

If under 18 parent must sign

Sub 5 Track Club

Fourth of July 3000m

Print Name \_\_\_\_\_

P.O. Box 63

Address \_\_\_\_\_

Brewer, ME 04412

Age \_\_\_\_\_ T-Shirt size \_\_\_\_\_ Sizes: S M L XL



# Old Hallowell Day

Complete results will be  
published in the Maine  
Running & Outing Magazine

1987

Five Miler

Sponsored by the Hallowell Board of Trade  
and the  
Merchants of Old Hallowell

TAC Certification Code ME-85023-GN

Date/Time: July 18, 1987 at 8:00 a.m. as a part of the Old Hallowell Day Celebration.

Registration: Registration may be mailed to Fred Wingate, P.O. Box 191, Hallowell, ME. 04347. Registration on the day of the race will begin at 6:45 until 7:45 at the Hallowell City Hall. Pre-entry fee will be \$5.00 for the 5 Miler and \$2.00 for the children's Fun Run. \$6.00 registration on race day.

Awards: Trophies will be awarded to the top male and female finishers. Merchandise prizes will be awarded to the top male and female finishers in each of the following age groups: 7 to 10, 11 to 12, 13 to 18, 19 to 29, 30 to 39, 40 to 49, 50 to 59 and 60 and over. T-shirts will be issued to the first 100 registrants.

Medical: Medical attendants will be on duty on the course and at the finish line.

Telephone: [207] 623-3351

Race Director: Fred Wingate, Wingate Lathe Oil, P.O. Box 191, Hallowell.

\*\*\*\*\*

## 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 Old Hallowell Day Five Miler.

Name: \_\_\_\_\_ T-shirt size: S M L XL

Address: \_\_\_\_\_

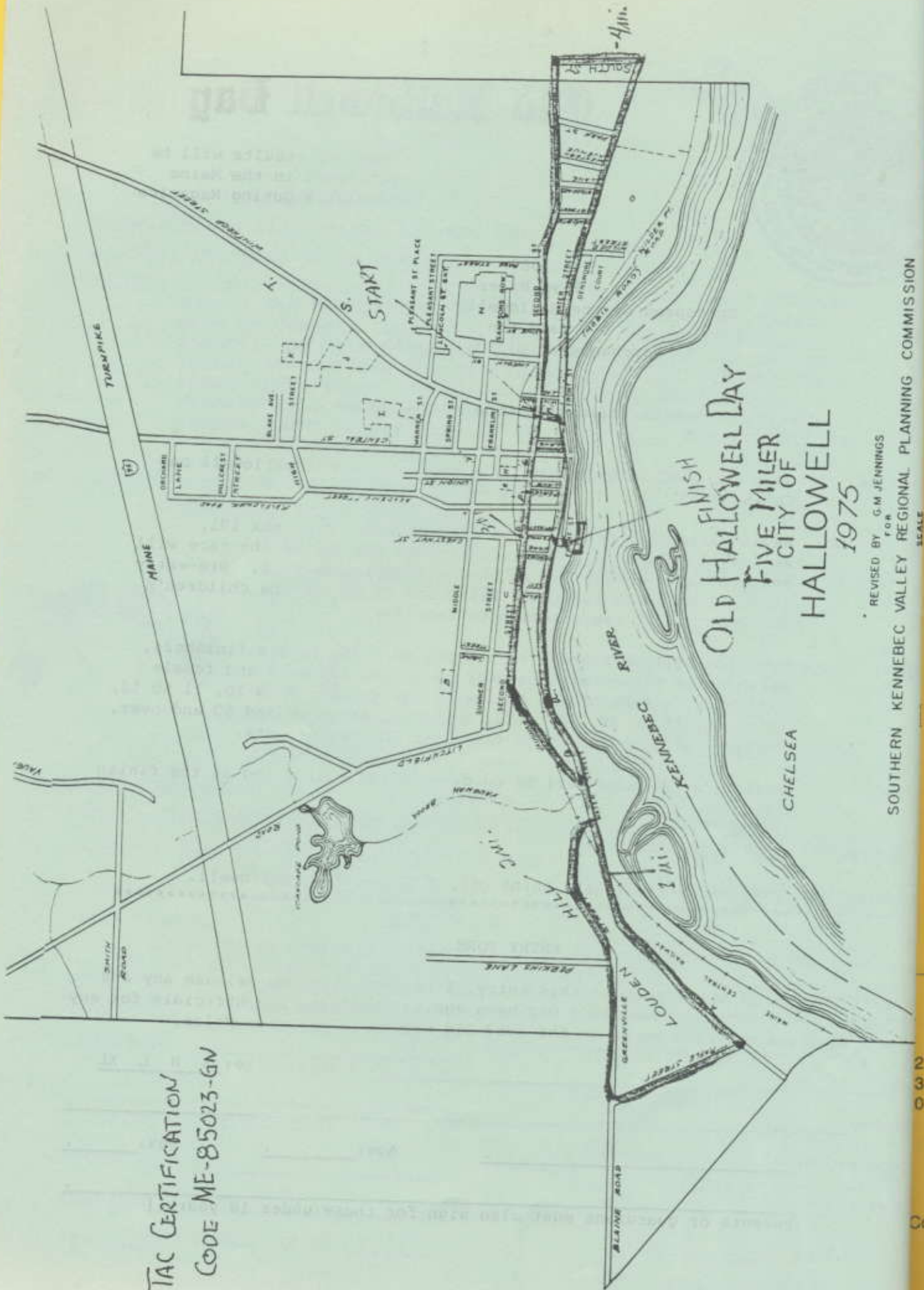
Telephone No: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Signature: \_\_\_\_\_

