

Readfield's Sue Elias Conquers Tour de France,

AGAIN

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

SEPTEMBER 1981



Plus, Maine Kayaker Wins Medal in Festival and XC Preview

\$1.75



P. O. Box 3399 Brewer , Maine 04412 Tel. (207) 947-2086

At the end of July Susan Elias completed her second Tour de France, the most competitive cycling event in the world, if not the most prestigous. When Susan was enrolled at the University of Maine at Orono she was one of the state's best distant runners. In the picture on the cover she is being outleaned by Laurie Bean of Bowdoin for third-place in the Bowdoin Invitational during her junior year. Susan won the individual state title her senior year. The picture of her cycling is on a hill by her home in Readfield, a few days after the Tour ended. Her long blonde hair is tied in red, white and blue elastics, like the way she wore it during the Tour.

Also in this issue is kayaker Mark Zollitsch. He won some medals at the Olympic Sports Festival. There is also the preview on high school and college cross country seasons.

AN IMPORTANT MESSAGE: The magazine has a new address. Please note:

MR&O P.O. Box 3399 Brewer, ME 04412

You can also contact me at 947-2086.

I hope you enjoy this issue. Next month there will be an update on the Runner of the Year System. With Andy Palmer and Bruce Ellis now residing in Maine, this year may prove to be just as exciting as 1986.

See ya soon,

SPECIAL THANKS to Bob and Tanya, the businesses that advertise and sell MR&O, Jane and Jerry who mailed me important info for this issue and of course, once again, the Rand family.

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Doad Race Calendar

SEPTEMBER 7	25TH ANNUAL BANGOR LABOR DAY ROAD RACE. 9:00 a.m. at Bass Park. *ME-85014-GN* For more information contact Bob Booker (843-6262) or see flyer in August issue. S4 entry fee.
SEPTEMBER 7	LABOR DAY 5K. 9:00 a.m. from Oosoola Park in Norridgewock. Contact John Malek (634-4617).\$5 entry
SEPTEMBER 12	BATH MEMORIAL HOSPITAL 6.6 MILE ROAD RACE. 8:30 a.m. at BMH employee parking lot. Contact Kevin McLearn 1356 Washington St. Bath 04530. S5 preregistration includes T-shirt. See flyer in August issue.
SEPTEMBER 13	CAPE CHALLENGE HALF-MARATHON. 9:00 a.m. at SMVTI on Fort Road in So. Portland. *ME-85006-GN* For more information call 799-0463 or 846-6018 (eve). \$8 entry fee.
SEPTEMBER 13	3RD ANNUAL SENTINEL 10K CLASSIC. 9:00 a.m. from Castonguay Park in Waterville. Contact Central Maine Striders P.O. Box 1177 Waterville 04901. Certification pending. 36 entry fee.
SEPTEMBER 19	10TH ANNUAL BAR HARBOR 13 MILER. 10:00 a.m.Contact Bar harbor Chamber of Commerce, Bar Harbor 13 Miler, Bar harbor 04609 or call 288-5103. See flyer. 56 entry fee.
SEPTEMBER 20	BAILEY'S CROSS COUNTRY RUN. AT USM in gorham. Kids (12 & under) 1-mile at 12:00. Women's 5K at 12:30. Men's 5K at 1:15. Contact George Towle (761-2197 - eve.)
SEPTEMBER 20	WADDLE FOURNIER MEMORIAL 10-MILER. Contact Bob Waddle (725-6222).
SEPTEMBER 20	FIELDCREST FOOT RACE. 10K at 10:00 a.m. from Fieldcrest Manor on Depot St. in Waldoboro. Contact Fieldcrest Manor, R.R. #1 Box 34, Waldoboro 04572. \$5 preregistration. See flyer in August issue.
SEPTEMBER 20	19TH ANNUAL CHUBB LIFE RUN. 10-mile and 5K at 10:00 a.m. (5K starts at 9:15) at Concord YMCA. Contact Bob Teschek (863-2537). \$5 preregistration for 5K, \$6 for 10-miler.
SEPTEMBER 20	YMCA CARDIAC RUN/WALK. 5K at 10:30 a.m. Walk at 10:00 am Starts at Bangor Motor Inn on Hogan Rd. Contact Paul Hammond, Bangor YMCA, 127 Hammond St., Bangor 04401 or 941-2815. S6 preregistration, \$3 for students.
SEPTEMBER 20	GARDINER SAVINGS INSTITUTE (FSB)/WOMEN'S CLASSIC. 10:00 a.m. from Gardiner Sportsman's Club on Cobbossee Ave. (opposite Regional Junior High). Contact Linda LaRue-Keniston (685-9412). \$5 prereg.
SEPTEMBER 26	FAMILY HEALTH RUN/WALK. 5K (wheel-measured) at 10:15 a.m. Fun runs (4 and 1-mile) at 9:30. Register at Penobscot Bay Medical Center, near Samorset Resort. Raindate 9/27. Contact Dyan Dyer at 594-9511 (ext. 230) or 236-2888.
SEPTEMBER 26 & 27	KINGFIELD 10K WEEKEND. Kids' K race at 10:15 a.m. 10K at 11:15. Uphill Climb on sunday at 10:15 a.m. Kids' K - \$4 entry fee, 10K - \$8 and Uphill Climb - \$5.Contact Nancy or Chip Carey at 237-2000 (w) or 265-2273 (b). Road Races start on Main St. Climb begins at Suparloaf/USA base lodge.

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OCTOBER 4 FOR KIDS' SAKE. 4-miles at 11:11 a.m. with Kids' K at 10:30. Starts at the Proble St. Extension parking lot. TELEVISION COVERAGE BEGINS AT 11:00. Contact Maine Track Club, P.O. Box 8008, Portland 04104. YOU MUST PREREGISTER, NO POST ENTRIES. See flyer in this issue.

OCTOBER 11 CASCO BAY MARATHON. 7:00 a.m. from Portland Expo. Contact Charlie Porter at 839-6593 (before 9:00 p.m.). S7 entry fee.

DOWNEAST 4-MILE CLASSIC. 1:00 p.m. start at Sanford-springvale YMCA. Contact Richard L'Heureux OCTORER IA (676-2265). S6 preregistration. See flyer in this issue.

OCTOBER 25 BENJAMIN'S 10K ROADRACE. 12-moon at school on Forest Ave. Contact Benjamin's Tavern (942-7492). PREREGISTRATION ONLY. NO POST ENTRIES. Pre-race packet pickup at Goldsmith's on Saturday and John Bapst Memorial High race morning. See flyer in August or September issue.

OCTOBER 11 A FALL "FUN FOR FITNESS" RACE. 12-moon at Taylor Hospital on Stillwater Ave. in Bangor. 2-miles! \$5 entry fee.

SEMPER FIVE. 5 mile cross country run at Topsham Marine Reserve Center. Contact 1st Sgt. Bechard, OCTOBER 18 Marine Corps Reserve Training Center, Topsham 04086 or 921-2337/2360.

ALSO October 4. BERLIN MARATHON. Starts at 9:00 a.m. Dial Berlin in the USA. (1-800-237-5469) and ask for Sarah Jackson. She can reserve a hotel room for you or give you additional information. Tell her you are calling about the marathon.



SEPTEMBER 7

NOVEMBER 1

1987 STATE OF MAINE CANCE RACE SCHEDULE by Adrian Humphreys

ANDROSCOGGIN BOAT CLUB REGATTA. (FW. OC). 10 miles on Androscoggin R., Brunswick. Contact

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

Paddling

KITTERY TRADING POST SEPTEMBERFEST. (FW. OC. K). 5 miles from Spruce Greek, 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). GERRISH ISLAND RACE. (SK). 6 miles. contact Lance Gunderson, Box 226, harbor Rd. Kittery Pt., ME. SEPTEMBER 12 SEPTEMBER 19 EBB TIDE MARATHON. (FW. OC. K. SK). 10 miles on Penobscot R. Bangor/Orrington. Contact Earl Baldwin (825-4439). OCTOBER 4 SOUTH SOLON OPTOMISTS CLUB CANDE RACE. (FW. OC. K). 10 miles on Kennebec R., Solon/Anson. Call 474-8048 for more information. OCTOBER 10 RACE OF TRUTH. (FW-Ocean, K SK, ROW). 9 miles. Contact James Chute 865-4341. OCTOBER 18 WALDO COUNTY CHALLENGE TRIATHLON. In Belfast with 5-mile cance. Contact Dale Cross (338-4598).

Cycling

Eric McNett (729-8697).

SEPTEMBER 20 SEBAGO CLASSIC BIKE RACE. 40 miles from windham. Contact Frost & Flame Ski and Bike Shop for more information (829-3070).

SEPTEMBER 19-20 THE GREAT BICYCLE ESCAPE. The tour begins Saturday at Yarmouth Academy with a 75-mile ride to the State YMCA Camp on Lake Cobbosseecontee in Withrop. if you stay overnight, you ride the same route back to the same route back to the Academy on sunday morning. If not, the organizers will transport you and your bike back Saturday night. The tour is limited to 200 people. Call 761-5815 for more information.

SEPTEMBER 20 IST ANNUAL BIATHLON SERIES. The Grand Finale. 5-mile run and 20-mile bike. 9:00 a.m. start at the Fitness Connection, Westminster St. in Leviston, Call 786-2161 for more information,

SEPTEMBER 20 UNION RIVER ROAD RACE.9:00 a.m. from Ellsworth holiday Inn. 20-mile and 40-mile courses. No U.S.C.F. riders and helmets required. Call Gulliver's bike Shop (667-3223) for more information. SEE FLYER IN THIS ISSUE.

SEPTEMBER 7 STATE CHAMPIONSHIP TIME TRIAL. 10:00 a.m. through Old town. 20-miles. For more information contact Pat's Bike Shop (989-2900) or see calendar in August issue.



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





This fall can be anybody's race.

Gone are the big names like Crook, Stairs, Delan and Duffy. In 1987 names like Kimball, Chipman, Lemieux and McCarthy look to replace the dominant hill-and-dalers from 1986. But like Ellsworth High's 15th-year head coach Steve Coffin said, "There is no real overwhelming powerhouse," especially in the Penobscot Valley Conference that covers sections of Northern and Downeast Maine.

In 1986 Coffin's girls were a strong contender for a Class B state championship, but then he lost his top two runners most of the season for various reasons. Hampden Academy kindly took the forefront in the PVC that was left vacant by the Eagles. The Bronco's were led by Amy Gorham's seventh-place finish in the States. This fall Gorham again should be the big gun, but Mount Desert Island's Jeanne Higgins and Hermon's Cathy York will make valiant claims for the top spot in the PVC. Ann O'Leary of Orono should surprise some people especially since her high school will have a program this fall, unlike 1986. Last year O'Leary trained on her own.

But come State Meet time, the top three teams in '86 again should be battling it out for the title this year. Danny Paul's Greely squad will have the most returning. Junior Jill Decker (fourth in '86) and Eliza Booth (5th) will lead the defending champions.

Maranacook edged Kennebunk by four points to claim the runner-up spot last year and Kennebunk has lost Laura Duffy to graduation. Duffy's 17:32 in '86 was more than one-minute faster than anyone else in the state, due mostly to Wendy Delan's inability to run due to an illness. Duffy did have a strong backup with Theresa Lush (6th) and Jennifer Halsted (8th), but it is not sure if they will be returning in '87. Maranacook's Denise Whelton (3rd), meanwhile, could be the individual favorite.

On the boy's side in Class B, MDI defeated the Matt Crook-led harriers from Maranacook in '86 for the title and Crook has now left for Northeastern University, but Howie Richard's MDI squad lost even more. Of the four who finished in the top 18 last year for MDI, only Steve Heath (7th) returns this season. This may Portland may surprise people with its young, leave the door open for Maranacook which is

Cross Country Preview - High School str. does

"always tough," according to Lewiston coach Sals Kim Wettlaufer.

Hampden's Brent Leighton (3rd) and Jeff Bender of Camden-Rockport (4th) will be the Lew: top contenders for the individual crown. Stearns' Charles Violette (19th) had a very successful outdoor track season and may alst fall make a run for the top spot.

In Boys Class C, Carrabec's Wade Chipman was should be the easy favorite for the individu title that he also won last fall by 44 secoting but the team title should go to Yarmouth or in s Shead. Yarmouth, led by Chris Smith (3rd), held off Shead in 1986 by three points. Yar-(Sou mouth had four in the top 18, which was not (1st as good as Shead's five in the top 20, but Yarmouth had the strong front-runners to grab the victory from Shead. It is not sure what members are returning for both squads, but they should have enough depth. Aran Shetterly of George Stevens Academy, ninth a year ago, could act as a spoiler.

At least the top six girls in Class C froidua '86 are returning which should lead to an intense rematch this fall. Jay is returning both Missy St. Pierre (3rd) and Mariette St. Pierand (4th) from their '86 champion squad. This makes the Jay harriers the team to beat.

Carla Lemieux of PCHS, the defending indiindi idual champion, will be looking for the titlMese again, but she will be heavily challenged by the St. Pierre duo, Searsport's Karen Fieldsa ye (2nd), sophomore Michelle Severence (5th) of and Lee and Sunshine Weinrich (6th) of Foxcroft call Academy. Severence could easily be the spoils as she defeated Lemieux two weekends in a ro Ever prior to the State Meet.

Westbrook could again take the boy's and Bobo girl's titles in Class A this fall as they did in '86. The girls are losing Jennifer Rolfe to Boston College, however. Rolfe had Cath the second-fastest time last fall as she won the individual crown in the "A" Meet. WestbroNew does, however, return junior Sheri McCarthy, led second to Rolfe last year. McCarthy will be hard-pressed, however, for the individual crown in '87 by Windham's Andrea Elder (3rd). McCarthy and Elder finished only four seconds apart in last year's State Meet.

Mount Blue finished second to Westbrook last year, but don't look to be fielding as strong a team this fall as graduation took most of the varsity runners, which leaves the team title to Westbrook McAuley (second to Westbrook in the Western Regional) or South Portland challenges. McAuley will need Denise Harlow (7th) to lead the way and South but talented squad. Also, Skowhegan could be

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strong contender if the Indians can get some dpeth for Beth Markee (5th), who seems to be returning. Skowhegan needs to replace Karen Salsbury (4th) who graduated.

Erica Fennessy (6th) will be a darkhorse for the individual honors, but even the Lewiston junior could be overshadowed by Sanford's Amy Patterson, if Patterson runs.

Patterson has played field hockey in the fall her first two years of high school, but she has run a 5:11 mile and this spring was the Class A Runnerup to Delan.

The Westbrook boys, meanwhile, are returning most of an '86 squad that went 1-2-6-9-14 in scoring 28 points in the State Meet and easily defeating their closest pursuers (South Portland) by 45 points. David Kimball (1st) and Steve Sargent (2nd) are back in '87 for John Myatt's squad.

But South Portland and Cheverus, the latter always a powerhouse in Class A, but faded at the end of the '86 season, will not give in easily. Kevin Lyons (13th) will lead Cheverus. Lyons had a strong spring campaign as he won the State Meet two-mile.

Also individuals Gerry Sibley (4th) of Bangor and Brewer senior Alan Geiser (11th) could give the Westbrook lead-duo some company this fall.

But since most classes don't seem to have an "overwhelming favorite," 1987 could turn out to be an interesting and intriguing season in Maine high school cross country and as MDI mentor Howie richard said, evaluating the season before it begins could create false images.

"You must take the kids you have and do the best you can," he simply stated.

Cross Country Preview - College

Last fall the University of Maine sqaud from Orono was dethroned, from at least a five-year reign over the rest of the women in the state. UMO did not even have the indivlass C from idual champion as Kelly Bennett of the University of Southern Maine took those honors and Colby College, under Coach Debbie Aitkens' guidance, snatched the team trophy. This fall both Colby and Bates College, which beat Colby at the Division III Eastern Championships and tied the Mules for first-place in the Division III New Englands, look to be the strongest squad.

beat. Jim Ballinger also has a solid group returning, but the Black Bears will need past adding individual champions Leslie Walls (1984) and Kathy Tracy (1985) to aid sophomore Tina the title Meserve.

Colby was not available for comment, but the Bates women return their top four from a year ago. All four, sophomore Beth Golden, senior Susan Pappalardo, junior Kerry O'Leary and senior Amy Jones, made the All-ECAC team last year. Ninth-year coach Carolyn Court calls this foursome a "good front pack - good leadership."

the spoile Last year they went 9-2 in the regular season, but they were "never striving to win. s in a row Everytime they ran it was a bunch of surprises."

This fall, however, after establishing "a great background - a winning tradition," the Bobcats are hungry to keep improving.

USM, meanwhile, lost Bennett to graduation, but Coach George Towle expects this year's squad will have more depth with juniors Erika Maddaleni and Lynn McArdle and sophomores Cathy Collins and Lisa Crocker returning with experience.

Bowdoin has Deana Hodgkin (junior), 10th in the State Meet and 23rd in the Division III New Englands in '86, returning with fellow classmate Rose Marie Dougherty. Bowdoin will be led in 1987 by first-year mentor Peter Slovenski, the Bates coach's son. The younger Slovenski is a graduate from Lewiston High ('74) and Dartmouth College ('79). From 1982-1985 he was an assistant under his father.

"I'm lucky to be here and i'm glad to be back," he simply stated.

As Colby handed the UMO women its first state meet loss in recent years, the men in '87 may be in store to replace four-time defending champion Bates. The bobcats have lost John Fitzgerald, Mark Hatch and David Conrad from the top 5. Jim Huleatt and Mark Desjardins return along with the 6th and 7th runners, but Bates has lost a lot of depth and Coach Walt Slovenski, in his 36th year, may have to think about, 'Well, maybe next year.'

Again the Colby coach could not be reached, but the squad from Saint Joseph's College has its entire top 7 from '86 back this fall. Coach Brian Gillespie's hill and dalers were 10th in the Division III Nationals (the first New England squad) last fall.

Scott Roberts (sophomore), George Bockus (senior), Stan Smith (sophomore), Jody Norton (junior), Steve Sarkozy (sophomore), Richard Brooks (junior) and John Hallee (senior) make up this "talented group."

"This is why we are excited," Gillespie said. "We're going to be as strong or stronger Ray Riciputi's USM harriers may be the surprise of 1987. After a "disaster" year in 1986, this fall looks more promising. Senior Tim Swope is back after attending Indiana for one year and Dave Libby, a junior, returns after missing the last two season due to various circumstances. USM's top 7 are all from Maine and Riciputi takes pride in that.

"State champs with all Maine kids - that's my goal," he said. "This year we'd like to give it a shot. They are hungry. We have three guys (including senior Wendell Blood)

who can really produce and if the rest fall into place, it's a reality."

UMO, meanwhile, may have the best freshmen class coming in with Mount Desert Island's Chris Farley (1987 Class B Champion in the 800 and 1600), Brian Newbegin from Bangor (the 1987 Class A 1600-meter Champion) and Rockland's harold Stairs (1986 Class B Runnerup to Matt Crook in cross country). along with first-year runner Pat O'Malley and other returning veterans, the Black Bears may be on the verge of approaching their championship years in the early '80's.

Bowdoin is also in the process of rebuilding. Sophomre Marty Malague is the top returnee.

The team that stays healthy has the potential to take it all because as Riciputi said, "Some of the best runners in the state have graduated, so it opens it wide up." And whoever fills it can only be answered this fall.

News

OLYMPIC FESTIVAL - Raleigh, North Carolina was the site of July's Olympic Festival. For 19-year-old Mark Zollitsch of Orono, the trip south produced a collection of hardware. Mark, an Olympic hopeful in the kayak events, and his teammates placed second in the K4 (4-man kayak) 1000-meter race. In the K1 1000 Mark paddled to a fourth-place time of 4:14.02, less than one-half of a second from the bronze. The winner, Brent Reitz, of Colorado, crossed the finish line in 4:03.96. In the K2 1000 Mark doubled up with Chuck Lyda of California for s seventh-place finish (3:52.85). Two Hawaiians, Bill Robello and Mike Harbold, won in 3:32.53. Mark, who is now training in California, also had a third in the K1 500.

NATIONAL TRACK & FIELD CHAMPIONSHIPS - John Fitzgerald capped his career at Bates College in fine fashion in late May at the Division III National championships. The bobcat distance ace won the 10,000-meter run in 30:21.78. The meet was held in Naperville, Ill.

While John ended his career on a high note, Maine's Jane Woodhead, who just coempleted her freshman year at the University of Tennessee, has just begun what looks to be an illust ous college career. Jane placed 6th in the Division I National Championships in Baton Rouge Louisiana in early June. Her 168-8 toss was less than 14-feet behind winner Laverne Eve of LSU. Jane was the third American in this javelin event.

JUNIOR OLYMPIC CHAMPIONSHIPS - Maine athletes had about the furthest to travel for the Junior Olympic championships in Provo, Utah on July 22-25, but it wasn't the competition that had them breathing heavily, it was more the altitude. Provo is approximately 5000-feel above sea level, and some Mainers had breathing difficulties including Hampden's Alan Baldwin. Alan, however, had little difficulties during his race, the 400-meter hurdles. The Bronco soon-to-be senior charged over the hurdles the last 100-meters to come from behind to win in 52.86. He said that was his strategy, "to let the second and third seeds battle it out the first part of the race." It worked to perfection for Alan.

Another Hampden athlete, 1987 graduate Brenda Sheehan, also placed. Brenda was fifth in the triple jump with a 36-3.

Racewalkers Joel Sproul and Gretchen Eastler also grabbed bronze medals in the 5K and 3K, respectively (more on these two see the "Heel and Toe" column).

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 $\frac{MR\&O'S}{he}$ RUNNERS $\frac{OF}{he}$ $\frac{VEAR}{he}$ $\frac{HONORED}{he}$ - In late June runners in the Ellsworth area attended the Hardison's $\frac{VEAR}{he}$ for the $\frac{VEAR}{he}$ $\frac{VEAR}{he$

Mark Hardison said the duo were honored "for the training and dedication they put

into running.

"Each always has a kind word of encouragement to other runners and have helped in-

spire us to do better, and still have fun in doing so," he added.

Last year Jim scored 165 points in 12 races to overhaul Bruce Ellis (157.2 points). Robin also had a close battle as her 134.6 points (eight races) was only 8.4 ahead of Anne-Marie Davee. 1987 has not been as kind to last year's stars. Jim is recovering from a knee injury and Robin has many youngsters" chasing her for the crown.

TOUR DE FRANCE - Irishmen Stephen Roche came from behind to win this famous Tour by 40 seconds over Spain's Pedro Delgado. Roche completed the 25-day, 2,485-mile race in 115-hours, 27-minutes and 42-seconds. To overtake Delgado, Roche had to stay with the climber through the mountain stages late in the Tour and because he was able to do this, Roche rode to victory on the next-to-last stage. This crucial stage, a time trial in Dijon, Roche finally seized the yellow jersey that the overall leader wears. He finished 61 seconds in front of the Spainard and was only down by 21 going into it. roche held his 40-second advantage the following day in Paris on the final stage.

With the victory Roche became only the 5th cyclist to win the tours of Italy and France in the same year. Though no Americans were a factor on the overall leader board, the 7-Eleven outfit placed third in the team points competition and U.S. riders Davis

Phinney and Jeff Pierce did win one stage each.

The women's Tour saw a new winner as local favorite Jeannie Longo of France finally was able to pull away from Italian Maria canins. Longo's time of 27-hours, 33-minutes, and 36-seconds over the 616-mile tour was 2:52 ahead of the three-time champion Canins. Susan Elias of Readfield, Maine was the third American to finish with her 43rd position overall (See accompanying story).

MAINE EVENT TRIATHLON - Gardiner was overloaded with sporting enthusiast on July 26th, but not all were there for just recreation, though all were treated to a fine afternoon by race director Greg Nelson. But the 1987 Maine Event almost never was. The sponsor for the last three years dropped out in January and eventhough Performance Motors of Falmouth and O'Connor GMC of Augusta came through for Nelson, the sponsorship was only one-third of what was offered the previous years. Still, 75 teams completed the 10K run, 6-mile canoe and 27.3-mile bike ride. Team CRUISER, second going into the water, took the lead from MANIAC EXPRESS on that second leg and rode to victory in 2:25:58. Maniac Express held on for second (2:27:11), Cruiser paddlists Steve McAllister and Lee Martin prodeuced the determining leg with their 46:14 effort. Sam Pellitier, third in the run with his 32:08, put Cruiser in fine position. Tim Wakeland gave the Maniac Express a 40-second lead over Cruiser with his second-place finish in the IOK, but Greg McMorrow and Cindy Lynch could not stay with the Cruiser paddlers. Both teams overtook Team Performance Motors that led after the first leg (Tim donovan ran 31:19 for first). Cyclist Chris Bovie had the fastest ride with his 66:43, but he still was not able to catch the leaders and Performance Motors had to settle for third (2:32:38).

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

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



For Reservations 942-1240

SCHOODIC POINT 15K - Though more than 160 runners participated in this race along the coast, put on by director Al Groh, it was wheel-chair athlete Paul Cole who took the top honors. Complete results are not available yet, but Paul completed the course in just over 47 minutes. Bruce Ellis, who has just recently moved to Maine and was second to Jim Newett in the 1986 MR&O runner of the Year, was chasing Paul most of the way, but could not catch him up the last hill. Bruce ran approximately 47:15 on the certified course. The Pine Cone flyers, behind Tim Wakeland (3rd) and Pat O'Malley (4th) took the team trophy. Once again Cindy Lynch won the women's competition, but she was a little disappointed with finishing !! seconds over her course record of 56:09. Anne-Marie Davee started conservatively and did not overtake Rose Prest until the last half-mile. Robin emery Rappa was fourth.

Though the weather conditions were ideal for racing; overcast and fairly cool, the free lobster feed afterward had a fairly low turnout because the sun was not shining. Still, the lobster was VERY fresh and very tasty.

Schoodic was fun for al as Tom Holliday shows.

(By the way, ex-Mainer and now New Hampshire-ite Mike Gaige finished second in the run.)

Club Shorts

Are you tired of training alone? Bored from the "lonliness of the long distant runner?" "It a Well then, read on to find out what your fellow competitors are up to and if you are interested in a particular group you can contact me for the address, person or you can get the list in next month's issue. Last month, the August issue, had a similar list ike Sho included, so you can also take a peek at that.

THE MAINE ROAD RAMBLERS are gearing up for the Maine Women's Classic to be held Septembon fou 20th. The awards in this year's race will be hand-made Maine crafts. They also had Bob Sevene, the coach at Bowdoin last year and Joanie's personal mentor, as a guest lecturer earlier this summer. THE AROOSTOOK JOGGERNAUTS have released the latest update on the Northern Challenge Series. The third leg, the Houlton 5 on the 4th, was won by Bob Everett Susa Everett was also second in the 4th leg, the Potato Blossom Five-Miler on July 18th. Fernando Braz won the race by 38 seconds (25:10). PACER Christine Strong competed in the se year TAC Junior Olympic Nationals in Provo, Utah (I am trying to find out more information on how she did) as did SUB 5 TRACK CLUB members Brenda Sheehan (fifth in the triple jump) and Barbie Dupuis (400-meter hurdles). Sub 5 also easily won the men's and women's State te had Track and Field Championships at Bowdoin August 1st. More information on this meet will be start in the October issue, but Mike Norman (261/2 points) paced the men and Sheehan (45) and Cindy Lynch (46) led the women. Bryant Bourgoin and mary Nelson of the CENTRAL MAINE STRIDERS attended the May 3rd Lilac Bloomsday Run in Spokane, Washington. It is a 12K event that has become the second-largest race in the country, more than 54,000 particiantelly a m this year. Also, Strider Don Reimer received a surprise birthday party at a rest area in Boothbay Harbor after the Rocky coast IOK. Members Gene and Sarah Roy were the culprits for the lobster and champagne feast that toasted Don's 40th. Happy birthday! THE PINE CONE FLYERS, from the Dover-Foxcroft area, are in their third year. This 20-member organization just recently won their second title at Schoodic Point. Founder Tim Wakeland JSAN: I said their main objective is to "get all the area people together" and they attempt this by holding runs every Tuesday night. THE SUNRISE CITY ROAD RUNNERS are going through a rebirth. The Washington County club now has approximately 20-25 members. For the younger kids, the FARMINGTON ROAD RUNNERS offer a great opportunity. Diane Provsot has been the coach for the last five years and she said the 32 or so kids involved train for the summer 360: If TAC track meets. They practice tuesday and saturday night at Mount blue High. Fred Beck is stepping down as the newsletter editor for the MAINE TRACK CLUB. Jennifer Rood and Phil Pierce will replace him in 1988. The MTC, under John Gale's guidance, is also trying to start an organized training run, for all ages and paces, on Sunday's at 7 a.m. at Payson Park. Members are suggested to make an effort to join.

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lias Records Two Top-Ten Finishes In Tour

With everything Susan Elias of Readfield has already accomplished, at the tneder age of 25, you would think that cycling has been in her blood since as early as the beginning of rock-n-roll, or at least since she sat on her first two-wheeler with the training wheels attached. But that is not the case for the long-hair blonde.

It wasn't until after she graduated from the Drono campus in 1984 that she first started pedaling competitively. Through high school and college she was a successful runner instead. She once held UMO's 380-yard indoor record and in 1983 she was the individual champion at the Collegiate Cross Country State Meet. But in late '84 and '85, the eight years of fun for all tunning had taken its toll on Susan's knees and inkles. She began cross country skiing, but once the snow melted she once again was a competitor without a sport. That is until a friend, Steve Ridely, asked her to try cycling. She thought she didn't want to, but the next day they went for a 20-mile ride.

"It grabbed me just like that," Susan recalls. "I just loved it. I just loved it. 'Yeah, this is for me. ""

Things sped up from there with help from Pat's

Bike Shop in Brewer and Poulin's in Augusta. She eld Septembe<mark>soon found herself competing in liscensed races in September '85. Twice she finished second</mark> to Betsy King, one of America's best. King realized there was talent "underneath the tootight jersey, the funny clothes, the baby fat," Susan said. King invited her to California to train and that led to joining the club Winning Peugeot, which King rides for. The club Bob Everett got Susan into the Tour de Texas which led to spring races in France and the 1986 Tour

De France, the most competitive cycling event in the world. Susan had barely been riding for

"I love this team," she said. "They made me a world-class rider. They did that for me." Though she admits she was not very competitive in '86, the '87 Tour was quite different. She had two top-10 finishes in the 15-stage event, finished 43rd overall out of a field of eet will be 85 starters, and was the third American behind Liz Chapman (23rd) and King. Still, Susan was looking for more, but developing exercise-induced asthma and bronchitis in the middle of June while training in France for the Tour, cuased some inconsistencies she regrets.

After the '87 Tour was over and the first stage on July 9th from Soble to Renoze was particiaptedonly a memory, Susan was back home in Readfield relaxing. I got a chance to sit down with her and discuss her cycling career - where it is going and how fast she is going to get there.

MR&O: What are your thoughts now as you look back on this year's Tour de France?

SUSAN: I look back on my second tour de France with a mixture of feelings. In some ways I'm very proud of my accomplishments because I raced really well against the world's best and I feel happy to have had two top-10 finishes in pack sprints, in flat stages and I had some really good days in the mountains (25th), good for not a true climber.

the summer (R&O: If you are not a climber, what are your best attributes?

SUSAN: I guess I would consider myself a complete bicycle racer. A complete rider has the qualities of all the areas - that is climbing, sprinting and power. I have all of these in myself. But my forte is road sprinting because I'm fast and I have a good jump so I can get away from people.



Elias conquers Tour de France

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MR&O: After finishing in the top 10 the first two stages, what were you thinking?

SUSAN: My feelings were like, 'Heh, I have this figured out. Heh, this is going to be a T goood Tour. Heh, this is just the beginning. We're going to win one.' It felt real good, real happy, just pumped up. Doing a top 10 finish in the Tour is pretty trick R&O: Dion a flat stage because it's a pack sprint. The pace is just unbelievable. It's so fast the last 5-10K. You have to shelter or you will be dead for the end and you willSAN: Ru not be able to sprint well, but if you shelter too much you'll be squeezed into the back of the pack. So the trick is to stay sheltered and stay up front. wi

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MR&O: Why is drafting so important?

decisions.

R&O: Wha SUSAN: Because of the high speeds of cycling. In cycling you are going so fast that draftir is highly significant. if you are the strongest and you go in front and hammer, you USAN: It will wear yourself out while everyone sits on your wheel going for a free ride. Cycl is not just who's the strongest, but how you play your cards. There's a lot of analy

MR&O: Where there times you didn't deal yourself a good card?

SUSAN: In the second-to-last stage ..., it finished in Dijon which is known for musterd, it was mostly the Dutch, the Germans, Betsy and me who were really aggressive because we really, really wanted to get a break ... because your chance of winning in a break is much better than in a pack finish. the odds are better. So everybody wants to make the break and get away. This Dijon stage ... I attacked and Betsy attacked and the Dutchees attacked and we counter-attacked. It was a very active race. The pack was strung out. We each got away a little bit and we each made breaks but they all got caught. A few times Betsy and I had just got done attacking or being caught and had gone back a little to get shelter out of the wind and this is what happened when the winning break went off with 10K to go. I got a little bit cornered and boxed and I got a little bit too far back in the pack. I saw one of the more decisive moves and we were a little worried because we were back. this turned of to be the break that was successful. Betsy and I knew we could easily outsprint any of those riders. We could just leave them planted there. We both felt pretty bad R&O: Did about missing this break because this was a stage either of us could have won, but okay, everbody makes mistakes and so the important thing is if you do make mistakes, learn from it. So, I cna also say that I have some regrets, but I'm only in my seconUSAN: Ne year of racing. It's important I realize (this) so next time I'll make the right

MR&O: What are the stages through the Alps and the Pyrenees like?

SUSAN: Torture. For me sometimes the worst pain of the climbs is not the legs, but my USAN: Wh lower back. Sometimes the pain is very sharp and excruciating and all you can think about is how you want it to be over and yet you know this mountain just goes up and up and up and up (8-12 miles and 60-90 minutes), there's just nothing like it. The descents ... are mostly technical and, I don't know, lack of fear. The descents can be incredibly fast (50-55 mph compared to an 80-mile course that Susan and the lead pack travelled at an average speed of 27 mph). What would happen to you if you missel a corner and fell off ... it's frightening. If you are afraid that's maybe a good sign thay you're not crazy, but you also have to learn how to handle your bike and the speed and your body in the descent because you can start catching people. IR&O: Wha

MR&O: So, how did you prepare for the mountain passes and the rest of the Tour?

SUSAN: Our basic preparation is not unlike running. You have to work on your different areas - speed, power and endurance. If we're not stage racing or doing weekend races, we fill up the week with highly structured training to work on our various areas such as speedworkouts where we go out and sprint; or hill workouts where we go out and do hills or mountains in very large gears and always sitting down because this develops power; or we go out and work on our endurance. One very useful, useful, valuable technique is motor pacing where the cyclist gets on the wheel of a moped

and you hammer and it's really hard. It gets you used to very high speeds and big gears, so later you apply this to the race situation. A good preparation for the Tour is go to the mountains and climb and climb and climb because afterall, the Tour is a climber's race because all the time is lost or gain in the mountains.

etty trickyMR&O: Did your running background prepare you for cycling?

It's so

and you wil SUSAN: Running prepared my cardiovascular system. Running taught me how racing hurts ... and how to deal with that pain. Running has refined my ability to "hang in there when the going gets tough." Running has taught me some about psyching out the competition. I got a great headstart from running for cycling.

MR&O: What was the difference for you between the '86 and '87 tours?

at drafting mmer, you SUSAN: In 1986 I had just begun 'life as a bike racer.' The reason I went to the Tour was ride. Cycli because there was an extra spot. I thought I was not ready to do the Tour de France. t of analys I thought it was above my level and it was, but also there was this spot and I wasn't taking anyone's place. And I thought I could help as a "domestique," a helper. But I was not in very good shape and I was very green. At the 1986 tour de France, my first Tour, it was really hard even to stay with the pack on flat stages. I would

get dropped alot and I climbed so slowly I was afraid I would get eliminated because you have to be within 120% of the winner's time. I wasnever in danger of being eliminated, but I was afraid I would be. So, I wasn't even close to influence the race mostly I was just ahnging on for dear life. This year was completely different because I was a team leader. I had a lot of influence on the race itself. Instead of hanging on for dear life, cross-eyed on the last wheel, I was up front jumping and making attacks, making counter-attacks, making people hurt. I made a lot of good moves and ng or I'm proud of the work I did. I'm proud of the fact I can hold my own. I'm very this is confident. I don't get pushed around. I challenge them. In 1986, maybe I was dropped le bit almost every day, but this is the tour de France, the best women in the world and an ordeal like that could break a lot of new riders ... (but) I took it in, accepted it, turned ou understood it and profitted from it. Plus I also showed I was a good reliable teammate.

MR&O: Did you ever think after that first ride back in '85 with Steve Ridley, that today, only two years later, you would be a world-class rider?

my second SUSAN: Never. No way. When I first started cycling I remember looking at cycling magazines and thinking, 'These are some of the best ahtletes in the world.' They were at a level I would dream of attaining. All of a sudden I found myself racing with them.

MR&O: What was it like travelling across France on a bike?

SUSAN: What you see of France as your racing, rushing through countryside on your bike or during the transfers when you look out the windows, is not very much. But I saw enough the first time to know I wanted to come back. The French people just absolutely adore bikers. It's the sport of the nation Like football is to Americans, cycling is to French and it's very nice to be loved. It's not like that here - you're kind of like a pest on the side of the road. During the tour people are yelling and screaming because they are happy to see you. It's a holiday, a wonderful celebration of some of the finest athletes in the world.

MR&O: What was the experience like as you were on the starting line for the last stage on July 26th in Chaville (it ended in Paris)?

SUSAN: On the starting line of the last stage, the Champs Elysees, which everybody wants to win, it's extra emotional and extra nerve-raking because I know from expersince it is one of the fastest, hardest, most grueling because everybody wants to win. It's the last stage, the last chance and you know the tour de France, which is like a lifestyle for three weeks, you know in two short hours it's going to be over, just over. You'll be just another passenger on the airplane. All that wonderful

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celebration is gone. It hurts during the tour because it's so long and it's so hard and you're so tired and sometimes you don't want to deal with it and you don't want to race, but when all of a sudden it's abruptly over, it's like somebody pulled the rug out from under you. A way of life is suddenly over and the las stage is highly emotional because of all that. Probably my most difficult moment w after the Tour was over during the parade laps and there we were, the U.S. in all our bright uniforms and the 500,000 people are cheering and yelling, "USA, USA" and yelling our names out. I'm so happy and yet I'm fighting back my tears because well, I wanted to win a stage so badly and didn't, but I want to. I know I can do it. I know I can win a stage and I want to come back and show it, but then I wonder, gosh, will I come back? Will I be able to come back? Will everything come out right? So, there's all my hopes and fears mixed together and all this great emotion from being so tired. And having it all suddenly over, this is swee what made me just about want to spill tears over on the cobbles. cle into

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MR&O: We talked earlier about the descents, have you ever had a major crash on one?