[Parents or guardians must also sign for those under 18 years.]



TAC CERTIFICATION  
CODE ME-85023-GN



REVISOR: G.M. JENNINGS  
FOR  
SOUTHERN KENNEBEC VALLEY REGIONAL PLANNING COMMISSION  
SCALE

2 and  
3-19  
0-29

Co-Di

t and



**Jones & Vining INC.**  
**AND Fitness Connection**

First Annual Sole & Fitness Experience!!  
**10K ROAD RACE** July 19, 1987  
6.2 miles



**10K Road Race**  
**July 19, 1987**

6.2 miles

Start — JV

Finish — Fitness Connection

Entry fee goes to Special Olympics

(Prizes ● Trophies)

Good Soles & Fitness could take you  
to the Finish Line!

**CATEGORY: PLEASE CIRCLE ONE**

Age Group		
12 and Under	30-34	50 and Over
13-19	35-39	
20-29	40-49	

Send Checks to:  
JONES & VINING, INC.  
765 Webster Street  
Lewiston, Maine 04240  
Co-Directors: Bonnie Morin & Dan Carpenter

ENTRY FEE: \$8.00

**AWARDS**

1st and 2nd Place Prize in Each of 14 Categories

In consideration of this entry being accepted, I for myself, my heirs and assignees, hereby waive and release all rights and claims for any personal damages I may have against officials and sponsors for any and all injuries suffered by me at said events.

\*\*\*\*\*

**ALL PARTICIPANTS FILL ONE ENTRY FORM**

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

Address \_\_\_\_\_

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

First 200 Registered Get a Tee-Shirt.

Signature: \_\_\_\_\_

(Parent/Guardian if under 18)

For more information call 784-5351 or 786-2161

BINGHAM

10K

Place: Bingham, Maine  
Start and finish at Quimby  
School located in the center  
of town on Rt. 201

Distance: 10K  
(6.2 miles, wheel measured)

Date: July 25, 1987

Time: 10:00 am.

Fee: \$4.00 - T-Shirts to first 50 to enter

-Refreshments after race

-Water at 2M and 4M

-Splits at 1M and 5K

Awards: Male and Female  
1st and 2nd overall  
19 and under  
20 - 29  
30 - 39  
40 and over

"Complete Results in Maine Running & Outing"

and entry to: Steve Malloy, Box 314, Bingham, Maine 04920, Phone 672-4432

BINGHAM 10K  
Entry Form

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

Age (7/25/87) \_\_\_\_\_ Sex \_\_\_\_\_

Shirt size S M L XL

In consideration of acceptance of this entry, I, for myself, my heirs and assigns, waive and release any and all claims for personal damages I may have against the persons and officials of this race.

Signature \_\_\_\_\_

Parent if under 18 \_\_\_\_\_





# 10<sup>TH</sup> ANNUAL HANCOCK LOBSTER CLASSIC ROAD RACE

## \*OFFICIAL ENTRY BLANK\*

HANCOCK LOBSTER CLASSIC Road Race (Wheel Measured 10.2 Miles)  
KIDS RACE (Wheel Measured 2.5 K)

Place: Hancock Town Hall, Hancock, Maine. Starts and finishes at the Hancock Town Hall, nine miles east of the Ellsworth Triangle.

Date: Saturday, July 25

Time: 8:45 a.m. Kids Race  
9:30 a.m. Classic

Name .....  
Address .....  
City ..... State ..... Zip .....  
Phone ..... Age ..... Sex .....  
Divisions: (Age)  
High School (18 & Under) ..... 19-29 ..... 30-39 .....  
40-49 ..... 50-59 ..... 50 & Over .....

T-Shirt Size: (circle) S M L XL

Entry Fee Classic: \$5.00  
Kids: \$2.00

Course Record: Male: John Fiola - 53:02 - 1984  
Female: Robin Emery - 1:06:25 - 1984

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 Town of Hancock and all others assisting with the Hancock Lobster Classic Road Race from any liability for any injury or accident occurring as a result of my participation in this race.