SUSAN: (Susan was competing in a stage race in the spring of '86, her first season. She for had earned the sprinter's points jersey and she "really wanted to keep it." After suga a major climb, she saw the lead pack ahead of her.) In my enthusiasm to catch up bloc I did this descent a little too fast and it was pouring rain. It was a 90° turn Fru to the left. I just didn't see it in time and I braked and I leaned and I did what ment I could, but as I went into it I said to myself, very coldly, calmly and rationall 'I'm not going to make it. Nope, I'm surely not going to make it.' And let me tellin ! you, I crashed so hard. BANG! It's strange how time slows down when you crash and meal everything becomes so clear. I could see myself, I could see my tires slipping out and my body falling to the ground. I had plenty of time, it seems, to protect a da my head with my arm. I remember seeing the pavement so close to my eyes and thinkitran 'Wow, look at the pavement slipping by. Just think, my body is slipping on the (the pavement.' And my bike popped off my feet ... and just SLAMMED into a stone wall a cr and landed in a ditch. And so finally everything has stopped and I get up and I feel rather injured and I am rather injured. I get my bike and it is rather injureflui I finish the race. I had been very good at descending before this crash. After it 2,00 I was really, really chicken. (Susan said she has recently relearned how to take chol descents correctly and has lost that fear.) full

MR&O: What is the world of cycling going to see from susan elias in the future?

SUSAN: (She mentioned winning a stage at the tour de France, maybe competing in the 1992 Olympics and competing in the World Championships.) What I've been able to do in my first and second year shows my potential is very high, promising. I always wanted to invest everything I have into this. I know it's worthwhile to keep going because I can see it's there. It's there for me to take.

Susan's daily schedule during the Tour de France:

7-8:00 a.m. - wake up, eat breakfast, get dressed for the race, ride to the race, warmup, sign in, called to the starting line, race, finish, shower, drive between 1-3 hours to the next day's stage site (the "transfer"), wash clothes, eat, massage, sleep (10:00 p.m. may

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MAKE YOUR DIET A "FRUITFUL" ONE - by Anne-Marie Davee

What fits easily into a gym bag, tastes great, quenches your thirst, satisfies a sweet tooth and is low in calories? You guessed it - Fresh Fruit! Mother nature has cleverly combined carbohydrates, fiber, vitamins, minerals and best of all - sweetness, into one colorful package. Fruit consumption is on the rise and now more than ever is recognized as "fit" food.

Fresh fruits will not only refresh you - they will also refuel your body. This form of carbohydrate is the body's most efficient source of food fuel. The simple sugars in fruit are "packaged" in a manner that will prevent wide swings in your blood sugar level and may even delay glycogen depletion in your working muscles. Fruits should be consumed both before and after exercise for quick energy replacement. For events lasting longer than three hours, it's ideal to eat while in motion.

For those of you with a sweet tooth - there are two simple sugars found "naturally" in fresh fruit; glucose and fructose. These sugars can help satisfy the end of the meal craving for dessert, without a calorie overload, and with a nutritous bonus!

Citrus fruits, strawberries and kiwi fruit are excellent sources of vitamin C, a daily necessity. The vitamin is essential for muscle and tissue repair and the transmission of nerve impulses. It will boost iron and calcium absorption as well (the RDA is 60 mg/day).

Melons, bananas and orange juice provide plenty of potassium. This mineral plays a critical role in muscle relaxation, nerve impulse transmission, maintaining your fluid balance and for the release of energy from food. (Estimated daily needs are 2,000 mg/day).

Fruits also contain a soluble fiber called pectin. It may help in lowering cholesterol levels, to stabilize blood sugar levels in diabetics and makes you feel full longer. Fresh fruit may also act as a laxative to keep your bowel functions in good working order.

Here's how you can make your diet more "fruitful:"

- * Eat them RAW, but wash all fresh fruits first!
- * Top your breakfast cereal with sliced bananas, peaches and raisins.
- * Stew blueberries or strawberries to pour over pancakes and waffles.
- * Add fruit to muffins and cut the amount of sugar in half.
- * Enhance the sweetness in fruits by sprinkling them with cinnamon and/or nutmeg.
- * Layer lemon or vanilla lowfat yogurt and fresh fruit for a perfect parfait.
- * Add fruit to cottage cheese for a refreshing salad plate at noon.
- * Bring out the blender for a quick shake with yogurt and frozen fruit or a refreshing fruit fraze of fresh fruit and ice cubes.

Feast on fresh fruits - they are sweet and swell for you. Yes, "An apple a day" may help keep the doctor away!

Anne-Marie Davee, R.D. Nutrition Specialist 166 Main St. Orono, ME 04473 (207) 866-5605



The Doctor's Office

The Antithetic Threshold (continued) - by Dr Mike Sargent

II. Running and Our Minds

Last time I discussed several ways that running can affect the mind when approached as an end in itself, when we run for its own sake. These included enjoyment of various elements: the sensations of running, competition, and even self-perceived pain. But running can serve us in many additional ways.

B. Running as a Means to Other Ends

What if you run because it makes you feel better? Not necessarily during the run, which you might not even consider all that pleasant, but before and after. No running has become a means to the end of being healthier and more energetic, so the rest of your day is more enjoyable or more productive. You can handle both the physiological and psychological aspects of stress (such as extra hours, long trips boring meetings, confrontations) more easily. You have learned that adversity need not be overwhelming; you are not only more familiar with your responses, but you a control them better. The resultant feelings of well-being and confidence are impressive derivatives of the simple act of running.

Even if you don't care about feeling better, you can run for an end such as lowering your risk of cardiovascular disease, developing significant reace of mine the process. Just like submitting to an injection for immunization against a dange infection, it may not be fun, but it's good for you. It's easy enough for a runner view push-ups and sit-ups from this viewpoint.

Many people use running as a stimulus to creativity. This is a process in with the actual act of running is ignored and accomplished automatically, so that the mind can be otherwise occupied. Thus, it represents the opposite of "meditation", since the mind is quite busy. This effect of running is probably "behavioral" to large extent. We are creatures of habit and association, and going out for a run removes most of the stimuli of home or workplace which we have learned to associat with our "normal" non-creative existence. Running is "our own" time; distractions demands are temporarily suspended. In addition, especially if we interpret our running route as esthetically pleasing, a mental and emotional relaxation occurs. Ideas are less inhibited; they juxtapose in original patterns. Finally, the more thappens, the more running develops a positive association with a creative flow of ideas, so the process is reinforced by its own success.

Since we are also social creatures, many other people use running as a means getting together with friends which can be considered more legitimate than sitting around a TV or bar or bridge table. For some reason, especially within the business and professional worlds, taking a break exclusively for lunch is increasingly view as a non-productive violation of the Puritan ethic, but an exception is usually may if lunch is skipped altogether in favor of a group run. Although the conversation this setting would not often be accused of being creative, and often unfortunately does center around work, it at least offers the opportunity for a time of recreation and social interaction, as do the activities of running clubs.

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The quest of the elusive runner's high motivates another contingent of runners. Multiple factors make rational comprehension of this topic a true challenge. Since it's possible to get high - to alter the way your head feels and your consciousness functions - while lying motionless on the floor or listening to Pink Floyd on your headphones, why not while running? Part of the process is electrical: the generation of alpha waves in the brain (associated with deep relaxation) rather than the usual beta waves (associated with alertness and purposeful thought). Part of the process is chemical: the production of neurotransmitters which affect sensations and perceptions within the brain. It is quite possible to learn how to trigger these processes, and to use running itself as a potential stimulus for them. Some runners probably become hypoglycemic, especially if they run soon after a meal, and experience a spacey feeling which is simply the brain's response to not getting enough sugar to function properly. The trendy chemicals usually invoked in discussions of the runner' high are called endorphins, which are hormones produced in reponse to exertion and which stimulate certain "receptors" in brain cells. These receptors induce a mellow feeling of well-being and also make the brain less reponsive to pain if it should happen to exist. These are the same receptors which are also stimulated (to a more intense and "unnatural" degree) by opiates such as morphine and heroin. Thus it can be tempting to speculate about a biochemical basis for "addiction to running". My personal opinion is that separating this aspect from other complex issues of psychological including the full range of human emotions, motivations, habits, obsessions - is beyond our current level of understanding, but research continues to provide clues to this fascinating topic.

You might find it entertaining to contemplate the ultimate implication of any theories that our minds are essentially the summation of biochemical processes. Since chemicals react predictably to the stimuli of their environment (which consists of other chemical reactions governed by the laws of nature), then our minds are in effect programmed to react in predetermined ways to stimuli which are themselves predetermine reactions to prior stimuli, all the way back to The Beginning. In other words, proponents of a biochemical runner's high are implying that there is no such thing as free will. Or so Mr Spock might logically be compelled to conclude.

Back from the ozone, my own conclusion is that everyone runs for his own reasons, and that we should not presume to judge other runners' motivations by our own standards. By keeping an open mind we can learn not only about others, but also about ourselves. George Sheehan desribed a conversation he once had while running past someone repairing a roof. He told the roofer that he should do a good job because God was watching. The roofer replied, "Hope so." When running fulfills my own motivations, whether in a good race, a fast track workout, or an inspiring cruise along the carriage paths in Acadia Park, I hope that God is watching, because I know He'll be seeing me at my best.



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Heel & Toe

MAINE'S JUNIOR RACE-WALKERS CAPTURE THIRD PLACES AT

NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS - by Moshe Myerowitz

At the National Junior Olympic Championships, held in Provo, Utah, in July of this year, Joel "Jess" Sproul (18) and Gretchen Eastler (15), captioned bronze medals (third places) against the nation's best youths in the 3,000-meter race-walk.

4,102 athletes from all over the United States competed in the annual TAC National Junior Olympic Championships. All of these athletes represented the "cream-of-the-crop" teenage athletes from their respective regions throughout the United States. The meet was held at Brigham Young University in Provo. The track facility was ideal for the competition and its nine-lane Chevron track was the site of many new National records during the competition.

Joel Sproul of West Farmington, in spite of a bout of intestinal cramps, and in spite of the 103° temperatures, captured thirdplace in the 3K race-walk. His brilliant performance established himself as the third fastest young male race-walker in the entire nation.

Gretchen Eastler of Farmington, also captured a third-place with her performance in the young womens' 3K competition. Prior to the race Gretchen was given "no chance" of placing in the top three by track experts in race-walk competitions. Eastler's previous personal best of 18:36 for this distance was not considered good enough for national competition. At Provo, Gretchen heel and toed to an unbelievable 17:24.06, barely beating out others to capture third-place. Her accomplishment earned her an invitation to the Junior Elite Womens' Race Walk Training Clinic, which will be held in Cuptrino, California, in the early fall.

The Junior Elite Womens' Clinic is by invitation only, and is open to the twenty most promising female race-walkers in the Country. Tom Eastler, Gretchen's coach and father, stated that Gretchen's times were due to "dedication and hard work," in the months prior to the Junior Olympic Championships.

Race walking in Maine is presently in its infancy in popularity among the State's athletes. Nonetheless, eventhough few in number, at the present time, Maine's race-walkers have come out of "pucker brush country" and successfully competed against racewalkers throughout the Country in various National events.

In 1986, Philomena Baker captured a silver medal (second-place) in her age division in the 5,000-meter race walk at the TAC National Masters Track and Field Championships. Similarly, this writer, captured a first-place (gold medal) in the 5,000-meter race walk and a silver medal in the 20,000-cour meter race walk in the 1986 National away Masters Track and Field Championships.ish

In previous years, Randy Easter, John LaFreniere, Larry Pelletier and a host of other race walk competitors, have more than "held their own" in National Race Walk competitions.

As interest in race-walking grows throughout Maine, we can expect Mainer, Doll to capture more than their portion of National race walk titles.

Readers interested in race-walking for fitness, fun or competition, are invited to contact myself at: Myerowitz Chiropractic Center 1570 Broadway Bangor, Maine 04401 (207) 947-3333

(Editor's note: In the August issue it was stated that this month's column would be on "Walking for Weight Control Because of the news worthiness and the timliness of this column on "Jess", Gretchen and others, the "Weight Contro article will be bumped back one month. with Thank you.)

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The Cape "Challenge" Is Also Scenic & Ful

RACE: 4th Annual Cape Challenge Half-Marathon

DATE: Sunday, September 13 at 9:00 a.m.

DISTANCE: TAC Certified 13.1 miles (ME-85006-GN)

DIRECTORS: Barbara Coughlin and Jane Dolley

LOCATION: Southern Maine Vocational Technical Institute, Fort Rd., South Portland

FEE: \$7.00 before September 5th, \$8.00 after

COURSE RECORDS: Bruce Ellis - 1:07:28 Min Nelson - 1:26:06

MAJOR SPONSOR: ValCom Computer Center

Co-director Jane Dolley

COURSE: This loop course is a tour of Cape Elizabeth and South Portland, but the participants are challenged by the rolling hills and varied terrain. The first four miles on Shore Rd. in Cape Elizabeth. It becomes relatively flat

follow the gently rolling hills on Shore Rd. in Cape Elizabeth. It becomes relatively flat between 5 and 7 and then, after a fast downhill by the historic Spurwink Church, the course goes by the hot Scarborough marshes. The hills on Sawyer Rd. taper around mile 9 and the course winds along the coller, tree-lined stretch through mile 10. There is a long straight away along Rte. 77 before Meetinghouse Hill at mile 12. the last mile "can be a fast finish ... if anyone has any energy left," according to co-director Jane Dolley.

All miles are marked and splits are given at 1, 5, half-way and 10-miles. Every two miles there is water available.

HISTORY: Long time Maine Track Club members Jane Dolley and Barbara Coughlin founded the race in 1984 "to fill the need of a fall half-marathon in Southern Maine." The course was certified one year later "to guarantee that it (is) an accurate half-marathon distance," Dolley said.

This year the directors are offering cash awards. "Although (it) is not new to the racing scene in Maine, it certainly is not widely used," she said. "The primary reason for including cash in the prize structure of the 1987 Cape Challenge was to offer a new dimension. At the same time, enhancing the awards was felt to be another means to spread the word about the race."

The participation the first three years has been between 219 and 312. The MTC fully supports the directors and Dolley admitted, "The level of participation by the members - both runners and volunteers alike - is crucial to the success of this race."

The first 200 registrants will receive a free long-sleeve tee-shirt and after the race 64 awards are given out, with males and females recognized equally. Instead of the traditional trophies, however, the "Challenge" features Maine-made products for awards. Framed pictures of the Portland Headlight was featured in 1985 and last year the awards were engraved ceramic tiles made in Bethel. The 1987 award is being kept secret, but Dolley said it is "very special and significant."

Also, after the race, a team of Registered Massage Therapists set up "tent" at the finish line and there is a raffle for fresh-baked cookies, pies and certificates for ice cream from Red's Diary Freeze (located at the bottom of the hill at the 12-mile mark).

"From the beginning, our goal for the Cape Challenge has been to provide the runners with a quality half-marathon to test their racing fitness ..." Dolley said. "We have made it a point to pay attention to details, keeping in mind what we have enjoyed over the years in running in races."

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Wendy Delan — Pacesetter

The athlete - a slim, long-legged redhead with short hair. he
The coach - constantly by her side checking her pulse, giving or
her a rub down or a pep talk. Together they are almost inseparablhe
they are athlete Wendy Delan and Coach Jerry Crommett and togethehea
they can't go unnoticed.
"

Her training is highly structured by Jerry, but it is not esi specific and it is usually kept fairly secretive. That is because A as Jerry says, Wendy does workouts that many track and field he "experts" would openly criticize. But instead of worrying about the interval-length, Jerry concentrates on increasing Wendy's as pulse rate to 180 and if it only takes 55-meter bursts to do so, e p then that is what she will do and do and do. But you can't argue each with Wendy's performances on the track.

"I have a system that works," Jerry admits. "The basic theory --is 'build a base and add speedwork.' We've done the exact opposithe
with Wendy."
hei

And it has worked, boy, how it has worked. From two-time Statene !

Meet Champion in the 800, 1600 and 3200 in outdoor track to the

first-ever high school girl in Maine to crack the 5-minute barrieON.

in the mile (4:57.5 in the Eastern States Championships her junioUE.

year) to the TAC Junior Olympic National 1500 Championship in ED.

Lincoln, Nebraska during the summer of '86 (4:31.5). She also has

Bates College Field House record in the 1500 (4:30.3 at the 1987 Demers Track Classic where earned her the Outstanding Perfomer for the effort), the all-time cage record at Boston College in the 1000 (2:37.5 at the Saucony Holiday Classic her junior year) and she has competed in the high school mile at the Millrose Games In New York. As a matter of fact, she led the race for 6½ of the 10-plus laps and whet through faster than the world classwomen's field ran.

And these are just the highlights of an illustrious career. There is so much more and so much more in store. The sky is the limit as she reaches for the stars.

The $5-7\frac{1}{4}$, 112-pound 1987 graduate from Bonny Eagle, has dreams, fantasies, GOALS (call them what you will) of competing on the international and world-class level which include the Olympics.

"I have told her that precious few people achieve this and she is well aware of that," her coach and "guardian" siad. "One thing is sure, she will never achieve it if she does try. Trying at such a difficult task and failing can hardly be defined as failure."

But with Wendy's perserverance, she will not give up until she is there. But "it has had its rough spots," she admits.

Jerry noticed Wendy when she was a freshman competing on the high school cross country team. He began coaching her after the fall season because "she deserves special attention She has talent coming out her ears."

But it was not an easy decision to follow Jerry's steps. It took her a week to decide, eventhough two of her friends were already Jerry's proteges. Because of her decision to have a personal coach she was declared unable to compete for her high school.

"This was, as it turns out, much to her advantage as we concentrated on developing rather than competing frequently," Jerry said.

By last fall, her senior year, she was allowed to compete for Bonny Eagle, but accord to Jerry, "was humiliated by the ... act of her coach quitting because this talented and dedicated youngster was being allowed to participate."

The season did, however, get underway and Wendy set five course records in five races. Then the week before the Regionals she became ill. She insisted she run and she led for two-thirds of the race before she was forced to drop out and thus, did not qualify for the State Meet.

"She was devastated," Jerry said.

But Wendy has taken all the disappointments, and "a lot of the highs," in stride. The 34 hare forgotten as she bounces down the track training for the next race.

"These are just stepping stones along the way," she peacefully said. "I've experience a lot of things I would never had if I had not run."

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And now, after her first two-week layoff in four years, Wendy is in the process of increasing her mileage over the next six months to a level she is not accustomed to before she prepares for peak late in the indoor season. She will not be packing her running gear for a university, though she had 65 offers from major universities. As a matter of fact, separable she should have one more year of high school, but back in elementary school she was moved

"I just want to focus on my running," Wendy said. "there are a lot of other routes beside college that you can take."

And the route Jerry has Wendy taking leads right to 1992. Wendy is happy to be on the ride too.

"(Jerry) has done a lot for me," she said. "He has done more than anyone else. He has coached me every day, twice a day. His vehicle has 119,000 miles on it from bringing me places and it is only a few years old, but he is not only a coach, he is also a teacher about life."

And life is teaching Wendy how to run fast.

The following is an example of what Wendy might to during the racing season, but to honor their wishes it will be kept very basic. She currently runs 40-48 miles per week with one 90-minute run every 10 days.

e barrier MON.: moderate run

TUE .: rest for workout

WED .: quality workout;

eg. 10 x 880 & 220 in 2:30 and 33 90 second recovery after the 880 and then the 220 with a decreasing amount of rest (3 mins. to 1 min.) after each one.

THU .: relaxed one-hour run

FRI .: 2 miles with stretching, pickups

and sprints

SAT .: RACE SUN .: rest

(During the summer Wendy will run twice/day.)



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SPRING POINT FESTIVAL 4-M 5. Portland 1. Jim Toulouse 2. Richard Mulhern 3. Mauel Montoya 4. Kent MacDonald 5. Jeff Bengtsson 6. Jim Paterson 7. Paul Bourget 8. Mike LaPinski 9. Howard Chadbourne 10. Harry Hunt 11. Sam Merrill	790. 911. 92. 92. 93. 34. 94. 95. 96. 97. 33. 22.13. 98. 31. 22.26. 99. 32. 22.32. 100. 23. 22.37. 101. 46. 22.39. 102. 46. 22.39. 102. 46. 22.39. 102. 46. 22.39. 103. 22.52. 104. 30. 22.52. 104. 31. 22.56. 105. 45. 23.04. 106. 37. 23.09. 107.	Jean Thomas Ruby MacDonald Bob Perkins Robert Coggeshall Rick O'Brien Dick Roberge Warren Foye Brian Wallace Kathy Gagne Joseph Larochelle Diane Demos Sandy King Harvey Fields Debbie Clark Pam Salvail Ann Mildringhaus Jeff Mercier Jack Mercier Shawn Kieran	51 32 44 40 47 79 48 32 22 28 34 28 34 28 37 7	30:08* 186. 30:10* 186. 30:10* Resul 30:25 Race 30:27 30:28 **** 30:29 30:37 Cutle 30:48* 1.0 31:04 2.7 31:04 3.5 31:14* 3.1 31:15 6.1 31:17 7.1 31:12 2.7	ts courtesy of Don P. Director - Darlene M. NNUAL CUTLER HARBOR er David McCarthy undrew Patterson Stephen Cates Scott Maker David Eldridge Brian Cates Scotphen McCarthy	21 30 37 29 32 15 10 10 10 10 10 10 10 10 10 10 10 10 10	17:31 17:57 18:35 20:10 20:24 20:43 21:06
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SPRING POINT FESTIVAL 4-M 5. Portland 1. Jim Toulouse 2. Richard Muthern 3. Mauel Montoya 4. Kent MacDonald 5. Jeff Bengtsson 6. Jim Paterson 7. Paul Bourget 8. Mike LaPinski 9. Howard Chadbourne 10. Harry Munt 11. Sam Merrill 12. Walter Cahill 13. Bob Coughlin 14. Bob Hunt 15. Bandy Iordon	## 90. 91. 92. FILER 93. June 27th 94. 95. 96. 39 21:26 99. 31 22:25 99. 32 22:32 100. 28 22:37 101. 46 22:39 102. 30 22:42 103. 30 22:42 103. 30 22:52 104. 31 22:56 105. 45 23:04 106. 37 23:09 107. 31 23:10 108. 48 23:13 109. 32 23:20 110. 38 23:27 111.	Jean Thomas Ruby MacDonald Bob Perkins Robert Coggeshall Rick O'Brien Dick Roberge Warren Foye Brian Wallace Kathy Gagne Joseph Larochelle Diane Demos Sandy King Harvey Fields Debbie Clark Pam Salvail Ann Nildringhaus Jeff Mercier Jack Mercier Shawn Kieran Jane Hassbussen Frank Doherty George Merrill	31 32 14 40 47 39 48 32 28 38 34 28 38 34 28 39 50 50	30:08* 186. 30:10* 186. 30:10* Resul 30:25 Race 30:27 30:27 30:37 Cutle 30:48* 30:48* 1. (31:04 3.	Its courtesy of Don P. Director - Darlene M. NANUAL CUTLER HARBOR Fr. David McCarthy Andrew Patterson Stephen Cates Scott Maker David Eldridge Brian Cates Scott MacCarthy Dean Crossman Danny McCarthy Tike DuBose Tick Maker	21 30 37 29 19 32 15 30 14 27	17:31 17:37 18:35 20:10 10:24 20:13 21:06 21:45 21:45 21:45 21:28 22:28 23:18
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SPRING POINT FESTIVAL 4-M 5. Portland 1. Jim Toulouse 2. Richard Mulhern 3. Mauel Montoya 4. Kent MarDonald 5. Jeff Bengtsson 6. Jim Paterson 7. Paul Bourget 8. Mike LaPinski 9. Howard Chadbourne 10. Harry Hunt 11. Sam Merrill 12. Walter Cahill 13. Bob Coughlis 14. Bob Hunt 15. Randy Jordon 16. John Lunt 17. Rozer Bordona	39 21:26 99. 39 22:15 98. 31 22:26 99. 32 22:32 100. 26 22:37 101. 46 22:39 102. 30 22:52 104. 31 22:56 105. 45 23:04 106. 37 23:09 107. 31 23:10 108. 48 23:33 109. 32 23:20 110. 38 23:27 111. 27 24:05 112. 33 24:07 113.	Jean Thomas Ruby MacDonald Bob Perkins Robert Coggeshall Rick O'Brien Dick Roberge Warren Foye Brian Wallace Kathy Gagne Joseph Larochelle Diane Demos Sandy King Harvey Fields Debbie Clark Pam Salvail Ann Mildringhaus Jeff Mercier Jack Mercier Shawn Kieran Jame Rasmussen Frank Doherty George Merrill Greg Carbone Damien Bolduc	51 32 44 40 47 39 48 32 22 28 34 28 34 28 35 40 7 43 51 46 50 50 50 50 50 50 50 50 50 50	30:08* 186. 30:10* 186. 30:10* Resul 30:25 Race 30:27 30:28 **** 30:29 30:32 3RD / 30:37* Cutle 30:48* 1. (31:04 2. / 31:04 3. (31:04 3.	Its courtesy of Don P. Director - Darlene M. NANUAL CUTLER HARBOR er David McCarthy undrew Patterson Stephen Cates Scott Maker David Eldridge brian Cates Stephen McCarthy Bean Crossman Janny McCarthy fike DuBose stick Maker Leff Bryant Leff Bryant Leff Bryant Leff Caschette	21: 30: 37: 29: 32: 15: 30: 54: 27: 19: 18: 30: 30: 30: 30: 30: 30: 30: 30: 30: 30	17:31 17:37 16:35 20:10 20:24 20:43 21:06 21:45 21:45 21:45 23:28 23:21 24:03*
427. Beb Sauyer 476. Judith Davis 500. Gene Roy 518. Vincent Ramby, Jr. 523. David Bacon 533. Gary Fernald 538. Dave Gugan 580. Huberc Strom 592. Richard Boutet 642. Ken Ahlquist 646. Jerry St. Amand 655. Everett Davis 707. Dennis Connelly, Sr. Results dourtesy of Bab T. Race ***********************************	TLER 92. June 27th 94. 95. 39 21:26 97. 33 22:15 98. 31 22:26 99. 32 22:32 100. 28 22:37 101. 46 22:39 102. 30 22:42 103. 30 22:52 104. 31 22:56 105. 45 23:04 106. 37 23:09 107. 31 23:10 108. 32 23:20 108. 33 23:27 111. 34 24:05 112. 35 24:07 111. 40 24:20 114.	Jean Thomas Ruby MacDonald Bob Perkins Robert Coggeshall Rick O'Brien Dick Roberge Warren Foye Brian Wallace Kathy Gagne Joseph Larochelle Diane Demos Sandy King Harvey Fields Debbie Clark Pam Salvail Ann Nildringhaus Jeff Mercier Jack Mercier Shawn Kieran Jane Masbussen Frank Doherty George Merrill Greg Carbone Damien Bolduc Edd Cabial	51 32 44 40 47 39 48 32 22 28 34 28 25 7 43 39 46 50 50 50 50 50 50 50 50 50 50	30:08* 186. 30:10* 186. 30:10* Resul 30:25 Race 30:27 30:28 **** 30:29 30:37 Cutle 30:40* 30:48* 1.0 31:04 2.7 31:04 5.1 31:15 6.1 31:17 7.1 31:15 6.1 31:17 7.1 31:26* 9.1 31:26* 9.1 31:33 10.2 31:51 12.0 31:51 12.0 31:51 12.0 31:51 12.0 31:51 12.0 31:51 12.0 31:51 12.0 31:51 12.0 31:51 12.0	Its courtesy of Don P. Director - Darlene M. NNUAL CUTLER HARBOR er David McCarthy undrew Patterson Stephen Cates Scott Maker David Eldridge Brian Cates Scephen McCarthy Bean Crossman Janny McCarthy Jike DoBose Rick Maker leff Bryant undrew Cienchette Libby Tobin	21 30 37 29 19 32 15 30 14 27 19 18 30 25	17:31 17:57 18:35 20:10 10:24 21:06 21:45 21:45 21:45 21:45 21:28 23:21 24:03* 25:05*

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        33:20*
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         33.39
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         34:15
        34:18*
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    77
        34:47*
    49
        34:53
    46
        34 : 58
    23
        35:10*
        35:184
        35:20
        35:54*
35:54*
    58
    45
        36:17
    58
        36-20
        36:21
       36:40*
26:51*
37:01*
    32
   40
       37.23
   28
       37:32
   26
       17-534
    10
       38:00
       38:01
        39:12*
   5.1
       39:28*
       39:29*
   45
       39:364
       39:35*
       39:49
       39:51
       39:53*
   49
   33
   35
       42:25*
   13
       45:15
   12
       46.318
       46:32*
       46:33*
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       52:23*
      52:25
      52 - 53#
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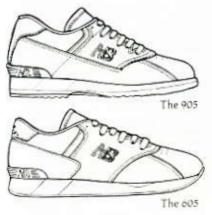
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161. Michael Kasabian 26 46:30 205. Brian Perkins 41 50:15 249. David Littlefield 250. Susan Nordli 162. Mark Terison 34 46:39 206. Michael Christiansen 33 50:22 32 57:05* 40 50:30* - 251. Wayne Newland 163. David Body 49 46:41 207. Jean Smith 49 57:07 -164. Al Mack 208. Paul McFarland 37 46+44 43 50:34 -252. Deborah Borduas 38 57:25* + 165. Peter Holloway 45 46:49 209. Harry simones 38 50:44 253. Lynanne Novotny 23 57:52* 254. Eric Weymouth 210. Frank Doherty 48 50:49 166. John Klimavicz 52 47:05 15 57:58 40 47:08* 211. Suganne Umland 39 50:54* 255. Ed Cusson 167. Heather Highes 52 58:02 256. Irving Fisher 257. unknown 168, Wyatt Anderson 212. Richard Weirich 42 50:55 48 47:12 39 51:05 169. Clinton Goodenow 213. David Delois 170. Katherine Christie 42 47:15* 214. Craig Dietrich 49 51:06 258. unknown 171. Richard Cavanagh 54 47:20 215. Joe Teno 35 51:09 259. Ruth Hefflefinger 58 59:22* 172. Douglas Morrell 36 47:26 216. Leon Gorman 52 51:19 250. Gary Edwards 46 60:19 261. Ellen Bannister 173. Stephen Dipalma 31 47:31 217. William McKenzie 55 51:24 261. Bilen panner 262. Nancy Raibert 263. Jane Weirich 36 63:30* 174. Charles Vadakin 45 47:32 218. Arthur Gindeld 48 51:26 3.1 63:314 37 65:04* 175. William Ridlon 38 47:36 219. Caroline Lyman 35 51:28* 264. James Chugg 265. Stephenie Edwards 33 47:45 220. Susan Davenny 38 51:30* 36 67:57 176. Steve Chugg 26 47:46 40 51:39 177. John Guerra 221. Bob Lezer 222. Jim Castle 266. Bobbie Edwards 178. Shawn Fectesu 28 47:46 42 51:42 69:25* 179. Robert Wyman 180. Cindy Vokey 179. Robert Wyman 50 47:49 223. Nate Fisher 35 51:49 267. Allene Liggett 29 47:50* 224. Dan Fisher 25 51:49 181. Russ Bradley 182. Sandee Prescott Results courtesy of Lili Hall 225. Andrew Lizotte 27 226. Terri Mazeiko 37 47:52* 33 52:27* Race Director - Brian Hall 183. Roy Peterson 36 47:55 227. Dave Goodwin 52 52:35 ****************************** 184. Berry Manter 13 48:01* 228. Henry Welzel 60 52:37 32 48:16 185. Sceven Rahl 229. Nadine Pract 27 52:48* 40 48:31 230. Len Pichini 4TH ANNUAL "CELEBRATE GORRAM 1-MILER 186. Duane Brown 47 52:54 231. Nancy Meagher 187. Noni Kimball 34 48:55* 33 53:07* 29 48:58 188. Michael Leclair 232. Nannette Dyer 53:14* 189. Donna Lapierre 233. thomas Pare 53:16 234. Sandra Auvinen 1. Ken Botting 190. Peter Ladner #191. Warren Foye 39 49:01 235. Tina Sowers 53:29* 2. Kevin Kein 236. Marianne Ingard 192. Susan Martin 25 49:07* 53:34* 3. Mark Snow 193. Katleen Jackson 12 49:12* 237, Diane Wells 30 53:94* 4. Guy Lindwall 194. Beth Willhate 34 49:14* 238. Kathy Gagne 32 53:53* 5. Chris Milliken 16:07 45 54:15 + 6. Joel Titcomb 195. Steven Evrard 31 49:16 239. William donavan 241. Ray Hefflefinger 7. Harry Hunt 51 54:40 196. Chuck Papas 40 49:20 16:22 197. Yvette Knight 41 49:23* 60 54:40 8. Joel Fellows 30 49:29 242. Harold Longenecker 198. Ken Paille 33 54:45 9. Roland Thiboult 243. Nancy Baker 199. Terri Ann Conroy 28 49:37* 29 49:54* +244. Jodi reali 54:48* 10. Wayne Clark 55:02* 11. Lee Anderson 200. Michael epstein 201. Kacy Uliman 245. Diane Covington 55:13* +12. Wanda Haney 55:17* 13. Mike Moseley 55:32 (4. Patrick Kein 202. Jill Martin 26 49:55* 246. Nancy Ludewig 42 55:17* 203. Mary Pryor 36 49:56* 247. William Peeling 204. Richard Reynolds 44 50:10 248. Julia McKissock 36:50* 15. Tim Fitzpatrick

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29:05
                                                                                   BELGRADE LAKES COUNTRY FAIR 10K
 +16. Dennis Smith
17. Kevin Johnson
                                  17:13
                                            34. Robert Myers
                                  17:34
                                            35. Mike Lachance
  18. Fred Conti
                                            36. Babs Isak
 +19. Les Berry
                                            37. Kerry Priest
                                            38. Fiona MacConnell
  20. Jonathan Olmstead
  21. Bruce Little
22. Rosalyn Randall
                                            39. Patricia Galipeau
                                                                          36:11*
                                                                                   2. Gordon Hartwell
                                                                                    3. Doug Ludewig
                                            40. Charles Clapper
                                                                           37:14
722. Rosalyn Randall
723. Richard Scribner
24. Sally Scotton Bond
                            18:54
19:12*
                                            41. Leona Clapper
                                                                           37:18
                                                                                    4. Skip Bates
                                                                                                                37+29
                                                                                                                37:46
                                                                           39+02
                                                                                    5. Dale Riordan
                                            43. Ann Bacon
                                 19:13
                                                                          39:19*
                                                                                   6. Gary Lafreniere
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+ 25. Dale Rines
                                            44. Jody Esselstyn
                                                                                                                38:53
  26. Peter McDonald
                                  19-22
                                                                          41:39
                                                                                    7. Randy Wilson
+27. Phil Bartlett
28. Joe St. Hilare
                                                                                   B. J.C. Connolly
                                                                          41:40
                                  19:37
                                           45. Frank Donaldson
                                                                                    9. Frank Mari
                                 20:08
+29. Don Penta
                                                                                   10. Gene Roy
                                            Results courtesy of Northern Bay
                                  20:28
                                                                                   11. Michael Greenleaf
  30. Scephen Tevhey
                                  20:33
                                            Athletic Club
                                                                                   12. richard Miles
  31. Bill Caiazzo
                                  20:46
                                            32. Doug Robie
                                  21:21
                                                                                                                41:39
                                                                                   14. Harvey Lafreniere
  33. John Clark
                                  21:22
                                                                                   15. Steve London
                                                                                                                41:50
  34. Aron Gould
                                  21:40
                                            COUNTY CYCLE CLASSIC - 24 miles
                                                                                    16. John Chamberlain
                                                                                                                42:55
 135. Dorothy Stoddard
                                            Van Buren to Caribou
+36. Bob Perkins
                                 21:59
                                                                                   17. Geoffrey Hill
                                                                                                                42:57
  37. Cindy Flanders
                                                                                    18. David Benn
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                                22:20
23:17
23:31*
                                             1. Gerry Beaulieu
                                                                        1:07:12
                                                                                   19. Ed Worcester
                                                                                                                43:50
  38. Hugh Olmstead
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                                            tie Todd Gallagher
                                                                         1:07:12
                                                                                   20. Dennis Kamholtz
  39. Michael Rand
  40. Sue White
                                                                         1:08:25
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                                            2. Paul Levesque
                                                                                   21. Keith dennis
                                                                                    22. John Belanger
+41. Stanley Harmon
                                 24:31
                                             3. Eric Therrien
                                                                        1:08:26
                                                                                   23. Nancy Lagin
  42. Oswyn Hammond
                                  24:58
                                             4. Jacque Dube
5. Donald Guay
                                                                        1:08:29
                                                                        1:08:32
                                                                                   24. Jay Noonkester
  43. Ellie Davis
                                 25:51*
                                                                       1:08:35
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1:08:49
                                                                                    25. David Burke, jr.
  44. Mike Davis
                                  25:52
                                             6. David Penley
                                                                                   26. Paul Dall
                                             7. Hermel LaVoie
                                                                                                                45:48
                                 28:26*
  45. Pat Buckley
 146. Terri simons
                                 31:50*
                                             8. Robert Lang
                                                                                   28. Herbert Robertson
                                             9. Paul Savoie
  Results courtesy of Don Penta
Race Director - Ken Curtis
                                                                                   29. Bruce Towles
                                                                                                                47-29
                                            10. Rick Pelletier
                                                                        1:13:37
                                                                                   30. Shawn Benn
                                                                                                                47:32
                                            11. Tim Pack
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                                                                        1:13:37
                                                                                   31. Perry Lakin
                                            12. Paul cormier
   ******* 13. Ken McKay
                                                                                                                47:43*
                                                                        1:15:20
                                                                                   32. Melanie Poulin
                                                                                                                47:54
                                            14. Carth Duff
                                                                        1:15:26
                                                                                   33. Rich Fink
                                                                                   34. Amanda Russell
                                            15. Hike Mendonca
                                                                        1:15:46
                             July | | th
                                                                        1:18:01
                                                                                   35. Mark Laverdier
                                            Yves Levasseur
                                                                        1:18:02
                                                                                   36. Ed Morris
                                            17. Tim Cushman
                                                                        1:18:19
                                                                                   37. Bill Smith
                                            18. Thomas Gebhardt
                                            19. Manon Belzile
                                                                        1:20:02*
                                                                                   38. Jennifer Bales
                                  21:58
    1. Chuck Morris
                                                                       1:20:03
                                                                                   39. Glenn Hansen
                                           20. Josephy Rivers
    2. Glendon Rand
                                  21:59
                                                                   1:20:05
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                                            23. Richard Martin
                                                                                   40. Karen Andrews
    3. Andy Beardsley
                                  22:09
                                            22. Stephen Higgins
                                                                                   41. Kathy Zimmer
    4. Aran Shetterly
                                            23. JR Michaud
    5. Torstein Holleland
                                            24. Sylvio Saucier
                                                                                   43. Richard Beeman
    6. Dan Campbell
                                            25. Sandra Pelletier
                                                                                  44. Mary Fox
    7. Larry buskirk
                                            26. Erik Expling
                                                                                   45. Cathy Streeto
    8. Erik Mattson
                                                                                                                54:434
                                           27. Sam Collins
                                                                        1:22:52
                                                                                   46. Hannah Russell
    9. Michael thompson
                                                                                                                54:57*
   10. Robert Bremmer
                                           28. Cindy Harmig
                                                                        1:23:51*
                                                                                  47. Nancy Ludewig
                                            29. David Sheffield
                                                                                                                 55:48
                                                                        1:25:29 48. Albert Glasson
   11. Rick Seeger
                                                                    1:25:30
                                                                                   49. Verne Pioney
                                           30. David Cyr
   12. Chase Pray
                                                                                   50. David Ekberg
                                            31. Peter Levie
   13. Ton Swan
                                           32. Connie McLellan
33. Robert Tiernan
                                                                        1:27:33*
                                                                                   51. Sen Giess
   14. Tom Kirby
                                                                                    52. Shannon McArthur
                                                                        1:29:40
                                                                         1:29:51
                                                                                    53. Steve Neu
   16. Brian Greenlaw
                                            34. Ray Danielson
                                                                        1:35:57
                                                                                    54. Nancy Morrine
                                            35. Jack Ginty
   17. Brian McCrea
                                                                                    55. Linda Benn
                                            36. David Hatch
37. Don Scherig
                                 26:45
   18. Sam Wilbur
                                                                        1:38:18
                                                                                    56. Mark Paquette
                                 26:47
   19. Dick Cummings
                                26:48
27:09
                                                                                    57. Mike Labonce
   20. Robert Tapley
                                            38. Peter Rinehart
                                                                         1:55:38
                                            39. Sue Beaudet
   21. David Benn
                                                                        2:17:45
                                                                                    Results courtesy of Bob Garrett
                                            40. Daniel rinehart
   22. Steve Jones
                                            41. Betty Rinehart
                                                                         2:17:51*
   23. Tony Beardsley
                                                                                    ******************
   24. Todd Gray
                                  27:33
                                            42. Ryan Sullard
   25. Troy Rau
                                  27:48
                                                                                  VISTH ANNUAL BUXTON HOLLIS "DLD HOME
   26. Jane Rau
                                            Results courtesy of Mike Mendonca
                                                                                               DAYS" 4.2 MILER
                                  28:07*
   27. Jane Buskirk
                                  28:13
   28. John Scheide
   29. Sill Green
   30. Jeff Galipeau
                                  28:28
                                                                                     1. Joel Croteau
   31. Nelson Pray
                                  28:48
                                                                                     2. Manuel Montova
                                                                                                                 23:24
                                  18:59
   32. Dara Jones
                                                                                     3. David Gillingham
   33. Rory McCarthy
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July 11th