Signature ..... Date .....  
If under 18, parent or guardian signature ..... Date .....  
Check here for Kid's Race ☐

### RACE INFORMATION

Starting Time: 8:45 a.m. Kids Race, 9:30 a.m. Classic

Registration: 8:00-9:15 Hancock Town Hall, or by mail before July 23rd. All runners should report to the start early to avoid any delay in starting.

Course: See map on reverse. Time given at the 1 mile and halfway (5.1 miles) marks. Aid stations 3, 7 & 9 miles.  
Facilities: Restrooms only; in Town Hall.

Awards Ceremony: Will take place in front of Town Hall, opposite finish line. Refreshments will be served.

Awards: Lobsters will be awarded to the 1st and 2nd place finishers in each category. THE 1ST 100 RUNNERS WILL RECEIVE A LOBSTER CLASSIC T-SHIRT. 1st 50 in Kids' Race will get a hat.

#### MAIL ENTRY AND FEE:

Make check payable to Lobster Classic Road Race, and mail to:  
Steve Coffin \* Hancock Point Road \* Hancock, Maine 04640 \* 207/422-6888  
Complete results will be published in Maine Running

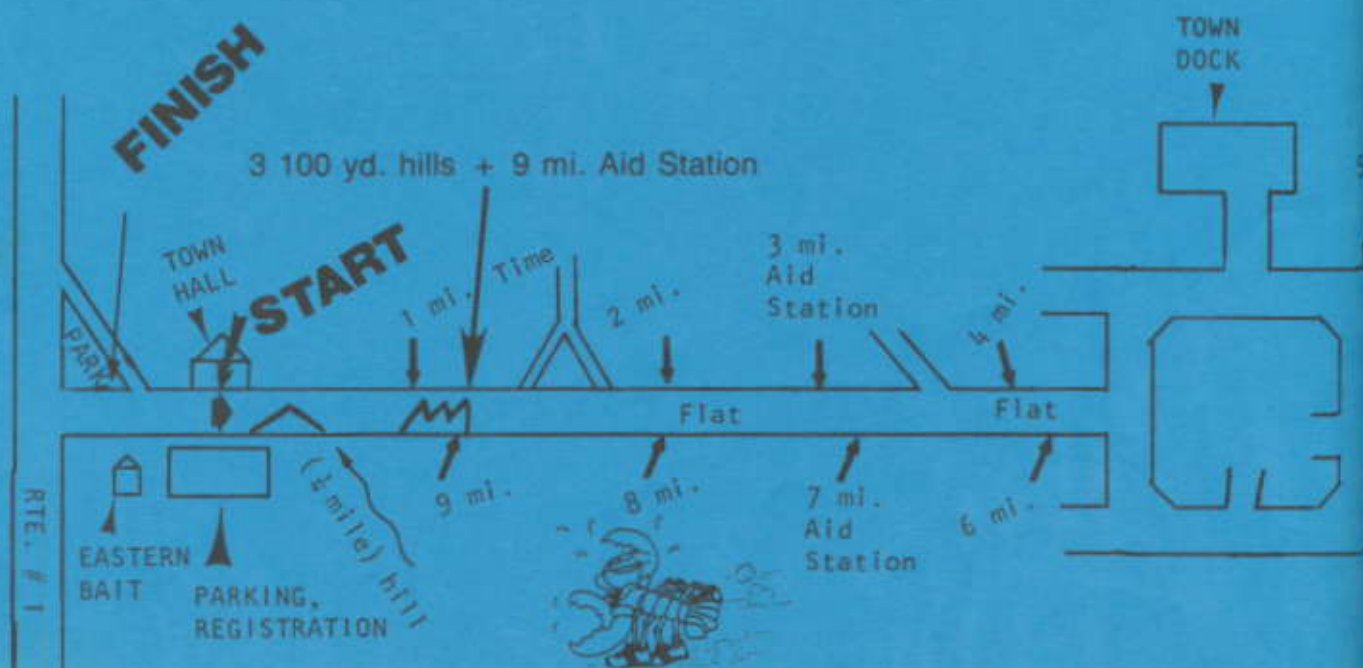


Present this tab for  
20% **DISCOUNT**  
on any meal at  
**CROCKER HOUSE COUNTRY INN**  
on July 25th or 26th

Present this tab for  
20% **DISCOUNT**  
on any meal at  
**ARMANDO'S RESTAURANT**  
on July 25th or 26th

## Other Festivities

Historic Society Exhibit  
Horse Shoe Pitching Contest  
Band Concert  
Tennis match  
Square Dance





Presented by  
20% DISCOUNT  
on any meal  
ARMANDO'S RESTAURANT  
July 29th or 26th



WHEN: Sunday, August  
2, 1987

10K - 6.2 Miles

COURSE: 10K Tac Certified  
3 Water Stops & Splits

TIME: 8:30 A.M.

REGISTRATION: Fee is \$ 6.00 for  
Pre-registration.  
\$7.00 day of race.

DIVISIONS: Men's and Women's Ages:  
Open - First In  
14 & Under 30-39  
15-19 40-49  
20-29 50 & Up  
WHEELCHAIR

AWARDS: Prizes to 1st and 2nd  
places in each category.  
T-Shirts to all Finishers.

MAIL TO: Ken Sylvester  
109 Talbot Avenue  
Rockland, Maine 04841

MAKE CHECKS OUT TO:

Rockland Festival Corp.

COMPLETE RESULTS WILL BE IN THE MAINE RUNNING MAGAZINE

WHERE: Rockland, Maine  
at The Public Landing

KIDS FUN RUN

COURSE: 1 Mile, Wheel  
Measured.

TIME: 7:30 A.M.

REGISTRATION: Fee is  
\$1.00. Limited to  
school grades,  
Kindergarten through  
8th grade in Sept. 1985.

AWARDS: 1st place Boy  
& Girl.  
1 winner in each grade,  
K - 8

SPECIAL TROPHY TO FIRST  
PROFESSIONAL FISHERMAN  
FROM KNOX COUNTY

GIANT PRIZE DRAWING AFTER  
THE RACE

**Goldsmith's • Trade Winds HEALTH club • BUD LIGHT**

IN CONSIDERATION OF ACCEPTANCE OF THIS ENTRY, I HEREBY WAIVE AND  
RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST  
THE SPONSORS AND OFFICIALS FOR ANY AND ALL INJURIES SUFFERED BY ME  
IN THIS ROAD RACE.

NAME: \_\_\_\_\_

( ) KIDS RACE: \_\_\_\_\_  
(Grade) (Sex)

ADDRESS: \_\_\_\_\_

( ) 10K: \_\_\_\_\_  
(Age) (Sex)

T - SHIRTS SIZE: XS S M L XL

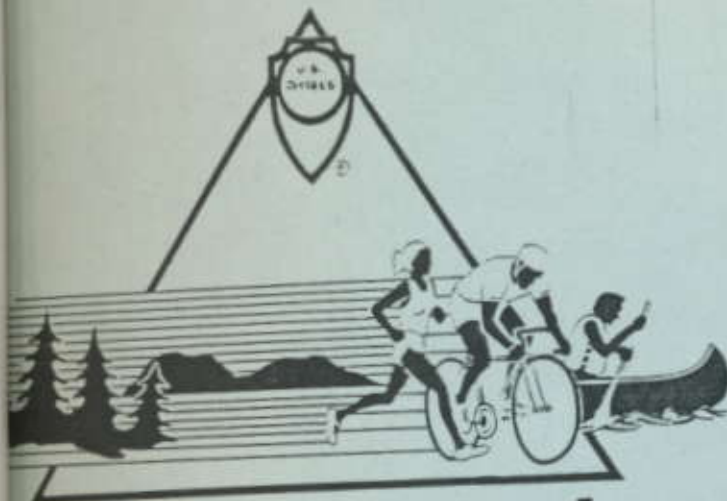
( ) PROFESSIONAL FISHERMAN FROM  
KNOX COUNTY

SIGNATURE: \_\_\_\_\_

( Parent or Guardian if Under 18)

5 mi

5.1 (halfway) time



# Mattanawcook TRIATHLON

The following are all "out and back" courses, and all begin and end at Prince Thomas Park on scenic Mattanawcook Lake in down-town Lincoln:

6.2 mile run

6 mile canoe

22 mile bike

## SCHEDULE:

7:30 - 8:30 registration

8:30 - 9:00 pre-race meet

9:00 START

sponsored by: Coldstream Jaycees and Norstar Bank, plus others.

Entry fee: \$10.00 per person. T-shirts to the first 100 registrants; awards to the first three finishers in each of the following categories:

- |                                  |                              |  |
|----------------------------------|------------------------------|--|
| 1. Individual men                | 5. 4 Person male 35 & over   | 9. 3 or 4 Person mixed                           |
| 2. Individual women              | 6. 4 Person female 35 & over | 10. 2 Person mixed                               |
| 3. 4 Person team male under 35   | 7. 2 Person team male        | 11. Individual masters 35+                       |
| 4. 4 Person team female under 35 | 8. 2 Person team female      | 12. Family plus one other nonfamily member (3+1) |

I, The undersigned, know that as a participant in the MATTANAWCOOK TRIATHLON, that I should not enter and compete unless I am medically able and properly trained. I assume all risks associated with the event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road; all such risks being known and appreciated by me/us. Having read this waiver, and knowing these facts, and in consideration of your accepting my/our entry, I/we for myself and anyone entitled to act on my behalf, waive and release the Cold Stream Jaycees, the Town of Lincoln, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Please enter me/us in category number \_\_\_\_\_.