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		WARRANGE VICTOR STATE	44:44	10	Dan Barker	33	26:49
4. Donald Wilson	24:36	Just LARD's are		0.71	Ken Flanders		26:53
5. Barry Sargent	25:09	36. Doug Wentworth	44:52				26:54
6. Conrad Labelle	25:55	37. Ron Hunter	45:03		James Anderson		27:19
-7. Joel Anderson	27:28	38. Carl Bowen	45:21		Guy Lindwall Michael St. Laurent	100200	27:25
8. Bob Provost	28:11	39. Phil Workman	45:36				27:32
9. Joe St. Hillaire	29:13	40. Jamie Drinkwater	45:55		Joel titcomb Chris Smith		27:36
10. David Libby	29:14	41. Tom Ritter	46:02				27:37
11. Richard Gervais	30:47	42. Michael Jones	46:11		Greg Heyt		27:38
12. Ed Scearns	31:04	43. John Lovejoy	46:18		Adam Belanger		27:43
 James O'Donnell 	31:34	44, Deborah Prescott	46:19*		Jerry Allamach		27:44
14. David Boothy	31:44	45. Noah Cermak	47:24		rick Lane		28:00
15. Thomas Hebert	32:28	46. Bart Williams	47:42		Pecer Dube		28:05
16. Lori Brown	32:34*	47. Terry Rich	47:48		Sean Keough		28:09
, 17. Shawn Gervais	32:41	48. Ed Comeau	47:49		Joe Sennett		28:11
+18. Susan Rose	34:22*	49. John Goldfine	48:25		Dennis Croceau		28:12
19. Ann Weatherbee	35:48*	50. Peter Hartin	48:51		Jeff Brown		28:12
# 20. Rod Stanley, Sr.	36:06	51. Darrell O'Leary	49:41		Alan Reilly		
21. J.R. Reynolds	35:34	52. Mark Fuller	50:06		Alan Quinlan		28:13
22. Clark Reynolds	36:34	53. Harriet Seekins	50:09*		Frank Brume		28:14
23. Norman Harris	36:49	54. Bruce Spaulding	50:10		Gordon Scannell		28:20
24. Dan Bushway	36:51	55. Ando anderson	50:11	+30.	Tony Owens		28:21
25. O.K. Hammond	37:00	56. Jean Goldfine	50:13*	31.	Harry Hunt		28:24
. T. T. J.	37:07	57. Jason O'Brien	50:23	32.	Paul Bourget	29	28:29
26. Brandon Reynolds	39:40	58. Art LeFrance	50:35	33.	Scott Ellis		28:30
27. Robert Connor	43:55*	59. Laurence O'Brien	50:37	34.	Ben Endres	16	28:30
28. Belinda Meserve	45:00	60. William Carr	51:24		Bill Skerritt	2.7	28:31
29. Steve Adman	45:48*	61. Emily Poler	52:09*		Bob Coughlin	48	28:32
30. Mary Boone	45:49	62. Guy Dunbar	52:37		Howard Chadbourne	33	28:44
31. Ron Boone		63. Ken Stein	52:43		John Eldredge	32	28:45
32. Marilyn Conner	48:52*	64. Harold Jones	52:52		Bob Hunt	32	28:47
 Natasha Baker 	52:10*		53:00		Steve Ross	32	28:53
	57000g/Sec	65. Dan Laurie	54:04		Richard Perry	18	28:57
Results courtesy of Steve F		66. Mandla Nkosi	54:53		Wayne Clark		28:59
Race Di	rector	67. Bob Johnson			Muzzy Barton		29:01
		68. Bernadine Beable	55:11*		Steve Sargent		29:04
*******	*****	69. Patricia Ryan	55:16*		Gary Wakeland		@(:07
		70. Karynne Kleine	56:01*		Alden Miner		29:11
10TH ANNUAL BELFAST BAY 10K		71. Diane Whitcomb	56:10*		David Bernard		29:13
Belfasc	July 18th	72. Lloyd Wentworth	57:06				29:13
		73. Dan Forman	57:51		William Berry		29:14*
		74. Julie Marriner			Wanda Haney		29:15
I. Larry Deans	34:03	 Robert Zimmerman 	59:41		Patrick Connell		29:17
2. Chris Catell	36:30	76. Julie Newman	60:32*		Dick Balentine		29:28*
 Steven Peterson 	36:39	77. Mike Kreisberg	63:21	7 32.	Debbie Jensen Charles Poole		29:29
4. Robert Ashby	36:49	78. REbecca Stager	67:26*				29:30
5. Jeff Byrne	36:55	79. Sam Anderson	68:43		Greg Nelson		29:31
6. Alan Aitken	37:15	80. Aaron Pearl	69:21		Thomas Tracy		29:34
7. Jack Walley	37:42	81. Jessica Shapiro	69:40*		Tim O'Donovan		29:35
8. Mike Thompson	37:46	82. Ronnie Clark	69:50		Bill Sylvester		
9. Steve Holmbraker	38:07	83. David Rubin	71:54		Bruce Pooler		29:40
10. Andy spaulding	38:20	84. REbecca Bender	71:55*		Richard Smith		29:41
11. Bill Pinkham	38:26	85. David Eyzerberg	80:37		Kevin Burns		29:42
12. Carl Howard	38:57	86. Mike DeSilva	81:05		Larry Kinner		29:47
13. Risto Saloranta	39:07	87. Brian Sechard	96:30		Brian Milliken		29:51
14. Roy Rodgers	39:13	88. Michael Cuniberty	101:35		. Charles Hall		29:52
15. Eric Rosengren	39:20	89. Isabelle Blankley	101:42	- 64	Tom Allen	1.50	29:56
16. Jay Riddle	39:26	90. Mike Michaelides	106:11	65	David Dowling		30:00
	40:05			66.	. Robert Marquis		30:00
17. Ray Quimby 18. Dale Cross	40:08	Results courtesy of Debor	ah Prescott	67	Peter Anastos		30:01
	40:11	hesdres address, and		68	Horace Horton	43	30:04
19. Walter Whitcomb	40:55	******	******	69	Lauren Corey	25	30:05*
20. Biff McGilpin	41:04		4		. George Liming	36	30:08
21. Peter Heslam	41:28	PAT'S PIZZA RUN - 5 miles			. Curtis Knaub		30:15
22. Robert Titus			July 18:		. Marc Damour	32	30:17
23. Joe Ryan	41:33	Yarmouth	3017	- 73	-Christopher Warson		30:20
24. David Loxtercamp	41:37			+ 74	David Smith	45	30:21
25. Ken Hooper	41:59	to order Make Year	22 24:27	7.5	. Michael Cirillo		30:24
26. Bruce Williams	42:52		33 25:11		. Dennis Hickey		30:28
27. Mike Kay	43:25		22 25:28		. Kevin gordon		30:32
28. Don Cross	43:41			# 79	Lee Anderson	17	30:34
29. Ron Cote	43:48		29 25:55	7 70	. Kevin gile	20	30:34
30. Steve Brennan	43:49		20 26:21		. Deb Raszmann	36	30:35*
31. Bill McKechnie	44:24	6. Rick Fritz	21 26:27				30:36
32. Michael Hutchins	44:24		18 26:28		. Bob Jolicoeur		2 30:38
33. Steve Bliss	44:29	Rock E. Green	33 26:37		, Lee allen		30:39
34. Mitch Spaulding	44:43	9.Jason Burrill	16 26:40	33	. Peter Carleton	/140	Service St.



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128. Reed Marrin
                                                                                            172. Faye Gagnon
   84. Eric Sandin
                                       30:40
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                                                                                                                             33:47*
   85. Tom Getchell
                                       30:44
                                                129. Peter Cheney
                                                                                   32:24
                                                                                            173. Wally Poets
                                                                                                                             33:50
 +86. Greg Dugas
                                                                                            174. Lynn Gallagher
                                   32
                                       30:47
                                                                                   32:29*
                                               -130. Joan Lee
                                                                               33
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   87. Terry Clark
                                   43
                                       30:49
                                               131.
                                                    Joseph Bean
                                                                                   32:30
                                                                                            175. Mark Terison
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   88. Jennifer Rood
                                       30 - 564
                                                132.
                                                    Bruce Fenlasson
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                                                                                                 Hanley Denning
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   89. Peter Butryn
                                   30
                                       30:59 -- 133.
                                                    Carol Weeks
                                                                               38
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                                                                                            177, Douglas Boyce
                                                                                                                             13:55
   90. Leighton Philbrick
                                   27
                                       31:00 -134.
                                                    Charles Probert
                                                                               43
                                                                                   32:32
                                                                                            178. Donald Brewer
                                                                                                                             33:58
                                       31:01
   91. Bill Pavlisko
                                                135.
                                                                                            179. Lee Foster
                                                    Kevin Scott Hinckley
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   92. John Braccio
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                                                    Sumner Weeks, Jr.
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                                                136
                                                                                            180. Lauren Glass
                                                                                                                             34:004
   93. Robert McCormack
                                                    Doug Haberbosch
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                                                                                           [181. Peter Vachon
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   94. Charles Perkins
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                                                138. Jason Lenis
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                                                                                            182. Ernest Johnson
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   95.donald Stowell
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                                                    Frank Brawn
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   96. John Balicki
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                                               140. Frank Knight
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   97. Roy Morejon
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                                                141.
                                                    Fred Conti
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                                                                                         186. Frederic Scone
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   98. Tim Porcer
                                      31:11
                                                142
                                                    Josh Gagnon
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   99. Josh Blown
                                               143. Keith Parsons
                                       31:14
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                                                                                                Raphael De-Frez
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                                       31:17
                                               144 .
                                                    John Downey
  100. Philip Pierce
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                                                                                                William Davenny
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   101. Bob Peacock
                                       31:18
                                                145. Karl Brancher
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                                                                                                                             34:28
   102. Mary Meehan
                                                    Richard Marino
                                                                                   32:53
                                                                                            190. Patrick Peterson
   103. Thad Dwyer
                                       31:21
                                                147. Dean Sciaraffa
                                                                                   32:55
                                                                                            191. Raynald Charest
                                             +148. Bob Hazzard
   104. William Haskell
                                       31:22
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                                                                                                Maidli Townsend
105. Fred Beck
                                       31:22
                                               149.
                                                    Walter Webber
                                                                                   32:58 -193. Deb Hewson 1
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                                  38
                                                                                          194. Pattie Locke
   106. Daniel Burke
                                       31:24
                                               150. Bob Lyman
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                                      31:25
   107. William Adams
                                                151. Paul Lachance
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                                                                                            195.
                                                                                                richard Tibbetts
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   108. David Wooley
                                      31:28
                                               152. Karin Tilberg
                                                                                           196. John Greene
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   109. Steven Gould
                                      31:29
                                                153. Craig Haggett
                                                                                                George Cooper
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   110. Tim Cheney
                                                154. Theresa Bosse
                                                                                   13:014
                                                                                                Thomas Williamson
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       Donald McGilvery
                                       31:37
                                                155. Ken Trask
                                                                                                Edmund Hart
   112. Greg Fall
                                      31:43
                                               156. Wayne fordham
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                                                                                                Brian Hall
   113. Kevin Shute
                                  33
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                                               157. Jim Demint
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                                                                                           201. Thaddeus Day
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   114. Robert McCarthy
                                      31:50
                                                158. Thomas Ruby
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                                                                                           202. Drew Buckley
                                              159.
   115. David Haskell
                                  42
                                      31:56
                                                    Richard Stott
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                                                                                           203. John Rasmussen
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   116. Kevin O'Donovan
                                  23
                                      31:57
                                                160. James Murphy
                                                                                   33:24
                                                                              26
                                                                                           204 . Al Mack
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                                                                                  33:85
   117. Rosalyn Randall
                                      31:58*
                                               -161. William York
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                                                                                                Leif Nielsen
                                                                                                                        30
   118, John Surke
                                       32:01
                                                162. Benjamin Taber
                                                                                                David Littlefield
                                                                                   33:26
                                                                                           206.
                                                                                                                             15:02
                                      12:02 163. Ken Casey
12:04 164. Dale Rines
12:06 165. Richard Scribner
       Doug Moody
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                                                                                                Ronald Deane
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       David Houser
                                                                                                Timothy Flaherty
                                                                                                Chris O'Neil
       Norman Locke
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       Tim smith
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                                      32:07
                                               166. Chris McDonald
                                                                              23
                                                                                                Gregg Stanley
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                                                                                          211.
   123. Steve Doran
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                                               167. Frederick Pape
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                                                                                                David Anthony
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                                                                                                                            35:16
   124. John Neilson
                                      32:16
                                               168. Arthur Porter, Jr.
                                                                                  33:39
                                                                                                Rhonda Morin
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                                                                                  33:41
   25. Michael Hachey
                                      32:17
                                               -169. Clint Merrill
                                                                              38
                                                                                           -213. Walter Smith
                                                                                                                            35:22
   26. Brent West
                                       32:19
                                               170. Benajmin Soule
                                                                              43
                                                                                   33:42
                                                                                           214. George Dalessandro
                                                                                                                            35:24
+ 127. Tom Norton
                                                                                           215. Robert Morrison
                                               171. Neil Martin
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217. Joseph Montimurro	30		Jean Smith		36:51* 310. Mary Pryor	37	38:
218. Jeffrey Locke	41		Arthur Granholm		36:52 311. Clifford Sawyer	34	39:1
219. Richard Sproul	100		Russ Bradley	63	36:52 312. Timothy Kittredge	39	38:
220. Diane Collette	30		Denis fowler		36:56 313. Dominic Vecchione	44	38:4
221. Susan Martin	25			37		33	38:
222. Roger Pike	44		Jim McCann		日本のですが、 カンスパングをあれたシステスカニニュ	22	38:
223. Kenneth Coe	45		Peter Pompeo			29	38:4
224. Bob Tifft	34		George Robinson	8.77	37:04 316. Mary Beth Canning	28	38:
225. Rick Molander	42	W. M. C. W. C	Howard Clements	47	37:06 317. Norman Rutt	7.7	0.00
226. Bruce Little	32		Jeanne Peterson		37:08* 318. Katherine Yates	38	38:
227. Brown Grockett	31		Michael Fox, Jr.	-	37:11 319. Gerry wing	46	
228. Philip tinkham	40		Robert Wyman	50	37:16 320. Ingrid Lorensen	28	38:5
-229. Warren Foye	39		Michelle housley	20	37:17* 321. Andrea Clanchette	30	38:5
230. Cindy tifft	33		Charles Drew	44	37:18 322. Craig Palmacci	38	38:1
231. Dennis Gervais	37		John Clark	2.8	37:19 323. Armand Letiecq	48	38:5
232. Neil Karrigan	48	35:48 278.	Michael Christiansen	33	37:20 324. James Siedel	4.1	39:1
233. Richard Schwab	36	35:49 279.	Russell Novaria		37:24 325. Linnea Olsen	31	39:1
234. Leslie Couture	19	35:50* 280.	Steve Rahl	32	37:25 326. Paul slocomb	43	39:1
235. Terrence Hickey	38	35:52 281.	Jamie Brawn	10	37:26 327. Lana Ladd	28	39:0
236. Lauren Corey	25	35:54* 282.	Terri Conroy	28	37:27* 328. Richard Reynolds	44	39:0
237. Denise Bouchard	34	35:55* 283.	raymond Brunnelle	2.7	37:28 329. Dennis Daros	43	39:0
238. Craig Dietrich	49	35:56 284.	James Garland	30	37:33 +330. Jane Rasmussen	51	39:0
239. Jay Ostis	14	36:00 285.	Robert Couture	45	37:34 331. Matt Delaney	3.1	39:0
240. Conrad Bernier	4.3	36:00 - 286.	Michael Denning	4.1	37:38 332. Leon gorman	3.2	39:0
-1-241, Rob Laskey	24	36:01 287.	Hugh Judge	2.5	37:39 333. Peter Decourcy	40	39:1
I 242. Jeri Schroeder	40	36:02* 288.	Kathleen Jackson	13	37:43* 334. Molly whittaker	3.1	39:
243, Susan Blaisdell	46	36:09* 289.	Jill Martin	26	37:44* 335. Bill Libby	28	39:1
244. (elix Sepulveda	27	36:11 290.	Henry Wlesel	60	37:47 336. Robert Coggshall	14	39:1
245. Larry Barker	38		Martin Moore	40	37:51 337. Marty Ridge	35	39:1
246, Daniel Smith	14	36:14 292.	Jennifer Heath	25	37:55* 338. Myles Hart	49	39:
247. Jane Acton	31		Ellen Spring	34	37:56* 339. John Kazilionis	39	39:1
248. Roger Codere	43		Marcel Bouchard	35	37:57 340. Ealre Harvey	55	39:1
249. Karen Conners	23		James Arwell	43	38:03 341. Dana fox	26	39:1
250. Rodger Gendron	32		Robert Rines	32	38:05 342. Kim Tarmover	30	39:1
1251, Don Penta	4.1		Edd Cabral	4.2	38:06 343. Nancy goldtein	28	39:1
252. St. John Hall	26		Teri Maloney-Kelly	31	38:08* 344. Debbie clark	28	39:3
253. Andrew Sheppard	30		George Merrill	56	38:09 345. Annie Languette	24	39:1
254. David body	50		Diane Hanscom	20.00	38:10* 346. Clifford Ruby	29	39:1
255. Carey Wilson	20		Scott Reisnyder	24	38:10 347. Christine Solak	23	39:1
256. ThomasSteffens	33		John Ouillette	39	38:11 348. Sernard Schneider	36	39:1
257. Bouglas Aiken	34		Tim Marr	26	38:14 349. William Donovan	4.5	39:4
258. Juliet Clarke	38		Roger Ducton	44	38:15 350. Robert Neilson	40	39:1
	35		Yvette Kinght	41	38:17* 351. Beth Wilson	31	39:5
259. Peter Johnson	30		Jamie Grahamn	16	38:18 352. Steve Putnam	43	39:5
260. Kimberly Schroeter	57		Patricia Ianni	28	18:22* 353. John-Scott Brennan	11	
261. Donald Spear	- 27	Je:41 307,	Patricia lanni	4.0	38:44. 333- 3000-30000 Biennau		