Signature _____	Signature _____	T-shirt size
address _____	address _____	
Signature _____	Signature _____	
address _____	address _____	

T-shirt size

1.

2.

3.

4.

For further info contact: Paul Smith 794-6638/3321 or Jack McAdam 794-2221

Mail entries to: Paul Smith, Box 187 RR# 1, Lincoln Center, ME 04458

Make checks payable to: Cold Stream Jaycees

RESULTS IN MAINE RUNNING & OUTING MAGAZINE





NINTH ANNUAL BLUE HILL DAY  
10 KILOMETER ROAD RACE  
HOSTED BY  
NORTHERN BAY ATHLETIC CLUB

Date: August 9, 1987—Sunday  
Registration: By mail or by 10:00 a.m.  
on race day.  
Starting Time: 10:30 a.m.  
Location: Blue Hill Town Park  
Blue Hill, Maine  
Entry fee: \$10.00 per person

COMMEMORATIVE T-SHIRTS FOR ALL COMPETITORS

**COURSE:** On and off road. First mile uphill in steps. Downhill and flat for next 2 miles. Last half of race is rolling hills along the bay! Chronomix timed. Splits at 1 and 3 miles.

**AWARDS:** Dinners and ribbons.

First place overall male, female and masters, and junior will receive **2 complete dinners each**. If you intend to win, bring a friend!

**Other categories:** Male and female — 14 and under, 15-19; 20-29; 30-39; and 40 or over.

Also: First Blue Hill Finisher, male and female; youngest finisher; oldest finisher; and

"meanest" finisher. Winners in these categories will receive **1 Dinner each**, ribbons for 2nd and 3rd. Complete results to be printed in **Maine Running and Outing Magazine**.

Bring the family and make a day of it. Enjoy an afternoon at the Head of Blue Hill Bay. Chicken BBQ and Lobster Bake featuring famous Blue Hill Blueberry Cobbler! Restore your energy and vital functions with a refreshing dip at the town park beach! Enjoy genuine early American rest room facilities! "Blueberry Jam" Music Festival at 1:00 p.m.! Games for the kids!

OFFICIAL ENTRY FORM  
BLUE HILL DAY  
10 KILOMETER ROAD RACE

I certify that I have trained adequately and that I am in good physical condition. I know of no reason why I should not compete in the Blue Hill Day 10-K race, finishing safely and in good humor. In consideration of your acceptance of this entry, I do hereby release from all liability and indemnify and hold harmless private property owners, the Town of Blue Hill, Northern Bay Athletic Club and all others helping with the race.

Signature (parent or guardian under 18) \_\_\_\_\_

Name (Print) \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Complete Mailing Address \_\_\_\_\_ Zip \_\_\_\_\_

T-Shirt size S M L XL or child (additional T-shirts — \$6.00/ea.)

**Please Note:** Only one prize will be awarded per person. Detach this form and please mail with entry fee to:

Northern Bay Athletic Club  
RFD 1, Box 30  
N. Penobscot, ME. 04476

For further information call:  
326-9097, evenings



PENOBSCOT  
PEDALER

Sponsored by:  
PAT'S BIKE SHOP  
and

THE NORTHERN BAY ATHLETIC CLUB

# "A 25 mile cyclist's adventure by the sea"

**Sunday, August 16, 1987  
10:00 a.m.**

- Start and finish area: Largay's IGA parking lot - Blue Hill.
- 3 awards in the following age categories:  
Men— 15-17, 18-29, 30-39, 40 and over.  
Women— 15-29, 30 and up
- Commemorative CAPS for the first 30 registrants.
- Special Prizes: Polka Dot Shirts
- Post Race Drawing for merchandise

Registration \$12.00 per person (NBAC Members \$8.00)

Pre-register by mail: NORTHERN BAY ATHLETIC CLUB  
RFD 1 Box 30  
N. Penobscot, ME 04476

Complete results in Maine Running and Outing Magazine

LAST NAME \_\_\_\_\_  
FIRST NAME \_\_\_\_\_ SEX \_\_\_\_\_  
MAILING ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
SHIRT SIZE S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_



PENOBSCOT  
PEDALER

In consideration of your accepting this entry I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims or damages I may have against any sponsor, their representatives, successors and assigns for any and all injuries suffered by me at said race.

Signature (parents of participants under age 18): \_\_\_\_\_

Send payment to: NBAC, RFD 1 Box 30, N. Penobscot, ME 04476



# BLUE HILL Mtn.

## CHALLENGE

### 10K - New England



CO-SPONSORED BY:

Bar Harbor Banking and Trust Company

&

Northern Bay Athletic Club

"A rugged, demanding cross country course with some of the most spectacular scenery in the state. A real challenge to conquer"

**SATURDAY - AUGUST 22, 1987**

"The Pikes Peak of the East"

**LOCATION:** Blue Hill Fairground - Blue Hill, Maine

**STARTING TIME:** 10:00 a.m., Registration at 8:00 a.m., Rain or Shine.

**DISTANCE:** 10 Kilometers (wheel measured)

**REGISTRATION FEE:** \$8.00 (NBAC Members \$6.00)

**COURSE:** 85% good off road trails. Begins and ends on the Blue Hill fairground track. Race starts in the hills, climbs the lower slope of Blue Hill Mountain then winds through meadows and woods down to the village and returns gradually up hill to the fairgrounds.

**AWARDS:** Commemorative caps for all finishers. 3 place awards for 5 age categories - male & female. Coveted Mountain Man and Mountain Woman Bowl from Rackliffe pottery for first male and female finisher. Also Master of the Mountain award for 40 and up winner, and Mountain Goat award for junior winner.

**POST RACE DRAWING FOR MERCHANDISE - FACILITIES AND REFRESHMENTS AVAILABLE**

**SPLIT TIMES AND AID STATIONS THROUGHOUT - CHRONOMIX TIMED**

**HOST CLUB:** NORTHERN BAY ATHLETIC CLUB, RFD 1 BOX 30 NORTH PENOBSCOT, MAINE 04476

In consideration of the acceptance of this entry form, I hereby certify that I have trained adequately and that I am in proper physical condition to safely participate in this race, and do hereby waive and release any and all rights and claims against Northern Bay Athletic Club and its directors, The Blue Hill Fair Corp., the Town of Blue Hill, course property owners and all others involved with the organization of this race.

Additional caps available - \$5.00 each

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

Address \_\_\_\_\_

Signature (parent if under 18) \_\_\_\_\_

SUGARLOAF/USA

C.O. BECK & SONS

# The Sugarloaf Marathon & 15K 1987



THE SUGARLOAF MARATHON AND 15K have earned reputations as quality running events. Both are extremely fast courses with approximately 40% of the Marathon field running PR's in last year's event. Bruce Ellis of Exeter, N.H. ran a course & personal record in the 1986 event, 2:18:38. Anne-Marie Davee posted the women's course record last year at 2:54:40. These are extremely fast times for a race with such a small field, 120 competitors.

A fully certified T.A.C. course means runners can qualify for the Olympic Trials or the Boston Marathon. This fast course increases your chances to make these events. The early date provides you an opportunity to run two marathons before 1988.

The Sugarloaf 15K is on the fast last 15K of the marathon course. Void of any hills, it follows the Carrabassett River to Kingfield. This course has the potential of being the fastest 15K in New England with elevation lost of 300 feet between start and finish and nearly void of hills.

The setting for both races is breathtaking as it follows Maine Scenic Highway Rt. 27. Even though the courses wind through the beautiful western mountains of Maine they are not what you would imagine. The first 5 miles of the marathon are flat, the next 5 holds our version of Heartbreak Hill, a steady 2 miles hill beginning at mile 8. The last 16 miles are downhill.

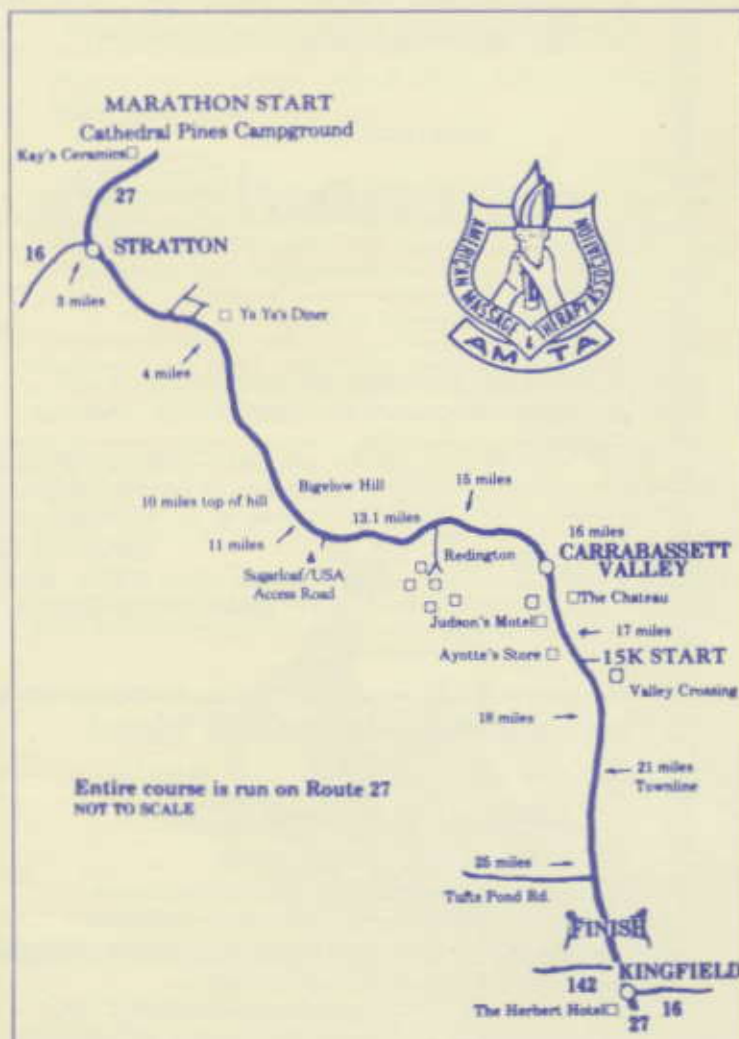
The weather in the mountains at this time of year is ideal for a marathon. Normal morning temperatures range in the low 40's at 7 a.m. to 70° by 11 p.m.