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11:	43	38:23	-355. Mark Clinch		40:07		Karen Pyzynski	21	43:54*		Lee Rosignol		21:00
	69		156. C. Thorne-Lyman	35			Jackie Williams		44:00*		Mike Mosley		21:32
	37	38:29	357. Peter Thomas	34			Susan Morejon		44:03*		Scott Rolfe		22:00
yer	34	38:33	358, Carol White	30			Christopher Vale	26			Don LeCkerc		23:16
redge	39	38:40	359. Thomas Wolfe	4.1			Will Young	25	44:18		Danny Labbee		23:18
chione	44	38:40	360. Jim Alexander	43			Suzanne Coffey	29	44:52*		Paul Page		24146
11	33	38:41	361. Karen Kane				Richard Coffey	33			Kristen Cook		24:52*
22	22	38:41	362. Norm Wilkinson	2.27	40134		Mara Krieps	23	45:28*		Kirstie Chabot		25:48*
nning	29	38:46	363. Roy Yarborough		40:40		Pamela Sullivan	28	45:29*		Mike Clark		26:04
-, 0	28	38:50	364. Cindy Flanders				Laura Varneyz	29	45:34*		Scott Read		26122
ites.	38	38:51	365. Wayne Burke	7.00	40142		Nikki Manganello	15	45:37*		Katherine Chabot		26:48*
	4.5	38:53	366. Philip Meyers		40:43		Ed Manganello	40	45:41		Robert Masterman	11	28:08
sen	28	38:54	367. Daniel Dempsey	7.5	40:46		Bert Andrews	34	45:59		Carol Nichols		28:12*
herre	30	38:56	368. E.C. Colesworthy		40:47	414.	Aliciia Greenwald	31	46:00*		Sherry Chabot		28:12*
ei	3.8	38:57	369. Craig Johnson		40:52		Jude Sanford	34	46:10*	25.	Raymond Chabot	-40	32:06
cq	48	38:58	370. Paul Dionne				Lloyd Holmes	127.57	46144		CONTRACTOR CONTRACTOR CONTRACTOR		
5.44	4.1	39:00	371. John Coe				Lilly Vail1	50	46:56*	ONE	MILE FUN RUN		
	31	39:00	, 372. Tom Aceco		41114		Lee Selby	49	47:07*			25	
4	43	39:02	+ 373. Michael Reali				Dail Martin	38	47:16*		Adam Masterman		6120
V235-1	28	39:02	374. David Jillson				Larry Reinsborough		47:17		Tim simoneau		6124
olds	44	39:03	375. Debbie French				Gary Miller		47:23		Stephanie Adams	12	6:25*
	43	39:04	376. Diane Covington	33	41:23*		Deborah Grant	2.5	000000000000000000000000000000000000000		Jarred Rosingol	10	6:40
en	51	39:05	377. Perry gordon		41125		Kathryn Kiely	28	47:38*		Matchew Simoneau	7	7:12
40.00	31	39:07	178. Carol solak	42	41:25*		Betsey Shepard		47:39		unknown		7:57
and made	52	19:08	379. Maurice Hothem	50	41:86	425	Elizabeth Galley		49:17*		Ethan Masterman		8:16
cy	40	39:10	380. Brian Astle	42	41:26	426.	Jeanie Barnard	33	50:45*		Christie Simoneau		8:18*
ker	11	39:12	381. Dwayne Robinson	36	41126	427.	Barbara Bernier	43	51:03*	9.	Sarah Rosingol	5	12:59
	28	39:16	382. Dee Nicely		41:43*								
hall	14	39:16	383. Marie Socha	24	41:59*	Resu	ilts courtesy of George	Presc	130	Rest	alts courtesy of Mike	Simo	neau
1445	35	39:17	384. Dan Downey	27	42:02								
	49	39:19	385. Chris Hall		42:13	***	******	*****	******	***	******	****	*****
nis	19	39:21	386. Joseph Tripi	27	42:14								
0.63	55	39:24	187. Wayne Newland		42:21	380	ANNUAL JAY REC 5K CROS	S COUN	TRY RUN	NBA	G WOODS RUN 3-MILER		
	26	39:28	388. Brian Letieco		42:22	Jav		Jul	v 19th		e Hill		y 25th
-01	30	39:29*	+ 389. Marina Denning		42:26*					-			
i.n	28	39:30*	390. Daniel Dodson		42:34								
12:		39:30*	391. Andrew Tooks		42:56	1.1	Randy Hastings	33	17:53	1.	Torstein Holleland		16:49
ete.	24	39:33	392. Edward Magarelli		43:07		Warren Dean		18:25		Aran Shetterly		16:58
1		39:35	393. Peter Gould		43:10		Mike Simoneau	39	18:49	3.	Kevin Bean		17:31
lak	2.1	39:37*	394. Deborah Borduas		43:12*		Jeff Brown	37	18:56		Andy Beardsley		17:49
ider	36	39:37	395. Tim Kiely		43:13		Bob Wight	30	19:42	5.	Rick Seeger		18:02
ran	45	39:44	396. Debbie Baker		43:14*		Chase Pray	44	19:53		Bob Stuart		16:12
on n	40	39:52	397. George Coggeshall		43:22		Kenny Richards	35	20:01		Scott Webber		18:28
		39:56*	398. Lorrie Allen		43:36*		Michael Greenigaf	34	20:04		Gene Kasper		18:38
		39:59	199. Peter Allen		43:46		Warren Newton	19			Ric Lamoureaux		18:47
rennan		40:03	1530 Seres Water	+0	49140	1.55	MARKET PROPERTY.	100	400000				20/2010
Country Control	F. H	and or a											

40 40:04 400, Paul Peters

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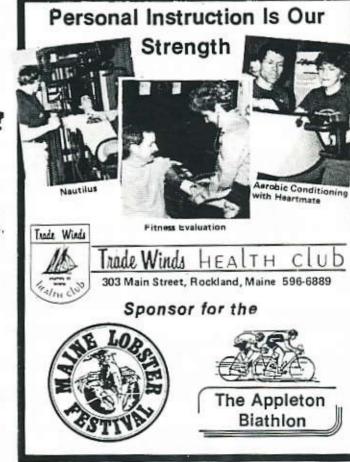
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53 43:53 10. Byron Cook

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next

						200
10. Danny Walker				8.	ANIMAL	2:42:48
 Brian Newbegin 	19:20	Gardiner 10K Run 6M Can.			Anne-Marie Davee	
12. Leonard Borman	19:29				Stewart rogers	
13. Larry O'Rourke	19:52		area and a		Donald Rogers	
14. Michael Colacino	20:01	I. CRUISER	2:25:58		David MacNair	
15. Will Haynes	20:08	Sam Pellicier				
15. Brian Greenlaw	20:12	Steve McAllister		9.	SUPER DADS	2:43:15
17. Jason woyche	20:44	Lee Martin			Ralph Fletcher	
18. Todd Gray	21:04	Mark Caron			John Reeder	
19. Jeanne Higgins	21:28*				George Gendron	
20. James Gray	21:29	 MANIAC EXPRESS 	2:27:11		Boger Park	
21. Tony Beardsley	21:40	Tim Wakeland				
22. Robert Myers	21:42	Cindy Lynch		10.	UNION CAMP	2:43:25
23. Dara Jones	22:05	Greg McMorrow			Dennis Karamitros	
24. Steve Jones	22:05	Dan Works			Austin Conrad, Jr.	
25. Hugh Sadlier	22:56				Douglas Snell	
26. Babs Isak	23:10*	3. PERFORMANCE MOTORS	2:32:38		Randall Heath	
27. Jeff Galipeau	23:12	Tim Donovan	0.0000000000000000000000000000000000000			
28. Jeff Bragg	23:27	Alan Ramsdell		117	CANNIBALS	2:45:33
29. Nancy Reid	23:33*	Dana Turner			Pat O'Malley	
30. Kevin Pottle	23:34	Chris Bovie			Ed Maillet	
1). Peter Hart	23:52	00013 30012			Andrew Lizotte	
32. Katharine Heath	25:05*	4. SEIZMIC SCRAMBLE	2:38:53		Bill Yeo	
33. Kate O'Rourke	25:18*	Matt Crock			2111 140	
34. Robert Dodge	27:04	June Crawford		120	MIXED MANIACS	2:56:25
35. Jaxon Tech	27:17	Jay Noonkester		(0.7	Stu Hogan	2140120
36. Holbrook williams	27:56	Stacey Fontaine			Jane McMorrov	
37. Patricia Galipeau	28:31*	Stacey rontaine			John MacDonald	
38. Robert Walker	28:32	5. MURPHY'S LAW	2:42:08		Scott McNeil	
	29:05*		2142100		SCOCI MCMell	
39. Bonnie Billings		Rick Lane		100	WELLBERN	2:47:24
40. Emily Stuart	29:58*	Gerald Hoff		134	CHARLES TO THE COLUMN TO BE	2:47:24
41. Ann Bacon	31:02*	Raymond Chabot			Howie Bean	
42. Diane Brown	32:56*	Michael Cameron			Jennifer Caldwell	
43. Priscilla Dorman	32:56*	na nazoria da anticada e	1/2/2/21/201	220	Control of	
44. Selena Jean Doore		6. NEW BOZO CREW	2:42:24	14.	OMER 4 BOBS'	2:47:30
45. Freeman Doore	35:45	Glendon Rand			Len Hall	
		Dick Storch			Chuck Landry	
WOODS WALK		Steven Woodard				
		Cliff Baxter		15.	MUNROE DAIRY MADDOGS	2:47:45
1. Sandy Haas	38:01*				Scott Olsen	
2. Jim Coniff	39:40	7. CARDIACS	2:42:31		Scott Olsen	
		Alan Reilly			Robert Armstrong	
Results courtesy of Steve Elliot		Denis Beaudoin			Steven Connors	
THE RESERVE OF THE PARTY OF THE		Hollis Tedford				
***********	******	Rick Stuart				

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2:42:48	16. NO PROBLEM Randy Hastings	2:48:18	31. TEAM MOXIE John Smith	2:57:52	46. LEGAL Stephen
	George Walsh Paul Brown		Rusty Dewsnap		Paul fi Dennis
2:43:15	Dean Read	2012/02	 HAGERMAN/VAN SCHMERN Peter Hagerman 		Timothy
	17. TRI POWER Tom Thibeau	2:48:39			47. ALL IN Ray John
	Cathy Cumler Mini Mattson		 DARTMOUTH DEBTORS Jay Davis 	3:00:28	Joseph :
	Steve Goodman		Kirk Siegel		48. HIGH P
2:43:25	18. WEEKIND WARRIORS Tim Clune	2:49:06	34. MUTT & JEFF David Barker	3:01:05	Philip :
	Kevin Clune		Marsha Giglio		Wayne C
	19. BREAKING WIND Mike Sargent	2:50:40	35. HOWDY-BURKE Alan Burke	3:01:45	49. GIVE 4 Donna Da
2:45:33	Paul Smith		Michael Burke		Terry T
	Carl Stewart Mark Weatherbee		Richie Howe Mark Burke		Lucie be Diane Do
	20. PEPSI CHALLENGERS Robert Poirer	2:52:06	36. WALDO COUNTY CHAMPS Mike thompson	3:02:36	50. PEE - V
2:46:25	Mark McPhecers		Andrew McClure Michael Darres		Roland 1
	21. TEAM NO. 74	2:52:08	Randy Hutchins		Jeff Mus Ron Carr
	Steven Peterson Donald Peckham		37. SNAFU	3:04:41	SI DICH A
	John Butman		Pac Rankin	3104141	51. DICK AD
2:47:24	Todd Richard		Jim Bean		52. HAMMOND Paul Ham
	22. PEPSI COUNTY EXPRESS Michael Mendonca	Z:52:53	38. MINOT TRINUTS Faye Gagnon	3:04:42	Sceve Ra
2:47:30	Francis Cyr James Park		Peter Gagnon		53. MARK DU
	Garth Duff	The trade of the same	39. BESTIAL EFFLUVIANS Pac Boss	3:04:43	54. SHUTE-R Kevin Shuce
2:47:45	23. FOOLISH FOURSOME Linda larue-Keniston	2:53:23	John Van Buren John Van Buren		Ronald R
	Rhett Wieland		Sernice Stockley		55. ELDERS
- 1	Poppy Thacher Marty Keniston		40. TEAM NO. 23 Tony Marple	3:05:15	Warren S Robert H
	24. FIRE & ICE	2:54:14			56. HODGE P
	Tom Swan David Fisher		Alan Littlefield Dana Melvilla		David gi Kirstie
	Brian Manley				Kristin
	Mark D'Amour		41. FLAMENCOS Duane Diefenbach	3:06:54	Chris he
	25. RAINBOW BIKE & FITNESS	2:55:01			57. ROCKY R
	John-David mathieu		Catherine Fraser Sully Howard		Francis Kirc Con
	26. ROBERT BRAINERD	2:55:04	July moveru		David Er
	127. COUGHLIN/CRAMBERLAIN	2:55:24	42. LOOSE CONNECTION Jerry Doughty	3:08:46	Daniel E
	Robert Coughlin	4122164	Daniel Force		58. THE MIS
TAD	Gordon Chamberlain		Margie force		Brian go
שישוח	ZB. L.A. LAKERS	2:55:57	David gugan		thomas A Eric Lat
TOT .	Denis Mancine richard Derrah		43. PENOBSCOT	3:08:53	Karen Ma

16.	NO PROBLEM Randy Hastings George Walsh Paul Brown	2:48:18	Ji. TEAM MOXIE John Smith Rusty Devanap	2:57:52	46. LEGAL BEAGLES Stephen Schuyler Paul fischer Dennis Harnish	3:09:43
	Dean Read		 HAGERMAN/VAN SUMMERN Peter Hagerman 		Timothy Wright	
17.	TRI POWER	2:48:59	John Van Summern		47. ALL IN ONE BREATH	3:11:32
	Cathy Cumler		33. DARTMOUTH DESTORS	2.00.32	Ray Johnston	
	Mimi Mattson		Jay Davis	3:00:28	Joseph Meehan	
	Steve Goodman		Kirk Siegel		48. HIGH PLAINS DRIFTERS	3:12:#9
Charle Co.	A PART HONOR AND A STATE OF THE				Lawson Noyes	2.1.2.
18.	WEEKIND WARRIORS Tim Clune	2:49:06		3:01:05	Philip Soule	
	Kevin Clune		David Barker Marsha Giglio		Robert Peters	
	Merca Stane		narsha Gigito		Wayne Clark	
19.	BREAKING WIND	2:50:40	35. HOWDY-BURKE	3:01:45	49. GIVE 4 GO	3:14:00
	Mike Sargent		Alan Burke		Donna Davis	
	Paul Smith Carl Stewart		Michael Burke		Terry Tracy	
	Mark Weatherbee		Richie Howe Mark Burke		Lucie beland Diane Dube	
	The state of the s		nate butse		Diane Dube	
20.	PEPSI CHALLENGERS	2:52:06	The state of the s	3:02:36	50. PEE - WEE'S EXPRESS	3:15:14
	Robert Poirer Mark McPhecers		Mike thompson		Anthony D'Amelio	
	nark normeters		Andrew McClure Michael Darres		Roland Levesque, Jr.	
21.	TEAM NO. 74	2:52:08	Randy Butchins		Jeff Musich Ron Carpentier	
	Steven Peterson		denotes il managements.			
	Donald Peckham		37. SNAFU	3:04:41	51. DICK ADAMS	3:15:41
	John Butman Todd Richard		Pat Rankin Jim Bean		F. 9	# C 1990 WWW.
	rodd Alchaed		Jim Bean		52. HAMMOND/RAND Paul Hammond	3:16:02
22.	PEPSI COUNTY EXPRESS	2:52:53	38. MINOT TRINUTS	3:04:42	Steve Rand	
	Michael Mendonca		Faye Gagnon	7507/150ML	P. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1.	
	Francis Cyr		Peter Gagnon		53. MARK DUBE	3:17:41
	James Park Garth Duff		39. BESTIAL EFFLUVIANS	3:04:43	to come non	
	Gerri Duri		Pat Boss	3104143	54. SHUTE-RICE Kevin Shute	3:15:15
23.	FOOLISH FOURSOME	2:53:23	John Van Buren		Ronald Rice	
	Linda larue-Keniston		John Van Buren			
	Rhett Wieland Poppy Thacher		Sernice Stockley		55. ELDERS	3:18:05
	Marty Keniston		40. TEAM NO. 23	3:05:15	Warren Newton Robert Heald	
	SHIP OF A PROPERTY OF THE PARTY		Tony Marple	2.03.12	RODETT REALC	
24.	FIRE & ICE	2:54:14	Dana Melville		56 - HODGE PODGE	3:20:00
	Ton Swan		Alan Littlefield		David gilbert	
	David Fisher Brian Manley		Dana Melville		Kirstie chabot	
	Mark D'Amour		41. FLAMENCOS	3:06:54	Kristin Cook Chris henry	
			Duane Diefenbach	3144134	GHILD MELLY	
umm 25 .	RAINBOW BIKE & FITNESS	2:55:01	Stephen Arthur		57. ROCKY RIDES THE BARGE	3:20:13
1	John-David mathieu		Catherine Fraser		Francis Preshong	
26.	ROBERT BRAINERD	2:55:04	Sully Howard		Kirc Cone David Ericson	
		4122104	42. LOOSE CONNECTION	3:08:46	David Ericson	
27.	COUGHLIN/CHAMBERLAIN	2:55:24	Jerry Doughty			
1	Robert Coughlin Gordon Chamberlain		Daniel Force		58. THE MISSING LINKS	
	Gordon Chamberlain		Margie force David gugan		Brian gordon	
28.	L.A. LAXERS	2:55:57	David gugan		thomas Adams Eric Latimer	
	Denis Mancine		43. PENOBSCOT	3:08:53	Karen Mallory	
	richard Derrah		Serry Dana		Sales attos: Salvonoscio	
	Everett Bachand Paul Bellfy		AA TEAN BOLCE	3:08:58	59. L.A. EXPRESS	3:24:37
			44. TEAM BOISE Karl Knight	3:00:30	Barney Grenier, Jr. Marc Fournier	
29.	HONKIN II	2:56:47	Steve Philbrick		Scott Guay	
	Jeff Meserve		Sceven Day		Larry L'Italien	
	Tina Meserve		Peter Brockett		Water Construction and extension of the state.	020023410342
30	CMP KILLERWATT	2:56:54	45. THE OLD VIKING	3:09:31	60. BROTHERS IN ARMS Robert Hatch	3:24:39
55/63	Bryant Bourgoin		Lans Christensen	3102:31	Nace Doughty	
	Gerald Fournier				Chris Cobb	
	Kevin Selwood				William Beattle	





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61.	MSEA A TEAM	3:24:50	72. THE GREEN MACHINE	3:45:14	100-meter dash:	
	Joe Washburn		Thomas Pare		1. DOUCETTE (ME)	12.3
	Charles Valley		Richard Doyon		2. Gram (MET)	12.6
	David Bernhardt		Paul Roy		3. Wilson (NE)	12.9
	Renee Roy		Jim Brunetti		4. Patrick (MET)	13.0
					5. FRASIER (ME)	13.5
62.	CHRONIC PAIN A.C.	3:25:53	73. MISFITS	3:50:32	6. Rezee (CT)	13.7
	David Kenney		Vanessa Quimby			
			Gerald Grazioso		200-meters:	
61	THE CHICK EXPRESS	1:26:40	Richard Siracusa		1. Plact (MET)	25.0
0.20	Sally Perkins	3120140	Claude Beaucage		2. Porro (NE)	25.1
	Kathy Dunne		crause sesseage		3. Sadlow (NE)	25.4
	hactly bunne		74. EVES HARMON	1.00.70		
100		2 22 24	/4. IVES HARMON	4:00:38	4. Nichols (CT)	25.9
De.	SMELLING THE ROSES	3:27:56	** ******		5. Patrick (MET)	27.0
	Michael Beagen		75. JOSEPH KUS	4:23:42	ADMINISTRAÇÃO O DO COM	
	Patrick Quinn				400-meters:	
			COMPLETE RESULTS OF THE I		1. Minter (MET)	59.2
65.	FOUR FOOLS	3:31:38	EVENTS WILL BE IN THE OCT	OBER ISSUE	Z. Savage (CT)	59.6
	Gail Hoyt				Scott (NE)	61.0
	Michael Hoyt		Results courtesy of Greg	Nelson	4. Sylvester (NE)	51.0
	Barney Dubsky				5. Flinterman (CT)	61.2
	Steve Mazerolle		*******************	*******	6. Hollum (NE)	61.4
66.	STANLEY PRIDE	3:32:18	REGION 1 TAC JUNIOR OLYMP	TC TRACK AND	SOO-meters:	
		2122110	FIELD CHAMPIONSHI		1. Bussell (NE)	2:85.0
67	TEAM DOUG	3:32:23	Portland	June 26-28	2. Sherman (NY)	2:29.2
0.00	Doug Krebs	3.1243.63	COLLINIO	June Lu Lu	3. DiMarko (CT)	2:33.9
	nong wrens				4. Murphy (NY)	2:34.7
49	TEAM LOUGEE	2.36.07	Intermediate girls (age)	E-1634	5. unknown (CT)	2:43.9
0.0 -		3:34:47	ruceimediace Stirm (age)	2-10/1	6. MESSIER (ME)	
	Barry Lougee		7		D. MESSIER (ME)	2:44.9
		N - N - N - N - 1 - 1	Hurdles:		****	
69.	RHODE ISLAND REDS	3:36:01	Control of the second s	14.4	1500-meters:	1000241120
	Jeannine Forrest		2. Gram (MET)	14.8	1. Sherman (NY)	4159.8
	Patrick Collins		3. Flinterman (CT)	14.9	2. Myers (CT)	5:05.4
	Bob Holmes		4. Nichols (CT)	15.5	STRONG (ME)	5:20.2
	Karen Palmer		LITTLEFIELD (ME)	16.3	4. Ricketts (MET)	5:30.2
			6. FRASIER (ME)	17.0		
70.	ALLIED CONSTRUCTION	3:37:08			3000-meters:	
	Bill Soule		400-meter hurdles:		1. Davis (CT)	10:46.8
			1. Pope (CT)	68.7	2. MACGILLIVARY (ME)	12:09.5
71.	5 6 L TAG TEAM	3:41:09		69.9	3. Rettman (NE)	12:35.4
	Chris Schoonbeck		3. Ivey (CT)	70.6	4. Ward (NY)	13:19.1
	Mike Latorre		4. Hall (MET)	70.7	STATE OF THE STATE	00010000
			S. MANNING (ME)	77.8		
			and the second vision of small	4.4.4.4		

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.

12.3	High Jump:				1500-meters:	
12.6	l. Kassabasian (NY)	5-2	Intermediate boys:		- Butler (NE)	4:08.4
12.9	2. Heiner (NY)	5-2			2. SIBLEY (ME)	4:20.7
13.0	3. Sanderson (NY)	5-0	Hurdles:		3. Liecomb (CT)	4121.6
13.5	NO MARKETON SETS		1. Salamone (NE)	15.8	4. Brainerd (NE)	4:27.8
13.7	Long Jump:		2. Harris (CT)	16.1	5- Jackson (NY)	4:42.2
	1. Cruz (CT)	5.33 m	3. Fernanz (NE)	17.1	6. Neenan (NY)	4:48.0
	2. Toussaint (CT)	5.24	4. ryan (NY)	19.6	as median this	414010
25.0	3. Raju (NE)	4.88			3000-meters:	
25.1	4. Hollum (NE)	4.69	400-mecer hurdles:		1. Bulter (NE)	9:22.7
25.4	5. BOUGET (ME)	4.56	1. Borges (NE)	61.0	2. McGill (NE)	9:23.3
25.9	6. Borlase (NE)	4.55	2. Goldman	63.4	3. Liscomb (CT)	9:28.1
27.0			3. Plante (NE)	68.3	4- Hampscead (CT)	9:45.0
25.196	Triple Jump:				5. Wilson (NE)	9:56.8
	1. Cruz (CT)	11.00	100-meter dash:		6. Collins (NY)	9:59.9
59.2	2. BOURGET (ME)	10.96	1. Goldblatt (NE)	11.0	or corrains (Mr)	71.27.7
59.6	3. Porro (NE)	10.83	2. Delaka (NE)	11.5	High JUmp:	
61.0	4. Heiner (NY)	10.50	3. Gilmore (NY)	11.5	1. DiSorbo (NY)	5-8
61.0	5. Sanderson (NY)	10.30	4. PAGE (ME)	12.0	2. Fernands (NE)	5-8
61.2	6. LITTLEFIELD (ME)	9.95	5. Hurd (NE)	12.0	3. Plante (NE)	5-8
61.4	Sold of American Street	4.5560		14.5	4. Power (NE)	5-4
9114	Shot Put:		200-merers:		5- PAGE (ME)	5~2
	1. COOK (ME)	9.83	1. Goldblatt (NE)	22.6	J. PAGE (ME)	374
2:#5.0	2. Hefferman (NE)	9.49	2. Adams (NY)	23.0	Pole Vault:	
	3. Ryan (NE)	9.31	3. Delaka (NE)	23.3	WERNER (ME)	11-1
2:29.2 2:33.9	4. BERUBE (ME)	8,25	4. McCray (CT)	23.3	1. WEARER (ME)	1.1-1.
	5. Moore (MET)	7.59	5. Shujath (CT)	24.0	Long Jump:	
2:34.7	5. Bedford (MET)	7.55	5. Kaczynski (NY)	24.2	1. Kendall (CT)	Wind World Co.
2143.9	TOTAL DESTROY RESIDENCE	17.500	or macrymant (MI)	69.16		6.55 m
2144.9	Discus:		400-meters:		2. McDonald (NY) 3. Young (NY)	6.05 5.99
	1. Girnius (NE)	34.60	1. Twombly (NE)	54.3	4. Gamble (CT)	
(02a/7a)	2. ELLER (ME)	34.58	2. Bishop (NY)	55.2	5. Connolly (NY)	5.82
:59.8	3. BERUBE (ME)	32.48	3. PAGE (ME)	55.3	6. RAFFERTY (ME)	5.77
:05.4	4. Obue (CT)	29.26	4- Cabral (NE)	55.4	G. KAPPEKII (ME)	5.52
:20.2	5. Sykes (CT)	28.72	5. Yanez (CT)	56.6		
130.2	6. Youmans (NY)	28.16	J. Lanez (GL)	30.0	Triple Jump:	to an family
	State of the Control		800-meters:		1. Kendall (CT) 2. Miller (MET)	14.05 (NR)
22/1/20	Javelinz		1. butler (NE)	2:00.5		13.15
1:46.8	I. Lewis (CT)	35.80	2. Butler (NE)	2:00.9	3. Young (NY)	13.06
:09.5	2. BODENRADER (ME)	29.60	3. Ingram (NE)	2:01.9	4. Dulombo (NY)	12.61
:35.4	1. Lawrence (NE)	27.80	4. HANNA (ME)	2:03.6	5. Connolly (NY)	12.35
:19.1	77. 68***********	27-100	5. Serry (NY)	2:05.5	Salamone (NE)	
			6. Gamble (CT)	1,50,50,00		
			a. nempte (Ct)	2:13.5		

NER

12:









MYEROWITZ CHIROPRACTIC CENTER

Services include:

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- * non-surgical disc reduction procedures
- * treatment of accident and work related injuries (Musculoskeletal)
- * acupuncture (by certified doctor)
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9-5:30 Mon.-Sat.

Fri. 9-8:88

Shot Put:		Long Jump:			
1. Crowley (CI)	13.40	1. Phillips (NE)	5.66 m	300-meters:	
2. Tycz (CT)	13.38	2. Merchanc (CT)	5.45	A CONTROL OF THE PARTY OF THE P	
3. Palmer (CT)	12.92	3. SHEEHAN (ME)	5.27	1. Remigino (CT)	1:53.3
4. Young (NY)	12.66	4. Diiverson (CT)	5.18	Z. Kelly (NE)	1:54.6
5. Jackson (NY)	12,35	5. Holden (CT)	4,84	 whelan (NE) 	1:56.4
6. Mitchell (NE)	11.74	6. Kider (NE)	4.81	4. Tether (NE)	2:00.2
		o. Midel (ME)	4-01	5. Hughes (NY)	2:00.7
Discus:		Triple Jump:		McCauley (MET)	2:05.2
1. Jackson (NY)	42.08	(SHEEHAN (ME)	4.4		
2. Palmer (CT)	40.92	Z. Kidder (NE)	11.13	1500-meters:	
3. Gregory (NY)	39.04	3. Latham (NE)	10.73	1. goems (NE)	4:29.5
4. Mitchell (NE)	35.70	4. Oliverson (CT)	10.62	 Anderson (CT) 	4:30.7
5. Smith (NE)	34.04	5. Holden (CT)	10.18	 Stoodley (NY) 	4:30.8
6. CAIN (MÉ)	23.18	6. CHARBONERO (ME)	10.07	4. Simmons (NE)	4:37.1
	231.10	9. CHARBONERO (ME)	10.04		
Javelin:		Shor Put:		5000-meters:	
1. Sharples (CT)	47.10	1000000 150000	737353	1. Bregou (CT)	16:27.6
Z. Mitchell (NE)	35.20	1. Calzaretti (NE)	11-31	Sampson (NE)	16:36.6
3- CAIN (ME)	23.40	2. Clark (NE)	10.79	Burba (NE)	17:04.5
The street street	43.40	3. Russi (CT)	10.51	4 - Spinner (MET)	17:18.8
Young women (age 17-18)		4. JOHANSEN (ME)	9.95	5. Galloway (CT)	18:04.4
riding women (age 15-15)		5. Wickham (NY)	9.39	5. Vigue (NE)	18:07.0
Hurdles:		6. PERRY (ME)	9.22		
1. Holden (CT)	7,300,0			3000-meter Walk:	
1. Horden (C1)	16.6	Discus:		1. SPROUL (ME)	16:28.0
400-meter burdles:		l. giacobbe (NE)	40.62	2. Dexter (NE)	19:34.9
		2. Clark (NE)	35.26		12.24.3
1. Hawkins (NE)	70.7	 Crawford (NY) 	32.96	Pole Vault:	
2. DUPUIS (ME)	73.9	4. Segerson (NE)	30.58	1. GOLDER (ME)	12-6
3- Cairns (NE)	75.1	5. Johnsen (ME)	30.40	2. Wholley (NE)	
722		6. PERRY (ME)	27.86	3. LANE (ME)	12-6
100-meter dash:			(22-20-00)	4. Komp (NY)	12-0
1. Phillips (NE)	12.2	Javelin:			11-6
2. Davoneski (NE)	12.4	1. Alcaide (NE)	41.80	5. Gibbons (CT)	11-0
3. Bonaldes (CT)	12.5	2. MacWalter (NE)	41.50	6. Collins (NE)	11-0
4 - Haviland (NY)	12.9	3. Russi (CT)	33.70	400	
5. Garfield (NE)	12.9	4. Terrien (NE)	30.80	Long Jump:	
	11777	5. GIBBS (NE)		1. Soares (NE)	7.03 m
200-meters:		6. MCTIGUE (ME)	30.20	2. DRONEY (ME)	6.50
1. Daborowski (NE)	26.2	a. deligar (ur)	29.10	3. Silva (NE)	6.43
2. Bonaldes (CT)	26.3	Young men:		4 Adams (CT)	6.38
3. DePina (NE)	27.3	roung men:		5. HIGGINS (ME)	6.15
4. FOSTER (ME)	29.3	Hurdles:		5. Jackson (CT)	6.05
5. Drinon (CT)	31.3		1,00000		
16 - V 6497626275 to	8.53.8	1. Gripanuk (NE) 2. BALDWIN (ME)	14.4	Triple Jump:	
400-perers:			14.6	1. McMillan (CT)	13.51
1. Balfour (CT)	61+3	1. Farrell (NE)	14.6	2. Harris (NE)	13.51
2. wells (NY)	66.7	4. Griffin (NY)	14.8	 Silva (NE) 	13.24
 Guilfoyle (NE) 	68.6	5. Hemphell (CT)	15.5	4. Anderson (NY)	12.38
77 77 77 77 77 77 77 77 77 77 77 77 77	0.0+0	6. Shenkel (NE)	15.1	5. SMITH (ME)	11.76
800-meters:		400			
- Shaveri (CT)	2:24.5	400-meter hurdles:		Shoe Puc:	
2. Pignatare (NE)	2:26.3	1. BALDWIN (ME)	54.8	1. Ratcliff (NE)	16.47
1. Anderson (CT)	2:29.0	2. Farrell (NE)	56.0	2. cush (NE)	16.17
4. Hover (CT)		3. Handron (NY)	58.9	Wells (CT)	15.29
5. Cartwright (NE)	2:32.9	4. Riley (NY)	60.1	4. HARRISON (ME)	15-22
3. darewright (ME)	2:35.6			5. Riley (NY)	14 - 59
300-meters:		100-meters:		6. Zuliani (CT)	14.40
		I. WHITMORE (ME)	10.6		57070
I. Platt (NE)	4:43.0	2. Parker (NE)	10.9	Discus:	
2. CARTWRIGHT (ME)	5:10.2	3. Maloney (CT)	11.0	1. Rateliff (NE)	49.32
3. DELAN (ME)	6 7 6 9 1 6	4- Birdwell (CT)	11.1	2. Devlin (CT)	
	5:49.1		100 100 100 100	产工、特殊支付金額、工作工工	48.06
	3149,1	5. Brown (NY)	11.7		12.76
3000-meters:		5. Brown (NY) 6. Erson (NE)	11.2	3. Rush (NE)	47.68
1. DELAN (ME)	10:21.3		11.2	3. Rush (NE) 4. Allen (CT)	47-50
1. DELAN (ME) 2. Edgerley (NE)		6. Erson (NE)		3. Rush (NE) 4. Allen (CT) 5. HARRISON (ME)	47.50 44.84
1. DELAN (ME)	10:21.3	6. Erson (NE) 200-meters:	11.4	3. Rush (NE) 4. Allen (CT)	47-50
1. DELAN (ME) 2. Edgerley (NE) 3. Kellehen (NE)	10:21.3 12:00.3	6. Erson (NE) 200-meters: 1. Frenze (NE)	21.8	3. Rush (NE) 4. Allen (CT) 5. HARRISON (ME) 6. Youmans (NY)	47.50 44.84
1. DELAN (ME) 2. Edgerley (NE) 3. Kellehen (NE) 3000-meter Walk:	10:21.3 12:00.3	6. Erson (NE) 200-meters: 1. Frenze (NE) 2. Gomez (CT)	11.4 21.8 22.2	3. Rush (NE) 4. Allen (CT) 5. HARRISON (ME) 6. Youmans (NY) Javelin:	47.50 44.84 41.00
1. DELAN (ME) 2. Edgerley (NE) 3. Kellehen (NE)	10:21.3 12:00.3 13:07.8	6. Erson (NE) 200-meters: 1. Frenze (NE) 2. Gomwz (CT) 3. WHITMORE (ME)	21.8 22.2 22.4	3. Rush (NE) 4. Allen (CT) 5. HARRISON (ME) 6. Youmans (NY) Javelin: 1. Ondus (NE)	47.50 44.84 41.00 58.40
1. DELAN (ME) 2. Edgerley (NE) 3. Kellehen (NE) 3000-meter Walk: 1. EASTLER (ME)	10:21.3 12:00.3 13:07.8	6. Erson (NE) 200-meters: 1. Frenze (NE) 2. Gomez (CT)	11.4 21.8 22.2	3. Rush (NE) 4. Allen (CT) 5. HARRISON (ME) 6. Youmans (NY) Javelin: 1. Ondus (NE) 2. Rosen (CT)	47.50 44.84 41.00
1. DELAN (ME) 2. Edgerley (NE) 3. Kellehen (NE) 3000-meter Walk:	10:21.3 12:00.3 13:07.8	6. Erson (NE) 200-meters: 1. Frenze (NE) 2. Gomwz (CT) 3. WHITMORE (ME) 4. Lopes (NE)	21.8 22.2 22.4	3. Rush (NE) 4. Allen (CT) 5. HARRISON (ME) 6. Youmans (NY) Javelin: 1. Ondus (NE)	47.50 44.84 41.00 58.40
1. DELAN (ME) 2. Edgerley (NE) 3. Kellehen (NE) 3000-meter Walk: 1. EASTLER (ME) 2. Gorman (NY)	10:21.3 12:00.3 13:07.8	6. Erson (NE) 200-meters: 1. Frenze (NE) 2. Gomvz (CT) 3. WHITMORE (ME) 4. Lopes (NE) 400-meters:	21.8 22.2 22.4 23.0	3. Rush (NE) 4. Allen (CT) 5. HARRISON (ME) 6. Youmans (NY) Javelin: 1. Ondus (NE) 2. Rosen (CT) 3. Sharpe (CT)	47.50 44.84 41.00 58.40 54.10 54.00
1. DELAN (ME) 2. Edgerley (NE) 3. Kellehen (NE) 3000-meter Walk: 1. EASTLER (ME) 2. Gorman (NY) High Jump:	10:21.3 12:00.3 13:07.8 18:49.2 18:59.0	6. Erson (NE) 200-meters: 1. Frenze (NE) 2. Gomwz (CT) 3. WHITMORE (ME) 4. Lopes (NE) 400-meters: 1. Mecropol (NE)	21.8 22.2 22.4 23.0	3. Rush (NE) 4. Allen (CT) 5. HARRISON (ME) 6. Youmans (NY) Javelin: 1. Ondus (NE) 2. Rosen (CT) 3. Sharpe (CT) (ME)=Maine, (NE)=New (47.50 44.84 41.00 58.40 54.10 54.00
1. DELAN (ME) 2. Edgerley (NE) 3. Kellehen (NE) 3000-meter Walk: 1. EASTLER (ME) 2. Gorman (NY) High Jump: 1. Bellivean (NE)	10:21.3 12:00.3 13:07.8 18:49.2 18:59.0	6. Erson (NE) 200-meters: 1- Frenze (NE) 2- Gomwz (CT) 3- WHITMORE (ME) 4- Lopes (NE) 4- Lopes (NE) 4- Meeropol (NE) 2- DUGAS (ME)	21.8 22.2 22.4 23.0 49.2 50.9	3. Rush (NE) 4. Allen (CT) 5. HARRISON (ME) 6. Youmans (NY) Javelin: 1. Ondus (NE) 2. Rosen (CT) 3. Sharpe (CT) (ME)=Maine, (NE)=New (NY)=New York, (MET)=	47.50 44.84 41.00 58.40 54.10 54.00
1. DELAN (ME) 2. Edgerley (NE) 3. Kellehen (NE) 3000-meter Walk: 1. EASTLER (ME) 2. Gorman (NY) High Jump: 1. Bellivean (NE) 2. Johnston (CT)	10:21.3 12:00.3 13:07.8 18:49.2 18:59.0	6. Erson (NE) 200-meters: 1. Frenze (NE) 2. Gomwz (CT) 3. WHITMORE (ME) 4. Lopes (NE) 400-meters: 1. Meeropol (NE) 2. DUGAS (ME) 3. Lopes (NE)	21.8 22.2 22.4 23.0 49.2 50.9 51.1	3. Rush (NE) 4. Allen (CT) 5. HARRISON (ME) 6. Youmans (NY) Javelin: 1. Ondus (NE) 2. Rosen (CT) 3. Sharpe (CT)	47.50 44.84 41.00 58.40 54.10 54.00
1. DELAN (ME) 2. Edgerley (NE) 3. Kellehen (NE) 3000-meter Walk: 1. EASTLER (ME) 2. Gorman (NY) High Jump: 1. Bellivean (NE) 2. Johnston (CT) 3. Russi (CT)	10:21.3 12:00.3 13:07.8 18:49.2 18:59.0	6. Erson (NE) 200-meters: 1. Frenze (NE) 2. Gomwz (CT) 3. WHITMORE (ME) 4. Lopes (NE) 400-meters: 1. Mecropol (NE) 2. DUGAS (ME) 3. Lopes (NE) 4. Mighry (CT)	21.8 22.2 22.4 23.0 49.2 50.9 51.1 51.5	3. Rush (NE) 4. Allen (CT) 5. HARRISON (ME) 6. Youmans (NY) Javelin: 1. Ondus (NE) 2. Rosen (CT) 3. Sharpe (CT) (ME)=Maine, (NE)=New (NY)=New York, (MET)=	47.50 44.84 41.00 58.40 54.10 54.00
1. DELAN (ME) 2. Edgerley (NE) 3. Kellehen (NE) 3000-meter Walk: 1. EASTLER (ME) 2. Gorman (NY) High Jump: 1. Bellivean (NE) 2. Johnston (CT) 3. Russi (CT) 4. KELLER (ME)	10:21.3 12:00.3 13:07.8 18:49.2 18:59.0 5-4 5-2 5-2 5-0	6. Erson (NE) 200-meters: 1. Frenze (NE) 2. Gomwz (CT) 3. WHITMORE (ME) 4. Lopes (NE) 400-meters: 1. Meeropol (NE) 2. DUGAS (ME) 3. Lopes (NE) 4. Migaty (CT) 5. Grow (MET)	21.8 22.2 22.4 23.0 49.2 50.9 51.1	3. Rush (NE) 4. Allen (CT) 5. HARRISON (ME) 6. Youmans (NY) Javelin: 1. Ondus (NE) 2. Rosen (CT) 3. Sharpe (CT) (ME)=Maine, (NE)=New (NY)=New York, (MET)=(CT)=Connecticut	47.50 44.84 41.00 58.40 54.10 54.00 England, New York Cit
1. DELAN (ME) 2. Edgerley (NE) 3. Kellehen (NE) 1000-meter Walk: 1. EASTLER (ME) 2. Gorman (NY) High Jump: 1. Bellivean (NE) 2. Johnston (CT) 3. Sussi (CT)	10:21.3 12:00.3 13:07.8 18:49.2 18:59.0	6. Erson (NE) 200-meters: 1. Frenze (NE) 2. Gomwz (CT) 3. WHITMORE (ME) 4. Lopes (NE) 400-meters: 1. Mecropol (NE) 2. DUGAS (ME) 3. Lopes (NE) 4. Mighry (CT)	21.8 22.2 22.4 23.0 49.2 50.9 51.1 51.5	3. Rush (NE) 4. Allen (CT) 5. HARRISON (ME) 6. Youmans (NY) Javelin: 1. Ondus (NE) 2. Rosen (CT) 3. Sharpe (CT) (ME)=Maine, (NE)=New (NY)=New York, (MET)=	47.50 44.84 41.00 58.40 54.10 54.00 England, New York Cit