The Sugarloaf Marathon and 15K offers a great opportunity to enjoy a mountain get-away vacation. Besides great running trails, there is golf, tennis, hiking and whitewater rafting in the area. The Sugarloaf area is a special place. Come up and share it with us.

Special accommodation prices are available in the new Sugarloaf Mountain Hotel and Mountainside Condominiums right on Sugarloaf Mountain. These luxury units are being offered at great savings.

Sugarloaf/USA and C.O. Beck & Sons invite you to join us

## August 30th





# The 1987 Sugarloaf Marathon & 15K

Special Note: Please read carefully and print all information. Data will be computerized and must be complete and legible or your entry will have to be returned.

I have trained and want to run in: Sugarloaf Marathon ☐ Sugarloaf 15K ☐

NAME  LAST  FIRST  M. ☐

ADDRESS  NUMBER AND STREET OR POST OFFICE BOX

CITY  STATE  ZIP

AGE (as of 8/30/87)  SEX (female/male)  TELEPHONE  -

TAC NO.  (requested if available) TEAM NAME

BEST MARATHON TIME (From 1981 - 1987)  SHIRT SIZE  S M L XL

BUS TRANSPORTATION ☐ \$4.00 (limited space, Marathoners only) FOR OFFICIAL USE ONLY

I plan on attending the pre race banquet ☐

## ENTRY RELEASE

In consideration of your accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims or damages I may have against the race committee, any sponsor, their representatives, successors, and assigns for any and all injuries suffered by me at said race or event, even if it is caused by negligence on the part of the race committee.

Runner's Signature

Parent's Signature (if under age 18)

Entry fee of \$12 (plus bus fare) for Marathon & \$8 for 15K (preregistration) must accompany this form along with a LARGE, SELF-ADDRESSED STAMPED ENVELOPE to assure mailing of race packets. Make checks payable to:  
The Sugarloaf Marathon, Minister Hill, Kingfield, Maine 04947.

The SUGARLOAF MARATHON COMMITTEE reserves the right to reject any entry or to issue special invitations.

DATE: Sunday morning, August 30, 1987

## 15K DETAILS

## MARATHON DETAILS

Time: 7:30 a.m.

Place: Start - 3 miles north of Stratton, Maine on Rt. 27 at Cathedral Pines Campgrounds. Finish - Kingfield, 1/10 of a mile north of intersection of Rt. 27 & 142.

Entry Fee: \$12.00 pre-registration only, postmarked no later than August 15, 1987. Registration closes August 15. No late entries accepted. No refunds on entry fees.

Course Certification: The Sugarloaf Marathon has been certified by the Board of Athletics of The Athletic Congress of the U.S.A.

Course: A fully T.A.C. certified point to point course on Maine Scenic Highway Rt. 27, in the beautiful western mountains of Maine. Course starts at an elevation of 1170 feet and finished at 580 feet. It follows the Carrabassett River for the last 16 miles. Surrounded by 4000 foot peaks it is one of the most scenic courses anywhere. It's beautiful!

Course Records: Bruce Ellis, 1986: 2:18:38 — Anne-Marie Davee, 1986: 2:54:40.

Fluid Replacement: Every 2.5 miles water and replacement fluids will be available.

Awards: All finishers receive a Certificate of Finish and a long sleeve shirt. Plus Awards for first three male and female finishers in each age division. Team (4-member) award, coffee mug first 25 finishers.

Transportation: Transportation from finish to start line will be available only before the race, to marathon runners who reserve it for \$4 extra (check proper box on application). Shuttle leaves at 5:30 a.m. sharp. Space is limited and by reservation only for marathon runners only.

Time: 7:30 a.m.