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1 #137

1:53.3 1:54.6 1:56.4 2:00.2

4:29.5 4:30.7 4:10.8 4:37.1

ETI

16:27.6 16:36.6 17:18.8 18:04.4

18:07.0

16:28.0 19:34.9

12-6 12-0 11-0 11-0

7.03 m 5.50 6.41 6.38 5.05

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45.06 47.68

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f George Towle

Morning Sentinel

and



Club #480

CENTRAL MAINE STRIDERS



The 3rd ANNUAL

September 13, 1987

Castonguay Square, Waterville

Central Maine Striders invite you to experience one of Maine's "downtown" running races that tinues to grow in popularity among runners. If it's possible to have a low-key race that has adily become a big event, then this is it. As the historic "Castonguay Square" section right the heart of Waterville's Main Street continues to be re-built to an open, clean, comfortable ting, so does our race benefit from it's start and finish at this very spot. Come join others 'we done this before and have passed the word that this is truly a special fall race!

INSOR: The WATERVILLE MORNING SENTINEL

NCTIONED BY: The CENTRAL MAINE STRIDERS / RACE DIRECTOR: Jerry Saint Amand (873-6753)

ISTRATION: By mail until September 9th: Race day from 8am to 8:45am

/ 10-K at 9 am

RY FEES: \$5.00 Pre-entry : \$6.00 race day

TURES: Special "tank top" shirts to 1st 100 entries! Certified course (ME 86007-GN) Time splits at 1 & 3.1 miles / Water stops at 2 & 4 miles / The now famous Strider post-race refreshment table after the race.

Special note: All running club members - join the Striders for a post-race party at the race director's home following the close of the event. Don't belong to a running club? No problem, join the Striders as our guest at the party and learn of the benefits of belonging to this great group of people!

RDS: 1st place - male and female : 1st & 2nd in 9 age group catagories!

B EARLY: The all new "Carosel" Restaurant right in Castonguay Square will be open from 7 am on to serve delicious breakfast specials for runners & their friends or family. You'll also enjoy a walk to the famous "2 cent bridge" just a few yards from the race. Our race headquarters are right in front of the Waterville Opera House, home of the summer music theater;

Complete race results published in: Waterville Morning Sentinel & Maine Running & Outing

Mail	fee	&	App	lica	tion	to:
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Central Maine Striders	/ P.O. Box 1177	/ Waterville, Me. 04901 /	Atten: Jerry S	Saint Amand, Race Director
------------------------	-----------------	---------------------------	----------------	----------------------------

NAME_

AGE PHONE

ADDRESS -

Signature

Parent/Guardian if under 18

Shirt size: S M L Ex L



10th Annual BAR HARBOR 13 MILER

New England's Most Scenic Road Race

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

VHERE: Bar Harbor, ME., located on scenic Mount Desert Island, home of Jamous Acadia National Park, a runner's Mecca, with 52

miles of carriage paths winding through forests, mountains, ponds and by the Atlantic Ocean.

IPONSOR: Bar Harbor Chamber of Commerce

OURSE: Challenging loop course, start and finish at athletic field, nine miles on vehicle prohibited carriage paths, excellent running

surface, race monitoring by Bar Harbor Police Reserves. Hancock County React and Acadia National Park Rangers.

Distance: 13.109 miles - 1/2 marathon.

Awards AWARDS: Men's Open 1.5 Men's (30-39) 1.3 Men's (40-49) 1-2 Men's (50 & over) Women's Open Women's (30-39) 1-3 Women's (40-49) Women's (50 & over) Under 16 Team - Men (top 3 times) Team - Women (top 3 times) 1st MDI Man 1st MDI Woman

ENTRY FEE: \$6.00

Deadline: 9:00 A.M., morning of race

ENTER EARLY!

FEATURES: \$50 TO FIF

\$50 TO FIRST MAN AND WOMAN

\$750 TOTAL PRIZES

MANY SECOND CHANCE DRAWINGS

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ENTRY FORM

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

Signature			
If under 18 p	arent or guardia	an must also sign.	
Print Name			
Address			
Club or Scho	ol Affiliation _		
	AND PROPERTY.	美国的国际基础	

RETURN ENTRY WITH REMITTANCE TO:

Bar Harbor Chamber of Commerce Bar Harbor 13 Miler Bar Harbor, ME 04609

Tel: 207-288-5103, for information. Entry fee \$6.00

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

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PUT YOUR HEART INTO IT!





MCA CARDIAC RUN

Sunday, September 20, 1987

Sponsored by

Casco Northern Bank

Benefit 3.1				Y.M.C.A.	Fitness	Class.
Divisions.	Walk	Time 10	.00 AM			

Run Time 10:30 AM

Male and Female

Under 13 13-18 19-30 31-40 41-50 51-60 60 and over

Awards: Overall winners in age divisions

First Y.M.C.A. Finishers

Oldest Finishers

First Cardiac Finishers

T-Shirt for First 75 entrants

First Walkers

Results in: Maine Running Magazine

Entry Fee: Pre-entry \$6.00 Race Day \$7.00 Students \$3.00 Race Day \$4.00

To Pre-register: Mail application and entry fee to Paul Hammond, Bangor

Y.M.C.A. Cardiac Run, 127 Hammond, Bangor, Maine 04401

Phone (207) 942-6313 By Sept. 18, 1987.

Race Day Registration: 9:00-9:45

Where: Race starts at the Bangor Motor Inn, 701 Hogan Road, Exit 49-1-95

PLEASE RETURN THIS PORTION

Waiver of Liability

In my acceptance of my entry. I hereby, for myself, my heirs and executor, waive and release any and all claim for damages, I may have or acquired against the Bangor Y.M.C.A. and its representatives for any and all injuries suffered by me during the event.

I hereby permit free use of my name and picture in broadcasts, telecasts, and the press as they pertain to this event.

Please Print

Name	Telephone	
Address		
Y.M.C.A. Member yes no	Male Female	Age
T-Shirt Size XL L Med	Sm	

Signature

Signature of Parent/Guardian of under 18





Union River Road Race

20/40 Miles
Fast Flat Course

All Proceeds to benefit Hancock County Child Protection Council

Sunday September 20, 1987

RT: 9:00 a.m. Ellsworth Holiday Inn	40 mile course	1	lst over all men
ISH: Maine Coast Mall		lst	over all women
	AWARDS: Vet. Men	35-older	2 places
	Vet. Women	35-older	2 places
IISTRATION:	Sr. Men	18-35	2 places
JISTRATION:	Sr. Women	18-35	2 places
Pre-registration:\$12 DAY OF RACE	Jr. Men	up to 17	2 places
	Jr. Women	up to 17	2 places
line for registration: Sept. 19, 1987	20 mile course	1st overall men	
The state of the s		1st	over all women
	AWARDS: Vet. Men	35-older	2 places
	Vet. Women	35-older	2 places
cks payable to:	Sr. Men	18-35	2 places
iver's Bicycle Shop	Sr. Women	18-35	2 places
Main Street	Jr. Men	up to 17	2 places
vorth, Maine 04605	Jr. Women	up to 17	2 places
3223	Youngest Finisher		
1000 A	Oldest Finisher		

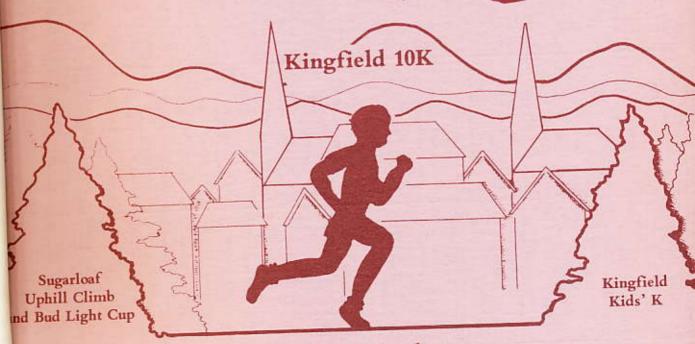
Entrants: No U.S.C.F. Riders. Applicants under 18 must have parental consent. FREE SPECIALIZED WATER BOTTLES WITH EACH ENTRY. HELMETS REQUIRED



KSB

KINGFIELD SAVINGS BANK

FRANKLIN MEMORIAL HOSPITAL veeker



Raichle

CHICKY

HEAD

Saturday & Sunday September 26 & 27 Kingfield, ME

Auction any

1 10K Specia

Thurs. 9-5. & Sun. 10-6

-Mile Road Race and Kids'K elevised on Channel 6



Sunday October 4, 1987 Kids' K at 10:30 a.m. 4-Miler at 11:11 a.m.

Set your VCRs to Channel 6 and come run our flat, fast 4-miler for good health and For Kids' Sake.

All proceeds to children's charities, MAINE'S ONLY TELEVISED ROAD RACE!







Route 27/Main Str Kingfield, Maine 04 (207) 265-20













or your entry will have to be r

KLIN MEMORIAL HOSPITAL

- An out and back course on Baxter Boulevard in Portland
- Assemble at the Preble Street Extension parking lot
- · Rain or shine
- Television coverage begins at 11 a.m. Highlights of Kids' K to be shown during road-race telecast
- Water and replacement fluids available
- Average temperatures on Oct. 4: High 64, Avg. 53, Low 4.
 - A prize to each finisher
- Awards by Divisions: Male and Female 15 & Under, Open. 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60+, Team,
- Showers available at the University of Southern Maine
- YOU MUST PREREGISTER. NO POST ENTRIES
- No head phones or radios
- Packets available until 10:45 a.m. on race day
- Don't forget to start your VCRs! (Tapes Available \$35.00)

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all injuries suffered by me at said

Distance

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ige 18) the climb.

arent's Signature (If under 18)

unner's Signature

Fill out this form and mail with your check to:

Maine Track Club, P.O. Box 8008, Portland, Maine 04104

Entry Fee: \$6.00/Kids' K: FREE

Name Address

Female Male

Telephone ___

Team ___

4-Miler Kids'-K (free)

A FALL "FUN FOR FITNESS" RACE



SPONSORED BY:



268 Stilwater Avenue Bangoc Maine 04401



ERA TODAY 139 State Street Bangor, ME 04401 942-6319

RACE DATE:

Sunday, October 11, 1987

STARTING TIME:

12:00 Noon

DISTANCE:

2 Miles

REGISTRATION: Pre-registration is encouraged, however there will be a race registration between 10:45am and 11:45am in the Taylor Hospital parking lot on the

day of the race.

\$5.00 - - - This fee includes a T-shirt for the first 100 to register. ENTRY FEE:

AWARDS: Trophies for 1st place male and female in the following age categories: 5 & under, 10 & under, 11-16, 17-29, 30-39, 40-49, 50-over, 60-over. ALSO awards f 1st overall, oldest runner and youngest runner. Incentive medals (gold

silver, bronze) for those who run the race faster than standard times.

FINISH:

Computed by Cronomix automatic timer. Results in Maine Running Magizine

COURSE:

Begins at the driveway entrance of Taylor Hospital on Stillwater Ave.; to Grove Street; left on Grove to Street to Mr. Hope Ave.; left on Mt. Hope to Howard Street; left on Howard Street to Stillwater Ave.; race ends on the back corner of the hospital parking lot where the Parcourse Fitness Circuit begins. (Note: Restrooms available in the hospital office wing.)

TO PRE-REGISTER:

Mail completed entry form and fee to the Public Relations Office of Taylor Hospital. "Check-in" required before 11:45 am.

- - - - OFFICIAL ENTRY FORM - - - - - - - -

NAME ADDRESS AGE T-SHIRT SIZE PHONE ZIP

I hereby waive and release any and all rights and claims for damages which I may otherwise have against Taylor Hospital and ERA Today and all others assisting with the FUN FOR FITNESS RACE, for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for this event. lalso give permission for the use of my name and picture in any broadcast, telecast, or written account of this event.

SIGNATURE	

PARENT or GUARDIAN'S SIGNATURE if under age 18. Also indicate relationship

DATE



Presents



The 4th ANNUAL

owneast 4-Mile Class,



SUNDAY, OCTOBER 18, 1987 Sanford-Springvale YMCA — SANFORD, ME

ENTRY FEE - \$6 pre-reg., \$7 race day reg.

CHECK-IN, REGISTRATION — 12 Noon on race day, start 1 P.M.

LONG SLEEVE T-SHIRTS - First 300 entrants

PRIZES & AWARDS

First Male and Female - \$100

Course Record - Male and Female - \$25

First Masters - 40 and over - \$25

PLUS - Water, Mile Markers, Splits,

Chronomix Timing, Police, Wheel Measured Course

THE YMCA FACILITY WILL BE AVAILABLE FOR ALL RUNNERS AND GUESTS. THIS IN-CLUDES THE POOL, SAUNA, WHIRLPOOL, AND SHOWERS.

VIDIO REPLAY FOLLOWING THE RACE. RESULTS WILL BE MAILED TO EACH RUNNER.

THE COURSE TRAVELS THE STREETS OF SANFORD AND SPRINGVALE. IT IS ESSENTIALLY FAST WITH A DOWNHILL FINISH. MANY PR'S HAVE BEEN SET ON THIS COURSE.

GIANT RAFFLE - Free to all runners,

includes YMCA Family Membership as Grand Prize.

AFTER RACE REFRESHMENTS

Course Records: Wendy Delan - 23:10: Bob Winn - 19:16

REGISTRATION FORM

Name			Sex
Address		Town_	
State	Zip	Tel.#	

MCA

OIN THE FUN...

SSIC

1987 D, ME



&

GOLDSMITH'S Sporting Goods

Presents...

BENJAMIN'S
10K
ROAD RACE

Sunday - Oct. 25, 1981 12 Noon Bangor, Maine

to benefit Maineiac Charities, Inc.

FEATURES

- · T.A.C. certified
- · Digital display clock
- · Water station at 5 kilometers
- · Splits at mile, 5k and 10k
- · Post race refreshments
- · Computerized results
- · T-shirts to first 500 registered
- Accurate time/place for ALL runners
- Packet pickup at Goldsmith's Sporting Goods,
 Maine Square Mall
- Showers at John Bapst High School, on Broadway
- Merchandise prizes
- Team competition (top three cumulative)
- · Race walkers welcome
- Results in Maine Running & Outing Magazine

ME-RECISTRATIO.

DN DN (20)

ed entries to:

New Balance

mistrators, waive a mistrators, waive a messors and assign

Pre-registration only
NO Race Day Registration

For further information call

Benjamin's 942-7492



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ally bound, ind release and sor, their iffered by meal alker Division

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 result. in Maine Running & Outing Magazine." \$25.00 for 8½ x 11 flyer without the above statement.

\$30.00 for 81/2 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 Half page \$37.50 a month Quarter page \$22.50 a month \$650 per year \$375.00 per year \$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 ever asks you where they too can get a copy of MAINE RUNNING & OUTING MAGAZINE, steer them to one of the following businesses:

- * OLYMPIA SPORT in South Portland, Windham
- * SPORTS EAST in Topsham
- * THE STARTING BLOCK in Hallowell
- * THE ATHLETIC ATTIC in the Bangor Mail. Auburn Mail
- * HASKELL'S in Bar Harbor
- * BATH CYCLE and SKI in Woolwich
- * LIFE SPORTS OF MAINE in Elisworth, Bar Harbor
- *GOLDSMITH'S in Bangor, Presque Isle, Auburn
- * WICHT'S in Brewer
- * FORT WESTERN SPORTS in Augusta
- * GULLIVER'S in Ellsworth
- * FROST & FLAME in Windham
- * BRIDGTON PHARMACY in Bridgeon

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 a need to do is send the bottom part of this page along with a check for \$17.50 and we'll send NAME:	to the address on the title page
ADDRESS:	P.O. BOX 3399 Brewer, Me. 04412
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Maine Running Payable to Magazine	