Place: Start - Valley Crossing in Carrabassett Valley. Finish - same as Marathon.

Entry Fee: \$8.00 pre-registration, \$10 day of event from 6:30 - 7:15 a.m. only.

Course Certification: Full certification is expected by race date.

Course: Last 15K of Marathon; fast.

Fluid Replacement: Self service every 3 miles, water only.

Awards: T-shirts to the first 150 to register only, plus awards for first 3 male and female finishers in each age division.

## INFORMATION FOR BOTH RACES

Divisions: Open - 20, 30 - 34, 35 - 39, 40 - 49, 50 - 59, 60 and over.

Pre-Race Activities: Carbo Dinner special will be available in the Base Village at Sugarloaf/USA. Details will be sent in your race packet.

Post-Race Activities: Live entertainment and awards ceremony after race. There will be a barbecue with free liquid refreshments.

Facilities: Shower and changing facilities are available near finish and are at Kingfield Elementary School on Rt. 27.

Massage: Free professional therapeutic massages will be provided by members of the American Massage Therapy Association after races; Cathy Freyer, Ms. T. coordinator.

Host Club: Central Maine Striders.

Race Directors: Nancy and Chip Caray, Minister Hill, Kingfield, Maine 04947; work: 207-237-2000, home: 207-265-2273.

Sponsors: Sugarloaf/USA and Carl Beck and Sons Roofing of Waterville, Me.

## The Sugarloaf Mountain Hotel

Headquarters for the 1987 Sugarloaf Marathon

### SUPER MARATHON DEAL

\$50 per night per room

Includes lodging for up to two people, each additional person is \$10, children 14 and under stay free with parents in same room

The Sugarloaf Mountain Hotel is a beautiful place to stay.

Condominium available at special rates also

For Reservations Call: In Maine 1-800-THE-LOAF  
In N.E. 1-800-451-0002 Outside N.E. call 1-207-237-2000

## C.O. BECK & SONS

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Eastern Avenue, Waterville



returned.



### FLYERS IN MAINE RUNNING & OUTING MAGAZINE

Do you want to reach a great many runners without a great deal of hassle? Why not put your race application in **Maine Running & Outing Magazine**? Here's all you do:

Send us your flyer by the 10th of the month prior to the issue in which you wish your flyer to appear. The number varies depending on the time of year, but is usually between 900 and 1,200. The current rates are as follows:

\$20.00 for 8½ x 11 flyer with the words "Complete results in Maine Running & Outing Magazine."

\$25.00 for 8½ x 11 flyer without the above statement.

\$30.00 for 8½ x 14 **pre-folded** only!

\$30.00 for multiple page and loose insert flyers.

\$60.00 for single side 8½ x 11 flyer that we print for you on colored paper.

\$85.00 for front and back flyers.

Add \$15.00 extra if professional lay-out work is desired.

Best advertising deal around for your race!

### ADVERTISING RATES IN MAINE RUNNING & OUTING MAGAZINE

The advertising rates in **Maine Running & Outing Magazine** are down-right incredible.

A full page \$65.00 a month

\$650 per year

Half page \$37.50 a month

\$375.00 per year

Quarter page \$22.50 a month

\$225 per year

There are special rates for 3 months; 6 months, and mixed packages as well.

### WHERE CAN I PICK UP A COPY OF MAINE RUNNING & OUTING MAGAZINE?

If anyone every asks you where they too can get a copy of **Maine Running & Outing Magazine**, steer them to one of the following advertisers:

- OLYMPIA SPORT in South Portland
- SPORTS EAST in Topsham
- THE STARTING BLOCK  
Hallowell
- THE ATHLETIC ATTIC in the Bangor Mall  
Auburn Mall,
- HASKELL'S in Bar Harbor
- JAMES BAILEY CO. in Portland
- BATH CYCLE and SKI in Woolwich
- LIFE SPORTS OF MAINE in Ellsworth, Bar Harbor
- GOLDSMITH'S in Bangor, Presque Isle, Auburn
- WIGHT'S in Brewer
- \* GULLIVER'S in Ellsworth
- \* OLYMPIA SPORT in Windham
- \* FROST & FLAME in Windham
- \* BRIDGTON PHARMACY in Bridgton

Planning a large race? 200, 300 or more. Then you need...



The only way to handle large race fields. \$50.00 per race. Call 843-6262 to reserve the machine.

HOW DO I SUBSCRIBE TO MAINE RUNNING & OUTING MAGAZINE? All you need to do is send the bottom part of this page to the address on the title page along with a check for \$17.50 and we'll send you the magazine for a year.

NAME: \_\_\_\_\_

MAINE RUNNING  
P.O. BOX 1217  
EAST HOLDEN, ME. 04429

ADDRESS: \_\_\_\_\_

ZIP \_\_\_\_\_

MAKE CHECKS  
PAYABLE TO

